

Patrons must be pre-registered to attend a swim session. Drop-ins are not available. 15 maximum per session.

Pre-register online [rdn.bc.ca/recreation](https://rdn.bc.ca/recreation) or call 250-752-5014 or 250-248-3252.

Schedule subject to change without notice.

MAIN POOL SCHEDULE						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Lane Swim</b> 6:00-7:00am 7:30-8:30am	<b>Lane Swim</b> 7:30-8:30am	<b>Lane Swim</b> 6:00-7:00am 7:30-8:30am	<b>Lane Swim</b> 7:30-8:30am	<b>Lane Swim</b> 6:00-7:00am 7:30-8:30am	
	<b>AquaFit</b> 9:00-10:00am	<b>AquaFit</b> 9:00-10:00am	<b>AquaFit</b> 9:00-10:00am	<b>AquaFit</b> 9:00-10:00am	<b>AquaFit</b> 9:00-10:00am	<b>Lane Swim</b> 9:00-10:00am
	<b>Lane Swim</b> 10:30-11:30am 12:00-1:00pm	<b>Lane Swim</b> 10:30-11:30am 12:00-1:00pm	<b>Lane Swim</b> 10:30-11:30am 12:00-1:00pm	<b>Lane Swim</b> 10:30-11:30am 12:00-1:00pm	<b>Lane Swim</b> 10:30-11:30am 12:00-1:00pm	<b>Family/Group Rental</b> 10:30-11:30am 12:00-1:00pm
	<b>Leisure Swim</b> 1:30-2:30pm	<b>Leisure Swim</b> 1:30-2:30pm	<b>Leisure Swim</b> 1:30-2:30pm	<b>Leisure Swim</b> 1:30-2:30pm		
	<b>Lane Swim</b> 3:00-4:00pm 6:30-7:30pm	<b>Lane Swim</b> 3:00-4:00pm 6:30-7:30pm	<b>Lane Swim</b> 3:00-4:00pm	<b>Lane Swim</b> 3:00-4:00pm 6:30-7:30pm	<b>Lane Swim</b> 3:00-4:00pm 6:30-7:30pm	
The Leisure Pool, Whirl Pool, Sauna & Steamroom are closed until further notice.						

Swim Descriptions:

- Lane Swims: This continuous lane swim is for patrons with varying abilities and speeds. Registration is limited to a maximum of two sessions per week per patron.

  - Patrons will be assigned a lane when they check in at reception.
  - Lanes are not designated by speed; swimmers can expect different styles and speeds in their lane.
  - Maximum five people per lane.
- AquaFit: Water exercise class led by an aquatic instructor in the shallow water. Registration is limited to a maximum of two sessions per week per patron.

  - Maximum 15 patrons allowed in session.
- Leisure Swim: This swim session is designed for water walking, stationary exercises and deep-water jogging. Lap swimming will not be available. Registration is limited to a maximum of two sessions per week per patron.

  - Patrons will be assigned a lane when they check-in at reception.
  - Lanes are not designated by activity; swimmers can expect different styles and speeds in their lane.
  - Maximum five people per lane.
- Family/Group Rental: Rent the main pool for some family fun. Cost \$136.53 Call 250-752-5014 to book.

  - Please note all children seven years of age and under must be within arms reach of a parent or guardian while in the water. A maximum of three children seven years of age or under per adult.
  - Maximum 15 patrons allowed in session.
  - Group is responsible for providing contact information including names, phone numbers and email addresses as per provincial health regulations prior to the rental.

Patrons must arrive swim ready, no more than 15 minutes prior to session start time.

Change rooms are available after swim sessions. Patrons must leave facility within 15 minutes of swim session ending. Lockers and hair dryers are not available.

Patrons must sign-in at reception when they arrive.

All participants must sign a COVID-19 Assumption of risk form.

Recreation programs ~ to see all of the fall programs visit [rdn.bc.ca/recreation](https://rdn.bc.ca/recreation)

**Paint in the Park 12yrs+**  
Create art where inspiration is best: outdoors. Paint your own canvas with the guidance of our experienced art instructor. No experience necessary. All supplies are included. View painting project online.

Instructor: Jenny Hughes  
Stone Lake Drive Community Park  
Tu Oct 6 1:00-2:30pm \$30 12439

**The Secrets of Salmon Nature Tour 6yrs+**  
Do trees really eat salmon? Find out with a certified Park Naturalist, there'll be plenty of stops along the way that leave you with a greater appreciation for the wonders of the surrounding area. On this tour, it's time for some big biodiversity with a walk in a salmon forest. From the new life of the tiny salmon fry to the ancient giant trees, come discover the Big Qualicum River Regional Trail's unique ecosystem. Children 6 years+ can register and attend with an adult.

Instructor: RLC Park Services Staff  
Big Qualicum River Hatchery  
Fr Oct 23 10:00am-12:00pm \$20 12523

**Claytime Creations for Children 5-11yrs**  
Join local pottery artist Anne Marie Veale to learn the skills and creativity of wheel work and hand building. The children will have a new project every week along with some unstructured clay time to explore their own creativity. Fee includes all supplies and bisque fire. All bisque fired pieces will be sent home at the end of the session. Glazing is offered as a separate class.

Instructor: Anne Marie Veale  
Qualicum Commons – RDN Rm 12

**Animal Time**  
What's your favourite animal? Build a dragon pot, a kitty bank or perhaps a flying pig.  
Tu Oct 13-Nov 3 3:00-5:00pm \$92 12378

**After School Outside**  
Check online for details for the new afterschool programs offered at:  
Qualicum Commons  
Bowser Elementary School  
Errington Elementary School  
Craig Street Commons with a walking school bus from Springwood Elementary School.  
Oceanside Place Arena with a walking school bus from Oceanside Elementary School.

**Oceanside Building Learning Together (BLT) Fall Programs**  
Registration opens on September 21 for  
\* Saturday Breakfast Club  
\* Technology Learning Centre and  
\* Munchkinlands  
Register online at [rdn.bc.ca/recreation](https://rdn.bc.ca/recreation)

RDN Recreation and Parks facilities are reopening, but please keep in mind things are not back to normal.

Please check online often as more programs are being added each week. [rdn.bc.ca/recreation](https://rdn.bc.ca/recreation)

FAQs about restart plans can be found at [getinvolved.rdn.ca/rec-connect](https://getinvolved.rdn.ca/rec-connect).



Program Schedule

RDN Recreation and Parks • Fall 2020



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

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

Oceanside Place Arena Schedule

Fall – September 21 - December 19, 2020

Patrons must be pre-registered to attend a session.  
Pre-register online [rdn.bc.ca/recreation](https://rdn.bc.ca/recreation) or call 250-752-5014 or 250-248-3252.  
Schedule subject to change without notice.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Howie Meeker Rink						
	55yrs+ Hockey 7:45-8:45am	70yrs+ Hockey 8:15-9:15am		55yrs+ Hockey 7:45-8:45am	70yrs+ Hockey 8:15-9:15am	
	55yrs+ Hockey 9:45-10:45am	Adult Skate 10:15-11:15am		55yrs+ Hockey 9:45-10:45am	Adult Skate 10:15-11:15am	
Parksville Lions & Save on Foods Skate 12:00-1:00pm	19yrs+ Hockey 12:00-1:00pm	Adult Stick & Puck 12:00-1:00pm	19yrs+ Hockey 12:00-1:00pm	Adult Stick & Puck 12:00-1:00pm	19yrs+ Hockey 12:00-1:00pm	
			Leisure Skate 3:15-4:15pm			

Skate Descriptions:

- 19, 55, 70 yrs+ Hockey:** Full gear is mandatory. Game play is 4 on 4. Body contact is not permitted. Participants must avoid goal tenders crease. Offside, icing or frozen puck will be a change of possession. No face offs.  
• Maximum 18 (includes 2 goalies).
- Adult Skate:** Leisure skate for 19yrs+  
• Maximum 24.
- Adult Stick & Puck:** Helmet, gloves and stick required. No games are to be played, this is a practice session.  
• Maximum 24.
- Parksville Lions & Save on Foods Free Skate:** Pre-registration is required.  
• Maximum 23.
- Leisure Skate:** All ages skate. Hockey is not available.  
• Maximum 23.

Patrons may arrive 20 minutes prior to their session start time. Patrons must leave the facility within 20 minutes after session time. No gatherings are allowed in facility.  
Patrons must sign-in at reception when they arrive.  
All participants must sign a COVID-19 Assumption of risk form.  
Hockey players may use dressing rooms (maximum 6). Showers are not available.



Pickleball Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Victor Kraatz Dry Floor						
	9:30-11:00am	9:30-11:00am	9:30-11:00am	9:30-11:00am	9:30-11:00am	

Patrons must pre-register to attend.  
Pre-register online [rdn.bc.ca/recreation](https://rdn.bc.ca/recreation) or call 250-752-5014 or 250-248-3252.  
Patrons may arrive 20 minutes prior to their session start time. And must leave facility within 20 minutes after session time. No social gatherings in lobby.  
Patrons must sign-in at reception when they arrive.  
All participants must sign a COVID-19 Assumption of risk form.  
Pickleball equipment is not provided. Please bring your own paddle and balls.

Fitness Schedule  
September 14 - December 18, 2020

	Monday	Tuesday	Wednesday	Thursday	Friday
In Person Fitness Classes  View details online at <a href="https://rdn.bc.ca/recreation">rdn.bc.ca/recreation</a>	Gentle Fit 9:30-10:30am	Gentle Fit 9:15-10:15am	20 20 20 9:00-10:00am	Gentle Fit 9:30-10:30am	
			Qigong 9:00-10:00am		
	Chair Yoga 11:30am-12:30pm	20 20 20 11:00am-12:00pm	Chair Yoga 11:30am-12:30pm	20 20 20 11:00am-12:00pm	
				Chair Yoga 11:30am-12:30pm	
Online via Zoom Fitness Classes  View details online at <a href="https://rdn.bc.ca/recreation">rdn.bc.ca/recreation</a>	Chair Yoga 10:00-11:00am	Strength and Stretch 9:00-10:00am	Seated Fitness 10:00-11:00am		
		Hatha Yoga 10:30-11:30am			

Participants must pre-register to attend a fitness session in person or via zoom online.  
Pre-register online [rdn.bc.ca/recreation](https://rdn.bc.ca/recreation) or call 250-752-5014 or 250-248-3252.  
Please arrive no more than 10 minutes prior to the program start.  
There will be no exercise equipment available for use.  
All participants must sign a COVID-19 Assumption of risk form.