

Beban Pool Winter Schedule (2300 BOWEN RD)

Sun, Jan 8-Sat, Apr 1, 2023 Schedule is subject to change. Please check recreation.nanaimo.ca to confirm.

PROGRAM	SUN	MON	TUE	WED	THU	FRI	SAT
Everyone Welcome	CLOSED					12-3 pm	CLOSED
25 Metre Lane Swim		11:15 am-2:45 pm	6:30-9:45 am 1:45-2:45 pm 9:45 am-1:45 pm*	11:15 am-2:45 pm	6:30-9:45 am 1:45-2:45 pm 9:45 am-1:45 pm*	12-3 pm	Times with * are not available when "Swim to Survive" school sessions are scheduled. • Feb 21-Mar 10
Leisure Swim		11:15 am-2:45 pm	6:30-9:45 am 1:45-2:45 pm 9:45 am-1:45 pm*	11:15 am-2:45 pm	6:30-9:45 am 1:45-2:45 pm 9:45 am-1:45 pm*		
Waterslides		Available upon request					
Hot Tub, Sauna, Steam Room		10 am-2:45 pm	6:30-9:45 am 1:45-2:45 pm	10 am-2:45 pm	6:30-9:45 am 1:45-2:45 pm	12-3 pm	
Weight Room <i>(proper attire required***)</i>	CLOSED	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	CLOSED
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)			9-9:45 am		9-9:45 am		
Deep Water Aquafit (45 min)		10:15-11 am		10:15-11 am			

Drop-in Swim Session Descriptions

Everyone Welcome: Enjoy all that Beban Pool has to offer! With warmer water and a quieter atmosphere, it's the perfect escape for wellness and fun in our busy lives! Be active and dive, play, float, jump, swim and slide...or simply relax in one of the hot areas.

Leisure Swim: With its accessible beach and varying depths, the Leisure Pool is perfect to support those developing their swim skills or wanting to use water therapeutically for injury recovery. Float, walk or swim around the river, play in the spray features or practice your swim skills. The hot tub, steam room and sauna are open, in addition to the shallow, warm Teach Pool which is great for toddlers and preschoolers with their caregivers.

25 Metre Lanes: Our main tank is set up for length swimming or water running.

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.

Activity Guide

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

Please Note: Schedule is subject to change.

Check out recreation.nanaimo.ca.

- 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 must be 16 years of age or older.
- Ratio for children who are 6 years of age and under is 1 adult to 3 children.
- ***All weight room users must wear appropriate attire. This includes closed-toe shoes (runners), shorts or track/sweat pants (no jeans).

Pool Foulings: Help us prevent unnecessary pool closures. Anyone not toilet trained must wear protective, water-resistant swim wear. Children's swim diapers are available for purchase from the pool cashier. 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.

POOL CLOSED:

- Mon, Feb 20 (Family Day)

NOTES:

*Additional times may be available at Beban Pool on Tuesdays and Thursdays depending on school bookings. Please call 250-756-5200 to confirm.

There is limited lane space available during the Therapy Aquafit class on Mondays and Wednesdays.



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.

Winter 2023

Pools

SCHEDULE & GENERAL INFO



Scan to view the latest schedule online.

Click on "Drop in" and then choose your "Activity" (swimming, skating, etc.)



January 16, 2023



recreation.nanaimo.ca
250-756-5200



Aquatic Centre Winter Schedule (741 THIRD ST)

Sun, Jan 8-Sat, Apr 1, 2023 Schedule is subject to change. Please check recreation.nanaimo.ca to confirm.

PROGRAM	SUN	MON	TUE	WED	THU	FRI	SAT
Everyone Welcome	6-11:30 am 5:30-9 pm	6 am-2 pm 2:45-9 pm	6 am-2 pm 2:45-9 pm	6 am-2 pm 2:45-9 pm	6 am-2 pm 2:45-9 pm	6 am-2 pm 2:45-9 pm	1-9 pm
BULKHEAD MOVE - Pool unavailable		9-9:30 am	9-9:30 am	9-9:30 am	9-9:30 am		
50 Metre Lane Swim	6-11:30 am		6-9 am		6-9 am		
25 Metre Lane Swim	5:30-9 pm	6 am-2 pm 2:45-9 pm	9:30 am-2 pm 2:45-9 pm	6 am-2 pm 2:45-9 pm	9:30 am-2 pm 2:45-9 pm	6 am-2 pm 2:45-9 pm	1-9 pm
Waves & Waterslides <i>(subject to change***)</i>	5:30-8:30 pm	3:30-8 pm	3:30-8 pm	3:30-8 pm	3:30-8 pm	3:30-8 pm	1-8 pm
CLEANING CLOSURE - Pools, hot tub, steam room & sauna unavailable		2-2:45 pm	2-2:45 pm	2-2:45 pm	2-2:45 pm	2-2:45 pm	
Weight Room <i>(proper attire required***)</i>	6 am-9 pm	6 am-9 pm	6 am-9 pm	6 am-9 pm	6 am-9 pm	6 am-9 pm	6 am-9 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		

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 Lanes: 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.



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: Schedule is subject to change. For schedules, visit recreation.nanaimo.ca.

- Lanes available at all times except during the moving of the bulkheads in the main pool. The bulkheads in the competition pool move at different times throughout the week and may disrupt some lane swimming. Main pool will be closed to move the bulkheads.
- 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 must be 16 years of age or older.
- Ratio for children who are 6 years of age and under is 1 adult to 3 children.
- Slides, waves and/or diving boards may need to be closed periodically throughout the day. Please ask a lifeguard for schedule information.
- Life jackets are available for public use.
- ***All weight room users must wear appropriate attire. This includes closed-toe shoes (runners), shorts or track/sweat pants (no jeans).

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 pool cashier. 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.

STAT HOLIDAY SWIMS:

- Mon, Feb 20, 12-5 pm (Family Day)

SWIM MEETS:

- Jan 27-29 • Feb 11 • Feb 24-26 • Apr 21-23 (limited pool access; check our online schedule at recreation.nanaimo.ca)

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 two 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.