

NANAIMO AQUATIC CENTRE

Shutdown for Maintenance from
Tuesday, September 3 to Sunday, September 22



JOIN US AT BEBAN POOL!

Beban Park Interim Schedule

Tuesday, September 3 to Sunday, September 22, 2019

Please note that length swimming may be limited during aquafit classes.

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	12:45-1:30 pm	10:45-11:30 am 7-7:45 pm	10:45-11:30 am 2-2:45 pm	10:45-11:30 am 7-7:45 pm	10:45-11:30 am 2-2:45 pm	10:45-11:30 am	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	
Therapy		1:30-2:30 pm	8:30-9:30 am	1:30-2:30 pm	8:30-9:30 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 2 for Labour Day.

Please join us at Westwood Lake!



Swim and workout at Beban Pool during Nanaimo Aquatic Centre's annual maintenance shutdown!

recreation.nanaimo.ca
250-756-5200

