

Public Swim Program Highlights

PLEASE LET POOL STAFF KNOW OF ANY MEDICAL CONDITIONS.

BEBAN POOL

Everyone Welcome: Enjoy this session for a swim, sauna, a soak in the hot tub, to relax in the steam room or to swim lengths.



FREE LIONS SWIM:

Sundays, 2-3:30 pm at Beban Pool from April 2 to June 25.

Family Pool Party: Have a blast at our family pool party that includes games, large inflatables, water running mats, prizes and much more! All for the low price of \$3 per person or pay the family rate of \$14. Everyone is welcome. Held every Friday from 7 to 9 pm (no lengths available).

Leisure Only: The leisure pool, slide, saunas, steam room and hot tub are open. The 25-metre and teaching pools are closed. No lengths or diving boards available.

Adult/Senior Swim (19+): Energize your body and social life when you participate in this modified cardio workout. Lap swimming is also available. Join us for an aquafit class.

NANAIMO AQUATIC CENTRE

Everyone Welcome: Swim, sauna, soak in the hot tub or relax in the steam room.

50-Metre Swims: Our main tank is set up for 50-metre swimming on select days throughout the year. Please check schedule on page 8.

Wave Pool: Catch the waves! Check our schedule on page 8. Please note that waves are turned off for swimming lessons.

Diving Boards: Both 1-metre and 3-metre diving boards are available at select times. Check our schedule on page 8.

Water Polo: Join us for this high-energy game! Held Sundays 8-9 pm (April 2 to May 28; no session on April 23).

AQUAFIT

Join us at either pool for a variety of aquatic fitness programs. Refer to pages 8 and 9 for class times.

Therapy Aquafit: Improve your mobility with this low impact class. The focus is on movement, range of motion, balance, strength and stretching. Water therapy is highly recommended for people with arthritis, joint replacements, pre and post surgery and those with limited mobility.

Shallow Water Aquafit: This is a high intensity cardio workout without the impact you'd find with dry land aerobics. Open to all levels of ability. Feel free to ask the instructor for modifications.

Deep Water Aquafit: Strengthen and tone your body with this zero impact class. You'll achieve excellent cardio and strength training using water as resistance. Classes are done in deep water wearing a floatation belt.

Core Strength Aquafit: Lower back pain? Try this low impact class to reduce pain and injury by improving posture, balance and core stability. Open to all levels of ability. It's a great way to get your day started!

Diaper Fit: Enjoy a 30-minute aquatic cardio workout with your baby in a float seat followed by 15 to 30 minutes of instructor-led play. Baby must be able to hold his or her head up and be willing to sit in the float seat for 30 minutes.



Public Admissions

SWIM, SKATE, WEIGHT ROOMS & GYM

General Admissions:

Child - 2 yrs & under	Free
Child - 3 to 12 yrs	\$3.75
Student - 13 to 18 yrs	\$5.25
Adult - 19 to 59 yrs	\$7.00
Senior - 60 to 79 yrs	\$5.25
Senior - 80+ yrs - Nanaimo residents only	Free
Family - Max 2 adults & 3 children or 4 children, 1 adult	\$14.00

Economy Card (10 admissions):

Child - 12 yrs & under	\$30.00
Student - 13 to 18 yrs	\$42.00
Adult	\$56.00
Senior - 60+ yrs	\$42.00

3 Month RecPass:

Child	\$101.25
Student/Senior	\$141.75
Adult	\$189.00
Family	\$378.00

6 Month RecPass:

Child	\$180.00
Student/Senior	\$252.00
Adult	\$336.00
Family	\$672.00

12 Month RecPass:

Child	\$270.00
Student/Senior	\$378.00
Adult	\$500.00
Family	\$999.00

Arena Skate Rentals:

Child/Student/Senior	\$3.00
Adult	\$3.75
Family Skate Rental	\$7.00
Helmets	\$0.50
Skate Sharpening	\$5.50
Skate Sharpening (10 Pack)	\$44.00

Shower:

\$3.75

All prices include tax.

CORPORATE RECPASSES AVAILABLE.

See page 69 for details.

Nanaimo Aquatic Centre & Beban Park Weight Rooms

DEVELOP YOUR STRENGTH, AGILITY AND CARDIOVASCULAR FITNESS IN ONE OF OUR WEIGHT ROOMS.

Nanaimo Aquatic Centre Weight Room - STARTING MARCH 1, 2017

	SUN	MON	TUE	WED	THU	FRI	SAT
Facility Hours	7:30 am-10 pm	6 am-10 pm	6 am-10 pm	6 am-10 pm	6 am-10 pm	6 am-10 pm	7:30 am-10 pm
\$5 Weight Room Orientation <i>(Please pre-register using barcodes from page 61.)</i>		3:30-5 pm			6-7:30 pm		12:30-2 pm
Specialty Fitness			10:30-11:30 am		10:30-11:30 am		

Schedule subject to change. See page 8 for specific stat holiday closures; NAC Weight Room is closed for annual maintenance from Tuesday, September 5 to 17. Weight Room opens September 18.

Weight Room Attendants: Our qualified attendants are ready to show you new exercises, teach you how to use the equipment and answer your questions. They work on-site to care for weight room equipment and enforce safe weight room practices. Daily schedules are posted at each location.

Weight Room Policy: Personal trainers, kinesiologists and physiotherapists, etc. not employed or authorized by the City of Nanaimo may not train clients within the weight rooms. For more information, contact the Weight Room Supervisor at 250-756-5211.

Weight Room Orientations: These are designed to familiarize you with our facilities and give you an orientation of the basics of strength and functional training. An orientation is recommended before using our facilities. See page 61 for orientation dates and times.

Youth in the Weight Room: Our weight rooms are available for use by persons 16 years and older. Teens (13-15) must complete a weight room orientation. Upon completion of an orientation, teens will receive a "Gym Use Teen Graduate Card." This card permits youth to use our weight rooms unsupervised by an adult.



Beban Weight Room - STARTING MARCH 1, 2017

	SUN	MON	TUE	WED	THU	FRI	SAT
Facility Hours	9:30 am-7 pm	6 am-8:30 pm	6 am-7 pm	6 am-8:30 pm	6 am-7 pm	6 am-7 pm	9:30 am-7 pm
Facility Hours (July 4-21)	9:30 am-6 pm	6 am-7 pm	6 am-7 pm	6 am-7 pm	6 am-7 pm	6 am-7 pm	9:30 am-6 pm
\$5 Weight Room Orientation <i>(Please pre-register using barcodes from page 61.)</i>				6-7:30 pm 9-10:30 am in July			

Schedule is subject to change. The Beban Weight Room is closed on all statutory holidays and closed for annual maintenance from Monday, July 31 to Monday, September 4 (re-opens on Tuesday, September 5).

SEE PAGE 6 FOR ADMISSION RATES.

FOR UP-TO-DATE SCHEDULE TIMES, VISIT WWW.NANAIMO.CA

WE HAVE A VARIETY OF EQUIPMENT FOR SPECIAL NEEDS CLIENTS AT NANAIMO AQUATIC CENTRE! 

- Nustep Bike - easy access for wheelchairs
- Active Passive Trainer
- Cybex Total Access - strength and cardio machines



Aquatic Centre Spring/Summer Schedule (741 THIRD STREET) MAR 19-SEP 3

PROGRAM	SUN	MON	TUE	WED	THU	FRI	SAT
Everyone Welcome	7:30 am-10 pm	6 am-10 pm, Monday to Friday					7:30 am-10 pm
50 M Lengths Lane swimming	7:30-9:45 am		6-8:30 am		6-8:30 am		7:30-9 am
25 M Lengths Lane swimming	10:15 am-10 pm	6 am-2:30 pm 3-10 pm	9 am-3 pm 3:30-6:30 pm 7-10 pm	6 am-2:30 pm 3-10 pm	9 am-3 pm 3:30-6:30 pm 7-10 pm	6 am-2:30 pm 3-6:30 pm 7-10 pm	9:30 am-10 pm
Waves - Spring (May need to turn off periodically throughout the day)	12-10 pm	7-10 pm	11 am-3 pm 7-10 pm	7-10 pm	11 am-3 pm 7-10 pm	11 am-3 pm 7-10 pm	12-10 pm
Waves - Summer (Jul 2-Sep 3)	10 am-10 pm	12-10 pm	12-10 pm	12-3 pm 7-10 pm	12-10 pm	12-10 pm	12-10 pm
Slides	11 am-9:30 pm daily						
Diving Boards (Not open during Deep Waterfit)	10:15 am- 8 pm 9-10 pm	6 am-2:30 pm 6:30-10 pm	9 am-3 pm 7-10 pm	6 am-2:30 pm 9-10 pm	9 am- 3 pm 7-10 pm	6 am-2:30 pm 7-10 pm	9:30 am-10 pm
Drop-In Water Polo (Until May 28)	8-9 pm						
\$3 Rate	9-10 pm daily						
AQUAFIT	SUN	MON	TUE	WED	THU	FRI	SAT
Core Strength Aquafit (1 hr)	9-10 am	7-8 am		7-8 am		7-8 am	
Therapy Aquafit (1 hr)		8:30-9:30 am	8:30-9:30 am	8:30-9:30 am	8:30-9:30 am	8:30-9:30 am	
Shallow Water Aquafit (45 min)		9:30-10:15 am	7-7:45 pm	9:30-10:15 am	7-7:45 pm	9:30-10:15 am	9:30-10:15 am
Deep Water Aquafit (45 min)		10:30-11:15 am	11:30am-12:15pm 8-8:45 pm	10:30-11:15 am	11:30am-12:15pm 8-8:45 pm	10:30-11:15 am	10:30-11:15 am

PLEASE NOTE: Schedule is subject to change. For up-to-date schedules, visit www.nanaimo.ca

- Lanes available at all times.
- Please inform staff of any medical conditions.
- All children 6 years and under must be accompanied in the water by a parent or guardian no less than 16 years of age.
- Ratio for children who are 6 years of age and under is 1 adult to 3 children.
- The bulkheads in the competition pool move at different times throughout the week and may disrupt some lane swimming.
- Slides and/or diving boards may need to be closed periodically throughout the day. Please ask a lifeguard for schedule information.
- Waves may be turned on outside of the scheduled hours or for specialized swims scheduled in the wave pool.

PLEASE HELP US AVOID UNNECESSARY POOL CLOSURES

Children who are not potty trained are required to wear a swim diaper that can be purchased from the pool cashier. Please encourage children to use the washroom prior to swimming in order to avoid potential pool closures. All patrons must shower prior to entering the pool water.

STAT HOLIDAY SWIM HOURS: 12-4 pm (Nanaimo Aquatic Centre open)

• Fri, Apr 14 (Good Friday) • Mon, Apr 17 (Easter Monday) • Mon, May 22 (Victoria Day)

POOL CLOSED: • Sat, Jul 1 (Canada Day) • Mon, Aug 7 (BC Day) • Mon, Sep 4 (Labour Day) - JOIN US AT WESTWOOD LAKE!

SWIM MEETS: • Apr 22 & 23 • May 7 • May 26 • May 28 • Jun 11 (limited length swimming; please check the schedule on our website)

SEE PAGE 6 FOR PROGRAM HIGHLIGHTS AND ADMISSION RATES.




POOL CLOSURE

Please note that Nanaimo Aquatic Centre is closed for annual maintenance from Tuesday, September 5 to Sunday, September 24, 2017

(re-opening on Monday, September 25).

Beban Pool Spring/Summer Schedule (2300 BOWEN ROAD) MAR 19-JUL 30, 2017

PROGRAM	SUN	MON	TUE	WED	THU	FRI	SAT
Family Pool Party <i>Everyone Welcome (until June 30)</i>						7-9 pm	
Everyone Welcome Spring <i>(Mar 19 to Jul 1)</i>	9:30 am-4 pm 2-3:30 pm  (Apr 2-Jun 25)	6:15 am-1:30 pm 7-8:30 pm	6:15 am-1:30 pm	6:15 am-1:30 pm 7-8:30 pm	6:15-1:30 pm	6:15-9:15 am 10:30 am-1:30 pm	9:30 am-7 pm
Everyone Welcome Summer <i>(Jul 2 to 30)</i>	9:30 am-6 pm	6:15 am-1:30 pm	6:15 am-1:30 pm	6:15 am-1:30 pm	6:15 am-1:30 pm	6:15 am-1:30 pm	9:30 am-6 pm
Adult/Senior Swim (19+) <i>Leisure; lengths</i>		1:30-3 pm					
Leisure Only <i>Leisure pool and slide open; no lengths</i>	4-7 pm (Mar 19-Jun 25)	3-7 pm					
AQUAFIT	SUN	MON	TUE	WED	THU	FRI	SAT
Shallow Water Aquafit	12:30-1:15 pm	7:15-8 pm (Mar 20-Jun 26)	10:45-11:30 am 2-2:45 pm	7:15-8 pm (Mar 22-Jun 28)	10:45-11:30 am 2-2:45 pm		
Therapy Aquafit		1:30-2:30 pm		1:30-2:30 pm		1:30-2:30 pm	
Deep Water				10:45-11:30 am (Mar 22-Jun 28)			
Diaper Fit		10:45-11:45 am (Apr 3-Jun 5)					
DROP-IN SWIMMING LESSONS <i>(see page 95)</i>	SUN	MON	TUE	WED	THU	FRI	SAT
Red Cross Adult Level 1	11-11:30 am (Apr 2-Jun 4)						
Red Cross Adult Level 2	11:30 am-12 pm (Apr 2-Jun 4)						



POOL CLOSURE
Please note that Beban Pool will be closed for annual maintenance from **Monday, July 31 until Monday, September 4** (re-opening on Tuesday, September 5).

PLEASE NOTE: Schedule is subject to change. For up-to-date schedules, visit www.nanaimo.ca

- Please inform staff of any medical conditions.
- All children 6 years and under must be accompanied in the water by a responsible person no less than 16 years of age.
- Ratio for children who are 6 years of age and under is 1 adult to 3 children.

POOL FOULINGS: Help us prevent unnecessary pool closures. Children who are not potty trained are required to wear a swim diaper that can be purchased from the pool cashier.

HOLIDAY SWIMS: *Beban Pool CLOSED on all statutory holidays.*

MONEY SAVER! All day Fridays at Beban Pool & Gym, admission is only \$3!

Westwood Lake "Lifeguards on Duty" Schedule

**LIFEGUARDS ARE ON DUTY EVERY DAY FROM
SUNDAY, JUNE 25-MONDAY, SEPTEMBER 4, 12-6 PM!
(including Canada Day, BC Day & Labour Day)**



Back by popular demand!
**SWIMMING LESSONS IN
WESTWOOD LAKE**
(See page 94 for schedule).

Take a
MOMENT

to

**EXPLORE, EXPERIENCE, CREATE,
MOVE, LEARN AND PARTICIPATE**

with the City of Nanaimo!



Oliver Woods Gymnasium Drop-In Schedule (6000 OLIVER RD) APR 2-SEP 2

PROGRAMS	SUN	MON	TUE	WED	THU	FRI	SAT		
Badminton 16+ Gym attendant on duty.	7-9 pm		9-11:30 am (Apr 4-Jun 27) 5:30-7:30 pm (Jul 4-Aug 29)		9-11:30 am (Apr 6-Jun 29)				
Basketball 16+ Gym attendant on duty.				8:30-10:30 pm (Apr 5-Jun 28)					
Floor Hockey 16+ First two goalies play for free. Equipment provided. Personal equipment must be approved by attendant on duty.						7-9 pm (Jul 5-Aug 30)		6:30-8:30 pm (Apr 7-Jun 23)	
Futsal 16+ Gym attendant on duty. Similar to indoor soccer with a low bounce ball and is played 5 players/side with 10 players on the floor.								8:30-10:30 pm (Apr 7-Jun 23)	
Pickleball (Spring: Apr 3-Jun 29) 16+ Tennis-like game played on a badminton court using a perforated, slow moving ball and paddle.					8:45-11 am 11:15 am-1:45 pm			11:45 am-2:45 pm	
Pickleball (Summer: Jul 2-Sep 2) 16+		7:45-10 am		7:45-10 am	11:45 am-2:15 pm	7:45-10 am			
Volleyball 16+		8:15-10:30 pm (Apr 3-Jun 26) 7-9 pm (Jul 3-Aug 28)							
Everyone Welcome Gym All Ages Great time to organize a lunch time activity or sport. (Racquet sports not available.)			12-1:30 pm (Apr 4-Jun 27)						

FACILITY CLOSED ON ALL STATUTORY HOLIDAYS

GENERAL INFORMATION FOR DROP-IN SPORTS PROGRAMS

- Please sign in and pay drop-in admission prior to entering gym.
- No food/drink allowed in gyms.
- Only non-marking gym shoes allowed.
- Participants must be present at time of admission purchase.
- Space is limited; we operate on a first-come, first-served basis with sign-in available no more than 15 minutes prior to program starts.
- See page 6 for admission rates.

DROP IN SPORT PROGRAMS:

Parks & Recreation is committed to offering recreational drop-in programs to the community. Our drop-in programs are designed to create an inclusive environment where participants can:

- learn a new skill
- be social
- be active
- share their sport with others
- play together regardless of skill level (beginner to advanced welcome)

What recreational drop-in programs are NOT about:

- winning
- competitive or aggressive play

For more information on competitive or league play, please ask our front desk staff.

PRESCHOOL PROGRAMS	SUN	MON	TUE	WED	THU	FRI	SAT
Gym Pals 1-4 yrs Through climbing, riding, jumping and playing, this is a time for parents and tots to explore and develop motor skills. Drop in \$5/sibling \$1. Parent participation required.	12:30-2 pm (Apr 2-Jun 11)					10:30 am-12:30 pm (Apr 7-Jun 23)	
Tumble Bumble 2-4 yrs A fun, active opportunity for tots to explore climbing apparatus, mats and other equipment. Games and other activities that develop motor skills and social interaction are also included. Parents are asked to participate in this semi-structured program. See page 14.		3:30-4:30 pm (Apr 3-Jun 26)					

Arena Schedule

FRANK CRANE ARENA (FCA) & CLIFF McNABB ARENA (MCN) -2300 BOWEN RD NANAIMO ICE CENTRE (NIC 1 & 2) -750 THIRD ST

MONDAY, APRIL 3 TO JUNE 30 - (no sessions on stat holidays - Apr 14, Apr 17 & May 22)

PROGRAMS	SUN	MON	TUE	WED	THU	FRI	SAT
Everyone Welcome	3-4:30 pm Cliff McNabb			6:30-8 pm NIC		3:45-5:15 pm Cliff McNabb	
Parent & Tot (Children 6 years & under & adult)				9:30-10:30 am Cliff McNabb	12-1 pm Cliff McNabb		
Adult Leisure Skates 19+			10-11:45 am Cliff McNabb		10-11:45 am Cliff McNabb		
Adult Scrub Hockey 18+		11:45 am-1:15 pm NIC		11:45 am-1:15 pm NIC		11:45 am-1:15 pm NIC	
Senior 60+ & Scrub Hockey 70+		8-9:15 am NIC	8:30-9:45 am (70+ Seniors) NIC	8-9:15 am NIC		8-9:15 am 10-11:15 am (70+) NIC	
Stick 'n' Puck (All ages; children under 8 years should be accompanied on the ice by an adult. Helmets are mandatory.)				1:45-3:15 pm Cliff McNabb		2:30-3:30 pm Cliff McNabb	
Parent & Child Hockey (Registered program: p.103; helmets are mandatory.)	4:45-5:30 pm Cliff McNabb	3 PARTICIPANTS WITH SPECIAL NEEDS ARE WELCOME TO PUBLIC SKATING SESSIONS!					

SUNDAY, JULY 2 TO SATURDAY, SEPTEMBER 2 - All sessions at Cliff McNabb Arena until July 23, when all sessions move to Nanaimo Ice Centre.

• no sessions on stat holidays - Jul 1 & Aug 7

PROGRAMS	SUN	MON	TUE	WED	THU	FRI	SAT
Everyone Welcome	3-4:30 pm		4:15-5:45 pm	6:30-8 pm			1-2:30 pm 1:30-3 pm on Jul 8
Adult Scrub Hockey 18+		11:45 am-1:15 pm		11:45 am-1:15 pm		11:45 am-1:15 pm	
Senior 60+ & Scrub Hockey 70+		7:30-8:45 am	9-10:15 am (70+)	7:30-8:45 am		7:30-8:45 am	10-11:15 am (70+)
Parent & Child Hockey (Registered program: p. 103; helmets are mandatory.)	4:45-5:30 pm						

ARENA PROGRAM HIGHLIGHTS (See page 6 for admission rates)

Everyone Welcome - Designed for skaters of all ages and abilities. These sessions provide an excellent opportunity for all members of the community to get active! Helmets strongly recommended.

Parent & Tot (6 years & under) - An excellent opportunity to introduce children to the ice or to work on skills learned in our RecSkate lessons. Come on the ice in shoes or skates and enjoy toys and hockey equipment. Helmets are mandatory for tots. Parents must accompany children on the ice. (See admission rates below.)

Stick 'n' Puck - Whether you're new to the game of hockey or know the game and are looking to brush up on your skills, Stick 'n' Puck is for you! Get on the ice in a non-game, recreational setting. Space is limited, and session rules do apply. Please bring your own pucks.

Adult Leisure Skate (19+) - A great addition to your fitness routine. Enjoy skating laps or practicing your skills in the designated areas. Helmets are strongly recommended.

Adult/Senior/70+ Scrub (Adult 18+, Senior 60+) - These are fun, recreational drop-in sessions. Non-contact. Full hockey gear is required.

Parent/Child Hockey - This is a non-competitive hockey time. Please bring your own gloves, stick and helmet. See page 103 for registration barcodes.

CHANGES & CANCELLATIONS

All sessions cancelled on stat holidays

Pro-D Day Special Skate

- Fri, May 12, 1:30-3 pm at Cliff McNabb

Sessions Cancelled

- Fri, May 12 - Everyone Welcome, Stick 'n' Puck & 70+ Scrub
- Sat, Aug 12 - 70+ Scrub
- Sat, Aug 19 - Everyone Welcome & 70+ Scrub
- Tue, Aug 29 - Everyone Welcome

PARENT & TOT SKATING ADMISSION

(during "Parent & Tot" sessions only)

Parent & Tot	\$5.00
Extra Parent	\$2.50
Extra Child	\$1.50
Parent & Tot Rental Adult	\$2.50
Parent & Tot Rental Child	\$1.50

VIEW ALL OF OUR GREAT ARENA PROGRAMS STARTING ON PAGE 98!



CANADA 150 SKATE
Admission is only \$1.50, and you may receive a prize if you wear red and white!
SATURDAY, JULY 15, 1-2:30 PM,
CLIFF McNABB ARENA

Bowen Park Kin Outdoor Pool

Summer 2017 Schedule



Open to the Public
June 3 to September 1

Come swim in our outdoor heated pool!

~Public Swimming Hours~

- **EVERYONE WELCOME:** Saturday & Sunday, June 3-August 27, 1-3 pm
- **EVERYONE WELCOME:** Monday to Friday, July 3-September 1, 12-3 pm
- **ADULT LENGTH SWIMMING:** dedicated lanes available Monday to Friday, 12-1 pm during "Everyone Welcome" session

SUMMER PUBLIC SWIM ADMISSION: \$3.25

Note: Swim meets or other events will result in public swim cancellations on some weekends. Call for cancellation dates.



Rent the Kin Pool!

Rates starting at \$105 per hour

- School Groups • Private Groups • Sports Clubs
- Company Parties • Birthday Parties • Special Events

See our website for available times.

Mini Rapids Swim Lessons

Registration begins June 11, 12-3 pm, at Kin Pool and will continue throughout the summer during public swim times.

Lessons are 5 sessions (Monday-Friday)

\$37.50 for 1/2 hour lesson (Beginner Lessons)

\$47.50 for 3/4 or 1 hour lesson (Intermediate/Advanced Lessons)

LESSON WEEKS: July 3, 10, 17, 24, 31 & August 7, 14, 21

LESSON TIMES: Lessons occur between 9 am to 12 noon

Ask us about our private lessons.

www.nanaimowhiterapids.ca • 250.753.8176

kinpoolmanager@gmail.com

The Kin Pool is located in beautiful Bowen Park. Enter from Bowen Road opposite Howard Avenue.