

NEW AQUATIC CENTRE OPENS THIS FALL

Strathcona
REGIONAL DISTRICT

STRATHCONA GARDENS
RECREATION COMPLEX



FALL REC GUIDE

STRATHCONAGARDENS.COM

START GETTING EXCITED.

Our pool will be closed later this month
until the Aquatic Centre opens this fall.



STAY UP TO DATE ON OUR NEWS
ABOUT GRADUAL ENTRY AND
OPENING DAY.

SUBSCRIBE TO E-NEWS!

SRD.CA/RECREATE

FALL 2026 EVENTS

STRATHCONA GARDENS RECREATION COMPLEX

VIEW EVENT CALENDAR ONLINE:
srd.ca/strathconagardens/events

FRI
SEPT
11

Friday, September 11 | 5pm to 8pm

FRIDAY NIGHT AT THE MOVIES



Enjoy a relaxing skate on the Leisure Ice watching "Super Mario Galaxy" on the big screen. Movie starts at 6pm and pizza is served by 7pm. The \$7 Admission fee (\$24/family of 4) includes 2 slices of Little Caesars Pizza and a juice box. Helmets are strongly recommended, skate rentals are \$3.50.

FRI
SEPT
25

Friday, September 25 | 5pm to 8pm

FRIDAY NIGHT GLOW SKATE

Join us for a family friendly skate with our disco & glow lights on the Leisure Ice. Complementary glow stick necklaces will be provided for each participant and prizes for the best glow in the dark outfits! Regular drop-in admission.

WED
SEPT
30

Wednesday, September 30 | 1:30pm to 4:30pm

NATIONAL DAY FOR TRUTH & RECONCILIATION

Our facility will be open limited hours for an Everyone Welcome Skate and Pond Hockey.

FRI
OCT
9

Friday, October 9 | 5pm to 8pm

FRIDAY NIGHT AT THE MOVIES



Enjoy a relaxing skate on the Leisure Ice watching "Hoppers" on the big screen. Movie starts at 6pm and pizza is served by 7pm. The \$7 Admission fee (\$24/family of 4) includes 2 slices of Little Caesars Pizza and a juice box. Helmets are strongly recommended, skate rentals are \$3.50.

MON
OCT
12

Monday, October 12 | 1:30pm to 4:30pm

THANKSGIVING DAY

Our facility will be open limited hours for an Everyone Welcome Skate and Pond Hockey.



Stay in the know, join the fun.

Subscribe to monthly enews: SRD.CA/SGNEWS

Swim Descriptions

We strive to provide a welcoming and inclusive aquatic environment for all ages and abilities. With a variety of swim options designed to meet different needs and comfort levels, we aim to ensure that everyone can enjoy a safe, accessible, and positive experience in our facility.

PARENT AND TOT

Leisure Pool. Caregivers in the water with children ages 0-6 only.

LEISURE SWIM

Leisure Pool. All ages.

FAMILY SWIM

Leisure Pool. **Caregivers must be in the water with children ages 0-15.** Main pool may be open if space allows.

FUN SWIM

A lively swim with both pools open, rope swing. All ages.

16+ SWIM

A quieter swim for ages 16 and up only.

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.

Registered Classes

Stay tuned for registration information in our new aquatic centre.

LIFESAVING CERTIFICATION COURSES

srd.ca/lifesaving

SWIM LESSONS

srd.ca/swim

AQUATIC FITNESS

srd.ca/aqfitness

SAFETY & ACCESSIBILITY

We strive to maintain a welcoming environment where community members feel included and supported.

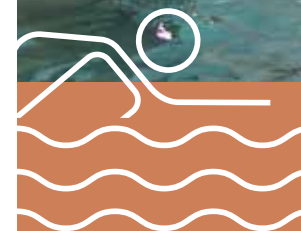
Visit srd.ca/sgaccess for a list of our accessibility aids and family supports.

CONTACT & REGISTRATION

 srd.ca/strathconagardens

 250-830-6777

 225 S Dogwood Street
(Enter from Pinecrest Road)



Pools

SEPT 2026

Drop-in Schedule



Pool Drop-in Schedule

Our current pool closes on Sept 18.
For updates on our new aquatic centre,
subscribe to eNews at srd.ca/sgnews



Pools

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LANES (2) 6:30am - 9:00am					CLOSED 6:30am - 9:00am	
LANES (2) & PARENT AND TOT 9:00am - 10:30am					LANES (3) & PARENT AND TOT 9:00am - 10:30am	
LANES (2) & LEISURE SWIM 10:30am - 2:00pm					LANES (2) & LEISURE SWIM 10:30am - 1:00pm	
LEISURE SWIM 2:00pm - 5:00pm					FUN SWIM 1:00pm - 4:00pm	
FAMILY SWIM (Leisure Pool only) 5:00pm - 6:30pm					LANES (3) & FAMILY SWIM 4:00pm - 6:00pm	
FUN SWIM 6:30pm - 8:00pm	LEISURE SWIM 6:30pm - 8:00pm	FUN SWIM 6:30pm - 8:00pm	LEISURE SWIM 6:30pm - 8:00pm	FUN SWIM 6:30pm - 8:00pm	CLOSED 6:00pm - 8:00pm	
16+ SWIM, LANES (2) 8:00pm - 9:00pm				CLOSED 8:00pm - 9:00pm		

Hot Tub, Steam Room & Sauna

	Mon to Thurs	Friday	Sat & Sun
Hot Tub	9:00am - 9:00pm	9:00am - 8:00pm	9:00am - 6:00pm
Steam Room & Sauna	6:30am - 9:00pm	6:30am - 8:00pm	9:00am - 6:00pm

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

Never miss an update.

Strathcona Gardens is launching two new eNews subscriptions this fall!

1. **Facility eAlerts** for high-priority facility closures or schedule changes.
2. **Monthly Events** is a monthly digest straight to your inbox with upcoming events and information.

Visit srd.ca/sgnews to subscribe.

SEPTEMBER 8 TO SEPTEMBER 18

Registered Classes

HYDRO FIT THE NEXT LEVEL

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

MOM & ME AQUA FIT

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

FLUID MOTION

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

AQUA FIT

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

Referral Required

AQUATIC ARTHRITIS

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

Each class lasts 45 minutes, but you're welcome to relax in the hot tub, steam room, or sauna before or after. Classes are scheduled in 7-week sessions, with options to book one or more days per week.

ORTHO MANAGEMENT

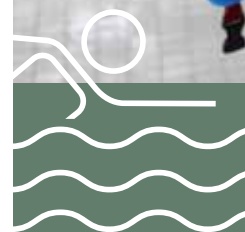
This class is a pre/post rehabilitation shallow water program in our main pool suitable for participants who have recently had a hip or knee replacement (or other joint surgeries) and have graduated from their recommended physiotherapy treatments. It would also be of great benefit for those who are waiting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

ADAPTIVE DEEP

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

ADAPTIVE SHALLOW

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



Aquatic Fitness

SEPT 2026 Schedule



STRATHCONA GARDENS
RECREATION COMPLEX

Aquatic Fitness Schedule

Our current pool closes on Sept 18.

For updates on our new aquatic centre,
subscribe to eNews at srd.ca/sgnews

All classes require pre-registration.

CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HYDRO FIT THE NEXT LEVEL (F)	6:30am - 7:15am		6:30am - 7:15am		6:30am - 7:15am
AQUA FIT (F)	8:15am - 9:00am	8:15am - 9:00am	8:15am - 9:00am	8:15am - 9:00am	8:15am - 9:00am
HYDRO WELLNESS (R)		9:15am - 10:00am		9:15am - 10:00am	
MOM & ME AQUA FIT (R)	9:15am-10:00am		9:15am-10:00am		

(F) Flexible class - pick the days that work for you. (R) Registered class - register for a fixed set of classes.

Aquatic Fitness - Referral Required

All classes require a medical referral form (current within the last year), available from reception.

CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AQUATIC ARTHRITIS (R)	10:00-10:45am	1:00-1:45pm	10:00-10:45am	1:00-1:45pm	10:00-10:45am
ADAPTIVE SHALLOW* (F)		9:00-9:45am		9:00-9:45am	
ADAPTIVE DEEP* (F)	11:00-11:45 am		11:00-11:45am		11:00-11:45 am
ORTHO MAINTENANCE (F)	11:15am-12:00pm	10:00-10:45am	11:15am-12:00pm	10:00-10:45am	11:15am-12:00pm

View all course descriptions online at srd.ca/fitness



Drop-in Programs

EVERYONE WELCOME: All ages welcome. All participants are strongly encouraged to wear a helmet during all public skating sessions at Strathcona Gardens. This program is skating only (no hockey) and takes place on arena #2 & the leisure ice.

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. A helmet, gloves & hockey sticks are the minimum requirement to participate in the pond hockey zone.

LEISURE SKATE: All ages welcome. All participants are strongly encouraged to wear helmet during all public skating sessions at Strathcona Gardens. This session is on the leisure ice only. No hockey during these sessions.

16+ DROP-IN PROGRAM HOCKEY: This non-contact recreational drop-in hockey program is a great opportunity for players of all levels drop-in hockey game throughout the week. Full hockey gear and CSA approved helmet is required. To participate, you must pay the drop-in admission fee and add your name to the sign in sheet.

55+ / 65+ PROGRAM HOCKEY: This non-contact recreational drop-in hockey program is a great opportunity for players of all levels to play a drop-in hockey game throughout the week. Full hockey gear and CSA approved hockey helmet is required. Participants may pre-register by phone, online or in person up to 8 days in advance to reserve your spot.

Visit srd.ca/programhockey to register online.

STICK & PUCK: Stick and Puck is an opportunity to get some extra ice time and work on stick handling, shooting, and passing skills! To participate, you must pay the drop-in admission fee and add your name to the sign in sheet – maximum 16 skaters per session for safety reasons! Although we strongly encourage full hockey gear during these sessions, a CSA approved hockey helmet, gloves & sticks is the minimum requirement to participate.

Arena Activity Map



 **Arena Reception Desk**
(Begins Sept ##)

 **Facility Entrance**
 **Skate Shop**

ARENA 2

Drop-in Programs:

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

Registered Programs:

- Private lessons
- Everyone Welcome
- Pond Hockey
- Stick & Puck
- Program Hockey

LEISURE ICE

Drop-in Programs:

- Leisure Skate
- Everyone Welcome
- Friday night special event skates

Registered Programs:

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



Arenas

FALL 2026

Drop-in Schedule

Arena Drop-in Schedule

 Arena 2

 Arena 2 & Leisure Ice

 Leisure Ice

Monday	Tuesday	Wednesday	Thursday	Friday		Saturday	Sunday
55+ PROGRAM HOCKEY¹ 9:45 - 11:15am		55+ PROGRAM HOCKEY¹ 9:45 - 11:15am			65+ PROGRAM HOCKEY¹ 9:45 - 11:15am		
LEISURE SKATE & STICK & PUCK 11:30am-1:00pm	LEISURE SKATE & 65+ PROGRAM HOCKEY 11:30am-1:00pm	LEISURE SKATE & STICK & PUCK 11:30am-1:00pm	LEISURE SKATE & STICK & PUCK 11:30am-1:00pm	LEISURE SKATE 10:00am-2:30pm	16+ PROGRAM HOCKEY 11:30am-1:00pm		
EVERYONE WELCOME 1:15-2:30pm					STICK & PUCK 1:15-2:30pm	EVERYONE WELCOME & POND HOCKEY 1:30-4:30pm	
LEISURE SKATE & POND HOCKEY 2:45-5:00pm	EVERYONE WELCOME & POND HOCKEY 2:45-5:00pm	LEISURE SKATE & POND HOCKEY 2:45-5:00pm	EVERYONE WELCOME & POND HOCKEY 2:45-5:00pm			EVERYONE WELCOME & POND HOCKEY 3:00-5:30pm	
LEISURE SKATE 6:00-7:30pm		LEISURE SKATE 6:00-7:30pm		LEISURE SKATE 5:15-8:00pm²			

¹Pre-register online for 55+ & 65+ hockey at srd.ca/programhockey

²Friday Night special arena event - see below or srd.ca/strathconagardens/events

Schedule changes can happen from time to time, so visit srd.ca/strathconagardens

Special Skates & Schedule Changes

- Sept 7** Labour Day – Closed
- Sept 8** Pro-D Day – Everyone Welcome & Pond Hockey 3:00-5:00pm
- Sept 11** Friday Night at the Movies - Super Mario Galaxy. 5:15pm to 8:00pm.
- Sept 25** Friday Night Glow Skate. 5:15pm to 8:00pm.
- Sep 30** National Day for Truth and Reconciliation EW & Pond Hockey 1:30-4:30pm only, no lessons.
- Oct 9** Friday Night at the Movies - Hoppers. 5:15pm to 8:00pm.
- Oct 12** Thanksgiving Monday - EW & Pond Hockey 1:30-4:30pm only, no lessons.
- Oct 23** Pro-D Day & CROT Tournament – Leisure Skate 3-5pm only.
- Oct 24** CROT Tournament – Leisure Skate 1:30-4:30pm only.
- Nov 11** Remembrance Day - EW & Pond Hockey 1:30-4:30pm only, no lessons.
- Nov 13** Friday Night at the Movies - Toy Story 5. 5:15pm to 8:00pm.
- Nov 23** 55+ Program Hockey adjusted to 9:45-10:45am (R1) & 11:30-1pm Leisure skate cancelled.
- Nov 27** Friday Night Pajama Skate. 5:15pm to 8:00pm.
- Dec 4** Friday Night at the Movies - Minions & Monsters. 5:15pm to 8:00pm.

Skate Sharpening

Apr 5 to May 10 Cost: \$5.75pair

Mon, Wed & Fri 10:00am - 7:00pm

Tues & Thurs 10:00am - 5:00pm

Saturday 1:00pm - 5:00pm

Sunday 1:00pm - 5:00pm

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.



Arenas

SEPTEMBER 8 TO DECEMBER 19

Arena Registered Programs

	Mon & Wed	Tues & Thurs	Saturday	Sunday
Session Dates () Indicates how many lessons in the session.	Sept 9 to 28 (6) Oct 6 to 28 (7) No lesson Oct 12 Nov 2 to 25 (7) No lesson Nov 11 Nov 30 to Dec 16 (6)	Sept 10 to Oct 1 (7) Oct 6 to 29 (8) Nov 3 to 26 (8) Dec 1 to 15 (5)	Sept 12 to Oct 31 (7) No lesson Oct 10 Nov 7 to Dec 19 (7)	Sept 13 to Nov 1 (7) No lesson Oct 11 Nov 8 to Dec 13 (6)

SKATING PROGRAMS

Parent & Tot Skating Lessons (2-5yrs)	10:45-11:15am Monday Only Sept 14 – Nov 18 (9)		11:00-11:30am	11:00-11:30am
Preschool Ice Quest (3-5yrs)		3:30-4:00pm		12:30-1:00pm
Ice Quest Skating Lessons - Level 1 (6-12yrs)	5:15-5:45pm	4:15-4:45pm	12:30-1:00pm	
Ice Quest Skating Lessons - Level 2/3 (6-12yrs)		6:15-6:45pm	9:15-9:45am	
Registered Private Skating Lessons (All ages)	4:25-4:55pm Arena 2 - 1/2 ice			9:15-9:45am 5:45-6:15pm Leisure Ice

HOCKEY PROGRAMS

Parent & Tot Hockey Lessons (2-5yrs)	10:45-11:15am Wednesdays Only Sept 14 – Nov 18 (9)		11:45am-12:15pm	11:45-12:15pm
Little Rascals Hockey (3-5yrs)		5:15-6:00pm	10:00-10:45am	10:00-10:45am
Coolest Game on Earth – Intro to Hockey (5-11yrs)	3:30-4:15pm			

Skating School Bus Ages 7+ Sept 8 to Dec 18

Catch a ride to the arena after school! Register your child to get a ride to Strathcona Gardens and join the Everyone Welcome & Pond hockey session. Participants are welcome to bring their skating/hockey equipment on the bus, or parents can drop it off at the skate shop on your way to work. **Cost:** \$10/day

Registration: Give our front desk a call at 250-830-6777 to register your child. Registration/cancellation cut off for the day of desired pick up is 12:00 noon to give the bus driver time to plan their route based on daily registration. Registration fee includes admission and skate rentals.

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

School Pick-up Days:

Monday & Wednesday – Sandowne / Georgia Park / Penfield / Southgate

Tuesday & Thursday – Ocean Grove / Willow Point / Phoenix

Friday – Ripple Rock / Ecole Des Deux Monde / Ecole Mer et Montagne.

Pro-D Day Camps srd.ca/camps

Pond Hockey Tournament Ages 5-12

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



Arenas

SEPTEMBER 9 TO DECEMBER 18

Fitness Registered Classes



Fitness & Rehab

	Monday	Tuesday	Wednesday	Thursday	Friday
Bootcamps & Weight Training					
Intro to Women on Weights		5:00 - 6:00pm			
Women on Weights	5:20 - 6:20pm		5:20 - 6:20pm		
Beginner Bootcamp		7:00 - 8:00am		7:00 - 8:00am	
Mind and Body					
Yoga for All					
Chair Yoga					
Intro to F.A.M.E	1:00-2:00pm		1:00-2:00pm		
F.A.M.E Maintenance	10:00-11:00am				10:00-11:00am
Mind in Motion			10:00-11:30am		
Pre/Post Natal					
Strong Mamas & Snug Bugs		11:00 - 11:45am		11:00 - 11:45am	
Stroller Fit		11:00 - 11:45am		11:00 - 11:45am	
TRX/Spin					
Pedal Party	4:15 - 5:00pm			4:15 - 5:00pm	
Outdoor Fitness					
Take a WALK (F)				3:30 - 4:30pm	
Steady Steps				12:45-1:45pm	

(F) = Flexible - register for dates that work for you. All other programs are registered - a set amount of classes for a specific duration of time. Want to try out a single class before you register for a whole session? Give us a call!

All course descriptions and dates are online: srd.ca/fitness



Some of our Pedal Party sessions have themes with music and fun outfits!

SEPTEMBER 8 TO DECEMBER 19

Rehab Referral Programs

Take Heart Breathe Well Cardiac Rehabilitation

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

	Monday No class May 18	Tuesday	Wednesday	Thursday	Friday
Take Heart Breathe Well		9:30-10:45am 2:00-3:15pm		9:30-10:45am 2:00-3:15pm	
Take Heart Maintenance	7:00-9:45am 2:00-4:00pm		7:00-9:45am 2:00-4:00pm		7:00-9:45am 1:00-3:00pm



Before You Start:

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

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

Take Heart Maintenance

After completing the mandatory 12-week program, you may opt for a monthly Take Heart maintenance membership. Please contact your instructor to register. Payment can be made through our reception staff.





Rehab Referral Programs

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, low-impact aerobics in the Fitness Studio, and outdoor walking program.

	Monday	Tuesday	Wednesday	Thursday	Friday
LEISURE POOL					
CDM Leisure		9:00-9:45am		9:00-9:45am	
CDM Aquatic Arthritis	10:00-10:45am	11:30am-12:15pm	10:00-10:45am	11:30am-12:15pm	10:00-10:45am
CDM Growing Stronger Aquatic		10:00-10:45am		10:00-10:45am	
MAIN POOL					
CDM Shallow	2:00-2:45pm	11:00-11:45am	2:00-2:45pm	11:00-11:45am	
CDM Hydro Wellness				11:00-11:45am	
CDM Deep	9:15-10am	2:00-2:45pm	9:15-10am	2-2:45pm	9:15-10am
DRY LAND - FITNESS STUDIO					
CDM Land Advanced - Fitness Studio Low Impact		8:15-9:15am		8:15-9:15am	
CDM Strong & Stable Fitness Studio	11am-12:00pm 12:45-1:45pm	2:15-3:15pm	11:00am-12pm 12:45-1:45pm	2:15-3:15pm	
DRY LAND - OUTDOORS					
CDM Steady Steps			10:45-11:45am		



Before You Start:

Before you begin a CDM program, get Physician referred.

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

CDM Program Descriptions are now on our website! Visit srd.ca/CDM

Rehab Referral Programs

Orthopedic Management

This class is a pre/post rehabilitation shallow water program in our main pool suitable for participants who have recently had a hip or knee replacement (or other joint surgeries) and have graduated from their recommended physiotherapy treatments. It would also be of great benefit to those who are waiting for replacement surgery.

Forms are available at our reception desk or at the hospital physiotherapy clinic. Ensure the form has been completed and you have had a phone call from staff to confirm when you will start the program.

Monday	Tuesday	Wednesday	Thursday	Friday
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MAIN POOL

Pre-Surgery	1:00-1:45pm		1:00-1:45pm		
Post-Surgery		1:00-1:45pm		1:00-1:45pm	
Maintenance ¹	11:15am-12:00pm	10:00-10:45am	11:15am-12:00pm	10:00-10:45am	11:15am-12:00pm

¹ Must have completed the Pre or Post-surgery program and be referred by your physician or physio therapist.

Adaptive Aquatics

Monday	Tuesday	Wednesday	Thursday	Friday
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MAIN POOL

Adaptive Deep	11:00-11:45am		11:00-11:45am		11:00-11:45am
Adaptive Shallow		9:00-9:45am		10:00-10:45am	

ADAPTIVE DEEP

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

ADAPTIVE SHALLOW

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





Celebrate your special day with an unforgettable party at Strathcona Gardens! Our party packages are designed to take the work out of planning, so you can focus on making memories while we handle the details. Get ready to laugh, play, and celebrate in a venue that's perfect for guests of all ages!

Reception Hours

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

General Contact Information

 srd.ca/strathconagardens

 250-830-6777

 225 S Dogwood Street
(Enter from Pinecrest Road)



FALL 2026

Event & Facility Rentals

 **STRATHCONA GARDENS**
RECREATION COMPLEX

Arena Parties

Sept 12 to Nov 29

Saturdays 5:00-6:00pm

Sundays 1:15-2:30pm

Dec 5 to Jan 3 - North Pole themed ice

Saturdays 5:15-6:15pm

Sundays 1:15-2:15pm

Cost: \$90 per hour, \$2.00 skate rentals.

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

Pool Parties

Pool party options are coming in 2027!

Our staff are taking the time this fall to get to know our new aquatic centre. We are excited to offer several new room options once our Social Heart & Wellness Centre are complete in the Spring of 2027. Visit recreatesg.ca to see the design plans. See below for room rentals still available during construction.

Party Add-ons

Add a Party Room: Pool and Arena rentals do not include a room, but they may be added based on availability. Please inquire about a room when booking.

Pinecrest Room: \$20.00/hr

Dogwood Room: \$65.00/hr

Dressing Room E: \$20.00/hr

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

Birthday Party FAQs

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.

When can the party organizer access the party space?

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

Can the party organizer use the fridge/freezer?

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

Where can we store our gifts while we swim?

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

Are skate rentals included for arena parties?

No, skate rentals are an additional \$2.00 per rental. The skate shop will track your rentals, and the total will be added to your facility contract.

Facility Rentals

Arena Rentals

Looking for ice time? Any available ice time we have to the public is viewable online at: srd.ca/icerentals

Pool Rentals

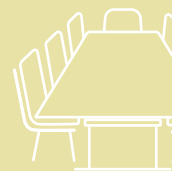
We rent out pool space to many different groups and businesses including scuba divers, kayakers, and more! Contact us via the information below to inquire about renting space in our pools.

How to Book

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

Phone: 250-830-6766

Email: bookings@srd.ca





HOLIDAYS SWEATER

DECEMBER 20 TO JANUARY 3



Strathcona
REGIONAL DISTRICT

STRATHCONA GARDENS
RECREATION COMPLEX

EVENTS

DECEMBER 11 5:15pm to 8:00pm

Holiday Sweater Skate

Celebrate the holiday season with a fun-filled family skate! Put on your Christmas sweaters and join us on at the North Pole! Join us for an evening of festive fun, holiday music, and seasonal cheer. Prizes for the best holiday themed outfits! Regular drop-in admission.

DECEMBER 18 5:15pm to 8:00pm

Friday Night at the Movies

Enjoy a relaxing skate on the Leisure Ice watching "How the Grinch Stole Christmas" on the big screen. The \$7 Admission fee (\$24/family of 4) includes 2 slices of Little Caesars Pizza and a juice box.



DECEMBER 31 5:00pm to 8:30pm

Family NYE Celebration

Join us for our annual FREE celebration with skating, pond hockey, games, snacks, music, and more!



Rent the North Pole!

Our Leisure Ice arena is decorated with hundreds of lights, Christmas trees, and of course, Santa and his reindeer flying overhead. Skate amongst the lights or take a break on a bench and watch the excitement around you. Bring your family, teammates, classmates, students, or employees together for a decorated winter skate!

\$176 +GST

Includes: 1 hr dressing room & leisure ice rental, skate shop staff and skate rentals.



HOLIDAY PUBLIC SKATING SPONSORSHIPS

SPONSORSHIP ADVERTISING:

- Facebook event/social media posts on all Strathcona Gardens advertising platforms leading up to your sponsored skate.
- Sharing of social media posts from your company social media account(s).
- Your company logo advertised in our 2026 Holiday schedule (Recreation Guide).
- Facility event posters posted for 2 weeks leading up to your sponsored skate.
- Space for your company banner and/or promo table in the main facility lobby.

WHAT'S INCLUDED:

- Weekend public skating session (Arena #2 & decorated Leisure Ice arena).
- Free skating & skate rentals for all participants.
- Skate shop staff.
- Choice of December weekend dates (first come first serve):
SAT 1:30-4:30pm Dec 5, 12, 19, Jan 2
SUN 3:00-5:30pm Dec 6, 13, 20, 27

PRICE: \$1000 + GST

FOR BOOKING & AVAILABILITY, CONTACT
BOOKINGS@SRD.CA OR 250.830.6766



STRATHCONA GARDENS
RECREATION COMPLEX



Drop-in Programs

EVERYONE WELCOME: All ages welcome. All participants are strongly encouraged to wear a helmet during all public skating sessions at Strathcona Gardens. This program is skating only (no hockey) and takes place on arena #2 & the leisure ice.

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. A helmet, gloves & hockey sticks are the minimum requirement to participate in the pond hockey zone.

LEISURE SKATE: All ages welcome. All participants are strongly encouraged to wear helmet during all public skating sessions at Strathcona Gardens. This session is on the leisure ice only. No hockey during these sessions.

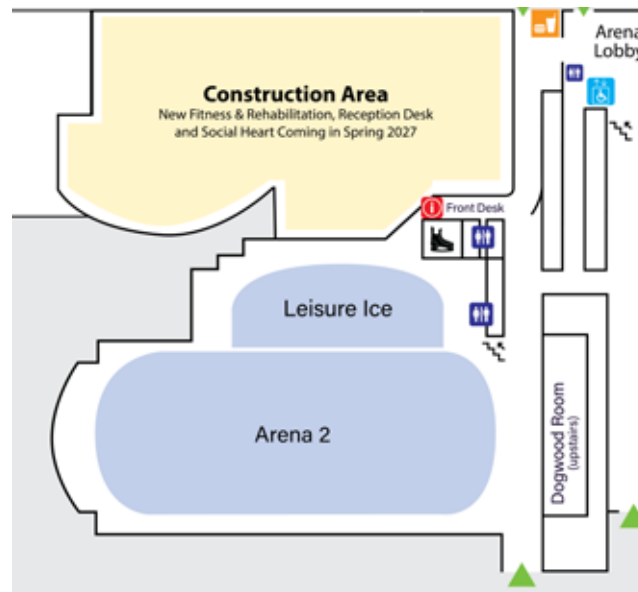
16+ DROP-IN PROGRAM HOCKEY: This non-contact recreational drop-in hockey program is a great opportunity for players of all levels drop-in hockey game throughout the week. Full hockey gear and CSA approved helmet is required. To participate, you must pay the drop-in admission fee and add your name to the sign in sheet.

55+ / 65+ PROGRAM HOCKEY: This non-contact recreational drop-in hockey program is a great opportunity for players of all levels to play a drop-in hockey game throughout the week. Full hockey gear and CSA approved hockey helmet is required. Participants may pre-register by phone, online or in person up to 8 days in advance to reserve your spot.

Visit srd.ca/programhockey to register online.

STICK & PUCK: Stick and Puck is an opportunity to get some extra ice time and work on stick handling, shooting, and passing skills! To participate, you must pay the drop-in admission fee and add your name to the sign in sheet – maximum 16 skaters per session for safety reasons! Although we strongly encourage full hockey gear during these sessions, a CSA approved hockey helmet, gloves & sticks is the minimum requirement to participate.

Arena Activity Map



Arena Reception Desk

Facility Entrance
 Skate Shop

ARENA 2

Drop-in Programs:

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

Registered Programs:

- Private lessons
- Everyone Welcome
- Pond Hockey
- Stick & Puck
- Program Hockey

LEISURE ICE

Drop-in Programs:

- Leisure Skate
- Everyone Welcome
- Friday night special event skates

Registered Programs:

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



Arenas

HOLIDAY 2026 Drop-in Schedule



Drop-in Schedule

-  Arena 2 & Leisure Ice
-  Leisure Ice
-  Arena 2



Arenas

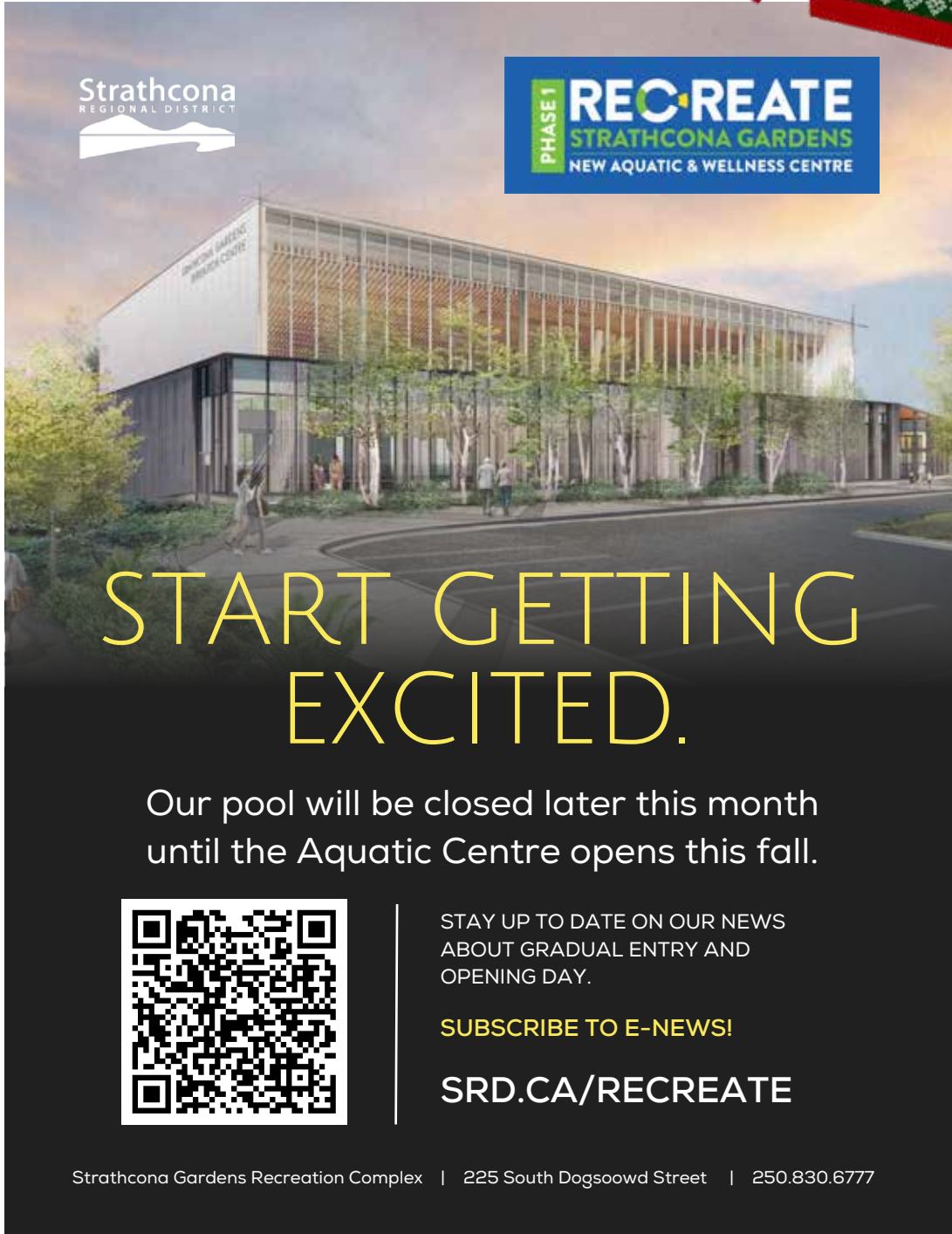
Date	16+ Program Hockey	55+ Program Hockey	Stick & Puck	Everyone Welcome & Pond Hockey	Leisure Skate (Leisure ice only)	Everyone Welcome	Skate Sharpening
Sunday, December 20						3-5:30pm	
Monday, December 21		9:45-11:15am	11:30am-1pm	1:15-5pm	11:30am-1pm	1:15-5pm	11:30am-5pm
Tuesday, December 22	11:30am-1pm			1:15-5pm	11:30am-1pm	1:15-5pm	11:30am-5pm
Wednesday, December 23		9:45-11:15am	11:30am-1pm	1:15-5pm	11:30am-1pm	1:15-5pm	11:30am-5pm
Thursday, December 24				11am-2pm		11am-2pm	11am-2pm
Friday, December 25	Closed Christmas Day						
Saturday, December 26	Closed Boxing Day						
Sunday, December 27				3-5:30pm		1:30-4:30pm	1:30-4:30pm
Monday, December 28				1:15-5pm	11:30am-1pm	3-5:30pm	3-5:30pm
Tuesday, December 29				1:15-5pm	11:30am-1pm	1:15-5pm	10am-5pm
Wednesday, December 30		9:45-11:15am	11:30am-1pm	1:15-5pm	11:30am-1pm	1:15-5pm	10am-5pm
Thursday, December 31				1pm-3pm		1-3pm	1-3pm
Friday, January 1	Closed New Years Day						
Saturday, January 2				1:30-4:30pm		1:30-4:30pm	1:30-4:30pm

Dash & Splash Camp Dec 21 to 23 or Dec 28 to 30 [Register online: srd.ca/camps](https://srd.ca/camps)

Join us for three action-packed days of skating, swimming, and adventure! Participants will enjoy daily skating and swimming sessions, along with one off-site field trip aboard the SRD 24-passenger bus. Program fee includes all offsite activity fees, facility drop-in fees and skate rentals. **Cost:** \$135

DECEMBER 20 TO JANUARY 2

POOLS



Strathcona
REGIONAL DISTRICT

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

START GETTING EXCITED.

Our pool will be closed later this month
until the Aquatic Centre opens this fall.



STAY UP TO DATE ON OUR NEWS
ABOUT GRADUAL ENTRY AND
OPENING DAY.

SUBSCRIBE TO E-NEWS!

SRD.CA/RECREATE

Strathcona Gardens Recreation Complex | 225 South Dogsoowd Street | 250.830.6777

Our holiday pool schedule information is coming this fall!

FITNESS

Our holiday fitness & rehab information is coming this fall!