

# NELSON

## Spring Break Schedule

March 16<sup>th</sup> to  
April 1<sup>st</sup>, 2024



To view the guide and register online visit [rdck.ca/recreation](https://rdck.ca/recreation) or call 250.428.7127



**NDCC**  
Nelson & District Community Complex

# Spring Break Hours

March 17 – March 31, 2024

Hours of Operation are  
subject to change

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

## ARENA SCHEDULE

March 17 - April 6, 2024

Schedule Subject to change. Visit [rdck.ca](http://rdck.ca) for up to date information.

**MARCH 16:**  
**PUBLIC SKATE - 12:00-1:00pm**  
**FAMILY SHINNY - 1:15-2:15pm**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
17	18	19	20	21	22	23
			Public Skate 1:45-3:00pm	Public Skate 9:30 - 10:30am  Adult Stick and Puck 1:00-2:00pm	Public Skate 9:45-10:45am  Family Shinny 11:00am-12:00pm	Public Skate 12:00-1:00pm  Family Shinny 1:15-2:15pm
24	25	26	27	28	29	30
Public Skate 10:30-11:30am	Public Skate 5:30-6:30pm	Public Skate 9:30- 10:45am  Family Shinny 11:00-12:00pm	Public Skate 5:15-6:15pm	Public Skate 9:30-10:45am  Adult Stick and Puck 1:00-2:00pm		Public Skate 12:00-1:00pm  Family Shinny 1:15-2:15pm
31	1	2	3	4	5	6
	Public Skate 9:30-10:45	Public Skate 9:30-10:45am		Public Skate 9:30-10:45am  Adult Stick and Puck 1:00-2:00pm	Public Skate 9:45-10:45am	

## SKATE & HELMET RENTALS

Skates \$2.85 + tax

Helmets \$.95 + tax



Register Online: [rdck.ca/recreation](http://rdck.ca/recreation)

Or Register by Phone: 250.365.3386

# POOL SCHEDULE

March 17 – March 30, 2024

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

**POOL CLOSED TO THE PUBLIC:**  
**MARCH 31**

**ALTERNATE HOURS**  
**MARCH 29, 1-5PM**

*Schedule is subject to change.*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	LAPS + LEISURE 6:00-8:00am	LAPS + LEISURE 6:30-8:00am	LAPS + LEISURE 6:00-8:00am	LAPS + LEISURE 6:30-8:00am	LAPS + LEISURE 6:00-8:00am	
	LAPS + WATER WALKERS 8:00-9:00am	LAPS + WATER WALKERS 8:00-9:00am	LAPS + WATER WALKERS 8:00-9:00am	LAPS + WATER WALKERS 8:00-9:00am	LAPS + WATER WALKERS 8:00-9:00am	
LAPS + LEISURE 9:00am-12:30pm	AQUA STEP + STRENGTH 9:00-10:00am CARDIO JAMS 10:30-11:30am					LAPS + LEISURE 9:00am-12:30pm
FUN FEATURE SWIM 12:30-5:00pm	LAPS + LEISURE 9:00-7:30pm	LAPS + LEISURE 9:00-7:30pm	LAPS + LEISURE 9:00am-7:30pm	LAPS + LEISURE 9:00am-7:30pm	LAPS + LEISURE 9:00am-7:30pm	FUN FEATURE SWIM 12:00-6:00pm
HUSH- SENSORY FRIENDLY SWIM & SOAK 5:00- 6:00pm					FUN FEATURE SWIM 4:00-8:30pm	
	LATE NIGHT LAPS 7:30-8:30pm	LATE NIGHT LAPS 7:30-8:30pm	LATE NIGHT LAPS 7:30-8:30pm	LATE NIGHT LAPS 7:30-8:30pm	LATE NIGHT LAPS 8:30-9:30pm	

\*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.

**Laps + Leisure** - 2 lap lanes, leisure pool and hot areas available

**Late Night Laps** - 3 laps lanes, leisure pool and hot areas available

**AquaFit** - Included with Admission

**Laps + Water Walkers** - 3 lanes for Laps, 2 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, 1 lap lane, 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.



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# FITNESS SCHEDULE

January - March, 2024

Included with  
Admission or  
Active Pass

Pre Registered  
Program

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:15-7:15am <b>SPIN</b>		6:15-7:15am <b>SPIN AND STRENGTH</b>		6:15-7:15am <b>SPIN</b>	
	8:00-9:00am <b>WEIGHT ROOM CIRCUIT</b>	8:00-9:00am <b>CARDIO BARRE</b>	8:00 – 9:00am <b>WEIGHT ROOM CIRCUIT</b>			
	9:00-10:30am <b>WORK TO PROGRESS</b>	9:00-10:30am <b>WORK TO PROGRESS</b>	9:00-10:30am <b>WORK TO PROGRESS</b>			
	9:15-10:15am <b>STUDIO CIRCUIT</b>	9:15-10:15am <b>STEP</b>	9:15-10:15am <b>SPIN AND STRENGTH</b>	9:15-10:15am <b>STEP</b>	9:00-10:00am <b>BABY AND ME</b>	9:00-10:15am <b>WEEKEND WARRIOR</b>
10:00-11:30am <b>HATHA FLOW YOGA</b>		10:30-11:30am <b>FIT 4 LIFE</b>	10:30-11:30am <b>BABY AND ME</b>	10:30-12:00pm <b>HATHA FLOW YOGA</b>	10:30-11:30am <b>FIT 4 LIFE</b>	10:30-12:00pm <b>VINYASA FLOW YOGA</b>
	12:10-12:55pm <b>STEP</b>		12:10-12:55pm <b>CORE STRENGTHENING &amp; CONDITIONING</b>		12:00-1:00pm <b>WEIGHT ROOM CIRCUIT</b>	
1:30-2:00pm <b>YOUTH FITNESS CENTRE ORIENTATION</b>	1:15-2:15pm <b>BALANCE AND MOBILITY</b>		12:30-1:30pm <b>STRONG AND STEADY</b> <i>North Shore Hall</i>			
		4:00-5:00pm <b>SPIN</b>	1:30-2:30pm <b>CHOOSE TO MOVE</b>			
	5:15-6:15pm <b>SPIN AND STRENGTH</b>	5:15-6:15pm <b>FULL BODY RX</b>	5:15-6:15pm <b>STEP</b>	5:15-6:15pm <b>BOOTY BURN</b>		
		6:30-7:00pm <b>YOUTH FITNESS CENTRE ORIENTATION</b>		6:30-7:00pm <b>YOUTH FITNESS CENTRE ORIENTATION</b>		
	6:45-8:15pm <b>CLASSICAL HATHA YOGA</b>		6:45-8:15pm <b>CLASSICAL HATHA YOGA</b>	6:30-7:30pm <b>UPPER BODY &amp; CORE</b>	6:45-8:15pm <b>RESTORATIVE YOGA</b>	

\*\*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.



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# SPRING BREAK CAMPS

## Under Construction Camp

7-12 Years Old

NDCC – Upper Multi-Purpose Room

Get ready to don your hard hats and join us for an ultimate adventure. Young builders will get the chance to immerse themselves in a world of creativity with hands on learning as they explore the world of architecture and engineering. Team challenges and unique building projects await the young builders this week. We will dust off our pants and head the pool for the afternoons for a well earned break. Grab your tools and get ready for a week of construction!

**\*Please remember to bring a snack, lunch, bathing suit and towel.**

March 18 - 22  
Monday - Friday  
8:30 am - 3:30 pm  
\$180

65008

## Spring Break STAYcation

7-12 Years Old

NDCC – Upper Multi-Purpose Room

Experience the ultimate getaway without leaving town. Engage in activities from various vacation destinations along with the best of what we have here at home to get the most out of your spring break staycation. Each day we will head poolside for some pool games and we will also get some laps in on the rink. Join us for a week of endless fun and unforgettable memories, without the sunburn

**\*Please remember to bring a snack, lunch, bathing suit and towel. For days with skating, please remember your skates and helmets. Rental skates and helmets will be available to campers at no charge.**

March 25 - 28  
Monday - Thursday  
8:30 am - 3:30 pm  
\$145

65009

## HOLIDAY

### HOLIDAY CLOSURES

Easter Sunday

### HOLIDAYS OPEN

1:00-5:00pm

Good Friday

## Nelson & District Community Complex



### Visit Us

305 Hall St., Nelson, BC | [rdck.ca/recreation](http://rdck.ca/recreation)

### Contact Us

250-354-4FUN (4386) | [nelrec@rdck.ca](mailto:nelrec@rdck.ca)



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