

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:

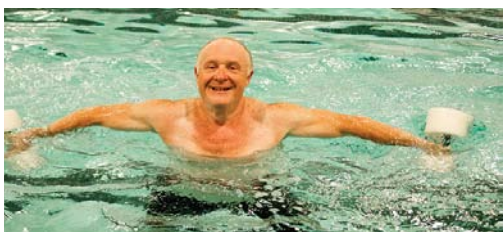
Child		\$278.10
Youth/Senior		\$389.35
Adult		\$515.00
Family		\$1028.95

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)*

DROP-IN SCHEDULE - OWCC

Oliver Woods Community Centre Schedule

Tue, Apr 1-Sun, Aug 31 (closed on all stat holidays)

Programs	SUN	MON	TUE	WED	THU	FRI	SAT
Badminton (16 +)			8:45-10:45 am		8:45-10:45 am	11:30 am-1:30 pm	
Basketball for Youth (10-16 yrs)						3:30-4:30 pm <i>(Apr 4-Jun 27)</i> 2:45-3:45 pm <i>(Jul 4-Aug 29)</i>	
Basketball (16 +)	6:45-8:45 pm	8:30 - 10:30 pm				8:30-10:30 pm	
Everyone Welcome Sports 13 years & younger need adult supervision. No racquet sports available.	11 am- 12:30 pm <i>(Apr 13-Aug 31)</i>						
Pickleball (16 +) Tennis-like game played on a badminton court using a perforated, slow moving ball and paddle.		8-10 am 8:45-10:45 am <i>(Apr 7-Jun 23)</i>	11 am -1 pm	7:15-9:15 am <i>(Apr 2-Jun 25)</i>	11 am -1 pm	7:15-9:15 am <i>(Apr 4-Jun 27)</i> 8-10 am	
Volleyball for Youth (10-16 yrs)						3:30-4:30 pm <i>(Apr 4-Jun 27)</i> 4-5 pm <i>(Jul 4-Aug 29)</i>	
Volleyball (16 +)	7-9 pm	8:15-10:15 pm				8:15 -10:15 pm	
Spare Blox for Youth (13-17 yrs)				6:30-8 pm <i>(Apr 1-Jun 24)</i>			



GENERAL INFORMATION

- Pre-registration available 72 hours prior to program start. Drop-ins available on site if space permits. Please check with registration desk upon arrival.
- No food/drink allowed in gyms.
- Only non-marking gym shoes allowed.
- Participants must be present at time of admission purchase.
- Space is limited; we operate on a first-come, first-served basis.
- Gym Attendant on duty.

FACILITY CLOSURES/ SCHEDULE CHANGES

- Facility closed on all statutory holidays.
- Check our online schedule for changes during pro-d days, school breaks, events and other holidays.
- All drop-in sessions cancelled on June 7 & 8 due to a tournament.
- Please visit recreation.nanaimo.ca for the most up-to-date schedule information.

DROP-IN SPORT PROGRAMS

Parks, Recreation & Culture is committed to offering recreational drop-in programs for the community. Our drop-in programs are designed to create an inclusive environment where participants can learn a new skill, be social, be active, share their sport with others and play together regardless of skill level (beginner to advanced welcome). Recreational drop-in programs are NOT about winning, competitive or aggressive play.



For more information on competitive or league play, please ask our front desk staff.



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DROP-IN SCHEDULE - ARENAS

Arenas Spring Schedule

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

Programs	SUN	MON	TUE	WED	THU	FRI	SAT
Everyone Welcome	3-4:30 pm McN			6:30-8 pm FCA Moves to NIC starting May 21		4:15-5:45 pm FCA Moves to NIC starting May 30	DID YOU KNOW? • Participants of all abilities are welcome to public skating sessions. • Strollers and wheelchairs are welcome on the ice.
Parent & Tot		10-11:30 am McN		12:30-1:30 pm McN			
Parent & Tot Dry Floor Play			10-11:30 am NIC		10-11:30 am NIC		
Adult Leisure Skate (19+)			10-11:45 am FCA Moves to NIC starting May 27		1:30-3:15 pm McN		
Adult Scrub Ice Hockey (18+)		11:45 am-1:15 pm FCA Moves to NIC starting May 26		11:45 am-1:15 pm FCA Moves to NIC starting May 28		11:45 am-1:15 pm FCA Moves to NIC starting May 30	
Senior Scrub (60+) & Scrub Hockey (70+)		8-9:15 am McN	10-11:15 am McN 70+ Seniors	8-9:15 am McN	10-11:15 am McN 70+ Seniors	8-9:15 am McN	
Stick 'n' Puck Children under 8 are to be accompanied onto the ice by an adult.	1:45-2:45 pm McN			1:45-3:15 pm McN		3:15-4:15 pm McN	

• FCA - Frank Crane Arena (2300 Bowen Rd) • McN - Cliff McNabb Arena (2300 Bowen Rd) • NIC 1&2 - Nanaimo Ice Centre (750 Third St.)

Arena Program Highlights - see Arenas Section for courses and lessons

Everyone Welcome – Designed for skaters of all ages and abilities. These sessions provide an excellent opportunity for all members of the community to get active! Helmets are strongly recommended. Look for our "Game Zone" at these sessions held at the far end of the ice surface using sponge pucks.

Parent & Tot (6 years & under) – An excellent opportunity to introduce children to the ice or to work on skills learned in our RecSkate lessons. Come on the ice in shoes or skates and enjoy toys and hockey equipment. Helmets are mandatory for tots. Parents must accompany children on the ice. Free admission for child (up to three kids per adult.)

Adult Leisure Skate (19+) – A great addition to your fitness routine. Enjoy skating laps or practicing your skills in the designated areas. Helmets are strongly recommended. Guests with diverse abilities and their aides are welcome. Please see our Arena Section for Adult/Senior RecSkate lesson options.

Adult/Senior/70+ Scrub (Adult 18+, Senior 60+) – These are fun, recreational drop-in sessions. Non-contact. Full hockey gear is required.

Stick 'n' Puck – If you're new to the game or want to brush-up on skills, Stick 'n' Puck is for you! Get on the ice in a non-game, recreational setting. Space is limited, and session rules do apply. Bring your own pucks. Children under 8 must have adult on the ice. Helmets with cages required for those 16 years and under.



Look for our "Game Zone" at all Everyone Welcome sessions!

(except Glow in the Dark, Starlight sessions or at busy sponsored free skates)



SCHEDULE CHANGES

• No sessions on Apr 18, Apr 21 & May 19 (stat holidays) • No Adult Scrub on May 9, 21 & 23 • No Adult Leisure on May 20 • No Everyone Welcome on May 21 & 23


DROP-IN SCHEDULE - ARENAS

Arenas Summer Schedule

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



Programs	SUN	MON	TUE	WED	THU	FRI	SAT
Everyone Welcome	3-4:30 pm NIC		6-7:30 pm NIC	6:30-8 pm NIC			1-2:30 pm NIC
Adult Leisure Skate (19+)					1:30-3:15 pm McN		
Adult Scrub Ice Hockey (18+)		11:45 am-1:15 pm NIC		11:45 am-1:15 pm NIC		11:45 am-1:15 pm NIC	
Senior Scrub (60+) & Scrub Hockey (70+)		8-9:15 am NIC	12-1:15 pm NIC 70+ Seniors	8-9:15 am NIC		8-9:15 am NIC	10-11:15 am NIC 70+ Seniors
Stick 'n' Puck Children under 8 are to be accompanied onto the ice by an adult.	1:45-2:45 pm NIC			1:45-3:15 pm McN		3:15-4:15 pm McN	11:30 am-12:45 pm NIC

• FCA - Frank Crane Arena (2300 Bowen Rd) • McN - Cliff McNabb Arena (2300 Bowen Rd) • NIC 1&2 - Nanaimo Ice Centre (750 Third St.)



The arenas schedules as shown in the Activity Guide are subject to change due to various circumstances, including Clipper play-offs.

Don't be disappointed! Check our online schedule to be sure before you come to a public drop-in session.


[Schedules can be found at recreation.nanaimo.ca](http://recreation.nanaimo.ca)




SCHEDULE CHANGES

- No sessions on Jul 1 & Aug 4 (stat holidays)



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DROP-IN SCHEDULE - POTTERY

Bowen Park Pottery Studio Schedule

Tue, Apr 1 to Thu, Aug 28 (closed on all stat holidays & some sessions closed in July & August)

The Bowen Park Pottery Studio has the tools, equipment and supplies available for the public to work independently. Children, when accompanied by an adult, are welcome (both must register). Teens who have taken a pottery class are welcome to work independently on projects. No instruction, but some guidance, is provided during the drop-in times. Clay may be purchased for \$35 (including tax) per 22 pound bag and includes all firing and glazing fees. It must be purchased during office hours Monday to Friday, 9 am to 4 pm in person or over the phone. Drop in cost is \$14 per session. (Harbour City Seniors Members can access the starred *drop in sessions for \$7 per session.) Dress for mess; aprons are not provided.

DROP-IN INFO

\$14 per session

- Pre-registration can be done in advance at recreation.nanaimo.ca, by phoning 250-756-5200 or in person during office hours noted above
- Clay must be purchased from Bowen
- Studio closed for some sessions in July and August



SUN	MON	TUE	WED	THU	FRI	SAT
9:30 am-12:30 pm	12-3 pm *	2:30-5:30 pm* (closed in July & August)	1-4 pm * 5-8 pm	12-3 pm * 4-7 pm (closed in July & August)		9:30 am-12:30 pm

MEET YOUR Pottery Instructors:



Bari Precious



Nesta Morgan



Selena Unger