

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.

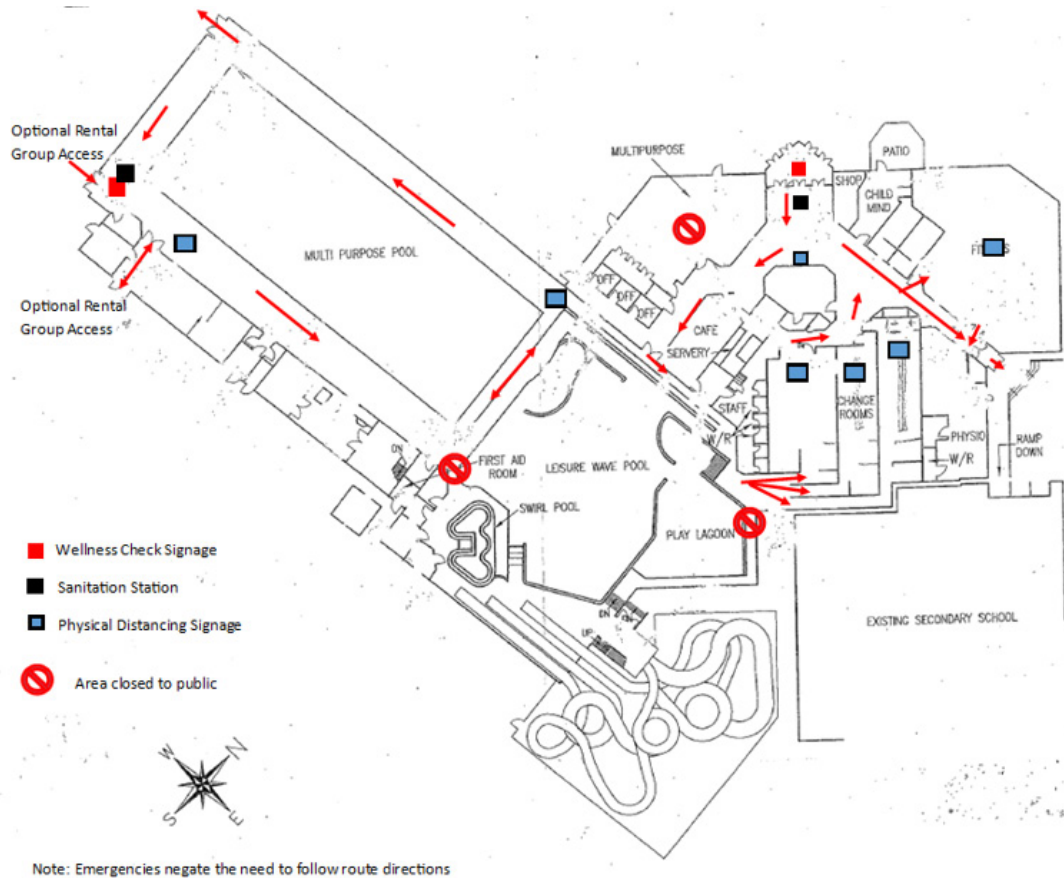
Amenities

- 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.