HOLIDAY SWEATER

DECEMBER 20 TO JANUARY 3

Strathcona REGIONAL DISTRICT

STRATHCONA GARDENS
RECREATION COMPLEX

EVENTS

FREE Skating Every Weekend!

Thanks to your generous local businesses, we are offering FREE skating during our Everyone Welcome & Pond Hockey sessions on Saturdays and Sundays over the Holidays. See our separate poster for a list of sponsors and dates!



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

Little Caesars

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 pre-registered swimming, skating, pond hockey, games, snacks, and gift basket draws!

Grimace & Co. Restaurants

Strathcona Regional District

City of Campbell River

New Years eve

SPONSORED BY

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

FAMILY CELEBRATION

DECEMBER 31 5PM TO 8:30PM

STRATHCONA GARDENS
RECREATION COMPLEX

225 S Dogwood St.
250.830.6777

FREE

Swimming, Skating & Hockey

Pre-register for swimming on Dec 17.

Face Painting
Balloons
Games
Puck Toss

Photo Booth
Tattoos
Magician
Hair Styling

Complete our activity passport for a chance to win 1 of 2 gift baskets!

HOLIDAY
SPONSORED SWIMS IN THE NEW AQUATIC CENTRE

SPONSORSHIP ADVERTISING:

- Facebook event/social media posts on all Strathcona Gardens advertising platforms leading up to your sponsored swim.
- 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 swim.
- Space for your company banner and/or promotion table in the pool lobby on the day of your sponsored swim.

WHAT'S INCLUDED:

- Free pool admission.
- Lifeguard & Fun Leader staff.
- Wibit, Climbing Wall, Waterslide, and all pool areas open.
- Choice of Holiday weekday Fun Swims from 1:30pm to 3:00pm*:
  Dec 21 to 24, 28 to 30.
  *pre-registration required.

PRICE: $1000 + GST

FOR BOOKING & AVAILABILITY, CONTACT
BOOKINGS@SRD.CA OR 250.830.6767

Strathcona REGIONAL DISTRICT
STRATHCONA GARDENS RECREATION COMPLEX

FREE SKATING

AT STRATHCONA GARDENS RECREATION COMPLEX

SATURDAYS

1:30PM TO 4:30PM*

presented by TELUS

DECEMBER 5
Telus Communications

DECEMBER 12
Mack's Flooring

DECEMBER 19
Grimace & Co. Restaurants

presented by TELUS

JANUARY 2
Telus Communications

SUNDAYS

3:00PM TO 5:30PM*

DECEMBER 6
Shoreline Orthodontics

DECEMBER 13
Robbins & Company

DECEMBER 20
T-Mar Industries

DECEMBER 27
MOWI Canada West

JANUARY 3
Houle Electric

Thank You TO ALL THE GENEROUS SPONSORS!

Strathcona Regional District
STRATHCONA GARDENS RECREATION COMPLEX

*No skate sharpening available

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

Strathcona Regional District
STRATHCONA GARDENS RECREATION COMPLEX

Drop-in Schedule

Arena 2 & Leisure Ice
Leisure Ice
Arena 2

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				11:30am-2:30pm		11:30am-2:30pm	11:30am-2:30pm
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

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

Pre-Registration

Weekday swims from Monday to Friday do not require pre-registration. You may drop-in as usual.

- Register to swim on Saturday & Sunday starting 8 days in advance of each swim time block. **srd.ca/dropin** Registration remains open until the swim is full.
- If you are registering with the family rate, child/caregiver rate, or need assistance, please register via our front desk by visiting us in person or calling 250-830-6777.

Swim Descriptions

Children ages 0 to 7 must have an adult (16+) in the water within arms reach. The ratio is 3 children to 1 adult.

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 all pools open with the waterslide, diving board, lazy river, and climbing wall. All ages.

16+ SWIM

A quieter swim for ages 16 and up only.

Registered Classes

Classes in our new Aquatic Centre will begin in January 2027.

LIFESAVING CERTIFICATION COURSES

srd.ca/lifesaving

SWIM LESSONS

We are offering discounted swim lessons Dec 27-30 as part of our instructor training. Registration opens Dec 7.

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

strathconagardens.com

250-830-6777 OR
250-830-6733 (pool)

225 S Dogwood Street
Campbell River, BC

Strathcona Regional District
STRATHCONA GARDENS RECREATION COMPLEX



Pools

HOLIDAY 2026

Registered Drop-in Schedule

Strathcona Regional District
STRATHCONA GARDENS RECREATION COMPLEX

POOLS Drop-in Schedule

CAPACITY LIMITS IN EFFECT FOR ALL SWIMS
Pre-registration for swimming is still required on Saturdays and Sundays

Pools

DECEMBER 20 TO JANUARY 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday PRE-REGISTER	Sunday PRE-REGISTER
LANES (4) 6:30am - 9:00am				CLOSED DEC 25 & JAN 1	CLOSED 6:30am - 9:00am	
LEISURE SWIM 9:00am - 11:00am					LANES (5) & LEISURE SWIM 9:00am - 11:30am (pre-register)	
FAMILY SWIM 11:00am - 1:00pm					LANES (4) & FAMILY SWIM 11:00am - 1:00pm (pre-register)	
FUN SWIM 1:30pm - 3:00pm					FUN SWIM (pre-register) 1:30pm - 3:00pm	
CLOSED 3:00pm - 3:30pm			CLOSED DEC 24 & 31 3:00pm - 5:00pm		CLOSED 3:00pm - 4:00pm	
LANES, LEISURE SWIM & RENTALS 3:30pm - 5:30pm			DEC 24 - CLOSED DEC 31 FAMILY NYE CELEBRATION* 5:00pm - 8:30pm		FUN SWIM (pre-register) 4:00pm - 5:30pm	
CLOSED 5:30pm - 6:00pm					CLOSED 5:30pm - 7:30pm	
FUN SWIM 6:00pm - 7:30pm						

Children ages 0 to 7 must have an adult (16+) in the water within arms reach. The ratio is 3 children to 1 adult.

*Pre-register for the NYE Swim starting on December 17 at 5:00pm.

Hot Tub, Steam Room & Sauna

Pre-register for any time block you'd like to come and visit these facilities, we don't have pre-registration specifically for the hot tub, steam room or sauna.

Mon to Wed	Thursday	Friday	Sat & Sun
6:30am - 3:00pm 3:30pm - 5:30pm 6:00pm - 7:30pm	6:30am - 3:00pm 5:00pm - 8:30pm (Dec 31 only, pre-registration required)	CLOSED	9:00am - 3:00pm 4:00pm - 5:30pm

Capacity & Registration

- **Capacity limits are still in effect for our weekday swims. Patrons may need to wait if a swim is full.**
- Registration opens 8 days in advance of each Friday night or weekend swim and remains open until the swim is full. Visit srd.ca/dropin
- If you are registering with the discounted family rate, child/caregiver rate, or need assistance, please register with reception by calling 250-830-6777 or 250-830-6733.

POOLS Swim Lessons

NEW Swim for Life Instructor Training Swim Lessons

Swim lessons are back! We are pleased to offer a limited set of discounted swim lessons while we train our new Swim for Life Instructors over the holidays!

Registration: Monday, Dec 7 at 9am

Cost: Preschool to Swimmer 3: $12
Swimmer 4 to 9: $14

Dates: December 27 to 30 (4 lessons)

How to Register:

Online: srd.ca/swim

Lessons are found under:
Aquatic Programs > Instructor Training

Phone: 250-830-6777 or
250-830-6733 (pool)

How long are the lessons?

Pre-school to Swimmer 2: 30 mins.
Swimmer 3 to 9: 45 mins.

Swim Level Descriptions

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

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

Swim for Life Instructor Training Lessons

	Dec 27, 28, 29, 30 (4)	9:05am	9:40am	10:15am	10:30am	10:50am	11:05am	11:20am	11:25am	11:55am	12:00pm	12:30pm
Pre-School	Jellyfish/Goldfish	•										
	Seahorse		•									
	Octopus	•				•					•	
	Crab			•				•				
	Orca		•		•					•		•
	Sea Lion/Narwhal	•							•			•
School Age - Swimmer	Swimmer 1	•				•					•	
	Swimmer 2			•					•	•		
	Swimmer 3		•									
	Swimmer 4				•							
	Swimmer 5/6						•					
	Swimmer 7/8/9 (Swim Patrol)		•									

Unsure what level to register your child in?

Please see one of our lifeguards during any of our public swim times for a quick evaluation of your child's swimming ability. Children ages 0-7 must have a parent with them in the water.





HOLIDAY SWIM LESSONS

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!

HYDRO WELLNESS

This class to helps those individuals who are transitioning from the shallow end of the main pool to the deep end of the main pool and is similar to Adaptive deep and CDM deep.

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

HOLIDAY 2026

Schedule

Strathcona Regional District

STRATHCONA GARDENS RECREATION COMPLEX

Aquatic Fitness Schedule

All classes require pre-registration.

NO CLASSES DECEMBER 28 TO DECEMBER 31

CLASS	MON DEC 21	TUES DEC 22	WED DEC 23	THURS DEC 24	FRIDAY DEC 25
HYDRO FIT THE NEXT LEVEL (F)	6:30am - 7:15am		6:30am - 7:15am		CHRISTMAS DAY NO CLASSES
AQUA FIT (F)	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	MON DEC 21	TUES DEC 22	WED DEC 23	THURS DEC 24	FRIDAY DEC 25
AQUATIC ARTHRITIS (R)	10:00-10:45am	1:00-1:45pm	10:00-10:45am	1:00-1:45pm	CHRISTMAS DAY NO CLASSES
ADAPTIVE SHALLOW (F)		9:00-9:45am		9:00-9:45am	
ADAPTIVE DEEP (F)	11:00-11:45 am		11:00-11:45am		
ORTHO MAINTENANCE (F)	11:15am-12:00pm	10:00-10:45am	11:15am-12:00pm	10:00-10:45am	

View all course descriptions online at srd.ca/fitness