

# STRATHCONA GARDENS RECREATION COMPLEX

# RECGUIDE



## WINTER 2026



# DROP-IN POOL SCHEDULE

JAN 4 TO MAR 21

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.

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

**Schedule Changes:** Jan 17 - Pool closes at 12pm for CRKW swim meet.

Feb 16 - Family Day: 1:30pm to 4:30pm Fun Swim.

## HOT TUB, STEAM ROOM & SAUNA

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

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

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

**LEISURE SWIM:** Leisure Pool only. All ages.

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

**FUN SWIM:** Both pools open, diving board/rope swing. All ages.

**16+ SWIM:** A quieter swim for ages 16 and up only.

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

Stay up to date during REC-REATE Construction:  
[strathconagardens.com/construction](http://strathconagardens.com/construction)

# AQUATIC FITNESS SCHEDULE

JAN 5 TO MAR 20

All classes require pre-registration. ● No classes on Feb 16

CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HYDRO FIT THE NEXT LEVEL (F)	6:30am - 7:15am		6:30am - 7:15am		6:30am - 7:15am
DEEP WATER MOTION (F)	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		

Flexible (F) Pre-register before the class. Pick any day that works for you. Registered (R) Register for a series of classes.

## 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.

## 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!

## 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.

## 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.

## Looking for physician referred aquatic fitness programs?

Schedule information for our Aquatic Arthritis, Adaptive Shallow, Adaptive Deep and Ortho Management classes can be found on page 4 of our Winter 2026 Recreation Guide. Our reception staff are happy to print a copy for you on request.

FITNESS

# AQUATIC FITNESS SCHEDULE - PHYSICIAN REFERRED

JAN 5 TO MAR 20

All classes require pre-registration. ● No classes on Feb 16

CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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)	11:30am-12:15pm	11:45-12:30 pm	11:30am-12:15pm	11:45-12:30 pm	11:30am-12:15pm

**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.

## AQUATIC ARTHRITIS

This class takes place in the leisure pool with a small group size, allowing for personalized support and guidance in warm water. It's designed to ease discomfort from chronic conditions affecting your back, hips, knees, fingers, or toes.

Each class lasts 45 minutes, but you're welcome to relax in the hot tub, steam room, or sauna before or after. Classes are scheduled in 7-week sessions, with options to book one or more days per 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. It would also be of great benefit for those who are waiting for replacement surgery.

## 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.

## BEFORE YOU START:

Get referred by a physician. 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.



FITNESS

# DROP-IN HOCKEY & PROGRAMS

JAN 4 TO MAR 21

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	11:30am-1pm	10:45am-1pm	11:30am-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	2:45-5pm 6-7:15pm		2:45-5pm 6-7:15pm		5:15-8pm*		

\*Friday Night at the Movies - Jan 9, Feb 6, Mar 6 \*Glow Skate - Feb 27

## SPECIAL SKATES & SCHEDULE CHANGES

- Jan 6** Leisure Ice & Arena #2 closed from 9:30am-1pm, North Pole take down.
- Jan 12** Leisure Ice Closed 9:30am-2:30pm & 6-10pm - Arena Maintenance
- Jan 13** Leisure Ice Closed 7am-2:30pm - Arena Maintenance.
- Jan 16** Pro-D Day - 55+ 9:45-11:15am / EW & Pond Hockey 3-5pm.
- Feb 14** Family Day Weekend - EW & Pond Hockey 1:30-4:30pm, no lessons.
- Feb 15** Family Day Weekend - EW & Pond Hockey 3-5:30pm, no lessons.
- Feb 16** Family Day Weekend - EW & Pond Hockey 1:30-4:30pm, no lessons.
- Feb 17** Pro-D Day - EW & Pond Hockey 3-5pm, no lessons.
- Mar 20** EW & Pond Hockey Cancelled. Leisure Skate 2:45-5pm.
- Mar 22 - Apr 4** Spring Break schedule in effect. See page 30 of the Rec Guide.
- Mar 27** CR Wildcat Tournament - EW & Pond Hockey cancelled. Leisure skate 2:45-5pm.
- Mar 28** CR Wildcat Tournament - EW & Pond Hockey cancelled. Leisure Skate 1:30-4:30pm.
- Mar 29** EW & Pond Hockey Cancelled. Leisure Skate 1:30-4:30pm.
- Apr 3** Good Friday - EW & Pond Hockey 1:30-4:30pm.

## SKATING SCHOOL BUS Jan 5 to Mar 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](http://strathconagardens.com/skatebus)

## SKATE SHARPENING

**Jan 4 to Mar 21 Cost: \$5.75pair**

<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 - 7:00pm
<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.

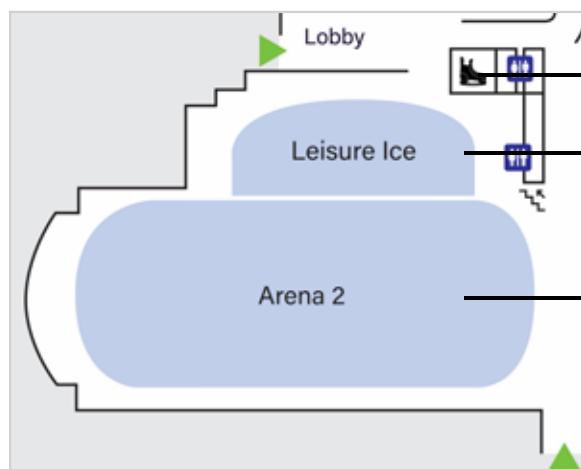
**Looking for the most up to date schedule?** Schedule changes can happen from time to time, so visit [strathconagardens.com](http://strathconagardens.com).

# DROP-IN PROGRAM DESCRIPTIONS

## ARENAS

PROGRAM	LOCATION	DESCRIPTION
<b>Everyone Welcome &amp; Pond Hockey</b>	<b>Arena 2 &amp; Leisure Ice</b>	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.
<b>Pond Hockey</b>	<b>Arena 2</b>	<b>All ages, pond hockey only (no public skating).</b> 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.
<b>Everyone Welcome</b>	<b>Arena 2</b>	<b>All ages welcome, public skating only (no hockey).</b>
<b>Leisure Skate</b>	<b>Leisure Ice</b>	<b>All ages welcome, public skating only (no hockey).</b>
<b>Stick &amp; Puck</b>	<b>Arena 2</b>	Stick and Puck is an opportunity to get some extra ice time and work on stick-handling, shooting, and passing skills! To participate, you must pay the drop-in admission fee and add your name to the sign in sheet – <b>maximum 16 skaters per session for safety reasons!</b> Although we strongly encourage full hockey gear during these sessions, a CSA approved hockey helmet, gloves & sticks is the minimum requirement to participate.
<b>16+ Program Hockey</b>	<b>Arena 2</b>	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. <b>To participate, you must pay the drop-in admission fee and add your name to the sign in sheet.</b>
<b>55+ Program Hockey (pre-register)</b>	<b>Arena 2</b>	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. <b>Participants may pre-register by phone, online or in person up to 8 days in advance to reserve your spot.</b>

## ARENA 2 & LEISURE ICE MAP



- ▶ Facility Entrance
- Skate Shop
- Leisure Skate, Everyone Welcome, and Friday night special event skates
- Everyone Welcome, Pond Hockey, Stick & Puck, 16+ and 55+ Program Hockey

## ARENA 2

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

## LEISURE ICE

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

## 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.

# FEBRUARY EVENTS

STRATHCONA GARDENS  
RECREATION COMPLEX



Friday Nights are FUN  
at the Gardens!



## FEB 6

**FRIDAY NIGHT AT THE MOVIES** 5:15PM TO 8PM

Enjoy a relaxing skate on the leisure ice while watching "Mufasa" on the big screen. Movie starts at 6pm and pizza is served by 7pm.



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

## FEB 13

**FRIDAY THE 13TH SWIM** 6:30PM TO 8:00PM

Join us if you dare! Get ready for a frightfully fun time. Dive in to a spooky spirit with ghoulish games, themed hunts, and more mysterious surprises. **All ages, regular drop-in admission.**

## FEB 16

**FAMILY DAY** 1:30PM TO 4:30PM

Fun Swim, Everyone Welcome Skating & Pond Hockey.  
**All ages, regular drop-in admission.**

## FEB 27

**GLOW SKATE** 5:15PM TO 8PM

Join us for a family friendly skate with our disco & glow lights during our Friday Night Glow skates on the Leisure Ice. Complementary glow stick necklaces will be provided for each participant and prizes for the best glow in the dark outfits! **All ages, regular drop-in admission.**  
**Helmets are strongly encouraged.**

# SWIM LESSONS

## MONDAYS & WEDNESDAYS

Jan 12 to Feb 4 (8)

Feb 18 to Mar 16 (8)

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



	Length	3:35pm	4:10pm	4:25pm	4:45pm	5:00pm	5:20pm	5:25pm	5:40pm	5:55pm	6:00pm	6:15pm
Pre-School	30 minutes					●						
Jellyfish/Goldfish		●										
Seahorse		●										
Octopus			●					●				
Crab			●				●					
Orca		●								●		
Sea Lion/Narwhal											●	
School Age - Swimmer	45 minutes											●
Swimmer 1			●									●
Swimmer 2				●					●			
Swimmer 3		●							●			
Swimmer 4				●								
Swimmer 5/6				●								
Swimmer 7/8/9 (Swim Patrol)		●										

## TUESDAYS & THURSDAYS

Jan 13 to Feb 5 (8)

Feb 19 to Mar 17 (8)

	Length	3:35pm	4:10pm	4:25pm	4:45pm	5:05pm	5:25pm	5:55pm	6:00pm	7:10pm	8:00pm
Pre-School	30 minutes				●						
Jellyfish/Goldfish					●						
Octopus		●					●				
Crab		●					●				
Orca		●						●			
Sea Lion/Narwhal				●							
School Age	45 minutes							●			
Swimmer 1			●					●			
Swimmer 2			●					●			
Swimmer 3					●						
Swimmer 4				●							
Adult										●	
Adult/Teen 1											●
Adult/Teen 2											●

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



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

## UNSURE WHAT LEVEL TO REGISTER YOUR CHILD IN?

Please see one of our lifeguards during any of our public swim times for a quick evaluation of your child's swimming ability. Children ages 0-6 must have a parent with them in the water.

## HOMESCHOOL LESSONS

Jan 13 to Feb 5

## TUESDAYS & THURSDAYS

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

Registration opens for swimming lessons on Monday, December 1.

Go online at 9am:

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

## LESSON FEES

How much do swim lessons cost?\*  
See the fee table on the next page.

30 mins - \$6.00/class

45 mins - \$7.00/class

\*Tax applied to adult swim lessons.

# SWIM LESSONS

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



\$100d

## SATURDAYS

Jan 10 to Mar 14 (9)  
No lesson Feb 14

	9:00am	9:35am	9:50am	10:10am	10:30am	10:50am	11:20am	11:25am
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

Jan 11 to Mar 15 (9)  
No lesson Feb 15

	3:35pm	4:10pm	4:45pm	5:05pm	5:25pm	5:55pm	6:00pm
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.

## 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](http://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		45 MINS	
	Pre-School to Swimmer 2	Swimmer 3 to 9	Pre-School to Swimmer 2	Swimmer 3 to 9
7			\$42	\$49
8			\$48	\$56
9			\$54	\$63
10			\$60	\$70

\*Tax will be applied to adult swim lessons only.

## UNSURE WHAT LEVEL TO REGISTER YOUR CHILD IN?

Please see one of our lifeguards during any of our public swim times for a quick evaluation of your child's swimming ability. Children ages 0-6 must have a parent with them in the water.

# LIFESAVING PROGRAMS

Inspire youth in our mission for drowning prevention!



LIFESAVING SOCIETY®  
*The Lifeguarding Experts*

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.**

75462      Fridays      Jan 16 to Mar 13      4pm - 6pm      \$156



## 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.**

75475      RECERT      Sat /Sun      Feb 10 & 12      4pm - 8pm      \$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.**

75484      Sundays      Jan 11, 18, 25 & Feb 1      9am - 3pm      \$113.00/\$226.70

75471      Sun to Wed      Mar 22, 23, 24, 25      9am - 3pm      \$113.00/\$226.70

### 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.**

75485      Fri & Sat      Feb 13- 28      4pm - 8pm      \$113.00/\$226.70

75472      Mon to Wed      Mar 30, 31, Apr 1      9am - 3pm      \$113.00/\$226.70



# CERTIFICATION COURSES

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

75487 Saturday Feb 14 - RECERT 9am - 6pm \$65.00/\$86.70



## 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.

75488 Wednesday Feb 11 - RECERT 3:30pm - 9:30pm \$41.65/\$55.50

75490 Thursday Mar 19 - RECERT 3:30pm - 9:30pm \$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.

Courses coming in Spring 2026.



## GET CERTIFIED, DIVE IN, AND MAKE A SPLASH AS A LIFEGUARD IN OUR NEW POOL!

Exciting news — our brand-new pool facility is opening in 2026, and we're looking for dedicated individuals to join our team of certified lifeguards! Training sessions are starting now, giving future guards the chance to be certified when the doors open to our brand-new Aquatic Center. Register today and build essential water safety, rescue, and first-aid skills before the first swimmers dive in!



# REGISTERED ICE PROGRAMS

JAN 5 TO MAR 19

ARENAS

	MON & WED	TUES & THURS	SAT	SUN
<b>Session Dates</b> ( ) Indicates how many lessons in the session.	Jan 5 to 28 (8)	Jan 6 to 29 (8)	Jan 10 to Mar 14 (9) No Lessons Feb 14	Jan 11 to Mar 15 (9) No Lessons Feb 15
	Feb 2 to 25 (7) No Lessons Feb 16	Feb 3 to 26 (7)		
	Mar 2 to 18 (6)	Mar 3 to 17 (5)		
<b>SKATING PROGRAMS</b>				
Parent & Tot Skating Lessons (2-5yrs)	10:00-10:30am WED Only Jan 14 to Mar 11 (9)		11:00-11:30am	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)	5:15-5:45pm	4:15-4:45pm	12:30-1:00pm	
Ice Quest Skating Lessons - Level 2/3 (6-12yrs)		6:15-6:45pm	9:15-9:45am	
Registered Private Skating Lessons (All ages)	4:25-4:55pm Arena 2 - 1/2 ice			9:15-9:45am 5:45-6:15pm Leisure Ice
<b>HOCKEY PROGRAMS</b>				
Parent & Tot Hockey Lessons (2-5yrs)			11:45am-12:15pm	11:45-12:15pm
Little Rascals Hockey (3-5yrs)		5:15-6:00pm	10:00-10:45am	10:00-10:45am
Coolest Game on Earth - Intro to Hockey (5-11yrs)	3:30-4:15pm			

## SKATING SCHOOL BUS

Jan 5 to Mar 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.

**Cost: \$10/day.** Registration fee includes admission and skate rentals.

*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

**Please note:** The Everyone Welcome & Pond hockey session ends at 5:00pm daily. Please ensure you have arrangements to have your child picked up at no later than 5:00pm.

## 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.

74814 Fri Jan 16 9am-3pm \$75

74815 Tues Feb 17 9am-3pm \$75

# 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 Ice for a 30-minute interactive skating session with the emphasis of having fun! Our instructors will setup & facilitate planned stations that focus on basic/introductory skating skills and activities at each session. 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.

### CR Storm Intermission Game:

This is open to all Little Rascals from the 2025/2026 season. Please register at our reception desk or online.

**Friday Jan 30 Course ID: 47825**

### Little Rascals Wind Up & Pictures:

All Little Rascals participants and their families from the 2025-2026 season are invited to the Little Rascals Wind Up Party & pictures on March 19, 2026 – please register online or with our reception staff.

## 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 – Hockey! Join us on the Leisure Ice for a 30-minute interactive skating & hockey session with the emphasis of having fun. Our instructors will setup & facilitate planned stations that focus on basic/introductory hockey skills and activities at each session. 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 on their previous experience. If you have any questions regarding the IQ levels, please email [jwheeldon@srda.ca](mailto:jwheeldon@srda.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 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 14 of our 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!

## PRIVATE SKATING LESSONS

### Registered Private Lessons

Want to learn how to skate or work on your hockey skills? Private lessons cost \$27.00 per  $\frac{1}{2}$  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  $\frac{1}{2}$  hour plus \$15.00 for each additional person. All ages welcome! Please call Joel Wheeldon at 250-830-6755 or email [jwheeldon@srda.ca](mailto:jwheeldon@srda.ca) for booking options and availability.

### Group Lesson Price List:

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

Skate Rentals are an additional \$2.00 per class.



## HOCKEY GEAR



## SKATING GEAR



# REGISTERED FITNESS CLASSES

JAN 6 TO MAR 19

FITNESS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Yoga for ALL (R)</b>		<b>10:30am-11:30am</b>			
<b>Chair Yoga (R)</b>		<b>9:30am-10:15am</b>			
<b>Take a WALK (F)</b>		<b>4:00pm-5:00pm</b>		<b>4:00pm-5:00pm</b>	
<b>Strong Mamas &amp; Snug Bugs</b>		<b>11:00am-11:45am</b>		<b>11:00am-11:45am</b>	
<b>Beginner Bootcamp (R)</b>		<b>7:00am-8:00am</b>		<b>7:00am-8:00am</b>	
<b>Pedal Party (R)</b>	<b>4:15pm-5:00pm</b>			<b>4:15pm-5:00pm</b>	
<b>F.A.M.E (R)</b>	<b>10:00am-11:00am</b>				<b>10:00am-11:00am</b>

(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.

75347 Tuesdays Jan 6 to Feb 10 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.

75350 Tuesdays Jan 6 to Feb 10 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.

75358 Tuesdays Jan 6 to Mar 17 3:45pm-4:45pm FREE

75359 Thursdays Jan 8 to Mar 19 3:45pm-4:45pm 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.*

## BEGINNER 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.

75155 Tuesdays Jan 6 to Feb 10 7:00am-8:00am \$72

75343 Tuesdays Feb 17 to Mar 17 7:00am-8:00am \$72

75342 Thursdays Jan 8 to Feb 12 7:00am-8:00am \$60

75344 Thursdays Feb 19 to Mar 19 7:00am-8:00am \$60

## PEDAL PARTY

This is a high energy, rhythm-based spin class that feels like you are on a dance floor rather than a workout. Ride to the beat of an epic playlist with heart-pumping intervals, mood boosting choreography, feel-good vibes that will keep you smiling while you sweat all the way to the finish line. Whether you are a spin newbie, or a cycling pro, this party is for everyone. The music will be turned up, your resistance will be cranked and you will surely enjoy the ride together. All abilities welcome!

75308 Mondays Jan 12 to Feb 9 4:15pm-5:00pm \$45

75310 Mondays Feb 23 to Mar 16 4:15pm-5:00pm \$45

75309 Thursdays Jan 15 to Feb 11 4:15pm-5:00pm \$45

75311 Thursdays Feb 26 to Mar 18 4:15pm-5:00pm \$45

# Pre & Post Natal

## Fitness & Wellness Programs

### Strong Mamas & Snug Bugs

This is a supportive, low impact fitness class designed specifically for new moms (post 6 weeks) with non-moving (pre-crawling) babies. This class helps moms ease back into movement, gain strength, and boost energy, while allowing them to bond with their baby and other moms in our community.

75125	Tuesdays	Jan 13 to Feb 10	11:00am to 11:45am	\$45
75149	Tuesdays	Feb 24 to Mar 18	11:00am to 11:45am	\$36
75148	Thursdays	Jan 15 to Feb 12	11:00am to 11:45am	\$45
75152	Thursdays	Feb 26 to Mar 19	11:00am to 11:45am	\$36

### Mom & Me Aqua Fit

Enjoy a 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!

75117	Mondays	Jan 12 to Feb 9	9:15am to 10am	\$45
75119	Mondays	Feb 23 to Mar 16	9:15am to 10am	\$36
75118	Wednesdays	Jan 14 to Feb 11	9:15am to 10am	\$45
75122	Wednesdays	Feb 25 to Mar 18	9:15am to 10am	\$36

**Register online:**

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



# 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!*

**RECREATE**  
STRATHCONA GARDENS PHASE 1 NEW AQUATIC & WELLNESS CENTRE

**FAME**  
FITNESS AND MOBILITY EXERCISE PROGRAM  
**for stroke and neurofitness**

## WHAT IS FAME?

The Fitness and Mobility Exercise (FAME) is an evidence-based group program, typically delivered by our trained instructor for up to five participants, developed for people living with stroke and other neurological conditions (e.g., multiple sclerosis, Parkinson's disease) to support recovery and long-term management. FAME has been shown to improve mobility, cardiovascular fitness, balance, cognitive function and muscle strength, and reduce falls. It uses principles of high repetitions and moderate intensity to drive neuroplasticity and improve function. FAME is offered in local community centres twice a week and led by trained exercise professionals with the knowledge and skills to supervise exercise sessions for people living with neurological conditions. Family, friends and caregivers are invited to attend to help assist with the program.

FAME is appropriate for people who are:

- Able to stand for 5 minutes on their own
- Able to walk 10 meters on their own with or without assistive devices (e.g., cane or walker)
- Able to sit down and stand up on your own
- Medically stable (e.g., does not exhibit uncontrolled hypertension, angina or seizures)
- Able to follow instructions and communicate with the instructor

Note: This FAME program is part of a research program conducted by researchers at the University of British Columbia. Registrants may be contacted by the research team to discuss interest in potential participation in an optional research study. You do not have to participate in the research study to participate in the FAME program.

## BEFORE YOU BEGIN

1. Register online or through our front desk:

**75476   Mondays & Fridays   Jan 19 to Apr 27\*   10:00am-11:00am   \$230.64**

2. Have an assessment done with the fitness department prior to starting the class.  
Please contact us at 250-830-6736 after registering to book an assessment.

\*No class Feb 16, Mar 23, Mar 27, Apr 3 and Apr 6



**STRATHCONA GARDENS**  
RECREATION COMPLEX



# PHYSICIAN REFERRED PROGRAMS

# FITNESS

TAKE HEART	MONDAY No class Feb 16	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Take Heart Breathe Well</b>		<b>9:45-11am</b> <b>12:30-2pm</b>		<b>9:45-11am</b> <b>12:30-2pm</b>	
<b>Take Heart Maintenance</b>	<b>7:00am-10:00am</b> <b>2:00pm-4:00pm</b>		<b>7:00am-10:00am</b> <b>2:00pm-4:00pm</b>		<b>7:00am-10:00am</b> <b>1:00pm-3:00pm</b>

## 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

FITNESS

## CHRONIC DISEASE MANAGEMENT

### LEISURE POOL

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

### MAIN POOL

<b>CDM Shallow</b>	2-2:45pm	11-11:45am	2-2:45pm	11-11:45am	
<b>CDM Deep</b>	9:15-10am	2-2:45pm	9:15-10am	2-2:45pm	9:15-10am

### DRY LAND - FITNESS STUDIO

<b>CDM Land Advanced - Fitness Studio Low Impact</b>		8:30-9:30am		8:30-9:30am	
<b>CDM Strong &amp; Stable Fitness Studio</b>	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
11:30am-12:15pm	11:45am-12:30pm	11:30am-12:15pm	11:45am-12:30pm	11:30am-12:15pm

## 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. It would also be of great benefit to those who are waiting for replacement surgery.

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN POOL</b>				
Adaptive Deep	11-11:45am	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

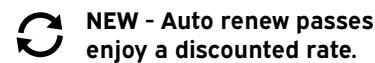
	ADULT	CHILD <sup>1</sup>	TEEN	SENIOR	FAMILY <sup>2</sup>
Drop-in <sup>3</sup>	\$6.75	\$3.50	\$4.75	\$5.00	\$15.00
10x Pass <sup>3</sup>	\$62.00	\$32.25	\$43.75	\$46.00	\$138.00
<b>NEW</b> 10x Auto Renew <sup>3</sup>	<b>\$60.75</b>	<b>\$31.50</b>	<b>\$42.75</b>	<b>\$45.00</b>	<b>\$135.00</b>
<b>NEW</b>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

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

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

<sup>3</sup> Does not include flexible fitness programs. Non-instructed drop-in admission only.

<sup>4</sup> Flexible aquatic fitness classes only (Deep Water Motion and Fluid Motion).



► 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](http://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 *Lig'w'idaxw* people. It is also recognized that the SRD operates within the traditional, treaty and unceded territories of the *Ehlettesaht / Chinehkint, Homalco, Ka'yu:k'th' / Che:k'tles7et'h, Klahoose, K'ómoks, Kwiakah, Mowachaht / 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

Jan 1	Closed
Feb 16	1:30pm to 4:30pm
Apr 3	1:30pm to 4:30pm
Apr 6	1:30pm to 4:30pm

## 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](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!

**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 one of our lifeguards for an assessment in the pool, 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

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 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 Winter programs opens Monday, December 1 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.



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

**Jan 4 to Mar 21**

**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-RECREATE Construction.

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

## ARENA PARTIES

**Jan 5 to Mar 21**

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

**5:00-7:00pm\***

**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).

### \*NEW Movie Birthday Party

Host your own 2-hour movie birthday party on the leisure ice big screen!

Movies must be chosen from the movie list that falls under our viewing license.

For available movies, please email [bookings@sr.d.ca](mailto:bookings@sr.d.ca). **Cost:** \$160.

## 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.

## READY TO BOOK?

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

**Phone:** 250-830-6766

**Email:** [bookings@sr.d.ca](mailto:bookings@sr.d.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 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.

# 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](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:

- ▶ 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](http://campbellriverstorm.com)

**CR Minor Hockey Association**  
[crmha.ca](http://crmha.ca)

**CR Womens Hockey**  
[crwomenshockey@gmail.com](mailto:crwomenshockey@gmail.com)

**Next Level Training**  
[nextleveltrainingbc.com](http://nextleveltrainingbc.com)

### Lacrosse

**CR Minor Lacrosse Association**  
[campbellriverminorlacrosse.ca](http://campbellriverminorlacrosse.ca)

### Pickleball

**Campbell River Pickleball Association**  
[crpba.ca](http://crpba.ca)

### Skating

**Campbell River Skating Club**  
[skatecampbellriver.ca](http://skatecampbellriver.ca)

### Swim Club

**Campbell River Killer Whales**  
[crkw.poolq.net](http://crkw.poolq.net)

**Campbell River Salmon Kings**  
[campbellriversalmonkings.ca](http://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](http://www.campbellriver.ca)

SPORT	ORGANIZATION	CONTACT
Archery	CR Fish & Wildlife Club	<a href="http://crfishandwildlifeclub.ca">crfishandwildlifeclub.ca</a>
Badminton	CR Badminton Club	<a href="http://crbadminton.ca">crbadminton.ca</a>
Baseball	CR Minor Baseball Assoc.	<a href="http://leagues.teamlinkt.com/CRMBA">leagues.teamlinkt.com/CRMBA</a>
	North Island Cubs	<a href="http://northislandcubs.com">northislandcubs.com</a>
Basketball	CR Youth Basketball Association	<a href="mailto:fishgeo@shaw.ca">fishgeo@shaw.ca</a>
	Dime Valley Basketball	<a href="http://dimevalleybasketball.com">dimevalleybasketball.com</a>
Cricket	CR Cricket Club	<a href="http://crcricket.club">crcricket.club</a>
Curling	CR Curling Club	<a href="http://crcurl.com">crcurl.com</a>
Cycling	River City Cycle Club	<a href="http://rivercitycycle.ca">rivercitycycle.ca</a>
Dance	CR DanceXtreme	<a href="http://crdancextreme.com">crdancextreme.com</a>
	Studio North Dance Academy	<a href="http://riverportdanceworks.com/studionorthdanceacademy">riverportdanceworks.com/studionorthdanceacademy</a>
	Solstice Studio	<a href="http://solsticestudio.ca">solsticestudio.ca</a>
	Tara School of Irish Dancing	<a href="mailto:treblejoy@taraschoolofirishdancing.ca">treblejoy@taraschoolofirishdancing.ca</a>
	Urban Dance Connection	<a href="http://urbandanceconnection.com">urbandanceconnection.com</a>
Fitness	Elevate & Primal Athletics	<a href="http://primalathletics.net">primalathletics.net</a>
Golf	CR Golf & Country Club	<a href="http://crgolf.ca">crgolf.ca</a>
	Storey Creek Golf Course	<a href="http://storeycreek.bc.ca">storeycreek.bc.ca</a>
Gymnastics	CR Gymnastics Assoc.	<a href="http://campbellrivergymnastics.ca">campbellrivergymnastics.ca</a>
Karate	CR Shito Ryu Karate Club	<a href="http://shito-ryu.ca">shito-ryu.ca</a>
	CR Wado Karate Club	<a href="http://crwado.ca">crwado.ca</a>
	Dimitova Training Academy	<a href="http://dimitrovatrainingacademycanada.com">dimitrovatrainingacademycanada.com</a>
	Northwest Shito-Kai Karate	<a href="http://karatenwsk.com">karatenwsk.com</a>
Martial Arts	Parallel 50 Training Centre	<a href="http://parallel50.ca">parallel50.ca</a>
	Pure Martial Arts	<a href="http://puremartialarts.ca">puremartialarts.ca</a>
	Heart and Soul Muay Thai	<a href="http://heartandsoulmuaythai.com">heartandsoulmuaythai.com</a>
Motocross	Campbell River Motocross Assoc.	<a href="http://campbellrivermx.ca">campbellrivermx.ca</a>
Rock Climbing	On The Rocks Climbing	<a href="http://rockgym.ca">rockgym.ca</a>
Rugby	CR Rugby Club	<a href="http://campbellriverrugby.weebly.com">campbellriverrugby.weebly.com</a>
Skiing	Mount Washington Alpine Ski Club	<a href="http://mtwashingtonskiclub.com">mtwashingtonskiclub.com</a>
	Strathcona Nordics Cross Country Skiing	<a href="http://strathconanordics.com">strathconanordics.com</a>
	Mount Washington Freestyle Ski Club	<a href="http://mwfestyle.com">mwfestyle.com</a>

PHASE 1

# RE-CREATE 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](http://STRATHCONAGARDENS.COM/CONSTRUCTION)

1

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

2

Sign-up for our enewsletter 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-CREATE PROJECT

[recreatesg.ca](http://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-CREATE CONSTRUCTION

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



# SPRINGBREAK

MAR 22 to APR 4

CAMPS  
POOLS  
ARENAS  
FITNESS

REGISTRATION  
DEC 1

STRATHCONA GARDENS  
RECREATION COMPLEX





# SPRINGBREAK



MAR 22 to APR 4

POOLS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			<b>LANES (2)</b> 6:30am-9:00am			
		<b>LANES (2) &amp; LEISURE SWIM &amp; CAMPS</b> 9:00am-1:00pm			<b>LANES (2) &amp; PARENT AND TOT</b> 9:00am-10:30am	
					<b>LANES (2) &amp; LEISURE SWIM</b> 10:30am-1:00pm	
			<b>FUN SWIM</b> 1:00pm-4:00pm			
		<b>LANES (2)</b> 4:00pm-6:30pm			<b>FAMILY SWIM &amp; LANES (2)</b> 4:00pm-6:00pm	
		<b>FUN SWIM</b> 6:30pm-8:00pm				

**HOLIDAY SCHEDULE CHANGES:** April 3: Good Friday & April 5: Easter Monday - 1:30pm to 4:30pm Fun Swim.

## 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

**Fun 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.



# SPRINGBREAK

MAR 22 to APR 4 ARENAS

## ARENA 2

DATE	EVERYONE WELCOME & POND HOCKEY	PROGRAM HOCKEY (AGE GROUP)	STICK & PUCK
Sunday, March 22	3-5:30pm		
Monday, March 23	1:30-4:30pm	11:30am-1pm (55+)	
Tuesday, March 24	1:30-4:30pm		11:30am-1pm
Wednesday, March 25	1:30-4:30pm	11:30am-1pm (55+)	
Thursday, March 26	1:30-4:30pm		11:30am-1pm
Friday, March 27	12:30-2:30pm	11:15am-12:15pm (16+)	
Saturday, March 28	Closed for Tournament		
Sunday, March 29	Closed for Tournament		
Monday, March 30	1:30-4:30pm	9:45-11:15am (55+)	11:30am-1pm
Tuesday, March 31	1:30-4:30pm	10:15-11:15am (11-15)	11:30am-1pm
Wednesday, April 1	1:30-4:30pm	9:45-11:15am (55+)	11:30am-1pm
Thursday, April 2	1:30-4:30pm	10:15-11:15am (11-15)	11:30am-1pm
Friday, April 3	1:30-4:30pm		
Saturday, April 4	1:30-4:30pm		

## LEISURE ICE

LEISURE SKATE (LEISURE ICE ONLY)	EVERYONE WELCOME	SKATE SHARPENING
	3-5:30pm	3-5:30pm
11:30am-1pm	1:30-4:30pm	11am-4pm
2:45-5pm	1:30-4:30pm	11am-4pm
1:30-4:30pm		12:30pm-4:30pm
1:30-4:30pm		11:30am-4pm
Closed for Camps		11am-4pm
	1:30-4:30pm	1:30-4:30pm
	1:30-4:30pm	1:30-4:30pm

**HOLIDAY SCHEDULE CHANGES:** Easter Weekend (April 3 to 6) - 1:30pm to 4:30pm Everyone Welcome & Pond Hockey



## SPRING BREAK ARENA CAMPS

March 23 to 27

- Dash & Splash Adventure Camp

March 30 to Apr 2

- Little Rascals Hockey Camp
- Pre-School Ice Quest Camp

See page 32 for full details on all our Spring Break camps.



# SPRINGBREAK

MAR 22 to APR 4 **FITNESS**

## AQUATIC FITNESS

All classes require pre-registration.

Date	Deep Water Motion (F)	Fluid Motion (F)	Adaptive Shallow (F)	Adaptive Deep (F)	Aquatic Arthritis (R)	Ortho Management (F)
Monday, March 23	TBA	TBA	10:00-10:45 am	11:00am-11:45am	10:00-10:45am	12:30-1:15pm
Tuesday, March 24	TBA	TBA	11:30-12:15pm		11:30-12:15pm	11:45-12:30pm
Wednesday, March 25	TBA	TBA		11:00-11:45am	10:00-10:45am	12:30-1:15pm
Thursday, March 26			11:30-12:15pm		11:30-12:15pm	11:45-12:30pm
Friday, March 27				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, March 23		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, March 24	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, March 25		7:15-10:00am		11:45am-12:45pm	9:15-10:00am		11:00-12:00pm 12:45-1:45pm
Thursday, March 26	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
Friday, March 27					9:15-10am		11am-12pm 12:45-1:45pm

**NO FITNESS CLASSES MAR 30 TO APR 5**

# SPRINGBREAK



## CAMPS

### DASH & SPLASH ADVENTURE AGES 7 TO 12

**74858    Mon to Fri    Mar 23 to 27    9am to 4pm    \$225**

Join us for an exciting week of skating, swimming, and adventure in the Dash & Splash Adventure Camp! This combo camp includes skating and swimming sessions every day along with three planned field trips on the SRD 24-passenger bus. Activities TBD. Program fee includes all offsite activity fees, facility drop-in fees and skate rentals.

### SWIM AND WATER SAFETY AGES 4 TO 7

**75481    Mon to Fri    Mar 23 to 27    9am to 4pm    \$225**

**75482    Mon to Thu    Mar 30 to Apr 2    9am to 4pm    \$180**

Spend the week working on water safety skills, knowledge and swimming skills in a fun and encouraging atmosphere. Be sure to bring a healthy lunch, bathing suit and multiple towels each day.

### JUNIOR LIFEGUARD AGES 8 TO 13

**74509    Mon to Fri    Mar 23 to 27    9am to 4pm    \$225**

Calling all future lifeguards! This camp is for you. Focus on lifesaving skills through a variety of activities and scenarios similar to those experienced by a real lifeguard. Develop your knowledge, judgment and fitness in a fun aquatic setting! Be sure to bring a bathing suit, multiple towels and a healthy lunch each day.

### LITTLE RASCALS HOCKEY CAMP AGES 4 TO 6

**74850    Mon to Thu    Mar 30 to Apr 2    9am to 12pm    \$80**

Learn Basic hockey skills and play a hockey game every day! Coaches will introduce your child to the game of hockey through drills and skill development. The program fee includes skate rentals.

### PRESCHOOL ICE QUEST AGES 4 TO 6

**74851    Mon to Thu    Mar 30 to Apr 2    1pm to 4pm    \$80**

Enjoy playing a variety of games on the ice while developing your skating skills. This program has the beginner skater in mind with the emphasis on FUN! The program fee includes skate rentals.

### SPLASH OF EVERYTHING AGES 7 to 12

**74509    Mon to Thu    Mar 30 to Apr 2    9am to 4pm    \$180**

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

### JUNIOR CAREGIVERS AGES 11 to 13

**75474    Mon to Thurs    Mar 30 to Apr 2    9am to 4pm    \$180**

A fun, hands-on program designed to give youth an introduction to child care skills, safety, and first-aid. Participants will also enjoy swimming activities that teach the importance of water safety – all while having a blast with new friends! Be sure to bring a bathing suit, multiple towels, and a healthy lunch each day.



# SPRINGBREAK

MAR 22 to APR 4

COURSES

## 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.**

75471      Sun to Wed      Mar 22, 23, 24, 25      9am - 3pm      \$113.00/\$226.70



LIFESAVING SOCIETY®  
*The Lifeguarding Experts*

## 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.**

75472      Mon to Wed      Mar 30, 31, Apr 1      9am - 3pm      \$113.00/\$226.70



GET CERTIFIED, DIVE IN, AND MAKE A SPLASH  
AS A LIFEGUARD IN OUR NEW POOL!

Exciting news — our brand-new pool facility is opening in 2026, and we're looking for dedicated individuals to join our team of certified lifeguards! Training sessions are starting now, giving future guards the chance to be certified when the doors open to our brand-new Aquatic Center. Register today and build essential water safety, rescue, and first-aid skills before the first swimmers dive in!



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[adventureshow.ca](http://adventureshow.ca)