

STRATHCONA GARDENS RECREATION COMPLEX  
**REC GUIDE SPRING 2025**



SERVING CAMPBELL RIVER & AREA D

**STRATHCONAGARDENS.COM**

**INFO@STRATHCONAGARDENS.COM 250.830.6777**



PHASE 1

# RECREATE

## STRATHCONA GARDENS

### NEW AQUATIC & WELLNESS CENTRE

## BUILDING FOR A HEALTHIER COMMUNITY



**WE'RE STILL OPEN**  
DURING CONSTRUCTION OF THE  
NEW AQUATIC & WELLNESS CENTRE



VISIT [STRATHCONAGARDENS.COM/CONSTRUCTION](https://strathconagardens.com/construction)

1

**Stay well-informed** by visiting this website and learn what to expect during construction.

2

**Sign-up for our newsletter** to get schedule change alerts and news about the project.

## I HAVE A QUESTION ABOUT:

### STRATHCONA GARDENS

Questions about facility hours, programs, lessons, registration, events, or general information, please visit reception, call 250-830-6777 or e-mail [info@strathconagardens.com](mailto:info@strathconagardens.com)

### THE REC-REATE PROJECT

[recreatesg.ca](https://recreatesg.ca) is our project website that has the design plans, general FAQs, and overall project information. For further details or specific project questions, please email [recreatesg@srd.ca](mailto:recreatesg@srd.ca) or call 250-830-6700

### REC-REATE CONSTRUCTION

Want to know about any public disruptions or what to expect when visiting Strathcona Gardens during the project? Go to [strathconagardens.com/construction](https://strathconagardens.com/construction)

**While we understand this will be an inconvenience for some, the end result will be fantastic!** We will do our best to avoid disruptions to facility programming and will provide as much notice as possible for any temporary closures.



# DROP-IN POOL SCHEDULE

MARCH 30 TO JUNE 28

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Lanes (2) 6:30am-9:00am			Lanes (2) 9:30am-12:30pm	Lanes (3) 9:00am-11:30am	
	Lanes (2) & Parent and Tot 9:00am-10:30am			Lanes (2) & Leisure Swim 12:30pm-2:00pm	Lanes (2) & Family Swim 11:30am-1:00pm	
	Lanes (2) & Leisure Swim 10:30am-3:00pm			Closed 2:00pm-3:30pm	Public Swim 1:00pm-3:00pm	
Closed 3:00pm-5:00pm	Closed 3:00pm-3:30pm	Closed 3:00pm-5:00pm	Closed 3:00pm-3:30pm	Leisure Swim 3:30pm-5:00pm	<b>DESCRIPTIONS</b> <b>Public Swim</b> - All ages welcome, all pool facilities and areas open (waterslide decommissioned). <b>Family Swim</b> - Leisure Pool only. Parents & caregivers MUST be in the water swimming with children. <b>Leisure Swim</b> - Leisure pool only. <b>Parent &amp; Tot</b> - Leisure Pool. Parents & caregivers with children 6 yrs and under. 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.	
Leisure Swim 3:30pm-6:30pm		Leisure Swim 3:30pm-6:30pm	Leisure Swim 3:30pm-6:30pm	Leisure Swim 3:30pm-5:00pm		
Family Swim 5:00pm-6:30pm	Lanes (2) & Family Swim*	Family Swim 5:00pm-6:30pm	Lanes (2) & Family Swim*	Family Swim 5:00pm-6:30pm		
Public Swim 6:30pm-8:00pm	Lanes (2) & Family Swim* 6:30pm-8:00pm	Public Swim 6:30pm-8:00pm	Lanes (2) & Family Swim* 6:30pm-8:00pm	Public Swim 6:30pm-8:00pm		
	16+ Swim & Lanes (3) 8:00pm-9:00pm			Closed 8:00pm-9:00pm		

\*Leisure Pool and shallow end of the main pool are open during this Family Swim.

● **Holiday hours:** open from 1:30-4:30pm on Friday April 18 & Monday April 21, and 12:00pm-4:30pm on Monday May 19.

## HOT TUB

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00am-3:00pm 5:00pm-9:00pm	9:00am-3:00pm 3:30pm-9:00pm	9:00am-3:00pm 5:00pm-9:00pm	9:00am-3:00pm 3:30pm-9:00pm	12:30-2:00pm 3:30-8:00pm	11:30-3:00pm	11:30am-3:00pm

## STEAM ROOM, SAUNA & SHOWERS

Open during all pool hours. Closed during hours noted in the above schedule. Weight Room is decommissioned for the REC-REATE Construction.

Last-minute schedule changes will always be communicated in the top red bar of our website.

Last-minute course changes will be communicated via text message.

# AQUATIC FITNESS SCHEDULE

MARCH 30 TO JUNE 28

All classes require pre-registration. ● No classes on Friday April 18, Monday, April 21, and Monday May 19.

Monday No class April 21 & May 19	Tuesday	Wednesday	Thursday	Friday No class April 18
Deep Water Motion (F) 8:15am - 9:00am	Deep Water Motion (F) 8:15am - 9:00am	Deep Water Motion (F) 8:15am - 9:00am	Deep Water Motion (F) 8:15am - 9:00am	Deep Water Motion (F) 8:15am - 9:00am
	Fluid Motion (F) 9:00am - 9:45am		Fluid Motion (F) 9:00am - 9:45am	
Ortho Management (F) 10:00am - 10:45am	Adaptive Shallow (F) 10:00am - 10:45am	Ortho Management (F) 10:00am - 10:45am	Adaptive Shallow (F) 10:00am - 10:45am	Ortho Management (F) 10:00am - 10:45am
Adaptive Deep (F) 11:00am - 11:45am		Adaptive Deep (F) 11:00am - 11:45am		Adaptive Deep (F) 11:00am - 11:45am
Aquatic Arthritis (R) 10:00am - 10:45am	Aquatic Arthritis (R) 2:00pm - 2:45pm	Aquatic Arthritis (R) 10:00am - 10:45am	Aquatic Arthritis (R) 2:00pm - 2:45pm	Aquatic Arthritis (R) 10:00am - 10:45am

**Flexible (F)** Pre-register before the class. Pick any day that works for you. Doctors referral required for Ortho Management.

**Registered (R)** Register for a session of classes. Doctor's referral required.

## DEEP WATER MOTION

This class in our main pool 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.

## FLUID MOTION

An aquatic aerobic class in the shallow end of our main pool where you are constantly in contact with the pool floor. You will build cardiovascular conditioning/endurance, strength, and flexibility as the water forces generate resistance, ensuring a challenging workout.

## ADAPTIVE SHALLOW

This class is 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.

## ADAPTIVE DEEP

An aerobics class in our main pool 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.

## AQUATIC ARTHRITIS

This program 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. **These classes are booked on a 7-week schedule booking one or more days through the week.**

## ORTHO MANAGEMENT

This class is a pre/post rehabilitation shallow water program in our main pool suitable for participants who have recently had a hip or knee replacement (or other joint surgeries) and have graduated from their recommended physiotherapy treatments. Or for those who are waiting for replacement surgery, this would be of great benefit. 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. **Cost:** \$6.22 per class.



Visit [strathconagardens.com/fitness](https://strathconagardens.com/fitness) to register or download medical forms.

# DROP-IN HOCKEY & PROGRAMS

MARCH 30 TO MAY 17

ARENAS

## ARENA 2

	MON	TUES	WED	THURS	FRI	SAT	SUN
55+ Program Hockey	9:45-11:15am		9:45-11:15am		9:45-11:15am		
16+ Hockey Program	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		2:45-5:00pm				

## LEISURE ICE

	MON	TUES	WED	THURS	FRI	SAT	SUN
Leisure Skate	9:45-1:00pm	9:45-1:00pm	11:00-1:00pm	9:45-1:00pm	9:45-1:00pm 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*		

\*Friday Night at the Movies - Apr 4 & May 9 \*Glow Skate - Apr 25

## SPECIAL SKATES & SCHEDULE CHANGES

- Mar 30** CR Wildcat Tournament – Leisure Skate 3:00-5:30pm only.
- Mar 31** Pro-D Day - Stick & Puck 11:30-1pm / EW & Pond Hockey 3:00-5:00pm, no lessons.
- Apr 18-21** Easter Long Weekend – EW & Pond Hockey: Fri & Sat – 1:30-4:30pm, Sun – 3:00-5:30pm, Mon – 1:30-4:30pm
- May 1** 1:15-2:30pm Everyone Welcome cancelled. Stick & Puck time changed to 11:30-12:45pm.
- May 17-19** May Long Weekend – EW & Pond Hockey: Sat – 1:30-4:30pm, Sun – Closed, Mon – Closed.

## SKATING SCHOOL BUS April 1 to May 16

Register your child for the Skating School bus and catch a ride to Strathcona Gardens to join the Everyone Welcome & Pond hockey session. Participants are welcome to bring their skating/hockey equipment on the bus, or parents can drop it off at the skate shop on your way to work! Registration/cancellation cut-off for the day of desired pick up is 12:00 noon to give the bus driver time to plan their route based on daily registration. Registration fee includes admission and skate rentals. **Cost: \$15/day Ages 7+.** *Online booking is unavailable, register with our front desk.*

- Mon/Wed** Ocean Grove, Penfield, Southgate
- Tues/Thurs** Willow Point, Georgia Park, Phoenix
- Friday** Ripple Rock, Ecole Des Deux Mondes, Ecole Mer et Montagne

## SKATE SHARPENING

March 30 to May 17 Cost: \$5.30/pair

<b>Monday</b>	10:00am - 5:00pm
<b>Tuesday</b>	10:00am - 5:00pm
<b>Wednesday</b>	10:00am - 5:00pm
<b>Thursday</b>	10:00am - 5:00pm
<b>Friday</b>	10:00am - 5:00pm
<b>Saturday</b>	1:30pm - 4:30pm
<b>Sunday</b>	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.



### 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.

# SPRING 2025 EVENTS CALENDAR

## APRIL

FRIDAY  
APR  
4

### FRIDAY NIGHT AT THE MOVIES



Enjoy a relaxing skate on the leisure ice watching “D2: The Mighty Ducks” on the big screen. Admission is \$7/person or \$24/family of 4 and includes 2 slices of Little Caesars and a juice box. All ages. **Time:** 5:15pm to 8:00pm.

FRIDAY  
APR  
11

### THE GRAND THAWING

Join us in the pool as we initiate the grand thawing with bone chilling fun. Our ice-filled games are sure to leave you with a chilly smile! **Time:** 6:30pm to 8:00pm during the public swim.

SUNDAY  
APR  
20

### EASTER EGG-STRAVAGANZA

Join us in the pool for an egg-stremely egg-citing Easter egg-stravaganza! We’ll have an easter egg dive, scavenger hunt, crafts and much more. A great event for the whole family! regular admission. **Time:** 1:00pm to 3:00pm. \$6/person for anyone who wants to participate.

FRIDAY  
APR  
25

### FRIDAY NIGHT GLOW SKATE

Join us for a family friendly skate with our disco & glow lights. Glow stick necklaces will be provided for each participant and there will be prizes for the best glow in the dark outfits! All ages, regular admission. **Time:** 5:15pm to 8:00pm.

## MAY

FRIDAY  
MAY  
2

### UNDERWATER ADVENTURE

This ocean inspired event is a must for those who love the water. Anything can happen when we open the secret message in a bottle! **Time:** 6:30pm-8:00pm during the public swim.

FRIDAY  
MAY  
9

### FRIDAY NIGHT AT THE MOVIES



Enjoy a relaxing skate on the leisure ice watching “Moana 2” on the big screen. Admission is \$7/person or \$24/family of 4 and includes 2 slices of Little Caesars and a juice box. All ages. **Time:** 5:15pm to 8:00pm.

SUNDAY  
MAY  
11

### MOTHER’S DAY MINI GAMES

Bring your grandma, mom, auntie or caregiver in for a special day where they can pick and choose what mini games they want to play. Regular admission, moms swim free! **Time:** 11:30am to 1:00pm during the family swim.



## JUNE

FRIDAY  
JUN  
6

### WHEELS & REEL MOVIE NIGHT

Enjoy a relaxing evening on the leisure floor watching the movie “Dog Man” on the big screen! While the movie is playing, everyone is welcome to ride their trikes, bikes, roller skates, skateboards, or scooters on the Leisure & Arena 2 dry floor. Please wear a helmet while riding your toys! **Time:** 5:15pm to 8:00pm.



FRIDAY  
JUN  
13

### DRY FLOOR LASER TAG

Laser tag is taking over the arena for a night of laser tag fun! Play with up to 10 players at a time for each 10-minute game of laser tag. Admission fee includes 2 slices of Little Caesars Pizza and a juice box, and at least 2 games of laser tag per participant. Please note: Space is limited to a maximum of 40 participants ages 8-14 yrs. **Time:** 6:30pm to 8:00pm. **Pre-registration starts on May 5 at 9am.**

FRIDAY  
JUN  
13

### BUILD YOUR OWN BOAT

Feeling creative? This is your day to build your own boat. You supply the creativity, and we’ll supply the cardboard and duct tape. **Time:** 6:30pm to 8:00pm during the public swim.

SATURDAY  
JUN  
15

### FATHER’S DAY UNIQUE SPORTS

There are some sports we just don’t get to play very often. Bring grandpa, dad, uncle or caregiver and join us for new and unusual water-based sporting events. All ages, regular admission. **Time:** 11:30am to 1:00pm during the family swim.

# SWIM LESSONS

# POOLS

## MONDAYS & WEDNESDAYS

April 7 to May 7 (9)

No lesson April 21

May 12 to June 11 (9)

No Lesson May 19

	Length	3:15pm	3:35pm	3:50pm	4:10pm	4:25pm	4:45pm	5:00pm	5:20pm	5:35pm	5:50pm	5:55pm	6:10pm
		30 minutes											
Pre-School	Jellyfish/Goldfish							•					
	Seahorse	•											
	Octopus		•		•								•
	Crab			•				•					
	Squid*								•				
	Orca		•							•			
	Sea Lion/Narwhal											•	
School Age - Swimmer	Swimmer 0.5*				•								
	Swimmer 1					•					•		
	Swimmer 1.5*						•						
	Swimmer 2					•					•		
	Swimmer 3		•					•		•			
	Swimmer 4							•					
	Stroke Development & Drills*							•					
	Swimmer 5/6				•								
Swimmer 7/8/9 (Swim Patrol)		•											



## SWIM LEVEL DESCRIPTIONS

All of Lifesaving Society's Swim for Life course descriptions are online! Scan the QR code or visit: [lifesaving.bc.ca/swim-for-life](https://lifesaving.bc.ca/swim-for-life)



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

## REGISTRATION HELP

Need help figuring out what swim level your child is in? See page 9. You can also go in to your PerfectMind account to see the last level your child was registered in, or ask our reception desk for assistance.



Registration opens for swimming lessons on March 10.

[strathconagardens.com/swim](https://strathconagardens.com/swim)

## TUESDAYS & THURSDAYS

Age Group	Length	Time
NEW Lifesaving Sport	45 minutes	5:15pm-6:00pm
Adult/Teen 1	45 minutes	7:15pm-8:00pm
Adult/Teen 2	45 minutes	8:00pm-8:45pm

\*Facility-based lessons created by Strathcona Gardens to help swimmers bridge the gap between Lifesaving Society levels.

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

## LIFESAVING SPORT NEW

Ages 11-14 and completed Swimmer 3. See page 10 for a description for this new program!

# SWIM LESSONS



POOLS

## SATURDAYS

April 12 to June 14 (8)  
No lessons Apr 19 & May 17

	9:00am	9:35am	9:50am	10:10am	10:25am	10:45am	11:15am	11:20am	12:10pm
Jellyfish/Goldfish						•			
Seahorse								•	
<b>Pre-School</b>									
Octopus	•			•					
Crab			•			•			
Squid*				•					
Orca	•	•		•					
Sea Lion/Narwhal		•							
Swimmer 0.5*	•					•			
Swimmer 1		•		•					
Swimmer 1.5*							•		
<b>School Age - Swimmer</b>									
Swimmer 2		•				•			
Swimmer 3	•							•	
Swimmer 4								•	
Stroke Development & Drills*								•	
Swimmer 5/6					•				
Swimmer 7/8/9 (Swim Patrol)									•

## SUNDAYS

April 13 to June 15 (9)  
No lesson Apr 20 & May 18

	3:20pm	3:35pm	4:10pm	4:45pm	5:00pm	5:20pm	5:35pm	5:55pm	6:10pm
Jellyfish/Goldfish		•							
Seahorse					•				
<b>Pre-School</b>									
Twos in Training*			•			•			
Octopus					•				•
Crab		•						•	
Squid*			•						
Orca				•			•		
Sea Lion/Narwhal		•							
Swimmer 0.5*				•					
Swimmer 1		•				•			
Swimmer 1.5*			•						
<b>School Age - Swimmer</b>									
Swimmer 2				•				•	
Swimmer 3			•				•		
Swimmer 4						•			
Stroke Development & Drills*						•			
Swimmer 5/6	•								
Swimmer 7/8/9 (Swim Patrol)			•						

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

How long are swim lessons? Pre-school to Swimmer 2 - 30 mins. Swimmer 3 to 6 - 45 mins. Swimmer 7 to 9 - 45 mins.

\*Facility-based lessons created by Strathcona Gardens to help swimmers bridge the gap between Lifesaving Society levels.

## SWIM LEVEL DESCRIPTIONS



All of Lifesaving Society's Swim for Life course descriptions are online! Scan the QR code or visit: [lifesaving.bc.ca/swim-for-life](https://lifesaving.bc.ca/swim-for-life)

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

## REGISTRATION



Registration opens for swimming lessons on March 10.

[strathconagardens.com/swim](https://strathconagardens.com/swim)



# SWIM LESSONS

Swimming Ability	Register in
Is 4 to 12 months old and ready to learn to enjoy the water with parent.	Jellyfish/ Goldfish
Is 12 to 24 months old and ready to learn to enjoy the water with parent.	Goldfish
Is 12 to 24 months old and ready to learn to enjoy the water with parent.	Seahorse
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.	Two's in Training*
Is 3 to 5 years and just starting out on his or her own.	Octopus
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.	Crab
Is for 3-5 years that have completed Crab. Squid works on progressions, more endurance and technique to be successful in Orca.	Squid*
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.	Orca
Is 3 to 5 years and can jump into deep water wearing a life jacket; recover objects from the bottom; hold breath underwater; float, glide, and kick on front and back.	Sea Lion
Is 3 to 5 years and can do solo jumps into deep water; swim front crawl 5 m wearing a life jacket and flutter kick on front, back and side.	Narwhal
Is 6 yrs old and has taken the pre-school program, but needs help with the transition from the leisure pool to the main pool.	Swimmer 0.5*
Is 6 to 12 years and just starting out	Swimmer 1
Is 6 to 12 years old and completed Swimmer 1 but needs a bit more help to bridge the gap into Swimmer 2.	Swimmer 1.5*
Can jump into chest-deep water by themselves and into deep-water wearing a life jacket; open eyes, hold breath, and exhale underwater; float, kick and glide on front and back	Swimmer 2
Can jump into deep water and do a sideways entry wearing a life jacket; support self at the surface for 15 sec.; do whip kick in vertical position; and swim 10m on front and back	Swimmer 3
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	Swimmer 4
Completed Swimmer 4 but needs to work on strokes, flutter kick, and increase endurance through interval training to be successful in Swimmer 5.	Stroke Development & Drills*
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.	Swimmer 5
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.	Swimmer 6
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.	Swimmer 7
Preferred successful completion – Swimmer 7 / Rookie Patrol	Swimmer 8
Preferred successful completion – Swimmer 8 / Ranger Patrol	Swimmer 9
Is over 13yrs old and has little to no swimming experience.	Adult/Teen 1
Is over 13yrs old with some swimming skills OR a proficient swimmer who wants to work on enhancing swimming strokes.	Adult/Teen 2/3

\*Facility-based lessons created by Strathcona Gardens to help swimmers bridge the gap between Lifesaving Society levels.



# LIFESAVING PROGRAMS

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

LIFESAVING

## 1 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. This program stresses fun and aquatic skill development based on personal-best achievement while we work through the Canadian Swim Patrols levels: Rookie, Ranger, and Star. Building on skills they have from swimming lessons, JLC members work to develop and improve swimming and other aquatic skills with emphasis on swim and lifesaving knowledge, leadership and teamwork, community education, competition, and personal fitness. Participants should be comfortable in deep water and be able to swim 25 meters. **Ages 8-13. No class Easter or May long weekend.**

65945	Fridays	4pm - 6pm	Apr 11 to Jun 13	\$115.00
65948	Sundays	4pm - 6pm	Apr 13 to Jun 15	\$115.00



Inspire youth in our mission for drowning prevention!

## 2 LIFESAVING SPORT NEW

This program offers a recreational introduction to lifesaving sport skills while teaching team building, fair play, ethics in sport, and personal responsibility. The Fundamentals program is a 5-level progression that builds on learn-to-swim skills, we will be covering levels 1 & 2 in this program:

**Level 1: Play Fair** is the underlying principle emphasized in this level. Participants practice in-water starts, jump starts from the deck, and stroke development. Introduction of lifesaving sport skills include obstacle swims and object supports.

**Level 2: Respect for Others** is a key theme in this level. Participants practice dive starts from the deck, open turns, in-water somersaults, strokes and sculling, as well as throwing accuracy and towing a manikin with a rescue tube.

*Ages 11-14 and completed Swimmer 3.*

66074	Tues & Thurs	5:15pm-6pm	Apr 8 to May 8	\$76.50
63283	Tues & Thurs	5:15pm-6pm	May 13 to Jun 14	\$76.50



# CERTIFICATION COURSES

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

LIFESAVING

## 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, see below: residents/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.**

66052	Fri to Sun	Apr 11 to 13	Fri 4pm - 8pm, Sat & Sun 9am - 5pm	\$92.85/\$160.35
66040	Saturdays	May 3 to 24	9am - 5pm (no class May 17)	\$92.85/\$160.35

## 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: see below, residents/non-residents. Ages 13+. Must hold A Bronze Medallion (need not be current). Please bring your Canadian Lifesaving manual to the course.**

66051	Sat & Sun	Apr 25 to 27	Fri 4pm - 8pm, Sat & Sun 9am - 5pm	\$92.85/\$160.35
66038	Sundays	May 4 to 25	9am - 5pm (no class May 18)	\$92.85/\$160.35

## 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: see below, residents/non-residents.**

66050	Fri & Sat	May 30 to Jun 20	Fri 3:30pm - 9pm, Sat 9am - 6pm	\$302.15/\$392.95
66037	Saturday	May 24 - RECERT	9am - 6pm	\$69.40/91.80

## 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. **Ages 15+. Bronze Cross (need not be current) certification is required. Cost: see below, residents/non-residents.**

65994	Sat & Sun	Jun 21 to Jul 6	9am - 6pm	\$302.15/\$392.95
	Friday	July 4	9am - 6pm	

## INTERMEDIATE 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: see below, residents/non-residents.**

65970	Sat /Sun	May 31 to Jun 1	8:30am - 5:30pm	\$105.10/\$147.90
63236	Saturday	May 4	8:30am - 5:30pm First-Aid RECERT	\$69.40/\$91.80
65969	Saturday	Apr 28	5pm - 9pm CPR/C & AED RECERT	\$26.30/\$37.00



# DROP-IN PROGRAM DESCRIPTIONS

## 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.

## 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 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! For safety reasons, 16 participants are permitted for each session. To participate, you must sign-in at the front desk when you pay your admission fee. A CSA approved hockey helmet is required.

## 16+ DROP-IN 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 / Friday 11:30-1:00pm. Full hockey gear and CSA approved helmet is required. Participants must sign in and pay at the reception area before playing.

## 55+ PROGRAM HOCKEY

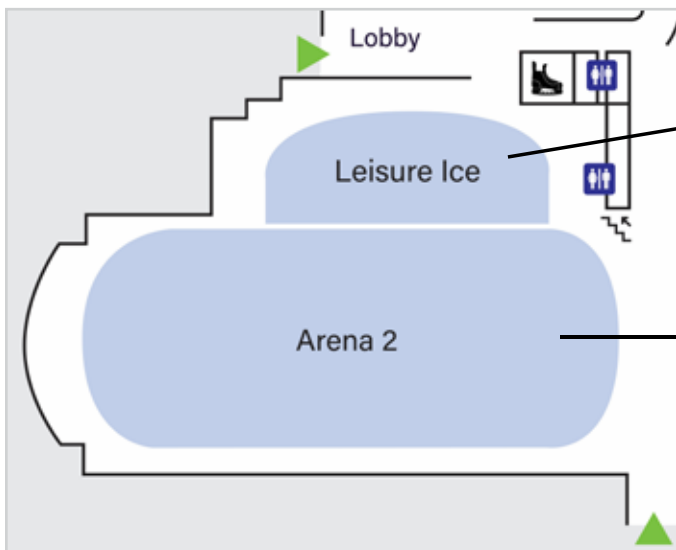
This non-contact recreational drop-in hockey program is a great opportunity for players of all levels to participate throughout the week every Monday / Wednesday / Friday 9:45-11:15am. Full hockey gear and CSA approved hockey helmet is required. Participants may pre-register by phone, online or in person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

## EVERYONE WELCOME

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. No hockey during these sessions.

## 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..



Leisure Skate, Everyone Welcome, Friday Night Movie & Glow Skates

Everyone Welcome, Pond Hockey, Stick & Puck, 16+ and 55+ Program Hockey



# REGISTERED ICE PROGRAMS

APRIL 1 TO MAY 17

	Mon & Wed	Tues & Thurs	Sat	Sun
<b>Session Dates</b> ( ) Indicates how many lessons in the session.	April 2 to 23 (6) No Lessons Apr 21	Apr 1 to 24 (8)	Apr 5 to May 17 (6) No Lessons Apr 19	Apr 6 to May 11 (5) No Lessons Apr 20
	April 28 to May 14 (6)	Apr 29 to May 15 (6)		
<b>Skating Programs</b>				
<b>Parent &amp; Tot Skating Lessons (2-5yrs)</b>	10:00-10:30am WED Only Apr 2 – May 14 (7)		11:00am -11:30am	11:00-11:30am
<b>Preschool Ice Quest (3-5yrs)</b>		3:30-4:00pm		12:30-1:00pm
<b>Ice Quest Skating Lessons - Level 1 (6-12yrs)</b>	6:15-6:45pm	4:15-4:45pm	12:30-1:00pm	
<b>Ice Quest Skating Lessons - Level 2/3 (6-12yrs)</b>		6:15-6:45pm	11:45am-12:15pm	
<b>Registered Private Skating Lessons (All ages)</b>	4:25-4:55pm Arena 2 - 1/2 ice		10:15-10:45am Leisure Ice	9:15-9:45am 5:45-6:15pm Leisure Ice
<b>Hockey Programs</b>				
<b>Parent &amp; Tot Hockey Lessons (2-5yrs)</b>				11:45-12:15pm
<b>Little Rascals Hockey (3-5yrs)</b>	5:15-6:00pm	5:15-6:00pm		10:00-10:45am
<b>Coollest Game on Earth – Intro to Hockey (5-11yrs)</b>	3:30-4:15pm			

## SKATING SCHOOL BUS April 1 to May 16

Register your child for the Skating School bus and catch a ride to Strathcona Gardens to join the Everyone Welcome & Pond hockey session. Participants are welcome to bring their skating/hockey equipment on the bus, or parents can drop it off at the skate shop on your way to work! Registration/cancellation cut-off for the day of desired pick up is 12:00 noon to give the bus driver time to plan their route based on daily registration. Registration fee includes admission and skate rentals. **Cost: \$15/day** Ages 7+. *Online registration is unavailable for this program. Please register with our admin team by calling 250-830-6777.*

- Mon/Wed** Ocean Grove, Penfield, Southgate
- Tues/Thurs** Willow Point, Georgia Park, Phoenix
- Friday** Ripple Rock, Ecole Des Deux Mondes, Ecole Mer et Montagne

## PRO-D & SLC DAY CAMPS

### Pond Hockey Tournament

This Pro-D Day program is open to everyone ages 5-12 that loves to play hockey. Skate Shop staff will divide the players into teams based on age and previous experience. Registration fee includes pizza lunch, a juice box, and a player goodie bag. Please note: "Shooter Tutors" will be used as the goalies, players only for this program. **Ages 5-12 yrs**

**65806 Mon Mar 31 9:00am-3:00pm \$70**



Registration opens for arena lessons on March 10.  
[strathconagardens.com](http://strathconagardens.com)



# GROUP LESSON DESCRIPTIONS

## 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 and 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.

<b>Group Lesson Price List:</b>	<u>1/2 Hour Class</u>	<u>3/4 Hour Class</u>
	6 Sessions \$31.80	6 Sessions \$36.30
	7 Sessions \$37.10	7 Sessions \$42.35
	8 Sessions \$42.40	8 Sessions \$48.40

## 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!

## 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.

See page 15 of our Spring Recreation Guide for what your child should wear to their lesson!



## PRIVATE SKATING LESSON DESCRIPTIONS

### Registered Private Lessons

Want to learn how to skate or work on your hockey skills? Private lessons cost \$21.20 per ½ hour session plus \$7.40 for each additional person. All ages welcome! Please inquire with our reception staff for available dates and times.

Skate Rentals are an additional \$1.65 per class.

### Customized Private Lessons

Want to learn how to skate or work on your hockey skills? Customized private lessons only cost \$24.40 per ½ hour plus \$7.40 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/availability.



**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!**

# 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

# SKATING GEAR

Warm  
Jacket

Snowpants/  
Water  
Repellent  
Pants

Hockey or  
Figure Skates  
Sharpened & laced  
with tall socks

# DRY FLOOR - PICKLEBALL APRIL 22 TO JULY 30

PICKLEBALL	MON	TUES	WED	THURS	FRI	SAT
<b>Pickleball Court Reservations</b>	8:30-10:00am 10:30am-12:00pm	8:30-10:00am 10:30am-12:00pm	8:30-10:00am 10:30am-12:00pm	8:30-10:00am 10:30am-12:00pm	8:30-10:00am 10:30am-12:00pm	
Rod Brind'Amour Arena	12:30-2:00pm 2:30-4:00pm	12:30-2:00pm 2:30-4:00pm	12:30-2:00pm 2:30-4:00pm	12:30-2:00pm 2:30-4:00pm	12:30-2:00pm	
<b>Pickleball Court Reservations (May 27 to Jun 19)</b>	6:30-8:00pm	6:30-8:00pm		6:30-8:00pm		11:30am-1:00pm 1:30pm-3:00pm
Arena 2						
<b>Pickleball Lessons</b>			7:00-9:00pm			
Rod Brind'Amour Arena						

\*No Pickleball May 19, May 22-23, Jun 23-27, Jun 30 and July 1

## PICKLEBALL COURT RESERVATIONS

Pickleball court reservations available daily Monday-Friday on the Rod Brind'Amour arena dry-floor from Apr 22 – Jul 30. 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.

**\$8 per court. 2-5 players permitted on each court. Please have one participant from each group reserve your court.**

## INTRO TO PICKLEBALL LESSONS

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 14+ Register on April 1.**

<b>65863</b>	<b>Wednesdays</b>	<b>Apr 23 to May 21 (5)</b>	<b>7:00pm to 9:00pm</b>	<b>\$71.50</b>	
<b>65864</b>	<b>Wednesdays</b>	<b>May 28 to July 2 (5)</b>	<b>7:00pm to 9:00pm</b>	<b>\$71.50</b>	No lesson June 25

## SG INDOOR DOUBLES PICKLEBALL TOURNAMENT May 31 & June 1

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, please visit [strathconagardens.com/pickleball](http://strathconagardens.com/pickleball) **Ages 16+ Register on April 1. Cost: \$60 per team.**

**When:**

Sat May 31	Men's Doubles 3.5/4.0	Women's Doubles 3.0/3.5
Sun Jun 1	Women's Doubles 4.0	Mixed Doubles 3.0/3.5/4.0





# DRY FLOOR - KIDS & YOUTH PROGRAMS

MAY 26 TO JUNE 19

ARENAS

## LITTLE RASCALS FLOOR HOCKEY Ages 3 to 5

Learn basic floor hockey skills and play a real hockey game every class. Coaches will introduce your child to the game of floor hockey through a variety of fun drills and activities. All participants must wear the required gear: Hockey helmet with a face shield, hockey gloves, running shoes, and a hockey stick. A limited amount of gear is available in the skate shop for use.

**65876**    **Tues & Thurs**    **May 27 to Jun 19**    **5:15pm to 6:00pm**    **\$48.40**

## HOT SHOT BALL HOCKEY Ages 6 to 9

Join the Hot Shot Ball Hockey program for 4 weeks of off ice training to continue working on your stick handling, passing, and shooting with the skate shop staff with each session ending with a ball hockey game. All participants must wear the required gear: Hockey helmet with a face shield, hockey gloves, running shoes, and a hockey stick. A limited amount of gear is available in the skate shop for use.

**65877**    **Mon & Wed**    **May 26 to Jun 18**    **5:15pm to 6:00pm**    **\$48.40**

## AFTER SCHOOL BALL HOCKEY Age 7+

Register for the After School Ball Hockey Program and play two organized hockey games per week on our arena dry floor! Skate shop staff will divide everyone into two teams at each session and we'll play a full ice ball hockey game with a ref and scorekeeper! All participants must wear the required gear: Hockey helmet with a face shield, hockey gloves, running shoes, and a hockey stick. A limited amount of gear, along with 2 sets of Goalie gear will be available for use.

**65878**    **Mon & Wed**    **May 26 to Jun 18**    **3:30pm to 5:00pm**    **\$48.40**



## **NEW** SWIM & SPORT BUS

Catch a ride to Strathcona Gardens and join our Swim & Sport Bus Program! Each day, skate shop staff will have activities planned to cover different sports for the first half of each session, and then we'll head to the pool for a swim for the second half! Please come with both indoor and outdoor apparel as some activities may be done outside (weather dependent), along with a bathing suit and towel. Bus pick-up will be available from select schools listed below. *Online booking is unavailable, register with our front desk.*

**3pm to 5pm | May 20 to June 20**

**Tues/Thurs**    Willow Point, Georgia Park, Penfeld, Southgate

**Friday**    Ocean Grove, Ecole Des Deux Monde, Phoenix

**Bus + Program: \$15/day**

**Program only: \$10**

If you're interested in joining this program but we don't pick up from your desired school, you're welcome to drop your child off and register at this program only rate.



# REGISTERED FITNESS CLASSES

MARCH 4 TO JUNE 24

	Tuesday
Yoga for ALL (R)	11:15pm-12:15pm
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.

**Yoga for ALL** Cheri 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. Each course is 4 sessions long.

**63107      Tuesdays      April 1-29      11:15am-12:15pm      \$37.52**

**FREE** **Take a Walk Tuesdays** 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.

**63118      Tuesdays      April 1-29      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.*

## REGISTRATION



Registration opens for fitness programs on Monday, March 10.

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



# FITNESS SERVICES

## PRIVATE AQUATIC REHABILITATION 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: \$62.68

45-minute session: \$47.02

30-minute session: \$31.37

## PERSONAL TRAINING

Our Kinesiologists, Athletic/Exercise Therapists and Personal Training staff are ready to assist you with many types of therapies and personal training. They have varied backgrounds and are able to focus on both elite training or assist someone beginning their journey into wellness. They will devise simple, supportive, specific exercise prescriptions for both acute and chronic conditions, which are all dependent on your goals and aspirations.

Assessment fee prior to personal training sessions is \$52.02 for 30 minutes.

### Personal Training packages:

- 4 sessions \$207.40
- 6 sessions \$272.85
- 8 sessions \$360.15
- 10 sessions \$425.65

### Semi-private personal training:

- 4 sessions \$98.25
- 6 sessions \$141.90
- 8 sessions \$185.55
- 10 sessions \$198.60

## WEIGHT ROOM - CLOSED

Our weight room has been decommissioned due to the REC-REATE construction on our new aquatic & wellness centre. Personal training sessions will be held in our Fitness Studio, where we build your program to have the confidence to work independently.

The City of Campbell River's Sportsplex facility at 1800 Alder Street S. has an excellent weight room with drop-ins and memberships available.

*We look forward to welcoming you back to a new an improved facility!*

**REC-REATE** PHASE 1 **NEW AQUATIC & WELLNESS CENTRE**  
**STRATHCONA GARDENS**



# PHYSICIAN REFERRED PROGRAMS

TAKE HEART	Monday No class Apr 21 or May 19	Tuesday	Wednesday	Thursday	Friday No Class Apr 18
Take Heart Breathe Well		9:45-11am 12:30-2pm		9:45-11am 12:30-2pm	
Take Heart Maintenance	7-8:45am 9-10:30am 2-3:15pm		7-8:45am 9-10:30am 2-3:15pm		7-8:45am 9-10:30am 1-2:15pm

## 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.

## 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.

## TAKE HEART MAINTENANCE

After completing the mandatory 12-week program, you may opt for a monthly Take Heart maintenance membership. **Cost:** \$82.50 per 30 days, please contact your instructor to register. Payment can be made through our reception staff.



# PHYSICIAN REFERRED PROGRAMS

CHRONIC DISEASE MANAGEMENT	Monday No class Apr 21 or May 19	Tuesday	Wednesday	Thursday	Friday No class Apr 18
<b>LEISURE POOL</b>					
CDM Leisure		9-9:45am		9-9:45am	
CDM Aquatic Arthritis	10-10:45am	2-2:45pm	10-10:45am	2-2:45pm	10-10:45am
CDM Growing Stronger Aquatic		10-10:45am		10-10:45am	
<b>MAIN POOL</b>					
CDM Shallow	2-2:45pm	11-11:45am	2-2:45pm	11-11:45am	
CDM Deep	9:15-10am	2:15-3pm	9:15-10am	2:15-3pm	9:15-10am
<b>DRY LAND - FITNESS STUDIO</b>					
CDM Land Advanced - Fitness Studio Low Impact		8:30-9:30am		8:30-9:30am	
CDM Strong & Stable Fitness Studio	11am-12pm 12:45-1:45pm	2:15-3:15pm	11am-12pm 12:45-1:45pm	2:15-3:15pm	11am-12pm 12:45-1:45pm

## CHRONIC DISEASE MANAGEMENT (CDM)

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.

### 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.

**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.

**CDM Aquatic Arthritis:** This program 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. **These classes are booked on a 7-week schedule booking one or more days through the week.**

# PHYSICIAN REFERRED PROGRAMS

ORTHO MANAGEMENT MAIN POOL	Monday <small>No class Apr 21 or May 19</small>	Tuesday	Wednesday	Thursday	Friday <small>No class Apr 18</small>
	10-10:45am		10-10:45am		10-10:45am

## ORTHO MANAGEMENT

This class is a pre/post rehabilitation shallow water program in our main pool suitable for participants who have recently had a hip or knee replacement (or other joint surgeries) and have graduated from their recommended physiotherapy treatments. Or for those who are waiting for replacement surgery, this would be of great benefit. 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. **Cost:** \$6.22 per class.

ADAPTIVE MAIN POOL	Monday <small>No class Apr 21 or May 19</small>	Tuesday	Wednesday	Thursday	Friday <small>No class Apr 18</small>
Adaptive Deep	10-10:45am		10-10:45am		10-10:45am
Adaptive Shallow		10-10:45am		10-10:45am	

## ADAPTIVE DEEP

An aerobics class in our main pool 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.

## ADAPTIVE SHALLOW

This class is 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.



# HOURS & FEES

	Adult	Child <sup>1</sup>	Student	Senior	Family <sup>2</sup>
Drop-in	\$6.05	\$3.15	\$4.15	\$4.40	\$12.25
10x Pass	\$55.00	\$27.50	\$37.60	\$39.25	\$110.00
1 Month Pass	\$59.40	\$29.20	\$40.30	\$43.75	--
3 Month Pass	\$177.75	\$83.30	\$121.25	\$129.20	--
6 Month Pass	306.15	\$144.60	\$200.00	\$208.80	--

<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 \$1.65.

Shower	\$3.70
Skate Rentals	\$2.90
Skate Sharpening	\$5.30

Small Locker	\$0.25
Large Locker	\$0.50
Disposable Swim Diapers	\$1.65

▶ Fees on this page do not include applicable taxes.



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.

*The Strathcona Regional District respectfully acknowledges that the Strathcona Gardens Recreation Complex is located on the traditional unceded territory of the Ligw'ildax<sup>sm</sup> 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, Kómoks, Kwíakah, Mowachah / Muchalaht, Nuchälaht, Tla'amin, Tlowitsis, We Wai Kai and Wei Wai Kum First Nations.*

## RECEPTION HOURS

Sunday	9am-5:30pm
Monday	6:30am-9pm
Tuesday	6:30am-9pm
Wednesday	6:30am-9pm
Thursday	6:30am-9pm
Friday	7am-8pm
Saturday	9am-5:30pm

## 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: \$5.05  
 Teen/Student/Senior: \$3.45  
 Child: \$2.40

## HOLIDAY HOURS

April 18	1:30pm to 4:30pm
April 21	1:30pm to 4:30pm
May 19	12:00pm to 4:30pm
July 1	Closed
Aug 4	Closed
Aug 18	Closed (staff training)

## 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

**FACILITY ROOM BOOKINGS:** [strathconagardens.com/facility-rentals](http://strathconagardens.com/facility-rentals)

## Follow us on Social Media!

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



# REGISTRATION



PerfectMind is now embedded directly on our website. Visit [strathconagardens.com](http://strathconagardens.com) click on Programs, and browse to the page you're interested in. The PerfectMind window with a list of courses will be directly on the page. Login and register without having to leave our website!

## 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, or look up your past registrations in PerfectMind.
- 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.

### 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](tel: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 by the participant with less than the minimum period of notice set out our bylaw. The fees are as follows:

- >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.
- 24-48 hours prior to program start:**  
50% of program cost.
- One week to 48 hours to program start:**  
25% of program cost.
- 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 for Spring programs opens Monday, March 10 at 9:00am

## 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:

- Proof of certification or professional designation for the instruction, training or therapy being proposed or provided by the professional;
- documentary evidence that the instruction, training or therapy being proposed or provided by the professional is approved by the appropriate governing body; and
- 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.



# HAPPY Birthday

CELEBRATE AT STRATHCONA GARDENS



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

### Option 1:

Saturdays 3:45-4:45pm or  
5:00-6:00pm

**Shared Rate:** \$51.45 per hours for up to 25 people - including adults\*. Rate is for Leisure and Main Pool, Hot Tub and Fun Leader and Wiggle Bridge that you will share with only two other parties. Please note the waterslide is decommissioned for our REC-REATE Construction.

### Option 2:

Public Swim birthday party. See pool schedule for public swim times.

**Pre-Booked Rate:** \$24.50. Includes guaranteed admission for 2 adults and 10 children\*, passes provided ahead of time. Additional participants are subject to availability to follow pool capacity limits.

Add a Fun Leader for a themed party with games. **Cost:** \$33.45.

**Add a Party Room:** Add a room to your party booking for an extra fee.

**Pool Viewing Room:** \$15.90/hr

**Pinecrest Room:** \$15.90/hr

**Dogwood Room:** \$37.15/hr

**Dressing Room E:** \$15.90/hr

**\*All children under the age of 7 must have a parent within arms reach.**

### For pool bookings contact:

**Phone:** 250-830-6766

**Email:** bookings@srd.ca

## Concession Packages:

Add a concession package to your party, available September to 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

**March 30 to May 18:**

**Saturdays 5:00-6:00pm**

**Sundays 1:15-2:30pm**

**Cost:** \$40.85 + GST per hour, \$1.65 skate rentals.

Make your party extra fun by requesting a disco themed atmosphere or have the skate shop staff setup the Leisure ice for a hockey game (foam pucks only).

### For arena bookings contact:

**Phone:** 250-830-6766

**Email:** bookings@srd.ca

## DRY FLOOR PARTIES

**May 31 to June 21:**

**Saturdays 12:00pm to 1:00pm**

**2:00pm to 3:00pm**

**Cost:** \$54.11 + GST per hour

Rent the Leisure floor for a ball hockey party! Skate shop staff will set up the floor for a ball hockey game. Hockey balls and hockey sticks are available for use. Dressing Room E is included in the party cost to use for food, cake and presents!

### For arena bookings contact:

**Phone:** 250-830-6766

**Email:** bookings@srd.ca

## 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 three 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 \$1.65 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.

**FACILITY ROOM BOOKINGS:** [strathconagardens.com/facility-rentals](http://strathconagardens.com/facility-rentals)

# ACCESSIBILITY & 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 **June 1, 2024 to May 31, 2025**

The Strathcona Regional District wants 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 [2024/2025 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 2023 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.

## **June 1, 2025 to May 31, 2026**

Same steps and requirements as above, but you will need proof of your combined income from line 150 of your **2024** Notice of Assessment from the Canada Revenue Agency for each member of the household.



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.

# COMMUNITY LISTINGS

## 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



### Sportsplex

#### 1800 Alder Street S.

The facility has raquetball and squash courts as well as a weight room for sports and fitness. There is also a large gym and several activity rooms, including a kitchen that are available to rent for meetings and events.

Park recreation includes tennis, beach volleyball, Disc Golf, and Bocce. There are also several sport fields available for ball play.

### Community Centre

#### 401-11th Ave

The Community Centre offers a large gymnasium, commercial kitchen, spacious yet cozy lounge, and various sized activity rooms available for rent.

[www.campbellriver.ca](http://www.campbellriver.ca)

SPORT	ORGANIZATION	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	crcricket.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/ 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	parallel50.ca
	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 Cross Country Skiing	strathconanordics.com
	Mount Washington Freestyle Ski Club	mwfestyle.com

# ELEVATE YOUR ADVENTURE

From scenic wildlife tours and fishing expeditions to the latest camping gear and outdoor clothing, our show has everything you need to make your next adventure on Vancouver Island an epic one!



NORTH ISLAND



OUTDOOR  
ADVENTURE SHOW

**APRIL 12 & 13 2025 | FREE ADMISSION**

Join us next spring and let us connect you with over 2,000 outdoor enthusiasts in one weekend. Book your sponsorship or exhibitor booth today and don't miss out on a great marketing opportunity for your business!



Booking Inquires:  
[jwheeldon@srd.ca](mailto:jwheeldon@srd.ca)  
250-830-6755

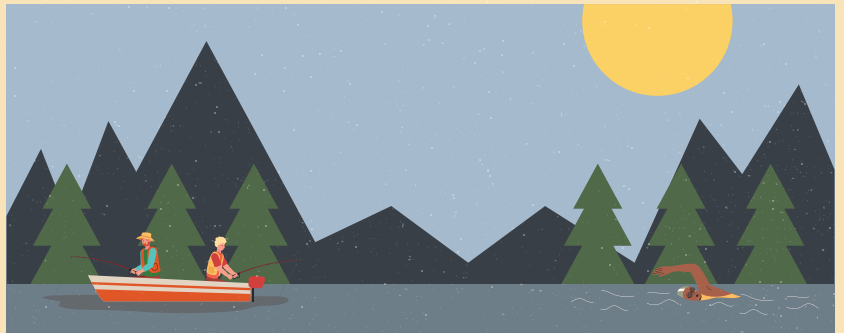


Visit Our Website  
[adventureshow.ca](http://adventureshow.ca)



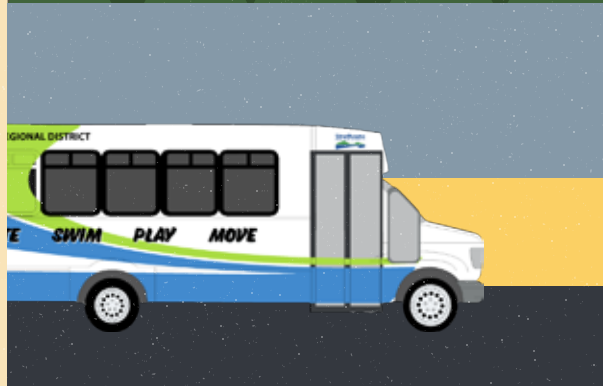
Strathcona Gardens  
225 South Dogwood Street

STRATHCONA GARDENS RECREATION COMPLEX



# SUMMER 2025

JUNE 29 TO AUG 31



*Available  
Online*

# MAY 7

REGISTRATION  
OPENS ON  
MAY 12 AT 9AM

CAMPS - SWIMMING - SKATING - FITNESS - LESSONS