

NANAIMO PARKS, RECREATION & CULTURE

Fall & Winter Activity Guide

September 2024 to March 2025

AQUATICS PROGRAMS



recreation.nanaimo.ca
250-756-5200

Registration starts on Wednesday, August 7.



CITY OF NANAIMO
THE HARBOUR CITY
PARKS, RECREATION & CULTURE

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.....	\$5.45
Adult	25 to 59 yrs.....	\$7.20
Senior	60 to 79 yrs.....	\$5.45
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! Be active and dive, play, float, jump, swim and slide. . . or simply relax in one of the hot areas.

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

Join us at either pool for aquatic fitness programs. Refer to pool schedules for schedules.

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!

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. Some session at Beban Park Pool require pre-registration.

Sun, Sep 8-Oct 20 8:15-9 am \$43/7 128050	Sun, Jan 12-Feb 16 8:15-9 am \$37/6 128053
Thu, Sep 12-Oct 24 7:15-8 pm \$43/7 128055	Thu, Jan 16-Feb 20 7:15-8 pm \$37/6 128057
Sun, Oct 27-Dec 8 8:15-9 am \$43/7 128052	Sun, Feb 23-Mar 30 8:15-9 am \$37/6 128054
Thu, Oct 31-Dec 12 7:15-8 pm \$43/7 128056	Thu, Feb 27-Apr 3 7:15-8 pm \$37/6 128058

Aqua Yoga: **NEW!** This is a fun and gentle form of stretching and strengthening performed in a warm pool where joints are supported, range of motion is maximized and resistance helps strengthen muscles. Pre-registration required. Held at Beban Park Pool.

Sat, Sep 14-Oct 26 8-9 am \$37/6 129438
Sat, Nov 22-Dec 7 8-9 am \$37/6 129439

NANAIMO AQUATIC CENTRE

Everyone Welcome: Swim, sauna, soak in the hot tub or relax in the steam room. Limited lane swimming 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 - Tue, Sep 3 to Sat, Mar 29

	SUN	MON	TUE	WED	THU	FRI	SAT
Facility Hours	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 Aquatic Schedules for 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 of 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 \$48 for one hour. Please book your session in advance. See Fitness Section for details.

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 (no jeans).



Beban Weight Room - Tue, Sep 3 to Sat, Mar 29

	SUN	MON	TUE	WED	THU	FRI	SAT
Facility Hours	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

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 Fall & Winter Schedule (741 THIRD ST)

Sep 3 to Sat, Mar 29 Schedule is subject to change. Please check recreation.nanaimo.ca to confirm.

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
Leisure Swim							6 am-12 pm
BULKHEAD MOVE - POOL UNAVAILABLE		9-9:30 am	9-9:30 am	9-9:30 am	9-9:30 am		
50 Metre Lane Swim	6 am-12 pm		6-9 am		6-9 am		
25 Metre Lane Swim	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	1-9 pm
Waves & Waterslides	1-8 pm	3:30-8 pm	3:30-8 pm	3:30-8 pm	3:30-8 pm	3:30-8 pm	1-8 pm
MAINTENANCE CLOSURE - POOL UNAVAILABLE	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 hr)		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 (45 min)						10:30-11:15 am	

Please Note: Schedule is subject to change. For schedules, visit recreation.nanaimo.ca. See page 6 for admission rates and program highlights.

- Lanes available at all times except during the moving of the bulkheads in the main pool. The bulkheads in the competition pool move at different times throughout the week and may disrupt some lane swimming. Main pool will be closed to move the bulkheads.
- Please inform staff of any medical conditions.
- All children under 7 years old must be under the direct supervision and within arm's reach of a guardian. Guardian must be in the water and must be 16 years of age or older.
- Ratio for children is 1 adult to 3 children under the age of 7 years.
- Slides, waves and/or diving boards may need to be closed periodically throughout the day. Please ask a lifeguard for schedule information.
- Life jackets are available for public use.
- ***All weight room users must wear appropriate attire. This includes closed-toe shoes (runners), shorts or track/sweat pants (no jeans).

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 pool cashier. 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.

STAT HOLIDAY SWIMS: • Mon, Sep 30, 10 am-4 pm (National Day for Truth and Reconciliation Day) • Mon, Oct 14, 12-5 pm (Thanksgiving)
• Mon, Nov 11, 1-5 pm (Remembrance Day) • Thu, Dec 26, 12-4 pm (Boxing Day) • Mon, Feb 17, 12-5 pm (Family Day)

POOL CLOSED: • Mon, Sep 2 (Labour Day) • Wed, Dec 25 (Christmas) • Wed, Jan 1 (New Year's Day)

SWIM MEETS: • Oct 20, 26-27 • Nov 23 • Dec 13-15 • Jan 18 • Feb 22 & 23 (limited pool access; check our online schedule at recreation.nanaimo.ca)

DROP-IN SCHEDULE - POOLS



Beban Pool Fall & Winter Schedule (2300 BOWEN RD)

Tue, Sep 3 to Sat, Mar 29 Schedule is subject to change. Please check recreation.nanaimo.ca to confirm.

PROGRAM	SUN	MON	TUE	WED	THU	FRI	SAT
Everyone Welcome						6:30 -9 am 12:30-2:45 pm	1-4 pm
25 Metre Lane Swim	9:15-11 am	6:30-10:45 am 12-2:45 pm	6:30-8:45 am 10 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	12:30-2:45 pm	
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		1-4 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 12:30-2:45 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 Aquafit (45 min)		11-11:45 am		11-11:45 am			
Shallow/Deep Combo (45 min)	8:15-9 am* (*pre-registration required)		8:45-9:30 am		8:45-9:30 am 7:15-8 pm* (*pre-registration required)		
Aqua Yoga NEW! <i>(60 min; pre-registration required)</i>							8-9 am* (pre-registration required)

Please Note: Schedule is subject to change. Check out recreation.nanaimo.ca. See page 6 for rates and program highlights.

- Please inform staff of any medical conditions.
- All children under 7 years of age must be under the direct supervision and within arm's reach of a guardian. Guardian must be in the water and must be 16 years of age or older.
- Ratio is 1 adult to 3 children under the age of 7 years.
- ***All weight room users must wear appropriate attire. This includes closed-toe shoes (runners), shorts or track/sweat pants (no jeans).

Pool Foulings: Help us prevent unnecessary pool closures. Anyone not toilet trained must wear protective, water-resistant swim wear. Children's swim diapers are available for purchase from the pool cashier. 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.

Pool Closed: • Mon, Sep 2 (Labour Day) • Mon, Sep 30 (National Day for Truth & Reconciliation) • Mon, Oct 14 (Thanksgiving) • Mon, Nov 11 (Remembrance Day) • Wed, Dec 25 (Christmas) • Thu, Dec 26 (Boxing Day) Join us at Nanaimo Aquatic Centre on Sep 30, Oct 14, Nov 11 & Dec 26.

Stat Holiday Swims: • Wed, Jan 1, 12-2 pm & 3-5 pm (New Year's Day Swims for Activate Ticketholders)



NOTE:

Times with * are not available when "Swim to Survive" school sessions are scheduled.

- Oct 15, 17, 29, 31
- Nov 5, 7, 19, 21, 22, 26, 28, 29
- Dec 3, 5, 6
- Jan 21, 23, 24, 28, 30, 31
- Feb 11, 13, 14, 21, 25, 27 & 28
- Mar 4, 6, 7, 11, 13



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Pool Programs

SWIM LESSONS • LIFEGUARDING • FITNESS • TRAINING

With a variety of swim lessons, aquatic training and water sports for children, youth and adults, we make swimming easy and fun. Our trained aquatics staff will assist you in choosing the right program to meet your needs.



Pool Special Events

Join us for some fun for the whole family!
(Regular admission applies.)

Halloween Howl

Come to our “goulish” swim complete with fun for the whole family!

Sunday, October 27 • 9 am-12 pm • Beban Park Pool

Snowball Swim

Winter-themed fun in the warm waters of the pool.

Sunday, December 22 • 9 am-12 pm • Beban Park Pool

Super Hero Swims

Join our super hero staff for some super hero-themed activities.

Friday, Mar 21 • 6-8 pm • Nanaimo Aquatic Centre

Friday, Mar 28 • 6-8 pm • Nanaimo Aquatic Centre



Lifeguard Instructors Wanted with the City of Nanaimo!

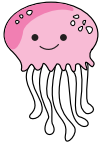
You must be a minimum of 16 years old, hold a current CPR C, National Lifeguard Pool Certificate and a Lifesaving Swim Instructor Certification.

Apply: employment.opportunities@nanaimo.ca.

PARENT & TOT LESSONS

Ages 4-36 months

Caregiver participation is required. Progression is based on age.



Jellyfish
4-12 months



Goldfish
13-24 months



Seahorse
25-36 months

PRESCHOOL LESSONS

Ages 3-5 years

Progression is based on completion of level.



Octopus

- Blowing bubbles with face in water
- Front and back floats and glides with instructor help



Crab

- Front and back floats and glides with buoyant aid
- Roll-over floats
- 5M back swim with buoyant aid



Orca

- Front, back and roll-over floats and glides
- 5M swims on front and back



Sea Lion

- Basic front crawl and side glides
- Deep-water activities
- 7M swim on front and back



Narwhal

- Deep-water swimming
- 5M front and back crawl
- 4 x 5M swim on back

To advance to Swimmer Lessons, your child must be 6 years old on the first day of lessons. If they have completed Narwhal, they will advance to Swimmer 2. All other preschool swimmers will benefit from gaining more experience in Swimmer 1.

SWIMMER LESSONS

Progression is based on completion of level. **Ages 6-14 years**



Swimmer 1

- Front and back floats and swims
- Roll-over swims and basic front crawl
- 5M swim on front and back



Swimmer 2

- Deep-water activities
- Front, back and side swims
- 10M front and back crawl



Swimmer 3

- Front and back floats and swims
- Roll-over swims and basic front crawl
- 15M swim on front and back



Swimmer 4

- Tread water for 1 minute
- Basic breaststroke
- 25M front and back crawl
- Swim to Survive Standard



Swimmer 5

- Eggbeater for 30 seconds
- 25M breaststroke
- 50M front and back crawl



Swimmer 6

- 50M breaststroke
- 100M front and back crawl
- 300M distance swim



Swimmer 7/Rookie Patrol

- Front and back crawl and breaststroke mastery
- Lifesaving: victim recognition and ready position
- First Aid: primary assessment and calling EMS



Swimmer 8/Ranger Patrol

- Eggbeater kick and object support
- First Aid: obstructed airway, checking breathing; shock
- Removing conscious victim



Swimmer 9/Star Patrol

- First Aid: bone, joint injuries, asthma, allergic reactions
- Support and removal of unconscious victim
- 300M swim in 9 minutes

Swimming Lesson Tips for Success

We are pleased to bring you the Lifesaving Society's Swim for Life Program to highlight the importance of swimming and water safety skills. Swimming can be fun and is also a necessary life skill. Help your child start swimming on the right foot.

- Evaluate your child's swim ability and choose a class level, date and time. Not sure of their ability? Stop by one of our pools during an "Everyone Welcome" swim session and have one of the lifeguards evaluate your child (depending on staff availability).
- Register for a class online or at one of our facilities early, as classes fill up quickly.
- Arrive early to check-in and familiarize your child with the facility. Please have your child ready for class at the start of the lesson time.
- Lockers are available and recommended. Tokens can be purchased from our front desk staff.
- Have your child go to the bathroom before lessons. Children who are not potty trained must wear a swim diaper (available for purchase at the front desk).
- All patrons must shower before entering the pool.
- Bring your child's towel onto the pool deck to keep your child warm before and after lessons.
- Please stay home if not feeling well.
- At the end of lessons, your instructor will recommend the appropriate level for the next set of lessons. Levels are frequently repeated to allow students to master skills and feel successful before moving onto a new level.



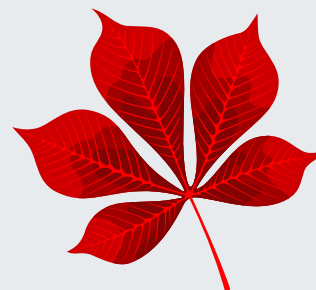
Pricing for Swimming Lessons (lesson prices are pro-rated for holidays & swim meets)	
30 Minute Lessons	\$70/10 lessons
45 Minute Lessons	\$110/10 lessons
60 Minute Lessons	\$140/10 lessons
30 Minute Private Lessons *add additional swimmer	\$150/5 lessons \$225/5 lessons

Waitlists for Swimming

Is a swimming class full? Put your child's name on the waitlist for the specific class you want. If a spot comes up, we will contact you. If there is enough interest in a particular level, we will do our best to create a new class and contact you to see if it works for your schedule.

Shopping for Swim Lessons Using the "X" Grid

- STEP 1** Choose your desired day of the week (Monday, Tuesday, etc.)
- STEP 2** Select the lesson best suited for your swimmer (Jellyfish, Orca, Swimmer 1, etc.)
- STEP 3** View the time available for that lesson ("x" indicate available times)
- STEP 4** Register in person, over the phone or online through recreation.nanaimo.ca
- Provide the clerk with the level and your choice of dates
 - Search for swim lessons in recreation.nanaimo.ca using a key word(s) in the search field (Jellyfish, for example)



Fall & Winter Lessons - Beban Pool

**Note: Due to high demand of swimming lessons, last minute withdrawals may impact course offerings. Please provide as much notice as possible if a withdrawal from a swim lesson is required.*



MON & WED Beban Pool

FALL SET 1: Sep 9-Oct 2 (7 lessons)
 FALL SET 2: Oct 7-Nov 6 (9 lessons)
 FALL SET 3: Nov 13-Dec 11 (9 lessons)

WINTER SET 1: Jan 13-Feb 5 (8 lessons)
 WINTER SET 2: Feb 10-Mar 12 (9 lessons)

NOTE: Private lessons run once weekly either Mondays or Wednesdays

No lessons on Sep 30, Oct 14, Nov 11 & Feb 17

TUE & THU Beban Pool

FALL SET 1: Sep 10-Oct 3 (8 lessons)
 FALL SET 2: Oct 8-Nov 7 (10 lessons)
 FALL SET 3: Nov 12-Dec 12 (10 lessons)

WINTER SET 1: Jan 14-Feb 6 (8 lessons)
 WINTER SET 2: Feb 11-Mar 13 (10 lessons)

		6:30 am	7:00 am	7:30 am	8:30 am	9:00 am	9:30 am	10:00 am	10:30 am	3:00 pm	3:30 pm	3:45 pm	4:00 pm	4:30 pm	5:00 pm	5:30 pm	6:00 pm	6:30 pm	7:00 pm	3:00 pm	3:30 pm	4:00 pm	4:15 pm	4:30 pm	5:00 pm	5:30 pm	6:00 pm	6:30 pm		
Parent Participation	Jellyfish																													
	Goldfish						x																							
	Seahorse							x																						
Preschool Prog. (3-5yrs)	30 Min. Classes	Octopus		x		x		x			x		x	x	x	x	x						x		x	x				
		Crab		x			x	x				x		x	x		x						x				x		x	
		Orca	x				x		x			x		x	x		x	x						x	x				x	
		Sea Lion						x						x		x	x	x											x	
		Narwhal											x		x											x				
		Private				x				x																				
		Swimmer 1			x										x		x	x	x	x			x					x	x	x
School Ages Program (6-13 yrs)	45 Min.	Swimmer 2	x												x	x	x	x	x								x			
		Swimmer 3		x								x			x							x			x					
		Swimmer 4									x			x								x	x							
	Swimmer 5											x										x		x						
	Swimmer 6									x												x		x						
	Teen/Adult 1																		x											

TUE OR THU Beban Pool

Tue: Sep 17-Oct 8 (4 lessons)
 Thu: Sep 19-Oct 10 (4 lessons)

		10:00 am	10:30 am	11:00 am	11:30 am
30 Min	Private	x	x	x	x



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Fall & Winter Lessons - Nanaimo Aquatic Centre

**Note: Due to high demand of swimming lessons, last minute withdrawals may impact course offerings. Please provide as much notice as possible if a withdrawal from a swim lesson is required.*



MON & WED Nanaimo Aquatic Centre	TUE Nanaimo Aquatic Centre	THU Nanaimo Aquatic Centre
SET 1: Sep 9-Oct 2 (7) SET 2: Oct 7-Nov 6 (9) SET 3: Nov 13-Dec 11 (9) SET 4: Jan 13-Feb 5 (8) SET 5: Feb 10-Mar 12 (9)	SET 1: Sep 10-Oct 22 (7) SET 2: Oct 29-Dec 10 (7) WINTER: Jan 14-Mar 4 (8)	SET 1: Sep 12-Oct 24 (7) SET 2: Oct 31-Dec 12 (7) WINTER: Jan 16-Mar 6 (8)
No lessons on Sep 30, Oct 14, Nov 11 & Feb 17		



		9:30 am	10:00 am	10:00 am	10:30 am	11:00 am	10:00 am	10:30 am	11:00 am
Preschool (3-5yrs)	Octopus	x							
	Orca		x						
School Ages/Teen Adult Program (6-13 yrs/Teen & Adult)	30 Min. Private			x	x				
	Swimmer 1/2						x		
	Swimmer 3/4							x	
	45 Min. Swimmer 5/6								x
1hr	Teen/Adult 1					x			



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Teen & Adult Swim Lessons **NEW!**

Whether you're just starting out or just want help with your strokes, this teen and adult swim program is for you! Work with certified instructors to learn to swim or improve your current swimming ability and fitness. You'll develop confidence in the water and smooth, recognizable strokes. You'll be able to set your own goals in consultation with your instructor. Water Smart education is included in all adult levels.

Level 1: Shallow Water Orientation

You will work towards 10-15m swim on your front and back. You will learn safe entries into shallow and deep water, develop skills while wearing a PFD and learn breath control and underwater skills. Floats, glides, flutter kick and vertical whip kick are introduced. Your fitness will improve through interval training and learning how to perform front crawl and back crawl.

M/W, Sep 9-Oct 22 | 6:30-7:30 pm | \$98/7 | 127298

Sat, Sep 14-Oct 26 | 12-1 pm | \$98/7 | 127304

M/W, Oct 7-Nov 6 | 6:30-7:30 pm | \$126/9 | 127300

Sat, Nov 2-Dec 14 | 12-1 pm | \$98/7 | 127308

M/W, Nov 13-Dec 11 | 6:30-7:30 pm | \$126/9 | 127301

M/W, Jan 13-Feb 5 | 6:30-7:30 pm | \$112/8 | 127302

Sat, Jan 18-Mar 15 | 12-1 pm | \$126/9 | 127313

M/W, Feb 10-Mar 12 | 6:30-7:30 pm | \$126/9 | 127303

Beban Park Pool

Tue, Sep 10-Oct 22 | 11 am-12 pm | \$98/7 | 127058

Tue, Oct 29-Dec 10 | 11 am-12 pm | \$98/7 | 127129

Tue, Jan 14-Mar 4 | 11 am-12 pm | \$112/8 | 127130

Nanaimo Aquatic Centre



Level 2: Stroke Development

Develop your fitness by working on two interval training workouts, sprints and further developing your front crawl and back crawl. You will learn Swim to Survive® skills and further develop deep water entries/ skills while wearing a PFD. Whip kick is further developed along with an introduction to breaststroke.

Swimmers in this lesson should be comfortable in deep water. (Prerequisite: Teen & Adult Level 1.)

Sat, Sep 14-Oct 26 | 12-1 pm | \$98/7 | 127334

Sat, Nov 2-Dec 14 | 12-1 pm | \$98/7 | 127335

Sat, Jan 18-Mar 15 | 12-1 pm | \$126/9 | 127336

Beban Park Pool

Junior Lifeguard Club

8 to 13 Years

Are you interested in a pause from swimming lessons? This program emphasizes fun and aquatic skill development based on personal-best achievement.

Building on skills they have from swimming lessons, participants will work to develop and improve swimming and other aquatic skills with emphasis on swim and lifesaving knowledge, leadership and teamwork, community education, competition, and personal fitness. This is serious fun!

Prerequisites: Ability to meet the Swim to Survive Standard (roll into deep water, tread water for one minute, swim 50m).

Tue, Sep 10-Oct 22 | 6:45-7:30 pm | \$77/7 | 123234

Tue, Oct 29-Dec 10 | 6:45-7:30 pm | \$77/7 | 123235

Tue, Jan 14-Mar 4 | 6:45-7:30 pm | \$88/8 | 123236

Nanaimo Aquatic Centre



Home School Lessons **NEW!**

Swimmer 1/2

Starting with assisted floats, glides, kicks and jumps, these new swimmers will develop their confidence and learn how to open their eyes, exhale, and hold their breath underwater. With practice, they will develop their ability to tread water, improve their kicking skills and try their front and back crawl. Prerequisites are Swimmer 1 or Preschool 5.

Thu, Sep 12-Oct 24 | 10-10:30 am | \$49/7 | 127011

Thu, Oct 31-Dec 12 | 10-10:30 am | \$49/7 | 127027

Thu, Jan 16-Mar 6 | 10-10:30 am | \$56/8 | 127032

Nanaimo Aquatic Centre

Home School Lessons **NEW!**

Swimmer 3/4

In these lessons, swimmers learn how to dive and do in-water somersaults and handstands to develop weight-transfer skills. They'll learn the Swim to Survive® skills and standard, practice whip kick on their back and further develop their front and back crawl. Swimmers will become better at diving, treading water and swimming underwater with an introduction to breaststroke.

Thu, Sep 12-Oct 24 | 10:30-11 am | \$49/7 | 126928

Thu, Oct 31-Dec 12 | 10:30-11 am | \$49/7 | 126954

Thu, Jan 16-Mar 6 | 10:30-11 am | \$56/8 | 126959

Nanaimo Aquatic Centre



Home School Lessons **NEW!**

Swimmer 5/6

Swimmers will master dives and swimming in deep water while further developing their Swim to Survive® skills and learning eggbeater kick. Breaststroke, front and back crawl are further developed with the addition of interval training and sprinting drills to challenge swimmers. Level 6 swimmers will become proficient at deep water skills including stride entries and compact jumps. They'll continue to develop lifesaving kicks, such as eggbeater and scissor kick. Head-up swims, interval training and a 300m workout develop strength and endurance.

Thu, Sep 12-Oct 24 | 11-11:45 am | \$77/7 | 127244

Thu, Oct 31-Dec 12 | 11-11:45 am | \$77/7 | 127247

Thu, Jan 16-Mar 6 | 11-11:45 am | \$88/8 | 127263

Nanaimo Aquatic Centre

AquaGo **NEW!**

5 to 12 Years

AquaGo is an introduction to artistic swimming. Athletes will learn the basics of safe entry, floating, breathing and body positions. All abilities and genders are welcome. Athletes new to swimming can register for AquaGo 1-2; athletes with some experience (Swim Kids 3+) can join AquaGo 3-4.

Instructor: Nanaimo Diamonds

AquaGo 1-2

Sun, Oct 6-Dec 15 | 9-10 am | \$310/10 | 129202

Sun, Jan 12-Mar 16 | 9-10 am | \$310/10 | 129203

AquaGo 3-4

Sun, Oct 6-Dec 15 | 10-11 am | \$310/10 | 129204

Sun, Jan 12-Mar 16 | 10-11 am | \$310/10 | 129205

Beban Park Pool

Intro to Synchro **NEW!**

8 to 13 Years

Dive into the world of grace and athleticism with our Intro to Synchro class. This fun and engaging program offers young swimmers a chance to explore Artistic Swimming (formerly know as synchronized swimming) in a supportive and encouraging environment.

Instructor: Nanaimo Diamonds

Thu, Oct 3-Dec 12 | 6-7:30 pm | \$396/11 | 129435

Thu, Jan 9-Mar 13 | 6-7:30 pm | \$360/10 | 129436

Beban Park Pool

Aqua Yoga **NEW!**

18 Years +

Aqua Yoga is a fun and gentle form of stretching and strengthening performed in a warm pool where joints are supported, range of motion is maximized and resistance helps strengthen muscles. You will perform balance, breath work, centering, flowing movements and stationary strengthening and stretching postures for maximum health benefits. You don't need to go under the water or know how to swim.

Sat, Sep 14-Oct 26 | 8-9 am | \$37/6 | 129438

Sat, Nov 2-Dec 7 | 8-9 am | \$37/6 | 129439

Beban Park Pool



Pre-Registered Aquafit

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. *This class requires pre-registration in order to participate.*

Sun, Sep 8-Oct 20 | 8:15-9 am | \$43/7 | 128050

Thu, Sep 12-Oct 24 | 7:15-8 pm | \$43/7 | 128055

Sun, Oct 27-Dec 8 | 8:15-9 am | \$43/7 | 128052

Thu, Oct 31-Dec 12 | 7:15-8 pm | \$43/7 | 128056

Sun, Jan 16-Feb 16 | 8:15-9 am | \$37/6 | 128053

Thu, Jan 16-Feb 20 | 7:15-8 pm | \$37/6 | 128057

Sun, Feb 23-Mar 30 | 8:15-9 am | \$37/6 | 128054

Thu, Feb 27-Apr 3 | 7:15-8 pm | \$37/6 | 128058

Beban Park Pool



LSS Sport Fundamentals (5-Level Progression)

8 to 13 Years

The Lifesaving Sport Fundamentals Pool program offers a recreational introduction to lifesaving sport skills in addition to teaching team building, fair play, ethics in sport, and personal responsibility. It is organized in five levels, where content is organized in the following streams and builds level by level:

- Lifesaving Sport Principals • Starts, Turns, Transitions and Finishes • Swim Proficiencies • Lifesaving Sport Skills

Participants demonstrate an understanding of the True Sport Principals through performance, decision-making and role playing which include:

1. GO FOR IT
2. PLAY FAIR
3. RESPECT OTHERS
4. KEEP IT FUN
5. STAY HEALTHY
6. GIVE BACK.

Level 1: In-water starts, jumps starts from the deck, stroke development and lifesaving skills.

Level 2: Dive starts from the deck, open turns, in-water somersaults, strokes and sculling, as well as throwing accuracy and towing a manikin with a rescue tube.

Level 3: Relay transitions, flip turns, stroke development, swimming with fins and more.

Level 4: Dive starts from a starting block, turns, 50-meter sprints, advanced throwing accuracy, advanced rescue tube and manikin towing skills.

Level 5: Racing starts from a starting block, relay transitions and more.

Lifesaving Sport 1 & 2

Thu, Sep 12-Oct 24 | 7-7:45 pm | \$76/7 | 123447

Thu, Oct 31-Dec 12 | 7-7:45 pm | \$76/7 | 123448

Thu, Jan 16-Mar 6 | 7-7:45 pm | \$76/7 | 123450

Nanaimo Aquatic Centre

Lifesaving Sport 3-5

Thu, Sep 12-Oct 24 | 6-7 pm | \$76/7 | 123443

Thu, Oct 31-Dec 12 | 6-7 pm | \$76/7 | 123444

Thu, Jan 16-Mar 6 | 6-7 pm | \$76/7 | 123445

Nanaimo Aquatic Centre



cityofnanaimo



prc_nanaimo (#lovemyparksandrec)



Join the Team! Be a Lifeguard!

BUILD THE FOUNDATION FOR SUCCESS!

Lifeguards prevent drowning, teach water safety and provide leadership in our community. Consult one of our Aquatic Coordinators at 250-756-5200 to help plan your lifeguard training.



RECOMMENDED PATH:

- 1 **Bronze courses** develop lifesaving fitness and decision-making skills.
- 2 **Standard First Aid** provides practical skills to handle emergency response situations.
- 3 **National Lifeguard** promotes prevention of drowning and aquatic-related injuries.
- 4 **Instructor Training** prepares you to teach swimming lessons and lifesaving skills.

START HERE!

Bronze Medallion
prerequisite: 13 years or Bronze Star

Bronze Cross
prerequisite: Bronze Medallion

Standard First Aid (SFA)
prerequisite: 15 years

National Lifeguard
prerequisites: 15 years, Bronze Cross, SFA

Swim for Life Instructor
prerequisites: 15 years, Bronze Cross







LIFEGUARD!






CAREER OPPORTUNITIES:

www.nanaimo.ca/your-government/careers/job-postings

Advanced Aquatic Courses

Course	Dates	Day	Time	Fee	Location	Course ID	
Bronze Medallion	Oct 19-Nov 9	Sat	11:30 am-5 pm	\$199	Beban	122203	
	Jan 11-Feb 1	Sat	11:30 am-5 pm	\$199	Beban	122204	
	Judgement, knowledge, skill and fitness will be evaluated. Students acquire the assessment and problem-solving skills needed to make good decisions in, on and around the water. Prerequisites: Bronze Star (does not have to be current) or be 13 years of age (by last day of the course). 100% attendance is mandatory for completion.						
Bronze Cross	Nov 23-Dec 14	Sat	11:30 am-5 pm	\$195	Beban	122205	
	Feb 8-Mar 1	Sat	11:30 am-5 pm	\$195	Beban	122206	
	Students begin transitioning from lifesaving to lifeguarding and prepare for assistant lifeguard responsibilities. Students begin to strengthen and expand their lifesaving skills and apply active surveillance principles and techniques in aquatic facilities. The importance of teamwork and communication are emphasized in this course. Prerequisites: Bronze Medallion (does not have to be current). 100 % attendance is mandatory for completion.						
Standard First Aid	Sep 21-22	Sat & Sun	9 am-5:30 pm	\$177	Beban	128598	
	Oct 26-27	Sat & Sun	9 am-5:30 pm	\$177	Beban	128625	
	Nov 23-24	Sat & Sun	9 am-5:30 pm	\$177	Beban	128563	
This Red Cross First Aid course includes all of the Emergency First Aid and CPR C instruction on day one before covering head and spine injuries, bone and joint injuries, environmental conditions, poisons and sudden medical emergencies on day two. Prerequisites: 13 years of age is recommended. 100 % attendance is mandatory for completion.							
National Lifeguard	Dec 22-24 & Dec 27-31	Sun-Tue, Fri-Tue	9 am-3:30 pm	\$499	Beban	122307	
	Mar 17-27	Mon-Thu	10 am-4:30 pm	\$499	Beban	122308	
	This is the national standard for lifeguards in Canada. Candidates develop the fundamental values, judgement, knowledge, skills and fitness required by lifeguards. Prerequisites: 15 years of age (by last day of course), Bronze Cross (does not have to be current), Standard First Aid (does not have to be current). 100% attendance is mandatory for completion.						
Swim for Life Instructor	Sep 28-Nov 2	Sat	8 am-5 pm	\$450	Beban	122312	
	Jan 12-Feb 16	Sun	9 am-6 pm	\$450	Beban	122313	
	Students will be certified to teach the Lifesaving Society's programs, such as Swim for Life and Canadian Swim Patrol. Prerequisites: 15 years of age (by last day of course), Bronze Cross (does not have to be current). 100% attendance is required.						
Lifesaving Instructor	Jan 4-Feb 8	Sat	8:30 am-3 pm	\$450	Beban	123239	
	Students will be certified to teach the Lifesaving Society Bronze Program and Junior Lifeguard Club. Prerequisites: 15 years of age and completion of Bronze Cross.						

Recertification Courses

Course	Dates	Day	Time	Fee	Location	Course ID	
National Lifeguard	Sep 21	Sat	9 am-6 pm	\$120	Beban	122309	
	Dec 8	Sun	9 am-6 pm	\$120	Beban	122310	
	Mar 1	Sat	9 am-6 pm	\$120	Beban	122311	
	Proof of previous certifications: NL Pool, CPR C and AMOA (need not be current)						
Lifesaving Instructor	Sep 6	Fri	4:30-9 pm	\$120	Beban	116941	
Swim Instructor	Oct 5	Sat	9:30 am-3 pm	\$120	NAC	122314	

NOTE: All candidates are required to present their original certification at the start of the recertification clinic. 100% attendance is mandatory for completion.
REFUND POLICY: Withdrawals with refund will only be provided for Aquatic Leadership courses with a minimum of **seven days advanced notice**. Withdrawals within seven days of start date are refunded at 50%. No refunds on or after start date.





POOLS in NANAIMO

So much more than public swimming



Did You Know?



- The Nanaimo Aquatic Centre is home to one of the largest wave pools in Western Canada.
- The main pool at Nanaimo Aquatic Centre is olympic sized.
- The green slide at Nanaimo Aquatic Centre is 45 feet high and 345 feet long! FUN!

All about... *Lifeguards*

- A lifeguard's primary job is safety supervision and drowning prevention. They keep you safe in the water while you have fun and teach swim lessons and lead aquafit classes.
- It takes 146 hours of training to become a lifeguard. What training? See page 14 and 15.
- In 2024, we are offering over 900 children's lessons in Nanaimo's pools and Westwood Lake.
- Swim lessons are a high priority because the more people who learn to swim, the safer we can keep our citizens in, on and around water.
- Our goal is to continue to build staffing levels and offer diverse aquatic programming in our community.
- Many hands and eyes are needed to keep the pools open. Our ratio is 1 lifeguard to 40 swimmers.



3 Easy Ways to Register FOR YOUR NANAIMO PARKS, RECREATION & CULTURE PROGRAMS:

1. ONLINE

Register and view your transactions online.
Available 24/7 with a valid credit card or
with your account credit.

Go to recreation.nanaimo.ca to login and/or
create your account.

2. IN PERSON

Pay for programs using cash, cheque, credit/debit card or
gift cards at any of the locations listed below.

Phone 250-756-5200 to confirm hours.

- Beban Park (2300 Bowen Rd) • Nanaimo Ice Centre (750 Third St.)
- Bowen Park (500 Bowen Rd) • Oliver Woods Comm. Centre (6000 Oliver Rd)
- Nanaimo Aquatic Centre (741 Third St.)

3. BY PHONE

Call 250-756-5200 and leave your name & phone number.

We will call you back in the order calls are received.

Payment is by credit card (card holder must be present)
or with your account credit.

NEW!!

On Registration Day,
the following hours
of operation will be
in effect to serve you
better!

• Beban Park
6 am-8 pm

• Bowen Park
6 am-4:30 pm

• Nanaimo Aquatic Centre
6 am-9 pm

• Nanaimo Ice Centre
6 am-6 pm

• Oliver Woods Community Centre
6 am-7 pm

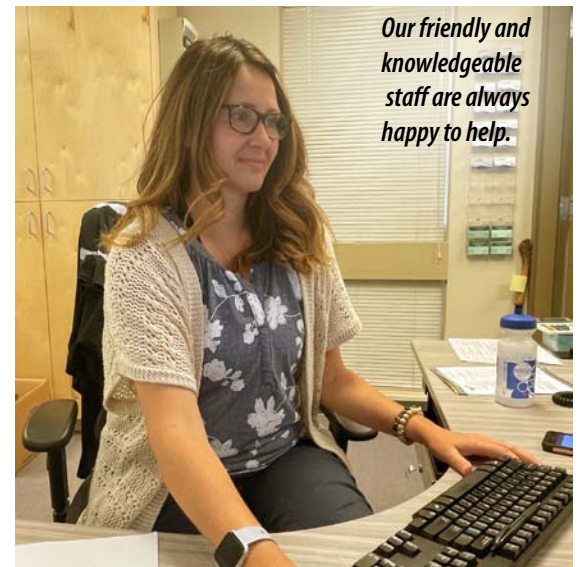
*Serving
You
Better!*

PROGRAM CANCELLATIONS AND REFUNDS

Programs: Full refunds will be processed by contacting Reception a minimum of 72 hours prior to program start date (less supply costs where applicable). Full refunds are issued when Nanaimo Parks, Recreation and Culture cancels a program or when a program is not convenient due to course changes. Every effort is made to cancel in a timely manner (3 to 5 days prior to course start date). Some exceptions may apply.

Passes: Passes are non-refundable and non-transferable, and a \$2 replacement card fee applies if card is lost or stolen. Credits and refunds are not available for promotional passes. Check at the time of purchase for details. Occasionally, a facility may be unavailable due to special events, holidays and maintenance closures. In these cases, the pass holder will not be credited.

Refunds: Payments made by Visa, MasterCard or Debit will be credited to the original credit/debit card (some restrictions apply). All other refunds are refunded by cheque and processed within 10 working days. A fee will apply to NSF or incomplete payments.



*Our friendly and
knowledgeable
staff are always
happy to help.*

OH, NO! WE HAD TO CANCEL IT!

Sometimes programs get cancelled due to low registration because people wait until the last minute to register. Please try to register as early as possible to avoid disappointment.

SORRY, THAT COURSE IS FULL...

Many of our most popular classes fill up quickly. Please register early to avoid disappointment. Ask to be added to the waitlist free of charge.

CHANGE OF PLANS?

If you need to withdraw from a program because your plans change, please call 250-756-5200 at least 72 hours prior to the course start date for a full refund.



cityofnanaimo



prc_nanaimo (#ilovemyparksandrec)

WANTED

LIFEGUARD INSTRUCTORS



To join our team and bring fun, fitness and safety to our community at Nanaimo Aquatic Centre, Beban Pool and Westwood Lake!

Requirements:

- Completed Bronze Medallion
- Completed Bronze Cross
- Completed Standard First Aid CPR C
- Completed National Lifeguard Award
- Completed Lifesaving Society Swim Instructor



APPLY TODAY!

CHECK OUR ONLINE ACTIVITY GUIDE FOR TRAINING OPPORTUNITIES OR CALL 250-756-5200