

NELSON

ADMISSION, HOURS + SCHEDULES

June 29 to
September 6, 2026



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



NDCC
Nelson & District
Community Complex

SUMMER HOURS

June 29 – September 6, 2026

ANNUAL POOL SHUTDOWN: September 6 - 20
FITNESS STUDIO SHUTDOWN: August 30 - September 7
FULL FACILITY CLOSURE: September 6 - 7

Hours of Operation are subject to change

	SUN	MON	TUE	WED	THU	FRI	SAT
AQUATIC CENTRE	11:00am - 5:00pm	6:30am - 8:00pm	6:30am - 8:00pm	6:30am - 8:00pm	6:30am - 8:00pm	6:30am - 8:00pm	10:30am - 5:00pm
FITNESS CENTRE	10:00am - 6:00pm	5:30am - 8:00pm	5:30am - 8:00pm	5:30am - 8:00pm	5:30am - 8:00pm	5:30am - 8:00pm	9:00am - 6:00pm

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 arms' reach of a responsible adult 16 years of age or older who is in the water providing active supervision. Each adult may supervise a maximum of 3 children.

GENERAL ADMISSION RATES

	DROP-IN	10-PUNCH*
Child (0-4)	Free	-
Youth (5-18)	\$4.04	\$36.36
Adult (19-74)	\$8.08	\$72.72
Golden Guest (75+)	Free	-
Family (2 adults and up to 4 dependent children)	\$16.16	-

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 with Admission group fitness classes, Public Skate, and Shiny Hockey. Prices do not include tax.

	ACTIVE PROGRAM FEES		
	1 Month	3 Month	6 Month
Adult	\$72.72	\$185.44	\$327.24
Youth	\$36.36	\$92.72	\$163.62
2nd Adult	\$65.48	\$166.90	\$294.52
2nd Youth	\$32.74	\$83.45	\$147.26

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

Canada Day
 BC Day
 Labour Day
 Truth & Reconciliation Day

HOLIDAYS OPEN

1:00 - 5:00pm

Thanksgiving Day

LEISURE ACCESS PROGRAM

The Leisure Access Program helps residents of all ages living in the RDCK who are in financial hardship access RDCK recreation services.

This program provides further subsidy on general admission, membership services, and most registered programs. Individuals and families are welcome to apply.

A Leisure Access Pass is valid for up to one year and will expire every May 31.

POOL SCHEDULE

June 29 – September 6, 2026

CHECK PAGE 2 FOR CLOSURES AND HOLIDAY HOURS!

Schedule is subject to change. Please visit rdck.ca/recreation for up to date information.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LAPS & LEISURE 6:30 - 8:00am	LAPS & LEISURE 6:30 - 8:00am	LAPS & LEISURE 6:30 - 8:00am	LAPS & LEISURE 6:30 - 8:00am	LAPS & LEISURE 6:30 - 8:00am		
		HUSH SWIM & SOAK 8:00 - 9:00am		HUSH SWIM & SOAK 8:00 - 9:00am		
AQUA SHALLOW 9:00 - 10:00am	AQUA DEEP 9:00 - 10:00am		AQUA SHALLOW 9:00 - 10:00am			
LEISURE SWIM 8:00am - 7:00pm	LEISURE SWIM 8:00am - 7:00pm	LEISURE SWIM 8:00am - 7:00pm	LEISURE SWIM 8:00am - 7:00pm	LEISURE SWIM 8:00am - 7:00pm	LAPS & LEISURE 10:30am - 12:00pm	LAPS & LEISURE 11:00am - 12:00pm
					FUN SWIM 12:00 - 3:00pm	FUN SWIM 12:00 - 3:00pm
					LEISURE SWIM 3:00 - 5:00pm	LEISURE SWIM 3:00 - 5:00pm
LAPS & LEISURE 7:00 - 8:00pm	LAPS & LEISURE 7:00 - 8:00pm	LAPS & LEISURE 7:00 - 8:00pm	LAPS & LEISURE 7:00 - 8:00pm	LAPS & LEISURE 7:00 - 8:00pm		

Leisure Swim
Pool layout at lifeguards' discretion based on users in the pool.

Laps & Leisure
3 lanes, teach pool, leisure pool and hot areas available.

Fun Swim
No lap lane guaranteed. A fun feature (diving board, slide, rope swing, or cliff) will be open.

Included with Admission Program
See program guide for details.

Hush Sensory Friendly Swim & Soak
Inclusive quiet leisure swim. Music and all water features will be off and not available for this time.

GYRO POOL

July 2 – September 5, 2026

	SUN	MON	TUE	WED	THU	FRI	SAT
GYRO POOL	1:00pm - 6:00pm	1:00pm - 6:00pm	1:00pm - 6:00pm	1:00pm - 6:00pm	1:00pm - 6:00pm	1:00pm - 6:00pm	1:00pm - 6:00pm

*Admission Policy: Children 7 years of age and older can access the pool without adult supervision. Children 6 years of age and under must be within arms' reach of a responsible adult 16 years of age or older who is in the water providing active supervision. Each adult may supervise a maximum of 3 children.

FITNESS SCHEDULE

June 29 - August 30, 2026

CHECK PAGE 2 FOR CLOSURES AND HOLIDAY HOURS!

Schedule is subject to change. Please visit rdck.ca/recreation for up to date information.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			FULL BODY FITNESS 6:30 - 7:30am			
	BARRE 8:00 - 9:00am	BOOTY BURN 8:00 - 9:00am				
	STEP 9:15 - 10:15am	FULL BODY SCULPT 9:15 - 10:15am	FULL BODY SCULPT 8:30 - 9:30am	INTERMEDIATE WEIGHT ROOM GROUP CIRCUIT 9:00 - 10:00am		
BALANCE AND MOBILITY 10:30 - 11:30am		BABY AND ME 10:30 - 11:30am				
STEP 12:10 - 12:55pm						
FULL BODY FITNESS 5:15 - 6:15pm	TOTAL BODY BARBELL 5:15 - 6:15pm	STEP 5:15 - 6:15pm	HIIT 5:15 - 6:15pm			
CLASSICAL HATHA YOGA 6:45 - 8:00pm <i>Last class July 27</i>		CLASSICAL HATHA YOGA 6:45 - 8:00pm				

*Participants must be 15 years of age to attend classes

Included with Admission Program
See Program Guide for details.

Pre-Registered Program
See Program Guide for details.



CHECK PAGE 2 FOR CLOSURES AND HOLIDAY HOURS!

DRY FLOOR SCHEDULE

July 2 - 19, 2026

Schedule is subject to change. Please visit rdck.ca/recreation for up to date information..

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Drop-in Sports 8:00am - 6:00pm	Drop-in Sports 8:00am - 6:00pm	Drop-in Sports 8:00am - 5:00pm	Drop-in Sports 8:00am - 6:00pm			Roller Hockey Stick & Puck 1:30 - 2:30pm
						Public Roller Skating/Blading 2:45 - 4:15pm
		Roller Hockey Stick & Puck 5:30 - 6:30pm				

INCLUDED WITH ADMISSION PROGRAM
 See Program Guide for details

PRE-REGISTERED PROGRAM
 See Program Guide for details



ARENA SCHEDULE

August 15 - 29 2026
SATURDAYS ONLY

CHECK PAGE 2 FOR CLOSURES AND HOLIDAY HOURS!

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INCLUDED WITH ADMISSION

Stick & Puck

New Participant Age!

5+ years

NDCC - Arena

Bring your sticks and hockey gear to have fun on the ice! This program provides an opportunity for you to practice your puck handling and shooting skills.

Parents with children under 7 need to stay on the bench or pay to participate. Parents participation is recommended for younger skaters. Children are encouraged to come to this program so hard shots are discouraged.

Helmets and gloves are required to participate in Stick & Puck. Please bring your own stick and gloves. Max 25 people.

Saturdays

9:15 - 10:15am

August 15, 22 & 29

**Included with Admission or Active pass
 100965**

Public Skate

All Ages

NDCC - Arena

Everyone is welcome during public skating times. Lots of fun and a great way to be active with your whole family! Helmets are highly recommended.

Sticks and pucks are not permitted during public skate for the safety of all participants. Helmet and Skate rentals are available.

Saturdays

10:30 - 11:30am

August 15, 22 & 29

**Included with Admission or Active pass
 100962**

SATURDAY

Stick and Puck

9:15 - 10:15am

Public Skate

10:30 - 11:30am

Skate Rentals

\$2.85 + tax

Helmet Rentals

\$.95 + tax