Visit RDN Recreation and Parks for details and to register:

Ravensong Aquatic Centre, 737 Jones Street, Qualicum Beach

Oceanside Place Arena, 830 West Island Hwy, Parksville 250-248-3252 or 250-752-5014 rdn.bc.ca/recreation



Swim Descriptions:

Aquafit: One hour of low impact and high energy water exercise class led by an aquatic instructor. The pools and hot spots are dedicated to aquafit participants. Drop-in use of the leisure pool and hot spots may be limited.

Lane Swims: Continuous lane swimming is available for slow, moderate and fast swimming. Access to the hot spots and leisure pool is available.

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 facility is limited to use by families only.

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 or steam room. A recommended maximum time for children in 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 these hot spot areas is five minutes.

10x Admission Pass Card and 3, 6, 12 Month Active Cards are available for drop-in swim and skate admissions.

Admissions (includes 5% GST)										
	Tot 0-3yrs	Child 4-12yrs	Youth 13-24yrs	Adult 25-59yrs	Senior 60-79yrs	Golden 80+yrs	Family			
Drop-in	Free	\$3.63	\$4.47	\$6.39	\$5	Free	\$13.68 or \$18.33/w skate rental			
10X Active Pass		\$32.67	\$40.26	\$57.55	\$44.98		\$123.12			
3 Month Active Living Card		\$94.38	\$116.30	\$166.26	\$129.95		\$355.68			
6 Month Active Living Card		\$169.88	\$209.34	\$299.26	\$233.91		\$640.22			
12 Month Active Living Card		\$254.83	\$314.01	\$448.90	\$350.87		\$960.34			
Locker Rental	\$0.25/0.5	\$0.25/0.50 RDN is not responsible for lost or stolen items.								

Regional DISTRICT OF NANAIMO

MAIN POOL SCHEDULE

*Pool will be shared with aquatic training see reception for details

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Lane Swim 6-7 a.m.	Lane Swim * 6-7 a.m.	Lane Swim 6-7 a.m.	Lane Swim * 6-7 a.m.	Lane Swim 6-7 a.m.	
	Lane/Leisure Swim 7-7:45 a.m.	Lane/Leisure Swim * 7-7:45 a.m.	Lane/Leisure Swim 7-7:45 a.m.	Lane/Leisure Swim * 7-7:45 a.m.	Lane/Leisure Swim 7-7:45 a.m.	
	Aquafit 8-9 a.m.	Lane Swim 7-10 a.m.				
Family Swim * 10 a.m12 p.m.	Lessons (Hotspots & pools closed to public) 9 a.m12 p.m.	Lessons (Hotspots & pools closed to public) 9 a.m12 p.m.	Lessons (Hotspots & pools closed to public) 9 a.m12 p.m.	Lessons (Hotspots & pools closed to public) 9 a.m12 p.m.	Lessons (Hotspots & pools closed to public) 9 a.m12 p.m.	Everyone Welcome 10 a.m12 p.m.
Lane/Leisure Swim * 12-1 p.m.	Lane Swim * 12-1 p.m.	Lane Swim * 12-1 p.m.	Lane Swim * 12-1 p.m.	Lane Swim * 12-1 p.m.	Lane Swim * 12-1 p.m.	Lane/Leisure Swim 12-1 p.m.
Everyone Welcome *	Leisure Swim * 1-2 p.m.	Everyone Welcome				
1-5 p.m.	Everyone Welcome * 2-4 p.m.	Everyone Welcome * 2-4 p.m.	Everyone Welcome * 2-4 p.m.	Everyone Welcome * 2-4 p.m.	Everyone Welcome * 2-4 p.m.	1-5 p.m.
Private Rental (Hotspots & pools closed to public) 5-6 p.m.	Lane Swim * 4-6 p.m.	Lane Swim * 4-6 p.m.	Lane Swim * 4-6 p.m.	Lane Swim * 4-6 p.m.	Lane Swim * 4-6 p.m.	Private Rental (Hotspots & pool closed to public) 5-6 p.m.
	Everyone Welcome 6-8 p.m.	Lessons (Pools closed to public) 5:30-8 p.m.	Everyone Welcome 6-8 p.m.	Lessons (Pools closed to public) 5:30-8 p.m.	Everyone Welcome 6-8 p.m.	
		Aquafit/Lessons 7:30-8:30 p.m.		Aquafit/Lessons 7:30-8:30 p.m.		
	Lane/Leisure Swim 8-9:30 p.m.	Lane/Leisure Swim 8:30-9:30 p.m.	Lane/Leisure Swim 8-9:30 p.m.	Lane/Leisure Swim 8:30-9:30 p.m.	Lane/Leisure Swim 8-9:30 p.m.	
LEISURE POOL SC	HEDULE:					
12-5 p.m.	6-9 a.m. 12-9:30 p.m.	6-9 a.m. 12-4:30 p.m. 7:30-9:30 p.m.	6-9 a.m. 12-9:30 p.m.	6-9 a.m. 12-4:30 p.m. 7:30-9:30 p.m.	6-9 a.m. 12-9:30 p.m.	7:00a.m5 p.m.
HOT SPOTS SCHE	DULE: (showers, hot	tub, sauna and stea	am room)			
12-5 p.m.	6-9 a.m. 12-9:30 p.m.	6-9 a.m. 12-9:30 p.m.	6-9 a.m. 12-9:30 p.m.	6-9 a.m. 12-9:30 p.m.	6-9 a.m. 12-9:30 p.m.	7:00a.m5 p.m.

Summer Swim Schedule and Swim Lessons

Ravensong Aquatic Centre

June 29-August 15, 2025 Schedule subject to change without notice. Closed July 1 and August 4. Annual maintenance closure is August 16- September 7.

Aquatic Programs ~ Summer 2025

MONDAY-FRIDAY July 7-18 (10) Jul 21-August 1 (10) August 5-15 (9)			9 a.m.	9:30 a.m.	9:45 a.m.	10 a.m.	10:30 a.m.	11 a.m.	11:15 a.m.	11:30 a.m.	TUE July				
Tot yrs)		P & T 1	•					•			: Tot yrs)				
Parent & Tot (4mo.s-2yrs)		P & T 2	•	•							Parent & Tot (4mo.s-2yrs)				
Parent & Tot (4mo.s-2yrs)		P & T 3		•							Pare (4m				
		Preschool 1	•	•			•								
rs)	ite	Preschool 2		•				•			loi Ts)				
Preschool (3-5 years)	30 minute	30 minu	30 minu	30 minu	30 minu	Preschool 3	•				•			•	Preschool (3-5 years)
Pre (3-5						30	Preschool 4								•
		Preschool 5				•									
		Swimmer 1	•	•		•		•		•					
		Swimmer 2	•			•									
ged		Swimmer 3		•				•		•	q				
School Aged (5 yrs+)		Swimmer 4	•				•				Age s+)				
Scho (5	45 minute	Swimmer 5			•		•				School Aged (5 yrs+)				
• /	5 mi	Swimmer 6							•		Sc				
	4	Swimmer 7							•						

Swim Lessons Fee 30 minutes \$66/10 lessons 45 minutes \$92/10 lessons

Price is prorated for less than 10 lessons.

TUESDAY July 8-August 12 (6)		4:30 p.m.	5 p.m.	5:30 p.m.	6 p.m.	6:15 p.m.	6:30 p.m.	7 p.m.	7:15 p.m.	7:30 p.m.	THURSDAY July 10-Aug 14 (6)			
Tot 'rs)		P & T 1		•								Tot /rs)		P & T 1
nt & ' s-2y.		P & T 2		•								nt & 0.s-2 <u>)</u>		P & T 2
Parent & Tot (4mo.s-2yrs)		P & T 3	•									Parent & Tot (4mo.s-2yrs)		P & T 3
		Preschool 1			•								(3-5 years) 30 minute	Preschool 1
ol Is)	ite	Preschool 2	•		•	•						ol rs)		Preschool 2
Preschool (3-5 years)	30 minute	Preschool 3		•		•						Preschool (3-5 years)		Preschool 3
Pre: (3-5	30	Preschool 4							•			Pre (3-5		Preschool 4
		Preschool 5												Preschool 5
		Swimmer 1				•					•			Swimmer 1
		Swimmer 2			•				•					Swimmer 2
-		Swimmer 3						•			•			Swimmer 3
Age(s+)		Swimmer 4					•					ged		Swimmer 4
School Aged (5 yrs+)	te	Swimmer 5			•							ol A§ yrs+		Swimmer 5
Sch (minute	Swimmer 6						•				School Aged (5 yrs+)	nute	Swimmer 6
	45 r	Swimmer 7											45 minute	Swimmer 7
		Swimmer 8								•			4	Swimmer 8
									Swimmer 9					

Private Swim Lessons - Interest List

Register in 21484 and you will receive an email when private lessons become available.

What swim level do I register my child in?

If your child has taken swim lessons before, you can find out the last level completed by:

- 1) Checking your account online. The last level your child completed will be recorded in My Account/Activity Program Graded List.
- 2) Call us at 250-248-3252 or 250-752-5014 our staff will be happy to look this up for you.

If you are still unsure or just starting lessons, we recommend:

- 0-2 years register in parent and tot lessons.
- Preschool, ages 3-5 years start in Preschool 1.
- Children ages 5 years+ start in Swimmer 1.

If your child is confident in the water, visit our pool during an Everyone Welcome session and ask our staff to recommend the right swim level for your child.

4:30 p.m. 5 p.r

5:30 p.m

6 p.m. 6:30 p.r

•

.

•

•

.

.

p.m

7:15 7:30

<u>o</u>

If a swim lesson is full and you are not able to register, please add your name to the waitlist. If staffing levels increase classes will be added and those on the waitlist will be prioritized.

FREE Swim Lessons

Learn the ABC's of swimming for FREE.									
Parer	Parent and Tot 4mo.s-3yrs								
Th	Jul 3	4:30-5p.m.	21543						
Preso	Preschoolers 3-5yrs								
Th	Jul 3	5-5:30p.m.	21544						
Swimmer 1 & 2 5-11yrs Th Jul 3 5:30-6:15p.m. 21545									
Yout	Youth Swim Lessons - Beginner 11-16yr								
Mo-Fr	Jul 7-18	11:15a.m12p.m.	\$92	21					
Mo-Fr	Jul 21-Aug 1	11:15a.m12p.m.	\$92	21					
Mo-Fr	Aug 5-15*	11:15a.m12p.m.	\$83	21					

Youth Swim Lessons - Fitness 11-16yrs

Mo-Fr	Jul 7-18	9:45-10:30a.m.	\$92
Tu	Jul 8-Aug 12	7:15-8p.m.	\$55
Mo-Fr	Jul 21-Aug 1	9:45-10:30a.m.	\$92
Mo-Fr	Aug 5-15*	9:45-10:30a.m.	\$83

Adult Swimmer 1 13vrs+

Mo-Fr	Jul 7-18	9-9:45a.m.	\$92
Tu	Jul 8-Aug 12	6:30-7:15p.m.	\$55
Mo-Fr	Jul 21-Aug 1	9-9:45a.m.	\$92
Mo-Fr	Aug 5-15*	9-9:45a.m.	\$83

*no lesson Mo Aug 4

Ocean Mile Swim

Visit RDN Recreation and Parks for details and to register: Oceanside Place Arena, 830 West Island Hwy, Parksville Ravensong Aquatic Centre, 737 Jones Street, Qualicum Beach

> 250-248-3252 or 250-752-5014 rdn.bc.ca/recreation



Become certified as a Lifeguard/Swim Instructor

	Bronze Medall Mo-Fr Jul 7-11	ion 13yrs+ 9a.m1:30p.m.	\$232	21488
	Bronze Cross 1 Mo-Fr Jul 14-18	3yrs+ 9a.m1:30p.m.	\$170	21509
6yrs 21519	Lifesaving - Sw Mo-Fr Jul 28-Aug 1 8		structor \$300	15yrs+ 21489
21520 21521	Lifesaving - Sw 16yrs+ Fr Jul 4			
rs	Fr Jul 4	9a.m2p.m.	\$120	21510
21522 21525 21523 21524	National Lifegu Fr, Mo-Fr Aug 8-15 National Lifegu	9a.m5p.m.	\$400	21490
	Su Jul 13	8a.m5p.m	\$120	21491
21517 21516 21665	National Lifegu 15yrs+ We-Fr Jul 2-4	uard Waterfro 9a.m5p.m.	nt Opti \$245	on Course 21492
21666	Course details a	nd pre-requisite	inform	ation are

Course details and pre-requisite information are available at rdn.bc.ca/recreation or lifesaving.bc.ca

Sunday, August 17, 3 p.m. start. Online free registration opens Monday, June 2 at 8 a.m. Visit qualicumbeach.com/recreation-culture/special-events/ocean-mile-swim-event/