

# Pools

## SCHEDULE & GENERAL INFO



Scan to view the latest schedule online.  
Click on "Drop in" and then choose your "Activity" (swimming, skating, etc.)



June 28, 2022

## Beban Pool Summer Schedule **SUN, JUL 3 TO FRI, JUL 29**

Schedule is subject to change. Please check [recreation.nanaimo.ca](http://recreation.nanaimo.ca) to confirm. **CLOSED ON STAT HOLIDAYS.**

PROGRAM	SUN	MON	TUE	WED	THU	FRI	SAT
<b>25 Metre Lanes</b>		6:30-10 am 11:30 am-1:15 pm 2:45-3:45 pm	6:30 am-3:45 pm	6:30-10 am 11:30 am-1:15 pm 2:45-3:45 pm	6:30 am-3:45 pm	6:30 am-3:45 pm	
<b>Leisure Swim</b>		6:30-8:15 am 11:30 am-3:45 pm	6:30-8:15 am 11:30 am-3:45 pm	6:30-8:15 am 11:30 am-3:45 pm	6:30-8:15 am 11:30 am-3:45 pm	6:30-8:15 am 11:30 am-3:45 pm	
<b>Waterslides</b>		Available upon request					
<b>Weight Room</b>		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	
AQUAFIT	SUN	MON	TUE	WED	THU	FRI	SAT
<b>Therapy Aquafit (1 hr)</b>		1:30-2:30 pm		1:30-2:30 pm			
<b>Shallow Water Aquafit (45 min)</b>			10:15-11 am		10:15-11 am		
<b>Deep Water Aquafit (45 min)</b>		10:15-11 am		10:15-11 am			

### Drop-in Swim Session Descriptions

**Leisure Swim:** The leisure pool, teach pool, sauna, steam room and hot tub are open. No diving boards are available at this time.

**25 Metre Swims:** Our main tank is set up for length swimming.

### 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.

**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](http://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.

- Both pools closed on summer stat holidays
- Limited pool space from 9 am-11 am & 4-7 pm in July.

### 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 be 16 years of age or older.
- Ratio for children who are 6 years of age and under is 1 adult to 3 children.
- **Pools are closed on summer statutory holidays, but lifeguards are at Westwood Lake Park daily, 11:30 am-5:30 pm, July 1 to September 5.**

### 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 front desk.
- 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.

**ANNUAL SHUTDOWN DATES FOR BEBAN PARK POOL**  
**Saturday, July 30 to Sunday, August 28 (opening on Monday, August 29)**

# Activity Guide

To see all of the pool programs available this season, please check out our online Activity Guide found at [recreation.nanaimo.ca](http://recreation.nanaimo.ca)



# Nanaimo Aquatic Centre Summer Schedule **SUN, JUL 3 TO FRI, AUG 26**

Schedule is subject to change. Please check [recreation.nanaimo.ca](http://recreation.nanaimo.ca) to confirm. CLOSED ON STAT HOLIDAYS.

PROGRAM	SUN	MON	TUE	WED	THU	FRI	SAT
<b>Everyone Welcome</b>	8 am-8 pm	6 am-8 pm	6 am-8 pm	6 am-8 pm	6 am-8 pm	6 am-8 pm	8 am-8 pm
<b>25 Metre Lanes</b>	8 am-8 pm	6 am-8 pm	6 am-8 pm	6 am-8 pm	6 am-8 pm	6 am-8 pm	8 am-8 pm
<b>Waves &amp; Waterslides</b>	10:30 am-7:45 pm	11:30 am-7 pm	11:30 am-7 pm	11:30 am-7 pm	11:30 am-7 pm	11:30 am-7 pm	10:30 am-7:45 pm
<b>Weight Room</b>	8 am-8 pm	6 am-8 pm	6 am-8 pm	6 am-8 pm	6 am-8 pm	6 am-8 pm	8 am-8 pm
AQUAFIT	SUN	MON	TUE	WED	THU	FRI	SAT
<b>Therapy Aquafit (1 hr)</b>		8-9 am		8-9 am		8-9 am	
<b>Shallow Water Aquafit (45 min)</b>			7:15-8 pm		7:15-8 pm		
<b>Deep Water Aquafit (45 min)</b>		10:15-11 am	10:15-11 am	10:15-11 am	10:15-11 am	10:15-11 am	

## Drop-in Swim Session Descriptions

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

**25 Metre Swims:** Our main tank is set up for length swimming.

**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.

## 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'd 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](http://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.

- Both pools closed on summer stat holidays
- Limited pool space from 9 am-11 am & 4-7 pm in August.

### 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 be 16 years of age or older.
- Ratio for children who are 6 years of age and under is 1 adult to 3 children.
- Life jackets are available for public use.
- Slides, waves and/or diving boards may need to be closed periodically throughout the day. Please ask a lifeguard for schedule information.
- **Pools are closed on summer statutory holidays, but lifeguards are at Westwood Lake Park daily, 11:30 am-5:30 pm, July 1 to September 5.**

### 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 front desk.
- 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.



## Public Admissions SKATE, SWIM, 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 1 adult & 4 children	14.00

### 10 Visit Pass (10 admissions):

CHILD - 12 yrs & under	\$30.00
STUDENT - 13 to 18 yrs	\$42.00
ADULT	\$56.00
SENIOR - 60+ 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

### Arena Skate Rentals:

CHILD / STUDENT / SENIOR	\$3.00
ADULT	\$3.75
FAMILY SKATE RENTAL	\$7.00
HELMETS	\$0.50
SKATE SHARPENING	\$6.00

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.

## Pool Locations

### NANAIMO AQUATIC CENTRE (741 Third Street)

50 metre pool, wave pool, slides, sauna, hot tub; seating for 900 and meeting rooms.

### BEBAN PARK POOL (2300 Bowen Rd)

25 metre pool, leisure pool, slides, sauna, hot tub; meeting room in Beban Social Centre.

### ANNUAL SHUTDOWN DATES FOR NANAIMO AQUATIC CENTRE

**Sunday, August 28 to Sunday, September 25 (opening on Monday, September 26)**