





Closed Oct 14 and Nov 11.

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

ARENA SCHEDULE						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	55yrs+ Drop-In Hockey 7:45-9:15am Starts Sep 9 <i>No session Oct 14, Nov 11, Feb 17</i>				55yrs+ Drop-In Hockey 7:45-9:15am	
	55yrs+ Drop-In Hockey 9:00-10:30am Starts Sep 9 <i>No session Oct 14, Nov 11, Feb 17</i>				55yrs+ Drop-In Hockey 9:00-10:30am No session Dec 13	
	55yrs+ Skate 9:30-11:00am Starts Sep 9 <i>No session Oct 14, Nov 11, Feb 17</i>	70yrs+ Drop-In Hockey 10:15-11:45am Starts Sep 17 <i>No session Jan 14</i>	 55yrs+ Skate 9:45-11:15am Starts Sep 18 <i>No session Jan 15</i>	70yrs+ Drop-In Hockey 10:15-11:45am Starts Sep 19	55yrs+ Skate 9:30-11:00am	
		Leisure Skate 11:45-1:15pm Starts Sep 17 <i>No session Jan 14</i>		Leisure Skate 11:45-1:15pm Starts Sep 19		
Free Family Skate 12:15-1:45pm Courtesy of Parksville Lions & Save-On Foods Starts Sep 29	19yrs+ Drop-in Hockey 12:00-1:30pm Starts Sep 9 <i>No session Oct 14, Nov 11, Feb 17</i>	19yrs+ Drop-in Stick & Puck 12:00-1:30pm Starts Sep 17 <i>No session Jan 14</i>	19yrs+ Drop-in Hockey 12:00-1:30pm Starts Sep 18 <i>No session Jan 15</i>	19yrs+ Drop-in Stick & Puck 12:00-1:30pm Starts Sep 19 <i>No session Sep 12</i>	19yrs+ Drop-in Hockey 12:00-1:30pm Starts Sep 6 <i>No session Oct 25, Dec 13</i>	Everyone Welcome 2:00-3:30pm Starts Sep 28
	 Everyone Welcome 3:30-5:00pm Starts Sep 23 <i>No session Oct 14, Nov 11, Feb 17</i>		 Everyone Welcome 3:30-5:00pm Starts Sep 25 <i>No session Jan 15</i>			
	Everyone Welcome 2:00-3:30pm Starts Sep 29	Parent/Child Drop-in Hockey 6:15 -7:45pm Starts Sep 23 <i>No session Oct 14, Nov 11, Feb 17</i>				
 Reduced rate of \$4.00/adult & senior and \$2.00/child & youth						

Drop-in Hockey 19yrs+, 55yrs+, 70yrs+: Full gear is mandatory. Maximum 26 players, 2 goalies. Goalies play for free.

Drop-in Stick and Puck 19yrs+: This is a practice session with no games or shots taken. Helmets and gloves are mandatory.

Leisure Skate: A casual skate session for all ages.

Everyone Welcome Skate: A session for everyone. If attendance permits, one end of the ice will be set up for pond hockey.

Free Family Skate Courtesy of Parksville Lions and Save-on Foods: Children must bring an adult 19 years or older.

Parent/Child Drop-in Hockey: Children 6-15 years must be accompanied on the ice by an adult/parent. Helmets are mandatory. Plastic pucks only.

POND SCHEDULE: A smaller rink for skaters of all ages. Opens October 15, 2019						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00am-3:30pm	9:00am-5:00pm 	9:00am-5:00pm 	9:00am-7:00pm 	9:00am-7:00pm 	9:00am-7:00pm 	9:00am-12:45pm 2:00-3:30pm
Reduced rate of \$4.00/adult & senior and \$2.00/child & youth Mon-Tue 9:00am-5:00pm and Wed-Fri 9:00am-7:00pm						

REGIONAL DISTRICT OF NANAIMO

Drop-in Schedule

RDN Recreation and Parks • Fall 2019

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

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

rdn.bc.ca/recreation

Special Events

Terry Fox Run
Rathtrevor Provincial Park
Su Sep 15, 9:00am registration, 10:00am start

Active Aging Week Oct 1-7
Free drop-in activities all week in celebration of active aging.

Halloween Howl Swim
Ravensong Aquatic Centre
We Oct 30 6:30-8:00pm
Regular admission

School's Out Skate
Oceanside Place Arena
Tu Sep 24 1:30-3:00pm
Th Oct 24 1:30-3:00pm
Fr Nov 1 1:30-3:00pm
Reduced rate admission

School's Out Swim
Ravensong Aquatic Centre
Tu Sep 24 1:00-2:30pm
Th Oct 24 1:00-2:30pm
Fr Oct 25 1:00-2:30pm
Fr Nov 1 1:00-2:30pm
Reduced rate admission

Disco Light Skate for all ages
Oceanside Place Arena
Sa Sep 28 & Oct 26 7:30-9:00pm
Regular admission

Spish Splash Everyone Welcome Swim
Ravensong Aquatic Centre
Sa Oct 12 10:00am-12:00pm
Sa Nov 9 10:00am-12:00pm
Sa Dec 7 10:00am-12:00pm
Mo Dec 9 1:00-2:30pm
Sa Dec 14 10:00am-12:00pm
Mo Dec 16 1:00-2:30pm
Regular rate admission

Dad's Night Out: Free Skate Night
Oceanside Place Arena
Tu Nov 5 & Dec 3 6:45-7:45pm
Free admission and skate rentals

After School Drop-in Gym and Activities
Craig Street Commons – Gym
Mo, Th Sep 16-Dec 19 3:00-5:00pm
Qualicum Commons – Gym
We Sep 18-Dec 18 3:00-5:00pm
revised Nov 14, 2019

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


Ravensong Aquatic Centre Schedule


Fall – September 9 - December 20, 2019


Closed Oct. 14 and Nov. 11. Lesson break weeks are Oct. 7-12, Nov. 9-15. For additional lane swims, holidays and schedule changes see online or call 250-752-5014. Schedule subject to change without notice.


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

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 Tu/Thu am leisure pool will not be available due to swimming lessons. Widths are available for swimming Tu & Thu 10:00 - 11:00am.

 **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.

Everyone Welcome:

Family Swim:

Pools Closed for Lessons:

Pools Closed for Rentals:

Please note:

Aquafit Descriptions:

Drop-in Fitness Schedule

Fall – September 9 - December 20, 2019

No drop-in fitness scheduled October 14 and November 11. For class descriptions see guide online rdn.bc.ca/recreation. 10x drop-in passes are available at Ravensong Aquatic Centre and Oceanside Place Arena.

	Monday	Tuesday	Wednesday	Thursday	Friday		
Gentle to moderate intensity \$6 Drop-in	Seated Fitness 9:45-10:45am Qualicum Commons	Seated Fitness 10:00-11:00am PV Comm Ctr	Seated Fitness 9:45-10:45am Qualicum Commons	Seated Fitness 10:00-11:00am PV Comm Ctr Chair Yoga 10:00-11:00am Qualicum Commons Gentle Fit 11:45am-12:45pm St Edmunds Anglican Church Gentle Cardio 1:30-2:30pm St Edmunds Anglican Church	Qigong 10:00-11:00am Qualicum Commons		
	Gentle Cardio, Condition & Core 9:45-10:45pm PV Comm Ctr		Chair Yoga 10:00-11:00am Craig St Commons				
	Chair Yoga 11:00am-12:00pm Qualicum Commons		Hatha Yoga 10:15-11:15am QB Comm Hall				
	Gentle Fit 11:00am-12:00pm PV Comm Ctr						
Moderate to high intensity \$10 Drop-in	Strength and Stretch 9:00-10:00am QB Comm Hall	Low impact Interval Training 8:45-9:45am PV Comm Ctr 20 20 20 11:00am-12:00pm QB Civic Ctr Foam Roller & Stretch 5:15-6:15pm Oceanside Place Arena	Strength and Stretch with Pilates 9:00-10:00am QB Comm Hall	Beginner HIIT 8:45-9:45am PV Comm Ctr Cardio Dance Club 9:30-10:30am QB Comm Hall 20 20 20 11:00am-12:00pm QB Civic Ctr			
	Beginner Yoga 10:15-11:15am QB Comm Hall						
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			