

NEWS RELEASE

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Aquafit classes will continue at Nanaimo pools

Modified schedule in effect until June

Summary

Aquafit classes at Nanaimo Aquatic Centre and Beban Park Pool will continue from April to June.

This modified schedule will include the following two models for Therapy Aquafit, Shallow Water Aquafit and Deep Water Aquafit:

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White Board Workouts: No instructor is available at this time, but a workout will be provided on a white board for patrons to follow. All equipment and pool space will be available during the scheduled time.

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Instructor-Led Workouts: Fitness instructors will lead classes, including a new Aqua Zumba class.

Due to ongoing staff shortages and increased demand, the City was originally planning to pause these classes while additional staff were hired and trained. With this modified schedule, classes will continue to run this spring -- April to June -- before the pools shut down for their annual maintenance.

The City of Nanaimo continues to actively recruit lifeguards in a variety of ways. The Department of Parks, Recreation and Culture will be holding a Job Fair on Thursday, April 13, 2 to 7 pm at Nanaimo Aquatic Centre to find potential employees in the areas of aquatics, arenas, business services, community recreation, cultural opportunities, custodial services and parks.

Updated schedules can be found online in the Spring and Summer 2023 Activity Guide or by going to the "Drop-in" area of the website and choosing "Pools".

Last minute changes are still a possibility and are posted as soon as possible on the City of Nanaimo website (recreation.nanaimo.ca page) and on the City Facebook page

Strategic Link: The City of Nanaimo is committed to the livability of its citizens.

Key Points

- Aquafit programs are scheduled to run from April to June.
- Active recruitment is underway to attract new lifeguards to Nanaimo through advertising, an upcoming job fair and training opportunities.
- Aquafit schedules can be found in the 2023 Spring and Summer Activity Guide and on the City of Nanaimo website under "Drop-in".

Continued... Aquafit classes will continue at Nanaimo pools

Quotes

"Continuing to offer aquafit classes in the pools has been one of the top priorities for aquatic staff as they work to recruit employees. Although this is a modified schedule for the spring, the goal is to be able to offer more options as staff are hired and trained for the fall and winter seasons."

Leonard Krog
Mayor
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