



❄️ Winter 2012

Registration for programs
start Dec 12, 2011

LEISURE GUIDE

Castlegar & District Recreation Department

Building a Healthy Community



CASTLEGAR



Register online:

www.rdck.bc.ca, click on

Recreation Connection

Fall / Winter Hours

	Aquatic Centre	Fitness Centre
Mo, We	6:30AM - 9PM	6AM - 9PM
Tu, Th	6AM - 9PM	6AM - 9PM
Friday	6:30AM - 8:30PM	6AM - 8:30PM
Saturday	9AM - 6PM	9AM - 6PM
Sunday	1PM - 6PM	1PM - 6PM

OPEN
Statutory Holidays, 1:30PM - 4:30PM

Boxing Day, Dec 26
New Years Day, Jan 1
Good Friday, Apr 6
Easter Sunday, Apr 8

Admission Rates

Membership and Ticket Passes are an excellent way to save money!

		Family*	Adult	College Student	Student	Child	Senior
Pool, Weight Room, Steam Room & Hot Tub	Single	\$10.71	\$4.91	\$3.80	\$3.13	\$2.46	\$3.80
	10 Tickets	\$96.40	\$44.19	\$34.20	\$28.00	\$22.20	\$34.20
	20 Tickets	\$171.14	\$78.25	\$61.00	\$50.00	\$39.36	\$61.00
Fitness Classes Only	Drop In		\$5.80	\$5.80	\$5.80	\$5.80	\$3.80
	10 Tickets		\$48.50	\$48.50	\$48.50	\$48.50	\$48.50
Unlimited drop in access to pool, weight room, whirlpool & drop in fitness classes	1 Month Pass		\$61.00	\$50.00	\$40.00	\$32.00	\$50.00
	3 Month Pass		\$140.00	\$110.00	\$90.00	\$70.00	\$110.00
	1 Year Pass		\$480.00	\$380.00	\$310.00	\$240.00	\$380.00

Infant: under 2 (Free); Child: 2-6; Student: 7-18; College Student: with ID; Adult: 19-59; Senior: 60+

Note: Prices DO NOT include taxes; 12% HST will be added to all prices in this guide. Passes are non refundable and non transferable.

*Family Rate is up to a maximum of 4 people. Each additional family member is \$1.

Public Skate Admissions

2 & under: free

Child (3-12): \$2

Student (13-18): \$2.25

Adult: \$3

Family (max 4): \$5.50

Request a Refund, Credit or Transfer

Please contact customer service during business hours at 250-365-3386.

Full refunds are considered for most courses without penalties 72 hours prior to program start

dates. Please review our program cancellation policy online at www.rdck.bc.ca or at the front desk.



Table of Contents

4 Pre School

6 Swimming Lessons

8 Children

11 Teen

12 Adult

20 Training

3 Ways to Register



Recreation Connect

Visit www.rdck.bc.ca and click the **Recreation Connection** button.



Telephone

Call 250-365-3386 ext 0.



In Person

Walk right up to the customer service desk and say, "hello".



Castlegar & District Recreation Department

2101 6th Avenue,
Castlegar, BC V1N 3B2
P: 250-365-3386
F: 250-365-0127
E: casrec@rdck.bc.ca
W: www.rdck.bc.ca



Music for Young Children - Sunrise Program (2 - 3 yrs & parent)

Columbia Room

The Sunrise Program is an exciting pre-school music program for children 2 and 3 year old that meets in groups for 45 minutes weekly with a specially trained teacher. Through singing, rhythm, crafts and listening activities, they are introduced to the exciting world of music. The group encourages listening and awareness, development of fine motor skills, social interaction and helps develop attention span and confidence. This is a parent participation program.

Alicia has been teaching the Music for Young Children program for five years and is also actively involved in the community with both her piano and trombone playing. For further information contact Alicia at 250 365-6657 or go online to www.myc.com.

Mo, 10AM - 10:45AM Jan 9 - Mar 5
20589 \$125 / 9 sessions

Parent & Tot Aqua Fit (6 mth - 2 yrs & parent)

Castlegar Complex Pool

Music, movement, play, bonding & exercise. The parent will spend quality time engaging in a total body exercise program with their baby. Utilize basic moves, and a variety of games and activities to keep everyone moving and enjoying exercise. We will also utilize a baby boat to rest the child and allow the parent to engage in more optimal physical conditioning. No swimming ability required.

Mo, 10AM - 11AM Jan 16 - Mar 5
20711 \$42 / 7 sessions

Ducks Galore!

Complex Pool

A special time for Parent and Tots to enjoy the pool. We'll fill the Tot pool with floating Ducks Galore! Tots can listen to their favorite music and enjoy a swim with Mom or Dad and all the ducks. (Bring Grandma & Grandpa too!)

Lap lanes available.

Mo, Fr, 11AM - 12PM Regular Admission

Tots & Tikes - Story Time Adventure (2 - 4 yrs, 5-6 yrs)

Selkirk Room

A time for you and your little one to stretch your imagination and your muscles in an active playtime setting. Explore the season through story time, songs, group games, music and movement designed to spark your child's creativity.

Melissa Hallmark's passion for teaching started when she worked as a special needs care aid in a career preparation program during high school. She studied Early Childhood Education at Utah Valley State College. Melissa has an energetic 2 year old son, Colton. In her quiet time she loves to make greeting cards, invitations and to scrapbook.

Tots: 2 - 4 yrs
Mon, Wed, 9:30AM - 10:15 AM Jan 16 - Feb 8
20699 \$36 / 8 sessions

Tikes: 5 - 6 yrs
Mon, Wed, 3PM - 4PM Jan 16 - Feb 8
20700 \$36 / 8 sessions



Fit for Fun (3 - 5 yrs & parent)

Castlegar Community Complex

Finally! A class for parents and young children to get active together! We will play games like tag, soccer, hopscotch, capture the flag, skipping, hula hooping etc. We will get everybody's body moving for a solid 45 minutes. For the adults there is a strength component to this class as we will utilize our children for some resistance based training.

Fr, 11:45AM - 12:30PM Jan 20 - Mar 9
20713 \$48 / 8 sessions

Tots Hockey (4 - 6 yrs)

Basic skating and hockey skills will be taught by the big hockey players "The Rebels. Fun is the key to this program.

Th, 3PM - 3:30PM Jan 19 - Feb 16
20704 \$20 / 6 sessions

For the LOVE of DANCE (3 - 4 yrs)

Fitness Room

Girls and Boy are introduced to the joy of dance and investigate ways to move through space, to music! This class can easily be repeated several times.

Instructor: Audrey Maxwell Polovnikoff

Th, 3:30PM - 4:00PM Jan 12 - Feb 2
20590 \$26 / 4 sessions

Th, 3:30PM - 4:00PM Feb 23 - Mar 15
20591 \$26 / 4 sessions

Th, 3:30PM - 4:00PM Mar 29 - Apr 19
20592 \$26 / 4 sessions

Th, 4PM - 4:30PM Jan 12 - Feb 2
20593 \$26 / 4 sessions

Th, 4PM - 4:30PM Feb 23 - Mar 15
20594 \$26 / 4 sessions

Th, 4PM - 4:30PM Mar 29 - Apr 19
20595 \$26 / 4 sessions



Private Swim Lessons

Do you need to focus on a specific skill or stroke item? Do you have one item left to complete a level? Private lessons may be the answer for you! Private lessons are not recommended for water safety knowledge, but for specific items that are not completed in a regular lesson set. All private lessons are taught by our certified Red Cross instructors.

Times will be arranged around our pre-set private lesson times below.

Private Lesson Times:

Jan- April 2012

Mondays 2PM - 4PM

Thursdays 7PM - 8PM

Sundays 4PM - 5:30PM

Private (1 person) 30 min

\$18 / 1 class \$45 / 3 classes

Semi Private (2 people) 30 min

\$26 / 1 class \$65.00 / 3 classes

Fill out a private lesson request form at the front office and you will be contacted regarding setting up your private lesson. For further information, contact the front office or call Stephanie at ext 4108.

Saturday, Jan 21 - Mar 10 (8 lessons)			
11AM	Starfish 20739	Sunfish 20744	Salamander 20746
11:30AM	Duck/Sea Turtle 20742	Sea Otter 20748	Swim Kids 1 20759 Swim Kids 2 20769
12:00PM	Crocodile 20812 Whale 20817	Sea Otter 20749	Swim Kids 3 20770 Swim Kids 4 20775
12:30PM	Swim Kids 5 20794 Swim Kids 6 20802	Swim Kids 7+8 20778	Swim Kids 9 20762 Swim Kids 10 20765

Tuesdays & Thursdays, Jan 24 - Feb 23 (10 lessons)			
3:30PM	Starfish 20741	Crocodile 20813 Whale 20818	Swim Kids 3 20771 Swim Kids 4 20776
4PM	Duck/Sea Turtle 20743	Sea Otter 20750	Swim Kids 7/8 20780
4:30PM	Salamander 20747	Swim Kids 1 20760 Swim Kids 2 20766	
5PM	Swim Kids 5 20795 Swim Kids 6 20803	Swim Kids 9 20763 Swim Kids 10 20766	Sea Otter 20751
5:30PM			Sunfish 20745

Spring Break, Mar 12 - 22, Monday thru Thursday (8 lessons)			
4PM	Sea Otter 20810	Swim Kids 9 20764 Swim Kids 10 20767	Swim Kids 1 20761 Swim Kids 2 20601
4:30PM	Salamander 20815 Sunfish 20816	Swim Kids 7/8 20782	
5PM	Swim Kids 5 20796 Swim Kids 6 20804	Crocodile 20814 Whale 20819	
5:30PM		Swim Kids 3 20772 Swim Kids 4 20777	Sea Otter 20752



DANCE

Jazz/Ballet Combo

(6 - 8 yrs, 9 - 11 yrs)

Fitness Room

Jazz class is a fun and fast paced mixture of various techniques with an added benefit of cardiovascular exercise due to the high level of energy exerted. Ballet is the foundation for all dance forms. Improve strength, poise, balance and control. Technical skill gained through the study of ballet is necessary for all others forms of dance. Classes include: warm-up exercises with some ballet technique, isolations combinations and choreography.

Charlotte Livingston has a lengthy background in all disciplines of dance, from Ballet to Hip Hop. She began her training at The North Shore Academy of Dance, before moving to Vanleena Dance Academy, where she participated in many dance competitions and performances. She has completed her Royal Academy of Dance ballet examinations up to the Intermediate Vocational examination. Charlotte has had extensive training in Ballet; she participated in the Goh Ballet Academy's Summer Intensive Camp, and was a student dancer in the BC/Alberta Ballet's performance of "The Nutcracker" in 2002. Charlotte has a passion for teaching children of all ages; she recently graduated from UBC Okanagan with her Elementary Education degree and is currently working as a Teacher-On-Call with School District 20. Charlotte has taught dance to children ages 5-12, including jazz, ballet, lyrical, and stretch and strength classes. She hopes to share her love and passion for dance and movement with all of the children she teaches.

6 - 8 yrs

Sa, 10:15AM - 11AM

Jan 21 - Feb 25

20563

\$42 / 6 sessions

9 - 11 yrs

Sa, 11AM - 12PM

Jan 21 - Feb 25

20564

\$45 / 6 sessions



LEADERSHIP

Red Cross Babysitting

(11 yrs +)

Columbia Room

Childcare, tips on behaviour, safety, feeding, emergencies and infant care will be covered. Fee includes manual and exam fee.

Tu, 4PM - 6PM

Jan 17 - Feb 7

20566

\$46 / 4 sessions

Spring Break

(11 yrs +)

Columbia Room

Childcare, tips on behaviour, safety, feeding, emergencies and infant care will be covered. Fee includes manual and exam fee.

Mo, Tu, 10AM - 2PM

Mar 12 - Mar 13

20566

\$46 / 2 sessions

COOKING

Cooking with Kids - with

Shauna Hegan

(7 - 9 yrs)

Complex Kitchen

Children will have a chance to learn new recipes and cooking techniques that are fun and age appropriate! This class gives children and opportunity to be introduced to some basic cooking skills, kitchen safety and hygiene. Throughout the course we will be preparing snack, desserts and some entrees too! Supplies included in the price, bring a container for food.

Please provide allergy and food sensitivity information as soon as possible so that recipes can be adjusted accordingly. Shauna has been cooking creatively for the past 10 years for individuals that have food sensitivities and allergies.

Mo, 3PM - 5PM

Jan 16 - Feb 6

20706

\$52 / 4 sessions



Creative Cooking with Celina Hyson (10 - 13 yrs)

Complex Kitchen

Creative Cooking - making your own recipe books and making dinners to bring home to enjoy. Bring a couple of containers to transport your creations. Fee includes cooking supplies.

Celina Hyson has taken professional cooking training in Nelson and has worked in Industrial Kitchens for 10 years; her love of cooking, baking and working with children is the perfect combination for the Creative Cooking and baking Classes.

Mo, 3:30PM - 5PM
20721

Feb 13 - Mar 5
\$62 / 4 sessions

Creative Baking with Celina Hyson (10 - 13 yrs)

Castlegar Community Complex - Kitchen

Learn baking tips and how to ensure your baking products are always a success. Bring a couple of containers to transport your baking. Fee includes cooking supplies.

We, 3:30PM - 5PM
20722

Mar 28 - Apr 18
\$62 / 4 sessions

CRAFTS

Feather Earring making workshop with Celina Hyson (9 - 13 yrs)

Castlegar Community Complex - Columbia Room

Celina has been successfully making and selling jewelry for over a year, going to many festivals in the area selling her products. Learn how to make feather and bead earrings. Supplies are not included in the price; please bring \$5 to cover materials for the class.

Th, 5:30PM - 8PM
20720

Feb 23
\$30 / 1 sessions

Modeling 101 - with Laura Ford (6 - 12 yrs)

Purcell Room

Spend a fun hour with your friends while learning a few modeling techniques. Wear your favorite outfit and express yourself! Please wear dress shoes (heels not required).

Sa, 10AM - 11PM
20800

Apr 28
\$10 / 1 sessions

RECREATION HOCKEY

Recreational Hockey with the Rebels (6 - 8 yrs, 9 - 11 yrs)

Pioneer Arena Mini Ice

This program will introduce your child to ice hockey in a non-threatening and fun environment. The emphasis is on maximum participation and fun. You need skates, hockey helmet with face mask, stick and gloves.

6-8 yrs
We, 5PM - 6PM
20702

Jan 18 - Feb 22
\$35 / 6 sessions

9 - 11 yrs
We, 6PM - 7PM
20703

Jan 18 - Feb 22
\$35 / 6 sessions

PRO D DAY

Pro D Day - Activities, Crafts, Cooking..... (6 - 9 yrs)

Celina has many years experience working with kids at daycare facilities. Her passion for crafts and cooking will keep the children busy, activities include; crafts, cooking, science experiments and a swim in the pool to complete the day.

Bring a bathing suit, towel, an old shirt or pillow case for the crafts. Lunch will be cooked and eaten by the kids. Bring a snack and a drink.

Fr, 9:30PM - 3PM Feb 17
20723 \$36 / 1 sessions

Spring Break Camps

Watch for details on Spring Break Camps - Lots of Fun activities!

Mo - Th, Mar 12 - 15 & Mo - Th, Mar 19 - 23

Junior Lifeguard Club (JLC) (8 - 14 yrs)

Complex Pool

The Lifesaving Society has designed the Junior Lifeguard Club for a serious purpose but the process is serious FUN! It's not lessons, but it is fun-filled games and lifeguard activities like lifesaving skills and knowledge, fitness, community education, swimming skills, leadership, team work and some fun competition! You can also earn LSS awards and recognition seals. The Club welcomes members between 8 and 14yrs of age as long as they can swim at least 25metres and tread water for 2 minutes.

Fr, 6:30PM - 8PM Jan 20 - Mar 9
20768 \$65 / 6 sessions



ZumbAtomic® (4 - 7 yrs, 8 - 12 yrs)

Castlegar Community Complex-Fitness Studio

ZumbAtomic® is a specially designed Zumba® class for kids. A high energy class with different Latin dances like reggatone, meringue, hip hop and more. The kids learn how to move to the music and rhythms, and have fun doing so. ZumbAtomic® is a great way for kids to incorporate fitness and physical activity in developing a healthy lifestyle. Fun music, Fun dances, a Fun time!

Instructor: April Haws

Little Starz, 4 - 7 yrs
Tu, 3:10PM - 3:40PM Jan 17-Mar 6
20773 \$40 / 8 sessions

Big Starz, 8 - 12 yrs
Tu, 3:50PM - 4:35PM Jan 17-Mar 6
20774 \$48 / 8 sessions



ZumbAtomic® Free Class - Open House

Try a Lil Starz or Big Starz Class!

Little Starz, 4 - 7 yrs
Tu, 3:10PM - 3:40PM Jan 10

Big Starz, 8 - 12 yrs
Tu, 3:50PM - 4:35PM Jan 10

FITNESS AMBASSADOR PROGRAM

The Castlegar & District Recreation Department is pleased to offer a Fitness Ambassador Program.

A fitness ambassador performs duties in the weight room a minimum of 4 hours per week in return for free use of the weight room.

Duties include greeting and welcoming facility patrons, ensuring patrons are aware of Fitness Centre regulations, educating patrons on safe use of fitness equipment and performing general cleaning duties.

If you would like to become a Castlegar Recreation Department Fitness Ambassador or would like to find out more information, please contact Tamara, 250-365-3386.

Attention Teen Weight Room Users

Effective: Jan 1, 2012

All students between 13 & 16 yrs of age MUST attend a Weight Room Orientation and MUST complete a Youth Consent Form (Parent signature required) before using the Weight Room.

A Free Weight room orientation for students between 13 & 16 yrs of age will be held one time per month to accommodate this regulation. (Please see schedule at front office) If you are unable to attend the scheduled free orientations, regular Weight Room Orientations will be available by appointment only at a cost of \$22 / person.



WEIGHT ROOM ORIENTATIONS

Basic Adult Orientations (13 yrs +)

Castlegar Community Complex-Weight Room

This is an introduction to the weight room that will give you the basics of using the equipment along with tips on working out safely and effectively! All 13 -16 year olds require an orientation & must complete a Youth Consent Form prior to using the weight room.

Must Pre-register; fill out a request form or call Tamara for more info, 250-365-3386.

\$22

ART/CRAFTS

Feather Earring making workshop with Celina Hyson (13 - 16 yrs)

Columbia room

Celina has been successfully making and selling jewelry for over a year. Celina goes to many festivals in the area selling her products. She will be teaching; how to make feather and bead earrings.

Supplies are not included in the price; please bring \$5 to cover materials for the class.

Th, 5:30pm - 8pm Jan 26
20719 \$30 / 1 session



Get Ready for Grad - Laura Ford (16 yrs +)

Purcell Room

WOW them at graduation with your confidence! This class is all about feeling and looking your best at your graduation ceremony and grad march celebration. Topics covered include: posture, standing, sitting, walking in heels and a formal gown, navigating stairs, formal and candid photo posing and some basic modeling techniques. The first class will be an introduction the the above techniques, with the second class a chance to polish and perfect them. Please wear a dress or skirt and a comfortable pair of shoes, but bring a pair of heels..... if possible the ones you plan on wearing to graduation. Congrats Grads of 2012!

Laura Ford has been teaching modeling for over 15 years. She has taught child, teen and adult professional modeling courses. Laura owns and operates her own small custom sewing business and works part time at Golder Associates. When she has any free time she loves to go shopping....and sew fabulous dresses for herself.

Tu, Th, 6:30PM - 7:30PM Mar 27 - 29
20797 \$20 / 2 sessions

Tu, Th, 6:30PM - 7:30PM Apr 10 - 12
20798 \$20 / 2 sessions

Tu, Th, 6:30PM - 7:30PM Apr 17 - 19
20799 \$20 / 2 sessions

REGISTERED FITNESS CLASSES

Rise & Shine Boot Camp

(16 yrs +)

Fitness Studio/Selkirk Room

Rise to an action packed morning that will leave you feeling great all day! Challenge yourself to a variety of exercises that will give you a total body workout! Bring a buddy or make it a family workout! This class can accommodate all fitness levels!

Tu, Th, 6:10AM - 7:00AM Jan 17 - Feb 9
20690 \$46 / 8 sessions

Tu, Th, 6:10AM - 7:00AM Feb 14 - Mar 8
20691 \$46 / 8 sessions

Indoor Boot Camp

(16 yrs +)

Fitness Studio

Come prepared to sweat it out and get in shape at this popular boot camp! You can go at your own pace but expect the instructors to challenge you with some high intensity moves like; boxing, running, strides, jumps and jacks and much more! Power your way to a fitter you!

Mo, We, 6:45PM - 7:45PM Jan 16 - Feb 8
20724 \$46 / 8 sessions

Mo, We, 6:45PM - 7:45PM Feb 13 - Mar 7
20725 \$46 / 8 sessions

New Cardio Core Synergy

(16 yrs +)

Fitness Studio

A mix of cardio and core functional movements designed to sweat, sculpt and synergize you.

Tu, 5PM - 6:50PM Jan 17 - Mar 6
20733 \$46 / 8 sessions



Zumba®

(16 yrs +)

Selkirk Room

Ditch the workout, and join the Party! ZUMBA® is a latin inspired fitness dance cardio class with easy to follow moves, and is a full body workout all the way to your core. April's ZUMBA® fitness class is high energy, with different options for low to high impact, for all different ages and fitness levels. ZUMBA® is exercise in disguise, since you're getting a great workout and having so much fun doing it! You will get results and feel good about yourself and your health with April's ZUMBA® fitness class. Come out and try a class and see for yourself why it's the new craze in fitness.

Tu, 5PM - 6PM Jan 17 - Mar 6
20726 \$64 / 8 sessions

Th, 10AM - 11AM Jan 19 - Mar 8
20727 \$64 / 8 sessions

Noon Yoga (by Myra)

(16 yrs +)

Fitness Studio

This is a beginner class for people who want to learn basic yoga! There will be a variety of restorative poses and gentle stretching that will totally relax and restore you. Myra welcomes you to her class for a calm and blissful experience.

We, 12PM - 1PM Jan 18 - Mar 7
20728 \$88 / 8 sessions

New Friday Inferno

(16 yrs +)

Fitness Studio

Get a firey workout in before the weekend starts! This is a total body energizing workout varying from step, kickbox and strength! You choose!

Fr, 5PM - 6PM Jan 20 - Mar 9
20732 \$46 / 8 sessions

New Pilates**(16 yrs +)**

Fitness Studio

This class focuses on core strength, flexibility, stability and endurance using mats, balls and bands. Participants learn proper breathing and body alignment. This class is suitable for all fitness levels.

We, 5PM - 6PM Jan 18 - Mar 7
20734 \$56 / 8 sessions

New No Floor Yoga (by Myra)**(16 yrs +)**

Fitness Studio

Experience the benefits of this beginner Yoga class without having to get up and down off the floor! Myra will use chairs, stability balls, standing poses and lots of stretching to leave you feeling calm, centered and relaxed. Get in touch with your body, mind and soul. Suitable for seniors or those with limited mobility of all ages.

Th, 11:15AM - 12PM Jan 19 - Mar 8
20729 \$88 / 8 sessions

Spin & Sculpt**(16 yrs +)**

Fitness Studio

The perfect combination of the cardio you need and the sculpting and toning that you want! Indoor cycling will improve your cardiovascular fitness and tone your hips and legs. Sculpting and toning using resistance exercises will enhance calorie burning and improve overall muscle strength and endurance.

Tu, 7:10PM - 8:10PM Jan 17 - Mar 6
20730 \$48 / 8sessions

Th, 7:10PM - 8:10PM Jan 19 - Mar 8
20731 \$48 / 8 sessions

DROP-IN FITNESS CLASSES**Deep Water Workout****(16 yrs +)**

Complex Pool

Enjoy this low impact, full body workout using the water for resistance!

This class provides cardiovascular training with muscle endurance and core conditioning!

Floatation belts help keep participants heads above water! Comfort in deep water is recommended.

Mo, Fr, 9AM - 10AM Jan 9 - Apr 30
20788

No class April 6 (Good Friday)

Aqua Circuit**(16 yrs +)**

Complex Pool

The benefits of strength training and the benefits of water combine in this class. Use a combination of equipment with the resistance & buoyancy of the water for a super workout!

We, 9AM - 10AM Jan 11 - Apr 25
20789

PM Aqua-fit**(16 yrs +)**

Complex Pool

Get an action packed hour of cardio, muscular endurance and toning for every muscle.

This is a deep water, full body workout, using the water for resistance! Always low impact, always fun! Comfort in deep water is recommended.

Tu, Th, 6PM - 7PM Jan 10 - Apr 26
20790

No classes March 13, 15, 20, 22 (Spring Break)

Circuit Strength**(16 yrs +)**

Weight Room/Fitness Studio

An Oldie but a Goodie! One of Castlegar's favorite fitness classes! Muscular strength and endurance with cardio intervals makes this an all around great workout!

Mo, We, Fr, 9AM - 10AM Jan 9 - Apr 30
20791

No class April 6 (Good Friday)

Fabulous 50+**(16 yrs +)**

Fitness Studio

According to the Public Health Agency of Canada, physical activity is one of the most important things people can do to maintain their physical and mental health and quality of life as they get older. This class is self paced, so work at an intensity that's right for you! Get a great workout and meet people who are like-minded!

Mo, We, Fr, 10:15-11:15AM Jan 9 - Apr 30
20792

No class April 6 (Good Friday)

Step to it**(16 yrs +)**

Fitness Studio

Step into this high energy/low impact aerobic class. Burn calories while toning your thighs and buttocks and hips! This class is for all fitness levels!

Tu, Th, 9AM - 10AM Jan 10 - Apr 26
20793

Ultimate Kickbox

(16 yrs +)

Fitness Studio

Give stress a real good Kick! High intensity punching & kicking is a great way to stay fit. Sweat, learn, burn and smile your way to results! Build muscle and tone with this safe and exciting workout!

Mo, We, 5:30PM - 6:30PM Jan 9- Apr 30
20805

Body Blast

(16 yrs +)

Fitness Studio

An effective and fun mix of easy to follow but challenging workouts. A mix of cardio bursts plus conditioning segments. Boost your metabolism with this great combination of cardio and sculpting!

Tu, 6PM - 7PM Jan 10 - Apr 24
20806

Core & More

(16 yrs +)

Fitness Studio

The Core is the focus of this class! We'll use the bosu, stability balls, smart sticks, toners, weights and weighted balls to give you the More for toning abs and buns!

Th, 6PM - 7PM Jan 12 - Apr 26
20807

Saturday Fit

(16 yrs +)

Fitness Studio/Weight Room

Alternating between Circuit Strength and a Surprise Cardio Class each Saturday. Everything from Step, Spin, Kickbox or Boot Camp is possible for the cardio class.

Sa, 9AM - 10AM Jan 14 - Apr 28
20808

No classes March 17, 24 (Spring Break) and April 8 (Easter Weekend)

Health & Recovery Program

(16 yrs +)

Weight Room

Have you been told by your doctor that you need to start exercising but think the gym is just for folks who look good in spandex? Let us change your mind with the Health & Recovery program where the focus is on your comfort level in the gym! This supportive class takes place in the Complex Weight Room and allows you to progress at your own rate. Whether you are new to fitness or have just been away for a while, this program is for you! An Orientation with the program's fitness instructor is HIGHLY recommended to assess your physical readiness.

Tu, Th, 9AM - 10AM Jan 10- Apr 26
20809

PERSONAL TRAINERS

We have qualified Personal Trainers on staff to help you towards your fitness goals. They can get you started, motivated and inspired to make positive change in you life. Contact Tamara at 250-365-3386

Personal Training

Castlegar Community Complex-Weight Room

We have personal training! Your goals! Your needs!

Experience all the benefits of health and wellness by working with a personal trainer. Whatever your level of fitness or goals, you receive an individual program tailored to your specific needs by registered personal trainers.

How to sign up:

1. Fill out the CDRD Personal Training package
2. Drop off completed package at the CDRD front office
3. A CDRD Trainer will contact you to begin training

Intro Package, 2.5 hrs	\$84
.....	
1 Session, 1hr	\$35
	with friend, \$30 / person
.....	
3 Sessions, 3 hrs	\$95
	with friend, \$80 / person
.....	
5 Sessions, 5 hrs	\$160
	with friend, \$135 / person
.....	
10 Sessions, 10 hrs	\$300
	with friend, \$260 / person
.....	

Our personal trainers



Corrie



Lynn



Tanya



Tamara

Pre-Registered Fitness Classes, January - April 2012

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:10AM - 7AM		Rise n' Shine Boot Camp		Rise n' Shine Boot Camp	
10AM - 11AM	Parent & Tot Aqua-Fit			Zumba	
11:15AM - 12PM				No Floor Yoga	Fit for Fun
12PM - 1PM			Noon Yoga by Myra		
4:30PM - 5:15PM			Pilates		
5PM - 6PM		Zumba		Jazz Dance (5-5:55PM)	Friday Inferno
5PM - 5:50PM		Cardio Core Synergy			
5:30PM - 7PM	Yoga with Deva				
6PM - 7:30PM			Deva Workout		
6:45PM - 7:45PM	Indoor Boot Camp		Indoor Boot Camp		
7:10PM - 8:10PM		Spin & Sculpt		Spin & Sculpt	

Note: schedule subject to change

Drop In Fitness Classes, January 9-April 30, 2012

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9AM - 10AM	Circuit Strength	Step to it	Circuit Strength	Step to it	Circuit Strength	
	Deep Water Workout	Health& Recovery	Aqua-Circuit	Health& Recovery	Deep Water Workout	Saturday Fit
10:15AM - 11:15AM	Fabulous 50+		Fabulous 50+		Fabulous 50+	
5:30PM - 6:30PM	Ultimate Kickbox		Ultimate Kickbox			
6PM - 7PM		PM Aqua-Fit		PM Aqua-Fit		
		Body Blast		Core&More		

Note: schedule subject to change





YOGA

Radiant Vinyasa Flow Yoga... with Deva (16 yrs +)

Castlegar Community Complex - Selkirk Room

Get your Om on in this flowing Vinyasa style of yoga! Venturing into the realms of mind, body, emotion, and energy flow, we'll initiate a profound change on ALL levels of our Being. Based upon a 4000 yr old system of purification and transformation, we'll move seamlessly through a series of yoga postures (asanas), energy releases, (kriyas), soothing breathwork (pranayam), and concentration (meditation) to open and heal the multi-dimensions of the whole being. Yoga means "union". In finding union with the authentic inner nature, it is possible to experience infinite freedom, joy, creativity, while accessing inner strength, power, radiance, and boundless energy. For all levels: we start where we are, with TRUE self-compassion... Bring your yoga mat and blanket...

www.devayoga.net

Mo, 5:30PM - 7PM
20621

Jan 16 - Mar 5
\$96 / 8 sessions



Try a FREE Class of The Inner Goddess Workout...with Deva **You must pre-register by Jan 7**

We, 6PM - 7:30PM
20622

Jan 11
Free

The Inner Goddess Workout... with Deva (16 yrs +)

Castlegar Community Complex - Selkirk Room

Join this amazing journey to our Inner Goddess! In this eight part series we will explore ALL realms of ourselves, ultimately connecting with our true Goddess nature. First we will identify our blocks to true radiance, sleuthing the dust-bunnies within the temple. Then, through the practices of yoga and sacred movement we will re-attune to our authentic power, strength, balance, grace, fluidity, and creativity. Expect transformation! Be ready to BELIEVE in the Goddess that you are...because EVERY woman is a Goddess...!!! Bring a yoga mat, a blanket, a journal and pen, and a true willingness for expansion! 9 weeks...plus a Goddess graduation/celebration...

www.devayoga.net

We, 6PM - 7:30PM
20622

Jan 18 - Mar 7
\$96 / 8 sessions



Cooking with Kim

Kim has been cooking for people for as long as she can remember. When she cooks for you, she gives a little of herself, as she always cooks from the heart.

Since she started catering, she has met many people, who like her has a passion for food.

They say love is an international language, but so is food. When it is Kim's Creations it is not Ordinary, it's Extraordinary.

Limited Space Available! for food.

Cooking With Kim - Greek Anyone?

(16 yrs +)

Castlegar Community Complex - Kitchen

Hummus and Tzatziki, Spanakopita, Greek Salad, Calamari, Chicken Souvlaki, Greek Rice and Baclava

MO, 6PM - 9PM

20560

Mar 5

\$60 / 1 sessions

Cooking With Kim - Sushi lovers!

(16 yrs +)

Castlegar Community Complex - Kitchen

This is a hands-on course for anyone with a love of Sushi and a big appetite. The course covers how to prepare Sushi rice and how to make Cucumber Rolls, California Rolls, Rainbow Rolls. Spicy Tuna hand Rolls. Bring an apron and a container.

The First Class will be spent on making the perfect rice for your sushi; it is ALL about the rice. If you have a rice cooker, please bring to the first class.

We, 6PM - 7:30PM

Jan 25

Th, 6PM - 8PM

Jan 26

20559

\$90 / 2 sessions

MMM MMM Chocolate

(16 yrs +)

Castlegar Community Complex - Kitchen

Chocolatier, Loretta Larsen specializes in making homemade assorted chocolates in custom shapes with various details and designs. Loretta's specialty chocolate themes include: weddings, sports, baby arrivals, birthdays, holidays and chocolate flower arrangements for any occasion!

Space is limited!

Learn the basics of chocolate making, working with molds, chocolate techniques, designing, colour and more.

*supplies not included, please bring \$10 to the first class to cover supply cost and chocolates

Bring a container to transport your chocolates!

MO, 6PM - 8:30PM

Jan 30

20692

\$25 / 1 sessions



Gluten Free Cooking with Shaun Hegan

(16 yrs +)

Castlegar Community Complex - Kitchen

Individuals are welcome to join in a Gluten Free Cooking experience. We will be cooking and baking desserts and entrees that are friendly to the gluten sensitive. Gluten free grains and ingredients will be used; unique cooking techniques they require and how we can substitute them into every day cooking will be taught. This course is an opportunity to expand your kitchen skills and connect with others who share a gluten free lifestyle. Overcome the challenge of gluten free cooking and join us in the kitchen.

Please bring a container to take home the delicious cooking results.

Please provide allergy and food sensitivity information as soon as possible, so recipes can be adjusted accordingly.

Shauna has been cooking creatively for the past 10 years for individuals that have food sensitivities and allergies.

Thu, 6:30PM - 8PM

20707

Feb 2 - 23

\$85 / 4 sessions

CRAFTS

Feather Earring making workshop with Celina Hyson (16 yrs +)

Castlegar Community Complex - Monashee Room

Celina has been successfully making and selling jewelry for over a year. Celina goes to many festivals in the area selling her products. She will be teaching; how to make feather and bead earrings.

Supplies are not included in the price; please bring \$10 to cover materials for the class.

SU, 2PM - 6PM
20717 Jan 22
\$40 / 1 sessions

Sa, 10PM - 2PM
20718 Feb 25
\$40 / 1 sessions



SPORTS

Ladies Snow Shoe Adventure - Beginner/Intermediate (16 yrs +)

Mel De Anna Trail and Selkirk Loop Trails

Natasha Lockey, BettyGoHard.Com

Looking for a fun way to spend your weekend? Join BettyGoHard and the ladies for a Sunday snowshoe adventure. We have two adventures planned; the first we will be exploring the Mel De Anna trail that loops around Champion Ponds. This is a great trail for all with many opportunities to stop and enjoy the view of the Columbia River valley and the ponds. The second adventure will be on the Selkirk Loop trails, with over 15 kilometers of trails at the confluence of the Columbia and Kootenay Rivers, this is a winter wonderland. We will finish our adventure with hot chocolate & treats at a local coffee shop. Don't forget your camera the views are spectacular! Always great fun with many laughs to be had - Ladies you don't want to miss these outings!

Beginners welcome - moderate fitness required.

Mel De Anna Trail
Su, 10AM - 1:30PM
20561 Jan 22
\$34 / 1 sessions

Selkirk Loop Trails
Su, 10AM - 1:30PM
20562: Feb 5
\$34 / 1 sessions

DANCE

Adult Dance Technique (16 yrs +)

This class is perfect for those that have a little dance experience and want to improve skills.

Classes include a standing warm-up and floor stretch designed to improve strength, flexibility and posture. Across the floor work to build proper technique; fun dance moves will be introduced. Complex Fitness Studio

Th, 5pm - 5:55pm
20587 Jan 12-Feb 2
\$38 / 4 sessions

Th, 5pm - 5:55pm
20588 Feb 23 - Mar 15
\$38 / 4 sessions





SWIMMING

Red Cross Adult Swim Basics (16 yrs +)

Castlegar Community Complex-Pool

A program that covers basic skills and knowledge that promotes safe enjoyment of aquatic environments. The program develops or increases swimmers comfort in water through basic floatation, movement and breathing skills.

Tu, 1PM - 1:45PM
20714

Jan 24 - Feb 28
\$42 / 6 sessions



Red Cross Adult Swim Strokes (16 yrs +)

Castlegar Community Complex-Pool

This program is aimed at swimmers who have mastered the basics of learning to swim and are ready to focus on developing and improving their strokes and increasing the distance they can swim. The program improves performance in any of the strokes taught in the Red Cross program

Th, 1PM - 1:45PM
20715

Jan 26 - Mar 1
\$42 / 6 sessions

Masters Swim (16 yrs +)

Castlegar Community Complex-Pool

Are you looking for stroke improvement, endurance, and an overall fantastic water workout? You've found it! A coach will be there to provide a workout, give stroke instruction and help develop training techniques.

Mo, We, 6:30PM - 7:30PM
20827

Jan 9 - Apr 30
\$8 drop in

1 mth, 3 mth and yr passes available
No classes April 9

Cocoons Senior Swim Club (50 yrs +)

Castlegar Community Complex-Pool

Swim for fitness! Swim to learn the strokes! Swim to improve technique! Swim and meet new friends! Swim to compete OR just Swim for fun!

Just come out and swim!

We, 10AM - 11AM
20829

Jan 11- Apr 25
Regular Admission

Triathlon Swimming (16 yrs +)

Castlegar Community Complex-Pool

Have you always wanted to do a Triathlon? Do you want a great endurance workout?

Do you want to improve your swimming skills? Come on down to the Pool on Saturday mornings! This popular program may be just for you! You must be capable of swimming 2 pool lengths. (50metres)

Sa, 8AM - 9AM
20830

Jan 14- Apr 28
\$8 drop in

1 mth, 3 mth and yr passes available
No classes Spring Break, March 17, 24 or April 7

AQUATIC TRAINING

Bronze Star

Pre-req: 12 yrs and SK 8 or higher

Complex Pool

Prepare for a fantastic future career as a lifeguard! Bronze Star is now a pre-requisite for Bronze Medallion. This course is designed to deliver high performance training for skilled pre-teens. Candidates will learn CPR, first aid, land spinal recovery, solo and partner rescues.

Sa, 1:30PM - 5PM

Jan 21

Su, 1:30PM - 5PM

Jan 22

20735

\$83.00 / 2 sessions

Bronze Medallion

Pre-req: Bronze Star (recommended) or 13 yrs and SK 9

Complex Pool

The Lifesaving Society's Bronze Medallion Award teaches an understanding of the lifesaving principles embodied in the four components of water rescue education: judgement, knowledge, skill and fitness. Rescuers learn tows, carries, and defense methods in preparation for challenging rescues of increased risk involving conscious and unconscious patients of various types. Lifesavers develop stroke efficiency and endurance in a timed swim.

Must register by: Jan 27, 2012

Sa, 1PM - 6PM

Feb 4, 11

Su, 1PM - 6PM

Feb 5, 12

20736

\$199 / 4 sessions

(price includes pocket mask and CLS manual)

Bronze Cross

Pre-req: Bronze Medallion

Complex Pool

Bronze Cross is designed for lifesavers that want the challenge of more advanced training including an introduction to safe supervision in aquatic facilities. Candidates develop proficiency with patient assessments, managing aquatic spinal injuries and preventing the loss of life in a variety of aquatic emergencies, while developing stroke endurance and fitness training skills. This course is a pre-requisite for all advanced training programs.

Our next Bronze Cross is scheduled for Spring 2012. Please check our Spring Program guide for more details. Please call to have your name put on an interest list.

Aquatic Emergency Care

Pre-req: Bronze Cross

Castlegar Community Complex

Take your lifesaving training to the next level! If you are planning to be a professional lifeguard or looking for more comprehensive first aid and lifesaving training, AEC will give you the edge! AEC provides hands-on training in the care of injuries and illness common to both aquatic and non-aquatic settings. AEC is Standard First Aid equivalent with a water rescue component. This course will help to prepare the candidate before attempting the challenging and intensive NLS course.

Must register by: Feb 10, 2012

Sa, 10AM - 4PM

Feb 18, 25

Su, 10AM - 4PM

Feb 19, 26

20737

\$175 / 4 sessions

National Lifeguard Service (NLS)

Pre-req: 16 yrs by last day of course, Bronze Cross (need not be current), SFA or AEC (current within 2 yrs)

Castlegar Community Complex

NLS pool option is the Nationally recognized lifeguard certification program. This course is designed to develop a sound understanding of lifeguarding principles! The program covers, general and specialized first aid and rescue techniques, accident prevention, communication and fitness. Both theoretical and practical components are integrated into this course (100% attendance is mandatory). Must show proof of pre-requisites on first day of course. Our next NLS course is scheduled for Fall 2012. Please call to have your name put on an interest list.

National Lifeguard Pre-cert/ Re-cert (NLS re-cert)

Pre-req: NLS (current within 5 yrs), CPR C (current within 1 yr) or SFA or AEC (current within 1 yr)

Castlegar Community Complex

NLS award holders re-certify by completing an NLS pre-cert/re-cert clinic. Candidates are required to write a standardized exam.

Our next NLS re-cert is scheduled for summer 2012. Please call to have your name put on an interest list.

Assistant Water Safety Instructor (AWSI)

Pre-req: 15 yrs by last day of course, knowledge and ability to perform RCSK level 10 strokes and skills

Castlegar Community Complex

This course provides the candidate with the knowledge and skills needed to become an AWSI by focusing on teaching methods, learning styles, physical principles, progressions, communication, safety supervision and feedback. Candidates also must complete an 8 hour practical teaching experience (100% attendance is mandatory).

Our next AWSI course is scheduled for Spring 2012. Please call to have your name put on an interest list.

Water Safety Instructor Course (WSI)

Pre-req: AWSI

Castlegar Community Complex

This course further develops instructional skills learned in AWSI. Candidates focus on strategies to introduce and develop swimming and water safety skills in Red Cross Swim Preschool, Swim Kids, Adults and Teens (100% attendance is mandatory).

Must register by: Jan 9, 2012

SU, 8AM - 5PM	Jan 15,22,29
Sa, 10AM - 6PM	Jan 28
20740	\$280 / 4 sessions

Water Safety Instructor Re-cert (WSI re-cert)

Pre-req: WSI (current within 5 yrs)

Castlegar Community Complex

For previously certified WSI's to be brought up to date on all recent changes and improvements to the Red Cross WSI program.

Must register by: Mar 19, 2012

We, 4PM - 8PM	Mar 28
20753	\$95

Lifesaving Instructor Course (LSI)

Pre-req: 16yrs, Bronze Cross

Castlegar Community Complex

Lifesaving Instructors are trained to teach and evaluate Canadian Swim Patrol, Bronze Star, Medallion and Cross, Lifesaving for adults and Distinction. Candidates are trained in the aspects of learning as well as various approaches required to teach water rescue, first aid and related aquatic skill in the LS program. Candidates also learn about long and short term planning, class management, safety supervision and the principles of evaluation.

Must register by: Mar 16, 2012

Fr, 4PM - 8PM	Mar 23, 30 & Apr 6
Su, 10AM - 4PM	Mar 25, & Apr 1
20754	\$265 / 5 sessions

FIRST AID/CPR COURSES

CPR C Re-cert (LSS)

Pre-req: Must present most recent CPR card.

Castlegar Community Complex

For previous CPR C holders to re-certify their award. Health professionals and lifeguards are required to re-certify their CPR C every year and lay rescuers every 2-3 years. Keep it Current!

Must register by: Jan 23, 2012

Mo. 4PM - 8PM	Jan 30
20755	\$50 / 1 session

AED Responder (LSS)

Pre-req: CPR C (current within 1 yr) or SFA (current within 1 yr)

Castlegar Community Complex

Certify yourself as an AED resucer today! Whether you are a babysitter, job seeker, or responsible citizen, knowing what to do in an emergency is always a good skill. Learn how to recognize and respond to someone who is not breathing, or has suffered cardiac arrest. Learn to operate an AED! You could save a life! Must bring card.

Must register by: Jan 27, 2012

We, 4PM - 8PM	Feb 1
20757	\$50 / 1 session

Must register by: Mar 27, 2012

We 4PM - 8PM	Apr 4
20758	\$50 / 1 session

CPR C Course (LSS)

Pre-req: 14 yrs +

Castlegar Community Complex

Be prepared to save a life! This course is geared for professional rescuers and covers adult, child, baby, and 2 rescuer CPR and choking. Also learn how to use barrier devices and recognize early signs of heart attack and manage risk factors for heart disease and stroke.

Must register by: Mar 26, 2012

Sa, 9AM - 3PM	Mar 3
20756	\$70 / 1 session

Standard First Aid (SFA)

Pre-req: 14 yrs or older

Castlegar Community Complex

Comprehensive First Aid and CPR techniques for those who need training for work requirements or who want more knowledge to respond to emergencies in the workplace. Content includes: EMS, ABC emergencies, head and spinal injuries, bone, muscle and joint injuries, wound care, sudden medical and environmental emergencies. CPR C Certification is included. (manual included) 100% attendance mandatory

Our next SFA course is scheduled for Spring 2012. Please check out our 2012 spring leisure guide for more information. Call to put you name on a waiting list.

Junior Lifeguard Club (JLC)

(8 - 14 yrs)

Complex Pool

The Lifesaving Society has designed the Junior Lifeguard Club for a serious purpose but the process is serious FUN! It's not lessons, but it is fun-filled games and lifeguard activities like lifesaving skills and knowledge, fitness, community education, swimming skills, leadership, team work and some fun competition! You can also earn LSS awards and recognition seals. The Club welcomes members between 8 and 14yrs of age as long as they can swim at least 25metres and tread water for 2 minutes.

Fr, 6:30PM - 8PM

20768

Jan 20 - Mar 9

565 / 6 sessions

The B.O.A.T. Program

(14 yrs +)

Castlegar Community Complex

Federal regulations require that all operators of motorized boats and personal watercraft obtain a Pleasure Craft Operator Card (PCO) in accordance with the standards and guidelines set by the Canadian Coast Guard.

The Boat Operator Accredited Training (BOAT) program offers an opportunity to learn navigational regulations and the rules of the road, responding to emergencies and the knowledge required to operate a pleasure craft. All candidates will be required to pass a standardized written exam in order to receive their PCO card. An exam-writing option (Boat Challenge) is also available for those with previous experience or who have studied the book.

B.O.A.T. Course

Mo, 5PM - 9PM

20779

Jan 23, 30

1st family member: \$65

2nd family member: \$25

3rd family member: \$15

Mo, 5PM - 9PM

20781

Apr 23, 30

1st family member: \$65

2nd family member: \$25

3rd family member: \$15

B.O.A.T. Challenge

B.O.A.T. Challenge Book

\$18

Mo, 7PM - 8PM

20783

Jan 30

\$25 / 1 session

Mo, 7PM - 8PM

20789

Apr 30

\$25 / 1 session

Aquatic Leadership at a glance

Course	Pre-Requisites	Dates Offered
WSI Course	AWSI	Jan 15, 21, 28, 29
Bronze Star	12yrs & SK 8	Jan 21, 22
CPR C Re-Cert	Previous CPR card	Jan 23
B.O.A.T Course	14yrs& up	Jan 23, 30 April 23, 30
AED Responder	CPR C current 1 yr	Feb 1 and April 4
Bronze Medallion	B.Star or 13yrs&SK 10	Feb 4, 5, 11, 12
AEC Course	B.Cross	Feb 18, 19, 25, 26
CPR C Course	14yrs & up	March 3
LSI Course	16yrs & B. Cross	March 23, 25, 30 April 1, 7
WSI Re-Cert	WSI current 5 yrs	28-Mar

Public Skate / Drop In Hockey Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Public Skate	2pm - 3:45pm	2pm - 3:45pm		2pm - 3:45pm		2pm - 3:45pm	4:15pm - 5:45pm
Sticks and Pucks		10am - 11:30am		10am - 11:30am	10am - 11:30am		
Lunch Hour Hockey	12pm - 1pm		12pm - 1:00pm		12am - 1pm		

Note: schedule subject to change due to Junior Hockey Games and Tournaments

CASTLEGAR & DISTRICT POOL SCHEDULE Jan 1 - Apr 30, 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early Bird / Tot Pool 6:30AM - 9AM	KSC Swim Club 6:30AM - 7:30AM	Early Bird / Tot Pool 6:30AM - 9AM	KSC Swim Club 6:30AM - 7:30AM	Early Bird / Tot Pool 6:30AM - 9AM	Triathlon Swimming (Limited Use) 8AM - 9AM	
Deep Water Workout/ S Lap Lane/ Tot Pool 9AM - 10AM		Aqua Circuit/ D Lap Lane 9AM - 10AM		Deep Water Workout/ S Lap Lane/ Tot Pool 9AM - 10AM		
Parent & Tot Aqua-Fit D Lap Lane/Tot Pool 10AM - 11AM		Seniors Swim Club/ Lap Swim/Tot Pool 10AM - 11AM		Public Swim/ D Lap Lane/Tot Pool 10AM - 11AM		
Ducks Galore Swim/ Lap Swim 11AM - 12PM				Ducks Galore Swim/ Lap Swim 11AM - 12pm	Swim Lessons/ D Lap Lane 11AM - 1:30PM	
Adult Lap 12PM - 2PM	Adult Lap 12:30PM - 2PM	Adult Lap 12PM - 2PM	Adult Lap 12:30PM - 2PM	Adult Lap 12PM - 2PM		
	Adult Lessons 1PM - 1:45PM		Adult Lessons 1PM - 1:45PM		Public Swim 1PM - 6PM	
Public Swim/ D Lap Lane 2PM - 4PM	Public Swim/ D Lap Lane 2PM - 4PM	Public Swim/ D Lap Lane 2pm - 4:30pm	Public Swim/ D Lap Lane 2PM - 4PM	Public Swim 2PM - 4PM Special Rate \$2 (2 - 18 yrs) \$3 (19 yrs+)		
Private Lessons 2PM - 4PM						Private Lessons 4PM - 5:30PM
Swim Club (Limited Use) 4PM - 6:30PM (Jan 16- Apr 23)	Swim Lessons/ S Lap Lane 3:30PM - 6PM KSC (2 lanes) 4:30PM - 6PM	Swim Club (Limited Use) 4PM - 6:30PM (Jan 16-Apr 23)	Swim Lessons/ S Lap Lane 3:30PM - 6PM KSC (2 lanes) 4:30PM - 6PM	Public Swim 4PM - 8:30PM	Private Bookings Available Phone: 250-365-3386	
Masters/ D Lap Lane 6:30PM - 7:30 PM	PM Aqua-Fit/ D Lap Lane 6PM - 7PM	Lap Lane/Masters 6:30PM - 7:30 PM	PM Aqua-Fit/ D Lap Lane 6PM - 7PM			
Public Swim/ S Lap Lane 7:30PM - 9PM	Public Swim/ S Lap Lane 7PM - 9	Public Swim/ S Lap Lane 7:30PM - 9PM	Private Lessons 7PM - 8PM Public Swim/ S Lap Lane 7PM - 9PM			

Note: Pool Schedule Subject to Change. For Daily Schedules call: 250-365-3386 ext 0

Please Note: The Castlegar & District Aquatic Centre is a public facility; as a result, shared use of the pool occurs from time to time. All efforts will be made to accommodate all users and provide advanced notice of changes when ever possible.

Pool Schedule Terms

Public Swim: Pool and Tot Pool/ Hot Tub and Steam Room available! Includes 1 single lap lane. (minimum)

Early Bird: Lane swimming with a single leisure lane included! Hot Tub, Steam Room and Tot Pool available!

Limited Use: Means the facility is open for the Hot Tub and Steam Room only! Pool and or Tot Pool may not be available due to programs, user groups or special events.

S Lap Lane: One single size lap lane only available during this time.

D Lap Lane: One double size lap lane only available during this time.

Tot Pool: Tot Pool area only for Parent and Tots (no public swimming available)

Adult Lap: Adults only for lane swimming. One single lane of each Fast, Medium and Slow (Adult lap may be shared with Adult lessons).

Ducks Galore: Parent and Tot swim with floating rubber ducks. Lap lane available.



Youth Movie Nights!

Complex Pool

No Adults allowed! For Grades 5, 6, 7. Bring any floater and enjoy a movie as it will be displayed in the pool area. Popcorn and drinks available! Make plans with your friends to be here!

Fr, 6PM - 8PM Mar 30
Fr, 6PM - 8PM Apr 27
\$3.50

Pool Toy Days!

Play on Clifford the "Big Dog"! Bring your friends and family and have a wet and wild day! Sorry, no lap lane during these times.

Boxing Day, 1:30PM - 4:30PM Dec 26
New Years, 1:30PM - 4:30PM Jan 1
Spring Break, Fr, 2PM - 4PM Mar 16, 23
Good Friday, Fr, 1:30PM - 4:30PM Apr 6
Easter, Su, 1:30PM - 4:30PM Apr 8

Regular Admission

Pro D Day/ Youth Swim

Water Walkway will be in the pool! Sorry no lap lane available during this time

Mo, 2PM - 4PM Apr 23
All students \$2.50



Holiday Public Swims

Aquatic Centre

Boxing Day, 1:30PM - 4:30PM Dec 26
New Years, 1:30PM - 4:30PM Jan 1

Splash Parties Castlegar Community Complex

Birthday party at the Aquatic Centre! One hour in a meet rooms... you bring the cake, food, and goodies and we clean up the mess! Then head to the pool for wet and wild fun!

Must book at least 1 week in advance. Package includes admission for 2 adults if children are 6 yrs and under. Meeting rooms booked on availability. Parties are booked during public swim times only; see Aquatic schedule for public swim times.

Up to 10 children \$50

Splash Party with a Games Leader!

Complex Pool

It's a Splash party (as above) with a lifeguard leading the party group through 30 min of fun & games in the pool. Must be booked during weekend public swim times only.

See aquatic schedule for weekend public swim times.

Up to 10 children \$68

New Big Dog Splash Party! (7 yrs +)

Complex Pool

This is a private pool party for up to 50 people with an hour on the "Big Dog"!

Bring the cake and goodies and use the viewing area. Party must be booked at least 2 weeks in advance! Big dog booked on availability! (Not available on Stat holidays)

Su, 12pm - 1pm or 6pm - 8pm
Up to 50 people \$200



FREE Public Skating

Boxing Day + New Years Day

Statutory Holidays – Looking for something to do?

Bring the whole family down to the arena for an afternoon of fun, exercise and games on the ice. Helmets are recommended.



Boxing Day and New Years Day
1:30pm - 4:30pm

