

# NELSON ADMISSION, HOURS + SCHEDULES

July 1<sup>st</sup> to  
September 1<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

# SUMMER HOURS

July 2 – September 1, 2024

**ANNUAL POOL SHUTDOWN:** Sept 2 -15  
**FITNESS STUDIO SHUTDOWN:** Aug 25 - Sept 1  
**FITNESS CENTRE SHUTDOWN:** Sept 2 - 3

Hours of Operation are subject to change

	SUN	MON	TUE	WED	THU	FRI	SAT
AQUATIC CENTRE	10:00am - 3:00pm	6:00am - 8:00pm	6:00am - 8:00pm	6:00am - 8:00pm	6:00am - 8:00pm	6:00am - 8:00pm	10:00am - 3:00pm
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 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 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 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

Canada Day  
 BC Day  
 Labour Day  
 Truth & Reconciliation Day

### HOLIDAYS OPEN

**1:00-5:00pm**  
 Thanksgiving Day

## 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 each year.

The program is undergoing changes to increase access for RDCK residents. All current pass holders for the 2023/2024 season, will have their pass extended until Aug 31, 2024. New application and program details will be available later in the summer.

# POOL SCHEDULE

July- August, 2024

## CLOSURES

July 1, August 5th, September 2 - 15th

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 &amp; LEISURE</b> 6:00-7:15am	<b>LAPS &amp; LEISURE</b> 6:00-7:15am	<b>LAPS &amp; LEISURE</b> 6:00-7:15am	<b>LAPS &amp; LEISURE</b> 6:00-7:15am	<b>LAPS &amp; LEISURE</b> 6:00-7:15am	
<b>LAPS &amp; LEISURE</b> 10:00am-12:00pm	<b>LEISURE SWIM</b> 7:15am- 7:00pm	<b>LEISURE SWIM</b> 7:15am- 7:00pm	<b>LEISURE SWIM</b> 7:15am- 7:00pm	<b>LEISURE SWIM</b> 7:15am- 7:00pm	<b>LEISURE SWIM</b> 7:15am- 7:00pm	<b>LAPS &amp; LEISURE</b> 10:00am-12:00pm
<b>FUN SWIM</b> 12:00-3:00pm						<b>FUN SWIM</b> 12:00-3:00pm
	<b>LAPS &amp; LEISURE</b> 7:00-8:00pm	<b>LAPS &amp; LEISURE</b> 7:00-8:00pm	<b>LAPS &amp; LEISURE</b> 7:00-8:00pm	<b>LAPS &amp; LEISURE</b> 7:00-8:00pm	<b>LAPS &amp; LEISURE</b> 7:00-8:00pm	

\*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 caregiver 16 years of age or older that is the water providing active supervision.

<b>Leisure Swim</b> A lap lane, leisure pool and hot areas available	<b>Laps &amp; Leisure</b> 3 laps lanes, leisure pool and hot areas available	<b>Fun Swim</b> A feature will be opened, either diving board, plynth, water slide or rope swing
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# GYRO POOL HOURS

July 2- August 31

Schedule is weather dependent. Swimmers must be 13 or younger – unless accompanying someone under the age of 13. Swimmers under 7 years old must be accompanied by a responsible person at least 16 years of age.

	SUN	MON	TUE	WED	THU	FRI	SAT
<b>GYRO POOL</b>	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

# FITNESS SCHEDULE

July 2 - August 24, 2024

Included with Admission or Active Pass

Pre Registered Program

\*FITNESS STUDIO IS CLOSED AUGUST 25 - SEPTEMBER 1

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					6:30 - 7:30am <b>FULL BODY STRENGTH AND CONDITIONING</b>	
			8:00-8:45am <b>TRX</b>		7:45-8:45am <b>INTRO TO STEP</b>	
	8:00-9:00am <b>WEIGHT ROOM CIRCUIT</b>		8:00-9:00am <b>WEIGHT ROOM CIRCUIT</b>			
		9:15-10:15am <b>ADVANCED STEP</b>	9:15-10:15am <b>FULL BODY CONDITIONING</b>	9:15-10:15am <b>HIIT</b>	9:15-10:15am <b>FULL BODY STRENGTH</b>	
10:30-12:00pm <b>HATHA FLOW YOGA</b> <i>Ends July 28th</i>		10:30-11:30am <b>FIT 4 LIFE</b>	10:30-11:30am <b>BABY AND ME</b>			10:30-12:00pm <b>QI-FLOW FLOW YOGA</b>
	12:10-12:55pm <b>STEP</b>		12:10-12:55pm <b>CORE STRENGTH AND 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>					
	5:15-6:15pm <b>STEP</b>	5:15-6:15pm <b>HIIT</b>	5:15-6:15pm <b>STEP</b>	5:15-6:15pm <b>FULL BODY STRENGTH AND CONDITIONING</b>		
	6:45-8:00pm <b>CLASSICAL HATHA YOGA</b> <i>Ends July 29th</i>	6:30-7:00pm <b>YOUTH FITNESS CENTRE ORIENTATION</b>		6:30-7:00pm <b>YOUTH FITNESS CENTRE ORIENTATION</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.



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



Or Register by Phone: 250.354.4386