

Tiny Tales & Tunes NEW!

0 to 12 Months

This joyful and engaging class is designed for parents and babies to bond through interactive rhymes and songs. For the babies, we will focus on early language development and social skills while also enhancing guidance, support and socializing for parents during these important early months. Class is for parent/caregiver and registered child.

Instructor: Moire Porter

Mon, Mar 24-Apr 14 | 9:30-10 am | \$20/4 | [133860](#)

Mon, Mar 24-Apr 14 | 10:30-11 am | \$20/4 | [133861](#)

Beban Park Social Centre

Gym Pals D

1 to 5 Years

Hey, kids! Bring your parents and climb, jump and play! This parent participation program allows time for tots to explore and develop motor skills. A drop-in fee of \$10/child is available depending on space.

Fri, Apr 4-May 16 | 9:45-10:45 am | \$48/6 | [136636](#)

Fri, Apr 4-May 16 | 11 am-12 pm | \$48/6 | [136637](#)

Fri, May 23-Jun 20 | 9:45-10:45 am | \$40/5 | [136638](#)

Fri, May 23-Jun 20 | 11 am-12 pm | \$40/5 | [136639](#)

Oliver Woods Community Centre

Active Tots D

2 to 5 Years

Active Tots is a great experience for children to develop athletic, social and intellectual skills in a fun and active environment. Each week a different sport will be set up for you and your tot to enjoy together. There will also be a mini gymnastics circuit set up each week. This class requires parent participation. A drop-in fee of \$10 is available depending on space.

Wed, Apr 2-May 14 | 11 am-12 pm | \$56/7 | [136606](#)

Wed, May 21-Jun 25 | 11 am-12 pm | \$48/6 | [136607](#)

Oliver Woods Community Centre

PLEASE NOTE:

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

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



Early Years & Children

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

Court Kids

1 to 5 Years

A FREE, fun, safe space to introduce your child to unstructured physical activity! Your child will get to play, move, climb, jump, slide and have a blast on a variety of gym equipment. Parent/caregiver participation is required. Please pre-register; no drop-in is available. Keep an eye on our social media channels and website for weekend pop-up dates throughout the spring.

Tue, Apr 8-Jun 10 | 9-11 am | FREE/10 | [133862](#)

Beban Park Social Centre

Ready, Set, Learn - Pizza & Play

3 to 5 Years

This is a family-oriented playtime where you take part in a variety of play-based activities. This program is funded by the Ministry of Education and offered in partnership with Nanaimo Ladysmith Public Schools, PacificCARE and the City of Nanaimo. This session is free!

Mon, Mar 10 | 5-6:30 pm | École Hammond Bay



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. 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

Birth to Rolling

Tue, Apr 1-May 27 | 11-11:45 am | \$108/9 | [140865](#)

Crawling (or 7 months) to Standing

Tue, Apr 1-May 27 | 12-12:45 pm | \$108/9 | [140872](#)

Kin Hut Activity Centre



cityofnanaimo



prc_nanaimo (#ilovemyparksandrec)

PLAY & LEARN

Early Years Programs for
Ages 18 Mos. to 5 yrs

1 & 2 day options
to give you more
flexibility with your
schedule!

Our “Play & Learn” early years programs, led by experienced, fun and dedicated staff, will teach your child how enjoyable learning can be! Through interactive play, arts & crafts, stories, tumble time and basic academic prep activities, your child will develop skills that will help prepare them for Kindergarten and all of the milestones to follow.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BEBAN 9-11 am	Crickets	Kinder Prep (2 day reg)	Busy Bees (1 day reg)	Kinder Prep (2 day reg)	Busy Bees (1 day reg)
BEBAN 11:30 am-1:30 pm		Animal Crackers (2 day reg)	Kinder Prep (1 day reg)	Animal Crackers (2 day reg)	
OLIVER WOODS 9-11 am	Kinder Prep Active Shorts (1 day reg)	Doodle Bugs (2 day reg)	Kinder Prep Culinary Kids (1 day reg)	Doodle Bugs (2 day reg)	
OLIVER WOODS 11:30 am-1:30 pm		Kinder Prep (2 day reg)	Crickets (11:30 am-1 pm)	Kinder Prep (2 day reg)	

*Please note: for single day programs, activities will vary based on the day you sign up for.



Julie Miller



Lynn Macaulay



Edie Vos

(Please note: 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, you will be charged for the first class.

Crickets

18 Months to 3 Years

This interactive and engaging class encourages opportunities to bond with your little one, introduce social skills, participate in group play and explore basic movements through traditional programming, such as circle time, stories, songs, crafts, play stations and tumble time. Parent participation is required.

Instructor: Lynn Macaulay

Mondays, 9-11 am

Apr: \$60/3 (#12033) Jun: \$60/3 (#115140)

May: \$60/3 (#115139)

Beban Park Social Centre

Wednesdays, 11:30 am-1 pm

Apr: \$75/5 (#122074) Jun: \$45/3 (#122076)

May: \$60/4 (#122075)

Oliver Woods Community Centre

Animal Crackers

3 to 5 Years

Through monthly themes and a diverse range of activities, you can expect your child to experience music and movement, arts and crafts, gym time, field trips and active based games. These activities will help children to develop fundamental motor skills, learn new social skills and explore their creative side and imagination in a fun, supportive environment.

Instructors: Julie Miller & Edie Vos

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

Apr: \$180/9 (#121895) Jun: \$120/6 (#121898)

May: \$180/9 (#121897)

Beban Park Social Centre



Check out our one-day class options! Select one, two or more or mix & match classes at different locations.

*Classes may be cancelled due to insufficient registration a week prior to start date.
Register all the way up to June 2025. Ask about our payment plan!*

Doodle Bugs

3 to 5 Years

Our Doodle Bugs class has a little bit of everything for young learners! Through a diverse range of activities like music and movement, arts and crafts and active based games, children will develop fundamental motor skills, learn new social skills, and explore their creative side and imagination in a fun, supportive environment.

Instructor: Cindy Cormons

Tuesdays & Thursdays, 9-11 am

Apr: \$180/9 (#122027) Jun: \$120/6 (#122029)

May: \$180/9 (#122028)

Oliver Woods Community Centre

Busy Bees

3 to 5 Years

Welcome to Busy Bees where your child will be buzzing around having fun learning about themselves and the world around them. Children will be encouraged to be curious, try new activities, meet new friends and engage with their community through hands-on experiences and playful learning. Some of the activities might include skating, tumble time, yoga, dance, gym time, pottery and science.

Instructors: Julie Miller & Edie Vos

Wednesdays, 9-11 am

Apr: \$100/5 (#121953) Jun: \$60/3 (#121955)

May: \$80/4 (#121954)

Beban Park Social Centre

Fridays, 9-11 am

Apr: \$60/3 (#121964) Jun: \$60/3 (#121966)

May: \$100/5 (#121965)

Beban Park Social Centre

Kinder Prep

4 to 5 Years

Kinder Prep is designed to help set the groundwork for a positive transition into Kindergarten by providing both the academic and social tools to feel prepared for the next step. Children will spend time moving, creating, playing and learning about themselves through a variety of activities.

Instructors: Julie Miller & Edie Vos

Wednesdays, 11:30 am-1:30 pm

Apr: \$100/5 (#121987) Jun: \$60/3 (#121991)

May: \$80/4 (#121990)

Beban Park Social Centre

Tuesdays & Thursdays, 9-11 am

Apr: \$180/9 (#121975) Jun: \$120/6 (#121977)

May: \$180/9 (#121976)

Beban Park Social Centre

Instructor: Cindy Cormons

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

Apr: \$180/9 (#122000) Jun: \$120/6 (#122002)

May: \$180/9 (#122001)

Oliver Woods Community Centre

Kinder Prep - Active Shorts

4 to 5 Years

This class is a blend of the traditional Kinder Prep class where we focus on academic prep skills, social skills and preparing your child to enter Kindergarten but with an active based sport twist. We will spend time learning gross motor skills, moving in gym time, trying out various activities like yoga, sports and dance through community instructors and creating active-themed crafts.

Instructor: Cindy Cormons

Mondays, 9-11 am

Apr: \$60/3 (#122054) Jun: \$60/3 (#122056)

May: \$60/3 (#122055)

Oliver Woods Community Centre

Kinder Prep - Culinary Kids

4 to 5 Years

This class is a blend of the traditional Kinder Prep class where we focus on academic prep skills, social skills and preparing your child to enter Kindergarten but with a culinary twist. This engaging and interactive class will help to inspire creativity, build confidence and introduce kids to basic kitchen skills. We will spend time learning how to make a fun and tasty snack, explore different ingredients, create edible arts and crafts and learn about nutritious choices.

Instructor: Cindy Cormons & Pam Brugge

Wednesdays, 9-11 am

Apr: \$100/5 (#122064) Jun: \$60/3 (#122066)

May: \$80/4 (#122065)

Oliver Woods Community Centre



cityofnanaimo



prc_nanaimo (#ilovemyparksandrec)



Children's Arts & Crafts

Mudpies - Pottery

3 to 5 Years

This class is designed to keep little hands busy while pinching, rolling and squeezing clay. Basic handbuilding skills will be utilized as children have fun working on and creating each unique ceramic piece. Parent participation is recommended. Dress for mess!

Instructor: Selena Unger

Mon, Apr 28-May 26 | 10:30-11:15 am | \$72/4 | [133057](#)

Mon, Jun 2-23 | 10:30-11:15 am | \$72/4 | [133058](#)

Bowen Pottery Studio

Handbuilding for Children - Pottery

6 to 12 Years

Children will learn basic pottery handbuilding skills like 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 28-May 26 | 4-5 pm | \$82/4 | [133063](#)

Mon, Jun 2-23 | 4-5 pm | \$82/4 | [133064](#)

Mon, Jul 7-28 | 4-5 pm | \$82/4 | [139524](#)

Tue, Jul 8-29 | 9-10 am | \$82/4 | [139529](#)

Thu, Jul 10-31 | 12-1 pm | \$82/4 | [139563](#)

Fri, Jul 11-Aug 1 | 9:30-10:30 am | \$82/4 | [139561](#)

Tue, Aug 5-26 | 9-10 am | \$82/4 | [139530](#)

Thu, Aug 7-28 | 12-1 pm | \$82/4 | [139564](#)

Fri, Aug 8-22 | 9:30-10:30 am | \$62/3 | [139562](#)

Mon, Aug 11-25 | 4-5 pm | \$62/3 | [139525](#)

Bowen Pottery Studio

Dress Up Storytime & Craft

3 to 5 Years

Put on your favourite costume and then explore your imagination and creativity with Miss Lynn as she combines the wonder of storytelling with the joy of a hands-on craft. Parent participation is required.

Instructor: Miss Lynn

Fri, Apr 25 | 9:30-10:30 am | \$8/1 | [139474](#)

Fri, May 23 | 9:30-10:30 am | \$8/1 | [139475](#)

Fri, Jun 13 | 9:30-10:30 am | \$8/1 | [139476](#)

Kin Hut Activity Centre

Prehistoric Pals

2 to 5 Years

Join us for an exciting journey as we travel back in time. Kids will have a blast creating dinosaur-themed crafts, playing with fun dino toys, digging for fossils and learning all about dinosaurs! Parent participation is required.

Instructor: Gabby Dunn

Fri, May 9 | 9:15-10:30 am | \$12/1 | [132869](#)

Kin Hut Activity Centre

Crafty Bunnies & Playtime

2 to 4 Years

Join us for our eggciting Easter craft and playtime program! You'll create colourful crafts, play on our fun equipment and have fun in a mini-Easter egg hunt. Parent participation is required.

Instructor: Gabby Dunn

Fri, Apr 11 | 9:30-10:30 am | \$12/1 | [132867](#)

Fri, Apr 11 | 10:45-11:45 am | \$12/1 | [132868](#)

Beban Park Social Centre

Spring Bloom Art Splash

5 to 11 Years

Discover a range of artistic skills, including drawing, painting, colouring and more to spark your creativity in this spring-themed class.

Thu, Apr 3-24 | 4-4:45 pm | \$40/4 | [136749](#)

Thu, May 1-29 | 4-4:45 pm | \$50/5 | [136751](#)

Oliver Woods Community Centre

Summer Sun Art Splash

5 to 11 Years

Discover a range of artistic skills, including drawing, painting, colouring and more to spark your creativity in this summer-themed class.

Thu, Jun 5-26 | 4-4:45 pm | \$40/4 | [136755](#)

Oliver Woods Community Centre

Discover Your Inner Artist

7 to 11 Years

Young art enthusiasts will tap into their artistic potential by expressing their creativity through painting, drawing, collaging and more. Children will enhance their artistic abilities and will focus on a new project in this mixed media class.

Thu, Apr 3-24 | 5-5:45 pm | \$40/4 | [136758](#)

Thu, May 1-29 | 5-5:45 pm | \$50/5 | [136759](#)

Thu, Jun 5-26 | 5-5:45 pm | \$40/4 | [136761](#)

Oliver Woods Community Centre

Comic Book Development

7 to 13 Years

We will delve into the art of crafting comic strips, creating delightful illustrations and developing captivating characters. Students will be motivated to discover their own style while drawing inspiration from the masterpieces of renowned cartoonists and illustrators. The projects will be adjusted to accommodate the skill level of each participant.

Instructor: David Harvey

Sat, Apr 5-May 10 | 10-11 am | \$48/6 | [137437](#)

Sat, May 17-Jun 21 | 10-11 am | \$40/5 | [137439](#)

Oliver Woods Community Centre

Character Design Art

7 to 12 Years

Through lessons on drawing techniques, colour theory, shape manipulation and fashion design, you will learn how to effectively convey your characters' personalities to your audience. Project assignments will be tailored to accommodate your skill level.

Instructor: David Harvey

Sat, Apr 5-May 10 | 11:15 am-12:15 pm | \$48/6 | [137440](#)

Sat, May 17-Jun 21 | 11:15 am-12:15 pm | \$40/5 | [137441](#)

Oliver Woods Community Centre

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! For more information, please visit www.seasonstudio.com. Parent participation required. Siblings under 9 months may attend for free. There is a \$55 program fee for this course, which is non-refundable after the first class (siblings will receive a \$55 refund).

Instructor: Karita Sedun

Wed, Apr 9-Jun 11 | 9:15-10 am | \$130/10 | [136404](#)

Wed, Apr 9-Jun 11 | 10:15-11 am | \$130/10 | [136405](#)

Wed, Apr 9-Jun 11 | 11:15 am-12 pm | \$130/10 | [136406](#)

Thu, Apr 10-Jun 12 | 9:15-10 am | \$130/10 | [136407](#)

Thu, Apr 10-Jun 12 | 10:15-11 am | \$130/10 | [136409](#)

Thu, Apr 10-Jun 12 | 11:15 am-12 pm | \$130/10 | [136410](#)

Kin Hut Activity Centre

Tiny Tales & Tunes

0 to 12 Months

This joyful and engaging class is designed for parents and babies to bond through interactive rhymes and songs. For the babies, we will focus on early language development and social skills, while also enhancing guidance and support.

Instructor: Moire Porter

Mon, Mar 24-Apr 14 | 9:30-10 am | \$20/4 | [133860](#)

Mon, Mar 24-Apr 14 | 10:30-11 am | \$20/4 | [133861](#)

Beban Park Social Centre

Boogie Babies

6 to 18 Months

In this interactive class, babies and their caregivers will explore the world of music and movement together. Grown ups will enjoy stretching, dancing and playful exercises that keep both them and their babies moving. The class encourages bonding, physical activity and helps babies develop a love for music.

Instructor: Miss Jules

Tue, Apr 8-May 13 | 11-11:30 am | \$48/6 | [132875](#)

Beban Park Social Centre

Movin' with My Mini

18 Months to 3 Years

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

Instructor: Miss Jules

Tue, Apr 8-May 13 | 10:15-10:45 am | \$48/6 | [132877](#)

Beban Park Social Centre



Children's Dance & Music

Shimmy & Shake

2.5 to 4 Years

Does your child enjoy twirling, leaping and bouncing around the house and perhaps you do, too? Children get to enjoy simple routines, interactive movements and shake all the energy and wiggles out. This can be a grown up participation program or, if they are ready, let them show you their moves!

Instructor: Miss Jules

Tue, Apr 8-May 13 | 9:30-10 am | \$48/6 | [132876](#)

Tue, Apr 8-May 13 | 11:45 am-12:15 pm | \$48/6 | [132878](#)

Beban Park Social Centre

Magic Melodies NEW!

3 to 5 Years

This fun, interactive program introduces your little one to the joy of music in a group setting with you right by their side. Together, you'll explore rhythm, movement and different instruments in a playful and nurturing environment. This will help your child boost cognitive development and memory skills, strengthen social skills, enhance coordination with hands-on musical fun and encourage emotional expression through music.

Instructor: Nanaimo Conservatory of Nanaimo

Wed, Apr 9-May 14 | 9:30-10:15 am | \$80/6 | [133845](#)

Nanaimo Conservatory of Music (375 Selby St)

Baby Ballet

3 to 5 Years

This can be your child's first introduction to ballet in a fun-filled environment. Children will learn 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 5-May 17 | 11:30 am-12 pm | \$56/7 | [136696](#)

Sat, Apr 5-May 17 | 1:45-2:15 pm | \$56/7 | [136699](#)

Sat, May 24-Jun 21 | 11:30 am-12 pm | \$40/5 | [136700](#)

Sat, May 24-Jun 21 | 1:45-2:15 pm | \$40/5 | [136703](#)

Sat, Jul 19-Aug 30 | 11:30 am-12 pm | \$56/7 | [136733](#)

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 is required.

Sat, Apr 5-May 17 | 12:15-12:45 pm | \$56/7 | [136697](#)

Sat, May 24-Jun 21 | 12:15-12:45 pm | \$40/5 | [136701](#)

Sat, Jul 19-Aug 30 | 12:15-12:45 pm | \$56/7 | [136734](#)

Oliver Woods Community Centre



cityofnanaimo



prc_nanaimo (#ilovemyparksandrec)

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 movements to some energetic music. Children should wear leotards, shorts and dance slippers if available. If not, then bare feet is acceptable.

Sat, Apr 5-May 17 | 1-1:30 pm | \$56/7 | [136698](#)

Sat, May 24-Jun 21 | 1-1:30 pm | \$40/5 | [136702](#)

Sat, Jul 19-Aug 30 | 1-1:30 pm | \$56/7 | [136735](#)

Oliver Woods Community Centre

B-Fit Bhangra & Bollywood Dance

Get ready to feel the rhythm and energy of B-Fit! This high-energy class brings together the vibrant beats of Bhangra and the lively, colourful movements of Bollywood dance for a workout experience like no other. It's more than just fitness - it's a celebration of culture, music and movement!

Instructor: Sukhi Sangha, Vancouver Island Bhangra

3 to 6 Years

Tue, Apr 1-29 | 4:30-5 pm | \$60/4 | [132879](#)

7 to 13 Years

Tue, Apr 1-29 | 5:15-6 pm | \$80/4 | [132880](#)

Beban Park Social Centre

Intro to Hip Hop

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

Instructor: Vibe Dance Academy

4 to 5 Years

Fri, May 2-30 | 3:45-4:15 pm | \$60/5 | [139471](#)

6 to 7 Years

Fri, May 2-30 | 4:30-5 pm | \$60/5 | [139472](#)

8 to 11 Years

Fri, May 2-30 | 5:15-6 pm | \$70/5 | [139473](#)

Vibe Dance Studio (1969 Boxwood Rd)

Zumba Kids NEW!

Zumba® Kids classes feature kid-friendly routines based on original Zumba® choreography. We break down the steps, add games, activities and cultural exploration elements into the class.

Instructor: Shelby Holt

4 to 6 Years

Sat, May 3-Jun 7 | 10:15-11 am | \$50/5 | [136839](#)

7 to 11 Years

Sat, May 3-Jun 7 | 9:15-10 am | \$50/5 | [136838](#)

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. For more program information, please visit www.seasonstudio.com. There is a \$55 program fee for this course, which is non-refundable after the first class (siblings will receive a \$55 refund).

Instructor: Karita Sedun

4 to 6 Years (Level 1); parent participation required

Tue, Apr 8-Jun 10 | 4:15-5 pm | \$130/10 | [136402](#)

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

Tue, Apr 8-Jun 10 | 5:15-6 pm | \$130/10 | [136403](#)

Oliver Woods Community Centre

Piano - Private Beginner Lessons

5 to 12 Years

Unlock your musical potential with our private piano lessons! Cover the basics of piano while gaining confidence and learning to play songs.

Instructor: Liam Pistor

Wed, Apr 2-23 | 3:30-4 pm | \$72/3 | [132830](#)

Wed, Apr 2-23 | 4:10-4:40 pm | \$72/3 | [132831](#)

Wed, Apr 2-23 | 4:50-5:20 pm | \$72/3 | [132832](#)

Wed, Apr 2-23 | 5:30-6 pm | \$72/3 | [132833](#)

Thu, Apr 3-24 | 3:30-4 pm | \$72/3 | [132834](#)

Thu, Apr 3-24 | 4:10-4:40 pm | \$72/3 | [132835](#)

Thu, Apr 3-24 | 4:50-5:20 pm | \$72/3 | [132836](#)

Thu, Apr 3-24 | 5:30-6 pm | \$72/3 | [132837](#)

Wed, Apr 30-May 21 | 3:30-4 pm | \$96/4 | [132838](#)

Wed, Apr 30-May 21 | 4:10-4:40 pm | \$96/4 | [132839](#)

Wed, Apr 30-May 21 | 4:50-5:20 pm | \$96/4 | [132840](#)

Wed, Apr 30-May 21 | 5:30-6 pm | \$96/4 | [132841](#)

Thu, May 1-22 | 3:30-4 pm | \$96/4 | [132842](#)

Thu, May 1-22 | 4:10-4:40 pm | \$96/4 | [132843](#)

Thu, May 1-22 | 4:50-5:20 pm | \$96/4 | [132844](#)

Thu, May 1-22 | 5:30-6 pm | \$96/4 | [132823](#)

Wed, May 28-Jun 18 | 3:30-4 pm | \$96/4 | [132847](#)

Wed, May 28-Jun 18 | 4:10-4:40 pm | \$96/4 | [132848](#)

Wed, May 28-Jun 18 | 4:50-5:20 pm | \$96/4 | [132849](#)

Wed, May 28-Jun 18 | 5:30-6 pm | \$96/4 | [132824](#)

Thu, May 29-Jun 19 | 3:30-4 pm | \$96/4 | [132850](#)

Thu, May 29-Jun 19 | 4:10-4:40 pm | \$96/4 | [132827](#)

Thu, May 29-Jun 19 | 4:50-5:20 pm | \$96/4 | [132829](#)

Thu, May 29-Jun 19 | 5:30-6 pm | \$96/4 | [132820](#)

Bowen Park Complex



Beach Buddies

3 to 5 Years

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

Instructors: Pam Brugge & Traci Boas

Mon, Jun 2-23 | 10-11:30 am | \$60/4 | [139477](#)

Kin Hut Activity Centre

Dress Up Storytime & Craft

3 to 5 Years

Put on your favourite costume and then explore your imagination and creativity with Miss Lynn as she combines the wonder of storytelling with the joy of a hands-on craft. Parent participation is required.

Instructor: Miss Lynn

Fri, Apr 25 | 9:30-10:30 am | \$8/1 | [139474](#)

Fri, May 23 | 9:30-10:30 am | \$8/1 | [139475](#)

Fri, Jun 13 | 9:30-10:30 am | \$8/1 | [139476](#)

Kin Hut Activity Centre

Dino Detectives

3 to 5 Years

As a new Dino Detective you'll 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, learn about dinosaurs and create dino crafts.

Instructor: Pam Brugge & Traci Boas

Mon, Apr 7-May 26 | 10-11:30 am | \$72/6 | [133858](#)

Kin Hut Activity Centre

Busy Spring: Nature Wakes Up

3 to 6 Years

The yard is bright, birds are singing and there are tad poles in the pond! Come discover all the different ways nature wakes up from its long winter sleep. This is a parent participation class.

Instructor: Judy Wickland

Sat, Apr 5 | 10-11:15 am | \$10/1 | [132449](#)

Brookwood Playground

Sat, Apr 12 | 10-11:15 am | \$10/1 | [132450](#)

Bowen Park Amphitheatre

Sat, May 3 | 10-11:15 am | \$10/1 | [132453](#)

Linley Valley Park



Special Interest/Outdoor

Aliens from Earth: When Animals & Plants Invade

3 to 6 Years

What happens when alien plants and animals are introduced into an ecosystem? How can we protect our native species and bring them back? This is a parent participation class.

Instructor: Judy Wickland

Sat, May 10 | 10-11:15 am | \$10/1 | [132455](#)

Bowen Park Picnic Shelter (by Kin Pool)

Adventure at the Seashore

3 to 6 Years

The seashore has many interesting animals and seaweed. It changes, and there are many surprises if you look closely. We will explore this changing environment at low tide to see what we can find. This is a parent participation class.

Instructor: Judy Wickland

Sun, May 25 | 10-11:15 am | \$10/1 | [132454](#)

Pipers Lagoon Park

A Whirlwind of Weather

3 to 6 Years

From the warm balmy days of summer to the cold, crisp nights of winter, we will learn about the four seasons, as well as how clouds form, why it rains and what causes rainbows and storms. This is a parent participation class.

Instructor: Judy Wickland

Sat, May 31 | 10-11:15 am | \$10/1 | [132452](#)

Neck Point Park

Explore Lotus Pinnatus Park

3 to 6 Years

What is Lotus pinnatus? The park is named after a rare flower found mainly only in this area. This park is unique. This is a rare habitat that has many interesting plants. Learn about vernal pools and why they are important.

Instructor: Judy Wickland

Sat, Jun 14 | 10-11:15 am | \$10/1 | [132439](#)

Lotus Pinnatus Park

Buzzing Bees

3 to 6 Years

Let's get familiar with this helpful, flying, furry insect. These clever creatures have been making honey for over 150 million years! This is a parent participation class.

Instructor: Judy Wickland

Sat, Jun 21 | 10-11:15 am | \$10/1 | [132457](#)

Beaufort Park

Bowen Afterschool Nature Club

5 to 11 Years

Join us this spring to go on adventures, make discoveries and enjoy the changing of the seasons at Bowen Park. Monthly themes include nature observations, animal behaviours and welcoming a changing season. Exploration focused walks, crafts, science and special guests are part of this club!

Instructor: Mercedes Virs

Mon, Apr 7-Jun 23 | 3-5 pm | \$150/10 | [132613](#)

Bowen Park Complex



cityofnanaimo



prc_nanaimo (#ilovemyparksandrec)

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.

Sun, Jun 1 | 10:30 am-12:30 pm | FREE | [137515](#)

Colliery Dam Park

Sun, May 25 | 10:30 am-12:30 pm | FREE | [137349](#)

Sun, Jun 8 | 10:30 am-12:30 pm | FREE | [137352](#)

Long Lake (Loudon Park)

Stroll with a Pro

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

Songbirds

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

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

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

Birds of Prey

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

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

Buttertubs Marsh (Miner's Cottage)

Parent & Tot Gymnastics

2 to 3 Years

This is a recreational, non competitive, playful course to introduce fundamental skills through circuit-based gymnastic movements. This is a parent participation course.

Instructor: Flipside Gymnastics

Tue, Mar 18-Apr 8 | 9-10 am | \$80/4 | [137583](#)

Fri, Mar 21-Apr 11 | 9-10 am | \$80/4 | [137585](#)

Tue, Apr 15-May 6 | 9-10 am | \$80/4 | [141565](#)

Fri, Apr 18 - May 9 | 9-10 am | \$80/4 | [1414570](#)

Tue, May 13-Jun 3 | 9-10 am | \$80/4 | [141566](#)

Fri, May 16-Jun 6 | 9-10 am | \$80/4 | [141571](#)

Tue, Jun 10-Jul 1 | 9-10 am | \$80/4 | [141568](#)

Fri, Jun 13-Jul 4 | 9-10 am | \$80/4 | [141572](#)

Tue, Jul 8-29 | 9-10 am | \$80/4 | [141568](#)

Fri, Jul 11-Aug 1 | 9-10 am | \$80/4 | [141573](#)

Tue, Aug 5-26 | 9-10 am | \$80/4 | [141569](#)

Fri, Aug 8-29 | 9-10 am | \$80/4 | [141574](#)

Flipside Gymnastics (1911 Wilfert Rd)

Kinder Stars

3 to 5 Years

This is a recreational, non competitive, playful course to introduce fundamental skills through circuit-based gymnastic movements. Parent participation is not required.

Instructor: Flipside Gymnastics

Tue, Mar 18-Apr 8 | 10:05-11:20 am | \$90/4 | [137588](#)

Fri, Mar 21-Apr 11 | 10:05-11:20 am | \$90/4 | [137587](#)

Tue, Apr 15-May 6 | 10:05-11:20 am | \$90/4 | [141545](#)

Fri, Apr 18-May 9 | 10:05-11:20 am | \$90/4 | [141548](#)

Tue, May 13-Jun 3 | 10:05-11:20 am | \$90/4 | [141546](#)

Fri, May 23-Jun 13 | 10:05-11:20 am | \$90/4 | [141549](#)

Tue, Jun 10-Jul 1 | 10:05-11:20 am | \$90/4 | [141547](#)

Fri, Jun 13-Jul 4 | 10:05-11:20 am | \$90/4 | [141550](#)

Tue, Jul 8-29 | 10:05-11:20 am | \$90/4 | [141561](#)

Fri, Jun 11-Aug 1 | 10:05-11:20 am | \$90/4 | [141563](#)

Tue, Aug 5-26 | 10:05-11:20 am | \$90/4 | [141562](#)

Fri, Aug 8-29 | 10:05-11:20 am | \$90/4 | [141564](#)

Flipside Gymnastics (1911 Wilfert Rd)

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 and soccer.

Instructor: Gypsy Hart

Wed, Apr 2-May 14 | 3:30-4:30 pm | \$56/7 | [136618](#)

Wed, May 21-Jun 25 | 3:30-4:30 pm | \$48/6 | [136619](#)

Oliver Woods Community Centre



Let's Eat! Kids' Cooking

7 to 12 Years

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

Instructor: Nanaimo Foodshare

Tue, Apr 1-15 | 3:30-5:30 pm | \$100/3 | [137687](#)

Wed, Apr 2-16 | 3:30-5:30 pm | \$100/3 | [137688](#)

Tue, May 13-27 | 3:30-5:30 pm | \$100/3 | [137690](#)

Bowen Park Complex

Tue, Jun 3-17 | 3:30-5:30 pm | \$100/3 | [137691](#)

Park Avenue Farm (945 Park Ave)

Community Farm Drop-in at Park Avenue Farm

All Ages

Have fun, meet people, take home some harvest, enjoy nature and learn new skills! Everyone is welcome. Any questions or to ask about our private, fun field trips experiences, please email jennie.wharton@nanaimofoodshare.ca

Instructor: Park Avenue Farm Volunteers

Fri, Mar 21-Aug 29 | 10 am-2 pm | FREE |

Park Avenue Farm (945 Park Ave)

Farmer Family Play Day

Farmer Family Play Day is for parents and their children to come and enjoy the beautiful farm space in a safe, educational and fun environment for outdoor exploration. Each session we will learn about nature and where our food comes from, play games and take home some harvest that is ready. All ages are welcome. Price is per family.

Wed, Jun 25 | 10 am-12 pm | \$15/1 | [137707](#)

Wed, Jul 2 | 10 am-12 pm | \$15/1 | [137708](#)

Wed, Jul 16 | 10 am-12 pm | \$15/1 | [137709](#)

Wed, Aug 27 | 10 am-12 pm | \$15/1 | [137710](#)

Park Avenue Farm (945 Park Ave)



Sunday, May 11
10 am-2 pm
Colliery Dam Park

Court Kids

1 to 5 Years

A FREE, fun, safe space to introduce your child to unstructured physical activity! Your child will get to play, move, climb, jump, slide and have a blast on a variety of gym equipment. Parent/caregiver participation is required. Please pre-register; no drop-in available. Keep an eye on our social media channels and website for weekend pop-up dates throughout the spring.

Tue, Apr 8-Jun 10 | 9-11 am | FREE/10 | [133862](#)

Beban Park Social Centre

Gym Pals

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.

Fri, Apr 4-May 16 | 9:45-10:45 am | \$48/6 | [136636](#)

Fri, Apr 4-May 16 | 11 am-12 pm | \$48/6 | [136637](#)

Fri, May 23-Jun 20 | 9:45-10:45 am | \$40/5 | [136638](#)

Fri, May 23-Jun 20 | 11 am-12 pm | \$40/5 | [136639](#)

Thu, Jul 10-Aug 28 | 9:30-10:30 am | \$56/7 | [136711](#)

Oliver Woods Community Centre

Active Tots

2 to 5 Years

Active Tots is a great way for children to develop athletic, social and intellectual skills in a fun and active environment. Each week a different sport will be set up for you and your tot to enjoy together. This class is a parent participation.

Wed, Apr 2-May 14 | 11 am-12 pm | \$56/7 | [136606](#)

Wed, May 21-Jun 25 | 11 am-12 pm | \$48/6 | [136607](#)

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

Wed, May 7-Jun 4 | 3:15-3:45 pm | \$35/5 | [138805](#)

Thu, May 8-Jun 5 | 3:15-3:45 pm | \$35/5 | [138806](#)

5 to 6 Years

Wed, May 7-Jun 4 | 4-4:45 pm | \$40/5 | [138802](#)

Thu, May 8-Jun 5 | 4-4:45 pm | \$40/5 | [138803](#)

Beban Park Gyro Fields



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.

Wed, Apr 2-May 14 | 9:45-10:45 am | \$56/7 | [136603](#)

Sat, Apr 5-May 17 | 9-10 am | \$56/7 | [136692](#)

Sat, Apr 5-May 17 | 10:15-11:15 am | \$56/7 | [136693](#)

Wed, May 21-Jun 25 | 9:45-10:45 am | \$48/6 | [136604](#)

Sat, May 24-Jun 21 | 19-10 am | \$32/4 | [136694](#)

Sat, May 24-Jun 21 | 10:15-11:15 am | \$32/4 | [136695](#)

Sat, Jul 19-Aug 30 | 9-10 am | \$56/7 | [136727](#)

Sat, Jul 19-Aug 30 | 10:15-11:15 am | \$56/7 | [136730](#)

Oliver Woods Community Centre

Soccer Sprouts

5 to 7 Years

Through playful drills and creative games, learn basic soccer skills like dribbling and passing while having so much fun!

Thu, Apr 17-May 29 | 3:15-3:45 pm | \$36/6 | [138094](#)

Harewood Outdoor Sports Court

Indoor Soccer

6 to 10 Years

This program helps to cultivate essential soccer skills like shooting, passing and dribbling and helps to develop valuable life skills, including leadership, teamwork and sportsmanship.

Wed, May 21-Jun 25 | 4:30-5:30 pm | \$48/6 | [136631](#)

Thu, Jul 10-Aug 28 | 10:45-11:45 am | \$56/7 | [136716](#)

Oliver Woods Community Centre

Soccer Skills & Drills

8 to 12 Years

Kick, dribble, pass and score! Join us for some soccer and learn the basics in this introductory class where the focus is FUN!

Thu, Apr 17-May 29 | 4-4:45 pm | \$48/6 | [138092](#)

Harewood Outdoor Sports Court

Basketball Fundamental Movement Skills

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

Instructor: Will Properi-Porta/Rachel Swanson

6 to 9 Years

Wed, Apr 2-May 14 | 4-5 pm | \$56/7 | [136622](#)

Wed, May 21-Jun 25 | 4-5 pm | \$48/6 | [136623](#)

8 to 11 Years

Tue, Apr 1-May 13 | 3:45-4:45 pm | \$56/7 | [136599](#)

Thu, May 20-Jun 24 | 3:45-4:45 pm | \$48/6 | [136600](#)

Oliver Woods Community Centre

Summer Hoops

7 to 10 Years

Your coach will teach you the fundamental movements of basketball through teaching skills, such as footwork, dribbling, shooting mechanics and passing.

Thu, Jul 10-Aug 28 | 12-1 pm | \$56/7 | [136719](#)

Oliver Woods Community Centre



cityofnanaimo



prc_nanaimo (#ilovemyparksandrec)

Floor Hockey

7 to 10 Years

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

Mon, Apr 7-May 12 | 3:30-4:30 pm | \$40/5 | [136593](#)

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. Each class will include development skills, practice time and a scrimmage.

Tue, Apr 1-May 13 | 5-6 pm | \$56/7 | [136601](#)

Tue, May 20-Jun 24 | 5-6 pm | \$48/6 | [136602](#)

Thu, Jul 10-Aug 28 | 2:30-3:30 pm | \$64/8 | [136724](#)

Oliver Woods Community Centre

Volleyball

9 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 4-May 16 | 4:45-5:45 pm | \$48/6 | [136649](#)

Fri, May 23-Jun 20 | 4:45-5:45 pm | \$40/5 | [136650](#)

Thu, Jul 10-Aug 28 | 1:15-2:15 pm | \$64/8 | [136723](#)

Oliver Woods Community Centre

Lacrosse - The Fundamentals

7 to 10 Years

Prepare for the lacrosse season with our introductory program in the gym! An experienced lacrosse player will guide you through the basics, including throwing, cradling the ball and shooting. Emphasis will be on physical literacy as skills are developed.

Wed, Apr 2-May 14 | 4:30-5:30 pm | \$56/7 | [136630](#)

Oliver Woods Community Centre

Dryland Fitness for Young Athletes

8 to 12 Years

Engage with our skilled team for enjoyable, dryland activities, including exercises, games and drills designed to enhance agility, balance, coordination, strength and skill development for young athletes participating in sports like hockey, basketball, lacrosse and soccer. The program will feature warm-ups, team games, running and competitive play.

Mon, May 26-Jun 23 | 3:30-4:30 pm | \$40/5 | [136594](#)

Oliver Woods Community Centre

Balance Bike Skills

NEW!

2 to 5 Years

This class is designed to introduce young riders to biking using balance bikes. The focus is on building comfort, wearing helmets correctly and providing parents with essential tips to get their kids rolling along. Participants will engage in various activities aimed at practicing important skills like walking with your bike, balancing, riding, stopping and gliding.

Instructor: Nate Berkheimer, The Creative Ride

Tue, Apr 8-May 13 | 12:30-1:30 pm | \$69/6 | [139310](#)

Beban Centennial Building/Beban Park Pump Track

Pedal Power Bike Skills

NEW!

3 to 6 Years

This class is designed to introduce young riders to fun on bikes through engaging activities and challenges. Our interactive lessons are designed to take kids from "I can pedal" to "pedaling is awesome" in just a few sessions. Understanding basic body movements on the bike and navigating terrain confidently is our goal.

Instructor: Nate Berkheimer, The Creative Ride

Tue & Thu, Apr 8-24 | 1:45-3:15 pm | \$72/6 | [139308](#)

Beban Centennial Building/Beban Park Pump Track

Pedal Power Bike Skills -

NEW!

Progression

7 to 12 Years

This class is tailored for riders who are already comfortable riding a bike and have basic control. The program begins with a quick classroom talk focusing on bike movements and finding your flow. Participants will learn essential skills for confident bike rides, navigating obstacles, curbs and terrain.

Instructor: Nate Berkheimer, The Creative Ride

Tue & Thu, Apr 8-24 | 3:30-5 pm | \$72/6 | [139292](#)

Beban Centennial Building/Beban Park Pump Track

BMX Rider Clinic

NEW!

Bicycle Motocross (BMX) is a sport for the whole family. Come out and join the crew at Nanaimo BMX for an introduction to racing on a dirt track with rollers, berms and jumps. Challenge your child's biking skills. To realize the total thrill of BMX, you really need to experience it.

Little Striders - 2 to 5 Years

Sat, Apr 12 | 10-10:45 am | \$5/1 | [136316](#)

Pedal BMX (new to pedals) - 4 to 8 Years

Sat, Apr 12 | 11 am-12:15 pm | \$5/1 | [136317](#)

Full Track Racing - 7 to 13 Years

Sat, Apr 12 | 12:30-2 pm | \$5/1 | [136318](#)

Nanaimo BMX Track

Silly Saturdays

6 to 15 Years

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

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

Oliver Woods Community Centre

Junior Lifeguard Club

8 to 12 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 you have from swimming lessons, you will work to develop and improve swimming and other aquatic skills with an 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 50m).

Tue, Apr 8-Jun 10 | 6-7:30 pm | \$110/10 | [138603](#)

Thu, Apr 10-Jun 12 | 6-7:30 pm | \$110/10 | [138605](#)

Nanaimo Aquatic Centre

Junior Badminton

8 to 13 Years

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

Mon, Apr 7-May 12 | 4-5 pm | \$40/5 | [136595](#)

Oliver Woods Community Centre

Paddle Pals - Pickleball

NEW!

8 to 13 Years

The program covers essential paddle techniques, including forehand and backhand taps, volleys and smashes along with singles and doubles game play.

Mon, May 26-Jun 23 | 4-5 pm | \$40/5 | [136597](#)

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. Please wear clean gym shoes.

5 to 7 Years

Tue, Apr 1-May 6 | 4-5 pm | \$117/6 | [138789](#)
Sun, Apr 6-May 11 | 3-4 pm | \$98/5 | [138791](#)
Tue, May 13-Jun 24 | 4-5 pm | \$137/7 | [138795](#)
Sun, May 18-Jun 22 | 3-4 pm | \$117/6 | [138792](#)
M-F, Jul 7-11 | 9-10 am | \$98/5 | [139051](#)
M-F, Jul 14-18 | 9-10 am | \$98/5 | [139052](#)
M-F, Jul 21-25 | 9-10 am | \$98/5 | [139054](#)
M-F, Jul 28-Aug 1 | 9-10 am | \$98/5 | [139055](#)
Tu-F, Aug 5-8 | 9-10 am | \$78/4 | [139057](#)
M-F, Aug 11-15 | 9-10 am | \$98/5 | [139059](#)
M-F, Aug 18-22 | 9-10 am | \$98/5 | [139061](#)
M-F, Aug 25-29 | 9-10 am | \$98/5 | [139062](#)

8 to 11 Years

Mon, Mar 31-May 5 | 3:30-5 pm | \$147/5 | [138787](#)
Sun, Apr 6-May 11 | 4-5:30 pm | \$147/5 | [138797](#)
Mon, May 12-Jun 23 | 3:30-5 pm | \$176/6 | [138807](#)
Sun, May 18-Jun 22 | 4-5:30 pm | \$176/6 | [138799](#)
W-F, Jul 2-4 | 10-11:30 am | \$88/3 | [139063](#)
M-F, Jul 7-11 | 10-11:30 am | \$147/5 | [139065](#)
M-F, Jul 14-18 | 10-11:30 am | \$147/5 | [139067](#)
M-F, Jul 21-25 | 10-11:30 am | \$147/5 | [139068](#)
M-F, Jul 28-Aug 1 | 10-11:30 am | \$147/5 | [139069](#)
Tu-F, Aug 5-8 | 10-11:30 am | \$117/4 | [139070](#)
M-F, Aug 11-15 | 10-11:30 am | \$147/5 | [139072](#)
M-F, Aug 18-22 | 10-11:30 am | \$147/5 | [139073](#)
M-F, Aug 25-29 | 10-11:30 am | \$147/5 | [139075](#)

12 to 16 Years

Fri, Apr 4-May 9 | 3:30-5 pm | \$176/6 | [138811](#)
Fri, May 16-Jun 20 | 3:30-5 pm | \$176/6 | [138812](#)
North Island Tennis Academy (2367 Arbot Rd)

Taekwondo Ninjas

4 to 8 Years

Kids will learn kicks, punches, blocks and self-defense skills through fun activities that develop coordination, balance, flexibility, strength and agility. Students will increase a sense of body awareness, focus, concentration and self-confidence. Designed as an introductory program, children will be provided the tools and encouragement to progress to higher levels upon completion.

Instructor: Master Moy, Kick High Martial Arts
Sun, Apr 6-27 | 11-11:30 am | \$24/3 | [138287](#)
Sun, May 4-25 | 11-11:30 am | \$32/4 | [138298](#)
Sun, Jun 8-29 | 11-11:30 am | \$32/4 | [138300](#)
Bowen Park Complex

Taekwondo Tigers

7 to 13 Years

Kids will learn kicks, punches, blocks and self-defense skills through fun activities that develop coordination, balance, flexibility, strength and agility. Students will increase a sense of body awareness, focus, concentration and self-confidence. Designed as an introductory program, children will be provided the tools and encouragement to progress to higher levels upon completion.

Instructor: Master Moy, Kick High Martial Arts
Sun, Apr 6-27 | 11:30 am-12 pm | \$24/3 | [138301](#)
Sun, May 4-25 | 11:30 am-12 pm | \$32/4 | [138310](#)
Sun, Jun 8-29 | 11:30 am-12 pm | \$32/4 | [138311](#)
Bowen Park Complex

Youth Introductory Taekwondo NEW!

13 to 18 Years

Looking for a fun way for your child to stay active and build confidence? Join our beginner Taekwondo classes with Master Moy, a 7th Dan Black Belt with global experience. Your child will develop strength, focus, discipline and leadership skills in a supportive environment while learning self-defense and making new friends.

Instructor: Master Moy
Sun, Apr 6-27 | 12-12:45 pm | \$24/3 | [137925](#)
Sun, May 4-25 | 12-12:45 pm | \$32/4 | [137927](#)
Sun, Jun 8-29 | 12-12:45 pm | \$24/3 | [137928](#)
Bowen Park Complex

Thu, Apr 3-24 | 6-6:45 pm | \$32/4 | [137948](#)
Thu, May 1-22 | 6-6:45 pm | \$32/4 | [137949](#)
Thu, Jun 5-26 | 6-6:45 pm | \$32/4 | [137950](#)
Beban Park Social Centre



Taekwondo with Master Kim

Gain self-discipline, confidence and concentration. Our highly qualified 9th degree black belt, Grand Master Kim, strives to maximize your potential by maintaining traditional foundation based upon physical well-being and mental integrity.

4 to 7 Years

Mon, Apr 7 & 14 | 4:15-5 pm | \$25/2 | [138505](#)
Wed, Apr 9 & 16 | 4:15-5 pm | \$25/2 | [138507](#)
Fri, Apr 4 & 11 | 4:15-5 pm | \$25/2 | [138509](#)
Mon, May 12 & 26 | 4:15-5 pm | \$25/2 | [141056](#)
Wed, May 21 & 28 | 4:15-5 pm | \$25/2 | [138511](#)
Fri, May 23 & 30 | 4:15-5 pm | \$25/2 | [138514](#)
Mon, Jun 2 & 9 | 4:15-5 pm | \$25/2 | [138515](#)
Wed, Jun 4 & 11 | 4:15-5 pm | \$25/2 | [138516](#)
Fri, Jun 6 & 13 | 4:15-5 pm | \$25/2 | [138517](#)

8 to 12 Years

Tue, Apr 1 & 8 | 4:15-5 pm | \$25/2 | [138521](#)
Tue, May 20 & 27 | 4:15-5 pm | \$25/2 | [138524](#)
Thu, May 22 & 29 | 4:15-5 pm | \$25/2 | [138525](#)
Fri, May 23 & 30 | 4:15-5 pm | \$25/2 | [138526](#)
Tue, Jun 3 & 10 | 4:15-5 pm | \$25/2 | [138527](#)
Thu, Jun 5 & 12 | 4:15-5 pm | \$25/2 | [138528](#)
World Taekwondo Academy (4300 Wellington Rd)

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.

Tue, Apr 8-29 | 4:30-5:20 pm | \$25/4 | [138677](#)
Thu, Apr 10-May 1 | 3:30-4:15 pm | \$25/4 | [138684](#)
Wed, May 7-28 | 4:30-5:20 pm | \$25/4 | [138689](#)
Fri, May 9-30 | 4:15-5 pm | \$25/4 | [138691](#)
Fri, Jun 6-27 | 5:15-6 pm | \$25/4 | [138693](#)
Sat, Jun 7-28 | 9:30-10:15 am | \$25/4 | [138697](#)
Mon, Jul 7-28 | 4:30-5:20 pm | \$25/4 | [138698](#)
Fri, Jul 4-25 | 3:15-4 pm | \$25/4 | [138700](#)
Shima Karate (3032 Barons Rd)

Karate

Kids will start learning katas, sparring and self-defense drills. Peer pressure and bullying are discussed. Learn self-discipline with courtesy and respect strongly emphasized. To continue with this program, register at the dojo.

8 to 12 Years

M/W, Apr 7-16 | 3:30-4:20 pm | \$25/4 | [138723](#)
T/Th, Apr 8-17 | 4:30-5:20 pm | \$25/4 | [138725](#)
M/W, May 5-14 | 3:30-4:20 pm | \$25/4 | [138728](#)
T/Th, May 6-15 | 4:30-5:20 pm | \$25/4 | [138729](#)
M/W, Jun 2-11 | 3:30-4:20 pm | \$25/4 | [138739](#)
T/Th, Jun 3-12 | 4:30-5:20 pm | \$25/4 | [138734](#)
M/W, Jul 7-16 | 3:30-4:20 pm | \$25/4 | [138735](#)
T/Th, Jul 8-17 | 4:30-5:20 pm | \$25/4 | [138738](#)
Shima Karate (3032 Barons Rd)

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.



cityofnanaimo



prc_nanaimo (#ilovemyparksandrec)

Shotokan Karate

8 to 15 Years

Shotokan Karate is not just about kicking and punching. It is a great way to make friends while you develop your self-defence skills and fitness level. Karate is an exciting activity that builds confidence and self-discipline. It is an ideal activity for building strength, balance and coordination and leadership skills. Learn karate in a safe and positive environment with Sensei Mike, a 6th degree Black Belt, who brings 40 years of karate experience.

Instructor: Mike Ciorka (6th degree black belt)

Tue, Apr 1-May 27 | 6-7 pm | \$72/9 | [136390](#)

Bowen Park Complex

On Guard! Fencing for Children

8 to 12 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 2-May 21 | 5:15-6:15 pm | \$80/8 | [137845](#)

Oliver Woods Community Centre

Historical Fencing NEW!

9 to 12 Years

This exciting class introduces kids to the basics, including footwork, strikes, parries and shield techniques. Each session begins with high-energy games to build skills and teamwork. Students will learn safe and controlled techniques using padded swords, shields, helmets and gloves. The class ends with friendly duels where young fencers salute and test their skills in structured matches.

Sun, Apr 13-Jul 13 | 1:30-2:15 pm | \$165/11 | [136998](#)

Beban Park Centennial Building

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 this exciting sport. No experience necessary. Do it for fitness and fun.

Wed, Apr 2-23 | 4-6 pm | \$112/4 | [139602](#)

Fri, Apr 4-May 2 | 4-6 pm | \$112/4 | [139603](#)

Wed, May 7-28 | 4-6 pm | \$112/4 | [139604](#)

Fri, May 9-30 | 4-6 pm | \$112/4 | [139605](#)

Romper Room Climbing Gym (4235 Boban Dr)



School 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, May 5 | 8:30 am-5 pm | \$47/1 | [132862](#)

Beban Park Social Centre

Sports Action - Pro-D Camps

6 to 11 Years

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 with fun and exciting activities.

Mon, May 5 | 8:30 am-5 pm | \$47/1 | [135893](#)

Oliver Woods Community Centre



RecSkate Pro-D Camp

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. Helmet and skate rentals are free if needed.

Mon, May 5 | 8:30 am-5 pm | \$47/1 | [138760](#)

Frank Crane Arena

RecHockey Pro-D Camp

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 three ice times for skills, scrimmage and stations. We recommend that skaters have passed a minimum of RecSkate 2. Please bring a lunch, snack and water bottle. Full gear is required.

Mon, May 5 | 8:30 am-5 pm | \$47/1 | [138759](#)

Frank Crane Arena

Outdoor Explorers Pro-D Camp NEW!

8 to 13 Years

Discover an exciting new outdoor camp! You will have the opportunity to explore local beaches and parks while participating in field games and various camp activities.

Mon, May 5 | 8:30 am-5 pm | \$47/1 | [140790](#)

Hammond Bay Elementary School (1025 Morningside Dr)

Paddling Pro-D Camp

8 to 12 Years

No school? No problem! Join us to learn about the diverse world of paddle sports. Try out the variety of big canoes, paddle boards, recreational canoes and kayaks and the tippy Olympic racing canoes and kayaks.

Instructor: Nanaimo Canoe and Kayak Club

Mon, May 5 | 8:30 am-12 pm | \$63/1 | [139437](#)

Mon, May 5 | 12:15-3:30 pm | \$63/1 | [139441](#)

Fri, Jun 27 | 8:30 am-12 pm | \$63/1 | [139444](#)

Fri, Jun 27 | 12:15-3:30 pm | \$63/1 | [139445](#)

Long Lake/Loudon Park

COMMUNITY CONNECTIONS



WildPlay[®]
NANAIMO

Nanaimo's #1 Family Adventure

**GOODBYE, COMFORT ZONE.
HELLO, ADVENTURE!**

Get Tickets
1.855.595.2251
WildPlay.com

🎵 📷 📺 📺

Ziplines • Adventure Courses & More • Ages 5+
NEW: Kids Adventure Camps!



CLAY & ART CLASSES

ART & CLAY SPRING BREAK CAMP FOR KIDS

March 17 – 21, 2025 – 9 AM – 4:30 PM
8 – 13 Years Old

Kids Summer Camps Will Be Announced in May 2025

FOR ADULTS: 7–8 week Clay & Art Classes

Sunday, April 13 – Wet Felting Workshop: Forest Floor
Sunday, May 4 – Wet Felting Workshop: Bowl

NANAIMO
CERAMIC
Arts
STUDIO & GALLERY

Learn More and Register - See Website

115 CHAPEL ST. 250-754-8377
WWW.NANAIMOCERAMICARTS.COM



cityofnanaimo



prc_nanaimo (#ilovemyparksandrec)

COMMUNITY CONNECTIONS



Summer Camps at Nanaimo Art Gallery

July 2 – August 8, 2025

**Nanaimo
Art Gallery**

Snuneymuxw Territory
150 Commercial Street, Nanaimo BC 250-754-1750
NanaimoArtGallery.ca



VANCOUVER ISLAND MILITARY MUSEUM

Canadian Military History
On Nanaimo's Dynamic Waterfront

*Come See,
Come Learn,
Come Experience
History*

at British Columbia's most
significant Military Museum

Downtown Nanaimo (next to the Port Theatre)
Tue - Fri 10am-3pm • Sat 11am-3pm
100 Cameron Rd. | 250-753-3914
vimilitarymuseum.ca



JOIN OUR Self-Care Community

My Inner Harbour provides a warm & welcoming space to **rest, reflect & reconnect.**

ENJOY OUR SELF-CARE ROOMS:

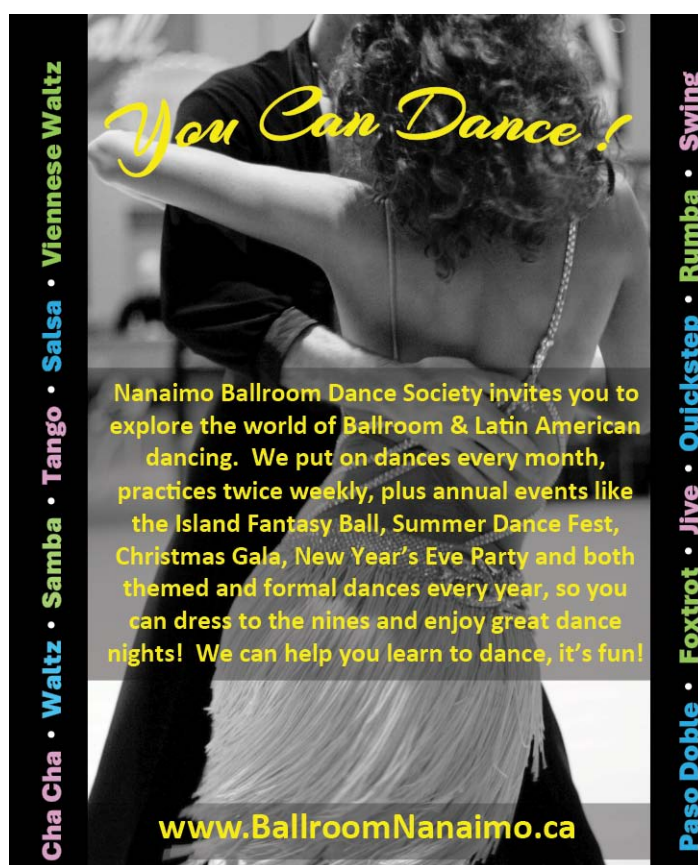
Mind	Body	Spirit	Community
<ul style="list-style-type: none">• Journaling• Values Work• Therapeutic Worksheets	<ul style="list-style-type: none">• Breathwork• Stretching• Nervous System Soothing	<ul style="list-style-type: none">• Collage• Watercolour• Colouring• Poetry	<ul style="list-style-type: none">• Connection• Conversation• Laughter• Meet Others

WE ALSO OFFER:

Children's Area Children can play while parents do self-care. Staffed 20 hrs/week.	Co-Working Space Office space for remote workers or students (+ regular membership perks).
--	--

CREATE A SUSTAINABLE SELF-CARE PRACTICE.

myinnerharbour.ca socials: @myinnerharbour 149 Wallace St, Nanaimo, BC



You Can Dance!

Nanaimo Ballroom Dance Society invites you to explore the world of Ballroom & Latin American dancing. We put on dances every month, practices twice weekly, plus annual events like the Island Fantasy Ball, Summer Dance Fest, Christmas Gala, New Year's Eve Party and both themed and formal dances every year, so you can dress to the nines and enjoy great dance nights! We can help you learn to dance, it's fun!

www.BallroomNanaimo.ca

Cha Cha • Waltz • Samba • Tango • Salsa • Viennese Waltz

Paso Doble • Foxtrot • Jive • Quickstep • Rumba • Swing

COMMUNITY CONNECTIONS

Short Mat Bowling Sponsored by:



**Subaru of
Nanaimo**

Your Community Partner
Since 1998

L'Association des francophones de Nanaimo
A COMMUNITY PARTNERSHIP | ASSOCIATION DES FRANCOPHONES DE NANAIMO

FRENCH DAY CAMP

FROM JUNE 30 TO AUGUST 22 **2025**

8 WEEKS OF GAMES,
OUTDOORS, SPORTS
AND CREATION IN FRENCH!

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

Canada, Nanaimo, Fraser Valley, British Columbia, and the Pacific Northwest

Would you like to keep your current job while taking courses?

Would you like a paid internship?

Do you dream of a rewarding career working with children?

Become an Education Assistant with Nanaimo Ladysmith Public Schools

BEAM is a six-month, part-time program that combines in-class sessions, observations and paid internship with an experienced EA mentor.

More Information:
careers@sd68.bc.ca
www.sd68.bc.ca/BEAM

SUMMER CAMPS & CHILDREN'S PROGRAMS

Long Lake

SCAN ME

www.nckc.ca ~ Est. 1988



cityofnanaimo



prc_nanaimo (#ilovemyparksandrec)