

NELSON

ADMISSION, HOURS + SCHEDULES

September 5th to
December 31st, 2023



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



NDCC
Nelson & District Community Complex

FALL HOURS

Hours of Operation are subject to change

September 5 – December 31

	SUN	MON	TUE	WED	THU	FRI	SAT
AQUATIC CENTRE	9:00am - 4:00pm	6:00am - 8:30pm	1:30pm - 8:30pm	6:00am - 8:30pm	1:30pm - 8:30pm	6:00am - 8:30pm	9:00am - 4:00pm
FITNESS CENTRE	9:00am - 6:00pm	6:00am - 9:00pm	6:00am - 9:00pm	6:00am - 9:00pm	6:00am - 9:00pm	6:00am - 9:00pm	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.

CLOSURES	ANNUAL POOL SHUTDOWN:	FITNESS STUDIO SHUTDOWN:	COMPLETE FACILITY SHUTDOWN:	POOL CLOSED FOR SWIM MEET:
	September 4-17	August 27-September 3	September 3-4	October 29

	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.

HOLIDAY HOURS

HOLIDAY CLOSURES

Labour Day
Truth & Reconciliation Day
Christmas Day

HOLIDAYS OPEN 1:00-4:00pm

Thanksgiving Day
Remembrance Day
Boxing Day
News Year's Day

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. 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.

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 Shiny 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.

POOL SCHEDULE

September 17 - December 16, 2023

ANNUAL POOL SHUTDOWN:

September 3-16

SWIMMING POOL CLOSED FOR SWIM MEET

October 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
	LAPS + LEISURE 6:00-8:00am SWIM CLUBS 6:00-8:00am LAPS + WATER WALKERS 8:00-9:00am		LAPS + LEISURE 6:00-8:00am SWIM CLUBS 6:00-7:30am LAPS + WATER WALKERS 8:00-9:00am		LAPS + LEISURE 6:00-8:00am SWIM CLUBS 6:00-8:00am LAPS + WATER WALKERS 8:00-9:00am	
LAPS + LEISURE 9:00am-12:30pm SWIM LESSONS 9:30am-12:30pm	TOTAL BODY 9-10am HALF + HALF AQUAFIT 10:30-11:30am LAPS + LEISURE 9:00-4:00pm SCHOOL SWIM LESSONS 12:00-2:30pm		CARDIO CORE 10:30-11:30am LAPS + LEISURE 9:00-4:00pm Program 12:00-12:45pm		LAP + LEISURE 9:00am-4:00pm SCHOOL SWIM LESSONS 10:00am-2:30pm	LAPS + LEISURE 9:00am-12:30pm SPORTS GROUPS + SWIM LESSONS 9:00am-4:00pm
FUN FEATURE SWIM 12:30-4:00pm		LUNCH TIME LANES 1:30-2:30pm AQUA CONDITIONING 1:45-2:45pm LAPS + LEISURE 2:30-4:00pm		LUNCH TIME LANES 1:30-2:30pm AQUA CONDITIONING 1:45-2:45pm LAPS + LEISURE 2:30-4:00pm *GENTLE WATER JOGGING 3:00-3:45PM		FUN FEATURE SWIM 12:00-4:00pm
	OPEN SWIM 4:00-7:30pm SPORTS GROUPS + SWIM LESSONS 4:00-8:00pm LATE NIGHT LAPS 7:30-8:30pm	OPEN SWIM 4:00-7:30pm SPORTS GROUPS 4:00-8:00pm LATE NIGHT LAPS 7:30-8:30pm	OPEN SWIM 4:00-7:30pm SPORTS GROUPS 4:00-8:00pm LATE NIGHT LAPS 7:30-8:30pm	OPEN SWIM 4:00-8:00pm SPORTS GROUPS 4:00-8:30pm LATE NIGHT LAPS 8:00-8:30pm	FUN FEATURE SWIM 4:00-7:30pm AQUATIC LEADERSHIP COURSES 4-8:30pm LATE NIGHT LAPS 7:30-8:30pm	

*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

Open Swim Limited public space due to programs in effect, 1 lap lane, leisure pool and hot areas available.

FITNESS SCHEDULE

September 5 - December 23, 2023

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 SPIN AND STRENGTH		6:15-7:15am SPIN	
	8:00-9:00am WEIGHT ROOM CIRCUIT	8:00-9:00am CARDIO BARRE	8:00 – 9:00am WEIGHT ROOM CIRCUIT	7:45-8:30am TRX	8:00-9:00am INTRO TO STEP	8:45-10:00am POWER CIRCUIT
	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 STEP	9:15-10:15am STUDIO CIRCUIT	9:15-10:15am STEP	9:15-10:15am MUSCLE AND STRENGTH	
10:00-11:30am HATHA FLOW YOGA		10:30-11:30am EIGHT BROCADES QIGONG	10:30-11:30am BABY AND ME	10:30-12:00pm HATHA FLOW YOGA	10:30-11:30am FIT FOR LIFE	10:30-12:00pm VINYASA FLOW YOGA
	11:30-12:30pm STRONG AND STEADY <i>North Shore Hall</i>	10:30-11:30am FIT 4 LIFE				
	12:10-12:55pm STEP		12:10-12:55pm HATHA FLOW YOGA		12:00-1:00pm WEIGHT ROOM CIRCUIT	
	1:15-2:15pm BALANCE AND MOBILITY	1:30-2:30pm SILVER STRENGTH	1:30-2:30pm CHOOSE TO MOVE			
		4:00-5:00pm YOUTH FITNESS CENTRE ORIENTATION		4:00-5:00pm YOUTH FITNESS CENTRE ORIENTATION		
		4:00-5:00pm SPIN				
	5:15-6:15pm SPIN AND STRENGTH	5:15-6:15pm FULL BODY RX	5:15-6:15pm STEP	5:15-6:15pm BOOTY BURN	5:15-6:30pm POWER YOGA IN THE DARK	
	6:45-8:00pm CLASSICAL HATHA YOGA	6:30-7:30pm ZUMBA	6:45-8:00pm CLASSICAL HATHA YOGA	6:30-7:30pm ZUMBA	6:45-8:15pm RESTORATIVE YOGA	

**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



ARENA SCHEDULE

September 5– December 31, 2023

Included with Admission

Pre Registered Program

Schedule is subject to change. Please visit 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 <i>Starts Oct 15</i>		9:30 – 10:45am Public Skate <i>Starts Sep 5</i>		9:30 – 10:45am Public Skate <i>Starts Sep 7</i>	9:45 – 10:45am Public Skate <i>Starts Sep 8</i>	
						12:00pm – 1:00pm Public Skate <i>Starts Oct 14</i>
				1:00-2:00pm Adult Stick and Puck		1:15pm– 2:15pm Family Shinny <i>Starts Oct 14</i>
	5:30-6:30pm Public Skate <i>Starts Oct 16</i>		5:15 – 6:15pm Public Skate <i>Starts Oct 11</i>		4:45-6:00pm Adult Co-ed Hockey <i>*Civic Arena*</i>	

No public skate Dec 9 or 10th due to special event

Skate Rentals \$2.85 + tax **Helmet Rentals \$.95 + tax**