

PRE-REGISTERED DROP-IN SCHEDULE

Nanaimo Aquatic Centre Schedule

Nov 27-Dec 31 (All aquafit classes suspended until further notice. Check our online at recreation.nanaimo.ca to verify.)

SUN	MON	TUE	WED	THU	FRI	SAT
50 METRE LEISURE & LENGTHS 6:30 am- 12:30 pm	LEISURE & LENGTHS 6:30-9:45 am	LEISURE & LENGTHS 6:30-10 am	LEISURE & LENGTHS 6:30-9:45 am	LEISURE & LENGTHS 6:30-10 am	LEISURE & LENGTHS 6:30-9:45 am	LEISURE & LENGTHS 6:30-11:30 am Rentals 6:30-11:30 am
12:30-1 pm CLEAN	9:45-10:15 am CLEAN	10-10:30 am CLEAN	9:45-10:15 am CLEAN	10-10:30 am CLEAN	9:45-10:15 am CLEAN	11:30 am-12 pm CLEAN
Rentals 1-4 pm	LEISURE & LENGTHS 10:15 am-3:15 pm	LEISURE & LENGTHS 10:30 am-7:30 pm	LEISURE & LENGTHS 10:15 am-3:15 pm	LEISURE & LENGTHS 10:30 am-7:30 pm	LEISURE & LENGTHS 10:15 am-3:15 pm	EVERYONE WELCOME 12-7:30 pm (lane swimming available)
EVERYONE WELCOME 4:15-7:30 pm (lane swimming available)	3:15-3:45 pm CLEAN		3:15-3:45 pm CLEAN		3:15-3:45 pm CLEAN	
	LEISURE 3:30-7:30 pm		LEISURE 3:30-7:30 pm		LEISURE 3:30-7:30 pm	
	Rentals 3:15-9 pm		Rentals 3:15-9 pm		Rentals 3:15-7:30 pm	

Please note: Due to COVID-19 cleaning protocols, late admission may not be possible.
Masks are mandatory in all public areas (other than in the water).

Nanaimo Aquatic Centre Weight Room Schedule

December 1-31

SUN	MON	TUE	WED	THU	FRI	SAT
6:30 am-7:30 pm	6:30 am-7:30 pm	6:30 am-7:30 pm	6:30 am-7:30 pm	6:30 am-7:30 pm	6:30 am-7:30 pm	6:30 am-7:30 pm
1 hour sessions with 30 minutes between for cleaning	1 hour sessions with 30 minutes between for cleaning	1 hour sessions with 30 minutes between for cleaning	1 hour sessions with 30 minutes between for cleaning	1 hour sessions with 30 minutes between for cleaning	1 hour sessions with 30 minutes between for cleaning	1 hour sessions with 30 minutes between for cleaning

Please see the following pages for important information for aquatic and fitness gym users.

recreation.nanaimo.ca
250-756-5200



IMPORTANT INFORMATION FOR NANAIMO AQUATIC CENTRE USERS

COVID-19 Safety

- Please stay home if you are feeling unwell.
- Physical distancing is required at all times within the facility.
- Use hand sanitizer immediately upon entrance to the facility.
- Nanaimo Aquatic Centre will be operating with reduced capacities and limited hours to allow for distancing measures and cleaning.
- Access is limited to registered guests only. No spectators will be permitted.
- **All sessions/programs at Nanaimo Aquatic Center require advanced registration.**
- The Nanaimo Aquatic Centre COVID-19 Safety Plan is based on the Lifesaving Society BC/Yukon: Guidelines for Reopening BC's Pools and Waterfronts and the Health Authority Guidelines for Swimming Pools during COVID-19.

Amenities

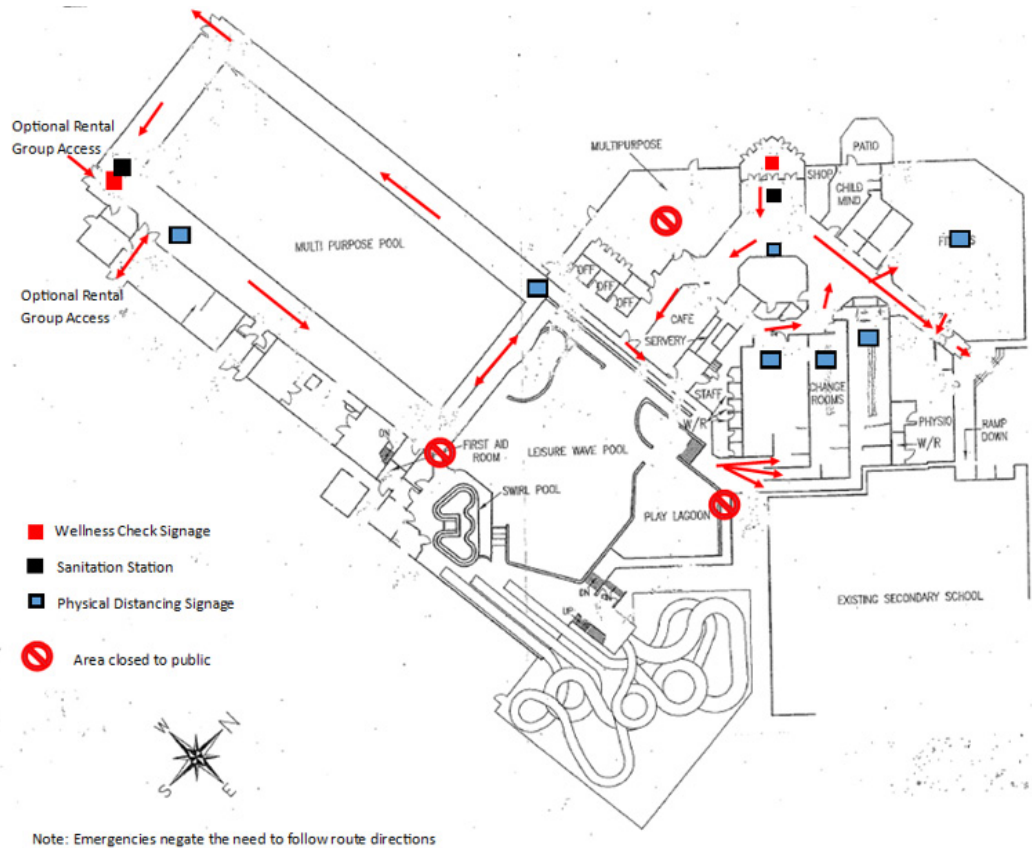
- Water fountains, hot tub, steam/sauna, waterslides, waves/spray features, merchandise sales, facility equipment/toys will not be available.
- Swimmers should be prepared to remove shoes on arrival, change quickly for their pool session (please arrive swim ready) and shower before accessing the pool.
- Follow the marked path and staff direction throughout the facility.
- Maximum of 10 people per change room.

Snorkels not permitted.

Entering/Exiting the Facility

- Only those patrons with a reserved space will be permitted into the pool at their allocated time.
- Please arrive no earlier than 10 minutes prior to the start of a scheduled session or program.
- Swimmers will enter through the main entrance (North-West entrance) of the Aquatic Centre, sanitize their hands and complete a brief check in with a member of our team. Due to COVID-19 cleaning protocols, late attendance may not be possible.
- Swimmers are to arrive swim ready with minimal personal belongings. Please bring your own:
 - Towel
 - Goggles
 - Swim cap
 - Filled water bottle
- No other personal equipment is allowed; merchandise, food and beverages will not be available for purchase.
- Swimmers are encouraged to shower at home after swimming.
- Patrons must wear a face mask except while in the water.
- All guests will exit through the northeast doors closest to CBI Physiotherapy Clinic/NDSS School.
- Please maintain physical distancing, and leave the facility as quickly as possible following the session.





Pre-Registered Drop-in Programs

- All pre-registered drop in programs require advanced registration. Registration is available 72 hours prior the start of the session online at: <https://cityofnanaimo.perfectmind.com/> (**personal account is required**)
- Registration is also available by telephone at (250) 756-5200 or at the front counter in advance at Nanaimo Aquatic Centre, Bowen Park Complex or Oliver Woods Community Centre.
- Drop in at the time of session is not permitted.
- All swimming participants will be assigned a designated pool space or lane for the duration of their visit.
 - Length Swims – Maximum 6 swimmers per lane (2.5m lane width).
 - Aquatic Fitness – Maximum 20 participants per session.
 - Therapy/Leisure – Maximum 20 participants per session.
- Weight Room users will not have access to the change rooms or showers. Come dressed for your activity and exit the facility immediately following the session.
- Weight Room users will be provided disinfectant spray and paper towel and must wipe down equipment immediately after use.
- Schedule subject to change.
- Swim lessons may be offered starting in January (registration open on December 2).

Reduced numbers will be available during the initial phase of reopening and will increase in the weeks following opening.

Session Structure

- Length swim sessions are 60 minutes in duration with a 15 minute break in between sessions to allow for distancing while exiting the facility.
- When the swim time finished, please promptly leave the pool and exit into the change room.
- Change room times are limited to 10 minutes before and after your swim session. Please change quickly and complete all personal grooming, hair washing, etc. at home.
- Participants will register for a pool specific session (eg. Leisure Pool or Main Pool) and must remain in their designated pool until the end of their session.
- If early departure is required, patrons will be permitted to exit the facility via the deep end pool doors, but changeroom (due to cleaning protocols) access is not available early.