



DROP-IN HOCKEY & PROGRAMS

SEPT 2 TO DEC 20

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			11:30am-1pm		11:30am-1pm		
Stick & Puck	11:30am-1pm	11:30-1pm		11:30am-1pm	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		2:45-5pm		2:45-5pm	2:45-5pm	1:30-4:30pm	3-5:30pm
Pond Hockey	2:45-5pm		2:45-5pm				

LEISURE ICE

	MON	TUES	WED	THURS	FRI	SAT	SUN
Leisure Skate	9:45am-1pm	9:45am-1pm	10:45am-1pm	9:45am-1pm	9:45am-1pm 1:15-2:30pm		
Everyone Welcome	1:15-2:30pm	1:15-2:30pm	1:15-2:30pm	1:15-2:30pm	2:45-5pm	1:30-4:30pm	3-5:30pm
Leisure Skate	2:45-5:00pm		2:45-5:00pm		5:15-8:00pm*		

*Friday Night at the Movies - Sept 12, Nov 7, Dec 5 & Dec 19 *Glow Skate - Sept 26 *Pajama Skate - Nov 21

SPECIAL SKATES & SCHEDULE CHANGES

Sept 1	Labour Day - closed.
Sept 2-5	Everyone Welcome & Pond Hockey 2:45-5pm Leisure Skate 5:15-6:45pm.
Sept 30	Truth and Reconciliation Day - EW & Pond Hockey 1:30-4:30pm only, no lessons.
Oct 13	Thanksgiving - Everyone Welcome & Pond Hockey 1:30-4:30pm only, no lessons.
Oct 17	CROT Tournament - Everyone Welcome & Pond Hockey Cancelled Leisure Skate 2:45-5pm.
Oct 18	CROT Tournament - Leisure Skate 1:30-4:30pm only.
Oct 24	Pro-D Day - 55+ 9:45-11:15am EW & Pond Hockey 3:00-5:00pm. Leisure Skate Cancelled from 5:15-8pm.
Nov 11	Remembrance Day - EW & Pond Hockey 1:30-4:30pm only, no lessons.
Nov 24	55+ Program Hockey & 9:45-1:00pm Leisure skate cancelled - North Pole setup.
Dec 21 to Jan 3	Holiday schedule in effect. See page 26 of the Fall Rec Guide.

SKATING SCHOOL BUS Sept 2 to Dec 19

Catch a ride to the arena after school! Register your child for the Skating School Bus and let us keep your kids active at Strathcona Gardens during the Everyone Welcome & Pond Hockey session. For more details on cost, times, and school pick up days, visit strathconagardens.com/skatebus



Looking for the most up to date schedule?

Schedule changes can happen from time to time, so visit strathconagardens.com or scan the QR Code.

SKATE SHARPENING

Sept 2 to Dec 20 Cost: \$5.75pair

Monday	10:00am - 5:00pm
Tuesday	10:00am - 5:00pm
Wednesday	10:00am - 5:00pm
Thursday	10:00am - 5:00pm
Friday	10:00am - 7:00pm
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.

DROP-IN POOL SCHEDULE

SEPT 2 TO DEC 20

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.

POOLS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LANES (2) 6:30am-9:00am						
LANES (2) & PARENT AND TOT 9:00am-10:30am					LANES (2) & PARENT AND TOT 9:00am-10:30am	LANES (2) & FAMILY SWIM 9:00am-11:30am
LANES (2) & LEISURE SWIM 10:30am-2:00pm					LANES (2) & LEISURE SWIM 10:30am-1:00pm	Birthday Parties 11:30am - 1:00pm LANES (2)
LEISURE SWIM 2:00pm-5:00pm					PUBLIC SWIM 1:00pm-3:30pm	
					Closed for Birthday Parties 3:30pm-5:00pm	LANES (2) & FAMILY SWIM 3:30pm-6:30pm
FAMILY SWIM 5:00pm-6:30pm					LANES (3) & FAMILY SWIM 5:00pm-6:30pm	
PUBLIC SWIM 6:30pm-8:00pm	LEISURE SWIM 6:30pm-8:00pm	PUBLIC SWIM 6:30pm-8:00pm	LEISURE SWIM 6:30pm-8:00pm	PUBLIC SWIM 6:30pm-8:00pm	CLOSED 6:30pm-8:00pm	
LANES (2) & 16+ SWIM 8:00pm-9:00pm				CLOSED 8:00pm-9:00pm		

Schedule Changes: Stat holidays: 1:30pm to 4:30pm Public Swim (Sept 30, Oct 13, Nov 11).
Nov 29: Pool open until 11:30am, then closed for CRKW swim meet until Nov 30 at 3:30pm.

HOT TUB, STEAM ROOM & SAUNA

Weight Room is decommissioned for the REC-REATE Construction project.

	MON TO THURS	FRIDAY	SATURDAY	SUNDAY
HOT TUB	9am to 9pm	9am to 8pm	9am-3:30pm 5pm-6:30pm	9am-11:30am 1pm-6:30pm
STEAM ROOM & SAUNA	6:30am-9pm	6:30am-8pm	9am-3:30pm 5pm-6:30pm	9am-6:30pm

Closures: Sept 1, Dec 25, Dec 26, and Jan 1.

PARENT AND TOT: Caregivers in the water with children ages 0-6 only.

LEISURE SWIM: Leisure Pool only.

FAMILY SWIM: Leisure Pool only. Caregivers must be in the water with children. All ages.

PUBLIC SWIM: All ages, both pools open.

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

AQUATIC FITNESS SCHEDULE

SEPT 2 TO DEC 20

All classes require pre-registration. ● No classes on Sept 1, Sept 30, Oct 13, Nov 11, Dec 22-26

CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HYDRO FIT THE NEXT LEVEL	6:30am - 7:15am (starts Sept 8)		6:30am - 7:15am (starts Sept 10)		
DEEP WATER MOTION (F)	8:15am - 9:00am	8:15am - 9:00am	8:15am - 9:00am	8:15am - 9:00am	8:15am - 9:00am
FLUID MOTION (F)		9:00am - 9:45am		9:00am - 9:45am	
MOM & ME AQUA FIT (R)	9:15am-10:00am		9:15am-10:00am		
AQUATIC ARTHRITIS* (R)	10:00-10:45 am	11:30-12:15 pm	10:00-10:45 am	11:30-12:15 pm	10:00-10:45 am
ADAPTIVE SHALLOW* (F)		10:00-10:45 am		10:00-10:45 am	
ADAPTIVE DEEP* (F)	11:00-11:45 am		11:00-11:45 am		11:00-11:45 am
ORTHO MANAGEMENT* (F)	12:30-1:15 pm	11:45-12:30 pm	12:30-1:15 pm	11:45-12:30 pm	12:30-1:15 pm

Flexible (F) Pre-register before the class. Pick any day that works for you. **Registered (R)** Register for a series of classes. * Doctors referral required. Pick up forms from reception.

NEW HYDRO FIT THE NEXT LEVEL

Looking for the next level water fitness? Come prepared to sweat and get your heart rate to an all new level with our experienced instructors! Participants must be able to get in and out of the pool without an aide or the stairs. Class is in the main pool shallow end.

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.

NEW MOM & ME AQUA FIT

You will get the best shallow aquatic aerobic workout while your babe floats beside you! Great for any pre/post natal caregivers. Join the parent & tot session in the Leisure pool after your class for more fun with toys!

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.

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.

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. Referral 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.



STRATHCONA GARDENS RECREATION COMPLEX

WHAT'S ON NOVEMBER

UPCOMING EVENTS AT THE GARDENS

FRI NOV **7** FRIDAY NIGHT AT THE MOVIES 5:15PM TO 8:00PM | LEISURE ICE

Enjoy a relaxing skate on the leisure ice while watching the live-action remake of "How to Train Your Dragon" on the big screen. Movie starts at 6pm and pizza is served by 7pm. \$7 Admission fee (\$24/family of 4) includes 2 slices of Little Caesars and a juice box. Skate rentals are an additional \$3.50, helmets are mandatory.



TUES NOV **11** REMEMBRANCE DAY 1:30PM TO 4:30PM | POOL & ARENAS

Our facility will be open for Everyone Welcome Skating, Pond Hockey, and Public Swim.

FRI NOV **14** BUILD YOUR OWN BOAT 6:30PM TO 8:00PM | MAIN POOL

Feeling creative? This is your day to build your own boat. You supply the creativity, and we'll supply the cardboard and duct tape. All ages, regular drop-in admission.

FRI NOV **21** PAJAMA SKATE 5:15PM TO 8:00PM | LEISURE ICE

Join us for a family friendly skate on the leisure ice arena in the comfort of your favourite pajamas or onesies! Disco ball, glow lights, and music will be on and prizes for the best onesie/pajamas! All ages, regular drop-in admission.

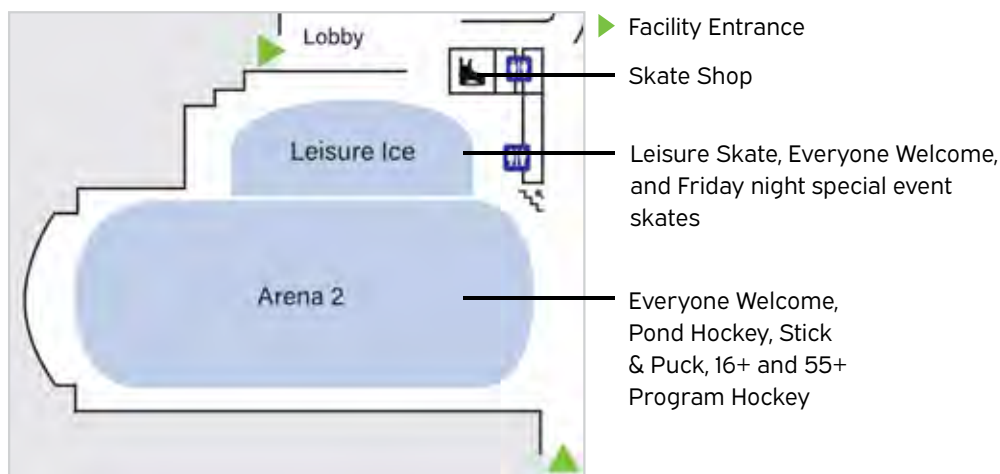
FRI NOV **28** GLOW SWIM 6:30PM TO 8:00PM | MAIN POOL

The fun begins when the lights go out and the glow sticks crack at this fun event! Admission is \$11/person (for those who would like to participate during the public swim) and includes a glow item, two slices of pizza, snacks, and a drink.

DROP-IN PROGRAM DESCRIPTIONS

PROGRAM	LOCATION	DESCRIPTION
Everyone Welcome & Pond Hockey	Arena 2 & Leisure Ice	All ages welcome. Foam pucks will be used for all pond hockey sessions for everyone's safety and a portion of Arena 2 will be sectioned off for participants to play hockey.
Pond Hockey	Arena 2	All ages, pond hockey only (no public skating). 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. A helmet, gloves & hockey sticks are the minimum requirement to participate.
Everyone Welcome	Arena 2	All ages welcome, public skating only (no hockey).
Leisure Skate	Leisure Ice	All ages welcome, public skating only (no hockey).
Stick & Puck	Arena 2	Stick and Puck is an opportunity to get some extra ice time and work on stickhandling, shooting, and passing skills! To participate, you must pay the drop-in admission fee and add your name to the sign in sheet – maximum 16 skaters per session for safety reasons! Although we strongly encourage full hockey gear during these sessions, a CSA approved hockey helmet, gloves & sticks is the minimum requirement to participate.
16+ Program Hockey	Arena 2	This non-contact recreational drop-in hockey program is a great opportunity for players of all levels drop-in hockey game throughout the week. Full hockey gear and CSA approved helmet is required. To participate, you must pay the drop-in admission fee and add your name to the sign in sheet.
55+ Program Hockey (pre-register)	Arena 2	This non-contact recreational drop-in hockey program is a great opportunity for players of all levels to play a drop-in hockey game throughout the week. 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.

ARENA 2 & LEISURE ICE MAP



HELMETS ARE STRONGLY RECOMMENDED



All participants are strongly encouraged to wear a CSA approved helmet during all drop-in public skating sessions at Strathcona Gardens.

Wearing a helmet on the ice is a life-saving precaution that greatly reduces your risk of injury. We have a limited number of extra helmets available at our skate shop, so bring your own from home! Any properly fitted CSA approved helmet will work great.

LEISURE ICE

- Ice Quest Levels 1 & 2/3
- Private lessons
- Preschool IQ
- Leisure Skate
- Parent & Tot lessons
- Special Event Skates
- Little Rascals Hockey

ARENA 2

- Coolest Game on Earth
- Private lessons
- Everyone Welcome
- Pond Hockey
- Stick & Puck
- Program Hockey

REGISTERED ICE PROGRAMS

SEPT 8 TO DEC 20

ARENAS

	MON & WED	TUES & THURS	SAT	SUN
Session Dates () Indicates how many lessons in the session.	Sept 8 - 24 (6)	Sept 9 -25 (6)	Sept 13 - Nov 1 (8)	Sept 14 - Oct 26 (7)
	Sept 29 - Oct 22 (7) No Lessons Oct 13	Oct 2 - 23 (7)	Nov 8 - Dec 20 (7)	Nov 2 - Dec 14 (7)
	Oct 27 - Nov 19 (8)	Oct 28 - Nov 20 (7) No Lessons Nov 11		
	Nov 24 - Dec 17 (8)	Nov 25 - Dec 16 (7)		

SKATING PROGRAMS

Parent & Tot Skating Lessons (2-5yrs)	10:00-10:30am WED Only Sept 10 - Oct 15 (6)		11:00am -11:30am	11:00-11:30am
Preschool Ice Quest (3-5yrs)		3:30-4:00pm		12:30-1:00pm
Ice Quest Skating Lessons - Level 1 (6-12yrs)	6:15-6:45pm	4:15-4:45pm	12:30-1:00pm	
Ice Quest Skating Lessons - Level 2/3 (6-12yrs)		6:15-6:45pm	11:45am-12:15pm	
Registered Private Skating Lessons (All ages)	4:25-4:55pm Arena 2 - 1/2 ice 7:00-7:30pm Leisure Ice		9:30-10:00am Leisure Ice	9:15-9:45am 5:45-6:15pm Leisure Ice

HOCKEY PROGRAMS

Parent & Tot Hockey Lessons (2-5yrs)	10:00-10:30am WED Only Oct 22 - Nov 26 (6)		10:15-10:45am	11:45-12:15pm
Little Rascals Hockey (3-5yrs)	5:15-6:00pm	5:15-6:00pm		10:00-10:45am
Coolest Game on Earth – Intro to Hockey (5-11yrs)	3:30-4:15pm			

SKATING SCHOOL BUS Sept 2 to Dec 19

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: \$10/day** Ages 7+. *Online registration is unavailable for this program. Please call our admin team for registration/cancellation at 250-830-6777.*

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

PRO-D DAY CAMPS

Pond Hockey Tournament

This Pro-D Day program is open to everyone aged 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.

69061 Fri Oct 24 9:00am-3:00pm \$75

Registration opens Sept 8 at 9:00am

GROUP LESSON DESCRIPTIONS

PARENT & TOT SKATING

The Parent & Tot Skating program is an opportunity to introduce your 2-5-year-old to the world of ice skating. Join us on the leisure for a 30-minute interactive skating session with the emphasis of having fun! Our instructors will lead and instruct the parents on how to facilitate a variety of introductory skills and activities. Both Parent & Tot must wear a helmet while on the ice for this program.

LITTLE RASCALS HOCKEY

Learn basic hockey skills and play a real hockey game every session. Our instructors will introduce your child to the game of hockey through a variety of drills and activities to prepare them for minor hockey. All participants must be able to skate on their own and full hockey gear is required.

Little Rascals at the CR Storm Intermission Game - Course ID: 71888

Register your Little Rascals for an opportunity to play at the first intermission of the CR Storm game on November 28. This is open to all Little Rascals from the 2025/2026 season. Please register at our reception desk or online. More information will be sent to all parents via email a week before the game!

COOLEST GAME ON EARTH - INTRO TO HOCKEY

Calling all aspiring hockey players! This intro to hockey program is for kids aged 5-11 years who want to learn the basic hockey skills with the goal of joining organized hockey! Coaches will introduce you to the basic skills of hockey: skating, shooting, passing and general rules of the game. Each session will end with a fun hockey game.



PARENT & TOT HOCKEY

The Parent & Tot Hockey program is an opportunity to introduce your 2-5-year-old to Canada's most popular sport. Join us on the leisure for a 30-minute interactive skating & hockey session with the emphasis of having fun. Our instructors will lead and instruct the parents on how to facilitate a variety of introductory skills and activities. Both Parent & Tot must wear a helmet while on the ice for this program.

PRESCHOOL ICE QUEST

The Preschool Ice Quest Skating lessons are designed to introduce preschool aged kids to the world of ice skating! Our instructors will teach skaters the basic skating movements through a variety of on/off ice activities with the goal of having all skaters skating on their own by the end of the lesson set. No previous skating experience is required.

ICE QUEST - LEARN TO SKATE

These lessons are designed for the beginner skater in mind. Join our instructors in our three-level program to learn basic & intermediate skating skills in a fun and inclusive environment. Please see the level descriptions below to place your child in the appropriate level based of their previous experience. If you have any questions regarding the IQ levels, please email 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. |

Register & complete Ice Quest Levels 1, 2 & 3 this fall/winter and receive a free skating pass valid until the end of the skating season (May 2026). Please note: Ice Quest levels 1, 2, 3 must be completed anytime from Sept 2025 - March 2026 to be eligible for the complimentary skating pass.

See page 9 of our Fall Recreation Guide for what your child should wear to their lesson!

HELMETS ARE MANDATORY for all participants during 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!



ARENAS

PRIVATE SKATING LESSONS

Registered Private Lessons

Want to learn how to skate or work on your hockey skills? Private lessons cost \$27.00 per ½ hour session plus \$15.00 for each additional person. All ages welcome! Please inquire with our reception staff for available dates and times.

Customized Private Lessons

Want to learn how to skate or work on your hockey skills? Customized private lessons only cost \$35.00 per ½ hour plus \$15.00 for each additional person. All ages welcome! Please call Joel Wheeldon at 250-830-6755 or email jwheeldon@srd.ca for booking options and availability.

Group Lesson Price List:

<u>1/2 Hour Class</u>
6 Sessions \$36.00
7 Sessions \$42.00
8 Sessions \$48.00
<u>3/4 Hour Class</u>
6 Sessions \$42.00
7 Sessions \$49.00
8 Sessions \$56.00

Skate Rentals are an additional \$2.00 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

SWIM LESSONS

Children ages 0-3 must wear a swim diaper in the pool.



100 POOLS

MONDAYS & WEDNESDAYS

Sept 8 to Oct 1 (8)

Oct 15 to Nov 5 (7)

Nov 17 to Dec 10 (8)

	Length	3:35pm	4:10pm	4:25pm	4:45pm	5:00pm	5:20pm	5:35pm	5:50pm	5:55pm	6:10pm
Pre-School	30 minutes					•					
	Jellyfish/Goldfish					•					
	Seahorse	•									
	Octopus			•			•				
	Crab	•				•					
	Orca	•							•		
School Age - Swimmer	45 minutes										•
	Swimmer 1		•							•	
	Swimmer 2				•			•			
	Swimmer 3		•					•			
	Swimmer 4					•					
	Swimmer 5/6		•								
		•									
	Swimmer 7/8/9 (Swim Patrol)										

TUESDAYS & THURSDAYS

Sept 9 to Oct 2 (7)

No lesson Sept 30

Oct 14 to Nov 6 (8)

Nov 18 to Dec 11 (9)

	Length	3:35pm	4:10pm	4:25pm	4:45pm	5:00pm	5:20pm	5:35pm	5:50pm	5:55pm	6:10pm
Pre-School	30 minutes					•					
	Jellyfish/Goldfish					•					
	Seahorse	•									
	Octopus			•			•				
	Crab	•				•					
	Orca	•							•		
School Age - Swimmer	45 minutes										•
	Swimmer 1		•							•	
	Swimmer 2				•			•			
	Swimmer 3		•					•			
	Swimmer 4					•					
	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



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

HOMESCHOOL LESSONS

Oct 14 to Nov 6 (8)

TUESDAYS & THURSDAYS

Homeschool Beginner	45 Mins	11:10-11:40am
Homeschool Intermediate		11:45am-12:30pm

ADULT SWIM LESSONS

TUESDAYS & THURSDAYS

Adult	Adult/Teen 1	45 Mins	7:00pm-7:45pm
	Adult/Teen 2		8:00pm-8:45pm

LESSON FEES

How much do swim lessons cost?*

See the fee table on the next page (page 11).

30 mins - \$6.00/class

45 mins - \$7.00/class

*Fees do not include tax.

Registration opens for swimming lessons on August 11. Go online at 9am: strathconagardens.com/swim

SWIM LESSONS

Children ages 0-3 must wear a swim diaper in the pool.



POOLS

SATURDAYS

Sept 6 to Oct 25 (7)
No lesson Oct 11

Nov 1 to Dec 13 (7)

	9:00am	9:35am	9:50am	10:10am	10:25am	10:45am	11:15am	11:20am
Pre-School								
Jellyfish/Goldfish						•		
Seahorse								•
Octopus	•			•				
Crab	•		•			•		
Orca	•	•		•				
Sea Lion/Narwhal		•						
School Age - Swimmer								
Swimmer 1		•		•				
Swimmer 2						•	•	
Swimmer 3	•							
Swimmer 4								•
Swimmer 5/6					•			
Swimmer 7/8/9 (Swim Patrol)								•

SUNDAYS

Sept 7 to Oct 26 (7)
No lesson Oct 12

Nov 2 to Dec 14 (7)

	3:35pm	4:10pm	4:25pm	4:45pm	5:00pm	5:15pm	5:20pm	5:50pm	5:55pm
Pre-School									
Jellyfish/Goldfish	•								
Seahorse								•	
Octopus		•					•		
Crab	•								•
Orca		•		•		•			•
Sea Lion/Narwhal								•	
School Age - Swimmer									
Swimmer 1	•							•	
Swimmer 2				•					•
Swimmer 3		•							
Swimmer 4					•				
Swimmer 5/6	•								
Swimmer 7/8/9 (Swim Patrol)		•							

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

REGISTRATION HELP

See page 12 for swim level registration quick guide. 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.

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

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



LESSON FEES

How much do swim lessons cost?*

30 mins - \$6.00/class 45 mins - \$7.00/class

# OF LESSONS IN SERIES	30 MINS Pre-School to Swimmer 2	45 MINS Swimmer 3 to 9
7	\$42	\$49
8	\$48	\$56
9	\$54	\$63
10	\$60	\$70

*All fees in this table do not include tax.

SWIM LESSONS REGISTRATION QUICK GUIDE

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 36 months old and ready to learn to enjoy the water with parent.	Seahorse
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 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 to 12 years and just starting out	Swimmer 1
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
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 13yrs old and has little to no swimming experience.	Adult/Teen 1
Is 13yrs old with some swimming skills OR a proficient swimmer who wants to work on enhancing swimming strokes.	Adult/Teen 2/3

LIFESAVING PROGRAMS

Inspire youth in our mission for drowning prevention!



LIFESAVING



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.**

69516	Fridays	Sept 5 to Oct 24	4pm-6pm	\$139
69517	Fridays	Nov 7 to Dec 19	4pm-6pm	\$139



CERTIFICATION COURSES

INTERMEDIATE FIRST AID WITH CPR/C & AED

Intermediate First Aid (formerly 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.**

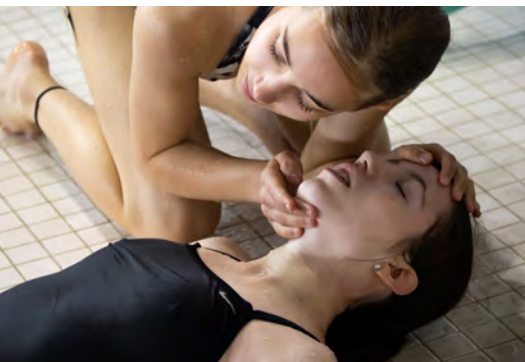
69514	Sat /Sun	Oct 18 & 19	8:30am - 5:30pm	\$131.90/\$175.85
69535	Tues/Thurs	Nov 18 & 20 - RECERT	4:00pm - 8:00pm	\$65.00/\$86.70



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.**

69512	Sat & Sun	Nov 1 to Nov 9	9am - 3pm	\$113.00/\$226.70
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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.**

69510	Sat & Sun	Nov 15 to 23	9am - 3pm	\$113.00/\$226.70
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CERTIFICATION COURSES strathconagardens.com/lifesaving

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 and Standard First Aid with CPR-C/AED (neither need to be current).* **Cost: see below, residents/non-residents.**

69515	Sun/Mon/Wed	Nov 26 to Dec 15*	4pm-9pm	\$414.80/\$552.80
69538	Saturday	Nov 22 - RECERT	9am-6pm	\$65.00/\$86.70

*See list of class dates in PerfectMind or on Registration Receipt.



LIFESAVING

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.**

69537	Sun to Wed, Sat & Sun	Dec 20 to 28	9am-6pm	\$286.00/\$452.25
69513	Sunday	Nov 2 - RECERT	12:30pm-5pm	\$41.65/\$55.50

LIFESAVING INSTRUCTOR

Lifesaving Instructors are trained using a competency-based model that walks them through teaching and evaluation philosophy and the techniques/approaches required to teach water rescue, first aid and related aquatic skills. Instructors also learn about long-term and short-term planning, class management, safety supervision, and evaluation principles. *Ages 15+. Bronze Cross (need not be current) certification is required.* **Cost: see below, residents/non-residents.**

67330	Friday	Nov 21 - RECERT	3:30pm-8:30pm	\$37.55/\$50.10
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REGISTERED FITNESS CLASSES

SEPT 2 TO DEC 19

FITNESS

	MONDAY	TUESDAY No class Sept 30	WEDNESDAY	THURSDAY	FRIDAY
Yoga for ALL (R)		12:15pm-1:15pm			
Chair Yoga (R)		11:15pm-12:00pm			
Take a WALK (F)		4:00pm-5:00pm		4:00pm-5:00pm	
Bootcamp (R)		7:00am-8:00am		7:00am-8:00am	
Spin (R)	4:15pm-5:00pm		4:15pm-5:00pm		
F.A.M.E	10:00am-11:00am				10:00am-11:00am

(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

Enjoy this energizing class up in the fitness studio. 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.

69383 Tuesdays Sept 2 to Oct 14 12:15pm to 1:15pm \$72

CHAIR YOGA

While seated, you will perform modified yoga postures, build active movement and breathing techniques for the soul.

69382 Tuesdays Sept 2 to Oct 14 11:15am-12:00pm \$54

TAKE A WALK

 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.

69380 Tuesdays Sept 2 to Oct 28 4:00-5:00pm FREE

69381 Thursdays Sept 4 to Oct 30 4:00-5:00pm 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.

BOOTCAMP

Start your day off with a great workout, Jodie will lead exercises to improve your strength, cardio, and core. Location varies and is based on weather, meet in the arena lobby.

69377 Tuesdays Sept 2 to Oct 28 7:00am-8:00am \$57.66

69378 Thursdays Sept 4 to Oct 30 7:00am-8:00am \$67.27

SPIN

Get ready for a heart-pumping, calorie-burning, mood-boosting fun workout on our spin bikes! Perfect for an after-work energy boost or a midday pick-me-up.

71920 Mondays Oct 20 to Nov 17 4:15pm-5:00pm \$45

71921 Wednesdays Oct 22 to Nov 19 4:15pm-5:00pm \$45

F.A.M.E

This exercise and mobility program for neurofitness was developed by the UBC Physical Therapy & Research Clinic and supports recovery and management of neurological conditions, including stroke, Parkinson's and Multiple Sclerosis. See poster on the next page for more details.

74299 Mon & Fri Oct 20 to Jan 15 10:00am-11:00am \$230.64 (monthly payment available)



FAME

FITNESS AND MOBILITY EXERCISE PROGRAM

for stroke and neurofitness

FAME supports recovery and management of neurological conditions, including stroke, Parkinson's and Multiple Sclerosis.

Repetition matters

FAME emphasizes repeated practice of movements to maximize brain neuroplasticity.

Safe and beneficial

FAME instructors prioritize safety while getting the most out of each session.

Challenged and motivated

FAME instructors provide close support to help participants make progress and work toward their goals.

FAME is designed for people who:

- are able to stand for 5 minutes
- can walk 10 meters (even with assistance of a walking aid)
- can sit and stand up from a chair on their own
- are medically stable
- are able to follow instructions

Vancouver
Coastal Health
Research Institute



Centre for Aging ^{SMART}

UBC researchers have shown that FAME improves:



Balance and
reduces falls



Bone health



Thinking and
memory



Muscle strength



Walking and
endurance



Heart health

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.

Initial Session: (60min+ program development) \$90.00

Follow Up Sessions: Single 60min Session \$70.50

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.

Personal Rehabilitation (Kinesiologist)

Initial Session: (60min+ program development) \$90.00

Follow Up Sessions: Single 60min Session \$70.50

Personal Fitness Training (Fitness Instructor)

Initial Session (60min + Program Development): \$60.00

Follow Up Sessions: Single 30min Session \$30.00

5 x 30min Sessions \$135.00

10 x 30min Sessions \$270.00

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 and improved facility!

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



PHYSICIAN REFERRED PROGRAMS

TAKE HEART	MONDAY No class Oct 13	TUESDAY No class Sept 30 & Nov 11	WEDNESDAY	THURSDAY	FRIDAY
Take Heart Breathe Well		9:45-11am 12:30-2pm		9:45-11am 12:30-2pm	
Take Heart Maintenance	7:00am-10:00am 2:00pm-4:00pm		7:00am-10:00am 2:00pm-4:00pm		7:00am-10:00am 1:00pm-3:00pm

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, 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

LEISURE POOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CDM Leisure		9-9:45am		9-9:45am	
CDM Aquatic Arthritis	10-10:45am	11:30am-12:15pm	10-10:45am	11:30am-12:15pm	10-10:45am
CDM Growing Stronger Aquatic		10-10:45am		10-10:45am	

MAIN POOL

CDM Shallow	2-2:45pm	11-11:45am	2-2:45pm	11-11:45am	
CDM Deep	9:15-10am	2-2:45pm	9:15-10am	2-2:45pm	9:15-10am

DRY LAND - FITNESS STUDIO

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	

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	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12:30-1:15pm	11:45-12:30 pm	12:30-1:15pm	11:45-12:30 pm	12:30-1:15pm

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	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Adaptive Deep 11-11:45am		11-11:45am		11-11:45am
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 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.



HOURS & FEES

INFO

	ADULT	CHILD ¹	TEEN	SENIOR	FAMILY ²
Drop-in ³	\$6.75	\$3.50	\$4.75	\$5.00	\$15.00
10x Pass ³	\$62.00	\$32.25	\$43.75	\$46.00	\$138.00
NEW 10x Auto Renew ³	\$60.75	\$31.50	\$42.75	\$45.00	\$135.00
NEW Flexible Fitness ⁴	\$8.00	--	\$7.00	\$7.00	--
NEW 1 Month Pass	\$74.25	\$35.00	\$55.00	\$55.00	\$165.00
NEW 1 Month Auto Renew	\$67.50	\$31.50	\$50.00	\$50.00	\$150.00

NEW ¹ One child ages 0-6 is free with any adult or senior caregiver. Each additional child ages 0-6 is \$2.00.

NEW ² Family rate includes 6 people, with at least one adult. Additional children in excess of the family rate are \$2.00. Max 2 adults.

³ Does not include flexible fitness programs. Non-instructed drop-in admission only.

⁴ Flexible aquatic fitness classes only (Deep Water Motion and Fluid Motion).



NEW - Auto renew passes enjoy a discounted rate.

► Fees on this page include applicable taxes.

Skate Rentals	\$3.50	Skate Sharpening	\$5.75
Small Locker	\$0.25	Large Locker	\$0.50
Disposable Swim Diapers	\$1.65		

Visit strathconagardens.com/feesfaq for more information about our updated fees.

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 Ligwítłaxw people. It is also recognized that the SRD operates within the traditional, treaty and unceded territories of the Ehattesaht / Chinehkint, Homalco, Ka'yú:k't'h' / Che: k'tles7et'h', Klahoose, K'ómoks, Kwiakah, Mowachht / Muchalaht, Nuchatlaht, Tla'amin, Tlowitsis, We Wai Kai and Wei Wai Kum First Nations.

RECEPTION HOURS

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

HOLIDAY HOURS

Sept 1	Closed
Sept 30	1:30pm to 4:30pm
Oct 13	1:30pm to 4:30pm
Nov 11	1:30pm to 4:30pm
Dec 24	6:30am to 2:00pm
Dec 25 & 26	Closed
Jan 1	Closed

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.
- We also sell hockey supplies such as:
 - Grip tape
 - Hockey tape
 - Sock tape
 - Hockey skate laces
 - Helmet repair kits

Follow us on Social Media!

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



/strathconagardensrec



@strathconagardens



@n.i.outdoorshow



REGISTRATION



PerfectMind is now embedded directly on our website. Visit 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!

Have you currently or previously registered with our front desk for a class in the but want to access your online account? Contact the Reception desk to get your account access by calling 250-830-6777.

INFO

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

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 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:**
Refunds will only be issued in cases where an individual is unable to continue for documented medical reasons, and a refund will only be provided for the remaining classes.
- ▶ **24-48 hours prior to program start:**
Cancellation fee of 50% of the program cost will apply.
- ▶ **One week to 48 hours prior to program start:**
Cancellation fee of 25% of the program cost will apply.
- ▶ **One week or more:**
No Cancellation Fee charged for withdrawal.

Program withdraws will be applied as an account credit for future registrations. If requested, a cheque can be issued to return account credits to the primary contact on the account. Please allow 2-4 weeks for processing.

Registration for Fall programs opens Monday, August 11 at 9:00am

PROFESSIONAL FEES

A professional who wishes to work one on one with a client within a drop-in space is required to pay a 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 for the professional admission rate, 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.

HAPPY Birthday

Celebrate your special day at

STRATHCONA GARDENS

We have a variety of options available for every age group. Options include swimming or skating 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

Sept 5 to Dec 20

Saturdays - 3:45-4:45pm

Sundays - 11:45-12:45 (Leisure Pool)

Shared Rate: \$80 per hour for up to 25 people - including adults*.

Includes Leisure and Main Pool, Hot Tub, Fun Leader that may be shared with up to 2 other parties. Please note the waterslide is decommissioned for our REC-REATE Construction.

*All children under the age of 7 must have an adult within arms reach.

ARENA PARTIES

Sept 5 to Jan 3

Saturdays 5:00-6:00pm*

Sundays 1:15-2:30pm

Cost: \$80 per hour, \$2.00 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).

* Dec 6 to Jan 3: 5:15pm to 6:15pm. North Pole theme will be set up for the holiday season.

PARTY ADD ONS

Add 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.

Pool Viewing Room: \$20.00/hr

Pinecrest Room: \$20.00/hr

Dogwood Room: \$65.00/hr

Dressing Room E: \$20.00/hr

Add the Wiggle Bridge: To guarantee a wiggle bridge at your party, add another lifeguard staff member for \$65/hour. Wiggle bridge will be shared with any other party booked in the pool.

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 healthy fruit snack, and a free swimming or skating pass.

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 to 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 \$2.00 per rental. The skate shop will track your rentals, and the total will be added to your facility contract.

READY TO BOOK?

All birthday party, room, and facility bookings can be made through our bookings department:

Phone: 250-830-6766 **Email:** bookings@srd.ca

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, 2025 TO MAY 31, 2026

The Strathcona Regional District provides healthy lifestyle opportunities for residents who face financial challenges. If lack of funds is a barrier for participation in our drop-in or registered programs, you can apply for the L.I.F.E. Program to access financial assistance for individuals and families with low incomes.

The L.I.F.E. Program provides 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 [2025/2026 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 gross income from line 150 of your 2024 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.



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



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

FAMILIES

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

- ▶ One child ages 0-6 receives free admission with a paying adult or senior. Additional children ages 0-6 are \$2.
- ▶ 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:

- ▶ 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.
- ▶ Swim diapers for all ages are 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

Campbell Salmon Kings
campbellriversalmonkings.ca



Sportsplex

1800 Alder Street S.

The facility has racquetball 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

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	mwfreestyle.com

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

THE REC-REATE PROJECT

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 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

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.



HOLIDAY REC GUIDE



DEC 21 2025 TO JAN 3 2026



HOLIDAY ARENAS

DEC 21 TO JAN 3



ARENA 2

DATE	YOUTH PROGRAM HOCKEY (11-15 YRS)	55+ PROGRAM HOCKEY	STICK & PUCK	EVERYONE WELCOME & POND HOCKEY
Sunday, December 21				3-5:30pm
Monday, December 22		9:45-11:15am	11:30am-1pm	1:15-5pm
Tuesday, December 23	9:45-11:15am		11:30am-1pm	1:15-5pm
Wednesday, December 24		9:45-11:15am		11:30-2pm
Thursday, December 25	Closed Christmas Day			
Friday, December 26	Closed Boxing Day			
Saturday, December 27				1:30-4:30pm
Sunday, December 28				3-5:30pm
Monday, December 29				1:15-5pm
Tuesday, December 30	9:45-11:15am		11:30am-1pm	1:15-5pm
Wednesday, December 31				12:30-3:30pm
Thursday, January 1	Closed New Years Day			
Friday, January 2		9:45-11:15am	11:30am-1pm (ages 16+ only)	1:15-5pm
Saturday, January 3				1:30-4:30pm

LEISURE ICE

LEISURE SKATE (LEISURE ICE ONLY)	EVERYONE WELCOME	SKATE SHARPENING
	3-5:30pm	3-5:30pm
9:45am-11:15am	1:15-5pm	10am-5pm
9:45am-11:15am	1:15-5pm	10am-5pm
9:45am-11:15am	11:30am-2pm	10am-2pm
Closed Christmas Day		
Closed Boxing Day		
	1:30-4:30pm	1:30-4:30pm
	3-5:30pm	3-5:30pm
9:45am-1pm	1:15-5pm	10am-5pm
9:45am-1pm	1:15-5pm	10am-5pm
	12:30-3:30pm	12:30-3:30pm
Closed New Years Day		
9:45am-1pm	1:15-5pm	10am-5pm
	1:30-4:30pm	1:30-4:30pm

Rent the North Pole

We have ice and room rental packages!

View our North Pole page for booking information or visit strathconagardens.com/northpole.

DASH & SPLASH CAMP

74509 Mon & Tue Dec 22 & 23 \$60

Join us for an exciting two days of activities! This combo camp includes a skating and swimming session every day along with various off-ice activities and games. The program fee includes all facility drop-in fees and skate rentals.

Before & after camp care available! Course ID#74509

Care available from 8:00-10:30am & 3:30-5pm. Please inquire with our administration staff for more information.

DEC 21 TO JAN 3



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LANES (2) 6:30am-9:00am					LANES (2) & PARENT AND TOT 9:00am-10:30am	
LANES (2) & LEISURE SWIM 9:00am-1:00pm					LANES (2) & LEISURE SWIM 10:30am-1:00pm	
PUBLIC SWIM 1:00pm-4:00pm						
LANES (2) 4:00pm-6:30pm					FAMILY SWIM & LANES (2) 4:00pm-6:00pm	
PUBLIC SWIM 6:30pm-8:00pm						

HOLIDAY CLOSURES: **Dec 24:** Pool closes at 1pm. **Dec 25 & Dec 26:** Facility Closed. **Dec 31:** Pool closed from 3pm to 5pm. **FREE NYE Celebration:** 5pm tp 8pm. **Jan 1:** Facility Closed.

HOT TUB, STEAM ROOM & SAUNA

	MON TO FRI	SAT & SUN
HOT TUB	9am to 8pm	9am-6pm
STEAM ROOM & SAUNA	6:30am-8pm	9am-6pm

DESCRIPTIONS

Public Swim - All ages welcome, all pool facilities and areas open (waterslide decommissioned).

Family Swim - Leisure Pool only. Parents & caregivers MUST be in the water swimming with children.

Leisure Swim - Leisure pool only.

Parent & Tot - Leisure Pool. Parents & caregivers with children 6 yrs and under.

HOLIDAY FITNESS

DEC 21 TO JAN 2



AQUATIC FITNESS

All classes require pre-registration. ● Facility is closed on December 25, December 26, and January 1

Date	Deep Water Motion (F)	Fluid Motion (F)	Adaptive Shallow (F)	Adaptive Deep (F)	Aquatic Arthritis (R)	Ortho Management (F)
Monday, December 29	TBA	TBA	10:00-10:45 am	11:00am-11:45am	10:00-10:45am	12:30-1:15pm
Tuesday, December 30	TBA	TBA	11:30-12:15pm		11:30-12:15pm	11:45-12:30pm
Wednesday, December 31	TBA	TBA		11:00-11:45am	10:00-10:45am	12:30-1:15pm
Thursday, January 1	Closed New Years Day					
Friday, January 2				11:00-11:45am	10:00-10:45am	12:30-1:15pm

Flexible (F) [Pre-register before the class.](#) Pick any day that works for you. Doctors referral required for Adaptive, Ortho Management and Aquatic Arthritis.

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

TAKE HEART & CDM

Date	Take Heart Breathe Well	Take Heart Maintenance	CDM Leisure	CDM Shallow	CDM Deep	CDM Land	CDM Strong & Stable
Monday, December 29		7:15-10:00am 2:00-4:00pm		11:45am-12:45pm	9:15-10:00am		11:00-12:00pm 12:45-1:45pm
Tuesday, December 30	9:45- 1:00am 12:30-2:00pm		9:00-9:45am 10:00-10:45am	11:00-11:45am	11:45am-12:45pm	8:30-9:30am	2:15-3:15 pm
Wednesday, December 31		7:15-10:00am		11:45am-12:45pm	9:15-10:00am		11:00- 12:00pm 12:45-1:45pm
Thursday, January 1	Closed New Years Day						
Friday, January 2					9:15-10am		11am-12pm 12:45-1:45pm

NO FITNESS CLASSES DEC 22 to DEC 26



DECEMBER FREE SKATING

AT STRATHCONA GARDENS ARENA



SATURDAYS
1:30PM TO 4:30PM

SUNDAYS
3:00PM TO 5:30PM

SATURDAY
DEC 6



Grimace & Co Restaurants

SUNDAY
DEC 7



Robbins & Company CPAs

SATURDAY
DEC 13



Grimace & Co Restaurants

SUNDAY
DEC 14



Shoreline Orthodontics

SATURDAY
DEC 20



Navacord
(formerly Waypoint)

SUNDAY
DEC 21



City of Campbell River
Mayor & Councilors

SATURDAY
DEC 27



T-Mar Industries

SATURDAY
JAN 3



North Island—Powell River MP –
Aaron Gunn

Thank You TO ALL THESE GENEROUS DONORS!

DECEMBER EVENTS

AT STRATHCONA GARDENS



WEEKENDS FREE Skating & Pond Hockey

SATURDAYS **1:30-4:30pm**

SUNDAYS **3-5:30pm**

Enjoy FREE Everyone Welcome Skating & Pond Hockey every weekend in December, thanks to all our generous sponsors! See separate sponsored skating poster for details.

FRIDAY

DEC 12 The Great Freeze **6:30-8:00pm**



Join us in the pool as we initiate the great freeze with bone chilling fun. Our ice-filled games are sure to leave you with a chilly smile! Regular drop-in admission.

FRIDAY

DEC 19 Friday Night at the Movies **5:15-8pm**



Enjoy a relaxing skate on the leisure ice while watching Disney's holiday classic "A Christmas Carol" on the big screen.

Cost: \$7/person (\$24/family of 4) includes 2 slices of Little Caesars and a juice box. Skate rentals are an additional \$3.50, helmets are mandatory.



STRATHCONA GARDENS
RECREATION COMPLEX



DECEMBER EVENTS

AT STRATHCONA GARDENS



THURSDAY & FRIDAY

DEC 25 & 26 Christmas Day & Boxing Day



Facility Closed

Happy Holidays! We will re-open on Saturday, December 27. View our holiday schedule for drop-in hours.

WEDNESDAY

DEC 31 FREE NYE Family Celebration 5-8:30pm



Finish off 2025 with this FREE fun family event! Mary & Jens Rolinski of Grimace & Co. Restaurants are once again sponsoring our event this year. We will have skating, pond hockey, swimming, games, face painting, live music, photo booth, gift basket draws, and more!

THURSDAY

JAN 1 New Years Day **Facility Closed**

Happy
New Year 2026



STRATHCONA GARDENS
RECREATION COMPLEX

NEW YEARS EVE

FAMILY CELEBRATION

DECEMBER 31 ✦ 5PM-8:30PM

SPONSORED BY



Grimace & Co. Restaurants
Locally Owned & Operated by
Jens & Mary Rolinski

FREE ACTIVITIES!

SWIMMING, SKATING & HOCKEY

Enjoy snacks, live music, face painting,
balloons, photo booth, gift basket draws,
tattoos, games and more!



STRATHCONA GARDENS
RECREATION COMPLEX

225 S DOGWOOD STREET
250-830-6777



BORN TO
EXPLORE,
BUILT FOR
THE ISLAND.

APRIL
18 & 19

FREE ADMISSION

Sponsored by:

all in one
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CREATE. DECORATE. CELEBRATE.
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