

# NELSON ADMISSION, HOURS + SCHEDULES

September 1<sup>st</sup> to  
December 31<sup>st</sup>, 2024



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



**NDCC**  
Nelson & District Community Complex

Updated October 17

# FALL HOURS

September 3 – December 21, 2024

**FULL FACILITY CLOSURE:** Sept 1 - 2  
**ANNUAL POOL SHUTDOWN:** Sept 1 - 15  
**POOL REOPENING:** Sept 16

Hours of Operation are subject to change

	SUN	MON	TUE	WED	THU	FRI	SAT
AQUATIC CENTRE	9:00am - 7:00pm	6:00am - 8:30pm	6:00am - 8:30pm	6:00am - 8:30pm	6:00am - 8:30pm	6:00am - 9:30pm	9:00am - 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 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)	\$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

	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

## HOLIDAY HOURS

### HOLIDAY CLOSURES

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

### HOLIDAYS OPEN 1:00-5:00pm

Thanksgiving Day  
 Remembrance Day  
 Boxing 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 Dec 31, 2024. New application and program details will be available later in the summer.

# POOL SCHEDULE

**SWIMMING POOL CLOSED:**

September 30 and December 25

September 16 – December 31, 2024

All are welcome all pool basins are available, name of swim indicates pool layout.

The last aquafit class is December 19, 2024.

*Schedule is subject to change.*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>PUBLIC SWIM</b> 6:00am- 4:00pm	<b>PUBLIC SWIM</b> 6:00am- 4:00pm	<b>PUBLIC SWIM</b> 6:00am-4:00pm	<b>PUBLIC SWIM</b> 6:00am- 4:00pm		
	<b>AQUA STEP &amp; STRENGTH</b> 9:00-10:00am	<b>CARDIO CORE</b> 9:00-10:00am	<b>AQUA CONDITIONING</b> 9:00-10:00am	<b>AQUA RUNNING</b> 9:00-10:00am	<b>PUBLIC SWIM</b> 6:00am-4:00pm	
<b>SUPER LAP SWIM</b> 9:00-12:30pm	<b>CARDIO JAMS</b> 10:30-11:30am	<b>GENTLE JOINTS</b> 10:30-11:30am	<b>CARDIO JAMS</b> 10:30-11:30am	<b>TOTAL BODY AQUAFIT</b> 10:30-11:30am		<b>PUBLIC SWIM</b> 9:00-12:30pm
		<b>HUSH- SENSORY FRIENDLY SWIM &amp; SOAK</b> 12:00-1:30pm		<b>HUSH- SENSORY FRIENDLY SWIM &amp; SOAK</b> 12:00-1:30pm		
		<b>SUPER LAP SWIM</b> 12:30-2:00pm		<b>SUPER LAP SWIM</b> 12:30-2:00pm		
<b>FUN SWIM</b> 12:30-6:00pm						<b>FUN SWIM</b> 12:30-6:00pm
	<b>PUBLIC SWIM</b> 4:00-8:30pm	<b>PUBLIC SWIM</b> 4:00-8:30pm	<b>PUBLIC SWIM</b> 4:00-8:30pm	<b>PUBLIC SWIM</b> 4:00-8:30pm	<b>FUN SWIM</b> 4:00-9:30pm	
<b>HUSH- SENSORY FRIENDLY SWIM &amp; SOAK</b> 6:00-7:00pm						<b>PUBLIC SWIM</b> 6:00-8:00pm

\*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.

<p><b>Public Swim</b> Lap lane, leisure pool and hot areas available</p>	<p><b>Fun Swim</b> A feature will be opened, either diving board, plynth, water slide or rope swing</p>	<p><b>Hush - Sensory Friendly Swim &amp; Soak (All Ages)</b> 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.</p>
<p><b>Super Laps Swim</b> 3 laps lanes, leisure pool and hot areas available</p>		

# FITNESS SCHEDULE

September 3 – December 21, 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>RISE AND SHINE OUTDOOR BOOTCAMP</b>	6:15-7:15am <b>SPIN AND STRENGTH</b>	6:15-7:15am <b>FULL BODY FITNESS</b>	6:15-7:15am <b>SPIN</b>	
			7:45-8:30am <b>TRX</b>			
7:45-8:45am <b>INTERMEDIATE WEIGHT ROOM GROUP EXERCISE</b>	8:00-9:00am <b>BEGINNER WEIGHT ROOM CIRCUIT</b>	8:00-9:00am <b>CARDIO BARRE</b>	8:00-9:00am <b>INTERMEDIATE WEIGHT ROOM CIRCUIT</b>		8:00-9:00am <b>STEP</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>STEP</b>	9:15-10:15am <b>FULL BODY SCULPT</b>	9:15-10:15am <b>HIIT</b>	9:15-10:15am <b>IRON REPS</b>	
10:30-12:00pm <b>HATHA FLOW YOGA</b>	11:30-12:30pm <b>STRONG AND STEADY</b> <i>North Shore Hall</i>	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>	10:30-11:45am <b>HATHA FLOW YOGA</b>	10:30-12:00pm <b>QI-FLOW YOGA</b>
	12:10-12:55pm <b>STEP</b>		12:10-12:55pm <b>CORE STRENGTH AND CONDITIONING</b>		11:00am-1:00pm <b>WORKOUT OF THE DAY</b>	
	1:15-2:15pm <b>BALANCE AND MOBILITY</b>		1:15-2:15pm <b>CHOOSE TO MOVE</b>			
		4:00-5:00pm <b>SPIN</b>				
	5:15-6:15pm <b>SPIN AND STRENGTH</b>	5:15-6:15pm <b>HIIT</b>	5:15-6:15pm <b>STEP</b>	5:15-6:15pm <b>BOOTY BURN</b>		
	6:45-8:15pm <b>CLASSICAL HATHA YOGA</b>	6:30-7:30pm <b>ZUMBA</b>	6:45-8:15pm <b>CLASSICAL HATHA YOGA</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.



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



Or Register by Phone: 250.354.4386



# ARENA SCHEDULE

October 1 – December 30, 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
		9:00 - 10:30am Public Skate	9:00-10:00am Ice Pups <i>Pg. 10 for info</i>	8:15 - 9:30am Public Skate	9:45 - 10:45am Public Skate	
12:00pm - 1:00pm Public Skate						
				1:00-2:00pm Adult Stick and Puck		
			5:00- 6:00pm Public Skate			

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