

# Spring & Summer 2024 Recreation Guide

STRATHCONA GARDENS RECREATION COMPLEX



Arenas

Pools

Fitness

Summer



SERVING CAMPBELL RIVER & AREA D

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[STRATHCONAGARDENS.COM](http://STRATHCONAGARDENS.COM)



# Welcome

TO SPRING & SUMMER 2024

## QUICK LINKS

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*The Strathcona Regional District respectfully acknowledges that the Strathcona Gardens Recreation Complex is located on the traditional unceded territory of the Ligw'ildax™ people. It is also recognized that the SRD operates within the traditional, treaty and unceded territories of the Ehattesaht / Chinehkint, Homalco, Ka:'yu:'k't'h' / Che: k'tles7et'h', Klahoose, K'ómoks, Kwiakah, Mowachaht / Muchalaht, Nuchatlaht, Tla'amin, Tlowitsis, We Wai Kai and Wei Wai Kum First Nations.*

# Pools

APR 2 TO JUNE 14

Drop-in Schedule

## Public Swim All ages welcome, all pool facilities and areas open.

|   | Monday     | Tuesday | Wednesday  | Thursday | Friday     | Saturday                 | Sunday                   |
|---|------------|---------|------------|----------|------------|--------------------------|--------------------------|
| Main Pool, Leisure Pool, Waterslide, Diving Board, Games and Toys | 6:30pm-8pm |         | 6:30pm-8pm |          | 6:30pm-9pm | 2pm-3:30pm<br>6:30pm-8pm | 2pm-3:30pm<br>6:30pm-8pm |

▶ Children under the age of 7 must have an adult (16+) in the water within arms reach. The ratio is 3 children to 1 adult.

## Main Pool

|   | Monday                      | Tuesday                   | Wednesday                     | Thursday                  | Friday      | Saturday                      | Sunday                        |
|---|-----------------------------|---------------------------|-------------------------------|---------------------------|-------------|-------------------------------|-------------------------------|
| <b>Lane Swim</b><br>( ) number of lanes                             | 6am-3pm (2)<br>6:30-8pm (2) | 6am-3pm (2)               | 6am-3pm (2)<br>6:30pm-8pm (2) | 6am-3pm (2)               | 6am-3pm (2) | 9am-2pm (3)<br>4:30pm-8pm (2) | 9am-2pm (3)<br>4:30pm-8pm (2) |
| <b>Family Swim</b><br>Caregivers must be in the pool with children. |                             |                           |                               |                           |             | 12:30pm-2pm                   | 12:30pm-2pm                   |
| <b>Age 16+ Swim</b>   | 8pm-9pm                     | 8pm-9pm<br>(shared space) | 8pm-9pm                       | 8pm-9pm<br>(shared space) |             |                               |                               |

## Leisure Pool & Hot Tub

|   | Monday                 | Tuesday                | Wednesday              | Thursday               | Friday                 | Saturday                  | Sunday                    |
|---|------------------------|------------------------|------------------------|------------------------|------------------------|---------------------------|---------------------------|
| <b>Leisure Swim</b>   | 6am-3:30pm             | 6am-3:30pm             | 6am-3:30pm             | 6am-3:30pm             | 6am-3:30pm             |                           |                           |
| <b>Parent &amp; Tot</b><br>6yrs and under.                          | 5pm-6:30pm             | 5pm-6:30pm             | 5pm-6:30pm             | 5pm-6:30pm             | 5pm-6:30pm             | 11am-12:30pm              | 11am-12:30pm              |
| <b>Family Swim</b><br>Caregivers must be in the pool with children. |                        | 6:30pm-8pm             |                        | 6:30pm-8pm             |                        | 12:30pm-2pm               | 12:30pm-2pm               |
| <b>Age 16+ Swim</b>   | 8pm-9pm                | 8pm-9pm                | 8pm-9pm                | 8pm-9pm                |                        |                           |                           |
| <b>Hot Tub</b>  | 6am-3:30pm<br>5pm -9pm | 6am-3:30pm<br>5pm -9pm | 6am-3:30pm<br>5pm -9pm | 6am-3:30pm<br>5pm -9pm | 6am-3:30pm<br>5pm -9pm | 11am-3:30pm<br>6:30pm-8pm | 11am-3:30pm<br>6:30pm-8pm |

## Weight Room, Steam Room, Sauna and Showers

|  | Monday  | Tuesday | Wednesday | Thursday | Friday  | Saturday                 | Sunday                   |
|--|---------|---------|-----------|----------|---------|--------------------------|--------------------------|
|  | 6am-9pm | 6am-9pm | 6am-9pm   | 6am-9pm  | 6am-9pm | 9am-3:30pm<br>4:30pm-8pm | 9am-3:30pm<br>4:30pm-8pm |



### Looking for the most up to date schedule?

Schedule changes can happen from time to time, so visit [strathconagardens.com](http://strathconagardens.com) or scan the QR Code.

**Pool facilities will be closed May 20 (Victoria Day) and for yearly maintenance from June 15 to July 1.**

### Buy a Pass!

If you use our facility on a regular basis, a 10-visit pass is a great deal! They don't expire and you can re-load your card as needed. If you visit 3 or more times per week then buy a 1-month, 3-month, or 6-month membership.



# Fitness

## Drop-in, Referral & Registered Classes

APR 2 TO JUNE 14

### Aquatic Fitness

Please pre-register for all programs.

|                                   | Monday                    | Tuesday      | Wednesday    | Thursday     | Friday          |
|-----------------------------------|---------------------------|--------------|--------------|--------------|-----------------|
| <b>Registered Drop-in Classes</b> | No class April 1 & May 20 |              |              |              | No class May 18 |
| Fluid Motion (D)                  |                           | 9am-9:45am   |              | 9am-9:45am   |                 |
| AM Deep Water Motion (D)          | 8am-8:45am                | 8am-8:45am   | 8am-8:45am   | 8am-8:45am   | 8am-8:45am      |
| PM Deep Water Motion (D)          |                           | 8pm-8:45pm   | 8pm-8:45pm   | 8pm-8:45pm   |                 |
| <b>Registered Classes</b>         |                           |              |              |              |                 |
| Adaptive Shallow (F) (Ph)         |                           | 10am-10:45am |              | 10am-10:45am |                 |
| Adaptive Deep (F) (Ph)            | 11:15am-12pm              |              | 11:15am-12pm |              | 11:15am-12pm    |
| Ortho Management (F) (Ph)         | 11:15am-12pm              |              | 11:15am-12pm |              | 11:15am-12pm    |
| Aquatic Arthritis (R) (Ph)        | 10am-10:45am              | 1:15pm-2pm   | 10am-10:45am | 1:15pm-2pm   | 10am-10:45am    |

**No classes April 1 or May 18, & 20**

(D) = Drop-in Class (Ph) = Physicians consent/referral (R) = Registration - a set amount of classes for a specific duration of time.

(F) = Flexible, register for dates that work for you.

### Pool facilities closed for yearly maintenance from June 15 to July 1.

Aquatic fitness programs will be moved to the Centennial Outdoor Pool during this time. Please see page 17 of the Recreation Guide to view the schedule during this closure.

### Studio Fitness

|   | Tuesday         | Thursday      |
|---|-----------------|---------------|
| Sit to be FIT Chair Class (R)<br>(Zoom or in-house) | 1:00pm-1:45pm   | 1:00pm-1:45pm |
| Yoga for ALL (R)                                    | 11:15pm-12:15pm |               |
| Chair Yoga (R)                                      | 12:30pm-1:15pm  |               |
| Kundalini with Meditation (R)                       |                 | 5:30pm-6:45pm |
| Take a WALK Tuesdays (F)                            | 3:30pm-4:30pm   |               |

(F) = Flexible - register for dates that work for you. (R) = Registration - a set amount of classes for a specific duration of time.

#### CDM & TAKE HEART

View all of our CDM and Take Heart Classes on Page 20 of the Rec Guide.

#### FITNESS PROGRAM DESCRIPTIONS

The rest of our fitness information, including course descriptions and custom fitness services are available in Rec Guide or online.

**REGISTER**



All programs are subject to instructor availability. Please pre-register.

Due to staff shortages, we will be reducing our originally planned aquatic fitness classes, and we are switching all our drop-in programs to flexible registration. Please register to attend so that you can be notified of a cancellation in case of staff illness. Thank you for your patience as we work towards adding to our fitness team! We have two full-time Rehabilitation Specialist positions available, visit [srd.ca/jobs](http://srd.ca/jobs) for more details.



#### Looking for the most up to date schedule?

Schedule changes can happen from time to time, so visit [strathconagardens.com](http://strathconagardens.com) or scan the QR Code.

**Pool facilities will be closed from June 15 to July 1.**



# Arenas

MAY 6 TO JUNE 16

Drop-in Schedule

## Arena 2

|                                | Monday                  | Tuesday      | Wednesday               | Thursday     | Friday       | Saturday    | Sunday      |
|--------------------------------|-------------------------|--------------|-------------------------|--------------|--------------|-------------|-------------|
| 50+ Program Hockey             | 9:45-11:15am            |              | 9:45-11:15am            |              | 9:45-11:15am |             |             |
| 16+ Program Hockey             | 11:30-1:00pm            |              | 11:30-1:00pm            |              | 11:30-1:00pm |             |             |
| Stick & Puck                   |                         | 11:30-1:00pm |                         | 11:30-1:00pm | 1:15-2:30pm  |             |             |
| Everyone Welcome               | 1:15-2:30pm             | 1:15-2:30pm  | 1:15-2:30pm             | 1:15-2:30pm  |              |             |             |
| Everyone Welcome & Pond Hockey |                         | 2:45-5:00pm  |                         | 2:45-5:00pm  | 2:45-5:00pm  | 1:30-4:30pm | 3:00-5:30pm |
| Pond Hockey                    | 2:45-5:00pm<br>Half Ice |              | 2:45-5:00pm<br>Half Ice |              |              |             |             |

## Leisure Ice

|                  | Monday      | Tuesday      | Wednesday    | Thursday     | Friday                     | Saturday    | Sunday      |
|------------------|-------------|--------------|--------------|--------------|----------------------------|-------------|-------------|
| Leisure Skate    | 9:45-1:00pm | 11:30-1:00pm | 10:45-1:00pm | 11:30-1:00pm | 9:45-1:00pm<br>1:15-2:30pm |             |             |
| Everyone Welcome | 1:15-2:30pm | 1:15-2:30pm  | 1:15-2:30pm  | 1:15-2:30pm  | 2:45-5:00pm                | 1:30-4:30pm | 3:00-5:30pm |
| Leisure Skate    | 2:45-5:00pm |              | 2:45-5:00pm  |              | 5:15-8:00pm*               |             |             |

\*Except May 10, May 25, Jun 7 & Jun 14 - Friday Night at the Movies & Glow Skate nights. See page 7

## SPECIAL SKATES & SCHEDULE CHANGES

- May 10** Friday Night at the Movies - "Migration" - 5:15-8:00pm
- May 18-20** May Long Weekend. No Lessons. EW & PH at regular times.
- May 20** Victoria Day - Facility Closed.
- May 25** Taylor Swift Skate Party - 5:30-8:00pm
- Jun 7** Friday Night at the Movies - "Super Mario Bros." - 5:15-8:00pm
- Jun 14** Friday Night Glow Skate - 5:15-8:00pm



### Looking for the most up to date schedule?

Schedule changes can happen from time to time, so visit [strathconagardens.com](http://strathconagardens.com) or scan the QR Code.

## SKATE SHARPENING

May 6 to June 16 Cost: \$5.20/pair

- Monday** 9:45am-5:00pm
- Tuesday** 9:45am-5:00pm
- Wednesday** 9:45am-5:00pm
- Thursday** 9:45am-5:00pm
- Friday** 9:45am-5:00pm
- Saturday** 1:30pm-4:30pm
- Sunday** 1:30pm-5:30pm

**Please Note:** Skate shop staff may look open inside and outside of these hours, but staff may be not available for skate sharpening if they're teaching lessons, short staffed, dealing with a high volume of public, or still in training on our skate sharpener.

SKATING & HOCKEY LESSONS >

View the rest of our arena programs in the Rec Guide or online.

# Dry Floor

APRIL 29 TO JULY 31

Drop-in Schedule

## Pickleball

|                               | Monday   | Tuesday  | Wednesday  | Thursday   | Friday  |
|-------------------------------|--|--|--|--|---|
| Pickleball Court Reservations | 8:30-10:00am<br>10:30-12:00pm<br>12:30-2:00pm<br>2:30-4:00pm | 8:30-10:00am<br>10:30-12:00pm<br>12:30-2:00pm<br>2:30-4:00pm | 8:30-10:00am<br>10:30-12:00pm<br>12:30-2:00pm<br>2:30-4:00pm | 8:30-10:00am<br>10:30-12:00pm<br>12:30-2:00pm<br>2:30-4:00pm | 8:30-10:00am<br>10:30-12:00pm<br>12:30-2:00pm |
| Intro to Pickleball Lessons   |  |  | 7:00-9:00pm  |  |   |

► No pickleball May 20, 23-24, Jun 19, Jun 24-28, Jul 1

### PICKLEBALL COURT RESERVATIONS

Pickleball court reservations available daily Monday-Friday on the Rod Brind 'Amour arena dry-floor from April 29 – July 31. Singles or doubles play welcome. Courts will be available to book 14 days before each session. Please book your court by visiting our website or calling our administration staff 250-830-6777. Pickleballs will be provided.

**Cost:** \$8.00 per court. 2-5 players permitted on each court. Please have one participant from each group reserve your court.

### INTRO TO PICKLEBALL

Pickleball is a fun combination of badminton, tennis, and table tennis, and is one of the fastest growing sports in North America! Our instructors will teach you the basic rules and skills of pickleball so you can leave the lessons playing on your own! Paddles, nets, and pickleballs will be provided. Please bring your running shoes, athletic wear, and a water bottle. Ages 12+

57957      Wednesday      May 15 to Jun 12      7:00pm-9:00pm      \$70

### SG INDOOR DOUBLES PICKLEBALL TOURNAMENT

**Ages 16+ June 1 & 2**

**Cost:** \$60/team

This 2-day non-sanctioned tournament will feature Men's, Women's, and Mixed Doubles. Round robin play will establish a team ranking in each pool with #1 and #2 from each pool proceeding to the playoff crossover round. Snacks and refreshments will be provided throughout the day. For more information, visit <https://www.strathconagardens.com/pickleball>

Registration opens April 8 at 9am.

**Sat Jun 1      Men's Doubles 3.5/4.0      Women's Doubles 3.0/3.5/4.0**

**Sun Jun 2      Mixed Doubles 3.5      Mixed Doubles 3.0/4.0**



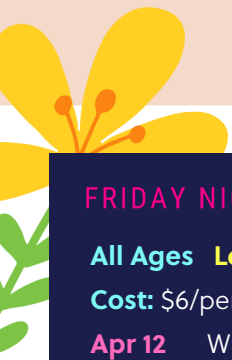
### Book your court online!

Visit [strathconagardens.com](http://strathconagardens.com) or scan the QR Code to reserve your pickleball court.



# Spring Events

at Strathcona Gardens Recreation Complex



**FRIDAY NIGHT AT THE MOVIES**

All Ages Leisure Ice 5:15-8:00pm  
Cost: \$6/person, \$20 per family (max. 4)

Apr 12 Wish  
May 10 Migration  
Jun 7 The Super Mario Bros. Movie

STRATHCONA GARDENS ARENA

## GLOW SKATE

MUSIC • GLOW STICKS • FUN

Friday, April 26 & Friday, June 14

All Ages Drop-in Admission 5:15pm to 8:00pm  
DRESS IN YOUR FAVOURITE NEON OUTFITS!

## YOUTH SWIM NIGHT AND Pizza

SATURDAY APRIL 13  
SATURDAY MAY 11  
SATURDAY JUNE 8

**8:00PM TO 9:30PM**  
\$10/PERSON AGES 11 TO 15  
Glow sticks, music, pizza, snacks, and drinks

## EXTREME CHALLENGES FUN SWIM

SATURDAY APRIL 20  
2PM TO 3:30PM

## Taylor Swift SKATE PARTY

SATURDAY MAY 25 5:30PM TO 8PM  
AGES 6-12 \$12

WEAR YOUR SWIFTIE OUTFIT, BRING YOUR MUSIC REQUESTS, AND GET READY FOR A NIGHT OF FUN!  
ADMISSION INCLUDES PIZZA, JUICE BOX & GLOW ITEM.

STRATHCONA GARDENS

## LASER TAG NIGHT

JUNE 22 2024

ARENA DRY FLOOR  
AGES 8-14 \$15  
PRE-REGISTER ON MAY 27

SAT 6:00 PM

## MULTI-SPORTS SWIM

2PM-3:30PM  
SATURDAY MAY 25

## Summer Free kick-off SWIM

JUNE 14 6:30-8:00PM



## PRO-D DAY CAMPS

### Splashtastic Pro-D Day Camp **Age:** 7-12 yrs

Do you enjoy sports? Do you like swimming? Well, this is the camp for you! Spend the day playing fun and games in and out of the pool. Swim lesson in the morning. Be sure to bring a bathing suit, multiple towels, and a healthy lunch.

**56074 Monday May 6 9am - 3pm \$40 Registration: Mar 4 at 9am**

## PRE-SCHOOL *Lessons are 30 mins long.*

|   | Mon & Wed   | Tues & Thurs  | Friday  | Saturday  | Sunday  |
|---|---|---|---|---|---|
| <b>Session Dates</b>  | April 3 - April 24 (7)                                | April 2 - April 23 (7)                                | April 5 - June 7 (10)<br>No Lesson May 17             | April 6 - June 8 (10)<br>No Lesson May 18                         | April 7 - June 9 (9)<br>No Lesson May 19                          |
| ( ) Indicates how many lessons in the session.              | April 29 - May 22 (7)<br>No Lesson May 20             | April 25 - May 21 (8)                                 |   |   |   |
|   | May 27 - June 12 (6)                                  | May 23 - June 13 (6)                                  |   |   |   |
| <b>Jellyfish/Goldfish</b>                                   | 9:00am, 10:45am,<br>4:40pm, 5:50pm                    | 9:00am, 10:45am,<br>4:40pm, 5:50pm                    | 10:45am, 4:00pm                                       | 9:35am, 10:45am,<br>4:45pm  | 9:35am, 10:45am,<br>4:45pm  |
| <b>Seahorse</b>   | 9:35am, 4:40pm,<br>5:30pm                             | 4:40pm, 5:30pm  | 10:45am, 4:40pm                                       | 9:00am, 10:10am,<br>4:45pm  | 9:00am, 10:10am,<br>4:45pm  |
| <b>NEW Two's in Training</b><br><i>(A facility program)</i> | 9:35am, 4:40pm,<br>5:30pm                             | 4:40pm, 5:30pm  | 10:45am, 4:40pm                                       | 10:10am, 4:45pm   | 10:10am, 4:45pm   |
| <b>Octopus</b>  | 9:35am, 11:20am,<br>3:30pm, 4:05pm,<br>5:30pm, 5:45pm | 9:35am, 11:20am,<br>3:30pm, 4:05pm,<br>5:30pm, 5:45pm | 9:35am, 11:20am,<br>3:30pm, 4:05pm,<br>5:30pm         | 9:00am, 9:35am,<br>10:10am, 10:45am,<br>4:45pm, 5:35pm,<br>6:15pm | 9:00am, 9:35am,<br>10:10am, 10:45am,<br>4:45pm, 5:35pm,<br>6:15pm |
| <b>Crab</b>   | 9:00am, 10:10am,<br>3:15pm, 4:20pm,<br>4:55pm, 5:15pm | 9:00am, 10:10am,<br>3:15pm, 4:20pm,<br>4:55pm, 5:15pm | 9:00am, 10:10am,<br>3:15pm, 4:20pm,<br>4:55pm, 5:15pm | 9:00am, 9:35am,<br>10:10am, 10:45am,<br>11:30pm, 5:20pm           | 9:00am, 9:35am,<br>10:10am, 10:45am,<br>11:30pm, 5:20pm           |
| <b>Orca</b>   | 10:10am, 10:45am,<br>3:15pm, 3:50pm,<br>4:55pm        | 10:10am, 10:45am,<br>3:15pm, 3:50pm,<br>4:55pm        | 9:00am, 10:10am,<br>3:15pm, 3:50pm,<br>4:55pm         | 9:00am, 10:45am,<br>11:30am, 4:45pm,<br>6:15pm                    | 9:00am, 10:45am,<br>11:30am, 4:45pm,<br>6:15pm                    |
| <b>Sea Lion</b>   | 11:20am, 3:50pm,<br>4:25pm                            | 11:20am, 3:50pm,<br>4:25pm                            | 9:35am, 11:20am,<br>3:50pm, 4:25pm                    | 9:35am, 10:45am,<br>5:55pm  | 9:35am, 10:45am,<br>5:55pm  |
| <b>Narwhal</b>  | 11:20am, 3:50pm,<br>5:15pm                            | 11:20am, 3:50pm,<br>5:15pm                            | 9:35am, 11:20am,<br>3:50pm, 5:15pm                    | 9:35am, 10:45am,<br>5:55pm  | 9:35am, 10:45am,<br>5:55pm  |

Children Ages 3 and under must wear a swim diaper in the pool.

## NEW TWOS IN TRAINING

This new facility class is a combination of the Seahorse and Octopus class for kids 2.5-3 years of age. This program is to transition children to being independent without parents being in the water.

- The first half of the session will be with the parent and instructor, the last half of the session will be without the parent and the instructor.
- Skills, games and toys will be incorporated into this lesson to prepare your child for a successful and enjoyable water experience.

Registration opens Monday, March 4.

See page 13 for help on registering in the right level.



### Looking for swim level descriptions?

All of Lifesaving Society's Swim for Life course descriptions are online! Scan this QR code or visit:

[www.lifesaving.bc.ca/swim-for-life](http://www.lifesaving.bc.ca/swim-for-life)

We also have copies of the swim level descriptions at our front desk.





## SCHOOL AGE - SWIMMER

|   | Mon & Wed                                    | Tues & Thurs                                 | Friday                                       | Saturday   | Sunday  |
|---|--|--|--|--|---|
| <b>Session Dates</b>  | April 3 - April 24 (7)                       | April 2 - April 23 (7)                       | April 5 - June 7 (10)<br>No Lesson May 17    | April 6 - June 8 (10)<br>No Lesson May 18                          | April 7 - June 9 (9)<br>No Lesson May 19                          |
| ( ) Indicates how many lessons in the session.  | April 29 - May 22 (7)<br>No Lesson May 20    | April 25 - May 21 (8)                        |  |  |   |
|   | May 27 - June 12 (6)                         | May 23 - June 13 (6)                         |  |  |   |
| <b>Swimmer 0.5</b><br>30 mins<br><i>(A facility program to offer kids a transition from PreSchool to our Swimmer program. Not an official Lifesaving level)</i> | 3:15pm, 3:30pm,<br>4:20pm, 5:15pm,<br>5:50pm | 3:15pm, 3:30pm,<br>4:20pm, 5:15pm,<br>5:50pm | 3:15pm, 3:30pm,<br>4:20pm, 5:15pm,<br>5:50pm | 9:00am, 10:05am,<br>10:40am, 10:45am,<br>4:45pm, 5:20pm,<br>5:35pm | 9:00am, 9:35am,<br>10:10am, 10:45am,<br>4:45pm, 5:20pm,<br>5:35pm |
| <b>Swimmer 1</b><br>30 mins   | 3:15pm, 3:30pm,<br>4:20pm, 5:15pm,<br>5:50pm | 3:15pm, 3:30pm,<br>4:20pm, 5:15pm,<br>5:50pm | 3:15pm, 3:30pm,<br>4:20pm, 5:15pm,<br>5:50pm | 9:00am, 9:35am,<br>10:10am, 10:45am,<br>4:45pm, 5:20pm,<br>5:35pm  | 9:00am, 9:35am,<br>10:10am, 10:45am,<br>4:45pm, 5:20pm,<br>5:35pm |
| <b>Swimmer 1.5</b><br>30 mins<br><i>(A facility program to offer kids a transition from Swimmer 1 to 2. Not an official Lifesaving level)</i>                   | 3:30pm, 4:05pm,<br>4:55pm, 5:30pm,<br>5:50pm | 3:30pm, 4:05pm,<br>4:55pm, 5:30pm,<br>5:50pm | 3:30pm, 4:05pm,<br>4:55pm, 5:30pm,<br>5:50pm | 9:00am, 10:10am,<br>11:15am, 5:20pm,<br>5:55pm, 6:30pm             | 9:00am, 10:10am,<br>11:15am, 5:20pm,<br>5:55pm, 6:30pm            |
| <b>Swimmer 2</b><br>30 mins   | 3:30pm, 4:05pm,<br>4:55pm, 5:30pm,<br>5:50pm | 3:30pm, 4:05pm,<br>4:55pm, 5:30pm,<br>5:50pm | 3:30pm, 4:05pm,<br>4:55pm, 5:30pm,<br>5:50pm | 9:00am, 10:10am,<br>10:40am, 5:20pm,<br>5:55pm, 6:15pm             | 9:00am, 10:10am,<br>10:40am, 5:20pm,<br>5:55pm, 6:15pm            |
| <b>Swimmer 3</b><br>45 mins   | 3:50-4:20pm<br>4:25-4:55pm<br>5:30-6:00pm    | 3:50-4:20pm<br>4:25-4:55pm<br>5:30-6:00pm    | 3:50-4:20pm<br>4:25-4:55pm                   | 9:00am, 11:00am,<br>4:45pm   | 9:00am, 11:00am,<br>4:45pm  |
| <b>Swimmer 4</b><br>45 mins   | 4:05pm, 5:15pm<br>5:45pm                     | 4:05pm, 5:15pm<br>5:45pm                     | 4:05pm                                       | 9:50-10:35am<br>11:30-12:15pm<br>4:45-5:30pm                       | 9:50-10:35am<br>11:30-12:15pm<br>4:45-5:30pm                      |
| <b>Stroke Development &amp; Drills</b><br>45 mins   | 3:30pm, 5:45pm                               | 3:30pm, 5:45pm                               | 4:05pm                                       | 9:00am, 10:00am,<br>11:15pm, 5:20pm                                | 9:00am, 10:00am<br>11:15pm, 5:20pm                                |
| <b>Swimmer 5/6</b><br>45 mins   | 3:30pm, 5:45pm                               | 3:30pm, 5:45pm                               | 3:30pm                                       | 9:00am, 5:20pm   | 9:00am, 5:20pm  |
| <b>Swimmer 7/8/9 (Swim Patrol)</b><br>60 mins   | 4:40pm, 5:45pm                               | 4:40pm, 5:45pm                               |  | 4:45pm   | 4:45pm  |

Registration opens Monday, March 4. See page 13 for help on registering in the right level.



### Looking for swim level descriptions?

All of Lifesaving Society's Swim for Life course descriptions are online! Scan this QR code or visit: [www.lifesaving.bc.ca/swim-for-life](http://www.lifesaving.bc.ca/swim-for-life) We also have copies of the swim level descriptions at our front desk.





## HOMESCHOOL & ADULT

|  | Mon & Wed  |
|--|--|
| <b>Session Dates</b>   | April 3 - April 24 (7)                           |
| ( ) Indicates how many lessons in the session.                                   | April 29 - May 22 (7)<br><b>No Lesson May 20</b> |
|  | May 27 - June 12 (6)                             |
| <b>Homeschool Beginner</b><br>(Orca, Sea Lion, Narwhal, Swimmer 1, 2)<br>45 mins | 12pm<br>1pm<br>2pm                               |
| <b>Homeschool Intermediate</b><br>(Swimmer 3-6)<br>45 mins                       | 12pm<br>1pm<br>2pm                               |
| <b>Homeschool Advanced</b><br>(Swimmer 7, 8 & 9)<br>45 mins                      | 12pm<br>1pm<br>2pm                               |
| <b>Adult/Teen 1</b><br>60 mins   | 8pm  |
| <b>Adult/Teen 2/3</b><br>60 mins   | 8pm  |

## HOMESCHOOL LESSONS

These lessons are designed for homeschool students delivered in a blended level series. They follow the learn-to-swim curriculum within the Lifesaving Society's Swim to Survive program.

- Beginner is for those working on Orca, Sea Lion, Narwhal, Swimmer 1 & 2.
- Intermediate is for those working on Swimmer 3, 4, 5 & 6
- Advanced is for those working on Swimmer 7, 8, & 9.

## PRIVATE LESSONS

Want to learn how to swim or work on your swim skills? Customized private lessons only cost \$23.90 per 1/2 hour plus \$7.30 for each additional person. Please contact Catherine at 250-830-6760 or cmay@srd.ca to discuss a time and lesson schedule that works for you.

Registration opens Monday, March 4. See page 13 for help on registering in the right level.



### Looking for swim level descriptions?

All of Lifesaving Society's Swim for Life course descriptions are online! Scan this QR code or visit: [www.lifesaving.bc.ca/swim-for-life](http://www.lifesaving.bc.ca/swim-for-life) We also have copies of the swim level descriptions at our front desk.





| Swimming Ability   | Register in                                    |
|--|--|
| Is 4 to 12 months old and ready to learn to enjoy the water with parent.   | <b>Jellyfish/<br/>Goldfish</b>                 |
| Is 12 to 24 months old and ready to learn to enjoy the water with parent.  | <b>Goldfish</b>                                |
| Is 12 to 24 months old and ready to learn to enjoy the water with parent.  | <b>Seahorse</b>                                |
| Is 2 years old and just starting in the pre-school program. First half with parent/child and instructor, second half of lesson with just instructor and child to transition to normal classes.               | <b>Two's in<br/>Training</b>                   |
| Is 3 to 5 years and just starting out on his or her own.   | <b>Octopus</b>                                 |
| Is 3 to 5 years and can get in and out and jump into chest-deep water assisted; float and glide on front and back; blow bubbles and get face wet.  | <b>Crab</b>                                    |
| Is 3 to 5 years and can jump into chest-deep water; submerge and exhale underwater; float on front and back assisted for 3 sec.  | <b>Orca</b>                                    |
| Is 3 to 5 years and can jump into deep water wearing a lifejacket; recover objects from the bottom; hold breath underwater; float, glide, and kick on front and back.  | <b>Sea Lion</b>                                |
| Is 3 to 5 years and can do solo jumps into deep water; swim front crawl 5 m wearing a lifejacket and flutter kick on front, back and side.   | <b>Narwhal</b>                                 |
| Is turning 6 yrs old and has taken the pre-school program, but needs help with the transition from the leisure pool to the main pool.  | <b>Swimmer 0.5</b>                             |
| Is 6 to 12 years and just starting out...  | <b>Swimmer 1</b>                               |
| Is 6 to 12 years old and completed Swimmer 1 but needs a bit more help to bridge the gap into Swimmer 2.   | <b>Swimmer 1.5</b>                             |
| Can jump into chest-deep water by themselves and into deep-water wearing a lifejacket; open eyes, hold breath, and exhale underwater; float, kick and glide on front and back                                | <b>Swimmer 2</b>                               |
| Can jump into deep water and do a sideways entry wearing a lifejacket; support self at the surface for 15 sec.; do whip kick in vertical position; and swim 10m on front and back                            | <b>Swimmer 3</b>                               |
| Can tread for 30 sec.; do kneeling dives and front somersaults; 10m whip kick on back; and swim 15 m front crawl and back crawl  | <b>Swimmer 4</b>                               |
| Completed Swimmer 4 but needs to work on strokes, flutter kick, and increase endurance through interval training to be successful in Swimmer 5.  | <b>Stroke<br/>Development<br/>&amp; Drills</b> |
| Can complete the Canadian Swim to Survive Standard: Roll – Tread (1 min.) – Swim (50 m); dive; swim underwater; 15m whip kick on front; breaststroke arms with breathing; and swim front and back crawl 25m. | <b>Swimmer 5</b>                               |
| Can do shallow dives and cannonballs; eggbeater and scissor kick; swim 50 m front and back crawl; breaststroke for 25m; sprint 25 m; interval training 4 x 50m.  | <b>Swimmer 6</b>                               |
| Can do stride entries and compact jumps; legs-only surface support for 45 sec.; sprint 25 m breaststroke; swim 100 m of front crawl and back crawl and 300 m workout.  | <b>Swimmer 7</b>                               |
| Preferred successful completion – Swimmer 7 / Rookie Patrol  | <b>Swimmer 8</b>                               |
| Preferred successful completion – Swimmer 8 / Ranger Patrol  | <b>Swimmer 9</b>                               |
| Is over 13yrs old and has little to no swimming experience.  | <b>Adult/Teen 1</b>                            |
| Is over 13yrs old with some swimming skills OR a proficient swimmer who wants to work on enhancing swimming strokes.   | <b>Adult/Teen<br/>2/3</b>                      |

## TRANSITION FOR 5YR OLDS

We recognize that registering a 5 year old may be confusing as the age range for Pre-school levels is 3-5 years and the Swimmer levels are 5-12 years. Here are some scenarios that may help:

- 5 years old and they've never been in swimming lessons before. Register in Swimmer 1. You could register them in Octopus but seeing that they will soon be 6 years old, it's best to try them in Swimmer 1.
- 5 years old, they passed Orca, but they're almost 6 years old. Register in Swimmer 1.
- 5 years old, they passed Sea Lion, but they're almost 6 years old. Register in Swimmer 2.
- They recently turned 5 years old, they passed Sea Lion. Register in Narwhal.
- 5 years old, they passed Narwhal. Register in Swimmer 2.
- If your child passed Narwhal but they're only 4 years old, it's best to have them repeat Narwhal to continue skill development and register in Swimmer 1 when they're 5.

## How to Register

[strathconard.perfectmind.com](http://strathconard.perfectmind.com)

Our swim lessons are filled on a first-come first-served basis, so the best way to register is to go online! Create your account, set-up family members, and add your payment method ahead of registration day to make the process quick and easy.

Registration opens at 9:00am on Monday, March 4.

You can also contact our front desk to register during reception hours (See page 41) by coming in to the facility or call 250-830-6777.



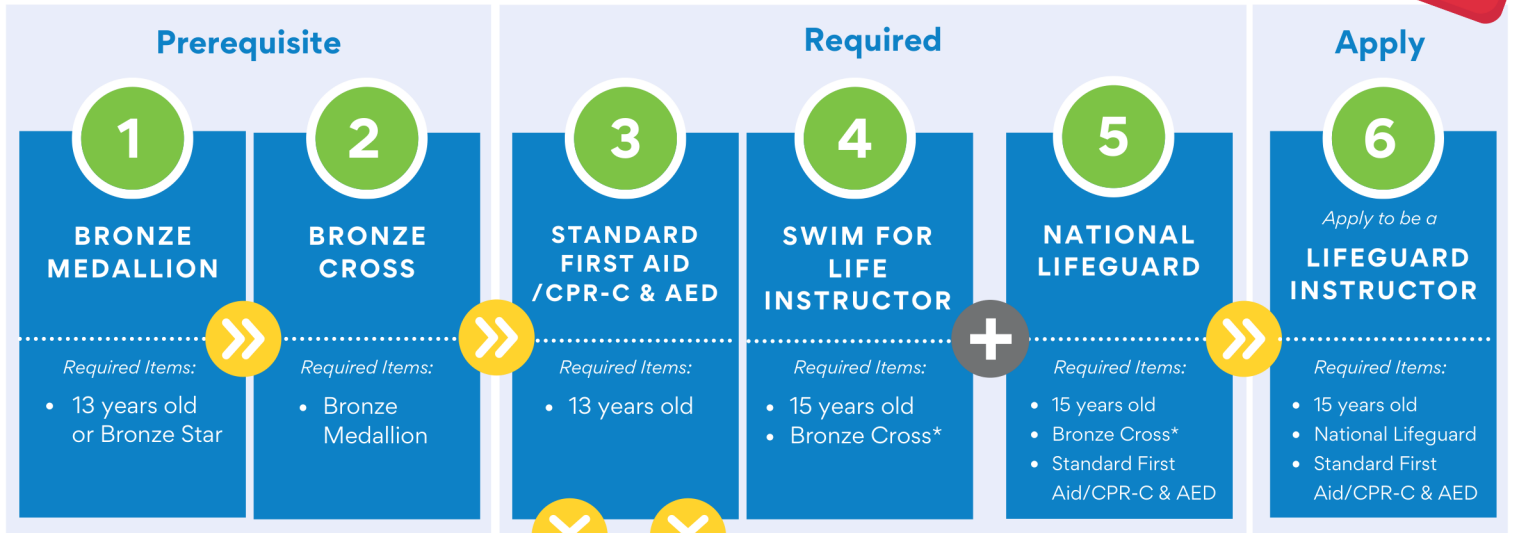
Please contact our front desk or go online for more detailed swim level descriptions.

# DID YOU KNOW?

Our schedule changes and reduction of hours are due to availability of lifeguard/instructors



## Steps to Becoming a Lifeguard



**AQUATIC FITNESS INSTRUCTOR**

---

*Required Items:*

- Bronze Cross\*    • 16 years old
- Standard First Aid/CPR-C & AED
- Fitness Theory
- Aquatic Fitness Module

*Apply to be an*  
**ASSISTANT LIFEGUARD**

---

*Required Items:*

- Bronze Cross\*    • 15 years old
- Standard First Aid/CPR-C & AED

\*need not be current

**The Swim for Life Instructor and National Lifeguard courses can be taken simultaneously or one before the other.**

**Become a Lifeguard! Courses are listed on the next page.**

### LIFEGUARD FAQs

The Strathcona Regional District (SRD) has shared an update regarding the lifeguard and swim instructor shortage at Strathcona Gardens and answer some frequently asked questions. Check it out at:

[strathconagardens.com/lifeguardfaqs](http://strathconagardens.com/lifeguardfaqs)





### strathconagardens.com/lifesaving



National Lifeguard is the professional standard for lifeguard training in Canada. National Lifeguards are trained by the Lifesaving Society, Canada's lifeguarding experts, to work at pools, waterfronts, waterparks, and surf environments across the country. They keep people safe through accident prevention, public education, and rescue response. Most importantly, National Lifeguards save lives.

#### BRONZE MEDALLION

► Earn High School Credit

Bronze Medallion challenges the candidate both mentally and physically. Judgment, 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. **Cost: \$40 manual, \$91 for residents, \$157.20 non-residents. Ages 13+ (by last day of course) OR hold a Bronze Star award (need not be current). Knowledge and proficiency in swimming is recommended.**

|       |            |             |              |
|-------|------------|-------------|--------------|
| 56064 | Sundays    | Apr 7 to 28 | 9am - 3pm    |
| 56068 | Tues/Thurs | Apr 9 to 25 | 5pm - 9pm    |
| 56063 | Saturdays  | May 4 to 25 | 9am - 3pm    |
| 56069 | Tues/Thurs | Jun 4 to 13 | 3:30pm - 9pm |

#### BRONZE CROSS

► Earn High School Credit

The Lifesaving Society's Bronze Cross begins the transition from lifesaving to lifeguarding and prepares candidates for responsibilities 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. **Cost: \$91 for residents, \$157.20 non-residents. Ages 13+. Must hold A Bronze Medallion (need not be current). Please bring your Canadian Lifesaving manual to the course.**

|       |            |             |              |
|-------|------------|-------------|--------------|
| 56065 | Saturdays  | Apr 6 to 27 | 9am - 3pm    |
| 56062 | Sundays    | May 6 to 26 | 9am - 3pm    |
| 56066 | Tues/Thurs | May 7 to 23 | 5pm - 9pm    |
| 56067 | Mon/Wed    | Jun 3 to 12 | 3:30pm - 9pm |

#### NATIONAL LIFEGUARD (NL) POOL & AIRWAY MANAGEMENT & OXYGEN ADMINISTRATION (AMOA)

► Earn High School Credit

Go online for a full description. **Must be 15 years of age, hold a Bronze Cross (need not be current), and hold a current Standard First Aid with CPR-C/AED by last day of course. Cost: \$296.23 residents, \$385.23 non-residents**

|       |         |                           |                |                           |
|-------|---------|---------------------------|----------------|---------------------------|
| 56073 | Fri/Sat | May 31, Jun 1,7,8,14 & 15 | Fri: 4pm - 9pm | Sat: 12pm - 8pm           |
| 54522 | Re-cert | Saturday                  | May 25         | 8:30am - 5:30pm \$68/\$90 |

#### NEW BABYSITTING COURSE

The course offers basic first aid and caregiving skills for youth. Participants learn how to provide care to children in a variety of age groups, and how to prevent and respond to emergencies. The course also offers youth the skills to promote themselves as babysitters to prospective families. **Ages 11 to 15. Cost: \$61.20**

|       |         |             |                 |
|-------|---------|-------------|-----------------|
| 56071 | Mon/Wed | May 6 to 15 | 3:30pm - 5:30pm |
| 56072 | Mon/Wed | Jun 3 to 12 | 3:30pm - 5:30pm |



#### JUNIOR LIFEGUARD CLUB

JLC provides an action-packed challenge for kids who love the water and want a taste of what it's like to be a lifeguard. Participants will develop lifesaving knowledge, skills, fitness, and judgement as they work through the Canadian Swim Patrols levels, Rookie, Ranger, & Star. Participants should be comfortable in deep water and be able to swim 25 meters.

**Ages 8-13. 10 sessions. No classes over May long weekend (May 17, 18 & 19).**

|       |           |                |           |          |
|-------|-----------|----------------|-----------|----------|
| 56059 | Fridays   | Apr 5 to Jun 7 | 5pm - 7pm | \$137.70 |
| 56060 | Saturdays | Apr 6 to Jun 8 | 6pm - 8pm | \$137.70 |
| 56061 | Sundays   | Apr 7 to Jun 9 | 6pm - 8pm | \$137.70 |

#### STANDARD FIRST AID WITH CPR/C & AED

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. Whether you need training for employment or simply want to be prepared to respond to life-threatening emergencies, this course will give you the skills and knowledge to act with confidence. In addition to the material covered in Emergency First Aid, candidates will learn how to treat head/neck injuries, soft tissue and skeletal injuries and medical emergencies. **Cost: \$103 resident, \$90 non**

56070 Sat/Sun Jun 22 & 23 8:30-5:30pm

#### CPR/C & AED RE-CERT

Must bring proof of CPR-C/AED certification (current within 3 years), pocket mask, and your Canadian CPR Manual. **Cost: \$63.00**

54523 Sun May 26 11am - 3pm

### What level should I register my child in?

Registration guidelines and help with transitioning 5 yr old out of pre-school lessons, see page 13. If you need further assistance, our front desk staff are happy to help.

### The lesson I'm trying to register for is full. Do you have a waitlist?

If the lesson or program you'd like to register for is full, we can put you on a waitlist, but spaces are limited. We understand there is a huge demand for certain levels and we are doing our best to accommodate everyone!

### What if I need to cancel?

Cancellation fees may apply if you cancel with less than 7 days notice of the start of your course. Plan ahead and check your schedule before you register to make sure your child can attend the classes they are registered for. For more details on our cancellation policy, see page 43.

### What if my child doesn't pass their lesson?

Don't sweat it - kids repeat levels all the time! At the end of your lesson set your lifeguard instructor will give you a booklet with skills for your child to work on. You may re-register in the same level again if space is available. Our open swims and leisure swims are a great time to practice skills!

### Can I come in the pool with my child during their lesson?

Parents are required to be in the pool for all of our Parent & Tot programs (ages 4 months to 3 years). Once your child is in our Swimmer levels, parents and caregivers can watch from our seating area.

### Can I watch my child's swim lesson?

Yes! We have seating along the side of both our leisure pool and main pool. Please be sure to remove your outside footwear when coming on to the pool deck.

### Can my child go swimming after their lesson?

Yes, if there is a leisure or open swim after their lesson, please pay an admission at our front desk before you go in for your lesson.

### Does your pool have capacity limits?

Some of our events and swims can get very busy! In order to follow our pool safety plan and keep a safe ratio of swimmers to lifeguards, we may have to limit the number of people in our pools. Our reception staff will let you know on arrival if there is a wait time for entry to the pool.

### Does my child have to wear a swim diaper?

Every child aged 3 and under must wear a swim diaper in the pool. We sell swim diapers at our front desk.

### Do you have a swim shop?

Our reception desk sells goggles for all ages, swim diapers, swim caps, nose plugs, and 3mm shorty wetsuits for toddlers.

### Do you have lockers?

Keep your belongings safe! Our change rooms provide lockers for you to safely store your belongings. A small locker is 1 quarter (0.25¢), and a large locker is 2 quarters (0.50¢). Our reception desk can sell you quarters or provide change.

### Do you have a lost & found?

Please see our front desk for help with lost and found items. Valuable items are kept safe with our reception staff. Wet swimwear and towels are placed in our dryer before arriving in the lost and found bin.

## How to Register

[strathconard.perfectmind.com](http://strathconard.perfectmind.com)

Our swim lessons are filled on a first-come first-served basis, so the best way to register is to go online! Create your account, set-up family members, and add your payment method ahead of registration day to make the process quick and easy.

Registration opens at 9:00am on Monday, March 4.

**REGISTER**



### PRIVATE LESSONS

Want to learn how to swim or work on your swim skills? Customized private lessons only cost \$23.90 per 1/2 hour plus \$7.30 for each additional person.

Please contact Catherine at 250-830-6760 or [cmay@srd.ca](mailto:cmay@srd.ca) to discuss a time and lesson schedule that works for you.





# Fitness

Drop-in, Referral & CDM Classes  
JUNE 17 TO JUNE 28

**These classes will be held at the Centennial Outdoor Pool (230 - 4th Ave).**

Pool facilities closed for yearly maintenance from June 15 to July 1. Please pre-register for these classes.

## Aquatic Fitness

All programs subject to instructor availability. Please pre-register.

|                                   | Monday              | Tuesday      | Wednesday           | Thursday     | Friday   |
|-----------------------------------|---------------------|--------------|---------------------|--------------|----------|
| <b>Registered Drop-in Classes</b> |                     |              |                     |              |          |
| Deep Water Motion (R)             |                     | 9am-9:45am   |                     | 9am-9:45am   |          |
| <b>Registered Classes</b>         |                     |              |                     |              |          |
| Ortho Management (F) (Ph)         |                     | 10am-10:45am |                     | 10am-10:45am |          |
| CDM Deep                          | 9am-10am<br>1pm-2pm |              | 9am-10am<br>1pm-2pm |              | 9am-10am |
| CDM Shallow                       | 9am-10am<br>1pm-2pm |              | 9am-10am<br>1pm-2pm |              |          |

(D) = Drop-in Class (Ph) = Physicians consent/referral (R) = Registration - a set amount of classes for a specific duration of time.  
(F) = Flexible, register for dates that work for you.

CDM & TAKE HEART >

More information about our CDM and Take Heart Classes are on Page 20 of the Rec Guide.

FITNESS PROGRAM DESCRIPTIONS >

Descriptions of all our fitness classes start on page 18 of the Rec Guide.

## Studio Fitness

|   | Tuesday         | Thursday      |
|---|-----------------|---------------|
| Sit to be FIT Chair Class (R)<br>(Zoom or in-house) | 1:00pm-1:45pm   | 1:00pm-1:45pm |
| Yoga for ALL (R)                                    | 11:15pm-12:15pm |               |
| Chair Yoga (R)                                      | 12:30pm-1:15pm  |               |
| Kundalini with Meditation (R)                       |                 | 5:30pm-6:45pm |
| Take a WALK Tuesdays (F)                            | 3:30pm-4:30pm   |               |

(F) = Flexible - register for dates that work for you. (R) = Registration - a set amount of classes for a specific duration of time.



### Looking for the most up to date schedule?

Schedule changes can happen from time to time, so visit [strathconagardens.com](http://strathconagardens.com) or scan the QR Code.

**Pool facilities will be closed from June 15 to July 1.**

## How to Register

[strathconard.perfectmind.com](http://strathconard.perfectmind.com)

Registration opens at 9:00am on Monday, March 4.

REGISTER



# Fitness

## Aquatic Fitness Class Descriptions

### DROP-IN CLASSES **NO CLASSES APRIL 1 & MAY 20**

**Fluid Motion (F)** is an aquatic aerobic class where you are constantly in contact with the pool floor. You will build cardiovascular conditioning/endorurance, strength, and flexibility, as the water forces, resist around you, ensuring a challenging workout.

**Tues/Thurs** **Apr 2 to Jun 14** **9-9:45am** **Drop-in Pricing**

#### Deep Water Motion (F)

This class will give you a great cardio workout, and tone muscles, with no impact on your joints. Must be comfortable in deep water. Flotation belts are provided. The instructor may choose to facilitate a tethered class. This is where you are hooked to the lane rope to further develop your strength, stability, and endurance.

**Mon/Wed/Fri** **Apr 3 to Jun 14** **8-8:45am** **Drop-in Pricing**

**Tues/Wed/Thurs** **Apr 2 to Jun 11** **8-8:45pm** **Drop-in Pricing**

### REFERRAL REQUIRED CLASSES

**Adaptive, Aquatic Arthritis, and Ortho Management** are physician or physiotherapist referred or consented. Forms available upon request.

**Adaptive Shallow (D)** is in the main pool and is for participants who have stable limitations due to arthritis, Parkinson's, M.S, stable heart/stroke conditions or have recovered from a variety of surgeries.

**Tues & Thurs** **Apr 2 to Jun 14**  
**10-10:45am** **Drop-in Pricing**

**Adaptive Deep (D)** is an aerobics class for participants with stable medical conditions, and have exercised steadily, however prefer a suspended program due to weight bearing challenges with their joints. A flotation belt is provided for added stability.

**Mon/Wed/Fri** **Apr 3 to Jun 12**  
**11:15am-12:00pm** **Drop-in Pricing**

**ORTHO Management (F)** is a pre/post rehabilitation, shallow water program, and is suitable for participants who have recently had a hip or knee replacement (or other joint surgeries) and have graduated from their recommended physiotherapy treatments. Forms are available at our reception desk or at the hospital physiotherapy clinic. Ensure the form has been completed and you have had a phone call from staff to confirm when you will start the program.

**Mon, Wed, or Fri** **Apr 3 to Jun 14** **11:15am-12:00pm** **\$6.10/class**

**Aquatic Arthritis (R)** is in the Leisure pool with limited numbers of participants allowing for specialized support and guidance while moving through warm water. If you have chronic degeneration in your back, hips, knees, fingers or toes etc., this program will soothe you for longer than the 45-minute class. You are welcome to visit the Hot tub, steam or sauna, before or after class.

**Mon, Wed, or Fri** **Apr 3 to May 17**  
**10-10:45am** **\$14.60-\$51.10/session**

**Tues or Thurs** **Apr 2 to May 16**  
**1:15-2pm** **\$14.60-\$51.10/session**

#### FITNESS SCHEDULE

View all the full Fitness Schedule on page 4 of the Rec Guide.

#### CDM & TAKE HEART

View all of our CDM and Take Heart Classes on Page 20 of the Rec Guide.

## How to Register

Registration for winter courses opens on March 4 at 9:00am.

Visit [strathconard.perfectmind.com](http://strathconard.perfectmind.com) and log-in or create an account to view and register for all of our programs, camps, and lessons.

**REGISTER** 





# Fitness

## Fitness Class Descriptions

### REGISTERED CLASSES

**Yoga for ALL** Lorna will welcome you during this energizing class. The postures are uncomplicated, and each person's symmetry will be supported. You will feel rejuvenated both after the class and beyond.

|              |                 |                         |                        |                |
|--------------|-----------------|-------------------------|------------------------|----------------|
| <b>55856</b> | <b>Tuesdays</b> | <b>Mar 26 to Apr 30</b> | <b>11:15am-12:15pm</b> | <b>\$55.20</b> |
| <b>55857</b> | <b>Tuesdays</b> | <b>May 7 to May 28</b>  | <b>11:15am-12:15pm</b> | <b>\$36.80</b> |
| <b>55861</b> | <b>Tuesdays</b> | <b>Jun 4 to Jun 25</b>  | <b>11:15am-12:15pm</b> | <b>\$36.80</b> |

**Chair Yoga** While seated, you will perform modified yoga postures, building active movement and breathing techniques for the soul.

|              |                 |                         |                     |                |
|--------------|-----------------|-------------------------|---------------------|----------------|
| <b>55863</b> | <b>Tuesdays</b> | <b>Mar 26 to Apr 30</b> | <b>12:30-1:15pm</b> | <b>\$42.90</b> |
| <b>55865</b> | <b>Tuesdays</b> | <b>May 7 to May 28</b>  | <b>12:30-1:15pm</b> | <b>\$28.60</b> |
| <b>55866</b> | <b>Tuesdays</b> | <b>Jun 4 to Jun 25</b>  | <b>12:30-1:15pm</b> | <b>\$28.60</b> |

**Kundalini Yoga and Meditation** Erin will lead you through challenging breath exercises, coupled with extended posture holds and meditation. This class will build core strength through breath, as you engage your abdominal muscles, and tone your body as you push through held postures. Mantras and chanting may be included.

|              |                  |                         |                    |                |
|--------------|------------------|-------------------------|--------------------|----------------|
| <b>55867</b> | <b>Thursdays</b> | <b>Apr 14 to May 9</b>  | <b>5:30-6:45pm</b> | <b>\$55.20</b> |
| <b>55868</b> | <b>Thursdays</b> | <b>May 16 to Jun 20</b> | <b>5:30-6:45pm</b> | <b>\$55.20</b> |

**Sit to be FIT Chair Class** We're in the building, however we offer Zoom if you want to be in the comfort of your own home. This workout is primarily seated, however we get you up when you can! Even in a chair, you will build mobility, endurance, strength and increase your flexibility. A great class for those who use a walker, wheelchair or have difficulty standing.

|              |                  |                         |                 |                |
|--------------|------------------|-------------------------|-----------------|----------------|
| <b>55883</b> | <b>Tuesdays</b>  | <b>Apr 2 to May 7</b>   | <b>1-1:45pm</b> | <b>\$35.00</b> |
| <b>55885</b> | <b>Thursdays</b> | <b>Apr 14 to May 16</b> | <b>1-1:45pm</b> | <b>\$35.00</b> |
| <b>55886</b> | <b>Tuesdays</b>  | <b>May 21 to Jul 2</b>  | <b>1-1:45pm</b> | <b>\$35.00</b> |
| <b>55887</b> | <b>Thursdays</b> | <b>May 23 to Jul 4</b>  | <b>1-1:45pm</b> | <b>\$35.00</b> |

### WEIGHT ROOM [Schedule is on Page 3.](#)

Our busy weight room has everything you need for a complete workout, including a great selection of cardiovascular and strength training equipment. During operational hours, the pools, sauna and steam room are available for your drop-in admission. The weight room has large windows overlooking the main pool.

For more information about our weight room visit:  
[strathconagardens.com/fitness-wellness/amenities-accessibility/](http://strathconagardens.com/fitness-wellness/amenities-accessibility/)

#### Weight Room Equipment List:

- 2 Treadmills
- 2 Elliptical Trainers
- 2 Upright & 2 Recumbent Bikes
- Rowing Machine
- Functional Trainer with Graduated Weight Stacks
- Paramount Weight Stack Machines
- Curl Bars 20-80 lbs
- Squat Rack
- Vertical Knee Raise/Dip Bar
- Dumbbells, Exercise Balls, Exercise Bands/Tubing, Skipping Ropes, Bosu Balls, Benches, etc.
- Stretching Area

**The Weight Room schedule can be found on page 3.**

**Please contact us about scheduling a weight room orientation.**



**FREE**

### TAKE A WALK TUESDAYS (F)

Together with Campbell River City staff, choose from a variety of guided walks, starting at 4pm. We will utilize our beautiful trails and walkways in and around the community. This registered program will have two staff/guides to support your trek. May use walking poles and please bring your own water. Difficulty: Levels will be explained once registered.

**Tuesdays** **Apr 2 to Jun 25**  
**3:30-4:30pm** **FREE**

**Please call or come in to our front desk to register and receive the marshaling area for the start of each walk.**

*Individual classes may be cancelled due to extreme weather conditions. You will be notified if the walk has to be cancelled.*

**FITNESS SCHEDULE**



|   | Monday                    | Tuesday      | Wednesday                 | Thursday     | Friday      |
|---|---------------------------|--------------|---------------------------|--------------|-------------|
| CDM Leisure                                   | 1-1:45pm                  | 9:00-10:00am | 1-1:45pm                  | 9:00-10:00am | 1-1:45pm    |
| CDM Shallow                                   | 2-3pm                     | 11am-12pm    | 2-3pm                     | 11am-12pm    |             |
| CDM Deep                                      | 9-10am                    | 2:15-3:15pm  | 9-10am                    | 2:15-3:15pm  | 9-10am      |
| CDM Land Advanced - Fitness Studio Low Impact |                           | 8:30-9:30am  |                           | 8:30-9:30am  |             |
| CDM Strong & Stable Fitness Studio            | 11am-12pm<br>12:45-1:45pm | 2:15-3:15pm  | 11am-12pm<br>12:45-1:45pm | 2:15-3:15pm  | 2:15-3:15pm |
| CDM Growing Stronger Aquatic                  |                           | 10-10:45am   |                           | 10-10:45am   |             |

Pool is closed for maintenance the last two weeks in June. Please see page 17 for the CDM aquatic fitness schedule at the Centennial Outdoor Pool from June 17 to June 28.

### CHRONIC DISEASE MANAGEMENT (CDM)

**Session Dates:** April 12 to May 17  
 May 21 to July 5 (no classes May 20 & July 1)  
 July 3 to Aug 23 (no classes Aug 5, 20)

These Island Health Authority recognized programs give you structure to maintain independence and functional conditioning through prevention and management of many types of chronic conditions. Participants with congestive heart failure, asthma, diabetes, high BP, chronic lung/kidney disease, depression, COPD, renal failure, liver disease and dementia would benefit. There are many types of classes to choose from, and these will be decided during your consultation. These classes run in 7-week blocks, and you may be eligible for 14 weeks of sessions. **Classes offered with CDM:** Strong and Stable, warm water movement, shallow water walking, deep water aerobics, suspended with a belt, and low-impact aerobics in the Fitness Studio.

**CDM Leisure:** This gentle exercise class is in warm water with an easy access entry. We have aquatic wheelchairs to assist you, if required. This class includes range of motion, balance, and functional strength. A loved one may be asked to support you during the class.

**CDM Shallow:** This exercise class is in the shallow end of the main pool, where there are stairs and hand railing for a supportive entrance into the water which is up to 4 feet (120 cm) in depth. Class includes aerobics through walking, strength, and balance.

**CDM Deep:** This class is in the deep end of the main pool. The program encourages aerobic, strength and balance while being suspended. If uncomfortable in suspended water depths, you will benefit in the transition area of the pool, where you are able to connect with the bottom of the pool floor. (A flotation belt is available).

**CDM Low Impact Fitness Studio:** This gentle exercise class you will have support from your instructor working on general joint movement, strength and balance while modifying the exercises to suit your abilities. You will be seated for most or all of the class, depending on your comfort level.

**CDM Land Advanced Fitness Studio Low Impact:** This standing aerobic, low impact class will challenge your abilities with your individual level in mind. This is for clients wanting a more demanding program.

**CDM Strong & Stable:** You will benefit from this program if you have had a stroke, have difficulty walking any distances, and focuses on Falls Prevention. A loved one may be asked to support you during the class. This class has an elevator to take you to the Fitness Studio. Wheelchairs and walkers welcome.

**CDM Growing Stronger Aquatic:** This program is the equivalent to the Strong and Stable class, yet in the Leisure pool. There are aquatic walkers, wheelchairs and other equipment for easy accessibility into the warm water basin. The water depth is approximately waist deep. No swimming or submerging at all. You may want to enjoy the hot tub after class.

### BEFORE YOU START:

**Before you begin a CDM program, get Physician referred.**

You may self-refer at the Campbell River and District Hospital Wellness Centre. Once you have completed an assessment with a nurse professional, a mandatory consultation is required with one of our Kinesiologists, to ensure you are placed in a class level, best suited to your abilities. These programs need your physician's referral, prior to enrolling.



# Fitness

## Take Heart Breathe Well Cardiac Rehab

|                                | Monday                            | Tuesday                | Wednesday                         | Thursday               | Friday                            |
|--------------------------------|-----------------------------------|------------------------|-----------------------------------|------------------------|-----------------------------------|
| <b>Take Heart Breathe Well</b> |                                   | 9:45-11am<br>12:30-2pm |                                   | 9:45-11am<br>12:30-2pm |                                   |
| <b>Take Heart Maintenance</b>  | 7-8:45am<br>9-10:30am<br>2-3:30pm |                        | 7-8:45am<br>9-10:30am<br>2-3:30pm |                        | 7-8:45am<br>9-10:30am<br>1-2:15pm |

### TAKE HEART BREATHE WELL CARDIAC REHABILITATION

This 12-week Take Heart and Breathe Well Program is a supervised exercise program for people who have had a cardiac event/surgery, chronic respiratory illness, and/or other chronic conditions. It includes an individual assessment, exercise plan, and ongoing monitoring and assistance. This program is of benefit to people who have had a heart event, or chronic conditions such as: high blood pressure, abnormal cholesterol, CVA, Diabetes, Smoking, Inactivity/Frailty, Respiratory illnesses (e.g. COPD, Asthma, Pulmonary Fibrosis), Kidney Disease, and Osteoarthritis. Call 250-830-6739 for further information.

### TAKE HEART MAINTENANCE

After completing the mandatory 12-week program, you may opt for a monthly Take Heart maintenance membership. Cost is \$75 per 30 days, please contact your instructor to register. Payment can be made with our reception staff.

### BEFORE YOU START:

**Before you begin our Take Heart Breathe Well program, get Physician referred.**

You may self-refer at the Campbell River and District Hospital Wellness Centre. Once you have completed an assessment with a nurse professional, a mandatory consultation is required with one of our Kinesiologists, to ensure you are placed in a class level, best suited to your abilities. These programs need your physician's referral, prior to enrolling.

### WALK FOR HEARTS FUNDRAISER

**SUNDAY, MAY 6**

The First Open Heart Society presents the 38th Annual Walk for Hearts Fundraiser!

From 1990 to 2020, the Campbell River First Open Heart Society has donated over \$330,000 for equipment and over \$20,000 for training.

All funds stay in Campbell River, to provide:

- Support for local cardiac patients and their families.
- Provide Cardiac Equipment and Cardiac Care Courses for Nurses and Technicians at the Campbell River Hospital and other Campbell River Area Organizations.

**Registration starts at 12:30 pm at The Willow point Hall. Come stroll The Seawalk with us! Refreshments, snacks and prizes at 2:00pm**



[www.fohs.ca/chapters](http://www.fohs.ca/chapters)



### AMANDA FITNESS (BCRPA FL)



I have been an aquatic fitness instructor for 10 years and have developed into a loud, "bossy", fun fitness leader. I love teaching a variety of classes to people with different abilities. Staying healthy and active is important to me as I have to keep up to my two young children. Hope to see you at the pool!

### ANGELA FITNESS/REHAB (BKIN)



For 13 years I have enjoyed teaching a mixture of dryland and aquatic classes. My favorite is low impact! I walk on many of the different, diverse trails in our community. What's not to like about Campbell River. We have a playground in our backyard! Getting out and exploring all there is to do is what I LOVE!

### DEANNA FITNESS/REHAB (BKIN)



I have been at Strathcona Gardens since 2004. I teach a variety of classes, from Aquatic Arthritis to Mom and Me. We have a diverse line up of programming and enjoy that we have a good mixture of challenging and supportive class levels. What better place to Live than Campbell River. Exploring the outdoors is my passion!

### JODIE FITNESS (BCRPA PT)



After working here for 23 years I still LOVE every class I teach, all for different reasons. I have experimented with many different outdoor activities, skydiving, ocean/lake swimming, trail riding and many more. I really like Campbell River because you are able to get to a trail to do a 3 hour hike and to a grocery store all in the same day!

### KIERSTEN (MAT LEAVE) FITNESS/REHAB (BAET)



I'm excited to teach the pre/post natal aquatic fitness program. Outside of work I play soccer and enjoy outdoor activities with family & friends. I just welcomed baby Stella in to our family!

### KYLE FITNESS/REHAB (CSEP) (CEP)



I have worked at Strathcona Gardens for a year now but have been in this field for several years. I aim to help individuals get back to the activities they love, through proper rehab and exercise. My family and I spend most of our time hiking, canoeing & camping which is why we love this area so much. The great outdoors!

### MEGHAN FITNESS (BCRPA FL)



After working in aquatics over 16 Years, WATER is my sanctuary! I enjoy teaching patrons to excel while in an aquatic class. Campbell River is a beautiful place and I spend much leisure time running trails in the outdoors.

### RHONDA FITNESS (BCRPA FL)



As a regular instructor of shallow water classes since 1996, I enjoy encouraging participants to improve their cardio endurance and fitness levels. We are lucky to live in such a beautiful place, as we have rivers, lakes and the ocean surrounding us.

### TARA FITNESS (BAET)



Welcome Tara as she has been thrown into a realm of instruction, with both aquatic and land bases classes. Her background is in Athletic and Exercise Therapy, and has worked with specialized Sport teams (particularly Hockey focused) in other communities. She enjoys the beauty of the area and loves the outdoors.

### DON'T LET PAIN AFFECT YOUR QUALITY OF LIFE. WE WILL HELP YOU!

#### PERSONAL TRAINING

Our trainers have degrees in Kinesiology, Athletic and Exercise Therapy, Occupational Therapy and all are certified Personal Trainers. They specialize in aquatic exercise and a wide variety of sports including soccer, cycling, running, and swimming. They train at elite levels and can help you train at that intensity as well. If you are just starting out, they will devise a program with safe, methodical exercises to progress you through an injury or assist with a chronic condition. If you want to be truly challenged and see results, these are the people you want in your corner!

#### We provide the following professional services:

- Adult & Youth Instructional Programs
- Weight Room Orientations
- Personal Training
- Pre-Employment Fitness Testing
- Paramedic & Firefighter Candidate Fitness Testing

To get you started, we want to know about your goals and challenges! In an initial mandatory consultation with a trainer, we will determine the focus of your training. Some exercise testing may be administered for base line design to best meet your needs. Initial consultation is \$20, prices below are per person and do not include tax.

#### Personal Training packages:

|             |       |
|-------------|-------|
| 4 sessions  | \$185 |
| 6 sessions  | \$245 |
| 8 sessions  | \$325 |
| 10 sessions | \$385 |

#### Semi-private personal training:

|             |       |
|-------------|-------|
| 4 sessions  | \$85  |
| 6 sessions  | \$125 |
| 8 sessions  | \$165 |
| 10 sessions | \$180 |

#### PRIVATE AQUATIC THERAPY

Aquatic therapy is a form of guided exercise which can significantly improve structural and muscular strength and mobility. Many people have made vast improvements after motor vehicle and work-related accidents, orthopedic surgeries, and other debilitating conditions. The water decreases weight bearing and stress on joints and muscles. Strength and aerobic capacity will improve, plus range of motion naturally increases. Physician consented and ICBC approved. Give us a call and we will answer more questions you may have regarding this form of gentle therapy.

1-hour session: \$61.45  
45-minute session: \$46.10  
30-minute session: \$30.75

#### WEIGHT ROOM [See pool schedule for weight room hours.](#)

Our busy weight room has everything you need for a complete workout, including a great selection of cardiovascular and strength training equipment. During operational hours, the pools, sauna and steam room are available for your drop-in admission. The weight room has large windows overlooking the main pool.

#### Weight Room Equipment List:

- 2 Treadmills
- 2 Elliptical Trainers
- 2 Upright & 2 Recumbent Bikes
- Rowing Machine
- Functional Trainer with Graduated Weight Stacks
- Paramount Weight Stack Machines
- Curl Bars 20-80 lbs
- Squat Rack
- Vertical Knee Raise/Dip Bar
- Dumbbells, Exercise Balls, Exercise Bands/Tubing, Skipping Ropes, Bosu Balls, Benches, etc.
- Stretching Area

#### Weight Room Orientation:

A tour and introduction to the various pieces of equipment plus a simple exercise program. Prices are per person, and do not include tax. **This orientation is mandatory for anyone 16 & under who would like to use our weight room.**

Private 45-minute session: \$34.35  
Semi-private 45 minutes session : \$23.00



### EVERYONE WELCOME

All ages welcome. All participants must wear a helmet during while on the ice for all public sessions at Strathcona Gardens. This session takes place on Arena #2 & the leisure ice. No hockey during these sessions.

### EVERYONE WELCOME & POND HOCKEY

All ages welcome. All participants must wear a helmet while on the ice for all public sessions at Strathcona Gardens. This session takes place on Arena #2 & the leisure ice. Foam pucks will be used for all pond hockey sessions for everyone's safety and a portion of the rink will be sectioned off for participants to play hockey.

### 60+ PROGRAM HOCKEY

This non-contact recreational drop-in hockey program is a great opportunity for players of all levels to participate throughout the week every Monday, Wednesday and Friday from 9:45 to 11:15am. Full hockey gear and CSA approved hockey helmet is required. Participants may pre-register by phone, online or in person up to 8 days in advance to reserve your spot

### POND HOCKEY

All ages welcome. Foam pucks will be used for all pond hockey sessions for everyone's safety and a portion of the rink will be sectioned off for participants to play hockey. All participants must wear a helmet during while on the ice for all public sessions at Strathcona Gardens.

### STICK & PUCK

Stick and Puck is an opportunity to get some extra ice time and work on stick-handling, shooting, and passing skills! Scrimmages are not permitted for this session. For safety reasons, only 16 participants are permitted for each session. To participate, you must sign-in at the front desk when you pay for the Stick & puck session (16 max per session). A CSA approved hockey helmet is required.

### 50+ PROGRAM HOCKEY

This non-contact recreational drop-in hockey program is a great opportunity for players of all levels to participate throughout the week (50+ Tue/Thu & 60+ & Mon/Wed/Fri) 9:45-11:15am. Full hockey gear and CSA approved hockey helmet is required. Participants must sign in and pay at the reception desk before participating.

### LEISURE SKATE

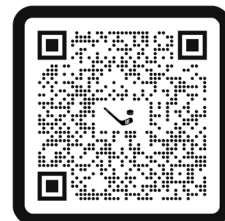
All ages welcome. All participants must wear a helmet while on the ice for all public sessions at Strathcona Gardens. This session is on the leisure ice only. No hockey during these sessions.

### 16+ PROGRAM HOCKEY

This non-contact recreational drop-in hockey program is a great opportunity for players of all levels to participate three days a week. Full hockey gear and CSA approved helmet is required. Participants must sign in and pay at the reception area before playing.

#### DROP-IN ARENA SCHEDULE >

View the drop-in schedule for the arenas online or on page 5 of the Rec Guide.



## Arena Events

April 2 to May 5

### APRIL 12 FRIDAY NIGHT A THE MOVIES 5:15PM TO 8:00PM

Enjoy a relaxing skate on the leisure ice watching "Wish" on the big screen. Movie starts at 6pm pizza is served at 7pm. Admission fee includes 2 slices of Little Caesars and a juice box.

**Cost:** \$6/person or \$20/family of 4. Skate rentals are an additional \$2.85/person.

### APRIL 26 FRIDAY NIGHT GLOW SKATE 5:15PM TO 8:00PM

Join us for a family friendly skate with our disco & glow lights during our Friday Night Glow skates on the Leisure Ice. Complementary glow stick necklaces will be provided for each participant and prizes for the best glow outfits! **Cost:** Regular Drop-in Admission



# Arenas

APR 2 TO JUN 15

Registered Programs

|  | Monday & Wednesday   | Tuesday & Thursday                  | Saturday   | Sunday   |
|--|--|-------------------------------------|--|--|
| <b>Session Dates</b><br>( ) Indicates how many lessons in the session. | Apr 3 - 24 (7)   | Apr 2 - Apr 25 (8)                  | Apr 6 - Jun 15 (10)<br>No lessons May 18   | Apr 7 - Jun 9 (9)<br>No lessons May 19                                     |
|  | Apr 29 - May 22 (7)<br>No lessons May 20   | Apr 30 - May 23 (8)                 |  |  |
|  | May 27 - Jun 12 (6)  | May 28 - Jun 13 (6)                 |  |  |
| <b>Programs</b>  |  |                                     |  |  |
| Parent & Tot Skating Lessons (2-5 yrs)                                 | <b>10:00-10:30am</b><br>(Wed only, Apr 10-Jun 12)                                      |                                     | <b>12:00-12:30pm</b>   | <b>11:00-11:30am</b>   |
| Parent & Tot Hockey Lessons (2-5 yrs)                                  |  |                                     |  | <b>11:45-12:15pm</b>   |
| Preschool Ice Quest (3-5 yrs)  |  | <b>4:15-4:45pm</b>                  |  | <b>12:30-1:00pm</b>  |
| Little Rascals Hockey (3-5 yrs)  | <b>5:15-6:00pm</b>   | <b>5:15-6:00pm</b>                  |  | <b>10:00-10:45am</b>   |
| Coolest Game on Earth – Intro to Hockey (5-11 yrs)                     | <b>3:10-3:55pm</b>   |                                     |  |  |
| Ice Quest - Level 1 (6-12 yrs)   | <b>6:15-6:45pm</b>   | <b>3:30-4:00pm</b>                  |  |  |
| Ice Quest - Level 2/3 (6-12 yrs)                                       |  | <b>6:15-6:45pm</b>                  | <b>12:45-1:15pm</b>  |  |
| Registered Private Skating Lessons (All ages)                          | <b>4:00-4:30pm</b><br>(Arena 2 - 1/2 ice)<br><b>4:30-5:00pm</b><br>(Arena 2 - 1/2 ice) | <b>2:45-3:15pm</b><br>(Leisure Ice) | <b>10:30-11:00am</b><br>(Leisure Ice - No lesson May 25)<br><b>11:15-11:45am</b><br>(Leisure Ice - No lesson May 25) | <b>9:15-9:45am</b><br>(Leisure Ice)<br><b>5:45-6:15pm</b><br>(Leisure Ice) |

## PRO-D DAY CAMPS

### Dash and Splash Pro-D Day Camp

Age: 7-12yrs

This Pro-D-Day camp is an exciting combination of skating and swimming! Participants will have a skating session and swimming session, along with other off ice activities. Registration fee includes all facility drop-in fees and skate rentals.

55535 Monday May 6 9am - 3pm \$60 Registration: Mar 4 at 9am

## How to Register

Registration for winter arena lessons opens on March 4 at 9:00am.

Visit [strathconard.perfectmind.com](http://strathconard.perfectmind.com) and log-in or create an account to view and register for all of our programs, camps, and lessons.

**REGISTER** 



### PARENT & TOT SKATING

Enjoy a 30-minute interactive skating session with your child. Coaches introduce you and your little one to the world of ice skating. No previous skating experience is required for either participant – the emphasis of this program is fun. Both Parent & Tot must wear a helmet during while on the ice for this program.

### ICE QUEST - LEARN TO SKATE

These lessons are designed for the beginner skater in mind. Our three-level program offers an introduction to the world of ice skating. Please see the level descriptions below to place your child in the appropriate level. If you have any questions regarding the IQ levels, please email [jwheeldon@srd.ca](mailto:jwheeldon@srd.ca).

- Level 1** Intro to Skating / skating without a skating aid (No previous skating experience required).
- Level 2** Intro to stopping / use of edges / backwards skating
- Level 3** Advanced stopping / forward & backwards skating / transitions.

### LITTLE RASCALS HOCKEY

Learn basic hockey skills and play a real hockey game every class. Coaches will introduce your child to the game of hockey through a variety of fun drills and activities. All participants must be able to skate on their own.

**REGISTER**



### PARENT & TOT HOCKEY

Enjoy a 30-minute interactive skating session with your child. Coaches introduce you and your little one to the world of ice hockey. No previous skating/hockey experience is required for either participant – the emphasis of this program is fun. Both Parent & Tot must wear a helmet during while on the ice for this program.

### PRESCHOOL ICE QUEST

This program is designed to introduce preschoolers to the ice in a structured fun atmosphere. Coaches will develop your child's skating skills through a variety of games and activities.

### COOLEST GAME ON EARTH - INTRO TO HOCKEY

Interested in joining organized hockey? If you've never played ice hockey, this is the program for you! Coaches will introduce you to the basic skills of hockey: skating, shooting, passing, and general rules of the game! Each class will end with hockey game!

### PRIVATE LESSONS

#### Registered Private Lessons

Want to learn how to skate or work on your hockey skills? Private lessons cost \$20.80 per ½ hour session plus \$7.30 for each additional person. All ages welcome! Please inquire with our reception staff for available dates and times.

#### Lesson Price List

| <u>1/2 Hour Class</u> | <u>3/4 Hour Class</u> |
|-----------------------|-----------------------|
| 6 Sessions \$30.60    | 6 Sessions \$35.10    |
| 7 Sessions \$35.70    | 7 Sessions \$40.95    |
| 8 Sessions \$40.80    | 8 Sessions \$46.80    |
| 9 Sessions \$46.80    | 9 Sessions \$54.55    |
| 10 Sessions \$52.00   | 10 Sessions \$59.50   |



## What to wear

What should my child wear to a skating or hockey lesson? See our diagrams on page 26 for help on what to wear.



#### Helmets are mandatory

For all participants during any public skating/drop-in sessions, lessons, birthday rentals, school groups, and day camps.

**A limited amount of extra helmets are available, so bring your own. Any CSA approved helmet is great!**

#### Customized Private Lessons

Want to learn how to skate or work on your hockey skills? Customized private lessons only cost \$23.90 per ½ hour plus \$7.30 for each additional person. All ages welcome! Please call Joel Wheeldon at 250-830-6755 or email [jwheeldon@srd.ca](mailto:jwheeldon@srd.ca) for booking options and availability.

Skate Rentals are an additional \$1.60 per class.



# Hockey Gear

Helmet - CSA Approved

Neck Guard & Shoulder Pads

Elbow Pads

Hockey Pants

Gloves

Shin Pads & Hockey Socks

Hockey Stick

Hockey Skates

Helmet - CSA Approved  
Hockey, Bike, Ski,  
or Snowboard

Warm  
Gloves/  
Mitts

Warm  
Jacket

# Skating Gear

Snowpants/  
Water  
Repellent  
Pants

Hockey or  
Figure Skates  
Sharpened & laced  
with tall socks

# Arenas

JUN 17 TO JUN 25

Drop-in Schedule

## Arena 2

|                                | Monday       | Tuesday      | Wednesday    | Thursday     | Friday       | Saturday    | Sunday      |
|--------------------------------|--------------|--------------|--------------|--------------|--------------|-------------|-------------|
| 50+ Program Hockey             | 9:45-11:15am |              | 9:45-11:15am |              | 9:45-11:15am |             |             |
| Stick & Puck                   | 11:30-1:00pm | 11:30-1:00pm | 11:30-1:00pm | 11:30-1:00pm | 11:30-1:00pm |             |             |
| Everyone Welcome & Pond Hockey | 1:15-5:00pm  | 1:15-4:30pm  | 1:15-4:30pm  | 1:15-4:30pm  | 1:15-5:00pm  | 1:30-4:30pm | 3:00-5:30pm |

## Leisure Ice

|                  | Monday      | Tuesday      | Wednesday   | Thursday     | Friday      | Saturday    | Sunday                      |
|------------------|-------------|--------------|-------------|--------------|-------------|-------------|-----------------------------|
| Leisure Skate    | 9:45-1:00pm | 11:30-1:00pm | 9:45-1:00pm | 11:30-1:00pm | 9:45-1:00pm |             |                             |
| Everyone Welcome | 1:15-5:00pm | 1:15-4:30pm  | 1:15-4:30pm | 1:15-4:30pm  | 2:45-5:00pm | 1:30-4:30pm | 3:00-5:30pm<br>*Jun 16 only |

## SPECIAL SKATES & SCHEDULE CHANGES

- June 22** Dry Floor Laser Tag Night - 6:00-8:30pm
- June 23** Everyone Welcome & Pond Hockey cancelled - 3:00-5:30pm.
- Jun 26-Jul 2** Drop-in programs cancelled due to arena maintenance
- Jul 3** Summer drop-in schedule begins

## SKATE SHARPENING

June 17 to June 25 Cost: \$5.20/pair

|                  |               |
|------------------|---------------|
| <b>Monday</b>    | 9:45am-5:00pm |
| <b>Tuesday</b>   | 9:45am-4:30pm |
| <b>Wednesday</b> | 9:45am-4:30pm |
| <b>Thursday</b>  | 9:45am-4:30pm |
| <b>Friday</b>    | 9:45am-5:00pm |
| <b>Saturday</b>  | 1:30pm-4:30pm |
| <b>Sunday</b>    | 1:30pm-5:30pm |



### Looking for the most up to date schedule?

Schedule changes can happen from time to time, so visit [strathconagardens.com](http://strathconagardens.com) or scan the QR Code.

### SKATING & HOCKEY LESSONS



View the rest of our arena programs in the Rec Guide or online.

**Please Note:** Skate shop staff may look open inside and outside of these hours, but staff may be not available for skate sharpening if they're teaching lessons, short staffed, dealing with a high volume of public, or still in training on our skate sharpener.



# SUMMER

## SCHEDULE

JULY 3 To  
SEPTEMBER 1



- ✓ CAMPS
- ✓ LESSONS
- ✓ DROP-INS



Summer  
FUN





# Summer

JULY 8 To SEPTEMBER 1



| Date             | Days         | Time             | Age       | Camp                          | Cost        | Course ID# |
|------------------|--------------|------------------|-----------|-------------------------------|-------------|------------|
| July 2 to Aug 23 | Daily        | 9am to 4pm       | 7-12 yrs  | Splash of Everything          | \$43.75/day | See online |
| July 2 to 5      | Tues to Fri  | 9am to 4pm       | 7-12 yrs  | Dash & Splash                 | \$152       | 55895      |
|                  |              | 9am to 4pm       | 7-12 yrs  | Swim to Survive               | \$175       | 56101      |
| July 8 to 12     | Mon to Fri   | 9am to 4pm       | 9-13 yrs  | Girls on the Go               | \$218.75    | 56084      |
|                  |              | 9am to 4pm       | 11-13 yrs | Girls on the Run              | \$218.75    | 58205      |
|                  |              | 9am to 4pm       | 7-12 yrs  | Multi-Adventure               | \$190       | 55907      |
|                  |              | 9am to 4pm       | 7-12 yrs  | Dash & Splash                 | \$190       | 55896      |
| July 15 to 19    | Mon to Fri   | 9am to 4pm       | 7-12 yrs  | B.O.A.T.S                     | \$218.75    | 56076      |
|                  |              | 9am to 4pm       | 6-12 yrs  | Coollest Game on Earth Hockey | \$160       | 55901      |
|                  |              | 9am to 4pm       | 7-12 yrs  | Multi-Sports                  | \$160       | 55903      |
|                  |              | 9am to 4pm       | 8-13 yrs  | Junior Lifeguard              | \$218.75    | 56077      |
| July 22 to 26    | Mon to Fri   | 9am to 4pm       | 4-6 yrs   | Swim & Water Safety           | \$218.75    | 56083      |
|                  |              | 9am to 4pm       | 7-12 yrs  | Dash & Splash                 | \$190       | 55897      |
|                  |              | 9am to 4pm       | 7-12 yrs  | Multi-Adventure               | \$190       | 55908      |
| July 29 to Aug 2 | Mon to Fri   | 9am to 4pm       | 7-12 yrs  | Swimming, Sunshine & Skills   | \$218.75    | 56075      |
|                  |              | 9am to 4pm       | 7-12 yrs  | Multi-Sports                  | \$160       | 55904      |
|                  |              | 9am to 4pm       | 6-12 yrs  | Just for Girls Hockey         | \$160       | 55906      |
| Aug 6 to 9       | Tues to Fri  | 9am to 4pm       | 7-12 yrs  | Swim to Survive               | \$218.75    | 56102      |
|                  |              | 9am to 4pm       | 9-13 yrs  | Girls on the Go               | \$175       | 56085      |
|                  |              | 9am to 4pm       | 11-13 yrs | Girls on the Run              | \$175       | 58204      |
|                  |              | 9am to 4pm       | 7-12 yrs  | Dash & Splash                 | \$152       | 55898      |
| Aug 12 to 16     | Mon to Fri   | 9:30am to 12pm   | 4-6yrs    | Little Rascals Hockey         | \$100       | 55910      |
|                  |              | 1pm to 3:30pm    | 4-6 yrs   | Pre-School Ice Quest          | \$100       | 55911      |
|                  |              | 9am to 4pm       | 7-12 yrs  | B.O.A.T.S                     | \$175       | 56079      |
|                  |              | 9am to 4pm       | 7-12 yrs  | Multi-Sports                  | \$160       | 55905      |
|                  |              | 9am to 4pm       | 7-12 yrs  | Multi-Adventure               | \$190       | 55909      |
| Aug 19, 21-23    | Mon, Wed-Fri | 9am to 4pm       | 8-13 yrs  | Junior Lifeguard              | \$218.75    | 56080      |
|                  |              | 9am to 4pm       | 4-6 yrs   | Swim & Water Safety           | \$218.75    | 56082      |
|                  |              | 9am to 4pm       | 7-12 yrs  | Dash & Splash                 | \$38        | 55899      |
| Aug 19, 21-23    | Mon, Wed-Fri | 1:30pm to 2:45pm | 10-14 yrs | Pre-Season Prep Hockey        | \$80        | 55912      |
| Aug 21 to 23     | Wed to Fri   | 9am to 4pm       | 7-12 yrs  | Dash & Splash                 | \$114       | 55900      |
|                  |              | 9am to 4pm       | 7-12 yrs  | Swimming, Sunshine & Skills   | \$131.25    | 56081      |
| Aug 26 to 30     | Mon to Fri   | 9am to 4pm       | 6-12 yrs  | Coollest Game on Earth Hockey | \$160       | 55902      |

# Summer

JULY 8 To SEPTEMBER 1



## ARENA CAMPS

### **Coollest Game on Earth Hockey Camp** Age: 6-12 yrs

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 two ice time per day. No previous hockey experience required. Full hockey gear recommended. Helmet with full face shield, hockey stick and gloves required. Program fee includes skate rentals.

### **Multi-Sports Camp** Age: 7-12 yrs

Spend the day with our camp leaders in a safe and fun environment introducing a variety of different sports! This camp will build your child's ABC's of physical movement (Agility, Balance, and Coordination). Activities will include trips to the pool, ice skating and variety of sporting activities - ice hockey, soccer, California kickball, basketball, pickleball, capture the flag, and more! Program fee includes all facility drop-in fees and skate rentals

### **Just for Girls Hockey Camp** Age: 6-12 yrs

The Just for Girls Hockey Camp is an opportunity for the girls of all skill abilities to get together for a week of hockey fun! Learn the basic hockey skills and have fun completing on and off ice activities while making some new friends! At least 2 hours of ice time every day. Full hockey gear recommended. Helmet with full face shield, hockey stick and hockey gloves required. Program fee includes skate rentals.

### **Multi-Adventure Camp** Age: 7-12 yrs

Our camp leaders will take the adventurers on daily off-site excursions. Each day will include either swimming, skating, or both, along with off site activities to the centennial park, outdoor pool, Sportsplex water park, aquarium, and more to be determined! The program fee includes all facility drop-in fees, skate rentals, and transportation.

### **Pre-Season Prep Hockey Camp** Age: 10-14 yrs

The Preseason Prep Hockey Camp is designed to condition and improve your hockey skills of intermediate to advanced level players that are looking for structured practices before the hockey seasons begins. The 1.5-hour ice times will include skill-based hockey drills that will work on skating, passing, and shooting with a focus on endurance, speed, and agility. *Please note this not a beginner camp; previous hockey experience and full gear is required.*

### **Dash & Splash Camp** Age: 7-12 yrs

Join us for an exciting week of skating & swimming in the Dash & Splash Camp! This combo camp includes a skating and swimming session every day along with various off-ice activities and games. Program fee includes all facility drop-in fees, skate rentals, and transportation.

### **Little Rascals Hockey Camp**

Age: 4-6 yrs

Learn basic hockey skills and play a real hockey game every day! Coaches will introduce your child to the game of hockey through basic hockey skills & drills, along with off ice activities planned daily. Please bring a snack, water bottle, and outdoor wear. Full Hockey gear required.

### **Preschool Ice Quest Camp**

Age: 4-6 yrs

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! Enjoy playing a variety of games on and off the ice with our camp leaders. Please bring a snack, water bottle, and outdoor wear.

## How to Register

[strathconard.perfectmind.com](http://strathconard.perfectmind.com)

Our camps are filled on a first-come first-served basis, so the best way to register is to go online! Create your account, set-up family members, and add your payment method ahead of registration day to make the process quick and easy.

Registration for our summer camps and lessons opens at 9:00am on Monday, May 6.

Register online at [strathconard.perfectmind.com](http://strathconard.perfectmind.com)

**REGISTER**





# SUMMER

JULY 8 TO SEPTEMBER 1



## POOL CAMPS

### Splash of Everything Age: 7-12 yrs

Register for any day that works for you! Spend the day experiencing the world of aquatics through a variety of activities, challenges, and games. Spend approximately 4 hours in the pool each day! Be sure to bring a bathing suit, multiple towels, and a healthy lunch each day.

### Swim to Survive Age: 7-12 yrs

Spend the week working on water safety skills, knowledge, and abilities in a fun, encouraging atmosphere. Children will learn & practice the Canadian Swim to Survive® standard; roll into deep water, tread water for 1 minute, & swim 50 metres. Be sure to bring a bathing suit, multiple towels, and a healthy lunch each day.

### B.O.A.T.S Age: 7-12 yrs

Boating, obstacles, aqua fitness, training & splashing - the acronym says it all! This camp explores a variety of skills in, on, and around the water. Practice boating safety, participate in obstacle courses, work on aquatic fitness, learn water safety and swimming skills, and splash around the pool through a variety of games!

### Junior Lifeguard Age: 8-13 yrs

This camp focuses on lifesaving skills through a variety of activities and scenarios similar to those experienced by a real lifeguard! Develop your knowledge, judgement, and fitness in a fun, controlled aquatic setting! Be sure to bring a bathing suit, multiple towels, and a healthy lunch each day.

### Swimming, Sunshine & Skills Age: 7-12 yrs

Spend the week exploring the world of aquatics! Develop your swimming, fitness, water safety and lifesaving knowledge through situations, games, and activities both on land and in the water. When the weather is nice, we will be outside periodically throughout the week, so please bring closed toed shoes, weather appropriate attire along with your bathing suit, multiple towels, and a healthy lunch each day.

### Swim & Water Safety Age: 4-6 yrs

This fun educational camp focuses on swimming skills and water safety. There will be a structured swimming lesson each day along with games and activities in both the pool and classroom. Be sure to bring a bathing suit, multiple towels, and a healthy lunch each day.

### Girls on the Go Age: 9-13 yrs

Fun, active and educational. Give a variety of activities a try, as yoga and aqua size. Team building, craft activities, Karaoke, pampering afternoons and other tween activities are planned. Please bring a lunch, swim suit, towel and active wear.

### Girls on the Run Age: 11-13 yrs

Same as Girls on the Go, except you also earn your Babysitters Certificate and CPR A ticket. Team building, craft activities, Karaoke, pampering afternoons and other tween activities are planned. Please bring a lunch, swim suit, towel and active wear.



## How to Register

[strathconard.perfectmind.com](http://strathconard.perfectmind.com)

Our camps are filled on a first-come first-served basis, so the best way to register is to go online! Create your account, set-up family members, and add your payment method ahead of registration day to make the process quick and easy.

Registration for our summer camps and lessons opens at 9:00am on Monday, May 6.

Register online at [strathconard.perfectmind.com](http://strathconard.perfectmind.com)





# Arenas

JUL 3 TO SEP 1

Summer Schedule

|   | Sunday                               | Wednesday        |
|---|--------------------------------------|------------------|
| <b>Registered Lessons</b>                     | July 7 to Aug 25<br>No lessons Aug 4 | July 3 to Aug 28 |
| Parent & Tot Skating Lessons (2-5 yrs)        | 11:30am-12:00pm                      |                  |
| Little Rascals Hockey (3-5 yrs)               | 12:15pm-1:00pm                       |                  |
| Preschool Ice Quest (3-5 yrs)                 | 1:15pm-1:45pm                        |                  |
| Ice Quest - Level 1/2/3 (6-12 yrs)            | 5:15pm-5:45pm                        |                  |
| Registered Private Skating Lessons (All ages) | 10:45am-11:15am<br>(Leisure Ice)     | 5:15pm-5:45pm    |
| <b>Drop-in Skating</b>                        | July 7 to Sept 1                     |                  |
| Everyone Welcome & Pond Hockey                | 2:00pm - 5:00pm                      | 3:00pm-5:00pm    |
| Stick & Puck                                  | 5:15pm - 6:30pm                      |                  |

## SCHEDULE CHANGES

- Jul 1** Facility Closed - Canada Day
- Aug 4** BC Day Long Weekend. No Lessons or EW & PH / Stick & Puck.
- Aug 20** Facility Closed - Staff Training
- Sept 2** Facility Closed - Labour Day



### Looking for the most up to date schedule?

Schedule changes can happen from time to time, so visit [strathconagardens.com](http://strathconagardens.com) or scan the QR Code.

## PARENT & TOT SKATING

Enjoy a 30-minute interactive skating session with your child. Coaches introduce you and your little one to the world of ice skating. No previous skating experience is required for either participant – the emphasis of this program is fun. Both Parent & Tot must wear a helmet during while on the ice for this program.

## PRESCHOOL ICE QUEST

This program is designed to introduce preschoolers to the ice in a structured fun atmosphere. Coaches will develop your child's skating skills through a variety of games and activities.

## ICE QUEST - LEARN TO SKATE

Join us for the summer version of the Ice Quest Skating program! Our instructors will split the skaters into two groups based on skill level with an instructor for each group during a 30-minute skating lesson on the leisure Ice every Sunday throughout the summer. Skaters of all skill levels welcome! Skate rentals are available.

## LITTLE RASCALS HOCKEY

Learn basic hockey skills and play a real hockey game every class. Coaches will introduce your child to the game of hockey through a variety of fun drills and activities. All participants must be able to skate on their own.

## SKATE SHARPENING

July 2 to Sept 1 Cost: \$5.20/pair

|                  |                |
|------------------|----------------|
| <b>Monday</b>    | 10:00am-3:00pm |
| <b>Tuesday</b>   | 10:00am-3:00pm |
| <b>Wednesday</b> | 10:00am-3:00pm |
| <b>Thursday</b>  | 10:00am-3:00pm |
| <b>Friday</b>    | 10:00am-3:00pm |
| <b>Saturday</b>  | Closed         |
| <b>Sunday</b>    | 2pm-6pm        |

**Please Note:** Skate shop staff may look open inside and outside of these hours, but staff may be not available for skate sharpening if they're teaching lessons, short staffed, dealing with a high volume of public, or still in training on our skate sharpener.



### Helmets are mandatory

For all participants during any public skating/drop-in sessions, lessons, birthday rentals, school groups, and day camps.

**A limited amount of extra helmets are available, so bring your own. Any CSA approved helmet is great!**

## PRIVATE LESSONS

### Registered Private Lessons

Want to learn how to skate or work on your hockey skills? Private lessons cost \$20.80 per ½ hour session plus \$7.30 for each additional person. All ages welcome! Please inquire with our reception staff for available dates and times. Skate rentals are an additional \$1.60 per class.

**Registration for Summer Camps and Lessons opens Monday, May 6 at 9:00am**

## Strathcona Gardens Indoor Pool

| Monday | Tuesday   | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------|---|-----------|----------|--------|----------|--------|
|        | 6:00am - 8:30am<br>Lane Swim (2 -4 lanes)<br>Leisure Swim   |           |          |        | Closed   | Closed |
|        | 8:30am - 11:30am<br>Parent & Tot<br>Lane Swim (1 - 2 lanes) |           |          |        |          |        |
|        | 11:30am - 1:00pm<br>Public Swim                             |           |          |        |          |        |
|        | 1:00pm - 1:30pm<br>CLOSED                                   |           |          |        |          |        |
|        | 1:30pm - 3:00pm<br>Lane Swim (3 lanes)<br>Leisure Swim      |           |          |        |          |        |
|        | 3:00pm - 4:00pm<br>Swim Lessons                             |           |          | Closed |          |        |
|        | 4:00pm - 6:00pm<br>Lessons & Family Swim                    |           |          |        |          |        |
|        | 6:00pm - 6:30pm<br>CLOSED                                   |           |          |        |          |        |
|        | 6:30pm - 8:00pm<br>Public Swim                              |           |          |        |          |        |

### Hot Tub, Sauna, Steam Room, Weight Room & Showers

|                    |   |
|--------------------|---|
| Monday to Thursday | 6:00am - 1:00pm<br>1:30pm - 6:00pm<br>6:30pm - 8:00pm |
| Friday             | 6:00am - 1:00pm<br>1:30pm - 3:00pm                    |

- ▶ Children under the age of 7 must have an adult (16+) in the water within arms reach. The ratio is 3 children to 1 adult.
- ▶ Children ages 0-3 must wear a swim diaper in the pool.

### Swim Definitions/Notes

- Leisure Swim:** A calmer environment limited toys in leisure/wading pool.
- Parent & Tot:** Paired with lanes and swim lessons. Designed for parents/guardians with children 6 years and under.
- Family Swim:** Paired with lanes and swim lessons. Designed for families (parents/guardians must swim with children); medium volume; limited toys, waterslide open.
- Public Swim:** Loud environment; games & activities throughout, lots of toys, water slide open.



### Looking for the most up to date schedule?

Schedule changes can happen from time to time, so visit [strathconagardens.com](http://strathconagardens.com) or scan the QR Code.

**SCHEDULE CHANGES** Pool CLOSED - August 5, 19, 20 and August 31 to Sept 2

| JUNE 5 - 30, 2024 CENTENNIAL OUTDOOR POOL SCHEDULE    |  |   |  |   |  |
|---|--|---|--|---|--|
| MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY  | SATURDAY / SUNDAY  |
|   | <b>Swim Club</b><br>7 - 8 a.m.                           |   | <b>Swim Club</b><br>7 - 8 a.m.                           |   | <b>NOTE:</b> Delayed Opening on <b>Sat, June 15</b> due to staff training. Pool opens at 1:45 p.m. |
| <b>Rentals</b><br>10 a.m. - 2 p.m.                    |  |   |  |   |  |
| <b>Open Swim</b><br>2:30 - 4 p.m.                     |  |   |  |   | <b>Family Swim</b><br>(2 lanes)<br>11:30 a.m. - 1:30 p.m.  |
| <b>Swim Club</b><br>4:15 - 6:15 p.m.                  | <b>Everyone Welcome</b><br>(2 lanes)<br>4:15 - 5:45 p.m. | <b>Swim Club</b><br>4:15 - 6:15 p.m.                  | <b>Everyone Welcome</b><br>(2 lanes)<br>4:15 - 5:45 p.m. | <b>Everyone Welcome</b><br>(1 lane)<br>4:15 - 6:15 p.m. | <b>Open Swim</b><br>1:45 - 3:45 p.m.   |
| <b>Everyone Welcome</b><br>(2 lanes)<br>6:30 - 8 p.m. | <b>Swim Club</b><br>6 - 8 p.m.                           | <b>Everyone Welcome</b><br>(2 lanes)<br>6:30 - 8 p.m. | <b>Swim Club</b><br>6 - 8 p.m.                           | <b>Open Swim</b><br>6:30 - 8 p.m.                       | <b>Everyone Welcome</b><br>(2 lanes)<br>4 - 6 p.m.   |

\*Indicates a quieter swim

| JULY 1 - AUGUST 28, 2024 CENTENNIAL OUTDOOR POOL SCHEDULE  |  |   |  |  |                                    |
|--|--|---|--|--|------------------------------------|
| MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY   | SATURDAY / SUNDAY                  |
| <b>*Lengths and Leisure</b><br>(3 lanes)<br>7 - 8:30 a.m.  | <b>Swim Club</b><br>7:30 - 8:30 a.m.                     | <b>*Lengths and Leisure</b><br>(3 lanes)<br>7 - 8:30 a.m. | <b>Swim Club</b><br>7:30 - 8:30 a.m.                     | <b>*Lengths and Leisure</b><br>(3 lanes)<br>7 - 8:30 a.m.            |                                    |
| <b>Swimming Lessons</b><br>8:30 - 10:45 a.m.   |  |   |  | <b>*Family Swim</b><br>8:30 - 10:45 a.m.<br>(2 lanes)                |                                    |
| <b>**Everyone Welcome</b><br>11 a.m. - 12:45 p.m.<br>(2 lanes)   |  |   |  |  |                                    |
| <b>**Open Swim</b><br>1:15 - 4 p.m.<br>(Join us every WEDNESDAY from 2:30-4:00pm for a THEMED FUN SWIM!) |  |   |  |  |                                    |
| <b>Swim Club</b><br>4:15 - 6:15 p.m.   | <b>Everyone Welcome</b><br>(2 lanes)<br>4:15 - 5:45 p.m. | <b>Swim Club</b><br>4:15 - 6:15 p.m.                      | <b>Everyone Welcome</b><br>(2 lanes)<br>4:15 - 5:45 p.m. | <b>Family Swim / Private Lessons</b><br>(1 lane)<br>4:15 - 6:15 p.m. | <b>Rentals</b><br>4:15 - 6:15 p.m. |
| <b>Everyone Welcome</b><br>(1 lane)<br>6:30 - 8:30 p.m.  | <b>Swim Club</b><br>6 - 8 p.m.                           | <b>Everyone Welcome</b><br>(1 lane)<br>6:30 - 8:30 p.m.   | <b>Swim Club</b><br>6 - 8 p.m.                           | <b>Everyone Welcome</b><br>(2 lanes)<br>6:30 - 8:30 p.m.             |                                    |

**Please Note:**

\*Indicates a quieter swim \*\*Summer Camps may attend

All Swims, Birthday Parties and Rentals may be shared with other courses/rentals.

For Statutory Holidays: Canada Day (July 1) and BC Day (Aug 5), please follow our WEEKEND schedule.

Pool CLOSED to the public at 4 p.m. on Fri July 5 and all day on Sat/Sun July 6 and 7 for annual swim meet.

Children under the age of 7 **must** have an adult (16+) in the water within arms reach. The ratio is 3 children to 1 adult.

| ADDITIONAL SWIMS                  |                   |                        |
|-----------------------------------|-------------------|------------------------|
| <b>Open Swims (Tue and Thu)</b>   | 6 - 8 p.m.        | Aug 15, 20, 22, and 27 |
| <b>Family Swims (Mon and Wed)</b> | 8:30 - 10:45 a.m. | Aug 26, 27, and 28     |
| <b>Family Swims (Mon and Wed)</b> | 4:15 - 6:15 p.m.  | Aug 19, 21, 26, and 28 |
| <b>Lengths (Tue and Thu)</b>      | 7 - 8:30 a.m.     | Aug 15, 20, 22, and 27 |

We are pleased to provide this summer pool schedule, in partnership with the City of Campbell River's Centennial Outdoor Pool. Please note that admission or passes to the City of Campbell River facilities are still only sold at the Community Centre, Sportsplex, or Centennial Outdoor Pool. All children & youth are free!



# Fitness

## Drop-in, Referral & Registered Classes

JUL 2 TO AUG 30

### Aquatic Fitness

|                            | Monday                | Tuesday           | Wednesday    | Thursday     | Friday       |
|----------------------------|-----------------------|-------------------|--------------|--------------|--------------|
| <b>Drop-in Classes</b>     | No classes Aug 5 & 19 | No classes Aug 20 |              |              |              |
| Fluid Motion (D)           |                       | 9am-9:45am        |              | 9am-9:45am   |              |
| AM Deep Water Motion (D)   | 8am-8:45am            |                   | 8am-8:45am   |              | 8am-8:45am   |
| <b>Registered Classes</b>  |                       |                   |              |              |              |
| Adaptive Shallow (F) (Ph)  |                       | 10am-10:45am      |              | 10am-10:45am |              |
| Adaptive Deep (F) (Ph)     | 11:15am-12pm          |                   | 11:15am-12pm |              | 11:15am-12pm |
| Ortho Management (F) (Ph)  | 11:15am-12pm          |                   | 11:15am-12pm |              | 11:15am-12pm |
| Aquatic Arthritis (R) (Ph) | 10am-10:45am          | 1:15pm-2pm        | 10am-10:45am | 1:15pm-2pm   | 10am-10:45am |

No classes August 5, August 19, and August 20.

(D) = Drop-in Class (Ph) = Physicians consent/referral (R) = Registration - a set amount of classes for a specific duration of time.  
(F) = Flexible, register for dates that work for you.

### Studio Fitness

#### FREE Yoga Classes in Hagel Park

Yoga for ALL (R)

Take a Walk Tuesdays (F)

#### Tuesdays

More Info Coming Soon!

11:15pm-12:15pm (until July 30)

3:30pm-4:30pm (until Aug 13)

#### FITNESS PROGRAM DESCRIPTIONS >

The rest of our fitness information, including course descriptions and custom fitness services are available in Rec Guide or online.

**REGISTER** 

### WEIGHT ROOM See pool schedule for weight room hours.

Our busy weight room has everything you need for a complete workout, including a great selection of cardiovascular and strength training equipment. During operational hours, the pools, sauna and steam room are available for your drop-in admission. The weight room has large windows overlooking the main pool.

For more information about our weight room visit:

[strathconagardens.com/fitness-wellness/amenities-accessibility/](http://strathconagardens.com/fitness-wellness/amenities-accessibility/)

#### Weight Room Equipment List:

- 2 Treadmills
- 2 Elliptical Trainers
- 2 Upright & 2 Recumbent Bikes
- Rowing Machine
- Functional Trainer with Graduated Weight Stacks
- Paramount Weight Stack Machines
- Curl Bars 20-80 lbs
- Squat Rack
- Vertical Knee Raise/Dip Bar
- Dumbbells, Exercise Balls, Exercise Bands/Tubing, Skipping Ropes, Bosu Balls, Benches, etc.
- Stretching Area

### PERSONAL TRAINING

Our trainers have degrees in Kinesiology, Athletic and Exercise Therapy and all are certified Personal Trainers. They specialize in aquatic exercise and a wide variety of sports including soccer, cycling, running, and swimming. They train at elite levels and can help you train at that intensity as well. If you are just starting out, they will devise a program with safe, methodical exercises to progress you through an injury or assist with a chronic condition. If you want to be truly challenged and see results, these are the people you want in your corner.

Please contact us about scheduling a weight room orientation.

### DROP-IN CLASSES **NO CLASSES AUG 5, 19 & 20**

**Fluid Motion (F)** is an aquatic aerobic class where you are constantly in contact with the pool floor. You will build cardiovascular conditioning/endurance, strength, and flexibility, as the water forces, resist around you, ensuring a challenging workout.

**Tues/Thurs July 2 to Aug 29 9-9:45am Drop-in Pricing**

#### Deep Water Motion (F)

This class will give you a great cardio workout, and tone muscles, with no impact on your joints. Must be comfortable in deep water. Flotation belts are provided. The instructor may choose to facilitate a tethered class. This is where you are hooked to the lane rope to further develop your strength, stability, and endurance.

**Mon/Wed/Fri July 3 to Aug 29 8-8:45am Drop-in Pricing**

### REGISTERED CLASSES

**Yoga for ALL** Lorna will welcome you during this energizing class. The postures are uncomplicated, and each person's symmetry will be supported. You will feel rejuvenated both after the class and beyond.

**55924 Tuesdays Jul 2 to 30 11:15am-12:15pm \$46.00**

### REFERRAL REQUIRED CLASSES **NO CLASSES AUG 5, 19 & 20**

**Adaptive, Aquatic Arthritis, and Ortho Management** are physician or physiotherapist referred or consented. Forms available upon request.

**Adaptive Shallow (D)** is in the main pool and is for participants who have stable limitations due to arthritis, Parkinson's, M.S, stable heart/stroke conditions or have recovered from a variety of surgeries.

**Tues & Thurs July 2 to Aug 29 10-10:45am Drop-in Pricing**

**Adaptive Deep (D)** is an aerobics class for participants with stable medical conditions, and have exercised steadily, however prefer a suspended program due to weight bearing challenges with their joints. A flotation belt is provided for added stability.

**Mon/Wed/Fri July 3 to Aug 20 11:15am-12:00pm Drop-in Pricing**

**ORTHO Management (F)** is a pre/post rehabilitation, shallow water program, and is suitable for participants who have recently had a hip or knee replacement (or other joint surgeries) and have graduated from their recommended physiotherapy treatments. Forms are available at our reception desk or at the hospital physiotherapy clinic. Ensure the form has been completed and you have had a phone call from staff to confirm when you will start the program.

**Mon, Wed, or Fri July 3 to Aug 30 11:15am-12:00pm \$6.10/class**

**Aquatic Arthritis (R)** is in the Leisure pool with limited numbers of participants allowing for specialized support and guidance while moving through warm water. If you have chronic degeneration in your back, hips, knees, fingers or toes etc., this program will soothe you for longer than the 45-minute class. You are welcome to visit the Hot tub, steam or sauna, before or after class.

**Mon, Wed, or Fri July 3 to Aug 23 10-10:45am \$43.80-\$51.01/session**

**Tues or Thurs July 2 to Aug 22 1:15-2pm \$43.80-\$51.01/session**



#### YOGA IN HAGEL PARK

Stay tuned for more details, dates coming for July & August!

**9am to 10am**



#### TAKE A WALK TUESDAYS (F)

Together with Campbell River City staff, choose from a variety of guided walks, starting at 3:30pm. We will utilize our beautiful trails and walkways in and around the community. This registered program will have two staff/guides to support your trek. May use walking poles and please bring your own water. Difficulty: Levels will be explained once registered.

**Tuesdays July 8 to Aug 13 3:30-4:30pm FREE**

**Please call or come in to our front desk to register and receive the marshaling area for the start of each walk.**

*Individual classes may be cancelled due to extreme weather conditions. You will be notified if the walk has to be cancelled.*

# Pools

JUL 8 TO AUG 30

Lesson Schedule



## PRE-SCHOOL



**Help us avoid pool closures!** All children ages 3 and under must wear a swim diaper in the pool.

| Session Dates<br>( ) Indicates how many lessons in the session. | Mon & Wed                                 | Tues & Thurs                              | Monday to Friday  |
|---|---|---|---|
|   | July 8 to July 24                         | July 9 to July 23                         | July 8 to July 19   |
|   | August 7 to August 28<br>No Lesson Aug 19 | August 6 to August 29<br>No Lesson Aug 20 | July 22 to August 2   |
|   |   |   | August 6 to August 16 (Tues to Fri)<br>August 21 to August 30 |
| Jellyfish/Goldfish  | 3:00-3:30pm<br>3:35-4:05pm<br>5:00-5:30pm | 3:00-3:30pm<br>3:35-4:05pm<br>5:00-5:30pm | 8:30-9:00am<br>9:05-9:35am<br>10:15-10:45am<br>11:25-11:55am  |
| Seahorse  | 3:00-3:30pm<br>3:35-4:05pm<br>5:35-6:05pm | 3:00-3:30pm<br>3:35-4:05pm<br>5:35-6:05pm | 9:05-9:35am<br>10:15-10:45am                                  |
| <b>NEW</b> Two's in Training                                    | 3:35-4:05pm<br>5:00-5:30pm                | 3:35-4:05pm<br>5:00-5:30pm                | 9:40-10:10am<br>10:50-11:20am                                 |
| Octopus   | 3:00-3:30pm<br>4:25-4:55pm<br>5:15-5:45pm | 3:00-3:30pm<br>4:25-4:55pm<br>5:15-5:45pm | 9:05-9:35am<br>9:40-10:10am<br>10:15-10:45am<br>10:50-11:20am |
| Crab  | 3:00-3:30pm<br>4:25-4:55pm<br>5:15-5:45pm | 3:00-3:30pm<br>4:25-4:55pm<br>5:15-5:45pm | 8:30-9:00am<br>9:05-9:35am<br>9:40-10:10am                    |
| Orca  | 3:00-3:30pm<br>3:35-4:05pm<br>5:35-6:05pm | 3:00-3:30pm<br>3:35-4:05pm<br>5:35-6:05pm | 10:15-10:45am<br>10:50-11:20am                                |
| Sea Lion  | 3:00-3:30pm<br>3:35-4:05pm<br>5:00-5:30pm | 3:00-3:30pm<br>3:35-4:05pm<br>5:00-5:30pm | 9:40-10:10am<br>10:50-11:20am                                 |
| Narwhal   | 3:00-3:30pm<br>3:35-4:05pm<br>5:00-5:30pm | 3:00-3:30pm<br>3:35-4:05pm<br>5:00-5:30pm | 9:40-10:10am<br>10:50-11:20am                                 |

Registration for summer swim lessons and camps opens May 6 at 9:00am.



### Looking for swim level descriptions?

All of Lifesaving Society's Swim for Life course descriptions are online! Scan this QR code or visit: [www.lifesaving.bc.ca/swim-for-life](http://www.lifesaving.bc.ca/swim-for-life) We also have copies of the swim level descriptions at our front desk.







## SCHOOL AGE - SWIMMER

|  | Mon & Wed  | Tues & Thurs   | Monday to Friday  |
|--|--|--|---|
| <b>Session Dates</b>   | July 8 to July 24  | July 9 to July 23  | July 8 to July 19   |
| ( ) Indicates how many lessons in the session.   | August 7 to August 28<br>No Lesson Aug 19  | August 6 to August 29<br>No Lesson Aug 20  | July 22 to August 2   |
|  |  |  | August 6 to August 16 (Tues to Fri)                         |
|  |  |  | August 21 to August 30                                      |
| <b>Swimmer 0.5</b><br><i>(A facility program to offer kids a transition from PreSchool to our Swimmer program. Not an official Lifesaving level)</i> | 3:00-3:30pm<br>4:10-4:40pm<br>5:00-5:30pm<br>5:35-6:05pm                               | 3:00-3:30pm<br>4:10-4:40pm<br>5:00-5:30pm<br>5:35-6:05pm                               | 9:40-10:10am<br>11:25-11:55am<br>11:40am-12:10pm            |
| <b>Swimmer 1</b>   | 3:00-3:30pm<br>4:10-4:40pm<br>5:00-5:30pm<br>5:35-6:05pm                               | 3:00-3:30pm<br>4:10-4:40pm<br>5:00-5:30pm<br>5:35-6:05pm                               | 9:40-10:10am<br>11:25-11:55am<br>11:40am-12:10pm            |
| <b>Swimmer 1.5</b><br><i>(A facility program to offer kids a transition from Swimmer 1 to 2. Not an official Lifesaving level)</i>                   | 3:00-3:30pm<br>3:35-4:05pm<br>4:25-4:55pm<br>4:45-5:15pm<br>5:20-5:50pm<br>5:35-6:05pm | 3:00-3:30pm<br>3:35-4:05pm<br>4:25-4:55pm<br>4:45-5:15pm<br>5:20-5:50pm<br>5:35-6:05pm | 8:30-9:00am<br>9:05-9:35am<br>9:40-10:10am<br>10:50-11:20am |
| <b>Swimmer 2</b>   | 3:00-3:30pm<br>3:35-4:05pm<br>4:25-4:55pm<br>4:45-5:15pm<br>5:20-5:50pm<br>5:35-6:05pm | 3:00-3:30pm<br>3:35-4:05pm<br>4:25-4:55pm<br>4:45-5:15pm<br>5:20-5:50pm<br>5:35-6:05pm | 8:30-9:00am<br>9:05-9:35am<br>9:40-10:10am<br>10:50-11:20am |
| <b>Swimmer 3</b>   | 3:35-4:20pm<br>4:45-5:30pm   | 3:35-4:20pm<br>4:45-5:30pm   | 11:15am-12:00pm   |
| <b>Swimmer 4</b>   | 3:35-4:20pm  | 3:35-4:20pm  | 10:50-11:35am   |
| <b>Stroke Development &amp; Drills</b>   | 3:35-4:20pm<br>4:45-5:30pm   | 3:35-4:20pm<br>4:45-5:30pm   | 8:30-9:15am<br>11:15-12:00pm                                |
| <b>Swimmer 5</b>   | 3:35-4:20pm  | 3:35-4:20pm  | 8:30-9:15am   |
| <b>Swimmer 6</b>   | 4:25-5:10pm  | 4:25-5:10pm  | 9:20-10:05am  |
| <b>Swimmer 7/8/9 (Swim Patrol)</b>   | 4:45-5:45pm  | 4:45-5:45pm  | 10:10-11:10am   |

Registration for summer swim lessons and camps opens May 6 at 9:00am.



### Looking for swim level descriptions?

All of Lifesaving Society's Swim for Life course descriptions are online! Scan this QR code or visit: [www.lifesaving.bc.ca/swim-for-life](http://www.lifesaving.bc.ca/swim-for-life) We also have copies of the swim level descriptions at our front desk.



### strathconagardens.com/lifesaving



National Lifeguard is the professional standard for lifeguard training in Canada. National Lifeguards are trained by the Lifesaving Society, Canada's lifeguarding experts, to work at pools, waterfronts, waterparks, and surf environments across the country. They keep people safe through accident prevention, public education, and rescue response. Most importantly, National Lifeguards save lives.

#### NEW BRONZE STAR

► Earn High School Credit

Bronze Star is a pre-Bronze Medallion training program that helps to prepare candidates for success in Bronze Medallion. The Lifesaving Society's Bronze Star develops swimming proficiency, lifesaving skill and personal fitness. Candidates refine their stroke mechanics, acquire self-rescue skills, and apply fitness principles in training workouts. Bronze Star is excellent preparation for success in Bronze Medallion and provides a fun introduction to lifesaving sport. **Cost: \$45.50 or residents, \$78.60 non-residents.** *Swim Patrol (Swimmer 7/8/9) experience is recommended.*

56090      Tues to Fri      July 2 to 5      1pm - 4pm

#### BRONZE MEDALLION

► Earn High School Credit

Bronze Medallion challenges the candidate both mentally and physically. Judgment, 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. **Cost: \$40 manual, \$91 for residents, \$157.20 non-residents.** *Ages 13+ (by last day of course) OR hold a Bronze Star award (need not be current). Knowledge and proficiency in swimming is recommended.*

56088      Mon/Wed      Jul 8, 10, 15 & 17      9am - 3pm

56089      Tues to Fri      Aug 6 to 9      9am - 3pm

#### BRONZE CROSS

► Earn High School Credit

The Lifesaving Society's Bronze Cross begins the transition from lifesaving to lifeguarding and prepares candidates for responsibilities 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. **Cost: \$91 for residents, \$157.20 non-residents.** *Ages 13+. Must hold A Bronze Medallion (need not be current). Please bring your Canadian Lifesaving manual to the course.*

56091      Mon to Thu      July 8 to 11      2pm - 8pm

56092      Mon/Wed      July 22, 24, 29 & 31      9am - 3pm

56093      Tues/Thurs      Aug 8, 13, 15 & 22      5pm - 9pm

#### NATIONAL LIFEGUARD (NL) POOL & AIRWAY MANAGEMENT & OXYGEN ADMINISTRATION (AMOA) ► Earn High School Credit

Go online for a full description. *Must be 15 years of age, hold a Bronze Cross (need not be current), and hold a current Standard First Aid with CPR-C/AED by last day of course.* **Cost: \$296.23 residents, \$385.23 non-residents**

56100      Outdoor Pool Option      Fri/Sat/Sun      July 19-21, 26-28

56099      Indoor Pool Option      Mon to Fri      Aug 26 to 30

56098      Recert      Saturday      Aug 16      9:00am - 6:00pm      \$68/\$90



#### STANDARD FIRST AID WITH CPR/C & AED

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. Whether you need training for employment or simply want to be prepared to respond to life-threatening emergencies, this course will give you the skills and knowledge to act with confidence. In addition to the material covered in Emergency First Aid, candidates will learn how to treat head/neck injuries, soft tissue and skeletal injuries and medical emergencies. **Cost: \$103 resident, \$90 non**

56094      Sat & Sun

July 13 & 14      8:30am-5:30pm

56095      Sat & Sun

Aug 10 & 11      8:30am-5:30pm

#### CPR/C & AED RE-CERT

Must bring proof of CPR-C/AED certification (current within 3 years), pocket mask, and your Canadian CPR Manual. **Cost: \$63.00**

56096      Sat

Aug 17      5pm - 9pm

#### SWIM FOR LIFE INSTRUCTOR

The Lifesaving Society Swim Instructor course trains candidates to the Competency Level 1 knowledge, skills and attitudes needed to teach the Society's Swim for Life® and Canadian Swim Patrol programs. **Cost: \$293.20** *Ages 15+. Bronze Cross (need not be current) certification is required.*

56097      Tues to Fri

Aug 6 to 16      9am to 3pm

|   | Monday                                   | Tuesday     | Wednesday                                | Thursday    | Friday   |
|---|--|-------------|--|-------------|----------|
| CDM Leisure                                   | 1-1:45pm                                 | 9:00-9:45am | 1-1:45pm                                 | 9:00-9:45am | 1-1:45pm |
| CDM Shallow                                   | 2-3pm                                    | 11am-12pm   | 2-3pm                                    | 11am-12pm   |          |
| CDM Deep                                      | 9-10am                                   | 2:15-3:15pm | 9-10am                                   | 2:15-3:15pm | 9-10am   |
| CDM Land Advanced - Fitness Studio Low Impact |  | 8:30-9:30am |  | 8:30-9:30am |          |
| CDM Strong & Stable Fitness Studio            | 11am-12pm<br>12:45-1:45pm<br>3:15-3:45pm | 2:15-3:15pm | 11am-12pm<br>12:45-1:45pm<br>3:15-3:45pm | 2:15-3:15pm |          |
| CDM Growing Stronger Aquatic                  |  | 10-10:45am  |  | 10-10:45am  |          |

### CHRONIC DISEASE MANAGEMENT (CDM)

**Session Dates:** July 2 to Aug 23 (no classes Aug 5, 19, 20)

These Island Health Authority recognized programs give you structure to maintain independence and functional conditioning through prevention and management of many types of chronic conditions. Participants with congestive heart failure, asthma, diabetes, high BP, chronic lung/kidney disease, depression, COPD, renal failure, liver disease and dementia would benefit. There are many types of classes to choose from, and these will be decided during your consultation. These classes run in 7-week blocks, and you may be eligible for 14 weeks of sessions. **Classes offered with CDM:** Strong and Stable, warm water movement, shallow water walking, deep water aerobics, suspended with a belt, and low-impact aerobics in the Fitness Studio.

**CDM Leisure:** This gentle exercise class is in warm water with an easy access entry. We have aquatic wheelchairs to assist you, if required. This class includes range of motion, balance, and functional strength. A loved one may be asked to support you during the class.

**CDM Shallow:** This exercise class is in the shallow end of the main pool, where there are stairs and hand railing for a supportive entrance into the water which is up to 4 feet (120 cm) in depth. Class includes aerobics through walking, strength, and balance.

**CDM Deep:** This class is in the deep end of the main pool. The program encourages aerobic, strength and balance while being suspended. If uncomfortable in suspended water depths, you will benefit in the transition area of the pool, where you are able to connect with the bottom of the pool floor. (A flotation belt is available).

**CDM Low Impact Fitness Studio:** This gentle exercise class you will have support from your instructor working on general joint movement, strength and balance while modifying the exercises to suit your abilities. You will be seated for most or all of the class, depending on your comfort level.

**CDM Land Advanced Fitness Studio Low Impact:** This standing aerobic, low impact class will challenge your abilities with your individual level in mind. This is for clients wanting a more demanding program.

**CDM Strong & Stable:** You will benefit from this program if you have had a stroke, have difficulty walking any distances, and focuses on Falls Prevention. A loved one may be asked to support you during the class. This class has an elevator to take you to the Fitness Studio. Wheelchairs and walkers welcome.

**CDM Growing Stronger Aquatic:** This program is the equivalent to the Strong and Stable class, yet in the Leisure pool. There are aquatic walkers, wheelchairs and other equipment for easy accessibility into the warm water basin. The water depth is approximately waist deep. No swimming or submerging at all. You may want to enjoy the hot tub after class.

### BEFORE YOU START:

**Before you begin a CDM program, get Physician referred.**

You may self-refer at the Campbell River and District Hospital Wellness Centre. Once you have completed an assessment with a nurse professional, a mandatory consultation is required with one of our Kinesiologists, to ensure you are placed in a class level, best suited to your abilities. These programs need your physician's referral, prior to enrolling.



# Fitness

## Take Heart Breathe Well Cardiac Rehab

|                         | Monday                            | Tuesday                | Wednesday                         | Thursday               | Friday                            |
|-------------------------|-----------------------------------|------------------------|-----------------------------------|------------------------|-----------------------------------|
| Take Heart Breathe Well |                                   | 9:45-11am<br>12:30-2pm |                                   | 9:45-11am<br>12:30-2pm |                                   |
| Take Heart Maintenance  | 7-8:45am<br>9-10:30am<br>2-3:15pm |                        | 7-8:45am<br>9-10:30am<br>2-3:15pm |                        | 7-8:45am<br>9-10:30am<br>1-2:15pm |

### TAKE HEART BREATHE WELL CARDIAC REHABILITATION

This 12-week Take Heart and Breathe Well Program is a supervised exercise program for people who have had a cardiac event/surgery, chronic respiratory illness, and/or other chronic conditions. It includes an individual assessment, exercise plan, and ongoing monitoring and assistance. This program is of benefit to people who have had a heart event, or chronic conditions such as: high blood pressure, abnormal cholesterol, CVA, Diabetes, Smoking, Inactivity/Frailty, Respiratory illnesses (e.g. COPD, Asthma, Pulmonary Fibrosis), Kidney Disease, and Osteoarthritis. This program is fortunate to have a Respiratory Therapist in attendance on occasion. Call 250-830-6739 for further information. **Cost:** \$468.18.

### TAKE HEART MAINTENANCE

After completing the mandatory 12-week program, you may opt for a monthly Take Heart maintenance membership. Cost is \$75 per 30 days, please contact your instructor to register. Payment can be made with our reception staff.

### BEFORE YOU START:

**Before you begin our Take Heart Breathe Well program, get Physician referred.**

You may self-refer at the Campbell River and District Hospital Wellness Centre. Once you have completed an assessment with a nurse professional, a mandatory consultation is required with one of our Kinesiologists, to ensure you are placed in a class level, best suited to your abilities. These programs need your physician's referral, prior to enrolling. There may be financial assistance for this program through Island Health.





# Facility Information

Strathcona Gardens Recreation Complex is a regional facility run by the Strathcona Regional District, located in Campbell River, BC.

Our mission is to serve and enrich the life of every person in our community by providing community resources, recreation and leisure opportunities for people of all ages and abilities.

## RECEPTION HOURS

|           |         |
|-----------|---------|
| Sunday    | 9am-8pm |
| Monday    | 6am-9pm |
| Tuesday   | 6am-9pm |
| Wednesday | 6am-9pm |
| Thursday  | 6am-9pm |
| Friday    | 6am-9pm |
| Saturday  | 9am-8pm |

## HOLIDAY HOURS

|        |                 |
|--------|-----------------|
| May 6  | 1:30pm - 4:30pm |
| July 1 | Closed          |
| Aug 7  | 1:30pm-4:30pm   |
| Sept 4 | Closed          |

*The Strathcona Regional District respectfully acknowledges that the Strathcona Gardens Recreation Complex is located on the traditional unceded territory of the Lig<sup>w</sup>idax<sup>w</sup> people. It is also recognized that the SRD operates within the traditional, treaty and unceded territories of the Ehatt̓saht / Chinehkint, Homalco, Ka:'yu:'k't'h' / Che: k'tles7et'h', Klahoose, K'ómoks, Kwiakah, Mowachaht / Muchalaht, Nuchatlaht, Tla'amin, Tlowitsis, We Wai Kai and Wei Wai Kum First Nations.*



## Follow us on Social Media!

We post schedule changes, events, and information about our facility.



/strathconagardensrec



@strathconagardens



@n.i.outdoorshow



# Fees & Passes

|              | Adult    | Child <sup>1</sup> | Student  | Senior   | Family <sup>2</sup> |
|--------------|----------|--------------------|----------|----------|---------------------|
| Drop-in      | \$5.95   | \$3.10             | \$4.10   | \$4.35   | \$12.00             |
| 10x Pass     | \$54.00  | \$27.00            | \$36.90  | \$38.75  | \$108.00            |
| 1 Month Pass | \$58.25  | \$28.60            | \$39.50  | \$42.90  | --                  |
| 3 Month Pass | \$174.25 | \$81.65            | \$118.85 | \$126.65 | --                  |
| 6 Month Pass | 300.15   | \$141.75           | \$196.10 | \$204.70 | --                  |

<sup>1</sup> Every child aged 2 years and younger is allowed one adult caregiver with free admission.

<sup>2</sup> Family rate includes 6 people, with at least one adult. Additional children in excess of the family rate are \$1.60.

|                  |        |                         |        |
|------------------|--------|-------------------------|--------|
| Shower           | \$3.65 | Small Locker            | \$0.25 |
| Skate Rentals    | \$2.85 | Large Locker            | \$0.50 |
| Skate Sharpening | \$5.20 | Disposable Swim Diapers | \$1.65 |

► Fees on this page do not include applicable taxes.

## FREQUENTLY ASKED QUESTIONS

### What does an admission to the pool include?

Access to the pool includes use of our change room & shower facilities, leisure pool, main pool, hot tub, steam room, sauna, and weight room. See the pool schedule on page 3 for hours and availability of our pool areas.

### Can I use the pool and the arena on one admission?

No, you must pay a separate admission to use each area of our facility.

### How much are your lockers?

Keep your belongings safe! Our change rooms provide lockers for you to safely store your belongings. A small locker is 1 quarter (\$0.25), and a large locker is 2 quarters (\$0.50). Our reception desk can sell you quarters or provide change.

### Can my child swim on their own?

All children aged 0-6 yrs must be directly supervised and within arms reach of a parent or caregiver who is aged 16+ in the water. Children aged 7+ may swim in the pool unaccompanied. Children aged 0-2 can have a parent or caregiver with them for free.

### Do you have a lost and found?

Please see our reception staff for help finding any lost items. Valuable items are stored at our reception desk.

### Do I need a helmet to come skating?

Yes! Helmets are mandatory, and any CSA approved helmet is great. We have a limited number of extra helmets (bring one from home!) and skate rentals on a first-come first-serve basis. We also recommend you dress warmly to feel comfortable on the ice.

### Is the Leisure Skate cheaper?

Yes! When only the Leisure Ice surface is available for drop-in skating, we offer admission at a discounted rate.

### Where do I get skate rentals?

Skate rentals can be paid for at our front desk, and then bring your receipt and pick up your skates inside the Leisure Arena at our Skate Shop.

### Do you have an ATM on site?

There is an ATM located to the right of our Leisure Arena doors. Our reception desk and concession take cash, debit, and credit cards.

## BULK BUY PASSES

Bulk buy passes are available for all age groups and individuals. A minimum of \$500 must be purchased. These passes expire 1 year from the date of purchase. Sorry - no extensions. The bulk buy application forms are available on our website or at the customer service desk.

### Bulk Buy Prices:

Adult: \$4.95

Teen/Student/Senior: \$3.35

Child: \$2.35

## SWIM & HOCKEY STORE

Our reception desk sells a large variety of items:

- Competitive and recreational swim goggles and seal masks for adults and children.
- Disposable and reusable infant swim diapers.
- Latex and silicone swim caps.
- Nose plugs and ear plugs.
- Stingray toddler 2mm shorty wet suits in 2T, 3T and 4T
- We also sell Howie's hockey supplies such as:
  - Grip tape
  - Hockey tape
  - Sock tape
  - Hockey skate laces



# Registration

## How to Register

**REGISTER** 

Registration for Spring opens Monday, March 4 at 9:00am

Registration for Summer opens Monday, May 6 at 9:00am

Online Registration: [strathconard.perfectmind.com](http://strathconard.perfectmind.com)

Our swim lessons are filled on a first-come first-served basis, so the best way to register is to go online! Create your account, set-up family members, and add your payment method ahead of registration day to make the process quick and easy.

*If you have already set up an account with our front desk or forgot your login information, one of our reception staff can e-mail you a link to set-up an online account that is linked to the one you've already created in our system. We can also merge duplicate accounts.*

In-person Registration: **Strathcona Gardens: 225 S Dogwood Street**

Our reception staff are happy to assist you at our front desk with registration and setting up an account, however, our popular courses often fill up online quickly. Arriving in-person does not guarantee you a spot.

Phone Registration: **250.830.6777**

Our reception staff are happy to assist you over the phone with registration or answer any questions, but please note that registration week can be very busy and your patience is appreciated as we try to help all of our patrons.

## CANCELLATION FEES

The Strathcona Regional District have added cancellation fees to our Fees & Charges Bylaw. A "cancellation fee" means a fee charged for bookings, programs and lessons that are cancelled with less than the minimum period of notice set out our bylaw. The fees are as follows:

1. **>24 hours prior to program start or during program:**  
Refund for remaining classes in cases where an individual is unable to continue for documented medical reasons.
2. **24-48 hours prior to program start:**  
50% of program cost.
3. **One week to 48 hours to program start:**  
25% of program cost.
4. **One week or more:**  
No charge

Program withdraw will be applied as credit on account for future registrations if original payment was by debit or cash. If requested, a cheque can be issued to return account credits to the primary contact on the account.

## REGISTRATION TIPS

Plan ahead! We ask all parents & caregivers to make sure their children can attend the lessons they are registered for to avoid cancellation fees (see below).

- Register your child in one course per session. If you aren't sure what level they should be in, please ask our front desk for assistance.
- Always check with your swim instructor or follow the recommendations in your child's progress report before registering for the next level.
- Set your child up for success and don't register for the next level until they have passed the current level they are in.

## PROFESSIONAL FEES

If a professional wishes to work one on one with a client within a public drop-in space that professional would pay the professional admission fee per client and per visit. A "professional admission" means admission by a certified or designated professional representing an organization for the purpose of delivering services by that organization at Strathcona Gardens.

In order to qualify or maintain qualification under the professional admission rate category, the professional is required to maintain the following on their account:

- a) Proof of certification or professional designation for the instruction, training or therapy being proposed or provided by the professional;
- b) documentary evidence that the instruction, training or therapy being proposed or provided by the professional is approved by the appropriate governing body; and
- c) proof of insurance with the SRD named as an additional insured party.

Individuals providing professional services without professional designation or without purchasing the professional admission may be asked to leave the premises.



# HOCKEY SHOP

AVAILABLE AT OUR FRONT DESK



## Stretchy Grip Hockey Tape

Black, Orange, and Yellow



## Cloth Hockey Tape

White, Black, and Orange



## Hockey Skate Laces

72", 84", 96" - waxed and unwaxed  
Black, Orange, and White



## Clear Shin Pad Tape



## Hockey Stick Wax



## Skate Guards

Junior (1-5), Youth (up to U-13), and  
Adult (6-12)



## Water Bottles

Straw top and Pop Top



## Helmet Repair Kit

# Inclusion

Strathcona Regional District believes that everyone should have an opportunity to participate in recreation activities. We are committed to providing supports and services that work to minimize barriers and encourage participation for all community members.

## LEISURE INVOLVEMENT FOR EVERYONE (L.I.F.E) PROGRAM

Strathcona Regional District and the City of Campbell River have partnered together to provide healthy lifestyle opportunities for residents who face financial challenges. If lack of funds is hindering your participation in our drop-in and registered programs, register for the L.I.F.E. Program, which offers financial assistance for individuals and families with low incomes.

The L.I.F.E. Program will provide each eligible person with:

- 104 Free Drop-In admissions to our facility (arena, pool, fitness classes, sauna, steam room, and weight room)
- 50% reduction in fees for three (3) registered programs at Strathcona Gardens (swimming lessons, skating lessons, and fitness programs)

How to Register:

1. Download the [2023/2024 L.I.F.E Program Application](#) or pick one up from Strathcona Gardens during reception hours.
2. Gather required documentation: You will need proof of your combined income from line 150 of your 2022 Notice of Assessment from the Canada Revenue Agency for each member of the household, as well as proof of residency within the City of Campbell River with your current address. A driver's license or current utility bill can be used for proof of residency.
3. The L.I.F.E. application form must be completed in full, and submitted with your required documentation to a staff member at our reception desk.

**Please note:** if you submit your application first to the City of Campbell River (Community Center or Sportsplex) please ask for a copy to be made, and then bring it to our facility for processing as you must apply to us separately from the City.



JumpStart is a community-based charitable program that helps kids in financial need participate in recreation. To request funding for a program, complete an online application form at [jumpstart.canadiantire.ca](http://jumpstart.canadiantire.ca)



KidSport is a community-based sports charity that provides grants for children to participate in a recognized sport. To apply, go to [www.kidsportcanada.ca](http://www.kidsportcanada.ca)

## FAMILIES



Visiting our facility with your children? Let us make recreation a little easier for you:

- Adults are free with any infant under the age of 3.
- Universal change rooms so families of all types and genders can be together.
- Forgot your swim diaper? See our front desk for assistance.
- We have floaties for infants under 20lbs, 3 sizes of life jackets for children who are 20-90lbs, and adult sizes from XXS to XXL.
- Baby change tables and toddler chairs in the Universal, Womens, and Mens change rooms.
- Benches along our leisure ice to help your children get their skates on.
- Strollers are welcome on the arena ice surface, and we have skating aids for toddlers and young children.

## ACCESSIBILITY



Our facility has installed many accessibility aids to help those with disabilities or mobility issues use our facility. Aids include:

- If you have a disability, your caregiver/aid may join you free of charge!
- Lifts and beds in the universal change room.
- Lifts in the pool.
- Ramps and accessible stairwells in the pool.
- Elevator to access our Arena 1 mezzanine and Fitness Room.
- Adult swim diapers available at our front desk.



# Facility Booking

## Room Rentals



**Pinecrest Room \$15.60/hour**

Connected to the Arena 1 black lobby, the Pinecrest Room can accommodate up to 18 people.



**Pool Viewing Room \$15.60/hour**

Connected to our main lobby and overlooking the pool, the Viewing Room can accommodate up to 25 people.



**VIP North Room \$15.60/hour**

Overlooking Arena 1, the VIP North Room can accommodate up to 10 people.



**Dogwood Room \$36.40/hour**

Our largest room in the facility, the Dogwood Room overlooks Arena 2 and can accommodate up to 65 people.

## EVENT INSURANCE

Host liability insurance is available for parties and meetings. Please inquire about options with the booking representative.



## SCHOOL GROUP RENTALS

Take your class swimming or skating! We have daytime hours available in our pool and arenas to accommodate school groups.

## Ready to book?

Call us at 250.830.6766 or e-mail [bookings@srd.ca](mailto:bookings@srd.ca)



# Birthday Parties

We have a variety of options available for every age group. Options include swimming or skating parties, theme parties, party room rentals, and so much more! Simply choose one or more of the available options and let us do the rest!

## POOL PARTIES

**Saturdays & Sundays 3:30-4:30pm**

**Shared Rate:** \$50.45 per hour for up to 25 people - **including adults**. Rate is for the leisure or main pool. Leisure pool includes the water slide & hot tub. Main pool includes the diving board & rope swing. Add a partyologist (game leader) for an additional \$32.80/hour

### Wiggle Bridge

Our wiggle bridge can be added to any main pool party for people 7+. Additional fees apply.

### Themed Pool Parties (Ages 4-8)

Make your party extra fun for little effort! Themes to choose from include a pirate party or a beach party.

**Cost:** \$32.80

**Note:** Includes a party favour & partyologist (a game leader).

**Email:** bookings@srd.ca

### For pool bookings contact:

**Phone:** 250-830-6766

**Email:** bookings@srd.ca

### Concession Packages:

Add a concession package to your party, available Sept-March. Cost is \$6.50/person and includes a hot dog, juice box, a free swimming or skating pass and a healthy fruit snack.

## ARENA PARTIES

AVAILABLE UNTIL JUNE 15

**Saturdays 4:45-5:45pm**

**Sundays 1:15-2:15pm or 1:15-2:45pm**

**Cost:** \$40.00 + GST per hour, \$1.60 skate rentals. Add a partyologist (game leader) for an additional \$32.80/hour.

### Themed Ice Parties

Make your party extra fun for little effort! Themes to choose from include: Hockey Party or Disco Party.

**Cost:** \$32.80 - Includes a party partyologist (a game leader).

### For arena bookings contact:

**Phone:** 250-830-6766

**Email:** bookings@srd.ca

## LOOKING FOR A PARTY GIFT?

### Great gifts & retail supplies available at Strathcona

#### Gardens:

- Memberships
- Single Passes
- Gift Cards to Fitness, Aquatic & Ice Programs, and Concession Packages
- Hockey Merchandise
- Swimming Accessories

## BIRTHDAY PARTY FAQ

### What do I need to bring?

Party organizers are responsible for the decorations, food, birthday cake, dishes and utensils.

### When is payment due?

Full payment is due at the time of booking.

### What does a "Shared Rate" mean for a pool party?

There can be a maximum of two birthday party groups in one pool. The space may also be shared with program participants.

### When can the party organizer access the party space?

Party organizers are allowed access 15 minutes before and after the booked party time.

### Can the party organizer use the fridge/freezer?

The party organizer can use the fridge & freezer if space is available. Please note that fridges at all locations are a standard size and are only suitable for a regular size cake. Please check with our reception desk for availability.

### Where can we store our gifts while we swim?

We have secure areas available if you need you store your gifts and party supplies while you wait for your room booking.

### Are skate rentals included for arena parties?

No, skate rentals are an additional \$1.60 per rental. The skate shop will count up your rentals, and you can stop by the reception desk to pay your outstanding balance at the end of your party.

**Need a party room?** Pool and Arena rentals do not include a room, but they may be added based on availability. Please inquire about a room when booking. Room descriptions and rates per hour are on the previous page.

# Community Listings

The Strathcona Regional District is home to fantastic sports organizations both inside our facility and in the surrounding community. Our vision is to serve and enrich the life of every person in our community, and we are pleased to provide the list below as a resource to promote recreation and healthy living.

## ORGANIZATIONS AT STRATHCONA GARDENS

### Hockey

**Campbell River Storm**  
campbellriverstorm.com

**CR Minor Hockey Association**  
crmha.ca

**CR Womens Hockey**  
crwomenshockey@gmail.com

**Next Level Training**  
nextleveltrainingbc.com

### Lacrosse

**CR Minor Lacrosse Association**  
campbellriverminorlacrosse.ca

### Pickleball

**Campbell River Pickleball Association**  
crpba.ca

### Skating

**Campbell River Skating Club**  
skatecampbellriver.ca

### Swim Club

**Campbell River Killer Whales**  
crkw.poolq.net

| SPORT         | ORG  | CONTACT   |
|---------------|--|---|
| Archery       | CR Fish & Wildlife Club                    | crfishandwildlifeclub.ca                            |
| Badminton     | CR Badminton Club                          | crbadminton.ca                                      |
| Baseball      | CR Minor Baseball Assoc.                   | leagues.teamlinkt.com/CRMBA                         |
|               | North Island Cubs                          | northislandcubs.com                                 |
| Basketball    | CR Youth Basketball Association            | fishgeo@shaw.ca                                     |
|               | Dime Valley Basketball                     | dimevalleybasketball.com                            |
| Cricket       | CR Cricket Club                            | crccricket.club                                     |
| Curling       | CR Curling Club                            | crcurl.com  |
| Cycling       | River City Cycle Club                      | rivercitycycle.ca                                   |
| Dance         | CR DanceXtreme                             | crdancextreme.com                                   |
|               | Studio North Dance Academy                 | riverportdanceworks.com/<br>studionorthdanceacademy |
|               | Solstice Studio                            | solsticestudio.ca                                   |
|               | Tara School of Irish Dancing               | treblejoy@taraschoolofirishdancing.ca               |
|               | Urban Dance Connection                     | urbandanceconnection.com                            |
| Fitness       | Elevate & Primal Athletics                 | primalathletics.net                                 |
| Golf          | CR Golf & Country Club                     | crgolf.ca   |
|               | Storey Creek Golf Course                   | storeycreek.bc.ca                                   |
| Gymnastics    | CR Gymnastics Assoc.                       | campbellrivergymnastics.ca                          |
| Karate        | CR Shito Ryu Karate Club                   | shito-ryu.ca  |
|               | CR Wado Karate Club                        | crwado.ca   |
|               | Dimitova Training Academy                  | dimitovatrainingacademycanada.com                   |
|               | Northwest Shito-Kai Karate                 | karatenwsk.com                                      |
|               | Martial Arts                               | Parallel 50 Training Centre                         |
|               | Pure Martial Arts                          | puremartialarts.ca                                  |
|               | Heart and Soul Muay Thai                   | heartandsoulmuaythai.com                            |
| Motocross     | Campbell River Motocross Assoc.            | campbellrivermx.ca                                  |
| Rock Climbing | On The Rocks Climbing                      | rockgym.ca  |
| Rugby         | CR Rugby Club                              | campbellriverrugby.weebly.com                       |
| Skiing        | Mount Washington Alpine Ski Club           | mtwashingtonskiclub.com                             |
|               | Strathcona Nordics<br>Cross Country Skiing | strathconanordics.com                               |
|               | Mount Washington Freestyle<br>Ski Club     | mwfreestyle.com                                     |