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



## **Events** Special

Ravensong Aquatic Centre, Fr July 19, Regular Adm Surf's

## **Water Wise Swim**

Ravensong Aquatic Centre, Fr July 26, Regular Adm

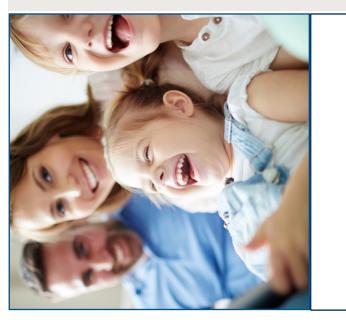
## www.qualicumbeach.com/ocean Qualicum Beach, Su August 18 Ocean Mile Swim

-mile-swim

## **Ferry Fox Run**

Rathtrevor Prov Park, Su September 15 10:00am starl un.terrvfox.ca / 28969 9:00am registration,





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,
- updates and program registration dates, Visit the Frequently Asked Questions for
- Register to this page to be first to receive the newest Active Living Guide by email.

# Visit getinvolved.rdn.ca/rec-connect



ready for your next family gathering, church nic or neighborhood block party. he Picnic Pack includes: cnic

- parachute
- est or ring toss ports equipment
- sports pylons &
- acks, relay batons, egg/spoons (relay) otato
  - and a rubber chicken (of course)

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

## **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

## June 29-August 16, 2024

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.

7:30-9:30pm

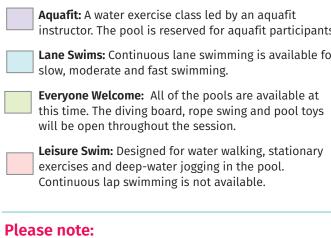
## MAIN POOL SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Lane Swim</b> 6:00-7:00am	<b>Lane Swim</b> 6:00-7:00am	<b>Lane Swim</b> 6:00-7:00am	<b>Lane Swim</b> 6:00-7:00am	<b>Lane Swim</b> 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	
	<b>Aquafit</b> 8:00-9:00am	<b>Aquafit</b> 8:00-9:00am	<b>Aquafit</b> 8:00-9:00am	<b>Aquafit</b> 8:00-9:00am	<b>Aquafit</b> 8:00-9:00am	<b>Lane Swim</b> 7:00-10:00am
<b>Family Swim</b> 10:00am-12:00pm	<b>Lessons</b> (Hotspots & pools closed to public) 9:00am-12:00pm	<b>Lessons</b> (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	<b>Family Swim</b> 10:00am-12:00pm
Lane/Leisure Swim 12:00-1:00pm	<b>Lane Swim</b> 12:00-1:00pm	<b>Lane Swim</b> 12:00-1:00pm	<b>Lane Swim</b> 12:00-1:00pm	<b>Lane Swim</b> 12:00-1:00pm	Lane Swim 12:00-1:00pm	Lane/Leisure Swim12:00- 1:00pm
Everyone Welcome 1:00-5:00pm	<b>Leisure Swim</b> 1:00-2:00pm	<b>Leisure Swim</b> 1:00-2:00pm	Leisure Swim 1:00-2:00pm	<b>Leisure Swim</b> 1:00-2:00pm	Leisure Swim 1:00-2:00pm	Everyone Welcome
	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	1:00-5:00pm
Private Rental (Hotspots & pools closed to public) 5:00-6:00pm	<b>Lane Swim</b> 4:00-6:00pm	<b>Lane Swim</b> 4:00-5:30pm	<b>Lane Swim</b> 4:00-6:00pm	<b>Lane Swim</b> 4:00-5:30pm	<b>Lane Swim</b> 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	
		<b>Aquafit</b> 7:30-8:30pm		<b>Aquafit</b> 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 SC	HEDULE:					
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 SCHEE	OULE: (showers, hot	tub, sauna and stea	am room)			
12:00-5:00pm	6:00-8:00am 12:00-9:30pm	6:00-8:00am 12:00-5:30pm	6:00-8:00am 12:00-9:30pm	6:00-8:00am 12:00-5:30pm	6:00-8:00am 12:00-8:00pm	7:00-10:00am 12:00-5:00pm

7:30-9:30pm

## 

## **Swim Descriptions:**



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.

## Swim and Skate Admissions

	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/v 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		
lease note:						Other S	ervices		
A \$6.15 replacement fee will be charged for any lost or stolen Active Pass cards.					Skate Sharper	Skate \$6.2 Sharpening			
Locker Rentals:						10x Skate \$56.4 Sharpening			
Ravensong Aquatic Centre: Cost is \$0.25-\$0.50. Oceanside Place Arena: Locker keys can be signed out at reception. No deposit required.					Locker F	Rental	0.25/0.50		

RDN is not responsible for lost or stolen items.

## **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

s. or	<b>Family Swim:</b> 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.
	<b>Pools Closed for Lessons or Rental:</b> 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.

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.