

NELSON

ADMISSION, HOURS + SCHEDULES

January 5th to
March 15th, 2025



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



WINTER HOURS

January 5 – March 15, 2025

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 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 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

Christmas Day
New Year's Day

HOLIDAYS OPEN

1:00-5:00pm

Boxing Day
Family 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 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

January 5 - March 15, 2025

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	LEISURE SWIM 6:00am-12:00pm	LEISURE SWIM 6:00am-8:15pm	LEISURE SWIM 6:00am-12:00pm	LAPS & LEISURE 6:00- 8:00am	
LEISURE SWIM 9:00-12:30pm	AQUA STEP & STRENGTH 9:00-10:00am	CARDIO CORE 9:00-10:00am		AQUA RUNNING 9:00-10:00am		LAPS & LEISURE 8:00- 9:00am
	CARDIO JAMS 10:30-11:30am	GENTLE JOINTS 10:30-11:30am	CARDIO JAMS 10:30-11:30am	TOTAL BODY AQUAFIT 10:30-11:30am		LEISURE SWIM 9:00-12:30pm
	LEISURE SWIM 8:00am- 8:15pm	HUSH- SENSORY FRIENDLY SWIM & SOAK 12:00-1:30pm		HUSH- SENSORY FRIENDLY SWIM & SOAK 12:00-1:30pm	LEISURE SWIM 8:00am- 4:00pm	
FUN SWIM 12:30-6:00pm		LAPS & LEISURE 1:30-3:00pm		LAPS & LEISURE 1:30-3:00pm		FUN SWIM 12:30-6:00pm
		LEISURE SWIM 3:00-8:15pm		LEISURE SWIM 3:00-8:15pm		
HUSH- SENSORY FRIENDLY SWIM & SOAK 6:00-7:00pm					FUN SWIM 4:00-9:30pm	LEISURE SWIM 6:00-8:00pm
	LAPS & LEISURE 8:15-9:15pm	LAPS & LEISURE 8:15-9:15pm	LAPS & LEISURE 8:15-9:15pm	LAPS & LEISURE 8:15-9:15pm		

*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.

Leisure Swim Pool layout at lifeguards' discretion based on users in the pool.	Laps & Leisure 3 lanes, 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 next page 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

January – March, 2025

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 BOOTCAMP	6:15-7:15am SPIN AND STRENGTH		6:15-7:15am SPIN	
7:45-8:45am INTERMEDIATE WEIGHT ROOM GROUP EXERCISE			7:45-8:30am TRX <i>Concourse</i>		7:45-8:45am INTRO TO STEP	
	8:00-9:00am BEGINNER WEIGHT ROOM CIRCUIT		8:00-9:00am INTERMEDIATE WEIGHT ROOM CIRCUIT			
	9:00-10:30am WORK TO PROGRESS	9:00-10:30am WORK TO PROGRESS	9:00-10:30am WORK TO PROGRESS			9:00-10:00am WEEKEND WARRIOR
10:30-12:00pm HATHA FLOW YOGA	10:30-11:30am FIT 4 LIFE	9:15-10:15am STEP	9:15-10:15am SPIN AND SCULPT	9:15-10:15am HIIT	9:15-10:15am IRON REPS	
		10:30-12:00pm HATHA FLOW YOGA	10:30-11:30am BABY AND ME	10:30-11:30am FIT 4 LIFE	10:30-11:45am HATHA FLOW YOGA	10:30-12:00pm QI-FLOW YOGA
	12:10-12:55pm STEP		12:10-12:55pm CORE STRENGTH AND CONDITIONING		11:00-1:00pm WORKOUT OF THE DAY	
	1:00-2:00pm STRONG AND STEADY <i>North Shore Hall</i>					
1:30-2:00pm YOUTH FITNESS CENTRE ORIENTATIONS <i>See Page 25 for Additional Times</i>	1:15-2:15pm BALANCE AND MOBILITY		1:15-2:15pm CHOOSE TO MOVE			
		4:00-5:00pm SPIN		4:00-5:00pm FULL BODY FITNESS		
	5:15-6:15pm UPPER BODY AND CORE	5:15-6:15pm HIIT	5:15-6:15pm STEP	5:15-6:15pm BOOTY BURN		
	6:45-8:15pm CLASSICAL HATHA YOGA	6:30-7:30pm ZUMBA	6:45-8:15pm CLASSICAL HATHA YOGA		6:45-8:15pm RESTORATIVE YOGA	

**Participants must be 15 years of age to attend classes



Register Online: rdck.ca/recreation

Or Register by Phone: 250.354.4386



ARENA SCHEDULE

January – March, 2025

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
		9:00 - 10:30am Public Skate		8:15 - 9:30am Public Skate	9:45 - 10:45am Public Skate	
12:00pm - 1:00pm Public Skate						12:00pm - 1:00pm Public Skate (starting Jan 11)
				1:00-2:00pm Adult Stick and Puck		1:15-2:15pm Family Shinny (starting Jan 11)
			5:15-6:15pm Public Skate		4:45-6:00pm Adult Co-ed Hockey *Civic Arena*	

Skate Rentals \$2.85 + tax

Helmet Rentals \$.95 + tax