



Arts & Crafts

See page 16 for
Drop-In Pottery Schedule

Pottery Wheel - Beginner

14 + Years

Calling teens to adults with little or no previous experience working with clay. Dip your hands into something new. Learn basic techniques that will help you create pots, vases, bowls and much more. Clay, glazes and firing costs are included.

Instructor: Selena Unger or Nesta Morgan

Tue, Apr 1-May 6 | 6:30-9 pm | \$210/6 | [133087](#)

Fri, Apr 4-May 9 | 12:30-3 pm | \$175/5 | [133096](#)

Sat, May 10-Jun 21 | 1:30-4 pm | \$245/7 | [133071](#)

Tue, May 13-Jun 24 | 6:30-9 pm | \$245/7 | [133090](#)

Fri, May 16-Jun 20 | 12:30-3 pm | \$210/6 | [133097](#)

Sun, May 18-Jun 22 | 1:30-4 pm | \$210/6 | [133080](#)

Tue, Jul 8-Aug 19 | 6-8:30 pm | \$245/7 | [139522](#)

Thu, Jul 10-Aug 14 | 5:30-8 pm | \$210/6 | [139552](#)

Sat, Jul 12-Aug 23 | 1:30-4 pm | \$245/7 | [139523](#)

Sun, Jul 13-Aug 24 | 1:30-4 pm | \$245/7 | [139521](#)

Bowen Park Pottery Studio

Pottery Wheel - Level 2

14 + Years

This is designed for those with some previous experience working with clay but who are not quite ready for the intermediate level. Build on the basic techniques to create pots, vases, bowls and pretty much anything that can be thrown on a pottery wheel. Clay, glazes and firings are included. Dress for mess; aprons are not included.

Instructor: Selena Unger

Fri, Apr 4-May 9 | 4-6:30 pm | \$175/5 | [133108](#)

Fri, May 16-Jun 20 | 4-6:30 pm | \$210/6 | [133109](#)

Mon, Jul 7-Aug 25 | 6-8:30 pm | \$245/7 | [139527](#)

Bowen Park Pottery Studio

Pottery Wheel - Intermediate

Join this class to learn how to create more complex items. Clay, glazes and firings are included in the cost. You must have completed a beginner class.

Instructor: Bari Precious

Mon, Apr 28-Jun 23 | 6:30-9 pm | \$280/8 | [133067](#)

Bowen Park Pottery Studio

Pottery Workshops - Plant Pot

14 + Years

Build a plant pot without the use of a pottery wheel. Bring textures and other materials to stamp into the clay to make it your own.

Instructor: Selena Unger or Nesta Morgan

Thu, Aug 21 & 28 | 5:30-8 pm | \$60/2 | [139555](#)

Bowen Park Pottery Studio

Handbuilding - Teen/Adult

11 + Years

Learn basic clay handbuilding skills. Projects will start small and then move into larger pieces like charcuterie boards, vases and more! You are encouraged to bring in items with texture to personalize your piece (i.e. foliage and stamps). We are encouraging teens to sign up with friends, parents or grandparents. Dress for mess.

Instructor: Nesta Morgan

Tue, Jul 8-29 | 2:30-5:30 pm | \$112/4 | [140707](#)

Tue, Aug 5-26 | 2:30-5:30 pm | \$112/4 | [140706](#)

Bowen Park Pottery Studio

Sculpting with Clay

14 + Years

This course will cover techniques and methods of sculpting with clay. Participants will learn how to bring to life their own artistic visions or may follow a prompt from the instructor. Demonstrations will include how to create base structures, incorporate complex designs, sgraffito decoration, and glazing techniques. This course is open to all skill levels.

Instructor: Selena Unger

Thu, Apr 15-May 20 | 9-11:30 am | \$210/6 | [143830](#)

Bowen Park Pottery Studio

Easter Egg Dyeing

This class is set up for people with different skill levels. Create your own beautiful egg designs inspired by the Ukrainian egg dyeing tradition of Pysanka. You will learn how to decorate eggs using traditional tools, waxes and dyes with tips on trouble shooting, storage and display of your finished works of art.

Instructor: Maggie Wouterloot

Sat, Apr 12 | 12:30-3:30 pm | \$65/1 | [137522](#)

Bowen Park Complex

Shibori Tie Dying

Explore this ancient Japanese art and learn a brief history of the art form, as well as present-day examples. You will be introduced to the materials needed and there will be ample time to practice basic techniques of folding, binding and clamping using multiple dye baths for immersion and surface painting.

Instructor: Maggie Wouterloot

Sat, May 24 | 12:30-3:30 pm | \$65/1 | [137573](#)

Bowen Park Complex

Macrame - Wall Decor

Come learn the basic knots of macrame and make your very own creation! No previous experience is necessary. We will use 100% recycled cotton fibre and unique driftwood foraged from the many beaches of Vancouver Island. Learn a little about the history of macramé, how to measure and cut cord and the main knots to create endless fibre art possibilities.

Instructor: Sea & Weave

Sat, May 10 | 11 am-1:30 pm | \$95/1 | [139508](#)

Bowen Park Complex

Basket Weaving with English Ivy

In this level one basket weaving class, we welcome back students of beginner classes for a new, more advanced technique.

Instructor: Alicia Meek
Wed, Apr 9 | 6-8 pm | \$34/1 | [136314](#)
Bowen Park Complex

Wire Wrapped Rings

Learn the basics of wire wrapping with this fun, hands-on class and create finished pieces to take home. This is perfect for the beginner crafter; no experience necessary.

Instructor: Alicia Meek
Wed, Jun 18 | 6-8 pm | \$45/1 | [137214](#)
Bowen Park Complex

Wire Wrapped Crystals

Craft your own beautiful, wrapped crystal necklace in this workshop. Learn the basics of wire wrapping as you discover the unique properties and meanings behind various crystals. This is perfect for beginner crafters.

Instructor: Alicia Meek
Wed, Jun 25 | 6:30-8:30 pm | \$45/1 | [137215](#)
Bowen Park Complex

Wire Wrapping - Beginner NEW!

Learn a variety of techniques for making wire wrapped jewelry, including several rings, crystal wrapping, pendant making and chain making. You will make and take home several completed items. All supplies are included.

Instructor: Alicia Meek
Sun, Mar 23 | 11 am-2 pm | \$79/1 | [132341](#)
Beban Park Social Centre

Artistic Expressions: Cartooning

16 + Years

Learn the basics of penciling stick figures, animals, faces and more. Depending on skill level and interest, topics, such as shading, perspective and basic story telling may also be covered. All skill levels are welcome.

Instructor: David Harvey
Sat, Apr 5-May 10 | 12:30-1:30 pm | \$60/6 | [137442](#)
Sat, May 17-Jun 21 | 12:30-1:30 pm | \$50/5 | [137443](#)
Oliver Woods Community Centre



Watercolour Painting

Come and improve your watercolour painting techniques! Whether it's your first time or you've mastered the basics, everyone is welcome. Students can pick their own subjects and receive direction and support from the instructor while practicing specific techniques. Supplies required may cost \$60 to \$140 and are not included in the registration fee.

Instructor: Judy-Anne Wilson
Mon, Apr 14-Jun 30 | 1-4 pm | \$250/10 | [137572](#)
Kin Hut Activity Centre

Art as Meditation - NEW!

Neurographic Art

12 Years+

This workshop is an exploration of Neurographic art which has been used to calm and open the mind to more creative thinking. It is a very interesting, fun and meditative art form suitable for ages 12 and older. This wonderful workshop is great for family members to take together. Supplies to bring: an ultra-fine black marker and either 3 single pages of blank drawing paper or a drawing book from the dollar store.

Instructor: Judy-Anne Wilson
Sun, May 11 | 12-3 pm | \$25/1 | [139483](#)
Kin Hut Activity Centre
Sun, Jun 22 | 11:30 am-2:30 pm | \$25/1 | [139484](#)
Bowen Park Activity Centre

Art as Meditation - NEW!

Zendoodle Art

8 Years+

This workshop explores various forms of Zentangle art. Suitable and fun for ages 8 and older. It also incorporates mindfulness and directed meditation while working with various tangles (forms of doodling) and uses of tangles. Supplies to bring to the workshop: an ultra-fine black marker and either 4 single pages of blank drawing paper or a drawing book from the dollar store.

Instructor: Judy-Anne Wilson
Fri, Jul 11 | 12-3 pm | \$25/1 | [139486](#)
Beban Park Social Centre

Have you brought
**PROVINCIAL,
WESTERN
CANADIAN,
NATIONAL** or
INTERNATIONAL
recognition to our City?

**LET US
CONGRATULATE
YOU!**

Nanaimo City Council
presents certificates
of congratulations and
medallions to all
individuals, groups,
teams and clubs who
have brought recognition
for outstanding
achievement in sports or
arts and culture on a Provincial,
Western Canadian, National or International
level to our City by placing **FIRST** or
achieving highest standing in their field of
endeavor.



Award recipients must be residents of Nanaimo.

*All applications for the Fall 2025 awards must be completed in full and received no later than
Monday, September 15, 2025.*

Awards presented in the fall. Check out our Fall Activity Guide for date.

To apply, email
awards@nanaimo.ca

For more information, go to
www.nanaimo.ca/culture-environment/awards



cityofnanaimo



prc_nanaimo (#ilovemyparksandrec)



Gnocchi & Two Sauces

In this hands-on course, learn how to make gnocchi from scratch and two sauces that pair well with it.

Instructor: Alicia Meek

Wed, Apr 16 | 6-8 pm | \$45/1 | [137053](#)

Beban Park Social Centre



Cooking

Havarti

Paula will show you how easy it is to make your own pressed cheese. Cultures and ingredients to make your own wheel at home will be included in this taste, touch, feel demonstration-style class.

Instructor: Paula Maddison

Thu, Apr 24 | 6-8 pm | \$65/1 | [136897](#)

Bowen Park Complex

Mozzarella, Burrata and Bocconcini

Learn how to make your own hand-stretched mozzarella cheese in this demonstration, taste, touch and feel class with Paula. Instructions and ingredients are provided to make over four pounds of mozzarella at home are included.

Instructor: Paula Maddison

Thu, May 29 | 6-8 pm | \$65/1 | [136898](#)

Bowen Park Complex

Shiv's Punjabi Cooking

Come experience Punjabi cooking and culture. Learn to make a variety of dishes, such as roti, paneer, pakora and more.

Instructor: Shiv Sharma

Shiv's Favourites

Wed, Apr 9 | 7-9:30 pm | \$40/1 | [136901](#)

Wed, May 7 | 7-9:30 pm | \$40/1 | [136902](#)

Wed, Jun 4 | 7-9:30 pm | \$40/1 | [136903](#)

Wed, Jul 9 | 7-9:30 pm | \$40/1 | [136905](#)

Bowen Park Complex

Shiv's Vegetarian Favourites

Learn to make chilli paneer, mixed vegetables with ginger and garlic, shahi paneer and curry served with roti.

Wed, Apr 23 | 7-9:30 pm | \$40/1 | [136912](#)

Wed, May 21 | 7-9:30 pm | \$40/1 | [136913](#)

Wed, Jun 25 | 7-9:30 pm | \$40/1 | [136914](#)

Wed, Aug 13 | 7-9:30 pm | \$40/1 | [136915](#)

Bowen Park Complex

Foraging 101

Check out the tools of the trade, the best books and apps to invest in and more for foraging. Learn ethical foraging principles and practices, including where and where not to forage.

Instructor: Alicia Meek

Sun, May 4 | 11 am-12:30 pm | \$34/1 | [135866](#)

Tue, May 13 | 6-7:30 pm | \$34/1 | [135868](#)

Tue, Jun 17 | 6-7:30 pm | \$34/1 | [135869](#)

Sat, Jun 28 | 11 am-12:30 pm | \$34/1 | [135870](#)

Tue, Jul 8 | 6-7:30 pm | \$34/1 | [136100](#)

Bowen Park Complex



Did You Know? ☸

Many of our adult programs are suitable for all abilities. If you are interested in taking part and have any concerns about accessibility, please call us at 250-756-5200, and we can discuss how we can cater the program to suit your needs.

Forage, Eat & Craft with Trees ^{NEW!}

This workshop combines the art of foraging with hands-on creativity. Learn to forage local edible and medicinal tree parts, prepare a delicious dish with these wild ingredients and craft your very own herbal medicine. Plus, you'll create a unique crafting project using natural materials leaving with a deeper connection to nature.

Instructor: Alicia Meek

Sun, May 18 | 11 am-2 pm | \$89/1 | [137059](#)

Bowen Park Complex

Mushroom Foraging and ID ^{NEW!}

You will discover how to recognize common edible and medicinal mushrooms, understand their habitats and forage safely. Handouts with ID tips and resources are included.

Instructor: Alicia Meek

Sun, May 11 | 1-3 pm | \$34/1 | [137920](#)

Beban Park Social Centre



Farm to Fork Harvest & Cooking ^{NEW!}

The true farm to fork experience! This workshop will be led by passionate facilitators to introduce some food growing basics, how to harvest your food based on what is ready to pick and how to prepare a meal or preserve nourishing food in a beautiful outdoor kitchen at the farm. Bring home some harvest, too!

Tue, Jul 15 | 11 am-1:30 pm | \$25/1 | [137704](#)

Tue, Aug 26 | 11 am-1:30 pm | \$25/1 | [137706](#)

Park Avenue Farm (945 Park Ave)

PLEASE NOTE:

Registration for Spring & Summer Aquatic programs begins on Wednesday, March 5 at 6 am.

Registration for all other programs begins on Wednesday, March 12 at 6 am.

SOCIAL CLUB

The Social Club is a gathering focused on fostering social connections and community spirit for individuals with diverse abilities. Participants will have the opportunity to participate in a variety of indoor and outdoor activities, including creative arts and crafts, collaborative games and enjoying the beauty of community together.



• Games • Swimming • Lunches • Movies • Crafts • Bingo

The Club meets Thursdays, 12-3 pm, at Beban Social Centre.
Please call 250-756-5200 for an activity calendar and more information.

Silly Saturdays

6 to 15 Years

This is an integrated program where participants can enjoy physical activities at their own pace. Focus will be on increasing physical literacy in a variety of ways developing FUNDamental movement skills through fun and engaging games and activities. Please note that 1:1 support is not provided. This program is designed for those with diverse abilities.

Sat, May 31-Jun 21 | 11 am-12:30 pm | \$60/3 | [137524](#)

Oliver Woods Community Centre

Ready, Set, Rec!

13 to 18 Years

Get ready to explore and experience a variety of small group games, activities and crafts with our leaders. This program is designed for youth with diverse abilities. Ratio is 3:1.

Wed, Apr 16-May 7 | 6-7:30 pm | \$80/4 | [137525](#)

Wed, May 21-Jun 11 | 6-7:30 pm | \$80/4 | [137526](#)

Bowen Park Complex

GrooveAbility Youth Dance

11 to 18 Years

This fun dance night will provide youth with diverse abilities an opportunity to connect with peers and enjoy a night out grooving to their favourite songs. Snacks and drinks will be provided.

Fri, May 2 | 7-9 pm | \$5/1 | [139480](#)

Bowen Park Complex

Adaptive Hockey

This program will provide teens and adults with diverse abilities the skills required to play the game of hockey. No skating ability is required, but participants should be steady on their feet. Support workers are welcome, but independence is encouraged. Full gear is required.

Wed, Apr 2-May 7 | 9:45-11 am | \$78/6 | [138889](#)

Frank Crane Arena



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Dance

Jive & Swing - Beginner

Learn the dance that rocked the world! Never jived? No problem! This class is for you. Partners are recommended, but singles are welcome.

Instructor: Nelson Wong

Wed, Apr 9-Jun 11 | 7-8 pm | \$72/9 | [136928](#)

Wed, Jul 9-Aug 13 | 7-8 pm | \$48/6 | [136929](#)

Bowen Park Complex

Ballroom & Latin Dance - Beginner

Learn international ballroom and Latin dancing with a certified instructor, including the basics of social foxtrot, quickstep, cha cha and rumba. Make it a fun, social evening out while keeping your body agile. No previous dancing experience is required. Couples and singles are welcome.

Instructor: Nelson Wong

Wed, Apr 9-Jun 11 | 8-9 pm | \$72/9 | [136934](#)

Wed, Jul 9-Aug 13 | 8-9 pm | \$48/6 | [136935](#)

Bowen Park Complex

Ballroom & Latin Dance - Beginners Continuation

A quick review of basic techniques will be followed by more advanced variations. Try the waltz, tango, foxtrot, Viennese waltz, quickstep and more. At least one ballroom and one Latin dance will be taught in each session. Partners are recommended, but singles are welcome.

Instructor: Nelson Wong

Wed, Apr 9-Jun 11 | 9-10 pm | \$72/9 | [136936](#)

Bowen Park Complex

Ballroom & Latin Dance - Intermediate

A quick review of basic techniques covered in the beginner class will be followed by more intermediate variations. Try the waltz, tango, foxtrot, Viennese waltz, quickstep, samba and more. At least one ballroom and Latin will be taught in each session.

Instructor: Nelson Wong

Mon, Apr 7-28 | 7-8 pm | \$30/3 | [136921](#)

Mon, May 26-Jun 9 | 7-8 pm | \$30/3 | [136922](#)

Wed, Jul 9-Aug 13 | 9-10 pm | \$60/6 | [136937](#)

Bowen Park Complex

Ballroom & Latin Dance - Advanced

A continuous technique class for those who wish to learn more on the ten International Ballroom and Latin American dances where at least one ballroom and one Latin dance will be taught in each class. Partners are recommended, but singles are welcome.

Instructor: Nelson Wong

Mon, Apr 7-28 | 8-9 pm | \$30/3 | [136923](#)

Mon, May 26-Jun 9 | 8-9 pm | \$30/3 | [136924](#)

Bowen Park Complex



Latin Formations Team (Women)

This is a continuation session for the Ballroom and Latin Formation Team. You will work towards performing at larger events and competitions. You will also be expected to invest in a team costume and attend extra practice times. New participants need to contact the instructor through Parks, Recreation and Culture before registering.

Instructor: Nelson Wong

Mon, Apr 7-28 | 9-10 pm | \$30/3 | [136926](#)

Mon, May 26-Jun 9 | 9-10 pm | \$30/3 | [136927](#)

Bowen Park Complex

Flamenco - Basics

This introduction to Flamenco class is for those with little to no flamenco dance experience. Learn basic footwork, upper body movements and palmas. Wear comfortable shoes with low heels.

Instructor: Heather Sandison

Mon, Apr 7-May 26 | 6:30-7:30 pm | \$60/6 | [136657](#)

Mon, Jun 2-Jul 14 | 6:30-7:30 pm | \$70/7 | [136662](#)

Beban Park Social Centre

Flamenco - Continuation

This is suitable for those with previous flamenco dance experience. Longer choreographies will be learned on a continuous basis over multiple sessions. Technique, compas, interpretation and improvisation will be emphasized.

Instructor: Heather Sandison

Tue, Apr 1-May 20 | 6:30-8 pm | \$80/8 | [136938](#)

Tue, May 27-Jul 22 | 6:30-8 pm | \$80/8 | [136939](#)

Beban Park Social Centre

Summer Flamenco

Rumba, tangos, sevillanas and more - all in "fiesta" style! This is a multi-level class for students from beginners to intermediate to work on different technique exercises, including footwork, bodywork, turns and all necessary steps.

Instructor: Heather Sandison

Tue, Aug 5-26 | 6:30-7:30 pm | \$40/4 | [136646](#)

Beban Park Social Centre



B-Fit - Bhangra & Bollywood Dance

Get ready for B-Fit – a high-energy class combining the vibrant beats of Bhangra and lively Bollywood dance. Led by Sukhi Sangha from Vancouver Island Bhangra, you'll master fun dance steps while getting fit. It's not just a workout. It's a celebration of culture, music and movement.

Instructor: Sukhi Sangha

Tue, Apr 1-29 | 6:15-7 pm | \$80/4 | [137517](#)

Beban Park Social Centre

Zumba

Ready for a high energy dance party? Come out and enjoy this hour of cardio featuring different rhythms of music. There is no wrong way to Zumba, so lace up your dancing shoes and come enjoy the party!

Instructor: Fab Lethbridge

Mon, Apr 7-May 12 | 6:30-7:30 pm | \$40/5 | [137973](#)

Mon, May 26-Jun 23 | 6:30-7:30 pm | \$40/5 | [137974](#)

Instructor: Rika Carlson

Wed, Apr 2-May 14 | 6-7 pm | \$56/7 | [137343](#)

Wed, May 21-Jun 25 | 6-7 pm | \$48/6 | [137344](#)

Wed, Jul 2-30 | 6-7 pm | \$40/5 | [137345](#)

Wed, Aug 6-27 | 6-7 pm | \$32/4 | [137346](#)

Oliver Woods Community Centre

Weekend Zumba Party

Are you looking for a high-energy, thrilling weekend activity? Come work out for an hour at Oliver Woods while listening to a range of upbeat musical rhythms. Put on your dancing shoes and join the celebration; no prior experience required!

Instructor: Rika Carlson

Sat, Apr 5-May 17 | 11:30 am-12:30 pm | \$56/7 | [137347](#)

Sat, May 24-Jun 28 | 11:30 am-12:30 pm | \$48/6 | [137348](#)

Sat, Jul 5-26 | 11:30 am-12:30 pm | \$32/4 | [137350](#)

Sat, Aug 2-30 | 11:30 am-12:30 pm | \$40/5 | [137351](#)

Oliver Woods Community Centre

Zumba Gold

Intended for those new to Zumba or those 60 +. Ditch the workout and join the party! This Latin and international dance-based fitness class will get you moving to a variety of music styles.

Instructor: Mary Keel

Mon, Apr 7-May 5 | 9-10 am | \$32/4 | [136840](#)

Mon, May 26-Jun 23 | 9-10 am | \$40/5 | [136841](#)

Mon, Jun 30-Jul 28 | 9-10 am | \$40/5 | [136842](#)

Wed, Apr 2-30 | 10:15-11:15 am | \$40/5 | [136843](#)

Wed, May 28-Jun 25 | 10:15-11:15 am | \$40/5 | [136844](#)

Wed, Jul 2-30 | 10:15-11:15 am | \$40/5 | [136845](#)

Oliver Woods Community Centre



First Aid

All courses below are operated in partnership with Canadian Red Cross, and they include a manual, pocket mask and access to an online comprehensive guide. For more detailed information on each class and to learn about re-certification, please visit www.redcross.ca or call 250-756-5200.

Emergency Childcare First Aid

This course is designed for parents and caregivers of children. Approved by the Provincial Childcare Licensing Board, this course covers CPR B (Child & Infant) and AED training for children and infants in addition to first aid skills, including choking, breathing emergencies and wound care. Retraining is recommended every three years.

Sat, Jun 7 | 9 am-5:30 pm | \$99/1 | [135745](#)

Beban Park Social Centre

Standard First Aid & CPR C/AED

This comprehensive two-day course offers first aid CPR skills for those who need training due to work requirements or who want more knowledge to respond to emergencies at home. Course meets legislation requirements for provincial/territorial worker safety and insurance boards and includes the latest first aid and CPR guidelines. This course is considered an equivalent to Work Safe BC Intermediate First Aid. Fees include a manual, a pocket mask and access to a virtual certificate upon successful course completion.

Sat/Sun, Apr 5 & 6 | 9 am-5:30 pm | \$177/2 | [131900](#)

Sat/Sun, May 24 & 25 | 9 am-5:30 pm | \$177/2 | [135755](#)

Sat/Sun, Jun 28 & 29 | 9 am-5:30 pm | \$177/2 | [135756](#)

Sat/Sun, Aug 23 & 24 | 9 am-5:30 pm | \$177/2 | [135758](#)

Beban Park Social Centre

Emergency First Aid with CPR/AED Level C

Basic one-day course offering lifesaving first aid and CPR skills for the workplace or home. Course meets legislation requirements for provincial/territorial worker safety and insurance boards and includes the latest first aid and CPR guidelines. This course is considered an equivalent to Work Safe BC Basic First Aid. Fees include a manual, a pocket mask and access to a virtual certificate upon successful course completion.

Sat, Apr 5 | 9 am-5:30 pm | \$99/1 | [131898](#)

Sat, May 24 | 9 am-5:30 pm | \$99/1 | [135752](#)

Sat, Jun 28 | 9 am-5:30 pm | \$99/1 | [135753](#)

Sat, Aug 23 | 9 am-5:30 pm | \$99/1 | [135754](#)

Beban Park Social Centre



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Outdoor, Sport & Wellness

New Parent Walk & Talk **NEW!**

Explore nature with other new parents in this walking group focused on social connection and nature-inspired wellbeing practices. Learn grounding, mindfulness and breathing exercises as you socialize and walk with your baby in a carrier or stroller. (Occurs every other Friday.)

Instructor: Natalie Webber

Fri, May 2-Jun 27 | 9:15-10:15 am | \$80/5 | [137519](#)

Bowen Park (near Kin Pool)

Nature & Namaste

Explore Nanaimo's beautiful trails on a yoga hike. This combines trail walking and yoga breaks to improve cardiovascular health while experiencing the sights, sounds and scents of nature and focusing on cleansing breaths to clear the mind and release stress.

Instructor: Lurah-Lee Christie

Thu, Apr 10-May 1 | 9-10:30 am | \$40/4 | [135489](#)

Thu, May 22-Jun 26 | 9-10:30 am | \$60/6 | [135494](#)

Meet in Nanaimo Ice Centre Lobby

Trailblazers

Spending time in nature can help clear the mind, reduce stress and keep the body healthy. Come enjoy the fresh air and great company while completing a 5- to 7-kilometre hike with balance work, plus before and after the hike stretches. You must wear good walking/hiking shoes and be in good physical health

Instructor: Lurah-Lee Christie

Tue, Apr 8-29 | 9-10:30 am | \$40/4 | [135482](#)

Thu, May 20-Jun 24 | 9-10:30 am | \$60/6 | [135485](#)

Meet in Bowen Park Complex Lobby

Evening Trekkers **NEW!**

Enjoy your evening in the fresh air with good company while exploring hiking trails. Complete a 5- to 7-kilometre hike with balance work and a good stretch. Locations vary each week.

Instructor: Lurah-Lee Christie

Wed, Apr 9-30 | 6:30-8 pm | \$40/4 | [135487](#)

Wed, May 21-Jun 25 | 6:30-8 pm | \$60/6 | [135488](#)

Meet in Bowen Park Complex Lobby

Wild Wednesdays - **NEW!** Family Adventure

Join us on an outdoor family adventure to some of Nanaimo's parks. Walks/hikes will range between 3 to 6 kilometres with some fun breaks in between to take in the scenery or stretch it out with a few easy yoga poses.

Wed, Jul 9 | 6-7:30 pm | \$5/1 | [135759](#)

Westwood Lake Park - First Beach

Wed, Jul 23 | 6-7:30 pm | \$5/1 | [135810](#)

Jack Point Park

Wed, Aug 6 | 6-7:30 pm | \$5/1 | [135811](#)

Bowen Park

Wed, Aug 20 | 6-7:30 pm | \$5/1 | [135812](#)

Linley Valley Park

Intro to Fly Fishing

Join our experienced instructors to learn about this sport, including water and dry land practice casting instruction.

Wed, Apr 17-May 7 | 7-9 pm | \$80/4 | [129003](#)

Beban Park (last class at Westwood Lake)

Intro Trail Running

Is it true that trail runners have more fun? Join us and find out! You will run with an experienced leader that will cover trail running techniques, gear, hydration, navigation, safety and much more. Please wear good running/trail shoes and be in good physical health. Locations will vary.

Instructor: Sarah Worden

Sat, May 24-Jun 21 | 9-10:30 am | \$55/5 | [137943](#)

First Class: Westwood Lake First Beach

Intro to Cold Water Therapy

Bring your wellness journey to the next level. Cold water therapy can improve your circulation, deepen your sleep, spike your energy levels and reduce inflammation in your body. Join us to learn more about this practice and improve your own mental and physical well-being.

Instructor: Gina Villares

Sat, Apr 12 | 9-11 am | \$12/1 | [138344](#)

Kin Hut Activity Centre/Departure Bay Beach

Stand Up Paddleboard

Enjoy an invigorating paddle followed by a mini stretch session on Long Lake. No experience is necessary. Let us take care of the equipment and share our passion of paddle sports with you!

Instructor: Nanaimo Canoe and Kayak Club

Sunrise Paddle

Wed, Apr 30-Jun 18 | 5:45-7 am | \$160/8 | [139390](#)

Wed, Jul 9-Aug 27 | 5:45-7 am | \$160/8 | [139391](#)

Sunset Paddle

Thu, May 1-Jun 19 | 7:45-9 pm | \$160/8 | [139393](#)

Thu, Jul 10-Aug 28 | 7:45-9 pm | \$160/8 | [139394](#)

Long Lake/Loudon Park

Mother's Day Zen Paddle **NEW!**

Celebrate on the water with other women while enjoying fresh air, movement, active meditation and "you time".

Instructor: Nanaimo Canoe and Kayak Club

Sun, May 11 | 8-9:30 am | \$35/1 | [140302](#)

Long Lake/Loudon Park

Mom & Me Paddle **NEW!**

Gather your favourite kiddo(s) and head onto the water for some fun in either canoes or kayaks with other families.

Instructor: Nanaimo Canoe and Kayak Club

Sun, May 11 | 10 am-12 pm | \$50/1 | [140301](#)

Long Lake/Loudon Park



Paddle with Dad

6 Years +

We all know that dads like to show off their skills and teach their kids to appreciate the outdoors. Jump in a kayak or canoe and share the joy of gliding along the waters under your own power! Price includes dad and up to two children.

Instructor: Nanaimo Canoe and Kayak Club

Sun, Jun 15 | 10 am-12 pm | \$50/1 | [140299](#)

Long Lake/Loudon Park

Father's Day Paddle

Calling all dads to come make a splash to exert energy, socialize and enjoy the great outdoors!

Instructor: Nanaimo Canoe and Kayak Club

Sun, Jun 15 | 8-9:30 am | \$35/1 | [140300](#)

Long Lake/Loudon Park

Blue Space - Happy Place

Find your happy place on the water with us as you experience a variety of canoes and kayaks, learn new skills, meet new friends and embark on a new hobby and sport. No experience is necessary, and all equipment is provided.

Instructor: Nanaimo Canoe and Kayak Club

Thu, May 1-Jun 19 | 5:45-7:15 pm | \$160/8 | [139387](#)

Thu, Jul 10-Aug 28 | 5:45-7:15 pm | \$160/8 | [139388](#)

Long Lake/Loudon Park

Team Boat Tuesdays - Big Canoes NEW!

Enjoy the many health benefits of this sport. Relax, meditate, move and activate while developing your strength, cardio and technique. Discover the rhythm, glide, power, speed, technique and teamwork required to paddle these exciting big canoes efficiently.

Instructor: Nanaimo Canoe and Kayak Club

Tue, Apr 29-Jun 17 | 5:45-7:15 pm | \$160/8 | [140314](#)

Tue, Jul 8-Aug 26 | 5:45-7:15 pm | \$160/8 | [140313](#)

Long Lake/Loudon Park

Bicycle Maintenance - Beginners

Learn the ABCs of how to fix a flat, adjust your brakes and keep your chain running smooth. Please bring your own bike. Workshop includes a free patch kit.

Instructor: Tyler Walker

Sun, May 4 | 12:30-4:30 pm | \$50/1 | [132467](#)

Rotary Field House



Indoor Tennis Lessons - Beginner

Beginner participants will work on technique and game strategy. Please bring your own tennis racquet, water bottle and clean court shoes.

Instructor: North Island Tennis Academy Staff

Tue, Apr 1-May 6 | 9:30-11 am | \$180/6 | [139028](#)

Wed, Apr 2-May 7 | 11 am-12:30 pm | \$180/6 | [139029](#)

Thu, Apr 3-May 8 | 8-9:30 pm | \$180/6 | [139033](#)

Tue, May 13-Jun 24 | 9:30-11 am | \$210/7 | [139036](#)

Wed, May 14-Jun 25 | 11 am-12:30 pm | \$210/7 | [139039](#)

Thu, May 15-Jun 26 | 8-9:30 pm | \$210/7 | [139041](#)

Thu, Jul 3-31 | 6:30-8 pm | \$150/5 | [139083](#)

Tue, Jul 8-29 | 6:30-8 pm | \$120/4 | [139080](#)

Tue, Aug 5-26 | 6:30-8 pm | \$120/4 | [139084](#)

Thu, Aug 7-28 | 6:30-8 pm | \$120/4 | [139086](#)

North Island Tennis Academy (2367 Arbot Rd)

Indoor Tennis Lessons - Intermediate

Participants will continue to work on techniques and game strategy. Please bring your own tennis racquet, water bottle and clean court shoes.

Instructor: North Island Tennis Academy Staff

Tue, Apr 1-May 6 | 8-9:30 pm | \$180/6 | [138997](#)

Wed, Apr 2-May 7 | 9:30-11 am | \$180/6 | [139003](#)

Thu, Apr 3-May 8 | 9:30-11 am | \$180/6 | [139008](#)

Sun, Apr 6-May 11 | 1:30-3 pm | \$150/5 | [138993](#)

Tue, May 13-Jun 24 | 8-9:30 pm | \$210/7 | [139009](#)

Wed, May 14-Jun 25 | 9:30-11 am | \$210/7 | [139011](#)

Sun, May 18-Jun 22 | 1:30-3 pm | \$180/6 | [139015](#)

Wed, Jul 2-30 | 6:30-8 pm | \$150/5 | [139077](#)

Mon, Jul 7-28 | 6:30-8 pm | \$120/4 | [139076](#)

Wed, Aug 6-27 | 6:30-8 pm | \$120/4 | [139079](#)

Mon, Aug 11-25 | 6:30-8 pm | \$90/3 | [139078](#)

North Island Tennis Academy (2367 Arbot Rd)

Introduction to Squash

Interested in learning "The World's Healthiest Sport"? Learn basic skills and techniques, strategies and the rules of the sport - all in a fun and relaxing environment with a certified squash instructor. Racquets and eye guards are provided.

Instructor: Nanaimo Squash Club

Thu, Apr 3-May 8 | 6-7 pm | \$110/6 | [138665](#)

Nanaimo Squash Club (256 Wallace St)

Intro to Tai Chi

This is for students with no or limited background and teaches Tai Chi-related exercises and the mini set of Tai Chi comprised of the first 17 moves of the long Tai Chi form based on the traditional yang-style set. Sometimes called a moving meditation, this provides many health benefits, including stress relief and improved concentration.

Instructor: Mid Island Tai Chi Club

Wed, Apr 23-Jun 4 | 7-8:30 pm | \$56/7 | [137559](#)

Beban Park Social Centre

Tai Chi Workshop

Presented as part of World Tai Chi Day, this workshop focuses on the building blocks that form the foundations of tai chi, including balance, coordination, flexibility, strength and awareness. The emphasis is on the principles of movement. This is recommended for continuing students and beginners who have learned at least the mini tai chi set (first 17 moves).

Instructor: Mid Island Tai Chi Club

Sat, Apr 26 | 11 am-3 pm | FREE | [135817](#)

Bowen Park Complex

Fencing - All Levels

14 Years +

Beginner fencers receive instruction in the basic skills of foil fencing and will be introduced to sabre and epee. Experienced fencers receive instructions tailored to their needs in any of the three weapons (foil, sabre, epee). Challenge other fencers either using practice or electric equipment. All equipment is provided.

Instructor: Georgia Newsome

Wed, Apr 2-May 21 | 6:30-8 pm | \$112/8 | [137846](#)

Oliver Woods Community Centre

Historical Fencing with Combat Guild

11+ Years

Sourced from medieval manuals and dedicated to the long sword and various short swords (shield, rapier and dagger, rondel dagger and grappling). We feature a warm-up, demo of fundamental concepts and teach flow drills by working in pairs. Safety mindedness is required. Intro or HEMA experience is a prerequisite.

Sun, Apr 13-Jul 13 | 10-11 am | \$299/13 | [136400](#)

Beban Park Centennial Building

Core

This program is more physically and mentally demanding and rotates through a curriculum of 50 two-hour classes but is designed for you to start at any point. Equipment is available for those seeking to drill at faster tempos, and we can assist you in collecting your own gear. A cup, if needed, is required for sparring.

Sun, Apr 13-Jul 13 | 11:15 am-1:15 pm | \$299/13 | [136189](#)

Beban Park Centennial Building

Core Historical Fencing D

For those with experience and/or have completed the introductory or HEMA program, drop-in to practice your skills. Registration starts one week prior to each session.

Sun, Apr 13-Jul 13 | 11:15 am-1:15 pm | \$25/session | [140308](#)

Beban Park Centennial Building



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Ladies Golf

Learn the fundamentals of the golf swing, including short game, long game and putting. On-course golf instruction and etiquette is also included. Equipment is available if needed.

This class has a 6 to 1 student to coach ratio.

Instructor: Bebab Park Golf Course Staff

Thu, Apr 24-May 15 | 10 am-12 pm | \$199/4 | [139087](#)

Beban Park Golf Course

Iaido - Intro to Japanese Sword Art

Iaido is a Japanese martial art with a long history. It is referred to as a “moving zen” because of its focus on precise, controlled fluid movements. In this non-competitive atmosphere, use the Samurai sword and Iaido’s age-old techniques to experience and further develop your mind, body and spirit.

Instructor: Peter Gunstone

Mon, Apr 7-May 26 | 7:30-9:30 pm | \$66/6 | [137217](#)

Mon, Jun 2-Jul 28 | 7:30-9:30 pm | \$88/8 | [137411](#)

Beban Park Social Centre

Standing & Walking Qigong

Qigong is a moving meditation based on the ancient theory that the intentionally guided flow of energy through the body holistically restores vitality and regulates the functions of the mind, body and breath. Standing and walking Qigong will help to reduce stress and anxiety and increase muscular stability.

Instructor: Monica Lux

Thu, May 1-29 | 6-7 pm | \$55/5 | [137574](#)

Thu, Jun 5-Jul 3 | 6-7 pm | \$55/5 | [137575](#)

Neck Point Park (Finn Beach)

Shotokan Karate

Caution! Enrolment in this program can lead to increased levels of fitness and a desire to do pushups. There is no room for couch potatoes in the dynamic martial art of Shotokan Karate. This art of self-defence strengthens all aspects of health and fitness. Whether you are a beginner or returning to training, the benefits remain the same. Make new friends while you develop your karate skills in this safe and positive training environment.

Instructor: Mike Czurka (6th degree black belt)

Tue, Apr 1-May 27 | 7-8 pm | \$72/9 | [136393](#)

Bowen Park Complex



Taekwondo with Master Kim

This program emphasizes self-discipline, confidence and concentration. Grand Master Kim strives to maximize your potential by maintaining traditional foundation based upon physical well-being and mental integrity. Our highly qualified 9th degree black belt Grand Master can help you become strong in mind, body and spirit.

Instructor: Master Kim, World Taekwondo Academy

Mon, Apr 7 & 14 | 6:10-7 pm | \$25/2 | [138531](#)

Wed, Apr 9 & 16 | 6:10-7 pm | \$25/2 | [138533](#)

Mon, May 12 & 26 | 6:10-7 pm | \$25/2 | [141058](#)

World Taekwondo Academy (4300 Wellington Rd)

Adult Introductory Taekwondo NEW!

Looking for a fun way to stay fit, make friends and build confidence? Try Taekwondo with Master Moy, a 7th Dan Black Belt with global experience! Our class offers a supportive community where you'll develop strength, respect and teamwork. Whether you're a beginner or experienced, join us in a motivating environment focused on growth and success!

Instructor: Master Moy

Sun, Apr 6-27 | 12:45-1:45 pm | \$24/3 | [137929](#)

Sun, May 4-25 | 12:45-1:45 pm | \$32/4 | [137930](#)

Sun, Jun 8-29 | 12:45-1:45 pm | \$32/4 | [137931](#)

Bowen Park Complex

Thu, Apr 3-24 | 6:45-7:45 pm | \$32/4 | [137953](#)

Thu, May 1-22 | 6:45-7:45 pm | \$32/4 | [137952](#)

Thu, Jun 5-26 | 6:45-7:45 pm | \$32/4 | [137954](#)

Beban Park Social Centre

Karate for Adults

In this introduction to karate, students learn traditional karate training, sparring and self-defense. Fitness, strength development and flexibility are also part of the curriculum.

Instructor: Shima Karate Staff

M/W, Apr 7-16 | 6:30-7:30 pm | \$25/4 | [138782](#)

M/W, May 5-14 | 6:30-7:30 pm | \$25/4 | [138783](#)

M/W, Jun 2-11 | 6:30-7:30 pm | \$25/4 | [138784](#)

M/W, Jul 7-6 | 6:30-7:30 pm | \$25/4 | [138785](#)

Shima Karate (3032 Barons Rd)

Karate for GenXers

Learn at a slower pace and ease into martial arts with no belts or gradings. Learn or re-learn martial arts history and techniques with a great group of like-minded people.

Instructor: Shima Karate Staff

Sun, Apr 6-27 | 9-10 am | \$25/4 | [138749](#)

Sun, May 4-25 | 9-10 am | \$25/4 | [138754](#)

Sun, Jun 1-22 | 9-10 am | \$25/4 | [138757](#)

Sun, Jul 6-27 | 9-10 am | \$25/4 | [138758](#)

Shima Karate (3032 Barons Rd)

Intro to Pickleball - Learn to Play

This beginner class will give you the tools you need to feel comfortable playing, including serving, returning serves, improving your net skills and more.

Instructor: Lee MacDonald

Mon, May 26-Jun 9 | 1:15-3:15 pm | \$84/3 | [137505](#)

Mon, Jun 16-30 | 1:15-3:15 pm | \$84/3 | [137506](#)

Mon, Jul 14-28 | 1:15-3:15 pm | \$84/3 | [137507](#)

Mon, Aug 11-25 | 1:15-3:15 pm | \$84/3 | [137508](#)

Oliver Woods Community Centre

Reduce Stress & Pain

Using the Alexander Technique

This technique is an embodied approach to increase body awareness and to reduce stress, tension and pain. Learn strategies to change habitual posture and movement that will result in upright poise, effortless movement, better energy, improved well-being and ease in body and mind! Please bring 3 to 4 paperback books to class and wear comfortable clothes.

Instructor: Heike Walker

Mon, May 5 & 12 | 3:30-5 pm | \$50/2 | [135860](#)

Bowen Park Complex

People Living with Parkinson's

Using the Alexander Technique

Gain better coping skills with postural challenges and day-to-day living if you are suffering from Parkinson's. Increased body awareness assists in gaining more balance and a better sense of the body. This technique assists in enhancing muscle tone for less rigidity, less tremors and more fluidity in movement. Care partners are welcome in this class (also need to pay the fee.) Please bring a few paperback books to class and a yoga mat. If you have any questions, please contact the instructor, Heike Walker, at 778-245-1750 or heike@balanceartsstudio.com.

Instructor: Heike Walker

Mon, May 26-Jun 16 | 3:30-5 pm | \$80/4 | [135861](#)

Bowen Park Complex



Special Interest

Joyful Harmony Singing **NEW!** Workshop

Do you miss singing with others just for the joy of it? Bring your voice out of the shower and experience the magic and connection of singing in harmony, imperfectly! Sing uplifting pop songs, chants, rounds, world music and more. Simple harmonies are taught by ear without sheet music with room for creativity and movement. All voices are welcome; this is community singing!

Instructor: Sylvia Humble

Fri, Apr 11 | 1-2:30 pm | \$20/1 | [138594](#)

Rotary Field House

Joyful Harmony Singing **NEW!**

Bring your voice out of the shower and share the love of singing in harmony! Sing uplifting pop songs, world music, call and response and sea shanties with simple harmonies taught by ear without sheet music. All voices are welcome regardless of experience. Sylvia Humble is a local community choir leader and member of the Ubuntu Choirs Network which believes singing is a universal, human birthright.

Instructor: Sylvia Humble

Fri, May 2-Jun 13 | 1-2:30 pm | \$96/6 | [136651](#)

Rotary Field House

Ukulele for Adults - Beginner

Participants will explore both the casual sing-and-strum style of playing, as well as picking melodies using standard music notation and ukulele tablature. The goal is to use the ukulele as both a solo instrument and (if desired) as a way to accompany one's own singing

Instructor: Zoe Henderson

Wed, Apr 9-Jun 11 | 6:30-8 pm | \$140/10 | [138634](#)

Bowen Park Complex

Public Speaking

Embrace your inner storyteller! Reel in the tips and tricks to speak like a professional. Taught by a veteran communications expert who learned on her feet as a broadcaster, reporter, professor and company spokesperson for over 25 years. Check out the exercises to take the fur balls out of your mouth and stop your stuttering. Speak with confidence and sound like a pro. You don't need to be a seasoned speaker. You just need to dive in and find your best voice! It's in there, and these classes will bring it out.

Instructor: Ange Frymire

Sat, Apr 26 | 9:30 am-3:30 pm | \$45/1 | [139489](#)

Sat, May 24 | 9:30 am-3:30 pm | \$45/1 | [139490](#)

Bowen Park Complex

Creative Writing Level 1

Do you have a memoir or story bubbling inside? Bring your creative writing piece to life. Classes are fun, interactive and results-driven. Work with a partner or solo. Solid, constructive feedback given each week will improve your skills and ignite your passion. Taught by a communications expert, storyteller and former journalist who has published three collaborative books, one textbook and hundreds of articles for newsletters, newspapers and magazines.

Instructor: Ange Frymire

Tue, Apr 15-Jun 10 | 6:30-9:30 pm | \$96/8 | [139487](#)

Bowen Park Complex

Creative Writing Circle

Participants can share their writing (e.g. short stories, memoirs, poetry, novels/novellas, flash fiction, postcard fiction, journal entries) in a non-judgmental, safe and open space. There will also be writing prompts given at each class, so strong awareness of writing fundamentals is needed for the participant to be fully engaged in writing exercises.

Instructor: Ange Frymire

Mon, Mar 10-Apr 28 | 6:30-9:30 pm | \$84/7 | [132574](#)

Tue, Jul 8-Aug 26 | 6:30-9:30 pm | \$96/8 | [139488](#)

Bowen Park Complex

Conversation Spanish for Beginners

Speak and hear Spanish from the first day as you quickly gain basic conversation skills to communicate information about yourself, your family and friends, your work and your daily life. Learn pronunciation, expressions and vocabulary that allow you to function in everyday settings. Perfect for anyone looking to learn or refresh their knowledge of Spanish and immerse themselves in a new culture.

Instructor: Ruy Diaz

Thu, May 15-Jun 19 | 6-8 pm | \$84/6 | [139481](#)

Bowen Park Complex

Destiny and Karma: Learning **NEW!** Your Personal Astrology

In this series, we will use our birth charts to better understand our unique life path. No experience is necessary. You will need to submit your birth information before the class begins so that the instructor can create a birth chart for you.

Instructor: Queen Bee

Tue, Apr 8-29 | 6-8 pm | \$150/3 | [132401](#)

Bowen Park Complex



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Bliss Body Care - Mother's Day **NEW!**

Learn to make blissful body care products. Make and take home a ginger n' orange body polish, aloe body spray, citrus body wash and tropical body butter. In class, choose your own signature scent for each product made. Recipes on liquid clay masks, stimulating nail salve and body oils are included. Bring your mom and receive a body care treat. All supplies are included in the course fee.

Instructor: Cheryl Theilade

Sat, May 10 | 9-11:30 am | \$40/1 | [135798](#)

Bowen Park Complex

Natural Sun Protection Skincare

Look after your skin and hair naturally by making your own beach and poolside essentials. Make and take home a tropical sun lotion (with natural SPF), aloe after sun spray, chamomile hair treatment and a SPF lip balm. Recipes on hair rinses and deep conditioners are included. There is an additional fee of \$28 required for supplies.

Instructor: Cheryl Theilade

Sat, May 10 | 12-2 pm | \$40/1 | [138551](#)

Bowen Park Complex

Summertime Soaps & Scrubs **NEW!**

In this hands-on class, create healthy handmade suds with natural herbs, spices and scents using all vegan-based soap blocks. Make a ginger n' ginseng soap, an almond exfoliating facial bar, a French pink clay body wash and a marigold body scrub. Recipes for citrus dish soap and shaving soap are included. There is an additional fee of \$28 required for supplies.

Instructor: Cheryl Theilade

Sat, May 10 | 2:30-4:30 pm | \$40/1 | [138552](#)

Bowen Park Complex

Nanaimo River Watershed & Water Treatment Plant Bus Tour

Come see the amazing journey our drinking water takes from the mountains to our homes. Enjoy an exclusive guided tour of the Nanaimo watershed followed by a tour of Nanaimo's innovative Water Treatment Plant. Experts from City of Nanaimo and Mosaic will be on hand to discuss forestry, water quality, future plans and answer questions. Don't forget your camera!

Fri, Apr 11 | 9 am-3:30 pm | \$20/1 | [135497](#)

South Fork Water Treatment Centre (2500 South Fork Rd)

Nanaimo Watershed Walking Tours

Join local experts and stewardship volunteers for an interpretive walk along some of Nanaimo's waterways to celebrate Water to Earth Month. Learn what makes each location so significant and how we are connected to its health.

Sat, Mar 22 | 10-11:30 am | FREE | [141165](#)

Meet at the Nanaimo River Regional Park, Emblem Rd

Fri, Apr 4 | 10 am-12 pm | FREE | [141477](#)

Meet at Woodstream Park

Beekeeping at the Farm

Our workshop covers topics like the bee life-cycle, beekeeping, pollination, environmental stewardship and more! You will also learn about anatomy of the honey bee, management tasks you can expect to encounter in a basic beekeeping operation and why pollination is so important. This program is for families; children must be accompanied by an adult.

Mon, Jul 14 | 6-7:30 pm | \$10/1 | [137740](#)

Park Avenue Farm (945 Park Ave)

Foraging 101

Check out the tools of the trade, the best books and apps to invest in and more for foraging. Learn ethical foraging principles and practices, including where and where not to forage.

Instructor: Alicia Meek

Sun, May 4 | 11 am-12:30 pm | \$34/1 | [135866](#)

Tue, May 13 | 6-7:30 pm | \$34/1 | [135868](#)

Tue, Jun 17 | 6-7:30 pm | \$34/1 | [135869](#)

Sat, Jun 28 | 11 am-12:30 pm | \$34/1 | [135870](#)

Tue, Jul 8 | 6-7:30 pm | \$34/1 | [136100](#)

Bowen Park Complex

Forage, Eat & Craft with Trees **NEW!**

This workshop combines the art of foraging with hands-on creativity. Learn to forage local edible and medicinal tree parts, prepare a delicious dish with these wild ingredients and craft your very own herbal medicine. Plus, you will create a unique crafting project using natural materials.

Instructor: Alicia Meek

Sun, May 18 | 11 am-2 pm | \$89/1 | [137059](#)

Bowen Park Complex

Mushroom Foraging and ID **NEW!**

You will discover how to recognize common edible and medicinal mushrooms, understand their habitats and forage safely. Handouts with ID tips and resources are included.

Instructor: Alicia Meek

Sun, May 11 | 1-3 pm | \$34/1 | [137920](#)

Beban Park Social Centre

Medicinal Mushrooms 101 **NEW!**

Learn about the health benefits of medicinal mushrooms. We will cover how they can support your well-being and easy ways to use them. Handouts and tips will be provided.

Instructor: Alicia Meek

Tue, Jun 3 | 6-8 pm | \$34/1 | [137921](#)

Beban Park Social Centre

Herbal First Aid Kit

Take home a bounty of natural remedies from this practical, hands-on workshop. You will learn to prepare and use a variety of herbs and herbal medicines for common ailments and emergencies. By the end of the session, you will leave with a collection of your own products. This workshop is perfect for those who want to bring holistic, herbal care into their everyday lives.

Instructor: Alicia Meek

Sun, Apr 13 | 11 am-2 pm | \$45/1 | [137122](#)

Sun, Jun 15 | 11 am-2 pm | \$45/1 | [137140](#)

Bowen Park Complex

Herbal Tinctures

Delve into the world of plant medicine. Learn about common plants used to address everyday ailments. You will prepare and take home several tinctures while gaining practical knowledge on their uses, benefits and safe applications.

Instructor: Alicia Meek

Wed, May 21 | 11 am-2 pm | \$89/1 | [137142](#)

Bowen Park Complex

Forest Bathing **NEW!**

Reconnect with nature in this guided forest bathing experience. Engage your senses through mindfulness exercises, reflect with a journaling practice and deepen your connection to the earth. End with a soothing tea ceremony using locally foraged ingredients.

Instructor: Alicia Meek

Tue, Apr 29 | 6:30-8:30 pm | \$34/1 | [137516](#)

Bowen Park

Wed, May 28 | 6:30-8:30 pm | \$34/1 | [137556](#)

Colliery Dam Park

Plan Ahead to Save Your Seeds **NEW!**

Saving seeds is a great way to save money and develop varieties of plants. It can also help you grow stronger, healthier plants and minimize insect and disease problems. Learn how to deal with cross pollination issues.

Instructor: Connie Kuromoto

Sat, May 3 | 1-3 pm | \$20/1 | [138800](#)

Beban Park Learning Gardens

Building a Sheet Mulched Bed NEW!

Building a new garden? Don't dig up that sod. Instead, turn it into compost right in place by building a sheet mulched bed. Layering organic materials suppresses weeds, feeds your soil and saves a lot of effort. With some basic materials, these gardens can be planted into right after you build them right on the ground or a raised bed. This will be a hand-on class, so bring your garden gloves, and dress for the weather.

Instructor: Connie Kuromoto

Sat, May 10 | 1-3 pm | \$30/1 | [138804](#)

Pine Street Community Garden (271 Pine St)

Build a Willow Garden Structure NEW!

Make your own 6' tripod willow garden structure. This beautiful, rustic piece can be used in your garden as a useful structure for growing beans, peas or flowering vines or you can decorate it. See www.willowway.ca for photos of this charming project. This is a hands-on workshop. Just bring your own gloves and make sure your vehicle is large enough to take it home.

Instructor: Andrew Kent

Sat, May 24 | 1-3 pm | \$60/1 | [138810](#)

The Willow Way (13571 Circle O Place, Ladysmith)

Spring Plant Propagation NEW!

Now is the time to propagate all the spring blooming shrubs and also take cuttings of some annual plants like basil and peppers to increase your numbers of plants more rapidly than if growing by seed. Come learn the basic techniques of propagation and how to adapt them to different plants and different seasons. This is a hands-on class. You will go home with some cuttings and instructions for care of your baby plants.

Instructor: Connie Kuromoto

Sat, May 31 | 1-3 pm | \$20/1 | [138801](#)

Beban Learning Gardens

Food Security with a Year-Round Garden NEW!

Spring is the best time to plan food gardens that you can harvest all fall and into winter when local food is scarcer and imported food are more expensive. Once established, a winter garden doesn't need as much care. It helps preserve topsoil and increases seed saving opportunities while maximizing the use of your garden space.

Instructor: Connie Kuromoto

Sat, Jun 7 | 1-3 pm | \$20/1 | [138808](#)

Pine Street Community Garden (271 Pine St)

VOLUNTEERS in PARKS

Are you passionate about the parks and trails that Nanaimo has to offer? Consider participating in our **Volunteers in Parks Program!**

There are three ways to participate:

1 PARK AMBASSADOR: As a Park Ambassador, you'll weave a vibrant tapestry of education and stewardship by visiting your chosen park regularly. Help fellow visitors embrace the beauty of nature while actively keeping the park clean. With your keen eye, you can observe the park's dynamic ecosystem and be the critical communicator reporting any issues and driving efforts for a sustainable environment.

2 ADOPT-A-PARK: Gather your friends, family, or colleagues and form a volunteer group dedicated to keeping Nanaimo beautiful! By choosing a park, trail or creek to adopt, you'll take covenant of a cherished area. Together, you will implement clean-up initiatives, planting days, maintenance work and forging bonds with the land and each other while replenishing our local ecosystems.

3 WORK PARTIES: Dive deep into nature's intricate web by participating in our Work Parties! Join a spirited crew dedicated to enhancing biodiversity in our parks and trails. These group efforts focus on native species restoration, invasives removal, and habitat preservation putting actions to your good intentions. Be part of a transformative journey for Nanaimo's ecosystems while teaming up with fellow conservation enthusiasts and making a tangible difference.

Gather a group for your own work party from your business, school group, club or organization or come to the these planned events:

- **Sat, Apr 5, 10 am-12 pm**
Invasive Plant Removal at Thunderbird Drive ([132480](#))
- **Tue, Apr 22, 10 am-12 pm (Earth Day)**
Invasive Plant Removal at Bowen Park ([132482](#))
- **Sat, May 3, 10 am-12 pm**
Invasive Plant Removal at Koram Park ([137247](#))
- **Tue, May 6, 10 am-12 pm**
Invasive Plant Removal at Linley Valley Park ([137258](#))
- **Sat, May 17, 10 am-12 pm**
Invasive Plant Removal along Parkway Trail ([137245](#))
- **Tue, May 20, 10 am-12 pm**
Invasive Plant Removal at Third Street Park ([137264](#))
- **Sat, May 31, 10 am-12 pm**
Invasive Plant Removal/Drop Zone at Bowen Park ([135505](#))

**MAY IS
INVASIVE
PLANT
REMOVAL
MONTH!**

If you would like to organize a work party in your neighborhood, please call 250-756-5200, email parksandrecreation@nanaimo.ca or check out our website ([search work party](#)).

*Why
participate?*

Being part of the Volunteers in Parks Program not only fosters community spirit but enriches your life with purpose and connection to nature. Disconnect from screens and reconnect with the awe-inspiring beauty of our surroundings. Your involvement can help cultivate a brighter, more sustainable future for Nanaimo's enchanting green spaces.



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PERSONAL TRAINING Options

NEW!

TRAINING GOAL ASSESSMENT

Led by one of our certified trainers, this 1 to 1 evaluation is designed to help you define your fitness goals, assess your current level and identify obstacles. This is recommended to complete before registering for personal training sessions.

Cost is \$25 for 30 minutes.

✓ TRANSFORM ✓ STRENGTHEN ✓ ACHIEVE ✓ IMPROVE

New to fitness? Intimidated by the equipment? Tired of the same workout routine? Need some encouragement and extra motivation to reach your goals?

REGISTER FOR PERSONAL TRAINING SESSIONS!

Our certified and motivational personal trainers can design a comprehensive and highly effective exercise program that is customized for you. Every session is unique to your body type, needs, goals and designed to work toward achieving results. Choose either private or semi-private at either Nanaimo Aquatic Centre or Beban Park from the following pricing options:

All sessions are one hour	PRIVATE	SEMI PRIVATE (1 other family or friend)
1 session	\$58	\$44 per person
3 sessions	\$157	\$119 per person
5 sessions	\$247	\$187 per person
10 sessions	\$464	

Meet our Personal Trainers! See page 69.



Scan the QR code to take you to our online intake form.





Adult Yoga/Fitness

Weight Room Orientations

Safe use of fitness equipment is important to us. Orientations are designed to familiarize you with our facility and give you an overview of the basics of strength training. An orientation is recommended before using our facilities.

Teens (13-15 years) must complete an orientation. Upon completion of an orientation, teens will receive a "Gym Use Teen Graduate Card". This card permits youth to use our weight rooms unsupervised by an adult.

Instructor: Cindy Gutierezz or Dustin King

- Thu, Apr 3 | 3:30-4:15 pm | \$5/1 | [134115](#)
- Fri, Apr 4 | 2:30-3:15 pm | \$5/1 | [134105](#)
- Fri, Apr 11 | 2:30-3:15 pm | \$5/1 | [134106](#)
- Thu, Apr 17 | 3:30-4:15 pm | \$5/1 | [134116](#)
- Fri, Apr 25 | 2:30-3:15 pm | \$5/1 | [134107](#)
- Thu, May 1 | 3:30-4:15 pm | \$5/1 | [134117](#)
- Fri, May 2 | 2:30-3:15 pm | \$5/1 | [134108](#)
- Fri, May 9 | 2:30-3:15 pm | \$5/1 | [138096](#)
- Thu, May 15 | 3:30-4:15 pm | \$5/1 | [134118](#)
- Fri, May 16 | 2:30-3:15 pm | \$5/1 | [134109](#)
- Fri, May 23 | 2:30-3:15 pm | \$5/1 | [134110](#)
- Thu, May 29 | 3:30-4:15 pm | \$5/1 | [134119](#)
- Fri, May 30 | 2:30-3:15 pm | \$5/1 | [138098](#)
- Fri, Jun 6 | 2:30-3:15 pm | \$5/1 | [134111](#)
- Thu, Jun 12 | 3:30-4:15 pm | \$5/1 | [134121](#)
- Fri, Jun 13 | 2:30-3:15 pm | \$5/1 | [134112](#)
- Thu, Jun 20 | 2:30-3:15 pm | \$5/1 | [134113](#)
- Thu, Jun 26 | 3:30-4:15 pm | \$5/1 | [134122](#)
- Thu, Jun 27 | 2:30-3:15 pm | \$5/1 | [134114](#)

Nanaimo Aquatic Centre Weight Room

Intro to Weight Training NEW!

This beginner course covers the basics of weight training, focusing on proper form, safety and key exercises. Learn effective techniques to build strength, improve muscle tone and prevent injury. Perfect for those new to using the weight room or looking to enhance their skills.

Instructor: Dustin King

- Mon, Apr 14 | 6-7 pm | \$10/1 | [138189](#)
- Mon, Apr 28 | 6-7 pm | \$10/1 | [138191](#)
- Mon, May 12 | 6-7 pm | \$10/1 | [138192](#)
- Mon, May 26 | 6-7 pm | \$10/1 | [138194](#)
- Mon, Jun 9 | 6-7 pm | \$10/1 | [138195](#)
- Mon, Jun 23 | 6-7 pm | \$10/1 | [138196](#)

Nanaimo Aquatic Centre Weight Room

Adult Weightlifting 101

Are you ready to master the fundamentals of weightlifting while enhancing your flexibility and cardiovascular fitness? This class is designed specifically for adults who want to succeed and feel confident in the weight room.

Instructor: Dustin King

- Tue, Apr 1-May 13 | 7-8 pm | \$84/7 | [138046](#)
- Sun, Apr 6-May 11 | 5:15-6:15 pm | \$72/6 | [138042](#)
- Sun, Apr 6-May 11 | 6:30-7:30 pm | \$72/6 | [138044](#)
- Sun, May 18-Jun 29 | 5:15-6:15 pm | \$84/7 | [138043](#)
- Sun, May 18-Jun 29 | 6:30-7:30 pm | \$84/7 | [138045](#)
- Tue, May 20-Jun 24 | 7-8 pm | \$72/6 | [138047](#)

Beban Park Social Centre

Functional Strength & Athletic Development NEW!

Unleash your athletic potential with this energizing bootcamp featuring rope flow, rotational strength training and gait efficiency exercises to build power, agility and coordination. Each session has a warm-up, focused drills and a meditative cool down. Leave feeling empowered!

Instructor: Dustin King

- Mon, Apr 7-May 12 | 6-6:50 am | \$50/5 | [138204](#)
- Wed, Apr 9-May 14 | 6-6:50 am | \$60/6 | [138208](#)
- Fri, Apr 11-May 23 | 6-6:50 am | \$60/6 | [138211](#)
- Wed, May 21-Jul 9 | 6-6:50 am | \$80/8 | [138209](#)
- Mon, May 26-Jul 7 | 6-6:50 am | \$70/7 | [138205](#)
- Fri, May 30-Jul 11 | 6-6:50 am | \$70/7 | [138212](#)
- Mon, Jul 14-Aug 25 | 6-6:50 am | \$60/6 | [138206](#)
- Wed, Jul 16-Aug 27 | 6-6:50 am | \$60/6 | [138210](#)
- Fri, Jul 18-Aug 29 | 6-6:50 am | \$70/7 | [138213](#)

Beban Park Social Centre

Staying Youthful - Fitness, Sport and Wellness NEW!

Join us for a high-energy outdoor class designed for teens, parents, students and professionals. Team up to tackle coordination drills, movement challenges, casual sports and strength training while building fitness and friendships. Youth (12-17 years) must be accompanied by an adult.

Instructor: Dustin King

- Mon, Apr 7-May 12 | 7-7:50 am | \$50/5 | [138220](#)
- Wed, Apr 9-May 14 | 7-7:50 am | \$60/6 | [138224](#)
- Fri, Apr 11-May 23 | 7-7:50 am | \$60/6 | [138244](#)
- Wed, May 21-Jul 9 | 7-7:50 am | \$80/8 | [138226](#)
- Mon, May 26-Jul 7 | 7-7:50 am | \$70/7 | [138221](#)
- Fri, May 30-Jul 11 | 7-7:50 am | \$70/7 | [138246](#)
- Mon, Jul 14-Aug 25 | 7-7:50 am | \$70/7 | [138222](#)
- Wed, Jul 16-Aug 27 | 7-7:50 am | \$70/7 | [138227](#)
- Fri, Jul 18-Aug 29 | 7-7:50 am | \$70/7 | [138247](#)

Beban Park

Parent & Baby Fitness NEW!

Connect with your little one and build strength in this welcoming, low-impact class designed for parents and parents-to-be. Enjoy light cardio, core strengthening and playful bonding exercises in a supportive environment. Strollers, blankets and even baby backpacks are recommended to make the experience enjoyable and convenient.

Instructor: Dustin King

- Mon, Apr 7-May 12 | 8-8:50 am | \$50/5 | [138249](#)
- Wed, Apr 9-May 14 | 8-8:50 am | \$60/6 | [138255](#)
- Fri, Apr 11-May 23 | 8-8:50 am | \$60/6 | [138258](#)
- Wed, May 21-Jul 9 | 8-8:50 am | \$80/8 | [138256](#)
- Mon, May 26-Jul 7 | 8-8:50 am | \$70/7 | [138252](#)
- Fri, May 30-Jul 11 | 8-8:50 am | \$70/7 | [138260](#)
- Mon, Jul 14-Aug 25 | 8-8:50 am | \$70/7 | [138253](#)
- Wed, Jul 16-Aug 27 | 8-8:50 am | \$60/6 | [138257](#)
- Fri, Jul 18-Aug 29 | 8-8:50 am | \$70/7 | [138261](#)

Beban Park Social Centre

Oh, shoot!

We sometimes make mistakes or information changes.

Please check our online Activity Guide for the latest program information.



cityofnanaimo



prc_nanaimo (#ilovemyparksandrec)

DROP-IN Fitness & Yoga Classes

Looking for some flexibility in your fitness journey? Unable to register for an entire set of a class? Try out drop-in fitness class options. **D**

- Classes available for drop-in have this symbol **D**
- Drop-in fee is \$12 per class and must be paid on site to our front desk staff.
- We strongly suggest that all participants with pre-existing conditions or injuries seek medical clearance from their doctor prior to attending classes and should inform the instructor of any change in condition or injury.
- Drop-in classes are not included in the Active Pass package.
- All participants must pay the established drop-in fitness rate. 2 for 1 or Courtesy Passes cannot be used for these drop-in programs.
- Please note that class size is limited, so participation is on a first-come, first-served basis with our registered clients always having priority.

Deep Stretch for Desk Warriors **NEW!**

Designed for office workers and professionals, this class targets tightness in the hips, shoulders and lower back caused by long hours of sitting. Through simple, effective stretches, you will relieve tension, improve posture and boost overall comfort and focus. Perfect for all levels.

Instructor: Jyoti Singh

Wed, Apr 9-May 21 | 6-7 pm | \$48/6 | [138314](#)

Wed, May 28-Jul 9 | 6-7 pm | \$40/5 | [138318](#)

Wed, Jul 16-Aug 27 | 6-7 pm | \$48/6 | [138321](#)

Beban Park Social Centre

Rope Flow Foundations

Learn to move fluidly and develop body awareness in this class for all fitness levels. Rope flow combines the simplicity of skipping with fluid movement patterns to improve hand-eye coordination and spatial awareness. Build the foundations of locomotion and challenge both mind and body. Perfect for anyone looking to enhance their movement knowledge.

Instructor: Dustin King

Tue, Apr 1-May 13 | 5:15-5:45 pm | \$35/7 | [138052](#)

Tue, May 20-Jun 24 | 5:15-5:45 pm | \$30/6 | [138053](#)

Tue, Jul 8-Aug 26 | 5:15-5:45 pm | \$40/8 | [138198](#)

Beban Park Social Centre

Advanced Rope Flow **NEW!**

Take your flow and movement skills to the next level in this mentally and physically challenging class. Building on the knowledge and movements covered in Rope Flow Foundations. This class emphasizes hand-eye-foot coordination, movement efficiency and unlocking your full athletic potential.

Instructor: Dustin King

Tue, Apr 1-May 13 | 6-6:45 pm | \$70/7 | [138054](#)

Tue, May 20-Jun 24 | 6-6:45 pm | \$60/6 | [138055](#)

Tue, Jul 8-Aug 26 | 6-6:45 pm | \$80/8 | [138200](#)

Beban Park Social Centre

Early Start Spin

This stationary bike workout will include intervals, hills, speed and endurance all set to great tunes to keep you motivated. A great exercise if you cannot do any impact cardio work.

Instructor: Gillian Goerzen

Thu, Apr 3-May 15 | 6:30-7:15 am | \$70/7 | [135726](#)

Thu, May 22-Jun 26 | 6:30-7:15 am | \$60/6 | [135727](#)

Nanaimo Aquatic Centre

Ride & Restore **D**

Combine interval training, hills, speed and endurance work followed by a 15-minute stretch to bring everything back down

Instructor: Heather Honey

Mon, Apr 7-May 12 | 6:45-7:45 pm | \$60/5 | [135747](#)

Mon, May 26-Jun 30 | 6:45-7:45 pm | \$72/6 | [135750](#)

Nanaimo Aquatic Centre

Lunchtime Spin Sprint **D**

This 45-minute stationary workout will include intervals, hills, speed and endurance all set to great tunes to keep you motivated. A great exercise if you cannot do any impact cardio work.

Instructor: Shelley Howlett

Fri, Apr 4-Jun 27 | 12-12:45 pm | \$90/8 | [136315](#)

Nanaimo Aquatic Centre

Spin & Core **D**

Improve your cardio with this spin and core combo workout! Intervals, hills, speed and endurance work will be followed by 15 minutes of core work set to great tunes to keep you motivated.

Instructor: Jean Medley

Mon, Apr 7-May 12 | 5:30-6:30 pm | \$60/5 | [137876](#)

Mon, May 26-Jun 30 | 5:30-6:30 pm | \$72/6 | [137877](#)

Nanaimo Aquatic Centre

Spin & Stretch **D**

Combine interval training, hills, speed and endurance work followed by a 15 minute stretch in this combo fitness class.

Instructor: Jean Medley

Wed, Apr 2-May 14 | 5:30-6:30 pm | \$84/7 | [137883](#)

Wed, May 21-Jun 25 | 5:30-6:30 pm | \$72/6 | [137884](#)

Nanaimo Aquatic Centre

Please bring your own mat to fitness and yoga classes.

Dance Jam Fitness

Ready for a high energy dance class with a great blend of dance and cardio? Dance Jam will explore multiple genres of music while taking you through a great workout! Great for all levels.

Instructor: Monique Huijbregtse

Tue, Apr 1-May 13 | 12-1 pm | \$56/7 | [136847](#)

Tue, May 20-Jun 24 | 12-1 pm | \$48/6 | [136850](#)

Oliver Woods Community Centre

Zumba

Ready for a high energy dance party? Come out and enjoy this hour of cardio featuring different rhythms of music. There is no wrong way to Zumba, so lace up your dancing shoes and come enjoy the party!

Instructor: Fab Lethbridge

Mon, Apr 7-May 12 | 6:30-7:30 pm | \$40/5 | [137973](#)

Mon, May 26-Jun 23 | 6:30-7:30 pm | \$40/5 | [137974](#)

Instructor: Rika Carlson

Wed, Apr 2-May 14 | 6-7 pm | \$56/7 | [137343](#)

Wed, May 21-Jun 25 | 6-7 pm | \$48/6 | [137344](#)

Wed, Jul 2-30 | 6-7 pm | \$40/5 | [137345](#)

Wed, Aug 6-27 | 6-7 pm | \$32/4 | [137346](#)

Oliver Woods Community Centre

Weekend Zumba Party

Are you looking for a high-energy, thrilling weekend activity? Come work out for an hour at Oliver Woods while listening to a range of upbeat musical rhythms. Put on your dancing shoes and join the celebration. No prior experience is required.

Instructor: Rika Carlson

Sat, Apr 5-May 17 | 11:30 am-12:30 pm | \$56/7 | [137347](#)

Sat, May 24-Jun 28 | 11:30 am-12:30 pm | \$48/6 | [137348](#)

Sat, Jul 5-26 | 11:30 am-12:30 pm | \$32/4 | [137350](#)

Sat, Aug 2-30 | 11:30 am-12:30 pm | \$40/5 | [137351](#)

Oliver Woods Community Centre

Zumba Gold D

Intended for those new to Zumba or those 60 +. Ditch the workout and join the party! This Latin and international dance-based fitness class will get you moving to a variety of music styles.

Instructor: Mary Keel

Mon, Apr 7-May 5 | 9-10 am | \$32/4 | [136840](#)

Mon, May 26-Jun 23 | 9-10 am | \$40/5 | [136841](#)

Mon, Jun 30-Jul 28 | 9-10 am | \$40/5 | [136842](#)

Wed, Apr 2-30 | 10:15-11:15 am | \$40/5 | [136843](#)

Wed, May 28-Jun 25 | 10:15-11:15 am | \$40/5 | [136844](#)

Wed, Jul 2-30 | 10:15-11:15 am | \$40/5 | [136845](#)

Oliver Woods Community Centre

B-Fit - Bhangra & D Bollywood Dance

Say goodbye to boring workouts and hello to the electrifying beats of this Indian dance sensation. Get ready for an intense, joyful experience that not only elevates your heart rate but also your spirits with Vancouver Island Bhangra. This is a fun and safe workout for all ages, so bring the whole family and join the fun!

Instructor: Sukhi Sangha

Tue, Apr 1-29 | 6:15-7 pm | \$80/4 | [137517](#)

Beban Park Social Centre

Rock Your Body Boot Camp

This workout that will leave you feeling energized and will include cardio, strength training and core stability work using a variety of fun and dynamic exercises and drills.

Instructor: Heidi Robinson

AM D

Wed, Apr 2-May 14 | 9-10 am | \$56/7 | [137836](#)

Wed, May 21-Jun 25 | 9-10 am | \$48/6 | [137837](#)

PM

Mon, Apr 7-May 12 | 5-6 pm | \$40/5 | [137828](#)

Mon, May 26-Jun 30 | 5-6 pm | \$48/6 | [137829](#)

Mon, Jul 7-Aug 25 | 5-6 pm | \$56/7 | [137835](#)

Oliver Woods Community Centre

HIIT & Strength

Challenge your body with high energy interval cardio combined with strength training. This fun, full body workout will make you sweat and leave you feeling invigorated.

Instructor: Maki Kristiansen

Wed, Apr 9-May 14 | 5-6 pm | \$48/6 | [135881](#)

Wed, May 21-Jun 25 | 5-6 pm | \$48/6 | [135882](#)

Wed, Jul 2-Aug 20 | 5-6 pm | \$64/8 | [135883](#)

Bowen Park Complex

HIIT Hustle

High-intensity interval training (HIIT) involves alternating short bursts of intense anaerobic exercise with less intense recovery periods. Participants can expect fast-paced and enjoyable workouts that typically include a warm-up, high-intensity exercises and medium intensity exercises for recovery and a cool down.

Instructor: Heather Honey

Thu, Apr 3-May 15 | 5:30-6:30 pm | \$56/7 | [136848](#)

Thu, May 22-Jun 26 | 5:30-6:30 pm | \$48/6 | [136851](#)

Thu, Jul 3-31 | 5:45-6:45 pm | \$40/5 | [137044](#)

Thu, Aug 7-28 | 5:45-6:45 pm | \$32/4 | [137045](#)

Oliver Woods Community Centre

HIIT to Fit D

High intensity interval training (HIIT) is a form of interval training - a cardiovascular exercise strategy alternating short periods of intense anaerobic exercise with less intense recovery periods. Join us for fun and fast-paced workouts consisting of a warm-up period followed by repetitions of high-intensity exercises separated by medium intensity exercises for active recovery followed by a cool down period.

Instructor: Kim Ross

Wed, Apr 2-May 14 | 9-10 am | \$56/7 | [136234](#)

Wed, May 21-Jun 25 | 9-10 am | \$48/6 | [136235](#)

Wed, Jul 2-30 | 9-10 am | \$40/5 | [136236](#)

Wed, Aug 6-27 | 9-10 am | \$32/4 | [136237](#)

Bowen Park Complex

Barre X D

Enjoy a combination of ballet, pilates, strength and flexibility training exercises in this fun group fitness class! Barre X will include body weight and/or other weights and equipment. Be prepared to work your muscles with light weights. This is a great class for all abilities.

Instructor: Monique Huijbregtse

Tue, Apr 1-May 13 | 10:45-11:45 am | \$56/7 | [136846](#)

Tue, May 20-Jun 24 | 10:45-11:45 am | \$48/6 | [136849](#)

Oliver Woods Community Centre

Circuit Fusion D

Join us in the gym for this fun and motivating bootcamp-style class that will include mobility, cardio and strength conditioning to give you a great workout. Train for life! All fitness levels are welcome.

Instructor: Jean Medley

Thu, Apr 3-May 15 | 9-10 am | \$40/5 | [137885](#)

Thu, May 22-Jun 26 | 9-10 am | \$48/6 | [137886](#)

Beban Park Social Centre

Dynamic Fit D

This is a cross training class that will include 15 minutes of dynamic stretching, 30 minutes of a full body workout following muscular endurance principles and ending with 15 minutes of static stretching. We will be utilizing free weights, resistance bands and stability balls. There is no cardio component.

Instructor: Jean Medley

Fri, Apr 4-May 16 | 9-10 am | \$40/5 | [137887](#)

Fri, May 23-Jun 27 | 9-10 am | \$48/6 | [137888](#)

Beban Park Social Centre



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prc_nanaimo (#ilovemyparksandrec)

Stretch, Balance, Build

This class is designed for anyone wanting to increase balance, flexibility and strength in a calm and welcoming setting. It will combine a series of targeted exercises to enhance the body's long-term flexibility and balance while building strength using light weights. The stretches and range of motion movements benefit your muscles, tendons and fascia flexibility.

Instructor: Kim Ross

Wed, Apr 2-May 14 | 12:15-1:15 pm | \$56/7 | [136227](#)

Wed, May 21-Jun 25 | 12:15-1:15 pm | \$48/6 | [136228](#)

Wed, Jul 2-30 | 12:15-1:15 pm | \$40/5 | [136229](#)

Wed, Aug 6-27 | 12:15-1:15 pm | \$32/4 | [136230](#)

Rotary Field House

Stretch & Tone

This class is designed for anyone wanting to increase balance, flexibility and strength through targeted exercises with light weights in a welcoming setting. There is a mat component included for floor work, but this is optional. Alternate chair options will be included assisting with balance, adding to some of the strength exercises and allowing for rest if needed. The stretches and range of motion movements benefit your muscles, tendons and fascia flexibility. Calm your mind and body and enhance your well-being.

Instructor: Kim Ross

Thu, Apr 3-May 15 | 12:30-1:30 pm | \$56/7 | [136223](#)

Thu, May 22-Jun 26 | 12:30-1:30 pm | \$48/6 | [136224](#)

Thu, Jul 3-31 | 12:30-1:30 pm | \$40/5 | [136225](#)

Thu, Aug 7-28 | 12:30-1:30 pm | \$32/4 | [136226](#)

Oliver Woods Community Centre

Total Body Fitness

Whether you are just starting out in fitness or are an advanced student, you are welcome here. Your fitness level will be challenged. We incorporate fun exercises and equipment, such as free weights, medicine balls and more to keep the class exciting and challenging.

Instructor: Kim Ross

Thu, Apr 3-May 15 | 9-10 am | \$56/7 | [136219](#)

Mon, Apr 7-May 5 | 9-10 am | \$32/4 | [136215](#)

Thu, May 22-Jun 26 | 9-10 am | \$48/6 | [136220](#)

Mon, Jun 16-Jul 21 | 9-10 am | \$48/6 | [136216](#)

Thu, Jul 3-31 | 9-10 am | \$40/5 | [136221](#)

Mon, Jul 28-Aug 25 | 9-10 am | \$32/4 | [136217](#)

Thu, Aug 7-28 | 9-10 am | \$32/4 | [136222](#)

Rotary Field House

Cardio Core

Start your weekend right with strength and cardio conditioning that will leave you feeling exhilarated. Plenty of modifications will be available for different fitness levels.

Instructor: Maki Kristiansen

Sat, Apr 12-May 17 | 10:30-11:30 am | \$40/5 | [135884](#)

Sat, May 24-Jun 28 | 10:30-11:30 am | \$48/6 | [135885](#)

Sat, Jul 5-Aug 23 | 10:30-11:30 am | \$64/8 | [135886](#)

Bowen Park Complex

BellyFit

This is a holistic fitness experience that blends the body, mind and spirit to offer an extraordinary exercise experience. Scorch calories in a fun and easy cardio and dance infused workout. The second half of the class brings sculpting, toning and tightening with pilates, yoga stretches and mindful meditation.

Instructor: Heidi Robinson

Fri, Apr 4-May 16 | 12:15-1:15 pm | \$48/6 | [137840](#)

Fri, May 23-Jun 27 | 12:15-1:15 pm | \$48/6 | [137841](#)

Fri, Jul 4-Aug 29 | 12:15-1:15 pm | \$72/9 | [137843](#)

Oliver Woods Community Centre

Deep Stretch and Flow Fitness D

Picture an entire hour dedicated to stretching every muscle in your body! Fundamental stretches and yoga positions will be performed, maintained and later incorporated into sequences that will flow and repeat to soothing music. Participating in this course will lead to stronger stabilizer muscles and improved balance.

Instructor: Monique Huibregtse

Tue, Apr 1-May 13 | 9:30-10:30 am | \$56/7 | [136821](#)

Tue, May 20-Jun 24 | 9:30-10:30 am | \$48/6 | [136822](#)

Oliver Woods Community Centre

Chair Yogalates D

This gentle, yet effective class provides a complete practice for strengthening the whole body while seated safely in a chair. You will be surprised how challenged you can feel while preserving your safety, integrity and alignment. No experience is required.

Instructor: Gypsy Hart

Tue, Apr 1-May 13 | 9:30-10:30 am | \$56/7 | [136819](#)

Tue, May 20-Jun 24 | 9:30-10:30 am | \$48/6 | [136820](#)

Oliver Woods Community Centre

Yin Yoga

Yin Yoga is slower paced and more meditative. Poses are held longer and are designed to target connective tissues and ligaments rather than muscles. This class is great for all abilities.

Instructor: Cheryl Carew

Thu, Apr 3-May 15 | 5:30-6:30 pm | \$56/7 | [138029](#)

Mon, Apr 7-Jun 2 | 5:30-6:30 pm | \$56/7 | [138027](#)

Thu, May 22-Jun 26 | 5:30-6:30 pm | \$48/6 | [138030](#)

Mon, Jun 16-Aug 18 | 5:30-6:30 pm | \$72/9 | [138028](#)

Bowen Park Complex

Yang Yoga

This mixed style yoga class for beginners and intermediates will stretch the muscles and help to build your core.

Instructor: Cheryl Carew

Thu, Apr 3-May 15 | 6:45-7:45 pm | \$56/7 | [138034](#)

Mon, Apr 7-Jun 2 | 6:45-7:45 pm | \$56/7 | [138031](#)

Thu, May 22-Jun 26 | 6:45-7:45 pm | \$48/6 | [138035](#)

Mon, Jun 16-Aug 18 | 6:45-7:45 pm | \$72/9 | [138032](#)

Bowen Park Complex

Yin-Inspired Restorative Yoga

This is a gentle candlelit meditative approach to releasing connective tissues, fascia and muscle tightness. Ease into calmness and relaxation in preparation for sleep. Bolsters and blocks are provided. Please wear comfortable clothing.

Instructor: Jane Bockman

Tue, Apr 8-May 27 | 7:45-8:45 pm | \$64/8 | [136810](#)

Tue, Jun 17-Jul 29 | 7:45-8:45 pm | \$48/6 | [136811](#)

Oliver Woods Community Centre

Slow Flow Yoga NEW!

Discover tranquility from within and permit your body, mind and spirit to decelerate and unwind. This serene and gentle session incorporates breath exercises and meditative movements designed to soothe the mind. It is appropriate for participants of all skill levels. Please bring your yoga mat and a blanket.

Instructor: Krista Rogers

Tue, Apr 1-May 13 | 6:30-7:30 pm | \$56/7 | [141063](#)

Tue, May 20-Jun 24 | 6:30-7:30 pm | \$48/6 | [141064](#)

Hammond Bay Elementary School (1025 Morningside Dr)

Please bring your own mat to fitness and yoga classes.



Looking for some flexibility in your fitness journey? Unable to register for an entire set of a class? Try out drop-in fitness class options.

Gentle Friday Yoga D

Join this gentle and meditative yoga practice. Suitable for anyone wishing to practice a calming paced class. Everyone is welcome, and everyone can benefit from a gentle practice. Find freedom of movement, flexibility and mindfulness.

Instructor: Jane Bockman

Fri, Apr 11-May 30 | 9-10 am | \$56/7 | [136814](#)

Fri, Jun 20-Jul 25 | 9-10 am | \$48/6 | [136815](#)

Oliver Woods Community Centre

Gentle Yoga AM D

Gentle Yoga is perfect for people who want to try yoga for the first time or for those who are looking for a softer approach to their practice. In this class, we will combine gentle yoga poses with breathing exercises and restorative postures to stretch and strengthen the body, reduce stress and calm the mind.

Instructor: Gypsy Hart

Mon, Apr 7-May 12 | 10:15-11:15 am | \$40/5 | [136783](#)

Mon, May 26-Jun 23 | 10:15-11:15 am | \$40/5 | [136784](#)

Mon, Aug 11-25 | 10:15-11:15 am | \$24/3 | [136787](#)

Oliver Woods Community Centre

Flow & Form Yoga

This class encourages a balance between flexibility, strength and endurance. It emphasizes correct body alignment and precision while enjoying a sense of well-being and increased relaxation. Some yoga experience is recommended but is not required.

Instructor: Heather Honey

Tue, Apr 1-May 13 | 5:30-6:30 pm | \$56/7 | [136824](#)

Tue, May 20-Jun 24 | 5:30-6:30 pm | \$48/6 | [136826](#)

Oliver Woods Community Centre

Relax and Renew Yoga D

Learn the basic yoga poses (asanas) taught in hatha yoga style. Each class focuses on alignment, balance, strength, flexibility and breathing exercises concluding with a short relaxation and meditation period. Please wear comfortable clothing. Bare feet are preferred. Please bring a water bottle, yoga mat and a blanket for the relaxation portion of the class.

Instructor: Laurah-Lee Christie

Mon, May 26-Jun 23 | 9-10 am | \$40/5 | [138325](#)

Wed, Jul 9-30 | 9-10 am | \$32/4 | [138327](#)

Wed, Aug 6-27 | 9-10 am | \$32/4 | [138329](#)

Bowen Park Complex

Hatha Yoga

This rejuvenating class will release tension from the muscles from everyday life and sports activities. Learn to breathe deeply while experiencing a flow of postures to stimulate the body physically and mentally. Through this practice, you enhance flexibility, increase muscle tone and concentration, detoxify the organs and feel a deep state of relaxation.

Instructor: Karen Shortt

Thu, Apr 3-May 15 | 5-6 pm | \$56/7 | [136879](#)

Mon, Apr 7-May 12 | 5:30-6:30 pm | \$40/5 | [136876](#)

Thu, May 22-Jun 26 | 5-6 pm | \$48/6 | [136880](#)

Mon, May 26-Jun 30 | 5:30-6:30 pm | \$48/6 | [136878](#)

Rotary Field House

Instructor: Melissa Hill D

Thu, Apr 3-May 15 | 10:15-11:15 am | \$56/7 | [136832](#)

Thu, May 22-Jun 26 | 10:15-11:15 am | \$48/6 | [136833](#)

Oliver Woods Community Centre

Vinyasa Yoga

Vinyasa Yoga (also known as flow) links breath to movement using hatha poses in a gently flowing sequence interspersed with static poses. You can expect to build strength, endurance, flexibility, balance and cardiovascular ability. This class builds a foundation for beginners and is also a great option for those continuing students looking for a slower pace without inversions.

Instructor: Karen Shortt

Wed, Apr 2-May 14 | 5-6 pm | \$56/7 | [136882](#)

Wed, May 21-Jun 25 | 5-6 pm | \$48/6 | [136883](#)

Rotary Field House

Instructor: Amber Neuman-Brochez

Thu, Apr 3-May 8 | 6:30-7:30 pm | \$48/6 | [140537](#)

Thu, May 15-Jun 19 | 6:30-7:30 pm | \$48/6 | [140538](#)

Hammond Bay Elementary School (1025 Morningside Dr)

Instructor: Amber Neuman-Brochez

Sat, Apr 5-May 10 | 10-11 am | \$48/6 | [136836](#)

Sat, May 17-Jun 21 | 10-11 am | \$48/6 | [136837](#)

Oliver Woods Community Centre



MEET YOUR Personal Trainers

DUSTIN KING:

Personal Trainer/Weight Room Attendant

Dustin is a passionate personal trainer and online fitness coach with years of experience and multiple fitness certifications. He is currently a certified personal trainer, nutrition coach and flexibility coach working towards his corrective exercise specialization. He specializes in helping people overcome physical and mental barriers while helping to develop exercise knowledge and work ethic and is experienced in helping all ages and abilities.



JESSICA KIMBALL:

Personal Trainer/Weight Room Attendant

Hello! My name is Jess! I really love learning, and people in the gym teach me more than any book! I am certified with NASM (National Academy of Sports Medicine), as well as corrective training and Performance Enhancement with Kettle Bell training certification on the way! I really just want to help people move better.



I practice Olympic lifting when I'm not working, and if I'm not doing that, I'm probably lost in a cave out in the mountains. I believe in working out in a way that supports your lifestyle. There are so many ways to exercise; we will find something you like to help you progress. I look forward to seeing you in the gym!

CINDY GUTIERREZ:

Personal Trainer/Weight Room Attendant

Cindy grew up playing many sports and has been lucky enough to have turned her passion for health and fitness into her career. When you don't see Cindy around the gym, she is most likely creating new healthy recipes or hiking with her dog.



Cindy is certified in a number of areas and has instructed a variety of fitness classes, such as circuit training, group fitness, HIIT and seniors focused classes. Whether your goal is to lose body fat, gain strength, help alleviate chronic pain, or just overall fitness, Cindy has the guidance, motivation and knowledge to customize a program to help you reach your goals.



cityofnanaimo



prc_nanaimo (#ilovemyparksandrec)

Restorative Yoga & Sound

Healing Meditation

This class is a gentle and nurturing form of mat yoga that includes using props to support your practice and the many benefits that come with it. Sound healing is an ancient practice that uses sound and music to promote healing and balance in the body and mind. You will be guided with relaxing sounds and the use of mantras and guided meditation.

Instructor: Gypsy Hart

Thu, Apr 3-May 15 | 9-10 am | \$56/7 | [136830](#)

Thu, May 22-Jun 26 | 9-10 am | \$48/6 | [136831](#)

Oliver Woods Community Centre

Free Your Chakras Yoga

Chakras are subtle energy points starting at the base of your spine extending to the crown of your head. When the chakras are in balance, a flow of energy for optimal emotional and physical well-being is achieved. This series of classes will explore familiar poses (like warrior 2, triangle, cobra, tree) in thoughtful sequences to help activate and free each of your seven chakras.

Instructor: Heidi Robinson

Wed, Apr 2-May 14 | 10:15-11:15 am | \$56/7 | [137823](#)

Oliver Woods Community Centre

Strike a Pose Yoga

Each class will explore a set of poses with a central focus, including twists, side bends or balance poses. Explore the foundations of these poses whether you are new to yoga or an experienced student.

Instructor: Heidi Robinson

Wed, May 21-Jun 25 | 10:15-11:15 am | \$48/6 | [137824](#)

Oliver Woods Community Centre

Men's Yoga

Men, here is a yoga program only for you. Yoga will improve your flexibility, core strength and balance. Yoga will help you improve your athletic performance, relieve pain and soreness from physical labour and reduce stress. Yoga has become a mainstream activity with proven benefits to overall health and well-being. No experience is required.

Instructor: Gypsy Hart

Tue, Apr 1-May 13 | 5:15-6:15 pm | \$56/7 | [136823](#)

Tue, May 20-Jun 24 | 5:15-6:15 pm | \$48/6 | [136825](#)

Oliver Woods Community Centre

Pilates - All Levels

This is a mixed levels mat class designed to strengthen your core, improve balance and posture. We will elongate our muscles and enhance our mind/body connection. Pilates is beneficial for all of our activities.

Instructor: Jane Bockman

Tue, Apr 8-May 27 | 6:30-7:30 pm | \$64/8 | [136812](#)

Tue, Jun 17-Jul 29 | 6:30-7:30 pm | \$48/6 | [136813](#)

Oliver Woods Community Centre

Mat Pilates Stretch - Level 1

Whether you're just starting with pilates or looking to enhance your existing practice, this course will build a strong foundation consisting of exercises designed to boost your core strength, balance, posture, focus and alignment. For those advancing from level one, modifications and variations will be provided.

Instructor: Jane Bockman

Fri, Apr 11-May 30 | 10:15-11:15 am | \$56/7 | [136816](#)

Fri, Jun 20-Jul 25 | 10:15-11:15 am | \$48/6 | [136817](#)

Oliver Woods Community Centre

Yogalates

This class is a cross between yoga and pilates for a total body workout focused on toning the glutes, thighs and stomach. Develop your core strength and stabilization through pilates poses, and improve your flexibility, muscular strength, posture and alignment through poses, breathing and relaxation. Please bring your own yoga mat. *Drop-in is available for morning classes only.*

Instructor: Gypsy Hart

Wed, Apr 2-May 14 | 9-10 am | \$56/7 | [136827](#)

Wed, May 21-Jun 25 | 9-10 am | \$48/6 | [136828](#)

Wed, Aug 6-27 | 9-10 am | \$32/4 | [136829](#)

Thu, Apr 3-May 15 | 5:15-6:15 pm | \$56/7 | [136834](#)

Thu, May 22-Jun 26 | 5:15-6:15 pm | \$48/6 | [136835](#)

Oliver Woods Community Centre

Aqua Yoga

18 Years +

Increase strength, balance and flexibility with the mindful practice of yoga in the water. This class includes some cardio and will finish with savasana in either the hot tub or sauna. Pre-registration is required.

Instructor: Katherine Winge

Sat, May 3-31 | 8-9 am | \$40/5 | [138345](#)

Beban Park Pool

Minds in Motion

Alzheimer Society Fitness & Social Program

This is a fitness and social program for people experiencing early stage memory loss. Clients must register and attend with a friend, family member or caregiver. A certified fitness instructor will lead a fitness portion of the class; an Alzheimer Society facilitator supports the social time for the program. The fee is for both participants.

Instructor: Jean Medley

Thu, Apr 17-May 22 | 10-11:30 am | \$40/5 | [136885](#)

Thu, Apr 17-May 22 | 1-2:30 pm | \$40/5 | [136886](#)

Thu, Jun 5-Jul 3 | 10-11:30 am | \$40/5 | [136888](#)

Thu, Jun 5-Jul 3 | 1-2:30 pm | \$40/5 | [136889](#)

Beban Park Social Centre

Reduce Stress & Pain

With the Alexander Technique

This technique is an embodied approach to increase body awareness and to reduce stress, tension and pain. Learn strategies to change habitual posture and movement that will result in upright poise, effortless movement, better energy, improved well-being and ease in body and mind! Please bring 3 to 4 paperback books to class and wear comfortable clothes.

Instructor: Heike Walker

Mon, May 5 & 12 | 3:30-5:30 pm | \$50/2 | [135860](#)

Bowen Park Complex

People Living with Parkinson's

Using the Alexander Technique

Gain better coping skills with postural challenges and day-to-day living if you are suffering from Parkinson's. Increased body awareness assists in gaining more balance and a better sense of the body. Changing postural habits allows for better gait, more uprightness and more flexibility. This technique assists in enhancing muscle tone for less rigidity, less tremors and more fluidity in movement. Care partners are welcome in this class (also need to pay the fee.) Please bring a few paperback books to class and a yoga mat. If you have any questions, please contact the instructor, Heike Walker, at 778-245-1750 or heike@balanceartsstudio.com.

Instructor: Heike Walker

Mon, May 26-Jun 16 | 3:30-5 pm | \$80/4 | [135861](#)

Bowen Park Complex

Please bring your own mat
to fitness and yoga classes.

City of Nanaimo

ACTIVE PASSES

Get Fit & Save Money!



Get unlimited access to public swimming, skating, weight rooms and gymnasiums while saving money!

- Public/Length Swimming • Public Skating • Hockey Drop-in • Aquafit • Weight Rooms (16 yrs & up)
- Saunas & Steam Rooms • Hot Tubs & Water Slides • Drop-in Public Sports at Oliver Woods Recreation Centre

	Child	Youth/ Senior	Adult	Family
1 Month Pass	\$30.90	\$43.25	\$57.70	\$115.35
1 Year Pass	\$278.10	\$389.35	\$515	\$1028.95

Prices subject to change and include tax.

ONE MONTH OR ONE YEAR OPTIONS

COACH DUSTIN KING

presents



CHECK US OUT
ONLINE FOR
MORE INFO



NANAIMO'S
COMMUNITY
WELLNESS
PARK

FUN. FAMILY. FITNESS.
ALL SUMMER LONG

SUPPORTING ALL AGES AND ABILITIES
HELPING TO FOSTER COMMUNITY CONNECTIONS
SIGN UP FOR DUSTIN'S CLASSES THROUGH THE CITY OF NANAIMO





60+ Classes: no membership required!

Nanaimo Harbour City Seniors

MEMBERSHIP INFORMATION

A Nanaimo Harbour City Seniors' Membership is open to those 60 years and older and is valid for the calendar year.

Your membership provides you with access to several free programs with Parks, Recreation and Culture.

Membership can be purchased at any of our recreation centres, and the annual membership fee is \$47.

Program areas:

- ARTS & CRAFTS
- CARDS & GAMES
- MUSIC & SINGING
- DANCE CLASSES & SOCIALS
- SOCIALS
- FITNESS
- YOGA & TAI CHI
- SPORTS
- POTTERY

THURSDAY NIGHT DANCES

Enjoy a fun evening of dancing with new and old friends to live music in Bowen Park Auditorium.

Thursdays, March 6 to August 28

7-9:30 pm

Members: \$8/evening; Non Members: \$10/evening

Gentle Chair Fitness

This class incorporates gentle fitness movements, yoga and stretching while primarily sitting in a chair. Some movements to standing and balance work will be done with the chair for stability. Stretch, relax, open the joints, release tensions, energize and revitalize.

Instructor: Heather Walker

Tue, Apr 1-29 | 9-10 am | \$40/5 | [137991](#)

Tue, May 6-27 | 9-10 am | \$32/4 | [137994](#)

Wed, Apr 30-May 28 | 9-10 am | \$40/5 | [141175](#)

Tue, Jun 3-24 | 9-10 am | \$32/4 | [138001](#)

Wed, Jun 4-25 | 9-10 am | \$32/4 | [141176](#)

Wed, Jul 2-30 | 9-10 am | \$40/5 | [141177](#)

Tue, Jul 8-29 | 9-10 am | \$32/4 | [138004](#)

Tue, Aug 5-26 | 9-10 am | \$32/4 | [138005](#)

Wed, Aug 6-27 | 9-10 am | \$32/4 | [141178](#)

Bowen Park Complex



For more information, call 250-755-7501, pick up the Harbour City Seniors Newsletter or view online at www.nanaimo.ca.

FITNESS INSTRUCTORS WANTED!

We are looking for BCRPA Certified Fitness Instructors.

Email parksandrec@nanaimo.ca today with your certifications.



cityofnanaimo



[#ilovemyparksandrec](https://www.instagram.com/prc_nanaimo)

MUSICAL ENTERTAINMENT

Harbour City Members: \$3, Non-Members: \$5

All Ages Welcome!



Each month, a talented local performer will play for about 25 minutes. At a 15-minute break, you can help yourself to a coffee, tea and cookies at the buffet. After a snack and a visit, you'll be called to sit back down for another stretch of wonderful music. You can register in advance or pay at the door.

WEDNESDAY, APRIL 16 | 2-3:30 PM | 133571

Island Highway is a musical duo featuring Lesley Carter on vocals and guitar and Rick McDonough on piano and vocals. They play a wide variety of music from nostalgic favourites to current hits (no rap though!). You can expect to engage in sing-alongs, up-beat dance tunes, waltzes and country rock. Original material is included, and requests are welcomed.

WEDNESDAY, MAY 14 | 2-3:30 PM | 137955

Rick Haug plays a mixture of country and rock n' roll songs from the 60s and 70s. Although he is just one person, he uses solid back up tracks to sound like a full band. Come boogie along to some of your old-time favourites. Dancing is encouraged!

WEDNESDAY, JUNE 18 | 2-3:30 pm | 137957

Glen Foster is a Canadian songwriter and entertainer who has released 9 albums of his own music. He has been performing professionally for over 40 years. His song "Friends Like That" was play-listed on the Cashbox Top 50 picks of 2021. This month, Glen and his partner **Marg** will play some original songs and a mixture of popular classic rock, dance tunes and modern-day standards.

Gentle Yoga

This a gentle hatha-style class that focuses on gentle stretches before each pose. Time is given to rest or relax briefly after anything that is strenuous. Please bring your own yoga mat and other yoga accessories you might need.

Instructor: Heather Honey

Fri, Apr 4-25 | 10:30-11:30 am | \$24/3 | 138179

Fri, May 2-30 | 10:30-11:30 am | \$40/5 | 138180

Fri, Jun 6-27 | 10:30-11:30 am | \$32/4 | 138181

Nanaimo Ice Centre Lounge

Fri, Jul 4-25 | 10:30-11:30 am | \$32/4 | 138182

Fri, Aug 1-29 | 10:30-11:30 am | \$40/5 | 138183

Bowen Park Tennis Wall (outdoors)

Yoga, Meditation, Pranayama

Teachings have been handed down for thousands of years and are still relevant today. With yoga, you open up the body and increase flexibility, strength and clarity of mind. Pranayama leads the breath with easy techniques to enhance (prana) subtle energy in both body and mind.

Instructor: Thommas Michaud

Wed, Apr 2-May 7 | 10:45 am-12 pm | \$48/6 | 135042

Wed, May 21-Jun 25 | 10:45am-12 pm | \$48/6 | 135044

Rotary Field House

Sculpt & Tone

Get a warm up, cardio and resistance training, along with a cool down/stretch that benefits older adults for bone and joint health by developing lean muscle and increasing your metabolism.

Instructor: Heather Walker

Tue, Apr 1-29 | 10:15-11:15 am | \$40/5 | 138006

Tue, May 6-27 | 10:15-11:15 am | \$32/4 | 138009

Tue, Jun 3-24 | 10:15-11:15 am | \$32/4 | 138012

Tue, Jul 8-29 | 10:15-11:15 am | \$32/4 | 138013

Tue, Aug 5-26 | 10:15-11:15 am | \$32/4 | 138014

Bowen Park Complex

Instructor: Heather Walker

Wed, Apr 2-30 | 10:15-11:15 am | \$40/5 | 141183

Wed, May 7-28 | 10:15-11:15 am | \$32/4 | 141184

Wed, Jun 4-25 | 10:15-11:15 am | \$32/4 | 141185

Wed, Jul 2-30 | 10:15-11:15 am | \$40/5 | 141186

Wed, Aug 6-27 | 10:15-11:15 am | \$32/4 | 141187

Bowen Park Complex

Thu, Apr 3-24 | 10:30-11:30 am | \$24/3 | 139297

Thu, May 8-29 | 10:30-11:30 am | \$32/4 | 139299

Thu, Jun 5-26 | 10:30-11:30 am | \$32/4 | 139300

Thu, Jul 3-31 | 10:30-11:30 am | \$40/5 | 139305

Thu, Aug 7-28 | 10:30-11:30 am | \$32/4 | 139309

Beban Park Social Centre

Please bring your own mat to fitness and yoga classes and wear clean indoor shoes.

Balanced Movement for Life NEW!

Improve balance, posture and coordination in this low-impact outdoor class designed for older adults and beginners easing into fitness. With a focus on mobility and strength, sessions include warm-up cardio, balance drills, accessible strength exercises and finish with a meditative cool-down.

Instructor: Dustin King

M/W/F, Apr 2-30 | 9-9:50 am | \$88/11 | [140598](#)

M/W/F, May 2-30 | 9-9:50 am | \$96/12 | [140604](#)

M/W/F, Jun 2-30 | 9-9:50 am | \$104/13 | [140619](#)

M/W/F, Jul 2-30 | 9-9:50 am | \$104/13 | [140620](#)

M/W/F, Aug 1-29 | 9-9:50 am | \$96/12 | [140621](#)

Beban Park (outdoors near Altrusa Park)

Saturday Stretch NEW!

Keep your muscles flexible and healthy to maintain a range of motion in the joints. Proper stretching increases muscle blood flow, decreases the risk of injuries and improves your ability to do daily activities.

Instructor: Jyoti Singh

Sat, Apr 5-26 | 2-3 pm | \$24/4 | [139276](#)

Sat, May 3-31 | 2-3 pm | \$30/5 | [139278](#)

Sat, Jun 7-28 | 2-3 pm | \$24/4 | [139281](#)

Sat, Jul 5-26 | 2-3 pm | \$24/4 | [139269](#)

Sat, Aug 2-30 | 2-3 pm | \$30/5 | [139270](#)

Bowen Park Complex

Deep Stretch NEW!

This class is designed for anyone who spends long hours sitting experiencing tightness in their hips, shoulders and lower back. If you are looking to improve flexibility and mobility, this is for you! No prior experience is required; suitable for all fitness levels and abilities.

Instructor: Jyoti Singh

Mon, Apr 7-28 | 1:30-2:30 pm | \$24/4 | [138018](#)

Mon, May 5-26 | 1:30-2:30 pm | \$18/3 | [138019](#)

Mon, Jun 2-23 | 1:30-2:30 pm | \$24/4 | [138020](#)

Mon, Jul 7-28 | 1:30-2:30 pm | \$24/4 | [138090](#)

Mon, Aug 11-25 | 1:30-2:30 pm | \$18/3 | [138091](#)

Bowen Park Complex



QiGong, Meditation

Using the body with mindful movements, static poses, breath, concentration, visualization and the Chi of internal energy (Qi) in the body, increase vitality, strength and clarity of mind.

Instructor: Thomas Michaud

Thu, Apr 3-May 8 | 11 am-12:15 pm | \$48/6 | [135031](#)

Thu, May 22-Jun 26 | 11 am-12:15 pm | \$48/6 | [135032](#)

Oliver Woods Community Centre

Yoga, QiGong & Meditation

This class is for all ages with a good fitness level. This practice can help lower stress and increase focus.

Instructor: Thomas Michaud

Tue, Apr 1-May 6 | 3:45-5 pm | \$48/6 | [135039](#)

Tue, May 20-Jun 24 | 3:45-5 pm | \$48/6 | [135041](#)

Oliver Woods Community Centre

Balance & Mobility

The instructor will lead you through a variety of exercises to improve stability and confidence to perform day-to-day activities. The workout may include cardiovascular components, lower and upper body strength training (using weights and bands), balancing exercises and yoga-inspired techniques. The exercises are designed to improve posture, build muscle strength and speed, sharpen reflexes, expand flexibility and strengthen the core.

Instructor: Christine Kondo

Wed, Apr 2-Apr 30 | 3-4 pm | \$40/5 | [138184](#)

Wed, May 7-28 | 3-4 pm | \$32/4 | [138185](#)

Wed, Jun 4-25 | 3-4 pm | \$32/4 | [138186](#)

Wed, Jul 2-30 | 3-4 pm | \$40/5 | [138187](#)

Wed, Aug 6-27 | 3-4 pm | \$32/4 | [138188](#)

Oliver Woods Community Centre

Dance Fitness

Get the blood flowing with this easy-to-follow choreographed class set to music. Open to those who want a fitness course where you can go at your own pace, as well as those who want a higher intensity cardio workout. All stretches and flexibility work are designed for women.

Instructor: Mary Keel

Sat, Apr 5-May 3 | 9-10 am | \$32/4 | [136877](#)

Sat, May 31-Jun 28 | 9-10 am | \$40/5 | [136891](#)

Sat, Jul 5-26 | 9-10 am | \$32/4 | [136893](#)

Bowen Park Complex

Argentine Tango

Argentine Tango is a very romantic dance suitable for all ages. Come join these keen dancers. *Nanaimo Harbour City Seniors enjoy this course as part of their membership. No formal instruction is provided.

Tue, Apr 1-Aug 26 | 6:30-9 pm | \$42/21 | [135596](#)

Bowen Park Complex

Zumba Gold D

Intended for those new to Zumba or those 60 +. Ditch the workout and join the party! This Latin and international dance-based fitness class will get you moving to a variety of music styles.

Instructor: Mary Keel

Mon, Apr 7-May 5 | 9-10 am | \$32/4 | [136840](#)

Mon, May 26-Jun 23 | 9-10 am | \$40/5 | [136841](#)

Mon, Jun 30-Jul 28 | 9-10 am | \$40/5 | [136842](#)

Wed, Apr 2-30 | 10:15-11:15 am | \$40/5 | [136843](#)

Wed, May 28-Jun 25 | 10:15-11:15 am | \$40/5 | [136844](#)

Wed, Jul 2-30 | 10:15-11:15 am | \$40/5 | [136845](#)

Oliver Woods Community Centre

Improve Posture, Change Movement Habits

Exploring the Alexander Technique

Improve posture, reduce stress and expand your awareness. This is a hands-on class where we explore the body's naturally efficient design for movement and understand how we interfere with it through ingrained habits. We will use practical experiments to learn how to notice tightening, release muscle tension, re-establish better balance and move with ease. Instructors will use visual, verbal and kinaesthetic (hands-on) cues to teach better movement. Participants should be able to do gentle movements of walking, sitting and lying on a mat.

Instructor: Heather Walker

Tue, May 27-Jun 24 | 3:45-5:15 pm | \$100/5 | [137978](#)

Bowen Park Complex

Nordic Walking - Beginner

Nordic walking is an activity that is suitable for people of all ages, abilities and skills. Learn how to make the most of those poles while you walk. Please bring your own set if you have them, or some can be borrowed upon request.

Instructor: Kiki

Sat, May 10, 17 & 31 | 10:30 am-12 pm | \$42/3 | [134860](#)

Beban Park Social Centre



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prc_nanaimo (#ilovemyparksandrec)

FREE (OR ALMOST FREE) PROGRAMS

Especially for 60+ Participants

Mobile Hearing Clinic

Ears To You Mobile Hearing Clinic offers mobile hearing tests to people in Nanaimo helping treat and diagnose hearing issues. If you think you're dealing with hearing loss or need any assistance with adjusting or replacing your hearing aids, our ear care professionals can help you with quick, affordable diagnostic services and effective solutions. Our mobile hearing clinic can come straight to your front door. Our services include hearing aids, accessories and hearing tests. This is FREE, but please call 250-755-7501 for an appointment.

Instructor: Ears to Your

Tue, Apr 8 9 am-12 pm	Tue, Apr 22 9 am-12 pm
Tue, May 13 9 am-12 pm	Tue, May 20 9 am-12 pm
Tue, Jun 10 9 am-12 pm	Tue, Jun 24 9 am-12 pm
Tue, Jul 8 9 am-12 pm	Oliver Woods Comm. Centre
Tue, Aug 12 9 am-12 pm	

Bowen Park Complex



Bowen Park Library

Those interested in borrowing books at no charge are welcome to visit our library. Please bring them back to share with others. Limit two books per visit.

M-F | 8:30 am-4:30 pm

Bowen Park Complex



Smart Phone Workshops

Join us for three free workshops designed for seniors to help master their smartphones. We will review essentials like phoning, messaging and camera functions. We will also explore downloading and using apps, particularly to learn how to make appointments with Lifelabs and to find results on MyCareCompass empowering you to manage your digital health care with ease. We will also discuss security and online safety.

Wed, Apr 9, 23 or 30 | 1:30-3:30 pm | [137977](#)

Bowen Park Complex



Fraud Prevention for Seniors

Industry experts, including Constable O'Brien, share their knowledge on how to avoid a variety of scams.

Wed, Apr 23 | 10:30 am-12:30 pm | [140492](#)

Bowen Park Complex



Will & Estate Planning

This FREE course is available to anyone. During this presentation, helpful hints will be shared on the preparation of wills and estate planning.

Instructor: Stuart Green, Lonsdale Funeral Group Inc.

Wed, May 28 | 2-3:30 pm | [137975](#)

Bowen Park Complex



Products Available to Age at Home

Be proactive. Come and learn about various products available like walkers, stair lifts, ramps plus many other products which will assist you to age at home more easily. Coffee and treats will be provided. Presented by Helena Brennert, BSN and Linden Lennox, Sales Representative with HME Home Health.

Wed, Jun 11 | 2-3 pm | [140496](#)

Bowen Park Complex



Hello, Neighbour

Come have coffee, meet and greet other seniors who live near (but not limited to) the Oliver Woods Community Centre area. This is open to Nanaimo Harbour City Members and non members for a chance to socialize and listen to short presentations. Coffee and goodies are provided. Please bring your own mug.

Members \$6/time; Non Members: \$7.50/time

Wed, Apr 2, May 7, Jun 4 | 10-11 am | [140493](#)

Oliver Woods Community Centre



Wild Wednesdays Family Adventure

Join us on an outdoor adventure to some of Nanaimo's premier parks. Great for newcomers and families. Walks/hikes will range between 3 to 6 kilometres with some fun breaks in between to take in the scenery or stretch it out with a few easy yoga poses.

Wed, Jul 9 | 6-7:30 pm | \$5/1 | [135759](#)

Westwood Lake Park - First Beach

Wed, Jul 23 | 6-7:30 pm | \$5/1 | [135810](#)

Jack Point Park

Wed, Aug 6 | 6-7:30 pm | \$5/1 | [135811](#)

Bowen Park

Wed, Aug 20 | 6-7:30 pm | \$5/1 | [135812](#)

Linley Valley Park



Stroll with a Pro

Walk with one of our local biologists for one of these FREE sessions to unlock the mysteries of local birds.

Songbirds

Tue, Apr 29 | 6-7:15 pm | [132605](#)

Tue, May 27 | 6-7:15 pm | [132606](#)

Tue, Jun 10 | 6-7:15 pm | [132607](#)

Birds of Prey

Tue, Jul 8 | 6-7:15 pm | [132603](#)

Tue, Aug 19 | 6-7:15 pm | [132604](#)

Buttertubs Marsh (Miner's Cottage)



TRIPS with JANIE'S BUS

Relax...and let Janie do the driving! These trips are for all ages. Great for yourself or bring the family along!
Meals are not included, and some trips have extra fees to cover ferry or admission costs.

Dining Out!

Discover some local cuisine! Meals are not included; walker accessible.

EXTREME EATZ & GRILL AT ARROWSMITH GOLF COURSE

Mon, Apr 7 | 4-8:30 pm | \$35/1 | [139123](#)

KINGFISHER RESTAURANT IN COURTENAY

Sun, May 4 | 1-8 pm | \$45/1 | [139143](#)

THE VINE RESTAURANT IN COWICHAN BAY

Sat, May 17 | 3-8 pm | \$35/1 | [139150](#)

YOUBOU BAR & GRILL

Tue, Jun 3 | 3-8 pm | \$35/1 | [139222](#)

GENOA BAY CAFE IN COWICHAN BAY

Sun, Jun 29 | 3-8 pm | \$35/1 | [139220](#)

KATERINA'S WEST COAST TAVERNA IN LANTZVILLE

Sun, Jul 13 | 4-8 pm | \$20/1 | [139245](#)

THE BAYSIDE RESTAURANT & LOUNGE IN PARKSVILLE

Sun, Jul 27 | 4-8 pm | \$35/1 | [139246](#)

THE CROW & GATE PUB

Sun, Aug 3 | 4:30-8 pm | \$35/1 | [139282](#)

BOOMERANGS RESTAURANT IN PORT ALBERNI

Wed, Aug 27 | 3:30-8 pm | \$35/1 | [139285](#)

Meet at Bowen Park

Victoria

Spend the day shopping, dining, strolling through a museum, meeting up with friends/family, gambling or catching an IMAX show.

Sun, Jun 15 | 8 am-5:30 pm | \$55/1 | [139201](#)

Tue, Jul 15 | 8 am-5:30 pm | \$55/1 | [139233](#)

Fri, Aug 15 | 8 am-5:30 pm | \$55/1 | [139263](#)

Meet at Bowen Park

Victoria's Two Castle Tour

Visit Craigdarroch Castle followed by lunch at the Spaghetti Factory. After lunch, go to Hatley Castle and the Japanese Garden Tour and a trip to see Esquimalt Lagoon.

Sat, May 31 | 8 am-5:30 pm | \$150/1 | [139140](#)

Meet at Bowen Park

Farmers' Market Trips

Visit the various Farmers' Markets at beautiful Island locations. This program is walker friendly.

Duncan

Sat, Apr 5 | 9 am-5 pm | \$35/1 | [139102](#)

Qualicum Beach

Sat, May 3 | 9 am-5 pm | \$35/1 | [139127](#)

Meet at Bowen Park

Coastal Black Creek Tulip Festival

Take in the side variety of tulips and daffodils and then visit the baby barnyard animals and the hay bale maze.

Fri, Apr 18 | 8 am-6 pm | \$95/1 | [139117](#)

Meet at Bowen Park

Harrison Tulip Festival

Harrison Tulip Festival, lunch at Harrison Hot Springs at the Black Forest and Schnitzel House.

Tue, Apr 22 | 7:30 am-8:30 pm | \$185/1 | [139121](#)

Meet at Bowen Park

Island Nursery Tour (South Island)

Get ready for the garden season through this nursery tour.

Tue, May 6 | 8 am-5:30 pm | \$45/1 | [139128](#)

Meet at Bowen Park

Quadra Island

We will visit the museum, lighthouse and Rebecca Spit and stop for dinner on the way home.

Tue, May 27 | 7 am-9 pm | \$125/1 | [139139](#)

Meet at Bowen Park

Salt Spring Island Market

We will spend time in Ganges at the Saturday Market and Salt Spring Island Cheeseworks.

Lunch in Ganges is your choice.

Sat, Jun 7 | 8 am-6 pm | \$125/1 | [139184](#)

Meet at Bowen Park

Thrift Shop Hop

Travel to discover treasures in the local thrift stores. This program is walker friendly.

Port Alberni

Fri, Jun 13 | 8 am-5:30 pm | \$45/1 | [139197](#)

Campbell River

Sat, Jul 12 | 8 am-5:30 pm | \$55/1 | [139232](#)

Meet at Bowen Park

Elk Falls & Campbell River

Discover beautiful Elk Falls! We will stop for lunch at Browns by the Bay floating restaurant.

Sat, Jun 14 | 8 am-5 pm | \$75/1 | [139199](#)

Tue, Jul 29 | 8 am-5 pm | \$75/1 | [139237](#)

Meet at Bowen Park

Gabriola Island

We will spend time exploring Gabriola Island visiting the Alpaca Farm. Lunch will be at the Surf Lodge.

Tue, Jun 17 | 8 am-5 pm | \$115/1 | [139207](#)

Meet at Bowen Park

Ucluelet & Tofino

Spend time at the beach eating lunch (pack your own or go into Tofino for lunch and do some shopping). We will go to Ucluelet to the lighthouse and take in the Wild Pacific Trail.

Fri, Jun 20 | 8 am-8 pm | \$75/1 | [139211](#)

Sun, Jul 20 | 8 am-8 pm | \$75/1 | [139235](#)

Wed, Aug 20 | 8 am-8 pm | \$75/1 | [139265](#)

Meet at Bowen Park

Saturna Island

We will spend time on Saturna Island exploring East Point Park and Mount Warburton Pike.

Lunch will be at Saturna Lighthouse Pub.

Tue, Jul 8 | 7 am-8 pm | \$125/1 | [139228](#)

Meet at Bowen Park

Sidney by the Sea

Learn about the different sea creatures that live in the Salish Sea at the Shaw Discovery Centre (not included). Take a walk along the waterfront and check out the local shops. This program is self-guided and walker accessible.

Thu, Jul 10 | 8 am-5:30 pm | \$55/1 | [139229](#)

Sun, Aug 10 | 8 am-5:30 pm | \$55/1 | [139256](#)

Meet at Bowen Park

Filberg Festival

Check out the Filberg Festival in Comox that has over 100 vendors and food trucks! This program is walker friendly.

Fri, Aug 1 | 10 am-3 pm | \$75/1 | [139247](#)

Meet at Bowen Park

Butchart Garden Fireworks

Let's go enjoy the garden and fireworks! Bring a lunch or eat at the Blue Poppy Restaurant. Make sure you bring a lawn chair. This program is walker friendly and self-guided.

Sat, Aug 23 | 2-11:30 pm | \$85/1 | [139279](#)

Sat, Aug 30 | 2-11:30 pm | \$85/1 | [139280](#)

Meet at Bowen Park

See the Harbour City Seniors Newsletters for more trip options. Meals are not included, and some trips have extra fees to cover ferry or admission costs.



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