

Spring Break

REGISTRATION NOW OPEN



Spring Break Camps - Arena

COOLEST GAME ON EARTH CAMP AGES 7 - 12
March 22 - 26 (5) 9:00 AM - 4:00 PM
\$150.00

If you don't have very much hockey experience this is the camp for you. Learn basic hockey skills and have fun completing on and off ice training. No previous hockey experience required. Due to Covid-19, helmets and glove rentals are currently not available. Please bring a hockey helmet with cage, gloves, and a hockey stick. Skate rentals are available.

ICE QUEST SKATING CAMP AGES 7 - 12
March 29 - April 1 (4) 9:00 AM - 4:00 PM
\$120.00

Fun and skating is what this camp is all about. This program provides an introduction into the world of ice-skating and is ideal for beginner skaters. Children will enjoy on and off ice outdoor activities throughout the week! Please bring your own helmet and gloves. Skate rentals are available.

PRESCHOOL ICE QUEST MINI CAMP AGES 4 - 6
March 22 - 26 (5) 3:00 - 3:30 PM
\$25.00
March 29 - April 1 (4) 3:00 - 3:30 PM
\$20.00

This camp has the beginner skater in mind with the emphasis on FUN! Both on ice and outdoor activities are planned throughout the week. Due to Covid-19, helmets and glove rentals are currently not available. Please bring your own helmet and gloves. Skate rentals are available.

LITTLE RASCALS MINI CAMP AGES 4 - 6
March 22 - 26 (5) 5:30 - 6:15 PM
\$28.75
March 29 - April 1 (4) 5:30 - 6:15 PM
\$23.00

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.

REGISTERED ICE PROGRAMS (MARCH 20 – APRIL 5)

| PROGRAM | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--------------------------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|
| Registered Skating | | 4:00 - 5:00 PM | | 4:00 - 5:00 PM | | 1:30 - 2:45 PM | 3:00 - 4:00 PM |
| Registered Stick and Puck | 4:00 - 5:00 PM | | 4:00 - 5:00 PM | | 4:00 - 5:00 PM | 3:15 - 4:30 PM | 4:30 - 5:30 PM |
| Registered Leisure Ice Skating | 6:45 - 8:00 PM | 6:45 - 8:00 PM | 6:45 - 8:00 PM | 6:45 - 8:00 PM | | | |

HOLIDAY SCHEDULE CHANGES

APRIL 2 – GOOD FRIDAY

STICK & PUCK 12:30 - 1:30 PM
 REGISTERED SKATING 2:00 - 3:30 PM
 REGISTERED LEISURE
 ICE SKATING CANCELLED 6:45 - 8:00 PM

APRIL 5 – EASTER MONDAY

STICK & PUCK 12:30 - 1:30 PM
 REGISTERED SKATING 2:00 - 3:30 PM
 REGISTERED LEISURE
 ICE SKATING CANCELLED 6:45 - 8:00 PM



Preregistration Required for all programs

CALL: 250-830-6777

ONLINE: STRATHCONAGARDENS.COM

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

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Spring Courses

BRONZE MEDALLION

March 22 - 26 9:00 AM - 1:30 PM
Cost : \$156.00

Bronze Medallion challenges the candidate both mentally and physically. Judgement, knowledge, skill and fitness- the four components of water rescue-form the basis of Bronze Medallion training. Candidates acquire the assessment and problem-solving skills needed to make good decisions in ,on and around the water. Bronze Medallion is a prerequisite for Assistant Lifeguard training in Bronze Cross.

All candidates must reside in the same health region and are not travelling from one health region to another to attend the course.

STANDARD FIRST AID COURSE

March 22 - 25 2:00 - 6:00 PM
Cost: \$125.00

Standard First Aid is a WorkSafeBC Occupational Level 1 equivalent and can be used in the workplace. This course includes comprehensive training covering all aspects of first aid, CPR and AED use..

BRONZE CROSS

March 29 - April 1 9:00 - 2:30 PM
Cost: \$125.00

All candidates must reside in the same health region and are not travelling from onehealth region to another to attend the course.

The Lifesaving Society's Bronze Cross begins the transition from lifesaving to lifeguarding and prepares candidates for responsibility's 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 a prerequisite for advanced training in the Society's National Lifeguard and leadership certification programs.

Pool Lane Information

LEISURE LANE: 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 LANE: 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 LANE: 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 EVERYONE WELCOME SWIM

Registration for the everyone welcome swim includes the use of all pools. Participants may move from pool to pool, provided occupancy limits are not exceeded for each pool. Please note: participants must remain 2 meters away from others not in their household.

REGISTERED LEISURE SWIM

Registration for the Leisure swim includes the use of the Leisure pool and Hot tub, providing occupancy limits are not exceeded for each pool. Please note: participants must remain 2 meters away from others not in their household.

Please note: Extra Lengths and Leisure swims will be added when programming permits.

Pool Schedule on next page >

Preregistration Required for all sessions

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ONLINE: STRATHCONAGARDENS.COM

Pool Schedule

Feb 6 - June 25, 2021



SHALLOW END

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-----------------|---------------|---------------|---------------|---------------|---------------|------------------|
| 6:05 - 6:50 am | Water Walking | Water Walking | Water Walking | Water Walking | Water Walking | |
| 7:00 - 7:45 am | Water Walking | Water Walking | | Water Walking | | Water Walking |
| 8:15 - 9:00 am | | Water Walking | | Water Walking | | |
| 9:30 - 10:15 am | | | | | Water Walking | |
| 12:00 - 1:00 pm | | | | | | Water Walking |
| 1:15 - 2:00 pm | Water Walking | | Water Walking | | | |
| 1:30 - 2:30 pm | | | | | | Everyone Welcome |
| 3:00 - 4:00 pm | | | | | | Everyone Welcome |

DEEP END

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|------------------|--------|------------------|-----------|------------------|--------|------------------|
| 6:05 - 6:50 am | Lanes | Lanes | Lanes | Lanes | Lanes | |
| 7:00 - 7:45 am | | Lanes | | Lanes | | |
| 8:15 - 9:00 am | Lanes | | Lanes | | | |
| 9:30 - 10:15 am | | Lanes | | Lanes | | |
| 10:45 - 11:30 am | | Lanes | | Lanes | Lanes | |
| 12:00 - 1:00 pm | | | | | | Length Swim |
| 12:00 - 12:45 pm | Lanes | Lanes | Lanes | Lanes | Lanes | |
| 1:15 - 2:00 pm | | | | | | |
| 1:30 - 2:30 pm | | | | | | Everyone Welcome |
| 2:30 - 3:15 pm | Lanes | | Lanes | | Lanes | |
| 3:00 - 4:00 pm | | | | | | Everyone Welcome |
| 3:45 - 4:30 pm** | | Everyone Welcome | | Everyone Welcome | | |
| 5:00 - 5:45 pm** | | Everyone Welcome | | Everyone Welcome | | |
| 6:00 - 6:45 pm | | Everyone Welcome | | Everyone Welcome | | |

LEISURE POOL

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|------------------|--------------|------------------|--------------|------------------|--------------|------------------|
| 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 | | |
| 11:00 - 11:45 am | | | | | | Leisure Swim |
| 12:00 - 1:00 pm | | | | | | Leisure Swim |
| 12:00 - 12:45 pm | Leisure Swim | | Leisure Swim | | Leisure Swim | |
| 1:15 - 2:00 pm | Leisure Swim | Leisure Swim | Leisure Swim | Leisure Swim | Leisure Swim | |
| 1:30 - 2:30 pm | | | | | | Everyone Welcome |
| 2:30 - 3:15 pm | Leisure Swim | | Leisure Swim | | Leisure Swim | |
| 3:00 - 4:00 pm | | | | | | Everyone Welcome |
| 3:45 - 4:30 pm** | | Everyone Welcome | | Everyone Welcome | | |
| 5:00 - 5:45 pm** | | Everyone Welcome | | Everyone Welcome | | |
| 6:00 - 6:45 pm | | Everyone Welcome | | Everyone Welcome | | |
| 7:15 - 8:00 pm | | Everyone Welcome | | Everyone Welcome | | |

** Tuesdays and Thursdays March 23 and 25 ONLY!

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