

Strathcona Gardens

Recreation Guide

Spring & Summer 2023

Arenas

Pools

Fitness

Summer



SERVING CAMPBELL RIVER & AREA D

What's New

- 1** Pool hours are expanding in May! See page 18
- 2** Arena #2 ice is here to stay! New hours for May 7 to June 30 on page 11 and July 9 to Sept 3 on page 39.
- 3** Pickleball is back on April 26. See page 16
- 4** New fitness classes to check out on page 19 & 32
- 5** Wish summer would come early? Preview our summer schedule and camps starting on page 37. Our pool will be open weekdays through August!

→ **Jump to Pool Schedule**

→ **Jump to Arena Schedule**

→ **Jump to Fitness Schedule**

Find this button throughout the Recreation Guide to bring you directly to PerfectMind:

REGISTER 

Registration



Register online strathconard.perfectmind.com

The best way to register is online! Get your account ready ahead of registration day. Create an account, set-up profiles for family members, and add in your payment card so you're ready to go! If you've held an account or pass with us already, our front desk team can e-mail you an online registration link that is connected to your existing account.



Register Over The Phone

Give us a call during reception hours at 250-830-6777 and press "0" to reach our front desk.



Register at Our Front Desk

Visit us at 225 S Dogwood Street, and one of our front desk staff would be happy to assist you.

Spring Registration:
Monday March 13 at 9:00am

Summer Registration:
Monday, May 15 at 9:00am

How to Read Course & Camp Descriptions

00000

Sat & Sun

May 6, 7, 13 & 14

9am - 3pm

\$51.00

Search this number in PerfectMind to be taken directly to the program.

Days of the week, dates, and daily time of the program.

Cost of entire course. Does not include tax.

Strathcona Gardens RECREATION COMPLEX

Welcome

Strathcona Gardens Recreation Complex is a regional facility run by the Strathcona Regional District, located in Campbell River, BC. Our mission is to provide community resources, recreation and leisure opportunities for people of all ages and abilities by promoting social, active and healthy living.



Contact Us

225 South Dogwood Street
Campbell River, BC
V9W 8C8



250.830.6777



info@strathconagardens.com

Reception Hours

Sunday	9am-5:30pm
Monday	8am-8pm
Tuesday	7am-6:30pm
Wednesday	8am-8:30pm
Thursday	7am-6:30pm
Friday	8am-8:30pm
Saturday	9am-4:00pm

Follow us on Social Media!

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



/strathconagardensrec



@strathconagardens



@strathconagardens

Table of Contents

Admissions & Memberships	4
Inclusion	5
Facility Bookings	6
Birthday Parties	7
Special Events	8
Arena Drop-in Schedule.....	10
Skate Sharpening Hours	10
Arena Lesson Schedule	13
Arena Program Descriptions	12
Dry Floor Programs	16
Swimming Pool Drop-in Schedule	17
Aquatic Fitness Schedule.....	19
Lifeguard Courses	22
Swim Lesson Schedule	24
Swim Lesson Program Descriptions.....	27
Swim Lesson FAQ	31
Fitness Schedule	32
Meet our Fitness Team	35
Fitness Services	36
Summer Schedules.....	37
North Island Outdoor Adventure Show	40
Community Sports Organizations	41

Admissions & Memberships

Admission	Single	10x Pass	1 Month Pass	3 Month Pass	6 Month Pass
Preschool & Caregiver*	\$3.05	*Rate includes one child 0 -2 yrs and one caregiver			
Child (3-12 yrs)	\$3.05	\$26.50	\$28.05	\$80.00	\$138.95
Student (13-18 yrs)	\$4.05	\$36.20	\$38.75	\$116.50	\$192.25
Adult (19-59 yrs)	\$5.85	\$53.00	\$57.10	\$170.85	\$294.25
Senior (60+)	\$4.30	\$38.25	\$42.00	\$124.20	\$200.70
Family*	\$11.75	\$106.00	*Max of 6 people, must include 1 Adult. Max of 2 adults per group.		

Shower	\$3.55	Small Locker	\$0.25
Skate Rentals	\$2.80	Large Locker	2 x \$0.25
Skate Sharpening	\$5.10	Disposable Swim Diapers	\$1.65

► Fees on this page do not include applicable taxes.

Frequently Asked Questions

What does an admission to the pool include?

Access to the pool includes use of our change room & shower facilities, leisure pool, main pool, hot tub, steam room, sauna, and weight room. See the pool schedule on page 17 for hours and availability of our pool areas.

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

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

How much are your lockers?

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

Can my child swim on their own?

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

Do you have a lost and found?

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

Do I need a helmet to come skating?

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

Bulk Buy Passes

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

Bulk Buy Prices:

Adult: \$4.85
Teen/Student/Senior: \$3.30
Child: \$2.30

Swim Shop

Our reception desk sells a large variety of items:

- Competitive and recreational swim goggles and seal masks for adults and children.
- Disposable and reusable infant swim diapers.
- Latex and silicone swim caps.
- Nose plugs and ear plugs.
- Stingray toddler 2mm shorty wetsuits.

Inclusion

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

Leisure Involvement for Everyone (L.I.F.E) Program

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

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

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

How to Register:

1. Download the [2022/2023 L.I.F.E Program Application](#) or pick one up from Strathcona Gardens during reception hours (New 2023/2024 applications available the last week of May).
2. Gather required documentation: You will need proof of your combined income from line 150 of your 2021 Notice of Assessment from the Canada Revenue Agency for each member of the household, as well as proof of residency within the City of Campbell River with your current address. A driver's license or current utility bill can be used for proof of residency.
3. The L.I.F.E. application form must be completed in full, and submitted with your required documentation to a staff member at our reception desk.

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



JumpStart is a community-based charitable program that helps kids in financial need participate in recreation. To request funding for a program, complete an online application form at jumpstart.canadianfire.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:

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

Accessibility



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

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

Facility Bookings

Looking for a meeting or event space? We've got you covered. We have many rooms and times available for your club or organization, including our dry floor for your big events!

Event Insurance

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



Pinecrest Room \$15.30/hour

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



Pool Viewing Room \$15.30/hour

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



School Group Rentals

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



VIP North Room \$15.30/hour

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



Dogwood Room \$35.70/hour

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



Ready to book?

Call us at 250.830.6766 or e-mail bookings@srd.ca



It's Your Birthday! Come and celebrate with us.

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

Pool Parties

Saturdays & Sundays 3-4pm

Shared Rate: \$49.45 per hour for up to 25 people - **including adults**. Rate is for the leisure or main pool. Leisure pool includes the water slide & hot tub. Main pool includes the diving board & rope swing. Add a partyologist (game leader) for an additional \$32.15/hour

Wiggle Bridge

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

Themed Pool Parties (Ages 4-8)

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

Cost: \$32.15

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

Email: poolbookings@srd.ca

For pool bookings contact:

Phone: 250-830-6760

Email: poolbookings@srd.ca

Concession Packages:

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

Arena Parties

Saturdays 4:45-5:45 pm

Sundays 1:15-2:45 pm

Cost: \$39.25 + GST per hour, \$1.55 skate rentals. Add a partyologist (game leader) for an additional \$32.15/hour.

Themed Ice Parties

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

Cost: \$32.15 - Includes a party partyologist (a game leader).

For arena bookings contact:

Phone: 250-830-6766

Email: bookings@srd.ca

Looking for a Party Gift?

Great gifts & retail supplies available at Strathcona Gardens:

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

Birthday Party FAQ

What do I need to bring?

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

When is payment due?

Full payment is due at the time of booking.

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

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

When can the party organizer access the party space?

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

Can the party organizer use the fridge/freezer?

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

Where can we store our gifts while we swim?

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

Are skate rentals included for arena parties?

No, skate rentals are an additional \$1.55 per rental. The skate shop will count up your rentals, and you can stop by the reception desk to pay your outstanding balance at the end of your party.

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

Special Events

Fun for the whole family! We have many exciting events happening this Spring that you won't want to miss.

April

APR
14
Friday

Friday Night at the Movies
 5:15pm to 8pm
Cost: \$6/person or \$20/family of 4

Enjoy a relaxing skate on the leisure ice watching "Lyle, Lyle, Crocodile" on the big screen. Movie starts at 6pm, pizza is served by 7pm. Admission fee includes 2 slices of Little Caesars and a juice box. Skate rentals are not included, helmets are mandatory.

APR
21
Friday

Sports Night!
 6:30pm to 8:30pm
All Ages

Join the lifeguards for an evening of water sports! Sports include volleyball, basketball, underwater hockey, water polo & more!

APR
22 & 23
Sat & Sun

North Island Outdoor Adventure Show

Saturday: 10am to 6pm
Sunday: 10am to 4pm

This is your opportunity to preview, explore and purchase the latest gear from British Columbia's most respected and prominent retailers.

APR
29
Saturday

VIP Glow Skate
 6pm to 8:30pm
Cost: \$12/person
Ages 6-12

Enjoy hanging out listening to your favorite tunes, skating, dancing snacking on pizza and playing games. Admission includes skate rentals, pizza/juice box, and glow items. Come dressed in your best neon outfits and win prizes!

May

MAY
12
Friday

Friday Night at the Movies
 5:15pm to 8pm
Cost: \$6/person or \$20/family of 4

Enjoy a relaxing skate on the leisure ice watching "Puss in Boots - The Last Wish" movie on the big screen. Movie starts at 6pm pizza is served by 7pm. Admission fee includes 2 slices of Little Caesars and a juice box. Skate rentals are not included, helmets are mandatory.

MAY
14
Sunday

Mother's Day
 All Day
 Happy Mother's Day! Free drop-in admission for moms or caregivers.

MAY
22
Sunday

Victoria Day
 1pm to 4pm
 Open Fun Swim in the pool and Everyone Welcome Skate & Pond Hockey on the arena from 1pm to 4pm only.

MAY
6
Saturday

Laser Tag Night
 6:00pm to 8:30pm
Cost: \$15/person
Ages 8 - 14

JUN
24
Saturday

Laser Tag Night
 6:00pm to 8:30pm
Cost: \$15/person
Ages 8 - 14

Laser tag is taking over the arena for two nights of laser tag fun! Play with up to 10 players at a time for each 10-minute game of laser tag. Admission fee includes 2 slices of Little Caesars Pizza and a juice box, and at least 2 games of laser tag per participant. Space is limited to a maximum of 50 participants.

June

JUN
9
Friday

Friday Night at the Movies
 5:15pm to 8pm
Cost: \$6/person or \$20/family of 4

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

JUN
17
Saturday

Top 40 Skate Party
 6:00pm to 8:30pm
Cost: \$12/person
Ages 6 - 12

Enjoy hanging out listening to your favorite Top 40 music hits, skating, dancing snacking on pizza and playing games. Admission includes skate rentals, pizza/juice box. Bring your music requests and get ready for a night of FUN!

JUN
18
Sunday

Father's Day
 All Day
 Happy Father's Day! Free drop-in admission for dads or caregivers.

JUN
30
Friday

Schoooooool's Out for Summer!
 6:30pm to 8:30pm
All Ages

Schools out for the summer and we're ready to celebrate! Dance contests, name that tune, water gun fights, and more to kick off the summer season.

A collage of ten hexagonal images arranged in a honeycomb pattern, set against a background of red and white geometric shapes. The images depict a diverse group of people of various ages and ethnicities engaged in different sports and physical activities. The activities include: a woman playing tennis, a young boy playing with a ball, a woman holding a blue ball, a man in a red shirt playing a sport, a woman in a yellow shirt and hijab, a woman holding a baby, a man in a wheelchair playing a sport, a woman and a child swimming, a man in a blue shirt and cap, and a referee in a black and white striped shirt. The overall theme is active living and participation in sports.

Save the Date! April 28 - April 30

Presented by PLAY Campbell River

Let's build up our community of sport and active living in Campbell River! Including keynote speakers Hayley Wickenheiser and Farhan Lalji, local keynote speakers, panel discussions, workshops and Try-It days with Local Sport Organizations and Clubs. Target audience is those working in recreation, sport, education and health, volunteer and paid coaches and instructors, parents of recreational kids at any level, and individuals from populations who are underrepresented in sport.

April 28 - Keynote Speakers - Maritime Heritage Centre

April 29 - Quality Sport for Club and Communities Workshop - Rotary Fieldhouse

Physical Literacy for ECE Workshop - Robron Centre

April 30 - Celebrate Sport/Try-It Days - Strathcona Gardens



Sport for Life
SUMMIT

Farhan Lalji

Community Champion and
Award-Winning Sports Broadcaster

Canada Sport for Life



Sport for Life
SUMMIT

Hayley Wickenheiser

Hayley Wickenheiser
International Hockey Icon
and Youth Sport Advocate

Canada Sport for Life



Click here for tickets

Arena Schedule

Drop-in Hockey & Programs

April 11 to May 6

Arena 2

Programs	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
50+ Program Hockey		9:45-11:15am		9:45-11:15am			
60+ Program Hockey*	9:45-11:15am		9:45-11:15am		9:45-11:15am		
16+ Program Hockey	11:30-1:00pm		11:30-1:00pm		11:30-1:00pm		
Stick & Puck		11:30-12:45pm		11:30-12:45pm	1:15-2:30pm		
Everyone Welcome	1:15-2:30pm	1:00-2:30pm	1:15-2:30pm	1:00-2:30pm			
Everyone Welcome & Pond Hockey		2:45-5:00pm		2:45-5:00pm	2:45-5:00pm	1:30-4:30pm	3:00-5:30pm
Pond Hockey	2:45-5:00pm HALF ICE		2:45-5:00pm HALF ICE				

► *NEW for 2023, 60+ Program Hockey participants may register by phone, online, or in person up to 7 days in advance.

Leisure Ice

Programs	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Leisure Skate	9:45-1:00pm	9:45-12:45pm	9:45-1:00pm	9:45-12:45pm	9:45-1:00pm 1:15-2:30pm		
Everyone Welcome	1:15-2:30pm	1:00-2:30pm	1:15-2:30pm	1:00-2:30pm	2:45-5:00pm	1:30-4:30pm	3:00-5:30pm
Leisure Skate	2:45-5:00pm 7:00-8:00pm		2:45-5:00pm 7:00-8:00pm		5:15-8:00pm		

Special Skates & Schedule Changes

Apr 14 Friday Night at the Movies – Lyle, Lyle, Crocodile– 5:15-8pm

Apr 21 Everyone Welcome & Pond Hockey cancelled, leisure skate 2:45-5pm

Apr 29 VIP Glow Skate – 6:00-8:30pm



Skate Sharpening

Cost: \$5.10/pair

Monday	9:45am-5:00pm
Tuesday	9:45am-5:00pm
Wednesday	9:45am-5:00pm
Thursday	9:45am-5:00pm
Friday	9:45am-5:00pm
Saturday	1:30pm-4:30pm
Sunday	2:00pm-7:00pm

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.



Don't Forget Your Helmet

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

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

Arena Schedule

Drop-in Hockey & Programs

NEW

May 7 to June 30

Arena 2

Programs	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
50+ Program Hockey		9:45-11:15am		9:45-11:15am			
16+ Program Hockey			11:30-1:00pm		11:30-1:00pm		
Stick & Puck	11:30-1pm	11:30-12:45pm		11:30-12:45pm	1:15-2:30pm		
Everyone Welcome	1:15-2:30pm	1:00-2:30pm	1:15-2:30pm	1:00-2:30pm			
Everyone Welcome & Pond Hockey		2:45-5:00pm		2:45-5:00pm	2:45-5:00pm	1:30-4:30pm	3:00-5:30pm
Pond Hockey	2:45-5:00pm HALF ICE		2:45-5:00pm HALF ICE				

Leisure Ice

Programs	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Leisure Skate	9:45-1:00pm	9:45-12:45pm	9:45-1:00pm	9:45-12:45pm	9:45-1:00pm 1:15-2:30pm		
Everyone Welcome	1:15-2:30pm	1:00-2:30pm	1:15-2:30pm	1:00-2:30pm	2:45-5:00pm	1:30-4:30pm	3:00-5:30pm
Leisure Skate	2:45-5:00pm		2:45-5:00pm		5:15-8:00pm		

Special Skates & Schedule Changes

May 12	Friday Night at the Movies – "Puss In Boots: The Last Wish" – 5:15-8pm
May 19	16+ Program Hockey cancelled due to ice rental.
May 22	Victoria Day – Everyone Welcome & Pond Hockey 1-4pm
May 6	Leisure Ice Laser Tag Night – 6:00-8:30pm
Jun 9	Friday Night at the Movies – "Strange World" – 5:15-8pm
Jun 17	Top 40 Skate Party – 6:00-8:30pm
Jun 24	Dry floor Laser Tag Night – 6:30-9:00pm
Jun 26-30	Carihi & Timberline Grad Commencements
	Everyone Welcome & Pond Hockey – 2:45-5:00pm
Jun 30	Leisure Skate cancelled – 5:15-8:00pm



Skate Sharpening

Cost: \$5.10/pair

Monday	9:45am-5:00pm
Tuesday	9:45am-5:00pm
Wednesday	9:45am-5:00pm
Thursday	9:45am-5:00pm
Friday	9:45am-5:00pm
Saturday	1:30pm-4:30pm
Sunday	2:00pm-7:00pm

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.

Arena Schedule

Drop-in Program Descriptions

Everyone Welcome

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

Stick & Puck

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

50+ & 60+ Program Hockey

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

Special Events

V.I.P. Glow Skate

Age: 6-12yrs **When:** Sat Apr 29 6:00-8:30pm **Cost:** \$12/person

Enjoy hanging out listening to your favorite tunes, skating, dancing snacking on pizza and playing games. Admission includes skate rentals, pizza/juice box, and glow items. Come dressed in your best neon outfits and win prizes!

Top 40 Skate Party

Age: 6-12yrs **When:** Sat Jun 17 6:00-8:30pm **Cost:** \$12/person

Enjoy hanging out listening to your favorite Top 40 music hits, skating, dancing snacking on pizza and playing games. Admission includes skate rentals, pizza/juice box. Bring your music requests and get ready for a night of FUN!

Laser Tag Events

Age: 8-14yrs **When:** Sat May 6 & Sat Jun 24 6:00-8:30pm **Cost:** \$15/person

Laser tag is taking over the arena for these nights of laser tag fun! Play with up to 10 players at a time for each 10-minute game of laser tag. Admission fee includes 2 slices of Little Caesars Pizza and a juice box, and at least 2 games of laser tag per participant. Space is limited to a maximum of 50 participants ages 8-14 yrs.

Leisure Skate

All ages welcome. All participants must wear a helmet while on the ice. This session is on the leisure ice only. No hockey during these sessions.

16+ Program Hockey

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

Pond Hockey

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



Friday Night at the Movies

All Ages 5:15-8:00pm

Enjoy a relaxing skate on the leisure ice watching a movie on the big screen. Movie starts at 6pm, pizza is served by 7pm. Admission fee includes 2 slices of Little Caesars and a juice box. Skate rentals are not included.

Apr 14 Lyle, Lyle, Crocodile

May 12 Puss in Boots:
The Last Wish

Jun 9 Strange World

Cost: \$6/person, \$20 per family
(maximum 4 family members)

Skate Rentals are an additional \$2.80 per person.

Arena Schedule

Registered Ice Programs

April 11 to Jun 22

REGISTER



Lesson Schedule

	Monday & Wednesday	Tuesday & Thursday	Saturday	Sunday
Lesson Dates	Apr 12 - May 3 (7) May 8 - May 31 (7) No lessons May 22 Jun 5 - 21 (6)	Apr 11 - May 4 (8) May 9 - Jun 1 (8) Jun 6 - 22 (6)	Apr 15 - Jun 10 (8) No lessons May 27	Apr 16 - Jun 11 (8) No lessons May 28

Programs ► All spring arena programs in this guide will open for registration on March 13th at 9:00am.

Parent & Tot Skating Lessons (2-5 yrs)				11:00-11:30am
Parent & Tot Hockey Lessons (2-5 yrs)				11:45-12:15pm
Preschool Ice Quest (3-5 yrs)		4:15-4:45pm		12:30-1:00pm
Little Rascals Hockey (3-5 yrs)	5:15-6:00pm	5:15-6:00pm		10:00-10:45am
Ice Quest - Level 1 (6-12 yrs)	6:15-6:45pm	3:30-4:00pm		
Ice Quest - Level 2/3 (6-12 yrs)		6:15-6:45pm	12:45-1:15pm	
Coolest Game on Earth - Intro to Hockey (6-12 yrs)	3:10-3:55pm			
Registered Private Skating Lessons (All ages)	4:00-4:30pm 4:30-5:00pm Arena #2 - 1/2 ice	2:45-3:15pm Leisure Ice	11:15-11:45am 12-12:30pm Leisure Ice	9:15-9:45am 6:00-6:30pm Leisure Ice



Wear a Helmet ► Protect Your Brain!

Helmets are mandatory for all participants during any public skating/drop-in sessions, lessons, birthday rentals, school groups, and day camps at Strathcona Gardens.

A limited amount of extra helmets are available for use for all Strathcona Gardens programs on a first-come first-served basis. Bring your own! Any CSA Approved helmet is safe to use on our arenas.

Arena Schedule

Registered Ice Program Descriptions

Parent & Tot Skating

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

Ice Quest - Learn to Skate

These lessons are designed with the beginner skater in mind. Our three-level program offers an introduction to the world of ice skating.

Little Rascals Hockey

Learn basic hockey skills and play a real hockey game every class. Coaches will introduce your child to the game of hockey through a variety of fun drills and activities. All participants must be able to skate on their own. All Little Rascals participants and their families from the 2022-2023 season are invited to the wrap-up party & pictures on March 24, 2023 – please register online or with our reception staff.

What should my child wear to a skating or hockey lesson?

See our "What to Wear" diagrams on page 15.

Parent & Tot Hockey

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

Preschool Ice Quest

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

Coollest Game on Earth

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

How to Register

All Spring arena programs in this guide will open for registration on Mar 13 at 9:00am.



strathconard.perfectmind.com

Log-in or create an account to view and register for all of our programs, camps, and lessons.



In-person

Reception hours on page 3.



Over the Phone

Give us a call at 250-830-6777.



Don't Forget Your Helmet

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

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

Private Lessons

Registered Private Lessons

Want to learn how to skate or work on your hockey skills? Private lessons only cost \$20.40 per 1/2 hour plus \$7.15 for each additional person. All ages welcome! Please inquire with our reception staff for dates and available times.

Customized Private Lessons

Want to learn how to skate or work on your hockey skills? Customized private lessons only cost \$23.45 per 1/2 hour plus \$7.15 for each additional person. All ages welcome! Please call Joel Wheeldon at 250-830-6755 to discuss booking options/availability.

Lesson Price List

<u>1/2 Hour Class</u>	<u>3/4 Hour Class</u>
6 Sessions \$30.60	6 Sessions \$35.10
7 Sessions \$35.70	7 Sessions \$40.95
8 Sessions \$40.80	8 Sessions \$46.80

Skate Rentals are an additional \$1.55 per class.

Hockey Gear

Helmet - CSA
Approved

Neck Guard
& Shoulder
Pads

Elbow
Pads

Hockey
Pants

Gloves

Hockey
Stick

Shin Pads
& Hockey
Socks

Hockey
Skates

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

Warm
Gloves/
Mitts

Warm
Jacket

Hockey or
Figure Skates
Sharpened & laced
with tall socks

Snowpants/
Water
Repellent
Pants

Skating Gear

Dry Floor Programs

Pickleball

April 26 to July 28

REGISTER



	Monday	Tuesday	Wednesday	Thursday	Friday
Pickleball Court Reservations	8:30-10:00am 1:00-2:30pm	8:30-10:00am 10:30-12:00pm* 12:30-2:00pm 2:30-4:00pm	8:30-10:00am 1:00-2:30pm	8:30-10:00am 10:30-12:00pm* 12:30-2:00pm 2:30-4:00pm	8:30-10:00am 10:30-12:00pm 12:30-2:00pm
Registered Drop-in Pickleball	10:30-12:30pm		10:30-12:30pm		

▶ No Pickleball May 4, May 5, May 22, Jun 16, Jun 23, Jun 26-30.

▶ *Only 3 courts available Tue & Thu 10:30-12pm.

Pickleball Court Reservations

Pickleball court reservations are available daily Monday-Friday on the Rod Brind 'Amour arena dry-floor from April 25 to July 28. Singles or doubles play welcome. Courts will be available to book 14 days before each session. Please book your court by visiting our website or calling our front desk at 250-830-6777. Pickleballs will be provided. Please have one participant from each group reserve your court.

Cost: \$8.00 per court. 2-5 players permitted on each court.

Registered Drop-in Pickleball

This recreational drop-in pickleball program is a great opportunity for any interested pickleball players of all skill levels to drop-in every Monday & Wednesday from 10:30-12:30pm. Participants may register by phone, online, or in person up to 14 days in advance. Please book your spot by visiting our website or calling our front desk at 250-830-6777. Space is limited to 20 participants per session. Pickleballs will be provided. **Cost:** Regular admission.



Indoor Doubles Pickleball Tournament

Ages 16+ June 3 & 4

Cost: \$30/player & event

This two-day non-sanctioned tournament will feature Men's (3.5/4.0), Women's (3.0/3.5), and Mixed Doubles (3.0/3.5/4.0). Round robin play will establish a team ranking in each pool with #1 and #2 from each pool proceeding to the playoff crossover round. Snacks and refreshments will be provided throughout the day. For more information, please visit: <https://www.vipa.ca/202223-schedulereults.html>.

Registration opens April 3 at 9am.

Pool Schedule

Main Pool, Leisure Pool, Hot Tub & Weight Room

Programs and rentals throughout. Space varies.

April 11 to 30

Same as Winter Schedule with the exception of Saturday.

Main Pool

Programs	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lane Swimming () Indicates minimum number of lanes available	CLOSED	7-8:55am (3) 9-10:00am (1) 10am-12pm (3) 12-3:30pm (2) 3:30-6:30pm (1)	8-9am (1) 9-10:55am (3) 11-11:50am (1) 11:55am - 3:30pm (2) 3:30-6:25pm (1)	7-8:55am (3) 9-10:00am (1) 10am-12pm (3) 12-3:30pm (2) 3:30-6:30pm (1)	1-1:55pm (2) 2-3:25pm (2) 3:30-6:25pm (1)	9-10:40am (4) 10:40am-12:30pm (1)	9am-12pm (3)
Leisure Lane *For water running, rehab exercises, or casual swim - not continuous laps.		CLOSED	8:55-10:55am (1) 11:55am-3:30pm (1)	10am to 3pm (1)	2-3:30pm (1)	9-12:30pm (1)	9am-12pm (1)
Leisure Space Main Pool Shallow End *Space shared with other programs		CLOSED	8-10:45am 11:30am- 3:30pm	7-9am 11:30am-3:30pm	1 - 6:30pm	9-10am	9am-12pm
Open Fun Swim			6:30-8:30pm *1/2 main pool		6:30-8:30pm	12:30-3pm	12-3pm

► Open Fun Swim includes diving board, water slide, rope swing, and games hosted by our fun leader for all ages; full pool access unless indicated.

► We recognize that options are limited, so additional space for leisure and/or lane swimming may be added in-between lessons and programs on a daily basis.

Leisure Pool & Hot Tub

Programs	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Leisure Swim		11am-6:30pm	9am-3:30pm	11am-3pm	1pm-4:30pm		
Parent & Tot Swim (6yrs & younger)  <i>Don't forget your swim diaper!</i>			3:30-6:30pm		4:30pm-6pm *Wading area only 6-6:30pm	10:15am-12:30pm	9am-12pm
Open Fun Swim			6:30-8:30pm		6:30-8:30pm	12:30-3pm	12-3pm
Hot Tub	CLOSED	11am-6:30pm	9am-8:30pm	11am-3pm	1-8:30pm	9am-3pm	9am-3pm

Weight Room, Steam Room, and Sauna

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	CLOSED	7am-6:30pm	8am-8:30pm	7am-6:30pm	1pm-8:30pm	9am-3pm	9am-3pm

► Capacity limits may be enforced on all swims.

► 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.

How do I find out about schedule changes?

Visit our website at www.strathconagardens.com - we always post updates on the red bar at the top of the home page.



Help us avoid pool closures!

If your child is not potty trained they must wear a swim diaper in the pool. Our front desk sells disposable and reusable swim diapers in all sizes.

Pool Schedule

Main Pool, Leisure Pool, Hot Tub & Weight Room

Programs and rentals throughout. Space varies.

NEW

May 1 to June 30

Main Pool

Programs	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lane Swimming () Indicates minimum number of lanes available	8pm-9pm (2)	7-8:55am (3) 9-10:00am (1) 10am-12pm (3) 12-3:30pm (2) 3:30-6:30pm (1)	8-8:50am (1) 8:55-10:55am (3) 11-11:50am (1) 11:55am-3:30pm (2) 3:30-6:25pm (1)	7-8:55am (3) 9-10:00am (1) 10am-12pm (3) 12-3:30pm (2) 3:30-6:30pm (1)	9:30-10:55am (3) 11-11:50am (1) 11:55am-2pm (2) 2-3:25pm (3) 3:30-6:25pm (1)	9-10:40am (4) 10:40am-12:30pm (1)	9am-10am (2) 10am-12pm (3)
Leisure Lane *For water running, rehab exercises, or casual swim - not continuous laps.	8pm-9pm (1)	10am-3:30pm (1)	8:55-10:55am (1) 11:55am-3:30pm (1)	10am-3:30pm (1)	9:30-10:55am (1) 11:55am-3:30pm (1) 2-3:30 (1)	9-10:40am (1) 10:40am-12:30pm (1)	9-10am (1) 10am-12pm (1)
Leisure Space Main Pool Shallow End *Space shared with other programs	8pm-9pm	7-9am 11am-3:30pm 6:30-7:30pm	8-10:45am 11:30am-3:30pm	7-9am 11am-3:30pm 6:30-7:30pm	9:30am - 3:30pm	9-10am	9am-12pm
Open Fun Swim			6:30pm-8:30pm 1/2 Main Pool 8:30-9pm Full Pool		6:30-9pm	12:30-3pm	12-3pm

- ▶ Open Fun Swim includes diving board, water slide, rope swing, and games hosted by our fun leader for all ages; full pool access unless indicated.
- ▶ We recognize that options are limited, so additional space for leisure and/or lane swimming may be added in-between lessons and programs on a daily basis.

Leisure Pool & Hot Tub

Programs	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Leisure Swim	5-9pm	11am-7:30pm	8am-3:30pm	11am-3pm	9:30am-4:30pm		
Parent & Tot Swim (6yrs & younger)	 Don't forget your swim diaper!		3:30-6:30pm		4:30-6pm *Wading area only 6-6:30pm	10:15am-12:30pm	9am-12pm
Open Fun Swim			6:30-9pm		6:30pm-9pm	12:30pm-3pm	12pm-3pm
Hot Tub	5-9pm	11am-7:30pm	8am-9pm	11am-7:30pm	9:30am-9pm	9am-3pm	9am-3pm

Weight Room, Steam Room, and Sauna

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	8am - 12pm 5-9pm	7am-7:30pm	8am-9pm	7am-7:30pm	9:30am-9pm	9am-3pm	9am-3pm

- ▶ Capacity limits may be enforced on all swims.
- ▶ 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.

How do I find out about schedule changes?

Visit our website at www.strathconagardens.com - we always post updates on the red bar at the top of the home page.

Monday Kayak Hour

We invite people to practice their kayaking skills at their leisure in the shallow end of our main pool. Please ensure your boat is clean prior to bringing it on the pool deck. Check in at administration; kayaks enter through our pool deck entrance near Pinecrest road.

7 - 8 pm Cost: \$10 Registered drop-in (max. 3 kayaks).

Call to register.

Pool Schedule

Drop-in & Referral Aquatic Fitness Classes

April 11 to June 30

REGISTER 

	Monday No Class April 10 & May 22	Tuesday	Wednesday	Thursday	Friday No Class Apr 7 or May 20	Sunday No Class Apr 9 & May 21
Public Drop-in Classes						
Deep Water Motion (D)	8-8:45am	9-9:45am	8:15-9:00am*	9-9:45am	8-8:45am	9:05-9:50am
Fluid Motion (D)		9-9:45am		9-9:45am		
Registered Classes						
Aquatic Bootcamp (F)			6:30-7:15pm			
Mom to BE or Mom & ME Pre/post Natal (F)					10:45-11:15am	
Referral Required Classes						
Adaptive Shallow (D)		10-10:45am		10-10:45am		
Adaptive Deep (D)	11-11:45am		11-11:45am		11-11:45am	
Aquatic Arthritis (R)	10-10:45am	10-10:45am	10-10:45am	10-10:45am		
Ortho Management (F)	10:00-10:45am		10:00-10:45am		10:00-10:45am	

(D) = Drop-in Class (F) = Flexible registration (R) = registered class

*Starting May 1, Deep Water Motion will be from 8:05 - 8:50am.

All classes may be subject to change, depending on our Provincial Health Regulations

Schedule Changes: No classes on Easter Weekend (April 7 to 10) or Victoria Day Long Weekend (May 20 to 22).

Public Drop-In Classes

Deep Water Motion 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 is an aerobics class in the shallow water. You will build cardiovascular conditioning/endurance, strength, and flexibility.

Registered Classes

Aquatic Bootcamp YOU will see results while moving through chest to waist deep water using additional resistive equipment. The combination of cardio and strength intervals will maximize the intensity of this power driven class. This class has flexible registration so you can register for any day that works for you! Try it FREE Apr 12.

Wednesdays April 19 - June 28 6:30 - 7:30pm \$8/class

Mom to BE or Mom & Me Pre/Post Natal You will get the best shallow aquatic aerobic workout while your babe floats beside you! After class feel free to hop over to the Leisure pool and join in unstructured play with more toys for your child. This class has flexible registration so you can register for any day that works for you! Try it FREE Apr 14.

Fridays April 21 - June 30 10:45 - 11:30am \$8/class

 **Referral classes on next page**



How to Register

All Spring arena programs in this guide will open for registration on Mar 13 at 9:00am.



strathconard.perfectmind.com

Log-in or create an account to view and register for all of our programs, camps, and lessons.



In-person

Reception hours on page 3.



Over the Phone

Give us a call at 250-830-6777.



Jump to fitness studio classes

Pool Schedule

Aquatic Fitness Class Descriptions

Referral Required Classes

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

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

Tues & Thurs **April 4 - May 16** **10-10:45am** **Drop-in Pricing**

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

Mon/Wed/Fri **April 3 - May 19** **11-11:45am** **Drop-in Pricing**

Aquatic Arthritis is a Leisure pool program in warm water, will help to soothe your joints while decreasing weight bearing on affected areas. The program integrates balance techniques, joint mobility, strength and flexibility, which will help with everyday activities. Participants may register for individual days or additional days during the week.

Mon to Thurs **April 3 - May 16** **10-10:45am** **\$6/class**

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

Mon/Wed/Fri **April 3 - May 19** **10:45-11:30am** **\$6/class**

REGISTER



Keep it Flexible

Most of our classes have flexible registration. This means you only commit and pay for the classes you would like to attend. Look for the (F) symbol beside the class name in our schedules!

Looking for CDM or Fitness Studio Classes?

All of our Fitness Studio classes and information about our Take Heart and Chronic Disease Management program are listed on page 32.

 **Jump to fitness studio classes**

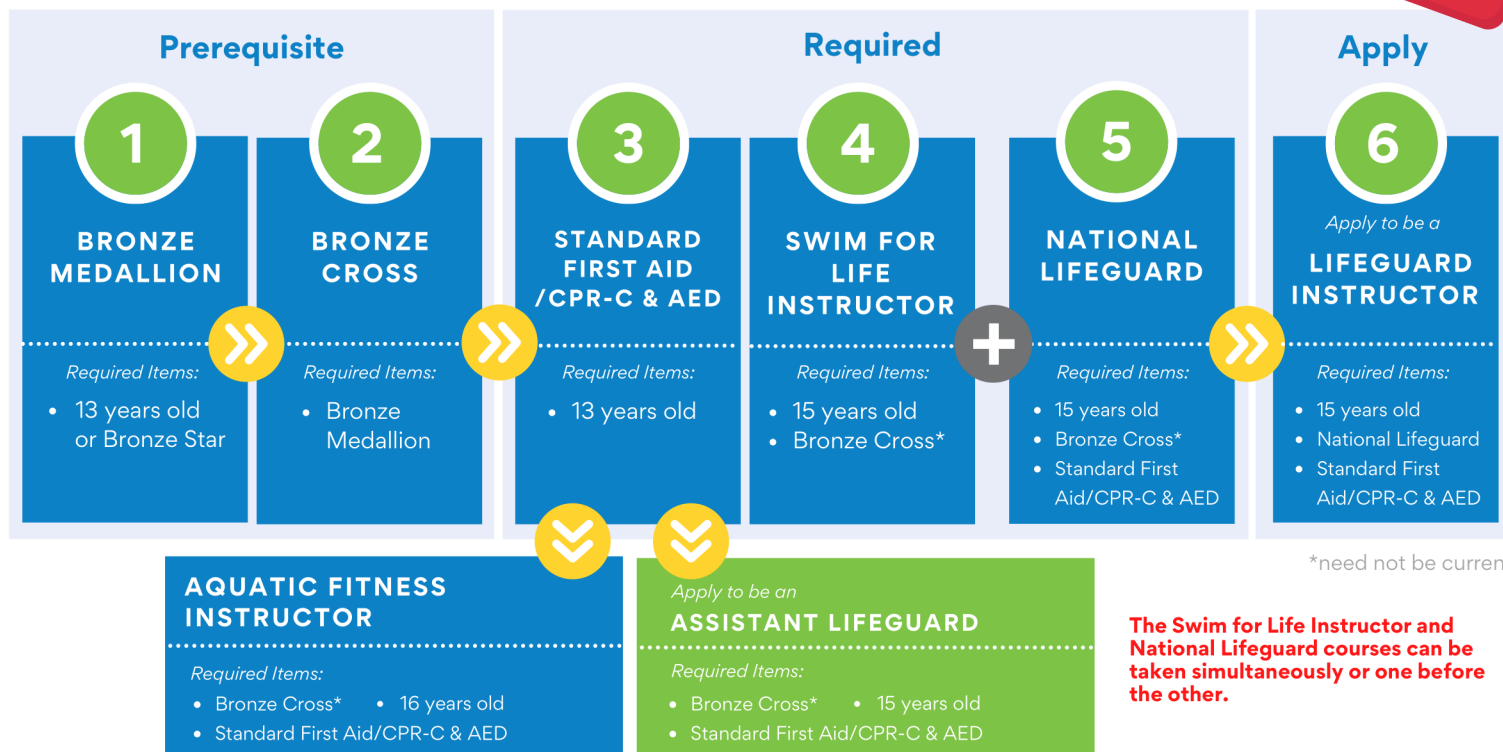


DID YOU KNOW?

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



Steps to Becoming a Lifeguard



There is currently a shortage of lifeguards and swim instructors across Canada, forcing many facilities, including ours, to scale back pool hours. This has made it challenging to meet the pent-up demand for some services, such as swimming lessons. To address this challenge, we've shifted our focus to running as many advanced courses as possible. Starting at age 13, you can take your Bronze Medallion & Bronze Cross courses AND get high school credit for it.

Lifeguard FAQs

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

strathconagardens.com/lifeguardfaqs



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

Certification Courses

Bronze Medallion

► Earn High School Credit

Bronze Medallion challenges the candidate both mentally and physically. Judgement, 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.

Ages 13+ (by last day of course) OR hold a Bronze Star award (need not be current).

Knowledge and proficiency in swimming is recommended.

44194	Sat & Sun	Apr 15, 16, 22 & 23	9am - 3pm	\$56.10
44200	Sat & Sun	Jun 3, 4, 10 & 11	9am - 3pm	\$56.10
44201	Tues & Thurs	July 4, 6, 11 & 13	9am - 3pm	\$56.10
44202	Tues & Thurs	Aug 1, 3, 8 & 10	9am - 3pm	\$56.10

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.

Ages 13+. Must hold A Bronze Medallion (need not be current). Please bring your Canadian Lifesaving manual to the course.

44203	Sat & Sun	May 6, 7, 13 & 14	9am - 3pm	\$51
44204	Sat & Sun	Jun 17, 18, 24 & 25	9am - 3pm	\$51
44205	Tues & Thurs	Jul 18, 20, 25 & 27	9am - 3pm	\$51
44206	Tues & Thurs	Aug 15, 17, 22 & 24	9am - 3pm	\$51

Swim Instructor to Lifesaving Instructor

This clinic is designed for current Swim Instructors who want to become Lifesaving Instructors. Upon successful completions candidates will be able to teach the bronze courses.

Ages 15+. Proof of Lifesaving Society Swim for Life Instructor (current) and Bronze Cross (need not be current) certification is required. Please bring your Canadian Lifesaving Manual, Swim for Life Award Guide & Canadian Swim Patrol Award Guide with you.

44214	Sun	June 25	8am - 5pm	\$50 Resident	\$165 Non-resident
-------	-----	---------	-----------	---------------	--------------------

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+. Must have a Bronze Cross (need not be current) certification.**

44210	Wed to Fri: Aug 9, 10, 11	Tues to Thurs: Aug 15, 16, 17	Tues & Wed: Aug 22 & 23
	9am - 4pm	Resident: \$183.60	Non-Resident: \$367.20

Junior Lifeguard Club

The Junior Lifeguard Club (JLC) provides an action-packed challenge for kids who love the water and want a taste of what it's like to be a lifeguard. Participants will develop lifesaving knowledge, skills, fitness, and judgement as they work through the Canadian Swim Patrols levels, Rookie, Ranger, & Star. Participants should be comfortable in deep water and be able to swim 25 meters. **Ages 8-13. 10 Sessions, no session on May 19.**

44221	Fridays	Apr 14 - Jun 23	5pm - 7pm	\$150
-------	---------	-----------------	-----------	-------



Registration for all of our spring certification courses opens March 13. July & August courses will open for registration on May 15.

REGISTER



CPR/C & AED Recert

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

44196	Mon	Apr 24	11am - 3pm	\$51
44198	Tues	Aug 29	1pm - 5pm	\$51

Aquatic Fitness Instructor

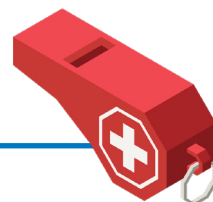
The BCRPA offers courses through on-line training and teaches a strong understanding of aquatic properties, muscular skeletal, musical knowledge and how to teach aquatic fitness classes in different depths of water. **Ages 16+. Must hold a Bronze Cross and Standard First Aid.** For more information please contact:

Debra Wilson: dwilson@srd.ca or 250-830-6736

Lifeguard FAQs

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

strathconagardens.com/lifeguardfaqs





Registration Help



Starfish	Jellyfish	4-12 months
Duck	Goldfish	12-24 months
Sea Turtle	Seahorse	2 -3 years
Sea Otter	Octopus	3-5 years
Salamander	Crab	3-5 years
Sunfish	Orca	3-5 years
Crocodile	Sea Lion	3-5 years
Whale	Narwhal	3-5 years
Swim Kids 1	Swimmer 1	5 – 12 years
Swim Kids 2	Swimmer 2	5 – 12 years
Swim Kids 3	Swimmer 3	5 – 12 years
Swim Kids 4 & 5	Swimmer 4	5 – 12 years
Swim Kids 6	Swimmer 5	5 – 12 years
Swim Kids 7	Swimmer 6	5 – 12 years
Swim Kids 8	Swimmer 7 (Rookie Patrol)	5 – 12 years
Swim Kids 9	Swimmer 8 (Ranger Patrol)	5 – 12 years
Swim Kids 10	Swimmer 9 (Star Patrol)	5 – 12 years

Transition for 5yr olds

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

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



How to Register

Registration for spring swim lessons opens on Mar 13 at 9:00am.



strathconard.perfectmind.com
Log-in or create an account to view and register for all of our programs, camps, and lessons.



In-person
Visit our front desk at 225 South Dogwood Street.
Reception hours on page 3.



Over the Phone
Give us a call during reception hours at 250-830-6777.



Swim for Life® is taught by a certified Lifesaving Society Swim for Life Instructor. The content is organized as follows:

1. Entries and exits
2. Swim to Survive® skills
3. Surface support
4. Movement/swimming skills
5. Underwater skills
6. Fitness
7. Water Smart® education

Swim Lessons



April Swim Lesson Schedule

REGISTER

Level	Tuesday & Thursday	Wednesday & Friday	Saturday
	April 11- 27 (6)	April 12- 28 (6)	April 15- June 24 (10) No Lesson May 20
Jellyfish/Goldfish	11:10-11:40am 11:45am-12:15pm		9:35-10:05am
Seahorse	11:10-11:40am 11:45am-12:15pm		9:00-9:30am 9:35-10:05am
Octopus	12:20-12:50pm 3:30-4:00pm 4:40-5:10pm	3:30-4:00pm	9:00-9:30am 9:35-10:05am
Crab	12:20-12:50pm 3:30-4:00pm 4:40-5:10pm	4:05-4:35pm	9:00-9:30am 9:35-10:05am
Orca	4:05-4:35pm		9:00-9:30am
Sea Lion/Narwhal	4:05-4:35pm		10:10-10:40am
Swimmer 1	5:15-5:45pm	4:40-5:10pm	9:35-10:05am 10:10-10:40am
Swimmer 2	5:15-5:45pm	5:15-5:45pm	10:10-10:40am
Swimmer 3		5:50-6:35pm	10:45-11:30am 11:35am-12:20pm
Swimmer 4			10:45-11:30am 11:35am-12:20pm
Swimmer 5			10:45-11:30am 11:35am-12:20pm
Swimmer 6			10:45-11:30am
Swimmer 7 (Rookie Patrol)			11:35am-12:20pm
Swimmer 8 (Ranger Patrol)			11:35am-12:20pm
Swimmer 9 (Star Patrol)			10:45-11:30am
Homeschool Beginner (Orca, Sea Lion, Narwhal, Swimmer 1, 2)	1:00-1:45pm		
Adult/Teen 1	5:50-6:35pm		
Adult/Teen 2	5:50-6:35pm		

► Swim level descriptions are on Pages 27 to 30. Not sure what level you or your child should be in? See page 23.



Swim Lesson Registration: 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. Go to strathconard.perfectmind.com and register at 9:00am on Monday, March 13.

Swim Lessons



May Swim Lesson Schedule

REGISTER 

Level	Tuesday & Thursday May 2 - 30 (9)	Wednesday & Friday May 3 - 31 (8)
Jellyfish/Goldfish	11:10-11:40am 11:45am-12:15pm 4:40-5:10pm	
Seahorse	11:10-11:40am 11:45am-12:15pm 5:15-5:45pm	4:05-4:35pm
Octopus	12:20-12:50pm 3:30-4:00pm 5:15-5:45pm	3:30-4:00pm
Crab	12:20-12:50pm 4:05-4:35pm	3:30-4:00pm
Orca	4:40-5:10pm	
Sea Lion/Narwhal	5:50-6:20pm	
Swimmer 1	3:30-4:00pm 5:50-6:20pm	4:05-4:35pm 4:40-5:10pm 5:15-5:45pm
Swimmer 2	3:30-4:00pm 4:05-4:35pm	4:40-5:10pm 5:50-6:20pm
Swimmer 3	4:15-5:00pm	5:15-6:00pm
Swimmer 4	5:05-5:50pm 5:55-6:40pm	
Swimmer 5	6:25-7:10pm	
Swimmer 6	6:45-7:30pm	
Swimmer 7 (Rookie Patrol)		3:30-4:15pm
Swimmer 8 (Ranger Patrol)		4:20-5:05pm
Swimmer 9 (Star Patrol)		5:10-5:55pm
Homeschool Intermediate (Swimmer 3, 4, 5, 6)	1:00-1:45pm	
Adult/Teen 2	1:00-1:45pm	
Adult/Teen 3	6:25-7:10pm	

► Swim level descriptions are on Pages 27 to 30. Not sure what level you or your child should be in? See page 23.



Help us avoid pool closures! If your child is not potty trained they must wear a swim diaper in the pool. Our front desk sells disposable and reusable swim diapers in all sizes.

strathconagardens.com

250.830.6777

info@strathconagardens.com

Swim Lessons



June Swim Lesson Schedule

REGISTER

Level	Tuesday & Thursday	Wednesday & Friday
	June 1 - 29 (9)	June 2 - 28 (8)
Jellyfish/Goldfish	11:10-11:40am 11:45am-12:15pm 4:05-4:35pm	3:30-4:00pm
Seahorse	11:10-11:40am 11:45am-12:15pm 4:40-5:10pm	
Octopus	12:20-12:50pm 3:30-4:00pm	3:30-4:00pm
Crab	12:20-12:50pm 3:30-4:00pm	4:05-4:35pm
Orca	4:05-4:35pm	4:40-5:10pm
Sea Lion/Narwhal	4:40-5:10pm	5:15-5:45pm
Swimmer 1	3:30-4:00pm 4:40-5:10pm 7:00-7:30pm	4:05-4:35pm 5:15-5:45pm 5:50-6:20pm
Swimmer 2	4:05-4:35pm 7:00-7:30pm	4:40-5:10pm 5:50-6:20pm
Swimmer 3	5:15-6:00pm 6:05-6:50pm	
Swimmer 4	6:05-6:50pm	3:30-4:15pm
Swimmer 5	5:15-6:00pm	4:20-5:05pm
Swimmer 6	5:15-6:00pm 6:05-6:50pm	5:10-5:55pm
Swimmer 7 (Rookie Patrol)		
Swimmer 8 (Ranger Patrol)		
Swimmer 9 (Star Patrol)		
Homeschool Advanced (Swimmer 7, 8, 9)	1:00-1:45pm	
Adult/Teen 3	1:00-1:45pm	

► Swim level descriptions are on Pages 27 to 30. Not sure what level you or your child should be in? See page 23.

Swim Lesson Registration: 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. Go to strathconard.perfectmind.com and register at 9:00am on Monday, March 13.

Swim Lessons

Program Descriptions



You can spot people who are Water Smart® right away! They're the ones who know how to swim and behave safely in, on and around water. Swim for Life® includes fun, hands on teaching activities that focus on teaching water safety for the whole family. Lessons that will last a lifetime!

Parent & Tot 4mos - 3yrs

The Parent & Tot program structures in-water interaction between parent and child to stress the importance of play in developing water positive attitudes and skills. Activities and progressions are based on child development, so parents **register in the level appropriate for their child's age**. Activities to teach Water Smart® are incorporated into all levels. Prerequisite(s): 4 months-3 years old.

Jellyfish (4-12 mos)



- Enter & exit the water safely with tot
- Readiness for submersion
- Hold tot on front, eye contact
- Hold tot on back, head & back support
- Front float (face out) – assisted
- Back float – assisted
- Float wearing PFD – assisted
- Arms: splashing, reaching, paddling, on front & back
- Legs: tickling, splashing, kicking, on front & back
- Water Smart Messages

Goldfish (12-24 mos)



- Entry from sitting position - assisted
- Exit the water – assisted
- Blow bubbles on & in water
- Face wet & in water
- Attempt to recover object below surface
- Entry from sitting position wearing PFD & return – assisted
- Front float (face in) – assisted
- Back float – assisted
- Kicking on front & back – assisted
- Surface passes with continuous contact
- Water Smart Messages

Seahorse (2-3 yrs)



- Jump entry – assisted
- Entry & submerge from sitting position – assisted
- Exit the water – unassisted
- Hold breath underwater – assisted
- Attempt to open eyes underwater
- Attempt to recover object from bottom
- Standing jump entry, return to edge – assisted
- Jump entry & float wearing PFD – assisted
- Front & back "starfish" floats – assisted
- Front & back "pencil" floats – assisted
- Kicking on front & back – assisted
- Underwater passes
- Water Smart Messages



Help us avoid pool closures!

If your child is not potty trained they must wear a swim diaper in the pool. Our front desk sells disposable and reusable swim diapers in all sizes.

Next Steps: If your child is under 3 years register in Parent & Tot classes, when they are three years old, consider Preschool levels.

Swim Lessons

Program Descriptions



Preschool 3-5 years

The Preschool program gives children a head start on learning to swim. Preschool programs develop fundamental physical literacy skills for aquatic activities. In our Preschool program, we work to ensure 3-5 year olds become comfortable in the water and have fun, while developing a foundation of water skills. Prerequisite(s): 3-5 years old.

Octopus



- Enter & exit shallow water - assisted
- Jump into chest-deep water - assisted
- Face in water
- Blow bubbles in water
- Float on front & back (3 sec. each) - assisted
- Safe movement in shallow water - wearing PFD
- Glide on back wearing PFD (3 m each) - assisted
- Water Smart Messages

Crab



- Enter & exit shallow water wearing PFD
- Jump into chest-deep water
- Submerge
- Submerge & exhale (3 times)
- Float on front & back (3 sec. each) wearing PFD or with buoyant aid
- Roll laterally front to back & back to front, wearing PFD
- Glide on front & back wearing PFD (3 m each) wearing PFD or with buoyant aid
- Flutter kick on back with buoyant aid (5 m)
- Water Smart Messages

Orca



- Jump into deep water wearing PFD, return & exit
- Sideways entry wearing PFD
- Hold breath under water (3 sec.)
- Submerge & exhale (5 times)
- Recover object from bottom in waist-deep water
- Back float; roll to front; swim 3 m
- Float on front & back (5 sec. each)
- Roll laterally front to back & back to front
- Glide on front & back (3 m each)
- Flutter kick on back (5 m)
- Flutter kick on front (3 m)

Sea Lion



- Forward roll entry wearing PFD
- Tread water (10 sec.)
- Submerge & hold breath (5 sec.)
- Recover object from bottom in chest-deep water
- Wearing PFD, sideways entry into deep water; tread (20 sec.); swim/kick (10 m)
- Whip kick in vertical position (20 sec.) with PFD or buoyant aid
- Front crawl (5 m)
- Back crawl (5 m)
- Interval training: 4 x 5 m flutter kick on back with 30 sec. rests
- Water Smart Messages

Narwhal



- Forward roll entry wearing PFD
- Tread water (10 sec.)
- Submerge & hold breath (5 sec.)
- Recover object from bottom in chest-deep water
- Wearing PFD, sideways entry into deep water; tread (20 sec.); swim/kick (10 m)
- Whip kick in vertical position (20 sec.) with PFD or buoyant aid
- Front crawl (5 m)
- Back crawl (5 m)
- Interval training: 4 x 5 m flutter kick on back with 30 sec. rests
- Water Smart Messages

Next Steps - Transition for 5 year olds:

We recognize that registering a 5 year old may be confusing as the age range for preschool levels is 3-5 years and the Swimmer levels are 5-12 years. See page 23 for tips on what transition is best for your child.

Swim Lessons

Program Descriptions



Swimmer 5-12 years

The Swimmer program makes sure children learn the fundamental physical literacy skills for aquatic activities. Progressions accommodate 5-12 year olds, including beginners and swimmers who want to build on the basics. Lots of in-water practice develops solid swimming strokes and skills. Once completed, swimmers progress into the Canadian Swim Patrol. Prerequisite(s): 5-12 years old.

Swimmer 1



- Enter & exit shallow water
- Jump into chest-deep water
- Jump into deep water wearing PFD
- Tread water (30 sec.) wearing PFD
- Hold breath under water (5 sec.)
- Submerge and exhale (5 times)
- Open eyes under water
- Float on front & back (5 sec. each)
- Roll laterally front to back & back to front
- Glide on front, back & side (3 m each)
- Flutter kick on front & back (5 m each)
- Front Crawl (5 m) wearing PFD
- Water Smart Messages

Swimmer 2



- Jump into deep water, return & exit
- Sideways entry wearing PFD
- Tread water (15 sec.)
- Recover object from bottom in chest-deep water
- Wearing PFD jump into deep water, tread 30 sec. & swim / kick (15 m)
- Flutter kick on front, back & side (10 m each)
- Whip kick in vertical position (30 sec.) with aid
- Front crawl & back crawl (10 m each)
- Interval training: 4 x 5 m flutter kick, 20 sec. rests
- Water Smart Messages

Swimmer 3



- Kneeling dive into deep water
- Forward roll entry deep water
- Tread water (30 sec.)
- Handstand in shallow water
- Front somersault (in water)
- Jump into deep water, tread 30 sec. & swim / kick (25 m)
- Flutter kick on back (5 m); reverse direction and flutter kick on front (5 m)
- Flutter kick on front (5 m); reverse direction and flutter kick on back (5 m)
- Whip kick on back (10 m)
- Front crawl & back crawl (15 m each)
- Interval training: 4 x 15 m flutter kick, 20 sec. rests
- Water Smart messages

Swimmer 4



- Standing dive into deep water
- Tread water (1 min.)
- Swim underwater (5 m)
- Canadian Swim-to-Survive® Standard: Roll entry into deep water, tread 1 min. and swim 50 m
- Whip kick on front (15 m)
- Breaststroke arms drill (15 m)
- Front crawl & back crawl (25 m each)
- Interval training: 4 x 25 m front or back crawl with 20 sec. rests
- Sprint front crawl (25 m)
- Water Smart Messages

Swimmer 5



- Shallow dive into deep water
- Tuck jump (cannonball) into deep water
- Jump entry into deep water & tread 2 min.
- Stationary eggbeater kick (30 sec.)
- Back somersault (in water)
- Roll entry into deep water, tread 90 sec. and swim 75 m
- Breaststroke (25 m)
- Front crawl & back crawl (50 m each)
- Head-up front crawl (10 m)
- Interval training: 4 x 50 m front or back crawl with 30 sec. rests
- Interval training: 4 x 15 m breaststroke with 30 sec. rests
- Sprint front crawl & back crawl (25 m each)
- Water Smart Messages

Swimmer 6



- Stride entry into deep water
- Compact jump into deep water
- Legs-only surface support 45 sec.
- Swim underwater (10 m) to recover object
- Eggbeater kick on back (15 m)
- Scissor kick (15 m)
- Breaststroke (50 m)
- Front crawl & back crawl (100 m each)
- Head-up swim 25 m
- Interval training: 4 x 25 m breaststroke with 30 sec. rests
- Sprint breaststroke (25 m)
- Workout (300 m)
- Water Smart Messages

Next Steps: Canadian Swim Patrol, Junior Lifeguard Club, Bronze Star

Swim Lessons

Program Descriptions



Canadian Swim Patrol

This is a 3-level pre-Bronze Award progression that delivers “work hard/play hard” training for skilled swimmers 8-12 years old. Canadian Swim Patrol is designed to take young swimmers beyond the learn-to-swim program and provide them with basic lifesaving skills. Candidates earn recognition for success in content modules (stickers) and for overall award achievement (badges). The Rookie, Ranger and Star Patrol programs each have three modules to include Water Proficiency, Recognition & Rescue and First Aid.

Swimmer 7 Rookie Patrol



- Water safety messages and cold-water self-rescue techniques.
- Recognition of weak and drowning swimmers and how to rescue them safely.
- Assessment and treatment of conscious patients suffering from deadly bleeding.
- Stroke evaluation and development to complete a 350 m workout and endurance swim (100 m in 3 mins).
- The development of a support kick to be able to carry a 2.3 kg (5 lb) brick for 15 m.

Swimmer 8 Ranger Patrol



- Water safety messages and the Swim to Survive challenge.
- Recognition of weak swimmers, drowning non-swimmers, unconscious victims and how to rescue them safely.
- Assessment and treatment of a conscious choking patient.
- Stroke evaluation and development to complete a 200 m endurance swim in 6 minutes.
- The development of a lifesaving kick to be able to support a 2.3 kg (5 lb) brick at the surface for 1 min in deep water.

Swimmer 9 Star Patrol



- Water safety messages and ice self-rescue.
- Recognition of weak swimmers, drowning non-swimmers, unconscious victims and how to rescue them safely.
- Assessment and treatment of patients suffering from asthma, allergic reactions and fractures.
- Stroke evaluation and development so as to complete a 600 m workout and 300 m endurance swim in 9 mins.
- The development of a lifesaving kick to be able to carry a 4.5 kg (10 lb) brick at the surface for 1 minute in deep water.

Homeschool Lessons

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

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

Adult Swimmer

The Adult Swimmer program is for beginners who may be just starting out, or swimmers who want help with their strokes. Within the Adult Swimmer curriculum, participants set their own goals to develop water confidence and smooth, recognizable strokes. Instructors are prepared to adapt these items and awards to accommodate the needs of adult learners and provide the flexibility for them to select the skills they want to learn in order to achieve their personal swimming goals. Prerequisite(s): 13 years old.

Adult / Teen 1

This level is for beginners who have little to no swimming experience. Work on breathing & submersion, floats, glides, and kicks.

Adult / Teen 2

This level is for intermediate swimmers. Continue working on water proficiency through a variety of movements and entries while enhancing swimming strokes.

Adult / Teen 3

This level is for advanced swimmers that want to continue working on stroke development and endurance.

Pools

Frequently Asked Questions

What level should I register my child in?

There are descriptions for each level starting on page 27. For help with transitions from Red Cross to Lifesaving Society levels or for help transitioning your 5 yr old out of pre-school lessons, see page 23. If you need further assistance, our front desk staff are happy to help.

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

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

What if my child doesn't pass their lesson?

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

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

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

Can I watch my child's swim lesson?

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

Can my child go swimming after their lesson?

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

Does your pool have capacity limits?

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

Does my child have to wear a swim diaper?

If your child is not potty trained they must wear a swim diaper in the pool. We sell swim diapers at our front desk.

Do you have a swim shop?

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

Do you have lockers?

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

Can I rent the pool for my party or event?

Please see our facility rentals information on page 7 and 7.

Still have questions?

Give us a call during reception hours at 250-830-6777. Reception hours are on Page 3.

Lifeguard FAQs

The Strathcona Regional District (SRD) has shared an update regarding the present lifeguard and swim instructor shortage at Strathcona Gardens Recreation Complex and answered some frequently asked questions on our website:

strathconagardens.com/lifeguardfaqs

Private Lessons

Want to learn how to swim or work on your swim skills? Customized private lessons only cost \$23.45 per 12 hour plus \$7.15 for each additional person. All ages welcome! Please contact Dayna at 250-830-6760 or dstevenson@srd.ca to discuss booking options/availability.

Note that due to our lifeguard shortage and a high demand, we currently have a waitlist for our private lessons.



How to Register

Registration opens for spring swim lessons opens on March 13 at 9:00am.



strathconard.perfectmind.com

Log-in or create an account to view and register for all of our programs, camps, and lessons.



In-person

Visit our front desk at 225 South Dogwood Street. Reception hours on page 3.



Over the Phone

Give us a call during reception hours at 250-830-6777.

Fitness & Rehab

Registered Fitness Class Schedule

April 4 to June 30

REGISTER



	Tuesday	Wednesday	Thursday	Friday
Low Impact Chair Class	1-1:45pm		1-1:45pm	
Yoga for All	11:30-12:30pm			
Chair Yoga	12:45-1:30pm			
Family Fun Fitness (F)	10:15-11:15am		10:15-11:15am	
We've Got Your Core!	5:30-6:30pm			
We've Got Your TRX			5:30-6:30pm	
Walking Wednesdays (F)		5:00pm		
Weight Room				
Supervised Youth (F) Weight Room (Ages 14-16)	3:30-4:30pm	3:30-4:30pm	3:30-4:30pm	3:30-4:30pm

► (F) = Flexible Class. Register for any days that work for you!

Weight Room ► Weight Room Hours extended in May! See pool schedule on Page 18.

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
CLOSED	7am-6:30pm	8am-8:30pm	7am-6:30pm	1pm-8:30pm	9am-3pm	9am-3pm

Yoga for ALL

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

44736	Tuesdays	April 4 - May 16	11:30am - 12:30pm	\$63
44737	Tuesdays	May 23 - July 4	11:30am - 12:30pm	\$63

Chair Yoga

A gentle exercise program in a chair which incorporates the foundations of yoga. This small group, supportive class is perfect for anyone starting to exercise.

44738	Tuesdays	April 4 - May 16	12:45pm - 1:30pm	\$56
44739	Tuesdays	May 23 - July 4	12:45pm - 1:30pm	\$56

Family Fun Fitness

Join our instructor for a strength and circuit/Tabata style class, while your children have an open space to play. Bring your stroller, or ride-on toy to help entertain the little ones while you get a great workout. Children of all ages are welcome. Class may be outside. This is a flexible class, so register for the days that work for you!

Tuesdays and/or Thursdays April 4 - May 18 10:15am - 11:15am \$8/class

Low Impact Chair

We're back in the building with this low impact workout that builds strength and improves flexibility without putting too much strain on your body. Chair exercises also improve mobility by increasing blood flow and lubricating your joints.

Tuesdays April 4 - May 16
1-1:45pm \$42

Looking for Aquatic Fitness Classes?

All of our Aquatic Fitness classes and schedule information is listed on page 19.

[Jump to aquatic fitness](#)

Fitness & Rehab

Registered Fitness Class Descriptions

Youth Weight Room

This is a brand new after school program being offered by our fitness department for youth ages 14-16 who would like an orientation and supervised personal training in our weight room. Give us a call to register ahead of time for any day that works for you!

Tues/Wed/Thurs April 4 - May 18 3:30pm - 4:30pm \$4/session

If you are 14-16 years of age and would like to work independently any time the Weight room is open: Take a 2 hour course with one of our trainers. You will receive a card which allows you to use either The Sportsplex or Strathcona Gardens Weight Room. Call for an appointment. 250-830-6777.

Walking Wednesdays

Together with Campbell River City staff, choose from a variety of guided walking class levels, starting at 5pm. We will utilize our beautiful trails and walkways in and around the community. This drop-in program will have two staff/guides to support your walk. May use walking poles and please bring your own water. Must register on-line or in person prior to start of the walk. **Difficulty:** Level 1 - Flat Terrain, Level 2 - Small inclines/declines, Level 3 - Uneven surfaces & steeper inclines/declines.

Wednesdays May 3 - June 28 5:00pm \$3/walk

May 3	Level 1	Seawalk	June 7	Level 2	Simms Creek
May 10	Level 2	Raven Park	June 14	Level 1	Hagel Park
May 17	Level 1	Beaver Lodge Lands	June 21	Level 2	Jubilee Parkway
May 24	Level 3	Lower Canyonview	June 28	Level 1	Dick Murphy
May 31	Level 1	Myrt Thompson			

Try it FREE

We think our aquatic classes are great, but try it for yourself for free and see if it's a good fit for you! Invite your friends and join us:

April 11 - We've Got Your CORE	5:30-6:30pm
April 12 - We've Got your Aquatic Bootcamp	6:30-7:15pm
April 13 - We've Got Your TRX	5:30-6:30pm
April 14 - We've Got your Mom to BE Pre/Post Natal	10:45-11:15am

 **Jump to aquatic fitness**

REGISTER 

We've got your back, shoulders, knees & hips!

We've Got Your CORE!

Come build a strong foundation and work towards lifelong mobility for sport and life in the low impact but challenging core class. We will strengthen shoulders, hips, and trunk musculature to get you moving and feeling stronger. Participants must be comfortable getting up and down on the floor. Try it FREE on April 11.

Tuesdays 5:30pm - 6:30pm \$8/class

We've Got Your TRX

This class delivers a fast effective Total-body workout, while improving your core strength. We will primarily be in the great outdoors while building resilience. You will be using The TRX for full body resistance. All levels of fitness will benefit. Try it FREE on April 13.

Thursdays 5:30pm - 6:30pm \$8/class

We've Got Your Aquatic Bootcamp

YOU will see results while moving through chest to waist deep water using additional resistive equipment. See more details on page 19. Try it FREE on Apr 12.

**Wednesdays April 19 - June 28
6:30 - 7:30pm \$8/class**

We've Got Your Mom to BE or Mom & Me Pre/Post Natal

A shallow aquatic aerobic workout while your babe floats beside you. See page 19 for more information. Try it FREE on April 14.

**Fridays April 21 - June 30
10:45 - 11:15am \$8/class**

Fitness & Rehab

Take Heart & CDM Courses

April 11 to June 30

Classes	Monday	Tuesday	Wednesday	Thursday	Friday
Take Heart Breathe Well		9:45-11:15am 12:30-2pm		9:45-11:15am 12:30-2pm	
Take Heart Maintenance	7:30-9am 9-10:30am 1-2:15pm		7:30-9am 9-10:30am 1-2:15pm		7:30-9:00 am 1-2:15pm
CDM Leisure		9:00-10:00am		9:00-10:00am	
CDM Shallow	2-3pm	11am-12pm	2-3pm	11am-12pm	
CDM Deep	9-10am	2:15-3:15pm	9-10am	2:15-3:15pm	9-10am
CDM Land Advanced - Fitness Studio Low Impact		8:45-9:45am		8:45-9:45am	
CDM Strong & Stable	2:15-3:15pm	2:15-3:15pm	2:15-3:15pm	2:15-3:15pm	2:15-3:15pm
CDM Strong Core = Healthy Back				5:30-6:30pm	

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.

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.

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, strength, and balance.

CDM Deep: This class includes aerobic, strength and balance while being suspended in the deep end of the main pool. A loved one may be asked to support you during the class. (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 movement, low impact class may take place in the Fitness Studio. This is for clients wanting a more challenging program.

CDM Strong & Stable: You will benefit from this program if you have had a stroke, have difficulty walking a variety of distances, or want to focus on fall 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.

CDM Strong Core = Healthy Back: Learn how to build strength and stability for better movement during your day to day activities. Plus, you can improve your sports performance and assist with injury prevention. These focuses will empower you to remain active for life. Designed by Justin our resident exercise physiologist. Join him for both instruction and education.

Take Heart Cardiac Rehabilitation Program

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

Before You Start:

Before you begin a CDM or Take Heart Breathe Well program, get Physician referred.

You may self refer at the Campbell River and District Hospital to the 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.

Fitness & Rehab

Meet Our Team

Angela

Fitness/Rehab (BKIn)



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

Catherine

Fitness/Rehab (BCRPA PT)



After working at Strathcona Gardens for 35 years, I still love teaching Aquatic Fitness and Bootcamp classes. We are lucky to live in Campbell River with our mountain and ocean view. When I'm not at work, I enjoy outdoor sports like hiking, baseball and cycling.

Darrell

Fitness (BCRPA FL)



Strathcona Gardens has been part of my world for the last 17 years. My dry sense of humor gives me joy to encourage participants in the aquatic deep water and Aquatic Arthritis classes, (which is in the Leisure warm pool). Living in Campbell River is a place I want to be, as I get to look at the water every day, with my two cats.

Deanna

Fitness/Rehab (BKIn)



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

Jodie

Fitness (BCRPA PT)



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

Justin

Fitness/Rehab (CSCS) (CEP)



I have worked at Strathcona Gardens for 4 years. I love teaching small group classes, which are rehab focused or with youth athletic performance groups. Depending on the day, I will mountain bike, trail run or kayak, preferably with my dog. Access to adventure in the outdoors is my passion.

Kiersten

Fitness/Rehab (BATE)



I am new to Strathcona Gardens, arrived 3 months ago and eager to teach all types of classes. I'm excited to teach the pre/post natal aquatic fitness program. Outside of work I play soccer and enjoy outdoor activities with family & friends.

Rhonda

Fitness (BCRPA FL)



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

Fitness Services

Don't let PAIN affect your quality of life. We will help you!

Personal Training

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

We provide the following professional services:

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

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

Personal Training packages:

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

Semi-private personal training:

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

Private Aquatic Therapy

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

1-hour session: \$61.45

45-minute session: \$46.10

30-minute session: \$30.75

Weight Room

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

Weight Room Equipment List:

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

Weight Room Orientation:

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

Private 45-minute session: \$33.00

Semi-private 45 minutes session : \$23.00

The Weight Room schedule can be found on page 17 for April and page 18 for May.



Summer Pool & Fitness Schedule

NEW

Pool will be open in August!

We're working on it!

We are working hard to arrange the hours and schedules of our lifeguard and fitness staff in order to offer a great summer of programs, in partnership with City of Campbell River's Centennial Outdoor Pool. Please come back on April 24 to view our summer pool and fitness schedules and summer swim lesson schedule.

Summer Pool Camps

B.O.A.T.S

Boating, obstacles, aqua fitness, training & splashing - the acronym says it all! This camp explores a variety of skills in, on, and around the water. Practice boating safety, participate in obstacle courses, work on aquatic fitness, learn water safety and swimming skills, and splash around the pool through a variety of games! **Ages 7-12**

44290	Mon to Fri	July 10 - 14	9am - 3pm	\$184
44291	Tues to Fri	Aug 8 - 11	9am - 3pm	\$150

Junior Lifeguard

In honor of National Drowning Prevention Week, this camp focuses on lifesaving skills through a variety of activities and scenarios similar to those experienced by a real lifeguard! Develop your knowledge, judgement, and fitness in a fun, controlled aquatic setting! Be sure to bring a bathing suit, multiple towels, and a healthy lunch each day. **Ages 8-13**

44232	Mon to Fri	July 17 - 21	9am - 3pm	\$184
44235	Mon to Fri	Aug 14 - 18	9am - 3pm	\$184

Swimming, Sunshine & Skills

Spend the week exploring the world of aquatics! Develop your swimming, fitness, water safety and lifesaving knowledge through situations, games, and activities both on land and in the water. When the weather is nice, we will be outside periodically throughout the week, so please bring closed toed shoes, weather appropriate attire along with your bathing suit, multiple towels, and a healthy lunch each day. **Ages 7-12**

44274	Mon to Fri	July 24 - 28	9am - 3pm	\$184
44289	Mon to Fri	Aug 21 - 25	9am - 3pm	\$184

Swim to Survive

Spend the days working on water safety skills, knowledge, and abilities in a fun, encouraging atmosphere. Children will learn & practice the Canadian Swim to Survive® standard; roll into deep water, tread water for 1 minute, & swim 50 metres. Be sure to bring a bathing suit, multiple towels, and a healthy lunch each day. **Ages 7-12**

44261	Mon to Fri	July 3 - 7	9am - 3pm	\$184
44288	Mon to Thurs	July 31 - Aug 3	9am - 3pm	\$150

Registration Opens May 15



How to Register

Registration opens for summer swim camps on May 15 at 9:00am.



strathconard.perfectmind.com

Log-in or create an account to view and register for all of our programs, camps, and lessons.



In-person

Visit our front desk at 225 South Dogwood Street. Reception hours on page 3.



Over the Phone

Give us a call during reception hours at 250-830-6777.





Summer Schedule



Summer Arena Camps

Dash & Splash

This program includes a structure skating session and a trip to the pool everyday (indoor or outdoor pool) along with various outdoor sports, crafts, and games. Program fee includes all facility drop-in fees and skate rentals. **Ages 7-12**

44060	Tues to Fri	July 4 - 7	9am - 4pm	\$152
44061	Mon to Fri	July 24 - 28	9am - 4pm	\$190
44062	Tues to Fri	Aug 8 - 11	9am - 4pm	\$152
44063	Mon to Fri	Aug 14 - 18	9am - 4pm	\$190

Coolest Game on Earth

If you don't have much hockey experience this is the camp for you. Learn basic hockey skills and have fun completing on and off ice training. Tons of game time, cross training and over 2.5 hours of ice time every day. No previous hockey experience needed. Helmet with full face shield, hockey stick and gloves required. Program fee includes skate rentals. **Ages 6-12**

44064	Mon to Fri	July 17 - 21	9am - 4pm	\$160
44065	Tues to Fri	Aug 29 - Sept 1	9am - 4pm	\$128

Multi Sports

Spend the day with our camp leaders in a safe and fun environment introducing a variety of different sports! This camp will build your child's ABC's of physical movement (Agility, Balance, and Coordination). Activities will include trips to the pool, ice skating and variety of sporting activities - lacrosse, ice/floor hockey, ringette, soccer, California kickball, basketball, pickleball, capture the flag, Laser tag and more! Program fee includes all facility drop-in fees and skate rentals. **Ages 7-12**

44066	Mon to Fri	July 17 - 21	9am - 4pm	\$160
44067	Mon to Fri	July 31 - Aug 4	9am - 4pm	\$160
44068	Mon to Fri	Aug 14 - 18	9am - 4pm	\$160

Mach 1

Our Camp leaders will take the adventurers on daily off-site excursions. Each day will include either swimming, skating or both, off site activities to the centennial park, outdoor pool, Sportsplex water park, Museum, Aquarium, visit to the pier, messy food challenges and more! Program fee includes all facility drop-in fees, skate rentals and transportation. **Ages 7-12**

44070	Mon to Fri	July 10 - 14	9am - 4pm	\$190
44071	Mon to Fri	July 24 - 28	9am - 4pm	\$190
44072	Mon to Fri	Aug 14 - 18	9am - 4pm	\$190

Little Rascals

Learn basic hockey skills and play a hockey game every day! On and off ice training. Coaches will introduce your child to the game of hockey through drills and skill development. Please bring a snack, and a water bottle. At least 1.5 hours of time ice every day! **Ages 4-6**

44073	Mon to Fri	July 10 - 14	9:30am - 12pm	\$100
44074	Tues to Fri	Aug 8 - 11	9:30am - 12pm	\$80

Registration Opens May 15

Just for Girls Hockey

The Just for Girls Hockey Camp is a great opportunity for girls of all skill abilities to get together for a week of hockey fun! Learn the basic hockey skills and have fun completing on and off ice activities while making some new friends! At least 2 hours of ice time every day. Full hockey gear recommended. Helmet with full face shield, hockey stick and hockey gloves required. Program fee includes skate rentals. **Ages 6-12**

44069	Mon to Fri	July 31 to Aug 4	9am - 4pm	\$150
-------	------------	------------------	-----------	-------

Ice In My Veins Performance Conditioning Hockey

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

Mon to Fri	Aug 21 - 25	\$90
44077	11:30am - 1pm	Ages 7-11
44078	1:15 - 2:45pm	Ages 12-14

Preschool Ice Quest

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! 1.5 hours will be spent on the ice every day, along with off ice activities. Remember to bring a snack and water bottle for every class. **Ages 4-6**

Mon to Fri	July 10 - 14	\$85
44075	1 - 3:30pm	
Mon to Fri	Aug 8 - 11	\$85
44076	1 - 3:30pm	



Summer Schedule



Summer Arena Schedule

Programs	Sunday Registered Lessons	Sunday Drop-in Sessions
	Jul 9 - Aug 27 No Lessons Aug 6	July 9 - Sept 3
Parent & Tot Skating Lessons (3-5 yrs)	11:30am - 12:00pm	
Little Rascals Hockey	12:15 - 1:00pm	
Preschool Ice Quest	1:15 - 1:45pm	
Ice Quest 1/2/3	5:15 - 5:45pm	
Everyone Welcome & Pond Hockey		2:00 - 5:00pm
Stick & Puck		5:15 - 6:30pm

July 9 to Sept 3

Schedule Changes

- Jul 1** Canada Day
Facility closed
- Aug 5 - 7** BC Day Long Weekend
No Lessons
- Sept 4** Labour Day
Everyone Welcome Skate & Pond Hockey from 1pm to 4pm only.

Parent & Tot Skating

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

Ice Quest - Learn to Skate

These lessons are designed with the beginner skater in mind. Our three-level program offers an introduction to the world of ice skating.

Stick & Puck

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

Little Rascals Hockey

Learn basic hockey skills and play a real hockey game every class. Coaches will introduce your child to the game of hockey through a variety of fun drills and activities. All participants must be able to skate on their own. All Little Rascals participants and their families from the 2022-2023 season are invited to the wrap-up party & pictures on March 24, 2023 – please register online or with our reception staff.

Everyone Welcome

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

Preschool Ice Quest

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



Don't Forget Your Helmet

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

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



Free Admission

April 22 & 23

Come and Visit Us!

Strathcona Gardens Campbell River, BC



The Island's Greatest Hits



DISCOVER YOUR NEXT

Outdoor Adventure

ADVENTURESHOW.CA

#NIOAS2023

Community Sports Organizations

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

Alpine Skiing

Mount Washington Ski Club
mtwashingtonskiclub.com

Archery

CR Fish & Wildlife Club
crfishandwildlifeclub.ca

Badminton

CR Badminton Club
crbadminton.ca

Baseball

CR Minor Baseball Association
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
crricket.club

Cross Country Skiing

Strathcona Nordics
strathconanordics.com

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

Freestyle Skiing

Mount Washington Freestyle Ski Club
mwfreestyle.com

Golf

CR Golf & Country Club
crgolf.ca

Storey Creek Golf Course
storeycreek.bc.ca

Gymnastics

CR Gymnastics Association
campbellrivergymnastics.ca

Hockey

Campbell River Storm
campbellriverstorm.com

CR Minor Hockey Association
crmha.ca

CR Womens Hockey

crwomenshockey@gmail.com

Next Level Training

nextleveltrainingbc.com

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

Lacrosse

CR Minor Lacrosse Association
campbellriverminorlacrosse.ca

North Island Field Lacrosse

Northislandlax@gmail.com

Martial Arts

Parallel 50 Training Centre
parallel50.ca

Pure Martial Arts
puremartialarts.ca

Motocross

Campbell River Motocross Association
campbellrivermx.ca

Muay Thai

Heart and Soul Muay Thai
heartandsoulmuaythai.com

Pickleball

Campbell River Pickleball Assoc.
crpba.ca

Rock Climbing

On The Rocks Climbing Gym
rockgym.ca

Rugby

CR Rugby Club
campbellriverrugby.weebly.com

Skating

Campbell River Skating Club
skatecampbellriver.ca

Community Sports Organizations

Snow Sports

Mount Washington
mountwashington.ca

Snowboarding

VI Riders
mountwashington.ca

Soccer

CR Soccer Association
crsa.bc.ca

Softball

CR Minor Softball
campbellriverminorssoftball.ca

Swimming

CR Killer Whales
crkw.poolq.net

CR Salmon Kings
campbellriversalmonkings.ca

Track and Field

CR Comets
campbellrivercomets.ca

Triathlon

Triathlon Club
campbellriverminorssoftball.ca

Volleyball

CR Volleyball
crvolleyball.ca

CRUSH Volleyball
crushvb.ca

Waterskiing

CR Eagles Waterski Club
h2owaterski@telus.net

Wrestling

Campbell River Wrestling
mike.munsie@sd72.bc.ca



Canada's National sport and the fastest game on two feet, Box lacrosse is a high scoring team sport that puts an emphasis on athleticism, speed, hand eye coordination, endurance, discipline and team work, all easily translated to other sports.

Our season runs: March - June

Co - Ed divisions
U7 - U9 - U11 - U13 - U15 - U17

Register NOW!

REGISTER AT:
campbellriverlacrosse.ca



Find us on Facebook
Campbell River Minor Lacrosse Association



Campbell River Salmon Kings

Summer Swim Club

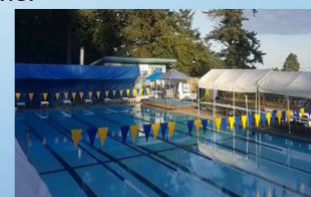
May - Aug annually



- 3+ months of swimming
- Supportive coaches
- Competitive skill development
- Social activities that build a team atmosphere
- Optional swim meets all summer
- An emphasis on fun

Ages 6+

Registration opens April



www.campbellriversalmonkings.ca

Community Sports Organizations

SKATING LESSONS!

Nationally accredited coaching team with continuous education!



**Skate
Canada**



**Year round classes
for all ages and skill levels!
Learn to skate, power skating
and figure skating!**

SkateCampbellRiver.ca

Registration is ongoing and pro-rated with
payment plans available for most programs!



RECREATIONAL ICE SKATING INSTRUCTOR COURSE

This 2 day weekend course offers interactive and fun in-class and on-ice sessions for experienced skaters who are interested in teaching foundational skating skills in a recreational environment. Supervisors wishing to increase and grow their instructional knowledge and awareness, would also benefit from this course.

Topics Include:

- Learning styles & Teaching Methods
- Communication & feedback
- Class management and safety
- Skill progressions, activities, & lesson plans.

Participants will receive an RFABC Certificate upon successful completion of this provincially recognized course.

Participants must be at least 16 years
or older to register for this course.



Course Details

Date: Sep. 9-10, 2023
Time: 8:30am-5:00pm

Location: Strathcona Gardens
Address: 225 South Dogwood St,
Campbell River, BC

Member Rate: \$235
Non-Member Rate: \$260



REGISTER ONLINE:



**Do you have a sports organization
you'd like to add to our directory?**

Contact our Marketing Specialist at alottis@srds.ca
to have your business added to our list of local
Community Recreation groups.

Women's Hockey



- Women's Rec Hockey
- Everyone Welcome (18+)
- All Skill Levels
- Socialize & Meet New People
- Have Fun!



A great game with great people!

Contact us anytime crwomenshockey@gmail.com

Stay up to date and in the know! Find us @crwomenshockey on [Facebook](https://www.facebook.com/crwomenshockey) & [Instagram](https://www.instagram.com/crwomenshockey)