

Oceanside Place Arena

June 29-September 2, 2024

Schedule subject to change without notice.
Office closed July 1, August 5, September 2: arena open for pre-scheduled rentals
Fall skate schedule will be online August 9.

Beat The Heat Skates

Regular admission
Saturday, August 10 12:00-1:30pm
Saturday, August 17 12:00-1:30pm
Saturday, August 24 12:00-1:30pm
Saturday, August 31 12:00-1:30pm



Adult Fitness Classes July 2 - 31, 2024

Registration opens May 14 at 8:00 am.
View and register online at rdn.bc.ca/recreation or call 250-248-3252 or 250-752-5014.

Ongoing registration available if space allows. Look for the * these classes are drop-in.
Purchase a Drop-in 10X pass at either Oceanside Place Arena or Ravensong Aquatic Centre.

Monday	Tuesday	Wednesday	Thursday
Pilates and Barre Sculpt * 9:00-10:00am Jul 8-29 Kerry St. Edmund's Anglican Church	Gentle Fit 9:15-10:15am Jul 2-30 Theresa St. Edmund's Anglican Church	Yoga Fusion* 9:30-10:30am Jul 3-31 Kelly QB Hall	Gentle Fit 9:15-10:15am Jul 4-25 Theresa St. Edmund's Anglican Church
Pilates Tone and Stretch * 10:15am-11:15pm Jul 8-29 Kerry St. Edmund's Anglican Church	20-20-20 11:00am-12:00pm Jul 2-30 Luis QB Civic Centre		Pilates and Barre Sculpt * 9:30-10:30am Jul 4-25 Kerry QB Hall
Feel the Flow Yoga* 9:30-10:30am Jul 8-29 Kelly QB Hall		Feel the Flow Yoga* 5:30-6:30pm Jul 3-24 Kelly QB Civic Centre	20-20-20 11:00am-12:00pm Jul 4-25 Luis QB Civic Centre
Pilates and Barre Sculpt * 4:30-5:30pm Jul 8-29 Kerry QB Hall			Qigong* 10:00-11:00am Jul 4-25 & Aug 1-29 Monika Foster Park



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

Surf's up Swim

Ravensong Aquatic Centre, Fr July 19, Regular Adm

Water Wise Swim

Ravensong Aquatic Centre, Fr July 26, Regular Adm

Ocean Mile Swim

Qualicum Beach, Su August 18
www.qualicumbeach.com/ocean-mile-swim

Terry Fox Run

Rathrevor Prov Park, Su September 15
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



Swim/Skate/Fitness Schedule

Summer 2024



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. Closed July 1 and August 5
 Annual maintenance closure is August 17 - to be determined.
 Fall swim schedule will be online August 9.

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	
	AquaFit 8:00-9:00am	AquaFit 8:00-9:00am	AquaFit 8:00-9:00am	AquaFit 8:00-9:00am	AquaFit 8:00-9:00am	Lane Swim 7:00-10:00am
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	
Private Rental (Hotspots & pools closed to public) 5:00-6:00pm	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	
		AquaFit 7:30-8:30pm		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
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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
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Swim Descriptions:

- AquaFit:** A water exercise class led by an aquaFit instructor. The pool is reserved for aquaFit participants.
- Lane Swims:** Continuous lane swimming is available for slow, moderate and fast swimming.
- 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.
- 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.
- Pools Closed for Lessons or Rental:** The main and leisure pools are used for swimming lessons and rental groups.
- Pools Closed for Rentals:** The pool is closed to the public during private rentals. 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 or with Student ID	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:

A \$6.15 replacement fee will be charged for any lost or stolen Active Pass cards.

Locker Rentals:

Ravensong Aquatic Centre: Cost is \$0.25-\$0.50.

Oceanside Place Arena: Locker keys can be signed out at reception. No deposit required.

RDN is not responsible for lost or stolen items.

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 13, 8:00am.

View online August 9 getinvolved.rdn.ca/rec-connect