

# Arenas Schedule

starting Sunday, September 20 - free skate rentals for all sessions

Programs	SUN	MON	TUE	WED	THU	FRI	SAT
<b>Everyone Welcome</b>	4-6 pm NIC2				6:15- 7:45 pm NIC2		7-9 pm NIC2
<b>Parent &amp; Tot Skate</b>					10-11:15 am NIC2		
<b>Adult Leisure 19+</b>				10-11:30 am NIC2			
<b>Adult Scrub 19+</b> "Stick 'n' Puck" style of play; no games.		11:45 am -1:15 pm NIC2					
<b>Senior Scrub 60+</b> "Stick 'n' Puck" style of play; no games.				8-9:15 am NIC2			
<b>Senior Scrub 70+</b> "Stick 'n' Puck" style of play; no games.			10-11:15 am NIC2				
<b>Stick 'n' Puck</b> Children under 8 must be accompanied onto the ice by an adult.	2:45- 3:45 pm NIC2					3:15- 4:15 pm Cliff McNabb	

**Everyone Welcome** - These are our same great "Everyone Welcome" sessions limited to 22 skaters. Lap skating to fun music. Designed for skaters of all ages and abilities, these sessions provide an opportunity for all members of the community to get active. Helmets are strongly recommended. Look for our fun "Game Zone" at these sessions held at the far end of the ice surface using sponge pucks..

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

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

**Adult Leisure Skate (19+)** - A great addition to your fitness routine. Enjoy skating laps or practicing your skills in the designated areas. Helmets are strongly recommended.

**Adult/Senior/70+ Scrub** (Adult 18+, Senior 60+) - For these sessions, we are doing "Stick 'n' Puck" style of play. No games allowed. Goalies are allowed, and they are there to make the puck play more interesting. Maximum of 24 on the ice, including the attendant.

## Pre-Registered Drop-in Programs

- All pre-registered drop in programs require advanced registration. Registration is available 72 hours prior the start of the session online at: <https://cityofnanaimo.perfectmind.com/> (personal account is required)
- Registration is also available by telephone at (250) 756-5200 or at the front counter in advance at Nanaimo Aquatic Centre, Bowen Park Complex or Oliver Woods Community Centre.
- Drop in at the time of session is not permitted.