



# Early Years & Children's

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



## Ready, Set, Learn - Pizza & Play 3 to 5 Years

This is a family-oriented playtime where you and your child(ren) will take part in a variety of play-based activities. Families will receive their own copy of the "Let's Play! Activities for Families" developed by the BC Ministry of Education for families and caregivers. This program is funded by the Ministry of Education and offered in partnership with Nanaimo Ladysmith Public Schools, PacificCARE and the City of Nanaimo.

Thu, Apr 11 | 4:30-6 pm | FREE  
**Gabriola Elementary School**  
 Tue, Apr 16 | 5-6:30 pm | FREE  
**Georgia Avenue Elementary**  
 Thu, Apr 18 | 5-6:30 pm | FREE |  
**Randerson Ridge Elementary**

## Court Kids 1 to 5 Years

Come to our free Court Kids program! Bring your parents or grandparents and develop motor skills through PLAY. Run, jump, climb and explore. This is a parent participation program.

Tue, Apr 9-Jun 4 | 9-11 am | FREE/9 | [114311](#)  
**Beban Park Social Centre**  
 Thu, Apr 11-Jun 6 | 9-11 am | FREE/7 | [114313](#)  
**Harewood Centennial Park Outdoor Court**

## Tumble Tots and Toy Time D 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, Apr 5-May 17 | 8:30-9:30 am | \$56/7 | [116355](#)  
 Fri, Apr 5-May 17 | 9:45-10:45 am | \$56/7 | [116358](#)  
 Fri, Apr 5-May 17 | 11 am-12 pm | \$56/7 | [116360](#)  
 Fri, May 24-Jun 28 | 8:30-9:30 am | \$48/6 | [116356](#)  
 Fri, May 24-Jun 28 | 9:45-10:45 am | \$48/6 | [116359](#)  
 Fri, May 24-Jun 28 | 11 am-12 pm | \$48/6 | [116361](#)  
 Fri, Jul 12-Aug 30 | 9-10 am | \$56/7 | [116712](#)  
 Fri, Jul 12-Aug 30 | 10:15-11:15 am | \$56/7 | [116807](#)  
**Oliver Woods Community Centre**

Mon, Apr 8-May 6 | 9:15-10:15 am | \$40/5 | [114317](#)  
 Mon, Apr 8-May 6 | 10:30-11:30 am | \$40/5 | [114322](#)  
 Mon, May 13-Jun 17 | 9:15-10:15 am | \$40/5 | [114318](#)  
 Mon, May 13-Jun 17 | 10:30-11:30 am | \$40/5 | [114321](#)  
**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.

## 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 \$10/child is available depending on space.

Wed, Apr 3-May 15 | 9:45-10:45 am | \$56/7 | [116346](#)  
 Wed, Apr 3-May 15 | 11 am-12 pm | \$56/7 | [116350](#)  
 Wed, May 22-Jun 26 | 9:45-10:45 am | \$48/6 | [116348](#)  
 Wed, May 22-Jun 26 | 11 am-12 pm | \$48/6 | [116351](#)  
 Thu, Jul 11-Aug 29 | 9:30-10:30 am | \$56/7 | [116699](#)  
 Thu, Jul 11-Aug 29 | 10:45-11:45 am | \$56/7 | [116701](#)  
**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 and rhymes, baby yoga and 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

Parents will learn how to massage their infants with a certified International Association for Infant Massage (IAIM) instructor. Some benefits include, improved sleep, relief of colic and gas, enhanced bonding.

Tue, Apr 9-May 7 | 10-10:55 am | \$60/5 | [108446](#)

### Birth to Rolling

Tue, Apr 9-May 28 | 11-11:45 am | \$96/8 | [108448](#)

### Crawling (or 7 months) to Standing

Tue, Apr 9-May 28 | 12-12:45 pm | \$96/8 | [108450](#)

**Kin Hut Activity Centre**



# PLAY AND LEARN



## Monthly Early Years Programs

for ages 3 to 5 (*Cricket 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.

### Cricket - 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? 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**

Instructor: Lynn Macaulay

Apr: \$80 (#92403)

May: \$60 (#92406)

Jun: \$60 (#92407)

Beban Social Centre

### Kinder Prep\* - Beban Park

Instructor: Julie Miller and Edie Vos

**Tuesdays/Thursdays, 9-11 am**

Apr: \$180 (#92683)

May: \$180 (#92684)

Jun: \$120 (#92685)

Beban Social Centre

### Kinder Prep\* - Beban Park

Instructor: Julie Miller and Edie Vos

**Wednesdays/Fridays, 9-11 am**

Apr: \$160 (#92699)

May: \$200 (#92700)

Jun: \$120 (#92701)

Beban Social Centre

### Doodle Bugs - Oliver Woods

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

Instructor: Cindy Cormons

Apr: \$180 (#92715)

May: \$180 (#92736)

Jun: \$80 (#92740)

Oliver Woods Community Centre

### Kinder Prep\* - Oliver Woods

**Tuesdays/Thursdays, 9-11 am**

Instructor: Cindy Cormons

Apr: \$180 (#92750)

May: \$180 (#92751)

Jun: \$80 (#92752)

Oliver Woods Community Centre

### Kinder Prep\* - Oliver Woods

**Mondays/Wednesdays, 9-11 am**

Instructor: Cindy Cormons

Apr: \$160 (#92763)

May: \$160 (#92765)

Jun: \$80 (#92766)

Oliver Woods Community Centre

### Kinder Prep\* - Oliver Woods

**Fridays, 9-11 am**

Instructor: Cindy Cormons and Cindy Reynolds

Apr: \$80 (#92782)

May: \$100 (#92784)

Jun: \$40 (#92785)

Oliver Woods Community Centre

### Animal Crackers - Beban Park

Instructor: Julie Miller and Edie Vos

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

Apr: \$180 (#92589)

May: \$180 (#92583)

Jun: \$120 (#92606)

Beban Social Centre

### Animal Crackers - Beban Park

Instructor: Julie Miller and Edie Vos

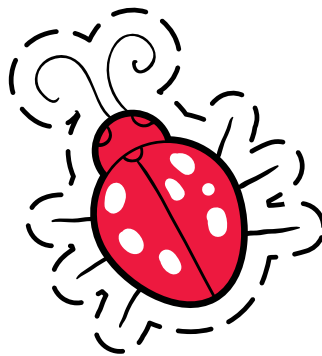
**Wednesdays/Fridays, 11:30 am-1:30 pm**

Apr: \$160 (#92650)

May: \$200 (#92651)

Jun: \$120 (#92652)

Beban Social 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; all children must be potty trained. Cricket is for those 2 to 5 years.
- 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.



cityofnanaimo



prc\_nanaimo (#ilovemyparksandrec)





# Children's Arts & Crafts

## Bunny Buddies Crafts & Games NEW!

2 to 5 Years

Join us for our "egg" citing Easter craft and game class. You'll create colourful crafts, play games and may even have your own mini-Easter egg hunt!

Parent participation is required.

Fri, Mar 22 | 10-11 am | \$10/1 | [116383](#)

Fri, Mar 22 | 11:15 am-12:15 pm | \$10/1 | [116384](#)

Beban Park Social Centre

## Art Adventures NEW!

5 to 10 Years

Learn a variety of artistic techniques, including drawing, painting, colouring and much more in these seasonally-themed art classes.

### SPRING BLOOM ART ADVENTURE

Thu, Apr 4-May 2 | 4-4:45 pm | \$50/5 | [116230](#)

### SUMMER FUN ART ADVENTURE

Thu, May 9-Jun 13 | 4-4:45 pm | \$60/6 | [116231](#)

Oliver Woods Community Centre

## Creative Kids Art Class

7 to 12 Years

As a young art lover, have fun expressing your creativity through painting, drawing, collaging and more. You will develop your art skills through positive teaching and projects in class.

Thu Apr 4-May 2 | 5-5:45 pm | \$50/5 | [116232](#)

Thu, May 9-Jun 13 | 5-5:45 | \$60/6 | [116233](#)

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.

Instructor: David Harvey

Sat, Apr 6-May 25 | 10-11 am | \$80/8 | [116228](#)

Oliver Woods Community Centre

## 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, Apr 6-May 25 | 11:15 am-12:15 pm | \$80/8 | [116229](#)

Oliver Woods Community Centre

## Handbuilding for Children - Pottery

7 to 12 Years

Children will learn basic pottery handbuilding skills - coiling, pinching, slab building and sculpting through project making. They will be encouraged to use their creativity to make each piece their own. Cost includes clay, glaze and firing. Dress for mess.

Instructor: Bari Precious or Selena Unger

Mon, Apr 8-29 | 4-5 pm | \$80/4 | [115584](#)

Mon, May 6-27 | 4-5 pm | \$60/3 | [115585](#)

Mon, Jun 3-24 | 4-5 pm | \$80/4 | [115586](#)

Mon, Jul 8-29 | 4-5 pm | \$80/4 | [115587](#)

Mon, Aug 12-26 | 4-5 pm | \$60/3 | [115588](#)

Bowen Pottery Studio





# Children's Dance & Music

## Music Together®

### 0 to 5 Years

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](http://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, Apr 10-Jun 12 | 9:15-10 am | \$125/10 | [112634](#)

Wed, Apr 10-Jun 12 | 10:15-11 am | \$125/10 | [112635](#)

Wed, Apr 10-Jun 12 | 11:15 am-12 pm | \$125/10 | [112636](#)

Thu, Apr 11-Jun 13 | 9:15-10 am | \$125/10 | [112637](#)

Thu, Apr 11-Jun 13 | 10:15-11 am | \$125/10 | [112638](#)

Thu, Apr 11-Jun 13 | 11:15 am-12 pm | \$125/10 | [112639](#)

Kin Hut Activity Centre

## Kindermusik®

### 0 to 5 Years

From dancing with your baby to hearing the notes of your child's first composition, Kindermusik is that one special place where you and your child can play, sing, dance and giggle together. A trained, licensed Kindermusik educator joyfully guides the class from one activity to the next and helps you understand what your child is learning musically, cognitively and developmentally. This is a parent participation program.

Instructor: Nicole Arendt

Tue, Apr 30-May 21 | 9:15-10 am | \$80/4 | [109463](#)

Tue, Apr 30-May 21 | 10:15-11 am | \$80/4 | [109464](#)

Tue, Apr 30-May 21 | 11:15 am-12 pm | \$80/4 | [109465](#)

Tue, May 28-Jun 18 | 9:15-10 am | \$80/4 | [109466](#)

Tue, May 28-Jun 18 | 10:15-11 am | \$80/4 | [109467](#)

Tue, May 28-Jun 18 | 11:15 am-12 pm | \$80/4 | [109468](#)

Nanaimo Conservatory of Music (375 Selby St.)

## 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, Apr 9-May 7 | 9:30-10 am | \$45/5 | [115063](#)

Tue, Apr 9-May 7 | 10-10:30 am | \$45/5 | [115067](#)

Tue, May 14-Jun 11 | 9:30-10 am | \$45/5 | [115069](#)

Tue, May 14-Jun 11 | 10-10:30 am | \$45/5 | [115068](#)

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, Apr 9-May 7 | 10:30-11 am | \$45/5 | [114967](#)

Tue, Apr 9-May 7 | 11:15-11:45 am | \$45/5 | [115072](#)

Tue, May 14-Jun 11 | 10:30-11 am | \$45/5 | [114968](#)

Tue, May 14-Jun 11 | 11:15-11:45 am | \$45/5 | [115073](#)

Beban Park Social Centre

## Tiny Toes

### 2.5 to 4 Years

Does your child enjoy twirling 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, Apr 9-May 7 | 11:45 am-12:15 pm | \$45/5 | [115070](#)

Tue, May 14-Jun 11 | 11:45 am-12:15 pm | \$45/5 | [115071](#)

Beban Park Social Centre



Reimagine Nanaimo (City Plan) outlines many policies around the protection of trees and mitigation of climate change. Planting more trees is one way to keep our community cooler and more beautiful.



- In 2021, the City planted 168 new street trees and about 300 trees in restoration areas
- Over 5000 trees planted in natural areas between 2018 and 2021



[cityofnanaimo](https://www.facebook.com/cityofnanaimo)



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



## 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, Apr 6-May 11 | 11:30 am-12 pm | \$48/6 | [116374](#)

Sat, Apr 6-May 11 | 1:45-2:15 pm | \$48/6 | [116377](#)

Sat, May 18-Jun 15 | 11:30 am-12 pm | \$40/5 | [116378](#)

Sat, May 18-Jun 15 | 1:45-2:15 pm | \$40/5 | [116381](#)

Sat, Jul 13-Aug 31 | 11:30 am-12 pm | \$64/8 | [117193](#)

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, Apr 6-May 11 | 12:15-12:45 pm | \$48/6 | [116375](#)

Sat, May 18-Jun 15 | 12:15-12:45 | \$40/5 | [116379](#)

Sat, Jul 13-Aug 31 | 12:15-12:45 pm | \$64/8 | [117194](#)

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, Apr 6-May 11 | 1-1:30 pm | \$48/6 | [116376](#)

Sat, May 18-Jun 15 | 1-1:30 pm | \$40/5 | [116380](#)

Sat, Jul 13-Aug 31 | 1-1:30 pm | \$64/8 | [117195](#)

Oliver Woods Community Centre

## Kids Bhangra Fit

### 6 to 13 Years

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, including jugni, mahiya, jindua, dhamaal, luddi and more.

Instructor: Sukhi Sangha, Vancouver Island Bhangra

### 3 to 5 Years

Tue, Apr 9-30 | 4:15-4:45 pm | \$60/4 | [116684](#)

### 6 to 13 Years

Tue, Apr 9-30 | 5-5:45 pm | \$80/4 | [116685](#)

Beban Park Social Centre

## 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, May 10-31 | 4-4:30 pm | \$48/4 | [109658](#)

### 5 to 7 Years

Fri, May 10-31 | 4:45-5:30 pm | \$50/4 | [109659](#)

### 8 to 11 Years

Fri, May 10-31 | 5:45-6:30 pm | \$50/4 | [109660](#)

### 12+ Years

Fri, May 10-31 | 6:45-7:30 pm | \$50/4 | [109661](#)

Vibe Dance Studio

## 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, Apr 2-23 | 3:30-4 pm | \$88/4 | [106144](#)

Tue, Apr 2-23 | 4:05-4:35 pm | \$88/4 | [106145](#)

Tue, Apr 2-23 | 4:40-5:10 pm | \$88/4 | [106146](#)

Tue, Apr 2-23 | 5:15-5:45 pm | \$88/4 | [106147](#)

Tue, Apr 2-23 | 5:50-6:20 pm | \$88/4 | [106148](#)

Tue, Apr 30-May 21 | 3:30-4 pm | \$88/4 | [106164](#)

Tue, Apr 30-May 21 | 4:05-4:35 pm | \$88/4 | [106165](#)

Tue, Apr 30-May 21 | 4:40-5:10 pm | \$88/4 | [106166](#)

Tue, Apr 30-May 21 | 5:15-5:45 pm | \$88/4 | [106167](#)

Tue, Apr 30-May 21 | 5:50-6:20 pm | \$88/4 | [106168](#)

Tue, May 28-Jun 18 | 3:30-4 pm | \$88/4 | [106169](#)

Tue, May 28-Jun 18 | 4:05-4:35 pm | \$88/4 | [106170](#)

Tue, May 28-Jun 18 | 4:40-5:10 pm | \$88/4 | [106171](#)

Tue, May 28-Jun 18 | 5:15-5:45 pm | \$88/4 | [106172](#)

Tue, May 28-Jun 18 | 5:50-6:20 pm | \$88/4 | [106173](#)

Bowen Park Complex

## 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](http://www.seasonstudio.com). Parent participation is required for level one 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 (Pre K - Level 1)

Tue, Apr 9-Jun 11 | 4-4:45 pm | \$125/10 | [106389](#)

### 5 to 8 Years (K-Grade 2 - Level 2)

Tue, Apr 9-Jun 11 | 5-5:45 pm | \$125/10 | [106390](#)

Oliver Woods Community Centre

## Highland Dance

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

Instructor: Brigadoon Dance Academy

### 3 to 6 Years - Tartan Tots

Wed, Jul 17-Aug 7 | 4:15-5 pm | \$50/4 | [116497](#)

### 6 to 12 Years - Kilts & Hirts

Wed, Jul 17-Aug 7 | 5:15-6 pm | \$50/4 | [116498](#)

Oliver Woods Community Centre





# Children's Special Interest & Outdoor

## Storytime & Crafts with Miss Lynn 3 to 5 Years

Join the lovely Miss Lynn for a journey of imagination and creativity. She will combine the wonder of storytelling with the joy of a hands-on craft. Parent participation is required.

Instructor: Lynn Macaulay

Fri, May 3 | 9:30-10:30 am | \$10/1 | [116924](#)

Fri, May 31 | 9:30-10:30 am | \$10/1 | [116925](#)

Fri, Jun 28 | 9:30-10:30 am | \$10/1 | [116926](#)

Kin Hut Activity Centre

## 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, Apr 18 | 10-11:15 am | \$10/1 | [116650](#)

**Bowen Park Amphitheatre (by duck pond)**

Thu, May 9 | 10-11:15 am | \$10/1 | [116651](#)

**Pipers Lagoon Park (grassy area)**

Thu, May 23 | 10-11:15 am | \$10/1 | [116652](#)

**Buttertubs Marsh (by Miner's Cottage)**

Thu, Jun 6 | 10-11:15 am | \$10/1 | [116653](#)

Departure Bay Beach

## 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, Apr 15-May 13 | 11 am-12 pm | \$40/5 | [115572](#)

Bowen Park Complex

## Explore a Park...Linley Gyro 3 to 6 Years

What is interesting about this park? Is it more than just a playground? What lives in this space or grows here? Learn about the native plants and wildlife that call this park home.

Instructor: Judy Wickland

Sat, Apr 13 | 10-11:15 am | \$10/1 | [115408](#)

Linley Gyro Park

## Explore a Park...Lotus Pinnatus Park 3 to 6 Years

What is interesting about this park? This park is named after a very rare flower found mainly in this area making this park unique. Find out what else grows in this rare habitat, what vernal pools are and why they are important.

Instructor: Judy Wickland

Sun, May 26 | 10-11:15 am | \$10/1 | [115410](#)

Lotus Pinnatus Park

## Explore a Park...Country Club Park 3 to 6 Years

What is interesting about this park? Is it more than just a playground? What lives in this space or grows here? Learn about the native plants and wildlife that call this park home.

Instructor: Judy Wickland

Sat, Jun 22 | 10-11:15 am | \$10/1 | [115407](#)

Country Club Tot Lot

## Birds & Their Homes **NEW!** 3 to 6 Years

What makes birds so amazing? What do they eat? Do all birds build nests? Why do they sing? Come explore with us and discover the world of birds.

Instructor: Judy Wickland

Sat, Apr 6 | 10-11:15 am | \$10/1 | [115412](#)

Buttertubs Marsh (Miner's Cottage)

## Beach Buddies **NEW!** 3 to 5 Years

Embark on a journey of discovery as you explore the magic of the salty seashore. From exciting beach games to hands-on marine exploration and ocean-themed crafts, you will learn all about the ocean environment guided by your super fun and experienced leaders.

Instructor: Pam Brugge & Traci Boas

Fri, Apr 12-26 | 9-10:30 am | \$45/3 | [116817](#)

Fri, May 10-24 | 9-10:30 am | \$45/3 | [116922](#)

Fri, Jun 7-21 | 9-10:30 am | \$45/3 | [116923](#)

Kin Hut Activity Centre

## Signs of Spring 3 to 6 Years

We will look for signs that spring is here. Let's explore and see what we can find - maybe flowers, insects, birds or more. It's fun just to look. This is a parent participation class.

Instructor: Judy Wickland

Sun, Apr 21 | 10-11:15 am | \$10/1 | [115414](#)

Linley Valley (parking lot off Rock City Rd)



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## Lichens and Mosses **NEW!**

3 to 6 Years

What is that stuff hanging from the trees that look like green beards? Does the green stuff growing on trees hurt them? What is the soft stuff you see on stone walls, and why is it important? Explore with us and find out. This is a parent participation class.

Instructor: Judy Wickland

Sat, May 4 | 10-11:15 am | \$10/1 | [115418](#)

Colliery Dam Park

## Adventure at the Seashore **NEW!**

3 to 6 Years

The seashore is full of surprises and always changing if you look closely. Come explore with us and discover the critters and life surrounding the shoreline. Find out what that slimy stuff is that gets stuck between your toes and much more.

This is a parent participation class.

Instructor: Judy Wickland

Sat, Jun 8 | 1-2:15 pm | \$10/1 | [115411](#)

Departure Bay Beach

## Reptiles and Amphibians **NEW!**

3 to 6 Years

Have you ever wondered what reptiles are and if we can find them here? We do not always see them, but they are around. We will learn what a reptile is and where we may be able to find them. Learn the difference between a salamander, lizard and amphibian. This is a parent participation class.

Instructor: Judy Wickland

Sun, Jun 9 | 10-11:15 am | \$10/1 | [115419](#)

Linley Valley Park

## Learn to Fish

5 to 15 Years

Join the Freshwater Fisheries Society of BC and learn about the basics of freshwater fishing. Fishing rods are provided, and program runs rain or shine. Parent participation is required. (The May 12 sessions run in conjunction with Family Fishing Day.)

Sun, May 12 | 10 am-12 pm | FREE | [115423](#)

Sun, May 12 | 1-3 pm | FREE | [116628](#)

Sun, Jun 2 | 10:30 am-12:30 pm | FREE | [115426](#)

Sun, Jun 23 | 10:30 am-12:30 pm | FREE | [115430](#)

Colliery Dam Park

Sun, May 26 | 10:30 am-12:30 pm | FREE | [115425](#)

Sun, Jun 9 | 10:30 am-12:30 pm | FREE | [115429](#)

Long Lake (Loudon Park)

## Birds of a Feather Stick Together **NEW!**

5 to 8 Years

How do ducks float? What do they eat? Where do they nest? Do we always find them in groups or pairs? Come explore with us to find the answers.

Instructor: Madison Wagenaar

Sun, May 26 | 10-11:15 am | \$10/1 | [116947](#)

Bowen Park Amphitheatre

## Yoga for Kids

5 to 12 Years

Kids yoga assists children with 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, Apr 3-May 15 | 3:30-4:30 pm | \$56/7 | [116371](#)

Wed, May 22-Jun 12 | 3:30-4:30 pm | \$32/4 | [116372](#)

Oliver Woods Community Centre

## Madd Edible Science **NEW!**

8 to 14 Years

Hey! Come and spend a few hours with Paula and learn all about changing a liquid into an edible, stretchy, yummy cheese! Paula will show you how to make homemade mozzarella cheese while you learn about chemistry and history. Bring an additional \$5 for a kit to make 4 pounds of mozzarella at home with your family.

Instructor: Paula Maddison

Thu, May 9 | 4-5 pm | \$25/1 | [115786](#)

Beban Park Social Centre

## Let's Eat! Kids' Cooking

8 to 13 Years

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

Instructor: Nanaimo Foodshare

Mon, Mar 25-Apr 8 | 3:30-5:30 pm | \$100/3 | [115740](#)

Mon, Apr 15-29 | 3:30-5:30 pm | \$100/3 | [116663](#)

Nanaimo Foodshare (271 Pine St.)

Wed, Mar 27-Apr 10 | 3:30-5:30 pm | \$100/3 | [115480](#)

Wed, Apr 17-May 1 | 3:30-5:30 pm | \$100/3 | [115475](#)

Bowen Park Complex

Wed, May 29-Jun 12 | 3:30-5:30 pm | \$100/3 | [115480](#)

Park Avenue Farm (945 Park Ave.)

## Is your account information current?

Have you moved? Did you get a new email address? Please make sure you let us know so we can ensure your account is correct so we can keep you updated on waitlists or other information you need to know.



# Children's Sports

## Soccer Tots

### 2 to 5 Years

Run, kick, dodge and score! Activities will develop motor skills and social interaction. This is a parent participation program.

Sat, Apr 6-May 18 | 9-10 am | \$48/6 | [116366](#)

Sat, Apr 6-May 18 | 10:15-11:15 am | \$48/6 | [116368](#)

Sat, May 25-Jun 29 | 9-10 am | \$48/6 | [116367](#)

Sat, May 25-Jun 29 | 10:15-11:15 am | \$48/6 | [116369](#)

Sat, Jul 20-Aug 24 | 9-10 am | \$48/6 | [117196](#)

Sat, Jul 20-Aug 24 | 10:15-11:15 am | \$48/6 | [117197](#)

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, Apr 3-May 15 | 4:30-5:30 pm | \$56/7 | [116354](#)

Oliver Woods Community Centre

## T-Ball

Bring your glove and your energy! Learn the basic skills of T-ball, including throwing, batting and catching - all taught in a fun, interactive way.

### 3 to 4 Years

Mon, Apr 29-Jun 3 | 3:30-4 pm | \$35/5 | [114352](#)

Wed, May 1-Jun 5 | 3:30-4 pm | \$42/6 | [118051](#)

Thu, May 2-Jun 6 | 3:30-4 pm | \$42/6 | [116927](#)

### 5 to 6 Years

Mon, Apr 29-Jun 3 | 4:15-5 pm | \$40/5 | [116929](#)

Wed, May 1-Jun 5 | 4:15-5 pm | \$48/6 | [118054](#)

Thu, May 2-Jun 6 | 4:15-5 pm | \$48/6 | [116928](#)

Beban Park Gyro Fields

## 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, Apr 3-May 15 | 4-5 pm | \$56/7 | [116352](#)

Wed, May 22-Jun 26 | 4-5 pm | \$48/6 | [116353](#)

### 8 to 11 Years

Tue, Apr 2-May 14 | 3:45-4:45 pm | \$56/7 | [116338](#)

Tue, May 21-Jun 25 | 3:45-4:45 pm | \$48/6 | [116339](#)

### 10 to 13 Years

Fri, Apr 5-May 17 | 4:45-5:45 pm | \$56/7 | [116364](#)

Fri, May 24-Jun 28 | 4:45-5:45 pm | \$48/6 | [116365](#)

Oliver Woods Community Centre

## Summer Hoops

### 7 to 10 Years

Summertime and basketball - the best way to spend some of your time away from school. Have a great time while learning the fundamentals of the game.

Thu, Jul 11-Aug 29 | 12-1 pm | \$56/7 | [116704](#)

Oliver Woods Community Centre

## Flag Football

### 6 to 10 Years

This energetic program emphasizes the basic football skills of passing, catching and positioning through fun skills, drills and game time.

Wed, May 22-Jun 26 | 4:30-5:30 pm | \$48/6 | [116370](#)

Oliver Woods Community Centre

## 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, Apr 8-May 13 | 3:30-4:30 pm | \$48/6 | [116331](#)

Mon, May 27-Jun 24 | 3:30-4:30 pm | \$40/5 | [116332](#)

Oliver Woods Community Centre

## 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. It will include development skills, practice time and a scrimmage.

Tue, Apr 2-May 14 | 5-6 pm | \$56/7 | [118449](#)

Tue, May 21-Jun 25 | 5-6 pm | \$48/6 | [116343](#)

Thu, Jul 11-Aug 29 | 2:30-3:30 pm | \$64/8 | [116707](#)

Oliver Woods Community Centre

## 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, Apr 5-May 17 | 4:45-5:45 pm | \$56/7 | [116362](#)

Fri, May 24-Jun 28 | 4:45-5:45 pm | \$48/6 | [116363](#)

Thu, Jul 11-Aug 29 | 1:15-2:15 pm | \$56/7 | [116705](#)

Oliver Woods Community Centre



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## 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.

Mon, Apr 8-May 13 | 4-5 pm | \$48/6 | [116334](#)

Mon, May 27-Jun 24 | 4-5 pm | \$40/5 | [116336](#)

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, Mar 26-May 7 | 5-6 pm | \$137/7 | [116296](#)

Sun, Apr 7-May 12 | 3-4 pm | \$117/6 | [116298](#)

Tue, May 14-Jun 25 | 5-6 pm | \$137/7 | [116299](#)

Sun, May 19-Jun 23 | 3-4 pm | \$117/6 | [116300](#)

Tu-F, Jul 2-5 | 9-10 am | \$78/4 | [116316](#)

M-F, Jul 8-12 | 9-10 am | \$98/5 | [116319](#)

M-F, Jul 15-19 | 9-10 am | \$98/5 | [116321](#)

M-F, Jul 22-26 | 9-10 am | \$98/5 | [116323](#)

M-F, Jul 29-Aug 2 | 9-10 am | \$98/5 | [116325](#)

Tu-F, Aug 6-9 | 9-10 am | \$78/4 | [116327](#)

M-F, Aug 12-16 | 9-10 am | \$98/5 | [116330](#)

M-F, Aug 19-23 | 9-10 am | \$98/5 | [116335](#)

M-F, Aug 26-30 | 9-10 am | [116340](#)

### 8 to 11 Years

Tue, Mar 26-May 7 | 3:30-5 pm | \$205/7 | [116289](#)

Sun, Apr 7-May 12 | 4-5:30 pm | \$176/6 | [116290](#)

Tue, May 14-Jun 25 | 3:30-5 pm | \$205/7 | [116292](#)

Sun, May 19-Jun 23 | 4-5:30 pm | \$176/6 | [116294](#)

Tu-F, Jul 2-5 | 10-11:30 am | \$117/4 | [116317](#)

M-F, Jul 8-12 | 10-11:30 am | \$147/5 | [116320](#)

M-F, Jul 15-19 | 10-11:30 am | \$147/5 | [116322](#)

M-F, Jul 22-26 | 10-11:30 am | \$147/5 | [116324](#)

M-F, Jul 29-Aug 2 | 10-11:30 am | \$147/5 | [116326](#)

Tu-F, Aug 6-9 | 10-11:30 am | \$117/4 | [116329](#)

M-F, Aug 12-16 | 10-11:30 am | \$147/5 | [116333](#)

M-F, Aug 19-23 | 10-11:30 am | \$147/5 | [116337](#)

M-F, Aug 26-30 | 10-11:30 am | \$147/5 | [116341](#)

Westwood Tennis Club

## 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, Apr 3-May 8 | 5:15-6:15 pm | \$60/6 | [116119](#)

Oliver Woods Community Centre

## Street-Smart Commuter 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: Stephen Pilcher

### 6 to 9 Years

Sun, May 19 | 9 am-12 pm | \$45/1 | [115568](#)

### 10 to 13 Years

Sun, May 19 | 1-4 pm | \$45/1 | [115567](#)

Beban Park Social Centre

## Youth Rippers: Intro to Mountain Biking

### 11 to 13 Years

Join us for a great adventure! You will learn and practice various riding techniques, including body and pedal position, shifting, braking, climbing, descending and navigating minor obstacles.

You will also review important communication skills and trail etiquette to keep multi-use trails safe for all users. Please bring lots of water and some snacks for fuel. Helmets are required, and gloves are recommended. Bikes should be fully operational, tires pumped, brakes working and chain shifting and lubricated.

Instructor: Stephen Pilcher

Sun, Jun 9 | 1-4 pm | \$45/1 | [116395](#)

Colliery Dam Park

## Kids Intro to Paddling **NEW!** 8 to 12 Years

This program will introduce you to the wonderful world of paddle sports in a fun and supportive environment. Learn the three fundamental sport skills of balance, steering and propulsion in a variety of human-powered watercraft, including kayaks, canoes and paddleboards. Challenge yourself at the optional Rally to Race fun regatta at the end of June on Long Lake.

Instructor: Nanaimo Canoe & Kayak Club

Wed, May 1-Jun 19 | 4:30-6 pm | \$144/8 | [117097](#)

Wed, Jul 3-Aug 21 | 6-7:30 pm | \$144/8 | [117098](#)

Long Lake/Loudon Park

## Kids Intro to Sprint Kayak **NEW!** and Canoe

### 8 to 12 Years

Are you comfortable in a recreational kayak or canoe and looking for something more challenging? This is an exciting sport that fosters teamwork, fitness and a love of the outdoors. The program will cover the balance, propulsion and steering of sprint boats, proper care and handling of equipment and an introduction to racing technique. Be prepared to get wet!

Instructor: Nanaimo Canoe & Kayak Club

Mon, Apr 1-22 | 4:30-6 pm | \$100/4 | [117099](#)

Mon, Apr 29-May 27 | 4:30-6 pm | \$100/4 | [117100](#)

Mon, Jun 3-24 | 4:30-6 pm | \$100/4 | [117102](#)

Mon, Jul 8-29 | 6-7:30 pm | \$100/4 | [117103](#)

Long Lake/Loudon Park

## Kids Intro to Voyageur Canoe **NEW!** and Dragon Boat

### 8 to 12 Years

Make a splash with this introduction to the world of team paddle sports. Experience our 10-person voyageur canoes based on a traditional Canadian design that provides a safe and fun introduction to paddling. Try out the popular and exciting 20-person dragon boat with a history that dates back over 2000 years. By the end of this program, you will have a strong foundation to enjoy these life-long team sports.

Instructor: Nanaimo Canoe & Kayak Club

Wed, Apr 3-24 | 6-7:30 pm | \$100/4 | [117104](#)

Long Lake/Loudon Park

# Did You Know?

## Nanaimo has an official floral emblem!



Hosackia pinnata (aka Lotus pinnatus or Bog bird's-foot trefoil) was adopted by City Council as Nanaimo's floral emblem in 2010. Of the five known sites in Canada where this rare flower grows, they are all near Nanaimo. Three are located in the Harewood/Extension area, including Lotus Pinnatus Park.



## Junior Lifeguard Club

### 8 to 13 Years

Are you interested in a pause from swimming lessons? This program emphasizes fun and aquatic skill development based on personal best achievement. Building on skills they have from swimming lessons, JLC members work to develop and improve swimming and other aquatic skills with emphasis on swim and lifesaving knowledge, leadership and teamwork, community education, competition and personal fitness. This is serious fun! **Prerequisites: Ability to meet the Swim to Survive Standard (roll into deep water, tread water for one minute, swim 50 metres).**

Tue, Mar 26-May 14 | 6-7:30 pm | \$76/8 | [117086](#)  
Nanaimo Aquatic Centre

## LSS Sport Fundamentals NEW! (5-Level Progression)

### 8 to 13 Years

These courses offer recreational introduction to lifesaving sport skills while teaching team building, fair play, ethics in sport and personal responsibility.

- **Level 1: PLAY FAIR** is the underlying principle emphasized in this level. Participants practice in-water starts, jump start from the deck, stroke development and Lifesaving Sport Skills.
- **Level 2: RESPECT FOR OTHERS** is a key theme in this level. Participants practice dive starts from the deck, open turns, in-water somersaults, strokes and sculling, throwing accuracy and towing a manikin with a rescue tube.
- **Level 3:** where participants set goals while mastering skills like relay transitions, flip turns, stroke development, swimming with fins and more.
- **Level 4:** where participants set more goals and learn how to STAY HEALTHY. Skills include dive starts from a starting block, turns, 50-metre sprints, advanced throwing accuracy, advanced rescue tube and manikin towing skills.
- **Level 5:** where participants learn about the importance of GIVING BACK. Skills include racing starts from a starting block, relay transitions and more.

### Lifesaving Sport 1 & 2

Thu, Mar 28-May 16 | 6-6:45 pm | \$76/8 | [117070](#)

### Lifesaving Sport 3-5

Thu, Mar 28-May 16 | 6:45-7:45 pm | \$76/8 | [117077](#)

Nanaimo Aquatic 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 the basics.

Instructor: Mike Czurka (6th degree black belt)

Tue, Apr 2-May 14 | 6-7 pm | \$56/7 | [113844](#)

Tue, May 21-Jul 2 | 6-7 pm | \$56/7 | [113847](#)

Tue, Jul 9-Aug 27 | 6-7 pm | \$64/8 | [113848](#)

Bowen Park Complex

## Karate

### 4 to 7 Years

Kids learn basic karate moves. They will also learn self-discipline with courtesy and respect emphasized. This is an introduction only. Get a free uniform if you register at the dojo after the session.

Tue, Apr 2-23 | 3:30-4:15 pm | \$25/4 | [116452](#)

Fri, Apr 12-26 | 3:15-4 pm | \$19/3 | [116453](#)

Thu, May 2-23 | 3:30-4:15 pm | \$25/4 | [116455](#)

Fri, May 3-24 | 4:15-5 pm | \$25/4 | [116457](#)

Fri, Jun 7-28 | 5:15-6 pm | \$25/4 | [116458](#)

Sat, Jun 8-29 | 9:30-10:15 am | \$25/4 | [116459](#)

Tue, Jul 2-23 | 3:30-4:15 pm | \$25/4 | [116615](#)

Fri, Jul 5-26 | 3:15-4 pm | \$25/4 | [116616](#)

Thu, Aug 8-29 | 3:30-4:15 pm | \$25/4 | [116617](#)

Fri, Aug 9-30 | 4:15-5 pm | \$25/4 | [116618](#)

Shima Karate (3032 Barons Rd)

## Karate

### 8 to 12 Years

Kids will train twice a week where they will start learning katas, sparring and self-defense drills. Peer pressure and bullying are discussed. This is an introduction only. Get a free uniform if you register at the dojo after the session.

T/Th, Apr 2-11 | 4:30-5:20 pm | \$25/4 | [116461](#)

M/W, Apr 3-15 | 3:30-4:20 pm | \$25/4 | [116460](#)

M/W, May 6-15 | 3:30-4:20 pm | \$25/4 | [116462](#)

T/Th, May 7-16 | 4:30-5:20 pm | \$25/4 | [116463](#)

M/W, Jun 3-12 | 3:30-4:20 pm | \$25/4 | [116464](#)

T/Th, Jun 4-13 | 4:30-5:20 pm | \$25/4 | [116465](#)

T/Th, Jul 2-11 | 4:30-5:20 pm | \$25/4 | [116620](#)

M/W, Jul 3-15 | 3:30-4:20 pm | \$25/4 | [116619](#)

T/Th, Aug 6-15 | 4:30-5:20 pm | \$25/4 | [116623](#)

M/W, Aug 7-19 | 3:30-4:20 pm | \$25/4 | [116624](#)

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

Wed, Apr 3-10 | 4:15-5 pm | \$25/2 | [109026](#)

Fri, Apr 5-12 | 4:15-5 pm | \$25/2 | [109027](#)

Sat, Apr 6-13 | 10-10:40 am | \$25/2 | [109028](#)

Mon, Apr 8-15 | 4:15-5 pm | \$25/2 | [109025](#)

Wed, Apr 10-17 | 4:15-5 pm | \$25/2 | [115885](#)

Mon, May 6-13 | 4:15-5 pm | \$25/2 | [115891](#)

Wed, May 8-15 | 4:15-5 pm | \$25/2 | [115893](#)

Fri, May 10-17 | 4:15-5 pm | \$25/2 | [115894](#)

Sat, Jun 1-8 | 10-10:40 am | \$25/2 | [115904](#)

Mon, Jun 3-10 | 4-4:45 pm | \$25/2 | [115898](#)

Wed, Jun 5-12 | 4:15-5 pm | \$25/2 | [115902](#)

Fri, Jun 7-14 | 4:15-5 pm | \$25/2 | [115903](#)

Wed, Aug 7-14 | 4:15-5 pm | \$25/2 | [115906](#)

Mon, Aug 12-19 | 4:15-5 pm | \$25/2 | [115905](#)

Wed, Aug 21-28 | 4:15-5 pm | \$25/2 | [115907](#)

### 8 to 12 Years

Tue, Apr 2-9 | 4:15-5 pm | \$25/2 | [109041](#)

Thu, Apr 4-11 | 4:15-5 pm | \$25/2 | [109042](#)

Fri, Apr 5-12 | 4:15-5 pm | \$25/2 | [109043](#)

Sat, Apr 6-13 | 10:50-11:20 am | \$25/2 | [109044](#)

Fri, Apr 12-19 | 4:15-5 pm | \$25/2 | [115950](#)

Sat, May 4-11 | 10:50-11:20 am | \$25/2 | [115956](#)

Tue, May 7-14 | 4:15-5 pm | \$25/2 | [115953](#)

Thu, May 9-16 | 4:15-5 pm | \$25/2 | [115954](#)

Fri, May 10-17 | 4:15-5 pm | \$25/2 | [115955](#)

Sat, Jun 1-8 | 10:50-11:35 am | \$25/2 | [116386](#)

Tue, Jun 4-11 | 4:15-5 pm | \$25/2 | [115957](#)

Thu, Jun 6-13 | 4:15-5 pm | \$25/2 | [115958](#)

Fri, Jun 7-14 | 4:15-5 pm | \$25/2 | [116385](#)

Tue, Aug 6-13 | 4:15-5 pm | \$25/2 | [116387](#)

Tue, Aug 20-27 | 4:15-5 pm | \$25/2 | [116388](#)

World Taekwondo Academy (4300 Wellington Rd)

## Rock Climbing

### 6 to 12 Years

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

Wed, Apr 3-24 | 4-6 pm | \$112/4 | [109502](#)

Fri, Apr 5-26 | 4-6 pm | \$112/4 | [109504](#)

Wed, May 8-29 | 4-6 pm | \$112/4 | [109505](#)

Fri, May 10-31 | 4-6 pm | \$112/4 | [109506](#)

Romper Room Climbing Gym (4235 Boban Dr)



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# Pro-D & 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, Apr 29 | 8:30 am-5 pm | \$46/1 | [111573](#)  
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, Apr 29 | 8:30 am-5 pm | \$46/1 | [113821](#)

### 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

## 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

## Rock Climbing 6 to 12 Years

Climb the walls this Spring Break! 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)

## 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.)

## Prime Junior Golf - Chip, Putt & Drive 10 to 17 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)

## Taekwondo with Master Kim

Our highly qualified 8th degree black belt 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)

## RecSkate Pro-D & 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. Full gear is required

### PRO-D CAMP

Mon, Apr 29 | 8:30 am-5 pm | \$45/1 | [114332](#)  
Frank Crane 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

## RecHockey Pro-D & 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 CAMP

Mon, Apr 29 | 8:30 am-5 pm | \$45/1 | [114331](#)  
Frank Crane 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

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

**LET US  
CONGRATULATE  
YOU!**

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



*Award recipients must be residents of Nanaimo.*

*All applications for the Fall 2024 awards must be completed in full and received no later than  
**Friday, September 20, 2024.***

*Award recipients will be notified of awards ceremony date.*

**To apply, email  
[awards@nanaimo.ca](mailto:awards@nanaimo.ca)**

For more information, go to  
[www.nanaimo.ca/culture-environment/awards](http://www.nanaimo.ca/culture-environment/awards)



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# COMMUNITY CONNECTIONS



**airhouse**  
Nanaimo's freestyle training center

drop-in   camps   lessons   events

**Coming up:**  
Daily Drop-In Sessions  
Lesson Programs  
Summer Camps!

**Our Sports:**  
Freestyle Trampoline  
Parkour, Biking  
Skateboard  
Gymnastics

**We Welcome:**  
All Levels + Ages

airhouse.ca



**Sheila Malcolmson**  
Nanaimo's MLA

**Live, Learn,  
Work and Play**

*My community office is here to help*

495 Dunsmuir Street  
Unit 105  
Nanaimo, BC  
V9R 6B9

(250) 362-0012

SheilaMalcolmsonBC  
sheilamalcolmsonbc  
Sheila.Malcolmson.MLA@leg.bc.ca

**Call my office at (236) 362-0012**



**CAMP D'ÉTÉ  
FRANCOPHONE  
FRENCH SUMMER  
DAY CAMP  
2024**

**FROM JULY 2 TO AUGUST 23**

Infos & inscription / Infos & registration:  
250-729-2776  
afn@francophonenanaimo.org  
www.francophonenanaimo.org

L'Association des francophones de Nanaimo   COLLEGE EDUCACENTRE   Canada   Gaming Commission   CITY OF NANAIMO



Since 1923  
NANAIMO  
LAWN BOWLING CLUB

**FREE!**

*located at Bowen Park (500 Bowen Rd)*

**Lawn Bowling Workshops for the  
VISUALLY IMPAIRED**

Tuesday, June 4  
9 am, 11 am & 1:30 pm

Please pre-register at the Nanaimo Lawn Bowling Club or by contacting toulousei@shaw.ca

*This event is made possible due in part by the Government of Canada*

Canada



# COMMUNITY CONNECTIONS

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.


## GIVE PADDLING A GO!





Everyone Welcome - equipment & instruction provided.

information@nckc.ca | 250-758-4052  
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School field trips

All ages & skill levels

www.vipgymsports.com



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# SUMMER events



## CANADA DAY

Monday, July 1, 11 am-3:30 pm  
Maffeo Sutton Park

## CONCERTS in the PARK

Bring a chair or a blanket and enjoy local talent against the backdrop of our beautiful park spaces. Entertainer information found on page 95.



- Sun, May 12, 1-2 pm at Colliery Dam Park
- Fri, May 17, 6-8:15 pm at Maffeo Sutton Park
- Wed, June 12, 6-7 pm at Kin Park at Departure Bay
- Fri, June 28, 5-8:30 pm at Maffeo Sutton Park
- Wed, July 10, 6-7 pm at McGregor Park
- Wed, July 17, 6-7 pm at Pipers Lagoon Park
- Wed, July 31, 6-7 pm at Harewood Centennial
- Wed, August 7, 6-7 pm at Bowen Amphitheatre
- Wed, August 14, 6-7 pm at Oliver Woods
- Wed, August 21, 6-7 pm at Westwood Lake Park
- Fri, August 23, 6-8:15 pm at Maffeo Sutton Park

## WATER PARKS

May-September, 9 am-8 pm

- Departure Bay Kiwanis Park • Deverill Square Park
- Harewood Centennial Park • Mansfield Park

## LIFEGUARDS at WESTWOOD LAKE

June 28-September 2, 11:30 am-5:30 pm

*(including stat holidays; weather permitting)*

## PLAYGROUND PROGRAM

July 2-August 30

Join us for some neighborhood fun! Play games, do some crafts, or run around and play a sport with our exciting playground leaders. This is a **FREE** program for all to enjoy between the ages of 5-12 years old. *(Please sign in with leader and dress for the weather. Remember your sunscreen, snacks, water.)*

**Monday to Friday, 9:30 am-4 pm (not open on stat holidays)**

- DEVERILL SQUARE PARK (200 Irwin St.)

### Roving Playground **NEW!**

Look for our banner and our enthusiastic leaders wearing their orange shirts.

- Jul 2-5, Mansfield Park (10 am-4 pm)
- Jul 8-9, Elaine Hamilton Park (10 am-4 pm)
- Jul 10-12, Country Hills Park (10 am-4 pm)
- Jul 15-17, Groveland Park (10 am-4 pm)
- Jul 18-19, May Richards Pioneer Park (10 am-4 pm)
- Jul 22-23, Pipers Lagoon Park (10 am-4 pm)
- Jul 24-26, Neck Point Park (10 am-4 pm)
- Jul 29-Aug 2, Harewood Cent. Park (10 am-4 pm; Jul 31, 1-8 pm)
- Aug 6-9, Departure Bay Centennial Park (10 am-4 pm)
- Aug 12-16, Westwood Lake Park (10 am-4 pm)
- Aug 19-23, Maffeo Sutton Park (10 am-4 pm; Aug 23, 1-8 pm)
- Aug 26-27, Brannen Lake Boat Launch (10 am-4 pm)
- Aug 28-29, Colliery Dam Park (10 am-4 pm)

## FAMILY FUN NIGHTS, 4:30-7:30 PM

- Wed, Jul 31 - HAREWOOD CENTENNIAL
- Fri, Aug 23 - MAFFEO SUTTON PARK

Visit [recreation.nanaimo.ca](http://recreation.nanaimo.ca) for more information.



## Design Your Own Summer Schedule!

These eight camps listed below take place Monday to Friday from 8:30 am to 5 pm.

Pick the days and locations that best meet your family's needs!

- Camp Wild • Camp Holiday • Bowen Explorers • Girls Get Active • RecHockey
- Cool Kids Skate • Smash & Splash • Centennial Sports Camp

Our camps are filled with fun and adventure each day! Our camp leaders will ensure your child's day camp experience is a memorable one. Each day is comprised of various activities, including lots of games, sports, arts, crafts, drama, storytelling and outdoor exploring. Out trips, special guests, gym time and special theme days may also be part of the camp experience. We select our camp leaders for their maturity, skills and experience with children. In addition to planning and supervising our camps, these staff members receive training in leadership, safety and emergency procedures. They are also certified in both first aid and CPR. Our LIT and QUEST youth volunteers assist leaders with program activities.

### Camper Drop Off & Pick Up

- Please allow extra time to sign in on the first day of each camp and bring completed medical forms to each camp.
- Parents/guardians or authorized persons **must** sign their child(ren) in and out daily (mandatory); no drop off prior to start time.
- On-time drop off and prompt pick up are important. **\$1/minute** charges are in effect for late pick ups.
- If your child has any serious medical conditions, behavioural concerns or any other issues that may affect their experience at camp, please call us.
- To ensure that all children can participate fully in all indoor and outdoor/off-site activities, please prepare them with suitable clothing for all types of weather. Remember, these camps are held primarily outdoors.
- Activities will run as scheduled unless the conditions necessitate a change in schedule. In this case, alternate indoor activities will be offered (be prepared for unexpected weather changes). The camp structure and programming may change once the session starts depending on the weather, space and campers' needs.
- Please see page 101 for cancellation and refund information.

### How to Sign Up for Full Day Camps Online:

1. Go to [recreation.nanaimo.ca](http://recreation.nanaimo.ca)
2. Search keyword listed for each camp or use the barcode beside each date
3. Choose which child you want to register
4. Register for the days you want
5. Continue shopping or checkout

You can also register by visiting one of our recreation offices or by calling us at 250-756-5200.



cityofnanaimo



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# Nanaimo Parks, Recreation and Culture Full Day Camps

**MIX AND MATCH!** Design your ultimate summer by choosing a variety of days and locations from the options on this page and the following two pages.

The camps listed on this page run from 8:30 am to 5 pm and cost \$46/day.

## Camp Wild 6 to 10 Years

Spend your summer having fun and building new friendships while learning about nature and the environment. Each week has a new theme with new discoveries and adventures. This camp also includes a large gymnasium component. (This camp does not go swimming.) Camp held primarily outdoors, so please dress for the weather. Build your own schedule to suit your needs.  
**Held at Oliver Woods Community Centre.**

Tue, Jul 2: 113719  
Wed, Jul 3: 113773  
Thu, Jul 4: 113774  
Fri, Jul 5: 113775

Mon, Jul 8: 113776  
Tue, Jul 9: 113777  
Wed, Jul 10: 113778  
Thu, Jul 11: 113779  
Fri, Jul 12: 113780

Mon, Jul 15: 113781  
Tue, Jul 16: 113782  
Wed, Jul 17: 113783  
Thu, Jul 18: 113784  
Fri, Jul 19: 113785

Mon, Jul 22: 113786  
Tue, Jul 23: 113787  
Wed, Jul 24: 113788  
Thu, Jul 25: 113789  
Fri, Jul 26: 113790

Mon, Jul 29: 113791  
Tue, Jul 30: 113792  
Wed, Jul 31: 113793  
Thu, Aug 1: 113796  
Fri, Aug 2: 113797

Tue, Aug 6: 113800  
Wed, Aug 7: 113801  
Thu, Aug 8: 113802  
Fri, Aug 9: 113803

Mon, Aug 12: 113804  
Tue, Aug 13: 113805  
Wed, Aug 14: 113806  
Thu, Aug 15: 113807  
Fri, Aug 16: 113808

Mon, Aug 19: 113809  
Tue, Aug 20: 113810  
Wed, Aug 21: 113811  
Thu, Aug 22: 113813  
Fri, Aug 23: 113814

Mon, Aug 26: 113815  
Tue, Aug 27: 113816  
Wed, Aug 28: 113817  
Thu, Aug 29: 113818  
Fri, Aug 30: 113819

## Camp Holiday 6 to 12 Years

Embrace your spirit of adventure! Camp Holiday creates experiences that last a lifetime. Opportunities to play, build relationships and work on healthy lifestyle choices. Water parks, games, laughter, outdoor adventures, sports, hiking and making new friends and lasting memories are just a few things to experience at this camp. This camp is held primarily outdoors, so please dress for the weather. Register by the day to suit your schedule.  
**Held at Beban Park Social Centre.**

Tue, Jul 2: 113356  
Wed, Jul 3: 113357  
Thu, Jul 4: 113358  
Fri, Jul 5: 113359

Mon, Jul 8: 113360  
Tue, Jul 9: 113361  
Wed, Jul 10: 113363  
Thu, Jul 11: 113364  
Fri, Jul 12: 113365

Mon, Jul 15: 113366  
Tue, Jul 16: 113367  
Wed, Jul 17: 113368  
Thu, Jul 18: 113369  
Fri, Jul 19: 113371

Mon, Jul 22: 113372  
Tue, Jul 23: 113373  
Wed, Jul 24: 113374  
Thu, Jul 25: 113375  
Fri, Jul 26: 113376

Mon, Jul 29: 113377  
Tue, Jul 30: 113378  
Wed, Jul 31: 113379  
Thu, Aug 1: 113380  
Fri, Aug 2: 113381

Tue, Aug 6: 113382  
Wed, Aug 7: 113383  
Thu, Aug 8: 113384  
Fri, Aug 9: 113385

Mon, Aug 12: 113387  
Tue, Aug 13: 113389  
Wed, Aug 14: 113390  
Thu, Aug 15: 113391  
Fri, Aug 16: 113392

Mon, Aug 19: 113393  
Tue, Aug 20: 113394  
Wed, Aug 21: 113395  
Thu, Aug 22: 113397  
Fri, Aug 23: 113398

Mon, Aug 26: 113400  
Tue, Aug 27: 113401  
Wed, Aug 28: 113403  
Thu, Aug 29: 113404  
Fri, Aug 30: 113405

## Bowen Explorers 6 to 11 Years

Embrace your spirit of adventure and come and EXPLORE with us! Build friendships and create new experiences while exploring in nature, with science, through art and so much more. Come prepared to be outdoors, so please dress for the weather. Register by the day to suit your schedule.  
**Held at Bowen Park Complex.**

Tue, Jul 2: 116679  
Wed, Jul 3: 116706  
Thu, Jul 4: 116708  
Fri, Jul 5: 116709

Mon, Jul 8: 116710  
Tue, Jul 9: 116711  
Wed, Jul 10: 116713  
Thu, Jul 11: 116715  
Fri, Jul 12: 116716

Mon, Jul 15: 116717  
Tue, Jul 16: 116719  
Wed, Jul 17: 116722  
Thu, Jul 18: 116724  
Fri, Jul 19: 116725

Mon, Jul 22: 116726  
Tue, Jul 23: 116727  
Wed, Jul 24: 116728  
Thu, Jul 25: 116729  
Fri, Jul 26: 116730

Mon, Jul 29: 116731  
Tue, Jul 30: 116732  
Wed, Jul 31: 116733  
Thu, Aug 1: 116734  
Fri, Aug 2: 116735

Tue, Aug 6: 116736  
Wed, Aug 7: 116737  
Thu, Aug 8: 116738  
Fri, Aug 9: 116739

Mon, Aug 12: 116741  
Tue, Aug 13: 116743  
Wed, Aug 14: 116744  
Thu, Aug 15: 116746  
Fri, Aug 16: 116748

Mon, Aug 19: 116776  
Tue, Aug 20: 116777  
Wed, Aug 21: 116778  
Thu, Aug 22: 116780  
Fri, Aug 23: 116781

Mon, Aug 26: 116782  
Tue, Aug 27: 116783  
Wed, Aug 28: 116784  
Thu, Aug 29: 116785  
Fri, Aug 30: 116786

*Camp Wild was wonderful!  
Everyone there seemed very happy at drop off time and ready for the day. My grandson looked forward to it. He really liked the timetable we received showing the activities for the week.*



# Nanaimo Parks, Recreation and Culture Full Day Camps

**MIX AND MATCH!** Design your ultimate summer by choosing a variety of days and locations from the options on the previous page, this page and the following page.

The camps listed on this page run from 8:30 am to 5 pm and cost \$46/day.

## Girls Get Active

### 7 to 12 Years

Come join us and connect with our leaders and other girls. Discover what you love about yourself and learn to celebrate it. Embrace your inner awesomeness, meet new friends and build confidence while participating in a variety of active outings mixed with arts and crafts, swimming, games and team-building activities.

**This camp is held at Rotary Field House.**

Tue, Jul 2: 111743  
Wed, Jul 3: 111984  
Thu, Jul 4: 111985  
Fri, Jul 5: 111986

Mon, Jul 8: 111987  
Tue, Jul 9: 111988  
Wed, Jul 10: 111989  
Thu, Jul 11: 111990  
Fri, Jul 12: 111991

Mon, Jul 15: 111992  
Tue, Jul 16: 111993  
Wed, Jul 17: 111994  
Thu, Jul 18: 111995  
Fri, Jul 19: 111996

Mon, Jul 22: 111997  
Tue, Jul 23: 111998  
Wed, Jul 24: 111999  
Thu, Jul 25: 112000  
Fri, Jul 26: 112001

Mon, Jul 29: 112002  
Tue, Jul 30: 112003  
Wed, Jul 31: 112004  
Thu, Aug 1: 112005  
Fri, Aug 2: 112006

Tue, Aug 6: 112007  
Wed, Aug 7: 112008  
Thu, Aug 8: 112009  
Fri, Aug 9: 112010

Mon, Aug 12: 112011  
Tue, Aug 13: 112012  
Wed, Aug 14: 112013  
Thu, Aug 15: 112014  
Fri, Aug 16: 112015

Mon, Aug 19: 112016  
Tue, Aug 20: 112017  
Wed, Aug 21: 112018  
Thu, Aug 22: 112019  
Fri, Aug 23: 112020

Mon, Aug 26: 112021  
Tue, Aug 27: 112022  
Wed, Aug 28: 112023  
Thu, Aug 29: 112024  
Fri, Aug 30: 112025

## Cool Kids Skate Camp

### 6 to 11 Years

Enjoy a line up of activities, including a daily skating lesson, hockey for fun and various outdoor activities. We recommend all participants complete a minimum of RecSkate 1 prior to participation. Helmets are mandatory. **This camp is held at Nanaimo Ice Centre.**

Tue, Jul 2: 114987  
Wed, Jul 3: 114988  
Thu, Jul 4: 114989  
Fri, Jul 5: 114990

Mon, Jul 8: 114991  
Tue, Jul 9: 114992  
Wed, Jul 10: 114993  
Thu, Jul 11: 114994  
Fri, Jul 12: 114995

Mon, Jul 15: 114996  
Tue, Jul 16: 114997  
Wed, Jul 17: 114998  
Thu, Jul 18: 114999  
Fri, Jul 19: 115000

Mon, Jul 22: 115001  
Tue, Jul 23: 115002  
Wed, Jul 24: 115003  
Thu, Jul 25: 115004  
Fri, Jul 26: 115007

Mon, Jul 29: 115008  
Tue, Jul 30: 115010  
Wed, Jul 31: 115011  
Thu, Aug 1: 115012  
Fri, Aug 2: 115013

Tue, Aug 6: 115014  
Wed, Aug 7: 115015  
Thu, Aug 8: 115016  
Fri, Aug 9: 115017

Mon, Aug 12: 115018  
Tue, Aug 13: 115019  
Wed, Aug 14: 115020  
Thu, Aug 15: 115021  
Fri, Aug 16: 115022

## RecHockey Summer Camp

### 6 to 12 Years

Hockey players will love this full-day development camp packed with games and activities built around hockey drills, skills training and scrimmage time. Full gear is required. **This camp is held at Nanaimo Ice Centre.**

Tue, Jul 2: 114986  
Wed, Jul 3: 115023  
Thu, Jul 4: 115024  
Fri, Jul 5: 115025

Mon, Jul 8: 115026  
Tue, Jul 9: 115027  
Wed, Jul 10: 115028  
Thu, Jul 11: 115029  
Fri, Jul 12: 115030

Mon, Jul 15: 115031  
Tue, Jul 16: 115032  
Wed, Jul 17: 115033  
Thu, Jul 18: 115034  
Fri, Jul 19: 115035

Mon, Jul 22: 115036  
Tue, Jul 23: 115037  
Wed, Jul 24: 115038  
Thu, Jul 25: 115039  
Fri, Jul 26: 115040

Mon, Jul 29: 115041  
Tue, Jul 30: 115042  
Wed, Jul 31: 115043  
Thu, Aug 1: 115044  
Fri, Aug 2: 115045

Tue, Aug 6: 115046  
Wed, Aug 7: 115047  
Thu, Aug 8: 115048  
Fri, Aug 9: 115049

Mon, Aug 12: 115050  
Tue, Aug 13: 115051  
Wed, Aug 14: 115052  
Thu, Aug 15: 115053  
Fri, Aug 16: 115054



## How to Sign Up for Full Day Camps Online:

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2. Search keyword listed for each camp or use the barcode beside each date
3. Choose which child you want to register
4. Register for the days you want
5. Continue shopping or checkout

You can also register by visiting one of our recreation offices or by calling us at 250-756-5200.



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# Nanaimo Parks, Recreation and Culture Full Day Camps

**MIX AND MATCH!** Design your ultimate summer by choosing a variety of days and locations from the options on the previous two pages and this page.

The camps listed on this page run from 8:30 am to 5 pm and cost \$46/day.

## Smash & Splash NEW! 8 to 12 Years

Join us for this fun, energetic camp exploring different racquet sports (tennis, badminton, pickleball) followed by an afternoon dip in the outdoor pool, playing water games or exploring Bowen Park and all it has to offer. This camp is a fantastic opportunity for campers to develop skills on the court, make a splash in the pool and create lasting summer memories with old and new friends. Bring your own racquet if you have one. The camp will run rain or shine. Bring swim suit, towel, hat, sunscreen, lunch, snacks and lots of water. **Held at Bowen Park Tennis Courts.**

Tue, Jul 2: 116864  
Wed, Jul 3: 116867  
Thu, Jul 4: 116868  
Fri, Jul 5: 116869

Mon, Jul 8: 116870  
Tue, Jul 9: 116871  
Wed, Jul 10: 116872  
Thu, Jul 11: 116873  
Fri, Jul 12: 116874

Mon, Jul 15: 116875  
Tue, Jul 16: 116876  
Wed, Jul 17: 116877  
Thu, Jul 18: 116878  
Fri, Jul 19: 116879

Mon, Jul 22: 116880  
Tue, Jul 23: 116881  
Wed, Jul 24: 116882  
Thu, Jul 25: 116883  
Fri, Jul 26: 116884

Mon, Jul 29: 116885  
Tue, Jul 30: 116886  
Wed, Jul 31: 116888  
Thu, Aug 1: 116889  
Fri, Aug 2: 116890

Tue, Aug 6: 116891  
Wed, Aug 7: 116892  
Thu, Aug 8: 116894  
Fri, Aug 9: 116895

Mon, Aug 12: 116898  
Tue, Aug 13: 116899  
Wed, Aug 14: 116902  
Thu, Aug 15: 116904  
Fri, Aug 16: 116910

Mon, Aug 19: 116911  
Tue, Aug 20: 116912  
Wed, Aug 21: 116913  
Thu, Aug 22: 116915  
Fri, Aug 23: 116916

## Centennial Sports Camp NEW! 8 to 12 Years

This action-packed sports camp will keep kids moving! Based out of the Harewood Centennial Park, campers will play a variety of sports on the new turf fields and in the covered and uncovered sports courts. A number of sports will be introduced, including ultimate frisbee, floor hockey, California kick ball, soccer, lacrosse and more. Daily playground and/or waterpark fun will also be incorporated. Running shoes are required. **Held at Harewood Centennial Park.**

Tue, Jul 2: 116788  
Wed, Jul 3: 116795  
Thu, Jul 4: 116798  
Fri, Jul 5: 116800

Mon, Jul 8: 116804  
Tue, Jul 9: 116805  
Wed, Jul 10: 116806  
Thu, Jul 11: 116808  
Fri, Jul 12: 116810

Mon, Jul 15: 116818  
Tue, Jul 16: 116819  
Wed, Jul 17: 116820  
Thu, Jul 18: 116821  
Fri, Jul 19: 116822

Mon, Jul 22: 116823  
Tue, Jul 23: 116824  
Wed, Jul 24: 116825  
Thu, Jul 25: 116826  
Fri, Jul 26: 116828

Mon, Jul 29: 116829  
Tue, Jul 30: 116830  
Wed, Jul 31: 116831  
Thu, Aug 1: 116833  
Fri, Aug 2: 116834

Tue, Aug 6: 116835  
Wed, Aug 7: 116836  
Thu, Aug 8: 116837  
Fri, Aug 9: 116838

Mon, Aug 12: 116840  
Tue, Aug 13: 116841  
Wed, Aug 14: 116842  
Thu, Aug 15: 116843  
Fri, Aug 16: 116844

Mon, Aug 19: 116845  
Tue, Aug 20: 116846  
Wed, Aug 21: 116847  
Thu, Aug 22: 116848  
Fri, Aug 23: 116849

Mon, Aug 26: 116851  
Tue, Aug 27: 116852  
Wed, Aug 28: 116853  
Thu, Aug 29: 116854  
Fri, Aug 30: 116855



*My daughter loved Bowen Explorers! Full days of fun and entertainment. The camp leaders were very nice and seemed fun. We will sign up for camp again next summer!*

# Nanaimo Parks, Recreation & Culture Weekly Camps

Full and partial day programs and camps.

## Grand Camp **NEW!**

**6 to 12 Years**

Join us for a week of laughter and shared adventures where grandparents and grandkids can create memories together. Explore a range of activities, such as pottery, science experiments, lawn bowling and so much more! \*Only register grandkids; grandparents included.

M-F, Jul 22-26 | 9:30 am-12:30 pm | \$150/5 | [115826](#)

M-F, Aug 19-23 | 9:30 am-12:30 pm | \$150/5 | [116151](#)

**Bowen Park Complex**

## Tree Frog Camp

**3 to 5 Years**

The week will include games, music, arts and crafts. Come and join us for a great time!

**9-11 am**

Tu-F, Jul 2-5 | \$80/4 | [111574](#) | Dinosaur Week

M-F, Jul 8-12 | \$100/5 | [111722](#) | Science Week

M-F, Jul 15-19 | \$100/5 | [111726](#) | Under the Sea Week

M-F, Jul 22-26 | \$100/5 | [111728](#) | Sports Week

M-F, Jul 29-Aug 2 | \$100/5 | [111729](#) | Nature Week

Tu-F, Aug 6-9 | \$80/4 | [111731](#) | Gone Camping Week

M-F, Aug 12-16 | \$100/5 | [111733](#) | Outer Space Week

M-F, Aug 19-23 | \$100/5 | [111735](#) | Careers Week

M-F, Aug 26-30 | \$100/5 | [111739](#) | Summer Olympics Week

**11:30 am-1:30 pm**

Tu-F, Jul 4-7 | \$80/4 | [111575](#) | Dinosaur Week

M-F, Jul 8-12 | \$100/5 | [111724](#) | Science Week

M-F, Jul 15-19 | \$100/5 | [111725](#) | Under the Sea Week

M-F, Jul 22-26 | \$100/5 | [111727](#) | Sports Week

M-F, Jul 29-Aug 2 | \$100/5 | [111729](#) | Nature Week

Tu-F, Aug 6-9 | \$80/4 | [111732](#) | Gone Camping Week

M-F, Aug 12-16 | \$100/5 | [111734](#) | Outer Space Week

M-F, Aug 19-23 | \$100/5 | [111737](#) | Careers Week

M-F, Aug 26-30 | \$100/5 | [111738](#) | Summer Olympics Week

**Oliver Woods Community Centre**

## Handbuilding for Children - Pottery

**7 to 12 Years**

Children will learn basic pottery handbuilding skills - coiling, pinching, slab building and sculpting through project making. They will be encouraged to use their creativity to make each piece their own. Cost includes clay, glaze and firing. Dress for mess.

Instructor: Bari Precious or Selena Unger

Mon, Jul 8-29 | 4-5 pm | \$80/4 | [115587](#)

Mon, Aug 12-26 | 4-5 pm | \$60/3 | [115588](#)

**Bowen Pottery Studio**

## Creative Writing - Youth Poetry **NEW!**

**12 to 18 Years**

Join Nanaimo's newest Youth Poet Laureate, Paige Pierce, for a truly unique opportunity to develop skills as a beginner poet. Paige will guide you in experimenting with different styles of poetry and building an understanding of voice in literature creating community in the process! The final session will be a reading showcase where you have an opportunity to share your writing with friends and family.

Instructor: Paige Pierce

M-F, Jul 22-26 | 1-4 pm | \$30/5 | [117057](#)

**Beban Park Social Centre**

## Creative Writing - Youth Summer

**Intensive**

**10 to 17 Years**

"The first draft is just you telling yourself the story." (Terry Pratchett) During this writing camp, you will try various prompts and exercises to get your creative juices flowing. Each participant will receive a notebook, but please bring your own pen.

M-F, Jul 22-26 | 9 am-12 pm | \$115/5 | [116960](#)

M-F, Aug 19-23 | 9 am-12 pm | \$115/5 | [116961](#)

**Beban Park Social Centre**

## Junior Leaders in Training Camp

**11 to 14 Years**

Week one of this interactive two-week camp will include team building activities and leadership sessions among a variety of summer camp activities. During the second week, you will participate in 15 to 30 hours of supervised hands-on volunteer experience as you assist at various recreation programs. Fee includes a t-shirt.

M-F, Jul 2-12 | 8:30 am-4:30 pm | \$414/9 | [116839](#)

M-F, Jul 15-26 | 8:30 am-4:30 pm | \$460/10 | [116856](#)

M-F, Jul 29-Aug 9 | 8:30 am-4:30 pm | \$414/9 | [116858](#)

M-F, Aug 12-23 | 8:30 am-4:30 pm | \$460/10 | [116861](#)

**Beban Park Social Centre**

## Camp ParadiCE

**6 to 16 Years**

A camp for recreational figure skaters (minimum RecSkate 4). Learn skills at your own pace with an emphasis on fun and participation. Each day will include three ice times, other fun off-ice activities and movie time.

M-F, Aug 26-30 | 8:30 am-4:30 pm | \$225/5 | [115220](#)

**Nanaimo Ice Centre**

## Merfolk Camp

**8 to 12 Years**

Do you enjoy the water? Feel like you could live under the sea? Join others in this fun camp adventure as you transform your feet into fins and swim like the merfolk and dolphins! Who says dreams have to stay dreams? Come channel your desire to join the life under the sea. Enjoy creating new treasures and playing games with our fun aquatic leaders. (Minimum Swimmer 4 level to participate.)

M-F, Jul 8-12 | 12:30-4:30 pm | \$150/5 | [116814](#)

M-F, Aug 12-16 | 12:30-4:30 pm | \$150/5 | [116815](#)

**Westwood Lake Park (first beach)**

## Survivor Skills Challenge Camp

**8 to 12 Years**

Young castaways, embark on an incredible journey in an effort to outwit, outplay and outlast one another. Compete for the ultimate prize and bragging rights. Join us for a week of challenges in, on and around the water. This program includes one hour of swimming lessons each day. (Participants must be at a level Swimmer 4 ability or have successfully completed the Swim to Survive Challenge.)

M-F, Jul 29-Aug 2 | 12:30-4:30 pm | \$150/5 | [116816](#)

**Westwood Lake Park (first beach)**

### Oh, shoot!

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



cityofnanaimo



prc\_nanaimo (#ilovemyparksandrec)



# Nanaimo Parks, Recreation & Culture Weekly Camps

Full and partial day programs and camps.

## Junior Lifeguard Club Camp **NEW!**

8 to 13 Years

Join this exciting skills camp which takes you in, on and around the water. Develop new lifesaving skills and learn attitudes that could one day save your life or someone else's. Focus 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. (Minimum Swimmer 4 level or have successfully completed the Swim to Survive Challenge to participate.)

M-F, Jul 15-19 | 12:30-4:30 pm | \$175/5 | [116832](#)  
Westwood Lake Park (first beach)

## Lifesaving Sport Camp - **NEW!**

Fundamental Levels 3-5  
10 to 15 Years

Lifesaving Sport is the only sport in the world where participants first learn the skills for humanitarian purposes and later use those skills in competition. The International Olympic Committee (IOC) and the Commonwealth Games Federation both recognize the International Life Saving Federation (ILS) as the world governing body for Lifesaving Sport. The Lifesaving Society represents Canada and is the governing body for Lifesaving Sport Canada. It promotes competition as a training incentive and a showcase for the abilities and professionalism of our lifeguards. (Minimum Swimmer 4 level or have successfully completed the Swim to Survive Challenge to participate.)

M-F, Jul 22-26 | 12:30-4:30 pm | \$175/5 | [116827](#)  
Westwood Lake Park (first beach)

## Rhythm & Rhyme: Intro to **NEW!** Creative Dance, Speech, Arts, Drama

6 to 8 Years

Spend the week exploring creative movement, simple dance routines and get experience in speech arts and drama using the best of children's poems and books. This camp culminates with a short performance on the last day for your parents.

M-F, Jul 8-12 | 9 am-12 pm | \$180/5 | [116437](#)  
Beban Social Centre

## The Young Puppeteer's Camp **NEW!**

9 to 12 Years

Indulge both your love of theatre and your love of crafts through the art of magic puppetry. Although the main focus is on the technique of puppeteering, you will have a chance to make finger, sock, stick and rod puppets while working on techniques of puppetry, building characters and creating short plays.

M-F, Jul 15-19 | 9 am-12 pm | \$180/5 | [116438](#)  
Beban Social Centre

## Theatre Camp with Nanaimo **NEW!**

Young Person's Theatre

9 to 12 Years

Immerse into the theatre as we focus on performance training, teamwork, stage movement and characterization - all with the goal of putting on a scripted play for your parents on the final day. There is no singing required for this program.

M-F, Jul 29-Aug 2 | 10 am-4 pm | \$325/5 | [116441](#)  
Beban Social Centre

## Playwriting Camp with Nanaimo **NEW!**

Young Person's Theatre

12 to 17 Years

You will learn how to write for the stage by working on (and performing in) short playwriting exercises. Let your creative side shine!

M-F, Jul 22-26 | 1-4 pm | \$180/5 | [116442](#)  
Beban Social Centre





# Nanaimo Parks, Recreation & Culture Weekly Camps

Full and partial day programs and camps.

## 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.

Tue, May 21-Jun 25 | 5-6 pm | \$48/6 | [116343](#)

Thu, Jul 11-Aug 29 | 2:30-3:30 pm | \$64/8 | [116707](#)

Oliver Woods Community Centre

## 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, Apr 5-May 17 | 4:45-5:45 pm | \$56/7 | [116362](#)

Fri, May 24-Jun 28 | 4:45-5:45 pm | \$48/6 | [116363](#)

Thu, Jul 11-Aug 29 | 1:15-2:15 pm | \$56/7 | [116705](#)

Oliver Woods Community Centre

## Summer Hoops

7 to 10 Years

Summertime and basketball - the best way to spend some of your time away from school. Have a great time while learning the fundamentals of the game.

Thu, Jul 11-Aug 29 | 12-1 pm | \$56/7 | [116704](#)

Oliver Woods Community Centre

## Farm to Fork Mini Camp

The true farm to fork concept for youth! This camp will be led by passionate facilitators to introduce outdoor ecology, different cooking techniques and flavour combos. In an outdoor kitchen at the farm, the group will gain confidence growing food, harvesting and making nourishing meals.

7 to 12 Years

Tue-Thu, Jul 2-4 | 10 am-12 pm | \$100/3 | [116672](#)

Tue-Thu, Jul 30-Aug 1 | 10 am-12 pm | \$100/3 | [116673](#)

Tue-Thu, Aug 27-29 | 10 am-12 pm | \$100/3 | [116674](#)

11 to 14 Years

Tue-Thu, Jul 16-18 | 10 am-12 pm | \$100/3 | [116966](#)

Tue-Thu, Aug 20-22 | 10 am-12 pm | \$100/3 | [116967](#)

Park Avenue Farm (945 Park Ave)

## Grow Food Get Cooking Camp

8 to 13 Years

Get hands-on practice with food growing and gaining cooking skills. The true farm to fork experience for youth will be led by passionate facilitators to introduce outdoor ecology, stewardship of the environment, food growing basics, different cooking techniques and flavour combos. In an outdoor kitchen at the farm, the group will gain confidence growing food, harvesting and making nourishing meals.

M-F, Jul 8-12 | 9 am-3 pm | \$335/5 | [115483](#)

M-F, Jul 22-26 | 9 am-3 pm | \$335/5 | [115484](#)

M-F, Aug 12-16 | 9 am-3 pm | \$335/5 | [115489](#)

Park Avenue Farm (945 Park Ave)

## Junior Paddler Adventure

6 to 9 Years

Dive into the world of water sports at Long Lake! Our program is tailored for adventure that offers a perfect blend of skill building, teamwork and outdoor fun. Glide through the waters in our big canoes, paddle boards, canoes and kayaks mastering the art of paddling while forging friendships and fitness.

Instructor: Nanaimo Canoe & Kayak Club

Sat, May 4-Jun 1 | 9-10 am | \$80/4 | [117144](#)

Sat, Jun 8-29 | 9-10 am | \$80/4 | [117146](#)

Sat, Jul 6-27 | 9-10 am | \$80/4 | [117151](#)

Sat, Aug 10-31 | 9-10 am | \$80/4 | [117153](#)

Long Lake/Loudon Park

## Kids Intro to Paddling

8 to 12 Years

This program will introduce you to the wonderful world of paddle sports in a fun and supportive environment. Learn the three fundamental sport skills of balance, steering and propulsion in a variety of human powered watercraft, including kayaks, canoes and paddleboards. Challenge yourself at the optional Rally to Race fun regatta at the end of June on Long Lake.

Instructor: Nanaimo Canoe & Kayak Club

Wed, May 1-Jun 19 | 4:30-6 pm | \$144/8 | [117097](#)

Wed, Jul 3-Aug 21 | 6-7:30 pm | \$144/8 | 90573

Long Lake/Loudon Park

## Kids Intro to Sprint Kayak and Canoe

8 to 12 Years

Are you comfortable in a recreational kayak or canoe and looking for something more challenging? This is an exciting sport that fosters teamwork, fitness and a love of the outdoors. The program will cover the balance, propulsion and steering of sprint boats, proper care and handling of equipment and an introduction to racing technique. Be prepared to get wet!

Instructor: Nanaimo Canoe & Kayak Club

Mon, Apr 1-22 | 4:30-6 pm | \$100/4 | [117099](#)

Mon, Apr 29-May 27 | 4:30-6 pm | \$100/4 | [117100](#)

Mon, Jun 3-24 | 4:30-6 pm | \$100/4 | [117102](#)

Mon, Jul 8-29 | 6-7:30 pm | \$100/4 | [117103](#)

Long Lake/Loudon Park



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# Partnership Camps and Programs

We are happy to bring these camp opportunities to you in partnership with community organizations and businesses. Register through us at [recreation.nanaimo.ca](http://recreation.nanaimo.ca) or by calling us at 250-756-5200.

## Kam Soccer Camp

Coaches will guide you through the basics of soccer incorporating lots of time to play games. Price includes a KAM soccer jersey, and full day option includes swimming.

### Half Day: 6 to 13 Years

M-F, Jul 8-12 | 9 am-12 pm | \$180/5 | [117233](#)  
M-F, Jul 15-19 | 9 am-12 pm | \$180/5 | [117240](#)  
M-F, Aug 12-16 | 9 am-12 pm | \$180/5 | [118904](#)  
M-F, Aug 19-23 | 9 am-12 pm | \$180/5 | [118907](#)

### Full Day: 6 to 13 Years

M-F, Jul 8-12 | 9 am-4 pm | \$295/5 | [117236](#)  
M-F, Jul 15-19 | 9 am-4 pm | \$295/5 | [117238](#)  
M-F, Aug 12-16 | 9 am-4 pm | \$295/5 | [118903](#)  
M-F, Aug 19-23 | 9 am-4 pm | \$295/5 | [118906](#)

**Beban Artificial Turf Fields**

## Soccertron Soccer Camp

There is no better start to the season than a full week at Soccertron where emphasis is on improving individual skills and developing techniques, such as communication, defensive and offensive play. Children will be put into appropriate age groups and skill levels. Camp includes a T-shirt. Please remember sunscreen, hat, snack, lunch and water bottle.

### 4 to 5 Years

M-F, Jul 29-Aug 2 | 1:30-2:30 pm | \$100/5 | [116658](#)

### 6 to 9 Years

M-F, Jul 29-Aug 2 | 9 am-12 pm | \$180/5 | [116657](#)

### 7 to 12 Years

M-F, Jul 29-Aug 2 | 9 am-4 pm | \$300/5 | [116655](#)

### 10 to 14 Years

M-F, Jul 29-Aug 24 | 9 am-12 pm | \$180/5 | [116656](#)

**Bowen West Field**

## Eli Pasquale Basketball

### 8 to 14 Years

Eli Pasquale has been bringing basketball to the community since 1984! Learn the fundamentals and develop offensive and defensive skills.

**Instructor: Eli Pasquale Staff**

Tu-F, Aug 6-9 | 9 am-12 pm | \$144/4 | [116660](#)

Tu-F, Aug 6-9 | 1-4 pm | \$144/4 | [116661](#)

Tu-F, Aug 6-9 | 9 am-4 pm | \$240/4 | [116659](#)

**Oliver Woods Community Centre**

## Progressive Tennis

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

### 5 to 7 Years

Tu-F, Jul 2-5 | 9-10 am | \$78/4 | [116316](#)

M-F, Jul 8-12 | 9-10 am | \$98/5 | [116319](#)

M-F, Jul 15-19 | 9-10 am | \$98/5 | [116321](#)

M-F, Jul 22-26 | 9-10 am | \$98/5 | [116323](#)

M-F, Jul 29-Aug 2 | 9-10 am | \$98/5 | [116325](#)

Tu-F, Aug 6-9 | 9-10 am | \$78/4 | [116327](#)

M-F, Aug 12-16 | 9-10 am | \$98/5 | [116330](#)

M-F, Aug 19-23 | 9-10 am | \$98/5 | [116335](#)

M-F, Aug 26-30 | 9-10 am | \$98/5 | [116340](#)

### 8 to 11 Years

Tu-F, Jul 2-5 | 10-11:30 am | \$117/4 | [116317](#)

M-F, Jul 8-12 | 10-11:30 am | \$147/5 | [116320](#)

M-F, Jul 15-19 | 10-11:30 am | \$147/5 | [116322](#)

M-F, Jul 22-26 | 10-11:30 am | \$147/5 | [116324](#)

M-F, Jul 29-Aug 2 | 10-11:30 am | \$147/5 | [116326](#)

Tu-F, Aug 6-9 | 10-11:30 am | \$117/4 | [116329](#)

M-F, Aug 12-16 | 10-11:30 am | \$147/5 | [116333](#)

M-F, Aug 19-23 | 10-11:30 am | \$147/5 | [116337](#)

M-F, Aug 26-30 | 10-11:30 am | \$147/5 | [116341](#)

**Westwood Tennis Club**

## Golf Camp

Participants will learn the fundamentals of the golf swing and the short game. Equipment is available if needed. Student to coach ratio is 6 to 1.

**Instructor: Beban Park Golf Course Staff**

### Pee Wee Putters - 5 to 7 Years

Tu-Th, Jun 11-13 | 4-5 pm | \$115/3 | [116490](#)

Tu-Th, Jul 16-18 | 4-5 pm | \$115/3 | [116491](#)

Tu-Th, Aug 13-15 | 4-5 pm | \$115/3 | [116492](#)

### Junior - 8 to 12 Years

Tu-Th, Jul 9-11 | 9:30-11:30 am | \$175/3 | [116483](#)

Tu-Th, Jul 16-18 | 9:30-11:30 am | \$175/3 | [116484](#)

Tu-Th, Jul 23-25 | 9:30-11:30 am | \$175/3 | [116485](#)

Tu-Th, Aug 6-8 | 9:30-11:30 am | \$175/3 | [116486](#)

Tu-Th, Aug 20-22 | 9:30-11:30 am | \$175/3 | [116487](#)

**Beban Park Golf Course & Driving Range**

## Rock Climbing

### 6 to 12 Years

Climb the walls this summer! Experience the essence of rock climbing except we will do it indoors. We will mix in some non wall time to keep things interesting with games and other activities. Shoe rentals and harnesses are included. Remember to complete the waiver form prior to arriving on the first day found at [climbromperroom.com/waiver](http://climbromperroom.com/waiver).

M-F, Jul 8-12 | 9:30-11:30 am | \$200/5 | [109515](#)

M-F, Jul 8-12 | 12-2 pm | \$200/5 | [109516](#)

M-F, Jul 15-19 | 9:30-11:30 am | \$200/5 | [109517](#)

M-F, Jul 15-19 | 12-2 pm | \$200/5 | [109518](#)

M-F, Jul 22-26 | 9:30-11:30 am | \$200/5 | [109519](#)

M-F, Jul 22-26 | 12-2 pm | \$200/5 | [109523](#)

M-F, Jul 29-Aug 2 | 9:30-11:30 am | \$200/5 | [109524](#)

M-F, Jul 29-Aug 2 | 12-2 pm | \$200/5 | [109525](#)

M-F, Aug 12-16 | 9:30-11:30 am | \$200/5 | [109530](#)

M-F, Aug 12-16 | 12-2 pm | \$200/5 | [109531](#)

M-F, Aug 19-23 | 9:30-11:30 am | \$200/5 | [109533](#)

M-F, Aug 19-23 | 12-2 pm | \$200/5 | [109534](#)

M-F, Aug 26-30 | 9:30-11:30 am | \$200/5 | [109535](#)

M-F, Aug 26-30 | 12-2 pm | \$200/5 | [109536](#)

**Romper Room Climbing Gym (4235 Boban Dr)**

## Circus Camp

### 8 to 12 Years

Join in on this popular camp filled with games and lots of learning. Explore a sampling of fun skills, such as juggling, hoop, acrobatics, balancing, swordplay, or staff. Families are invited to celebrate with us at the Friday Circus Show!

**Instructor: Vesta Entertainment Circus Troupe**

Tu-F, Jul 2-5 | 8:30 am-2:30 pm | \$175/4 | [116862](#)

M-F, Aug 19-23 | 8:30 am-2:30 pm | \$219/5 | [116863](#)

**Beban Park Social Centre**

## Dance with Vibe Camp

Get an introduction to dance with the main focus on hip hop and styles of hip hop like grooving, old school, bboy, house etc.

**Instructor: Vibe Dance Studio Staff**

### 5 to 7 Years

M-F, Jul 15-19 | 4-5 pm | \$100/5 | [115144](#)

### 8 to 11 Years

M-F, Jul 15-19 | 5:15-6:30 pm | \$125/5 | [117842](#)

**Vibe Dance Studio**



# Partnership Camps and Programs

We are happy to bring these camp opportunities to you in partnership with community organizations and businesses. Register through us at [recreation.nanaimo.ca](http://recreation.nanaimo.ca) or by calling us at 250-756-5200.

## Highland Dance

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

Instructor: Brigadoon Dance Academy

### 3 to 5 Years - Tartan Tots

Tue, Jul 17-Aug 7 | 4:15-5 pm | \$50/4 | [116497](http://116497)

### 6 to 12 Years - Kilts & Hiltts

Tue, Jul 17-Aug 7 | 5:15-6 pm | \$50/4 | [116498](http://116498)

Oliver Woods Community Centre

## Rhythm Kids® Music Camp

### 5 to 8 Years

This camp is designed for kids in Kindergarten to Grade 2 who will build up musical confidence using djembe drums, percussion instruments and the most important instruments of all, their voices and their bodies. The "Tree Frog" song collection will introduce music inspired by the rhythms of many different cultures through singing, creative movement, crafts and musical games. Families can enjoy practice sessions at home with an app/cd, a songbook and online play-along videos. For more program information, please visit [www.seasonstudio.com](http://www.seasonstudio.com). There is a \$50 program fee for this camp which is non-refundable after the first day of camp (siblings will receive a \$50 refund).

Instructor: Karita Sedun

M-F, Jul 8-12 | 9 am-12 pm | \$175/5 | [115993](http://115993)

M-F, Jul 15-19 | 9 am-12 pm | \$175/5 | [115992](http://115992)

Kin Hut Activity Centre

## Kirkwood's "The Little Mermaid"

### Summer Dance Club

#### 6 to 12 Years

Join us for a fun-filled week of acting, dancing and crafting inspired by the hit movie "The Little Mermaid". Children will spend a creative week constructing props, costumes and sets, learning fun choreography from our artistic team and participating in a mini-musical production on the final day of camp.

Instructor: Kirkwood Academy Staff

M-F, Jul 8-12 | 9 am-4 pm | \$395/5 | [115136](http://115136)

M-F, Jul 15-19 | 9 am-4 pm | \$395/5 | [115137](http://115137)

Beban Social Centre

## Musical Theatre Camp

### 9 to 12 Years

Focus 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 on Friday afternoon.

Instructor: Nanaimo Conservatory of Music

M-F, Jul 15-19 | 10 am-4 pm | \$325/5 | [114308](http://114308)

Nanaimo Conservatory of Music (375 Selby St.)

## Byte Camp - Music Video Production

### 9 to 12 Years

Camp time will be split between digital music composition, video filming and editing. Use amazing software tools to craft your very own song from scratch. We will show you the basics on beats, baselines, chords and melodies so that your song will sound awesome! Experiment with video, special effects and other editing techniques.

Tu-F, Jul 2-5 | 9 am-3 pm | \$415/4 | [116949](http://116949)

Beban Park Social Centre

## Byte Camp - 3D Animation

### 11 to 14 Years

Dreaming of a career with Pixar? Spend the week learning how those movies are made by modeling, animating and telling your story in 3D using the free software "Blender". Final projects are usually group projects.

M-F, Jul 8-12 | 9 am-3 pm | \$470/5 | [116951](http://116951)

Beban Park Social Centre

## Byte Camp - Claymation

### Movie Production

#### 9 to 12 Years

Make your own clay characters come to life! You will work with a partner to build your own clay characters, sets and props, develop a script, shoot movie scenes and then edit and add sounds and special effects. Don't worry, parents, there will be plenty of time devoted to outdoor games and activities.

M-F, Jul 15-19 | 9 am-3 pm | \$470/5 | [116952](http://116952)

Beban Park Social Centre

## Byte Camp - Intro to Coding

### 9 to 12 Years

Discover how much fun it is to build your own game! You will be introduced to basic coding skills with easy-to-use drag and drop software and get to use those skills to make your very own custom games. Your final project is a game that you can take home to proudly share online or with friends.

M-F, Jul 29-Aug 2 | 9 am-3 pm | \$470/5 | [116953](http://116953)

Beban Park Social Centre

## Byte Camp - Build an App

### 11 to 14 Years

Learn how to design, code, test and deploy your very own app! Use the gyroscope, tapping and dragging or anything else you can think of to build your app from scratch. Each day a new project is introduced and you are taken through the steps of understanding and working with these new code ideas. Byte Camp's 2D Video Game Design is recommended as a prerequisite.

Tu-F, Aug 6-9 | 9 am-3 pm | \$415/4 | [116959](http://116959)

Beban Park Social Centre

## Byte Camp - Intro to Coding Level 2

### 9 to 12 Years

Level up your coding and artwork skills in this fun and challenging camp. You will take on advanced character movements and level design to make characters, levels and game play that are unique. Previous coding experience in Scratch or Byte Camp's - Intro to Coding is recommended.

M-F, Aug 12-16 | 9 am-3 pm | \$470/5 | [116956](http://116956)

Beban Park Social Centre

## Byte Camp - 2D Video Game Design

### 11 to 14 Years

Learn how to build an HTML 5 game using free tools and how to create advanced 2D vector artwork and animated characters to make your game look great. The final project is a game you can take home to proudly share with friends online. No previous experience is required; however, Introduction to Coding is recommended.

M-F, Aug 26-30 | 9 am-3 pm | \$470/5 | [116957](http://116957)

Beban Park Social Centre



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## ARTS CAMP FOR KIDS



NANAIMO  
CERAMIC  
ARTS  
STUDIO & GALLERY

**MARCH 11 - 15, 9 AM - 4:30 PM**  
Spring Break: Fantasy & Fauna, Visual Arts Camp

**JULY 8 - 12**  
Comic Camp (AM)  
Art from Sea to Sky (PM)

**AUGUST 19 - 23**  
Far Flung Fairy Tales (AM) / Midnight Gardens (PM)  
Offering After School Weekly Arts Program (Spring/Fall)

**Learn More and Register - See Website**  
**115 CHAPEL ST. 250-754-8377**  
**WWW.NANAIMOCERAMICARTS.COM**



Everyone  
Welcome!

*located at Bowen Park (500 Bowen Rd)*

## Nanaimo Lawn Bowling Club OPEN HOUSES

Saturday, April 13, 20 & 27  
1-4 pm



Come and check out our **NEW**  
Special Introductory Programs

Junior & Adult programs start in May

**BOWLING IS FUN! BOWLING IS CHALLENGING!**

## WANTED CITY OF NANAIMO LIFEGUARDS



To bring fun,  
fitness and safety to  
our community at  
Nanaimo Aquatic Centre  
and Beban Pool!

### Requirements:

- Completed Bronze Medallion
- Completed Bronze Cross
- Completed Standard First Aid CPR C
- Completed National Lifeguard Award
- Completed Lifesaving Society Swim Instructor



APPLY TODAY!

**See page 84 & 85 for training opportunities.**

# COMMUNITY CONNECTIONS

## Try Canoe-Kayak! Paddle for fun, fitness & friendships!

Located at Loudon Park, Long Lake, NCKC offers diverse paddling opportunities to people of all ages and abilities. As a not-for-profit sport organization, NCKC promotes healthy, active living and offers quality programming focused on sports skill development, water safety and outdoor recreation.



- Adult & Youth Programs • Sprint Canoe-Kayak • Birthday Parties • Development Racing Program
- Group Sessions • School Field Trips • Adaptive Programs • Ongoing Registration



**Nanaimo Canoe & Kayak Club**  
Building Paddlers for Life since 1988

## SUMMER CAMPS

Weekly in July & August for children 6-13 yrs

Come learn the 'FUN'damental paddling skills on Long Lake! Spend time in a variety of different boats, learn about the sport, practice new strokes, try some rescues, develop balance, boat control and play games on and off the water. Participants must be able to swim 50M with a PDF or be a Swimmer 5.

Registration open online - March 11 @ 6 am



information@nckc.ca | 250-758-4052  
**www.nckc.ca**

## WANTED...

People with special skills and talents that like to teach!



Find more details at [www.nanaimo.ca](http://www.nanaimo.ca) and search "Program Proposal Form".

Parks, Recreation & Culture is always looking for new, creative course ideas! If you are somebody that has a special skill or talent that you think would make a good class for our community, let us know by submitting a program proposal.



250.756.5200  
[www.nanaimo.ca](http://www.nanaimo.ca)  
parksandrecreation@nanaimo.ca

## 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

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\*Please leave the dancer's name, age & grade\*



Facebook: Brigadoon Dance Academy



cityofnanaimo



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