

CRESTON

PROGRAM GUIDE

SPRING 2025

Registration
Start Date:
Monday, March 10
7:00 am

To view the guide and register online visit rdck.ca/recreation or call 250.428.7127



Last updated: May 15



Creston & District
Community Complex



Creston & District Community Complex



Visit Us

312 19th Ave. North, Creston, BC

rdck.ca/recreation

Contact Us

250-428-7127 | crestonrec@rdck.bc.ca



Online Registration

rdck.ca/recreation

Need to setup an online registration account?

Fill out the [RDCK Client Profile Form](#)

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[Like us on Facebook](#)

ENJOY A SAFE AND FUN VISIT

We want you to enjoy safe, fun experiences at our facility. Our programming and our operating hours—including at our aquatics centres—may be affected by changes to public health measures or RDCK staffing levels. Changes to programs or schedules will be posted on our website and in our online registration system. Thank you for your understanding.

Visit www.rdck.ca/recreation
or call our front desk to learn more.



Stay home if you are sick



Masks are a personal choice for guests



Be kind to each other



SPRING HOURS

March 31 – June 29, 2025

Hours of Operation are
subject to change

	SUN	MON	TUE	WED	THU	FRI	SAT
AQUATIC CENTRE	1:00 - 6:00pm	6:30am - 2:00pm 3:30 - 8:00pm	8:00am - 2:00pm 3:30 - 8:00pm	6:30am - 2:00pm 3:30 - 8:00pm	8:00am - 2:00pm 3:30 - 8:00pm	6:30am - 2:00pm 3:30 - 8:00pm	9:00am - 6:00pm
FITNESS CENTRE	1:00 - 6:00pm	6:00am - 8:00pm	6:00am - 8:00pm	6:00am - 8:00pm	6:00am - 8:00pm	6:00am - 8:00pm	8:00am - 6:00pm

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

CLOSURES:

**FACILITY CLOSURE FOR
STAFF TRAINING: Apr 23**

**POOL CLOSURES FOR
SWIM MEET: May 24-25**



FACILITY CODE OF CONDUCT

To ensure the highest level of enjoyment, the Regional District of Central Kootenay (RDCK) expects that all of our clients, from spectators to active users, will conduct themselves in a manner that creates a friendly and positive environment for recreational, sport and social activities in our facilities.

Participation in recreation activities is a privilege and all participants are expected to:

- Act with courtesy and integrity while respecting the rights, welfare and dignity of other participants.
- Act in a safe and responsible manner regarding themselves and others.
- Treat all other clients, staff and facilities with respect.

Participants engaging in inappropriate behaviour may have their privileges revoked.

HOLIDAY HOURS

HOLIDAY CLOSURES

New Year's Day
Easter Sunday
Canada Day
BC Day
Labour Day
Truth & Reconciliation Day
Christmas Day

HOLIDAYS OPEN

1:00-5:00pm
Family Day
Good Friday
Victoria Day
Thanksgiving Day
Remembrance Day
Boxing Day

EARLY CLOSURES

4:00pm
Christmas Eve
New Year's Eve



Register Online: rdck.ca/recreation

Or Register by Phone: 250-428-7127

GENERAL ADMISSION RATES

	DROP-IN	10-PUNCH*
Child (0-4)	Free	-
Youth (5-18)	\$4.04	\$36.36
Adult (19-74)	\$8.08	\$72.72
Golden Guest (75+)	Free	-
Family (Family of 5. Two adults max.)	\$16.16	-

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

- Leisure Access Program rates apply.
- Reservations are available for specific programs in advance.
- Youth 13-15 years of age are required to participate in the Youth Weight Room orientations before they can access the Fitness Centre.
- Family pricing for up to five people with two adults max. Families are classified as adults with accompanying dependents.

ACTIVE PROGRAM

The Active Program is a time-based membership that gives pass-holders unlimited general admission to: Public Swim, Lane Swim, Hot Tubs, Steam Room, Fitness Centre, Included with Admission Programs such as Group and Water Fitness, and Arenas for Recreational Skating and Hockey.

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

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

FACILITY RENTALS

Looking for the perfect spot for your next event or activity?

Whether you're interested in hosting an event in one of our facilities meeting rooms or wanting to rent ice time we've got you covered. Fill out a booking request form by scanning the QR Code and make your next gathering or event a hit.



LEISURE ACCESS PROGRAM

The Leisure Access Program helps residents of all ages living in the RDCK who are in financial hardship access RDCK recreation services.

This program provides further subsidy on general admission, membership services, and most registered programs. Individuals and families are welcome to apply.

Once approved, LAP members are able to use their available credit to support accessing recreation services based on the following subsidies:

- General Admissions – 50% (Adults) & 75% (Youth)
- Memberships - 50% (Adults) & 75% (Youth)
- Programs – 50% subsidy on advertised rates for programs.
- CHEER events – 100% subsidized admission

A Leisure Access Pass is valid for up to one year and will expire every May 31st.



Visit rdck.ca/lap or scan the QR code for more information.

ADMISSION
\$2
+ tax

CHEER

All Ages | CDCC



CHEER (Community Harmony for Equitable Engagement in Recreation) is a one hour period, once a month, where all patrons, regardless of age, pay \$2 + tax to receive general admission access to our facility. The \$2 + tax admission will provide facility users with access to the pool and fitness centre.

Thursday, April 24

11:00am - 12:00pm

Sunday, May 18

3:00 - 4:00pm

Friday, June 27

1:00 - 2:00pm



SPECIAL EVENTS



Bike Rodeo

2-12 years

CDCC - Curling Arena Dry Floor and North Parking Lot

Join us for a fun educational event to develop and showcase your child's biking skills! The Creston and District Community Complex has partnered with Creston Valley Early Years to bring back this fantastic event! Come experience bicycle safety checks, helmet fitting, road safety information, snacks & giveaways, and a big shiny fire truck!

Saturday
10:30am-1:00pm
May 3
FREE



Blossomfest Run

Lister Park

The annual Blossomfest run is back! Join us and walk or run 5K or 10K through the beautiful Lister scenery. This run is a fun run with manual timing (no chip timers) and takes place primarily on paved roadside shoulders. For more information visit the CDCC front desk!.

Sunday
May 18
Walkers start at 8:30am
Runners start at 9:00am



Register Online: rdck.ca/recreation

Or Register by Phone: 250-428-7127

AQUATIC TRAINING OPPORTUNITIES!

Become a qualified Lifeguard, and Swim Instructor.

The RDCK has training funding opportunities for community members that wish to pursue employment within the RDCK.

Learn more and apply at
rdck.ca/GetTraining
or scan the QR Code.



Applications must be received 7 days before program starts to be considered and only successful applicants will be contacted.

CAREER IN RECREATION - AQUATICS TRAINING

Bronze Medallion

Prerequisites: 13 yrs of age by last day of course, or hold Bronze Star certification

Multiple dates and locations, see below

Bronze Medallion teaches an understanding of the lifesaving principles embodied in the four components of water rescue education – judgment, knowledge, skill and fitness. Rescuers learn self-rescue techniques, defense and release methods, and tows and carries in preparation for challenging rescues. Lifesavers develop stroke efficiency and endurance in a 500m swim.

Bronze Medallion is a prerequisite for Bronze Cross Assistant Lifeguard.

Cost includes Canadian Lifesaving Manual. Please bring your government-issued photo ID.

***100% attendance is required**

CRESTON / CDCC

Fridays - 4:00 - 8:00pm

Saturdays - 2:00 - 6:00pm

May 9, 10, 16, 17, 30, 31

\$196 + tax

84367

CASTLEGAR / CDRD

Fridays - 4:00 - 8:00pm

Saturdays & Sundays - 12:00 - 4:00pm

Apr 4, 5, 11, 12, 26, 27

\$196 + tax

84373

NELSON / NDCC

Fridays

4:00 - 8:45pm

Apr 4, 11, 25, May 2, 9

\$196 + tax

84374

Bronze Cross Assistant Lifeguard

Prerequisites: Bronze Medallion

Multiple dates and locations, see below

The Lifesaving Society Bronze Cross begins the transition from lifesaving to lifeguarding and prepares candidates for responsibilities as assistant lifeguards. Candidates strengthen and expand their lifesaving skills and begin to apply the principles and techniques of active surveillance in aquatic facilities. Bronze Cross emphasizes the importance of teamwork and communication in preventing and responding to aquatic emergencies.

Bronze Cross is one of the prerequisite awards for all advanced Lifeguard and Leadership training programs and is worth two grade 11 high school credits.

Please bring your Canadian Lifesaving Manual, government-issued photo ID, and copy of your Bronze Medallion certification.

***100% attendance is required**

CRESTON / CDCC

Fridays - 4:00 - 8:00pm

Saturdays - 2:00 - 6:00pm

Jun 6, 7, 13, 14, 27, 28

\$162 + tax

84519

CASTLEGAR / CDRD

Fridays - 4:00 - 8:00pm

Saturdays - 12:00 - 4:00pm

May 9, 10, 16, 17, 23, 24

\$162 + tax

84531

NELSON / NDCC

Fridays

4:00 - 8:45pm

May 23, 30, Jun 6, 13, 20

\$162 + tax

84532

National Lifeguard (Pool)

Prerequisites: By last day of course, 15 yrs of age. By first day of course, Bronze Cross and Standard First Aid with CPR-C.

The National Lifeguard (Pool) certification is designed to develop the fundamental values, judgment, knowledge, skills and fitness required by lifeguards. The National Lifeguard course emphasizes the lifeguarding skills, principles and practices, and the decision-making processes which will assist the lifeguard to provide effective safety supervision in swimming pool environments.

National Lifeguard (Pool) is worth two grade 12 high school credits. You must be 16 years of age to be employed as a lifeguard.

Price includes alert manual and lifeguard tool kit. Please bring your government-issued photo ID, and a copy of your Bronze Cross and Standard First Aid certifications.

***100% attendance is required**

CRESTON / CDCC

Fridays - 4:00pm - 8:00pm

Saturdays & Sundays

11:00am - 6:00pm

Apr 4, 5, 6, 11, 12, 13, 25, 26, 27

\$573 + tax

84542

For all first aid and aquatic certifications that require a prerequisite, the prerequisite must be presented at the start of day 1 of class to participate.

RDCK programs are Lifesaving Society issued.



Register Online: rdck.ca/recreation

Or Register by Phone: 250-428-7127

National Lifeguard (Pool) & Airway Management and Oxygen Administration - Recertification

Prerequisites: National Lifeguard and Airway Management & Oxygen Administration

National Lifeguard Recertification courses are available to renew your National Lifeguard (Pool) award to "current" status.

This course includes a 4 hour precertification, 2 hour Airway Management and Oxygen Administration recertification, and 4 hour recertification. The objective of the precertification is to provide candidates an opportunity to review NL skills and knowledge and to provide education on new information before the start of the recertification. Although not a requirement, it is highly encouraged that candidates attend the precertification prior to attempting the recertification exam.

Please bring your alert Manual, government-issued photo ID, and copy of your National Lifeguard (Pool) and Airway Management and Oxygen Administration certifications.

CRESTON / CDCC
Saturday - 12:00-4:00pm
Sunday - 11:30am-6:00pm
Jun 14, 15
\$143 + tax

84543

Swim for Life Instructor

Prerequisites: By last day of course, 15 yrs of age. By first day of course, Bronze Cross.

The Lifesaving Society Swim for Life Instructor certification prepares candidates to teach and evaluate basic swim strokes and related skills. Swim Instructors teach and evaluate candidates in the Society's Swim for Life® and Canadian Swim Patrol levels. Candidates are trained in, and must demonstrate skills, knowledge, and attitudes at a Competency Level 1 to achieve certification.

Price includes swim instructor kit. Please bring your government issued photo ID, and a copy of your Bronze Cross certification.

CASTLEGAR / CDRD
May 16 4:00 - 8:00pm
May 17 9:00 - 3:30pm
May 18 9:00 - 3:30pm
May 24 12:30 - 4:00pm
May 25 12:30 - 4:00pm
Jun 7 12:30 - 4:00pm
Jun 8 12:30 - 4:00pm
Jun 14 12:30 - 4:00pm
Jun 15 12:30 - 4:00pm
\$506 + tax

84544

If you withdraw from a specialty, advanced or certification course within 7 days before the course starts, you will not receive a refund.

Refunds for program withdrawals due to medical or special circumstances can be requested with appropriate documentation and must be approved by authorized RDCK staff.

Swim for Life Instructor Recertification

Prerequisites: Swim for Life Instructor



Multiple dates and locations, see below

The Swim For Life Instructor Recertification includes 2.5 hours of classroom learning 2.5 hours of in-water learning. Come prepared to demonstrate your swim strokes and skills, be evaluated and learn all updates of the Swim for Life program.

Please bring your swim instructor kit, government-issued photo ID, and swim for life instructor certification.

NELSON / NDCC
Saturday
9:30 - 3:30pm
Apr 26
\$124 + tax

84546

CRESTON / CDCC
Thursday
9:30 - 3:30pm
Jun 26
\$124 + tax

84548

Lifesaving Instructor Recertification

Prerequisites: Lifesaving Instructor

The Lifesaving Instructor Recertification renews a candidate's Lifesaving Instructor appointment to current status.

Please bring your lifesaving instructor kit, government-issued photo ID, and Lifesaving Instructor certification.

NELSON / NDCC
Sunday
11:30 - 4:00pm
April 27
\$99 + tax

84547

Lifesaving Instructor (Short Course)

Prerequisites: By last day of course, 15 yrs of age. By first day of course, Swim for Life Instructor. Note - Instructors certified through the Swim Transition (STIC + WSI) are not eligible for this course.

The Lifesaving Instructor & Examiner (Short Course) prepares Lifesaving Society Swim for Life Instructors to teach and evaluate the Society's lifesaving programs.

Price includes lifesaving instructor kit. Please bring your government-issued photo ID, and a copy of your Bronze Cross and Swim for Life Instructor certifications.

CRESTON / CDCC
Friday: 4:00 - 8:00pm
Saturday & Sunday: 9:00 - 4:00pm
Jun 27, 28, 29
\$278 + tax

84549



Standard First Aid with CPR-C & AED

Standard First Aid is a WorkSafe BC Intermediate First Aid equivalent and can be used in the workplace.

Multiple dates and locations, see below

This course includes comprehensive training covering all aspects of first aid, CPR and AED use. Whether you need training for employment or simply want to be prepared to respond to life threatening emergencies, this course will give you the skills and knowledge to act with confidence. Certification includes CPR-C and AED.

Please bring your government-issued photo ID.

CRESTON / CDCC
Saturday & Sunday
9:00 - 6:00pm
May 31, Jun 1
\$235 + tax

84533

NELSON / NDCC
Saturday & Sunday
9:00 - 6:00pm
May 10, 11
\$235 + tax

84534

NEW DENVER / KNOX HALL
Saturday & Sunday
9:00 - 6:00pm
Jun 7, 8
\$235 + tax

84535

Emergency First Aid with CPR-C & AED

Emergency First Aid is WorkSafeBC Basic First Aid Equivalent and can be used in the workplace.

Using hands-on training and practice, this basic first aid course will give you confidence to respond effectively in an emergency. You will learn lifesaving skills such as CPR/ AED and obstructed airway procedures to respond to adult, child and infant emergencies. You will also learn to recognize and respond to respiratory and circulatory emergencies including asthma, allergic reactions, heart attack, stroke, and bleeding.

Please bring your government-issued photo ID.

NEW DENVER / KNOX HALL
Saturday
9:00 - 6:00pm
Jun 7
\$117 + tax

84552

Standard First Aid with CPR-C & AED Recertification

Prerequisites: Standard First Aid with CPR-C Certification from an approved agency (Lifesaving Society, St. John Ambulance, Heart & Stroke Foundation of Canada, Canadian Red Cross, or Canadian Ski Patrol)

Multiple dates and locations, see below

Standard First Aid awards must be recertified every 3 years. Standard First Aid recertifications are equivalent to WorkSafe BC Intermediate First Aid. Recertification includes CPR-C and AED.

Please bring your previous Standard First Aid certification and government-issued photo ID.

CRESTON / CDCC
Saturday & Sunday
9:00 - 1:30pm
May 24, 25
\$116 + tax

84536

NELSON / NDCC
Saturday & Sunday
9:00 - 1:30pm
Apr 12, 13
\$116 + tax

84537

CPR-C Recertification

Prerequisites: CPR-C Certification from an approved agency (Lifesaving Society, St. John Ambulance, Heart & Stroke Foundation of Canada, Canadian Red Cross, or Canadian Ski Patrol)

Multiple dates and locations, see below

CPR-C awards must be recertified every 3 years. Recertification includes CPR-C and AED.

Please bring your previous CPR-C certification and government-issued photo ID.

CRESTON / CDCC
Saturday
9:00 - 1:30pm
May 24
\$56 + tax

84538

NELSON / NDCC
Saturday
9:00 - 1:30pm
Apr 12
\$56 + tax

84541



MORE THAN JUST EMPLOYMENT!

JOIN THE TEAM!

Employment in recreation is a rewarding experience that allows you to gain valuable leadership, communication & teamwork skills!





CAREER IN RECREATION - FITNESS TRAINING

CFES Fitness Knowledge

16+ yrs

Home Study Course

The Fitness Knowledge Home Study course is a pre-requisite for the Weight Training Instructor, and in turn Group Fitness Instructor and Personal Training courses. In this course you will learn the basics that provide the foundation for the Weight Training Instructor and Group Fitness Instructor courses.

For more information please visit: <https://canadianfitness.net/courses/cfes-fitness-knowledge-homestudy/>

Home Study Course (Online)

\$275 + tax

Visit the Link Above

CFES Group Fitness Instructor

16+ yrs

NDCC - Nelson & District Community Complex

Develop the foundational skills required to deliver a safe, effective group fitness class (cardio/strength). Topics include: musicality, upper and lower body movement, lesson planning, communication, safety, and motivation. Manual included (Instructor Skills Assessment and professional registration fees separate).

Fridays 5:00-9:00pm

Saturdays & Sundays

9:00am-5:30pm

May 9-11, May 30-Jun 1

\$484 + tax

84771

Written exam and practicum day June 14, 9:00am - 5:30pm

**AquaFit Instructor Course coming to Salmo in Summer 2025!!
Take your Fitness Knowledge now.**



Register Online: rdck.ca/recreation

Or Register by Phone: 250-428-7127



YOUTH RECREATION

Public Roller Skating/Blading

All Ages
CDCC - Arena Dry Floor

Glide into an afternoon of excitement with friends and family, Whether you are a seasoned or novice skater, everyone is sure to spend the time laughing and having fun. Everyone is welcome, so lace up and let the good times roll.

*Helmets are recommended. No skate rentals available.

Sundays
2:30 - 4:00pm
May 4 - Jun 29
Included with Admission or Active Pass

No Program May 18 and Jun 22

Roller Hockey Stick and Puck **NEW!**

All Ages
CDCC - Arena Dry Floor

Bring your roller hockey gear and sticks to have some fun and practice those skills on the dry floor.

***Helmets are required. Max capacity is 25 participants.**

Sundays
1:00 - 2:30pm
May 4 - Jun 29
Included with Admission or Active Pass

No Program May 18 and Jun 22

Wednesdays
4:00 - 5:30pm
May 7 - Jun 25
Included with Admission or Active Pass

No Program May 14 and Jun 18

Teen Ball Hockey (Recreational) **NEW!**

13-17 yrs
CDCC - Arena Dry Floor

Our Teen Recreational Ball Hockey program is all about having fun, staying active, and playing a fast-paced sport in a laid-back environment. Whether you've played before or are totally new to the game, this program is perfect for teens looking to get into ball hockey, improve their skills, or just have a blast with friends. We focus on teamwork, fitness, and friendly competition, with lots of chances to meet new people and enjoy some friendly games.

Participants are required to wear a helmet, gloves, clean gym shoes and bring their own stick.

Tuesdays
6:00-7:00pm
Apr 22 - Jun 10
\$35/7sessions

83686

No Program May 20

Teen Ball Hockey: Goalie (Recreational)

13-17 yrs
CDCC - Arena Dry Floor

Only two goalie spots available. Register soon! Participants are required to wear a helmet, goalie gloves, clean gym shoes and bring their own stick. Full Goalie gear strongly recommended due to the hard balls used during this sport.

Tuesdays
6:00-7:00pm
Apr 22 - Jun 10
\$14/7 sessions

83687

No Program May 20



PRO-D DAY CAMPS

Awesome April Pro-D Day Camp

7-12 yrs | CDCC - Erickson Room

Spend the day with your friends learning new games, creating art, and having some poolside fun. During our Pro-D Day camps you can expect to stay busy with all your favourite activities.

*Please remember to bring a swim suit, towel, snack, water bottle and lunch.

Monday

8:30am - 3:30pm

Apr 7

\$39

83794

Marvelous May Pro-D Day Camp

7-12 yrs | CDCC - Erickson Room

Spend the day with your friends learning new games, creating art, getting active and having some poolside fun. During our Pro-D Day camps you can expect to stay busy with all your favourite activities.

*Please remember to bring a swim suit, towel, snack, water bottle and lunch.

Monday

8:30am - 3:30pm

May 26

\$39

83795



Friday Fun Night

7-12 yrs

CDCC - Erickson Room

Dive into a night of endless fun with your friends and enjoy some pizza and games. Games include strategic challenges or party game favourites that will be sure to create some laughter and friendly competition. After satisfying your taste with pizza and games, we will go for a refreshing swim in the pool. Friday nights just became THE nights all of your friends will be talking about at the Creston Complex.

* Please indicate any food allergies on the parental consent waiver form. Please remember to bring a bathing suit and towel. Drop-off and Pick-up times are flexible.

Friday

5:00 - 8:00pm

Apr 25

\$21 / class

83830

Friday

5:00 - 8:00pm

May 30

\$21 / class

83833

Friday

5:00 - 8:00pm

Jun 27

\$21 / class

83834

Tot Soccer

3-6 yrs
Creston Education Centre - Gymnasium

Get your preschooler moving as they learn the basics of soccer! Other games will be introduced and played to develop basic sport skills such as running, jumping, kicking, throwing, catching, and balance.

Thursdays
3:30 - 4:15pm
Apr 3 - May 1
\$15 / 5 classes

84781

Learn to Play Tennis

Tennis Courts

The smart and fun way to learn tennis! Progressive Tennis uses modified tennis balls, racquets, nets and courts, so that beginner players at any age are properly equipped to enjoy interactive rallies and be successful. All equipment is supplied. Wear proper running shoes and comfortable clothing.

6-8 Years
Wednesdays
5:15 - 6:15pm
May 7 - Jun 11
\$25 / 6 classes

84125

9-12 Years
Mondays
6:00 - 7:30pm
May 5 - Jun 16
\$37 / 6 classes

84132

No class May 19

13+ Years
Wednesdays
6:30 - 8:00pm
May 7 - Jun 11
\$37 / 6 classes

84133

Youth Flag Football **NEW!**

12-15 yrs
CDCC - Soccer Field

Youth Flag Football is all about having fun, being active outdoors, and enjoying sport in a safe and fun environment. Bring a pair shoes suitable to wear on the field, a water bottle, and let's have some fun! This program will include a basic warm-up, various beginner practice drills, followed by a game of flag football, and finished with a cool down.

Fridays
4:00 - 5:30pm
May 30 - Jun 26
\$31 / 5 classes

84134



SWIMMING LESSONS



GROUP SWIM LESSON FEES

25 minutes	\$56/8 classes	\$70/10 classes
40 minutes	\$66/8 classes	\$82.50/10 classes
50 minutes	\$76/ 8 classes	\$95/10 classes

PRIVATE SWIM LESSON FEE

Private (1 person)	25 minutes	\$128/4 lessons
Semi Private (2 people)	25 minutes	\$74 per swimmer/ 4 classes

NOT SURE WHICH LEVEL TO REGISTER IN?

We highly encourage you to drop by for a **FREE** evaluation. One of our qualified staff will assess your child and recommend the appropriate Swim for Life Level.

Please note that it is the responsibility of the caregiver to register children in the correct level of our swim program. Day one of the lessons the instructor will assess all students to ensure that they have been registered correctly. If a child is registered in the wrong level, they may be withdrawn for safety reasons, and the withdrawal policy will be in effect. Refunds will only be provided if they fall within the withdrawal policy. Please have your child assessed before registering.

Waitlists

If the class you want is full, get on the waitlist! Classes with waitlists are used to replace any classes that have been cancelled and new classes are created when there is increased capacity.

Cancelled Classes

Classes may be cancelled a minimum of 48 hours before the first lesson if the minimum numbers for a class are not met. We will attempt to find a space for your child in the next available class/lesson set or issue a full refund.

Program Fees

Caregivers are welcome to watch their children participate in a program; however, program fees do not include use of the facility before during or after their program. Individuals wishing to use the facility will be required to pay admission and wear a wrist band.



Finding the Right Program

Aqua Babies Parent participation

If your child is ...

4 to 12 months old	▶ Jellyfish 1 Parent & Tot
12 to 24 months old	▶ Goldfish 2 Parent & Tot
24 to 36 months old	▶ Seahorse 3 Parent & Tot

Aqua Tots 3-5 years

If your child is 3-5 years old and can...

Participate on their own.	▶ Octopus 1
With help, get in and out of the water and float and glide on front and back, get face wet, blow bubbles.	▶ Crab 2
Jump into chest-deep water, submerge and exhale underwater, float on front and back with a lifejacket.	▶ Orca 3
Jump into deep water with a lifejacket, hold breath underwater, float, glide and kick on front and back.	▶ Sea Lion 4
Jump into deep water, front crawl 5m with a lifejacket, flutter kick on front, back and side.	▶ Narwhal 5

Aqua Adapted **NEW!**

6+ years, with a disability

If your child with a disability is 6+ years old and can...

Start out on their own or with a family provided support worker.	▶ Adapted 1
Jump into water and float, kick and glide on front and back.	▶ Adapted 2
Jump into deep water and front and back crawl 10m.	▶ Adapted 3

Aqua Kids 6-15 years

If your child is 6 years old and can...

Start their learning. Or completed Sea Lion 4	▶ Swimmer 1
Jump into chest-deep water, hold their breath and exhale underwater, float, kick, glide on front & back. Or completed Narwhal 5	▶ Swimmer 2
Jump into deep water, tread water 15 secs, front and back crawl 10m.	▶ Swimmer 3
Tread water 30 secs, kneeling dive, front somersault, whip kick on back 10m, front crawl 15m.	▶ Swimmer 4
Tread water 1 min, whip kick on front 15m, front and back crawl 25m.	▶ Swimmer 5
Shallow dive, egg beater and scissor kick, front and back crawl 50m and breaststroke 25m.	▶ Swimmer 6
Stride jump, legs only surface support 45 secs, front and back crawl 100m.	▶ Swimmer 7 Rookie Patrol
Completed Swimmer 7 (Rookie Patrol)	▶ Swimmer 8 Ranger Patrol
Completed Swimmer 8 (Ranger Patrol)	▶ Swimmer 9 Star Patrol
Completed Swimmer 9 (Star Patrol)	▶ Lifesaving Training (See pg. 8)

Aqua Adults 15+ years

You are just starting out.	▶ Adult 1 Beginner
You can enter deep water and front and back crawl 15m.	▶ Adult 2 Intermediate
You want to master front crawl, back crawl, and breaststroke, build fitness and learn treading and underwater skills.	▶ Adult 3 Advanced
You are a comfortable swimmer who wants to improve their overall physical fitness in the water.	▶ Fitness Swimmer

LOOKING FOR MORE INFORMATION?

Please reach out to recprogramming@rdck.bc.ca with any questions



SWIM LESSON SCHEDULES

Online registration closes at 9am the day before the first class. Please phone for late registration.

Session Dates

MONDAY	April 7 - June 16	10 classes
<i>No lessons May 19</i>		
TUESDAY	April 8 - June 10	10 classes
THURSDAY	April 10 - June 12	10 classes
SATURDAY	April 26 - June 21	8 classes
<i>No lessons May 24th</i>		

Aqua Babies Parent participation

Jellyfish 1 Parent & Tot	Thursdays	3:45 - 4:10pm	84247
Goldfish 2 Parent & Tot	Thursdays	3:45 - 4:10pm	84248
Seahorse 3 Parent & Tot	Saturdays	9:30 - 9:55am	84250

Aqua Tots 3-5 years

Octopus 1	Tuesdays	4:15 - 4:40pm	84251
	Thursdays	4:15 - 4:40pm	84252
	Saturdays	9:30 - 9:55am	84253
	Saturdays	10:30 - 10:55am	84254
Crab 2	Tuesdays	3:45 - 4:10pm	84256
	Tuesdays	4:45 - 5:10pm	84257
	Thursdays	4:15 - 4:40pm	84258
	Saturdays	10:00 - 10:25am	84259
	Saturdays	11:00 - 11:25am	84262
Orca 3	Tuesdays	4:45 - 5:10pm	84264
	Thursdays	4:45 - 5:10pm	84266
	Saturdays	10:00 - 10:25am	84268
	Saturdays	10:30 - 10:55am	84269
Sea Lion 4	Tuesdays	4:15 - 4:40pm	84271
Narwhal 5	Thursdays	4:45 - 5:10pm	84274

Aqua Kids 6+ years

Swimmer 1	Tuesdays	5:15 - 5:40pm	84276
	Thursdays	5:15 - 5:40pm	84278
	Saturdays	9:30 - 9:55am	84280
	Saturdays	11:00 - 11:25am	84281
Swimmer 2	Tuesdays	5:45 - 6:10pm	84283
	Thursdays	5:15 - 5:40pm	84285
	Saturdays	10:00 - 10:25am	84289
	Saturdays	10:30 - 10:55am	84288
Swimmer 3	Tuesdays	6:00 - 6:40pm	84291
	Saturdays	11:30 - 12:10pm	84293
Swimmer 4	Saturdays	11:00 - 11:40am	84297
Swimmer 5	Tuesdays	5:15 - 5:55pm	84303
Swimmer 6	Saturdays	11:30 - 12:10pm	84308
Swimmer 7 Rookie Patrol	Saturdays	11:30 - 12:10pm	84311

Aqua Adapted 6+ years, with a disability

Adapted 1	Mondays	3:45 - 4:10pm	84636
	Mondays	4:15 - 4:40pm	84637
Adapted 2	Mondays	4:45 - 5:10pm	84638
Adapted 3	Mondays	5:15 - 5:55pm	84639

Aqua Adults 15+ years

Adult 1 Beginner	Tuesdays	5:15 - 5:55pm	84317
Fitness Swimmer	Tuesdays	6:00 - 7:00pm	84319

**GET ON THE
WAIT LIST!**



Class you want to register in already full?
We create more classes from wait lists when we have increased capacity.



Register Online: rdck.ca/recreation

Or Register by Phone: 250-428-7127

PRIVATE & SEMI PRIVATE LESSONS

Private and semi private lessons are suitable for children and adults. Private lessons are registerable online or by phone.

For semi private lessons, it's important that swimmers have a similar ability so that both may have success in the lesson. To book a semi private lesson, please register the first individual for the private lesson and add the second participant to the waitlist. After the first individual is registered and spot is held, please phone customer service for assistance to add the second participant.



PRIVATE SWIM LESSONS | APRIL - JUNE, 2025 | 4 CLASSES

TUESDAY	APRIL 8 - 29	MAY 6 - 27
3:45 - 4:10pm	84405	84406
6:15 - 6:40pm	84409	84410
THURSDAY	APRIL 10 - MAY 1	MAY 8 - 29
3:45 - 4:10pm	84411	84412
5:45 - 6:10pm	84413	84414
SATURDAY	APRIL 26 - MAY 17	MAY 31 - JUNE 21
11:45am - 12:10pm	84415	84416

ADULT PRIVATE LESSONS | APRIL - JUNE, 2025 | 4 CLASSES

TUESDAY	APRIL 8 - 29	MAY 6 - 27
4:45 - 5:10pm	84407	84408



POOL SCHEDULE

March 31 - June 29, 2025

**CHECK PAGE 3 FOR CLOSURES
AND HOLIDAY HOURS!**

Schedule is subject to change.

SAVE THE DATES! WIBIT™ DAYS on the 2nd & 4th Sunday of the month! Pro-D-Day, **April 7** and **May 26**, the pool will be open 6:30am - 8:00pm with no mid day shut down. **WIBIT™** will be out 1-2:30pm for extra FUN!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			LAPS & LEISURE 6:30-8:00am		LAPS & LEISURE 6:30-8:00am	
	AQUA CONDITIONING 8:30 - 9:15AM		CARDIO JAMS 8:30-9:15am	CARDIO TONE 8:30-9:15am	CARDIO JAMS 8:30-9:15am	
			GENTLE JOINTS 9:30-10:15am	AQUA CONDITIONING 9:45 - 10:30am	GENTLE JOINTS 9:30-10:15am	
	LEISURE SWIM 6:30am-2:00pm	LEISURE SWIM 8:00am-2:00pm	LEISURE SWIM 8:00am-2:00pm	LEISURE SWIM 8:00am-2:00pm	LEISURE SWIM 8:00am-2:00pm	LEISURE SWIM 9:00am-6:00pm
FUN SWIM 1:00-6:00pm <i>WIBIT™ swim from 1:00 - 2:30pm on 2nd & 4th Sunday of the month</i>						
	LEISURE SWIM 3:30-5:30pm					
	HUSH - SENSORY FRIENDLY SWIM & SOAK 5:30-7:00pm	LEISURE SWIM 3:30-8:00pm	LEISURE SWIM 3:30-8:00pm	LEISURE SWIM 3:30-8:00pm	LEISURE SWIM 3:30-8:00pm	
	LEISURE SWIM 7:00-8:00pm					

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

Leisure Swim

Pool layout at lifeguards' discretion. 1+ lane, leisure pool and hot areas available.

Laps & Leisure

3 lanes, leisure pool and hot areas available.

Fun Swim

A fun feature (rock wall or diving board) will be open

Included with Admission Program

See next page for details.

Hush Sensory Friendly Swim & Soak

Inclusive quiet leisure swim. Music and all water features will be off and not available for this time.



Register Online: rdck.ca/recreation

Or Register by Phone: 250-428-7127

AQUAFIT

March 31 - June 29, 2025

No classes April 18, April 21, April 23, and May 19



Cardio Tone ②

Age 15+ yrs
CDCC Shallow End of Lap Pool

A variety of equipment will be incorporated to strengthen and tone your muscles, while incorporating cardiovascular exercise to help improve your mood, support daily activities and help you sleep better. Instructors will offer options that can be adapted to any depth.

Thursdays
8:30 - 9:15am
Apr 3 - Jun 26
Drop-in/Included with Admission or
Active Pass 84362

Aqua Conditioning ②

Age 15+ yrs
CDCC Lap Pool

Improve your overall conditioning with this fun and challenging water workout. Deep water provides a no impact workout that challenges core stability and increases muscle tone by working against the constant resistance of the water.

Thursdays
19:45 - 10:30am
Apr 3 - Jun 26
Drop-in/Included with Admission or
Active Pass 84363

Mondays
8:30 - 9:15am
Mar 31 - Jun 23
Drop-in/Included with Admission or
Active Pass 84366

No class April 21 and May 19

Cardio Jams ②

Age 15+ yrs
CDCC Deep End of Lap Pool

Music to make us move! Enjoy the music as your instructor guides you in a class that will strengthen and tone your muscles, all while incorporating cardiovascular exercise to help improve your mood, support daily activities and help you sleep better.

Wednesdays
8:30 - 9:15am
Apr 2 - Jun 25
Drop-in/Included with Admission or
Active Pass 84360

No class April 23

Fridays
8:30 - 9:15am
Apr 4 - Jun 27
Drop-in/Included with Admission or
Active Pass 84364

No class April 18

Gentle Joints ①

Age 15+ yrs
CDCC Leisure Pool

Improve your balance and range of motion through gentle, low intensity movements to help you with your daily activities.

Wednesdays
9:30 - 10:15am
Apr 2 - Jun 25
Drop-in/Included with Admission or
Active Pass 84361

No class April 23

Fridays
9:30 - 10:15am
Apr 4 - Jun 27
Drop-in/Included with Admission or
Active Pass 84365

No class April 18

FITNESS SCHEDULE

March 31 - June 28, 2025

Included with
Admission or
Active Pass

Pre Registered
Program

All programs are located at the Creston & District Community Complex

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 - 10:00AM HATHA YOGA	9:00 - 10:00AM CORE N MORE	9:00 - 10:00AM GROUP CIRCUIT	9:00 - 10:00AM FUNCTIONAL FITNESS	9:00 - 10:00AM HATHA YOGA
10:30 - 11:30AM FULL BODY CIRCUIT <i>Starts May 5</i>	10:15-11:15AM TAI CHI BEGINNER	10:30 - 11:30AM SLOW STRENGTH	10:15-11:15AM TAI CHI INTERMEDIATE	10:15 - 11:00AM FULL BODY CIRCUIT <i>Starts May 9</i>
		11:15AM - 12:15PM MOVE TO IMPROVE <i>Kootenay Room</i>		11:15AM - 12:15PM MOVE TO IMPROVE <i>Fitness Studio</i>
12:00 - 12:45PM STEP AND STRENGTH		12:00 - 1:00PM ZUMBA STEP <i>Fitness Studio</i>		2:00 - 3:00PM GET MOVING WALKING
4:30 - 5:30PM FULL BODY GROUP X		4:30 - 5:30PM FULL BODY GROUP X		
5:00 - 6:00PM BELLY DANCING INTERMEDIATE <i>Erickson Room</i>		5:00 - 6:00PM ZUMBA <i>Erickson Room</i>		
5:15-6:15PM TRX <i>Kootenay Room</i>				

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



Register Online: rdck.ca/recreation

Or Register by Phone: 250-428-7127

FITNESS PROGRAMS

March 31 - June 29, 2025

CARDIO AND/OR STRENGTH

FITNESS INTENSITY LEVELS



Health Conditions

Appropriate for individuals with health concerns or physical limitations. Program tailored to individual abilities and needs.

1

Low

Appropriate for those with mobility challenges or newcomers to fitness.

2

Medium

Appropriate for those looking to progress their fitness.

3

High

Appropriate for regular fitness enthusiasts looking for a challenge.

TRX 2

15+ yrs

CDCC - Kootenay Room

Whether you are a beginner or have taken TRX before, this class will progress your fitness! You will learn the basics of suspension training and move towards mastery to get an incredible strength, cardio and flexibility workout. All fitness levels welcome.

Mondays

5:15 - 6:15pm

Apr 7 - Jun 23

\$84 + tax / 9 classes

84142

No Classes April 21, May 5, 19

Core n' More 2

15+ yrs

CDCC - Fitness Studio

Stand taller, feel stronger! This class is designed to improve core stability and posture. This is not your traditional "crunchies" class. Dynamic and functional exercises will be used to help you think about core conditioning in a whole new way. Equipment and formats will vary.

Tuesdays

9:00 - 10:00am

Apr 1 - Jun 24

Drop-in / Included with Admission or Active Pass 84150

Full Body Group X 2

15+ yrs

CDCC - Fitness Studio

This is a beginner-intermediate level fitness class designed for those who want to become stronger and fitter, achieving both improvements in muscle and cardio. This class uses a variety of exercises and intensities to improve your overall full body fitness.

Mondays & Wednesdays

4:30 - 5:30pm

Apr 2 - Jun 25

Drop-in / Included with Admission or Active Pass 84151

No Classes April 21 & 23, May 19

Group Circuit 2

15+ yrs

CDCC - Fitness Studio

If choreography is not your thing, this class just might be! A circuit style workout mixing strength and cardio will provide a well-balanced workout.

Wednesdays

9:00 - 10:00am

Apr 2 - Jun 25

Drop-in / Included with Admission or Active Pass 84152

No class April 23

Functional Fitness 2

15+ yrs

CDCC - Fitness Studio

This program is tailored for active older adults and includes low impact movements for cardiovascular fitness along with safe and effective strength and balance exercises.

Thursdays

9:00 - 10:00am

Apr 3 - Jun 26

Drop-in / Included with Admission or Active Pass 84153



Register Online: rdck.ca/recreation

Or Register by Phone: 250-428-7127

Belly Dancing Level 2 ②

15+ yrs
CDCC – Erickson Room

This class let's you improve your belly dance technique, posturing, terminology, movement skills and will help you build the conditioning and strength for this fun and energetic style dance! Great for those with some Belly Dancing experience!

Mondays
5:00 – 6:00pm
Apr 7 - May 12
\$47 + tax / 5 classes **84144**

No classes April 21, May 19

Mondays
5:00 – 6:00pm
May 26 - Jun 30
\$56 + tax / 6 classes **84145**

Zumba ②

15+ yrs
CDCC – Erickson Room

A dance fitness party mixing low-intensity and high-intensity moves that are adaptable for all fitness levels! Once the Latin and World rhythms take over, you'll see why Zumba classes are often called exercise in disguise. Effective and fun fitness for all!

Wednesdays
5:00 – 6:00pm
Apr 9 - May 14
\$47 + tax / 5 classes **84146**

No class April 23

Wednesdays
5:00 – 6:00pm
May 21 - Jun 25
\$56 + tax / 6 classes **84147**

Zumba Step ②

15+ yrs
CDCC – Fitness studio

A dance fitness party mixing low-intensity and high-intensity dance and step moves that are adaptable for all fitness levels! Once the Latin and World rhythms take over, you'll see why Zumba classes are often called exercise in disguise. Effective and fun fitness for all!

Wednesdays
12:00 – 1:00pm
Apr 2 - Jun 25
Drop-in/Included with Admission or Active Pass

No class April 23

Full Body Circuit ① ②

15+ yrs
CDCC – Fitness Studio

A circuit style workout combining cardio, core, and upper and lower body movements using a variety of equipment for a well-balanced routine. Join the group and have some fun while getting fit!

Mondays (Level 2) 10:30 - 11:30am
Fridays (Level 1) 10:15 - 11:00am
May 5 - Jun 27
Drop-in/Included with Admission or Active Pass **84154|84155**

No classes May 19

Step and Strength ②

15+ yrs
CDCC – Fitness Studio

Choreographed aerobic combinations on the step helps improve coordination, balance and agility. These combos will get your mind focused and body sweating in no time!

Mondays
12:00 - 12:45pm
Mar 31 - Jun 23
Drop-in/Included with Admission or Active Pass **84156**

No classes Apr 21, May 19

Get Moving Walking

15+ yrs
CDCC - Fitness Centre

Join us for an instructor led walking class around the fitness centre indoor walking track. Get in your steps and learn some of the key exercises to getting started in the fitness centre.

45 minutes of walking, 15 minutes learning a new exercise.

Fridays
2:00 - 3:00pm
Apr 4 - Jun 27
Drop-in/Included with Admission or Active Pass **85051**





Hatha Yoga ¹

15+ yrs
CDCC - Fitness Studio

This yoga class will combine breath work, energizing movement, stretching and meditation to leave you feeling strong, flexible and balanced. Open to all levels, and modifications are available.

Mondays & Fridays
9:00 - 10:00am
Mar 31 - Jun 27
Drop-in / Included with Admission or Active Pass **84159**

No Classes April 18, 21, May 19

Slow Strength Functional Training ¹

15+ yrs
CDCC - Fitness Studio

Through a method of slow strength training, you will build strength (but not bulkiness) in a safe way. After every class, you will feel stronger and more able to take on the activities of your life. Modifications are available and no experience is necessary.

Wednesdays
10:30 - 11:30am
Apr 9 - May 14
\$47 + tax / 5 classes **84148**

No class April 23

Wednesdays
10:30 - 11:30am
May 21 - Jun 25
\$56 + tax / 6 classes **84149**

Tai Chi Beginner ¹

15+ yrs
CDCC - Fitness Studio

Yang-style Tai Chi exercises your entire body using gentle, low impact movements that build strength, endurance, flexibility, and balance. A 'meditation in motion' that cultivates a healthy body, mind, and spirit

Tuesdays
10:15 - 11:15am
Apr 8 - Jun 24
\$113 + tax / 12 classes **84139**

Tai Chi Intermediate ¹

15+ yrs
CDCC - Fitness Studio

The opportunity for those who have a solid understanding and experience with Yang foundation exercises and the complete set to enjoy a comprehensive practice in a group setting. A great health maintenance program!

Thursdays
10:15 - 11:15am
Apr 10 - Jun 26
\$113 + tax / 12 classes **84140**

Move to Improve (Parkinson's)

15+ yrs
CDCC - Fitness Studio & Kootenay Room

This specialized drop-in program has been primarily designed to help improve mobility and reduce symptoms of those with Parkinson's. Exercises are modified for all levels of mobility, from wheelchairs to standing. Those who are at a higher risk for falls will also benefit from taking this program. Please note: Parkinson's participants will have a reserved spot in the program but the remaining available spots can be attended by the public as a Fall Prevention class.

Wednesdays & Fridays
11:15 - 12:15pm
Apr 2 - Jun 27
Drop-in / Included with Admission or Active Pass **84160**

No Class April 19, 23, May 21, 23

PERSONAL & GROUP TRAINING

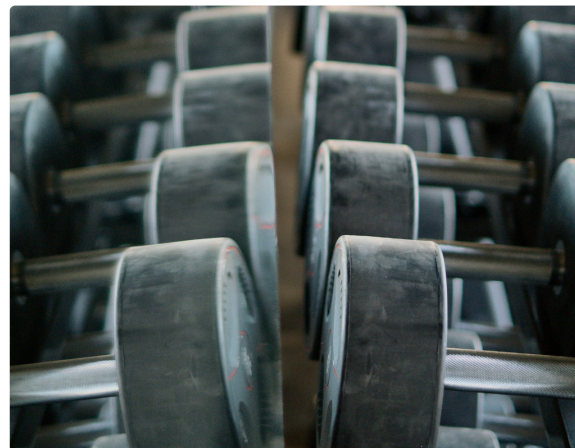
Personal Trainers are available to help you add confidence, effectiveness, and safety to your workouts. Let us design a program specifically for you to help achieve your fitness goals, from beginner to advanced. Complete the [Personal Training Package](#), or scan the QR code to get started or contact our Fitness Department at (250) 428-7127 ext. 2038 for more information.

All Personal Training sessions expire 6 months from the date of purchase.

PERSONAL TRAINING OPTIONS (rates are per person)

Personal Training Price Changes Effective April 1st

Option	Price	Description
Individual	\$59 + tax	Your first session with a trainer will consist of an assessment specific to your needs. After that, your trainer will coach you safely and effectively towards your personal health and fitness goals.
Partner	\$42 + tax	Includes everything you receive with individual personal training with the benefit of a partner to help make workouts more enjoyable and keep you accountable.
Group of 3	\$34 + tax	Group training can include 3-6 people with similar goals in mind. Choose days, times, and style of training you want, such as an introduction to weight training, activity specific training (ie. Hiking), and a variety of other formats.
Group of 4	\$29 + tax	
Group of 5	\$26 + tax	
Group of 6	\$25 + tax	



FITNESS CENTRE ORIENTATIONS

FREE with admission!

New to the Gym or need a refresher? Let one of our fitness professionals help!

Orientations Include:

- Introduction to a friendly and informative CDCC staff member
- Get to know the fitness centre rules, regulations and etiquette.
- Learn how to use cardio and strength machines
- Description of our various personal training services and fitness classes.

Contact us at 250-428-7127 to book your orientation. Bring a friend or family member to share the experience.

Maximum 3 people per session, minimum 13 years old.



Vanessa

BCRPA - Certified Personal Trainer
Diploma Kinesiology
CFES - Group Fitness Instructor



Brielle

NCSF - Certified Personal trainer
ALFCA - Group Fitness Instructor
Diploma Exercise Science



Hailey

ACE - Certified Personal Trainer
Certified Functional Movement Specialist
Group Fitness Instructor





YOUTH FITNESS CENTRE ORIENTATIONS FOR AGES 13 - 15 YEARS

CDCC Fitness Centre

Fitness Centre Orientations are required by anyone aged 13-15 years before accessing our fitness centre. Etiquette, equipment demonstration and safety are the focus of this general admission class.

Please register online at www.rdck.ca/recreation in person or call 250-428-7127 to speak with one of our customer service representatives.

5:45 - 6:15pm
Wednesdays
General Admission

Youth on Weights

13-17 yrs

CDCC – Fitness Centre / Fitness Studio

This program goes into greater depth than the Youth Weight Room Orientation and is designed for youth that are interested in learning more about how to use the weight room safely and effectively. Topics will include the proper set up of equipment, gym etiquette, and how to create a safe and well-balanced fitness program.

This is a great option for youth to receive supervised and guided training to build their fitness, improve their athletic development, and improve their health.

YOUTH ON WEIGHTS TRAINING PACKAGES	2 PPL	3 PPL	4 PPL	5 PPL	6 PPL
3 sessions (cost per person)	\$76 + tax	\$51 + tax	\$38 + tax	\$30 + tax	\$25 + tax

To get the process started, each participant will need to complete the [intake form](#) or contact the CDCC for more information.

* Please try to form groups where the youth have similar goals and abilities.

** If you are unable to find others to join you, let us know and we can help to create a group!



RECREATION SPORTS SCHEDULE

April - June, 2025

Included with
Admission or
Active Pass

Pre Registered
Program

ADULT (15+ yrs)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1:00 - 2:30PM ROLLER HOCKEY STICK AND PUCK <i>Arena Dry Floor</i>		5:00 - 6:45PM RECREATIONAL BADMINTON <i>Creston Education Centre</i>	4:00 - 5:30PM ROLLER HOCKEY STICK AND PUCK <i>Arena Dry Floor</i>		
2:30 - 4:00PM PUBLIC ROLLER SKATING/BLADING <i>Arena Dry Floor</i>		7:00 - 8:30PM TABLE TENNIS <i>Creston Room</i>	6:30 - 8:00PM LEARN TO PLAY TENNIS <i>Ages 13+</i> <i>Tennis Courts</i>	7:00 - 8:30PM VOLLEYBALL <i>Creston Education Centre</i>	
		7:00 - 9:00PM INTERMEDIATE BADMINTON <i>Creston Education Centre</i>			
		7:00-8:00PM ADULT BALL HOCKEY <i>Arena Dry Floor</i>			

YOUTH (3-17 yrs) *See [page 11](#) for more information*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1:00 - 2:30PM ROLLER HOCKEY STICK AND PUCK <i>Arena Dry Floor</i>			4:00 - 5:30PM ROLLER HOCKEY STICK AND PUCK <i>Arena Dry Floor</i>		
2:30 - 4:00PM PUBLIC ROLLER SKATING/BLADING <i>Arena Dry Floor</i>			5:15 - 6:15PM LEARN TO PLAY TENNIS <i>Ages 6-8</i> <i>Tennis Courts</i>	3:30-4:15PM TOT SOCCER <i>Ages 3-6</i> <i>Creston Education Centre</i>	
	6:00 - 7:30PM LEARN TO PLAY TENNIS <i>Ages 9-12</i> <i>Tennis Courts</i>	6:00-7:00PM TEEN BALL HOCKEY <i>Ages 13-17</i> <i>Arena Dry Floor</i>	6:30 - 8:00PM LEARN TO PLAY TENNIS <i>Ages 13+</i> <i>Tennis Courts</i>		



Register Online: rdck.ca/recreation

Or Register by Phone: 250-428-7127

Public Roller Skating/ Blading

All Ages
CDCC - Arena Dry Floor

Glide into an afternoon of excitement with friends and family. Whether you are a seasoned or novice skater, everyone is sure to spend the time laughing and having fun. Everyone is welcome, so lace up and let the good times roll.

*Helmets are recommended. No skate rentals available.

Sundays
2:30 - 4:00pm
May 4 - Jun 29
Included with Admission or Active Pass

No Program May 18 and Jun 22

Roller Hockey Stick and Puck **NEW!**

All Ages
CDCC - Arena Dry Floor

Bring your roller hockey gear and sticks to have some fun and practice those skills on the dry floor.

*** Helmets are required. Max capacity is 25 participants.**

Sundays
1:00 - 2:30pm
May 4 - Jun 29
Included with Admission or Active Pass

No Program May 18 and Jun 22

Wednesdays
4:00 - 5:30pm
May 7 - Jun 25
Included with Admission or Active Pass

No Program May 14 and Jun 18

Table Tennis

15+ yrs
CDCC - Creston Room

Join us for a fun, fast paced and focused night of table tennis. All levels are welcome!

Tuesdays
7:00 - 8:30pm
Apr 8 - Jun 24
\$83 + tax / 12 classes **84138**



Adult Ball Hockey **NEW!**

18+ yrs
CDCC - Arena Dry Floor

Our Adult Recreational Ball Hockey program is designed for individuals of all skill levels who want to enjoy a fun, social, and low-contact sport. Whether you are new to ball hockey or an experienced player, this program offers a laid-back environment focused on fitness, teamwork, and friendly competition. **Participants are required to wear a helmet, gloves, clean gym shoes and bring their own stick.**

Tuesdays
7:00-8:00pm
Apr 22 - Jun 10
\$46.66/7 sessions **83681**

No Program May 20

Adult Ball Hockey: Goalie

18+ yrs
CDCC - Arena Dry Floor

Only two goalie spots available. Register soon! Participants are required to wear a helmet, goalie gloves, clean gym shoes and bring their own stick. Full Goalie gear strongly recommended due to the hard balls used during this sport.

Tuesdays
7:00-8:00pm
Apr 22 - Jun 10
\$21/7 sessions **83682**

No Program May 20

Badminton

15+ yrs
Creston Education Centre - Gymnasium

Join us for a fun night of Badminton, appropriate for all levels! Bring your own racket if you have one, or use one of ours.

Recreational Badminton
Tuesdays
5:00 - 6:45pm
Apr 8 - Jun 24
\$97 + tax / 12 classes **84783**

Intermediate Badminton
Tuesdays
7:00 - 9:00pm
Apr 8 - Jun 24
\$109 + tax / 12 classes **84137**

Volleyball

15+ yrs
Creston Education Centre - Gymnasium

Bump, set, spike! Get out and get involved in an evening of exciting volleyball. A great way to get active, meet new people, and have some fun. Two different times for various skill levels – there's an option for everyone!

Thursdays
7:00 - 8:30pm
Apr 10 - Jun 26
\$83 + tax / 12 classes **84136**





RENTAL OPPORTUNITIES

The Creston & District Community Complex (CDCC) offer a wide range of rental opportunities for meetings, banquets, receptions, and social gatherings, which have access to a full commercial kitchen and audio/visual equipment.

The CDCC has rooms available to host everything from a small meeting to an event up to 450 people. The property also contains a 7,000 sq.ft. stand-alone community hall (Rotacrest Hall) available for rentals.

The multi-purpose recreational facility, which sits on over 20 acres of land, also offers sport facility rentals including an ice arena, aquatic centre, baseball and soccer fields, and a variety of outdoor sport courts including pickleball, beach volleyball, basketball, and a 10,000 square foot skatepark.

Our professional and experienced staff are happy to assist you in planning the most satisfying and memorable experience. Visit www.rdck.ca/recreation for more detailed information about our rental spaces and how to book them.



**Exceptional facilities.
Exceptional service.**

**CONTACT US TODAY
TO BOOK YOUR SPACE**