

NELSON

ADMISSION, HOURS + SCHEDULES

April 1st to
June 30th, 2024



To view the guide and register online visit rdck.ca/recreation or call 250.354.4386



NDCC
Nelson & District Community Complex

SPRING HOURS

Hours of Operation are
subject to change

April 21 - June 30, 2024

	SUN	MON	TUE	WED	THU	FRI	SAT
AQUATIC CENTRE	9:00am - 7:00pm	6:00am - 8:30pm	6:00am - 8:30pm	6:00am - 8:30pm	6:00am - 8:30pm	6:00am - 9:30pm	9:00am - 8:00pm
FITNESS CENTRE	9:00am - 7:00pm	5:30am - 9:30pm	5:30am - 9:30pm	5:30am - 9:30pm	5:30am - 9:30pm	5:30am - 9:30pm	8:00am - 8:00pm

POOL ENTRANCE AGE: Children 7 years of age and older can access the pool without adult supervision. Children 6 years of age and under must be within arm's reach of a parent or guardian 16 years of age or older.

GENERAL ADMISSION RATES

	DROP-IN	10-PUNCH*
Child (0-4)	Free	-
Youth (5-18)	\$3.88	\$34.96
Adult (19-74)	\$7.77	\$69.91
Golden Guest (75+)	Free	-
Family (2 adults and up to 4 dependent children)	\$15.54	-

Prices do not include taxes. *10-punch passes expire 12 months from date of purchase

- Leisure Access Program rates apply.
- Reservations are available for specific programs in advance.
- Youth 13-15 years of age are required to participate in the Youth Weight Room orientations before they can access the Fitness Centre.

ACTIVE PROGRAM

The Active Program is a time-based membership that gives pass-holders unlimited general admission to: Public Swim, Lane Swim, Hot Tub, Fitness Centre, Included w/Admission group fitness classes, Public Skate, and Shinny Hockey. Prices do not include tax.

	ACTIVE PROGRAM FEES		
	1 Month	3 Month	6 Month
Adult	\$69.91	\$178.28	\$314.61
Youth	\$34.96	\$89.14	\$157.31
2nd Adult	\$62.93	\$160.46	\$283.15
2nd Youth	\$31.46	\$80.23	\$141.57

Terms and conditions: To receive 2nd Adult or 2nd Youth pass discounts, pass holders must reside in the same household and must be purchased at the same time and of the same duration as regular Adult or Youth passes.

HOLIDAY HOURS

HOLIDAY CLOSURES

Easter Sunday
Canada Day
BC Day

HOLIDAYS OPEN

1:00-5:00pm

Good Friday
Victoria Day

LEISURE ACCESS PROGRAM

This program provides low income families and individuals in our community with an opportunity to participate in recreation programs and services.

Residents of the RDCK are eligible for this program. It is based on the combined annual household income and must be re-applied for by May 31st of each year.

Find the application and income guidelines online at rdck.ca/recreation. Once submitted and approved, you will receive up to 50% off general admission to the pool, fitness centre, arena, and all Included with Admission programs.

POOL SCHEDULE

April 21- June 30 2024

SWIMMING POOL CLOSED
JUNE 29, 30 FOR SWIM MEET

HOLIDAY HOURS: 1-5PM, MAY 20.

All are welcome all pool basins are available, name of swim indicates pool layout.

Schedule is subject to change.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	SPORTS GROUPS 6:00-8:00am	SPORTS GROUPS 6:30-8:00am	SPORTS GROUPS 6:00-8:00am	SPORTS GROUPS 6:30-8:00am	SPORTS GROUPS 6:00-8:00am	
	WATER WELLNESS 8:00-9:00am	WATER WELLNESS 8:00-9:00am	WATER WELLNESS 8:00-9:00am	WATER WELLNESS 8:00-9:00am	WATER WELLNESS 8:00-9:00am	
	AQUA STEP + STRENGTH 9:00-10:00am	CARDIO CORE 9:00-10:00am	AQUA CONDITIONING 9:00-10:00am	SEA PUPS CLUB 9:30-10:30am		
LAPS + LEISURE 9:00am-12:30pm	LAPS + LEISURE 6:00am-4:00pm	LAPS + LEISURE 6:00am-4:00pm	LAPS + LEISURE 6:00am-4:00pm	LAPS + LEISURE 6:00am-4:00pm	LAPS + LEISURE 6:00am-4:00pm	LAPS + LEISURE 9:00am-12:30pm
SWIM LESSONS 9:30am-12:30pm	CARDIO JAMS 10:30-11:30am	HUSH-SENSORY FRIENDLY SWIM + SOAK 10:00-11:30am	CARDIO JAMS 10:30-11:30am			SPORTS GROUPS + SWIM LESSONS 9:00am-4:00pm
	SCHOOL SWIM LESSONS 12:00-2:30pm	LUNCH TIME LANES 12:30-2:00pm		LUNCH TIME LANES 12:30-2:00pm	SCHOOL SWIM LESSONS 10:00am-2:30pm	
				TOTAL BODY AQUAFIT 1:30-2:30pm		
FUN FEATURE SWIM 12:30-6:00pm				*GENTLE WATER JOGGING 2:45-3:30pm		FUN FEATURE SWIM 12:30-7:00pm
HUSH-SENSORY FRIENDLY SWIM + SOAK 6:00-7:00pm	LEISURE SWIM 4:00-8:00pm	LEISURE SWIM 4:00-8:00pm	LEISURE SWIM 4:00-8:00pm	LEISURE SWIM 4:00-8:00pm	FUN FEATURE SWIM 4:00-8:30pm	
	SPORTS GROUPS + SWIM LESSONS 4:00-8:00pm	SPORTS GROUPS 4:00-8:00pm	SPORTS GROUPS + SWIM LESSONS 4:00-8:00pm	SPORTS GROUPS & SWIM LESSONS 4:00-8:00pm	AQUATIC LEADERSHIP COURSES 4:00-8:30pm	
	LATE NIGHT LAPS 8:00-8:30pm	LATE NIGHT LAPS 8:00-8:30pm	LATE NIGHT LAPS 8:00-8:30pm	LATE NIGHT LAPS 8:00-8:30pm	LATE NIGHT LAPS 8:30-9:30pm	LATE NIGHT LAPS 7:00-8:00pm

*POOL ENTRANCE AGE: Children 7 years of age and older can access the pool without adult supervision. Children 6 years of age and under must be within arm's reach of a caregiver 16 years of age or older that is the water providing active supervision.

Laps + Leisure - Lap lanes, leisure pool and hot areas available

Lunch Time Lanes + Late Night Laps - Lap lanes, leisure pool and hot areas available

Aquafit - Included with Admission

Aquafit* - Pre-registered

Water Wellness Lanes for walking, stretching and floating. Leisure pool and hot areas available.

Fun Swim - A feature will be opened, either diving board, plynth, water slide or rope swing

Leisure Swim - Limited space due to programs in effect, leisure pool and hot areas available.

NEW Hush - Sensory Friendly Swim & Soak

All inclusive Leisure swim for those who may have sensory processing challenges or are simply looking for a quieter swim. Music and all water features will be off and not available for the duration of the swim time.

FITNESS SCHEDULE

April 1 - June 30, 2024

Included with Admission or Active Pass

Pre Registered Program

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:15-7:15am SPIN	6:15 - 7:15am RISE AND SHINE BOOT CAMP	6:15-7:15am SPIN AND STRENGTH	6:15 - 7:15am RISE AND SHINE BOOT CAMP	6:15-7:15am SPIN	
7:45-8:45am S.W.A.T.	8:00-9:00am WEIGHT ROOM CIRCUIT	8:00-9:00am CARDIO BARRE	8:00-9:00am WEIGHT ROOM CIRCUIT		7:45-8:45am INTRO TO STEP	
	9:00-10:30am WORK TO PROGRESS	9:00-10:30am WORK TO PROGRESS	9:00-10:30am WORK TO PROGRESS			
	9:15-10:15am STUDIO CIRCUIT	9:15-10:15am STEP	9:15-10:15am SPIN AND STRENGTH	9:15-10:15am STEP	9:00-10:00am BABY AND ME	9:00-10:00am WEEKEND WARRIOR
10:30-12:00pm HATHA FLOW YOGA		10:30-11:30am FIT 4 LIFE	10:30-11:30am BABY AND ME	10:30-12:00pm HATHA FLOW YOGA	10:30-11:30am FIT 4 LIFE	10:30-12:00pm VINYASA FLOW YOGA
	12:10-12:55pm STEP		12:10-12:55pm CORE STRENGTHENING & CONDITIONING		12:00-1:00pm WEIGHT ROOM CIRCUIT	
1:30-2:00pm YOUTH FITNESS CENTRE ORIENTATION	1:15-2:15pm BALANCE AND MOBILITY		2:00 - 3:00pm CHOOSE TO MOVE		1:30-2:30pm STRONG AND STEADY	
		4:00-5:00pm SPIN				
	5:15-6:15pm FULL BODY STRENGTHENING & CONDITIONING	5:15-6:15pm FULL BODY RX	5:15-6:15pm STEP	5:15-6:15pm BOOTY BURN		
		6:30-7:00pm YOUTH FITNESS CENTRE ORIENTATION		6:30-7:00pm YOUTH FITNESS CENTRE ORIENTATION		
	6:45-8:15pm CLASSICAL HATHA YOGA	6:30-7:30pm ZUMBA	6:45-8:15pm CLASSICAL HATHA YOGA	6:30-7:30pm UPPER BODY & CORE	6:45-8:15pm RESTORATIVE YOGA <i>*ends April 26</i>	

**Participants must be 15 years of age to attend classes

Registration for included with admission programs, within 24 hours of a program start time, is only available to those who have purchased a 1, 3, or 6 month Active Pass time-based-membership or Golden Guests.

In-person registration is required, for users who do not have a 1, 3, or 6 month Active Pass time-based membership, one hour prior to the program start time. If you do not have a time-based-membership, you can no longer call the front desk to register.



Register Online: rdck.ca/recreation



Or Register by Phone: 250.354.4386