

Oceanside Place Arena

Summer – July 3 - September 4, 2023

Schedule subject to change without notice.
Office closed July 2, August 7, September 4 (arena open for pre-scheduled rentals)

Beat The Heat Skates

Regular admission
Tuesday, August 15 3:45-5:00pm
Tuesday, August 22 3:45-5:00pm
Tuesday, August 29 3:45-5:00pm

Oceanside Place Arena will be undergoing annual maintenance this summer. To book dry floor and/or ice rentals email krichmond@rdn.bc.ca or call 250-248-3252.



Adult Fitness Classes

July 4 - 31, 2023

Register for a summer fitness class

Registration opens May 9 at 8:00 am. Ongoing registration available if space allows.
Drop-in 10X passes are available for classes marked with an *.
View and register online at rdn.bc.ca/recreation or call 250-248-3252 or 250-752-5014.

Monday	Tuesday	Wednesday	Thursday
Pilates and Barre Sculpt * 9:00-10:00am Jul 10-31 Kerry St. Edmund’s Anglican Church	Gentle Fit 9:15-10:15am Jul 4-25 Theresa St. Edmund’s Anglican Church	Pilates and Barre Sculpt * 9:30-10:30am Jul 5-26 Kerry QB Hall	Gentle Fit 9:15-10:15am Jul 6-27 Theresa St. Edmund’s Anglican Church
Tone and Stretch * 10:15am-11:15pm Jul 10-31 Kerry St. Edmund’s Anglican Church	20-20-20 11:00am-12:00pm Jul 4-25 Luis QB Civic Centre	Qigong* 10:00-11:00am Jul 5-26 Monika Foster Park	20-20-20 11:00am-12:00pm Jul 6-27 Luis QB Civic Centre
Feel the Flow Yoga* 9:30-10:30am Jul 10-31 Kelly QB Hall	Seated Fitness 11:30am-12:30pm Jul 4-25 Melanie St. Edmund’s Anglican Church	Chair Yoga 11:30am-12:30pm Jul 5-26 Melanie St. Edmund’s Anglican Church	
Yoga Fitness* 11:00am-12:00pm Jul 10-31 Kelly QB Hall			



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

Ocean Mile Swim
Qualicum Beach, August 20
www.qualicumbeach.com/ocean-mile-swim

Terry Fox Run
Rathrevor Prov Park, Su September 17
9:00am registration, 10:00am start
run.terryfox.ca/28969

Picnic Pack Rental
Be ready for your next family gathering, church picnic or neighborhood block party.
The Picnic Pack includes:

- parachute
- horseshoe set or ring toss
- pylons & sports equipment
- potato sacks, relay batons, egg/spoons (relay supplies)
- and a rubber chicken (of course)

\$25 per booking up to 5 days
\$150 refundable deposit required
Call 250-248-3252 to book

REGIONAL DISTRICT OF NANAIMO

Swim/Skate/Fitness Schedule

Summer 2023 updated July 10, 23

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

Ravensong Aquatic Centre Schedule

Summer July 2 - August 18, 2023

Schedule subject to change without notice. Closed July 1 and August 7

Annual maintenance closure is August 19-September 10.

* dates and times the main pool is shared with rental groups.

MAIN POOL SCHEDULE						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Lane Swim 6:00-7:00am	Lane Swim * 6:00-7:00am	Lane Swim 6:00-7:00am	Lane Swim 6:00-7:00am	Lane Swim 6:00-7:00am	
	Lane/Leisure Swim 7:00-8:00am	Lane/Leisure * Swim 7:00-8:00am	Lane/Leisure Swim 7:00-8:00am	Lane/Leisure Swim 7:00-8:00am	Lane/Leisure Swim 7:00-8:00am	
	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	
Family Swim 10:00am-12:00pm	Lessons (Hotspots & pools closed to public) 9:00am-12:00pm	Lessons (Hotspots & pools closed to public) 9:00am-12:00pm	Lessons (Hotspots & pools closed to public) 9:00am-12:00pm	Lessons (Hotspots & pools closed to public) 9:00am-12:00pm	Lessons (Hotspots & pools closed to public) 9:00am-12:00pm	Family Swim 10:00am-12:00pm
Lane/Leisure 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	Lane Swim 12:00-1:00pm	Lane/Leisure Swim 12:00-1:00pm
Everyone Welcome 1:00-5:00pm	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	Everyone Welcome 1:00-5:00pm
	Everyone Welcome 2:00-4:00pm	Everyone Welcome 2:00-4:00pm	Everyone Welcome 2:00-4:00pm	Everyone Welcome 2:00-4:00pm	Everyone Welcome 2:00-4:00pm	
	Lane Swim * 4:00-6:00pm	Lane Swim * 4:00-5:30pm	Lane Swim * 4:00-6:00pm	Lane Swim * 4:00-5:30pm	Lane Swim * 4:00-6:00pm	Private Rental (Hotspots & pools closed to public) 5:00-6:00pm
	Everyone Welcome 6:00-8:00pm	Lessons (Hotspots & pools closed to public) 5:30-8:00pm	Everyone Welcome 6:00-8:00pm	Lessons (Hotspots & pools closed to public) 5:30-8:00pm	Everyone Welcome 6:00-8:00pm	
		Pre-registered Aquafit 7:30-8:30pm		Pre-registered Aquafit 7:30-8:30pm		
	Lane/Leisure Swim 8:00-9:30pm	Lane/Leisure Swim 8:30-9:30pm	Lane/Leisure Swim 8:00-9:30pm	Lane/Leisure Swim 8:30-9:30pm		
LEISURE POOL SCHEDULE:						
12:00-5:00pm	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	7:00-10:00am 12:00-5:00pm
HOT SPOTS SCHEDULE: (showers, hot tub, sauna and steam room)						
12:00-5:00pm	6:00-8:00am 12:00-9:30pm	6:00-8:00am 12:00-5:30pm 7:30-9:30pm	6:00-8:00am 12:00-9:30pm	6:00-8:00am 12:00-5:30pm 7:30-9:30pm	6:00-8:00am 12:00-8:00pm	7:00-10:00am 12:00-5:00pm
* Pool shared with rental groups:						
	Jul 3 & 10 4:00-5:30pm	Jul 4 & 11 6:30-8:00am 4:00-5:30pm	Jul 5 & 12 4:00-5:30pm	Jul 6 4:00-5:30pm	Jul 7 4:00-5:30pm	

Public Swim Descriptions:

- Aquafit:** A water exercise class led by an aquafit instructor. All of the pools are reserved for aquafit participants. Pre-registration required. Maximum two 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 swim and rental, one to two swim lanes will be open for the public.
- Everyone Welcome:** All of the pools are available at this time. The diving board, rope swing and pool toys will be open 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.
- 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 to the public during private rentals. No access to the pools, hot spots or change rooms during these times. To rent the pool, call 250-752-5014 or book online [rdn.bc.ca/recreation](#).

Please note:

Children seven years of age and under, or less than four feet tall, must be within arms reach of a parent or guardian (16 years of age or older). 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	\$209.36	\$299.26	\$233.91		\$607.37
12 month Active Living Card		\$235.14	\$314.01	\$448.90	\$350.87		\$911.06

Please note:

Aquafit sessions are all pre-registered and 10X, 3, 6 or 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

Fall Registration:

Registration for swim lessons, aquafit, programs and more opens
Tuesday August 8, 8:00am. View online [July 28 \[getinvolved.rdn.ca/rec-connect\]\(#\)](#)