

NANAIMO PARKS, RECREATION & CULTURE

Winter 2024 Activity Guide

January to March 2024



recreation.nanaimo.ca
250-756-5200
Registration starts Wednesday, November 22.



CITY OF NANAIMO
THE HARBOUR CITY

PARKS, RECREATION & CULTURE



EXPERIENTIAL, LIFE- CHANGING LEARNING

NOW ACCEPTING 2024/2025 APPLICANTS

At Aspengrove School, we provide our students with an experiential, personalized school experience. Whether your child is in preschool or Grade 12, our outstanding teachers will provide them with the tools, resources, and care to flourish and develop into responsible, caring, & capable leaders.

**PRESCHOOL - GRADE 12 | INTERNATIONAL BACCALAUREATE CURRICULUM
EXTRACURRICULAR ACTIVITIES & CARE OFFER UNTIL 5PM**

Nanaimo, BC | 250.390.2201 | [AspengroveSchool.ca](https://www.AspengroveSchool.ca)



**ASPENGROVE
SCHOOL**

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NOTE FOR OUR PATRONS

We are working very hard to bring you as many recreation opportunities as possible. We are, however, facing a number of challenges, including staff shortages and increased demand.

Everyone has a responsibility for using appropriate words and actions when using the facilities and communicating with each other. Changes and cancellations can occur, so please be sure to check our schedules, website and social media channels for changes that could impact you. We will try hard to give as much notice as possible.

Advertising Disclaimer

The City of Nanaimo reserves the right to accept or reject any advertisement submitted for publication in its publications and on its websites. The City of Nanaimo does not investigate claims made in advertisements appearing in publications or on its websites. Advertisements in City of Nanaimo publications and websites in no way implies an endorsement or approval by the City of Nanaimo of any advertising claims or of the advertiser, its products or services. The City of Nanaimo disclaims any liability in connection with advertising appearing in publications or on its website.

The Nanaimo Parks, Recreation and Culture Activity Guide is produced four times a year by the City of Nanaimo for each season. The guide is available online at recreation.nanaimo.ca. Interested in advertising in the next guide? Contact parksandrecreation@nanaimo.ca or 250-755-7510.

Some photography inside guide was supplied by Rachel Kirk Photography, Greg Howard Photography and Sabrina Patrice Photography.

Cover photo by Sabrina Patrice Photography.
Photo of instructor of Spin Classes held at Nanaimo Aquatic Centre.



Welcome to Parks, Recreation & Culture!

This winter, we invite you to “Make a Move” with us by participating in a variety of fitness, sports and wellness programs. Through the ReImagine Nanaimo process, you told us how important it is to live in a healthy community full of opportunities to play sports, attend a fitness or wellness class and walk a variety of trails that connect neighbourhoods. We are striving to offer ways to help you get healthy and fit because we realize that healthy citizens lead to a healthy community. Swimming, skating, yoga, weight training, fitness, sports...we have it for you at Nanaimo’s Parks, Recreation and Culture!



Stay Connected with Us.

- Check our website (recreation.nanaimo.ca) for updates on programs, special events or severe weather cancellations.
- “Like” us on Facebook ([cityofnanaimolocalgovernment](https://www.facebook.com/cityofnanaimolocalgovernment)).
- Follow us on Twitter ([@cityofnanaimo](https://twitter.com/cityofnanaimo)).
- Follow us on Instagram ([@prc_nanaimo](https://www.instagram.com/prc_nanaimo) & [@cityofnanaimo](https://www.instagram.com/cityofnanaimo)).
- Listen to local radio stations for updates that need immediate communication, including information on severe weather closures or cancellations (106.9 WOLF, 102.3 WAVE, 91.7 COAST).
- Please ensure we have up-to-date contact information for you, including your email in case we need to contact you.



WINTER ACTIVITY GUIDE

View online for the latest details!

Waitlists, inclement weather, instructor availability and other factors lead to program and schedule changes. Be sure to check our online Activity Guide for the latest information.



recreation.nanaimo.ca
(click on Activity Guide)

WINTER

Special Events

DECEMBER

· Tue, Dec 5	6:30-8 pm	Glow in the Dark Skate	Frank Crane Arena
· Sun, Dec 17	2-4 pm	Snowball Swim	Nanaimo Aquatic Centre
· Sun, Dec 17	4-6 pm	Starlight Skate	Nanaimo Ice Centre
· Wed, Dec 20	6:30-8 pm	Skate with Santa	Frank Crane Arena
· Thu, Dec 21	6:15-7:45 pm	Skate with Santa	Nanaimo Ice Centre
· Dec 24, 26-30		Winter Wonderland	Frank Crane Arena (see page 11)
· Tue, Dec 26	12-4 pm	Boxing Day Swim	Nanaimo Aquatic Centre
· Sun, Dec 31	10:45-11:45 am	New Year's Eve Stick 'n' Puck	Frank Crane Arena
· Sun, Dec 31	12-2 pm	New Year's Eve Everyone Welcome	Frank Crane Arena
· Sun, Dec 31	2:15-3:15 pm	New Year's Eve Stick 'n' Puck	Frank Crane Arena
· Sun, Dec 31	3:30-5:30 pm	New Year's Eve Everyone Welcome	Frank Crane Arena
· Sun, Dec 31	6-8 pm	New Year's Eve Splash	Nanaimo Aquatic Centre

JANUARY

· Mon Jan 1	various times	New Year's Day Skates	Frank Crane (see page 11)
· Mon, Jan 1	12-5 pm	ACTIVeate New Year's Event	Beban Park (see page 77)
· Tue, Jan 2	6:30-8 pm	Glow in the Dark Skate	Frank Crane Arena
· Sun, Jan 14	4-6 pm	Starlight Skate	Nanaimo Ice Centre

FEBRUARY

· Mon, Feb 5	10 am-2 pm	Pro-D Day Swim	Nanaimo Aquatic Centre
· Tue, Feb 6	10 am-2 pm	Pro-D Day Swim	Nanaimo Aquatic Centre
· Tue, Feb 6	6:30-8 pm	Glow in the Dark Skate	Frank Crane Arena
· Sun, Feb 18	4-6 pm	Starlight Skate	Nanaimo Ice Centre
· Mon, Feb 19	11:30 am-1 pm	Family Day Stick 'n' Puck	Frank Crane Arena
· Mon, Feb 19	1:15-3:15 pm	Family Day Everyone Wel. Skate	Frank Crane Arena
· Mon, Feb 19	12-4 pm	Family Day Swim	Nanaimo Aquatic Centre

MARCH

· Tue, Mar 5	6:30-8 pm	Glow in the Dark Skate	Frank Crane Arena
· Fri, Mar 15	6-8 pm	Super Hero Swim	Nanaimo Aquatic Centre
· Fri, Mar 16	6-8 pm	Super Hero Swim	Nanaimo Aquatic Centre
· Sun, Mar 17	4-6 pm	Starlight Skate St. Patrick's Skate	Nanaimo Ice Centre
· Mar 22-Apr 22		Water to Earth Month	
· Sat, Mar 23	1:15-2:45 pm	Earth Hour Skate	Frank Crane Arena
· Fri, Mar 29	12-4 pm	Good Friday Swim	Nanaimo Aquatic Centre
· Fri, Mar 29	10:30-11:30 am	Good Friday Stick 'n' Puck	Nanaimo Ice Centre
· Fri, Mar 29	1:30-3 pm	Good Friday Everyone Welcome	Nanaimo Ice Centre

Family Day

2024

Fam Jam at

OLIVER WOODS COMMUNITY CENTRE

Drop in for FREE family play time! Enjoy arts, crafts, kinder-gym, open gym activities and more!

Story Walk at

OLIVER WOODS COMMUNITY CENTRE

Swimming at

NANAIMO AQUATIC CENTRE

Skating at

FRANK CRANE ARENA

Look for more Family Day details coming in the new year!

VISIT NANAIMO.CA OR OUR FACEBOOK PAGE FOR MORE INFORMATION.



cityofnanaimo



prc_nanaimo (#ilovemyparksandrec)

Public Admissions

SWIM, SKATE, WEIGHT ROOMS & GYM

General Admissions:

Child	2 yrs & underFree
Child	3 to 12 yrs\$3.75
Youth	13 to 24 yrs\$5.25
Adult	25 to 59 yrs\$7.00
Senior	60 to 79 yrs\$5.25
Senior	80+ yrs; Nanaimo residents onlyFree
Family	Max 2 adults & children from the same family	..\$14.00
Shower	\$3.75

10 Visit Pass (10 admissions):

Child	12 yrs & under\$30.00
Youth	13 to 24 yrs\$42.00
Adult	25 to 59 yrs\$56.00
Senior	60 to 79 yrs\$42.00

1 Month Active Pass:

Child	\$30.00
Youth/Senior	\$42.00
Adult	\$56.00
Family	\$112.00

12 Month Active Pass:

Child	\$270.00
Youth/Senior	\$378.00
Adult	\$500.00
Family	\$999.00

Arena Skate Rentals/Sharpening:

Child/Youth/Senior	\$3.00
Adult	\$3.75
Family	\$7.00
Helmets	\$0.50
Skate Sharpening	\$6.00

Prices include tax and are subject to change.

All 10 visit and 20 visit cards expire three years from date of purchase.

All one month Active Passes are non refundable.



Public Swim Program Highlights



PLEASE LET POOL STAFF KNOW OF ANY MEDICAL CONDITIONS.

BEBAN POOL

Everyone Welcome: Enjoy all that Beban Pool has to offer! With warmer water and a quieter atmosphere, it's the perfect escape for wellness and fun in our busy lives! Be active and dive, play, float, jump, swim, and slide... or simply relax in one of the hot areas. Limited lanes available.

Leisure Swim: With its accessible beach entry at varying depths, the Leisure Pool is perfect to support those developing their swim skills or wanting to use water therapeutically for injury recovery. Float, walk or swim around the river, play in the spray features or practice your swim skills. The hot tub, steam room and sauna are open, in addition to the shallow, warm Teach Pool which is great for toddlers and preschoolers with their caregivers.

25 Metre Lanes: If fitness is what you are looking for, our 25 metre pool is available for swimming laps or water running!

AQUAFIT

Join us at either pool for aquatic fitness programs. Refer to pages 8 and 9 for class times.

White Board Workout: No instructor is available at this time but a workout will be provided on a white board for patrons to follow along. All equipment and pool space will be available during the scheduled time. Workouts are available anytime the pool is open.

Shallow Water Aquafit: This is a high intensity cardio workout without the impact of dry land aerobics. Open to all levels and abilities.

Deep Water Aquafit: Strengthen and tone your body with this zero impact class. You'll achieve excellent cardio and strength training using water as resistance. Classes are done in deep water wearing a floatation belt.

Shallow/Deep Combo Aquafit: This is designed for both shallow and deep water aquafit enthusiasts. Cardio training, strength training and stretching all together. Participants can choose to stay in the shallow water or participate in deep with an aquafit belt.

Aqua Zumba: This class is perfect for those looking to make a splash by adding low-impact, high energy aquatic exercise to their fitness routine. Aqua Zumba® blends the Zumba® philosophy with water resistance for a pool party you won't want to miss!

NANAIMO AQUATIC CENTRE

Everyone Welcome: Swim, sauna, soak in the hot tub or relax in the steam room. Limited lane swimming available.

Leisure Swim: Leisure pool, hot tub, sauna, and steam room are available for you therapeutic needs. No lane swimming available.

25 & 50 Metre Swims: Our main tank is set up for length swimming. Please check schedule on page 8.

Wave Pool: Catch the waves! Check our schedule on page 8. Please note that waves may be turned off for various, unforeseen circumstances.

Diving Boards: Both 1-metre and 3-metre diving boards are available at select times. Please call us to find out the day's schedule.

WINTER

DROP-IN SCHEDULE

Nanaimo Aquatic Centre & Beban Park Weight Rooms

DEVELOP YOUR STRENGTH, AGILITY AND CARDIOVASCULAR FITNESS IN ONE OF OUR WEIGHT ROOMS.

Nanaimo Aquatic Centre Weight Room - Sunday, January 7 to Monday, April 1, 2024

	SUN	MON	TUE	WED	THU	FRI	SAT
Facility Hours	6 am-9 pm	6 am-9 pm	6 am-9 pm	6 am-9 pm	6 am-9 pm	6 am-9 pm	6 am-9 pm

Schedule subject to change. See page 8 for specific stat holiday closures. See recreation.nanaimo.ca for up-to-date information.

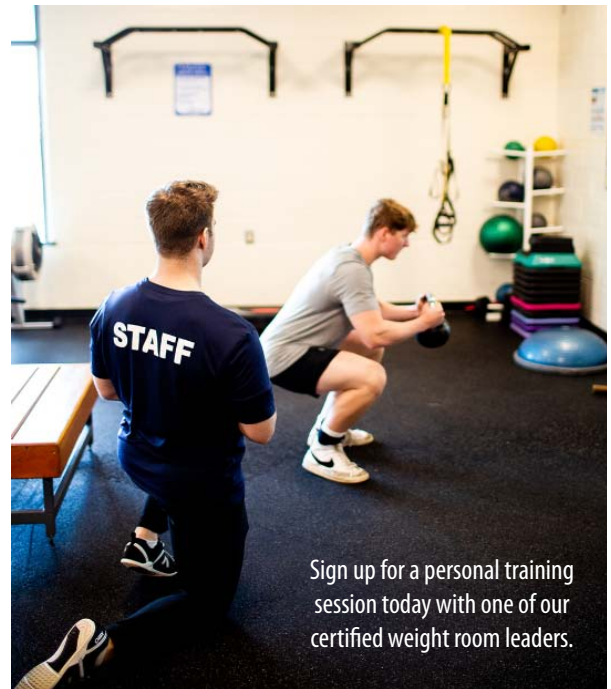
Weight Room Attendants: Our qualified attendants are ready to show you new exercises, teach you how to use the equipment and answer your questions. They work on-site to care for weight room equipment and enforce safe weight room practices. Daily schedules are posted at each location.

Weight Room Policy: Personal trainers, kinesiologists and physiotherapists, etc. not employed or authorized by the City of Nanaimo may not train clients within the weight rooms. For more information, contact the Weight Room Supervisor at 250-756-5200.

Weight Room Orientations: These are designed to familiarize you with our facilities and give you an orientation of the basics of strength and functional training. An orientation is recommended before using our facilities. Please contact us to setup a time or see our Fitness/Yoga section for scheduled sessions. Cost is \$5.

Weight Room Personal Training Sessions: Work one-on-one with a trainer to develop a workout program that works for you, to follow up and assess your progress or to create a new program that challenges you on your fitness journey. Whatever your health and fitness goals are, our personal trainers can help! Each session includes access to the facility on the day of the training session. Cost is \$58 for one hour. Please book your session in advance. Visit our website to sign up online.

Youth in the Weight Room: Our weight rooms are available for use by persons 16 years and older. Teens (13-15) wishing to use the weight room for fitness training must complete an orientation. Once completed, they will receive a "Gym Use Graduate Card". This card will permit teens to use the weight room without a parent or guardian's supervision.



Sign up for a personal training session today with one of our certified weight room leaders.

Weight Room Attire: All weight room users must wear appropriate attire. This includes closed-toe shoes (runners), shorts or track/sweat pants (no jeans).

Beban Weight Room - Sunday, January 7 to Monday, April 1, 2024

	SUN	MON	TUE	WED	THU	FRI	SAT
Facility Hours	CLOSED	6:30 am-7 pm	6:30 am-7 pm	6:30 am-7 pm	6:30 am-7 pm	6:30 am-7 pm	CLOSED

Schedule is subject to change. The Beban Weight Room is closed on all statutory holidays.

PLEASE NOTE: Schedule is subject to change.

For up-to-date schedules, visit recreation.nanaimo.ca

We have a variety of equipment for special needs clients at Nanaimo Aquatic Centre!

- Nustep Bike - easy access for wheelchairs
- Active Passive Trainer
- Cybex Total Access - strength and cardio machines



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DROP-IN SCHEDULE

Nanaimo Aquatic Centre Winter Schedule (741 THIRD ST)

Sunday, January 7 to Monday, April 1 - Schedule is subject to change. Please check recreation.nanaimo.ca to confirm.

PROGRAM	SUN	MON	TUE	WED	THU	FRI	SAT
Everyone Welcome	6 am-12 pm 1-9 pm	6 am-2 pm 2:45-9 pm	6 am-2 pm 2:45-9 pm	6 am-2 pm 2:45-9 pm	6 am-2 pm 2:45-9 pm	6 am-2 pm 2:45-9 pm	1-9 pm
Leisure Swim							6 am-12 pm
BULKHEAD MOVE - POOL UNAVAILABLE		9-9:30 am	9-9:30 am	9-9:30 am	9-9:30 am	9-9:30 am	
50 Metre Lane Swim	6 am-12 pm		6-9 am		6-9 am		
25 Metre Lane Swim	1-9 pm	6 am-2 pm 2:45-9 pm	9:30 am-2 pm 2:45-9 pm	6 am-2 pm 2:45-9 pm	9:30 am-2 pm 2:45-9 pm	6 am-2 pm 2:45-9 pm	1-9 pm
Waves & Waterslides	1-8 pm	3:30-8 pm	3:30-8 pm	3:30-8 pm	3:30-8 pm	3:30-8 pm	1-8 pm
MAINTENANCE CLOSURE - POOL UNAVAILABLE	12-1 pm	2-2:45 pm	2-2:45 pm	2-2:45 pm	2-2:45 pm	2-2:45 pm	12-1 pm
Weight Room <i>(proper attire required)</i>	6 am-9 pm	6 am-9 pm	6 am-9 pm	6 am-9 pm	6 am-9 pm	6 am-9 pm	6 am-9 pm
AQUAFIT	SUN	MON	TUE	WED	THU	FRI	SAT
Therapy Aquafit (1 hr)		8:30-9:30 am		8:30-9:30 am		8:30-9:30 am	
Shallow Water Aquafit (45 min)		10:45-11:30 am (Cindy)					
Deep Water Aquafit (45 min)			10:15-11 am		10:15-11 am		
Aqua Zumba (45 min)						10:30-11:15 am (Amber)	

Please Note: Schedule is subject to change. For schedules, visit recreation.nanaimo.ca. See page 6 for admission rates and program highlights.

- Lanes available at all times except during the moving of the bulkheads in the main pool. The bulkheads in the competition pool move at different times throughout the week and may disrupt some lane swimming. Main pool will be closed to move the bulkheads.
- Please inform staff of any medical conditions.
- All children through 6 years of age must be under the direct supervision and within arm's reach of a guardian. Guardian must be in the water and must be 16 years of age or older.
- Ratio for children who are 6 years of age and under is 1 adult to 3 children.
- Slides, waves and/or diving boards may need to be closed periodically throughout the day. Please ask a lifeguard for schedule information.
- Life jackets are available for public use.
- All weight room users must wear appropriate attire. This includes closed-toe shoes (runners), shorts or track/sweat pants (no jeans).

Please Help Us Avoid Unnecessary Pool Closures: Anyone not toilet trained must wear protective, water-resistant swim wear. Children's swim diapers are available for purchase from the pool cashier. Children should use the washroom prior to swimming in order to avoid potential pool closures. All patrons must thoroughly shower prior to entering the pool.

STAT HOLIDAY SWIMS: • Tue, Dec 26, 12-4 pm (Boxing Day) • Mon, Feb 19, 12-4 pm (Family Day) • Fri, Mar 29, 12-4 pm (Good Friday) • Mon, Apr 1, 12-4 pm (Easter Monday)

POOL CLOSED: • Mon, Dec 25 (Christmas) • Mon, Jan 1 (New Years)

SWIM MEETS: • Sat, Jan 27 (limited pool access; check our online schedule at recreation.nanaimo.ca)



Due to staffing challenges, there may be unforeseen and unscheduled pool closures and program cancellations. Please check our website (recreation.nanaimo.ca) or follow us on Facebook. We will post these changes as soon as we can to give you as much notice as possible.

DROP-IN SCHEDULE

Beban Pool Winter Schedule (2300 BOWEN RD)

Sunday, January 7 to Monday, April 1 - Schedule is subject to change. Please check recreation.nanaimo.ca to confirm.

PROGRAM	SUN	MON	TUE	WED	THU	FRI	SAT
Everyone Welcome						6:30-9 am 12:30-2:45 pm	1-4 pm
25 Metre Lane Swim	9-11 am	6:30-10:45 am 12-2:45 pm	6:30-8:45 am 10 am-2:45 pm 1:45-2:45 pm	6:30-10:45 am 12-2:45 pm	6:30-8:45 am 10 am-2:45 pm 1:45-2:45 pm	12:30-2:45 pm	
Leisure Swim	9-11 am	6:30 am-2:45 pm	6:30-9:45 am 9:45 am-1:45 pm 1:45-2:45 pm	6:30 am-2:45 pm	6:30-9:45 am 9:45 am-1:45 pm 1:45-2:45 pm		1-4 pm
Waterslides		Available upon request					1-4 pm
Weight Room <i>(proper attire require)</i>	9 am-4 pm	6:30 am-7 pm	6:30 am-7 pm	6:30 am-7 pm	6:30 am-7 pm	6:30 am-7 pm	9 am-4 pm
AQUAFIT	SUN	MON	TUE	WED	THU	FRI	SAT
Therapy Aquafit (45 min)		11-11:45 am		11-11:45 am			
Shallow/Deep Combo (45 min)			9-9:45 am		9-9:45 am		

Please Note: Schedule is subject to change. Check out recreation.nanaimo.ca. See page 6 for rates and program highlights.


- Please inform staff of any medical conditions.
- All children through 6 years of age must be under the direct supervision and within arm's reach of a guardian. Guardian must be in the water and must be 16 years of age or older.
- Ratio for children who are 6 years of age and under is 1 adult to 3 children.
- All weight room users must wear appropriate attire. This includes closed-toe shoes (runners), shorts or track/sweat pants (no jeans).

Please Help Us Avoid Unnecessary Pool Closures: Anyone not toilet trained must wear protective, water-resistant swim wear. Children's swim diapers are available for purchase from the pool cashier. Children should use the washroom prior to swimming in order to avoid potential pool closures. All patrons must thoroughly shower prior to entering the pool.

STAT HOLIDAYS: • Mon, Jan 1 (New Years - open for "Activate" New Year's Day event for ticket holders)

POOL CLOSED: • Mon, Dec 25 (Christmas) • Tue, Dec 26 (Boxing Day) • Mon, Feb 19 (Family Day)

• Fri, Mar 29 (Good Friday) • Mon, Apr 1 (Easter Monday)



ATTENTION PLEASE

Due to staffing challenges, there may be unforeseen and unscheduled pool closures and program cancellations. Please check our website (recreation.nanaimo.ca) or follow us on Facebook. We will post these changes as soon as we can to give you as much notice as possible.



NOTE:
Times in red are not available when "Swim to Survive" school sessions are scheduled.
• Feb 20-Mar 7




DROP-IN SCHEDULE

Arena Winter Schedule*

Monday, January 8 to Thursday, March 28 - *Some sessions begin Jan 2. Please check recreation.nanaimo.ca to confirm.



Programs	SUN	MON	TUE	WED	THU	FRI	SAT	
Everyone Welcome	12-1:30 pm Lions FREE Skate at FCA 4-6 pm NIC2		6:30-8 pm FCA	6:30-8 pm FCA	6:15-7:45 pm NIC2	3:45-5:15 pm NIC2	1:15-2:45 pm FCA	
Parent & Tot Skate		10-11:30 am FCA		12:30-2 pm FCA	9-10:15 am NIC1			
Family Skate	10:45-11:45 am FCA						DID YOU KNOW? • Participants of all abilities are welcome to public skating sessions. • Strollers and wheelchairs are welcome on the ice.	
Adult Leisure Skate (19+)		10-11:30 am NIC2	10-11:30 am FCA	10-11:30 am NIC2	1:30-3 pm NIC1			
Adult Scrub Hockey (18+)		11:45 am-1:15 pm NIC2		11:45 am-1:15 pm NIC2				11:45 am-1:15 pm NIC2
Senior & 70+ Scrub Hockey		8-9:15 am NIC2	10-11:15 am NIC1 70+ Seniors	8-9:15 am NIC2				8-9:15 am NIC2 10:45 am-12 pm 70+ Seniors NIC1
Stick 'n' Puck Children under 8 are to be accompanied onto the ice by an adult.	2:45-3:45 pm NIC2		11:45 am-1:15 pm NIC1	1:45-3:15 pm McN	11:45 am-1:15 pm NIC1			3:15-4:15 pm McN
Adult Scrimmage Hockey Co-ed registered program.	9:30-10:45 pm NIC1							9:45-11:15 pm McN

• FCA - Frank Crane Arena (2300 Bowen Rd)

• McN - Cliff McNabb Arena (2300 Bowen Rd)

• NIC 1 & 2 - Nanaimo Ice Centre (750 Third St)

Arena Program Highlights - see Arenas Section for courses and lessons

Everyone Welcome - Designed for skaters of all ages and abilities. These sessions provide an excellent opportunity for all members of the community to get active! Helmets are strongly recommended. Look for our "Game Zone" at our Everyone Welcome sessions. (Skate sharpening is available at all Everyone Welcome sessions.)

FREE LIONS SKATE: Sundays, 12-1:30 pm, at Frank Crane Arena until March 24 (includes admission, skate and helmet rentals).

Parent & Tot (6 years & under) - An excellent opportunity to introduce children to the ice or to work on skills learned in our RecSkate lessons. Come on the ice in shoes or skates and enjoy toys and hockey equipment. Helmets are mandatory for tots. Parents must accompany children on the ice. Free admission for child.

Family Skate - During this session, there will be an area setup with toys, as well as our regular laps skating area providing opportunities for all levels and ages. All children and teens must be accompanied on the ice by an adult. Helmets are strongly recommended.

Stick 'n' Puck - Whether you're new to the game of hockey or know the game and are looking to brush up on your skills, Stick 'n' Puck is for you! Get on the ice in a non-game, recreational setting. Space is limited, and session rules do apply. Bring your own pucks. Children under 8 must have adult on the ice.

Adult Leisure Skate (19+) - A great addition to your fitness routine. Enjoy skating laps or practicing your skills in the designated areas. Helmets are strongly recommended. Guests with diverse abilities and their aides are welcome. Please see our Arena Section for Adult/Senior RecSkate lesson options.

Adult/Senior/70+ Scrub (Adult 18+, Senior 60+) - These are fun, recreational drop-in sessions. Non-contact. Full hockey gear is required.



Look for our
**"Game Zone" for all
Everyone Welcome
sessions!**

(except Glow in the Dark,
Starlight sessions or at busy
sponsored free skates)

DROP-IN SCHEDULE

Winter Skating Events

Skates with Santa

Skate with Santa and get the chance to tell him how good you've been this year!

- **Wed, Dec 20**, 6:30-8 pm at FCA
- **Thu, Dec 21**, 6:15-7:45 pm at NIC

New Year's Eve Skates

- **Sun, Dec 31**, 10:45-11:45 am at FCA (Stick 'n' Puck)
- **Sun, Dec 31**, 12-2 pm at FCA (Everyone Welcome)
- **Sun, Dec 31**, 2:15-3:15 pm at FCA (Stick 'n' Puck)
- **Sun, Dec 31**, 3:30-5:30 pm at FCA (Everyone Welcome)

Valentine's Day

- **Tue, Feb 14**, 6:30-8 pm at FCA (Everyone Welcome)

Family Day Skates

- **Mon, Feb 19**, 11:30 am-1 pm at FCA (Stick 'n' Puck)
- **Mon, Feb 19**, 1:15-3:15 pm at FCA (Everyone Welcome)

St. Patrick's Day Starlight Skate

- **Sun, Mar 17**, 4-6 pm at NIC

Earth Hour Skate

- **Sat, Mar 23**, 1:15-2:45 pm at FCA

Good Friday Skates

- **Fri, Mar 29**, 10:30-11:30 am at NIC (Stick 'n' Puck)
- **Fri, Mar 29**, 1:30-3 pm at NIC (Everyone Welcome)



Glow in the Dark Skates

Skate in our dimly lit arena with special effects, and glow sticks are available for purchase. Held on the first Tuesday of each month from 6:30-8 pm at Frank Crane Arena. *Regular admission rates apply.*

- **Dec 5**
- **Jan 2**
- **Feb 6**
- **Mar 5**



Starlight Skates

This is a great way to escape the hustle and bustle while enjoying lap skating with our soft light stars and passive LED lighting. Perfect time for couples and families to get some exercise with friends. Glow sticks are available for purchase. Held on the following Sundays, 4-6 pm at Nanaimo Ice Centre. *Regular admission rates apply.*

- **Nov 19**
- **Dec 17**
- **Jan 14**
- **Feb 18**
- **Mar 17**



Winter Wonderland

Join us at the Frank Crane Arena where it will be transformed into a **WINTER WONDERLAND!** These **FREE** skate sessions include skate and helmet rentals. Drop in during any of our public times or rent the ice privately for your friends, family or co-workers.

Everyone is welcome!

December 24, 26-30
Frank Crane Arena

Want to sponsor a Winter Wonderland session? Let us tell you about how it works. For more information, please call Alli at 250-755-7536.



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PRE-REGISTERED DROP-IN SCHEDULE

Oliver Woods Community Centre Winter Schedule

Tuesday, January 2 to Sunday, March 31 - Schedule is subject to change. Please check recreation.nanaimo.ca to confirm.

Programs	SUN	MON	TUE	WED	THU	FRI	SAT
Badminton (16 +)			8:45-10:45 am		8:45-10:45 am	11:30 am-1:30 pm	
Basketball (16 +) Gym attendant on duty.	7:15-9:15 pm	8:30-10:30 pm				8:30-10:30 pm	
Everyone Welcome 13 years & younger needs adult supervision.	11 am-12:30 pm						
Pickleball (16 +) Tennis-like game played on a badminton court using a perforated, slow-moving ball and paddle.		8:45-10:45 am	11 am-1 pm		11 am-1 pm		
Volleyball (16 +) Gym attendant on duty.	7-9 pm	8:15-10:15 pm				8:15-10:15 pm	
Spare Blox Youth Drop-in (10-17 yrs) See page 32; please pre-register using barcode 110299 .			6:30-8 pm (starts Jan 16)				

GENERAL INFORMATION FOR PRE-REGISTERED DROP-IN SPORTS PROGRAMS

- Pre-registration available 72 hours prior to program start. Drop-ins available on site if space permits. Please check with registration desk upon arrival.
- No food/drink allowed in gyms.
- Only non-marking gym shoes allowed.
- Participants must be present at time of admission purchase.
- Space is limited; we operate on a first-come, first-served basis.

FACILITY CLOSURES/SCHEDULE CHANGES

- Facility closed on all statutory holidays.
- Check our online schedule for changes during pro-d days, school breaks, events and other holidays.
- Schedule is subject to change. Please visit recreation.nanaimo.ca for the most up-to-date information.

DROP-IN SPORT PROGRAMS

Parks, Recreation & Culture is committed to offering recreational drop-in programs for the community. Our drop-in programs are designed to create an inclusive environment where participants can learn a new skill, be social, be active, share their sport with others and play together regardless of skill level (beginner to advanced welcome). Recreational drop-in programs are NOT about winning, competitive or aggressive play.

For more information on competitive or league play, please ask our front desk staff.



PRE-REGISTERED DROP-IN SCHEDULE

Bowen Park Pottery Studio

Monday, January 8 to Sunday, March 31 (closed on all stat holidays)

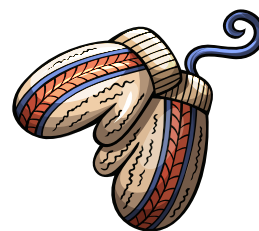
The Bowen Park Pottery Studio has the tools, equipment and supplies available for the public to work independently. Children, when accompanied by an adult, are welcome (both must register). No instruction is provided during the drop-in times. Clay may be purchased for \$35 (including tax) per 22 pound bag and includes all firing and glazing fees. It must be purchased during office hours Monday to Friday, 9 am to 4:30 pm in person or over the phone. Drop in cost is \$12 per session. Harbour City Seniors Members can access the starred *drop in sessions for \$4 per session. Dress for mess; aprons are not provided.

SUN	MON	TUE	WED	THU	FRI	SAT
	12-3 pm*	2:30-5:30 pm	1-4 pm* 5-8 pm	12-3 pm* 4-7 pm		9:30 am-12:30 pm

DROP-IN INFO

\$12 per session

- Pre-register at recreation.nanaimo.ca
- Pottery room tickets are no longer available



**If you are over the age of 60, you can join the Nanaimo Harbour City Seniors and take part in several programs for a nominal fee. For more information, please call 250-755-7501 or visit www.nanaimo.ca.*



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Low Co\$t or Free Recreation

At Parks, Recreation and Culture, we understand how recreation experiences can enrich our lives. Here are a few activities that you can participate in...even if the budget's a bit tight at the moment.

Admission Savers

- **Buy a 10 or 20 Visit Pass** and save 20 percent over regular admission. Want to save more? Consider purchasing our Active Pass. **See page 6.**
- **Lion's Sponsored FREE Skates** are held every Sunday until March 24 from 12-1:30 pm at Frank Crane Arena. **See page 65.**
- **Winter Wonderland** happens on December 24 and then from December 26-30 at Frank Crane Arena. Skating sessions are FREE with skate and helmet rentals included. **See page 11.**



Low Cost Recreation

- Youth, aged 10 to 17, are invited to our **FREE Spare Blox program** where youth can participate in gymnasium activities and more at Oliver Woods Community Centre. **See page 32.**
- **Youth Lounge** at Nanaimo Aquatic Centre is for ages 11 to 17 and is FREE. Enjoy music, gaming, snacks and more. **See page 32.**
- There is **new temporary public art** in our City to view, including at Bowen Park and Pipers Lagoon Park. **See page 70.**
- **Court Tots & Court Kids** are programs for children with their parents where they will play in the Outdoor Sports Court at Harewood Centennial Park. This program is free! **See page 16.**
- **Invasive Plant Work Parties** are a great way to meet new people and to make a difference in your community. **See page 42.**
- **StoryWalks®** will take place throughout the community this winter. This is a great way to get outdoors and read a great book in one of our local parks. Check our website and social media posts for the latest opportunities. These are free!
- We are offering a variety of free (or nearly free) programs for those **60 years and over**. **See page 55.**
- **Youth Adaptive Hip Hop** is happening this winter and is free for those 10 to 13 years old. **See page 30.**
- **Thursday Musical Entertainment** happens at Bowen Park once a month and is only \$4. **See page 54.**



LEISURE ECONOMIC ACCESS PASS



WHAT IS LEAP?

The City of Nanaimo LEAP program supports families in financial need to access Parks, Recreation & Culture programs and services.

WHAT CAN LEAP BE USED FOR?

- 50 free admissions to drop-in swimming, skating, weight rooms and drop-in gymnasium programs per year.
- 50% off registered programs (maximum up to \$40) for all family members up to four times per year per person.

DO I QUALIFY?

1. Resident of City of Nanaimo, District of Lantzville or Regional District of Nanaimo Electoral Areas A, B or C.
2. Family household income is below Statistics Canada Low Income Guidelines (see right).

Please note: Post secondary students are not eligible for LEAP.

HOW DO I APPLY?

1. Submit the LEAP application online at www.nanaimo.ca or in-person at any City of Nanaimo recreation centre.
2. Include a copy of the following:
 - Prior year Notice of Assessment or proof of Income Assistance, GIS, CLBC, Refugee/Newcomer or Youth in Care
 - Photo ID for All Adults in the Household
 - Proof of Residency (if different from ID)

Apply for funding through the Canadian Tire Jumpstart program. Your child may be eligible for up to \$600 per year in funding. Apply online:

<https://jumpstart.canadiantire.ca/pages/individual-child-grants>

STATISTICS CANADA LOW INCOME GUIDELINES

Number of People in Household	Annual Household Income
1	\$23,696
2	\$24,498
3	\$36,625
4	\$44,031
5	\$49,938
6	\$56,323
7	\$62,707

** As Nanaimo is now over 100,000 people, the low income cutoffs (LICO) have been adjusted as per Statistics Canada.*



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Early Years & Children's

Early Years - Ages 6 Months to 5/6 Years & Children - 5/6 Years +

FREE

Join us for **FREE** programs at Harewood Covered Sports Court!

Court Kids 1 to 5 Years

Hey, kids! Bring your parents to climb, jump and play! This is a parent participation program.

Tue, Jan 9-Mar 5 | 9-11 am | FREE/9 | [109446](#)
Thu, Jan 11-Mar 7 | 9-11 am | FREE/9 | [109447](#)

Court Tots Soccer **NEW!** 2 to 4 Years

There will be time for tots to explore soccer and develop motor skills. Parent participation required.

Sat, Jan 13-Mar 2 | 10-10:45 am | FREE/8 | [109727](#)

Court Tots Floor Hockey **NEW!** 2 to 4 Years

There will be time to explore floor hockey and develop motor skills. Parent participation required.

Sat, Jan 13-Mar 2 | 10-10:45 am | FREE/8 | [109726](#)

Court Kids Soccer **NEW!** 5 to 8 Years

Learn the fundamentals through shooting, passing and dribbling. Parent participation required.

Sat, Jan 13-Mar 2 | 11-11:45 am | FREE/8 | [109724](#)

Court Kids Floor Hockey **NEW!** 5 to 8 Years

Shoot, pass and learn how to handle the stick. Parent participation required.

Sat, Jan 13-Mar 2 | 11-11:45 am | FREE/8 | [109725](#)

Tumble Tots and Toy Time **D NEW!** 1 to 5 Years

This parent participation program provides a safe and fun environment for your tot to tumble, play and explore new movements with a variety of equipment, including sports, tunnels, ride-on cars, soft play equipment and so much more! A drop-in fee of \$10/child is available depending on space.

Fri, Jan 12-Feb 16 | 8:30-9:30 am | \$48/6 | [110427](#)
Fri, Jan 12-Feb 16 | 9:45-10:45 am | \$48/6 | [110428](#)
Fri, Jan 12-Feb 16 | 8:30-9:30 am | \$48/6 | [110429](#)

Fri, Feb 23-Mar 22 | 8:30-9:30 am | \$40/5 | [110433](#)
Fri, Feb 23-Mar 22 | 9:45-10:45 am | \$40/5 | [110435](#)
Fri, Feb 23-Mar 22 | 11 am-12 pm | \$40/5 | [110439](#)

Oliver Woods Community Centre

Mon, Jan 8- Feb 5 | 9:15-10:15 am | \$40/5 | [111347](#)
Mon, Jan 8- Feb 5 | 10:30-11:30am | \$40/5 | [111349](#)
Mon, Feb 12-Mar 25 | 9:15-10:15 am | \$40/5 | [111348](#)
Mon, Feb 12-Mar 25 | 10:30-11:30am | \$40/5 | [111350](#)
Beban Park Social Centre



Gym Pals **D** 1 to 5 Years

Hey, kids! Bring your parents and climb, jump and play! This parent participation program allows time for tots to explore and develop motor skills. A drop-in fee of \$12 is available if space is available.

Wed, Jan 10-Feb 14 | 8:30-9:30 am | \$48/6 | [110415](#)
Wed, Jan 10-Feb 14 | 9:45-10:45 am | \$48/6 | [110416](#)
Wed, Jan 11-Feb 15 | 11 am-12 pm | \$48/6 | [110417](#)

Wed, Feb 21-Mar 27 | 8:30-9:30 am | \$48/6 | [110423](#)
Wed, Feb 21-Mar 27 | 9:45-10:45 am | \$48/6 | [110424](#)
Wed, Feb 21-Mar 27 | 11 am-12 pm | \$48/6 | [110425](#)
Oliver Woods Community Centre

Smart Moves Babies

Come and have fun with your infant while becoming informed about physical activities that you can do at home to enhance your child's learning potential. Some topics and activities covered include the vestibular (balance) system, proprioception (awareness of the body in space), midline movements and vision. Each class will include fun songs, rhymes, baby yoga, tummy time games and crawling activities that are developmentally appropriate and will strengthen your baby's physical, cognitive, social and emotional foundations for early learning.

Instructor: Robyn Mor

Infant Massage

Tue, Jan 9-Feb 6 | 10-10:55 am | \$60/5 | [108445](#)

Birth to Rolling

Tue, Jan 9-Feb 27 | 11-11:45 am | \$96/8 | [108447](#)

Crawling (or 6 months) to Standing

Tue, Jan 9-Feb 27 | 12-12:45 pm | \$96/8 | [108449](#)

Kin Hut Activity Centre

Parent-Child Mother Goose Birth to 12 Months

These group sessions for parents and their babies focus on the pleasure and power of using rhymes, songs and stories.

Instructor: Moire Porter

Mon, Jan 15-Mar 11 | 9:30-10:30 am | Free/8 | [106174](#)

Bowen Park Complex



PLAY AND LEARN

Monthly Early Years Programs



for ages 3 to 5 (Cricket's Program is 2 to 5 yrs)



Our monthly "Play & Learn" early years programs, led by experienced and dedicated staff, will teach your child how enjoyable learning can be! Through interactive play, songs, stories, crafts and basic academic prep activities, your child will develop skills that will help prepare them for Kindergarten and for years to come.

Please send your child dressed appropriately for all weather conditions.

MOVE! ENGAGE! EXPLORE! DISCOVER! LEARN! PLAY!

Cricket's - Beban Park

Is your little one age 2 to 5 ready to try out our Play and Learn programs but not ready to go it alone? Would you like to experience these programs with your child or grandchild and meet and interact with other parents and grandparents? Take part in our traditional Play and Learn programming, such as circle time, stories, songs, crafts, play stations and tumble time together with your child. Younger siblings welcome for free if less than 1 year old. (Parent participation required.)

Mondays, 9-11 am

Dec: \$60 (#92397) Apr: \$80 (#92403)
Jan: \$80 (#92399) May: \$60 (#92406)
Feb: \$60 (#92400) Jun: \$80 (#92407)
Mar: \$40 (#92401)
Beban Social Centre



Animal Crackers - Beban Park

Tuesdays/Thursdays, 11:30 am-1:30 pm

Dec: \$120 (#92412) Apr: \$180 (#92589)
Jan: \$140 (#92413) May: \$180 (#92583)
Feb: \$180 (#92414) Jun: \$160 (#92606)
Mar: \$80 (#92582)
Beban Social Centre

Animal Crackers - Beban Park

Wednesdays/Fridays, 11:30 am-1:30 pm

Dec: \$140 (#92646) Apr: \$160 (#92650)
Jan: \$140 (#92647) May: \$200 (#92651)
Feb: \$160 (#92648) Jun: \$160 (#92652)
Mar: \$80 (#92649)
Beban Social Centre

Kinder Prep* - Beban Park

Tuesdays/Thursdays, 9-11 am

Dec: \$120 (#92670) Apr: \$180 (#92683)
Jan: \$140 (#92671) May: \$180 (#92684)
Feb: \$180 (#92672) Jun: \$160 (#92685)
Mar: \$80 (#92674)
Beban Social Centre

Kinder Prep* - Beban Park

Wednesdays/Fridays, 9-11 am

Dec: \$140 (#92691) Apr: \$160 (#92699)
Jan: \$140 (#92692) May: \$200 (#92700)
Feb: \$160 (#92693) Jun: \$160 (#92701)
Mar: \$80 (#92694)
Beban Social Centre



Doodle Bugs - Oliver Woods

Please note that this is an outdoor-based program with the majority of the program being spent outside.

Tuesdays/Thursdays, 11:30 am-1:30 pm

Dec: \$120 (#92705) Apr: \$180 (#92715)
Jan: \$140 (#92707) May: \$180 (#92736)
Feb: \$180 (#92708) Jun: \$80 (#92740)
Mar: \$80 (#92711)
Oliver Woods Community Centre

Kinder Prep* - Oliver Woods

Tuesdays/Thursdays, 9-11 am

Dec: \$120 (#92745) Apr: \$180 (#92750)
Jan: \$140 (#92747) May: \$180 (#92751)
Feb: \$180 (#92748) Jun: \$80 (#92752)
Mar: \$80 (#92749)
Oliver Woods Community Centre

Kinder Prep* - Oliver Woods

Mondays/Wednesdays, 9-11 am

Dec: \$120 (#92759) Apr: \$160 (#92763)
Jan: \$160 (#92760) May: \$160 (#92765)
Feb: \$140 (#92761) Jun: \$80 (#92766)
Mar: \$80 (#92762)
Oliver Woods Community Centre

Kinder Prep* - Oliver Woods

Fridays, 9-11 am

Dec: \$80 (#92775) Apr: \$80 (#92782)
Jan: \$60 (#92776) May: \$100 (#92784)
Feb: \$80 (#92778) Jun: \$40 (#92785)
Mar: \$40 (#92781)
Oliver Woods Community Centre

- *Kinder Prep is only for children entering Kindergarten in September of 2024. Animal Crackers and Doodle Bugs are for children 3 to 5 years; Cricket's is for those 2 to 5 years. All children must be potty trained.
- There will be no refunds after the first class has started. Withdrawals can be made up to 72 hours prior to the first class for a full refund. If withdrawal is made less than 72 hours prior to the first class, but before the first class has started, you will be charged for the first class.



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Children's Arts & Crafts

Cupid's Cookies & Crafts NEW!

2 to 5 Years

It's almost Valentine's Day, which means it's the perfect time to have fun decorating some sweet treat cookies and explore your creative side with a love-themed craft! Parent participation is required.

Fri, Feb 9 | 9:10 am | \$12/1 | [108451](#)

Fri, Feb 9 | 10:15-11:15 am | \$12/1 | [108452](#)

Fri, Feb 9 | 11:30 am-12:30 pm | \$12/1 | [111118](#)

Bowen Park Complex

Storytime & Crafts with Miss Lynn NEW!

3 to 5 Years

Join the lovely Miss Lynn for a journey of imagination and creativity! For the young minds eager for adventure, Miss Lynn will combine the wonder of storytelling with the joy of a hands-on craft. Parent participation is required.

Instructor: Lynn Macaulay

Fri, Jan 12 | 9:30-10:30 am | \$12/1 | [110988](#)

Fri, Jan 26 | 9:30-10:30 am | \$12/1 | [110386](#)

Fri, Feb 9 | 9:30-10:30 am | \$12/1 | [110388](#)

Fri, Feb 23 | 9:30-10:30 am | \$12/1 | [110387](#)

Fri, Mar 8 | 9:30-10:30 am | \$12/1 | [110389](#)

Kin Hut Activity Centre

Winter Wonderland Art Splash NEW!

5 to 10 Years

Learn a variety of artistic techniques, such as drawing, painting, colouring and much more in this merry and joyful holiday-themed art class! You will work on a seasonal project each class.

Thu, Jan 11-Feb 1 | 4-4:45 pm | \$40/4 | [110831](#)

Thu Feb 8-29 | 4-4:45 pm | \$40/4 | [110834](#)

Oliver Woods Community Centre

Spring Fun Art Exploration NEW!

5 to 10 Years

Learn a variety of artistic techniques, such as drawing, painting, colouring and much more in this bright, fun spring-themed art class! You will work on a seasonal project each class.

Thu, Mar 7-28 | 4-4:45 pm | \$40/4 | [110835](#)

Oliver Woods Community Centre

Creative Kids

7 to 12 Years

Young art lovers will have fun expressing their creativity through painting, drawing, collaging and more! Kids will develop their art skills through positive teaching and will work on a project each class.

Thu, Jan 11-Feb 1 | 5-5:45 pm | \$40/4 | [110832](#)

Thu Feb 8-29 | 5-5:45 pm | \$40/4 | [110836](#)

Thu, Mar 7-28 | 5-5:45 pm | \$40/4 | [110837](#)

Oliver Woods Community Centre

Future Painting Stars

7 to 12 Years

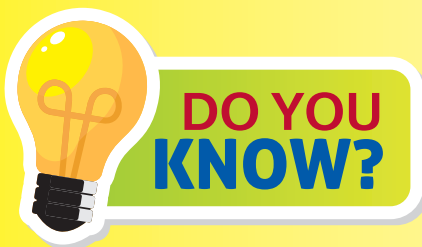
Young artists will learn the different styles and techniques of the wonderful world of painting. Kids will develop their art skills through positive teaching and will work on a painting project each class.

Thu, Jan 11-Feb 1 | 6-6:45 pm | \$40/4 | [110833](#)

Thu Feb 8-29 | 6-6:45 pm | \$40/4 | [110838](#)

Thu, Mar 7-28 | 6-6:45 pm | \$40/4 | [110839](#)

Oliver Woods Community Centre



Going outside is important - even in the winter. Studies have shown that exercising outdoors boosts your immunity during cold and flu season.

Character Design

7 to 12 Years

Are you bursting with ideas for stories you can't wait to tell? With this class, we will be working on the skills to design interesting and engaging characters that will help bring your imagination to life. This course will cover skills, such as learning to draw with structure and how we can use colour, shape and fashion to tell the audience about our characters' personalities. By the end of this course, you will have the foundation to make fun and exciting characters. Projects will be modified for your individual skill level.

Instructor: David Harvey

Sat, Jan 13-Feb 17 | 11:15 am-12:15 pm | \$60/6 | 110600

Sat, Feb 24-Mar 30 | 11:15 am-12:15 pm | \$60/6 | 110601

Oliver Woods Community Centre

Comic Book Art and Cartooning

7 to 13 Years

Do you love cartoons or comics? Then this class is for you! Learn how to create short comic strips, fun illustrations and characters. You will be encouraged to explore your own unique art style, as well as be inspired by the works of many prominent cartoonists and illustrators. Projects will be modified for your individual skill level.

Instructor: David Harvey

Sat, Jan 13-Feb 17 | 10-11 am | \$60/6 | 110598

Sat, Feb 24-Mar 30 | 10-11 am | \$60/6 | 110599

Oliver Woods Community Centre

Handbuilding for Children - Pottery

7 to 12 Years

Children will have fun getting their hands dirty while playing with clay. They will learn the basic hand-building skills, including coiling, pinching, slab-building and sculpting through project making and will be encouraged to use their creativity to make each piece their own. Project ideas include tiles, tiny houses, pinch pot monsters/animals, mobiles, dishes and more!

Dress for mess.

Instructor: Bari Precious

Mon, Jan 8-29 | 4-5 pm | \$80/4 | 109963

Mon, Feb 5-26 | 4-5 pm | \$60/3 | 109964

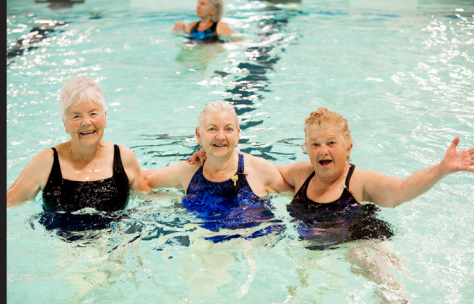
Mon, Mar 4-25 | 4-5 pm | \$80/4 | 109965

Bowen Pottery Studio



PARKS, RECREATION & CULTURE GIFT CARDS...

Good for so many things!



Gift Cards are available in any denomination. Use them for program registrations, Active Passes, swim and skate admissions and even facility rentals.



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Children's Dance & Music

Piano - Private Beginner Lessons

5+ Years

Cover the basics of piano, and learn to play songs right away in a structured and private atmosphere.

Instructor: A. Margarita Hillers

Tue, Jan 9-30 | 3:30-4 pm | \$88/4 | [106128](#)
 Tue, Jan 9-30 | 4:05-4:35 pm | \$88/4 | [106129](#)
 Tue, Jan 9-30 | 4:40-5:10 pm | \$88/4 | [106130](#)
 Tue, Jan 9-30 | 5:15-5:45 pm | \$88/4 | [106131](#)
 Tue, Jan 9-30 | 5:50-6:20 pm | \$88/4 | [106132](#)

Tue, Feb 6-27 | 3:30-4 pm | \$88/4 | [106133](#)
 Tue, Feb 6-27 | 4:05-4:35 pm | \$88/4 | [106134](#)
 Tue, Feb 6-27 | 4:40-5:10 pm | \$88/4 | [106135](#)
 Tue, Feb 6-27 | 5:15-5:45 pm | \$88/4 | [106136](#)
 Tue, Feb 6-27 | 5:50-6:20 pm | \$88/4 | [106137](#)

Tue, Mar 5-26 | 3:30-4 pm | \$88/4 | [106139](#)
 Tue, Mar 5-26 | 4:05-4:35 pm | \$88/4 | [106140](#)
 Tue, Mar 5-26 | 4:40-5:10 pm | \$88/4 | [106141](#)
 Tue, Mar 5-26 | 5:15-5:45 pm | \$88/4 | [106142](#)
 Tue, Mar 5-26 | 5:50-6:20 pm | \$88/4 | [106143](#)

Bowen Park Complex

Music Together®

Newborn to 5 Years (Parent Participation)

Music Together® is an early childhood music and movement program filled with fun songs and confidence building musical activities that will get you and your child singing, dancing, playing and learning together! Families will take home a beautifully illustrated songbook and can use the CD or the app to help make music a joyful part of everyday life. For more information, please visit www.seasonstudio.com. Parent participation required. Siblings under 9 months may attend for free. There is a \$50 program fee for this course, which is non-refundable after the first class (siblings will receive a \$50 refund).

Instructor: Karita Sedun

Wed, Jan 10-Mar 6 | 9:15-10 am | \$113/9 | [109542](#)
 Wed, Jan 10-Mar 6 | 10:15-11 am | \$113/9 | [109543](#)
 Wed, Jan 10-Mar 6 | 11:15 am-12 pm | \$113/9 | [109544](#)
 Thu, Jan 11-Mar 7 | 9:15-10 am | \$113/9 | [109545](#)
 Thu, Jan 11-Mar 7 | 10:15-11 am | \$113/9 | [109546](#)
 Thu, Jan 11-Mar 7 | 11:15 am-12 pm | \$113/9 | [109547](#)

Kin Hut Activity Centre

Wiggles & Giggles

6 to 18 Months

Babies and toddlers will develop a love for music, movement and building friendships through fun songs, simple actions and toy props. Parent participation is required.

Instructor: Bev Martyn from Kirkwood Academy

Tue, Jan 9-Feb 13 | 9:30-10 am | \$54/6 | [110343](#)
 Tue, Jan 9-Feb 13 | 10-10:30 am | \$54/6 | [108477](#)
 Tue, Jan 9-Feb 13 | 11:15-11:45 am | \$54/6 | [108481](#)
 Tue, Feb 20-Mar 26 | 9:30-10 am | \$45/5 | [110344](#)
 Tue, Feb 20-Mar 26 | 10-10:30 am | \$45/5 | [108479](#)
 Tue, Feb 20-Mar 26 | 11:15-11:45 am | \$45/5 | [108480](#)

Beban Park Social Centre

Tykes & Twirls

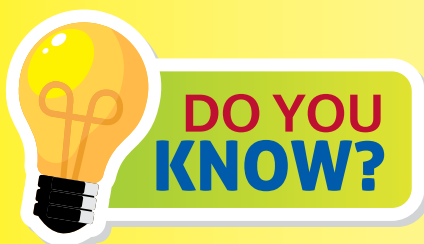
18 Months to 3 Years

Geared towards the active toddler who loves to move to music while learning some fundamental dance skills. This is a parent participation program.

Instructor: Bev Martyn from Kirkwood Academy

Tue, Jan 9-Feb 13 | 10:30-11 am | \$54/6 | [108455](#)
 Tue, Feb 20-Mar 26 | 10:30-11 am | \$45/5 | [108456](#)

Beban Park Social Centre



Dancing is a great way to exercise! It improves the condition of our heart and lungs, increases muscular strength and endurance and helps with motor skills.

Get moving!

Tiny Toes

2.5 to 4 Years

Does your child enjoy twirling, leaping and bouncing around the house? In this semi-structured class, they will learn the basic foundations of ballet movement combined with creative play. This is a parent participation program.

Instructor: Bev Martyn from Kirkwood Academy

Tue, Jan 9-Feb 13 | 11:45 am-12:15 pm | \$54/6 | 108482

Tue, Feb 20-Mar 26 | 11:45 am-12:15 pm | \$45/5 | 108483

Beban Park Social Centre

Baby Ballet

3 to 5 Years

This can be your child's first introduction to ballet in a fun-filled environment. Children will develop balance and coordination while learning simple dance moves to music! Children should wear leotards, shorts and dance slippers if available. If not, then bare feet is acceptable. This is a parent participation program.

Sat, Jan 13-Feb 17 | 11:30 am-12 pm | \$48/6 | 110465

Sat, Jan 13-Feb 17 | 1:45-2:15 pm | \$48/6 | 110469

Sat, Feb 24-Mar 30 | 11:30 am-12 pm | \$48/6 | 110470

Sat, Feb 24-Mar 30 | 1:45-2:15 pm | \$48/6 | 110473

Oliver Woods Community Centre

Baby Ballet - The Next Steps

3 to 5 Years

This is for little dancers who have already taken Baby Ballet. They will learn more steps and movement. Children should wear leotards, shorts and dance slippers if available. If not, then bare feet is acceptable. Parent participation required.

Sat, Jan 13-Feb 17 | 12:15-12:45 pm | \$48/6 | 110466

Sat, Feb 24-Mar 30 | 12:15-12:45 pm | \$48/6 | 110471

Oliver Woods Community Centre

Junior Ballet

5 to 8 Years

This is a class for those dancers who are a bit older or who have taken Baby Ballet in the past and wish to continue their dancing. Children will be led in fun, engaging dance steps and movement to some energetic music. Children should wear leotards, shorts and dance slippers if available. If not, then bare feet is acceptable.

Sat, Jan 13-Feb 17 | 1-1:30 pm | \$48/6 | 110467

Sat, Feb 24-Mar 30 | 1-1:30 pm | \$48/6 | 110472

Oliver Woods Community Centre

Oh, shoot!

We sometimes make mistakes or information changes. Please check our online Activity Guide frequently for the latest program information.

Intro to Hip Hop with Vibe

Touch on the basics of hip hop and learn new styles like grooving, popping and more.

3 to 4 Years

Fri, Jan 12-Feb 9 | 4-4:30 pm | \$60/5 | 109549

Fri, Feb 16-Mar 8 | 4-4:30 pm | \$48/4 | 109550

5 to 7 Years

Fri, Jan 12-Feb 9 | 4:45-5:30 pm | \$63/5 | 109551

Fri, Feb 16-Mar 8 | 4:45-5:30 pm | \$50/4 | 109552

8 to 11 Years

Fri, Jan 12-Feb 9 | 5:45-6:30 pm | \$63/5 | 109553

Fri, Feb 16-Mar 8 | 5:45-6:30 pm | \$50/4 | 109554

12+ Years

Fri, Jan 12-Feb 9 | 6:45-7:30 pm | \$63/5 | 109555

Fri, Feb 16-Mar 8 | 6:45-7:30 pm | \$50/4 | 109556

Vibrant Studios (Vibe)

Kids Bhangra Fit

Learn various forms of Bhangra while getting a full body workout. We keep dancing and fitness exciting with this popular Indian dance workout - an intense, vibrant, joyful dance that elevates the heart rate and state of mind. The majority of the moves follow a folk dance pattern. Starting with the basics of Bhangra, learn different steps.

Instructor: Vancouver Island Bhangra

3 to 5 Years

Tue, Feb 6-Mar 19 | 4-4:30 pm | \$70/7 | 108484

5 to 11 Years

Wed, Feb 7-Mar 20 | 5-5:45 pm | \$84/7 | 108487

Oliver Woods Community Centre

Rhythm Kids®

Rhythm Kids® is designed for kids ages 4 to 8 who will build up musical confidence using djembe drums, percussion instruments and the most important instruments of all, their voices and their bodies. Each semester, a new animal song collection will introduce music inspired by the rhythms of many different cultures through singing, creative movement and musical games. Families can enjoy practice sessions at home with a cd/app, a songbook and online play-along videos. For more program information, please visit www.seasonstudio.com. Parent participation is required for level 1 and optional for level 2. There is a \$50 program fee for this course, which is non-refundable after the first class (siblings will receive a \$50 refund).

Instructor: Karita Sedun

4 to 5 Years - Level 1 (parent participation required)

Tue, Jan 9-Mar 5 | 4-4:45 pm | \$113/9 | 106387

5 to 8 Years - Level 2 (parent participation optional)

Tue, Jan 9-Mar 5 | 5-5:45 pm | \$113/9 | 106388

Oliver Woods Community Centre

Highland Dance

Dance, sing and learn the Highland Fling with certified instructors from Brigadoon Dance Academy! Parent participation is required for Tartan Tots. Please wear shorts, t-shirt and bare feet.

3 to 5 Years - Tartan Tots

Sun, Feb 4-25 | 3-3:45 pm | \$50/4 | 110819

6 to 12 Years - Kilts & Hilt

Sun, Feb 4-25 | 4-4:45 pm | \$50/4 | 110820

Oliver Woods Community Centre



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Children's Special Interest & Outdoor

Nature Tales

2 to 5 Years

Enjoy a nature-inspired story with your child before going on a guided nature adventure. All stories and adventuring will take place outside - rain or shine. Parent participation is required.

Instructor: Sarah Osborne

Thu, Mar 7 | 10-11:15 am | \$10/1 | [110778](#)

Miner's Cottage at Buttertubs Marsh

Thu, Mar 28 | 10-11:15 am | \$10/1 | [110779](#)

Neck Point Park

Cupid's Cookies & Crafts NEW!

2 to 5 Years

It's almost Valentine's Day, which means it's the perfect time to have fun decorating some sweet treat cookies and explore your creative side with a love-themed craft! Parent participation is required.

Fri, Feb 9 | 9-10 am | \$12/1 | [108451](#)

Fri, Feb 9 | 10:15-11:15 am | \$12/1 | [108452](#)

Fri, Feb 9 | 11:30 am-12:30 pm | \$12/1 | [111118](#)

Bowen Park Complex

Storytime & Crafts with Miss Lynn NEW!

3 to 5 Years

Join the lovely Miss Lynn for a journey of imagination and creativity! For the young minds eager for adventure, Miss Lynn will combine the wonder of storytelling with the joy of a hands-on craft. Parent participation is required.

Instructor: Lynn Macaulay

Fri, Jan 12 | 9:30-10:30 am | \$12/1 | [110988](#)

Fri, Jan 26 | 9:30-10:30 am | \$12/1 | [110386](#)

Fri, Feb 9 | 9:30-10:30 am | \$12/1 | [110388](#)

Fri, Feb 23 | 9:30-10:30 am | \$12/1 | [110387](#)

Fri, Mar 8 | 9:30-10:30 am | \$12/1 | [110389](#)

Kin Hut Activity Centre

Dino Detectives

3 to 5 Years

As a new Dino Detective, you will try to uncover the hidden secrets of dinosaurs from millions of years ago. Excavate fossils buried in the sand, listen to dino-tales, go on a scavenger hunt to find clues, create dino arts and crafts and so much more!

Mon, Jan 22-Feb 26 | 11 am-12 pm | \$45/5 | [109900](#)

Bowen Park Complex

Exploring Nature... NEW!

with Your Sense of Smell

3 to 6 Years

Discover which animals use their sense of hearing and smell most. Learn with us through games and fun activities in this park as we explore these senses. This is a parent participation class.

Instructor: Judy Wickland

Sat, Feb 3 | 10-11:15 am | \$10 | [105769](#)

Planta Park (Planta Rd)

Exploring Nature... NEW!

with Your Sense of Touch

3 to 6 Years

We will learn about our sense of touch and how we depend on it. Are there animals that use their sense of touch? Learn with us through games and fun activities in this park. This is a parent participation class.

Instructor: Judy Wickland

Sun, Feb 18 | 10-11:15 am | \$10 | [105770](#)

Neck Point Park (Finn Beach)

Exploring Nature... NEW!

with Your Sense of Sight

3 to 6 Years

We use our senses of sight a lot. What other animals depend on their sight? Learn with us through games and fun activities in this park. This is a parent participation class.

Instructor: Judy Wickland

Sun, Jan 21 | 10-11:15 am | \$10 | [105767](#)

Neck Point Park (Finn Beach)

Wild Wonderers NEW!

8 to 12 Years

Join us after school in the Wild Outdoors where we will spend time exploring, learning and playing in the rainforests that surrounds us through games, crafts and activities. Weekly themes include shelter building, plant identification and wilderness safety. Splash pants or rain gear and boots required.

Tue, Feb 13-Mar 5 | 3-4:30 pm | \$48/4 | [111037](#)

Colliery Dam Park

Let's Eat! Kids' Cooking

7 to 12 Years

Learn different cooking techniques, knife skills and flavour combos. You will gain confidence making healthy and delicious meals that you can share with the whole family.

Instructor: Nanaimo Foodshare

Tue, Jan 9-23 | 3:30-5:30 pm | \$100/3 | [110309](#)

Wed, Jan 10-24 | 3:30-5:30 pm | \$100/3 | [110310](#)

Tue, Feb 20-Mar 5 | 3:30-5:30 pm | \$100/3 | [110311](#)

Beban Park Social Centre

Wed, Jan 31-Feb 14 | 3:30-5:30 pm | \$100/3 | [110376](#)

Bowen Park Complex



Children's Sports

Soccer Tots 2 to 5 Years

Run, kick, dodge and score! Let's play soccer through carefully guided activities to get your child moving. Activities will develop motor skills and social interaction. This is a parent participation program.

Sat, Jan 13-Feb 17 | 9-10 am | \$48/6 | [110456](#)
 Sat, Jan 13-Feb 17 | 10:15-11:15 am | \$48/6 | [110457](#)
 Sat, Feb 24-Mar 30 | 9-10 am | \$48/6 | [110458](#)
 Sat, Feb 24-Mar 30 | 10:15-11:15 am | \$48/6 | [110459](#)
 Oliver Woods Community Centre

Indoor Soccer 6 to 10 Years

This is a co-ed program designed to develop basic soccer fundamentals, such as shooting, passing and dribbling. Gain leadership, team building and sportsmanship skills.

Wed, Feb 21-Mar 27 | 4:30-5:30 pm | \$48/6 | [110422](#)
 Oliver Woods Community Centre

Soccer Skills and Drills 6 to 9 Years

Kick, dribble, pass and score! Join us for some soccer fun and learn the basics in this introductory class.

Thu, Jan 25-Feb 29 | 4:45-5:30 pm | \$42/6 | [109469](#)
 Harewood Covered Sports Court



Basketball Skills and Drills 6 to 9 Years

Dribble, bounce and shoot! Join us for some basketball, and learn the basics in this introductory class where the focus is FUN!

Tue, Jan 23-Feb 27 | 4:45-5:30 pm | \$42/6 | [109470](#)
 Harewood Covered Sports Court

Basketball Fundamental Movement Skills

Did you know basketball is one of the world's fastest-growing sports? Your coach will teach you the fundamental movements of basketball through teaching skills, such as footwork, dribbling, shooting mechanics and passing.

Instructor: Will Properi-Porta

6 to 9 Years

Wed, Jan 10-Feb 14 | 4-5 pm | \$48/6 | [110420](#)
 Wed, Feb 21-Mar 27 | 4-5 pm | \$48/6 | [110426](#)

8 to 11 Years

Tue, Jan 9-Feb 13 | 3:45-4:45 pm | \$48/6 | [110411](#)
 Tue, Feb 20-Mar 26 | 3:45-4:45 pm | \$48/6 | [110412](#)

10 to 13 Years

Fri, Jan 12-Feb 16 | 4:45-5:45 pm | \$48/6 | [110430](#)
 Fri, Feb 23-Mar 22 | 4:45-5:45 pm | \$40/5 | [110444](#)

Oliver Woods Community Centre

Children's Floor Hockey 7 to 10 Years

This program is designed to introduce you to the game of floor hockey while playing for enjoyment and fitness.

Mon, Jan 8-Feb 12 | 3:30-4:30 pm | \$48/6 | [110407](#)
 Mon, Feb 26-Mar 25 | 3:30-4:30 pm | \$40/5 | [110408](#)
 Oliver Woods Community Centre



Join us for FREE programs at Harewood Covered Sports Court!

Court Kids 1 to 5 Years

Hey, kids! Bring your parents to climb, jump and play! This is a parent participation program.

Tue, Jan 9-Mar 5 | 9-11 am | FREE/9 | [109446](#)
 Thu, Jan 11-Mar 7 | 9-11 am | FREE/9 | [109447](#)

Court Tots Soccer NEW! 2 to 4 Years

There will be time for tots to explore soccer and develop motor skills. Parent participation required.

Sat, Jan 13-Mar 2 | 10-10:45 am | FREE/8 | [109727](#)

Court Tots Floor Hockey NEW! 2 to 4 Years

There will be time to explore floor hockey and develop motor skills. Parent participation required.

Sat, Jan 13-Mar 2 | 10-10:45 am | FREE/8 | [109726](#)

Court Kids Soccer NEW! 5 to 8 Years

Learn the fundamentals through shooting, passing and dribbling. Parent participation required.

Sat, Jan 13-Mar 2 | 11-11:45 am | FREE/8 | [109724](#)

Court Kids Floor Hockey NEW! 5 to 8 Years

Shoot, pass and learn how to handle the stick. Parent participation required.

Sat, Jan 13-Mar 2 | 11-11:45 am | FREE/8 | [109725](#)



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Children's Multi Sport Mixer

6 to 10 Years

This program is perfect for those of you who want to try multiple sports. Each week you will play a different sport like European handball, dodgeball, floor hockey, soccer and football and will include development, practice time and a scrimmage.

Wed, Jan 10-Feb 14 | 4:30-5:30 pm | \$48/6 | [110421](#)

Oliver Woods Community Centre

Lacrosse - the Fundamentals NEW!

6 to 10 Years

Get ready for lacrosse season with this introduction program. An experienced instructor will teach the fundamentals of the game, including throwing, how to cradle the ball, shooting and much more! The instructor will also focus on physical literacy and teach different fundamental movements.

Tue, Jan 9-Feb 13 | 5-6 pm | \$48/6 | [110413](#)

Tue, Feb 20-Mar 26 | 5-6 pm | \$48/6 | [110414](#)

Oliver Woods Community Centre

Children's Volleyball

8 to 12 Years

Bump! Pass! Spike! Learn the techniques and skills of volleyball through drills and games. This program is recommended for beginner to intermediate players.

Fri, Jan 12-Feb 16 | 4:45-5:45 pm | \$48/6 | [110431](#)

Fri, Feb 23-Mar 22 | 4:45-5:45 pm | \$40/5 | [110442](#)

Oliver Woods Community Centre

Junior Badminton

8 to 13 Years

Boost your techniques and skills for this awesome, fun game. Program includes drills, games, singles and double play. This is recommended for beginner to intermediate players.

Instructor: Alayna Jankovic

Mon, Jan 8-Feb 12 | 4-5 pm | \$48/6 | [110409](#)

Mon, Feb 26-Mar 25 | 4-5 pm | \$40/5 | [110410](#)

Oliver Woods Community Centre

Progressive Tennis

Learn tennis in a fun team environment using smaller racquets, lighter balls and smaller courts. All equipment provided. Please wear clean gym shoes.

5 to 7 Years

Tue, Jan 9-Mar 5 | 5-6 pm | \$176/9 | [110070](#)

Sun, Jan 14-Mar 3 | 3-4 pm | \$137/7 | [110071](#)

8 to 11 Years

Sun, Jan 14-Mar 3 | 4-5:30 pm | \$205/7 | [110074](#)

Tue, Jan 9-Mar 5 | 3:30-5 pm | \$264/9 | [110197](#)

Westwood Tennis Club (2367 Arbot Rd)

On Guard! Fencing for Children

8 to 13 Years

This program is suitable for both beginner and continuing fencers. Focus will be on developing skills through activities and drills. Fencing challenges both the body and the mind.

Instructor: Georgia Newsome

Wed, Jan 10-Feb 7 | 5:15-6:15 pm | \$50/5 | [110463](#)

Wed, Feb 14-Mar 13 | 5:15-6:15 pm | \$50/5 | [110464](#)

Oliver Woods Community Centre

Junior Lifeguard Clubs

Are you interested in something more exciting than swimming lessons? Do you have an interest in learning about water rescues, first aid skills, helping others and being a part of something bigger? Join us! You will develop new lifesaving skills and learn attitudes that could one day save your life or someone else's! This club focuses on fun, teamwork and skill development with games and a variety of activities themed around lifesaving, lifeguarding and first aid. A must for those of you who love the water but are looking for more than lessons.

8 to 12 Years (Junior Lifeguard)

Tue, Jan 16-Mar 5 | 6-7:30 pm | \$76/8 | [101267](#)

13 to 15 Years (Lifesaving Sport)

Thu, Jan 18-Mar 7 | 6-7:30 pm | \$76/8 | [101268](#)

Nanaimo Aquatic Centre

Rock Climbing

6 to 12 Years

Come out and give indoor rock climbing a try. We provide all the gear and staff to introduce kids to the exciting sport of rock climbing. No experience necessary. Do it for the fitness and the fun.

Wed, Jan 10-31 | 4-6 pm | \$112/4 | [109498](#)

Wed, Feb 7-28 | 4-6 pm | \$112/4 | [109499](#)

Fri, Feb 2-23 | 4-6 pm | \$112/4 | [109501](#)

Romper Room Climbing Gym (4235 Boban Dr)

Street-Smart Cycling Skills

Learn basic bike maintenance, rules and regulations of the road, and have fun gaining confidence through cycling games and much more. All participants must have a certified biking helmet, full functioning bike and basic riding skills. Bring a snack, water and weather-appropriate clothing.

Instructor: Thrills and Skills Cycling Staff

6 to 9 Years

Sun, Mar 24 | 1-4 pm | \$45/1 | [110775](#)

10 to 13 Years

Sun, Mar 24 | 9 am-12 pm | \$45/1 | [110776](#)

Beban Park Centennial Building



Yoga for Kids

6 to 12 Years

Kids yoga assists children in their focus skills, teaches self-awareness, builds self-esteem, self-respect and is empowering. Yoga is great to pair with other sports such as hockey, basketball and soccer.

Instructor: Gypsy Hart

Wed, Jan 10-Feb 14 | 3:30-4:30 pm | \$48/6 | [110460](#)

Wed, Feb 21-Mar 27 | 3:30-4:30 pm | \$48/6 | [110461](#)

Oliver Woods Community Centre

Karate

8 to 15 Years

Traditional karate is a fun activity that builds confidence and self-discipline. Have a great time studying this Japanese art of self-defence in a friendly, safe and positive environment. This class places an emphasis on leadership skills, respect and a healthy lifestyle while developing a strong foundation in basics.

Instructor: Mike Ciurka (6th degree black belt)

Tue, Jan 2-Feb 13 | 6-7 pm | \$56/7 | [109395](#)

Tue, Feb 20-Mar 26 | 6-7 pm | \$48/6 | [109396](#)

Bowen Park Complex

Karate

4 to 7 Years

In this introduction to karate, kids learn basic karate moves. self-discipline with courtesy and respect will be strongly emphasized. Free uniform if you register at the dojo after the introduction.

Mon, Jan 8-29 | 4:30-5:15 pm | \$25/4 | [109924](#)

Fri, Jan 12-26 | 5:15-6 pm | \$19/3 | [109925](#)

Tue, Feb 6-27 | 3:30-4:15 pm | \$25/4 | [109926](#)

Fri, Feb 2-23 | 4:15-5 pm | \$25/4 | [109927](#)

Thu, Mar 7-28 | 3:30-4:15 pm | \$25/4 | [109928](#)

Fri, Mar 1-22 | 3:15-4 pm | \$25/4 | [109929](#)

Shima Karate (3032 Barons Rd)

Karate

8 to 12 Years

In this introduction to karate, kids train twice a week as they will start learning katas, sparring and self-defense drills. Peer pressure and bullying are also discussed. Get a free uniform if you register with the dojo after the introduction program.

M/W, Jan 8-17 | 3:30-4:20 pm | \$25/4 | [109930](#)

T/Th, Jan 9-18 | 4:30-5:20 pm | \$25/4 | [109932](#)

M/W, Feb 5-14 | 3:30-4:20 pm | \$25/4 | [109933](#)

T/Th, Feb 6-15 | 4:30-5:20 pm | \$25/4 | [109934](#)

M/W, Mar 4-13 | 3:30-4:20 pm | \$25/4 | [109935](#)

T/Th, Mar 5-14 | 4:30-5:20 pm | \$25/4 | [109936](#)

Shima Karate (3032 Barons Rd)

Taekwondo with Master Kim

Gain 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 8th degree black belt Grand Master can help you become strong in mind, body and spirit.

4 to 7 Years

Mon, Jan 15-22 | 4:15-5 pm | \$25/2 | [109013](#)

Wed, Jan 17-24 | 4:15-5 pm | \$25/2 | [109014](#)

Fri, Jan 19-26 | 4:15-5 pm | \$25/2 | [109015](#)

Sat, Jan 20-27 | 10-10:40 am | \$25/2 | [109016](#)

Sat, Feb 3-10 | 10-10:40 am | \$25/2 | [109020](#)

Mon, Feb 5-12 | 4:15-5 pm | \$25/2 | [109017](#)

Wed, Feb 7-14 | 4:15-5 pm | \$25/2 | [109018](#)

Fri, Feb 9-16 | 4:15-5 pm | \$25/2 | [109019](#)

Fri, Mar 1-8 | 4:15-5 pm | \$25/2 | [109023](#)

Sat, Mar 2-9 | 10-10:40 am | \$25/2 | [109024](#)

Mon, Mar 4-11 | 4:15-5 pm | \$25/2 | [109021](#)

Wed, Mar 6-13 | 4:15-5 pm | \$25/2 | [109022](#)

8 to 12 Years

Tue, Jan 16-23 | 4:15-5 pm | \$25/2 | [109029](#)

Thu, Jan 18-25 | 4:15-5 pm | \$25/2 | [109030](#)

Fri, Jan 19-26 | 4:15-5 pm | \$25/2 | [109031](#)

Sat, Jan 20-27 | 10:50-11:20 am | \$25/2 | [109032](#)

Sat, Feb 3-10 | 10:50-11:20 am | \$25/2 | [109036](#)

Tue, Feb 6-13 | 4:15-5 pm | \$25/2 | [109033](#)

Thu, Feb 8-15 | 4:15-5 pm | \$25/2 | [109034](#)

Fri, Feb 9-16 | 4:15-5 pm | \$25/2 | [109035](#)

Fri, Mar 1-8 | 4:15-5 pm | \$25/2 | [109039](#)

Sat, Mar 2-9 | 10:50-11:20 am | \$25/2 | [109040](#)

Tue, Mar 5-12 | 4:15-5 pm | \$25/2 | [109037](#)

Thu, Mar 7-14 | 4:15-5 pm | \$25/2 | [109038](#)

World Taekwondo Academy (4300 Wellington Rd)

Taekwondo Ninjas

5 to 9 Years

This is an introduction to martial arts designed to build skills and have fun. Students will learn kicks, punches, blocks and self-defense techniques through fun activities that develop coordination, balance, flexibility, strength and agility. Students will increase a sense of body awareness, focus, concentration and self-confidence.

Instructor: Master Moy, Kick High Martial Arts

Thu, Jan 11-Feb 15 | 4-4:30 pm | \$48/6 | [111000](#)

Thu, Feb 22-Mar 28 | 4-4:30 pm | \$48/6 | [111008](#)

Oliver Woods Community Centre

Tigers Taekwondo

7 to 13 Years

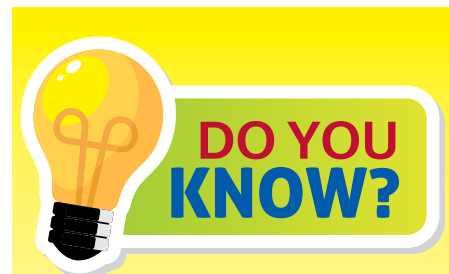
This is an introduction to martial arts designed to build skills and have fun. Students will build self-confidence while learning different kicks, punches, blocks and self-defense techniques. They will learn anti-bullying strategies and increase mental and physical strength. There is an emphasis on life skills, such as respect, discipline, focus, integrity and perseverance.

Instructor: Master Moy, Kick High Martial Arts

Thu, Jan 11-Feb 15 | 4:30-5 pm | \$48/6 | [111009](#)

Thu, Feb 22-Mar 28 | 4:30-5 pm | \$48/6 | [111010](#)

Oliver Woods Community Centre



**Learning a martial art helps
you develop discipline,
strength, agility, balance
and flexibility!**





Pro-D, Winter & Spring Break Camps

School's Out Pro-D Camp 5 to 10 Years

A classic day camp experience with lots of games, activities, crafts and FUN!

Mon, Feb 5 | 8:30 am-5 pm | \$46/1 | [109448](#)

Tue, Feb 6 | 8:30 am-5 pm | \$46/1 | [109449](#)

Beban Park Social Centre

Sports Action - Pro-D Camp & Spring Break

Join us for an exciting multi-sport camp that blends gym sports, crafts and outdoor play! Camp leaders will teach the fundamentals of physical literacy while also incorporating fun and exciting activities.

PRO-D CAMPS (6-11 Years)

Mon, Feb 5 | 8:30 am-5 pm | \$46/1 | [110478](#)

Tue, Feb 6 | 8:30 am-5 pm | \$46/1 | [110480](#)

SPRING BREAK CAMPS (8-12 Years)

Mon, Mar 11 | 8:30 am-5 pm | \$46/1 | [110482](#)

Tue, Mar 12 | 8:30 am-5 pm | \$46/1 | [110483](#)

Wed, Mar 13 | 8:30 am-5 pm | \$46/1 | [110484](#)

Thu, Mar 14 | 8:30 am-5 pm | \$46/1 | [110485](#)

Fri, Mar 15 | 8:30 am-5 pm | \$46/1 | [110486](#)

Mon, Mar 18 | 8:30 am-5 pm | \$46/1 | [110487](#)

Tue, Mar 19 | 8:30 am-5 pm | \$46/1 | [110488](#)

Wed, Mar 20 | 8:30 am-5 pm | \$46/1 | [110489](#)

Thu, Mar 21 | 8:30 am-5 pm | \$46/1 | [110490](#)

Fri, Mar 22 | 8:30 am-5 pm | \$46/1 | [110491](#)

Oliver Woods Community Centre

Frosty Frolic Camp 5 to 10 Years

Play games, get crafty and make new friends.

Register for the whole week or only the days you need.

Wed, Dec 27 | 8:30 am-5 pm | \$46/1 | [100924](#)

Thu, Dec 28 | 8:30 am-5 pm | \$46/1 | [100925](#)

Fri, Dec 29 | 8:30 am-5 pm | \$46/1 | [100926](#)

Tue, Jan 2 | 8:30 am-5 pm | \$46/1 | [100927](#)

Wed, Jan 3 | 8:30 am-5 pm | \$46/1 | [100928](#)

Thu, Jan 4 | 8:30 am-5 pm | \$46/1 | [100929](#)

Fri, Jan 5 | 8:30 am-5 pm | \$46/1 | [100930](#)

Beban Park Social Centre

Let's Eat! Mini Cooking Camp NEW!

Keep the holiday spirit going with cozy meals and snacks with each day based on breakfast, lunch then dinner! Practice different cooking techniques, knife skills and flavour combos that will have you making these meals year-round.

Instructor: Nanaimo Foodshare

7 to 12 Years

W-F, Dec 27-29 | 1-3 pm | \$100/3 | [106713](#)

Beban Park Social Centre

10 to 16 Years

W-F, Jan 3-5 | 1-3 pm | \$100/3 | [105433](#)

Bowen Park Complex



RecSkate Pro-D, Winter & Spring Break Camps

6 to 11 Years

This half-ice recreational skating camp includes three ice times for lessons, stations, games and free time. Camp also includes other sports and activities. We recommend that skaters have passed a minimum of RecSkate 1. Please bring your own lunch and snacks. Rentals are free if needed.

PRO-D CAMPS

Mon, Feb 5 | 8:30 am-5 pm | \$46/1 | [100531](#)

Tue, Feb 6 | 8:30 am-5 pm | \$46/1 | [100532](#)

Cliff McNabb Arena

WINTER BREAK CAMPS

Tue, Jan 2 | 8:30 am-5 pm | \$46/1 | [98925](#)

Wed, Jan 3 | 8:30 am-5 pm | \$46/1 | [98926](#)

Thu, Jan 4 | 8:30 am-5 pm | \$46/1 | [98927](#)

Fri, Jan 5 | 8:30 am-5 pm | \$46/1 | [98928](#)

Cliff McNabb Arena

SPRING BREAK CAMPS

Mon, Mar 11 | 8:30 am-5 pm | \$46/1 | [110912](#)

Tue, Mar 12 | 8:30 am-5 pm | \$46/1 | [110913](#)

Wed, Mar 13 | 8:30 am-5 pm | \$46/1 | [110914](#)

Thu, Mar 14 | 8:30 am-5 pm | \$46/1 | [110915](#)

Fri, Mar 15 | 8:30 am-5 pm | \$46/1 | [110916](#)

Mon, Mar 18 | 8:30 am-5 pm | \$46/1 | [110917](#)

Tue, Mar 19 | 8:30 am-5 pm | \$46/1 | [110918](#)

Wed, Mar 20 | 8:30 am-5 pm | \$46/1 | [110920](#)

Thu, Mar 21 | 8:30 am-5 pm | \$46/1 | [110921](#)

Fri, Mar 22 | 8:30 am-5 pm | \$46/1 | [110922](#)

Cliff McNabb Arena

ReHockey Pro-D, Winter & Spring Break Camps

6 to 11 Years

This is a recreational, half-ice hockey camp for participants of varying abilities. Emphasis is on the FUNDamentals of hockey with two ice times for skills, scrimmage and stations. Helmet with face cage and gloves are required. We recommend that skaters have passed a minimum of RecSkate 2. Please bring a lunch, snack and water bottle. Full gear is required.

PRO-D CAMPS

Mon, Feb 5 | 8:30 am-5 pm | \$46/1 | [100529](#)

Tue, Feb 6 | 8:30 am-5 pm | \$46/1 | [100530](#)

Cliff McNabb Arena

WINTER BREAK CAMPS

Tue, Jan 2 | 8:30 am-5 pm | \$46/1 | [98921](#)

Wed, Jan 3 | 8:30 am-5 pm | \$46/1 | [98922](#)

Thu, Jan 4 | 8:30 am-5 pm | \$46/1 | [98923](#)

Fri, Jan 5 | 8:30 am-5 pm | \$46/1 | [98924](#)

Cliff McNabb Arena

SPRING BREAK CAMPS

Mon, Mar 11 | 8:30 am-5 pm | \$46/1 | [110923](#)

Tue, Mar 12 | 8:30 am-5 pm | \$46/1 | [110924](#)

Wed, Mar 13 | 8:30 am-5 pm | \$46/1 | [110925](#)

Thu, Mar 14 | 8:30 am-5 pm | \$46/1 | [110926](#)

Fri, Mar 15 | 8:30 am-5 pm | \$46/1 | [110927](#)

Mon, Mar 18 | 8:30 am-5 pm | \$46/1 | [110928](#)

Tue, Mar 19 | 8:30 am-5 pm | \$46/1 | [110929](#)

Wed, Mar 20 | 8:30 am-5 pm | \$46/1 | [110930](#)

Thu, Mar 21 | 8:30 am-5 pm | \$46/1 | [110931](#)

Fri, Mar 22 | 8:30 am-5 pm | \$46/1 | [110932](#)

Cliff McNabb Arena

Youth Winter Break Basketball D

Looking for a fun activity to enjoy during the holiday break? Come down and shoot some hoops at Oliver Woods! This is drop-in only, and registration opens up 72 hours before each session.

10 to 13 Years

Wed, Dec 27 | 12:30-2 pm | drop-in fee

Thu, Dec 28 | 9:30-11 am | drop-in fee

Fri, Dec 29 | 1:30-3 pm | drop-in fee

14 to 17 Years

Wed, Dec 27 | 4:30-6 pm | drop-in fee

Thu, Dec 28 | 11 am-12:30 pm | drop-in fee

Fri, Dec 29 | 3-4:30 pm | drop-in fee

Oliver Woods Community Centre

Youth Winter Break Volleyball D

Looking for a fun activity to enjoy during the holiday break? Come down and play volleyball at Oliver Woods. Registration opens up 72 hours before each drop-in session.

10 to 13 Years

Wed, Dec 27 | 12:30-2 pm | drop-in fee

Thu, Dec 28 | 9:30-11 am | drop-in fee

Fri, Dec 29 | 2-3:30 pm | drop-in fee

14 to 17 Years

Wed, Dec 27 | 4:30-6 pm | drop-in fee

Thu, Dec 28 | 11 am-12:30 pm | drop-in fee

Fri, Dec 29 | 3:30-5 pm | drop-in fee

Oliver Woods Community Centre

Tree Frog Camp - Spring Break

3 to 5 Years

This is a daycamp for little ones who want to go to camp, too! The week will include games, music, arts and crafts. Join us for some great times!

M-F, Mar 11-15 | 9-11 am | \$100/5 | [109460](#)

M-F, Mar 18-22 | 9-11 am | \$100/5 | [109461](#)

Oliver Woods Community Centre

Camp Firefly - Spring Break

5 to 10 Years

March break means it's time to play! Join us for sports, games, arts and crafts and more. Register for the whole two weeks or just the days you need.

Mon, Mar 11 | 8:30 am-5 pm | \$46/1 | [109450](#)

Tue, Mar 12 | 8:30 am-5 pm | \$46/1 | [109451](#)

Wed, Mar 13 | 8:30 am-5 pm | \$46/1 | [109452](#)

Thu, Mar 14 | 8:30 am-5 pm | \$46/1 | [109453](#)

Fri, Mar 15 | 8:30 am-5 pm | \$46/1 | [109454](#)

Mon, Mar 18 | 8:30 am-5 pm | \$46/1 | [109455](#)

Tue, Mar 19 | 8:30 am-5 pm | \$46/1 | [109456](#)

Wed, Mar 20 | 8:30 am-5 pm | \$46/1 | [109457](#)

Thu, Mar 21 | 8:30 am-5 pm | \$46/1 | [109458](#)

Fri, Mar 22 | 8:30 am-5 pm | \$46/1 | [109459](#)

Beban Park Social Centre



Musical Theatre Camp

9 to 12 Years

Participants will be focusing on theatrical characterization, vocal technique, performance training, stage movement, teamwork, exploring creativity and problem-solving - all with the goal of finishing the week with a performance for parents on Friday afternoon.

Instructor: Nanaimo Conservatory of Music

M-F, Mar 11-15 | 10 am-4 pm | \$325/5 | [109462](#)

Nanaimo Conservatory of Music (375 Selby St)

Taekwondo with Master Kim

Our highly qualified 8th degree blackbelt Grand Master Kim can help you become strong in mind, body and spirit. This program emphasizes self-discipline, confidence and concentration.

4 to 7 Years

M/W, Mar 18-20 | 4:15-5 pm | \$25/2 | [109068](#)

8 to 12 Years

T/Th, Mar 19-21 | 4:15-5 pm | \$25/2 | [109069](#)

World Taekwondo Academy (4300 Wellington Rd)

Rock Climbing

6 to 12 Years

Climb the walls this Spring Break as you make new friends and learn from experienced climbers. Camp instructors will mix in some non wall time to keep things interesting. No climbing experience is necessary.

M-F, Mar 11-15 | 9:30-11:30 am | \$200/5 | [109510](#)

M-F, Mar 11-15 | 12-2 pm | \$200/5 | [109512](#)

M-F, Mar 18-22 | 9:30-11:30 am | \$200/5 | [109513](#)

M-F, Mar 18-22 | 12-2 pm | \$200/5 | [109514](#)

Romper Room Climbing Gym (4235 Boban Dr)

Prime Junior Golf NEW!

- Chip, Putt & Drive

6 + Years

Sign up for this fun-filled time at Prime Golf where you will learn the basics and fundamentals of golf by playing games along with structured, skill-based activities

Instructor: Prime Golf Staff

T-Th, Mar 12-14 | 10 am-12 on | \$200/3 | [110354](#)

T-Th, Mar 19-21 | 10 am-12 pm | \$200/3 | [110355](#)

Prime Golf (4750 Rutherford Rd)

SCHOOL BREAK



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COMMUNITY CONNECTIONS



Brigadoon
DANCE ACADEMY
HIGHLAND on VANCOUVER ISLAND



Come try our 4-week trial session at Oliver Woods Community Centre!
Recreation to Championship Level - Age 3 to Adult

To request more information:
brigadoondanceacademy@shaw.ca or 250-756-3661
Please leave the dancer's name, age & grade

 Brigadoon Dance Academy  [brigadoon.dance.academy](https://www.instagram.com/brigadoon.dance.academy)



Drop-In daily or join a 7-week fall Lesson program!

drop-in lessons camp events



SCAN FOR DETAILS
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Parkour Skateboard Freestyle Trampoline
Gymnastics Biking Multi-Sport Girls-Only & More!



Open Daily For All Ages + All Levels
airhouse.ca



VANCOUVER ISLAND SYMPHONY
VANCOUVER ISLAND SYMPHONY
Family Concert Series TD

Saturday, January 27, 2024
3:00 PM @ The Port Theatre

My Symphony starring Rick Scott
with the Vancouver Island Symphony
For Youth Ages: 5 and up!

CONDUCTOR: Cosette Justo Valdés
GUEST ARTIST: VIS Noteworthy Kids Choir,
Patricia Plumley, Choir Director

Single & Family Tickets Available
For information & ticket links visit:
vancouverislandsymphony.com

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COMMUNITY CONNECTIONS



The City of Nanaimo Activity Guide is produced 3 times a year and is a great way to promote your community organization or business.

Check our website,
email parksandcreation@nanaimo.ca or
call 250-755-7510
for ad options available.

HEY NANAIMO PARENTS!

#1 ACTIVITY FOR KIDS



TIGER
MARTIAL ARTS



Beginner Classes now forming!

MARTIAL ARTS...
BUILDS CONFIDENCE * IMPROVES LISTENING * INCREASES FOCUS

REGISTER @ www.tigernanaimo.com

A background collage of many diverse people's faces, representing multiculturalism. The faces are in various shades of grey and white, creating a textured, layered effect.

Central Vancouver Island Multicultural Society

Welcoming Newcomers to Canada

Settlement • Language • Employment • Family

101 - 319 Selby Street, Nanaimo, BC V9R 2R4
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cityofnanaimo



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



Youth Programs

Creative Writing and Book Club

11 to 14 Years

Anyone can be a writer! Get your creative juices flowing with writing prompts and exercises in this beginner level class. Each session will also feature a chance to share the book(s) you are currently reading with other participants allowing you to discover new authors. Participants will receive a journal to write in, but please bring your own pens.

Mon, Jan 15-Apr 15 | 5:30-7 pm | \$132/12 | [109838](#)
Nanaimo Aquatic Centre

Pottery Wheel - Teen & Adult

12 Years +

For those with little to no previous experience working with clay. Dip your hands into something new! Learn the basic techniques that will help you create pots, vases, bowls and pretty much anything that can be thrown on a pottery wheel. Clay, glazes and firings are included.

Instructor: Selena Unger

Sun, Jan 7-Feb 11 | 11:30 am-2 pm | \$174/6 | [110029](#)
Sun, Feb 18-Mar 31 | 11:30 am-2 pm | \$174/6 | [110030](#)
Bowen Park Pottery Studio

Beginner Ukulele for Teens ^{NEW!}

Learn the fundamentals of this versatile and fun instrument. You will be taught tuning, strumming techniques, chord basics and play lots of interesting songs along the way.

Instructor: Zoe Henderson

Wed, Jan 17-Mar 6 | 5-6:30 pm | \$80/8 | [109198](#)
Bowen Park Complex

Beginner Ukulele - ^{NEW!}

for Teens & Adults

Join your teen and tune in to this music-filled class where you will learn the fundamentals of this versatile and fun instrument. For both complete beginners and those with some experience and in need of a refresher. The focus will be on developing musicianship on the ukulele, so you become comfortable playing short, simple pieces and strumming along while you (or others) sing short simple songs.

Instructor: Zoe Henderson

Sat, Jan 20-Mar 16 | 12:30-2 pm | \$126/9 | [109126](#)
Bowen Park Complex

Let's Eat! Teens Rule the Kitchen

10 to 16 Years

Learn the skills and build confidence to work independently in the kitchen from a passionate facilitator. You will practice flavour combinations, portioning, basic nutrition, a variety of cooking techniques and learn some new knife skills.

Instructor: Nanaimo Foodshare

Tue, Jan 30-Feb 13 | 5-7 pm | \$100/3 | [110192](#)
Bowen Park Complex
Wed, Feb 21-Mar 6 | 5-7 pm | \$100/3 | [110186](#)
Beban Park Social Centre

TEENS! If you see a program you would like to participate in outside of the Youth Section, give us a call to find out how you can participate!

Home Alone

10 to 12 Years

For children who may be ready to be home alone. The program includes establishing rules and routines, handling emergency situations, personal safety, basic first aid and much more.

Sat, Jan 20 | 9 am-12 pm | \$48/1 | [109864](#)

Sat, Jan 20 | 1-4 pm | \$48/1 | [109865](#)

Sat, Feb 17 | 9 am-12 pm | \$48/1 | [109860](#)

Sat, Feb 17 | 1-4 pm | \$48/1 | [109861](#)

Sat, Mar 23 | 9 am-12 pm | \$48/1 | [110307](#)

Sat, Mar 23 | 1-4 pm | \$48/1 | [109862](#)
Beban Park Social Centre

Babysitter Training

11 to 15 Years

The Red Cross Babysitting Course covers everything from managing difficult behaviours to essential content on leadership and professional conduct. It provides first aid information and how to give appropriate care in an emergency.

Instructor: Sarah Osborne

Sat, Jan 13 | 9 am-4:30 pm | \$60/1 | [110803](#)

Sat, Feb 24 | 9 am-4:30 pm | \$60/1 | [110892](#)

Sat, Mar 30 | 9 am-4:30 pm | \$60/1 | [110893](#)
Beban Park Social Centre

Youth Fitness

12 to 16 Years

This class helps develop muscular strength, core strength, flexibility and power. High energy and a great workout will make this a class you will love. Please bring a water bottle and hand towel.

Instructor: Dustin King

Sun, Jan 14-Mar 31 | 5:30-6:30 pm | \$132/11 | [110201](#)
Beban Pool Fitness & Weight Room

Dungeons & Dragons Club - Beginner

11 to 18 Years

This program will introduce you to the basics of this fantasy role playing game, as well as support you in building skills in storytelling, problem solving, reading, writing and math. You will build a character and complete a campaign with your group and the Dungeon Master. Snacks and supplies will be provided. Program is proudly presented in partnership with Literacy Central Vancouver Island.

Fri, Jan 19-Apr 26 | 3-5 pm | FREE | [109819](#)

Nanaimo Aquatic Centre

Youth Adaptive Hip Hop ^{NEW!}

10 to 13 Years

Come to this free program! Whatever your ability may be, if you wanna dance, then we got you. A chance to meet others, move your bodies and build that confidence. Once you register, please e-mail Serra Stewart at serra@vibrantdance.com.

Instructor: Vibe Dance Studio

Fri, Jan 19-Mar 1 | 2:30-3 pm | FREE | [110308](#)

Vibe Dance Studio

Youth Badminton

12 to 19 Years

Take your badminton skills to the next level. Players should have two years of experience in the Junior Badminton program (or equivalent). Players must bring their own racquet.

Mon, Jan 8-Feb 5 | 5:15-6:15 pm | \$40/5 | [110211](#)

Mon, Feb 26-Mar 25 | 5:15-6:15 pm | \$40/5 | [110213](#)

Oliver Woods Community Centre

Youth Basketball

11 to 18 Years

Our coach will teach the fundamentals through fun active games and free play! Please arrive to the program in active gear and indoor sports shoes.

Sun, Jan 7-Feb 11 | 2-3:30 pm | \$60/6 | [110210](#)

Sun, Feb 25-Mar 31 | 2-3:30 pm | \$60/6 | [110212](#)

Oliver Woods Community Centre

Youth Dodgeball

13 to 17 Years

Do you love dodgeball? If so, this is the perfect program for you! Each week our instructor will facilitate a variety of styles of the game, such as Doctor, Change Team, Everyone's It and many more! No experience is necessary for this fun, team-orientated program.

Sat, Feb 24-Mar 23 | 1:30-3 pm | \$47/5 | [110209](#)

Harewood Covered Sport Court

Youth Floor Hockey

13 to 17 Years

Each session participants will learn the fundamentals of floor hockey. Play skill-building games, and finish the session with a shoot out or fun game. Participants will need to bring their own hockey stick.

Sat, Feb 24-Mar 23 | 3:30-5 pm | \$47/5 | [110205](#)

Harewood Covered Sport Court

RecSkate Pre-Teen/Teen

12 to 17 Years

Join your friends at this lesson that teaches all levels of skating skills. New this year is an introduction to arenas, including lesson teaching, skate patrol, safety and facility tour. This is a great bridge to our LIT and Quest programs.

Thu, Jan 11-Feb 8 | 5:15-6 pm | \$60/5 | [101866](#)

Thu, Feb 15-Mar 14 | 5:15-6 pm | \$60/5 | [101889](#)

Nanaimo Ice Centre

Sat, Jan 13-Feb 10 | 11:15 am-12:15 pm | \$65/5 | [101903](#)

Sat, Feb 17-Mar 16 | 11:15 am-12:15 pm | \$65/5 | [101905](#)

Frank Crane Arena



Junior Lifeguard Clubs

You will develop new lifesaving skills and learn attitudes that could one day save your life or someone else's! This club focuses on fun, teamwork and skill development with games and a variety of activities themed around lifesaving, lifeguarding and first aid. A must for those of you who love the water but are looking for more than lessons.

8 to 12 Years (Junior Lifeguard)

Tue, Jan 16-Mar 5 | 6-7:30 pm | \$76/8 | [101267](#)

13 to 15 Years (Lifesaving Sport)

Thu, Jan 18-Mar 7 | 6-7:30 pm | \$76/8 | [101268](#)

Nanaimo Aquatic Centre

Street-Smart Cycling Skills

Learn basic bike maintenance, rules and regulations of the road, and have fun gaining confidence through cycling games and much more. All participants must have a certified biking helmet, full functioning bike and basic riding skills. Bring a snack, water and weather-appropriate clothing.

Instructor: Thrills and Skills Cycling Staff

6 to 9 Years

Sun, Mar 24 | 1-4 pm | \$45/1 | [110775](#)

10 to 13 Years

Sun, Mar 24 | 9 am-12 pm | \$45/1 | [110776](#)

Beban Park Centennial Building

Karate

13 + Years

In this introduction class, learn traditional karate training, sparring and self-defense. Fitness, strength development and flexibility are part of the curriculum. Free uniform if you register with the dojo after the introduction program.

M/W, Jan 8-17 | 6:30-7:30 pm | \$25/4 | [109938](#)

M/W, Feb 5-14 | 6:30-7:30 pm | \$25/4 | [109940](#)

M/W, Mar 4-13 | 6:30-7:30 pm | \$25/4 | [109941](#)

Shima Karate (3032 Barons Rd)

Taekwondo Self-Defense with

Master Kim

12 to 18 Years

Learn the Korean art of self-defense which places a strong emphasis on circular movement, redirection and self-confidence. Our highly qualified 8th degree black belt, Grand Master Kim, strives to maximize your potential by maintaining a traditional foundation based upon physical well-being and mental integrity.

Instructor: World Tae Kwon Do Staff

Mon, Jan 15-24 | 6:10-7 pm | \$25/2 | [109046](#)

Wed, Jan 17-24 | 6:10-7 pm | \$25/2 | [109048](#)

Mon, Feb 5-12 | 6:10-7 pm | \$25/2 | [109049](#)

Wed, Feb 7-14 | 6:10-7 pm | \$25/2 | [109050](#)

Mon, Mar 4-25 | 6:10-7 pm | \$25/2 | [109054](#)

Wed, Mar 6-27 | 6:10-7 pm | \$25/2 | [109055](#)

World Taekwondo Academy (4300 Wellington Rd)

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). All equipment is provided.

Instructor: Georgia Newsome

Wed, Jan 10-Feb 7 | 6:30-8 pm | \$65/5 | [110496](#)

Wed, Feb 14-Mar 13 | 6:30-8 pm | \$65/5 | [110497](#)

Oliver Woods Community Centre

Historical Fencing NEW! 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 for Core.

Introduction

Learn the basics and prepare for the Core program. Challenge your mental and physical coordination because even a 2 lb. sword feels heavy after an hour!

Sat, Jan 13-Mar 9 | 10-11 am | \$112/7 | [110323](#)

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.

Sat, Jan 13-Mar 9 | 11:15 am-1:15 pm | \$161/7 | [110935](#)

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. Limited space is available, and registration starts one week prior to each session.

Sat, Jan 13-Mar 9 | 11:15 am-1:15 pm | \$25/session

Beban Park Centennial Building



cityofnanaimo



prc_nanaimo (#ilovemyparksandrec)

FREE!

Youth

SPARE BLOCKS



The ultimate place to have some fun with other youth in your community. It's free, and you can get some exercise while meeting people and making friends. Four age groups to choose from. Please note that some require pre-registration, and drop-in space is first come, first serve. Space is limited.

AGE 10 TO 13

Mon, Jan 15-Mar 4
5-6:30 pm
Park Avenue Elem.
#110298
**Registration Only*

AGE 11 TO 14

Mon, Jan 15-Mar 4
7-8:30 pm
Fairview Comm.
School
Drop-in Only

AGE 10 TO 17

Tue, Jan 16-Mar 5
6:30-8 pm
Oliver Woods
#110299
**Registration Only*

AGE 10 TO 13

Tue, Jan 16-Mar 5
6-7:30 pm
Uplands Park Elem.
#110302
**Registration Only*

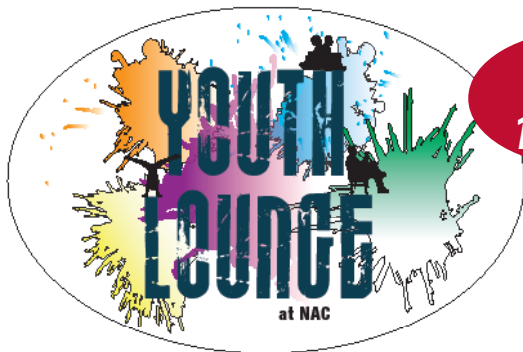
AGE 13 TO 17

Wed, Jan 17-Mar 6
8:30-10 pm
John Barsby School
Drop-in Only

AGE 10 TO 13

Thu, Jan 18-Mar 7
6-7:30 pm
Chase River School
#110303
**Registration Only*

PLEASE NOTE: Program cancelled on pro-d days, statutory holidays or other school closures (i.e. snow days or spring break). Check our YOUth Nanaimo Facebook page for other updates, changes or cancellations.



FREE!
11-18 yrs

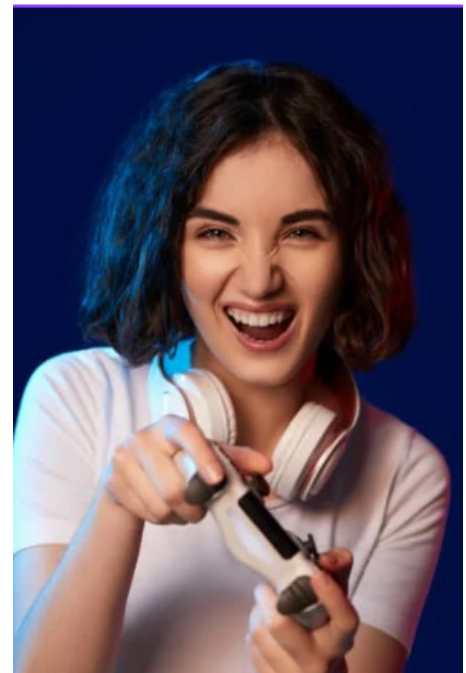
Hang out at Nanaimo Aquatic Centre!

Two days to choose from:

Thursdays, January 12-June 28, 3-7 pm

Fridays, January 13-June 29, 2-9 pm

- PLAY STATION 5 • VIRTUAL REALITY STATIONS • CHARGING STATION
- PIZZA & SNACKS • MUSIC • SWIMMING & SKATING • FREE WIFI • MUCH MORE!

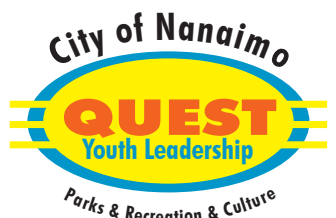


Youth Lounge is proudly brought to you by the City of Nanaimo and Boys & Girls Club of Central Vancouver Island.

PLEASE NOTE: Program cancelled on pro-d days, statutory holidays or other school closures (i.e. snow days or spring break).

Check our YOUth Nanaimo Facebook page for other updates, changes or cancellations.

Register starting in March!



YOUTH LEADERSHIP

Celebrating 42 Years of Creating Community Leaders!

LOOKING FOR INFO?

Check out our **Frequently Asked Questions** at www.nanaimo.ca/goto/LIT

LIT (Leaders in Training)

13-18 YEARS

Receive training on what it means to be a leader and have a job, as well as how to work with children. After completing the orientation, you will attend "LIT University" and delve into the specifics of leading games, working as a team, painting faces and basic resume writing and interview skills. Once you have completed training, you will choose from a variety of placement options and volunteer. **Next session starts in June.**

- Earn hours towards high school graduation requirements
- Get hands-on work experience in a variety of different settings
- Develop your leadership skills
- Learn about creating an effective resume and cover letter
- Contribute to your community
- Have the opportunity to work as a team
- Meet other volunteers and make new friends



QUEST

14-18 YEARS

Have you completed the Leaders in Training (LIT) Program and want to continue developing your leadership skills. If so, our Quest program is for you! **Next session starts in June.**

- Further develop your leadership skills
- Get an opportunity to assist with training the LIT volunteers
- Have more responsibility
- Get your first choice at volunteer placement sign-up night
- Have the chance to define your area of interest



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Adult Arts & Crafts

Intro to Macramé **NEW!**

Come learn the basic knots and make your own macramé wall hanging! No previous experience is necessary. Katrina uses 100% recycled cotton fibre and unique driftwood foraged from local beaches. She will teach you 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, Jan 20 | 1-3 pm | \$95/1 | [110790](#)

Bowen Park Complex

Basket Weaving with English Ivy **NEW!**

In this workshop, you will learn about the invasive species - English Ivy and learn to process ivy for weaving, as well as a basic weaving technique. You will create a small basket to take home.

Wed, Feb 21 | 7-8:30 pm | \$29/1 | [111017](#)

Sat, Mar 9 | 1-2:30 pm | \$29/1 | [111018](#)

Bowen Park Complex

Creative Writing

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 to improve your skills and ignite your passion. Taught by a communications expert, storyteller and former journalist. Ange Frymire has published three collaborative books, one textbook and hundreds of articles for newsletters, newspapers and magazines.

Instructor: Ange Frymire

Wed, Jan 17-Mar 6 | 7-9 pm | \$96/8 | [109883](#)

Bowen Park Complex

Portrait Drawing - Beginner Level 1

Learn how to draw and work towards completing a portrait. Techniques will be introduced on how to shade and blend, use erasers and line weight to create shape/texture in your artwork. Some materials will be required.

Instructor: Judy-Anne Wilson

Tue, Jan 9-Mar 26 | 1:30-3:30 pm | \$180/12 | [111226](#)

Bowen Park Complex

Art as Meditation **NEW!**

Take a moment for yourself to create art with others, simply for the sake of making it. Let's learn about and explore various forms of art and how they can become a means of self-reflection, mindfulness, relaxation and meditation. One week we will learn a new art form, and the next week we will use those skills to explore that art form as a meditation. In each part, there will be three forms explored from a variety of art forms, including tangle, neuro graphic, watercolour, writing, collage, etc. Bring your own notebook, and explore fun ways to bring joy and happiness into your life through art.

Instructor: Judy-Anne Wilson

Part 1

Sat, Jan 20-Feb 24 | 10:30 am-12:30 pm | \$90/6 | [109760](#)

Part 2

Sat, Mar 2-Apr 6 | 10:30 am-12:30 pm | \$90/6 | [110789](#)

Bowen Park Complex

DIY Tiered Trays **NEW!**

Get ready to unleash your creativity and craft a beautiful spring tiered tray. Whether you're a seasoned DIY enthusiast or just starting out, this class is perfect for everyone. During this hands-on workshop, our talented instructor will guide you step-by-step in creating a stunning tiered tray that will add a touch of charm to your spring decor. Learn chalking techniques, tips and tricks to personalize your tray and make it truly unique.

Instructor: Sandra Gliede

Thu, Jan 18-Feb 22 | 6-8 pm | \$102/6 | [110329](#)

Bowen Park Complex

Easter Egg Dying **NEW!**

This class is set up for people with different skills levels. From beginners who have little or no experience to experienced artists who are interested in creating their own beautiful egg designs inspired by the Ukrainian egg design tradition of Pysanka. Students will learn how to decorate eggs using traditional tools, waxes and dyes with tips on trouble shooting, storage and display of finished works of art.

Instructor: Maggie Wouterlook

Sat, Mar 23 | 12-3 pm | \$65/1 | [106681](#)

Bowen Park Complex

Wet Felting

Learn how to turn raw wool into useful felted creations, such as slippers, a purse or a tea cozy. Take your completed creation home at the end of class. Wet felting uses wool, soap, warm water and agitation. All materials provided.

Instructor: Rosie Barlak

Sat, Feb 10 | 10 am-4 pm | \$90/1 | [110346](#)

Beban Park Social Centre

Stained Glass Art for All Levels

Learn the basics of stained glass making, including cutting the glass, grinding, soldering, copper foil and use of tools. In a relaxed atmosphere of fun and creativity, you will learn the basics of colour theory design and proportion. You will finish your own first glass project.

Instructor: Kristina Birkhans

Tue, Jan 9-Feb 13 | 12:30-2:30 pm | \$150/6 | [110506](#)

Tue, Feb 20-Mar 26 | 12:30-2:30 pm | \$150/6 | [110507](#)

Oliver Woods Community Centre

Stained Glass Foiling Method - Introduction

Get introduced to the tools and materials used in the art of stained glass. The tutorial will include lessons on how to construct patterns, different ways of cutting and breaking glass, grinding, methods of foiling, soldering, cleaning and finishing a completed project. All materials and tools are provided for the basic tutorial. The first three lessons are critical to be present for.

Instructor: Delores Gottenberg

Sat, Jan 20-Mar 9 | 10 am-1 pm | \$253/8 | [109578](#)

Bowen Park Complex

Stained Glass Foiling Method - NEW! Intermediate

With help from the instructor, you will pick your own project to work on. Participants must have some stain glass experience or have taken the beginner class. Stained glass tools will be provided; however, glass will be need to be purchased by each student.

Instructor: Delores Gottenberg

Wed, Jan 17-Mar 6 | 6-9 pm | \$180/8 | [109571](#)

Bowen Park Complex

Cartooning and Character Design Art

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 welcome.

Instructor: David Harvey

Sat, Jan 13-Feb 17 | 12:30-1:30 pm | \$48/6 | [110508](#)

Sat, Feb 24-Mar 30 | 12:30-1:30 pm | \$48/6 | [110509](#)

Oliver Woods Community Centre

Intro Acrylic Painting - Landscapes

Quick drying time and multiple textures make acrylics a great choice for beginners and intermediates. Learn painting basics, such as composition, colour and numerous painting techniques.

Instructor: Kristina Birkhans

Sat, Jan 13-Mar 2 | 1-3 pm | \$160/8 | [109902](#)

Kin Hut Activity Centre

Acrylic Painting - Beginner

Learn acrylic painting in a fun, positive and relaxed atmosphere. You will gain knowledge in colour theory and perspective, along with the basics of composition. Learn step-by-step painting techniques, blending, mixing paint, using different brush types and palette knives.

Instructor: Kristina Birkhans

Tue, Jan 9-Feb 13 | 10 am-12 pm | \$120/6 | [110498](#)

Oliver Woods Community Centre

Acrylic Painting - Intermediate

Further your exploration of acrylic painting in this fun and exploratory class. Building on previous knowledge of acrylic painting, this intermediate level course encourages material, conceptual and technical experimentations while also expanding your knowledge of colour, composition, scale and subject matter.

Instructor: Kristina Birkhans

Tue, Feb 20-Mar 26 | 10 am-12 pm | \$120/6 | [110499](#)

Oliver Woods Community Centre

See page 13

for Drop-In
Pottery Schedule

Pottery Wheel Beginner - Teen & Adult 12 Years +

For those with little to no previous experience working with clay. Dip your hands into something new! Learn the basic techniques that will help you create pots, vases, bowls and pretty much anything that can be thrown on a pottery wheel. Clay, glazes and firings are included.

Instructor: Selena Unger

Sun, Jan 7-Feb 11 | 11:30 am-2 pm | \$174/6 | [110029](#)

Sun, Feb 18-Mar 31 | 11:30 am-2 pm | \$174/6 | [110030](#)

Bowen Park Pottery Studio

Pottery Wheel Beginner - Adult & Senior

For those with little to no previous experience working with clay. Dip your hands into something new! Learn the basic techniques that will help you 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, Jan 5-Feb 9 | 12-2:30 pm | \$174/6 | [110332](#)

Fri, Jan 5-Feb 9 | 3-5:30 pm | \$174/6 | [110331](#)

Fri, Feb 16-Mar 22 | 12-2:30 pm | \$174/6 | [110333](#)

Fri, Feb 16-Mar 22 | 3-5:30 pm | \$174/6 | [110338](#)

Instructor: Nesta Morgan

Tue, Jan 9-Feb 13 | 6:30-9 pm | \$174/6 | [110031](#)

Sat, Jan 13-Feb 17 | 1:30-4 pm | \$174/6 | [110033](#)

Tue, Feb 20-Mar 26 | 6:30-9 pm | \$174/6 | [110032](#)

Sat, Feb 24-Mar 30 | 1:30-4 pm | \$174/6 | [110034](#)

Bowen Park Pottery Studio

Pottery Wheel - Intermediate

This class is for those who have mastered the basic skills in a beginner class and want to learn how to create more complex items. Clay, glazes and firings are included in the cost. Participants must have completed a beginner class first.

Instructor: Bari Precious

Mon, Jan 8-Feb 12 | 6-9 pm | \$174/6 | [110037](#)

Mon, Feb 26-Mar 25 | 6-9 pm | \$145/5 | [110038](#)

Bowen Park Pottery Studio





Adult Cooking

SOCIAL CLUB

for Teens & Adults

MEET NEW FRIENDS & PLAN GROUP ACTIVITIES!

- Games
- Movies
- Swimming
- Crafts
- Lunches
- Bingo



Please join us at our next planning meetings in Beban Park Social Centre

- Thursday, January 11, 1-3 pm
- Thursday, May 9, 1-3 pm

Please call 250-756-5200 for more information.

Moza, Burrata and Bocconcini

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

Instructor: Paula Maddison

Sat, Jan 13 | 10 am-12 pm | \$100/1 | [104067](#)

Thu, Mar 28 | 6-8 pm | \$100/1 | [104080](#)

Beban Park Social Centre

Gouda

Come and learn how to make this popular style of cheese! Gouda is a mild, yellow cheese that is made from cow's milk that originated in the Netherlands. You will receive a kit to take home with instructions on how to make your own.

Instructor: Paula Maddison

Thu, Feb 22 | 6-8 pm | \$100/1 | [104074](#)

Bowen Park Complex



Shiv's Kitchen - Punjabi Favourites

Come experience Punjabi cooking and culture. Learn to make a variety of Punjabi foods, such as roti, paneer, pakora, paratha and puri. Sample what you make and take the recipes home.

Instructor: Shiv Sharma

Wed, Jan 17 | 7-9:30 pm | \$45/1 | [109749](#)

Wed, Feb 14 | 7-9:30 pm | \$45/1 | [109750](#)

Wed, Mar 13 | 7-9:30 pm | \$45/1 | [109752](#)

Bowen Park Complex



Shiv's Kitchen - Vegetarian Punjabi

Shiv's newest vegetarian offerings include chilli paneer, mixed veggies with ginger and garlic, shahi panner and curry served with roti. Join him in this evening class for wonderful food, music and culture.

Instructor: Shiv Sharma

Wed, Jan 31 | 7-9:30 pm | \$45/1 | [109754](#)

Wed, Feb 28 | 7-9:30 pm | \$45/1 | [109755](#)

Wed, Mar 27 | 7-9:30 pm | \$45/1 | [109756](#)

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.



Adult Dance

Argentine Tango **NEW!**

Argentine Tango is a very romantic dance suitable for all ages. Come join this new group of keen dancers who want to learn more about this dance. *Nanaimo Harbour City Seniors enjoy this course as part of their membership. No formal instruction is provided.

Tue, Jan 2-Mar 26 | 6:30-9 pm | \$26/13* | 108930
Bowen Park Complex

Flamenco Moods and Moves

Experience the soulful music and songs of Flamenco through dance! You will learn pasos (steps), palos (rhythms), palmas (rhythmic hand clapping) and more. Movements will be combined to create mini choreographies. Wear comfortable, smooth-soled shoes with a small heel.

Instructor: Heather Sandison
Mon, Jan 15-Feb 26 | 6:30-8 pm | \$60/6 | 109714
Mon, Mar 11-Apr 15 | 6:30-8 pm | \$50/5 | 109715
Beban Park Social Centre

Flamenco Intermediate

This course will focus on strengthening footwork techniques, working and mastering arm and hand movements and developing turn technique. About half of the class will be technique, and the other spent on choreography. Wear comfortable smooth-soled shoes with a small heel.

Instructor: Heather Sandison
Tue, Jan 16-Feb 27 | 6:30-8 pm | \$70/7 | 109716
Tue, Mar 12-Apr 16 | 6:30-8 pm | \$60/6 | 109717
Beban Park Social Centre

Ballroom & Latin Dance - Beginner

This class will cover 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 required. Couples and singles are welcome.

Instructor: Nelson Wong
Wed, Jan 10-Feb 14 | 8-9 pm | \$60/6 | 109740
Wed, Feb 21-Mar 27 | 8-9 pm | \$60/6 | 109741
Bowen Park Complex

Ballroom & Latin Dance - Beginner's Continuation

A quick review of basic techniques covered in the beginner class 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 welcome.

Instructor: Nelson Wong
Wed, Jan 10-Feb 14 | 9-10 pm | \$60/6 | 109744
Wed, Feb 21-Mar 27 | 9-10 pm | \$60/6 | 109745
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, Jan 8-Feb 12 | 7-8 pm | \$60/6 | 109728
Mon, Feb 26-Mar 25 | 7-8 pm | \$50/5 | 109729
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, Jan 8-Feb 12 | 8-9 pm | \$60/6 | 109730
Mon, Feb 26-Mar 25 | 8-9 pm | \$50/5 | 109734
Bowen Park Complex

Ballroom Formation Team

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 practice times outside of the regular session. New participants interested in joining are asked to contact the instructor through Parks, Recreation and Culture before registering.

Instructor: Nelson Wong
Mon, Jan 8-Feb 12 | 9-10 pm | \$60/6 | 109735
Mon, Feb 26-Mar 25 | 9-10 pm | \$50/5 | 109738
Bowen Park Complex

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, Jan 10-Feb 14 | 7-8 pm | \$60/6 | 109747
Wed, Feb 21-Mar 27 | 7-8 pm | \$60/6 | 109748
Bowen Park Complex





Adult First Aid

Every year countless bystanders help in emergencies. You can make a difference! All courses below are operated in partnership with Canadian Red Cross, and they include a manual, pocket mask, temporary certificate and access to a virtual certificate to print off after successful completion of the course. For more detailed information on each class and to learn about re-certification, please visit www.redcross.ca or call us at 250-756-5200.

Emergency Child Care First Aid with CPR B (Child & Infant)

This Red Cross first aid course is designed for parents and caregivers of children. Approved by the Provincial Child Care Licensing Board, this class covers CPR B and AED for children and infants, as well as other skills, including choking, breathing emergencies and wound care. Fee includes a manual, a pocket mask to take home and virtual certificate. Re-training is recommended every three years.

Sat, Jan 6 | 9 am-5:30 pm | \$99/1 | [109651](#)
Sat, Mar 16 | 9 am-5:30 pm | \$99/1 | [109654](#)
Sat, Feb 10 | 9 am-5:30 pm | \$99/1 | [109653](#)
Beban Park Social Centre

Standard First Aid

This Red Cross First Aid course includes all of the Emergency First Aid and CPR C instruction on day one before covering head and spine injuries, bone and joint injuries, environmental conditions, poisons and sudden medical emergencies on day two. This is recognized by the Provincial Child Care Licensing Board, BCRPA and Alberta work sites as OFA Level 1 (WorkSafe approved). It is also a pre-requisite for lifeguard certification. Re-training is recommended every three years.

Sat/Sun, Jan 20 & 21 | 9 am-5:30 pm | \$177/2 | [109655](#)
Sat/Sun, Mar 2 & 3 | 9 am-5:30 pm | \$177/2 | [109692](#)
Beban Park Social Centre

Emergency First Aid with CPR C (Adult, Child & Infant)

This Red Cross first aid course gives training in the skills necessary to deal with breathing and circulatory emergencies. It includes CPR C and instruction on the use of AED, as well as EpiPens and metered dose inhalers. Treatment for wounds, bleeding, unconsciousness and shock will also be covered. This is accepted by BCRPA for fitness professionals and WorkSafe OFA Level 1. Fee includes manual, a pocket mask to take home and virtual certificate. Re-training is recommended every three years.

Sat, Jan 20 | 9 am-5:30 pm | \$99/1 | [109657](#)
Sat, Mar 2 | 9 am-5:30 pm | \$99/1 | [109693](#)
Beban Park Social Centre



FACILITY RENTALS

Recreation Facility Bookings & Rentals

Check out our reasonably priced City operated facilities! We offer room rentals that can accommodate small to large groups. Contact the facility Allocations Clerk to discuss your event and find out what options we have. Call 250-756-5200.

Multi-Purpose Halls

We can accommodate events from 2 to 800 people with a variety of room sizes to choose from. Whether you're organizing a trade show, special event, family function or a meeting, we want to ensure your day is a memorable one. CALL 250-756-5200 FOR RENTAL INFORMATION.

- **Beban Park Social Centre** (2300 Bowen Rd)
- **Bowen Park Complex** (500 Bowen Rd)
- **Oliver Woods Community Centre** (6000 Oliver Rd)



Outside Halls

- **Kin Hut Activity Centre** (2730 Departure Bay Rd)
- **Rotary Activity Centre** (850 Third St)

Pools

Our pools are available for training, private functions and special events. CALL 250-755-7573 FOR RENTAL INFORMATION.

- **Beban Pool** (2300 Bowen Rd)
25 metre pool, leisure pool
- **Nanaimo Aquatic Centre** (741 Third St)
50 metre pool, wave pool, seating for 900, meeting rooms

Arenas

Ice time and dry floor is available to the public, recreation teams and leagues for sport, trade shows or special events. CALL 250-756-5214 FOR RENTAL INFORMATION.

- **Cliff McNabb Arena** (2300 Bowen Rd)
NHL size ice sheet; 50 bleacher seats; conference room
- **Frank Crane Arena** (2300 Bowen Rd)
NHL size ice sheet; 1200 seating on floor and 2445 seating in stands; VIP Lounge
- **Nanaimo Ice Centre** (750 Third St)
2 NHL size ice sheets; NIC 1 seating for up to 400 and NIC 2 seating up to 186; lounge
- **Outdoor Sports Court at Harewood Centennial Park**
fully covered and lit 200' x 85' concrete slab with full dasher board system; basketball hoop available

ASK ABOUT OUR

- non-prime time rates
- gymnasium rentals
- outdoor facilities (picnic shelters, wedding ceremony spots, sports fields, tennis/pickle ball courts, performance and special event venues, trail networks and more!



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Adult Outdoor & Sport

Trailblazers

The Nanaimo area is packed with amazing hiking trails! 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. Must wear good walking/hiking shoes and be in good physical health

Instructor: Laurah-Lee Christie

Tue, Jan 23-Feb 20 | 9-10:30 am | \$48/5 | [110771](#)

Meet in Bowen Park Complex Lobby

Tue, Feb 27-Mar 26 | 9-10:30 am | \$48/5 | [110772](#)

Meet at Nanaimo Ice Centre Lobby

Walk & Talk

Come enjoy fresh air, good company and a walk around some of our local parks and greenspaces. A great opportunity to learn about Nanaimo, connect with other participants and enjoy some exercise breaks along the way finishing off with a good stretch. Must wear good walking/hiking shoes and be in good physical health. Locations will vary.

Instructor: Laurah-Lee Christie

Thu, Jan 25-Feb 22 | 9-10 am | \$35/5 | [110773](#)

Meet in Bowen Park Complex Lobby

Thu, Feb 29-Mar 28 | 9-10 am | \$35/5 | [110774](#)

Meet at Nanaimo Ice Centre Lobby

Bicycle Maintenance for Beginners

16+ Years

Learn the ABCs of how to fix a flat, repair your chain and give your bike some love! We will cover gears, brakes, tires and more! Please bring your own bike to tune up. Each participant will receive a free patch kit.

Sun, Mar 17 | 12:30-4:30 pm | \$50/1 | [110777](#)

Beban Park Centennial Building

Pickleball For Fun

Orientation for Adults

This orientation will cover serving the ball, returning the serve, moving to and playing at the net. This is not instruction, but will help you know what to practice and have fun while you prepare for future instruction.

Instructor: Lee MacDonald

Mon, Jan 15-29 | 1:15-3:15 pm | \$78/3 | [110493](#)

Mon, Feb 26-Mar 11 | 1:15-3:15 pm | \$78/3 | [110494](#)

Mon, Mar 18-Apr 8 | 1:15-3:15 pm | \$78/3 | [110495](#)

Oliver Woods Community Centre

Indoor Tennis Lessons

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

Instructor: North Island Tennis Academy Staff

Beginner

Tue, Jan 9-Mar 5 | 9:30-11 am | \$270/9 | [110075](#)

Thu, Jan 11-Mar 7 | 8-9:30 pm | \$270/9 | [110078](#)

Intermediate

Sun, Jan 7-Mar 3 | 1:30-3 pm | \$240/8 | [110081](#)

Wed, Jan 10-Mar 6 | 9-10:30 am | \$270/9 | [110079](#)

Thu, Jan 11-Mar 7 | 9:30-11 am | \$270/9 | [110080](#)

Intermediate/Advanced

Tue, Jan 9-Mar 5 | 8-9:30 pm | \$270/9 | [113355](#)

North Island Tennis Academy

Fencing - All Levels

14 Years +

Beginner fencers receive weekly 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, Jan 10-Feb 7 | 6:30-8 pm | \$65/5 | [110496](#)

Wed, Feb 14-Mar 13 | 6:30-8 pm | \$65/5 | [110497](#)

Oliver Woods Community Centre

Teens Welcome!

If you see a program you would like to participate in outside of the Youth Section, give us a call to find out how we can make it happen.

Historical Fencing ^{NEW!} with Combat Guild

11+ Years

Sourced from medieval manuals and dedicated to the long sword and various short swords (shield, rapiers 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 for Core.

Introduction

Learn the basics and prepare for the Core program. Challenge your mental and physical coordination because even a 2 lb. sword feels heavy after an hour!

Sat, Jan 13-Mar 9 | 10-11 am | \$112/7 | [110323](#)

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.

Sat, Jan 13-Mar 9 | 11:15 am-1:15 pm | \$161/7 | [110935](#)

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. Limited space is available, and registration starts one week prior to each session.

Sat, Jan 13-Mar 9 | 11:15 am-1:15 pm | \$25/session

Beban Park Centennial Building

Taekwondo Self-Defense 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 that can help you become strong in mind, body, and spirit.

Instructor: World Tae Kwon Do Staff

Mon, Jan 15-22 | 6:10-7 pm | \$25/2 | [109058](#)

Wed, Jan 17-24 | 6:10-7 pm | \$25/2 | [109059](#)

Mon, Feb 5-12 | 6:10-7 pm | \$25/2 | [109060](#)

Wed, Feb 7-14 | 6:10-7 pm | \$25/2 | [109062](#)

Mon, Mar 4-25 | 6:10-7 pm | \$25/2 | [109063](#)

Wed, Mar 6-27 | 6:10-7 pm | \$25/2 | [109064](#)

World Taekwondo Academy (4300 Wellington Rd)

Karate

Join this fun martial arts class with other like-minded adults. Learn new skills, improve your fitness and promote a healthy lifestyle. No experience is necessary, as the classes are tailored for each individual's ability. You will learn basic karate techniques, partner work, self-defense and the traditional forms called Kata.

Instructor: Mike Ciurka (6th degree black belt)

Tue, Jan 2-Feb 13 | 7-8 pm | \$56/7 | [109397](#)

Tue, Feb 20-Mar 26 | 7-8 pm | \$48/6 | [109398](#)

Bowen Park Complex

Karate for Adults

13 + Years

Learn traditional karate training. Sparring and self-defense, fitness, strength development and flexibility are part of the curriculum. This is an introduction only. Receive a free uniform when you register at the dojo after this session.

Instructor: Shima Karate Staff

M/W, Jan 8-17 | 6:30-7:30 pm | \$25/4 | [109943](#)

M/W, Feb 5-14 | 6:30-7:30 pm | \$25/4 | [109944](#)

M/W, Mar 4-13 | 6:30-7:30 pm | \$25/4 | [109945](#)

Shima Karate (3032 Barons Rd)

Karate for Gen X-ers

Learn at a slower pace and ease into martial arts with no belts or gradings. Come to learn or relearn martial arts history and techniques with a great group of like-minded people. Receive a free uniform when you register at the dojo after this session.

Sun, Jan 7-28 | 9-10 am | \$25/4 | [109949](#)

Sun, Feb 4-25 | 9-10 am | \$25/4 | [109950](#)

Sun, Mar 3-24 | 9-10 am | \$25/4 | [109951](#)

Shima Karate (3032 Barons Rd)

Mom's Yoga/Karate

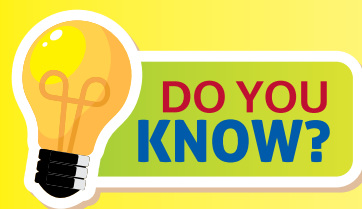
This program is geared for any moms or any women that wants to try a combination of yoga and karate. This is a great way to get in shape while learning to defend yourself in a great atmosphere with other interested individuals. Receive a free uniform when you register at the dojo after this session.

Fri, Jan 12-26 | 6:30-7:30 pm | \$19/3 | [109946](#)

Fri, Feb 2-23 | 6:30-7:30 pm | \$25/4 | [109947](#)

Fri, Mar 1-22 | 6:30-7:30 pm | \$25/4 | [109948](#)

Shima Karate (3032 Barons Rd)



When you participate in sports, fitness programs or enjoy outdoor time, you are really doing great things for your physical and mental health. Even in the winter, everybody can benefit from being active. Here are some ideas for you and your family to try during the colder and darker days of winter:

- Take the kids to free soccer and floor hockey programs held at Harewood Outdoor Sports Court. See page 23.
- Have you heard about the benefits of cold water therapy? Sign up for our course starting on December 30 to find out for yourself. See the following page.
- Go for a walk! Nanaimo has over 170 km of trails, and exercise is a great way to boost your immunity that is so beneficial this time of year.
- Our invasive work parties are a great way to get exercise while helping out the community. See page 42 for details.



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VOLUNTEERS in PARKS

Do you have an interest in learning about and protecting Nanaimo's parks and trails? Consider participating in our **Volunteers in Parks Program!**

There are three ways to participate:

- 1 PARK AMBASSADOR:** individuals who visit a park regularly and might help educate visitors, keep the park clean and observe and report issues in the park
- 2 ADOPT-A-PARK:** A group of volunteers help keep Nanaimo beautiful by choosing a park, trail or creek to adopt. The group's name gets a sign posted to recognize their service.
- 3 WORK PARTIES:** Help improve the biodiversity through restoration in many of our parks. We supply the tools, training and support you might need.

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

- **Saturday, February 17, 10 am-12 noon**
Thunderbird Park (Course ID #110781)
- **Wednesday, February 28, 10 am-12 noon**
Lotus Pinatus Park (Course ID #110780)
- **Saturday, March 16, 10 am-12 noon**
Country Club 2 Park (Course ID #110782)
- **Wednesday, March 27, 10 am-12 noon**
Bowen Park (Course ID #110783)



If you would like to organize a work party in your neighbourhood, please call 250-756-5200 or email parksandrecreation@nanaimo.ca

Why participate?

The City of Nanaimo has over 1000 hectares of parks and open space and more than 180 kilometres of trails.

Help us care for and keep our community's parks and trails beautiful for everyone!

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. Each participant will receive a towel. We will have a warm beverage after each class.

Instructor: Gina Villares

Sat, Dec 30-Jan 27 | 9-10 am | \$40/4 | [109898](#)

Kin Hut Activity Centre

Intro to Tai Chi

This is for students with no or limited background in Tai Chi. This class teaches Tai Chi-related exercises and the mini set of Tai Chi comprising 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, Jan 10-Feb 21 | 7-8:30 pm | \$56/7 | [109822](#)

Wed, Mar 13-Apr 24 | 7-8:30 pm | \$56/7 | [109824](#)

Beban Park Social Centre

Intensive Long Form Tai Chi

If you are ready to make the commitment to learning the entire 108-move long form, this is the course for you. You will learn every discrete move and be able to complete the modified yang-style long form from start to finish. The principles of Tai Chi, advanced Tai Chi exercises and energy cultivation will also be covered.

Instructor: Mid Island Tai Chi Club

Tue, Feb 6-Jun 25 | 7-8:30 pm | \$153/20 | [109821](#)

Beban Park Social Centre

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, Jan 8-Mar 25 | 7:30-9:30 pm | \$110/10 | [109896](#)

Beban Park Social Centre

Oh, shoot!

We sometimes make mistakes or information changes. Please check our online Activity Guide frequently for the latest program information.



Adult Special Interest

Acting Fundamentals NEW!

A supportive, nurturing space to explore and practice theatre acting for adults. Suitable for both complete beginners, as well as those with some acting experience. Participants explore theatre games, physical theatre exercises and improvisation. The focus is on core acting skills, including using the body and voice as instruments of communication, as well as developing the ability to respond in the moment to the fluid environment of the stage.

Instructor: Zoe Henderson

Sat, Jan 20-Mar 16 | 2:30-4 pm | \$120/9 | 109201

Bowen Park Complex

Beginner Ukulele for Adults NEW!

Tune in to this music-filled class where you will learn the fundamentals of this versatile and fun instrument. For both complete beginners and those with some experience and in need of a refresher. The focus will be on developing musicianship on the ukulele, so you become comfortable playing short, simple pieces and strumming along while you (or others) sing short simple songs.

Instructor: Zoe Henderson

Wed, Jan 17-Mar 6 | 6:30-8 pm | \$112/8 | 109199

Bowen Park Complex

Conversational Spanish NEW! 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, Mar 21-Apr 25 | 6-8 pm | \$84/6 | 109827

Bowen Park Complex

Public Speaking NEW!

Embrace your inner storyteller! Reel in the tips and tricks to speak like a professional. Taught by 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

Thu, Jan 18-Feb 22 | 6:30-8:30 pm | \$90/6 | 109903

Bowen Park Complex

Intro to Tarot Card Reading NEW!

Exploring the Language of Tarot

In this session, you will be introduced to the ancient language of tarot, its history and the basic structure of a deck and card symbolism. We will also discuss how cards can be interpreted using intuition while reading for oneself or for someone else.

Instructor: Liberty Harakas

Sat, Jan 20 | 1-4 pm | \$42/1 | 109866

Bowen Park Complex

Tarot Card Reading NEW!

Learning the Ancient Art

Although reading Tarot can be used for its entertainment value alone, this course will go much deeper into this ancient art. It will show how meaningful interpretation of the cards can help to set a base upon which to build wisdom and clarity in thoughts and feelings and lives. When used with confidence, it will show how this very valuable tool can help in developing intuition and self-awareness. We will learn about Tarot by studying its history and its symbolism and then will build on this knowledge to develop the skills necessary for a successful reading and come to understand the importance of offering guidance and support.

Instructor: Liberty Harakas

Tue, Mar 5 | 6-7:30 pm | \$84/1 | 109868

Bowen Park Complex

See page 30 for

Beginner Ukulele for Teens & Adults

(age 12+).



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Relief for Chronic Back Pain

Intro to the Alexander Technique

Do you experience chronic back pain or joint stiffness? Are your neck and shoulders tight? Do you wake up in the morning with a rigid body? We often move unconsciously in harmful ways which may create compression of the spine, excess muscle tension and pain in the body. The Alexander Technique teaches you to change habitual posture and movement. Learn how to alleviate pain, reduce stress and find more ease and balance!

Instructor: Heike Walker

Mon, Jan 29 | 10:30 am-12:30 pm | \$25/1 | [110405](#)

Beban Park Social Centre

Find More Energy and Ease NEW! in Daily Life

Intro to the Alexander Technique

Do you feel tense? Do you feel ache or discomfort in your body? Do you suffer from back pain, joint stiffness or a tight neck? Do you rush through life? Do you feel disconnected from your body or yourself? The Alexander Technique helps to increase body awareness and change habitual posture and movement. Learn how to reduce stress, relieve pain and find more balance, energy and ease in body and mind.

Instructor: Heike Walker

Mon, Feb 26 | 10:30 am-12:30 pm | \$25/1 | [110406](#)

Beban Park Social Centre

Basic Fruit Tree Pruning

Back by popular demand, our expert pruner will show you how to care for young and old fruit trees and grape vines in your yard. This is the workshop to attend to get hands-on learning in basic pruning techniques. Bring your pruners, a camera or notebook and questions for this workshop.

Instructor: Scott Wikserke

Sun, Feb 18 | 10 am-12 pm | \$20/1 | [105701](#)

Beaufort Food Forest

Advanced Fruit Tree Pruning

For those who have some experience or have taken an earlier workshop, our expert pruner will show you how to tackle more difficult situations with hands-on learning. This workshop will cover pest control and dormant oil spraying. This is an excellent follow-up to the Basic Fruit Tree Pruning Workshop.

Instructor: Scott Wikserke

Sat, Mar 9 | 10 am-12 pm | \$20/1 | [105702](#)

Pine Street Community Gardens (271 Pine St)

Bicycle Maintenance for Beginners

Do you like riding bikes, but you find you know nothing about how they work? Learn the ABCs of how to fix a flat, repair your chain and give your bike some love! We will cover gears, brakes, tires and more! Please bring your own bike to tune up. Each participant will receive a free patch kit.

Sun, Feb 26 | 12:30-4:30 pm | \$50/1 | [110777](#)

Beban Park Centennial Building

Goat n' Oat Milk Soap Making NEW!

Learn to make goat milk soap using fresh, raw, unprocessed milk from a local farm. In class, you will discover the delicate process of incorporating this perishable ingredient into soap while maintaining the benefits of the lactic acid. Goat milk contains alpha hydroxy acids, such as lactic acid which helps remove dead skin cells from your skin's surface. From pre-blended bases, make a long-lasting oat n' honey goat milk soap. An additional fee for supplies is required.

Instructor: Cheryl Theilade, Scentimental Creations

Sat, Mar 16 | 9-11:30 am | \$40/1 | [109581](#)

Bowen Park Clubhouse

Skincare Solutions for Sleep NEW!

Are you battling insomnia or struggling with restless leg syndrome, age-related sleep changes or joint pain? If so, this class is for you. Join us in this fun and informative class on the miracle mineral, magnesium chloride! In this class, we will combine magnesium with additional botanicals and essential oils to create relaxing products that will assist in a restful night's sleep. Make a good night spray, magnesium lotion, mineral bath soak and a calming body oil. An additional fee for supplies is required.

Instructor: Cheryl Theilade, Scentimental Creations

Sat, Mar 16 | 12-2:30 pm | \$40/1 | [109582](#)

Bowen Park Clubhouse

All Natural Hair Care NEW!

Whether your hair is oily, dry, colour treated or dealing with dandruff or hair loss, this fun and informative "All Hair Care" class is for you! Using an array of herbal botanicals, aromatherapy oils and moisturizing shampoo bars, make your own nourishing hair products. Make and take a black Jamaican castor oil scalp soother, dry shampoo, hibiscus n' honey hair mask and an herbal shampoo. Recipes are included for a deep conditioner, a detangler and hair rinses. An additional supply fee is required.

Instructor: Cheryl Theilade, Scentimental Creations

Sat, Mar 16 | 3-5 pm | \$40/1 | [109583](#)

Bowen Park Clubhouse

Intro to Macrame NEW!

Come learn the basic knots and make your own macrame wall hanging! No previous experience is necessary. Katrina uses 100% recycled cotton fibre and unique driftwood foraged from beaches on Vancouver Island. She will teach you a little about the history of macrame, how to measure and cut cord and the main knots to create endless fibre art possibilities.

Instructor: Sea & Weave

Sat, Jan 20 | 1-3 pm | \$95/1 | [110790](#)

Bowen Park Complex

Basket Weaving with English Ivy NEW!

In this workshop, you will learn about the invasive species - English Ivy and learn to process ivy for weaving, as well as a basic weaving technique. You will create a small basket to take home.

Wed, Feb 21 | 7-8:30 pm | \$29/1 | [111017](#)

Sat, Mar 9 | 1-2:30 pm | \$29/1 | [111018](#)

Bowen Park Complex

Creative Writing

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 to improve your skills and ignite your passion. Taught by a communications expert, storyteller and former journalist. Ange Frymire has published three collaborative books, one textbook and hundreds of articles for newsletters, newspapers and magazines.

Instructor: Ange Frymire

Wed, Jan 17-Mar 6 | 7-9 pm | \$96/8 | [109883](#)

Bowen Park Complex

Piano - Private Beginner Lessons

5+ Years

Cover the basics of piano, and learn to play songs right away in a structured and private atmosphere.

Instructor: A. Margarita Hillers

Tue, Jan 9-30 | 3:30-4 pm | \$88/4 | [106128](#)

Tue, Jan 9-30 | 4:05-4:35 pm | \$88/4 | [106129](#)

Tue, Jan 9-30 | 4:40-5:10 pm | \$88/4 | [106130](#)

Tue, Jan 9-30 | 5:15-5:45 pm | \$88/4 | [106131](#)

Tue, Jan 9-30 | 5:50-6:20 pm | \$88/4 | [106132](#)

Tue, Feb 6-27 | 3:30-4 pm | \$88/4 | [106133](#)

Tue, Feb 6-27 | 4:05-4:35 pm | \$88/4 | [106134](#)

Tue, Feb 6-27 | 4:40-5:10 pm | \$88/4 | [106135](#)

Tue, Feb 6-27 | 5:15-5:45 pm | \$88/4 | [106136](#)

Tue, Feb 6-27 | 5:50-6:20 pm | \$88/4 | [106137](#)

Tue, Mar 5-26 | 3:30-4 pm | \$88/4 | [106139](#)

Tue, Mar 5-26 | 4:05-4:35 pm | \$88/4 | [106140](#)

Tue, Mar 5-26 | 4:40-5:10 pm | \$88/4 | [106141](#)

Tue, Mar 5-26 | 5:15-5:45 pm | \$88/4 | [106142](#)

Tue, Mar 5-26 | 5:50-6:20 pm | \$88/4 | [106143](#)

Bowen Park Complex

PERSONAL TRAINING Options

STAFF

- ✓ 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:

	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	



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



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

	Child	Student/ Senior	Adult	Family
1 Month Pass	\$30	\$42	\$56	\$112
1 Year Pass	\$270	\$378	\$500	\$999

Prices subject to change and include tax.

ONE MONTH OR ONE YEAR OPTIONS



Adult Yoga, Fitness & Wellness

Weight Room Orientation

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 this orientation. Upon completion, they will be able to use our Weight Rooms unsupervised by an adult.

Instructors: Cindy Gutierrez or Dustin King

- Thu, Jan 4 | 3:30-5 pm | \$5/1 | [109599](#)
- Fri, Jan 5 | 3:30-5 pm | \$5/1 | [109586](#)
- Fri, Jan 12 | 3:30-5 pm | \$5/1 | [109587](#)
- Thu, Jan 18 | 3:30-5 pm | \$5/1 | [109600](#)
- Fri, Jan 19 | 3:30-5 pm | \$5/1 | [109588](#)
- Fri, Jan 26 | 3:30-5 pm | \$5/1 | [109589](#)
- Thu, Feb 1 | 3:30-5 pm | \$5/1 | [109602](#)
- Fri, Feb 2 | 3:30-5 pm | \$5/1 | [109590](#)
- Fri, Feb 9 | 3:30-5 pm | \$5/1 | [109591](#)
- Thu, Feb 15 | 3:30-5 pm | \$5/1 | [109600](#)
- Thu, Feb 16 | 3:30-5 pm | \$5/1 | [109592](#)
- Fri, Feb 23 | 3:30-5 pm | \$5/1 | [109593](#)
- Thu, Feb 29 | 3:30-5 pm | \$5/1 | [109604](#)
- Fri, Mar 1 | 3:30-5 pm | \$5/1 | [109594](#)
- Fri, Mar 8 | 3:30-5 pm | \$5/1 | [109595](#)
- Thu, Mar 14 | 3:30-5 pm | \$5/1 | [109605](#)
- Fri, Mar 15 | 3:30-5 pm | \$5/1 | [109596](#)
- Fri, Mar 22 | 3:30-5 pm | \$5/1 | [109597](#)
- Thu, Mar 28 | 3:30-5 pm | \$5/1 | [109606](#)
- Fri, Mar 29 | 3:30-5 pm | \$5/1 | [109598](#)

Nanaimo Aquatic Centre

Early Start Spin D NEW!

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: Gillian Goerzen

Thu, Jan 4-Feb 8 | 6:30-7:15 am | \$72/6 | [110418](#)

Thu, Feb 15-Mar 28 | 6:30-7:15 am | \$84/7 | [110419](#)

Nanaimo Aquatic Centre

Spin Sprint D NEW!

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: Monique Huibregtse

Wed, Jan 10-Feb 14 | 9-9:45 am | \$72/6 | [109380](#)

Wed, Feb 21-Mar 27 | 9-9:45 am | \$72/6 | [109381](#)

Nanaimo Aquatic Centre

Lunchtime Spin Sprint D NEW!

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, Jan 5-Feb 9 | 12-12:45 pm | \$72/6 | [110148](#)

Mon, Jan 8-Feb 12 | 12-12:45 pm | \$72/6 | [110150](#)

Fri, Feb 16-Mar 22 | 12-12:45 pm | \$60/5 | [110149](#)

Mon, Feb 26-Mar 25 | 12-12:45 pm | \$60/5 | [110151](#)

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 set to great tunes to keep you motivated.

Instructor: Jean Medley

Mon, Jan 22-Feb 12 | 5:30-6:30 pm | \$48/4 | [109892](#)

Mon, Feb 26-Mar 25 | 5:30-6:30 pm | \$60/5 | [109893](#)

Instructor: Monique Huibregtse

Wed, Jan 10-Feb 14 | 10-11 am | \$72/6 | [109382](#)

Wed, Feb 21-Mar 27 | 10-11 am | \$72/6 | [109383](#)

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: Heather Honey

Mon, Jan 8-Feb 12 | 6:45-7:45 pm | \$72/6 | [110766](#)

Mon, Feb 26-Mar 25 | 6:45-7:45 pm | \$60/5 | [110767](#)

Instructor: Jean Medley

Wed, Jan 24-Feb 21 | 5:30-6:30 pm | \$60/5 | [109894](#)

Wed, Feb 28-Mar 27 | 5:30-6:30 pm | \$60/5 | [109895](#)

Nanaimo Aquatic Centre



Please bring your own mat to fitness and yoga classes.



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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.

Dance Jam Group 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 working you through a great workout! Dance Jam Fitness is a class for all fitness levels.

Instructor: Monique Huibregtse

Tue, Jan 9-Feb 13 | 12-1 pm | \$48/6 | [110550](#)

Tue, Feb 20-Mar 26 | 12-1 pm | \$48/6 | [110551](#)

Oliver Woods Community Centre

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 Huibregtse

Tue, Jan 9-Feb 13 | 10:45-11:45 am | \$48/6 | [110548](#)

Tue, Feb 20-Mar 26 | 10:45-11:45 am | \$48/6 | [110549](#)

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

Mon, Jan 8-Feb 12 | 9-10 am | \$48/6 | [110540](#)

Mon, Feb 26-Mar 25 | 9-10 am | \$40/5 | [110541](#)

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, Jan 8-Feb 12 | 6:30-7:30 pm | \$48/6 | [110546](#)

Mon, Feb 26-Mar 25 | 6:30-7:30 pm | \$40/5 | [110547](#)

Instructor: Rika Carlson

Wed, Jan 10-Feb 14 | 6-7 pm | \$48/6 | [110566](#)

Sat, Jan 13-Feb 17 | 11:30 am-12:30 pm | \$48/6 | [110564](#)

Wed, Feb 21-Mar 27 | 6-7 pm | \$48/6 | [110567](#)

Sat, Feb 24-Mar 30 | 11:30 am-12:30 pm | \$48/6 | [110565](#)

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 from reggae to disco to salsa.

Instructor: Mary Keel

Mon, Jan 8-Feb 12 | 9-10 am | \$48/6 | [110542](#)

Wed, Jan 10-Feb 14 | 10:15-11:15 am | \$48/6 | [110554](#)

Mon, Feb 26-Mar 25 | 9-10 am | \$40/5 | [110543](#)

Wed, Feb 21-Mar 27 | 10:15-11:15 am | \$40/5 | [110555](#)

Oliver Woods Community Centre

Instructor: Tamara Graham

Fri, Jan 5-Feb 9 | 9-10 am | \$48/6 | [109375](#)

Fri, Feb 16-Mar 22 | 9-10 am | \$40/5 | [109376](#)

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, Jan 12-Feb 16 | 9-10 am | \$48/6 | [110559](#)

Fri, Feb 23-Mar 22 | 9-10 am | \$40/5 | [110560](#)

Oliver Woods Community Centre

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. This class also brings sculpting, toning and tightening with pilates, yoga stretches and meditation. Please bring your own yoga mat.

Instructor: Heidi Robinson

Fri, Jan 12-Feb 16 | 12:15-1:15 pm | \$48/6 | [110562](#)

Fri, Feb 23-Mar 22 | 12:15-1:15 pm | \$40/5 | [110563](#)

Oliver Woods Community Centre

Please bring your own mat to fitness and yoga classes.

Bhangra Fit

Bhangra Fit is one of the trendiest of fitness and exercise routines and is fast merging as a popular alternative to regular aerobics. Keep fitness exciting with this popular Indian dance - an intense, vibrant, joyful movement that elevates your heart rate and state of mind. The majority of the moves follow the folk dance pattern, but have been reconditioned so that they can also provide a healthy cardio-vascular routine. This workout is designed to burn as many as 500 calories an hour and is safe for all age groups.

Instructor: Sukhi Sangha

Tue, Feb 6-Mar 19 | 6-6:45 pm | \$105/7 | 110035

Beban Park Social Centre

HIIT

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 the group for fast-paced and fun workouts that generally consist of a warm-up period followed by repetitions of high-intensity exercises separated by medium intensity exercises for active recovery and then a cool down period.

Instructor: Heather Honey

Thu, Jan 11-Feb 15 | 5:30-6:30 pm | \$48/6 | 110557

Thu, Feb 22-Mar 28 | 5:30-6:30 pm | \$48/6 | 110558

Oliver Woods Community Centre

HIIT to Fit D

Get Fit with HIIT! 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 the group for fast-paced and fun workouts that generally consist 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, Jan 3-Feb 14 | 9-10 am | \$56/7 | 109363

Wed, Feb 21-Mar 27 | 9-10 am | \$48/6 | 109364

Bowen Park Complex

Total Body Fitness

All levels are welcome here. 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, Jan 4-Feb 15 | 9-10 am | \$56/7 | 109367

Mon, Jan 8-Feb 12 | 9-10 am | \$48/6 | 109369

Thu, Feb 22-Mar 28 | 9-10 am | \$48/6 | 109368

Mon, Feb 19-Mar 25 | 9-10 am | \$48/6 | 109370

Rotary Field House

Rock Your Body Boot Camp

This workout 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, Jan 10-Feb 14 | 9-10 am | \$48/6 | 110552

Wed, Feb 21-Mar 27 | 9-10 am | \$48/6 | 110553

PM

Mon, Jan 8-Feb 12 | 5-6 pm | \$48/6 | 110544

Mon, Feb 26-Mar 25 | 5-6 pm | \$40/5 | 110545

Oliver Woods Community Centre

Stretch, Balance, Build

The focus will be on balancing exercises and poses. We will add a weight component for strength to allow the poses to be more challenging. Moves are slow and focused, and there will be a chair available if you need. Please bring your own weights if you have them and your own mat if you want to go to the floor.

Instructor: Kim Ross

Wed, Jan 3-Feb 14 | 12:15-1:15 pm | \$56/7 | 109365

Wed, Feb 21-Mar 27 | 12:15-1:15 pm | \$48/6 | 109366

Rotary Field House

Stretch & Tone

This class will focus on flexibility, balance, core and strength. We will use weights and your body to improve all these areas. Many exercises will cover compound moves, and there will be a chair to help with balance if needed and core work. Bring your own weights if you have them, but they are not necessary. Beginner to intermediate levels. No floor work in this class.

Instructor: Kim Ross

Thu, Jan 4-Feb 15 | 12:30-1:30 pm | \$56/7 | 109371

Thu, Feb 22-Mar 28 | 12:30-1:30 pm | \$48/6 | 109372

Oliver Woods Community Centre

Gentle Foundational Yoga NEW! D

This is a gentle yoga practice suitable for beginners and those looking for a gentle approach.

Foundational poses will help build balance, strength, flexibility and mobility while relaxing the body and mind.

Instructor: Heidi Robinson

Wed, Jan 10-Feb 14 | 10:15-11:15 am | \$48/6 | 110618

Wed, Feb 21-Mar 27 | 10:15-11:15 am | \$32/4 | 110619

Oliver Woods Community Centre

Slow Flow Yoga for Beginners D

Slow flow yoga is a breath-based, mindful movement practice that brings us home to our body, breath and mind in the present moment. Think meditation in motion; a mindful flow that invites us to practice slowing down and moving with more awareness, balance and grace.

Instructor: Gypsy Hart

Thu, Jan 11-Feb 15 | 9-10 am | \$48/6 | 110585

Thu, Feb 22-Mar 28 | 9-10 am | \$48/6 | 110587

Oliver Woods Community Centre

Slow Flow Gentle Evening Yoga

Experience a blend of gentle yoga poses and breath work to improve your physical and mental well-being. Finish your evening yoga class with relaxation techniques. This class is great for all ages and abilities.

Instructor: Jane Bockman

Tue, Jan 9-Feb 13 | 8-9 pm | \$48/6 | 110581

Tue, Feb 20-Mar 26 | 8-9 pm | \$48/6 | 110582

Oliver Woods Community Centre

Please bring your own mat to fitness and yoga classes.



Walking and Hiking programs found on page 40.



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Yin Yoga

Yin Yoga is a slower paced, more meditative yoga. 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, Jan 11-Feb 15 | 5:30-6:30 pm | \$48/6 | [109914](#)

Mon, Jan 8-Feb 12 | 5:30-6:30 pm | \$48/6 | [109399](#)

Thu, Feb 22-Mar 28 | 5:30-6:30 pm | \$48/6 | [109915](#)

Mon, Feb 26-Mar 25 | 5:30-6:30 pm | \$40/5 | [109400](#)

Bowen Park Complex

Yang Yoga

This mixed style yoga class for beginners and intermediates will stretch the muscles and help to build your core. Please bring your own your own yoga mat and block(s).

Instructor: Cheryl Carew

Thu, Jan 11-Feb 15 | 6:45-7:45 pm | \$48/6 | [109918](#)

Mon, Jan 8-Feb 12 | 6:45-7:45 pm | \$48/6 | [109401](#)

Thu, Feb 22-Mar 28 | 6:45-7:45 pm | \$48/6 | [110374](#)

Mon, Feb 26-Mar 25 | 6:45-7:45 pm | \$40/5 | [109402](#)

Bowen Park Complex

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, Jan 8-Feb 12 | 9-10 am | \$48/6 | [109664](#)

Mon, Feb 26-Mar 25 | 9-10 am | \$40/5 | [109665](#)

Bowen Park Complex

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, Jan 12-Feb 16 | 9-10 am | \$48/6 | [110592](#)

Fri, Feb 23-Mar 22 | 9-10 am | \$40/5 | [110593](#)

Oliver Woods Community Centre

Gentle Yoga AM

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, Jan 8-Feb 12 | 10:15-11:15 am | \$48/6 | [110571](#)

Mon, Feb 26-Mar 25 | 10:15-11:15 am | \$40/5 | [110572](#)

Oliver Woods Community Centre

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

Mon, Jan 8-Feb 12 | 5:30-6:30 pm | \$48/6 | [109393](#)

Mon, Feb 19-Mar 25 | 5:30-6:30 pm | \$48/6 | [109394](#)

Rotary Field House

Instructor: Melissa Hill D

Thu, Jan 11-Feb 15 | 10:15-11:15 am | \$48/6 | [110588](#)

Thu, Feb 22-Mar 28 | 10:15-11:15 am | \$48/6 | [110589](#)

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 not required.

Instructor: Heather Honey

Tue, Jan 9-Feb 13 | 5:30-6:30 pm | \$48/6 | [110577](#)

Tue, Feb 20-Mar 26 | 5:30-6:30 pm | \$48/6 | [110578](#)

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, Jan 3-Feb 14 | 5:30-6:30 pm | \$56/7 | [109391](#)

Wed, Feb 21-Mar 27 | 5:30-6:30 pm | \$48/6 | [109392](#)

Rotary Field House

Instructor: Amber Neuman-Brochez

Sat, Jan 6-Feb 10 | 10-11 am | \$48/6 | [110596](#)

Sat, Feb 17-Mar 30 | 10-11 am | \$48/6 | [110597](#)

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 required.

Instructor: Gypsy Hart

Tue, Jan 9-Feb 13 | 5:15-6:15 pm | \$48/6 | [110575](#)

Tue, Feb 20-Mar 26 | 5:15-6:15 pm | \$48/6 | [110576](#)

Oliver Woods Community Centre

Mom's Yoga/Karate

This program is geared for any moms or any women that wants to try a combination of yoga and karate. This is a great way to get in shape while learning to defend yourself in a great atmosphere with other interested individuals. Receive a free uniform when you register at the dojo after this session.

Fri, Jan 12-26 | 6:30-7:30 pm | \$19/3 | [109946](#)

Fri, Feb 2-23 | 6:30-7:30 pm | \$25/4 | [109947](#)

Fri, Mar 1-22 | 6:30-7:30 pm | \$25/4 | [109948](#)

Shima Karate (3032 Barons Rd)

Pilates: All Levels

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, Jan 9-Feb 13 | 6:45-7:45 pm | \$48/6 | [110579](#)

Tue, Feb 20-Mar 26 | 6:45-7:45 pm | \$48/6 | [110580](#)

Oliver Woods Community Centre

Mat Pilates - Level 1 D

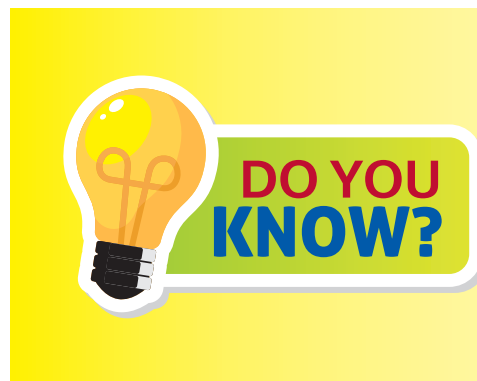
In this class we will focus on Pilates breath work, alignment of our spine, quality of movement and core support. These series of exercises will help you move with ease in your daily life.

Instructor: Jane Bockman

Fri, Jan 12-Feb 16 | 10:15-11:15 am | \$48/6 | [110594](#)

Fri, Feb 23-Mar 22 | 10:15-11:15 am | \$40/5 | [110595](#)

Oliver Woods Community Centre



Practicing yoga increases flexibility, muscle strength and tone, improves respiration and metabolism and enhances cardio and circulatory health.

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 by how challenged you can feel while preserving your safety, integrity and alignment. No experience is required.

Instructor: Gypsy Hart

Tue, Jan 9-Feb 13 | 9:30-10:30 am | \$48/6 | [110573](#)

Tue, Feb 20-Mar 26 | 9:30-10:30 am | \$48/6 | [110574](#)

Oliver Woods Community Centre

Yogalates **D** (drop-in morning only)

A cross between Yoga and Pilates, this will combine Pilates and Yoga for a total body workout focused on toning the glutes, thighs and stomach. This low-impact workout will increase your fitness level. Develop your core strength and stabilization through Pilates poses, and improve your flexibility, muscular strength, posture and alignment through Yoga/Pilates poses, breathing and relaxation.

(Drop-in available only for morning classes.)

Instructor: Gypsy Hart

Wed, Jan 10-Feb 14 | 9-10 am | \$48/6 | [110583](#)

Thu, Jan 11-Feb 15 | 5:15-6:15 pm | \$48/6 | [110590](#)

Wed, Feb 21-Mar 27 | 9-10 am | \$40/5 | [110584](#)

Thu, Feb 22-Mar 28 | 5:15-6:15 pm | \$48/6 | [110591](#)

Oliver Woods Community Centre

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. Fee is for both participant and guest.

Instructor: Jean Medley

Thu, Jan 11-Feb 15 | 10-11:30 am | \$48/6 | [109751](#)

Thu, Jan 12-Feb 16 | 1-2:30 pm | \$48/6 | [109753](#)

Thu, Mar 7-Apr 4 | 10-11:30 am | \$48/6 | [109757](#)

Thu, Mar 7-Mar 4 | 1-2:30 pm | \$48/6 | [109758](#)

Beban Park Social Centre

Dance for the Mind

This class is designed for older adults with various stages of dementia or those with significant physical or cognitive challenges. It focuses on dance as a medium of non-verbal communication to enhance physical, mental and well-being. The connection to music is as important and relevant, as dance stimulates the brain and memories.

The gentle movements are designed to promote pleasure, health and the enjoyment of sharing dance. Family members or personal support workers are required for this class.

Instructor: Ivana Ho

Thu, Feb 22-Mar 28 | 10:30-11:30 am | \$48/6 | [109957](#)

Bowen Park Complex

Relief for Chronic Back Pain

Intro to the Alexander Technique

Do you experience chronic back pain or joint stiffness? Are your neck and shoulders tight? Do you wake up in the morning with a rigid body? We often move unconsciously in harmful ways which may create compression of the spine, excess muscle tension and pain in the body. The Alexander Technique teaches you to change habitual posture and movement. Learn how to alleviate pain, reduce stress and find more ease and balance!

Instructor: Heike Walker

Mon, Jan 29 | 10:30 am-12:30 pm | \$25/1 | [110405](#)

Beban Park Social Centre

Find More Energy and Ease **NEW!** in Daily Life

Intro to the Alexander Technique

Do you feel tense? Do you feel ache or discomfort in your body? Do you suffer from back pain, joint stiffness or a tight neck? Do you rush through life? Do you feel disconnected from your body or yourself? The Alexander Technique helps to increase body awareness and change habitual posture and movement. Learn how to reduce stress, relieve pain and find more balance, energy and ease in body and mind.

Instructor: Heike Walker

Mon, Feb 26 | 10:30 am-12:30 pm | \$25/1 | [110406](#)

Beban Park Social Centre

Please bring your own mat to fitness and yoga classes.

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. Each participant will receive a towel. We will have a warm beverage after each class.

Instructor: Gina Villares

Sat, Jan 13-Feb 10 | 9-10 am | \$40/4 | [109898](#)

Kin Hut Activity Centre

Intro to Tai Chi

This is for students with no or limited background in Tai Chi. This class teaches Tai Chi-related exercises and the mini set of Tai Chi comprising 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, Jan 10-Feb 21 | 7-8:30 pm | \$56/7 | [109822](#)

Wed, Mar 13-Apr 24 | 7-8:30 pm | \$56/7 | [109824](#)

Beban Park Social Centre

Intensive Long Form Tai Chi

If you are ready to make the commitment to learning the entire 108-move long form, this is the course for you. You will learn every discrete move and be able to complete the modified yang-style long form from start to finish. The principles of Tai Chi, advanced Tai Chi exercises and energy cultivation will also be covered.

Instructor: Mid Island Tai Chi Club

Tue, Feb 6-Jun 25 | 7-8:30 pm | \$153/20 | [109821](#)

Beban Park Social Centre



cityofnanaimo



prc_nanaimo (#ilovemyparksandrec)



60+ Classes

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 \$46.

Program areas:

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



Chair Yoga

Designed for people who experience difficulty doing floor exercise. Enjoy the many benefits of this yoga class, including stretching, relaxing and helping you feel energized.

Instructor: Russell McNeil

Tue, Jan 2-30 | 9-10 am | \$40/5 | [108946](#)

Tue, Feb 6-27 | 9-10 am | \$32/4 | [108947](#)

Tue, Mar 5-26 | 9-10 am | \$32/4 | [108948](#)

Bowen Park Complex

Gentle Yoga

This is a gentle hatha-style class that focuses on gentle stretches before each pose. This is not a flow class. Please bring your own yoga mat.

Instructor: Heather Honey

Fri, Jan 5-Feb 9 | 11 am-12 pm | \$48/6 | [110066](#)

Fri, Feb 16-Mar 22 | 11 am-12 pm | \$48/6 | [110067](#)

Bowen Park Complex

Kundalini Yoga NEW!

Come and activate your Shakti (energy)! Join in 75 minutes of joy while we incorporate pranayama (breath work), chanting, singing and energetic repetitive yoga poses. This class is accessible to all fitness levels. Prepare to leave feeling balanced and invigorated.

Instructor: Michelle Krascek

Wed, Jan 17-Feb 21 | 5:15-6:30 pm | \$40/5 | [109601](#)

Wed, Feb 28-Mar 27 | 5:15-6:30 pm | \$40/5 | [109608](#)

Oliver Woods Community Centre

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

Please bring your own mat to fitness and yoga classes.

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 metabolism.

Instructor: Brian Sugiyama

Tue, Jan 2-30 | 10:30-11:30 am | \$40/5 | [109958](#)

Wed, Jan 3-24 | 10:30-11:30 am | \$32/4 | [110136](#)

Tue, Feb 6-27 | 10:30-11:30 am | \$32/4 | [109959](#)

Wed, Feb 7-28 | 10:30-11:30 am | \$32/4 | [110138](#)

Tue, Mar 5-26 | 10:30-11:30 am | \$32/4 | [109960](#)

Wed, Mar 6-27 | 10:30-11:30 am | \$32/4 | [110141](#)

Bowen Park Complex

Thu, Jan 4-Feb 8 | 10:30-11:30 am | \$48/6 | [110064](#)

Thu, Jan 15-Mar 28 | 10:30-11:30 am | \$40/5 | [110065](#)

Beban Park Social Centre

Balance & Mobility

Balance, movement and mobility - the three steps you need to maintain a healthy lifestyle. This class will assist participants in improving balance. The instructor will lead you through easy exercises to improve stability and potentially prevent falls. The workouts assist in improving posture, muscle strength, speed, sharpening reflexes, expanding flexibility and firming your core. The instructor may give tips for fall proofing your home.

Instructor: Russell McNeil

Wed, Jan 3-Feb 7 | 3-4 pm | \$48/6 | [108952](#)

Wed, Feb 14-Mar 27 | 3-4 pm | \$48/6 | [108953](#)

Oliver Woods Community Centre

Yoga and Massage for Joint Pain **NEW!**

Is a mysterious pain in your muscles and joints compromising your ability to move? In this unique course, we will talk about arthritis, where it forms and why and how we can dissolve the calcium crystals through yoga and massage movements. We will use diagrams, advanced massage techniques, massage tools and gentle yoga movements to address pain.

Instructor: Elise LaDouceur

Wed, Jan 10-Feb 14 | 4-5 pm | \$48/6 | [109913](#)

Wed, Feb 21-Mar 27 | 4-5 pm | \$48/6 | [109923](#)

Bowen Park Complex

Learn to Meditate **NEW!**

In this introductory class, we will explore all of the beneficial ways you can calm your body and mind. Meditation is gaining more exposure in scientific studies showing how the brain can benefit from increased neural pathways during mindfulness practices. Bring a journal and create a practice you can continue on your own.

Instructor: Michelle Krascek

Sun, Feb 4 | 11 am-1 pm | \$25/1 | [109575](#)

Sun, Mar 3 | 11 am-1 pm | \$25/1 | [109577](#)

Bowen Park Complex

Restorative Yin Fusion with Sound **NEW!**

Come and enjoy a reduction in both emotional and physical discomfort. We will combine the practice of mindful breathing and slow, easy and long holding yoga poses to invite your body to relax. The addition of various tuning and musical instruments to deepen the experience. You are sure to leave feeling relaxed in both body and mind.

Instructor: Michelle Krascek

Wed, Jan 17-Feb 14 | 10:30-11:45 am | \$40/5 | [109241](#)

Wed, Feb 21-Mar 27 | 10:30-11:45 am | \$40/5 | [109243](#)

Bowen Park Complex

Sound Bath & Meditation **NEW!**

Get prepared to settle in to rest during this guided meditation class. Bring a mat, pillow and blanket, and take time to join others in meditation. Feel the vibration bring your body back to balance. A series of music, tuning and sound instruments are layered through the class helping to deepen your rest.

Instructor: Michelle Krascek

Wed, Jan 17-Feb 14 | 12-1 pm | \$40/5 | [109607](#)

Wed, Feb 21-Mar 27 | 12-1 pm | \$48/6 | [109244](#)

Bowen Park Complex

Wed, Jan 17-Feb 21 | 6:45-7:45 pm | \$40/5 | [109610](#)

Wed, Feb 28-Mar 27 | 6:45-7:45 pm | \$40/5 | [109611](#)

Oliver Woods Community Centre

Seated Sound & Yoga **NEW!**

Come and hear what all the buzz is about! Enjoy sound incorporated into this slow stretching class. You are encouraged to explore different ranges of motion from a safe place, seated in chairs. By prioritizing mobility in all joints, you can be sure to experience a reduction in joint pain and increased flexibility. Not to mention, reset and relaxed from the musical vibes!

Instructor: Michelle Krascek

Wed, Jan 17-Feb 21 | 4-5 pm | \$40/5 | [109242](#)

Wed, Feb 28-Mar 27 | 4-5 pm | \$40/5 | [109609](#)

Oliver Woods Community Centre

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, clarity of mind. Pranayama leads the breath with easy techniques to enhance (prana) subtle energy in body and mind.

Instructor: Thomas Michaud

Wed, Jan 3-Feb 7 | 10:30 am-12 pm | \$48/6 | [109500](#)

Wed, Feb 14-Mar 27 | 10:30 am-12 pm | \$56/7 | [109503](#)

Rotary Field House

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, Jan 4-Feb 8 | 11 am-12:15 pm | \$48/6 | [109507](#)

Thu, Feb 15-Mar 28 | 11 am-12:15 pm | \$56/7 | [109508](#)

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, Jan 6-Feb 10 | 9-10 am | \$48/6 | [108949](#)

Sat, Feb 17-Mar 23 | 9-10 am | \$48/6 | [108951](#)

Bowen Park Complex

Intro to Afro Fusion **NEW!**

Sharqi Dance™

This is a dance class where you will be introduced to AFSD™ movement and vocabulary, as they use space and learn rhythms from countries across Africa. The learning will be through execution, exploration, creation (aka improvisation), observation and reflection. We will work with concepts, such as Space, Time, Force and Body. We will also incorporate props. Dance is always an excellent form of exercise, and it allows you to express creatively while stimulating the brain. If you have balance concerns, chairs will be available.

Instructor: Tania Amaral aka Pynsky Shell

Sat, Jan 6-Feb 10 | 10:30-11:45 am | \$48/6 | [109487](#)

Sat, Feb 17-Mar 23 | 10:30-11:45 am | \$48/6 | [109488](#)

Bowen Park Complex



THURSDAY MUSICAL ENTERTAINMENT

You're invited to listen to some local talent at Bowen Complex on select Thursdays throughout the year. There is no age restriction and no need to pre-register. Just drop-in and pay at the Bowen Park office before the event begins.

Doors open at 12:45 pm, and the music begins at 1:30 pm. Tea, coffee and a mixture of cookies and treats will be served after.

Harbour City Members pay only \$2, and non-members pay \$4.

Parking is free and there are several handicap spots available close to the entrance.



NOV 30 "Gold & Silver Band"

Anthony Seufert will kick off the holidays with traditional Christmas music mixed with ones that are lighter and fun to listen to. He plays multiple instruments, so you will likely enjoy a combination of accordion, piano, guitar and fiddle.

DEC 14 "Songsters Holiday Performance"

This talented group of performers is excited to put on a Christmas performance and sing-a-long that is guaranteed to get you into the holiday spirit.

JAN 18 "Glen Foster Group"

Glen Foster is a Canadian songwriter and entertainer, who has released nine albums of his own music. He has been performing professionally for over 40 years. His recent song 'Friends Like That' was play-listed on the Cashbox Top 50 picks of 2021. Glen currently performs with The Glen Foster Group which includes his wife Maggy. They play their own original songs plus popular classic rock, dance tunes and modern day standards.

FEB 15 "Island Highway"

This 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 old favourites to current popular music (no rap though!). Their song choices are always melodic, showcasing warm vocal harmonies and duets, and an intricate interplay of acoustic guitar and piano. You can expect to engage in sing-alongs, up-beat dance tunes, waltzes and country rock.

MAR 21 "Rick Haug"

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

Argentine Tango NEW!

Argentine Tango is a very romantic dance suitable for all ages. Come join this new group of keen dancers who want to learn more about this dance. *Nanaimo Harbour City Seniors enjoy this course as part of their membership. No formal instruction is provided.

Tue, Jan 2-Mar 26 | 6:30-9 pm | \$26/13* | [108930](#)
Bowen Park Complex

Tap Dance - Level 1

For those new to tap dance or looking for a refresher, come join the fun and advance at your own pace. Tap shoes are required.

Instructor: Melanie Kirk

Mon, Jan 8-Feb 12 | 10:15-11:15 am | \$48/6 | [108932](#)

Mon, Feb 26-Mar 25 | 10:15-11:15 am | \$40/5 | [108933](#)

Bowen Park Complex

Tap Dance - Level 2

For those proficient in Tap Dance, this program is for you. Beginner dancers can be accommodated. Tap shoes are required.

Instructor: Melanie Kirk

Mon, Jan 8-Feb 12 | 11:30 am-12:30 pm | \$48/6 | [108936](#)

Mon, Feb 26-Mar 25 | 11:30 am-12:30 pm | \$40/5 | [108937](#)

Bowen Park Complex

Dance for the Mind

This class is designed for older adults with various stages of dementia or those with significant physical or cognitive challenges. It focuses on dance as a medium of non-verbal communication to enhance physical, mental and well-being. The connection to music is as important and relevant, as dance stimulates the brain and memories. The gentle movements are designed to promote pleasure, health and the enjoyment of sharing dance. Family members or personal support workers are required for this class.

Instructor: Ivana Ho

Thu, Feb 22-Mar 28 | 10:30-11:30 am | \$48/6 | [109957](#)

Bowen Park Complex



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 us at 250-755-7501 to book an appointment.

Instructor: Ears to You

Wed, Jan 10 | 9:30 am-3 pm | FREE

Wed, Mar 6 | 9:30 am-3 pm | FREE

Bowen Park Complex



Canada Revenue Agency and Service Canada Session

Sign up for this FREE informative session by Canada Revenue Agency. There will be time for questions, and you will learn about benefits and credits you may be eligible for, including Canada Pension Plan and Disability Tax Credits, Old Age Security, Guaranteed Income Supplement, ways to do your taxes, how to protect yourself from scams and more. Bring your questions, as there will be time for those at the end.

Thu, Jan 25 | 10:30 am-12 pm | FREE | [109912](#)

Bowen Park Complex



The following workshops are provided courtesy of instructors Helena Brenner, Clinic Nurse Educator & Reid Coleman, B.Kin with HME Home Health

Aging at Home: Exploring Costs & Considerations

The cost of aging at home varies, but it requires careful planning. We will discuss the many factors that can influence costs. Other topics include home modifications and cost of equipment safe for aging in place. Coffee/tea/treats will be provided.

Wed, Jan 10 | 1:30-2:30 pm | FREE | [109888](#)

Bowen Park Complex

You CAN Prevent Falls

Falls account for 85% of senior injury-related hospitalizations leading to hospital stays and contributing to a significant portion of admissions to long-term care facilities. Learn how to prevent falls, to maintain a safe home and an active lifestyle. Coffee/tea/treats will be provided.

Wed, Feb 7 | 1:30-2:30 pm | FREE | [109889](#)

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.

Thu, Feb 15 | 5-7 pm | FREE | [109540](#)

Bowen Park Complex



Online Safety for Seniors

Learn about common schemes both online and over the phone and what you can do to avoid them. Several topics will be covered including email theft, data breaches, social engineering, Facebook scams, online order scams and so much more.

Instructor: Joe Saunders, Magnox Technical Services

Wed, Jan 24 | 2-4 pm | \$15/1 | [109909](#)

Wed, Feb 21 | 2-4 pm | \$15/1 | [109910](#)

Wed, Mar 20 | 2-4 pm | \$15/1 | [109911](#)

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. 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; Non Members: \$9

Wed, Jan 10, Feb 7, Mar 6 | 10-11 am | [108875](#)

Oliver Woods Community Centre



Stairlifts - Everything You Need to Know

Stairlifts are a valuable assistive devices designed to improve mobility and independence for individuals who have difficulty navigating stairs. Be proactive and educate yourself in case you or a loved one require one in the future. Coffee/tea/treats will be provided.

Wed, Feb 28 | 1:30-2:30 pm | FREE | [109890](#)

Bowen Park Complex

Stay Healthy & Active As We Age

You can work towards a healthy heart and strong bones through safety, nutrition and physical activity to improve overall well-being, reduce the risk of heart disease and falls and enhance your overall quality of life. It's never too late to make positive changes. Coffee/tea/treats will be provided.

Wed, Mar 27 | 1:30-2:30 pm | FREE | [109891](#)

Bowen Park Complex



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Pool Programs

SWIM LESSONS • LIFEGUARDING • FITNESS • TRAINING

With a variety of swim lessons, aquatic training and water sports for children, youth and adults, we make swimming easy and fun. Our trained aquatics staff will assist you in choosing the right program to meet your needs.

TEAM AQUATIC SUPPLIES LTD
Lobby of Nanaimo Aquatic Centre

YOUR ONE STOP SWIM & FITNESS SHOP
Competitive Swimming - Aquafitness - Family - Fun

Swimwear - Equipment - Fins - Goggles - Gear

741 Third Street, Nanaimo, B.C. • 250-740-0372
On-line store: www.team-aquatic.com

Pool Special Events

Join us for some fun for the whole family!
(Regular admission applies.)

Snowball Swim

Join us for a winter-themed swim with games, crafts and more!
Sunday, December 17 • 2-4 pm • Nanaimo Aquatic Centre

New Year's Eve Splash

End the year off right with a swim!
Sunday, December 31 • 6-8 pm • Nanaimo Aquatic Centre

Pro-D Day Swims

Monday, February 5 • 10 am-2 pm • Nanaimo Aquatic Centre
Tuesday, February 6 • 10 am-2 pm • Nanaimo Aquatic Centre

Family Day Swims

Swimming and Family Day go hand in hand!
Monday, February 19 • 12-5 pm • Nanaimo Aquatic Centre

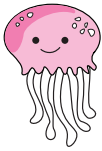
Super Hero Swims

Join us for a swim full of super heroes! Our staff will dress up, and there will be activities for the whole family.
Friday, March 15 • 6-8 pm • Nanaimo Aquatic Centre
Friday, March 22 • 6-8 pm • Nanaimo Aquatic Centre

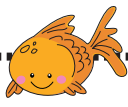
PARENT & TOT LESSONS

Ages 4-36 months

Caregiver participant is required. Progression is based on age.



Jellyfish
4-12 months



Goldfish
12-24 months



Seahorse
24-36 months

PRESCHOOL LESSONS

Ages 3-5 years

Progression is based on completion of level.



Octopus

- Blowing bubbles with face in water
- Front and back floats and glides with instructor help



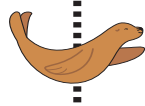
Crab

- Front and back floats and glides with buoyant aid
- Roll-over floats
- 5M back swim with buoyant aid



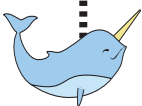
Orca

- Front, back and roll-over floats and glides
- 5M swims on front and back



Sea Lion

- Basic front crawl and side glides
- Deep-water activities
- 7M swim on front and back



Narwhal

- Deep-water swimming
- 5M front and back crawl
- 4 x 5M swim on back

To advance to Swimmer Lessons, your child must be 6 years old on the first day of lessons. If they have completed Narwhal, they will advance to Swimmer 2. All other preschool swimmers will benefit from gaining more experience in Swimmer 1.

SWIMMER LESSONS

Progression is based on completion of level. **Ages 6-14 years**



Swimmer 1

- Front and back floats and swims
- Roll-over swims and basic front crawl
- 5M swim on front and back



Swimmer 2

- Deep-water activities
- Front, back and side swims
- 10M front and back crawl



Swimmer 3

- Front and back floats and swims
- Roll-over swims and basic front crawl
- 15M swim on front and back



Swimmer 4

- Tread water for 1 minute
- Basic breaststroke
- 25M front and back crawl
- Swim to Survive Standard



Swimmer 5

- Eggbeater for 30 seconds
- 25M breaststroke
- 50M front and back crawl



Swimmer 6

- 50M breaststroke
- 100M front and back crawl
- 300M distance swim



Swimmer 7/Rookie Patrol

- Front and back crawl and breaststroke mastery
- Lifesaving: victim recognition and ready position
- First Aid: primary assessment and calling EMS



Swimmer 8/Ranger Patrol

- Eggbeater kick and object support
- First Aid: obstructed airway, checking breathing; shock
- Removing conscious victim



Swimmer 9/Star Patrol

- First Aid: bone, joint injuries, asthma, allergic reactions
- Support and removal of unconscious victim
- 300M swim in 9 minutes

Swimming Lesson Tips for Success

We are pleased to bring you the Lifesaving Society's Swim for Life Program to highlight the importance of swimming and water safety skills. Swimming can be fun and is also a necessary life skill. Help your child start swimming on the right foot.

- Evaluate your child's swim ability and choose a class level, date and time. Not sure of their ability? Stop by one of our pools during an "Everyone Welcome" swim and have a lifeguard evaluate for your child (depending on staff availability).
- Register for a class online or at one of our facilities early. Classes fill up quickly.
- Arrive no more than 10 minutes prior to lessons to check-in and familiarize your child with the facility. Please have your child ready for class at the start lesson time.
- Lockers are available and recommended. Tokens can be purchased from the pool cashier.
- Have your child go to the bathroom before lessons. Children who are not potty trained must wear a swim diaper (available for purchase at the front desk).
- All patrons must shower before entering the pool.
- Bring your child's towel to the pool deck to keep your child warm before and after lessons.
- Please stay home if not feeling well.
- At the end of lessons, your instructor will recommend the appropriate level for the next set of lessons. Levels are frequently repeated to allow students to master skills and feel successful before moving on to a new level.



Pricing for Swimming Lessons (lesson prices are pro-rated for holidays & swim meets)	
30 Minute Lessons	\$70/10 lessons
45 Minute Lessons	\$110/10 lessons
60 Minute Lessons	\$140/10 lessons
30 Minute Private Lessons *add additional swimmer	\$150/5 lessons \$225/5 lessons

Shopping for Swim Lessons Using the "X" Grid

- STEP 1** Choose your desired day of the week (Monday, Tuesday, etc.)
- STEP 2** Select the lesson best suited for your swimmer (Jellyfish, Orca, Swimmer 1, etc.)
- STEP 3** View the time available for that lesson ("x" indicate available times)
- STEP 4** Register in person, over the phone or online through recreation.nanaimo.ca
- Provide the clerk with the level and your choice of dates
 - Search for swim lessons in recreation.nanaimo.ca using a key word(s) in the search field (Jellyfish, for example)



Swimming Class Waitlists

Didn't get into your desired lesson? Waitlisting for swimming lessons has changed! To register on a waitlist, please use the corresponding event code below. When a space becomes available, you will be emailed with the information (ensure your contact information is up to date). If the date/time works for you, call 250-756-5200 to claim a spot on a first come, first served basis. Due to high demand and the importance of learning how to swim for all, please consider registering for one lesson per session so that everyone has the opportunity to participate.

P&T 1 - Jellyfish: 112719	PS3 - Orca: 112725	Swimmer 3: 112701	Swimmer 8: 1112712
P&T 2 - Goldfish: 112724	PS4 - Sea Lion: 112728	Swimmer 4: 112698	Swimmer 9: 112714
P&T 3 - Seahorse: 112727	PS5 - Narwhal: 112729	Swimmer 5: 112707	Private: 112715
PS1- Octopus: 112722	Swimmer 1: 112689	Swimmer 6: 112704	
PS2 - Crab: 112723	Swimmer 2: 112693	Swimmer 7: 112709	

Winter Lessons

**Note: Due to high demand of swimming lessons, last minute withdrawals may impact course offerings. Please provide as much notice as possible if a withdrawal from a swim lesson is required.*

MONDAYS & WEDNESDAYS - Beban Pool SET 1: Jan 15-Feb 7 (8 lessons) SET 2: Feb 12-Mar 6 (7 lessons; no lesson Feb 19)	TUESDAYS & THURSDAYS - Beban Pool SET 1: Jan 16-Feb 8 (8 lessons) SET 2: Feb 13-Mar 7 (8 lessons)
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		8:30 am	9:00 am	9:30 am	10:00 am	3:00 pm	3:30 pm	3:45 pm	4:00 pm	4:30 pm	5:00 pm	5:30 pm	6:00 pm	6:30 pm	3:00 pm	3:30 pm	4:00 pm	4:30 pm	5:00 pm	5:30 pm	6:00 pm	6:30 pm	7:00 pm
Parent Participation (4-36 months)	Jellyfish	x											x						x				
	Goldfish		x										x			x						x	
	Seahorse			x					x		x				x						x		
Preschool Prog. (3-5yrs)	Octopus	x			x	x			x		x					x	x	x	x				
	Crab		x		x	x	x			x	x	x			x			x					
	Orca			x			x			x						x			x				
	Sea Lion				x	x							x			x					x		
	Narwhal				x				x			x					x						x
School Ages Program (6-14 yrs)	Swimmer 1								x	x			x	x		x					x		
	Swimmer 2								x				x		x		x						x
	Swimmer 3						x			x			x			x			x				
	Swimmer 4								x						x		x						
	Swimmer 5					x										x							x
	Swimmer 6							x								x							x
	Swimmer 7					x																	
	Swimmer 8/9					x																	



Lifeguard Club

Are you interested in something more exciting than swimming lessons? Do you have an interest in learning about water rescues, first aid skills, helping others and being a part of something bigger? Join us! You will learn new lifesaving skills and develop attitudes that could one day save your life or someone else's! This club focuses on fun, teamwork and skill development with games and a variety of activities themed around lifesaving, lifeguarding and first aid. A must for those of you who love the water but are looking for more than lessons.



8 to 12 Years (Junior Lifeguard)
 Tue, Jan 16-Mar 5 | 6-7:30 pm | \$76/8 | 101267
13 to 15 Years (Lifesaving Sport)
 Thu, Jan 18-Mar 7 | 6-7:30 pm | \$76/8 | 101268
 Nanaimo Aquatic Centre



All about... Sylvia

You may have noticed a new face at Nanaimo Aquatic Centre recently. Sylvia recently started her position as our new Aquatic Coordinator after moving here from Ontario, and we are very happy to have her working with us at Parks, Recreation and Culture.

Sylvia was drawn to work in aquatics, as she learned at a very young age that it was the environment that she felt most comfortable in after studying law and investment banking. As a result, she went back to school so that future work days would always feel like she was contributing to a service for like-minded people.

Sylvia has two daughters - both in University. One is finishing up an undergrad in English and History in Ontario and the other attending Uvic studying Engineering.

When she's not at the pool, she is learning to crochet, play the ukulele and hopes to start on the guitar. Of course, she loves anything that involves being on the water.

Moving here has been a life-long dream of hers, and she is looking forward to discovering life on the West Coast. "So far, I have been met with friendly, warm and welcoming individuals."

Welcome to Nanaimo, Sylvia!



cityofnanaimo

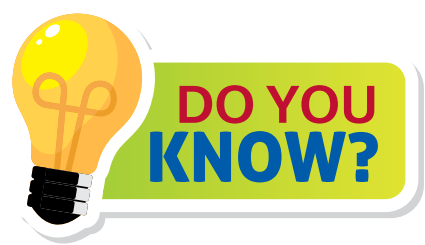


prc_nanaimo (#ilovemyparksandrec)

Winter Lessons

**Note: Due to high demand of swimming lessons, last minute withdrawals may impact course offerings. Please provide as much notice as possible if a withdrawal from a swim lesson is required.*

		FRIDAYS Beban Pool Jan 19 to Mar 8 (8 lessons)								SATURDAYS Beban Pool Jan 20 to Mar 9 (7 lessons; no lesson Feb 17)						SUNDAYS Beban Pool Jan 14 to Mar 3 (7 lessons; no lesson Feb 18)														
		3:00 pm	3:30 pm	4:00 pm	4:30 pm	5:00 pm	5:15 pm	5:30 pm	5:45 pm	6:00 pm	6:15 pm	6:30 pm	6:45 pm	9:00 am	9:30 am	10:00 am	10:15 am	10:30 am	11:00 am	11:30 am	12:00 pm	12:30 pm	1:00 pm	1:30 pm	2:00 pm	2:30 pm	3:00 pm	3:30 pm	4:00 pm	4:30 pm
Parent Participation (4-36 months)	Jellyfish						X												X			X								
	Goldfish				X									X				X		X				X				X		
	Seahorse		X												X	X					X									X
Preschool Prog. (3-5yrs)	Octopus	X				X	X			X	X			X			X		X		X		X			X		X		
	Crab			X	X							X		X	X			X		X		X			X			X		
	Orca							X	X					X					X		X			X					X	
	Sea Lion										X				X						X				X					
	Narwhal															X							X				X			
School Ages Program (6-14 yrs)	Swimmer 1					X						X	X	X	X				X	X	X	X	X	X	X	X	X	X	X	X
	Swimmer 2							X						X			X		X		X		X		X		X		X	
	Swimmer 3										X									X			X						X	
	Swimmer 4													X								X	X				X	X		
	Swimmer 5																X					X			X					
	Swimmer 6														X							X			X					
	Swimmer 7													X							X			X						
	Swimmer 8																			X			X						X	
	Swimmer 9															X							X						X	



Swimming is a skill for life. Once the skill is learned, your child will always know how to swim, regardless of their fitness level. This is especially useful for taking part in other recreational water activities, such as kayaking, surfing, diving or sailing.

Get swimming!



Join the Team! Be a Lifeguard!

BUILD THE FOUNDATION FOR SUCCESS!

Lifeguards prevent drowning, teach water safety and provide leadership in our community. Consult one of our Aquatic Coordinators at 250-756-5200 to help plan your lifeguard training.



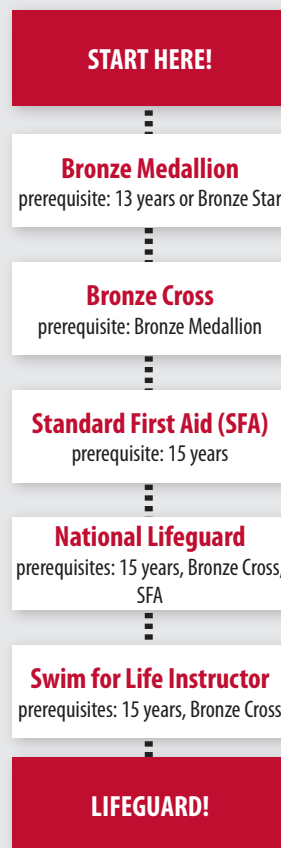
RECOMMENDED PATH:

- 1 **Bronze courses** develop lifesaving fitness and decision-making skills.
- 2 **Standard First Aid** provides practical skills to handle emergency response situations.
- 3 **National Lifeguard** promotes prevention of drowning and aquatic-related injuries.
- 4 **Instructor Training** prepares you to teach swimming lessons and lifesaving skills.



CAREER OPPORTUNITIES:

www.nanaimo.ca/yourgovernment/careers/job-postings





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Aquatic Leadership Classes

Recertification Courses

Course	Dates	Time	Fee	Location	Course ID	
National Lifeguard	Dec 2	12-9 pm	\$120	NAC	101214	
	Feb 3	12-9 pm	\$120	NAC	101586	
Proof of previous certifications: NL Pool, CPR C and AMOH (does not have to be current)						
Lifesaving Instructor	Jan 19	4:30-9 pm	\$120	Beban	101584	
	Mar 8	4:30-9 pm	\$120	Beban	101585	

Advanced Aquatic Courses

Course	Dates	Time	Fee	Location	Course ID	
Bronze Medallion	Jan 13-Feb 3	11:30 am-5 pm	\$195	Beban	101278	
	Judgement, knowledge, skill and fitness will be evaluated. Students acquire the assessment and problem-solving skills needed to make good decisions in, on and around the water. Prerequisites: Bronze Star (does not have to be current /13 years of age (by last days of the course). 100% attendance is mandatory for completion.					
Bronze Cross	Nov 25-Dec 16	11:30 am-5 pm	\$155	Beban	101258	
	Feb 17-Mar 9	11:30 am-5 pm	\$155	Beban	101277	
Students begin transitioning from lifesaving to lifeguarding and prepare for assistant lifeguard responsibilities. Students begin to strengthen and expand their lifesaving skills and apply active surveillance principles and techniques in aquatic facilities. The importance of teamwork and communication are emphasized in this course. Prerequisites: Bronze Medallion (does not have to be current). 100 % attendance is mandatory for completion.						
Standard First Aid	Jan 20-21	9 am-5:30 pm	\$177	Beban	109655	
	Mar 2 & 3	9 am-5:30 pm	\$177	Beban	109692	
This Red Cross First Aid course includes all of the Emergency First Aid and CPR C instruction on day one before covering head and spine injuries, bone and joint injuries, environmental conditions, poisons and sudden medical emergencies on day two. Prerequisites: 13 years of age is recommended. 100 % attendance is mandatory for completion.						
National Lifeguard	Dec 27-Jan 5	9 am-4 pm	\$499	NAC	101219	
	Mar 11-22	12:30-5:30 pm	\$499	NAC	101269	
This is the national standard for lifeguards in Canada. Candidates develop the fundamental values, judgment, knowledge, skills and fitness required by lifeguards. Prerequisites: 15 years of age (by last day of course), Bronze Cross (does not have to be current), Standard First Aid (does not have to be current). 100% attendance is mandatory for completion.						
Lifesaving Instructor	Mar 15-17	5-9 pm; 9 am-4 pm	\$225	NAC	106451	
	Prerequisites: minimum of 15 years old (by the last day of the course), a Bronze Cross Certification (need not have to be current) and current LSS Swim Instructor Course (full course; not the WSI Transfer).					
Swim Instructor	Apr 7-May 12	9 am-5 pm	\$450	Beban	101280	
	Students will be certified to teach the Lifesaving Society's programs, such as Swim for Life and Canadian Swim Patrol. Prerequisites: 15 years of age (by last day of course), Bronze Cross (does not have to be current). 100% attendance is required.					

NOTE: All candidates are required to present their original certification at the start of the recertification clinic. 100% attendance is mandatory for completion.

REFUND POLICY: Starting in April 2024, withdrawals with refund will only be provided for Aquatic Leaderships courses with a minimum of seven days advanced notice. Withdrawals within seven days of start date are refunded at 50%. No refunds on or after start date.





Arena Programs

Welcome to Nanaimo RECSKATE



RecSkate is a progressive skating skills training program for all ages and abilities necessary for life-long participation and the improvement of physical literacy as it relates to all sports. It provides the foundation for success in recreational hockey and figure skating. The program emphasis is on encouragement through comprehensive feedback. Participants receive a ribbon of achievement for each level passed, and upon completion of Level 7, skaters will receive a medallion of achievement. See our schedule on the following pages.

Boots to Blades 1 & 2

2 to 5 Years

Boots 1 is a perfect introduction for those who have never been on the ice before or for those who have yet to master standing in skates. Skaters get a feel for the ice wearing shoes or boots and then graduate to skates at the discretion of the instructor. Parent participation is required.

In **Boots 2**, skaters start the program wearing skates, as they will have had some experience but still need to learn the basics. The focus for both levels is getting skaters comfortable through play and practicing some basic skills. Parent participation is required.

RecSkate 1

This introductory level of skating will help skaters learn to fall safely and get up unassisted, skate across the ice by themselves without falling and work on basic balance and gliding skills. This is not a parent participation class.

RecSkate 2

This is when it all starts coming together! Skaters at this level will begin to gain strength and speed and will work on two-foot gliding, touching toes and will be introduced to backwards skating. Other skills taught in this level are stopping, scoops, turning and hops.

RecSkate 3

This level focuses on skills, such as skating on a curve, side stopping and transitions. Skaters will also be introduced to circle thrusts, backward stroking and forward slalom skating.

RecSkate 4

At this level, participants master crossovers, inside edges and backwards stopping. Skaters will also work on side hops, mohawks and backward thrusts. This is an excellent level for hockey players to improve their basic skating skills.

RecSkate 5

Skills include forward outside edges, backward one-foot gliding, mohawks, backward crossovers, t-stops and one-foot jump transitions. This is great for skater agility, balance and strength.

RecSkate 6/7

RecSkate 6 is a challenging level which emphasizes balance, glide and foot control skills. Skaters will also work on figure eight crossovers, jumping turns and other one-foot skills that increase balance, strength and agility.

RecSkate 7 is the final level of our RecSkate program. Backwards skills are emphasized, along with the introduction of two-foot full rotation jumps and one-foot outside edge stops. Backwards crossover figure eights and forward and backward pivot circles will be mastered. Skills taught at this level are demanding for all kinds of skaters, but the hard work will pay off!

Private RecSkate Lessons

One-on-one instruction. These are great for accelerating your learning, mastering that one problem skill or preparing for the next level. Our instructors will work from the RecSkate program material or address specific skills as needed. Skate rentals are included. See recreation.nanaimo.ca for availability.

RecFigure Skate - Child/Teen 6 to 16 Years

A small group session focusing on developing specific figure skating skills, such as jumps, spins and field moves, as well as continuing to develop the basics of skating. Skaters should have passed a minimum of RecSkate 5 before registering. Completion of RecSkate program or equivalent is preferred.

RecSkate - Pre-Teen/Teen 12 to 17 Years

Skating and more! Join your friends at these lessons that teach all levels of skating skills. This program offers an introduction to arenas, including lesson teaching, skate patrol, safety and a facility tour. This is a great bridge to our LIT and Quest programs.



Skating Lesson Information

SKATING EQUIPMENT

- Skate Rentals are \$2 per pair per lesson (please pay for skate rentals at time of registration).
- Helmets, mitts/gloves are mandatory for all skaters. We do have helmets for you to use, but bring your own helmet if you have one, as we have a limited number available.

LESSON TIMES AND PRICES

LESSON	LENGTH OF LESSON	COST PER CLASS
Boots to Blades 1 & 2	30 minutes	\$8.50
RecSkate (3-5 yrs)	30 minutes	\$8.50
RecSkate (6-11 yrs)	45 minutes	\$12
RecFigure Skate	45 or 60 minutes	\$13/hr or \$12 for 45 min
Various RecSkates (pre-teen/teen)	60 minutes	\$13
Private RecSkate (all ages) *	30 minutes	\$28

* For private RecSkate lessons, specific coach requests may be accommodated by calling 250-756-5215.

CUSTOM PRIVATE SKATING LESSONS

- Let us customize skating lessons to fit your schedule and your skill level. Cost is \$28 for a 30-minute lesson. Call Alli, Arenas Coordinator, at 250-755-7536 for details.

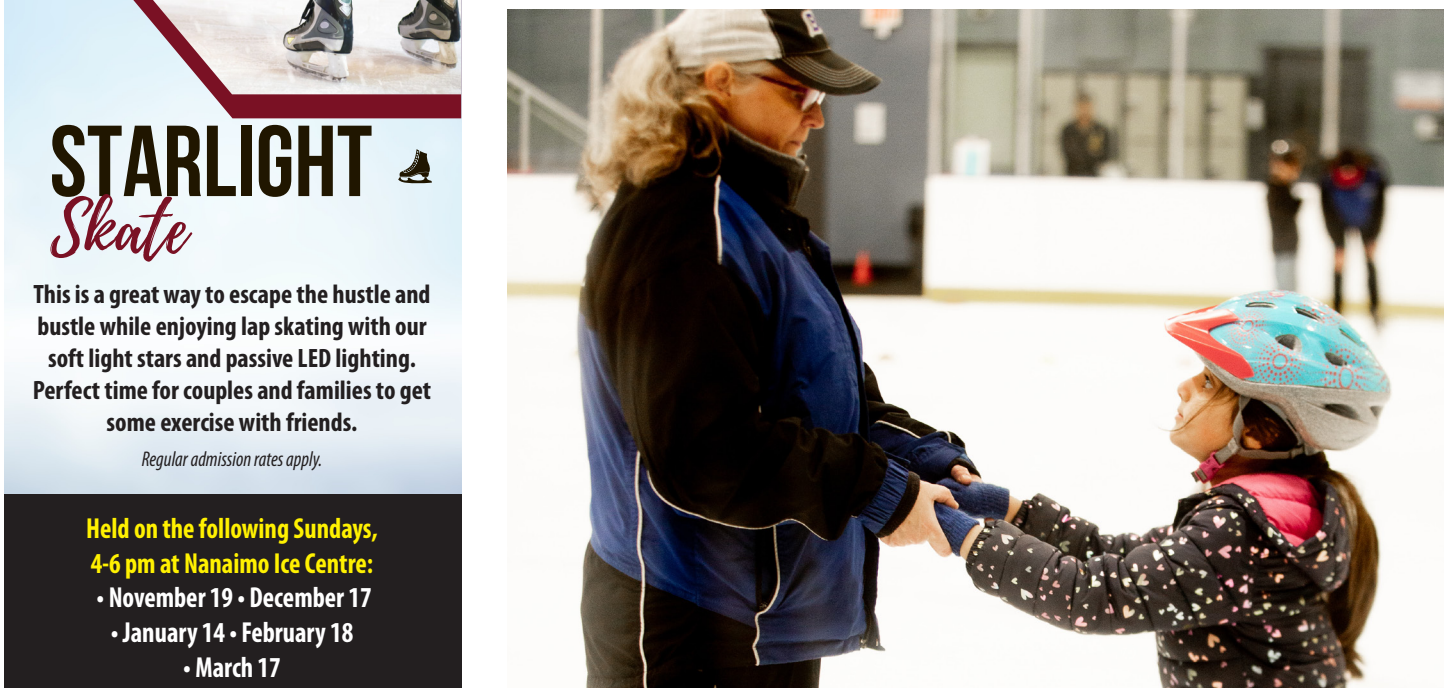
DO YOU REQUIRE ADDITIONAL SUPPORT?



- If you require any special accommodations or additional support, please contact our Arenas Coordinator at 250-755-7536.

DROP-IN SESSIONS

- Check out our drop-in options on page 10 or check our online schedule at recreation.nanaimo.ca.



GLOW IN THE DARK
Skates

SKATE IN OUR ATMOSPHERE OF DIMMED LIGHTING AND SPECIAL EFFECTS!

Held once a month on Tuesday evenings from 6:30-8 pm at Frank Crane Arena.

- December 5 • January 2
- February 6 • March 5

Regular admission rates apply.

STARLIGHT 
Skate

This is a great way to escape the hustle and bustle while enjoying lap skating with our soft light stars and passive LED lighting. Perfect time for couples and families to get some exercise with friends.

Regular admission rates apply.

Held on the following Sundays, 4-6 pm at Nanaimo Ice Centre:

- November 19 • December 17
- January 14 • February 18
- March 17

Skating Lessons

30 min lesson = 2-5 years • 45 min lesson = 6-11 years • 30 min private lessons

Monday, Jan 8 to Mar 5 • 5 lessons • Frank Crane Arena

11:45 am-12:15 pm	Boots 1 100573	Boots 2 100619	Rec 3 103170	Rec 4 103403	Private 100779		
12:15-12:45 pm	Boots 1 100574	Boots 2 100620	Rec 1 101958	Rec 2 102678	Private 100781		
12:45-1:45 pm	Adult RS 102462	Private 12:45-1:15 pm 100782	Private 1:15-1:45 pm 100783				

Monday, Jan 8 to Mar 5 • 5 lessons • Nanaimo Ice Centre

3:30-4 pm	Boots 1 100575	Boots 2 100621	Rec 1 101959	Rec 2 102681	Rec 3 103178	Rec 4 103411	Private 100784
4-4:45 pm	Rec 1 102561	Rec 2 102909	Rec 3 103296	Rec 4 103575	Rec 5 100765	Private 4-4:30 pm 102481	
4:45-5:15 pm	Boots 1 100576	Boots 2 100622	Rec 1 101960	Rec 2 102683	Rec 3 103179	Rec 4 103412	Private 102482
5:15-6 pm	Rec 2 102923	Rec 3 103298	Rec 4 103577	Rec 6/7 100650	RecFigure 5:15-6:15 pm 101783	Adult RS 5:15-6:15 pm 102466	
6:15-6:45 pm	Private 102483	Private 102484	Private 102485	Private 102486	Private 102487	Private 102488	

Thursday, Jan 11 to Feb 8 • 5 lessons • Nanaimo Ice Centre

3:30-4 pm	Boots 1 100577	Boots 2 100623	Rec 1 101961	Rec 2 102684	Rec 3 103187	Rec 4 103413	Private 102489
4-4:45 pm	Rec 1 102564	Rec 2 102925	Rec 3 103311	Rec 4 103583	Rec 5 100766	Rec 6/7 100651	RecFigure 101796
4:45-5:15 pm	Boots 1 100578	Boots 2 100624	Rec 1 101962	Rec 2 102686	Rec 3 103189	Rec 4 103420	Private 102490
5:15-6 pm	RecFigure Ad 101765	Teen 101886	Adult RS 102471	Private 5:15-5:45 pm 102491	Private 5:15-5:45 pm 102492	Private 5:15-5:45 pm 102493	Private 5:15-5:45 pm 102494

Friday, Jan 12 to Feb 9 • 5 lessons • Frank Crane Arena

9:30-10 am	Boots 1 100579	Rec 1 101963	Rec 3 103210	Rec 4 103421	Private 102495		
10-10:30 am	Boots 2 100625	Rec 2 102687	Private 102496				
3:30-4 pm	Boots 1 100580	Boots 2 100626	Rec 1 101964	Rec 2 102688	Rec 3 103212	Rec 4 103422	Private 102497
4-4:45 pm	Rec 1 102566	Rec 2 102913	Rec 3 103318	Rec 4 103588	Rec 5 100767	Private 4-4:30 pm 102498	
4:45-5:15 pm	Boots 1 100581	Boots 2 100627	Rec 1 101965	Rec 2 102689	Rec 3 103214	Rec 4 103423	Private 102499
5:15-6 pm	Rec 2 102927	Rec 3 103319	Rec 4 103589	Rec 5 100768	Rec 6/7 100739	RecFigure 101803	Private 5:15-5:45 pm 102500

Saturday, Jan 13 to Feb 10 • 5 lessons • Frank Crane Arena

9-9:45 am	Rec 1 102569	Rec 2 102928	Rec 3 103327	Rec 4 103590	Rec 5 100771	Private 9-9:30 am 102501	
9:15-9:45 am	Boots 1 100582	Boots 2 100628					
9:45-10:15 am	Boots 1 100583	Boots 2 100629	Rec 1 101966	Rec 2 102690	Rec 3 103287	Rec 4 103424	Private 102502
10:30-11:15 am	Rec 1 102572	Rec 2 102929	Rec 3 103328	Rec 4 103591	Rec 6/7 100743	RecFigure 101813	
11:15-11:45 am	Boots 1 100584	Boots 2 100630	Rec 1 101967	Rec 2 102691	Rec 3 103288	Rec 4 103425	Teen 11:15am-12:15p 101903
11:45 am-12:15 pm	Private 102503	Private 102504	Private 102505	Private 102506	Private 102507		

2024 SCHOOL LESSONS

Teachers & Educators

Skating Lessons for Your Class

- Lessons available at Nanaimo Ice Centre and Frank Crane Arena September through March.
- Sessions are 45 minutes in duration consisting of a 30-minute lesson and 15 minutes of free time.
- Skate and helmet rentals are included.
- Bookings are ongoing.

Contact our Arenas Program Assistant at 250-755-7537.



LIONS FREE SKATE



Held Sundays at Frank Crane Arena

Held every Sunday, 12-1:30 pm until March 26

On Clipper game days held 11:30 am-1 pm (Jan 15 & Mar 12)
Cancelled on Feb 5 & Mar 19

The Lions Club is pleased to be offering FREE skating to Nanaimo residents. Thank you to our program sponsors:

save on foods

- Alexandra's Bistro
- Brechin Lanes
- BMO Nesbitt Burns
- Chris Martin, RE/MAX of Nanaimo
- Haarsma Waste Innovations
- Little Valley Restorations and Collision
- Nanaimo Hearing Clinic
- Roto Rooter
- Widsten Property Management Services

SET ONE



cityofnanaimo



prc_nanaimo (#ilovemyparksandrec)

RecSkate Pre-Teen/Teen

12 to 17 Years

Join your friends at this lesson that teaches all levels of skating skills. New this year is an introduction to arenas, including lesson teaching, skate patrol, safety and facility tour. This is a great bridge to our LIT and Quest programs.

Thu, Jan 11-Feb 8 | 5:15-6 pm | \$60/5 | [101866](#)

Thu, Feb 15-Mar 14 | 5:15-6 pm | \$60/5 | [101889](#)

Nanaimo Ice Centre

Sat, Jan 13-Feb 10 | 11:15 am-12:15 pm | \$65/5 | [101903](#)

Sat, Feb 17-Mar 16 | 11:15 am-12:15 pm | \$65/5 | [101905](#)

Frank Crane Arena

RecFigure Skate - Beginner

6 to 16 Years

This is a small group session focusing on developing specific figure skating skills like jumps, spins and field moves, as well as continuing to develop the basics of skating. Children's progress is monitored through the use of a progress card. Lesson is taught on a portion of the ice shared with the RecSkate program. Skaters should have passed a minimum of RecSkate 5. Completion of the RecSkate program or equivalent is preferred. Helmets are mandatory.

Fri, Jan 12-Feb 9 | 5:15-6 pm | \$60/5 | [101803](#)

Sat, Jan 13-Feb 10 | 10:30-11:15 am | \$60/5 | [101813](#)

Fri, Feb 16-Mar 15 | 5:15-6 pm | \$60/5 | [101804](#)

Sat, Feb 17-Mar 16 | 10:30-11:15 am | \$60/5 | [101815](#)

Frank Crane Arena

Mon, Jan 8-Feb 5 | 5:15-6:15 pm | \$65/5 | [101783](#)

Thu, Jan 11-Feb 8 | 4-4:45 pm | \$60/5 | [101796](#)

Mon, Feb 12-Mar 18 | 5:15-6:15 pm | \$65/5 | [101784](#)

Thu, Feb 15-Mar 14 | 4-4:45 pm | \$60/5 | [101797](#)

Nanaimo Ice Centre

RecFigure Skate - Advanced

8 to 16 Years

This is a group lesson for those who have completed a minimum of RecFigureSkate Level 3. This class will consist of freeskating skills, such as jumps and spins, as well as an introduction to ice dancing.

Thu, Jan 11-Feb 8 | 5:15-6 pm | \$60/5 | [101765](#)

Thu, Feb 15-Mar 14 | 5:15-6 pm | \$60/5 | [101766](#)

Nanaimo Ice Centre



Look for our "Game Zone" for all

Everyone Welcome sessions!

(except Glow in the Dark & Starlight sessions or on busy sponsored free skates)

Skating Lessons

30 min lesson = 2-5 years • 45 min lesson = 6-17 years • 30 min private lessons

Monday, Feb 12 to Mar 18 • 5 lessons • **Frank Crane Arena**

11:45 am-12:15 pm	Boots 1 101351	Boots 2 101439	Rec 3 103171	Rec 4 103428	Private 102508		
12:15-12:45 pm	Boots 1 101356	Boots 2 101441	Rec 1 102448	Rec 2 102740	Private 102509		
12:45-1:45 pm	Adult RS 102463	Private 12:45-1:15 pm 102510	Private 1:15-1:45 pm 102511				

Monday, Feb 12 to Mar 18 • 5 lessons • **Nanaimo Ice Centre**

3:30-4 pm	Boots 1 101359	Boots 2 101442	Rec 1 102449	Rec 2 102749	Rec 3 103180	Rec 4 103434	Private 102513
4-4:45 pm	Rec 1 102573	Rec 2 103075	Rec 3 103299	Rec 4 103592	Rec 5 102565	Private 4-4:30 pm 102514	
4:45-5:15 pm	Boots 1 101360	Boots 2 101443	Rec 1 102450	Rec 2 102751	Rec 3 103181	Rec 4 103442	Private 102516
5:15-6 pm	Rec 2 103076	Rec 3 103300	Rec 4 103593	Rec 6/7 102576	RecFigure 5:15-6:15 pm 101784	Adult RS 5:15-6:15 pm 102467	
6:15-6:45 pm	Private 102517	Private 102519	Private 102521	Private 102522	Private 102523	Private 102525	

Thursday, Feb 15 to Mar 14 • 5 lessons • **Nanaimo Ice Centre**

3:30-4 pm	Boots 1 100585	Boots 2 100632	Rec 1 102451	Rec 2 102795	Rec 3 103190	Rec 4 103448	Private 102526
4-4:45 pm	Rec 1 102574	Rec 2 103077	Rec 3 103312	Rec 4 103595	Rec 5 100772	Rec 6/7 100737	RecFigure 101797
4:45-5:15 pm	Boots 1 100586	Boots 2 100633	Rec 1 102452	Rec 2 102796	Rec 3 103191	Rec 4 103450	Private 102527
5:15-6 pm	RecFigure Ad 101766	Teen 101889	Adult RS 102472	Private 5:15-5:45 pm 102529	Private 5:15-5:45 pm 102530	Private 5:15-5:45 pm 102531	Private 5:15-5:45 pm 102532

Friday, Feb 16 to Mar 15 • 5 lessons • **Frank Crane Arena**

9:30-10 am	Boots 1 100587	Rec 1 102453	Rec 3 103215	Rec 4 103452	Private 102533		
10-10:30 am	Boots 2 100634	Rec 2 102797	Private 102534				
3:30-4 pm	Boots 1 100588	Boots 2 100635	Rec 1 102454	Rec 2 102799	Rec 3 103216	Rec 4 103459	Private 102536
4-4:45 pm	Rec 1 102575	Rec 2 103078	Rec 3 103320	Rec 4 103597	Rec 5 100775	Private 4-4:30 pm 102537	
4:45-5:15 pm	Boots 1 100589	Boots 2 100636	Rec 1 102456	Rec 2 102800	Rec 3 103217	Rec 4 103466	Private 102538
5:15-6 pm	Rec 2 103079	Rec 3 103321	Rec 4 103599	Rec 5 100776	Rec 6/7 100740	RecFigure 101804	Private 5:15-5:45 pm 102539

Saturday, Jan 17 to Feb 16 • 5 lessons • **Frank Crane Arena**

9-9:45 am	Rec 1 102577	Rec 2 103080	Rec 3 103329	Rec 4 103601	Rec 5 100777	Private 9-9:30 am 102540	
9:15-9:45 am	Boots 1 100590	Boots 2 100638					
9:45-10:15 am	Boots 1 100591	Boots 2 100639	Rec 1 102457	Rec 2 102801	Rec 3 103289	Rec 4 103470	Private 102542
10:30-11:15 am	Rec 1 102578	Rec 2 103081	Rec 3 103330	Rec 4 103607	Rec 6/7 100745	RecFigure 101815	
11:15-11:45 am	Boots 1 100592	Boots 2 100641	Rec 1 102458	Rec 2 102802	Rec 3 103290	Rec 4 103476	Teen 11:15am-12:15p 101905
11:45 am-12:15 pm	Private 102543	Private 102544	Private 102545	Private 102547	Private 102548		

SET TWO

RecSkate Homeschool

Learn skills from our RecSkate program. Develop balance, agility and coordination. All levels of skaters will be accommodated. Parents are welcome to register with their child. Helmets are mandatory.

Mon, Jan 8-Feb 5 | 10:30-11:30 am | \$65/5 | 102824
Wed, Jan 8-Feb 7 | 12:30-1:30 pm | \$65/5 | 102828
Mon, Feb 5-Mar 4 | 10:30-11:30 am | \$52/4 | 102825
Wed, Feb 14-Mar 13 | 12:30-1:30 pm | \$65/5 | 102829
Frank Crane Arena

RecSkate & RecHockey After School 5 to 12 Years

Our certified High Five staff will be on hand to help you skate, play hockey, make friends and have fun. Free skate and helmet rental included, as well as a healthy snack and drink.

RECSKATE

Wed, Jan 10-Mar 6 | 3:15-5:15 pm | \$90/9 | 100481

RECHOCKEY

Wed, Jan 10-Mar 6 | 3:15-5:15 pm | \$90/9 | 100483
Nanaimo Ice Centre

RecSkate Adults

This is a great program for new skaters or those of you who may need to brush up on your skills. We will introduce you to a variety of skating skills (both basic and challenging) in a relaxed and enjoyable setting. You will be able to develop skills at your own pace and work toward earning the bronze, silver and gold lapel pins if desired.

Mon, Jan 8-Mar 5 | 12:45-1:45 pm | \$65/5 | 102462
Fri, Jan 12-Feb 9 | 10:30-11:30 am | \$65/5 | 102477
Mon, Feb 12-Mar 18 | 12:45-1:45 pm | \$65/5 | 102463
Fri, Feb 16-Mar 14 | 10:30-11:30 am | \$65/5 | 102478
Frank Crane Arena

Mon, Jan 8-Feb 5 | 5:15-6:15 pm | \$65/5 | 102466
Thu, Jan 11-Feb 8 | 5:15-6 pm | \$60/5 | 102471
Mon, Feb 12-Mar 18 | 5:15-6:15 pm | \$65/5 | 102467
Thu, Feb 15-Mar 14 | 5:15-6 pm | \$60/5 | 102472
Nanaimo Ice Centre



RecSkate Adults Advanced

This class for experienced skaters will have an emphasis on ice dance, figure skating and other advanced skills. Work towards earning your bronze, silver and gold level lapel pins if desired.

Fri, Jan 12-Feb 9 | 10:30-11:30 am | \$65/5 | 101851
Fri, Feb 16-Mar 15 | 10:30-11:30 am | \$65/5 | 101855
Frank Crane Arena

RecSkate Adults Practice

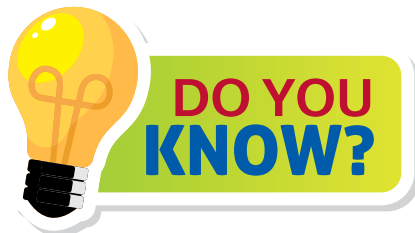
Practice time is for those participants registered in any of our RecSkate Adult lessons. This is an excellent opportunity to work on your skills. This is a half ice program.

Fri, Jan 12-Feb 9 | 9:30-10:30 am | \$38/5 | 101917
Fri, Feb 16-Mar 15 | 9:30-10:30 am | \$38/5 | 101921
Frank Crane Arena

Daytime Private RecSkate Lessons

Get one-on-one instruction! These are great for accelerating your learning, mastering that one problem skill or preparing for the next level. Our instructors will work from the RecSkate program material or address specific skills as needed. Skate rentals are included.

Wed, Jan 10-Feb 7 | 12:30-1 pm | \$140/5 | 102557
Wed, Jan 10-Feb 7 | 1-1:30 pm | \$140/5 | 102558
Wed, Jan 10-Feb 7 | 1:30-2 pm | \$140/5 | 102559
Wed, Feb 14-Mar 13 | 12:30-1 pm | \$140/5 | 102560
Wed, Feb 14-Mar 13 | 1-1:30 pm | \$140/5 | 102562
Wed, Feb 14-Mar 13 | 1:30-2 pm | \$140/5 | 102563
Frank Crane Arena



It is never too late to learn how to skate. Skating can lead to improved balance, stronger bones and better cardiovascular fitness.

Get skating!

SCHOOL BREAK ARENA CAMPS

RecSkate

6 to 11 Years

This half-ice recreational skating camp includes three ice times for lessons, stations, games and free time. Camp also includes other sports and activities. We recommend that skaters have passed a minimum of RecSkate 1. Please bring your own lunch and snacks. Rentals are free if needed. Held at Cliff McNabb Arena.

PRO-D CAMPS

Mon, Feb 5 | 8:30 am-5 pm | \$46/1 | 100531
Tue, Feb 6 | 8:30 am-5 pm | \$46/1 | 100532

WINTER BREAK CAMPS

Tue, Jan 2 | 8:30 am-5 pm | \$46/1 | 98925
Wed, Jan 3 | 8:30 am-5 pm | \$46/1 | 98926
Thu, Jan 4 | 8:30 am-5 pm | \$46/1 | 98927
Fri, Jan 5 | 8:30 am-5 pm | \$46/1 | 98928

SPRING BREAK CAMPS

Mon, Mar 11 | 8:30 am-5 pm | \$46/1 | 110912
Tue, Mar 12 | 8:30 am-5 pm | \$46/1 | 110913
Wed, Mar 13 | 8:30 am-5 pm | \$46/1 | 110914
Thu, Mar 14 | 8:30 am-5 pm | \$46/1 | 110915
Fri, Mar 15 | 8:30 am-5 pm | \$46/1 | 110916
Mon, Mar 18 | 8:30 am-5 pm | \$46/1 | 110917
Tue, Mar 19 | 8:30 am-5 pm | \$46/1 | 110918
Wed, Mar 20 | 8:30 am-5 pm | \$46/1 | 110920
Thu, Mar 21 | 8:30 am-5 pm | \$46/1 | 110921
Fri, Mar 22 | 8:30 am-5 pm | \$46/1 | 110922

RecHockey

6 to 11 Years

This is a recreational, half-ice hockey camp for participants of varying abilities. Emphasis is on the FUNDamentals of hockey with two ice times for skills, scrimmage and stations. We recommend that skaters have passed a minimum of RecSkate 2. Please bring a lunch, snack and water bottle. Full gear is required. Held at Cliff McNabb Arena.

PRO-D CAMPS

Mon, Feb 5 | 8:30 am-5 pm | \$46/1 | 100529
Tue, Feb 6 | 8:30 am-5 pm | \$46/1 | 100530

WINTER BREAK CAMPS

Tue, Jan 2 | 8:30 am-5 pm | \$46/1 | 98921
Wed, Jan 3 | 8:30 am-5 pm | \$46/1 | 98922
Thu, Jan 4 | 8:30 am-5 pm | \$46/1 | 98923
Fri, Jan 5 | 8:30 am-5 pm | \$46/1 | 98924

SPRING BREAK CAMPS

Mon, Mar 11 | 8:30 am-5 pm | \$46/1 | 110923
Tue, Mar 12 | 8:30 am-5 pm | \$46/1 | 110924
Wed, Mar 13 | 8:30 am-5 pm | \$46/1 | 110925
Thu, Mar 14 | 8:30 am-5 pm | \$46/1 | 110926
Fri, Mar 15 | 8:30 am-5 pm | \$46/1 | 110927
Mon, Mar 18 | 8:30 am-5 pm | \$46/1 | 110928
Tue, Mar 19 | 8:30 am-5 pm | \$46/1 | 110929
Wed, Mar 20 | 8:30 am-5 pm | \$46/1 | 110930
Thu, Mar 21 | 8:30 am-5 pm | \$46/1 | 110931
Fri, Mar 22 | 8:30 am-5 pm | \$46/1 | 110932



cityofnanaimo



prc_nanaimo (#ilovemyparksandrec)



**MAKE
MOVE**

Hockey Programs

Hockey - Adaptive

10 + Years

This program provides teens and adults with cognitive or physical challenges the skills required to play the game of ice hockey. No skating ability is required, but participants should be steady on their feet. Full gear is required. Drop-in fee is \$13.

Wed, Jan 10-Mar 6 | 9:45-11 am | \$108/9 | [100044](#)

Sat, Jan 13-Feb 10 | 7:45-9 pm | \$60/5 | [100042](#)

Sat, Feb 24-Mar 23 | 7:45-9 pm | \$60/5 | [100043](#)

Nanaimo Ice Centre

Hockey Rascals

3 to 5 Years

Looking to get your little hockey player ready for the fall? This program focuses on hockey FUNDamentals, including skating, puck handling and shooting. You must supply your own helmet with face cage, stick and gloves, and full gear is recommended.

Fri, Jan 12-Feb 9 | 4:15-5 pm | \$60/5 | [100331](#)

Fri, Jan 12-Feb 9 | 5:30-6:15 pm | \$60/5 | [100332](#)

Fri, Feb 16-Mar 15 | 4:15-5 pm | \$60/5 | [100333](#)

Fri, Feb 16-Mar 15 | 5:30-6:15 pm | \$60/5 | [100334](#)

Cliff McNabb Arena

DROP-IN HOCKEY PROGRAMS

When you see this symbol beside a program, it indicates that we accept drop-ins. The drop-in fee is \$13. You can pre-register online or pay a cashier in person and present the on ice staff member with your receipt. Our instructors will not accept payment.

Advanced Youth Hockey Skills

12 to 17 Years

This program is for any player interested in challenging and advancing their stickhandling and puck control abilities. Our excellent staff will introduce skills and drills that will encourage more creative use of your stick in game-like settings to develop the confidence with the puck and teach skills required to be successful in their games. Full gear is required.

Mon, Jan 8-Feb 5 | 7-8 pm | \$60/5 | [100069](#)

Mon, Feb 12-Mar 18 | 7-8 pm | \$60/5 | [101440](#)

Nanaimo Ice Centre

NHL

Novice Hockey League (NHL) is designed to introduce and develop the game of hockey to children looking to play for enjoyment and fitness. Skills are taught through comprehensive progressions and age/skill appropriate drills. No previous hockey experience is required, but players must be able to skate and stop well. We recommend skaters complete a minimum of RecSkate 2 prior to this course. Full gear is required.

4 to 6 Years

Sat, Jan 13-Feb 10 | 8:15-9 am | \$60/5 | [100070](#)

Sat, Jan 13-Feb 10 | 12:15-1 pm | \$60/5 | [100071](#)

Sat, Feb 17-Mar 16 | 8:15-9 am | \$60/5 | [100072](#)

Sat, Feb 17-Mar 16 | 12:15-1 pm | \$60/5 | [100073](#)

7 to 12 Years

Sat, Jan 13-Feb 10 | 8:15-9 am | \$60/5 | [100074](#)

Sat, Jan 13-Feb 10 | 12:15-1 pm | \$60/5 | [100075](#)

Sat, Feb 17-Mar 16 | 8:15-9 am | \$60/5 | [100076](#)

Sat, Feb 17-Mar 16 | 12:15-1 pm | \$60/5 | [100077](#)

Frank Crane Arena

Power Skating Basics

6 to 12 Years

Get introduced to skating techniques necessary to develop greater power and strength to improve your game. This will help with speed, balance, agility and coordination. Full gear is required.

Thu, Jan 11-Feb 8 | 3:30-4:15 pm | \$60/5 | [100057](#)

Thu, Jan 11-Feb 8 | 4:15-5 pm | \$60/5 | [100059](#)

Thu, Feb 15-Mar 14 | 3:30-4:15 pm | \$60/5 | [100058](#)

Thu, Feb 15-Mar 14 | 4:15-5 pm | \$60/5 | [100060](#)

Nanaimo Ice Centre

Elite Power Skating

Join our high level instructor in learning advanced skating skills in a game context. Get introduced to skating techniques necessary to develop greater power, edges and agility to improve your game. Full gear required.

6 to 9 Years

Mon, Jan 8-Mar 4 | 7-8 am | \$96/8 | [100047](#)

Wed, Jan 10-Feb 7 | 7-8 am | \$60/5 | [100048](#)

Fri, Jan 12-Feb 9 | 7-8 am | \$60/5 | [100050](#)

Wed, Feb 14-Mar 6 | 7-8 am | \$48/4 | [100049](#)

Fri, Feb 16-Mar 8 | 7-8 am | \$48/5 | [100051](#)

10 to 14 Years

Mon, Jan 8-Mar 4 | 7-8 am | \$96/8 | [100052](#)

Wed, Jan 10-Feb 7 | 7-8 am | \$60/5 | [100053](#)

Fri, Jan 12-Feb 9 | 7-8 am | \$60/5 | [100055](#)

Wed, Feb 14-Mar 6 | 7-8 am | \$48/4 | [100054](#)

Fri, Feb 16-Mar 8 | 7-8 am | \$48/5 | [100056](#)

Frank Crane Arena

Adult Co-Ed Scrimmage

This scrimmage program is for adults 18 and over interested in playing in an informal scrub setting. Session is monitored by an experienced leader. This is a registered program, but is also drop-in accessible. Full gear is required.

Fri, Jan 12-Feb 9 | 9:45-11:15 pm | \$65/5 | [111057](#)

Fri, Feb 16-Mar 22 | 9:45-11:15 pm | \$78/6 | [100062](#)

Cliff McNabb Arena

Sun, Jan 14-Feb 11 | 9:30-10:45 pm | \$65/5 | [111055](#)

Sun, Feb 18-Mar 17 | 9:30-10:45 pm | \$65/5 | [100065](#)

Nanaimo Ice Centre

Adult Stickhandling

Whether new to the sport or have been playing for years, you can always improve your hockey skill set. Learn these on-ice drills that can be taken off-ice and mastered. This includes correct hand positioning, dribbling skills, top-hand and bottom hand strengthening, toe control, faking drills, use of lines, cupping drills and reaching drills. Full gear is required.

Mon, Jan 8-Feb 5 | 7-8 pm | \$60/5 | [100067](#)

Mon, Feb 12-Mar 8 | 7-8 pm | \$60/5 | [101438](#)

Nanaimo Ice Centre

Custom Private Hockey Lessons

These one-on-one private lessons with our popular hockey instructors are perfect for individual skill development. Potential skill areas include power skating, shooting, stick handling, goal keeping, defensive development and others. Small groups (2-3) are also welcome. Full gear is recommended.

Tuesdays at Nanaimo Ice Centre

Tue, Jan 9-30 | 3:15-3:45 pm | \$128/4 | 100485
Tue, Jan 9-30 | 3:15-3:45 pm | \$128/4 | 100486
Tue, Jan 9-30 | 3:15-3:45 pm | \$128/4 | 100487
Tue, Jan 9-30 | 3:45-4:15 pm | \$128/4 | 100488
Tue, Jan 9-30 | 3:45-4:15 pm | \$128/4 | 100489
Tue, Jan 9-30 | 3:45-4:15 pm | \$128/4 | 100490
Tue, Jan 9-30 | 4:15-4:45 pm | \$128/4 | 100491
Tue, Jan 9-30 | 4:15-4:45 pm | \$128/4 | 100492
Tue, Jan 9-30 | 4:15-4:45 pm | \$128/4 | 100493

Tue, Feb 6-Mar 5 | 3:15-3:45 pm | \$160/5 | 100494
Tue, Feb 6-Mar 5 | 3:15-3:45 pm | \$160/5 | 100495
Tue, Feb 6-Mar 5 | 3:15-3:45 pm | \$160/5 | 100496
Tue, Feb 6-Mar 5 | 3:45-4:15 pm | \$160/5 | 100497
Tue, Feb 6-Mar 5 | 3:45-4:15 pm | \$160/5 | 100498
Tue, Feb 6-Mar 5 | 3:45-4:15 pm | \$160/5 | 100499
Tue, Feb 6-Mar 5 | 4:15-4:45 pm | \$160/5 | 100500
Tue, Feb 6-Mar 5 | 4:15-4:45 pm | \$160/5 | 100501
Tue, Feb 6-Mar 5 | 4:15-4:45 pm | \$160/5 | 100502

Wednesdays at Nanaimo Ice Centre

Wed, Jan 10-31 | 3:15-3:45 pm | \$128/4 | 100503
Wed, Jan 10-31 | 3:15-3:45 pm | \$128/4 | 100504
Wed, Jan 10-31 | 3:15-3:45 pm | \$128/4 | 100505
Wed, Jan 10-31 | 3:45-4:15 pm | \$128/4 | 100506
Wed, Jan 10-31 | 3:45-4:15 pm | \$128/4 | 100507
Wed, Jan 10-31 | 3:45-4:15 pm | \$128/4 | 100508
Wed, Jan 10-31 | 4:15-4:45 pm | \$128/4 | 100509
Wed, Jan 10-31 | 4:15-4:45 pm | \$128/4 | 100510
Wed, Jan 10-31 | 4:15-4:45 pm | \$128/4 | 100511

Wed, Feb 7-Mar 6 | 3:15-3:45 pm | \$160/5 | 100512
Wed, Feb 7-Mar 6 | 3:15-3:45 pm | \$160/5 | 100513
Wed, Feb 7-Mar 6 | 3:15-3:45 pm | \$160/5 | 100514
Wed, Feb 7-Mar 6 | 3:45-4:15 pm | \$160/5 | 100515
Wed, Feb 7-Mar 6 | 3:45-4:15 pm | \$160/5 | 100516
Wed, Feb 7-Mar 6 | 3:45-4:15 pm | \$160/5 | 100517
Wed, Feb 7-Mar 6 | 4:15-4:45 pm | \$160/5 | 100518
Wed, Feb 7-Mar 6 | 4:15-4:45 pm | \$160/5 | 100519
Wed, Feb 7-Mar 6 | 4:15-4:45 pm | \$160/5 | 100520

Fridays at Cliff McNabb Arena

Fri, Jan 12-Feb 9 | 5-5:30 pm | \$160/5 | 100521
Fri, Jan 12-Feb 9 | 5-5:30 pm | \$160/5 | 100522
Fri, Feb 16-Mar 15 | 5-5:30 pm | \$160/5 | 100523
Fri, Feb 16-Mar 15 | 5-5:30 pm | \$160/5 | 100524

Saturdays at Frank Crane Arena

Sat, Jan 13-Feb 10 | 7:45-8:15 am | \$160/5 | 100525
Sat, Jan 13-Feb 10 | 7:45-8:15 am | \$160/5 | 100526
Sat, Feb 17-Mar 16 | 7:45-8:15 am | \$160/5 | 100527
Sat, Feb 17-Mar 16 | 7:45-8:15 am | \$160/5 | 100528

Full Gear Hockey Equipment Checklist:

- Helmet (CSA approved) with chin strap
- Full-shield/cage face mask (CSA approved)
- Shoulder pads
- Elbow pads
- Shin guards
- Hockey pants
- Gloves
- Hockey socks
- Hockey jersey
- Skates
- Supporter & cup/pelvic protector
- Junior stick
Cut to nose level when standing on ground without skates on; then tape end of stick thick enough so it does not fit through holes in cage on face mask
- Neck guard



STICK 'n' PUCK

ALL AGES

New to the game of hockey or looking to improve on those skills? Just wanting to get on the ice in a non-game, recreational setting? Stick 'n' Puck is the answer and a great way to get on the ice. An on-ice leader is available to assist with skill development and answer questions.

Space is limited, and session rules do apply. These sessions are for individuals looking to practice hockey skills - skating, passing, shooting, puck handling. These are unstructured practice times.

RULES

- Games and scrimmages are not permitted
- Goalies are welcome and free
- Limited to 30 skaters per session
- Children under 8 must be accompanied by an adult

EQUIPMENT REQUIREMENTS

- Helmets and gloves are mandatory (full face cage required for skaters 16 years and under)
- Shin guards are strongly recommended
- Skaters bring own pucks



See page 6 for admission & page 10 for location information.

For more information, contact the Arena Coordinator at 250-755-7536.



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Millstone by Curtis Grahauer
City of Nanaimo Temporary Public Art Program

Culture & Events

PUBLIC ART SPOTLIGHT

Curtis Grahauer's *Millstone*



In fall 2023, the City of Nanaimo unveiled local artist, Curtis Grahauer's Temporary Public Art Project, *Millstone*, which will remain accessible until 2027. An interactive media project, *Millstone* consists of six films accessed using personal devices and QR codes found on signs located throughout Bowen Park (Nanaimo, BC).

Curtis spent a year documenting the progressions and ongoing transformation of the Millstone River as it courses through Bowen Park. Filmed in a variety of dynamic locations, the project captures the life of the river as it ebbs and flows in a constant state of transformation. The artist's long-term observations are compressed into shorter form, highlighting subtle changes in the surrounding environment that might otherwise be overlooked. Meaningful understanding requires that we slow down and reflect in quiet contemplation, observing the seasonal changes of the river, while absorbing the rhythms and beats of nature.

For more information, millstonefilm.ca

NEW PUBLIC ART:

David Martinello's *Compelling Agency* and Amber Morrison Fox and Matthew Fox's *Moon Snail House*

Have you discovered the Nanaimo's NEW public art? These projects are part of the City's Temporary Public Art Program and are wonderful additions to the dynamic cultural landscape of our city.

David Martinello's *Compelling Agency* can be found in Lions Square Park adjacent to the intersection of Fitzwilliam and Wallace Streets. A beautifully arresting large-scale sculpture, *Compelling Agency* asks viewers to consider our relationship to wood, a material ubiquitous in our daily lives. In turn, we reflect on our relationship with the environment while observing the natural weathering and evolution of this intriguing work of art.

Amber Morrison Fox and Matthew Fox's *Moon Snail House* can be found at Pipers Lagoon Park. You are invited to explore this large-scale interactive sculpture - crawl inside! *Moon Snail House* offers an opportunity to educate viewers about a seldom seen creature we share the area with. This project is intended to foster curiosity and knowledge about our sea life neighbours.





Save the Date!

Mark the date! Our annual Culture Awards gala event will take place at The Port Theatre on **Wednesday, April 3, 2024**. Celebrate cultural excellence and achievement with us, as we recognize the year's recipients.

Nominate Someone!

Do you have someone you'd like to nominate for a 2024 Culture Award? Submissions for nominations are open! This is an opportunity to recognize people and groups that you believe have made a significant contribution to making Nanaimo a culturally vibrant city.

Subscribe to our "Love Arts Nanaimo" newsletter or visit our website for more details (www.nanaimo.ca/parks-recreation-culture/culture/culture-awards).

Coming Soon

The Culture & Events team has many exciting projects and events coming this spring and summer, including ongoing cultural events, Concerts in the Park, and the unveiling of more public art projects! Follow us on Instagram or subscribe to our "Love Arts Nanaimo Newsletter" so you don't miss a thing!



cityofnanaimo



prc_nanaimo (#ilovemyparksandrec)

Poetry in the Park

This fall, the City of Nanaimo undertook an exciting poetry project with our Poet Laureate, Kamal Parmar. During your next nature walk through Bowen Park, look for lines of poetry with attached QR codes and enjoy Poetry in the Park.

This project can be accessed using personal devices and available QR codes or through the City of Nanaimo's Youtube channel.

(www.youtube.com/@CityOfNanaimo)



FALL HIGHLIGHTS: September 30

On September 30, 2023, the City of Nanaimo marked National Day for Truth and Reconciliation with the event, *Wellness Unites: A Community Event for Health and Reconciliation*. The Truth and Reconciliation Commission's 94 Calls to Action have provided a roadmap for Canada to address the painful legacy of residential schools and advance reconciliation. These calls include the establishment of a statutory holiday to confront the legacy of residential schools as well as work to promote the importance of physical and mental well-being within Indigenous communities. *Wellness Unites: a Community Event for Health and Reconciliation* embraced these principles by featuring a variety of free activities for individuals and families to participate in throughout the day at the Nanaimo Aquatic Centre, the Nanaimo Ice Centre and the Oliver Woods Community Centre.



Follow us on Instagram @prc_Nanaimo or sign up for "Love Arts Nanaimo" newsletter to stay up to date on the work of the Culture & Events team and to see our latest calls to artists.

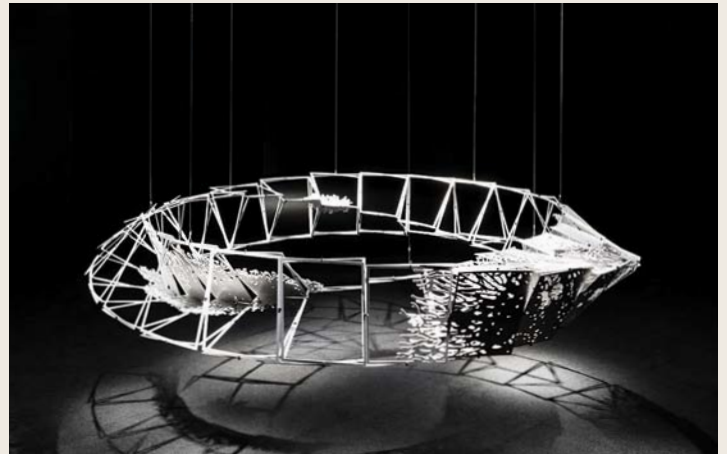


Learn more about programs, camps and workshops at Nanaimo Art Gallery

NanaimoArtGallery.ca

Charles Campbell: An Ocean to Livivity

OCTOBER 14, 2023 to
JANUARY 14, 2024



Current Exhibition

Snuneymuxw
Territory

150 Commercial St
Nanaimo, British Columbia

250.754.1750
NanaimoArtGallery.ca



CITY OF NANAIMO CULTURE PARTNERS

THE PORT THEATRE PRESENTS:

spotlight SERIES 2023-24 SEASON



*Explore all
the unique, bold,
and exciting
Spotlight shows
this season!*



GET YOUR TICKETS

Visit porttheatre.com/spotlight
or call **250-754-8550**

2023-2024 SEASON LINE-UP

WINTER HARP - December 9 @ 3:30pm

ANDREW ALLEN: All Hearts Come Home - December 21 @ 7:30pm

INTERNATIONAL GUITAR NIGHT - January 28 @ 7:30pm

COFFEE CONCERT - BUWA - February 13 @ 10:30am

FLIP FABRIQUE - BLIZZARD - February 21 @ 7:30pm

DIYET & THE LOVE SOLDIERS - March 6 @ 7:30pm

ARTS CLUB PRODUCTION, MADE IN ITALY - March 27 @ 7:30pm

COFFEE CONCERT - BERGMANN PIANO DUO - April 6 @ 10:30am

BALLETS JAZZ MONTREAL - ESSENCE - April 24 @ 7:30pm

SE:UM - May 5 @ 7:30pm



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NANAIMO MUSEUM

FAMILY DAY FUN
(FEB 16-17)

FEATURE EXHIBIT:
BROKEN PROMISES
(MAR 16-SEP 2)

SPRING BREAK:
DANGEROUS
CARGO! (MAR 9-23)

TOURS &
PROGRAMS

SCHOOL & PUBLIC
PROGRAMMING
GIFT-SHOP

VENUE RENTAL
HOMESCHOOL
ACTIVITIES

nanaimomuseum.ca | Open Tues-Sat 10am-4pm | 250.753.1821

CITY DEPARTMENT INFORMATION

SNOW & ICE CONTROL

in the City of Nanaimo



The City of Nanaimo prioritizes snow and ice removal to keep you safe. You can help, too, when winter makes an appearance.

ROADS



The City's priority is to plow and maintain emergency routes during winter events. After that, we plow major through roads, cul-de-sacs and dead ends.

SIDEWALKS



The City also clears sidewalks around major City facilities, parks and bridges.

A City Bylaw requires snow to be removed from sidewalks within 24 hours by the property owner or occupant.

CITY FACILITIES/PARKS



The City clears City facility parking lots, walkways, commuter trails and stairs.

Things to Remember:

- Listen to your local radio stations or check the City's website and social media sites for updates during extreme weather conditions. **This includes program and facility closure updates.**
- The City tows vehicles when required to ensure routes are clear for emergency traffic during a snow event.
- Help us maintain your streets. Park in your driveway to allow the street to be plowed to its whole width. Where this is not possible, park on the odd numbered side of the street on odd days and the even numbered side of the street on even days. Keep your vehicle as close to the side of the road as you can to allow equipment to make it by your vehicle.
- We understand that it can be difficult to remove the snow from your sidewalks. Our West Coast snow is often very heavy and wet. By removing the snow, you are ensuring the safety of pedestrians. If you notice your neighbour is having a difficult time clearing their sidewalks, why not offer to help?
- It can be frustrating when the plow pushes snow into your freshly shoveled area. Please keep in mind that the plow cannot be lifted or stopped at each driveway as it passes. You can help cut down the amount of snow in the roadway by not shoveling or blowing your snow into the street. Try to keep the snow to the sides of your driveway.



QUESTIONS ABOUT SNOW & ICE CONTROL?

- Roads: **Public Works** - public.worksinfo@nanaimo.ca or 250-758-5222
- Sidewalks, City Facilities, Parks and Trails: **Parks, Recreation & Culture** - parksandrecreation@nanaimo.ca or 250-756-5200



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2024 Spring & Summer ACTIVITY GUIDE



Look for your
Spring and Summer
Activity Guide online
starting Friday,
March 1.

Program registration
begins
Wednesday, March 6.

Advertise in the Activity Guide!

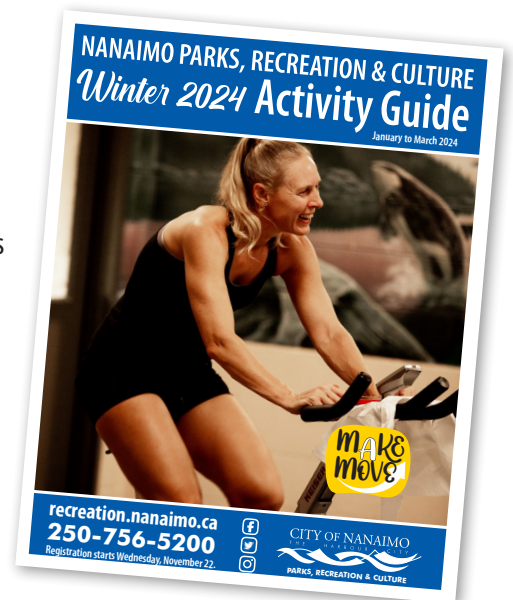
Available in the Spring/Summer 2024 Activity Guide! (Apr to Aug)

Did you know?

- There are three Activity Guides produced each year (Fall, Winter, Spring/Summer).
- The entire Activity Guide is posted online using "Turn Page" technology on the City of Nanaimo's website (recreation.nanaimo.ca) with links to businesses and community organization web pages who advertise within the guide.
- The Activity Guide is a publication for all ages.
- The Activity Guide is a great community tool. It includes swimming and skating schedules, recreation programs and community resource information.
- Parks, Recreation and Culture clients tend to refer to the Activity Guide as a helpful community resource.

For more information about advertising in the Activity Guide:

- parksandrecreation@nanaimo.ca
- 250-755-7510



[cityofnanaimo](https://www.facebook.com/cityofnanaimo)



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

3 Easy Ways to Register FOR YOUR NANAIMO PARKS, RECREATION & CULTURE PROGRAMS:

1. ONLINE

Register and view your transactions online.
Available 24/7 with a valid credit card.

Go to recreation.nanaimo.ca to create your account or to access your established account.

2. IN PERSON

Pay for programs using cash, cheque, credit/debit card or gift cards at any of the locations listed below.

Phone 250-756-5200 to confirm hours.

- Beban Park (2300 Bowen Rd) • Nanaimo Ice Centre (750 Third St)
- Bowen Park (500 Bowen Rd) • Oliver Woods Community Centre (6000 Oliver Rd)
- Nanaimo Aquatic Centre (741 Third St)

3. BY PHONE

Call 250-756-5200 and leave your name & phone number.

We will call you back in the order calls are received.

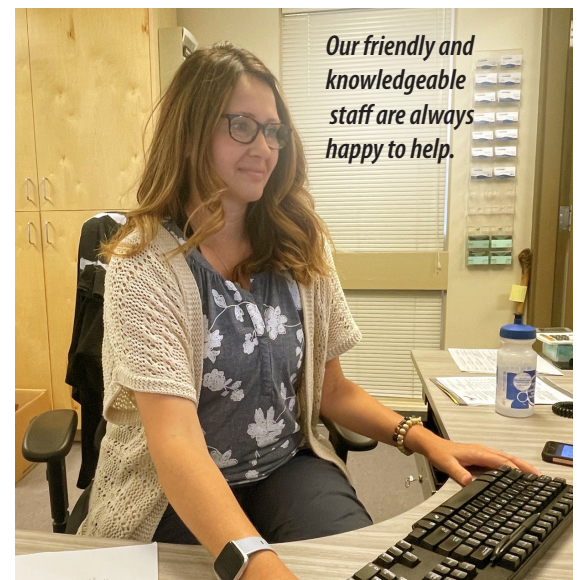
Payment is by credit card (card holder must be present).

PROGRAM CANCELLATIONS AND REFUNDS

Programs: Full refunds will be processed by contacting Reception a minimum of 72 hours prior to program start date (less supply costs). Full refunds are issued when Nanaimo Parks, Recreation and Culture cancels a program or when program is not convenient due to course changes. Every effort is made to cancel in a timely manner (3 to 5 days prior to course start date). Some exceptions may apply.

Passes: Passes are non-refundable and non-transferable, and a \$2 replacement card fee applies if card is lost or stolen. Credits and refunds are not available for promotional passes. Check at the time of purchase for details. Occasionally, a facility may be unavailable due to special events, holidays and maintenance closures. In these cases, the pass holder will not be credited.

Refunds: Payments made by Visa, MasterCard or Debit will be credited to the original credit/debit card (some restrictions apply). All other refunds are refunded by cheque and processed within 10 working days. A fee will apply to NSF or incomplete payments.



OH, NO! WE HAD TO CANCEL IT!

Sometimes programs get cancelled due to low registration because people wait until the last minute to register. Please try to register as early as possible to avoid disappointment.

SORRY, THAT COURSE IS FULL...

Many of our most popular classes fill up quickly. Please register early to avoid disappointment. Ask to be added to the waitlist free of charge.

CHANGE OF PLANS?

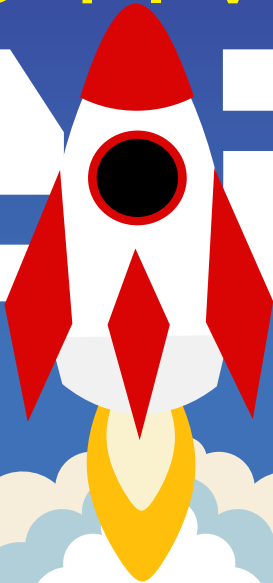
If you need to withdraw from a program because your plans change, please call 250-756-5200 at least 72 hours prior to the course start date for a full refund.



PARKS, RECREATION & CULTURE'S
2ND ANNUAL NEW YEAR'S DAY FAMILY EVENT

ACTIVATE

2024



Swimming

Skating

Games

Crafts

Music (The Big Mess)

Inflatables

StoryWalk® on Ice

SO MUCH MORE!!

- Start 2024 off “actively” by “launching” into a variety of activities as a way to start the new year off right!



MONDAY, JANUARY 1

12-5 PM • BEBAN PARK

Tickets available in advance at Beban Park or at the door
\$48 for a “Festive Five” package or \$12 for single

TICKETS GO ON SALE IN DECEMBER