



❄️ Winter 2012

Registration for programs
start Dec 12, 2011

LEISURE GUIDE

Creston & District Community Complex



Experience It!



Register online:

www.rdck.bc.ca, click on

Recreation Connection

Winter Hours

December 1 to March 31	Mo, We, Fr	Office 6AM - 7:30PM	Pool 5:30AM - 2PM, 3:30PM - 8PM	Fitness + Track 5:30AM - 8PM
	Tu, Th	8AM - 8:30PM	9AM - 2PM, 3:30PM - 9PM	8AM - 9PM
	Sa, Sun	12PM - 6:30PM	1PM - 6PM	12PM - 7PM

Facility Closed
Christmas Day, Dec 25
New Years Day, Jan 1

Modified Aquatic Holiday Hours
Dec 26, 2PM - 6PM
Dec 27 & 29, 9:30AM - 7PM
Dec 28 & 30, 7:30AM - 7PM
Dec 31, 1PM - 6PM

Pro D days and Spring Break
Pool Open all day

Admission Rates

	Family*	Adult	Student	Child	Senior	Golden
Daily	\$15.40	\$6.47	\$4.91	\$3.12	\$4.91	Free
10 Tickets	\$123.80	\$57.80	\$45.00	\$27.90	\$45.00	Free
1 Month Pass	\$139.05	\$64.76	\$46.90	\$32.14	\$46.90	Free
3 Month Pass	\$352.38	\$157.14	\$114.29	\$77.14	\$114.29	Free
6 Month Pass	\$603.81	\$271.43	\$197.14	\$133.33	\$197.14	Free
1 Year Pass	See below*	\$437.14	\$340.00	\$210.48	\$340.00	Free



Toonie Pricing

Toonie Swim
(Adults \$3)
Fr, 3:30pm - 5:30 pm

Toonie Skate
Sa, 2:45pm - 4:15 pm

Note: times are subject to change.

Infant: under 2 (Free); **Child:** 2-14; **Student:** 15-18; **Adult:** 19-59; **Senior:** 60-84; **Golden Guest:** 85+

Note: Prices do not include taxes; 12% HST will be added to programs for ages 14 and older. Passes are non refundable and non transferable.

***Definition of a Family:** up to 5 people, residing together, no more than 2 adults or seniors.

Family Annual Rates: 1st Adult - \$437.14, 2nd Adult - \$366.27, 1st Senior - \$340.00, 2nd Senior - \$285.70, Child/Student - \$119.05.

How to Request a Refund, Credit or Transfer

Please contact customer service during business hours at 250-428-7127 ext 0.

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.



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3 Ways to Register



Recreation Connect

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



Telephone

Call 250-428-7127.



In Person

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



Creston & District Community Complex

312 - 19th Ave N
Creston, BC V0B 1G0

P: 250-428-7127

F: 250-428-5700

E: crestonrec@rdck.bc.ca

W: www.rdck.bc.ca/creston



Childminding Services (18 mths - 6 yrs)

Sunshine Room

Enjoy the pool, fitness centre or register for a dance class without the worry of getting a babysitter! Childminding services are on Tuesdays, Wednesdays and Thursdays from 9 am until 12 noon. Parents must be using the facility while the child is in our care. Safe, friendly and fun atmosphere and very convenient!

There is a 2 hour limit per visit and children must be picked up on time. Fees and schedule subject to change.

Tu, We, Th 9-12pm
2 hr limit
\$4.50/hr, \$40.50/10 pass
\$3/hr for siblings, \$30/10 pass



DANCE

ZumbAtomic (Little Starz)

with Jen Schiffke

(3 - 5 yrs)

Fitness Studio

Rockin', high-energy fitness-parties packed with specially choreographed, kid-friendly routines. Zumbatomic classes increases focus and self-confidence, boosts metabolism and enhances coordination in your child. They will love it!

Wear comfortable clothing and clean indoor non-marking shoes.

Mo, 9:15-9:45am Jan 16 - Mar 5
20298 \$48 / 8 classes

Mo, 3:30-4pm Jan 16 - Mar 5
21038 \$48 / 8 classes

PLAYTIME

Preschool Indoor

Playground

(2 - 5 yrs)

Creston Valley Family Place

The CDCC and the C.V. Family Place are pleased to deliver this parent cooperative program for children ages 2-5 yrs old. Kids will have fun playing at different active stations with space for quiet time. This is a free program for Creston Valley families.

Tu, 10am - 11am Jan 10 - Mar 6
20558 FREE

AQUATIC PLAY TIME



Turtle Tots

(18 mths - 36 mths)

Fun & friendly for toddlers not old enough for Sea Turtle but enjoy water and want the freedom to do it on their own. Focused on basic swim skills and safety (i.e. if toddler falls in water, can he/she get back to a point of safety).

Parent participation not required.

Fr, 10-10:30am Jan 13 - Feb 3
20990 \$24 / 4

Fr, 10-10:30am Feb 10 - Mar 2
20991 \$24 / 4

Fr, 10-10:30am Mar 9 - 30
20992 \$24 / 4

PRO-D DAY FUN

Little Ones Fun Day!

with Julia Miller

(3 - 5 yrs)

Sunshine Room

Pro-d day excitement for preschoolers. Fun games, crafts, stories and songs.

Jungle Theme
Fr, 10am - 12pm Feb 17
20270 \$7

Bugs n' Butterflies
Fr, 10am - 12pm Apr 20
20271 \$7

Senses
Mo, 10am - 12pm May 28
20272 \$7



BIRTHDAY PARTIES

Want a birthday party but not the hassle or mess? We will help make your child's birthday a piece of cake!

Choose a Pirate or Beach theme.



One adult within arms reach for every 3 children, 6 & under, in the pool.

Pool Party times

Fr, 5:30pm
Sa, 2pm or 4pm
Su, 2pm or 4pm
(Call for availability)

Skate Party times

Fr, 6pm
Sa, 1:45pm or 2:30pm
Su, 1:45pm or 2:30pm
(Call for availability)

Booking

To book a party or get more info, call 428-7127 or stop in at our reception counter.

Package #1

\$130 / 10 children
(additional children \$6)

Party Package is based on 10 children attending and includes:

- room rental for 1 hour
- admission into either the pool or ice rink
- party host (will decorate room and assist with party)
- cake, plates and utensils

Package #2

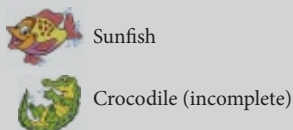
\$190 / 10 children
(additional children \$11)

Everything in Package #1 with food option.

Choice of Subway, Panago, Dairy Queen (dependant on availability).

SWIM LESSONS

Preschool Lessons



Red Cross & Lifesaving Progression

Level 1

Level 2

Level 3

Level 4

Level 5

Level 6

Level 7

Rookie Patrol

Level 8

Ranger Patrol

Level 9

Star Patrol

Level 10

What to expect from Red Cross Swimming Lessons

All of our Red Cross Swim Preschool and Red Cross Swim Kids programs are taught by certified water Safety Instructors. Your child will receive quality lessons focusing on water safety, stroke development, and fitness in a friendly and fun environment. Each child will also receive a progress report and a badge, sticker, or tattoo at the completion of each set.

First Lesson Day

- Instructors will meet their participants
- Instructors will screen each participant
- Instructors will discuss with parent of transferring to other level is recommended

Lesson Day 4

- Optional Parent Participation day
- Each participant will receive a mid-lesson report outlining their progress

Lesson Day 6

- Parent/Instructor Chat day, Classes will finish 3 mins early

Last lesson day

- Participant will receive a comprehensive progress report specifying which level the participant should register in.

Cancelled Classes

A minimum of 48 hours before a class starts, lessons may be cancelled where there is insufficient registration. We will attempt to find space in the next available class or issue a full refund.

Waitlists

If the class you want is full, get on the waitlist! Classes with waitlists may replace any classes that have been cancelled.



“Million Dollar Lessons!”

for just under \$6 a class

– as quoted in the Creston Valley Advance.

Swim Lesson Prices

Preschool, 25 min	\$35 / 8 classes
Levels 1-4, 25 min	\$35 / 8 classes
Level 5-6, 40 min	\$40 / 8 classes
Level 7-10, 55 min	\$45 / 8 classes

Saturday Lessons

All Levels, 40 min	\$35 / 6 classes
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Private Lesson Prices

1 Person, 30 min	\$17 / 1 lesson
2 People, 30 min	\$24 / 1 lesson

Lesson Set 1: Tuesday, Jan 24 - Mar 13, 8 weeks

3:30pm	Private/Semi-private 20894		
4:00pm	Level 1/2 20945 / 20946	Level 7/8 20947 / 20948	Level 9/10 20949 / 20950
4:30pm	Sea Otter / Salamander 20924 / 20931	Level 7/8 con't.	Level 9/10 con't.
5:00pm	Starfish/Duck 20915 / 20918	SeaTurtle/SeaOtter 20921 / 20925	Level 3/4 20988 / 20989
5:30pm	Sunfish/Croc/Whale 20935 / 20938 / 20939	Level 5/6 20951 / 20952	Private/Semi-private 20898
6:00pm	Private/Semi-private 20899	Level 5/6 con't.	

Lesson Set 2: Saturday, Jan 28-March 3, 6 weeks

9:00am	Private/Semi-private 20900	Waitlist	
9:45am	Starfish/Duck 20916 / 20919	SeaOtter/Salamander 20926 / 20932	Level 3/4 20955 / 20956
10:30am	SeaTurtle/SeaOtter 20922 / 20927	Sunfish/Croc/Whale 20936 / 20940 / 20941	Level 5/6 20953 / 20954
11:15am	Level 1/2 20957 / 20958	Private/Semi-private 20902	Waitlist
1:00pm			

Lesson Set 3: Monday/Wednesday, Feb 6-Feb 29, 4 weeks

4:00pm	Private/Semi-private 20909	Level 5/6 20959 / 20960	
4:30pm	Private/Semi-private 20910	Level 5/6 con't.	
5:00pm	SeaOtter/Salamander 20928 / 20933	Junior Lifeguard Club 20985 (February)	
5:30pm	Level 3/4 20961 / 20962	JLC con't. 20986 (March) (see page 8)	
6:00pm	Level 1/2 20963 / 20964	Duck/Sea Turtle 21049 / 21050	

Lessons Set 4: Monday-Thursday, Spring Break Mar 12-22, 2 weeks

9:00am	SeaOtter/Salamander 20929 / 20942	Level 1/2 20965 / 20966	Crocodile/Whale 20943 / 20944	
9:30am	Starfish/Duck 20917 / 20920	Level 3/4 20967 / 20968	Level 7/8/9/10 20969 / 20970 / 20971 / 20972	Waitlist
10:00am	Private/Semi-private 20911	SeaTurtle/SeaOtter 20923 / 20930	Level 7/8/9/10 con't.	Waitlist
10:30am	Private/Semi-private 20912	Salamander/Sunfish 20934 / 20937	Level 5/6 20973 / 20974	
11:00am	Level 1/2 20975 / 20976	Level 3/4 20977 / 20979	Level 5/6 con't.	
2:00pm	Red Cross Swim Sport 20987 (see page 8)			

PRIVATE LESSON SCHEDULE

TUESDAY, Jan 24 - Mar 13

3:30pm	20894
5:30pm	20898
6:00pm	20899

THURSDAY, Jan 24 - Mar 13

5:30pm	20913
6:00pm	20914

SATURDAY, Jan 28 - March 6

9:00	20900
11:15am	20902

MONDAY / WEDNESDAY, Feb 6 - Feb 29

4:00pm	20909
4:30pm	20910

SPRING BREAK (Mon-Thurs), March 12 - 22

10:00am	20911
10:30am	20912



SPORTS

Karate for Kids with Heather More (8 - 12 yrs)

Creston Room / Erickson Room

Karate is a fun activity that can teach discipline and control while providing an opportunity to develop physical fitness, motor skills, and co-ordination. Further building blocks of Karate include: self-control, confidence, self awareness, respect and dedication.

Mo, We, 6-7pm Jan 2 - Mar 7
20274 \$39 / 14 classes
 no classes Jan 30 - Feb 16

Mo, We, 6-7pm Mar 26 - May 9
21040 \$39 / 14 classes
 no classe Feb 16

Floor Hockey

(7 - 12 yrs)

ARES Gym

Kids will burn that excess energy acquired over the holidays! This supervised program is for boys and girls to have fun and play recreational floor hockey. Hockey sticks are provided.

Sponsored by: 

We, 4:30pm - 5:30 pm Jan 18 - Mar 7
20317 \$1 drop in

Red Cross Swim Sport

(8 - 14 yrs)

A fast paced and fun program designed to introduce youth to the diversity of sports played in the water. From diving to triathlon swimming, lifesaving sport to water polo, from underwater hockey to synchro to racing, your child will learn how much fun organized water sports can be. Participants get to choose 4 of the 8 sports modules and then spend a week playing & learning the basics.

Goggles recommended.

Spring Break
 Mo - Th, 2pm - 2:45pm Mar 12 - 22
20987 \$44 / 8

AQUATIC CLUBS

Junior Lifeguard Club

(8 - 14 yrs)

Lifesaving, Fitness & Serious Fun!

JLC where kids learn attitudes and skills that could one day save a life... their life or someone else's. JLC is designed to let kids participate in activities similar to those of real lifeguards, learn teamwork and gain a sense of belonging and pride in our new facility. T-Shirt and training log included with first registration.

Goggles recommended.

We, 5pm - 6pm Feb 8 - 29
20985 \$54 (1st time)
 \$34 (following sessions)

We, 5pm - 6pm Mar 7 - 28
20986 \$54 (1st time)
 \$34 (following sessions)





DANCE

Back to Basics Hip Hop

with Linda Gigliotti

(5 - 8 yrs)

Fitness Studio

Your child will start at the beginning and learn basic movements of dance. As they progress, easy Hip Hop steps will be introduced. Dancing has never been so fun!

We, 3:30pm - 4:30pm Jan 11 - Feb 29

20279

\$49 / 8 classes

Avoid disappointment!

Instructors need some preparation time, so please register for your favourite program at least one week in advance.

Hip Hop Cont'd

with Linda Gigliotti

(9 - 13 yrs)

Fitness Studio

If you love the moves you see on today's music videos and dance shows, then you will love this upbeat class. This class will cover all levels of Hip Hop - from beginners to intermediate. Dancing helps improve flexibility, develop body balance, and coordinates the muscles. Walk away feeling great and then show off your new moves to your friends!

Th, 3:45pm - 4:45 pm Jan 12 - Mar 15

20278

\$63 / 10 classes

FITNESS

Yoga Kids! *with Jana Siminiuk-Doyle*

(8 - 13 yrs)

Fitness Studio

Starting with animal poses, fun 'tricks' and using anatomy visuals and humour we then learn how to relate sports and other posture habits (on the phone, watching TV etc) to poses. Learn the importance of stillness, silence and concentration as a tool for relaxation for life! Start your child on the path of body awareness and self confidence.

Tu, 3:30pm - 4:45 pm Jan 24 - Feb 28

20280

\$69 / 6 classes

PRO-D DAY ACTIVITIES

(7 - 12 yrs)

NEW FORMAT

Choose one module per time slot, creating your own exciting, fun packed day. Pay one fee for the day and your child receives a wrist band so they can go to the arena or pool in the afternoon. They bring lunch and are supervised until they go to the pool or arena.

Fri, Feb 17

\$25

9am - 10 am

#1 Yoga: Breathe, stretch and feel great! Awesome start to your day!

20304

#2 Engineering Zone: Use that noggin to create strong structures with minimal supplies!

20308

10:15am - 11:15 am

#1 Hip Hop: Pop it, lock it, and drop it! Learn some cool dance moves!

20305

#2 Underwater Soccer: Get your kicks in the water! Love to play soccer? Take it to a whole new level; like Soccer only wetter!

20307

11:30am - 12:30pm

#1 Diving: You + instructor + diving board = Total Fun!

20306

#2 Indoor Adventure: Outplay and outwit.....do you accept the challenge?

20309

FITNESS

Strength Training for Teens

(13 - 16 yrs)

CDCC Fitness Centre

This workshop includes learning about strength and cardio machines, gym etiquette, and exercise tips on how to design a safe and balanced program. This is a valuable course for those who are new to strength training and are interested in coming into the weight room by themselves. Please bring a pen, water bottle, workout clothes and indoor shoes.

We, 4-5pm

Feb 1 - 22

20266

\$34 / 4 classes

SPRING BREAK ACTIVITIES

Break into Spring Kids Camp

(7 - 12 yrs)

A different adventure each day! Skating, diving, cooking, art, active games, scavenger hunts and more. Register for a 3 or 5 day week, or both. Kids receive a wrist band so they can go skating or swimming in the afternoon. Kids should bring a lunch.

Tu, We, Th, 9-1pm

Mar 13, 14, 15

20302

\$54

Mon - Fri, 9-1pm

Mar 19 - 23

20303

\$89

Spring Break Strength Training for Teens

(13 - 16 yrs)

CDCC Fitness Centre

New to strength training? Learn about strength and cardio machines, gym etiquette, and exercise tips on how to design a safe and balanced program. Bring a pen, water bottle, workout clothes and indoor shoes.

Tu, We, Th, 1-2pm

Mar 13, 14, 15

20320

\$26 / 3 classes

Tu, We, Th, 1-2pm

Mar 20, 21, 22

20321

\$26 / 3 classes

Time In! Yoga for Teens

with Jana Siminiuk-Doyle

(13 - 17 yrs)

An imaginative way to look at proper alignment during daily activities or passive habits. Begin to develop the full range of poses and variations, sequences and practice the ability to calm the mind. Explore many yoga styles and preventative health care for better transition into adulthood.

Mo, We, Fr, 1-4pm

Mar 12, 14, 16

20285

\$69 / 3 classes

Mo, We, Fr, 1-4pm

Mar 19, 21, 23

20286

\$69 / 3 classes

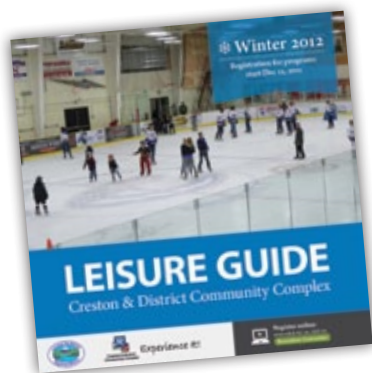
Reminder: HST will be added to all adult programs upon registration.

We are making some changes!

Now that the CDCC Leisure Guide is available online at in a brand new format, we are trying to save costs by no longer mailing out printed copies.

We will still have the Leisure Guide available at many locations around the Creston Valley for pick-up and of course, we would love for you to stop by the Community Complex, pick one up and have a good look around!

Watch for notices for when the new Leisure Guide is available at many retail or service outlets in the Creston Valley!



www.rdck.bc.ca/creston

Leisure Access Program

So everyone can participate!

This program has been established to provide low income families in our community an opportunity to participate in recreation programs.

Residents of the Town of Creston, Area A, B and C are eligible and must complete an application form. The information on the form, which is kept confidential, must be confirmed by an adjudicator. The Leisure Access Program is based on the combined family household income and applicants must reapply each year.

Approved participants will receive an ID card and then be eligible for up to 50% off regular admission to the pool, arena and drop in fitness classes for one year.

A physically or mentally challenged person (a person who is unable to use the facilities without assistance that is low income) can get up to 50% off regular admission and the assistant to a challenged person (a person who assists someone who is unable to use the facilities without assistance) has free access to facilities while assisting a challenged person.

If you have any questions about the Leisure Access Program, please contact our office at 250-428-7127.

Just "Tri" It!

See Page 18 for info

A complete training program that includes:

Swimming
Spinning
Circuit Training
Running



Train for CDCC's
1st Triathlon

**Saturday
June 2, 2012**

500m swim
10km bike
5km run

DROP IN FITNESS (AQUATIC AND DRY) Winter 2012

Monday	Tuesday	Wednesday	Thursday	Friday
H2O Interval 6:30am - 7:30am	Pilat-aerobics 6am - 7am	Aqua Max (page 14) 6:30am - 7:30am		Deep Water Aquafusion 6:30am - 7:30am
Next Step Aquafit 8:30am - 9:15am		Next Step Aquafit 8:30am - 9:15 am		Next Step Aquafit 8:30am - 9:15am
Gentle Aquafit 9:30am - 10:15am		Gentle Aquafit 9:30am - 10:15am	Gentle Fit 9am - 9:45am	Gentle Aquafit 9:30am - 10:15am
	Gentle Aquafit 10am - 10:45am	Total Body Fitness 9:30am - 10:30am	Gentle Aquafit 10am - 10:45am	
Linedancing: Easy Intermediate 10am - 11am		Linedancing: Beginners, 10am - 11am		
Noon Power: Beginners AeroBox 12:10pm - 12:50pm				Noon Power: Abs, Butts & Thighs 12:10pm -12:50pm
	Cardio Blast 5:15pm - 6:15pm		Strength n' Tone 5:15pm - 6:15pm	Spintastic! 4pm - 5pm
Cardio Bootcamp 6:45pm - 7:45pm	Deep Water Aquafusion 6:30pm - 7:30pm		Total Body Aqua 6:30pm - 7:30pm	

Aquatic
 Dryland
 Pre-registered

Modifications are shown for all levels of fitness! Beginners to Intermediate are welcome!

Mondays:

H2O Interval: A high intensity, moderate impact class consisting of 4 interval pyramids: Cardio, Arms, Legs & Core. Classes are designed to work muscles to exhaustion.

Next Step Aquafit: A medium intensity, medium impact workout focusing on core strength, functional endurance and cardio.

Gentle Aquafit: A low intensity, low impact workout focusing on functional strength, balance and fun. It will improve range of motion and flexibility - easy on the joints!

Noon Power! Beginners AeroBox: Learn basic kickboxing and low impact cardio moves. Utilizing upper, lower body & core for a full body workout.

Cardio Bootcamp: Sweat, sweat and more sweat! No choreography! A variety of equipment and creative methods to make you work!

Tuesdays:

Pilat-aerobics: Low impact workout focusing on the core muscles with upper and lower body toning thrown in.

Cardio Blast!: Blast calories and sweat up a storm. Kickboxing, Bosu, step, Zumba and more. A total body workout - a towel is a must!

Deep Water Aquafusion: A zero impact, full body workout with cardiovascular training, muscular endurance and core conditioning.

Wednesdays:

AquaMax - see adult aquatics programs for more details on this preregistration program.

Total Body Fitness: Mid to high impact cardio with exercises that are sure to tighten the core and increase strength.

Thursdays:

Gentle Fit: For active seniors. Low impact movement along with easy (but effective) strength exercises.

Strength n' Tone: Tone and strengthen your whole body to be a stronger you.

Total Body Aquafit: A full body workout with your feet still on the tile, this shallow water class focuses on cardio, muscular endurance and toning.

Fridays:

Deep Water Aquafusion: A zero impact, full body workout with cardiovascular training, muscular endurance and core conditioning.

Noon Power! Abs, Butts n' Thighs: A workout for the hips and belly. You will feel the burn!

Spin-tastic!: Instructor lead indoor cycling class with motivational music. An uplifting way to end a busy work week and sure to burn calories.

FITNESS

Group Circuit Training

CDCC Fitness Centre

Combine high-energy cardio with weight machines for a terrific and versatile workout. Improve aerobic capacity, muscular strength, and endurance! This class is lead by a certified personal trainer and uses the indoor track as well as strength and cardio equipment. All fitness levels welcome!

Tu, 6:15pm - 7:15 pm Jan 10 - Feb 28
20254 \$44 / 8 classes

Th, 6am - 7am Jan 12 - Mar 1
20253 \$44 / 8 classes

Sa, 11am - 12pm Jan 14 - Mar 3
20255 \$44 / 8 classes

Intermediate Group Circuit

CDCC Fitness Centre

A step up from our regular circuit training classes. More challenging and demanding exercise progressions and cardio stations to take your fitness to the next level. Previous strength/circuit training experience required.

We, 7pm - 8pm Jan 11 - Feb 29
20256 \$44 / 8 classes

Easy Does It! Strength & Circuits

CDCC Fitness Centre

Low impact workout easing you into exercise and teaching use of Fitness Centre equipment through station work. Modifications to all exercises are offered for joint weaknesses. You will leave more energized, confident, and knowledgeable about your body.

We, 5:45pm - 6:30pm Jan 11 - Feb 29
20257 \$44 / 8 classes

Tu, 9am - 9:45am Jan 10 - Feb 28
20258 \$44 / 8 classes

Family Fun Fitness: Circuits & Games

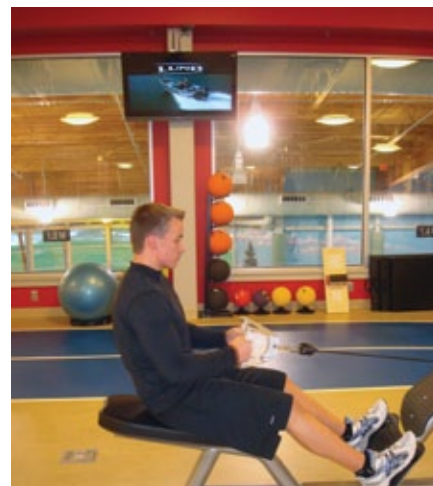
Creston Room

Get active with your children (6 and older) while the whole family participates in fun games and exercises to keep everyone interested and moving around. Spend quality time with your family while staying active! Family up to 5 members with a minimum of one adult.

\$15/family or \$25/family for both weeks

Tu, Th, 5pm - 6pm Mar 13, 15
20259

Tu, Th, 5pm - 6pm Mar 20, 22
20260



Last 10 lb Bootcamp

w/Jen Schiffke

Fitness Studio

Let's lose the fat & gain some muscle! Specifically designed tough workouts of calisthenics, plyometrics, body weight resistance and strength training intervals. Bonus nutritional tips and weekly challenges included.

Sa, 10am - 11am Jan 14 - Mar 31
20300 \$69 / 12 classes

Next Station! w/Amanda Samsel

Fitness Studio

Fast-paced early morning circuit workout! Stations will include classic strength training moves as well as challenging new moves combined with cardio intervals. No choreography! All levels of fitness welcome.

Th, 6am - 7am Jan 26 - Mar 29
20289 \$54 / 10 classes

Awesome Abs Workshops

CDCC Fitness Centre

New and functional exercises to strengthen your abs and lower back the way they are used in every day life - off the floor!

Sa, 1pm - 2pm Feb 25
20251 \$5

Wed, 7pm - 8pm Mar 7
20252 \$5



Personal Training

What can a trainer do for you?

- Personalized attention
- Motivates and helps achieves your goals
- Customized exercise program, just for you
- Ensures safe & correct techniques
- Great resource for any fitness questions

Aqua Max

(15 yrs +)

CDCC Pool

An aquatic circuit class that incorporates both aerobic and resistance exercises in to improve fitness, muscle tone & strengthen the heart in water. Participants must be able to swim 1 length of the pool and be comfortable in deep water.

Goggles & swim cap (recommended)

We, 6:30-7:30am Jan 11 – Feb 15
20738 \$49 / 6 classes



Signing up is as easy as 1,2,3!

1. Fill out the CDCC Personal Approach to Training or Small Group Training Package
2. Drop off the completed package at the front desk.
3. A CSEP certified personal trainer will contact you to begin training.

HEALTH AND WELLNESS

Pilates w/Amanda Samsel

Emphasis on core stability, alignment and range of movement. This full body workout is mostly mat work (seated & lying down) with some upper body sculpting. Proper breathing will be an integral part of this mind/body workout.

We, 5 - 6:30pm Jan 25 - Mar 14
20287 \$49 / 8 classes

Rotacrest Hall

Th, 10am - 11am Jan 26 - Mar 15
20288 \$49 / 8 classes

Fitness Studio

Individual Personal Training

1 session: \$35
3 sessions: \$99
10 sessions: \$300

Partner (Train-with-a-friend)

Personal Training
1 session: \$30 / person
3 sessions: \$85 / person
10 sessions: \$250 / person

Small Group (Goal Specific) Training

5 sessions: \$300 / group
10 sessions: \$570 / group
20 sessions: \$1080 / group



Beginners Tai Chi w/Neil Ripski

Fitness Studio

Benefit from a low impact form of exercise. Improve your balance, strength, mobility and overall well being. We will work on body mechanics, energy flow and will discover the Yang Style 24 form. Progress to an intermediate level with a good knowledge of the entire 24 form.

Tu, 8:45 - 9:45 am Jan 24 - Mar 27
20342 \$79 / 10 classes

Kempo Karate

w/Bruce McAdam

Creston Room / Erickson Room

Discipline, strength, co-ordination, and power. Kempo Karate teaches self-defense by developing confidence plus physical and mental fitness. Wear loose comfortable clothing. Beginners welcome!

Mo, We, 7-8:30pm Jan 9-Mar 28
20273 \$49 / 24 classes

DANCE FITNESS

Zumba & Core Strength

w/Jen Schiffke

Fitness Studio

Get fit - quickly! Packed full of fitness fun. This program is latin inspired dance-fitness moves combined with core focused movements. Metabolism-boosting and core strength building - all at once. A great way to sneak a workout into your day. All fitness levels welcome.

Th, 12:10 - 12:50pm Jan 12 - Mar 15
20297 \$52 / 10 classes

Zumba! w/Jen Schiffke

Fitness Studio

Exotic rhythms set to high-energy Latin and international beats. These classes will get you fit and boost your energy levels! There's no other fitness class like a Zumba Fitness-Party. It's easy to do, effective and totally exhilarating!

Su, 10am - 11am Jan 22 - Mar 11
20343 \$52 / 8 classes

Su, 4pm - 5pm Jan 22 - Mar 11
21039 \$52 / 8 classes

Zumba Gold! w/Jen Schiffke

Fitness Studio

Zumba Gold is designed to suit the needs of the active older participant, as well as those just starting their journey to a healthy lifestyle. The classes include zesty Latin music, the exhilarating, easy-to-follow moves; and the invigorating, party-like atmosphere. It's a dance-fitness class that feels friendly, and most of all, fun. No experience necessary.

Tu, 10 - 10:45am Jan 24 - Mar 13
20319 \$52 / 8 classes

Feedback is welcome!

Let us know how we are doing by filling out a Customer Comment Card.

We want to hear from you.

SPINNING (INDOOR CYCLING)**Begin to Spin n' Tone***w/Amy Chapoton*

Fitness Studio

Specifically designed for beginners, older adults or those with limited mobility, this class will gradually get you used to riding the bike. Upper body toning and lots of stretching is included. Easy on the joints! Our motivating instructor will make this a fun and energizing class. Bring your water bottle.

We, 11am - 11:45am Feb 1 - Mar 21
20318 \$39 / 8 classes

Virtual Spinning Ride*w/Jen Schiffke*

Fitness Studio

Escape the studio with Jen as you spin while watching a scenic film that takes you across Canada and the US. It will feel like you are actually riding a bicycle through some awesome terrain. The digital dashboard will let you know where you are and what is coming next. Your spin class has just transformed into a 45 min epic ride....join us!

We, 7pm - 7:45pm Jan 18 - Mar 7
20299 \$59 / 8 classes

Spinning with Tia*w/Tia Wayling*

Fitness Studio

Using specifically designed indoor stationary bikes, spinning is a great form of aerobic activity. It is also beneficial in strengthening the muscles of the lower body. It tones the quadriceps and hamstrings, along with working the back and hips. Participants can control his/her level of intensity.

Tu, 6:45-7:30pm Jan 10 - Feb 28
20237 \$49 / 8 classes

Tues, 6:45-7:30 pm Mar 13 - May 1
20238 \$49 / 8 classes

Weekend Warrior Spin*w/Amy Chapoton*

Fitness Studio

Too busy during the week to exercise? Join Amy for an energizing weekend spin class that is a great way to get a vigorous workout. Burn calories and keep your muscles in shape - especially during the off-season. New to spinning - no problem!

Sa, 9am - 9:45am Jan 21 - Mar 10
20290 \$49 / 8 classes

YOGA**Beginners Yoga***w/Samantha Nevalainen*

Fitness Studio

Start your week feeling great! Relieve built up tension and stress with this gentle exercise. Increase your flexibility, balance and strength while boosting your energy levels. Class also includes pranayama, meditation and yoga nidra. Wear comfortable clothing, bring a blanket and yoga mat.

Mo, 10:15 - 11:45am Jan 23 - Mar 12
20275 \$69 / 8 classes

Vinyasa Flow Yoga*w/Gail Thompson*

Fitness Studio

Vinyasa Flow is the practice of postures synchronized with the breath. Fluid sequences will build heat, endurance, flexibility, strength and develop internal awareness. Class will end with Yoga Nidra. At the end feel light, tranquil, and rejuvenated. Open to all levels including active beginners. Please bring a yoga/exercise mat and blanket.

We, 4:45-6pm Jan 11 - Mar 28
20262 \$89 / 10 classes

no classes Feb 1 & 8

Intermediate Yoga with

Gary w/Gary Smith

Fitness Studio

Hatha Yoga with an emphasis on Pranayama (breathing techniques). Hatha tones and opens the body, keeping muscles and joints supple and strong. Learn about the five breaths and how to use them in your practice. Mindfulness meditation and deep relaxation helps develop a sense of calmness which reduces our stress levels. This allows the body to heal itself - inside and out.

Th, 6:30pm - 8pm Jan 19 - Apr 5
20249 \$109 / 12 classes

Intermediate Yoga with

Gail w/Gail Thompson

Fitness Studio

Intermediate class for deepening practice and refining yogic breathing. Moderately paced to build strength, stamina, flexibility and steadiness of body and mind. Includes pranayama, yoga nidra and meditation. Previous yoga experience suggested. Please bring yoga mat and blanket.

Mo, 4:45pm - 6:15pm Jan 9 - Apr 9
20250 \$109 / 12 classes

no classes Feb 6 & 13

PRENATAL HEALTH

Prenatal Education 101

Erickson Room

Pregnancy can be as safe & stress free as possible with these practical & educational components. Info on stages of labour, pain control, breathing, proper posture, prenatal nutrition and breastfeeding. Safe prenatal exercises will be demonstrated and practiced. Labour coaches are encouraged to attend for some prenatal education. Instructors are: Candace Foy, BScPT and Richelle Gudjonson of PhysioWorks & More.

Tu,Th, 6pm - 7pm Jan 24 - Feb 9
20281 \$59 / 6 classes

Tu,Th, 6pm - 7pm Mar 13 - 29
20282 \$59 / 6 classes

Prenatal Yoga

Erickson Room

Ease your pregnancy with this gentle exercise, from your first trimester through till your third. Practicing breathing exercises (Pranayama) and relaxing postures help keep you comfortable and prepare for birth. Meditation & yoga nidra included. Please wear comfortable clothing and bring a blanket and yoga mat.

Tu, Th, 6pm - 7pm Feb 14 - Mar 8
20283 \$69 / 8 classes

Tu, Th, 6pm - 7pm Apr 3-26
20284 \$69 / 8 classes

AQUATICS

Swim Basics

CDCC Pool

Do you have a New Years resolution to learn how to swim? Self-paced, instructor lead program that focuses on comfort in the water, floatation, forwards and backwards movement, and breath control. Classes are conducted in the warmer leisure pool. Goggles, swim cap or hair tie recommended.

Tu, 11am - 11:45am Jan 17 - Feb 14
20822 \$35 / 5 classes

Th, 8pm - 8:45pm Feb 9 - Mar 8
20824 \$35 / 5 classes

Swim Stroke & Skills

CDCC Pool

"I can swim but would like to become more comfortable with the front crawl breathing pattern."

This class focuses on progression for leaning and improving front crawl, back crawl, breaststroke, sidestroke and/or elementary backstroke. Choose what you want to improve in and the instructor builds a program to help you meet your goals. Participants must be comfortable in water.

Goggles, swim cap or hair tie recommended.

Tu, Th, 8 - 8:45pm Jan 19 - Feb 2
20820 \$35 / 5 classes

Tu, 11 - 11:45am Feb 21 - Mar 20
20811 \$35 / 5 classes

Just "Tri" It! 2012 Triathlon Training Program (15 yrs +)

A complete triathlon training program for the fit and not-so-fit. Train your body for the endurance and skill needed for a triathlon or just use this program as a great workout! A motivating and knowledgeable trainer will be there to coach and encourage you to improve your fitness level. Register for any one or more the module times that work best for you.

Swim: Build endurance for distance and technique. All skill levels accommodated

Prerequisite: Ability to swim 25m.

Spin: Build endurance indoors through climbing and aggressive passing while listening to high energy music.

Circuit Training: Station work in the Fitness Centre with a focus on muscles that are neglected in other modules.

Run (Instructor led): Outdoor, interval-based looping, accommodating all running speeds. Rain, shine, or snow!

Pre-training session Jan 9-Mar 26

Focused training Apr 2 - May 28

(transitions, road cycling, more running etc)

\$75 / 1 module
 \$134 / 2 modules
 \$201 / 3 modules

	Mo	Tu	We	Th	Fr	Sa
AM		Circuit 6-7	Swim 6-7		Spin 6:15-7	Run* 10-11
PM	Spin 8-8:45	Swim 7:30-8:30		Circuit 7-8		

*Register in any of these modules and be automatically registered for the Saturday Run module **at no extra cost** (optional attendance).

FREE Swim Lessons

"Adults don't realize how little it takes to correct their swimming"
 -Adult lesson Participant

Thanks to a generous donor, FREE adult swim lessons will be available for you to give swimming a try. Space is limited so sign up quickly at the front desk. See page 17 for full adult swim program times.

Swim Basics		Swim Stroke & Skills	
Tu, 8pm - 8:45pm	Jan 10	Th, 8pm - 8:45pm	Jan 12

SPORTS

Co-ed Basketball

ARES Gym

Playing basketball is a great physical workout! Shoot some hoops and meet some new people that also enjoy the sport. Please pre-register as program may be cancelled.

Mo, 7-8:30pm Jan 16 - Mar 5
20269 \$36 / 8 classes
 \$6 drop in

Table Tennis

Rotacrest Hall - Upper level

Whether you like competitive play or just for recreation, you can join us for some good old fashioned ping pong. See how fast paced and exciting it can be.

Mo, Th, 7-9pm Jan 16 - Apr 5
20268 \$49 / 8 classes
 No classes: Feb 6, Mar 5 & Apr 2

Women's Basketball

Erickson School Gym

Come and join us for some exciting fast paced, recreational basketball at Erickson school - just for the gals! Better than any workout, this will leave you breathless with anticipation for the next game.

Tu, 7-8:30pm Jan 17 - Mar 6
20267 \$36 / 8 classes
 \$6 drop in

Indoor Soccer

Canyon School Gym

Keep those skills sharp during the winter months. A great social atmosphere while playing fast paced games, drills and practices.

Please pre-register as program may be cancelled.

Mo, We, 7-8:30pm
 Jan 23-Feb 29
21042 \$60/parent & child
 \$40 single, \$6 drop in

OUTDOOR ACTIVITIES

All outdoor activities listed below will be conducted by Natasha Lockey of BettyGoHard based in Rossland. Find out more about her and Betty GoHard at www.bettygohard.com.

If you require snowshoes, please contact Summit Outdoor Sport (limited numbers) or register early and make equipment request for an extra fee. Trail information, meeting locations and rental fees available upon request. Contact our front desk 250-428-7127.

Couples Evening Snowshoe Adventure

Join us for an evening adventure out on the trails. Enjoy the peace and tranquility of a winters evening while gaining confidence on your snowshoes and spending time with new and old friends. Warm up and socialize with apres Betty style. Equipment: snowshoes, poles and headlamp.

Fr, 6pm - 8pm Jan 13
20336 \$22 / person



Family Snowshoe Adventure

Saturday morning snowshoe adventure everyone can enjoy. A family event finishing up with hot chocolate and marshmallows treats. Don't forget your camera; you will want to remember this experience!

Sa, 10am - 1:30pm Jan 14
20335 \$55 / family

family consists of 4, minimum one adult

Ladies Snowshoe Adventure

Saturday afternoon snowshoe adventure – girls only! We will be exploring a local trail finishing with lunch at one of Creston's best lunch spots in town. Don't forget your camera, the views are spectacular! Always great fun with many laughs - don't miss this one!

Sa, 2:30pm - 5:30pm Jan 14
20337 \$39 / person with lunch
\$29 / person without lunch

Ladies XC Ski Adventure

Exploring the trails around Creston. Always spectacular views so bring your camera. Join a fun group for a Saturday afternoon ski finishing with an après at a favourite downtown location.

Su, 10am - 1:30pm Jan 15
20338 \$39 / person with après
\$29 / person without après

DANCE

West Coast Swing w/Christine Miller

Evolving from the more commonly known Swing or Lindy Hop, the West Coast Swing is very versatile. It is a cool, laid back dance that can be funky and groovy or smooth and sexy, depending on music and personal style. People of all ages can use it anywhere, anytime to any kind of music. Discover this fun, addictive dance. Wear non marking shoes.

We, 6:30 - 7:30pm Jan 18 - Mar 21
20261 \$89 / 10 classes

Dance till you drop Hip Hop

w/Linda Gigliotti

Get up and get movin'! If you love to dance, this is for you! Hip Hop represents urban-style body movements that go with the rhythm of hip hop music. Terms like breaking, popping, locking, and free style sound dangerous, but they're not! Helps improve flexibility, develop body balance, and coordinate your muscles. You'll have fun doing Hip Hop with Linda!

Tu, 7:45pm - 8:45 pm Jan 17 - Mar 6
20265 \$59 / 8 classes

Linedancing (drop in)

w/Jenifer and Larry Wolf

For those with little or no line dancing experience come Wednesdays. Try to start at the beginning of these sessions to ensure you do not miss anything. For those who would like a little more challenge than the beginners level, come Mondays to Easy Intermediate.

Easy Intermediate

Mo, 10am - 11 am Jan 9-Apr 25
20263 General Admission
 or free with membership

New Beginners

We, 10am - 11 am Jan 11-Apr 27
20264 General Admission
 or free with membership

Is the class you want full?

Get on the waitlist!

If there are withdrawals, you will be contacted to register and whenever possible, classes and programs will be created if there is enough interest.

SENIOR SPECIFIC ACTIVITIES

Balance and Agility

w/Richelle Gudjonson

This is a great introductory wellness program for those seniors suffering from arthritis, have limited mobility or difficulty walking (use a walker). It includes: different types of walking techniques and will include exercises to move the upper and lower body safely and effectively. Improves circulation, balance, flexibility & alignment and lubricates the joints so that you will gain better mobility.

Mo, We, 9-9:30am Jan 30 - Mar 21
20341 \$42 / 16 classes

Safety for Seniors (Fall Prevention)

w/Richelle Gudjonson

This program helps build confidence with independent living whether it be inside or outside your home. It will include: assessing hazards in the home, being safe on stairs, transitioning from sitting to standing, health and nutrition information. Participants will also learn exercises to keep their bones and muscles strong. Coffee will be available.

Tu, Th, 9am - 11am Jan 17, 19
20339 \$19 / 4 hrs

Tu, Th, 9am - 11am Feb 21, 23
20340 \$19 / 4 hrs

AQUATIC LEADERSHIP & LIFEGUARDING

Tri-Cert

(14 yrs +)

CDCC Pool

3-in-one combo of Bronze Medallion, Bronze Cross & Standard First Aid. This course is action packed and efficient, designed to help candidates accomplish all the necessary prerequisites for the Lifesaving Society National Lifeguard Services (NLS) certificate in a short period of time.

Bronze Cross is worth 2 grade 11 credits under the External Credit Program. 100% attendance mandatory to be eligible for certification.

Goggles recommended

Sa - We, 8am - 5pm Dec 17 - 21
20137 \$439 / 40 hrs

(vs. \$567 if courses taken separately)

Bronze Medallion

(12 yrs +)

CDCC Pool

Understand the lifesaving principles embodied in the four components of water rescue education – judgment, knowledge, skill, and fitness. Rescuers learn tows and carries as well as defense and release methods in preparation for rescues of conscious and unconscious victims. Lifesavers develop stroke efficiency and endurance in a timed swim.

100% attendance mandatory for certificate completion.

We, 4pm - 8:30pm
 Sat, Su, 8:30am - 5:30pm Jan 25 - 29
20826 \$199 / 20 hrs

Fun Patrol - volunteer position (14 yrs +)

Volunteer up to 1.5 hours/week. The position involves organizing & playing games, creating fun challenges, directing patrons to different activities and monitoring casual water sports.

Prerequisites: Bronze Medallion or higher, 1 month commitment

For more info, chat with Lisa Viola at 250-428-7127 ext. 3110 or email:

lviola@rdck.bc.ca

Bronze Cross / Standard First Aid (12 yrs +)

CDCC Pool

For lifesavers who want to pursue safe supervision in aquatic facilities. It provides comprehensive first aid training including: CPR, Medical/legal aspects, & injury management for spinal, environmental, bone and joint, abdominal and chest, burns, and medical emergencies. It is a prerequisite for all advanced training programs including National Lifeguard and Instructor certification.

100% attendance mandatory for certificate completion.

Prerequisites: Bronze Medallion Required

Fr Feb 17, 8:30am - 5:30pm

Sa Feb 18, 8:30am - 5:30pm

Fri Feb 24, 4:30pm - 9pm

Sa Feb 25, 8:30am - 5:30pm

20828

§284 / 28hrs

National Lifeguard Service Core & Pool Option (16 yrs by last day of class)

CDCC Pool

"I want to be a hero and not have to wear a cape" – Lifeguard Sam

NLS is a nationally recognized lifeguard certificate program that covers fitness, general, and specialized first aid, accident prevention, advanced rescue principles, techniques and communication skills in theoretical and practical components.

100% course attendance is required.

Prerequisites: Bronze Cross, Standard First aid (current within 2 years).

Mo, Th, 4pm - 9pm

Mar 26 - Ap 25

20832

§399 / 45hrs

Water Safety Instructor Splashback (18 yrs +)

CDCC Pool

Have you taught Red Cross Swimming lessons before? Would you like to teach again?

Please inquire about our Splashback course. It is self-paced and easy. The course gets you familiar with the new Red Cross lesson continuum in a self-paced and easy home study and then gets you teaching for up to 5 hours to get back in the game.

To register, contact the Aquatic Programmer directly at bcherfils@rdck.bc.ca or (250) 428-7127 ext. 3111.

Prerequisites: previously held a certificate for instructing a Red Cross swim lesson program.

Water Safety Instructor Trainer (18 yrs +)

CDCC Pool

"I want to teach one of the most valuable skills on earth. I want to teach swimming."

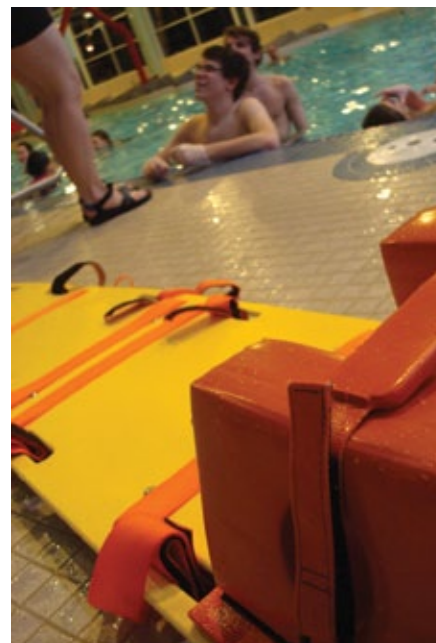
WSIT is a 20 hour course that teaches candidates how to plan, schedule and facilitate the Assistant Water Safety Instructor course and the Water Safety Instructor course. It requires 100% attendance and a co-teach apprenticeship of both an AWSI and WSI course.

Pre-requisites: Current Red Cross Water Safety Instructor certification and 2 years teaching experience of the Red Cross Swim Program.

Register through the Canadian Red Cross, call 1-888-307-7997 or email wz-contactcentre@redcross.ca

Fr, Sa, Su,

Mar 2 - Mar 4



AQUATIC AREA PROGRAM SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6am			Tri Swim pg 6-7am				
6:30am	H2O Interval pg 12	CLOSED	Aqua Max Jan 11-Feb 15 6:30-7:30am pg 14	CLOSED	Deep Water Aquafusion pg 12	CLOSED	
7am							
7:30am		Available Rental Times Closed to Public		Available Rental Times Closed to Public			CLOSED
8am							
8:30am							
8:30am	The Next Step Aquafit 8:30-9:15am pg 12		The Next Step Aquafit 8:30-9:15am pg 12		The Next Step Aquafit 8:30-9:15am pg 12		CLOSED
9am							
9:30am	Gentle Aquafit 9:30-10:15am pg 12		Gentle Aquafit 9:30-10:15am pg 12		Gentle Aquafit 9:30-10:15am pg 12	Lessons Jan 28-Mar 3 No Public Access	
10am							
10:30am		Gentle Aquafit 10:30-11:15am pg 12		Gentle Aquafit 10:30-11:15am pg 12	Turtle Tots pg 4		
11am							
11:30am							
11am	Swim Basics & Swim Stroke pg 17			Swim Basics & Swim Stroke pg 17			
12pm							
12:30pm	Lane Swim: Min 3 lap lanes available	Lane Swim: Min 3 lap lanes available	Lane Swim: Min 3 lap lanes available	Lane Swim: Min 3 lap lanes available	Lane Swim: Min 3 lap lanes available	Available Rental Times	Available Rental Times
1pm							
1:30pm	Available Rental Times Closed to Public Open during Pro-D days and Spring Break						
2pm							
2:30pm						Fun Patrol 2:30-4:00pm pg 21	
3pm							
3:30pm							
4pm							
4:30pm	Lessons Set 3 & Private/Semi-Private Feb 6-29 pg 6	Lessons Set 1 & Private/Semi-Private Jan 24- Mar 13 pg 6	Lessons Set 3 & Private/Semi-Private Feb 6-29, pg 6		TOONIE SWIM (Adults \$3)		
5pm							
5:30pm							
6pm			JLC Feb 8-29, Mar 7-28, pg8			Private/Semi-Private Lessons Jan 26-Mar11, pg 6	Available Rental Times
6:30pm							
6:30pm		Deep Water Aquafusion pg 12				Total Body Aqua pg 12	
7pm							
7:30pm							
8pm	CLOSED	Adult Swim 8-9pm	CLOSED			Adult Swim 8-9pm	CLOSED
8:30pm							
8:30pm		Swim Basics & Swim Strokes pg 17		Swim Basics & Swim Strokes pg 17			

Lesson Set 4 occurs during Spring Break (Mar 12-22) Monday to Thursday

Additional Rental Times Available upon request

SKATE SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Puck Skate 8:15-9:15am		Puck Skate 8:15-9:15am			
	Adult Skate 9:15-10:15am	Parent & Tot Skate 9:45-10:15am	Adult Skate 9:15-10:15am	Parent & Tot Skate 9:45-10:15am	Drop in Hockey 9:30-11:00am	
			Sr. & Ladies Drop in Hockey 10:30-11:45am			
Public Skating* 3:30-5:00pm						Public Skating* 2:45-4:15pm
Men's Rec Hockey 8:30-9:30 pm	Sr. & Ladies Drop in Hockey 9:45-11:00pm			Men's Rec Hockey 10:15-11:15 pm		

*Unless there is a Thunder Cat game or a Minor Hockey tournament. Please call to confirm.

All CDCC programs are subject to change

Arena Programs:

Puck Skate: Adults Only. Work on stick handling and shooting skills.

No instruction provided, no lifting the puck and no body contact. A helmet with mask or visor is mandatory, gloves strongly recommended. Free with membership or daily admission.

Adult Skate: Public Skate too busy? This hour is for adults to skate at their leisure, socialize and get active. Free with membership OR register.

Parent & Tot Skate: Tot is 2-6 yrs. All children must be accompanied on the ice by a paying adult – tot is FREE! A great way to introduce your child to skating. Skate carts are available. Free with membership or daily admission.

Toonie Skate: Every Saturday afternoon come and enjoy this fun and affordable skating and broomball time. Children under the age of 1 year are FREE. Everybody else only pays a Toonie! A great family activity.

Drop in Hockey: Full hockey gear mandatory. Goalies play for free and games are not supervised. No checking rules apply. Free with membership or daily admission.

Senior & Ladies Drop in Hockey: Great for ladies of any age and men over the age of 45. An easy paced, unsupervised game of hockey. No checking rules apply. Full hockey gear is mandatory and goalies play for free. Free with membership or daily admission.

Spring Break Public Skating:

Mo, We, Fr, 1 - 3pm Mar 12 - 23
General Admission
or free with membership



**Skate Rentals
Coming Soon!**

Please contact us for information.





SKATE CANADA
BRITISH COLUMBIA/YUKON

Kootenay Regional

Figure Skating Championships

Jan 19 - 22



Valentine's Bonspiel

Feb 10,11,12
– ladies only –

Dance the night away in our Curling Lounge, check out our costumes or watch great curling!



Butterfly Bonspiel

March 1,2,3,4
– men only –

Join us for a wild weekend of curling, socializing and lots of fun!

What's @
the end of
your Rainbow?

ShamROCK Fest!

Live Local Bands, GREEN WATER, huge floating lucky clovers & Lil' Leprechaun Pot O'Gold plunge! Toonie swim.

Sat, Mar 17 4-6PM



The Love Float

Tues Feb 14 8-10PM

It may be cold outside, but CDCC Aquatics has everything you need to heat things up this Valentine's Day..... the fun comes with the dipping! In the pool and the chocolate fountain. Rich flowing Belgian chocolate and fruit, romantic "mood" lighting and movie, cozy couples floating lounges and mocktails, and no Valentine's is complete without some Barry White. So treat your someone special to all the warmth and passion CDCC Aquatics has to offer!

Event is during Adult Only Swim with special extended hours

Regular Adult admission applies

FREE
*Family Skate
and Curl Day!*

**Sunday
MAR 25**

Last day of ice celebration.
Bring the whole family for some skating games & activities and then try your hand at curling.



Experience It!