

# NANAIMO AQUATIC CENTRE

Shutdown for Maintenance from  
Tuesday, September 5 to Monday, September 25



*Join us at  
Beban Pool!*

## Beban Park Interim Schedule

Tuesday, September 5 to Monday, September 25

SWIMMING	SUN	MON	TUE	WED	THU	FRI \$3 Day	SAT
Everyone Welcome	7:30 am-9 pm	Monday to Friday, 6 am-9 pm					7:30 am-9 pm
AQUAFIT	SUN	MON	TUE	WED	THU	FRI	SAT
Shallow	12:30-1:15 pm	10:45-11:30 am 7-7:45 pm	10:45-11:30 am 2-2:45 pm 7-7:45 pm	10:45-11:30 am 7-7:45 pm	10:45-11:30 am 2-2:45 pm 7-7:45 pm	10:45-11:30 am 7-7:45 pm	9:30-10:15 am
Deep Water		9:30-10:15 am		9:30-10:15 am		9:30-10:15 am	
Core Strengthening		7-8 am		7-8 am		7-8 am	
Therapy		1:30-2:30 pm	8-9 am	1:30-2:30 pm	8-9 am	1:30-2:30 pm	
WEIGHT ROOM*	SUN	MON	TUE	WED	THU	FRI	SAT
	7:30 am-9 pm	Monday to Friday, 6 am-9 pm					7:30 am-9 pm

PLEASE NOTE: Beban Pool & Gym will be closed on  
Monday, September 4 for Labour Day.

**\*\*MODIFIED SCHEDULE\*\***

From September 18-24, NAC Weight Room  
will be open from 8:30 am-7 pm, Monday through Sunday  
(weight room & washroom only).

*Swim and workout at Beban Pool  
during Nanaimo Aquatic Centre's  
annual maintenance shutdown!*



[www.nanaimo.ca](http://www.nanaimo.ca) • [ireg.nanaimo.ca](http://ireg.nanaimo.ca)

**250-756-5200**



Take a  
**MOMENT**