

# NELSON

## ADMISSION, HOURS + SCHEDULES

January 1<sup>st</sup> to  
March 31<sup>st</sup>, 2024



To view the guide and register online visit [rdck.ca/recreation](https://rdck.ca/recreation) or call 250.354.4386



**NDCC**  
Nelson & District Community Complex

# WINTER HOURS

January 2 – March 31, 2024

	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.

## 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 6 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

Christmas Day  
New Year's Day

### HOLIDAYS OPEN

**1:00 - 5:00pm**

Boxing Day  
Family Day  
Good Friday

### EARLY CLOSURES

**4:00pm**

Christmas Eve  
New Year's Eve

## 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](https://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.



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

Or Register by Phone: 250.354.4386

# POOL SCHEDULE

January 2 – March 31, 2024

**POOL CLOSED TO THE PUBLIC:  
ON JANUARY 1 and MARCH 31**

**ALTERNATE HOURS (1-5PM)  
ON FEBRUARY 19 AND MARCH 29**

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
	<b>LAPS + LEISURE</b> 6:00-8:00am	<b>SPORTS GROUPS</b> 6:00-8:00am	<b>LAPS + LEISURE</b> 6:30-8:00am	<b>SPORTS GROUPS</b> 6:30-8:00am	<b>LAPS + LEISURE</b> 6:00-8:00am	<b>SPORTS GROUPS</b> 6:00-8:00am	<b>LAPS + LEISURE</b> 6:30-8:00am	<b>SPORTS GROUPS</b> 6:30-8:00am	<b>LAPS + LEISURE</b> 6:00-8:00am	<b>SPORTS GROUPS</b> 6:00-8:00am	
	<b>LAPS + WATER WALKERS</b> 8:00-9:00am		<b>LAPS + WATER WALKERS</b> 8:00-9:00am		<b>LAPS + WATER WALKERS</b> 8:00-9:00am		<b>LAPS + WATER WALKERS</b> 8:00-9:00am		<b>LAPS + WATER WALKERS</b> 8:00-9:00am		
		<b>AQUA STEP + STRENGTH</b> 9:00-10:00am	<b>LAPS &amp; LEISURE</b> 9:00-10:00am	<b>CARDIO CORE</b> 9:00-10:00am		<b>AQUA CONDITIONING</b> 9:00-10:00am					
<b>LAPS + LEISURE</b> 9:00am-12:30pm		<b>CARDIO JAMS</b> 10:30-11:30am	<b>HUSH- SENSORY FRIENDLY SWIM &amp; SOAK</b> 10:00-11:30am			<b>CARDIO JAMS</b> 10:30-11:30am	<b>LAPS &amp; LEISURE</b> 9:00am-12:30pm				<b>LAPS + LEISURE</b> 9:00am-12:30pm
	<b>LAPS + LEISURE</b> 9:00-4:00pm		<b>LUNCH TIME LANES</b> 12:30-2:00pm		<b>LAPS + LEISURE</b> 9:00am-4:00pm		<b>LUNCH TIME LANES</b> 12:30-2:00pm		<b>LAPS + LEISURE</b> 9:00am-4:00pm	<b>SCHOOL SWIM LESSONS</b> 10:00am-2:30pm	<b>SPORTS GROUPS + SWIM LESSONS</b> 9:00am-4:00pm
		<b>SCHOOL SWIM LESSONS</b> 12:00-2:30pm		<b>TOTAL BODY AQUAFIT</b> 1:30-2:30pm				<b>TOTAL BODY AQUAFIT</b> 1:30-2:30pm			
<b>FUN FEATURE SWIM</b> 12:30-5:00pm			<b>LAPS + LEISURE</b> 2:00-4:00pm				<b>LAPS + LEISURE</b> 2:00-4:00pm	<b>*GENTLE WATER JOGGING</b> 2:45-3:30pm			<b>FUN FEATURE SWIM</b> 12:00-6:00pm
<b>HUSH- SENSORY FRIENDLY SWIM &amp; SOAK</b> 5:00- 6:00pm	<b>LEISURE SWIM</b> 4:00-7:30pm	<b>SPORTS GROUPS + SWIM LESSONS</b> 4:00-8:00pm	<b>LEISURE SWIM</b> 4:00-7:30pm	<b>SPORTS GROUPS</b> 4:00-8:00pm	<b>LEISURE SWIM</b> 4:00-7:30pm	<b>SPORTS GROUPS + SWIM LESSONS</b> 4:00-7:30pm	<b>LEISURE SWIM</b> 4:00-7:30pm	<b>SPORTS GROUPS</b> 4:00-8:30pm	<b>FUN FEATURE SWIM</b> 4:00-8:30pm	<b>AQUATIC LEADERSHIP COURSES</b> 4:00-8:30pm	
	<b>LATE NIGHT LAPS</b> 7:30-8:30pm		<b>LATE NIGHT LAPS</b> 7:30-8:30pm		<b>LATE NIGHT LAPS</b> 7:30-8:30pm		<b>LATE NIGHT LAPS</b> 8:00-8:30pm		<b>LATE NIGHT LAPS</b> 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

**Lunch Time Lanes + Late Night Laps** - 3 laps lanes, leisure pool and hot areas available

**AquaFit** - Included with Admission

**AquaFit\*** - Pre-registered

**Laps + Water Walkers** - 3 lanes for Laps, 3 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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Or Register by Phone: 250.354.4386

# 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>	
	1:15-2:15pm <b>BALANCE AND MOBILITY</b>		1:30-2:30pm <b>CHOOSE TO MOVE</b>		1:30-2:30pm <b>STRONG AND STEADY</b>	
		4:00-5:00pm <b>SPIN</b>				
		4:00-4:30pm <b>YOUTH FITNESS CENTRE ORIENTATION</b>		4:00-4:30pm <b>YOUTH FITNESS CENTRE ORIENTATION</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>	5:15-6:30pm <b>SPIN</b>	
	6:45-8:15pm <b>CLASSICAL HATHA YOGA</b>	6:30-7:45pm <b>POWER N RELEASE 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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# ARENA SCHEDULE

January 2 – March 16, 2024

Included with  
Admission

Pre Registered  
Program

Schedule is subject to change. Please visit [www.rdck.ca](http://www.rdck.ca) or call 250-354-4FUN for up to date information.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:30 – 11:30am Public Skate		9:30 – 10:45am Public Skate		9:30 – 10:45am Public Skate	9:45 – 10:45am Public Skate	
						12:00 – 1:00pm Public Skate
				1:00-2:00pm Adult Stick and Puck		1:15- 2:15pm Family Shinny
4:15-5:15 pm Family Shinny	5:30-6:30pm Public Skate		5:15 – 6:15pm Public Skate		4:45-6:00pm Adult Co-ed Hockey *Civic Arena*	

**Skate Rentals**

**\$2.85 + tax**

**Helmet Rentals**

**\$.95 + tax**