

# PRE-REGISTERED DROP-IN SCHEDULE

## Nanaimo Aquatic Centre Schedule

September 10 to 30, 2020

SUN	MON	TUE	WED	THU	FRI	SAT
50 METRE LEISURE & LENGTHS 6:30 am- 12:30 pm	LEISURE & LENGTHS 6:30-9:45 am  THERAPY AQUAFIT 8:45-9:45 am	LEISURE & LENGTHS 6:30-10 am	LEISURE & LENGTHS 6:30-9:45 am  THERAPY AQUAFIT 8:45-9:45 am	LEISURE & LENGTHS 6:30-10 am	LEISURE & LENGTHS 6:30-9:45 am  THERAPY AQUAFIT 8:45-9:45 am	LEISURE & LENGTHS 6:30-11:30 am
12:30-1 pm CLEAN	9:45-10:15 am CLEAN	10-10:30 am CLEAN	9:45-10:15 am CLEAN	10-10:30 am CLEAN	9:45-10:15 am CLEAN	11:30 am-12 pm CLEAN
Rentals 1-4 pm	LEISURE & LENGTHS 10:15 am-3:15 pm	LEISURE & LENGTHS 10:30 am-3 pm	LEISURE & LENGTHS 10:15 am-3:15 pm	LEISURE & LENGTHS 10:30 am-3 pm	LEISURE & LENGTHS 10:30 am-3:15 pm	FAMILY SWIMMING 12-7:30 pm
FAMILY SWIMMING 4:15-7:30 pm	3:15-3:45 pm CLEAN	3:45-4:15 pm CLEAN	3:15-3:45 pm CLEAN	3:45-4:15 pm CLEAN	3:15-3:45 pm CLEAN	
	Rentals 3:15-9 pm	LEISURE & LENGTHS 4:15-7 pm  TETHERED AQUAFIT 6-7 pm	Rentals 3:15-9 pm	LEISURE & LENGTHS 4:15-7 pm  TETHERED AQUAFIT 6-7 pm	Rentals 3:15-7:30 pm	

## Nanaimo Aquatic Centre Weight Room Schedule

September 10 to 30, 2020

SUN	MON	TUE	WED	THU	FRI	SAT
6:30 am-7:30 pm	6:30 am-7:30 pm	6:30 am-7:30 pm	6:30 am-7:30 pm	6:30 am-7:30 pm	6:30 am-7:30 pm	6:30 am-7:30 pm
1 hour sessions with 30 minutes between for cleaning	1 hour sessions with 30 minutes between for cleaning	1 hour sessions with 30 minutes between for cleaning	1 hour sessions with 30 minutes between for cleaning	1 hour sessions with 30 minutes between for cleaning	1 hour sessions with 30 minutes between for cleaning	1 hour sessions with 30 minutes between for cleaning

*Please see the following pages for important information for aquatic and fitness gym users.*

# IMPORTANT INFORMATION FOR NANAIMO AQUATIC CENTRE USERS

## COVID-19 Safety

- Please stay home if you are feeling unwell.
- Physical distancing is required at all times within the facility.
- Use hand sanitizer immediately upon entrance to the facility.
- Nanaimo Aquatic Centre will be operating with reduced capacities and limited hours to allow for distancing measures and cleaning.
- Access is limited to registered guests only. No spectators will be permitted.
- **All sessions/programs at Nanaimo Aquatic Center require advanced registration.**
- The Nanaimo Aquatic Centre COVID-19 Safety Plan is based on the Lifesaving Society BC/Yukon: Guidelines for Reopening BC's Pools and Waterfronts and the Health Authority Guidelines for Swimming Pools during COVID-19.

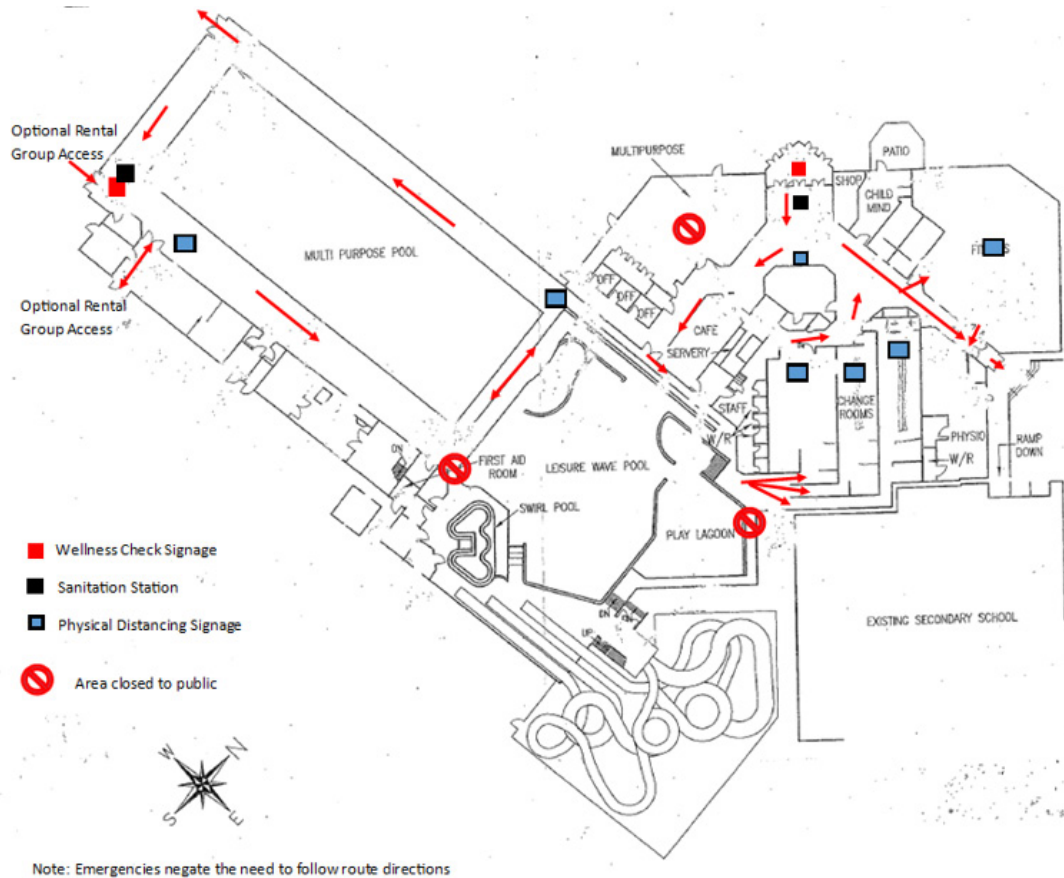
## Amenities

- Water fountains, hot tub, steam/sauna, waterslides, waves/spray features, merchandise sales, facility equipment/toys will not be available.
- Swimmers should be prepared to remove shoes on arrival, change quickly for their pool session (please arrive swim ready) and shower before accessing the pool.
- Follow the marked path and staff direction throughout the facility.
- Maximum of 10 people per change room.

## Entering/Exiting the Facility

- Only those patrons with a reserved space will be permitted into the pool at their allocated time.
- Please arrive no earlier than 10 minutes prior to the start of a scheduled session or program.
- Swimmers will enter through the main entrance (North-West entrance) of the Aquatic Centre, sanitize their hands and complete a brief check in with a member of our team.
- Swimmers are to arrive swim ready with minimal personal belongings. Please bring your own:
  - Towel
  - Goggles
  - Swim cap
  - Filled water bottle
- No other personal equipment is allowed; merchandise, food and beverages will not be available for purchase.
- Swimmers are encouraged to shower at home after swimming.
- Swimmers are strongly encouraged to wear a face mask except while in the water.
- All guests will exit through the northeast doors closest to CBI Physiotherapy Clinic/NDSS School.
- Please maintain physical distancing, and leave the facility as quickly as possible following the session.





## Pre-Registered Drop-in Programs

- All pre-registered drop in programs require advanced registration. Registration is available 72 hours prior the start of the session online at: <https://cityofnanaimo.perfectmind.com/> (personal account is required)
- Registration is also available by telephone at (250) 756-5200 or at the front counter in advance at Nanaimo Aquatic Centre, Bowen Park Complex or Oliver Woods Community Centre.
- Drop in at the time of session is not permitted.
- All swimming participants will be assigned a designated pool space or lane for the duration of their visit.
  - Length Swims – Maximum 6 swimmers per lane (2.5m lane width).
  - Aquatic Fitness – Maximum 20 participants per session.
  - Therapy/Leisure – Maximum 20 participants per session.
- Weight Room users will not have access to the change rooms or showers. Come dressed for your activity and exit the facility immediately following the session.
- Weight Room users will be provided disinfectant spray and paper towel and must wipe down equipment immediately after use.
- Schedule subject to change.
- Swim lessons may be offered at a later date.

## Session Structure

- Length swim sessions are 55 minutes in duration with a 15 minute break in between sessions to allow for distancing while exiting the facility.
- When the swim time finished, please promptly leave the pool and exit into the change room.
- Change room times are limited. Please change quickly and complete all personal grooming, hair washing, etc. at home.
- Participants will register for a pool specific session (eg. Leisure Pool or Main Pool) and must remain in their designated pool until the end of their session.
- During family swim sessions, up to 6 members of the same household may swim together.

# PRE-REGISTERED DROP-IN SCHEDULE

## Arenas Schedule

starting Sunday, September 20

Programs	SUN	MON	TUE	WED	THU	FRI	SAT
<b>Everyone Welcome</b>	4-6 pm NIC2				6:15- 7:45 pm NIC2		7-9 pm NIC2
<b>Parent &amp; Tot Skate</b>					10-11:15 am NIC2		
<b>Adult Leisure 19+</b>				10-11:30 am NIC2			
<b>Adult Scrub 19+</b> "Stick 'n' Puck" style of play; no games.		11:45 am -1:15 pm NIC2					
<b>Senior Scrub 60+</b> "Stick 'n' Puck" style of play; no games.				8-9:15 am NIC2			
<b>Senior Scrub 70+</b> "Stick 'n' Puck" style of play; no games.			10-11:15 am NIC2				
<b>Stick 'n' Puck</b> Children under 8 must be accompanied onto the ice by an adult.	2:45- 3:45 pm NIC2					3:15- 4:15 pm Cliff McNabb	

**Everyone Welcome** - These are our same great "Everyone Welcome" sessions limited to 22 skaters. Lap skating to fun music. Designed for skaters of all ages and abilities, these sessions provide an opportunity for all members of the community to get active. Helmets are strongly recommended. Look for our fun "Game Zone" at these sessions held at the far end of the ice surface using sponge pucks..

**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. Free admission for child, and skates and helmets are free.

**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+) - For these sessions, we are doing "Stick 'n' Puck" style of play. No games allowed. Goalies are allowed, and they are there to make the puck play more interesting. Maximum of 24 on the ice, including the attendant.

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- Drop in at the time of session is not permitted; schedule subject to change.

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250-756-5200



# PRE-REGISTERED DROP-IN SCHEDULE

## Oliver Woods Community Centre Schedule

Sunday, September 27-Thursday, December 31, 2020

Programs	SUN	MON	TUE	WED	THU	FRI	SAT
<b>Badminton 16+</b>	12:15-1:30 pm		8:30-9:45 am		8:30-9:45 am		
<b>Pickleball 16+</b> Tennis-like game played on a badminton court using a perforated, slow moving ball and paddle. All levels welcome.		8:30-9:45 am			11:45 am-1 pm	6:30-7:45 pm	

### Pre-Registered Drop-in Programs

- All pre-registered drop in programs require advanced registration. Registration is available 72 hours prior the start of the session online at: <https://cityofnanaimo.perfectmind.com/> (**personal account is required**)
- Registration is also available by telephone at (250) 756-5200 or at the front counter in advance at Oliver Woods Community Centre, Bowen Complex and Nanaimo Aquatic Centre.
- Drop in at the time of session is not permitted.
- Users will not have access to the change rooms or showers. Come dressed for your activity and exit the facility immediately following the session.
- Schedule subject to change.



# PRE-REGISTERED DROP-IN SCHEDULE

## Bowen Park Pottery Studio

**Tuesday, September 15 to Saturday, December 19**

Formally "Drop-in Pottery", all participants will be able to register at a maximum of 3 days in advance for each session. The Bowen Park Pottery Studio has the tools, equipment and supplies available for the public to work independently. Children, when accompanied by an adult, are welcome (both must register). No instruction is provided. Clay may be purchased for \$32 (including tax) per 22 pound bag and includes all firing and glazing fees. Space is limited and is in effect from September 15 to December 19. Cost is \$12 per session.

SUN	MON	TUE	WED	THU	FRI	SAT
		2-5:30 pm		9:30-11:30 am* (Harbour City Seniors only*)  12-3 pm		9 am-12 pm

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**250-756-5200**



# Admission Rates

*for pools, arenas, weight rooms, gymnasiums*

<b>General Admission (includes tax)</b>	
Child Swim/Skate (2 & under)	FREE
Child Swim/Skate (3 to 12 years)	\$3.75
Student (13 to 18 with card)	\$5.25
Adult	\$7.00
Senior (60 years & over)	\$5.25
Senior (80 years & over)**	FREE
Family (max. 2 adults/children)	\$14.00
<b>10-Visit Pass (includes tax)</b>	
Child (to 12 years)	\$30.00
Student (13 to 18 with card)	\$42.00
Adult	\$56.00
Seniors (60 years & over)	\$42.00

\*\*Senior (80 years & over): Patrons must live in the City limits (must provide proof of birth date and Nanaimo residency).



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