

NANAIMO AQUATIC CENTRE

Annual Maintenance Shutdown



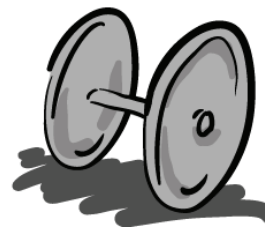
NAC Pool Closure

Saturday, September 3 to Friday, September 30
(Opening Saturday, October 1)

NAC Weight Room

Closed from Saturday, September 3 to Saturday, September 17.
(Opening Monday, September 19)

Mon-Fri: 6 am-10 pm; Sat & Sun: 7:30 am-10 pm



Beban Park Interim Schedule

Saturday, September 3 to Friday, September 30

	SUN	MON	TUE	WED	THU	FRI	SAT
Early Bird	8-10 am	Monday to Friday, 6-9 am					8-10 am
Core Strengthening		7-8 am	8-9 am	7-8 am	8-9 am	7-8 am	
Leisure & Lengths		Monday to Friday, 9-10:30 am					
Family & Fitness			10:30-12 noon		10:30-12 noon		
Twoonie Swim		10:30-12 noon		10:30-12 noon		10:30-12 noon	
Noon Length Swim		Monday to Friday, 12-1:30 pm					
Senior/Therapy	12-1:30 pm	1:30-3 pm	1:30-3 pm	1:30-3 pm	1:30-3 pm	1:30-3 pm	
Leisure Only**	10 am-12 pm 4-7 pm**	4-9 pm	4-7 pm	4-9 pm	4-7 pm	4-7 pm	10 am-1:30 pm 4-7 pm
Everyone Welcome	1:30-4 pm 7-9 pm		7-9 pm		7-9 pm	7-9 pm	1:30-4 pm 7-9 pm
Leisure & Lengths (Twoonie Rate)	9-10:30 pm	9-10:30 pm	9-10:30 pm	9-10:30 pm	9-10:30 pm	9-10:30 pm	9-10:30 pm
Seniors' Aquacises	12:30-1 pm		2-2:30 pm		2-2:30 pm		
Aquacises		10:45-11:30 am 7:05-7:50 pm	10:45-11:30 am 7:05-7:50 pm	10:45-11:30 am 7:05-7:50 pm	10:45-11:30 am 7:05-7:50 pm	10:45-11:30 am	

**Please note that on Sunday, September 18, Beban Pool will be closing at 6 pm.

Beban Park Weight Room Schedule

Mon-Fri: 6 am-10 pm; Sat & Sun: 8 am-10 pm

Swim and workout at Beban Pool
while Nanaimo Aquatic Centre
is closed!



www.nanaimo.ca
250-756-5200