

NELSON

ADMISSION, HOURS + SCHEDULES

September 8 to
December 20, 2026



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



NDCC
Nelson & District
Community Complex

FALL HOURS

September 8 – December 20, 2026

ANNUAL POOL SHUTDOWN: September 6 - 20
FITNESS STUDIO SHUTDOWN: August 30 - September 7
POOL SWIM MEET CLOSURE: October 3, 12:00pm - October 4, 2:00pm

Hours of Operation are subject to change

	SUN	MON	TUE	WED	THU	FRI	SAT
AQUATIC CENTRE	9:00am - 7:00pm	6:00am - 9:15pm	6:00am - 9:15pm	6:00am - 9:15pm	6:00am - 9:15pm	6:00am - 9:30pm	8:00am - 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 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)	\$4.27	\$38.39
Adult (19-74)	\$8.53	\$76.78
Golden Guest (75+)	Free	-
Family (2 adults and up to 4 dependent children)	\$17.06	-

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	\$76.78	\$195.78	\$345.50
Youth	\$38.39	\$97.89	\$172.75
2nd Adult	\$69.11	\$176.21	\$310.95
2nd Youth	\$34.55	\$88.10	\$155.48

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

Labour Day
 Truth & Reconciliation Day
 Christmas Day
 New Year's Day

HOLIDAYS OPEN

1:00 - 5:00pm

Thanksgiving Day
 Boxing Day
 New Year's Eve
 Family Day

EARLY CLOSURES 4:00pm

Christmas Eve
 New Year's Eve

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.



Register Online: rdck.ca/recreation

Or Register by Phone: 250.354.4386

POOL SCHEDULE

September 21 - December 20, 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 6:00 - 8:00am	LEISURE SWIM 6:00am - 12:00pm	LAPS & LEISURE 6:00 - 8:00am	LEISURE SWIM 6:00am - 12:00pm	LAPS & LEISURE 6:00 - 8:00am		
LEISURE SWIM 8:00am - 7:00pm		AQUA SHALLOW 8:00 - 9:00am		HUSH SWIM & SOAK 8:00 - 9:30am	LAPS & LEISURE 8:00 - 9:30am	
AQUA STEP & STRENGTH 9:00 - 10:00am	AQUA DEEP 9:00 - 10:00am		AQUA RUNNING 9:00 - 10:00am			
AQUA DEEP 10:30 - 11:30am	GENTLE JOINTS 10:30 - 11:30am	LEISURE SWIM 8:00am - 7:00pm	AQUA SHALLOW 10:30 - 11:30am	LEISURE SWIM 9:30am - 5:00pm	LEISURE SWIM 9:30am - 12:30pm	LEISURE SWIM 9:00am - 1:00pm
	HUSH SWIM & SOAK 12:00 - 1:30pm					
	LAPS & LEISURE 1:30 - 3:00pm		LAPS & LEISURE 1:30 - 3:00pm			
	LEISURE SWIM 3:00 - 8:15pm		LEISURE SWIM 3:00 - 8:15pm		FUN SWIM 12:30 - 6:00pm	FUN SWIM 1:00 - 6:00pm
FUN SWIM 7:00 - 8:00pm		FUN SWIM 7:00 - 8:00pm		FUN SWIM 5:00 - 9:30pm		
TRANSITION TIME		TRANSITION TIME			LEISURE SWIM 6:00 - 8:00pm	LEISURE SWIM 6:00 - 7:00pm
LAPS & LEISURE 8:15 - 9:15pm	LAPS & LEISURE 8:15 - 9:15pm	LAPS & LEISURE 8:15 - 9:15pm	LAPS & LEISURE 8:15 - 9:15pm			

**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.*

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.



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FITNESS SCHEDULE

September 8 - December 20, 2026

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AND HOLIDAY HOURS!**

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MONDAY	TUESDAY	WEDNESDAY		THURSDAY	FRIDAY	SATURDAY	SUNDAY
SPIN 6:00 - 7:00am		RISE AND SHINE TOTAL BODY 6:30 - 7:30am			SPIN 6:00 - 7:00am		
BOOTY BURN 8:00 - 9:00am	BARRE 8:00 - 9:00am	WEIGHT ROOM CIRCUIT 8:00 - 9:00am	VINYASA FLOW YOGA 8:00 - 9:00am	ATHLETIC MAT PILATES 8:00 - 9:00am	BEGINNER STEP 8:00 - 9:00am		SWAT 7:45 - 8:45am
WORK TO PROGRESS 9:00 - 10:30am	WORK TO PROGRESS 9:00 - 10:30am	STEP 9:15 - 10:15am	WORK TO PROGRESS 9:00 - 10:30am	FULL BODY FITNESS 9:15 - 10:15am	LOWER BODY STRENGTH 9:15 - 10:15am	POWER HOUR 9:15 - 10:15am	
SILVER STRENGTH 10:30 - 11:30am	YOGA MOBILITY FUSION 10:30am - 12:00pm	BABY AND ME 10:30 - 11:30am		FIT 4 LIFE 10:30 - 11:30am	HATHA FLOW YOGA 10:30 - 12:00pm	VINYASA FLOW YOGA 10:00 - 11:15am	VINYASA FLOW YOGA 10:00 - 11:15am
POWER STEP 12:10 - 12:55pm		FULL BODY FITNESS 12:10 - 12:55pm			STRONG AND STEADY 11:30am - 12:30pm		
BALANCE AND MOBILITY 1:15 - 2:15pm	DRUMBEAT STRONG 1:30 - 2:30pm	CHOOSE TO MOVE 1:15 - 2:15pm			BALANCE AND MOBILITY 1:15 - 2:15pm		
				BALANCE AND MOBILITY 2:30 - 3:30pm			
		SPIN AND SCULPT 3:45 - 4:45pm		SPIN AND SCULPT 3:45 - 4:45pm	PRENATAL STRENGTH 3:45 - 4:45pm		
SPIN AND SCULPT 5:15 - 6:15pm	HIIT 5:15 - 6:15pm	STEP 5:15 - 6:15pm		FULL BODY FITNESS 5:15 - 6:15pm	HIIT 5:00 - 6:00pm		
CLASSICAL HATHA YOGA 6:45 - 8:15pm		CLASSICAL HATHA YOGA 6:45 - 8:15pm			RESTORATIVE YOGA 6:45 - 8:15pm <i>Starts September 25</i>		

NEW!

**DRUMBEAT
STRONG**
on Tuesdays

**ATHLETIC MAT
PILATES**
on Thursdays

**RISE AND SHINE
TOTAL BODY**
on Wednesdays

**VINYASA FLOW
YOGA**
on Wednesdays,
Saturdays, and
Sundays

**PRENATAL
STRENGTH**
on Fridays

*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.



ARENA SCHEDULE

September 8 - December 20, 2026

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	PUBLIC SKATE 8:45 - 9:45am					
				PUBLIC SKATE 10:30 - 11:30am		
			15+ STICK & PUCK 12:00 - 1:00pm		STICK & PUCK 11:45 - 12:45pm	
					PUBLIC SKATE 1:00 - 2:30pm	
	SCHOOL AGED SHINNY 4:45 - 5:45pm					PUBLIC SKATE 3:30 - 4:30pm
						ADULT CO-ED HOCKEY 4:45 - 6:00pm
STICK & PUCK 5:45 - 6:45pm		PUBLIC SKATE 5:45 - 6:45pm				

Included with Admission Program
See Program Guide for details.

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

FACILITY RENTALS

Looking for the perfect spot for your next event or activity?

Whether you're interested in hosting an event in one of our facilities meeting rooms or wanting to rent ice time we've got you covered. Fill out a booking request form by scanning the QR Code and make your next gathering or event a hit.

