

STRATHCONA GARDENS  
RECREATION COMPLEX

RECREATION  
GUIDE



SPRING &  
SUMMER  
2026



# SPRING EVENTS

## STRATHCONA GARDENS RECREATION COMPLEX

**FRIDAY  
MAY 1**

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

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

COST: Regular drop-in admission

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

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

COST: \$7/person or \$24/family of 4. Skate rentals are \$3.50



**FRIDAY  
MAY 8**

**MONDAY  
MAY 18**

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

Our facility will have reduced holiday hours for a drop-in Fun Swim. There are no swim lessons over the long weekend, and our arena ice programs are done for the season. Regular drop-in admission.

**H<sup>2</sup>O SPORTS 6:30PM TO 8PM**

Join us for summer fun in, on, and around the water! Participate in various water sports and learn new skills through games and guided activities by our fun leaders.

COST: Regular drop-in admission during the Fun Swim.

**FRIDAY  
MAY 22**

**FRIDAY  
JUNE 19**

**SUMMER KICK-OFF SWIM 6:30PM TO 8PM**

Make a splash and celebrate the start of summer at this swim! Enjoy an action-packed swim with fun activities, games, and upbeat summer vibes.

COST: Regular drop-in admission during the Fun Swim.

**CANADA DAY - FACILITY CLOSED**

All arena and pool facilities will be closed on July 1 for registered and drop-in activities.

**WEDNESDAY  
JULY 1**

# DROP-IN POOL SCHEDULE

APR 5 TO JUN 27

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

POOLS

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

## HOT TUB, STEAM ROOM & SAUNA

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

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

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

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

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

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

**Schedule Changes:** APR 6 & MAY 18 - Stat Holiday hours. 1:30pm to 4:30pm Fun Swim.  
APR 18 - Pool closes at 12pm for CRKW swim meet. APR 19 - Pool opens 11:30am.

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

# AQUATIC FITNESS SCHEDULE

APRIL 7 TO JUNE 27

All classes require pre-registration. ● No classes on May 18

CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>HYDRO FIT THE NEXT LEVEL (F)</b>	<b>6:30am - 7:15am</b>		<b>6:30am - 7:15am</b>		<b>6:30am - 7:15am</b>
<b>AQUA FIT (F)</b>	<b>8:15am - 9:00am</b>	<b>8:15am - 9:00am</b>	<b>8:15am - 9:00am</b>	<b>8:15am - 9:00am</b>	<b>8:15am - 9:00am</b>
<b>FLUID MOTION (F)</b>		<b>9:00am - 9:45am</b>		<b>9:00am - 9:45am</b>	
<b>MOM &amp; ME AQUA FIT (R)</b>	<b>9:15am-10:00am</b>		<b>9:15am-10:00am</b>		

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

## HYDRO FIT THE NEXT LEVEL

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

## MOM & ME AQUA FIT

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

## FLUID MOTION

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

## 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.

## Looking for physician referred aquatic fitness programs?

Schedule information for our Aquatic Arthritis, Adaptive Shallow, Adaptive Deep and Ortho Management classes can be found on page 5 of our Spring 2026 Recreation Guide. Our reception staff are happy to print a copy for you on request.

# AQUATIC FITNESS SCHEDULE - REFERRAL REQUIRED

APR 7 TO JUN 27

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

CLASS	MONDAY No class May 18	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>AQUATIC ARTHRITIS (R)</b>	10:00-10:45 am	11:30-12:15 pm	10:00-10:45 am	11:30-12:15 pm	10:00-10:45 am
<b>ADAPTIVE SHALLOW* (F)</b>		10:00-10:45 am		10:00-10:45 am	
<b>ADAPTIVE DEEP* (F)</b>	11:00-11:45 am		11:00-11:45 am		11:00-11:45 am
<b>ORTHO MANAGEMENT* (F)</b>	11:30am-12:15pm	11:45-12:30 pm	11:30am-12:15pm	11:45-12:30 pm	11:30am-12:15pm

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

\*All classes are pre-registered up to a month in advance .

## 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.

## NEW REGISTRATION PROCESS STARTS APRIL 1

Strathcona Gardens has updated the registration process for our Adaptive Deep or Adaptive Shallow water classes, due to high demand. Registration will be open one month at a time, and a less than 24hr cancellation fee will be in effect.

**For more details, pick-up a copy of our new adaptive registration info from the front desk. Participants who have been in an adaptive class over the last year were sent this information to the e-mail on their account.**

## BEFORE YOU START:

Get referred by a physician. Referral forms are available at our reception desk or at the hospital physiotherapy clinic. Ensure the form has been completed and you have had a phone call from staff to confirm when you will start the program. Once you begin, classes are booked one month at a time - pick the days that work for you!

*If your medical form is more than a year old, we ask that you have a new form completed by a physician, physiotherapist or nurse practitioner.*

# PICKLEBALL

APR 22 TO JUL 29

## PICKLEBALL COURT RESERVATIONS

Pickleball court reservations are available daily Monday to Friday on the Rod Brind 'Amour arena dry-floor from April 22 to July 29. Singles or doubles play welcome. **Please have one participant from each group book a court by visiting our website at [strathconagardens.com/pickleball](http://strathconagardens.com/pickleball) or by calling our front desk at 250-830-6777.** Courts will be available to book 14 days before each session.

- \$10/court
- Pickleballs will be provided.
- 2 to 5 players permitted on each court.

### Court Reservation Times

( ) number of courts available

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30-10:00am (4)		8:30-10:00am (4)		
10:30am-12pm (4)	8:30-10:00am (4)	10:30am-12pm (4)	8:30-10:00am (4)	8:30-10:00am (4)
12:30-2pm (4)	10:30am-12pm (4)	12:30-2pm (4)	10:30am-12pm (4)	10:30am-12pm (4)
2:30-4pm (3)	12:30-2pm (4)	2:30-4pm (3)	12:30-2pm (4)	12:30-2pm (4)
4:30-6pm (4)		4:30-6pm (4)		2:30-4pm (3)
6:30-8pm (4)		6:30-8pm (4)		

Schedule Changes: No Pickleball May 18, Apr 30, May 1, Jun 22-26, Jul 1

## SG DOUBLES INDOOR PICKLEBALL TOURNAMENT

This 2-day non-sanctioned tournament will feature Men's, Women's, and Mixed Doubles. Round robin play will establish a team ranking in each pool leading to a playoff crossover round (format to be determined based on registration numbers in each ranking). Snacks and refreshments will be provided throughout the day for tournament participants. For more information, please visit [srd.ca/pickleball](http://srd.ca/pickleball).

- \$70/team
- Registration opens March 31 at 9am.

Sat May 30: Women's Doubles 3.0/3.5 Men's Doubles 3.5/4.0

Sun May 31: Women's Doubles 4.0 Mixed Doubles 3.0/3.5/4.0



# DRY FLOOR REGISTERED PROGRAMS

MAY 11 TO AUG 29

## AFTER SCHOOL BALL HOCKEY

Register for the After School Ball Hockey Program and play two organized hockey games per week on our arena dry floor! Skate shop staff will divide everyone into two teams at each session and we'll play a full ice ball hockey game with a ref and scorekeeper! All participants must wear the required gear: Hockey helmet with a face shield, hockey gloves, running shoes, and a hockey stick. A limited amount of gear, along with 2 sets of Goalie gear will be available for use.

79434    Tues/Thurs    May 12 to Jun 18    3:30pm to 4:45pm    \$84

## SWIM & SPORT BUS    Ages 7+    May 11 to June 19

**Catch a ride to the arena after school!** Each day, skate shop staff will have activities planned to cover different sports for the first half of each session, and then we'll head to the pool for a swim for the second half! Please come with both indoor and outdoor apparel as some activities may be done outside (weather dependent), along with a bathing suit and towel!

**Cost:** \$10/day OR program only rate without school pick-up: \$5

**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:** Please ensure you have arrangements to have your child picked up at no later than 5:00pm.

### School Pick-up Days:

**Monday/Wednesday/Friday** – Sandowne / Georgia Park / Penfield / Southgate

**Tuesday & Thursday** – Ocean Grove / Willow Point / Ecole Des Deux Monde / Phoenix



# SWIM LESSONS

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



POOLS

## MONDAYS & WEDNESDAYS

		Length	3:35pm	4:10pm	4:25pm	4:45pm	5:00pm	5:25pm	5:40pm	5:55pm	6:00pm	6:15pm	
Pre-School	Apr 13 to May 6 (8)	30 minutes											
	May 20 to Jun 15 (8)												
	Jellyfish/Goldfish							•					
	Seahorse		•										
	Octopus				•				•				
	Crab			•					•				
	Orca		•								•		
Sea Lion/Narwhal										•			
School Age	Swimmer 1	45 minutes		•								•	
	Swimmer 2					•			•				
	Swimmer 3		•							•			
	Swimmer 4				•								
	Swimmer 5/6					•							
	Swimmer 7/8/9 (Swim Patrol)		•										

## SWIM LEVEL DESCRIPTIONS

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



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

## UNSURE WHAT LEVEL TO REGISTER YOUR CHILD IN?

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

## TUESDAYS & THURSDAYS

		Length	3:35pm	4:10pm	4:25pm	4:45pm	5:05pm	5:25pm	5:55pm	6:00pm	7:10pm	
Pre-School	Apr 14 to May 7 (8)	30 minutes										
	May 19 to Jun 16 (9)											
	Jellyfish/Goldfish						•					
	Seahorse											
	Octopus		•						•			
	Crab		•						•			
	Orca		•								•	
Sea Lion/Narwhal						•						
School Age -	Swimmer 1	45 mins		•					•			
	Swimmer 2			•						•		
	Swimmer 3							•				
	Swimmer 4			•								
	Adult/Teen 1											•

## LESSON FEES

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

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

\*Tax applied to adult swim lessons.

Registration opens for swimming lessons on Monday, March 9.

Go online at 9am:

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

# SWIM LESSONS

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



SATURDAYS		9:00am	9:35am	9:50am	10:10am	10:30am	10:50am	11:20am	11:25am
Apr 11 to Jun 20 (10) No lesson May 16									
Pre-School	Jellyfish/Goldfish						•		
	Seahorse								•
	Octopus	•			•				
	Crab	•		•			•		
	Orca	•	•		•				
	Sea Lion/Narwhal		•						
School Age - Swimmer	Swimmer 1		•		•				
	Swimmer 2						•	•	
	Swimmer 3	•							
	Swimmer 4								•
	Swimmer 5/6					•			
	Swimmer 7/8/9 (Swim Patrol)								•

SUNDAYS		3:35pm	4:10pm	4:45pm	5:05pm	5:25pm	6:00pm
Apr 12 to Jun 21 (10) No lesson May 17							
Pre-School	Jellyfish/Goldfish	•					
	Seahorse						
	Octopus		•			•	
	Crab	•					•
	Orca		•	•			
	Sea Lion/Narwhal						•
School Age - Swimmer	Swimmer 1	•				•	
	Swimmer 2			•			•
	Swimmer 3		•				
	Swimmer 4				•		

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

## SWIM LEVEL DESCRIPTIONS

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

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



## LESSON FEES

**How much do swim lessons cost?\***  
30 mins - \$6.00/class 45 mins - \$7.00/class

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

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

## UNSURE WHAT LEVEL TO REGISTER YOUR CHILD IN?

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

# LIFESAVING PROGRAMS

Inspire youth in our mission for drowning prevention!



LIFESAVING SOCIETY®  
The Lifeguarding Experts

LIFESAVING



## JUNIOR LIFEGUARD CLUB

JLC provides an action-packed challenge for kids who love the water and want a taste of what it's like to be a lifeguard. This program stresses fun and aquatic skill development based on personal-best achievement while we work through the Canadian Swim Patrols levels: Rookie, Ranger, and Star. Building on skills they have from swimming lessons, JLC members work to develop and improve swimming and other aquatic skills with emphasis on swim and lifesaving knowledge, leadership and teamwork, community education, competition, and personal fitness. Participants should be comfortable in deep water and be able to swim 25 meters.

**Ages 8-13.**

79713    Fridays    Apr 17 to Jun 12    4pm - 6pm    \$156



## CERTIFICATION COURSES

### INTERMEDIATE FIRST AID WITH CPR/C & AED

Intermediate First Aid (formerly Standard First Aid) is a WorkSafeBC Occupational Level 1 equivalent and can be used in the workplace. This course includes comprehensive training covering all aspects of first aid, CPR and AED use. Whether you need training for employment or simply want to be prepared to respond to life-threatening emergencies, this course will give you the skills and knowledge to act with confidence. In addition to the material covered in Emergency First Aid, candidates will learn how to treat head/neck injuries, soft tissue and skeletal injuries and medical emergencies. **Cost: see below, residents/non-residents.**

79510    Tues/Thurs/Sat    Tues/Thurs Apr 7 & 9: 4pm - 8pm    \$105.10/\$147.90  
Sat Apr 11: 9am - 5pm

[See our FREE First-aid courses during Emergency Preparedness Week on Page 11.](#)



### SWIM FOR LIFE INSTRUCTOR

**Register for our Bronze Cross course during Spring Break as a pre-requisite!**

The Lifesaving Society Swim Instructor course trains candidates to the Competency Level 1 knowledge, skills and attitudes needed to teach the Society's Swim for Life® and Canadian Swim Patrol programs. *Ages 15+. Bronze Cross (need not be current) certification is required.*

**Cost: see below, residents/non-residents.**

79597    Fri May 22: 3:30pm - 8pm    \$380.00/\$600.00  
Sat May 22, 30, Jun 6: 9am - 5pm  
Sun May 24, 31: 10am - 7pm



### NATIONAL LIFEGUARD (NL) POOL & AIRWAY MANAGEMENT & OXYGEN ADMINISTRATION (AMOA) ▶ Earn High School Credit

**Register for our Bronze Cross course during Spring Break as a pre-requisite!**

Go online for a full description. *Must be 15 years of age, hold a Bronze Cross and Standard First Aid with CPR-C/AED (neither need to be current).* **Cost: see below, residents/non-residents.**

79347    Sunday Apr 12, 19, 26: 9am - 5pm    \$451.50/\$600.00  
Tues/Thurs Apr 14, 16, 21, 23, 27, 29: 4pm - 8pm

# OUTDOOR PROGRAMS AT STRATHCONA GARDENS

AGES  
8-13  
YEARS

## After School Mountain Biking Club

Spend Friday's after-school making friends, learning new skills, and having fun with our instructors during the After School Mountain Biking program! Our instructors will take kids onto the local surrounding trails in the Campbell River area while implementing proper biking etiquette and basic bike maintenance throughout this 6-week program. Pick-up & drop-off locations will be determined & communicated to all registrants a week prior to the start of the program. This program requires basic biking experience. All participants must have their own bike & helmet to participate.

**79731 FRIDAYS MAY 15 - JUN 19 3:30-5:30PM \$60**

## Outdoor Adventure Quest

The Outdoor Quest Adventure program provides participants with hands-on experiences in the outdoor environment, encouraging exploration, curiosity, and a deeper connection to the outdoors. Through fun, hands-on activities such as nature walks, wildlife observation, games, and outdoor skill-building, participants will learn about local ecosystems, conservation, and respect for the outdoors.

Activities in this program will include:

- Intro to fishing
- Critter dip & bird watching
- Nature walks
- Bear Awareness
- Fish hatchery tour
- And more!

**797310 SATURDAYS JUL 18 - AUG 29  
9AM - 1PM \$120**

**STRATHCONAGARDENS.COM/OUTDOORPROGRAMS**

# REGISTERED FITNESS CLASSES

MAR 31 TO JUN 26

FITNESS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Yoga for ALL</b>		10:30am-11:30am			
<b>Chair Yoga</b>		9:30am-10:15am			
<b>Take a WALK (F)</b>		4:00pm-5:00pm		4:00pm-5:00pm	
<b>Strong Mamas &amp; Snug Bugs</b>		11:00am-11:45am		11:00am-11:45am	
<b>Stroller Fit</b>		11:00am-11:45am		11:00am-11:45am	
<b>Beginner Bootcamp</b>		7:00am-8:00am		7:00am-8:00am	
<b>Pedal Party</b>	4:15pm-5:00pm			4:15pm-5:00pm	
<b>Intro to Women on Weights</b>		5:15pm-6:15pm			
<b>Women on Weights</b>	5:15pm-6:15pm			5:15pm-6:15pm	
<b>F.A.M.E</b>	10:00am-11:00am				10:00am-11:00am
<b>Mind in Motion</b>			10:00am-11:30am		

(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.

## YOGA FOR ALL

Enjoy this energizing class up in the fitness studio. The postures are uncomplicated, and each person's symmetry will be supported. You will feel rejuvenated both after the class and beyond. Each course is 4 sessions long.

79744	Tuesdays	Apr 14 to May 19	10:30am-11:30am	\$72
79745	Tuesdays	May 26 to Jun 30	10:30am-11:30am	\$72

## CHAIR YOGA

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

79738	Tuesdays	Apr 14 to May 19	9:30am-10:15am	\$54
79743	Tuesdays	May 26 to Jun 30	9:30am-10:15am	\$54

## TAKE A WALK



Together with Campbell River City staff, choose from a variety of guided walks, starting at 4pm. We will utilize our beautiful trails and walkways in and around the community. This registered program will have two staff/guides to support your trek. May use walking poles and please bring your own water. Difficulty: Levels will be explained once registered.

79914	Tuesdays	Mar 31 to Jun 30	4:00pm-5:00pm	FREE
79915	Thursdays	Apr 2 to Jun 25	3:45pm-4:45pm	FREE

**Please call or come in to our front desk to register and receive the marshaling area for the start of each walk.**

*Individual classes may be cancelled due to extreme weather conditions. You will be notified if the walk has to be cancelled.*



## YOGA IN THE PARK

Yoga in the park will be back this summer at Hagel Park! Details about this free weekly yoga session in July & August is available in our Summer Guide on page 39.

## STRONG MAMAS & STROLLER FIT

Program information is on the next page (Page 17 of the Spring Recreation Guide).

# Pre & Post Natal



STRATHCONA GARDENS  
RECREATION COMPLEX

## FITNESS & WELLNESS PROGRAMS

### Aquanatal

Aquanatal classes are fun, gentle, water-based exercise sessions designed specifically for pregnant women. The natural buoyancy of the water supports your body, reduces pressure on joints and the lower back, and allows you to move comfortably as your pregnancy progresses. These low-impact classes help improve circulation, strengthen key muscles, ease common aches and pains, and promote relaxation – all in a safe and supportive environment.

Suitable for all stages of pregnancy - please bring in a medical note from a doctor, midwife or nurse practitioner.

80432	Mondays	Apr 13 to May 11	8pm to 8:45pm	\$45
80433	Mondays	May 25 to Jun 22	8pm to 8:45pm	\$45

### Mom & Me Aqua Fit

Enjoy a shallow aquatic aerobic workout while your babe floats beside you! Great for any pre/post natal caregivers, infants must be able to hold their head up on their own. Join the parent & tot session in the Leisure pool after your class for more fun with toys!

79703	Mondays	Apr 13 to May 11	9:15am to 10am	\$45
79902	Mondays	May 25 to Jun 22	9:15am to 10am	\$45
79704	Wednesdays	Apr 15 to May 13	9:15am to 10am	\$45
79901	Wednesdays	May 27 to Jun 24	9:15am to 10am	\$45

### Strong Mamas & Snug Bugs

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

79763	Tuesdays	Apr 7 to Apr 28	11:00am to 11:45am	\$36
79767	Tuesdays	May 5 to May 26	11:00am to 11:45am	\$36
79764	Thursdays	Apr 9 to Apr 30	11:00am to 11:45am	\$36
79768	Thursdays	May 7 to May 28	11:00am to 11:45am	\$36

### Stroller Fit Starts June 2

This is a supportive, low impact fitness class designed specifically for moms who want to workout outdoors while their baby is with them. This class helps moms ease back into movement, gain strength, and boost energy, while allowing them to bond with their baby and other moms. If the weather isn't permitting outdoor exercise the class will take place in our Fitness Studio.

79844	Tuesdays	Jun 2 to Jun 30	11:00am to 11:45am	\$45
79891	Tuesdays	Jul 7 to Aug 18	11:00am to 11:45am	\$63
79890	Thursdays	Jun 4 to Jul 2	11:00am to 11:45am	\$45
79893	Thursdays	Jul 9 to Aug 20	11:00am to 11:45am	\$63

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



# REGISTERED FITNESS CLASSES

MAR 31 TO JUN 26

## BEGINNER BOOTCAMP

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

79722	Tuesdays	Mar 31 to May 12	7:00am-8:00am	\$72
79724	Tuesdays	May 19 to Jun 30	7:00am-8:00am	\$72
79723	Thursdays	Apr 2 to May 14	7:00am-8:00am	\$60
79725	Thursdays	May 21 to July 2	7:00am-8:00am	\$60

## PEDAL PARTY

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

79717	Mondays	Apr 13 to May 11	4:15pm-5:00pm	\$45
79720	Mondays	May 25 to Jun 22	4:15pm-5:00pm	\$45
79718	Thursdays	Apr 16 to May 14	4:15pm-5:00pm	\$45
79721	Thursdays	May 28 to Jun 25	4:15pm-5:00pm	\$45

## INTRO TO WOMEN ON WEIGHTS

This class is reserved for new participants to Women on Weights. The program is progressive, therefore full attendance is encouraged. Participants must be able to get on and off the floor independently.

80627	Tuesdays	Apr 14 to May 12	5:15pm-6:15pm	\$60
80145	Tuesdays	May 26 to Jun 23	5:15pm-6:15pm	\$60

## WOMEN ON WEIGHTS

Come learn to lift! Women on Weights is designed to build strength, bone density, and confidence with weightlifting. Please bring clean athletic shoes and a water bottle to class. If its' your first time in this program, please register in the Intro class above.

79733	Mondays	Apr 13 to May 11	5:15pm-6:15pm	\$60
79735	Mondays	May 25 to Jun 22	5:15pm-6:15pm	\$60
79734	Thursdays	Apr 16 to May 14	5:15pm-6:15pm	\$60
79736	Thursdays	May 28 to Jun 25	5:15pm-6:15pm	\$60

## F.A.M.E & MIND IN MOTION

Program information is on the next 2 pages (Page 19 & 20 of the Spring Recreation Guide).



## WHAT IS FAME?

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

FAME is appropriate for people who are:

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

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

## BEFORE YOU BEGIN

1. Register online or through our front desk:

**79688 Mondays & Fridays May 4 to July 27\* 10:00am-11:00am \$230.64**

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

\*No class May 18



**STRATHCONA GARDENS  
RECREATION COMPLEX**



## DEMENTIA PROGRAM

# Minds in Motion®

A fitness and social program for people living with early-stage dementia.



FITNESS



### SESSION OUTLINE

A fitness and social program for people living with any form of early-stage dementia along with a care partner or friend. Gentle exercises are followed by social activities designed to be enjoyed in pairs. **Care partners must attend.**



### WHERE

Strathcona Gardens Rec Complex  
225 S Dogwood St  
Campbell River, BC



### WHEN

Six Wednesdays, 10:00 - 11:30 a.m.  
May 20-June 24



### REGISTRATION

In person  
Phone: 250-830-6777  
Online: [strathconagardens.com](http://strathconagardens.com)



### COST

\$60.00 per pair for six sessions

Start at any time, prices are pro-rated (one person living with dementia one care partner)



STRATHCONA GARDENS  
RECREATION COMPLEX

Alzheimer Society  
BRITISH COLUMBIA

First Link®  
YOUR LINK TO DEMENTIA SUPPORT



Ministry of  
Health

# FITNESS SERVICES

## PRIVATE AQUATIC REHABILITATION THERAPY

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

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

Follow Up Sessions: Single 60min Session \$70.50

## PERSONAL TRAINING

Our Kinesiologists, Athletic/Exercise Therapists and Personal Training staff are ready to assist you with many types of therapies and personal training. They have varied backgrounds and are able to focus on both elite training or assist someone beginning their journey into wellness. They will devise simple, supportive, specific exercise prescriptions for both acute and chronic conditions, which are all dependent on your goals and aspirations.

### Personal Rehabilitation (Kinesiologist)

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

Follow Up Sessions: Single 60min Session \$70.50

### Personal Fitness Training (Fitness Instructor)

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

Follow Up Sessions: Single 30min Session \$30.00

5 x 30min Sessions \$135.00

10 x 30min Sessions \$270.00

## WEIGHT ROOM - CLOSED

Our weight room has been decommissioned due to the REC-REATE construction on our new aquatic & wellness centre. Personal training sessions will be held in our Fitness Studio, where we build your program to have the confidence to work independently.

The City of Campbell River's Sportsplex facility at 1800 Alder Street S. has an excellent weight room with drop-ins and memberships available.

*We look forward to welcoming you back to a new and improved facility!*

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



# PHYSICIAN REFERRED PROGRAMS

## TAKE HEART

	MONDAY No class May 18	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Take Heart Breathe Well		9:45-11am 12:30-2pm		9:45-11am 12:30-2pm	
Take Heart Maintenance	7:00am-10:00am 2:00pm-4:00pm		7:00am-10:00am 2:00pm-4:00pm		7:00am-10:00am 1:00pm-3:00pm

## BEFORE YOU START:

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

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

## TAKE HEART BREATHE WELL CARDIAC REHABILITATION

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

## TAKE HEART MAINTENANCE

After completing the mandatory 12-week program, you may opt for a monthly Take Heart maintenance membership.  
**Cost:** \$82.50 per 30 days, please contact your instructor to register. Payment can be made through our reception staff.

## WALK FOR HEARTS FUNDRAISER

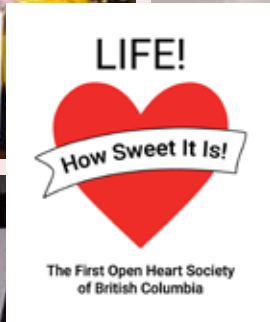
**Sunday, May 3 at 12:30pm  
Willow Point Hall**

Whether you've had heart surgery, supported a loved one through their journey, or just want to show your heart-healthy support, everyone is welcome to walk alongside heart survivors and their families.

All funds raised help provide vital support and encouragement to local heart patients before and after surgery. Every step makes a difference.

**Let's walk together for recovery, resilience, and heart health!**

More information: [nickiekelly.82@gmail.com](mailto:nickiekelly.82@gmail.com)



# PHYSICIAN REFERRED PROGRAMS

## CHRONIC DISEASE MANAGEMENT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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### LEISURE POOL

CDM Leisure		9-9:45am		9-9:45am	
CDM Aquatic Arthritis	10-10:45am	11:30am-12:15pm	10-10:45am	11:30am-12:15pm	10-10:45am
CDM Growing Stronger Aquatic		10-10:45am		10-10:45am	

### MAIN POOL

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

### DRY LAND - FITNESS STUDIO

CDM Land Advanced - Fitness Studio Low Impact		8:30-9:30am		8:30-9:30am	
CDM Strong & Stable Fitness Studio	11am-12pm 12:45-1:45pm	2:15-3:15pm	11am-12pm 12:45-1:45pm	2:15-3:15pm	

### DRY LAND - OUTDOORS

CDM Steady Steps			10:45-11:45am		
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## 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.

### 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](http://srd.ca/CDM)**

# PHYSICIAN REFERRED PROGRAMS

## ORTHO MANAGEMENT

MAIN POOL

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

## ORTHO MANAGEMENT

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

Forms are available at our reception desk or at the hospital physiotherapy clinic. Ensure the form has been completed and you have had a phone call from staff to confirm when you will start the program. **Cost:** \$6.22 per class.

## ADAPTIVE

MAIN POOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Adaptive Deep	11-11:45am		11-11:45am		11-11:45am
Adaptive Shallow		10-10:45am		10-10:45am	

## ADAPTIVE DEEP

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

## ADAPTIVE SHALLOW

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



# HOURS & FEES

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

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

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

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

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

 **NEW - Auto renew passes enjoy a discounted rate.**

▶ Fees on this page include applicable taxes.

Skate Rentals	\$3.50	Skate Sharpening	\$5.75
Small Locker	\$0.25	Large Locker	\$0.50
Disposable Swim Diapers	\$1.80		

Visit [strathconagardens.com/feesfaq](http://strathconagardens.com/feesfaq) for more information about our updated fees.

Strathcona Gardens Recreation Complex is a regional facility run by the Strathcona Regional District, located in Campbell River, BC.

Our mission is to serve and enrich the life of every person in our community by providing community resources, recreation and leisure opportunities for people of all ages and abilities.

*The Strathcona Regional District respectfully acknowledges that the Strathcona Gardens Recreation Complex is located on the traditional unceded territory of the Ligwítaxw' people. It is also recognized that the SRD operates within the traditional, treaty and unceded territories of the Ehattesaht / Chinehkint, Homalco, Ka:yu:k't'h' / Che: k'tles7et'h', Klahoose, K'ómoks, Kwiakah, Mowachah / Muchalaht, Nuchatlaht, Tla'amin, Tlowitsis, We Wai Kai and Wei Wai Kum First Nations.*

## RECEPTION HOURS

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

## HOLIDAY HOURS

Apr 3	1:30pm to 4:30pm
Apr 6	1:30pm to 4:30pm
May 18	1:30pm to 4:30pm
July 1	CLOSED

## SWIM & HOCKEY STORE

Our reception desk sells a large variety of items:

- Competitive and recreational swim goggles and seal masks for adults and children.
- Disposable and reusable infant swim diapers.
- Latex and silicone swim caps.
- Nose plugs and ear plugs.
- We also sell hockey supplies such as:
  - Grip tape
  - Hockey tape
  - Sock tape
  - Hockey skate laces
  - Helmet repair kits

## Follow us on Social Media!

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

# REGISTRATION



PerfectMind is now embedded directly on our website. Visit [strathconagardens.com](http://strathconagardens.com) click on Programs, and browse to the page you're interested in. The PerfectMind window with a list of courses will be directly on the page. Login and register without having to leave our website!

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

## REGISTRATION TIPS

- ▶ Plan ahead! We ask all parents & caregivers to make sure their children can attend the lessons they are registered for to avoid cancellation fees (see below).
- ▶ Register your child in one course per session. If you aren't sure what level they should be in, please ask one of our lifeguards for an assessment in the pool, or look up your past registrations in PerfectMind.
- ▶ Always check with your swim instructor or follow the recommendations in your child's progress report before registering for the next level.
- ▶ Set your child up for success and don't register for the next level until they have passed the current level they are in.

### Online Registration: [strathconard.perfectmind.com](http://strathconard.perfectmind.com)

Our swim lessons are filled on a first-come first-served basis, so the best way to register is to go online! Create your account, set-up family members, and add your payment method ahead of registration day to make the process quick and easy.

*If you have already set up an account with our front desk or forgot your login information, one of our reception staff can e-mail you a link to set-up an online account that is linked to the one you've already created in our system. We can also merge duplicate accounts.*

### In-person Registration: Strathcona Gardens: 225 S Dogwood Street

Our reception staff are happy to assist you at our front desk with registration and setting up an account, however, our popular courses often fill up online quickly. Arriving in-person does not guarantee you a spot.

### Phone Registration: 250.830.6777

Our reception staff are happy to assist you over the phone with registration or answer any questions, but please note that registration week can be very busy and your patience is appreciated as we try to help all of our patrons.

## CANCELLATION FEES

The Strathcona Regional District have added cancellation fees to our Fees & Charges Bylaw. A "cancellation fee" means a fee charged for bookings, programs and lessons that are cancelled by the participant with less than the minimum period of notice set out our bylaw. The fees are as follows:

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

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

Registration for Spring programs opens Monday, March 9 at 9:00am.

## PROFESSIONAL FEES

A professional who wishes to work one on one with a client within a drop-in space is required to pay a professional admission fee per client and per visit. A "professional admission" means admission by a certified or designated professional representing an organization for the purpose of delivering services by that organization at Strathcona Gardens.

In order to qualify for the professional admission rate, the professional is required to maintain the following on their account:

- a) Proof of certification or professional designation for the instruction, training or therapy being proposed or provided by the professional;
- b) documentary evidence that the instruction, training or therapy being proposed or provided by the professional is approved by the appropriate governing body; and
- c) proof of insurance with the SRD named as an additional insured party.

Individuals providing professional services without professional designation or without purchasing the professional admission may be asked to leave the premises.

# HAPPY BIRTHDAY

Celebrate your special day at  
**STRATHCONA GARDENS**

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

## POOL PARTIES

**Apr 5 to Jun 27**

**Saturdays - 3:45-4:45pm**

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

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

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

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

## ARENA PARTIES

**Bookings for the fall will be available in August.**

## PARTY ADD ONS

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

**Pool Viewing Room:** \$20.00/hr  
**Pinecrest Room:** \$20.00/hr  
**Dogwood Room:** \$65.00/hr  
**Dressing Room E:** \$20.00/hr

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

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

## BIRTHDAY PARTY FAQ

### What do I need to bring?

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

### When is payment due?

Full payment is due at the time of booking.

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

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

### When can the party organizer access the party space?

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

### Can the party organizer use the fridge/freezer?

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

### Where can we store our gifts while we swim?

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

### Are skate rentals included for arena parties?

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

## READY TO BOOK?

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

**Phone:** 250-830-6766

**Email:** [bookings@srd.ca](mailto:bookings@srd.ca)

# ACCESSIBILITY & INCLUSION

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

## LEISURE INVOLVEMENT FOR EVERYONE (L.I.F.E) PROGRAM

JUNE 1, 2026 TO MAY 31, 2027

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

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

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

How to Register:

1. Download the [2026/2027 L.I.F.E Program Application](#) or pick one up from Strathcona Gardens during reception hours.
2. Gather required documentation: You will need proof of your gross income from line 150 of your 2025 Notice of Assessment from the Canada Revenue Agency for each member of the household, as well as proof of residency within the City of Campbell River with your current address. A driver's license or current utility bill can be used for proof of residency.
3. The L.I.F.E. application form must be completed in full, and submitted with your required documentation to a staff member at our reception desk.



JumpStart is a community-based charitable program that helps kids in financial need participate in recreation. To request funding for a program, complete an online application form at [jumpstart.canadiantire.ca](http://jumpstart.canadiantire.ca)



KidSport is a community-based sports charity that provides grants for children to participate in a recognized sport. To apply, go to [www.kidsportcanada.ca](http://www.kidsportcanada.ca)

## FAMILIES

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

- ▶ One child ages 0-6 receives free admission with a paying adult or senior. Additional children ages 0-6 are \$2.
- ▶ Universal change rooms so families of all types and genders can be together.
- ▶ Forgot your swim diaper? See our front desk for assistance.
- ▶ We have floaties for infants under 20lbs, 3 sizes of life jackets for children who are 20-90lbs, and adult sizes from XXS to XXL.
- ▶ Baby change tables and toddler chairs in the Universal, Womens, and Mens change rooms.
- ▶ Benches along our leisure ice to help your children get their skates on.
- ▶ Strollers are welcome on the arena ice surface, and we have skating aids for toddlers and young children.



## ACCESSIBILITY



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

- ▶ Your caregiver/aid may join you free of charge!
- ▶ Lifts and beds in the universal change room.
- ▶ Lifts in the pool.
- ▶ Ramps and accessible stairwells in the pool.
- ▶ Elevator to access our Arena 1 mezzanine and Fitness Room.
- ▶ Swim diapers for all ages are available at our front desk.

# COMMUNITY LISTINGS

## ORGANIZATIONS AT STRATHCONA GARDENS

### Hockey

**Campbell River Storm**  
campbellriverstorm.com

**CR Minor Hockey Association**  
crmha.ca

**CR Womens Hockey**  
crwomenshockey@gmail.com

**Next Level Training**  
nextleveltrainingbc.com

### Lacrosse

**CR Minor Lacrosse Association**  
campbellriverminorlacrosse.ca

### Pickleball

**Campbell River Pickleball Association**  
crpba.ca

### Skating

**Campbell River Skating Club**  
skatecampbellriver.ca

### Swim Club

**Campbell River Killer Whales**  
crkw.poolq.net

**Campbell River Salmon Kings**  
campbellriversalmonkings.ca



### Sportsplex

**1800 Alder Street S.**

The facility has racquetball and squash courts as well as a weight room for sports and fitness. There is also a large gym and several activity rooms, including a kitchen that are available to rent for meetings and events.

Park recreation includes tennis, beach volleyball, Disc Golf, and Bocce. There are also several sport fields available for ball play.

### Community Centre

**401-11th Ave**

The Community Centre offers a large gymnasium, commercial kitchen, spacious yet cozy lounge, and various sized activity rooms available for rent.

[www.campbellriver.ca](http://www.campbellriver.ca)

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



STRATHCONA GARDENS  
RECREATION COMPLEX

# SUMMER 2026

JUNE 28 TO SEPT 5



Good  
Vibes



# SUMMER CAMPS



DATE	TIME	AGE (YRS)	CAMP	COST (\$)	COURSE ID #
<b>WEEK 1</b> JULY 6 to 10	9am to 4pm	4 to 7	Swimming, Sunshine and Skills	\$225	79602 <b>WAITLIST</b>
		7 to 12	Aqua Sport	\$225	79604 <b>WAITLIST</b>
<b>WEEK 2</b> Drowning Prevention Week! Stay tuned for events and free Swim to Survive lessons.					
<b>WEEK 2</b> JULY 13 to 17	9am to 4pm	6 to 12	Coollest Game on Earth	\$175	79628
		7 to 12	Dash & Splash	\$200	79621
<b>WEEK 3</b> JULY 20 to 24	9am to 12pm	4 to 6	Little Rascals Hockey	\$100	79637
	1pm to 4pm	4 to 6	Preschool Ice Quest	\$100	79638
	9am to 4pm	4 to 7	Splash of Everything	\$225	79606 <b>WAITLIST</b>
		7 to 12	Multi Adventure	\$225	79634
		8 to 12	Junior Lifeguard Club	\$225	79607
<b>WEEK 4</b> July 27 to 31	9am to 4pm	4 to 7	Swim to Survive	\$225	79661 <b>WAITLIST</b>
		6 to 12	Just for Girls Hockey	\$175	79633
		7 to 12	Dash & Splash Beach	\$250	79625 <b>WAITLIST</b>
		7 to 12	Aqua Sport	\$225	79662
<b>WEEK 5</b> Aug 4 TO 7	9am to 4pm	4 to 7	Swimming, Sunshine and Skills	\$180	79663 <b>WAITLIST</b>
		6 to 12	Coollest Game Hockey	\$140	79629
		7 to 12	Multi Sports	\$160	79631
<b>WEEK 6</b> Aug 10 to 14	9am to 4pm	4 to 7	Splash of Everything	\$225	79679
		7 to 12	B.O.A.T.S	\$225	79681 <b>WAITLIST</b>
		7 to 12	Dash & Splash	\$200	79624
		7 to 12	Multi Adventure	\$225	79635
<b>WEEK 7</b> AUG 17 TO 21	9am to 4pm	4 to 7	Swim to Survive	\$225	79683 <b>WAITLIST</b>
		7 to 12	Multi Sports	\$200	79632
		7 to 12	Dash & Splash Beach	\$250	79626
		8 to 12	Junior Lifeguard Club	\$225	79684
<b>WEEK 8</b> Aug 24 to 28	9am to 12pm	4 to 6	Little Rascals Hockey	\$100	79639
	1pm to 4pm	4 to 6	Preschool Ice Quest	\$100	79640
	9am to 4pm	7 to 12	Multi Adventure	\$225	79636 <b>WAITLIST</b>
<b>WEEK 9</b> Aug 31 to Sept 4	9am to 4pm	6 to 12	Coollest Game Hockey	\$175	79630

Start planning the best summer ever for your kids! Registration is now open.

Course descriptions for our summer camps can be found on the next page.



**STRATHCONA GARDENS**  
RECREATION COMPLEX

# SUMMER CAMPS

## CAMP DESCRIPTIONS



### AGES 4 TO 6

#### LITTLE RASCALS HOCKEY

Learn basic hockey skills and play a hockey game every day! Coaches will introduce your child to the game of hockey through basic hockey skills & drills, along with off-ice activities in between ice sessions. Please bring a snack, water bottle, and outdoor wear. Full Hockey gear required.

**WEEK 3 & WEEK 8**

#### PRE-SCHOOL 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! Enjoy playing a variety of games on and off the ice with our camp leaders. Please bring a snack, water bottle, and outdoor wear.

**WEEK 3 & WEEK 8**



### AGES 4 TO 7

#### 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 sunscreen, your bathing suit, multiple towels, and a healthy lunch each day.

**WEEK 1 & WEEK 5**

#### SPLASH OF EVERYTHING

Spend the day experiencing the world of aquatics through a variety of activities, challenges, and games. Spend approximately 4 hours in the pool each day! When the weather is nice, we will be outside periodically throughout the week, so please bring closed toed shoes, weather appropriate attire along with sunscreen, your bathing suit, multiple towels, and a healthy lunch each day.

**WEEK 3 & WEEK 6**

#### SWIM TO SURVIVE

Work 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 meters. When the weather is nice, we will be outside periodically throughout the week, so please bring closed toed shoes, weather appropriate attire along with sunscreen, your bathing suit, multiple towels, and a healthy lunch each day.

**WEEK 4 & WEEK 7**

### AGES 6 TO 12

#### COOLEST GAME ON EARTH

If you don't have much hockey experience this is the camp for you! Our camp leaders will teach basic hockey skills & techniques throughout the two daily ice sessions. Each ice session will end with a hockey game, and campers will enjoy off ice/outdoor activities in between ice sessions. No previous hockey experience required. A helmet with full-faced shield, hockey stick, and gloves are the minimum requirement to participate in this camp, but we recommend full hockey gear. The program fee includes skate rentals.

**WEEK 2 & WEEK 9**

#### JUST FOR GIRLS HOCKEY

The Just for Girls Hockey Camp is an opportunity for girls of all skill abilities to get together for a week of hockey fun and make some new friends! Our camp leaders will teach basic hockey skills & techniques throughout the two daily ice sessions. Each ice session will end with a hockey game, and the girls will enjoy off ice/outdoor activities in between ice sessions. No previous hockey experience required. A helmet with full-faced shield, hockey stick, and gloves are the minimum requirement to participate in this camp, but we recommend full hockey gear. The program fee includes skate rentals.

**WEEK 4**



# SUMMER CAMPS

## CAMP DESCRIPTIONS



### AGES 7 TO 12

#### AQUA SPORT

This aquatic multi-sport camp will give you a taste of several water sports including volleyball, basketball, water polo, underwater hockey, and more. Don't miss out on your opportunity to try something new this summer! When the weather is nice, we will be outside periodically throughout the week, so please bring closed toed shoes, weather appropriate attire along with sunscreen, your bathing suit, multiple towels, and a healthy lunch each day.

**WEEK 1 & WEEK 4**

#### DASH & SPLASH

Join us for an exciting week of skating & swimming in the Dash & Splash Camp! This combo camp includes a skating and swimming session every day along with various off-ice activities and games. The program fee includes all facility drop-in fees, skate rentals, and transportation.

**WEEK 2 & WEEK 6**

#### MULTI ADVENTURE

Our Camp leaders will take the adventurers on daily off-site excursions in our popular Multi Adventure Camp! Each day will include swimming, skating or both, along with off-site activities such as visiting the Centennial Park, Sportsplex water park, Discovery Aquarium & Pier, Maritime Heritage Centre tour and more to be determined! The program fee includes all facility drop-in fees, skate rentals and transportation.

**WEEK 3, WEEK 5 & WEEK 8**

#### DASH & SPLASH BEACH

Spend the day with our camp leaders in our Dash & Splash Beach Camp. This combo camp includes a daily ice-skating session, various group activities/games, and a trip on our 24-passenger bus to visit a different beach every day! Beaches include Stories Beach, Miracle Beach, Saratoga beach, and McIvor Lake. Lifeguards will be on duty at all locations! The program fee includes all facility drop-in fees, skate rentals, and transportation.

**WEEK 4 & WEEK 7**

#### 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 - ice hockey, soccer, California kickball, basketball, pickleball, capture the flag, and more! The program fee includes all facility drop-in fees and skate rentals.

**WEEK 5 & WEEK 7**

#### B.O.A.T.S

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! When the weather is nice, we will be outside periodically throughout the week, so please bring closed toed shoes, weather appropriate attire along with sunscreen, your bathing suit, multiple towels, and a healthy lunch each day.

**WEEK 6**

### AGES 8 TO 12

#### JUNIOR LIFEGUARD CLUB

Kids will learn attitudes and skills that could one day save a life- their life, or someone else's. The Junior Lifeguard Camp is designed to let kids participate in activities similar to those of real lifeguards; in a safe, fun and controlled setting. When the weather is nice, we will be outside periodically throughout the week, so please bring closed toed shoes, weather appropriate attire along with sunscreen, your bathing suit, multiple towels, and a healthy lunch each day.

**WEEK 3 & WEEK 7**

### AGES 8 TO 13



#### OUTDOOR ADVENTURE QUEST

**SATURDAYS JULY 18 TO AUGUST 29**  
**797310 9AM TO 1PM \$120**

The Outdoor Quest Adventure program provides participants with hands-on experiences in the outdoor environment, encouraging exploration, curiosity, and a deeper connection to the outdoors. Through fun, hands-on activities such as nature walks, wildlife observation, games, and outdoor skill-building, participants will learn about local ecosystems, conservation, and respect for the outdoors.

Activities in this program will include:

- Intro to fishing
- Critter dip & bird watching
- Nature walks
- Bear Awareness
- Fish hatchery tour
- And more!

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

# POOLS



STRATHCONA GARDENS  
RECREATION COMPLEX

JUN 29 TO AUG 28

## INDOOR POOL SCHEDULE

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>LANES (2)</b> 6:30am-9:00am				
<b>LANES (2), LEISURE SWIM, CAMPS &amp; LESSONS</b> 9:00am-1:00pm				
<b>FUN SWIM</b> 1:00pm-3:30pm				
<b>LANES (2), LESSONS &amp; FAMILY SWIM</b> 3:30pm-6:30pm				<b>CLOSED</b> 3:30pm-8:00pm
<b>FUN SWIM</b> 6:30pm-8:00pm				

**HOLIDAY SCHEDULE CHANGES:** Pool CLOSED for all statutory holidays - Canada Day (Jul 1), B.C. Day (Aug 3) & Labour Day (Sept 7)

## HOT TUB, STEAM ROOM & SAUNA

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

## DESCRIPTIONS

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

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

**FAMILY SWIM:** Leisure Pool only. Caregivers must be in the water with children. All ages. Main pool may be open if space allows.

**CAMPS & LESSONS:** Pool space is shared with summer camps and/or swim lessons.

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

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

# POOLS



STRATHCONA GARDENS  
RECREATION COMPLEX

JUN 28 TO AUG 13

## SUMMER SWIM LESSONS Registration opens on Monday, May 11.

### TWO WEEK SESSIONS

	Length	9:10am*	9:45am*	3:35pm	4:10pm	4:25pm	4:45pm	4:50pm	5:25pm	5:40pm	5:55pm	6:00pm	6:15pm	6:45pm
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								•					
Adult/Teen 1										•				
Adult/Teen 2													•	

\*Jellyfish/Goldfish and Seahorse lessons are only offered for session 2 and 3: July 20-30 and Aug 4 to 13.



## DROWNING PREVENTION WEEK - FREE SWIM TO SURVIVE LESSONS

July 13 to July 16 - McIvor Lake - 10am to 2pm

These free lessons take place at McIvor Lake and will focus on Water Safety skills and swimming.

Meeting place is at Strathcona Gardens and registrants will travel to the lake via the Strathcona Gardens bus. Check in is at 10:00am, leaving at 10:15am and returning by 2:00pm. Lessons are 45 minutes in length with the remainder of the time for practice and fun.

Children 12 and under must have a parent register with them. Lifeguards and Instructors will be present at the lake and participants must stay in designated area.

Please pack sun protection, towels, water and snacks.

Register online  
Monday, May 11  
[srd.ca/swim](http://srd.ca/swim)

>Specialized  
Aquatic Programs

# Centennial Outdoor Pool Information

## Swim Descriptions

### Lengths and Leisure

A quieter environment with lanes, leisure space and wading pool available.

### Swim Club

Campbell River Salmon Kings practice – Pool CLOSED.

### Family Swim

Paired with lane swimming and sometimes swimming lessons, these swims are designed for families. Parents/guardians must swim with their children. Quiet-medium volume environment.

### Everyone Welcome

These swims offer a bit of everything. Lanes, some toys, waterslide and wading pool available. Medium-loud volume environment.

### Open Swim

Loud environment with open pool access, no lanes, lots of toys, and waterslide available.

Centennial Outdoor Pool Admission Rates		
Age Groups	Drop In	10 Visit
Pre-School (5 and Under)	Free	Not available
Child (6 – 12 Years)	Free	Not available
Youth (13 – 18 Years)	Free	Not available
Adult (19 – 59 Years)	\$4	\$32
Senior (60+ Years)	\$3	\$21

### Centennial Outdoor Pool Info Line

250-286-5317

### Facility Rental Information

250-286-1161



## Rentals

Exclusive booking slots are available. Whether you're planning a school visit, birthday celebration, or a private group event, we've got you covered. Call 250-286-1161 to reserve your time.

# Centennial Outdoor Pool Schedule 2026

**Please Note: 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.**

June 2 – 30, 2026					
*Indicates a quieter swim		() Indicates the minimum number of lanes available		Please note: All swims, including rentals, may be shared with program participants	
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
Lengths & Leisure (3)* 7:30 – 9 a.m.	Swim Club 7 – 8 a.m.	Lengths & Leisure (3)* 7:30 – 9 a.m.	Swim Club 7 – 8 a.m.		Family Swim (2)* 9:15 – 11:15 a.m.
Rentals 10 a.m. – 2 p.m.					Everyone Welcome (2) 11:30 a.m. – 1:30 p.m.
Open Swim 2:30 – 4 p.m.					Open Swim 2 – 4 p.m.
Swim Club 4:15 – 6:15 p.m.	Everyone Welcome (1) 4 – 5:45 p.m.	Swim Club 4:15 – 6:15 p.m.	Everyone Welcome (1) 4 – 5:45 p.m.		Rentals 4:15 – 6:15 p.m.
Everyone Welcome (2) 6:30 – 8 p.m.	Swim Club 6 – 8 p.m.	Everyone Welcome (2) 6:30 – 8 p.m.	Swim Club 6 – 8 p.m.	Open Swim 6 – 7:30 p.m.	

**Pool Closed:** The pool closes at 4 pm on Friday, July 3 and all day Sat/Sun, July 4 and 5 for annual swim meet.

**For Statutory Holidays:** Canada Day (July 1) and BC Day (Aug 3), please follow our Sat/Sun schedule.

July 1 – August 28, 2026					
*Indicates a quieter swim	**Summer Camps may attend	() Indicates the minimum number of lanes available		Please note: All swims, including rentals, may be shared with program participants	
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
Lengths & Leisure (3)* 7 – 8:45 a.m.	Swim Club 7 – 8:30 a.m.	Lengths & Leisure (3)* 7 – 8:45 a.m.	Swim Club 7 – 8:30 a.m.	Lengths & Leisure (3)* 7 – 8:45 a.m.	
Swimming Lessons 8:45 – 10:45 a.m.				Family Swim (2)* 9 – 11 a.m.	
Everyone Welcome (2)** 11:30 a.m. – 1:30 p.m.					
Open Swim** 1:45 – 4 p.m. (Join us every Wednesday from 2 – 3:30 p.m. for a Themed Fun Swim!)					
Swim Club 4:15 – 6:15 p.m.	Everyone Welcome (1) 4:15 – 5:45 p.m.	Swim Club 4:15 – 6:15 p.m.	Everyone Welcome (1) 4:15 – 5:45 p.m.	Family Swim (2)* 4:15 – 6:15 p.m.	Rentals 4:15 – 6:15 p.m.
Everyone Welcome (2) 6:30 – 8:30 p.m.	Swim Club 6 – 8 p.m.	Everyone Welcome (2) 6:30 – 8:30 p.m.	Swim Club 6 – 8 p.m.	Everyone Welcome (2) 6:30 – 8:30 p.m.	

Additional Swims		
Family Swim And Lengths (2)	Aug 17, 19, 24 and 26	4:15 – 6:15 p.m.
Open Swim	Aug 18, 20, 25 and 27	6 – 8 p.m.

# AQUATIC FITNESS

JUNE 29 TO AUG 28

All classes require pre-registration. ● No classes on Aug 3

CLASS	MON	TUES	WED	THURS	FRI
<b>HYDRO FIT THE NEXT LEVEL (F)</b>	6:30am - 7:15am		6:30am - 7:15am		6:30am - 7:15am
<b>AQUA FIT (F)</b>	8:15am - 9:00am		8:15am - 9:00am		8:15am - 9:00am
<b>MOM &amp; ME AQUA FIT (R)</b>			9:15am-10:00am		

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

## HYDRO FIT THE NEXT LEVEL

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

## 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.

## 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!

## Looking for physician referred aquatic fitness programs?

Schedule information for our Aquatic Arthritis, Adaptive Shallow, Adaptive Deep and Ortho Management classes for July & August can be found on page 39 of our Spring & Summer Recreation Guide. Our reception staff are happy to print a copy for you on request.

# ADVANCED AQUATICS

## BRONZE MEDALLION AT MCIVOR LAKE

Bronze Medallion challenges the candidate both mentally and physically. Judgment, knowledge, skill and fitness: the four components of water rescue, form the basis of Bronze Medallion training. Candidates acquire the assessment and problem-solving skills needed to make good decisions in, on and around the water. **Cost: \$40 manual, \$72 registration.** Ages 13+ (by last day of course) OR hold a Bronze Star award (need not be current). Knowledge and proficiency in swimming is recommended.



79695    Mon to Fri    Jul 13 to 17    9am - 3pm    \$72

## BRONZE CROSS

The Lifesaving Society's Bronze Cross begins the transition from lifesaving to lifeguarding and prepares candidates for responsibilities as Assistant Lifeguards. Candidates strengthen and expand their lifesaving skills and begin to apply the principles and techniques of active surveillance in aquatic facilities. Bronze Cross emphasizes the importance of teamwork and communication in preventing and responding to aquatic emergencies. **Cost: see below, residents/non-residents.** Ages 13+. Must hold A Bronze Medallion (need not be current). Please bring your Canadian Lifesaving manual to the course.

79692    Tues to Fri    Aug 4 to 7    9am - 3:30pm    \$190.50/\$245.00

## NATIONAL LIFEGUARD - WATERFRONT

The National Lifeguard Waterfront certification is designed to develop the fundamental values, judgment, knowledge, skills and fitness required by waterfront lifeguards. The NL Waterfront course emphasizes the lifeguarding skills, principles and practices, and the decision-making processes which will assist the lifeguard in providing effective safety supervision in waterfront environments. **Cost: \$50.** Ages 15+. Must hold A Bronze Medallion and NL Certification (need not be current).

80668    Fri to Sun    Jul 10 to 12    9am - 6pm    \$50

80761    RECERT    July 12    9am - 6pm    \$50



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

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

# ARENAS

JULY 19 TO SEPT 6

## DROP-IN ICE & REGISTERED LESSONS

**NEW**

**WEDNESDAY**

**SUNDAY**

### DROP IN SKATING

Everyone Welcome & Pond Hockey **11:30am-2:45pm** **2:00pm-5:00pm**

Stick & Puck **5:15pm-6:15pm**

### REGISTERED LESSONS

Parent & Tot Skating Lessons (2-5 yrs) **10:30am-11:00am**

Parent & Tot Hockey Lessons **11:15am-11:45am**

Little Rascals Hockey (3-5 yrs) **12:00pm-12:45pm**

Ice Quest - Level 1/2/3 (6-12 yrs) **1:00pm-1:30pm**

## SKATE SHARPENING

July 12 to Sept 6 Cost: \$5.75pair

**Monday** 10:00am - 3:00pm

**Tuesday** 10:00am - 3:00pm

**Wednesday** 10:00am - 3:00pm

**Thursday** 10:00am - 3:00pm

**Friday** 10:00am - 3:00pm

**Saturday** **CLOSED**

**Sunday** 2:00pm - 6:00pm

**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.

## SPECIAL SKATES & SCHEDULE CHANGES

- Jul 1** Canada Day - Facility Closed.
- Aug 3** BC Day Long Weekend. No lessons, regular drop-in schedule.
- Sept 2** EW & Pond Hockey - 11:30am to 1:30pm
- Sept 7** Labour Day - Facility Closed.

## EVERYONE WELCOME & POND HOCKEY

All ages welcome. Pond hockey is only available during designated times. A soft puck will be used, and a portion of the rink will be roped off for participants to play hockey.

## STICK & PUCK

Stick and Puck is an opportunity to get some extra ice time and work on stick-handling, shooting, and passing skills! For safety reasons only 16 participants are permitted for each session. To participate, you must sign-in at the front desk when you pay for the Stick & Puck session (16 max per session). A CSA approved hockey helmet is required.

## PARENT & TOT SKATING

The Parent & Tot Skating program is an opportunity to introduce your 2-5-year-old to the world of ice skating. Join us on the leisure ice for a 30-minute interactive skating session with the emphasis of having fun! Our instructors will setup & facilitate planned stations that focus on basic/introductory skating skills and activities at each session. Both parent & tot must wear a helmet while on the ice for this program.

## ICE QUEST - LEARN TO SKATE

Join us for the summer version of the Ice Quest Skating program! Our instructors will work with the skaters based on their skill level during their weekly 30-minute skating lesson on the leisure ice throughout the summer. Skaters of all skill levels welcome! Skate rentals are available.

## PARENT & TOT HOCKEY

The Parent & Tot Hockey program is an opportunity to introduce your 2-5-year-old to Canada's most popular sport - Hockey! Join us on the leisure ice for a 30-minute interactive skating & hockey session with the emphasis of having fun. Our instructors will setup & facilitate planned stations that focus on basic/introductory hockey skills and activities at each session. Both Parent & Tot must wear a helmet while on the ice for this program.

## LITTLE RASCALS HOCKEY

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

# PICKLEBALL

JUN 29 TO JUL 29

## PICKLEBALL COURT RESERVATIONS

Pickleball court reservations are available daily Monday to Friday on the Rod Brind 'Amour arena dry-floor from April 22 to July 29. Singles or doubles play welcome. **Please have one participant from each group book a court by visiting our website at [strathconagardens.com/pickleball](http://strathconagardens.com/pickleball) or by calling our front desk at 250-830-6777.** Courts will be available to book 14 days before each session.

- \$10/court
- Pickleballs will be provided.
- 2 to 5 players permitted on each court.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Court Reservation Times</b> ( ) number of courts available	8:30-10:00am (4) 10:30am-12pm (4) 12:30-2pm (4) 2:30-4pm (3) 6:30-8pm (4)	8:30-10:00am (4) 10:30am-12pm (4) 12:30-2pm (4)	8:30-10:00am (4) 10:30am-12pm (4) 12:30-2pm (4) 2:30-4pm (3) 6:30-8pm (4)	8:30-10:00am (4) 10:30am-12pm (4) 12:30-2pm (4)	8:30-10:00am (4) 10:30am-12pm (4) 12:30-2pm (4) 2:30-4pm (3)

# FITNESS

JUN 29 TO AUG 20

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Yoga in the Park		9:00am-10:00am			
Chair Yoga		10:30am-11:15am			
Take a WALK		2:30pm-3:30pm		2:30pm-3:30pm	
Stroller Fit		11:00am-11:45am		11:00am-11:45am	
Beginner Bootcamp		7:00am-8:00am		7:00am-8:00am	
Outdoor Pedal Party	8:30am-9:15am				
Women on Weights	5:00pm-6:00pm			5:00pm-6:00pm	
F.A.M.E	10:00am-11:00am				10:00am-11:00am

## YOGA IN THE PARK **FREE!**

Yoga in the Park is back again this summer for FREE yoga on Tuesdays from July 7 to August 18 at Hagel Park. Bring your own mat and meet outside, near the outdoor fitness equipment. Youth ages 12-15 may attend, if accompanied by a parent or guardian.



Visit [srd.ca/fitness](http://srd.ca/fitness) to register online and for course descriptions.

# FITNESS

JUN 28 TO SEPT 5

## TAKE HEART

**MONDAY**  
No class Feb 16

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

Take Heart Breathe Well

9:45-11am  
12:30-2pm

9:45-11am  
12:30-2pm

Take Heart Maintenance

7:00am-10:00am  
2:00pm-4:00pm

7:00am-10:00am  
2:00pm-4:00pm

7:00am-10:00am  
1:00pm-3:00pm

## CHRONIC DISEASE MANAGEMENT

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

### LEISURE POOL

CDM Leisure

9-9:45am

9-9:45am

CDM Aquatic Arthritis

10-10:45am

11:30am-12:15pm

10-10:45am

11:30am-12:15pm

### MAIN POOL

CDM Shallow

12:15-1:00pm

11-11:45am

12:15-1:00pm

11-11:45am

CDM Deep

9:15-10am

12:15-1:00pm

9:15-10am

12:15-1:00pm

9:15-10am

### DRY LAND - FITNESS STUDIO

CDM Land Advanced - Fitness Studio Low Impact

8:30-9:30am

8:30-9:30am

CDM Strong & Stable Fitness Studio

11am-12pm  
12:45-1:45pm

2:15-3:15pm

11am-12pm  
12:45-1:45pm

2:15-3:15pm

## ORTHO MANAGEMENT

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

### MAIN POOL

11:30am-12:15pm

11:45am-12:30pm

11:30am-12:15pm

11:45am-12:30pm

11:30am-12:15pm

## ADAPTIVE

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

### MAIN POOL

Adaptive Deep

11-11:45am

11-11:45am

11-11:45am

Please visit [srd.ca/rehab](http://srd.ca/rehab) for referral information and course descriptions of these programs