

Summer

JULY 5 - SEPTEMBER 5, 2021
CLOSED JULY 1 CANADA DAY



Registered Summer Programs

REGISTERED PUBLIC SKATE ALL AGES
Sunday 1:00 - 2:15 PM Drop in fees apply

All ages welcome. Pond Hockey will not be available during this session. 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.

REGISTERED STICK & PUCK ALL AGES
Sunday 2:45 - 4:00 PM Drop in fees apply

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. 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.

CUSTOMIZED PRIVATE LESSONS ALL AGES

Want to learn how to skate or work on your hockey skills? Customized private lessons only cost \$23 per 1/2 hour, plus \$7 for each additional person. All ages welcome!

Please call 250-830-6752 to inquire about available ice times and to book your lesson!

PARENT & TOT SKATING LESSONS 3 - 5 YRS
Sunday 9:45 - 10:15 AM \$45

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.

PRESCHOOL ICE QUEST 4 - 6 YRS
Sunday 10:45 - 11:15 AM \$45

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.

LITTLE RASCALS HOCKEY 4 - 6 YRS
Sunday 11:45 - 12:30 PM \$51.75

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.

ICE QUEST 1/2/3 6 - 12 YRS
Sunday 4:30 - 5:00 PM \$45

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.

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

Summer

JULY 5 - SEPTEMBER 5, 2021
CLOSED JULY 1 CANADA DAY



Registered Summer Camps

DASH & SPLASH CAMP

Monday - Friday

Jul 05, 2021 - Jul 09, 2021

Jul 19, 2021 - Jul 23, 2021

Aug 9 - Aug 13, 2021

9:00 - 4:00 PM

\$150

This program includes a 1/2-hour skating lesson every day plus structured and free time skating and swimming sessions (at either the indoor or outdoor pool), sports, crafts, and outdoor fun. Program fee includes all facility drop-in fees and skate rentals.

COOLEST GAME ON EARTH CAMP

Monday - Friday

Jul 12, 2021 - Jul 16, 2021

Aug 30, 2021 - Sept. 3, 2021

9:00 - 4:00 PM

\$150

If you don't have much hockey experience this is the camp for you. Learn basic hockey skills and have fun completing on and off ice training. Tons of game time, cross training and over 2.5 hours of ice time every day. No previous hockey experience needed. Helmet with full face shield, hockey stick and gloves required.

LITTLE RASCALS MINI CAMP

Monday - Thursday

Aug 3, 2021 - Aug 6, 2021

9:00 - 10:00 AM

\$40

Monday - Friday

Aug 23, 2021 - Aug 27, 2021

9:00 - 10:00 AM

\$50

Coaches will introduce your child to the world of hockey through drills and skill development. All participants must be able stand up and skate on their own. Full gear required, skate rentals available.

ICE QUEST SKATING CAMP

Monday - Friday

Jul 26, 2021 - Jul 30, 2021

Aug 16, 2021 - Aug 20, 2021

9:00 - 4:00 PM

\$150

Fun, skating and games is what this camp is all about. This program provides an introduction into the world of ice-skating and is ideal for beginner skaters that want to improve their skills.

ICE IN MY VEINS HIGH PERFORMANCE CONDITIONING HOCKEY CAMP

7 - 11 YRS

Monday - Thursday

10:30 - 12:00 PM

Aug 3, 2021 - Aug 6, 2021

\$72

Monday - Friday

10:30 - 12:00 PM

Aug 23, 2021 - Aug 27, 2021

\$90

12-14 YRS

Monday - Thursday

12:30 - 2:00 PM

Aug 3, 2021 - Aug 6, 2021

\$72

Monday - Friday

12:30 - 2:00 PM

Aug 23, 2021 - Aug 27, 2021

\$90

Ice in My Veins is designed to condition and improve the skills of intermediate to advanced level players that are looking for that midsummer ice fix. This program uses skill-based hockey drills with a focus on endurance, speed, and agility to enhance a player's ability to perform on the ice. The drills are challenging and are performed at a level which requires discipline and stamina. This is not a beginner camp; previous hockey experience and full gear is required.

PRESCHOOL ICE QUEST SKATING CAMP

Monday - Thursday

2:30 - 3:30 PM

4 - 6 YRS

Aug 3, 2021 - Aug 6, 2021

\$40

Monday - Friday

2:30 - 3:30 PM

Aug 23, 2021 - Aug 27, 2021

\$50

Enjoy playing a variety of games on the ice while developing your skating skills. This program has the beginner skater in mind with the emphasis on FUN! Both on ice and outdoor activities are planned.

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Pool Schedule

JUNE 28 - JULY 23, 2021
CLOSED JULY 1 CANADA DAY



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	Water Walking	Water Walking	Water Walking
8:15 - 9:00 am	Water Walking	Water Walking	Water Walking	Water Walking	Water Walking
10:45 - 11:30 am	Water Walking		Water Walking		Water Walking
1:15 - 2:00 pm		Water Walking		Water Walking	

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	Lanes	Lanes	Lanes
9:30 - 10:15 am	Lanes		Lanes		
10:45 - 11:30 am		Lanes		Lanes	
12:00 - 12:45 pm	Lanes	Lanes	Lanes	Lanes	Lanes
1:15 - 2:00 pm	Lanes		Lanes		Lanes

LEISURE POOL

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
12:00 - 12:45 pm		Leisure Swim		Leisure Swim	Leisure Swim
1:15 - 2:00 pm	Leisure Swim		Leisure Swim		Leisure Swim

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Fitness

NEW CLASSES JUNE - JULY 2021

Fitness Classes

TRAIN TO RUN 5 KILOMETERS 18+ YEARS

Lace up your shoes and come challenge yourself at this exciting progressive running program! We will build up to completing a 5k run, using run/walk intervals to build your endurance. Expect to receive education on topics of proper footwear, running form, cross-training and injury prevention strategies for stronger running techniques.

Thursdays: June 10 – July 22 (No class July 1)
7:45 – 8:45 am \$42.00

FOAM ROLLING & STRETCH CLASS 18+ YEARS

Foam Rolling is a way of massaging away muscle soreness at triggers points in your body. It helps to prepare your muscles for deeper stretching and provides a form of myofascial release which reduces muscular tension.

Mondays: June 14 – 28 July 5 -26
Fridays: June 11 – 25 July 2 - 23
12:00 – 12:30 pm 3/ \$15.60 4/\$20.80

GLUTES & CORE TO THE MAX 18+ YEARS

This class focuses specifically on developing a strong, powerful lower body, including your trunk stabilizing muscle groups. During this session, a variety of resistance training techniques, exercise bands and body weight drills will be applied. You may want to combine this with another class or jump in the pool afterwards.

Monday: June 14 – 28 July 5 - 26
Wednesday: June 16 – 30 July 7 - 28
Friday: June 18 – July 2
8:30 – 9:15 am 3/\$15.60 4/\$20.80



OUTDOOR BLAST 18+ YEARS

Whether you are new to working out or are a veteran, this bootcamp style class will motivate you to start your day! If you enjoy biking, running and strength training, this outdoor session will use spin bikes, running and weights. Come out, have some fun and let's start sweating!

Monday: June 14 – 28 July 5 - 26
Wednesday: June 16 – 30 July 7 - 28
Fridays: June 18 – July 2 July 9 - 30
6:15 – 7:15 am 3/\$21.00 4/\$28.00



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Pool Information



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.

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