

SLOCAN VALLEY

PROGRAM GUIDE

SPRING 2025

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

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



Slocan Valley Recreation
All the fun that fits



Slocan Valley Recreation

All the fun that fits



Visit Us

3036 Hwy 6, Slocan Park, BC | rdck.ca/recreation

Contact Us

250-226-0008 | slocanvalleyrec@rdck.bc.ca



Online Registration

rdck.ca/recreation

Need to setup an online registration account?
Fill out the [RDCK Client Profile Form](#)



Visit us on Facebook to learn more about upcoming programs & events www.facebook.com/slocanvalleyrec

ENJOY A SAFE AND FUN VISIT

RDCK Recreation programs and services are subject to the latest public health measures put in place by the provincial authorities, Interior Health, and the RDCK Board of Directors.

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

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.

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.

NEW DENVER FIRST AID TRAINING WEEKEND

Join us for our training weekend and get certified! First aid training provides life saving knowledge for both work and everyday life. With 3 options, we have a course for everyone. Check page 6 for more details!

Saturday, June 7

Emergency First Aid with CPR-C & AED
(Basic First Aid equivalent)

Saturday & Sunday, June 7, 8

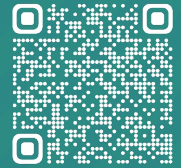
Standard First Aid with CPR-C & AED
(Intermediate First Aid equivalent)

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.

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.**



ADULT AND YOUTH PROGRAMS

Family Archery

9+ yrs
Slocan Park Hall

Explore the art of archery, as a family, in this introductory program. learn the fundamentals of bow handling, proper stance and aiming technique. Throughout this program you will develop precision and focus as you enhance your skills in the sport of archery. Join us for an exciting blend of theory and hours of hands on experience.

*All equipment is provided. Please wear close toed shoes and bring a water bottle.

Thursdays and Fridays
4:00pm - 6:00pm
Jun 5, 6, 12 and 13
\$38 / person for 4 classes **83887**

Basketball

16+ yrs
Winlaw Elementary Gym

Co-ed, recreational level, pick-up basketball games. All skill levels are encouraged to come and play! Please bring indoor shoes to wear and a water bottle. Check-in with staff upon entry.

Wednesdays
6:30 - 8:30pm
Apr 2 - Jun 25
\$5 drop-in

Volleyball - Intermediate

16+ yrs
Mt. Sentinel High School Gym

Join us in this fun, competitive, intermediate level evening of co-ed Volleyball. A great way to get some exercise, meet new friends, and enjoy the sport you love! While everyone is certainly welcome, this is an experienced group that enjoys a higher level of play. Please bring clean, non-marking indoor footwear.

Tuesdays
7:30 - 9:30pm
Apr 1 - Jun 24
\$5 drop-in

Family FUN Day

All Ages
Slocan Park Hall

Join Slocan Valley Recreation in a day of family fun. The Slocan Valley Recreation Staff will provide exciting activities and crafts for everyone that wants to spend the Pro-D Day socializing and enjoying time with friends.

*Parents/Guardians must stay for the program. Children under 13 may not be left unattended.

Monday
1:00 - 4:00pm
Apr 7
\$3/person
Children under 5/Free **84539**

Monday
1:00 - 4:00pm
May 26
\$3/person
Children under 5/Free **84540**