

Active Living Guide

RDN Recreation and Parks • Winter / Spring 2025

Try something new this season

Orienteering p 26
Little Hands Big Creations p 16
Youth Swim Lessons p 36

rdn.bc.ca/recreation

WINTER registration starts
Tuesday, November 26, 2024

SPRING registration starts
Tuesday, January 28, 2025
8:00 a.m.

Check out REC Connect, your online resource for ways to stay active and connected.

- Visit our active and creative ideas and links to resources to keep you active,
- Visit the Frequently Asked Questions for updates and program registration dates,
- Register to this page to be first to receive the newest Active Living Guide by email.

Visit getinvolved.rdn.ca/rec-connect

Events

Springtime Storywalk® April 2 - 16
Claudet Road Community Park

Picnic and Play
Errington Community Park
Fri April 25, 5-7 p.m. FREE

19 Annual Golden Shoe Hunt April 11- May 16
Clues posted weekly to getinvolved.rdn.ca/goldenshoe, and RDN social media starting April 11.

Everyone Welcome Bonus Swim
Sat, April 19, 9 a.m.-12 p.m. Reg admission

Youth Week May 1-7
getinvolved.rdn.ca/rec-connect.

Everyone Welcome Bonus Swim
Fri, May 16, 12:30-1:30 p.m. Reg adm

Everyone Welcome Bonus Swim
Sat, May 17, 9 a.m.-12 p.m.. Reg adm

Bonus Family Swim
Sun, May 18, 8-10 a.m. Reg adm

Science in the Park – Tree Science
Lighthouse Regional Trail – Lioness Blvd
Sun, May 25, 11 a.m.-2 p.m. Free drop-in

GoByBike Week May 31-Jun 6
Register today at gobybikebc.ca/oceanside to receive local event information and be entered to win prizes.

Fitness Schedule

Spring 2025



Recreation and Parks

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

Fitness Schedule Spring ~ April 1-June 30, 2025

Drop-in 10x fitness passes available for classes marked with * and in the orange box below .

Fitness pass: \$120 plus gst. Purchase at either Ravensong Aquatic Centre or Oceanside Place Arena.

Ongoing pro-rated registration available if space allows.



Schedules can change without notice, we ask that you check the live schedule online rdn.bc.ca/recreation or call 250-248-3252 or 250-752-5014.

Fitness Schedule				
Monday	Tuesday	Wednesday	Thursday	Friday
No session April 21 or May 19				No session April 18
Yoga Barre Fusion* 9:15-10:15 a.m. St. Edmunds Church			Pilates and Barre Sculpt * 9-10 a.m. QB Community Hall	
Feel the Flow Yoga * 9:30-10:30 a.m. QB Community Hall	Gentle Fit 9:15-10:15 a.m. St. Edmunds Church	Yoga Fusion * 9:30-10:30 a.m. Qualicum Commons	Gentle Fit 9:15-10:15 a.m. St. Edmunds Church	
Yoga Fusion* 10:30-11:30 a.m. St. Edmunds Church	Happy Feet Walking Group 10 -11:30 a.m. ongoing registration welcome if space available	Chair Yoga 10:00-11:00 a.m. Bradley Centre	Pilates Tone and Stretch * 10:15-11:30 a.m. QB Community Hall	
	Gentle Cardio and Core 10:30-11:30 a.m. St. Edmunds Church	20 20 20 Fitness * 10:30-11:30 a.m. Jenson Centre	Gentle Cardio and Core 10:30-11:30 a.m. St. Edmunds Church	20 20 20 Fitness * 10:30-11:30 a.m. Jenson Centre
	20 20 20 Fitness 11 a.m.-12 p.m. QB Civic Centre	Essentrics * 11:30 a.m.-12:30 p.m. Bradley Centre	20 20 20 Fitness 11 a.m.-12 p.m. QB Civic Centre	
Yin Yoga * 5:30-6:30 p.m. QB Community Hall		Hatha Yoga * 5:30-6:30 p.m. QB Rotary House		