

Parks, Recreation & Culture Newsletter

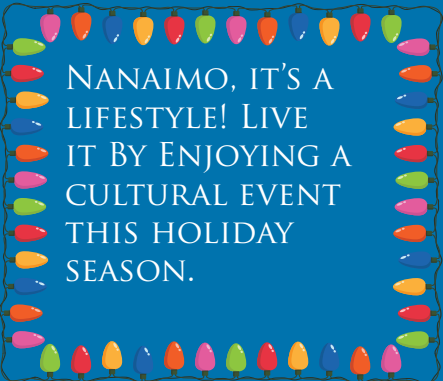
Nanaimo Cultural Committee at Work

The volunteer members of the City of Nanaimo Cultural Committee have had a busy year and are looking forward to another year supporting the local cultural scene.

Recently, the committee hosted a Cultural Forum attended by 50 people representing a variety of art and cultural organizations. The group enjoyed presentations on fundraising, grant writing and a session on collaborative marketing.

A key element of the forum was a discussion about the community's current cultural strategy which was established in 2008. It was clear that the group is committed to the strategy and moving forward.

The group has decided to host working sessions more frequently throughout the coming year to ensure that momentum is not lost. If you are involved in a local arts or cultural group interested in being involved in future sessions, contact Bob Kuhn, Manager Recreation & Culture Services, at 250 755 7512 or email him at bob.kuhn@nanaimo.ca



NANAIMO, IT'S A
LIFESTYLE! LIVE
IT BY ENJOYING A
CULTURAL EVENT
THIS HOLIDAY
SEASON.

Calendar of Events

Happy Holiday Family Fun Movie

Nanaimo Aquatic Centre
Saturday, December 24
2-4pm

Have a splashing great time this Christmas Eve with the whole family!

Winter Wonderland

Frank Crane Arena
December 26-30

*times vary- please call for details

Get out of the house & join us for a loonie skate at 'Rockefeller Centre'. A Nanaimo family holiday tradition! Skate & helmet rentals included.

Finale 2011

Beban Social Centre
Saturday, December 31
5-10pm

This is THE family friendly New Years party! With countdowns at 8pm & 10pm the event is great for families with little ones of all ages. Enjoy skating, swimming, live entertainment, crafts & a lot of fun for only \$10/person or \$25/family of four. Tickets are on sale now at Beban Park or at the door.

New Years Day Swim & Skate

Nanaimo Aquatic Centre
January 1, 2012
12-5pm

Frank Crane Arena
11am - 1:30pm

Start the year off right!

Undersea Adventure Family Fun Movie

Beban Pool
Saturday, January 7
2-4pm

Spend a winter afternoon at the pool!

Winteropoly Family Fun

Nanaimo Aquatic Centre
Saturday, January 28
2-4pm

Spend an afternoon playing together!

Share the Nanaimo lifestyle!

Nanaimo Parks, Recreation & Culture Gift Cards make perfect stocking stuffers! The cards are reloadable & can be used for program registrations, room rentals, group contracts & public admissions. They can be purchased in denominations of \$20, \$50 or \$100.

Until December 18th if you email: giftcards@nanaimo.ca you will be entered to win a PRC gift card. Just email your name & phone number & include "Parks, Recreation and Culture gift card contest" in the subject line. Please one entry per person.

JUST FOR YOU...

ASK FOR YOUR "PARKS, RECREATION AND CULTURE NEWSLETTER SUBSCRIBERS GIFT" AT YOUR LOCAL RECREATION CENTRE BEFORE DECEMBER 15 (OR UNTIL SUPPLIES RUN OUT).



Did you hear?

- You can now view drop-in sport times, aquacise sessions and wave times online & download them to your smart phone or outlook calendar. [CALENDAR](#)
- We've updated our parks search database on our [website](#) You can now search our 200+ parks by activity, location and amenities. We'd love to have some photos to add so please submit those here: [Submit Photo](#)
- The coho have returned! Head down to the Millstone Side Channel in Bowen Park to see for yourself the success of the side channel program.
- The call is out for expression of interest in the temporary public art program for 2012/2013. These pieces will be on display at Maffeo Sutton Park & McGregor Plaza. If you are interested in finding out more, check out the [bid package](#).
- You can find the monthly Nanaimo Harbour City Senior newsletter online [here](#) for a complete list of programs, events & activities for those 60+ .
- We offer onsite drop-in childcare available at both Nanaimo Aquatic Centre (Mon-Fri, 9am - 12pm) AND Oliver Woods Community Centre (Mon & Wed, 9-11am & Fri, 9am - 12pm).

Feature Programs- call 250 756 5200 or visit ireg.nanaimo.ca for more information about these and other great programs

Group Personal Training Classes- Take your fitness regime to a new level. Learn the basics of weight training in a group setting. Your commitment to the group and to yourself will inspire you to reach your fitness goals. New sessions starting in January at both Beban & NAC weight rooms. [LINK \(page 47\)](#)

Snowshoe Adventure on Mt. Washington - If you can walk, you can snowshoe! Enjoy the incredible backcountry and be awed by vistas of snow capped mountain peaks. This trip is geared for those with moderate fitness levels, participants will snowshoe 2- 4kms. January 20, \$79 includes park pass, transportation, snowshoe rental and guide. Register [here](#) or call 250 756 5200.

Adaptafit- is a water based physical therapy program for people with severe mobility restrictions. Explore the opportunity to leave your wheelchair, walker or cane behind for a while. Increase your mobility and range of motion as you work on balance, strengthening and stretching in warm water. Please bring an assistant into the water for support. Join us at the Nanaimo Aquatic Centre Thursdays 9:45am to 10:30am. No pre-registration required.

Assistant Water Safety Instructor Course- if you are interested in exploring a career in aquatics with the City of Nanaimo, this is an essential course. Our next session begins January 14. [LINK](#)

Back Health for Active Living- learn proper lifting techniques, ideal postures, how to exercise safely, basic exercise and stretching techniques, under the guidance of a chiropractor. Register here [LINK](#).

Pooh Bears - this is a fun-filled program designed to help with your preschooler's socialization. They will enjoy arts and crafts, story and gym time and free play. Join us at Bowen Park beginning Friday, January 6. [LINK](#)

Full Body Boot Camp- Get fit and tone in your neighbourhood (Chase River). Each session will include a dynamic warm up, cardio workout, strength work out and stretch session. Monday 6-7pm, at Chase River Boys and Girls Club, starting January 9. [Barcode:110437](#)

Minds in Motion- is a fitness and social program for people experiencing early stage memory loss. You and a friend, family member or caregiver are invited to join a certified fitness instructor and an Alzheimer Society facilitator for these two hour sessions. [Barcode:106635](#)

Music Movers & Shakers- children learn basic memorization skills, listening skills, incorporate movement with rythm, and increase their knowledge of language and sounds. Children come together with ideas for a song which we will write in class and perform at the end of the session. Age groups include: 6-12 mos, 13-18 month, and 1.5 to 3 years. [LINK](#)

Family & Child Stick and Puck- this drop-in hockey program for families and unaccompanied children, provides an opportunity to practice hockey skills in a non-game setting. Please bring gloves, sticks and pucks. Helmets are mandatory for ALL participants. Skate and helmet rentals available. Fridays at Nanaimo Ice Centre until December 18 and January 2-March 25.

IF YOU'VE TAKEN A PROGRAM WITH US THIS FALL WE'D LOVE TO HEAR WHAT YOU THOUGHT. PLEASE TAKE A FEW MOMENTS TO COMPLETE THIS [SURVEY!](#)

Temporary Public Art Program Returns

Artists interested in participating in the 2012/2013 season of Nanaimo's popular public art program are invited to submit their expression of interest for both small and large scale pieces. The bid documents can be found [HERE](#)

An information session will be held Thursday, December 8 from 5-6pm at the Nanaimo Art Gallery. This will be a great time to ask any questions you may have about the program and the submission process.

The chosen pieces will be installed at Maffeo Sutton Park and McGregor Plaza along Nanaimo's waterfront. At the end of the season, pieces are auctioned off with proceeds going to the Nanaimo Art Gallery and the Public Art Program. The auction of the 2011/2012 pieces will take place in late April 2012.

For more information about the public art program, please contact Kirsty MacDonald at 250 755 7506 or kirsty.macdonald@nanaimo.ca



Oliver Woods Community Centre Holiday Fitness & Yoga Sessions-*find some inner peace and calm this holiday season.*

OLIVER WOODS COMMUNITY CENTRE

Holiday Drop-in Fitness and Yoga Schedule

December 19-30, 2011



Fee:

\$5 with the donation of a non-perishable food item and \$8 without.



250.756.5200 * www.nanaimo.ca

Mon	Tue	Wed	Thu	Fri
19 Kick it Up a Notch Shelley Howlett 9:30-10:30am Rookie Bootcamp Ruth Sabourin 5:30-6:30pm	20 Gentle Yoga Debbie Beck 9:30-10:30am Crossfit Conditioning Debbie Beck 5:30-6:30pm	21 Kick it Up a Notch Shelley Howlett 9:30-10:30am	22 Rookie Boot Camp Ruth Sabourin 9:30-10:30am	23 Rookie Boot Camp Ruth Sabourin 9:30-10:30am
26 No classes	27 No classes	28 Core Conditioning Dominique Sullivan 9:30-10:30am	29 Yoga 123 Dominique Sullivan 9:30-10:30am Gentle Yoga Debbie Beck 5:30-6:30pm	30 Crossfit Conditioning Debbie Beck 9:30-10:30am

Happy holidays and all the best for an active New Year from all of us at City of Nanaimo, Parks, Recreation and Culture.

CONTACT US:



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Internet Registration: ireg.nanaimo.ca

Questions or comments? E-mail us at askprc@nanaimo.ca

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Next newsletter February 2012