

Beat The Heat Skates

6:30-7:30pm, Wed, Aug 17, 24, 31

Regular admission

Oceanside Place Arena will be undergoing annual maintenance this summer.

To book dry floor and/or ice rentals email dcoururier@rdn.bc.ca or call 250-248-3252.



Adult Fitness Classes

July 4 - August 24, 2022

Register for a summer fitness class

Registration opens May 24 at 8:00 am. Ongoing registration available if space allows.

View and register online at rdn.bc.ca/recreation or call 250-248-3252 or 250-752-5014.

Monday	Tuesday	Wednesday	Thursday	Friday
		Qigong 9:00-10:00am Jul 6-27 Monika QB Comm Park		
3-2-1 Fitness 9:30-10:30am Jul 4-25 Kelly QB Hall		Tighten & Tone 9:30-10:30am Jul 6-27 Jenn QB Hall		
	Online Chair Yoga 10:00-11:00am Aug 2-23 Melanie Oceanside Place	Online Seated Fitness 10:00-11:00am Aug 3-24 Melanie Oceanside Place		
Yoga Fitness 11:00am-12:00pm Jul 4-25 Kelly QB Hall	20 20 20 11:00am-12:00pm Jul 5-26 Luis QB Civic Centre	Gentle Fit 11:00am-12:00pm Jul 6-27 Jenn QB Hall	20 20 20 11:00am-12:00pm Jul 7-28 Luis QB Civic Centre	
			Feel the Flow Yoga 5:30-6:30pm Jul 7-28 Kelly QB Civic Centre	



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

Special Events

Science in the Park at Arboretum

Learn about trees: deciduous vs. coniferous and their life cycles; and the history of the arboretum as a place of research.

Arboretum, Electoral Area A

Sa May 28 11:00am-2:00pm free drop-in

Qualicum Beach Family Day Free Swim

Sun, May 29 4:00-7:00pm Free admission

Ravensong Aquatic Centre

Max capacity 120

Science in the Park at Moorecroft Reg Park

Learn about the animals, birds, insects and aquatic life that call Moorecroft Regional Park home.

Moorecroft Regional Park

Sa Jun 25 11:00am-2:00pm drop-in

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 of greenhouse gases you save by riding all year long.

Local Celebration Stations

Join us for coffee, food and draw prizes.

Tue, May 31, 7:00-9:00 a.m.

Coombs to Parksville Rail Trail,

500 Despard Ave, Parksville

Thu, June 2, 7:00-9:00 a.m.

Ravensong Aquatic Centre,

737 Jones Str., Qualicum Beach

gobybike.ca/oceanside



Swim/Fitness & Skate Schedule

Summer 2022 updated May 9, 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 closed July 1 and August 1.

Aquatic Leadership Courses will be viewable online May 20, registration opens June 20 at 8:00am.

Summer swim lessons and Aquafit classes will be viewable online June 17, registration opens June 20 at 8:00am.

Annual RAC maintenance closure is August 20 to September 12.

MAIN AND LEISURE POOL SCHEDULE						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Lane Swim 6:00-8:00am	Lane Swim (4 lanes) & Club Rental 6:00-7:30am Lane Swim 7:30-8:00am	Lane Swim 6:00-8:00am	Lane Swim (4 lanes) & Club Rental 6:00-7:30am Lane Swim 7:30-8:00am	Lane Swim 6:00-8:00am	Lane Swim 7:00-9:00am
	Pre-registered Aquafit 8:00-9:00am	Pre-registered Aquafit 8:00-9:00am	Pre-registered Aquafit 8:00-9:00am	Pre-registered Aquafit 8:00-9:00am	Pre-registered Aquafit 8:00-9:00am	
	Pools Closed for Lessons 9:00am-12:00pm	Pools Closed for Lessons 9:00am-12:00pm	Pools Closed for Lessons 9:00am-12:00pm	Pools Closed for Lessons 9:00am-12:00pm	Pools Closed for Lessons 9:00am-12:00pm	Leisure Swim 9:00-11:00am
Everyone Welcome 11:00am-2:00pm	Lane Swim 12:00-1:00pm	Lane Swim 12:00-1:00pm	Lane Swim 12:00-1:00pm	Lane Swim 12:00-1:00pm	Lane Swim 12:00-1:00pm	Everyone Welcome 11:00am-2:00pm
	Leisure Swim 1:00-2:00pm	Leisure Swim 1:00-2:00pm	Leisure Swim 1:00-2:00pm	Leisure Swim 1:00-2:00pm	Leisure Swim 1:00-2:00pm	
Pools Closed for Rental 2:00-3:00pm	Everyone Welcome 2:00-4:30pm	Everyone Welcome 2:00-4:30pm	Everyone Welcome 2:00-4:30pm	Everyone Welcome 2:00-4:30pm	Everyone Welcome 2:00-4:30pm	Pools Closed for Rental 2:00-3:00pm
Everyone Welcome 3:00-6:00pm	Lane Swim (*2 lanes) & Club Rental 4:30-6:00pm Everyone Welcome 6:00-8:00pm	Lane Swim 4:30-5:30pm Pools Closed for Lessons 5:30-8:00pm	Lane Swim (*2 lanes) & Club Rental 4:30-6:00pm Everyone Welcome 6:00-8:00pm	Lane Swim 4:30-5:30pm Pools Closed for Lessons 5:30-8:00pm	Lane Swim (*2 lanes) & Club Rental 4:30-6:00pm Everyone Welcome 6:00-8:00pm	Everyone Welcome 3:00-6:00pm
	Lane/Leisure Swim 8:00-9:30pm	Lane/Leisure Swim 8:00-9:30pm	Lane/Leisure Swim 8:00-9:30pm	Lane/Leisure Swim 8:00-9:30pm		
HOT SPOTS SCHEDULE: (showers, hot tub, sauna and steam room)						
11:00am-2:00pm 3:00-6:00pm	6:00-8:00am 12:00-9:30pm	6:00-8:00am 12:00-5:30pm 8:00-9:30pm	6:00-8:00am 12:00-9:30pm	6:00-8:00am 12:00-5:30pm 8:00-9:30pm	6:00-8:00am 12:00-8:00pm	7:00am-2:00pm 3:00-6:00pm

Summer Swim Lesson update:

Private and adult/teen lessons are back.

All swim lessons will be viewable online June 17 and registration will begin on Monday, June 20 at 8:00 am.

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 (July 2022 only).
- 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.
- 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. Pool rentals can now be booked online. www.rdn.bc.ca/recreation

Please note:

Access to showers is available during the Hot Spots times. Regular admission rates apply.

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