

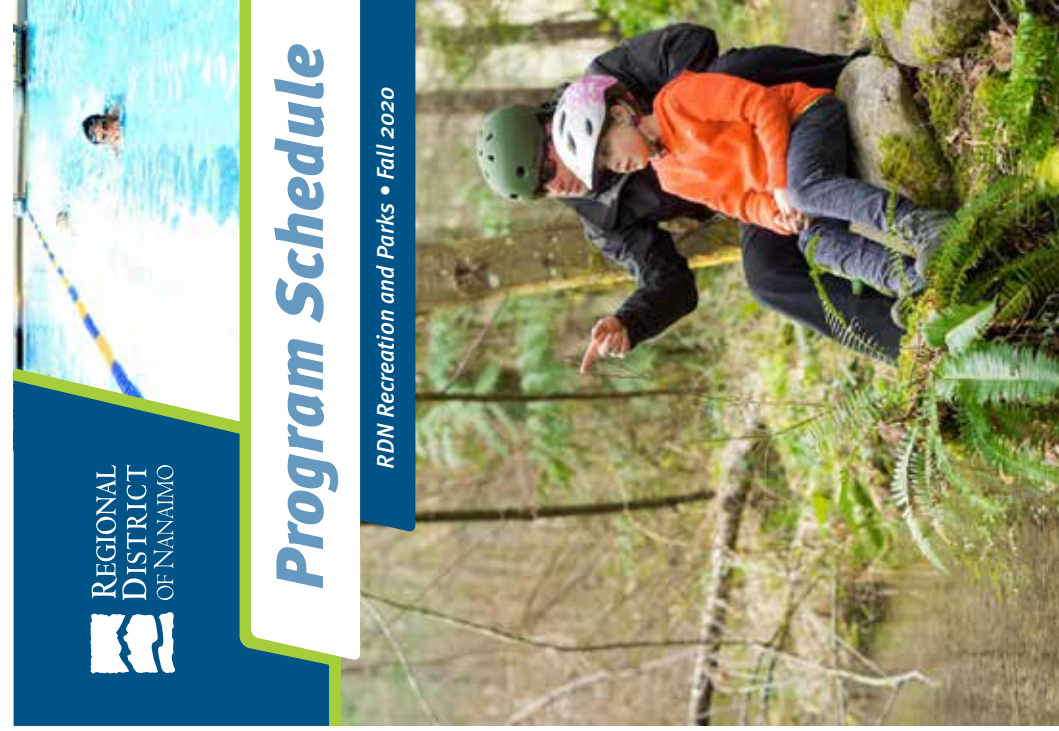
Patrons must be pre-registered to attend a swim session. Drop-ins are not available. 15 maximum per session. Watch for the release of the next set of swim sessions starting in November. Registration opens Mon, Nov 9. Pre-register online rdn.bc.ca/recreation or call 250-752-5014 or 250-248-3252. Schedule subject to change without notice.

MAIN POOL SCHEDULE						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Lane Swim 6:00-7:00am 7:30-8:30am	Lane Swim 7:30-8:30am	Lane Swim 6:00-7:00am 7:30-8:30am	Lane Swim 7:30-8:30am	Lane Swim 6:00-7:00am 7:30-8:30am	
	Aquafit 9:00-10:00am	Aquafit 9:00-10:00am	Aquafit 9:00-10:00am	Aquafit 9:00-10:00am	Aquafit 9:00-10:00am	Lane Swim 9:00-10:00am
	Lane Swim 10:30-11:30am 12:00-1:00pm	Lane Swim 10:30-11:30am 12:00-1:00pm	Lane Swim 10:30-11:30am 12:00-1:00pm	Lane Swim 10:30-11:30am 12:00-1:00pm	Lane Swim 10:30-11:30am 12:00-1:00pm	Family/Group Rental 10:30-11:30am 12:00-1:00pm
	Leisure Swim 1:30-2:30pm	Leisure Swim 1:30-2:30pm	Leisure Swim 1:30-2:30pm	Leisure Swim 1:30-2:30pm		
	Lane Swim 3:00-4:00pm 6:30-7:30pm	Lane Swim 3:00-4:00pm 6:30-7:30pm	Lane Swim 3:00-4:00pm	Lane Swim 3:00-4:00pm 6:30-7:30pm	Lane Swim 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.
- 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.
- 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.
- 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.



Program Schedule

RDN Recreation and Parks • Fall 2020

Recreation programs ~ to see all of the fall programs visit rdn.bc.ca/recreation

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

Breakfast Set

Build your own breakfast set with a mug, bowl and plate.

Tu Nov 10-Dec 13:00-5:00pm \$107 12379

Beginner HIIT Fitness - Online

Join local pottery artist Anne Marie Veale to learn the this circuit style workout, using strength and cardio, boosts endurance, recovery time, metabolism and burns a ton of calories. In Beginner HIIT (High Intensity Interval Training), low impact options are provided in the 45 second work and 30 second rest repetition allowing you to work up to the intensity you're comfortable with. This is an online program using Zoom.

Fr Nov 13-Dec 4:00-10:00am \$32 12572

After School Outside

Daily options now available. Check online for all the details for the 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 is opens for:

- * Zoom Circle Time (Online)
- * Munchkinland at Family Place
- * Storybook Village at Qualicum Commons
- * Munchkinland Outdoor - Qualicum & Rathrevor
- * Saturday Morning Breakfast Club
- * Technology Learning Centre - Tech Support for adults

Register online at rdn.bc.ca/recreation

Fall Park Hunt

31 Days and 31 Adventures in your RDN Parks!

Go on an adventure in your RDN parks and trails this October with the Fall Parks Hunt. In this hunt you will be looking for experiences. How and where you explore is up to you, but we guarantee you'll be able to find these adventures outdoor in our RDN parks. Download the list and start today.

Get the Fall Parks Hunt List today at

getinvolved.rdn.ca/rec-connect

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

FAQs about restart plans can be found at getinvolved.rdn.ca/rec-connect.

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 or call 250-752-5014 or 250-248-3252.

Schedule subject to change without notice.

* 55yrs+ Hockey is moving to Wednesdays effective October 21st 8:00-9:00 and 10:00-11:00am

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Howie Meeker Rink						
	55yrs+ Hockey 8:00-9:00am	70yrs+ Hockey 8:00-9:00am	55yrs+ Hockey 8:00-9:00am		70yrs+ Hockey 8:00-9:00am	
	55yrs+ Hockey 10:00-11:00am	Adult Skate 10:00-11:00am	55yrs+ Hockey 10:00-11:00am		Adult Skate 10:00-11:00am	
Parkville 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.
- Parkville 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.

Spectators are not allowed.

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

Hockey players may use dressing rooms (maximum 6). 1 shower per dressing room is available.



Pickleball Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Oceanside Place Dry Floor	9:00-10:30am 11:00am-12:30pm Court Bookings 1-2:30pm	Beginner 9:00-10:30am 11:00am-12:30pm Court Bookings 1-2:30pm	9:00-10:30am 11:00am-12:30pm Court Bookings 1-2:30pm	Beginner 9:00-10:30am 11:00am-12:30pm Court Bookings 1-2:30pm	9:00-10:30am 11:00am-12:30pm Court Bookings 1-2:30pm	
QB Civic Centre	Novice 8:40-10:00am Experienced 10:10-11:30am		Experienced 8:40-10:00am Novice 10:10-11:30am		Novice 8:40-10:00am Experienced 10:10-11:30am	

Patrons must pre-register to attend. Pre-register online 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.

Beginner sessions include instruction.

Fitness Schedule September 14 - December 18, 2020

	Monday	Tuesday	Wednesday	Thursday	Friday
In Person Fitness Classes	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	
View details online at rdn.bc.ca/recreation			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	Chair Yoga 10:00-11:00am	Strength and Stretch 9:00-10:00am	Seated Fitness 10:00-11:00am		HIIT 9:00-10:00am
View details online at rdn.bc.ca/recreation		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 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.