

Public Admissions

SWIM, SKATE, 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; Nanaimo residents only	Free
Family	Max 2 adults & children from the same family	\$14.40
Shower		\$3.75

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 to 79 yrs	\$43.25

1 Month Active Pass:

Child		\$30.90
Youth/Senior		\$43.25
Adult		\$57.70
Family		\$115.35

12 Month Active Pass:

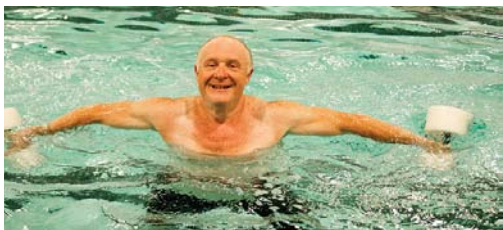
Child		\$278.10
Youth/Senior		\$389.35
Adult		\$515.00
Family		\$1028.95

Arena Skate Rentals/Sharpening:

Child/Youth/Senior		\$3.00
Adult		\$3.75
Family		\$7.00
Helmets		\$0.50
Skate Sharpening		\$6.00

PLEASE NOTE:

- All 10 visit and 20 visit cards expire three years from date of purchase.
- All one-month Active Passes are non refundable.



Public Swim Program Highlights

PLEASE LET POOL STAFF KNOW OF ANY MEDICAL CONDITIONS.

BEBAN POOL

Everyone Welcome: With warmer water and a quieter atmosphere, Beban Pool is the perfect escape for wellness and fun! Dive, play, float, jump, swim and slide. . . or simply relax in one of the hot areas. Limited lanes may be available.

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.

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

AQUAFIT - Refer to pool schedules for class days and times.

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 replacement, 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: 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.

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! **Instructor: Amber Bruner.**

Shallow/Deep Combo: This is designed for both shallow and deep water aquafit enthusiasts. Enjoy the benefits of training your cardio, strength and flexibility in this water fitness class. Participants can choose to stay in the shallow water or participate in deep water with an aquafit floatation belt. Sessions listed below require pre-registration.

Sun, Apr 6-May 11 | 8:15-9 am | \$37/6 | [138351](#)

Thu, Apr 10-May 15 | 7:15-8 pm | \$37/6 | [138349](#)

Sun, May 18-Jun 22 | 8:15-9 am | \$37/6 | [138352](#)

Thu, May 22-Jun 26 | 7:15-8 pm | \$37/6 | [138350](#)

Beban Park Pool

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.

Instructor: Katherine Winge

Sat, May 3-31 | 8-9 am | \$40/5 | [138345](#)

Beban Park Pool

NANAIMO AQUATIC CENTRE

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

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

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.

DROP-IN SCHEDULE - WEIGHT ROOMS

Nanaimo Aquatic Centre & Beban Park Weight Rooms

DEVELOP YOUR STRENGTH, AGILITY AND CARDIOVASCULAR FITNESS IN ONE OF OUR WEIGHT ROOMS.

Nanaimo Aquatic Centre Weight Room - **Spring and Summer**

	SUN	MON	TUE	WED	THU	FRI	SAT
Hours (Mar 30-Jun 29)	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
Hours (Jul 13-Aug 31)	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

Schedule subject to change. See page 11 for specific stat holiday closures. See recreation.nanaimo.ca for up-to-date information.

Weight Room Attendants: Our qualified attendants are ready to show you new exercises, teach you how to use the equipment and answer your questions. They work on-site to care for weight room equipment and enforce safe weight room practices. Daily schedules are posted at each location.

Weight Room Policy: Personal trainers, kinesiologists and physiotherapists, etc. not employed or authorized by the City of Nanaimo may not train clients within the weight rooms. For more information, contact the Weight Room Supervisor at 250-756-5200.

Weight Room Orientations: These are designed to familiarize you with our facilities and give you an orientation on the basics of strength and functional training. An orientation is recommended before using our facilities. Please contact us to set up a time or see our Fitness/Yoga section for scheduled sessions. Cost is \$5.

Weight Room Personal Training Sessions: Work one-on-one with a trainer to develop a workout program that works for you, to follow up and assess your progress or to create a new program that challenges you on your fitness journey. Whatever your health and fitness goals are, our personal trainers can help! Each session includes access to the facility on the day of the training session. Cost is \$58 for one hour. Please book your session in advance. See page 64 for more info.

Youth in the Weight Room: Our weight rooms are available for use by persons 16 years and older. Teens (13-15) wishing to use the weight room for fitness training must complete an orientation. Once completed, they will receive a "Gym Use Graduate Card". This card will permit teens to use the weight room without a parent or guardian's supervision.

Weight Room Attire: All weight room users must wear appropriate attire. This includes closed toe shoes (runners), shorts or track/sweat pants.



Beban Park Weight Room - **Spring and Summer**

	SUN	MON	TUE	WED	THU	FRI	SAT
Hours (Mar 30-Jun 28)	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
Hours (Jun 29-Jul 27)	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

Schedule is subject to change. The Beban Weight Room is closed on all statutory holidays.

PLEASE NOTE: Schedule is subject to change.

For up-to-date schedules, visit recreation.nanaimo.ca

 We have a variety of equipment for diverse abilities clients at Nanaimo Aquatic Centre!

- Nustep Bike - easy access for wheelchairs
- Active Passive Trainer
- Cybex Total Access - strength and cardio machines



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DROP-IN SCHEDULE - POOLS

Nanaimo Aquatic Centre **Spring** Schedule: Sun, Mar 30 to Sun, Jun 29

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 (1 hour)		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			
Deep Water Aquafit (45 min)			10:15-11 am		10:15-11 am		
Aqua Zumba						10:15-11 am (Amber)	
Aqua Yoga			7-8 am (Katherine)				

- Lions Free Swim held on Saturdays, 1-2:30 pm from April 5 to June 28 (cancelled on Apr 26, May 17 & 24, Jun 21)
- Swim Meets: Apr 25-27; May 3; May 16-18; May 24-25; May 31; Jun 20-22 (pool closed for some meets and limited lengths available at others.) * Bulkhead entry only-limited lanes

Nanaimo Aquatic Centre **Summer** Schedule: Mon, Jul 28 to Sun, Aug 31

PROGRAM	SUN	MON	TUE	WED	THU	FRI	SAT
Everyone Welcome	6 am-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	6 am-9 pm
Bulkhead Move <i>lane pool unavail.</i>	9-9:30 am		9-9:30 am		9-9:30 am		
50 Metre Lanes	9 am-12 pm		6-9 am		6-9 am		
25 Metre Lanes	9:30 am-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 am-9 pm
Waves & Waterslides	12-7:30 pm	12-8 pm	12-8 pm	12-8 pm	12-8 pm	12-8 pm	12-7:30 pm
MAINTENANCE CLOSURE		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 hour)		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			
Deep Water Aquafit (45 min)			10:15-11 am		10:15-11 am		
Zumba (45 min)						10:15-11 am (Amber)	

NANAIMO AQUATIC CENTRE ANNUAL MAINTENANCE CLOSURE: JUNE 30 TO JULY 27 (opening on July 28)

DROP-IN SCHEDULE - POOLS

Beban Pool **Spring** Schedule: Sun, Mar 30 to Sat, Jun 28

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	11:45 am-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	
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 (<i>proper attire required</i>)	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 (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)

Beban Pool **Summer** Schedule: Sun, Jun 29 to Sun, Jul 27

PROGRAM	SUN	MON	TUE	WED	THU	FRI	SAT
Everyone Welcome	9 am-9 pm	11 am-5 pm 5-7 pm	11 am-5 pm 5-7 pm	11 am-5 pm 5-7 pm	11 am-5 pm 5-7 pm	11 am-5 pm 5-7 pm	9 am-9 pm
25 Metre Lanes	6-9 am	6-7:45 am 7-9 pm	6-9 am 8-9 pm	6-7:45 am 7-9 pm	6-9 am 8-9 pm	6-7:45 am 7-9 pm	6-9 am
Leisure Swim	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
Waterslides	Available upon request						
Hot Tub, Sauna, Steam Room	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
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 (45 min)		8-8:45 am		8-8:45 am		8-8:45 am	
Shallow/Deep Water Combo (45 min)			7:15-8 pm		7:15-8 pm		

See page 8 for admission rates and program highlights.

- Beban Pool closed on all stat holidays; NAC and Beban Pool closed on Jul 1 (Canada Day), Aug 4 (BC Days), Sep 1 (Labour Day)
- Nanaimo Aquatic Centre open from 12-4 pm on Apr 18 (Good Friday), Apr 21 (Easter Monday), May 19 (Victoria Day)
- Westwood Lake open with lifeguards, 12-5:30 pm on Jul 1, Aug 4 & Sep 1

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

LIFEGUARDS AT WESTWOOD LAKE

June 28-September 1

12-5:30 pm

(including stats; weather permitting)

BEBAN POOL/WEIGHT ROOM ANNUAL MAINTENANCE CLOSURE: JULY 28 TO SEPTEMBER 1 (opening September 2)



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COMMUNITY CONNECTIONS



TEAM AQUATIC SUPPLIES LTD

Lobby of Nanaimo Aquatic Centre

YOUR ONE STOP SWIM SHOP

Competitive Swimming - Aquafitness - Family - Fun



Swimwear - Equipment - Fins - Goggles - Gear

741 Third Street, Nanaimo, B.C. • 250-740-0372
On-line store: www.team-aquatic.com

ADULT PROGRAMS

Long Lake



SCAN ME



www.nckc.ca

Est. 1988

LIFEGUARDS AT WESTWOOD LAKE

Westwood Park First Beach



Back by popular demand!

**SWIMMING LESSONS AT
WESTWOOD LAKE**

(See pool section for schedule.)

**Saturday, June 28 to
Monday, September 1,
12 to 5:30 pm**

*(including Canada Day,
BC Day & Labour Day;
weather permitting)*

**PLEASE NOTE:
Registration for Spring
& Summer Aquatic
programs begins on
Wednesday, March 5!**



Pool Programs

SWIM LESSONS • LIFEGUARDING • FITNESS • TRAINING

With a variety of swim lessons, aquatic training and water sports for children, youth and adults, we make swimming easy and fun. Our trained aquatics staff will assist you in choosing the right program to meet your needs.

Pool Special Events

Join us for some fun for the whole family! (Regular admission applies unless otherwise indicated.)

Super Hero Swims

Join our super hero staff for some super hero-themed activities.

Friday, Mar 21 • 12-2 pm • Nanaimo Aquatic Centre

Friday, Mar 28 • 12-2 pm • Nanaimo Aquatic Centre

Lions Free Swims

Enjoy free swimming thanks to Nanaimo Lions!

Saturday, Apr 5-Jun 28 • 1-2:30 pm • Nanaimo Aquatic Centre

(cancelled on April 26, May 17 & 24, June 21)



Pro-D Day Swim

No school? Come for a swim!

Monday, May 5 • 12-2 pm • Nanaimo Aquatic Centre

Wear Your PFD to Work/School Day

Wear your lifejacket that day and post on social media

#wearyourlifejacketatworkday #wearyourlifejacket

Friday, May 16

National Safe Boating Awareness Week

Saturday to Friday, May 17-23 • Nanaimo Aquatic Centre/Beban Pool

National Drowning Prevention Week

Sunday to Saturday, Jul 20-26 • Westwood Lake Park/Beban Pool

World Drowning Prevention Day

Friday, Jul 25 • Westwood Lake Park/Beban Pool

Lifeguard Appreciation Day

Thursday, Jul 31 • Westwood Lake Park

Aquatic Adventure Days

Thursdays in Jul • 12-2 pm • Beban Park Pool

Thursdays in Aug • 12-2 pm • Nanaimo Aquatic Centre

End of Summer Splash

Wednesday, Aug 27 • 5-7 pm • Westwood Lake Park



Lifeguard Instructors wanted with the City of Nanaimo!

You must be a minimum of 16 years old, hold a current CPR C, National Lifeguard Pool Certificate and a Lifesaving Swim Instructor Certification. Apply: employment.opportunities@nanaimo.ca. See pages 84-85 for details.

PARENT & TOT LESSONS

Ages 4-36 months

Caregiver participation is required. Progression is based on age.



Jellyfish

4-12 months



Goldfish

13-24 months



Seahorse

25-36 months

PRESCHOOL LESSONS

Ages 3-5 years

Progression is based on completion of level.



Octopus

- Blowing bubbles with face in water
- Front and back floats and glides with instructor help



Crab

- Front and back floats and glides with buoyant aid
- Roll-over floats
- 5M back swim with buoyant aid



Orca

- Front, back and roll-over floats and glides
- 5M swims on front and back



Sea Lion

- Basic front crawl and side glides
- Deep-water activities
- 7M swim on front and back



Narwhal

- Deep-water swimming
- 5M front and back crawl
- 4 x 5M swim on back

To advance to Swimmer Lessons, your child must be 5 years old on the first day of lessons. If they have completed Narwhal, they will advance to Swimmer 2. All other preschool swimmers will benefit from gaining more experience in Swimmer 1.

Swim for Life® Program Overview

SWIMMER LESSONS

Progression is based on completion of level. **Ages 5-14 years**



Swimmer 1

- Front and back floats and swims
- Roll-over swims and basic front crawl
- 5M swim on front and back



Swimmer 2

- Deep-water activities
- Front, back and side swims
- 10M front and back crawl



Swimmer 3

- Front and back floats and swims
- Roll-over swims and basic front crawl
- 15M swim on front and back



Swimmer 4

- Tread water for 1 minute
- Basic breaststroke
- 25M front and back crawl
- Swim to Survive Standard



Swimmer 5

- Eggbeater for 30 seconds
- 25M breaststroke
- 50M front and back crawl



Swimmer 6

- 50M breaststroke
- 100M front and back crawl
- 300M distance swim



Swimmer 7: Canadian Swim Patrol - Rookie

- Front and back crawl and breaststroke mastery
- Lifesaving: victim recognition and ready position
- First Aid: primary assessment and calling EMS



Swimmer 8: Canadian Swim Patrol - Ranger

- Eggbeater kick and object support
- First Aid: obstructed airway, checking breathing; shock
- Removing conscious victim



Swimmer 9: Canadian Swim Patrol - Star

- First Aid: bone, joint injuries, asthma, allergic reactions
- Support and removal of unconscious victim
- 300M swim in 9 minutes

Swimming Lesson Tips for Success

We are pleased to bring you the Lifesaving Society's Swim for Life Program to highlight the importance of swimming and water safety skills. Swimming can be fun and is also a necessary life skill. Help your child start swimming on the right foot.

- Evaluate your child's swim ability and choose a class level, date and time. Not sure of their ability? Stop by one of our pools during an "Everyone Welcome" swim session and have one of the lifeguards evaluate your child (depending on staff availability).
- Register for a class online or at one of our facilities early, as classes fill up quickly.
- Arrive no more than 10 minutes early to check-in and familiarize your child with the facility. Please have your child ready for class at the start of the lesson time.
- Lockers are available and recommended. Tokens can be purchased from our front desk staff.
- Have your child go to the bathroom before lessons. Children who are not potty trained must wear a swim diaper (available for purchase at the front desk).
- All patrons must shower before entering the pool.
- Bring your child's towel onto the pool deck to keep your child warm before and after lessons.
- Please stay home if not feeling well.
- At the end of lessons, your instructor will recommend the appropriate level for the next set of lessons. Levels are frequently repeated to allow students to master skills and feel successful before moving onto a new level.



Pricing for Swimming Lessons (lesson prices are pro-rated for holidays & swim meets)	
30 Minute Lessons	\$70/10 lessons
45 Minute Lessons	\$110/10 lessons
60 Minute Lessons	\$140/10 lessons
30 Minute Private Lessons *add additional swimmer	\$150/5 lessons \$225/5 lessons

Waitlists for Swimming

Is a swimming class full? Put your child's name on the waitlist for the specific class you want. If a spot comes up, we will contact you. If there is enough interest in a particular level, we will do our best to create a new class and contact you to see if it works for your schedule.

Shopping for Swim Lessons Using the "X" Grid

- STEP 1** Choose your desired day of the week (Monday, Tuesday, etc.)
- STEP 2** Select the lesson best suited for your swimmer (Jellyfish, Orca, Swimmer 1, etc.)
- STEP 3** View the time available for that lesson ("X" indicate available times)
- STEP 4** Register in person, over the phone or online through recreation.nanaimo.ca
 - Provide the clerk with the level and your choice of dates
 - Search for swim lessons in recreation.nanaimo.ca using a key word(s) in the search field (Jellyfish, for example)



Spring Lessons - Beban Pool

**Note: Due to high demand of swimming lessons, last minute withdrawals may impact course offerings. Please provide as much notice as possible if a withdrawal from a swim lesson is required.*

MON & WED Beban Pool SET 1: April 7-May 7 (9 lessons; no session Apr 21) SET 2: May 12-June 11 (9 lessons; no session May 19)	TUE & THU Beban Pool SET 1: April 8-May 8 (10 lessons) SET 2: May 13-June 12 (10 lessons)
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		6:30 am	7:00 am	7:30 am	8:30 am	9:00 am	9:30 pm	10:00 am	10:30 am	3:00 pm	3:30 pm	3:45 pm	4:00 pm	4:15 pm	4:30 pm	4:45 pm	5:00 pm	5:30 pm	6:00 pm	6:30 pm	7:00 pm	3:00 pm	3:30 pm	3:45 pm	4:00 pm	4:30 pm	5:00 pm	5:30 pm	6:00 pm	6:30 pm	
Parent Participation	Jellyfish				X														X												
	Goldfish					X														X											
	Seahorse						X	X									X														
Preschool Prog. (3-5yrs)	30 Min. Classes	Octopus			X			X					X	X	X										X		X	X			
		Crab		X			X								X			X	X	X	X			X			X		X		X
		Orca	X						X			X						X		X	X					X	X				X
		Sea Lion				X						X				X			X						X					X	
		Narwhal						X			X										X					X					
		Private		X	X		X	X		X																					
		Swimmer 1			X											X		X	X		X	X		X					X	X	X
School Ages Program (6-13 yrs)	45 Min.	Swimmer 2	X										X				X	X		X				X	X				X		
		Swimmer 3								X						X									X						
		Swimmer 4										X											X								
	60 Min.	Swimmer 5										X													X						
		Swimmer 6																					X								
		Swimmer 7										X																			
		Swimmer 8/9										X																			
14+	Teen/Adult 1/2																		X												

PLEASE NOTE:
Registration for Spring & Summer Aquatic programs begins on Wednesday, March 5!

Junior Lifeguard Club

8 to 12 Years

Are you interested in a pause from swimming lessons? This program emphasizes fun and aquatic skill development based on personal-best achievement. Building on skills you have from swimming lessons, you will work to develop and improve swimming and other aquatic skills with an emphasis on swim and lifesaving knowledge, leadership and teamwork, community education, competition and personal fitness. This is serious fun!

Prerequisites: Ability to meet the Swim to Survive Standard (roll into deep water, tread water for one minute, swim 50m).

Tue, Apr 8-Jun 10 | 6-7:30 pm | \$110/10 | 138603

Thu, Apr 10-Jun 12 | 6-7:30 pm | \$110/10 | 138605

Nanaimo Aquatic Centre



cityofnanaimo



prc_nanaimo (#ilovemyparksandrec)



Spring Lessons - Beban Pool

**Note: Due to high demand of swimming lessons, last minute withdrawals may impact course offerings. Please provide as much notice as possible if a withdrawal from a swim lesson is required.*

		FRI Beban Pool April 25-June 13 (8 lessons)										SAT Beban Pool April 26-June 14 (8 lessons)								SUN Beban Pool April 27-June 15 (8 lessons)																	
		3:00 pm	3:30 pm	4:00 pm	4:30 pm	5:00 pm	5:15 pm	5:30 pm	5:45 pm	6:00 pm	6:15 pm	6:30 pm	6:45 pm	9:00 am	9:30 am	9:45 am	10:00 am	10:15 am	10:30 am	11:00 am	11:15 am	11:30 am	12:00 pm	12:00 pm	12:30 pm	12:45 pm	1:00 pm	1:30 pm	1:45 pm	2:00 pm	2:30 pm	3:00 pm	3:15 pm	3:30 pm	4:00 pm	4:15 pm	4:30 pm
Parent Participation	Jellyfish													x						x					x						x						
	Goldfish																		x			x					x								x		
	Seahorse														x		x								x										x		x
Preschool Prog. (3-5yrs) 30 Min. Classes	Octopus	x				x				x				x				x			x						x					x		x		x	
	Crab		x			x								x			x							x										x			
	Orca			x										x					x											x						x	
	Sea Lion										x			x				x														x					
	Narwhal				x												x										x			x							
	Swimmer 1					x								x			x			x										x	x			x			
	Swimmer 2							x		x					x				x			x			x	x					x			x			
School Ages Program (6-13 yrs) 45 Min.	Swimmer 3										x			x														x					x				
	Swimmer 4						x								x											x							x				
	Swimmer 5					x												x					x						x								
	Swimmer 6											x													x									x			
	Swimmer 7									x				x										x						x							
	Swimmer 8									x								x																			
14 yrs +	Teen/Adult 1/2											x																							x		

Spring Lessons - Nanaimo Aquatic Centre

		TUE ONLY Nanaimo Aquatic Centre April 8-June 10 (10 lessons)			THU ONLY Nanaimo Aquatic Centre April 10-June 12 (10 lessons)		
		10:00 am	10:30 am	11:00 am	10:00 am	10:45 am	11:30 am
School Ages Program (6-13 yrs) 30 Min.	Private						
	Swimmer 1	x					x
	Swimmer 2		x				
	Swimmer 3				x		
45 Min.	Swimmer 4					x	
	Teen/Adult 1/2			x			

PLEASE NOTE:
Registration for Spring & Summer Aquatic programs begins on Wednesday, March 5!

Summer Lessons - Beban Pool & Westwood Lake

**Note: Due to high demand of swimming lessons, last minute withdrawals may impact course offerings. Please provide as much notice as possible if a withdrawal from a swim lesson is required.*

MON-FRI Beban Pool July 7-18 (10 less) *Private: July 21-25	MON-FRI Nanaimo Aquatic Centre SET 1: July 28-August 8 (9 less)* SET 2: August 11-22 (10 less) *No lesson August 4	MON-FRI Westwood Lake SET 1: July 7-18 (10 less) SET 2: July 21-August 1 (10 less) SET 3: August 5-15 (9 less)
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		9:00 am	9:30 am	9:45 am	10:00 am	10:30 am	10:45 am	11:00 am	9:30 am	10:00 am	10:30 am	10:45 am	11:00 am	10:15 am	10:45 am
Parent Participation	Jellyfish		X												
	Goldfish				X				X						
	Seahorse	X							X						
Preschool Prog. (3-5yrs)	Octopus	X				X		X	X						
	Crab	X			X			X	X		X				
	Orca		X			X					X				
	Sea Lion								X						
	Narwhal		X								X				
	Private*	X	X		X	X		X							
	Swimmer 1		X			X		X		X				X	
School Ages Program (6-13 yrs)	Swimmer 2	X			X			X	X		X			X	
	45 Min.	Swimmer 3	X			X			X					X	
		Swimmer 4			X		X					X			X
		Swimmer 5									X				
	Swimmer 6						X					X			
	60 Min.	Swimmer 7	X						X						
	Swimmer 8/9				X										



PLEASE NOTE:
 Registration for Spring & Summer Aquatic programs begins on Wednesday, March 5!

AquaGo 5 to 12 Years

AquaGO is an introduction to artistic swimming. Athletes will learn the basics of safe entry, floating, breathing and body positions. All abilities and genders are welcome. Athletes new to swimming can register for AquaGo 1-2; athletes with some experience (Swim Kids 3+) can join AquaGo 3-4.

Instructor: Nanaimo Diamonds

AquaGo 1-2

Sun, Apr 6-Jun 1 | 9-10 am | \$217/7 | [138346](#)

AquaGo 3-4

Sun, Apr 6-Jun 1 | 10-11 am | \$217/7 | [138347](#)

Beban Park Pool

Intro to Synchro 8 to 13 Years

Dive into the world of grace and athleticism with our Intro to Synchro class. This fun and engaging program offers young swimmers a chance to explore Artistic Swimming (formerly known as synchronized swimming) in a supportive and encouraging environment.

Instructor: Nanaimo Diamonds

Thu, Apr 10-Jun 5 | 6-7:15 pm | \$324/9 | [138348](#)

Beban Park Pool



Aqua Yoga 18 Years +

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. Pre-registration is required.

Instructor: Katherine Winge

Sat, May 3-31 | 8-9 am | \$40/5 | [138345](#)

Beban Park Pool

Pre-Registered Aquafit Shallow/Deep Combo

Sun, Apr 6-May 11 | 8:15-9 am | \$37/6 | [138351](#)

Thu, Apr 10-May 15 | 7:15-8 pm | \$37/6 | [138349](#)

Sun, May 18-Jun 22 | 8:15-9 am | \$37/6 | [138352](#)

Thu, May 22-Jun 26 | 7:15-8 pm | \$37/6 | [138350](#)

Beban Park Pool



cityofnanaimo



prc_nanaimo (#ilovemyparksandrec)

PLEASE NOTE:
Registration for Spring & Summer Aquatic programs begins on Wednesday, March 5!



Join the Team! Become a Lifeguard!

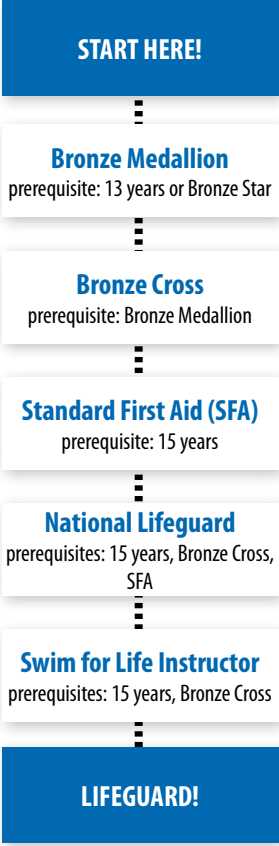
BUILD THE FOUNDATION FOR SUCCESS!

Lifeguards prevent drowning, teach water safety and provide leadership in our community. Consult one of our Aquatic Coordinators at 250-756-5200 to help plan your lifeguard training.



RECOMMENDED PATH:






- 1** **Bronze courses** develop lifesaving fitness and decision-making skills.
- 2** **Standard First Aid** provides practical skills to handle emergency response situations.
- 3** **National Lifeguard** promotes prevention of drowning and aquatic-related injuries.
- 4** **Instructor Training** prepares you to teach swimming lessons and lifesaving skills.



CAREER OPPORTUNITIES:

www.nanaimo.ca/your-government/careers/job-postings

Advanced Aquatic Courses

Course	Dates	Day	Time	Fee	Location	Course ID	
Bronze Medallion	Mar 17-21	M-F	12:30-4:30 pm	\$220	Beban	138361	
	Jul 7-11	M-F	12:30-4:30 pm	\$220	Westwood	138363	
	Aug 5-8	Tu-F	11:30 am-5 pm	\$220	Westwood	138364	
	Judgement, knowledge, skill and fitness will be evaluated. Students acquire the assessment and problem-solving skills needed to make good decisions in, on and around the water. Prerequisites: 13 years of age (by last day of course) or Bronze Star (does not have to be current). 100% attendance is mandatory for completion.						
Bronze Cross	Mar 24-28	M-F	12:30-4:30 pm	\$195	Beban	138368	
	Jul 21-25	M-F	12:30-4:30 pm	\$195	Beban	138373	
	Aug 11-15	M-F	12:30-4:30 pm	\$195	NAC	138392	
	Students begin transitioning from lifesaving to lifeguarding and prepare for assistant lifeguard responsibilities. Students begin to strengthen and expand their lifesaving skills and apply active surveillance principles and techniques in aquatic facilities. The importance of teamwork and communication are emphasized in this course. Prerequisites: Bronze Medallion (does not have to be current). 100% attendance is mandatory for completion.						
Standard First Aid	Apr 5 & 6	Sat & Sun	9 am-5:30 pm	\$177	Beban	131900	
	May 24 & 25	Sat & Sun	9 am-5:30 pm	\$177	Beban	135755	
	Jun 28 & 29	Sat & Sun	9 am-5:30 pm	\$177	Beban	135756	
	Aug 23 & 24	Sat & Sun	9 am-5:30 pm	\$177	Beban	135758	
	This Red Cross First Aid course includes all of the Emergency First Aid and CPR C instruction on day one before covering head and spine injuries, bone and joint injuries, environmental conditions, poisons and sudden medical emergencies on day two. Prerequisites: 13 years of age is recommended. 100% attendance is mandatory for completion.						
National Lifeguard - Pool	Jul 7-17	M-Th	12-6:30 pm	\$499	Beban	138395	
	This is the national standard for lifeguards in Canada. Candidates develop the fundamental values, judgement, knowledge, skills and fitness required by lifeguards. Prerequisites: 15 years of age (by last day of course), Bronze Cross (does not have to be current), Standard First Aid (does not have to be current). 100% attendance is mandatory for completion.						
Swim for Life Instructor	Jul 28-Aug 8	M-F	9:30 am-3:30 pm	\$499	NAC	138763	
	Students will be certified to teach the Lifesaving Society's programs, such as Swim for Life and Canadian Swim Patrol. Prerequisites: 15 years of age (by last day of course), Bronze Cross (does not have to be current). 100% attendance is required.						
Lifesaving Instructor Short Course	Aug 16 & 17	Sat & Sun	9:30 am-6 pm	\$350	NAC	138894	
	The lifesaving Instructor course prepares candidates to teach and evaluate a variety of programs including Bronze Star, Bronze Medallion, Bronze Cross and Junior Lifeguard Club.						

Recertification Courses

Course	Dates	Day	Time	Fee	Location	Course ID	
National Lifeguard - Pool	Jun 7	Sat	9 am-6 pm	\$120	Beban	138444	
	Jul 19	Sat	9 am-6 pm	\$120	Beban	141074	
	Proof of previous certifications: NL Pool, CPR C and AMOA (need not be current)						
National Lifeguard - Waterfront	Jun 22	Sun	10 am-7 pm	\$120	Westwood	138488	
Swim for Life Instructor	May 3	Sat	9:30 am-2 pm	\$120	Beban	138755	
	May 31	Sat	9:30 am-2 pm	\$120	Beban	138756	
Lifesaving Inst.	Apr 26	Sat	9 am-1:30 pm	\$120	Beban	138649	

NOTE: All candidates are required to present their original certification at the start of the recertification clinic. 100% attendance is mandatory for completion. **REFUND POLICY:** Withdrawals with refund will only be provided for Aquatic Leadership courses with a minimum of **seven days advanced notice**. Withdrawals within seven days of start date are refunded at 50%. No refunds on or after start date.

