

# Schedule

POOL

Jan 4 - Feb 5, 2021



## 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		Water Walking		Water Walking	
9:30 - 10:15 am					Water Walking
10:45 - 11:30 am					
12:00 - 12:45 pm					
1:15 - 2:00 pm	Water Walking		Water Walking		
2:30 - 3:15 pm					

## DEEP END

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:05 - 6:50 am	Lanes	Lanes	Lanes	Lanes	Lanes
7:00 - 7:45 am		Lanes		Lanes	
8:15 - 9:00 am	Lanes		Lanes		Lanes
9:30 - 10:15 am		Lanes	Lanes	Lanes	
10:45 - 11:30 am	Lanes	Lanes	Lanes	Lanes	Lanes
12:00 - 12:45 pm	Lanes	Lanes	Lanes	Lanes	Lanes
1:15 - 2:00 pm		Lanes		Lanes	
2:30 - 3:15 pm	Lanes	Lanes	Lanes	Lanes	Lanes

## LEISURE POOL (STARTS NOVEMBER 2ND)

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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		Leisure Swim		Leisure Swim	
1:15 - 2:00 pm	Leisure Swim	Leisure Swim	Leisure Swim	Leisure Swim	Leisure Swim
2:30 - 3:15 pm	Leisure Swim		Leisure Swim		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 Jan 4 - Mar 20, 2021

### Registered Ice Programs

#### 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). Registration opens Feb 10, 2021.

**Monday / Wednesday / Friday** 8:30 - 10:00 AM  
Feb 17 - Mar 19, 2021 (14)

**Skater:** \$72.80 ID: 23723      **Goalie:** \$0.00 ID: 23725

#### 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 & Wednesday** 11:30 - 12:45 PM      3:15 - 4:15 PM  
**Tuesday & Thursday** 1:30 - 2:30 PM  
**Friday** 3:30 - 5:00 PM  
**Saturday** 3:15 - 4:30 PM  
**Sunday** 4:30 - 5:30 PM

#### REGISTERED SKATING

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 & Wednesday** 1:15 - 2:45 PM  
**Tuesday & Thursday** 11:30 - 1:00 PM      3:00 - 4:15 PM  
**Friday** 11:30 - 1:30 PM  
**Saturday** 1:30 - 2:45 PM  
**Sunday** 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. Please note: this session is on the leisure ice only.

**Friday** 5:30 - 7:00 PM

#### REGISTERED PRIVATES SKATING LESSONS

ALL AGES

\$20 PER LESSON

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

**Monday & Wednesday** 4:30 - 5:00 PM (R2)      6:30 - 7:00 PM (LI)  
**Tuesday & Thursday** 4:30 - 5:00 PM (R2)  
**Friday** 2:00 - 2:30 PM (R2)      2:45 - 3:15 PM (R2)  
**Saturday** 9:15 - 9:45 AM (LI)  
**Sunday** 9:15 - 9:45 AM (LI)

#### 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) \$25 ID: 23706  
Feb 14 - Mar 14 (5) \$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) \$25 ID: 23696  
Feb 14 - Mar 14 (5) \$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) \$40 ID: 23688  
Feb 2 - Feb 25 (8) \$40 ID: 23689  
Mar 2 - Mar 18 (6) \$30 ID: 23690

#### Saturday 12:15-12:45PM

Jan 9 - Feb 13 (6) \$30 ID: 23693  
Feb 20 - Mar 20 (5) \$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) \$46 ID: 23632  
Feb 1 - Feb 24 (7) \$40.25 ID: 23633  
Mar 1 - Mar 17 (6) \$34.50 ID: 23634

#### Saturday 10:00 - 10:45AM

Jan 9 - Feb 13 (6) \$34.50 ID: 23646  
Feb 20 - Mar 20 (5) \$28.75 ID: 23648

#### Sunday 10:00 - 10:45AM

Jan 10 - Feb 7 (5) \$28.75 ID: 23674  
Feb 14 - Mar 14 (5) \$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) \$40 ID: 23710  
Feb 2 - Feb 25 (8) \$40 ID: 23711  
Mar 2 - Mar 18 (6) \$30 ID: 23712

#### Saturday 11:15 - 11:45AM

Jan 9 - Feb 13 (6) \$30 ID: 23174  
Feb 20 - Mar 20 (5) \$25 ID: 23175

#### SKATE SHARPENING HOURS

**Monday - Thursday** 11:30 AM - 4:00 PM  
**Friday** 11:30 AM - 1:30 PM / 3:30 PM - 5:00 PM  
**Saturday** CLOSED  
**Sunday** CLOSED

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## Registered Dry Floor Programs

### **PARTNERS IN HEALTH - RETURNING IN THE NEW YEAR 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.**

**One on one personal training available by appointment only.  
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 - RETURNING IN THE NEW YEAR 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.**

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