

Beban Pool Schedule (2300 BOWEN RD)

Sun, Mar 30 to Sat, Jun 28 Schedule is subject to change. Please check recreation.nanaimo.ca to confirm.

PROGRAM	SUN	MON	TUE	WED	THU	FRI	SAT
Everyone Welcome						6:30-9 am 11:45 am-2:45 pm	1-4 pm
25 Metre Lanes	9:15-11 am	6:30-10:45 am 12-2:45 pm	6:30-8:45 am 9:45 am-1:45 pm* 1:45-2:45 pm	6:30-10:45 am 12-2:45 pm	6:30-8:45 am 9:45 am-1:45 pm* 1:45-2:45 pm	12-2:45 pm	Times with * not available when Swim to Survive is in session (Apr 29-May 23)
Leisure Swim	8-11 am	6:30 am-2:45 pm	6:30-9:45 am 9:45 am-1:45 pm* 1:45-2:45 pm	6:30 am-2:45 pm	6:30-9:45 am 9:45 am-1:45 pm* 1:45-2:45 pm	6:30-9 am 9-11:45 am* 11:45 am-2:45 pm	1-4 pm
Waterslides	Available upon request						
Hot Tub, Sauna, Steam Room	8-11 am	6:30 am-2:45 pm	6:30-9:45 am 9:45 am-1:45 pm* 1:45-2:45 pm	6:30 am-2:45 pm	6:30-9:45 am 9:45 am-1:45 pm* 1:45-2:45 pm	6:30-9 am 9-11:45 am* 11:45 am-2:45 pm	1-4 pm
Weight Room (proper attire required)	8 am-4 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	8:30 am-4 pm
AQUAFIT	SUN	MON	TUE	WED	THU	FRI	SAT
Therapy Aquafit (45 min)		11-11:45 am		11-11:45 am		11-11:45 am**	
Shallow/Deep Water Combo (45 min)	8:15-9 am (pre-registration)		8:45-9:30 am		8:45-9:30 am 7:15-8 pm* (*pre-registration)		
Aqua Yoga (60 min)							8-9 am (pre-registration)

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 and slide or simply relax in one of the hot areas. Limited lanes available.

Leisure Swim: With its accessible beach entry at 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. Teach Pool is also available which is great for toddlers and preschoolers with their caregivers.

25 Metre Lanes: If fitness is what you are looking for, our 25 metre pool is available for swimming laps 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 limited mobility.

Shallow/Deep Combo Aquafit: This class is designed for both shallow and deep water aquafit enthusiasts. Cardio training, strength training and stretching all together. Participants can choose to stay in the shallow water or participate in deep water with an aquafit belt. Please note that Sunday and Thursday classes are by pre-registration only (see box at right for details).

Aqua Yoga: Increase strength, balance and flexibility with the mindful practice of yoga in the water. This class includes some cardio and will finish with savasana in either the hot tub or sauna. Session at Beban Pool requires pre-registration (see box at right for details).

** No Therapy Aquafit on May 2, 9, 16 & 23

NOTE:

Times with * are not available when "Swim to Survive" school sessions are scheduled. (Apr 29-May 23)

Shallow/Deep Combo

Sun, Apr 6-May 11 | \$37/6 | 138351
Thu, Apr 10-May 15 | \$37/6 | 138349
Sun, May 18-Jun 22 | \$37/6 | 138352
Thu, May 22-Jun 26 | \$37/6 | 138350
Beban Park Pool

Aqua Yoga

Sat, May 3-31 | \$50/5 | 138345

Please Note: Schedule is subject to change. Check out recreation.nanaimo.ca.

- Please inform staff of any medical conditions.
- All children 6 years of age or under 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: Please help us prevent unnecessary pool closures:

- All patrons are required to shower thoroughly prior to entering the pool
- We recommend all users use washroom facilities prior to pool entry
- Swim diapers are available for purchase and must be worn by any pool users not fully toilet trained

Beban Pool Closed:

- Fri, Apr 18 (Good Friday)
- Mon, Apr 21 (Easter Monday)
- Mon, May 19 (Victoria Day)
- Tue, Jul 1 (Canada Day)
- Mon, Aug 4 (BC Day)
- Mon, Sep 1 (Labour Day)

Lifeguards at Westwood Lake Park:

- Jun 28-Sep 1, 12-5:30 pm (including stat holidays; weather permitting)



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.

Spring 2025

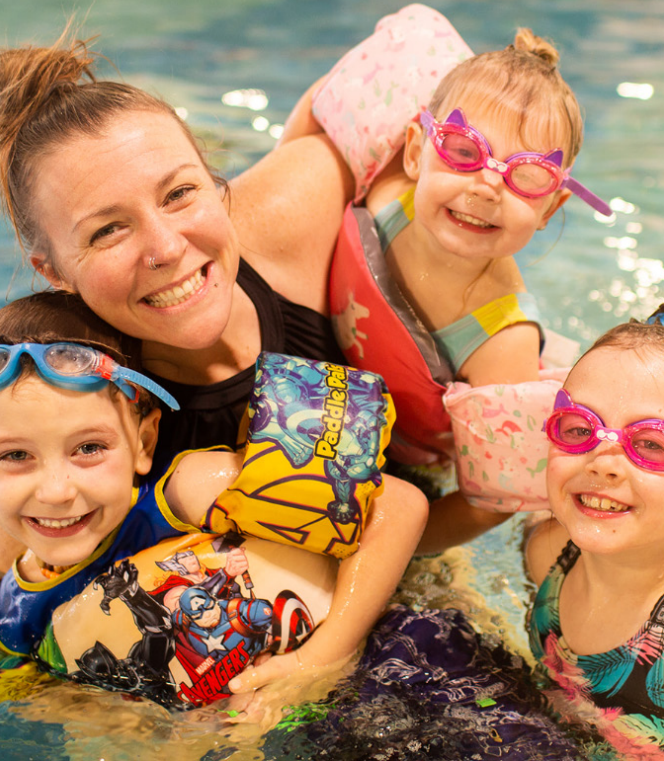
Pools

SCHEDULE & GENERAL INFO



Scan to view the latest swimming schedule online.

April 3, 2025



CITY OF NANAIMO
THE HARBOUR CITY

recreation.nanaimo.ca
250-756-5200



Activity Guide

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

Aquatic Centre Schedule (741 THIRD ST)

Sun, Mar 30 to Sun, Jun 29 Schedule is subject to change. Please check recreation.nanaimo.ca to confirm.

PROGRAM	SUN	MON	TUE	WED	THU	FRI	SAT
Everyone Welcome	6 am-12 pm 1-9 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 <i>lane pool unavail.</i>		9-9:30 am	9-9:30 am	9-9:30 am	9-9:30 am		
Leisure Only							6 am-12 pm
50 Metre Lanes	6 am-12 pm		6-9 am		6-9 am		
25 Metre Lanes	1-9 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	6-8:30 am* <i>limited</i> 1-9 pm
Waves & Waterslides	10 am-12 pm 1-8 pm	3:30-8 pm	3:30-8 pm	3:30-8 pm	3:30-8 pm	3:30-8 pm	10 am-12 pm 1-8 pm
MAINTENANCE CLOSURE	12-1 pm	2-2:45 pm	2-2:45 pm	2-2:45 pm	2-2:45 pm	2-2:45 pm	12-1 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 <i>(1 hour)</i>		8:30-9:30 am		8:30-9:30 am		8:30-9:30 am	
Shallow Water Aquafit <i>(45 min)</i>		10:15-11 am		10:15-11 am			
Deep Water Aquafit <i>(45 min)</i>			10:15-11 am		10:15-11 am		
Aqua Zumba						10:15-11 am (Amber)	
Aqua Yoga			7-8 am (Katherine)				

SWIM SESSION DESCRIPTIONS

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

Leisure Swim: Leisure pool, hot tub, sauna, and steam room are available for you therapeutic needs. No lane swimming available.

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

Wave Pool: Catch the waves! Check our schedule on page 8. 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 of dry land aerobics. Open to all levels and abilities.

Deep Water Aquafit: Classes are done in deep water wearing a floatation belt.

Aqua Zumba: This class is perfect for those looking to make a splash by adding low-impact, high energy aquatic exercise to their fitness routine. Aqua Zumba® blends the Zumba® philosophy with water resistance for one pool party you shouldn’t miss!

Aqua Yoga: Increase strength, balance and flexibility with the mindful practice of yoga in the water. This class includes some cardio and will finish with savasana in either the hot tub or sauna. Session below requires pre-registration.

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 6 years of age and under 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).

Pool Foulings: Please help us prevent unnecessary pool closures:

- All patrons are required to shower thoroughly prior to entering the pool
- We recommend all users use washroom facilities prior to pool entry
- Swim diapers are available for purchase and must be worn by any pool users not fully toilet trained

Stat Holiday Swims at NAC:

- Fri, Apr 18, 12-4 pm (Good Friday)
- Mon, Apr 21, 12-4 pm (Easter Monday)
- Mon, May 19, 12-4 pm (Victoria Day)

Pools Closed:

- Tue, Jul 1 (Canada Day)
- Mon, Aug 4 (BC Day)
- Mon, Sep 1 (Labour Day)

Lifeguards at Westwood Lake Park:

- Jun 28-Sep 1, 12-5:30 pm (including stat holidays; weather permitting)

Swim Meets at NAC:

- April 25-27 • May 3 • May 16-18 • May 24 & 25 • May 31
- June 20-22

Public Admissions

SKATE, SWIM, WEIGHT ROOMS & GYM

General Admissions:

CHILD - 2 yrs & under	Free
CHILD - 3 to 12 yrs	\$3.85
YOUTH - 13 to 24 yrs	\$5.40
ADULT - 25 to 59 yrs	\$7.20
SENIOR - 60 to 79 yrs	\$5.40
SENIOR - 80+ yrs - <i>Nanaimo residents only</i>	Free
FAMILY - <i>Max 2 adults & children from same family</i>	14.40

10 Visit Pass (10 admissions):

CHILD - 12 yrs & under	\$30.90
YOUTH - 13 to 24 yrs	\$43.25
ADULT - 25 to 59 yrs	\$57.70
SENIOR - 60+ yrs	\$43.25

1 Month Active Pass:

CHILD	\$30.90
YOUTH / SENIOR	\$43.25
ADULT	\$57.70
FAMILY	\$115.35

12 Month Active Pass:

CHILD	\$278.10
YOUTH / SENIOR	\$389.35
ADULT	\$515.00
FAMILY	\$1028.95

Arena Skate Rentals:

CHILD / YOUTH / 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.