

NANAIMO AQUATIC CENTRE

Shutdown for Maintenance from
Monday, September 3 to Sunday, September 30



Join us at Beban Pool!

Beban Park Interim Schedule

Tuesday, September 4 to Sunday, September 30, 2018

SWIMMING	SUN	MON	TUE	WED	THU	FRI	SAT
Everyone Welcome	7:30 am-10 pm	Monday to Friday, 6 am-10 pm					7:30 am-10 pm
Discount Dip (\$3 admission)	Daily, 9-10 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-10 pm	Monday to Friday, 6 am-10 pm					7:30 am-10 pm

PLEASE NOTE: Beban Pool & Gym will be closed on Monday, September 3 for Labour Day.

****MODIFIED SCHEDULE****

From September 17-30, 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!

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250-756-5200

