

# Schedule

POOL  
Nov 23 - Dec 20, 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. **Leisure Swim** allows for 12 individuals.

## SHALLOW END

| TIME             | MONDAY                | TUESDAY       | WEDNESDAY             | THURSDAY      | FRIDAY        |
|------------------|-----------------------|---------------|-----------------------|---------------|---------------|
| 6:05 - 6:50 am   | Water Walking         | Water Walking | Water Walking         | Water Walking | Water Walking |
| 7:00 - 7:45 am   | Water Walking         |               |                       |               | Water Walking |
| 8:15 - 9:00 am   | Fluid Motion          | Water Walking | Fluid Motion          | Water Walking |               |
| 9:30 - 10:15 am  |                       | Fluid Motion  |                       | Fluid Motion  | Water Walking |
| 10:45 - 11:30 am | Orthopedic Management | CDM           | Orthopedic Management | CDM           | Fluid Motion  |
| 12:00 - 12:45 pm | Orthopedic Management |               | Orthopedic Management |               |               |
| 1:15 - 2:00 pm   | Water Walking         | Adaptive 2    | Water Walking         | Adaptive 2    | CDM           |
| 2:30 - 3:15 pm   | CDM                   |               | CDM                   |               |               |

## DEEP END

| TIME             | MONDAY            | TUESDAY           | WEDNESDAY         | THURSDAY          | FRIDAY            |
|------------------|-------------------|-------------------|-------------------|-------------------|-------------------|
| 6:05 - 6:50 am   | Lanes             | Lanes             | Lanes             | Lanes             | Lanes             |
| 7:00 - 7:45 am   | Deep H2O Motion   | Lanes             | Deep H2O Motion   | Lanes             | Deep H2O Motion   |
| 8:15 - 9:00 am   | Lanes             | Deep H2O Tethered | Lanes             | Deep H2O Tethered | CDM               |
| 9:30 - 10:15 am  | Deep H2O Tethered | Lanes             | Deep H2O Tethered | Lanes             | Deep H2O Tethered |
| 10:45 - 11:30 am | CDM               | Lanes             | CDM               | Lanes             | Lanes             |
| 12:00 - 12:45 pm | Lanes             | Lanes             | Lanes             | Lanes             | Lanes             |
| 1:15 - 2:00 pm   | Adaptive 3        | CDM               | Adaptive 3        | CDM               | Adaptive 3        |
| 2:30 - 3:15 pm   | Lanes             | CDM / Adaptive 3  | Lanes             | CDM / Adaptive 3  | Lanes             |

## LEISURE POOL (STARTS NOVEMBER 2ND)

| TIME             | MONDAY         | TUESDAY      | WEDNESDAY      | THURSDAY     | FRIDAY         |
|------------------|----------------|--------------|----------------|--------------|----------------|
| 6:05 - 6:50 am   | Leisure Swim   | Leisure Swim | Leisure Swim   | Leisure Swim | Leisure Swim   |
| 7:00 - 7:45 am   | Leisure Swim   | Leisure Swim | Leisure Swim   | Leisure Swim | Leisure Swim   |
| 8:15 - 9:00 am   | Leisure Swim   | Leisure Swim | Leisure Swim   | Leisure Swim | Leisure Swim   |
| 9:30 - 10:15 am  | Leisure Swim   | Leisure Swim | Leisure Swim   | Leisure Swim | Leisure Swim   |
| 10:45 - 11:30 am | Leisure Swim   | Leisure Swim | Leisure Swim   | Leisure Swim | Leisure Swim   |
| 12:00 - 12:45 pm | Aqua Arthritis | Leisure Swim | Aqua Arthritis | Leisure Swim | Aqua Arthritis |
| 1:15 - 2:00 pm   | Leisure Swim   | Leisure Swim | Leisure Swim   | Leisure Swim | Leisure Swim   |
| 2:30 - 3:15 pm   | Leisure Swim   | CDM          | Leisure Swim   | CDM          | Leisure Swim   |

## How to Register

CALL: 250-830-6777

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

ONLINE: STRATHCONAGARDENS.COM

# Schedule

## REGISTERED ICE PROGRAMS



## Registered Ice Programs

NOVEMBER 23 - DECEMBER 13, 2020

### 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.

|                 |                  |
|-----------------|------------------|
| <b>Monday</b>   | 12:00 - 1:00 PM  |
| <b>Thursday</b> | 10:00 - 11:15 AM |
| <b>Friday</b>   | 12:00 - 1:00 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.

|                 |                  |
|-----------------|------------------|
| <b>Monday</b>   | 10:30 - 11:45 AM |
| <b>Thursday</b> | 11:30 - 1:00 PM  |
| <b>Friday</b>   | 10:30 - 11:45 AM |

### REGISTERED PRIVATES SKATING LESSONS

ALL AGES      \$20 per lesson

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

|                  |                 |
|------------------|-----------------|
| <b>Tuesday</b>   | 12:30 - 1:00 PM |
| <b>Wednesday</b> | 12:30 - 1:00 PM |

### 55+ REGISTERED HOCKEY

Full Hockey gear, including helmet required. Participants will have access to the dressing rooms 15 minutes prior to the start time, along with 15 minutes after the end of the ice time. Dressing rooms have been setup to be socially distant. Please note due to Covid-19, you must register for the duration of this program due to viaSport cohort guidelines. Limited to 24 skaters and 4 goalies (only 2 goalies per ice time).

|                                    |                  |
|------------------------------------|------------------|
| <b>Monday / Wednesday / Friday</b> | 8:30 - 10:00AM   |
| <b>Nov 23 - Dec 18, 2020 (12)</b>  |                  |
| <b>Skater: \$62.40</b>             | <b>ID: 23722</b> |
| <b>Goalie: \$31.20</b>             | <b>ID: 23724</b> |

### SKATE SHARPENING HOURS

**Monday - Friday**      9:00 AM - 1:00PM

## Registered Ice Programs

DECEMBER 14 - DECEMBER 20, 2020  
& JANUARY 4 - MARCH 20, 2021

### 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.

|                               |                  |                |
|-------------------------------|------------------|----------------|
| <b>Monday &amp; Wednesday</b> | 11:30 - 12:45 PM | 3:15 - 4:15 PM |
| <b>Tuesday &amp; Thursday</b> | 1:30 - 2:30 PM   |                |
| <b>Friday</b>                 | 3:30 - 5:00 PM   |                |
| <b>Saturday</b>               | 3:15 - 4:30 PM   |                |
| <b>Sunday</b>                 | 4:30 - 5:30 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.

|                               |                 |                |
|-------------------------------|-----------------|----------------|
| <b>Monday &amp; Wednesday</b> | 1:15 - 2:45 PM  |                |
| <b>Tuesday &amp; Thursday</b> | 11:30 - 1:00 PM | 3:00 - 4:15 PM |
| <b>Friday</b>                 | 11:30 - 1:30 PM |                |
| <b>Saturday</b>               | 1:30 - 2:45 PM  |                |
| <b>Sunday</b>                 | 3:00 - 4:00 PM  |                |

### REGISTERED LEISURE SKATE

ALL AGES

All ages welcome. 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.

|               |                |
|---------------|----------------|
| <b>Friday</b> | 5:30 - 7:00 PM |
|---------------|----------------|

### REGISTERED PRIVATES SKATING LESSONS      ALL AGES (DEC 14 - DEC 20, 2020 & JAN 4 - MAR 20, 2021)

\$20 PER LESSON

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

|                               |                     |                     |
|-------------------------------|---------------------|---------------------|
| <b>Monday &amp; Wednesday</b> | 4:30 - 5:00 PM (R2) | 6:30 - 7:00 PM (LI) |
| <b>Tuesday &amp; Thursday</b> | 4:30 - 5:00 PM (R2) |                     |
| <b>Friday</b>                 | 2:00 - 2:30 PM (R2) | 2:45 - 3:15 PM (R2) |
| <b>Saturday</b>               | 9:15 - 9:45 AM (LI) |                     |
| <b>Sunday</b>                 | 9:15 - 9:45 AM (LI) |                     |

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# Schedule

REGISTERED ICE PROGRAMS  
Dec 14 - Dec 20, 2020  
& Jan 4 - Mar 20, 2021



## 55+ REGISTERED HOCKEY

Full Hockey gear, including helmet required. Participants will have access to the dressing rooms 15 minutes prior to the start time, along with 15 minutes after the end of the ice time. Dressing rooms have been setup to be socially distant. Please note due to Covid-19, you must register for the duration of this program due to viaSport cohort guidelines. Limited to 24 skaters and 4 goalies (only 2 goalies per ice time).

**Monday / Wednesday / Friday 8:30-10:00AM**

Registration opens Dec 7, 2020

Jan 4 – Mar 19, 2021 (32)

Skater: \$166.40

Goalie: \$0.00

ID: 23723

ID: 23725

## PARENT & TOT SKATING LESSONS

3-5 YRS

Enjoy learning to skate with your child while you both develop your skating skills. No previous skating experience is required for either participant-the emphasis of this program is fun. Due to Covid-19, helmet and glove rentals are currently not available. Please bring your own helmet and gloves. Skate rentals are available.

**Sunday 11:15 - 11:45 AM**

Jan 10 – Feb 7 (5)

Feb 14 – Mar 14 (5)

\$25 ID: 23706

\$25 ID: 23707

## PARENT & TOT HOCKEY LESSONS

3-5 YRS

Parents and tots will get a chance to develop both their skating and hockey skills during this program. Lots of fun for all. Due to Covid-19, helmet and glove rentals are currently not available. Please bring your own helmet and gloves. Skate rentals are available.

**Sunday 12:15 - 12:45 PM**

Jan 10 – Feb 7 (5)

Feb 14 – Mar 14 (5)

\$25 ID: 23696

\$25 ID: 23697

## PRESCHOOL ICE QUEST

4-6 YRS

These lessons are designed with the beginner in mind! This program offers an introduction into the world of ice-skating. Due to Covid-19, helmets and glove rentals are currently not available. Please bring your own helmet and gloves. Skate rentals are available.

**Tuesday & Thursday 5:30 - 6:00PM**

Jan 5 – Jan 28 (8)

Feb 2 – Feb 25 (8)

Mar 2 – Mar 18 (6)

\$40 ID: 23688

\$40 ID: 23689

\$30 ID: 23690

**Saturday 12:15-12:45PM**

Jan 9 – Feb 13 (6)

Feb 20 – Mar 20 (5)

\$30 ID: 23693

\$25 ID: 23694

## LITTLE RASCALS HOCKEY

4-6 YRS

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 for this program. Full hockey gear required. Skate rentals are available.

**Monday & Wednesday 5:30 - 6:15PM**

Jan 4 – Jan 27 (8)

Feb 1 – Feb 24 (7)

Mar 1 – Mar 17 (6)

\$46 ID: 23632

\$40.25 ID: 23633

\$34.50 ID: 23634

**Saturday 10:00 - 10:45AM**

Jan 9 – Feb 13 (6)

Feb 20 – Mar 20 (5)

\$34.50 ID: 23646

\$28.75 ID: 23648

**Sunday 10:00 - 10:45AM**

Jan 10 – Feb 7 (5)

Feb 14 – Mar 14 (5)

\$28.75 ID: 23674

\$28.75 ID: 23675

## ICE QUEST 1/2/3

6-12 YRS

These lessons are designed with the beginner in mind! This program offers an introduction into the world of ice-skating. Due to Covid-19, helmet and glove rentals are currently not available. Please bring your own helmet and gloves. Skate rentals are available.

**Tuesday & Thursday 6:30 - 7:00PM**

Jan 5 – Jan 28 (8)

Feb 2 – Feb 25 (8)

Mar 2 – Mar 18 (6)

\$40 ID: 23710

\$40 ID: 23711

\$30 ID: 23712

**Saturday 11:15 - 11:45AM**

Jan 9 – Feb 13 (6)

Feb 20 – Mar 20 (5)

\$30 ID: 23174

\$25 ID: 23715

## SKATE SHARPENING HOURS

**Monday – Thursday**

12:00 PM - 4:00 PM

**Friday**

12:00 PM - 1:30 PM / 3:30PM - 5:00PM

**Saturday**

1:00 PM - 4:00 PM

**Sunday**

2:00 PM - 5:00 PM

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# Schedule

## PROGRAMS

Nov 23 - Dec 20, 2020

### Registered Dry Floor Programs

#### 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.**

**Personal training available by appointment only. One on one or small group training, Call for more information or to book your sessions. Call 250-830-6736**

**Admin hours are Monday - Friday 7:30am - 4:30pm**

#### 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.**

##### AQUATIC ARTHRITIS

The Aquatic Arthritis program takes place in the leisure pool - the warm water will help soothe the joints and decrease weight bearing on affected areas. You will work on balance techniques, joint movement, strength and flexibility exercises to assist with everyday activities A physician's consent is required. Forms may be picked up at Strathcona Gardens or emailed to your home.

**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 - 10:00 am<br>11:30 - 12:30 pm                                     |   | 9:00 - 10:00 am<br>11:30 - 12:30 pm                   |   |
| Take Heart Maintenance                                | 7:45 - 8:45 am<br>9:00 - 10:00 am<br>10:15 - 11:15 am<br>1:30 - 2:30 pm<br>2:45 - 3:45 pm |   | 7:45 - 8:45 am<br>9:00 - 10:00 am<br>10:15 - 11:15 am<br>1:30 - 2:30 pm<br>2:45 - 3:45 pm |   | 7:45 - 8:45 am<br>9:00 - 10:00 am<br>10:15 - 11:15 am<br>1:30 - 2:30 pm<br>2:45 - 3:45 pm |
| CHRONIC DISEASE MANAGEMENT, STRONG AND STABLE CLASSES |   |   |   |   |   |
| TIME  | MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY  |
| CDM Studio  |   | 8:00 - 8:45 am  |   | 8:00 - 8:45 am  |   |
| CDM Shallow   | 2:30 - 3:15 pm  | 10:45 - 11:30am   | 2:30 - 3:15 pm  | 10:45 - 11:30 am                                      | 1:15 - 2:00 pm  |
| CDM Deep  | 10:45 - 11:30 am  | 1:15 - 2:00 pm<br>2:30 - 3:15 pm  | 10:45 - 11:30 am  | 1:15 - 2:00 pm<br>2:30 - 3:15 pm                      | 8:15 - 9:15 am  |
| Strong and Stable                                     | 11:30 - 12:30 pm  | 10:15 - 11:15 am<br>12:00 - 1:00 pm<br>1:30 - 2:30 pm<br>3:30 - 4:30 pm | 11:30 - 12:30 pm  | 10:15 - 11:15 am<br>12:00 - 1:00 pm<br>1:30 - 2:30 pm | 11:30 - 12:30 pm  |
| Partners in Health                                    |   | 2:30 - 3:30 pm  | 10:30 - 11:30 am  | 2:30 - 3:30 pm  |   |

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