

Public Admissions

SWIM, SKATE, WEIGHT ROOMS & GYM

General Admissions:

Child	2 yrs & under	Free
Child	3 to 12 yrs	\$3.75
Youth	13 to 24 yrs	\$5.25
Adult	25 to 59 yrs	\$7.00
Senior	60 to 79 yrs	\$5.25
Senior	80+ yrs; Nanaimo residents only	Free
Family	Max 2 adults & children from the same family ..	\$14.00
Shower	\$3.75

10 Visit Pass (10 admissions):

Child	12 yrs & under	\$30.00
Youth	13 to 24 yrs	\$42.00
Adult	25 to 59 yrs	\$56.00
Senior	60 to 79 yrs	\$42.00

1 Month Active Pass:

Child	\$30.00
Youth/Senior	\$42.00
Adult	\$56.00
Family	\$112.00

12 Month Active Pass:

Child	\$270.00
Youth/Senior	\$378.00
Adult	\$500.00
Family	\$999.00

Arena Skate Rentals/Sharpening:

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

PLEASE NOTE:

- Admission rates will be increasing on Sep 1, 2024.
- 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! 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.

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

AQUAFIT

Join us at either pool for aquatic fitness programs. Refer to pages 8 and 9 for class 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!

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. Some of the Beban Pool sessions require pre-registration. See page 80.

NANAIMO AQUATIC CENTRE

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

25 & 50 Metre Swims: Our main tank is set up for length swimming. Please check schedule on page 8.

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.

POOL & WEIGHT ROOM PARTICIPANTS, PLEASE NOTE:

- 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.
- 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.
- Proper attire for both the pool and weight room is required.

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 31-Jun 30)	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 2-21 & Aug 19-31)	6 am-8 pm	6 am-9 pm	6 am-9 pm	6 am-9 pm	6 am-9 pm	6 am-9 pm	6 am-8 pm

Schedule subject to change. See page 9 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.

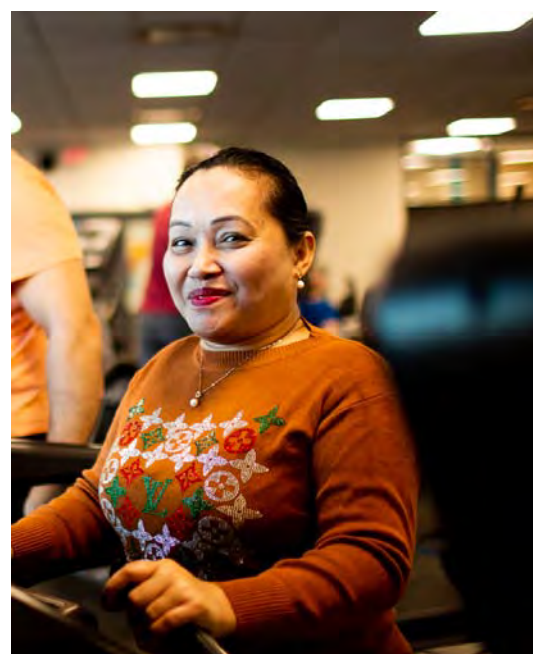
Weight Room Policy: Personal trainers, kinesiologists and physiotherapists, etc. not employed or authorized by the City of Nanaimo may not train clients within the weight rooms. For more information, contact the Weight Room Supervisor at 250-756-5200.

Weight Room Orientations: These are designed to familiarize you with our facilities and give you an orientation of 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 \$48 for one hour. Please book your session in advance. See page 67 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 (no jeans).



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

	SUN	MON	TUE	WED	THU	FRI	SAT
Hours (Mar 31-Jun 22)	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 (Jul 22-Sep 1)	6 am-8 pm	6 am-9 pm	6 am-9 pm	6 am-9 pm	6 am-9 pm	6 am-8 pm	9 am-8 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



cityofnanaimo



pvc_nanaimo (#ilovemyparksandrec)

DROP-IN SCHEDULE - POOLS

Nanaimo Aquatic Centre **Spring** Schedule (741 THIRD ST)

Sun, Mar 31 to Sun, Jun 30 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	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	1-9 pm
Waves & Waterslides	1-8:30 pm	3:30-8 pm	3:30-8 pm	3:30-8 pm	3:30-8 pm	3:30-8 pm	1-8 pm
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)		10:45-11:30 am (Cindy)		10:45-11:30 am			
Deep Water Aquafit (45 min)			10:15-11 am		10:15-11 am		
Zumba						10:30-11:15 am (Amber)	

Nanaimo Aquatic Centre **Summer** Schedule (741 THIRD ST)

Tue, Jul 2 to 21 & Aug 19-Sep 1 Schedule is subject to change. Check recreation.nanaimo.ca to confirm.

PROGRAM	SUN	MON	TUE	WED	THU	FRI	SAT
Everyone Welcome	6 am-8 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-8 pm
Bulkhead Move <i>lane pool unavail.</i>		9-9:30 am	9-9:30 am	9-9:30 am	9-9:30 am	9-9:30 am	
50 Metre Lanes			6-9 am		6-9 am		
25 Metre Lanes	6 am-8 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-8 pm
Waves & Waterslides	12-7:30 pm	3:30-8 pm	3:30-8 pm	3:30-8 pm	3:30-8 pm	3:30-8 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-8 pm	6 am-9 pm	6 am-9 pm	6 am-9 pm	6 am-9 pm	6 am-9 pm	6 am-8 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)		10:45-11:30 am (Cindy)		10:45-11:30 am			
Deep Water Aquafit (45 min)			10:15-11 am		10:15-11 am		
Zumba						10:30-11:15 am (Amber)	

ANNUAL SHUTDOWN DATES FOR NANAIMO AQUATIC CENTRE: Mon, Jul 22 to Sun, Aug 18

DROP-IN SCHEDULE - POOLS

Beban Pool **Spring** Schedule (2300 BOWEN RD)

Sun, Mar 31 to Sat, Jun 22 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 12:30-2:45 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 10-2:45 pm* 1:45-2:45 pm	6:30-10:45 am 12-2:45 pm	6:30-8:45 am 10-2:45 pm* 1:45-2:45 pm	12:30-2:45 pm	Times with * not available when Swim to Survive is in session (May 14-Jun 21)
Leisure Swim	8-11 am	6:30 am-2:45 pm	6:30-9:45 am 10-2:45 pm* 1:45-2:45 pm	6:30 am-2:45 pm	6:30-9:45 am 10-2:45 pm* 1:45-2:45 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 12:30-2:45 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 Aquafit (1 hr)		11-11:45 am		11-11:45 am			
Shallow/Deep Water Combo (45 min)	8:15-9 am (pre-registration only; see page 80)		9-9:45 am		9-9:45 am 7:45-8:30 pm* (*pre-registration only; see page 80)		

Beban Pool **Summer** Schedule (2300 BOWEN RD)

Mon, Jul 22 to Sun, Sep 1 Schedule is subject to change. Please check recreation.nanaimo.ca to confirm.

PROGRAM	SUN	MON	TUE	WED	THU	FRI	SAT
Everyone Welcome	9 am-4 pm	11 am-5 pm 7-9 pm	11 am-5 pm	11 am-5 pm	11 am-5 pm	11 am-5 pm	12-8 pm
25 Metre Lanes	6-9 am 4-8 pm	6-8:30 am 5-7 pm	6-8:30 am 5-7 pm	6-8:30 am 5-7 pm	6-8:30 am 5-7 pm	6-8:30 am 5-7 pm	
Leisure Swim	6 am-8 pm	6 am-9 pm	6 am-9 pm	6 am-9 pm	6 am-9 pm	6 am-8 pm	12-8 pm
Waterslides	Available upon request						
Hot Tub, Sauna, Steam Room	6 am-8 pm	6 am-9 pm	6 am-9 pm	6 am-9 pm	6 am-9 pm	6 am-8 pm	12-8 pm
Weight Room (<i>proper attire required</i>)	6 am-8 pm	6 am-9 pm	6 am-9 pm	6 am-9 pm	6 am-9 pm	6 am-8 pm	9 am-8 pm
AQUAFIT	SUN	MON	TUE	WED	THU	FRI	SAT
Therapy Aquafit (1 hr)		7:15-8:15 am		7:15-8:15 am		7:15-8:15 am	
Deep Water Aquafit (45 min)			7:15-8 pm		7:15-8 pm		

See page 6 for admission rates and program highlights.

STAT HOLIDAYS

- Beban Pool closed on all stat holidays; NAC and Beban Pool closed on Jul 1 (Canada Day), Aug 5 (BC Days), Sep 2 (Labour Day)
- Nanaimo Aquatic Centre open from 12-4 pm on Mar 29 (Good Friday), Apr 1 (Easter Monday), May 20 (Victoria Day)

ANNUAL SHUTDOWN DATES FOR BEBAN PARK POOL: Sun, Jun 23 to Sun, Jul 21

LIFEGUARDS AT WESTWOOD LAKE

June 28-September 2

11:30 am-5:30 pm

(including stats; weather permitting)



cityofnanaimo



prc_nanaimo (#ilovemyparksandrec)



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

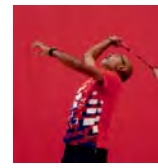
ONLINE PUBLIC DROP-IN SCHEDULES

Visit our website at

recreation.nanaimo.ca

and look at our

**Public Schedules for the most up-to-date
times for swimming, skating, pottery,
weight rooms and gymnasiums!**



CITY OF NANAIMO
THE HARBOUR CITY

250.756.5200

www.nanaimo.ca

parksandrecreation@nanaimo.ca

LIFEGUARDS AT WESTWOOD LAKE

Westwood Park First Beach from Friday, June 28 to Monday, September 2, 11:30 am to 5:30 pm
(including Canada Day, BC Day & Labour Day; weather permitting)



Back by popular demand!

**SWIMMING LESSONS AT
WESTWOOD LAKE**

(See pool section for schedule.)



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.)

Super Hero Swims

Join us for a swim full of super heroes! Our staff will dress up, and there will be activities for the whole family.

Friday, March 15 • 6-8 pm • Nanaimo Aquatic Centre

Friday, March 22 • 6-8 pm • Nanaimo Aquatic Centre

Wear Your Lifejacket to Work Day

Wear your lifejacket that day and post on social media
wearyourlifejacketatworkday #wearyourlifejacket
Friday, May 17

Safe Boating Awareness Week

Saturday to Friday, May 18-24

National Drowning Prevention Week

Sunday to Saturday, July 21-27

End of Summer Splash

Thursday, August 29 • 4-8 pm • Beban Park Pool



Lifeguard Instructors Wanted with the City of Nanaimo!

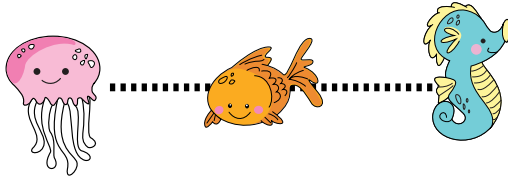
You must be a minimum of 16 years old, hold a current CPR C, National Lifeguard Pool Certificate and a Lifesaving Swim Instructor Certification.

Apply: employment.opportunities@nanaimo.ca.

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 6 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.

SWIMMER LESSONS

Progression is based on completion of level. **Ages 6-14 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/Rookie Patrol

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



Swimmer 8/Ranger Patrol

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



Swimmer 9/Star Patrol

- 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 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														TUE & THU Beban Pool														
		SET 1: April 3-May 1 SET 2: May 6-June 5														SET 1: April 2-May 2 SET 2: May 7-June 6														
Parent Participation	Preschool Prog. (3-5yrs)	30 Min. Classes																												
			6:30 am	7:00 am	7:30 am	8:00 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	4:30 pm	5:00 pm	5:30 pm	6:00 pm	6:30 pm	3:00 pm	3:30 pm	4:00 pm	4:30 pm	5:00 pm	5:30 pm	6:00 pm	6:30 pm	7:00 pm	
School Ages Program (6-13 yrs)	45 Min.	Jellyfish					x																							
		Goldfish						x																						
		Seahorse				x			x																					
		Octopus					x			x			x		x	x								x						
		Crab		x				x		x				x	x		x	x				x				x	x			
	Orca	x				x		x	x			x					x	x				x			x		x			
	Sea Lion										x				x		x					x				x				
	Narwhal										x					x				x				x						
	60 Min.	Private		x	x	x		x	x		x																			
		Swimmer 1														x	x			x		x		x		x				
Swimmer 2		x												x			x	x	x			x			x		x			
Swimmer 3				x							x	x					x													
Swimmer 4														x							x									
	Swimmer 5										x											x						x		
	Swimmer 6												x									x						x		
	Swimmer 7										x																			
	Swimmer 8/9										x																			



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 5-June 7												SAT Beban Pool April 6-June 8							SUN Beban Pool April 7-June 9											
		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	10:00 am	10:15 am	10:30 am	11:00 am	11:30 am	12:00 pm	12:30 pm	12:45 pm	1:00 pm	1:30 pm	2:00 pm	2:30 pm	3:00 pm	3:15 pm	3:30 pm	4:00 pm	4:30 pm
Parent Participation	30 Min. Classes	Jellyfish																	X					X		X						
		Goldfish												X				X		X					X				X			
Seahorse														X	X					X											X	
Preschool Prog. (3-5yrs)		Octopus	X				X		X		X	X			X			X		X		X			X			X			X	
		Crab			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					
		Narwhal										X				X									X				X			
School Ages Program (6-13 yrs)	45 Min.	Swimmer 1					X	X				X		X		X			X	X	X			X		X	X			X		X
		Swimmer 2							X				X			X			X		X		X			X		X			X	
		Swimmer 3										X								X						X						X
		Swimmer 4													X						X				X	X					X	
	60 Min.	Swimmer 5																X				X					X				X	
		Swimmer 6														X						X	X				X		X			
		Swimmer 7													X							X				X						
		Swimmer 8																		X											X	
		Swimmer 9																		X											X	



Pre-Registered Aquafit NEW!

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. *This class requires pre-registration in order to participate.*

Sun, Mar 31-May 5 | 8:15-9 am | \$37/6 | [116792](#)

Thu, Apr 4-May 9 | 7:45-8:30 pm | \$37/6 | [116794](#)

Sun, May 12-Jun 16 | 8:15-9 am | \$37/6 | [116793](#)

Thu, May 16-Jun 20 | 7:45-8:30 pm | \$37/6 | [116796](#)

Beban Park Pool



Spring Lessons - Nanaimo Aquatic Centre

**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 Nanaimo Aquatic Centre SET 1: April 8-May 1 SET 2: May 6-June 5 (no lesson May 20)						TUE Nanaimo Aquatic Centre April 2-June 4						THU Nanaimo Aquatic Centre April 11-June 6							
		SET 1			SET 2																
		8:00 am	9:30 am	10:00 am	8:00 am	9:30 am	10:00 am	9:45 am	10:15 am	11:00 am	7:45 pm							9:45 am	10:15 am	11:00 am	8:00 pm
Parent Participation	Preschool Prog. (3-5yrs)	30 Min. Classes	Jellyfish				X														
			Goldfish	X																	
			Seahorse		X		X														
			Octopus																		
			Crab			X															
			Orca						X												
			Sea Lion																		
School Ages /Teen Adult Program (6-13 yrs/Teen & Adult)	45 Min.	Narwhal																			
		Swimmer 1							X						X						
		Swimmer 2							X						X						
		Swimmer 3							X						X						
		Swimmer 4								X						X					
		Swimmer 5								X						X					
		Swimmer 6								X						X					
	1hr	Teen/Adult 1									X	X					X	X			

Junior Lifeguard Club Camp NEW! 8 to 13 Years

Join this exciting skills camp which takes you in, on and around the water! Develop new lifesaving skills and learn attitudes that could one day save your life or someone else's. Focus on fun, teamwork and skill development with games and a variety of activities themed around lifesaving, lifeguarding and first aid. A must for those who are looking for more than lessons. (Minimum Swimmer 4 level or have successfully completed the Swim to Survive Challenge.)

M-F, Jul 15-19 | 12:30-4:30 pm | \$175/5 | [116832](#)

Westwood Lake Park (first beach)

Lifesaving Sport Camp - NEW! Fundamental Levels 3-5

13 to 15 Years

Lifesaving Sport is the only sport in the world where participants first learn the skills for humanitarian purposes and later use those skills in competition. The International Olympic Committee (IOC) and the Commonwealth Games Federation both recognize the International Life Saving Federation (ILS) as the world governing body for Lifesaving Sport. The Lifesaving Society represents Canada and is the governing body for Lifesaving Sport Canada. It promotes competition as a training incentive and a showcase for the abilities and professionalism of our lifeguards. (Minimum Swimmer 4 level or have successfully completed the Swim to Survive Challenge.)

M-F, Jul 22-26 | 12:30-4:30 pm | \$175/5 | [116827](#)

Westwood Lake Park (first beach)

Summer Camps at Westwood Lake Park

Merfolk Camp

8 to 12 Years

Do you enjoy the water? Feel like you could live under the sea? Join others in this fun camp adventure as you transform your feet into fins and swim like the merfolk and dolphins! Who says dreams have to stay dreams? Come channel your desire to join the life under the sea! Enjoy creating new treasures and playing games with our fun aquatic leaders. (Minimum Swimmer 4 level to participate.)

M-F, Jul 8-12 | 12:30-4:30 pm | \$150/5 | [116814](#)

M-F, Aug 12-16 | 12:30-4:30 pm | \$150/5 | [116815](#)

Westwood Lake Park (first beach)

Survivor Skills Challenge Camp

8 to 12 Years

Young castaways! Embark on an incredible journey in an effort to outwit, outplay and outlast one another. Compete for the ultimate prize and bragging rights. Join us for a week of challenges in, on and around the water. This program includes one hour of swimming lessons each day. (Participants must be at a level Swimmer 4 ability or have successfully completed the Swim to Survive Challenge.)

M-F, Jul 29-Aug 2 | 12:30-4:30 pm | \$150/5 | [116816](#)

Westwood Lake Park (first beach)



cityofnanaimo



prc_nanaimo (#ilovemyparksandrec)

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

SET 1: July 22-Aug 2

SET 2: August 6-16 (no lesson Aug 5)

SET 3: August 19-30

				8:30 am	9:00 am	9:30 am	10:00 am	5:00 pm	5:30 pm	6:00 pm	6:30 pm	
Parent Participation	30 Min. Classes	Jellyfish										
		Goldfish										
		Seahorse			X						X	
Preschool Prog. (3-5yrs)		Octopus	X				X					
		Crab		X				X				
		Orca			X				X			
		Sea Lion				X				X		
		Narwhal				X				X		
School Ages Program (6-13 yrs)			Swimmer 1	X	X	X			X			
			Swimmer 2	X			X	X		X		
	Swimmer 3			X								
	Swimmer 4					X						
	45 Min.	Swimmer 5					X					
		Swimmer 6					X					
	60 Min.	Swimmer 7							X			
		Swimmer 8/9							X			

MON-FRI

Westwood Lake

SET 1: July 8-19

SET 2: July 22-August 2

SET 3: August 6-16 (no lesson Aug 5)

SET 4: August 19-30

		5:00 pm	5:30 pm	6:00 pm	6:30 pm
School Ages Program (6-13 yrs)	Swimmer 1		x		x
	Swimmer 2		x		x
	Swimmer 3	x		x	
	Swimmer 4	x		x	

Waitlists for Swimming

Is a swimming class full that you wanted? 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 class and contact you to see if the new class works for your schedule. Continue to check our website, as new classes are being added periodically throughout the season.

Junior Lifeguard Club

8 to 13 Years

Are you interested in a pause from swimming lessons? This program emphasizes fun and aquatic skill development based on personal-best achievement.

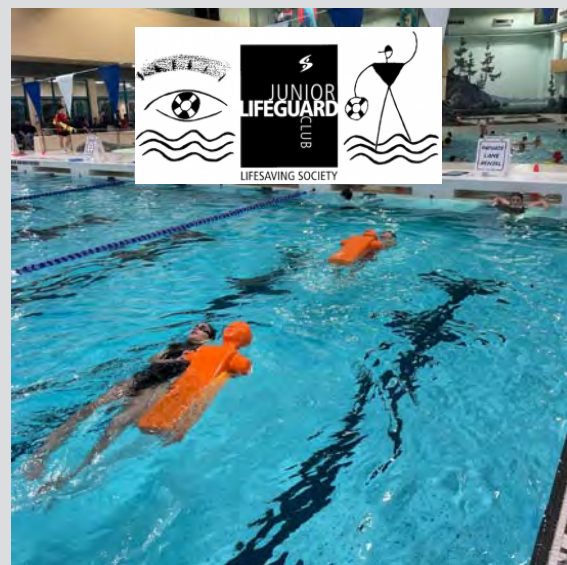
Building on skills they have from swimming lessons, participants will work to develop and improve swimming and other aquatic skills with emphasis on swim and lifesaving knowledge, leadership and teamwork, community education, competition, and personal fitness. This is serious fun!

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

Tue, Mar 26-May 14 | 6-7:30 pm | \$76/8 | [117086](#)

Nanaimo Aquatic Centre

**Volunteer community hours available April 13, 12-6 pm at the LSS Sport Meet as a way to see what competitive lifeguarding is all about!
Your coach will provide more details on the first day of class.**



Summer Lessons

**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 Nanaimo Aquatic Centre July 2-12								MON-FRI Nanaimo Aquatic Centre July 15-19								SAT Nanaimo Aquatic Centre/Beban July 6-August 24 (no lesson Aug 3)						SUN Nanaimo Aquatic Centre/Beban July 7-August 25 (no lesson Aug 4)					
		8:30 am	9:00 am	9:30 am	10:00 am	5:00 pm	5:30 pm	6:00 pm	6:30 pm	8:30 am	9:00 am	9:30 am	10:00 am	5:00 pm	5:30 pm	6:00 pm	6:30 pm	8:30 am	9:00 am	9:30 am	10:00 am	10:30 am	11:00 am	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						x			
Preschool Prog. (3-5yrs)	Octopus	x				x												x				x		x				x	
	Crab		x				x												x			x		x					x
	Orca			x				x											x						x				
	Sea Lion								x																x				
	Narwhal								x																x				
School Ages Program (6-13 yrs)	Swimmer 1	x	x		x	x	x											x	x		x		x	x	x		x		
	Swimmer 2	x				x												x			x		x				x		
	Swimmer 3			x			x												x	x					x			x	
	Swimmer 4		x		x																x					x			
	Private									x	x	x	x	x	x	x	x												
	45 Min. Swimmer 5																					x							
	Swimmer 6																					x							
	60 Min. Swimmer 7							x																			x		
	Swimmer 8/9							x																			x		

LSS Sport Fundamentals (5-Level Progression)



8 to 13 Years

These courses offer recreational introduction to lifesaving sport skills while teaching team building, fair play, ethics in sport and personal responsibility.

- **Level 1: PLAY FAIR** is the underlying principle emphasized in this level. Participants practice in-water starts, jump starts from the deck, stroke development and Lifesaving Sport Skills.
- **Level 2: RESPECT FOR OTHERS** is a key theme in this level. Participants practice dive starts from the deck, open turns, in-water somersaults, strokes and sculling, as well as throwing accuracy and towing a manikin with a rescue tube.
- **Level 3:** where participants set goals while mastering skills like relay transitions, flip turns, stroke development, swimming with fins and more.
- **Level 4:** where participants set more goals and learn how to STAY HEALTHY. Skills include dive starts from a starting block, turns, 50-metre sprints, advanced throwing accuracy, advanced rescue tube and manikin towing skills.
- **Level 5:** where participants learn about the importance of GIVING BACK. Skills include racing starts from a starting block, relay transitions and more.

Lifesaving Sport 1 & 2

Thu, Mar 28-May 16 | 6-6:45 pm | \$76/8 | [117070](#)

Lifesaving Sport 3-5

Thu, Mar 28-May 16 | 6:45-7:45 pm | \$76/8 | [117077](#)

Nanaimo Aquatic Centre

Volunteer community hours available April 13, 12-6 pm at the LSS Sport Meet as a way to see what competitive lifeguarding is all about!
Your coach will provide more details on the first day of class.



cityofnanaimo



prc_nanaimo (#ilovemyparksandrec)



Join the Team! Be 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

START HERE!

Bronze Medallion

prerequisite: 13 years or Bronze Star

Bronze Cross

prerequisite: Bronze Medallion

Standard First Aid (SFA)

prerequisite: 15 years

National Lifeguard

prerequisites: 15 years, Bronze Cross, SFA








Swim for Life Instructor

prerequisites: 15 years, Bronze Cross



LIFEGUARD!

Aquatic Leadership Classes

Advanced Aquatic Courses

Course	Dates	Time	Fee	Location	Course ID	
Bronze Medallion	Apr 6-May 4	12:30-5 pm	\$199	Beban	116687	
	Jul 2-6	4:30-9 pm	\$199	NAC	116887	
	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: Bronze Star (does not have to be current) and be 13 years of age (by last day of the course). 100% attendance is mandatory for completion.					
Bronze Cross	May 25-Jun 22	12:30-5 pm	\$195	Beban	117041	
	Aug 6-10	4:30-9 pm	\$195	Beban	116931	
	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.					
Bronze Medallion & Bronze Cross Combo	Aug 19-30	9 am-6 pm	\$325	Westwood	116850	
	Take your Bronze Medallion and Bronze Cross and get both certifications.					
Standard First Aid (see page 57 for more details)	Apr 20-21	9 am-5:30 pm	\$177	Beban	116281	
	Jun 22-23	9 am-5:30 pm	\$177	Beban	116955	
	Aug 24-25	9 am-5:30 pm	\$177	Beban	116034	
	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	Mar 11-22	12:30-5:30 pm	\$499	NAC	101269	
	Jul 8-19	4-9 pm	\$499	NAC	106932	
	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.					
National Lifeguard Waterfront	June 24-27	9 am-3:30 pm	\$270	Westwood	117092	
	Prerequisites: NL Pool & AMOA certifications (need not be current). A current CPR-C certificate and NL Pool Certification are recommended but not mandatory.					
Swim for Life Instructor	Aug 19-30	12:30-5:30 pm	\$450	NAC	116939	
	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.					

Recertification Courses

Course	Dates	Time	Fee	Location	Course ID	
National Lifeguard	Apr 6	9 am-6 pm	\$120	NAC	116933	
	Jun 8	9 am-6 pm	\$120	NAC	116934	
	Proof of previous certifications: NL Pool, CPR C and AMOA (need not be current)					
Lifesaving Instructor	June 1	8:30 am-1 pm	\$120	NAC	116943	
	Sep 6	4:30-9 pm	\$120	Beban	116941	
NL Waterfront	Sep 7	9 am-6 pm	\$120	Westwood	117096	

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: Starting in April 2024, 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.



cityofnanaimo



prc_nanaimo (#ilovemyparksandrec)