

# BEBAN PARK POOL INTERIM SCHEDULE

## August 14 to September 17



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 18.

PROGRAM	SUN	MON	TUE	WED	THU	FRI	SAT
POOL HOURS	6 am-6 pm	6 am-9 pm					12-8 pm
Fun Swim	9 am-6 pm	8:30 am-7 pm					12-8 pm
Leisure & Lengths Swim	6-9 am	6-8:30 am 7-9 pm	6-8:30 am 7-9 pm	6-8:30 am 7-9 pm	6-8:30 am 7-9 pm	6-8:30 am	
Waterslides	9 am-6 pm	available upon request					12-8 pm
Weight Room at Beban*	6 am-6 pm	6 am-9 pm					12-8 pm
AQUAFIT (limited capacity)	SUN	MON	TUE	WED	THU	FRI	SAT
Therapy Aquafit (1 hr)			7:30-8:30 am		7:30-8:30 am		
Aqua Zuma (45 min)				7:15-8 pm		10:30-11:15 am	

Limited pool space Monday to Friday, 8:30 am-7 pm due to swimming lessons and aquatic programs.

### SESSION DESCRIPTIONS

**Fun Swim:** Gather your friends and family and drop-in to access as many activities as possible, including the Leisure Pool, diving board, hot tub, sauna, steam room and waterslides. Please note that 25M lane swimming may not be available.

**Leisure & Lengths:** The Leisure pool, teach pool, hot tub, sauna, and steamroom are also available for your enjoyment., diving board, hot tub, sauna, steam room and waterslides.

### 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.

**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!



**\*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
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 & 3 children from 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

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.

**ATTENTION PLEASE**  
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.



Scan to view the latest schedule online swimming schedule.

recreation.nanaimo.ca  
250-756-5200

