





Schedule subject to change without notice.

55yrs+, 70yrs+ Hockey sessions require pre-registration (drop-in registration if space available).  
Summer Beat The Heat Skate Schedule will be available online May 20.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>PUBLIC SKATES</b>						
55yrs+ Hockey 8:15-9:45am No session April 18 & May 23	70yrs+ Hockey 10:00-11:30am			70yrs+ Hockey 10:00-11:30am No session Mar 31	55yrs+ Hockey 8:15-9:45am No session April 1, 8, 15 & May 6	
Leisure Skate 10:00-11:15am No session April 18 & May 23			Leisure Skate 10:00-11:15am		Leisure Skate 10:00-11:15am No session April 1, 8, 15 & May 6	
19yrs+ Hockey 12:00-1:15pm No session April 18 & May 23	19yrs+ Stick & Puck 12:00-1:15pm	19yrs+ Hockey 12:00-1:15pm	19yrs+ Stick & Puck 12:00-1:15pm No session Mar 31	19yrs+ Hockey 12:00-1:15pm No session April 1, 8, 15 & May 6		
Leisure Skate 3:45-5:00pm No session April 18 & May 23						
		Parent & Child Hockey (pre-register) 6:00-7:00pm See p 33			Leisure Skate 6:30-7:45pm No session April 1, 8, 15, 22 & May 6	

### Public Sessions Descriptions:

-  Hockey: 19yrs+, 55yrs+, 70yrs+ Full gear is mandatory. Maximum 26 players and 2 goalies. 55yrs+ max 28 players. Goalies play for free.
-  19yrs+ Stick & Puck: This is a practice session with no games or shots taken. Helmets and gloves are mandatory.
-  Leisure Skate: If attendance permits in the afternoon sessions, one end of the ice will be set up for pond hockey.
-  Parent & Child Hockey: Pre-registration is required. Parents and children will be able to sharpen their stick handling, skating and shooting skills while bonding over the game of hockey. Parents must be on the ice with the child. This is a non-game session.

### Special Events

#### Physical Literacy Passport Challenge

Be ACTIVE March 19 to April 9, 2022 and enter to win prizes. Complete 10 or more of the activities on the passport and enter to win. All ages can participate. One entry per person. Find out more at

REC Connect [getinvolved.rdn.ca/rec-connect](http://getinvolved.rdn.ca/rec-connect)

#### 16th Annual Golden Shoe Hunt

Clues and instructions for the locations of the shoes will be posted weekly to [getinvolved.rdn.ca/golden-shoe](http://getinvolved.rdn.ca/golden-shoe).

Apr 15-May 20

#### Youth Week Event

10-16yrs

Head to Oceanside Place Arena to celebrate Youth Week with skating, playing laser tag and hanging in the games room. All this plus a chance to win prizes throughout the night.

Fr May 6 6:00-8:00pm \$2 16028

For more youth week events visit

[getinvolved.rdn.ca/rec-connect](http://getinvolved.rdn.ca/rec-connect)

#### Go By Bike Week

May 30-June 5

Create your account to create cycling friendly routes, track your km's and see how many kilograms and greenhouse gases you save by riding all year long. It's free, fun helps you stay fit and healthy and it's great for the environment. Go to [gobybike.ca/oceanside](http://gobybike.ca/oceanside) for more information on what's happening locally.



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](http://getinvolved.rdn.ca/rec-connect)



## Swim/Skate Schedule

Spring 2022 updated May 20, 2022



### 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

**Schedule subject to change without notice. Pool is closed on April 15, 18, May 23, June 10 (11:30 a.m. - 2:30 p.m.) and July 1.**

Youth Week Free Teen Swim, Fri May 6, 7-9 p.m.  
 Pro D Day Everyone Welcome Swim, Fri May 20, 1-2:30 p.m.  
 Extra Everyone Welcome Swims, Sat, May 21, Jun 18 & 25, 9 a.m.-12 p.m.  
 QB Family Day Free Swim Sun, May 29, 4-7 p.m.  
 Pool shared: Mon May 30-June 27, 12:45-1 p.m. during 11 a.m. to 1 p.m. Lane Swim  
 Aquafit registration dates are May 9 (May 24-June 30 classes) and June 20 (Jul and Aug classes) .

## MAIN AND LEISURE POOL SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Lane Swim 6:00-8:00am	Lane Swim (2 lanes) & Club Rental 6:00-7:15am Lane Swim 7:15-8:00am	Lane Swim 6:00-8:00am	Lane Swim (2 lanes) & Club Rental 6:00-7:15am Lane Swim 7:15-8:00am	Lane Swim 6:00-8:00am	Lane Swim (2 lanes) & Club Rental 7:00-8:00am
	Leisure Swim 8:00-9:00am	Leisure Swim 8:00-9:00am	Leisure Swim 8:00-9:00am	Leisure Swim 8:00-9:00am	Leisure Swim 8:00-9:00am	Lane Swim 8:00-9:00am
	Pre-registered Aquafit 9:00-10:00am	Pre-registered Aquafit 9:00-10:00am	Pre-registered Aquafit 9:00-10:00am	Pre-registered Aquafit 9:00-10:00am	Pre-registered Aquafit 9:00-10:00am	Pools Closed for Lessons 9:00am-12:00pm
	Leisure Swim 10:00-11:00am	Leisure Swim 10:00-11:00am	Leisure Swim 10:00-11:00am	Leisure Swim 10:00-11:00am	Leisure Swim 10:00-11:00am	
	Lane Swim 11:00-1:00pm	Lane Swim 11:00-1:00pm	Lane Swim 11:00-1:00pm	Lane Swim 11:00-1:00pm	Lane Swim 11:00-1:00pm	Family Swim 12:00-2:00pm
	Pools Closed for Rental 1:00-2:30pm	Pools Closed for Rental 1:00-2:30pm	Pools Closed for Rental 1:00-2:30pm	Pools Closed for Rental 1:00-2:30pm	Pools Closed for Rental 1:00-2:30pm	
	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 lanes) & Club Rental 2:30-3:30pm	Pools Closed for Rental 2:00-3:00pm
	Lane Swim (2 lanes) & Club Rental 3:30-6:30pm	Pools Closed for Lessons 3:30-7:30pm	Lane Swim (2 lanes) & Club Rental 3:30-6:30pm	Pools Closed for Lessons 3:30-7:30pm	Leisure Swim (2 lanes) & Club Rental 3:30-6:30pm	Everyone Welcome 3:00-5:30pm
	Everyone Welcome 6:30-8:00pm		Everyone Welcome 6:30-8:00pm			
	Lane Swim (2 lanes) & Club Rental 8:00-9:00pm	Lane/Leisure Swim 7:30-9:00pm	Lane Swim (2 lanes) & Club Rental 8:00-9:00pm	Lane/Leisure Swim 7:30-9:00pm	Teen Swim 7:00-9:00pm	

## HOT SPOTS SCHEDULE: (hot tub, sauna and steam room)

	6:00-9:00am 10:00am-1:00pm 2:30-9:00pm	6:00-9:00am 10:00am-1:00pm 2:30-3:30pm 7:30-9:00pm	6:00-9:00am 10:00am-1:00pm 2:30-9:00pm	6:00-9:00am 10:00am-1:00pm 2:30-3:30pm 7:30-9:00pm	6:00-9:00am 10:00am-1:00pm 2:30-6:30pm	7:00-9:00am 3:00-5:30pm
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Summer Aquatic Courses viewable online May 20, registration opens June 20 at 8 a.m.

Summer swim lessons viewable online June 17, registration opens June 20 at 8 a.m.

Summer swim schedule July 3 to August 19 will be available online May 20.

Annual RAC maintenance closure is August 20 to September 12.

## Public Swim Descriptions:

-  Aquafit: 60 max: A water exercise class led by an aquatic instructor. The pool is reserved for aquafit participants. Pre-registration required. 2 classes/week/patron.
-  Lane Swims: Continuous lane swimming is available for slow, moderate and fast swimming. Access to the hot spots and leisure pool is available. During lane swims and swim club rentals there will be two swim lanes available to the public.
-  Everyone Welcome: All of the pools are available at this time. The diving board, rope swing and pool toys will be opened throughout the session.
-  Leisure Swim: Designed for water walking, stationary exercises, and deep-water jogging in the pool. Continuous lap swimming is not available. Access to the hot spots and leisure pool is available. During leisure swims and club rentals there will be two leisure lanes available to the public.
-  Family Swim: A special time for families to enjoy the pool together. Adults must be accompanied by a child or youth and children and youth must be accompanied by an adult. The hot spots and leisure pool are limited to use by families only.
-  Teen Swim 13-18yrs: Fridays are teen time in the pool. Inflatables, basketball and diving boards will be open. The hot spots and leisure pool are limited to use by teens only. \$2 admission.
-  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 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 seven years of age and under, or under four 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 seven years of age or under, or under four 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 hot tub, sauna or steam room. A recommended maximum time for children in these hot spot areas is five minutes.

## Swim and Skate Admissions

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
Skate Rental	Free	\$1.61	\$1.61	\$3.18	\$3.18	Free	
3 month Active Living Card		\$87.09	\$116.30	\$166.26	\$129.95		\$337.43
6 month Active Living Card		\$156.75	\$209.34	\$299.26	\$233.91		\$607.37
12 month Active Living Card		\$235.14	\$314.01	\$448.90	\$350.87		\$911.06

Please note:

Aquafit, 55+, 70 + Hockey sessions are all pre-registered and 10X or 3, 6, 12 month passes can not be used to pay for these sessions.

A \$6.15 replacement fee will be charged for any lost or stolen Active Pass cards.

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