

Schedule subject to change without notice. Check rdn.bc.ca/recreation for holiday and schedule changes.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
PUBLIC SKATES April 1-14						
	55yrs+ Drop-in Hockey 7:45-9:15am	70yrs+ Drop-in Hockey 10:15-11:45am	55yrs+ Drop-in Hockey 7:45-9:15am	70yrs+ Drop-in Hockey 10:15-11:45am <i>No session Apr 4</i>		
	55yrs+ Skate 9:30-11:00am		55yrs+ Skate 9:30-11:00am			
	19yrs+ Drop-in Hockey 12:00-1:30pm	19yrs+ Drop-in Stick & Puck 12:00-1:30pm	19yrs+ Drop-in Hockey 12:00-1:30pm	19yrs+ Drop-in Stick & Puck 12:00-1:30pm <i>No session Apr 4</i>	19yrs+ Drop-in Hockey 12:00-1:30pm <i>No session Apr 5, 12</i>	
			Everyone Welcome 3:30-5:00pm			
PUBLIC SKATES April 15-June 14						
	55yrs+ Drop-in Hockey 9:00-10:30am <i>No session May 20</i>	70yrs+ Drop-in Hockey 10:15-11:45am	55yrs+ Drop-in Hockey 9:00-10:30am	70yrs+ Drop-in Hockey 10:15-11:45am		
	19yrs+ Drop-in Hockey 12:00-1:30pm <i>No session May 20</i>	19yrs+ Drop-in Stick & Puck 12:00-1:30pm	19yrs+ Drop-in Hockey 12:00-1:30pm	19yrs+ Drop-in Stick & Puck 12:00-1:30pm	19yrs+ Drop-in Hockey 12:00-1:30pm	
DROP-IN PICKLEBALL April 23-June 26						
	Drop-in Pickleball 9:00-11:30am <i>No session Apr 22, May 20</i>	Drop-in Pickleball 9:00-11:30am	Drop-in Pickleball 9:00-11:30am <i>No session May 29, Jun 19</i>	Drop-in Pickleball 9:00-11:30am <i>No session May 9, 23, Jun 13, 20, 27</i>	Drop-in Pickleball 9:00-11:30am <i>No session May 10, 24, 31, Jun 14, 21, 28</i>	
DROP-IN TABLE TENNIS April 8-June 30						
	Drop-in Table Tennis 9:00am-5:30pm <i>No session May 20</i>	Drop-in Table Tennis 9:00am-5:30pm <i>No session Jun 18</i>	Drop-in Table Tennis 9:00am-5:30pm <i>No session Jun 19</i>	Drop-in Table Tennis 9:00am-5:30pm <i>No session Apr 11, May 9, Jun 20</i>	Drop-in Table Tennis 9:00am-5:30pm <i>No session Apr 19, May 10, 24, Jun 21</i>	

Reduced rate of \$4.00/adult & senior and \$2.00/child & youth

Public Skate Descriptions:

- Drop-in Hockey: 19yrs+, 55yrs+, 70yrs+** Full gear is mandatory. Maximum 26 players and 2 goalies. Goalies play for free.
- 55yrs+ Skate:** A leisure skate for the 55yrs + skater.
- 19yrs+ Drop-in Stick & Puck:** This is a practice Session with no games or shots taken. Helmets and gloves are mandatory.
- Everyone Welcome:** Let's go skating. If attendance permits, one end of the ice will be set up for pond hockey.
- Drop-in Pickleball:** Nine courts are available. No attendants on duty during drop-in session. Everyone welcome.
- Drop-in Table Tennis:** Everyone welcome. All equipment is provided.

CHILD AND YOUTH DROP-IN GYM April 1-May 9

Pick up an Active Pass and drop-in to swim, skate or play in the gym. Grade 5 and 6 Active Passes also accepted.

Monday	Tuesday	Wednesday	Thursday	Friday
3:00-5:00pm Craig Street Commons		3:00-5:00pm Qualicum Commons	3:00-5:00pm Craig Street Commons	

Craig Street Commons
330 Craig Street, Parksville

Qualicum Commons,
744 Primrose Street, Qualicum Beach



REGIONAL DISTRICT OF NANAIMO

Drop-in Schedule

RDN Recreation and Parks • March 31 - June 30, 2019

Special Events

Pete the Cat – First Steps to School Fair

Oceanside Place Arena
Th Apr 11 5:00-7:00pm
oblt.ca

Golden Shoe Hunt

Clues and instructions for the locations of the shoes will be posted weekly to rdn.bc.ca/recreation, RDN Facebook and RDN Twitter starting April 12.

Pickleball Free Drop-in

Oceanside Place Arena
Tu Apr 23 1:00-2:30pm

FREE Youth Week Teen Swim, 13-18yrs

Ravensong Aquatic Centre
F May 3 7:00-9:00pm
Free Admission

The Great Garage Sale

Oceanside Place Arena
Sa May 4 9:00am-1:00pm
Free admission

School's Out Swim

Ravensong Aquatic Centre
Th Apr 18 1:00-2:30pm
F May 17 1:00-2:30pm
Th Jun 27 1:00-2:30pm
Th Apr 18 1:00-2:30pm
F May 17 1:00-2:30pm
Th Jun 27 1:00-2:30pm
Reduced rate admission

Splash Everyone Welcome Swim

Ravensong Aquatic Centre
Sa Apr 20 10:00am-12:00pm
Sa May 18 10:00am-12:00pm
F Jun 28 1:00-3:30pm
Sa Jun 29 10:00am-12:30pm
Sa Apr 20 10:00am-12:00pm
Sa May 18 10:00am-12:00pm
F Jun 28 1:00-3:30pm
Sa Jun 29 10:00am-12:30pm
Regular admission

Admissions

Buy a 10x, 3, 6 or 12 month pass and save on public swimming, skating, pickleball and children's drop-in gym.

Please note: Active Living Card fees take into consideration arena season and pool shutdowns.

A \$6.15 replacement fee will be charged for any lost or stolen Active Living Cards. Special rules in effect for extension requests.

Admissions (includes 5% GST)							
	Tot 0-3 yrs	Child 4-12 yrs	Student 13-18 yrs	Adult 19-59 yrs	Senior 60-79 yrs	Golden 80+ yrs	Family
Drop-in	Free	\$3.35	\$4.47	\$6.39	\$5.00	Free	\$12.98 or \$17.39/w skate rental
10x Active Pass		\$30.15	\$40.26	\$57.55	\$44.98		\$116.80
10x Active Pass with skate rentals		\$44.60	\$54.72	\$86.18	\$73.62		\$156.49
Active Living Card							
3 Month		\$87.09	\$116.30	\$166.26	\$129.95		\$337.43
6 Month		\$156.75	\$209.34	\$299.26	\$233.91		\$607.37
12 Month		\$235.14	\$314.01	\$448.90	\$350.87	Free	\$911.06

Other Services	
Skate Sharpening	\$6.27
10x Skate Sharpening	\$56.45
Locker Rental	0.25/0.50

Oceanside Place Arena
830 West Island Hwy, Parksville
250 248-3252

Ravensong Aquatic Centre
737 Jones Street, Qualicum Beach
250 752-5014

Lesson break weeks are April 1-5, May 13-18 and June 24-29 see online or call 250-752-5014 for additional lane swim times.
Pool closed April 19, 22, May 20.

MAIN POOL SCHEDULE						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Early Bird 6:00-9:00am	Early Bird 6:00-9:30am <i>Shared</i>	Early Bird 6:00-9:00am <i>Shared</i>	Early Bird 6:00-9:30am <i>Shared</i>	Early Bird 6:00-9:00am <i>Shared</i>	Early Bird 7:00-9:00am <i>Shared</i>
Family Swim 10:00am-12:00pm	AquaFit 9:00-11:00am	AquaFit & Lessons 9:30-11:30am	AquaFit 9:00-11:00am	AquaFit & Lessons 9:30-11:30am	AquaFit 9:00-11:00am	Pools Closed for Lessons 9:00am-12pm
	Noon Lanes 11:00am-1:00pm <i>Shared</i>	Noon Lanes 11:30am-1:00pm	Noon Lanes 11:00am-1:00pm <i>Shared</i>	Noon Lanes 11:30am-1:00pm	Noon Lanes 11:00am-1:00pm <i>Shared</i>	
Noon Lanes 12:00-1:30pm	Adult Only 12:00-1:00pm	Adult Only 12:00-1:00pm	Adult Only 12:00-1:00pm	Adult Only 12:00-1:00pm	Adult Only 12:00-1:00pm	Noon Lanes 12:00-1:30pm
	Pools Closed for Lessons 1:00-2:30pm	Pools Closed for Lessons 1:00-2:30pm	Pools Closed for Lessons 1:00-2:30pm	Pools Closed for Lessons 1:00-2:30pm	Pools Closed for Lessons 1:00-2:30pm	
Everyone Welcome 1:30-5:00pm	Lane Swim 2:30-3:30pm	Lane Swim 2:30-3:30pm	Lane Swim 2:30-3:30pm	Lane Swim 2:30-3:30pm	Lane Swim 2:30-4:30pm	Everyone Welcome 1:30-5:00pm
Pools Closed for Rental 5:00-6:00pm	Pools Closed for Lessons 3:30-6:30pm <i>Hot spots open</i>	Pools Closed for Lessons 3:30-7:30pm 4:30-7:30pm <i>Hot Spots open</i>	Pools Closed for Lessons 3:30-6:30pm <i>Hot spots open</i>	Pools Closed for Lessons 3:30-7:30pm 4:30-7:30pm <i>Hot Spots open</i>	Pools Closed for Rental 4:30-6:30pm <i>Hot spots & Leisure pool open</i>	Pools Closed for Rental 5:00-6:00pm
Everyone Welcome 6:00-8:00pm	Everyone Welcome 6:30-8:00pm	AquaFit 7:30-8:30pm	Everyone Welcome 6:30-8:00pm	AquaFit 7:30-8:30pm	Teen Swim 7:00-9:00pm	Everyone Welcome 6:00-8:00pm
Adult Swim 8:00-9:00pm	Lane Swim 8:00-9:00pm <i>Shared</i>		Lane Swim 8:00-9:00pm <i>Shared</i>			Adult Swim 8:00-9:00pm
	Adult Swim 9:00-10:00pm	Adult Swim 8:30-9:30pm	Adult Swim 9:00-10:00pm	Adult Swim 8:30-9:30pm		
Reduced rate of \$4.00/adult & senior and \$2.00/child & youth on Mondays-Thursdays 2:30-3:30pm, Fridays 2:30-4:30pm and Teen Swim Fridays 7:00-9:00pm						
LEISURE POOL: A smaller shallow pool with a warmer temperature for drop-in splashes.						
Family Swim 10:00am-12:00pm	6:00am-1:00pm 6:30-9:00pm	6:00-9:30am 12:00-1:00pm 2:30-3:30pm 7:30-8:30pm	6:00am-1:00pm 6:30-9:00pm	6:00-9:30am 12:00-1:00pm 2:30-3:30pm 7:30-8:30pm	6:00am-1:00pm 2:30-6:30pm	7:00-9:00am 12:30-5:00pm 6:00-8:00pm
12:00-5:00pm 6:00-8:00pm						
Adult Swim 8:00-9:00pm	Adult Swim 9:00-10:00pm	Adult Swim 8:30-9:30pm	Adult Swim 9:00-10:00pm	Adult Swim 8:30-9:30pm	Teen Swim 7:00-9:00pm	Adult Swim 8:00-9:00pm
Reduced rate of \$4.00/adult & senior and \$2.00/child & youth on Mondays-Thursdays 2:30-3:30pm, Fridays 2:30-6:30pm, Monday, Wednesday, Friday 9:00am-1:00pm and Tuesday/Thursday 12:00-1:00pm						
HOT SPOTS: Whirl Pool, Sauna and Steam Room						
Family Swim 10:00am-12:00pm	6:00am-1:00pm 2:30-9:00pm	6:00am-1:00pm 2:30-3:30pm 4:30-8:30pm	6:00am-1:00pm 2:30-9:00pm	6:00am-1:00pm 2:30-3:30pm 4:30-8:30pm	6:00am-1:00pm 2:30-6:30pm	7:00-9:00am 12:00-5:00pm 6:00-8:00pm
12:00-5:00pm 6:00-8:00pm						
Adult Swim 8:00-9:00pm	Adult Swim 9:00-10:00pm	Adult Swim 8:30-9:30pm	Adult Swim 9:00-10:00pm	Adult Swim 8:30-9:30pm	Teen Swim 7:00-9:00pm	Adult Swim 8:00-9:00pm
Reduced rate of \$4.00/adult & senior and \$2.00/child & youth on Mondays-Thursdays 2:30-3:30pm and Fridays 2:30-6:30pm						

Public Swim Descriptions:

- Adult Swim:** Six lanes, the leisure pool and hot spots are available during this adult only time.
- AquaFit:** Drop in aquaFit classes are offered in the main pool. Space is limited. During aquaFit and swim lessons the leisure pool is unavailable.
- Lane Swims:** Lane swimming is available for moderate, fast and leisure swimming. The pool is often shared with user groups. Monday to Friday, 12:00-1:00pm is a designated adult only lane swim time.
- Early Bird Swims:** Lanes, leisure pool and hot spots are available. Please note the pool is often shared with user groups.

- Everyone Welcome:** All of the pools are available at this time. The diving board, rope swing and pool toys will be opened throughout the swim.
- Family Swim:** Sunday mornings are for families. Adults must be accompanied by a child or youth and children and youth must be accompanied by an adult.
- Pools Closed for Lessons:** The main and leisure pools are used for swimming lessons and rental groups. There is no access to the pools or hot spots during these times, unless otherwise noted.
- Pools Closed for Rentals:** The pool is closed for user group and private rentals. No access to the pools, hot spots or change rooms during these times. To rent the pool call 250-752-5014.

Please note:

Children 7 years of age and under, or under 4 feet tall, must be within arms reach of a parent or guardian (16 years of age or older), while in the water. A maximum ratio of three children 7 years of age or under, or under 4 feet tall, per adult is required.
Patrons 15 years of age and under must be accompanied by a parent or guardian (16 years of age or older) in the whirlpool, sauna or steam room. A recommended maximum time for children in these hot spot areas is 5 minutes.

AquaFit Descriptions:

- AquaFit:** Drop-in water exercise class led by an aquatic instructor held in the shallow water.
- Deep AquaFit:** Drop-in water exercise class held in the deep water. A strong core and swimming ability recommended. This class may be combined with the shallow water class.
- Morning Moves:** Drop-in water exercise class held in the shallow water. A great class for beginners.
- Gentle AquaFit:** Low impact gentle aquaFit class for people with limited mobility.

Drop-in Fitness Schedule

Spring • March 31 – June 30, 2019

No drop-in fitness scheduled Monday, April 22 or May 20, 2019. 10x drop-in passes are available at Ravensong Aquatic Centre and Oceanside Place Arena. For dryland fitness class descriptions and locations please view online rdn.bc.ca/recreation

	Monday	Tuesday	Wednesday	Thursday	Friday
Gentle to moderate intensity \$6 Drop-in	Seated Fitness 9:45-10:45am Qualicum Commons	Gentle Cardio, Condition & Core 8:45-9:45am PV Comm Ctr	Seated Fitness 9:45-10:45am Qualicum Commons		
	Chair Yoga 11:00am-12:00pm Qualicum Commons	Seated Fitness 10:00-11:00am PV Comm Ctr	Chair Yoga 10:00-11:00am Craig St Commons	Seated Fitness 10:00-11:00am Craig St Commons	Qigong 10:00-11:00am Qualicum Commons
	Gentle Fit 11:45am-12:45pm St Columba Presbyterian Church			Gentle Fit 11:45am-12:45pm St Edmunds Anglican Church	
	Gentle Cardio, Condition & Core 1:00-2:00pm St Columba Presbyterian Church			Gentle Cardio 1:30-2:30pm St Edmunds Anglican Church	
Moderate to high intensity \$10 Drop-in	Strength and Stretch 9:00-10:00am QB Comm Hall	Gentle Hatha 9:15-10:15am Qualicum Commons	Strength and Stretch 9:00-10:00am QB Comm Hall	Gentle Hatha 9:15-10:15am Qualicum Commons	
	Beginner Yoga 10:15-11:15am QB Comm Hall	20 20 20 11:00am-12:00pm QB Civic Ctr	Beginner Yoga 10:15-11:15am QB Comm Hall	Cardio Dance Club 9:30-10:30am QB Comm Hall	
	HIIT 10:30-11:30am St Columba Presbyterian Church	Foam Roller & Stretch 5:15-6:15pm Oceanside Place Arena		20 20 20 11:00am-12:00pm QB Civic Ctr	
Ravensong Aquatic Centre					
AquaFit \$6.39 Drop-in	AquaFit 9:00-10:00am Deep AquaFit 9:00-9:45am	AquaFit 9:30-10:30am	AquaFit 9:00-10:00am Deep AquaFit 9:00-9:45am	AquaFit 9:30-10:30am	AquaFit 9:00-10:00am Deep AquaFit 9:00-9:45am
	Morning Moves 10:00-11:00am	Gentle AquaFit 10:30-11:15am	Morning Moves 10:00-11:00am	Gentle AquaFit 10:30-11:15am	Morning Moves 10:00-11:00am
		Evening AquaFit 7:30-8:30pm		Evening AquaFit 7:30-8:30pm	