

Beban Pool Spring Schedule SUN, MAY 8 TO SAT, JUL 2

Schedule is subject to change. Please check recreation.nanaimo.ca to confirm. Closed on stat holidays.

PROGRAM	SUN	MON	TUE	WED	THU	FRI	SAT
Everyone Welcome	9 am-12 pm					6:30 am-2:30 pm	
25 Metre Lanes		6:30-10 am 11:15 am-1:15 pm	6:30-10 am 10:30 am-2:30 pm	6:30-10 am 11:15 am-1:15 pm	6:30-10 am 10:30 am-2:30 pm		
Leisure Swim		6:30-8:30 am 11:15 am-2:30 pm	6:30-8 am 10:30 am-2:30 pm	6:30-8:30 am 11:15 am-2:30 pm	6:30-8 am 10:30 am-2:30 pm		
Waterslides	9 am-12 pm	Available upon request					
Weight Room	9 am-5 pm	6:30 am-7 pm	6:30 am-7 pm	6:30 am-7 pm	6:30 am-7 pm	6:30 am-7 pm	
AQUAFIT	SUN	MON	TUE	WED	THU	FRI	SAT
Therapy Aquafit (1 hr)		1:30-2:30 pm		1:30-2:30 pm			
Shallow Water Aquafit (45 min)			10:15-11 am		10:15-11 am		
Deep Water Aquafit (45 min)		10:15-11 am		10:15-11 am			

Drop-in Swim Session Descriptions

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. The water slides are open, too!

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

25 Metre Swims: Our main tank is set up for length swimming.

AQUAFIT DESCRIPTIONS

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 would find with dry land aerobics. Open to all levels of ability.

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.

NOTE: School groups may be present on Tuesdays and Thursdays between 10:30 am and 2:30 pm.



Due to staffing challenges, there may be unforeseen and unscheduled pool closures and program cancellations. Please check our website (recreation.nanaimo.ca) or follow us on Facebook. We will post these changes as soon as we can to give you as much notice as possible.

Please Note:

- Please inform staff of any medical conditions.
- All children through 6 years of age must be under the direct supervision and within arm's reach of a guardian. Guardian must be in the water and be 16 years of age or older.
- Ratio for children who are 6 years of age and under is 1 adult to 3 children.
- **Beban Pool closed on May 23 (Victoria Day). Visit Nanaimo Aquatic Centre from 12-5 pm. Both pools closed on July 1 (Canada Day).**

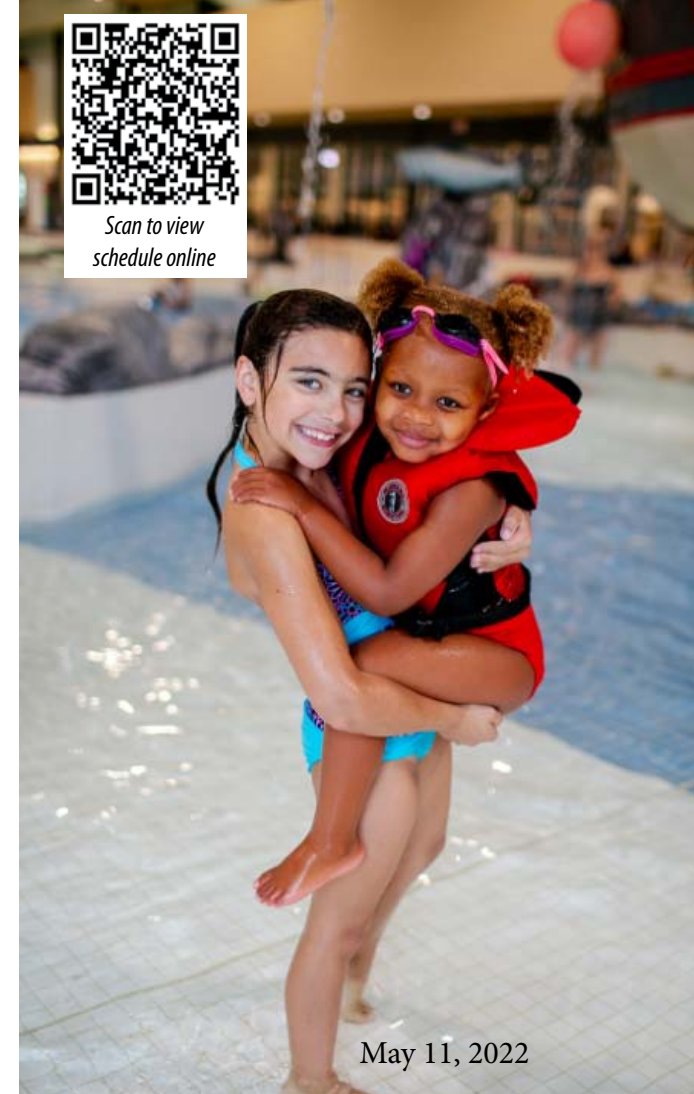
Please Help Us Avoid Unnecessary Pool Closures:

- Anyone not toilet trained must wear protective, water resistant swim wear. Children's swim diapers are available for purchase from the front desk.
- Children should use the washroom prior to swimming in order to avoid potential pool closures.
- All patrons must thoroughly shower prior to entering the pool.

May 8 to Jul 2 Pools SCHEDULE & GENERAL INFO



Scan to view schedule online



May 11, 2022

Activity Guide

To see all of the pool programs available this season, please check out our online Activity Guide found at recreation.nanaimo.ca



recreation.nanaimo.ca
250-756-5200



Nanaimo Aquatic Centre Spring Schedule **SUN, MAY 8 TO SAT, JUL 2**

Schedule is subject to change. Please check recreation.nanaimo.ca to confirm. Closed on stat holidays except May 23.

PROGRAM	SUN	MON	TUE	WED	THU	FRI	SAT
Everyone Welcome	6 am-5 pm	6 am-2 pm 2:45-8 pm	6 am-2 pm 2:45-8 pm	6 am-2 pm 2:45-8 pm	6 am-2 pm 2:45-8 pm	6 am-2 pm 2:45-8 pm	12-8 pm Lions Free Swim, 2-3:30 pm until Jun 25
Bulkhead Move <i>lane pool unavail.</i>	11:30 am-12 pm	9-9:30 am		9-9:30 am			
Leisure Only							6 am-12 pm
50 Metre Lanes	6-11:30 am		6 am-2 pm		6 am-2 pm		
25 Metre Lanes	12-5 pm	6 am-2 pm 2:45-8 pm	2:45-8 pm	6 am-2 pm 2:45-8 pm	2:45-8 pm	6 am-2 pm 2:45-8 pm	12-8 pm
Waves & Waterslides	12-4:45 pm	3:30-7:45 pm	3:30-7:45 pm	3:30-7:45 pm	3:30-7:45 pm	3:30-7:45 pm	12-7:45 pm
CLEANING CLOSURE		2-2:45 pm	2-2:45 pm	2-2:45 pm	2-2:45 pm	2-2:45 pm	
Weight Room	6 am-5 pm	6 am-8 pm	6 am-8 pm	6 am-8 pm	6 am-8 pm	6 am-8 pm	6 am-8 pm
AQUAFIT	SUN	MON	TUE	WED	THU	FRI	SAT
Therapy Aquafit (1 hr)		8:30-9:30 am		8:30-9:30 am		8:30-9:30 am	
Shallow Water Aquafit (45 min)		10:15-11 am		10:15-11 am		10:15-11 am	
Deep Water Aquafit (45 min)		7:15-8 pm	10:15-11 am	7:15-8 pm	10:15-11 am	7:15-8 pm	

Drop-in Swim Session Descriptions

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

25 & 50 Metre Swims: Our main tank is set up for length swimming.

Wave Pool: Catch the waves! Please note that waves may be turned off for various, unforeseen circumstances.

Diving Boards: Both 1-metre and 3-metre diving boards are available at select times. Please call us to find out the day's schedule.

AQUAFIT DESCRIPTIONS

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.

NOTE: Large school groups may be present in May & June.



Due to staffing challenges, there may be unforeseen and unscheduled pool closures and program cancellations. Please check our website (recreation.nanaimo.ca) or follow us on Facebook. We will post these changes as soon as we can to give you as much notice as possible.

Open on May 23, 12-5 pm (Victoria Day) but closed on July 1 (Canada Day).

Please Note:

- Please inform staff of any medical conditions.
- All children through 6 years of age must be under the direct supervision and within arm's reach of a guardian. Guardian must be in the water and be 16 years of age or older.
- Ratio for children who are 6 years of age and under is 1 adult to 3 children.
- Life jackets are available for public use.
- Slides, waves and/or diving boards may need to be closed periodically throughout the day. Please ask a lifeguard for schedule information.
- Lions Free Swims held April 30-June 25 from 2-3:30 pm.
- **Nanaimo Aquatic Centre open from 12-5 pm on May 23 (Victoria Day). Closed on July 1 (Canada Day).**

Please Help Us Avoid Unnecessary Pool Closures:

- Anyone not toilet trained must wear protective, water-resistant swim wear. Children's swim diapers are available for purchase from the front desk.
- Children should use the washroom prior to swimming in order to avoid potential pool closures.
- All patrons must thoroughly shower prior to entering the pool.



Public Admissions SKATE, SWIM, 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 1 adult & 4 children	14.00

10 Visit Pass (10 admissions):

CHILD - 12 yrs & under	\$30.00
STUDENT - 13 to 18 yrs	\$42.00
ADULT	\$56.00
SENIOR - 60+ yrs	\$42.00

1 Month Active Pass:

CHILD	\$30.00
STUDENT/SENIOR	\$42.00
ADULT	\$56.00
FAMILY	\$112.00

12 Month Active Pass:

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	\$6.00

Prices include tax and are subject to change.
All 10 visit and 20 visit cards expire three years from date of purchase. All one month Active Passes are non refundable.

Pool Locations

NANAIMO AQUATIC CENTRE (741 Third Street)

50 metre pool, wave pool, slides, sauna, hot tub; seating for 900 and meeting rooms.

BEBAN PARK POOL (2300 Bowen Rd)

25 metre pool, leisure pool, slides, sauna, hot tub; meeting room in Beban Social Centre.