

BEBAN PARK POOL INTERIM SCHEDULE

August 29 to September 25

This Beban Park Pool Interim Schedule is in effect while the annual maintenance shutdown occurs at Nanaimo Aquatic Centre. Nanaimo Aquatic Centre re-opens on September 26.

PROGRAM	SUN	MON	TUE	WED	THU	FRI	SAT
Everyone Welcome LIMITED LANES AVAILABLE**	7:30 am-9 pm	6 am-9 pm	6 am-9 pm	6 am-9 pm	6 am-9 pm	6 am-9 pm	7:30 am-9 pm
Weight Room at Beban	7:30 am-9 pm	6 am-9 pm	6 am-9 pm	6 am-9 pm	6 am-9 pm	6 am-9 pm	7:30 am-9 pm
Weight Room at NAC (pool closed)	6 am-7 pm	6 am-7 pm	6 am-7 pm	6 am-7 pm	6 am-7 pm	6 am-7 pm	6 am-7 pm
AQUAFIT	SUN	MON	TUE	WED	THU	FRI	SAT
Therapy Aquafit (1 hr)		1:30-2:30 pm	7:30-8:30 am	1:30-2:30 pm	7:30-8:30 am	1:30-2:30 pm	
Shallow Water Aquafit (45 min)			9-9:45 am		9-9:45 am		
Deep Water Aquafit (45 min)		9-9:45 am 7:15-8 pm		9-9:45 am 7:15-8 pm			

NO LANE SWIMMING AVAILABLE ON MONDAYS & WEDNESDAYS, 8:45-9:45 AM & 7-8 PM**

SESSION

DESCRIPTIONS

Everyone Welcome: Be active at Beban Pool! Play, float, swim and slide or simply relax in the hot areas. Limited 25 lane swimming available.

AQUAFIT DESCRIPTIONS

Therapy Aquafit: Improve your mobility with this low impact class. The focus is on movement, range of motion, balance, strength and stretching. Water therapy is highly recommended for people with arthritis, joint replacements, pre and post surgery and those with limited mobility.

Shallow Water Aquafit: This is a high intensity cardio workout without the impact you would find with dry land aerobics. Open to all levels of ability. Feel free to ask the instructor for modifications.

Deep Water Aquafit: Strengthen and tone your body with this zero impact class. You'll achieve excellent cardio and strength training using water as resistance. Classes are done in deep water wearing a floatation belt.



Due to staffing challenges, there may be unforeseen and unscheduled pool closures and program cancellations. Please check our website (recreation.nanaimo.ca) or follow us on Facebook. We will post these changes as soon as we can to give you as much notice as possible.

All weight room users must wear appropriate attire. This includes closed-toe shoes (runners), shorts or track/sweat pants (no jeans).



Public Admissions

SWIM, SKATE, WEIGHT ROOMS & GYM

General Admissions:

Child	2 yrs & under	Free
Child	3 to 12 yrs	\$3.75
Student	13 to 18 yrs	\$5.25
Adult	19 to 59 yrs	\$7.00
Senior	60 to 79 yrs	\$5.25
Senior	80+ yrs; Nanaimo residents only	Free
Family	Max 2 adults & 3 children or 4 children, 1 adult	\$14.00
Shower		\$3.75

10 Visit Pass (10 admissions):

Child	12 yrs & under	\$30.00
Student	13 to 18 yrs	\$42.00
Adult	19 to 59 yrs	\$56.00
Senior	60 to 79 yrs	\$42.00

1 Month Active Pass:

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

12 Month Active Pass:

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

Prices include tax and are subject to change.
All 10 visit and 20 visit cards expire three years from date of purchase.
All one month Active Passes are non refundable.



Scan to view the latest schedule online.

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

recreation.nanaimo.ca
250-756-5200

