

Schedule

Arena FALL 2020



Dry Floor Programs

AFTER SCHOOL ALL STARS

6 - 12 YRS 3:00 - 5:00 PM

This 2-hour after school program will keep your child active and entertained with numerous dry floor activities to bridge the gap between the end of the school day and the end of the workday! The skate shop staff will have activities and challenges for everyone to enjoy.

Monday/Wednesday/Friday

Sept 14 - Oct 9 \$120.00
Oct 14 - Nov 12 \$130.00

Tuesday/Thursday

Sept 15 - Oct 8 \$80.00
Oct 13 - Nov 12 \$100.00

HOT SHOT BALL HOCKEY

6 - 12 YRS 6:15 - 7:00 PM

During this program you will develop your stick handling, passing and the four shots used in hockey. No previous hockey experience necessary.

Monday/Wednesday

Sept 9 - Sept 23 \$28.75
Sept 28 - Oct 14 \$28.75
Oct 19 - Nov 12 \$40.25

Tuesday/Thursday

Sept 9 - Sept 24 \$34.50
Sept 29 - Oct 15 \$34.50
Oct 20 - Nov 12 \$46.00

LITTLE RASCAL FLOOR HOCKEY

4 - 6 YRS 5:15 - 6:00 PM

Learn basic hockey skills. Coaches will introduce your child to the world of floor hockey through drills and skill development. Participants must supply their own helmet with face shield, gloves and stick.

Monday/Wednesday

Sept 9 - Sept 23 \$28.75
Sept 28 - Oct 14 \$28.75
Oct 19 - Nov 12 \$40.25

Tuesday/Thursday

Sept 9 - Sept 24 \$34.50
Sept 29 - Oct 15 \$34.50
Oct 20 - Nov 12 \$46.00

Registered Ice Programs

REGISTERED STICK & PUCK

ALL AGES

Stick and Puck is an opportunity to get some extra ice time and work on stickhandling, shooting and passing skills! Due to Covid-19 restrictions scrimmages, goaltending and training equipment are not permitted at this time. In order to participate, you must book your ice space prior to showing up which can be booked 14 days in advance. No drop-in permitted at this time. Social distancing measures continue to be in place.

Monday & Thursday 10:00 - 11:30 AM
Friday 12:15 - 1:15 PM

REGISTERED PUBLIC SKATE

ALL AGES

All ages welcome. Pond Hockey will not be available during this session. In order to participate, you must book your ice space prior to showing up which can be booked 14 days in advance. No drop-in permitted at this time. Social distancing measures continue to be in place.

Monday & Thursday 11:45 AM - 1:00 PM

REGISTERED PRIVATES SKATING LESSONS

ALL AGES

Please call 250-830-6777 to book your private skating lesson today!

Monday

8:30 - 9:00 AM 9:15 - 9:45 AM

Friday

8:30 - 9:00 AM 9:15 - 9:45 AM
1:30 - 2:00 PM 2:15 - 2:45 PM

PRESCHOOL ICE QUEST

4 - 6 YRS 5:15 - 6:45 PM

These lessons are designed with the beginner in mind! This program offers an introduction into the world of ice-skating.

Sunday Sept 13 - Nov 8 \$40.00

LITTLE RASCALS HOCKEY

4 - 6 YRS 6:15 - 7:00 PM

Coaches will introduce your child to the game of hockey through a variety of fun drills. All participants must be able to skate on their own. Full hockey gear required.

Sunday Sept 13 - Nov 8 \$46.00

ICE QUEST 1/2/3

6 - 12 YRS 7:15 - 7:45 PM

These lessons are designed with the beginner in mind! Our three-step program offers an introduction into the world of ice-skating.

Sunday Sept 13 - Nov 8 \$40.00

How to Register

CALL: 250-830-6777

IN PERSON: STRATHCONA GARDENS
RECREATION COMPLEX
225 S. DOGWOOD ST.,
CAMPBELL RIVER, BC

ONLINE: STRATHCONAGARDENS.COM

Schedule

Pool FALL 2020



Pool Lane Information

LEISURE SWIMMERS

This lane is suitable for individuals who swim at a slower pace or want to water jog. This lane may be shared by 4 people. Stair access is available if needed.

MODERATE SWIMMERS

This lane is suitable for individuals who swim continuously at a moderate pace. This lane may be shared by 4 people. Stair access is available if needed.

FAST SWIMMERS

This lane is suitable for more advanced swimmers who swim continuously at a faster pace. This lane may be shared by 4 people. Stair access is available if needed.

WATER WALKING

Shallow End – Lane 3 – This lane is closest to the bulkhead and is suitable for taller individuals who want to use the shallow end of the pool to water walk. This lane may be shared by 2 people. Stair access is available if needed.

Shallow End – Lane 2 – This lane is in the middle of the shallow end and is suitable for individuals who want to use the shallow end of the pool to water walk. This lane may be shared by 2 people. Stair access is available if needed.

REGISTERED LENGTHS AND WATER WALKING (SHALLOW END)

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:15-9:00am	Lanes	Water Walking	Lanes	Water Walking	
9:30-10:15am		Lanes		Lanes	Water Walking
10:45-11:30am		Lanes		Lanes	Lanes
12:00-12:45pm	Lanes	Lanes	Lanes	Lanes	Lanes
1:15-2:00pm	Water Walking		Water Walking		
2:30-3:15pm	Lanes		Lanes		Lanes

REGISTERED FITNESS

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:15-9:00am	Fluid Motion (Shallow)	Deep H2O Tethered	Fluid Motion (Shallow)	Deep H2O Tethered	
9:30-10:15am	Deep H2O Tethered	Fluid Motion (Shallow)	Deep H2O Tethered	Fluid Motion (Shallow)	Deep H2O Tethered
10:45-11:30am					Fluid Motion (Shallow)
12:00-12:45pm	Orthopedic Management		Orthopedic Management		
1:15-2:00pm	Adaptive 3 (Deep)	Adaptive 2 (Shallow)	Adaptive 3 (Deep)	Adaptive 2 (Shallow)	Adaptive 3 (Deep)

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Programs FALL 2020

Registered Dry Floor Programs

WEIGHT ROOM PODS \$5.20 PER HOUR

Each WR pod is approximately 10 X 35 feet. This space will be your private workout floor booked at one-hour intervals. Each Pod will have a piece of cardio equipment, chair and a floor mat. Additional equipment may be brought to your Pod when available. IE: free weights, bare bells, Bosu/ exercise balls, or benches, rower, etc. No music will be provided. If you would like music, please bring your own with earphones.

PARTNERS IN HEALTH

PLEASED TO ANNOUNCE THIS PROGRAM! NO CHARGE

This Island Health sponsored program offers up to three - 1 hour sessions/ week for loved ones, giving care givers more time for independence. Caregivers leave their loved ones, before or after their Strong and Stable class (schedule dependent). During that hour the participants will be offered interesting communication, a beverage with an educational environment, and distant socialization. **Please contact Debra Wilson at 250-830-6736 or rehab dept for more info.**

TAKE HEART BREATHE WELL \$450.00 (PHYSICIAN REFERRAL)

This 12-week (24 classes) program will benefit people who have had a cardiac event or other risk factors. BP cholesterol, weight increases, Diabetes, inactivity, stress, lung or kidney disease. Includes an individual assessment, personal exercise prescription, all supervised by a Kinesiologist. **Call the rehab department for more details 250-830-6739.**

CHRONIC DISEASE MANAGEMENT

CALL FOR FUNDING OPPORTUNITIES OR COSTS

This 14 week program is offered twice a week, with options in the pool or the classroom gym area. You could be eligible for Island Health support through the Wellness Centre at the hospital. Conditions include: asthma, Diabetes, renal failure, liver disease, COPD, high BP etc. After a consultation, staff will assist in choosing best class level for your ability.

Please call for more information: 250-830-6737 or reception: 250-830-6777 ask for rehab dept.

Registered Aquatic Programs **ALL CLASSES \$5.20**

FITNESS CLASSES - Check schedules for specific times and days

DEEP H2O TETHERED

Traditional deep-water cardio exercises are performed while tethered to a lane rope with a bungee cord attached to a float belt. Individuals will be spaces apart on the ropes. Benefits include: stationary stability challenging trunk muscles resulting in greater intensity. Great for beginners to advanced. Must complete Par-Q prior to starting the class.

FLUID MOTION

Great shallow water cardio workout which will build endurance, strength and flexibility. Must complete Par-Q prior to starting class.

ADAPTIVE LEVELS 2/3

For people with chronic, stable conditions. #2 is in shallow water and will be no deeper than low chest depth. #3 could be in chest to deep water, while use of float belts are available. **(Updated physician's consent must be completed)**

ORTHOPEDIC MANAGEMENT

This shallow water therapeutic program supports people scheduled for pre and post orthopedic surgeries, primarily for Hip and Knee replacements. Must have surgeon/ GP or physio's referral. **(for more information call 250-830-6736) or rehab dept.**

Scheduled classes for Rehab and Fitness – must book with Fitness and Rehab or Reception only. Must have physician's consent or referral. All forms on-line or for pick up.

TAKE HEART					
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Take Heart Breathe Well		9:00-10:00am 11:30-12:30pm		9:00-10:00am 11:30-12:30pm	
Take Heart Maintenance	9:00-10:00am 10:15-11:15am 11:30-12:30pm 1:30-2:30pm		9:00-10:00am 10:15-11:15am 11:30-12:30pm 1:30-2:30pm		9:00-10:00am 10:15-11:15am 11:30-12:30pm 1:30-2:30pm
CHRONIC DISEASE MANAGEMENT, STRONG AND STABLE CLASSES					
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CDM Shallow	2:30-3:15pm	10:45-11:45am	2:30-3:15pm	10:45-11:45am	1:15-2:15 pm
CDM Deep	10:45-11:45am	1:15-2:15pm 2:30-3:30pm	10:45-11:45am	1:15-2:15pm 2:30-3:30pm	8:15-9:15am
Strong and Stable	2:45-3:45pm	10:15-11:15am 12:00-1:00pm 1:30-2:30pm	2:45-3:45pm	10:15-11:15am 12:00-1:00pm 1:30-2:30pm	
Partners in Health	1:45-2:45pm		1:45-2:45pm	2:30-3:30pm	

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