

NANAIMO PARKS, RECREATION & CULTURE

Winter 2022 Activity Guide

January-March 2022



recreation.nanaimo.ca

250-756-5200

Registration starts Wednesday, November 24.



CITY OF NANAIMO
THE HARBOUR CITY



PARKS, RECREATION & CULTURE

Welcome to Parks, Recreation & Culture!

After over a year of constant change and challenges due to the pandemic, we are excited to bring you our Winter Activity Guide. This recreation guide is full of programs we haven't been able to offer for awhile, as well as many new ones we hope you will try. At Parks, Recreation and Culture, we have a passion for helping you start and stay active with a variety of sport, fitness, art, cooking and outdoor activities. This winter season, we invite you to join us in a variety of programs and events. By doing so, we hope your participation will aid in enhancing and enriching your life.



Stay Connected with Us!

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



Advertise in the Activity Guide!

**** Available in the Spring 2022 Activity Guide! ** (Mar to Jun)**

Did you know?

- There are four Activity Guides produced each year (Fall, Winter, Spring, Summer).
- The entire Activity Guide is posted online on the City of Nanaimo's website (recreation.nanaimo.ca) with links to businesses and community organization web pages who advertise within the guide.
- The Activity Guide is a publication for all ages.
- The Activity Guide is a great community tool. It includes swimming and skating schedules, recreation programs and community resource information.
- Parks, Recreation and Culture clients tend to refer to the Activity Guide as a helpful community resource.



For more information about advertising in the Activity Guide:

• parksandrecreation@nanaimo.ca

• 250-755-7510

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

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

Cover photo by Rachel Kirk Photography.
Photo of sledding at Bowen Park.



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WINTER ACTIVITY GUIDE

View online for the latest programs available

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

recreation.nanaimo.ca

(click on Activity Guide)



KEEPING YOU SAFE

while you participate with us

We created a "Communicable Disease" and are following the latest Provincial Health Orders (mandating mask wearing the proof of vaccination checking) to keep you healthy and safe as you participate with us.

Please do not come to our buildings or participate in programs if you:

- Have any of the following symptoms:
 - Fever
 - Chills
 - New or worsening cough
 - Shortness of breath
 - New muscle aches or headache
 - Sore throat
- Have travelled outside of Canada within the last 14 days
- Are a close contact of a person who tested positive for COVID-19



**STOP
COVID-19**

Follow the latest BC Provincial Health Guidelines at

<https://www2.gov.bc.ca/gov/content/covid-19/info/response> or scan the QR Code:



Winter Special Events

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

SEE BACK PAGE FOR MORE SPECIAL EVENTS AND PAGE 11 FOR ARENA EVENTS.

DECEMBER

- Tue, Dec 7 6:30-8 pm Glow in the Dark Skate Frank Crane Arena
- Wed, Dec 15 6:30-8 pm Skate with Santa Frank Crane Arena
- Thu, Dec 16 6:15-7:45 pm Skate with Santa Nanaimo Ice Centre
- Sat, Dec 18 9 am-5 pm Swim with Santa Nanaimo Aquatic Centre
- Sat, Dec 18-31 Frosty Bucket Challenge various parks (see below)
- Sun, Dec 19 4-6 pm Starlight Skate Nanaimo Ice Centre
- Dec 24, 26-30 Winter Wonderland Frank Crane Arena (see page 11)



JANUARY

- Mon, Jan 1 12-5 pm ACTIVEate New Year's Event Beban Park (see back page)
- Tue, Jan 4 6:30-8 pm Glow in the Dark Skate Frank Crane Arena
- Sun, Jan 16 4-6 pm Starlight Skate Nanaimo Ice Centre

FEBRUARY

- Tue, Feb 1 6:30-8 pm Glow in the Dark Skate Frank Crane Arena
- Sun, Feb 20 4-6 pm Starlight Skate Nanaimo Ice Centre
- Mon, Feb 21 Family Day Celebrations (see back page)

MARCH

- Tue, Mar 1 6:30-8 pm Glow in the Dark Skate Frank Crane Arena
- Thu, Mar 17 6:15-7:45 pm St. Patrick's Day Skate Frank Crane Arena
- Sun, Mar 20 4-6 pm Starlight Skate Nanaimo Ice Centre
- Sat, Mar 26 1:15-2:45 pm Earth Hour Skate Nanaimo Ice Centre



Explore your local parks and streets during the school break in December, and you could win some great prizes! See our website for details in December.



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Public Admissions

SWIM, SKATE, WEIGHT ROOMS & GYM

General Admissions:

Child	2 yrs & under	Free
Child	3 to 12 yrs	\$3.75
Student	13 to 18 yrs	\$5.25
Adult	19 to 59 yrs	\$7.00
Senior	60 to 79 yrs	\$5.25
Senior	80+ yrs; Nanaimo residents only	Free
Family	Max 2 adults & 3 children or 4 children, 1 adult	\$14.00
Shower	\$3.75

10 Visit Pass (10 admissions):

Child	12 yrs & under	\$30.00
Student	13 to 18 yrs	\$42.00
Adult	19 to 59 yrs	\$56.00
Senior	60 to 79 yrs	\$42.00

1 Month Active Pass:

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

12 Month Active Pass:

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

Arena Skate Rentals/Sharpening:

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

Prices include tax and are subject to change.

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

All one month Active Passes are non refundable.



Public Swim Program Highlights

PLEASE LET POOL STAFF KNOW OF ANY MEDICAL CONDITIONS.

BEBAN POOL

Everyone Welcome: Enjoy this session for a swim, sauna, a soak in the hot tub, to relax in the steam room or to swim lengths. The waterslides are open, too!

Leisure Swim: The leisure pool, saunas, steam room and hot tub are open. The 25-metre and teaching pools are unavailable. No lengths or diving boards available.

25 Metre Swims: Our main tank is set up for 25-metre swimming.



AQUAFIT

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

Core Aquafit: This low impact class is designed to reduce pain and injury by improving posture, balance and core stability. Open to all levels and abilities. This is a great way to start your day!

Therapy Aquafit: Improve your mobility with this low impact class. The focus is on movement, range of motion, balance, strength and stretching. Water therapy is highly recommended for people with arthritis, joint replacements, pre and post surgery and those with limited mobility.

Shallow Water Aquafit: This is a high intensity cardio workout without the impact you'd find with dry land aerobics. Open to all levels of ability. Feel free to ask the instructor for modifications.

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

NANAIMO AQUATIC CENTRE

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

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

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

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

DROP-IN SCHEDULE

Nanaimo Aquatic Centre & Beban Park Weight Rooms

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

Nanaimo Aquatic Centre Weight Room - TUESDAY, JANUARY 4 TO THURSDAY, MARCH 31, 2022

	SUN	MON	TUE	WED	THU	FRI	SAT
Facility Hours	6 am-10 pm	6 am-10 pm	6 am-10 pm	6 am-10 pm	6 am-10 pm	6 am-10 pm	6 am-10 pm

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

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

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

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

Weight Room Personal Training Sessions: Work one-on-one with a trainer to develop a workout program that works for you, to follow up and assess your progress or to create a new program that challenges you on your fitness journey. Whatever your health and fitness goals are, our personal trainers can help! Each session includes access to the facility on the day of the training session. Cost is \$48 for one hour. Please book your session in advance.

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



Beban Weight Room - FRIDAY, OCTOBER 29 UNTIL FURTHER NOTICE

	SUN	MON	TUE	WED	THU	FRI	SAT
Facility Hours		6-11 am 3-7 pm	6-11 am 3-7 pm	6-11 am 3-7 pm	6-11 am 3-7 pm	6-11 am	

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

PLEASE NOTE: Schedule is subject to change.

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

 We have a variety of equipment for diverse abilities clients at Nanaimo Aquatic Centre!

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



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DROP-IN SCHEDULE

Nanaimo Aquatic Centre Winter Schedule (741 THIRD ST)

Mon, Jan 17 to Thu, Mar 31 Schedule is subject to change. Please check recreation.nanaimo.ca to confirm.

PROGRAM	SUN	MON	TUE	WED	THU	FRI	SAT
Everyone Welcome	6-9 am 1:45-10 pm	6 am-2 pm 7-10 pm	6 am-2 pm 7-10 pm	6 am-2 pm 7-10 pm	6 am-2 pm 7-10 pm	6 am-2 pm 7-10 pm	1:45-10 pm
50 Metre Lane Swim	6 am-1 pm		6 am-2 pm		6 am-2 pm		
25 Metre Lane Swim <small>*Bulkheads moved from 9-9:15 am on Mondays & Wednesdays; no lanes available.</small>	1:45-10 pm	6 am-2 pm* 2:45-10 pm	2:45-10 pm	6 am-2 pm* 2:45-10 pm	2:45-10 pm	6 am-2 pm 2:45-10 pm	6 am-1 pm 1:45-10 pm
Waves	11 am-1 pm 1:45-10 pm	3:30-10 pm	3:30-10 pm	3:30-10 pm	3:30-10 pm	3:30-10 pm	11 am-1 pm 1:45-10 pm
Waterslides	11 am-1 pm 1:45-10 pm	3:30-10 pm	3:30-10 pm	3:30-10 pm	3:30-10 pm	3:30-10 pm	11 am-1 pm 1:45-10 pm
CLEANING CLOSURE - POOL UNAVAILABLE	1-1:45 pm	2-2:45 pm	2-2:45 pm	2-2:45 pm	2-2:45 pm	2-2:45 pm	1-1:45 pm
Weight Room (Closed due to PHO)	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED

AQUAFIT 	SUN	MON	TUE	WED	THU	FRI	SAT
**Due to the popularity of aquafit classes, pre-registration up to 8 days in advance is required to secure a spot.							
Core Aquafit (1 hr)			7-8 am		7-8 am		
Therapy Aquafit (1 hr)		8:30-9:30 am		8:30-9:30 am		8:30-9:30 am	
Shallow Water Aquafit (45 min)		10:15-11 am		10:15-11 am		10:15-11 am	
Deep Water Aquafit (45 min)		7:15-8 pm	10:15-11 am	7:15-8 pm	10:15-11 am	7:15-8 pm	

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

- Lanes available at all times except during the moving of the bulkheads in the main pool. The bulkheads in the competition pool move at different times throughout the week and may disrupt some lane swimming. Main pool will be closed to move the bulkheads.
- Please inform staff of any medical conditions.
- All children through 6 years of age must be under the direct supervision and within arm's reach of a guardian. Guardian must be in the water and must be 16 years of age or older.
- Ratio for children who are 6 years of age and under is 1 adult to 3 children.
- Slides, waves and/or diving boards may need to be closed periodically throughout the day. Please ask a lifeguard for schedule information.
- Life jackets are available for public use.
- Pool capacity limited to 50%.
- All pool participants and spectators over the age of 12 must show proof of vaccination. Those over 18 years must also show government issued photo ID.

Please Help Us Avoid Unnecessary Pool Closures:

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

STAT HOLIDAY SWIMS FROM 12-5 PM: • Mon, Feb 21 (Family Day)

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



Registration for winter swimming lessons and aquatic programs will begin on
Wednesday, January 19.

View classes online starting on Monday, January 19.

DROP-IN SCHEDULE

Beban Pool Winter Schedule (2300 BOWEN RD)

Mon, Jan 17 to Thu, Mar 31 schedule is subject to change. Please check recreation.nanaimo.ca to confirm.

PROGRAM	SUN	MON	TUE	WED	THU	FRI	SAT
Everyone Welcome	9 am-12 pm						12:30-5 pm
25 Metre Lane Swim		8-10 am 11:15 am-1:15 pm	6:30-8:30 am	8-10 am 11:15 am-1:15 pm	6:30-8:30 am	6:30-9 am 12-3 pm	
Leisure Swim		6:30-8 am 11:15 am-3 pm	6:30-8:30 am	6:30-8 am 11:15 am-3 pm	6:30-8:30 am	6:30-9 am 12-3 pm	
Waterslides	9 am-12 pm	Available upon request					12:30-5 pm
Weight Room (Closed due to PHO)	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
AQUAFIT**	SUN	MON	TUE	WED	THU	FRI	SAT
**Due to the popularity of aquafit classes, pre-registration up to 8 days in advance is required to secure a spot.							
Core Aquafit (1 hr)		7-8 am		7-8 am			
Therapy Aquafit (1 hr)		1:30-2:30 pm		1:30-2:30 pm			
Shallow Water Aquafit (45 min)			8:45-9:30 am		8:45-9:30 am		
Deep Water Aquafit (45 min)		10:15-11 am		10:15-11 am			

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

- Please inform staff of any medical conditions.
- All children through 6 years of age must be under the direct supervision and within arm's reach of a guardian. Guardian must be in the water and must be 16 years of age or older.
- Ratio for children who are 6 years of age and under is 1 adult to 3 children.
- Pool capacity limited to 50%.
- All pool participants and spectators over the age of 12 must show proof of vaccination. Those over 18 years must also show government issued photo ID.

Please Help Us Avoid Unnecessary Pool Closures:

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

POOL CLOSED: • Mon, Feb 21 (Family Day)



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DROP-IN SCHEDULE

Arenas Winter Schedule

Sunday, January 2 to Sunday, March 27, 2022

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

• FCA - Frank Crane Arena (2300 Bowen Rd)

• McN - Cliff McNabb Arena (2300 Bowen Rd)

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

Arena Program Highlights - see Arenas Section for courses and lessons

Everyone Welcome - Designed for skaters of all ages and abilities. These sessions provide an excellent opportunity for all members of the community to get active! Helmets are strongly recommended. Look for our "Game Zone" at our Everyone Welcome sessions. (Cancelled on Jan 1 & Mar 16.)

FREE LIONS SKATE: Sundays, 12-1:30 pm at Frank Crane Arena (includes admission, skate and helmet rentals). On Clipper game days, held 11:30 am-1 pm (Jan 23, Mar 6 & 20).

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, as well as a fun story time. Helmets are mandatory for tots. Parents must accompany children on the ice. Free admission for child.

Youth Skate* (11-18 years) - During this session, skates and helmets are free complete with recreational hockey and the "Game Zone"!

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

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

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

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



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

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

DROP-IN SCHEDULE

Winter Skating Events

Skates with Santa

Come and tell Santa how good you've been this year!

- **Wed, Dec 15**, 6:30-8 pm at FCA
- **Thu, Dec 16**, 6:15-7:45 pm at NIC

New Year's Eve Skates

- **Fri, Dec 31**, 10:45-11:45 am at FCA (Stick 'n' Puck)
- **Fri, Dec 31**, 12-2 pm at FCA (Everyone Welcome)
- **Fri, Dec 31**, 6-8 pm at FCA (Everyone Welcome)

New Year's Day Skates

Start the year off right with a skate!

- **Mon, Jan 1**, 12:30-4:30 pm at FCA (Everyone Wel.)
- **Mon, Jan 1**, 12:15-1:15 pm at McN (Stick 'n' Puck)
- **Mon, Jan 1**, 1:30-2:30 pm at McN (Stick 'n' Puck)
- **Mon, Jan 1**, 2:45-3:45 pm at McN (Stick 'n' Puck)
- **Mon, Jan 1**, 4-5 pm at McN (Stick 'n' Puck)

Pro-D Skates

- **Mon, Feb 7**, 1:30-3 pm at NIC
- **Tue, Feb 8**, 1:30-3 pm at NIC

Valentine's Day

Join us for some "heart-felt" fun in the arenas!

- **Mon, Feb 14**, 10-11:30 am at FCA (Parent & Tot)
- **Mon, Feb 14**, 10-11:30 am at NIC (Adult Leisure)

St. Patrick's Day Skate

- **Thu, Mar 17**, 6:15-7:45 pm at NIC

Family Day Skates

- **Mon, Feb 21**, 12-1:30 pm at NIC (Everyone Welcome)
- **Mon, Feb 21**, 1:45-3:15 pm at NIC (Everyone Wel.)
- **Mon, Feb 21**, 11:45 am-12:45 pm at NIC (Family Stick 'n' Puck)
- **Mon, Feb 21**, 2:15-3:15 pm at NIC (Family Stick 'n' Puck)
- **Mon, Feb 21**, 1-2 pm at NIC (Parent & Tot Skate)

Earth Hour Skate

- **Sat, Mar 26**, 1:15-2:45 pm at FCA

Glow in the Dark Skates

Skate in our dimly lit arena with special effects on the first Tuesday of each month from 6:30-8 pm at Frank Crane Arena. *Regular admission rates apply.*

- **December 7**
- **January 4**
- **February 1**
- **March 1**

Starlight Skates

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

- **December 19**
- **January 16**
- **February 20**
- **March 20**

Winter Wonderland December 24, 26-30

Fri, Dec 24
10 am - 3 pm

Sun, Dec 26
10 am - 4:45 pm

Mon, Dec 27
10 am - 4:45 pm
7:45 - 9:30 pm

Tue, Dec 28
10 am - 4:45 pm
7:45 - 9:30 pm

Wed, Dec 29
10 am - 4:45 pm
7:45 - 9:30 pm

Thu, Dec 30
10 am - 4:45 pm
7:45 - 9:30 pm

See our website in mid-December for specific schedule.

Join us at the Frank Crane Arena where

it will be transformed into a

SNOW GLOBE!

These "loonie" skate sessions include free skate and helmet rentals. Drop in during any of our public times or rent the ice privately for your friends, family or co-workers.

Everyone is welcome!



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



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PRE-REGISTERED DROP-IN SCHEDULE

Oliver Woods Community Centre Winter Schedule

Tuesday, January 4 to Thursday, March 31 (closed on all stat holidays)

Programs	SUN	MON	TUE	WED	THU	FRI	SAT
Badminton (16+) Gym attendant on duty.	7-9 pm		8:45-10:45 am		8:45-10:45 am		
Basketball (16+) Gym attendant on duty.		8:30 - 10:30 pm				8:15-10:15 pm	
Everyone Welcome All ages welcome! Great time to organize a lunch time activity or sport. (Racquet sports not available.)			11 am- 12:30 pm				
Family Multi Sports Bring the family down for a variety of sports, such as basketball, pickleball and soccer.	11 am- 12:30 pm						
Pickleball (16+) Tennis-like game played on a badminton court using a perforated, slow moving ball and paddle.		8:45-10:45 am			11 am -1 pm	11:30 am- 1:30 pm	
Volleyball (16+) Gym attendant on duty.		8:15-10:15 pm				8:30 -10:30 pm	
Spare Blox Youth Drop-in (10-17 yrs; registration required) Registration is ongoing. See Youth Section for details.			6:15-7:45 pm (until Dec 14 & Jan 11-Mar 29)				

GENERAL INFORMATION FOR PRE-REGISTERED DROP-IN PROGRAMS

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

FACILITY CLOSURES/SCHEDULE CHANGES

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

DROP-IN SPORT PROGRAMS

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

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



PRE-REGISTERED DROP-IN SCHEDULE

Bowen Park Pottery Studio

Tuesday, January 4 to Thursday, March 31 (closed on all stat holidays)

Formally “Drop-in Pottery”, all participants will be able to register a maximum of 3 days in advance for each session. The Bowen Park Pottery Studio has the tools, equipment and supplies available for the public to work independently. Children, when accompanied by an adult, are welcome (both must register). No instruction is provided. Clay may be purchased for \$32 (including tax) per 22 pound bag and includes all firing and glazing fees. Space is limited. Cost is \$12 per session.

SUN	MON	TUE	WED	THU	FRI	SAT
	12-3 pm NEW!	2:30-5:30 pm		9:30-11:30 am* (Harbour City Seniors only*) 12-3 pm		9 am-12 pm

DROP-IN INFO

\$12 per session

- Pre-register up to 72 hours in advance at recreation.nanaimo.ca
- Pottery room tickets are no longer available



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



cityofnanaimo



nanaimoparksandrec (#ilovemyparksandrec)

Low Co\$t or Free Recreation

At Parks, Recreation and Culture, we understand how recreation experiences can enrich our lives. Here are a few activities that you can participate in...even with a tight budget.

Admission Savers

- **Buy a 10 or 20 Visit Pass** and save 20 percent over regular admission. Want to save more? Consider purchasing our annual Active Pass. **See page 6.**
- **Lion's Sponsored FREE Skates** are held every Sunday from January 2 to March 27 from 12-1:30 pm at Frank Crane Arena. (On Clipper game days, held 11:30 am-1 pm (Dec 5 & 12, Jan 23, Mar 6 & 20). **See page 56.**
- **Winter Wonderland** happens on December 24 and then from December 26-30 at Frank Crane Arena. Skating sessions are only \$1 with skate and helmet rentals free. **See page 11.**
- **Family Day** activities are being planned with lots of opportunities for swimming, skate and more. **See back page and watch for details on our website in January.**

Low Cost Recreation

- Youth, aged 10 to 17, are invited to our **FREE Spare Blox program** where youth can participate in gymnasium activities and more at Oliver Woods Community Centre. **See page 32.**
- **Youth Lounge** at Nanaimo Aquatic Centre is for ages 11 to 17 and is FREE. Enjoy music, gaming and more. **See page 32.**
- **Mother Goose** is a program for children up to 12 months where they experience the pleasure and benefits of music, stories and activities. **See page 16.**
- **Light Up the Night Holiday Bike Ride** is a program for the whole family. Decorate your bike and get into the holiday spirit! **See page 21.**
- **Holiday Bird Count** is a family-friendly bird watching event that is free! **See page 21.**
- **StoryWalks®** take place throughout the community all throughout the year. This is a great way to get outdoors and read a great book in one of our local parks. Check our website and social media posts for the latest opportunities. These are free!
- Take part in our Winter Break **Frosty Bucket Challenge** where you will search for a park in Nanaimo based on some clues for a chance to win some great prizes. **See page 5.**
- Bring your family to our first ever New Year's Day **Activate Event** where there will be plenty of activities to launch you into activity for the new year! **See back cover.**



LEAP

LEISURE ECONOMIC ACCESS PASS



WHAT IS LEAP?

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

WHAT CAN LEAP BE USED FOR?

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

DO I QUALIFY?

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

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

HOW DO I APPLY?

1. Submit the LEAP application online at www.nanaimo.ca or in-person at any City of Nanaimo recreation centre.
2. Include a copy of the following:
 - Prior year Notice of Assessment
 - Photo ID
 - Proof of Residency (if different from ID)

STATISTICS CANADA LOW INCOME GUIDELINES

Number of People in Household	Annual Household Income
1	\$18,520
2	\$22,540
3	\$28,068
4	\$35,017
5	\$39,874
6	\$44,221
7	\$48,568

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





Early Years & Children's

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

Gym Pals

1 to 4 Years

Hey, kids! Bring your mom or dad and climb, jump and play! This parent participation program allows time for tots to explore and develop motor skills.

Only one caregiver per participant please.

Wed, Jan 12-Feb 16 | 8:30-9:30 am | \$48/6 | 65900

Wed, Jan 12-Feb 16 | 9:45-10:45 am | \$48/6 | 65902

Wed, Jan 12-Feb 16 | 11 am-12 pm | \$48/6 | 65904

Fri, Jan 14-Feb 18 | 8:45-9:45 am | \$48/6 | 65909

Fri, Jan 14-Feb 18 | 10-11 am | \$48/6 | 65911

Fri, Jan 14-Feb 18 | 11:15 am-12:15 pm | \$48/6 | 65913

Wed, Feb 23-Mar 30 | 8:30-9:30 am | \$48/6 | 65901

Wed, Feb 23-Mar 30 | 9:45-10:45 am | \$48/6 | 65903

Wed, Feb 23-Mar 30 | 11 am-12 pm | \$48/6 | 65905

Fri, Feb 25-Mar 25 | 9:45-10:45 am | \$40/5 | 65910

Fri, Feb 25-Mar 25 | 10-11 am | \$40/5 | 65912

Fri, Feb 25-Mar 25 | 11:15 am-12:15 pm | \$40/5 | 65914

Oliver Woods Community Centre

Smart Moves NEW!

Birth to Standing (not yet walking)

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 that are developmentally appropriate and strengthen your baby's physical, cognitive, social and emotional foundations for early learning.

Instructor: Robyn Mor

Tue, Jan 18-Mar 8 | 12:30-1:15 pm | \$96/8 | 66656

Beban Park Social Centre

Parent-Child Mother Goose

Birth to 12 Months

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

Instructor: Moire Porter

Fri, Jan 14-Mar 4 | 9:30-10:30 am | Free | 65976

Fri, Jan 14-Mar 4 | 11:30 am-12:30 pm | Free | 65978

Kin Hut Activity Centre



PLAY AND LEARN



Monthly Early Years Programs

for ages 3 to 5

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.

For your safety while participating in our programs, COVID-19 safety protocols are in place.

Busy Bees - Beban Park

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

Mondays, 9-11 am

Dec: \$40 (#55025) Apr: \$60 (#55033)
Jan: \$80 (#55028) May: \$80 (#55034)
Feb: \$60 (#55030) Jun: \$40 (#55035)
Mar: \$40 (#55032)

Beban Social Centre

Animal Crackers - Beban Park

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

Dec: \$100 (#55055) Apr: \$160 (#55059)
Jan: \$160 (#55056) May: \$180 (#55060)
Feb: \$160 (#55057) Jun: \$100 (#55061)
Mar: \$120 (#55058)

Beban Social Centre

Animal Crackers - Beban Park

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

Dec: \$120 (#55078) Apr: \$160 (#55082)
Jan: \$160 (#55079) May: \$160 (#55083)
Feb: \$160 (#55080) Jun: \$120 (#55084)
Mar: \$100 (#55081)

Beban Social Centre

Kinder Prep* - Beban Park

Tuesdays/Thursdays, 9-11 am

Dec: \$100 (#55120) Apr: \$160 (#55128)
Jan: \$160 (#55121) May: \$180 (#55129)
Feb: \$160 (#55126) Jun: \$100 (#55130)
Mar: \$120 (#55127)

Beban Social Centre

Kinder Prep* - Beban Park

Wednesdays/Fridays, 9-11 am

Dec: \$120 (#55134) Apr: \$160 (#55139)
Jan: \$160 (#55135) May: \$160 (#55141)
Feb: \$160 (#55137) Jun: \$120 (#55142)
Mar: \$100 (#55138)

Beban Social Centre

Teddy Bears - Bowen Park

Please note that this is an outdoor-based program with the majority of the program being spent outside. Note new time starting in September.

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

Dec: \$100 (#55039) Apr: \$140 (#55043)
Jan: \$160 (#55040) May: \$160 (#55044)
Feb: \$140 (#55041) Jun: \$100 (#55045)
Mar: \$100 (#55042)

Bowen Park Complex

Kinder Prep* - Bowen Park

Mondays/Wednesdays, 9-11 am

Dec: \$100 (#58096) Apr: \$140 (#58100)
Jan: \$160 (#58097) May: \$160 (#58101)
Feb: \$140 (#58098) Jun: \$100 (#58102)
Mar: \$100 (#58099)

Bowen Park Complex

Doodle Bugs - Oliver Woods

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

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

Dec: \$100 (#55101) Apr: \$160 (#55108)
Jan: \$160 (#55102) May: \$180 (#55109)
Feb: \$160 (#55106) Jun: \$100 (#55110)
Mar: \$120 (#55107)

Oliver Woods Community Centre

Kinder Prep* - Oliver Woods

Tuesdays/Thursdays, 9-11 am

Dec: \$100 (#55241) Apr: \$160 (#55250)
Jan: \$160 (#55243) May: \$180 (#55254)
Feb: \$160 (#55245) Jun: \$100 (#55258)
Mar: \$120 (#55246)

Oliver Woods Community Centre

Kinder Prep* - Oliver Woods

Mondays/Wednesdays, 9-11 am

Dec: \$100 (#55283) Apr: \$120 (#55287)
Jan: \$160 (#55284) May: \$160 (#55288)
Feb: \$140 (#55285) Jun: \$100 (#55289)
Mar: \$100 (#55286)

Oliver Woods Community Centre

Kinder Prep* - Oliver Woods

Fridays, 9-11 am

Dec: \$60 (#55295) Apr: \$80 (#55300)
Jan: \$80 (#55296) May: \$80 (#55301)
Feb: \$80 (#55297) Jun: \$60 (#55302)
Mar: \$40 (#55299)

Oliver Woods Community Centre

*Kinder Prep is only for children entering Kindergarten in September of 2022. Busy Bees, Animal Crackers, Teddy Bears & Doodle Bugs are for children 3 to 5 years; all children must be potty trained.

There will be no refunds after the first class has started. Withdrawals can be made up to 72 hours prior to the first class for a full refund. If withdrawal is made less than 72 hours prior to the first class, but before the first class has started, you will be charged for the first class.

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



cityofnanaimo



nanaimoparksandrec (#ilovemyparksandrec)



Children's Arts & Crafts

Cartooning and Comics **NEW!**

8 to 12 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: Jenna Brienza

Sat, Jan 15-Feb 19 | 10-11 am | \$72/6 | 66600

Sat, Feb 26-Mar 26 | 10-11 am | \$60/5 | 66610

Oliver Woods Community Centre

Character Design **NEW!**

8 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.

Instructor: Jenna Brienza

Sat, Jan 15-Feb 19 | 11:15 am-12:15 pm | \$72/6 | 66611

Sat, Feb 26-Mar 26 | 11:15 am-12:15 pm | \$60/5 | 66612

Oliver Woods Community Centre

Winter Wonderland **NEW!**

Art Exploration

6 to 12 Years

Learn a variety of artistic techniques, such as drawing, painting, colouring and much more in this fun art class! Each class you will make and take home a winter-themed art project.

Mon, Jan 10-Feb 14 | 4-5 pm | \$72/6 | 66413

Oliver Woods Community Centre

Spring Fling Art Exploration **NEW!**

6 to 12 Years

Learn a variety of artistic techniques, such as drawing, painting, colouring and much more in this fun art class! Each class you will get to make and take home a spring-themed art project.

Mon, Feb 28-Mar 28 | 4-5 pm | \$60/5 | 66416

Oliver Woods Community Centre

Drawing and Painting **NEW!**

9 to 13 Years

Do you love drawing and painting? Develop your skills in a fun and creative class where you will use pencils, pastels, paint and more while exploring different topics including landscapes and animals.

Mon, Jan 10-Feb 14 | 5:30-6:30 pm | \$72/6 | 66414

Mon, Feb 28-Mar 28 | 5:30-6:30 pm | \$60/5 | 66415

Oliver Woods Community Centre

Handbuilding for Children

7 to 12 Years

Children will have fun getting their hands dirty while playing with clay. They will learn the basic hand-building skills (coiling, pinching, slab-building and sculpting) through project making, and will be encouraged to use their creativity to make each piece their own. Dress for mess.

Instructor: Nesta Morgan

Mon, Jan 10-31 | 4-5:30 pm | \$89/4 | 66335

Mon, Feb 7-28 | 4-5:30 pm | \$89/4 | 66336

Mon, Mar 7-28 | 4-5:30 pm | \$89/4 | 66337

Bowen Pottery Studio





Children's Dance & Music

Music Together

Newborn to 5 Years (Parent Participation)

Music Together® is an early childhood music and movement program filled with fun songs and confidence building musical activities that will get you and your child singing, dancing, playing and learning together! Families will take home a beautifully illustrated songbook and can use the CD or the "Hello Everybody" app to help make music a joyful part of everyday life. For more program information, please contact Sea Song Studio at seasongstudio@gmail.com. Parent participation required. Siblings under 9 months may attend for free. There is a \$50 material fee for this course (one material fee per family only).

Instructor: Karita Sedun

Wed, Jan 12-Mar 9 | 9:15-10 am | \$104/9 | 66206

Wed, Jan 12-Mar 9 | 10:30-11:15 am | \$104/9 | 68194

Thu, Jan 13-Mar 10 | 9:15-10 am | \$104/9 | 66208

Thu, Jan 13-Mar 10 | 10:30-11:15 am | \$104/9 | 66209

Kin Hut Activity Centre



Wiggles & Giggles

6 to 18 Months

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

Tue, Jan 11-Mar 1 | 10:15-10:45 am | \$64/8 | 65323

Beban Park Social Centre

Wiggles & Giggles

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.

Tue, Jan 11-Mar 1 | 11-11:30 am | \$64/8 | 65325

Beban Park Social Centre

Tiny Toes

2.5 to 4 Years

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

Tue, Jan 11-Mar 1 | 9:30-10 am | \$64/8 | 65321

Beban Park Social Centre

Tots Dance Mix

2.5 to 4 Years

Energetic and upbeat, move your body, move your feet! This class has a variety of dance styles to try, including jazz, tap, hip hop, disco, Latin and country line. This is a parent participation program.

Tue, Jan 11-Mar 1 | 11:45 am-12:15 pm | \$64/8 | 65326

Beban Park Social Centre

Baby Acro Dance NEW!

3 to 5 Years

Your little one will love tumbling, rolling and balancing in this class! Acro fuses dance and gymnastics. These fun, interactive sessions will ensure your child learns the dance basics and simple acro moves, such as bridges, preparation for handstands and headstands, forward and backwards rolls and more. This is a parent participation program (only one caregiver, please).

Instructor: Payton Berrigan

Sat, Jan 15-Feb 19 | 1:45-2:15 pm | \$42/6 | 66264

Sat, Feb 26-Mar 26 | 1:45-2:15 pm | \$35/5 | 66265

Oliver Woods Community Centre



Baby Ballet

3 to 5 Years

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

Sat, Jan 15-Feb 19 | 10:10-30 am | \$42/6 | 66254

Sat, Jan 15-Feb 19 | 12:15-12:45 pm | \$42/6 | 66260

Sat, Feb 26-Mar 26 | 10:10-30 am | \$35/5 | 66255

Sat, Feb 26-Mar 26 | 12:15-12:45 pm | \$35/5 | 66261

Oliver Woods Community Centre

Baby Ballet - The Next Steps

3 to 5 Years

This is a class for little dancers who have already taken Baby Ballet. This is a continuation of level one, including more steps, music and movement. Children should wear leotards, shorts and dance slippers if available. If not, then bare feet is acceptable.

Sat, Jan 15-Feb 19 | 11:30 am-12 pm | \$42/6 | 66258

Sat, Feb 26-Mar 26 | 11:30 am-12 pm | \$35/5 | 66259

Oliver Woods Community Centre

Junior Ballet

5 to 8 Years

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

Sat, Jan 15-Feb 19 | 2:30-3 pm | \$42/6 | 66266

Sat, Feb 26-Mar 26 | 2:30-3 pm | \$35/5 | 66267

Oliver Woods Community Centre

Musical Dance Theatre

3 to 5 Years

Time to get theatrical! This program is based on dancing, acting and singing. Children will learn proper dance fundamentals. Children should wear leotards, shorts and dance slippers if available. If not, then bare feet is acceptable.

Instructor: Payton Berrigan

Sat, Jan 15-Feb 19 | 10:45-11:15 am | \$42/6 | 66256

Sat, Jan 15-Feb 19 | 1-1:30 pm | \$42/6 | 66262

Sat, Feb 26-Mar 26 | 10:45-11:15 am | \$35/5 | 66257

Sat, Feb 26-Mar 26 | 1-1:30 pm | \$35/5 | 66263

Oliver Woods Community 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, Jan 7-Feb 4 | 3:30-4 pm | \$50/5 | 65475

Fri, Feb 11-Mar 11 | 3:30-4 pm | \$50/5 | 65476

5 to 7 Years

Fri, Jan 7-Feb 4 | 4:15-5 pm | \$60/5 | 65477

Fri, Feb 11-Mar 11 | 4:15-5 pm | \$60/5 | 65478

8 to 11 Years

Fri, Jan 7-Feb 4 | 5:15-6 pm | \$60/5 | 65479

Fri, Feb 11-Mar 11 | 5:15-6 pm | \$60/5 | 65480

Vibe Dance Studios

Rhythm Works Hip Hop Dance NEW!

Integrative Dance®

6 to 12 Years

This hip hop dance and rhythms class is geared towards dancers with different learning abilities and physical challenges. Our goal is to engage in strength building activities, motor skill activities and cognitive activities all while making friends and having fun! Your dancer will look forward to the rhythm lessons, a good dance warm up, hip hop choreography and fun games each week.

Everyone is welcome.

Instructor: Genevieve Caron

Mon, Jan 10-Feb 14 | 4-4:45 pm | \$72/6 | 68172

Mon, Feb 28-Mar 28 | 4-4:45 pm | \$60/5 | 68192

Beban Park Social Centre

Jazz with Harbour Dance Studio

Focusing on fun, high-energy music and the foundational techniques of jazz dance, learn the basics incorporating stretching and high energy movements. Great for exercise and meeting new friends. No previous experience required.

6 to 8 Years

Jan 27-Mar 10 | 4-4:45 pm | \$84/7 | 66211

9 + Years

Mon, Jan 24-Mar 7 | 4:45-5:30 pm | \$72/6 | 66210

Harbour Dance Studio

Tap with Harbour Dance Studio

Focusing on fun and the foundational techniques of tap dance, learn the basics and work your way up. Great for exercise and meeting new friends. No previous experience necessary, but tap shoes are required.

6 to 8 Years

Thu, Jan 27-Mar 10 | 5-5:45 pm | \$84/7 | 66213

9 + Years

Mon, Jan 24-Mar 7 | 5:30-6:15 pm | \$72/6 | 66212

Harbour Dance Studio

Highland Dance

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

3 to 4 Years - Tartan Tots

Sun, Jan 9-30 | 4-4:45 pm | \$50/4 | 66268

5 to 7 Years - Tartan Tigers

Sun, Jan 9-30 | 5-5:45 pm | \$50/4 | 66270

8 to 13 Years - Kilts & Hilts

Sun, Jan 9-30 | 6-6:45 pm | \$50/4 | 66269

Oliver Woods Community Centre

Piano - Private Beginner Lessons

5+ Years

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

Instructor: A. Margarita Hillers

Tue, Jan 4-25 | 3:30-4 pm | \$88/4 | 65328

Tue, Jan 4-25 | 4:05-4:35 pm | \$88/4 | 65331

Tue, Jan 4-25 | 4:40-5:10 pm | \$88/4 | 65332

Tue, Jan 4-25 | 5:15-5:45 pm | \$88/4 | 65333

Tue, Jan 4-25 | 5:50-6:20 pm | \$88/4 | 65334

Tue, Feb 1-22 | 3:30-4 pm | \$88/4 | 65329

Tue, Feb 1-22 | 4:05-4:35 pm | \$88/4 | 65335

Tue, Feb 1-22 | 4:40-5:10 pm | \$88/4 | 65336

Tue, Feb 1-22 | 5:15-5:45 pm | \$88/4 | 65337

Tue, Feb 1-22 | 5:50-6:20 pm | \$88/4 | 65338

Tue, Mar 1-22 | 3:30-4 pm | \$88/4 | 65330

Tue, Mar 1-22 | 4:05-4:35 pm | \$88/4 | 65339

Tue, Mar 1-22 | 4:40-5:10 pm | \$88/4 | 65340

Tue, Mar 1-22 | 5:15-5:45 pm | \$88/4 | 65341

Tue, Mar 1-22 | 5:50-6:20 pm | \$88/4 | 65342

Bowen Park Complex

Nanaimo Youth Choir NEW!

Marian Smith has been directing the award-winning Nanaimo Youth Choir for 29 years. This is a great opportunity to see what it is like to be involved with a choir without having to commit for a full year. You will meet new friends, learn how to properly sing in a choral group, harmonize and read music. Singing in a choir helps with confidence, it exercises teamwork and you don't need to buy any extra equipment.

5 to 15 Years (Nanaimo Youth Choir)

Wed, Jan 5-Mar 30 | 3:30-5 pm | \$200 | 66866

St. Andrews Church (311 Fitzwilliam St)





Children's Special Interest

Shake Your Sillies Out **NEW!**

3 to 5 Years

This is a fun little class for children. There are huge benefits to teaching children fitness at an early age, and this class will keep them wanting more! We will be introducing the children to exciting new equipment such as agility ladders, bosus, wobble boards, slam balls, weighted balls, battle ropes and more. The music is specifically chosen for this age group, and is guaranteed to have us shaking our sillies out. Please send a water bottle with your child, as they work hard having fun and will need to hydrate.

Sat, Feb 19-Mar 26 | 3:10-4 | \$48/6 | 69642
Departure Bay Activity Centre

Winter - How Plants & Animals

Survive

3 to 6 Years

Have you ever wondered what happens to the plants and animals over the winter months when it's cold outside? Come find out. This is a parent participation class.

Instructor: Judy Wickland

Sat, Jan 22 | 10-11:15 am | \$10 | 62291

Sat, Jan 22 | 11:45 am-1 pm | \$10 | 64569

Linley Valley Park (parking lot off Rock City Rd)

Tracks - Who Goes Where? **NEW!**

3 to 6 Years

Have you ever wondered if any animals live in the forest? How do you know if you do not see them? Animals leave signs behind. We will learn some tracks and other signs that animals have been there. This is a parent participation class.

Instructor: Judy Wickland

Sun, Feb 6 | 10-11:15 am | \$10 | 66782

Colliery Dam Park (Wakesiah Parking Lot)

Birds in Winter & Migration **NEW!**

3 to 6 Years

Have you wondered where birds go in winter? How do they survive the cold? How do they find food? Why do some birds stay here? What is migration? This is a parent participation class.

Instructor: Judy Wickland

Sun, Mar 13 | 10-11:15 am | \$10 | 66783

Neck Point Park (Finn Beach)



Cottonwood Buds - Tree Medicine **NEW!**

6 to 12 Years

Winter's balm, first medicine and water keeper are other names of the Cottonwood. Its Latin name "Populus" means the peoples' tree. In Celtic mythology, it was known as the whispering tree as its quivering leaves were believed to be a form of inspiration, poetry and communication to the ancestors. This is the time of year the windstorms shake down its high limbs so the buds can be gathered and turned into a healing balm for sore muscles, joints and respiratory issues.

Instructor: Sarah Dafoe

Sun, Feb 20 | 10 am-12 pm | \$20 | 62870

Beaufort Park Food Forest

Yoga for Kids

6 to 12 Years

Kids yoga assists children in their focus skills, teaches self-awareness, builds self-esteem, self-respect and is overall empowering. Parent participation is not required; please provide child with yoga mat.

Instructor: Gypsy Hart

Wed, Jan 12-Feb 16 | 3:30-4:30 pm | \$48/6 | 65906

Wed, Feb 23-Mar 30 | 3:30-4:30 pm | \$48/6 | 65907

Oliver Woods Community Centre





Children's Sports

Soccer Tots 2 to 5 Years

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

Sat, Jan 15-Feb 19 | 9-10 am | \$48/6 | 65920

Sat, Jan 15-Feb 19 | 10:15-11:15 am | \$48/6 | 65922

Sat, Feb 26-Mar 26 | 9-10 am | \$40/5 | 65921

Sat, Feb 26-Mar 26 | 10:15-11:15 am | \$40/5 | 65923

Oliver Woods Community Centre

Soccer Skills and Drills 6 to 9 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, Jan 20-Feb 24 | 4:30-5:30 pm | \$48/6 | 65896

Harewood Covered Sports Court

Children's Indoor Soccer NEW! 6 to 12 Years

This is a co-ed program designed to develop basic soccer fundamentals, such as shooting, passing, and dribbling. This is the perfect program to gain life-long skills in leadership, team building and sportsmanship.

Tue, Jan 11-Feb 15 | 3:45-4:45 pm | \$48/6 | 65880

Oliver Woods Community Centre

Basketball Skills and Drills 6 to 9 Years

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

Tue, Jan 18-Feb 22 | 4:30-5:30 pm | \$48/6 | 65897

Harewood Covered Sports Court

Basketball Fundamental NEW! Movement Skills - Level 1 6 to 9 Years

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.

Wed, Jan 12-Feb 16 | 4-5 pm | \$48/6 | 66421

Wed, Feb 23-Mar 30 | 4-5 pm | \$48/6 | 66423

Oliver Woods Community Centre

Basketball Fundamental NEW! Movement Skills - Level 2 9 to 12 Years

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

Fri, Jan 14-Feb 18 | 4:45-5:45 pm | \$48/6 | 65918

Fri, Feb 25-Mar 25 | 4:45-5:45 pm | \$40/5 | 65919

Oliver Woods Community Centre

Children's Multi Sport Mixer NEW! 6 to 12 Years

This is the perfect program for those children who want to try multiple sports! Each week the program will explore a different sport, such as European handball, floor hockey, soccer, and pickleball. Each session will include skill development, practice time and a scrimmage.

Wed, Feb 23-Mar 30 | 4:30-5:30 pm | \$48/6 | 65885

Oliver Woods Community Centre

Indoor Flag Football NEW! 6 to 12 Years

This is a co-ed program designed to introduce children to the exciting sport of flag football. Basic football fundamentals will be taught, including throwing, catching and running. This is the perfect program to gain life-long skills in leadership, team building and sportsmanship.

Wed, Jan 12-Feb 16 | 4:30-5:30 pm | \$48/6 | 65883

Oliver Woods Community Centre



Introduction to Lacrosse **NEW!**

6 to 12 Years

This is a co-ed program designed to develop basic lacrosse fundamentals. Learn shooting, passing and stick handling. This is the perfect program to gain life-long skills in leadership, team building, and sportsmanship.

Tue, Feb 22-Mar 29 | 3:45-4:45 pm | \$48/6 | 65882
Oliver Woods Community Centre

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, Jan 12-Feb 16 | 5:15-6:15 pm | \$60/6 | 66271
Wed, Feb 23-Mar 30 | 5:15-6:15 pm | \$60/6 | 66272
Oliver Woods Community Centre

Junior Badminton

8 to 13 Years

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

Mon, Jan 10-Feb 14 | 4-5 pm | \$48/6 | 65877
Mon, Feb 28-Mar 28 | 4-5 pm | \$40/5 | 65878
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

Sun, Jan 9-Mar 6 | 3-4 pm | \$162/9 | 66836

8 to 11 Years

Sun, Jan 9-Mar 6 | 4-5:30 pm | \$243/9 | 66837
North Island Tennis Academy (2367 Arbot Rd)

Volleyball

8 to 13 Years

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

Fri, Jan 14-Feb 18 | 4:45-5:45 pm | \$48/6 | 65915
Fri, Feb 25-Mar 25 | 4:45-5:45 pm | \$40/5 | 65917
Oliver Woods Community Centre

NHL: Novice Hockey League Ball Hockey

This program is designed to introduce and develop the game of ball hockey. This parent participation class is the ball hockey adaptation of our popular ice hockey program.

2 to 5 Years

Mon, Jan 10-Feb 14 | 1:15-2:15 pm | \$48/6 | 65874
Mon, Feb 18-Mar 28 | 1:15-2:15 pm | \$40/5 | 65875

6 to 10 Years

Tue, Jan 11-Feb 15 | 5-6 pm | \$48/6 | 65898
Tue, Feb 22-Mar 29 | 5-6 pm | \$48/6 | 65899
Oliver Woods Community Centre

Junior Lifeguard Club

8 to 11 Years

This club focuses on fun, teamwork and skill development with games and a variety of activities themed around lifesaving, lifeguarding and first aid. A must for those youth who love the water, but are looking for more than lessons! *Participants must be at a Swim Kids Level 4 or higher to register (ability to swim a minimum of 25 metres and tread water for two minutes).*

Tue, Jan 11-Mar 8 | 6-7:30 pm | \$86/9 | 62716
Nanaimo Aquatic Centre

Taekwondo Ninjas

5 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.

Instructor: Moyasser Mahmoud
Thu, Jan 13-Feb 3 | 4-4:30 pm | \$32/4 | 66370
Thu, Feb 10-Mar 3 | 4-4:30 pm | \$32/4 | 66371
Oliver Woods Community Centre

Taekwondo Tigers

8 to 13 Years

Students will build self-confidence while learning different kicks, punches, blocks and self-defense skills. They will learn anti-bullying strategies and increase mental and physical strength. There is a strong emphasis on life skills, such as respect, discipline, focus, integrity and perseverance. Upon completion of the sessions, students will be well equipped to progress to higher levels of teachings.

Instructor: Moyasser Mahmoud
Thu, Jan 13-Feb 3 | 4:30-5 pm | \$32/4 | 66372
Thu, Feb 10-Mar 3 | 4:30-5 pm | \$32/4 | 66373
Oliver Woods Community Centre

Fun, Fitness & Agility **NEW!**

6 to 11 Years

This is a fun and exciting new class designed to teach fitness and agility to children. They will be introduced to a variety of new equipment, such as bosus, agility ladders, free weights, medicine balls, slam balls, wobble boards, battle ropes and more. This is a non-competitive environment with fun music allowing the children to experience the joy and benefits of fitness at an early age. Please send a water bottle with your children, as they work hard having fun and need to hydrate.

Sat, Feb 19-Mar 26 | 2:10-3 pm | \$48/6 | 65882
Departure Bay Activity Centre



Taekwondo

Our highly qualified 8th degree black belt Grand Master Kim can help you become strong in mind, body and spirit. This program emphasizes on self-discipline, confidence and concentration. Grand Master Kim strives to maximize your potential by maintaining a traditional foundation based upon physical well-being and mental integrity.

4 to 7 Years

Sat, Jan 15-29 | 10-10:35 am | \$29/3 | 66860

Sat, Feb 5-19 | 10-10:35 am | \$29/3 | 66861

Sat, Mar 5-19 | 10-10:35 am | \$29/3 | 66862

7 to 12 Years

Sat, Jan 15-29 | 10:45-11:20 am | \$29/3 | 66863

Sat, Feb 5-19 | 10:45-11:20 am | \$29/3 | 66864

Sat, Mar 5-19 | 10:45-11:20 am | \$29/3 | 66865

World Taekwondo Academy (4300 Wellington Rd)

Taekwondo & Hapkido (Self-Defense)

12 to 19 Years

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

M/W, Jan 17-24 | 6:10-7 pm | \$35/3 | 66868

M/W, Feb 7-14 | 6:10-7 pm | \$35/3 | 66871

World Tae Kwon Do Academy (307-4300 Wellington Rd)

Karate

4 to 7 Years

Learn to perform basic karate moves and improve motor skills. Designed to teach self-discipline with courtesy and respect strongly emphasized.

Tue, Jan 4-25 | 3:30-4:15 pm | \$25/4 | 66819

Fri, Jan 7-28 | 3:15-4 pm | \$25/4 | 66820

Wed, Feb 2-23 | 4:30-5:15 pm | \$25/4 | 66821

Fri, Feb 4-25 | 3:15-4 pm | \$25/4 | 66822

Thu, Mar 3-24 | 3:30-4:15 pm | \$25/4 | 66823

Fri, Mar 4-25 | 3:15-4 pm | \$25/4 | 66824

Shima Karate (3032 Barons Rd)

Karate

6 to 12 Years

Now kids move into the older program training twice a week where they will start learning katas and have anti-bullying discussions.

T/Th, Jan 4-13 | 4:30-5:20 pm | \$25/4 | 66827

M/W, Jan 10-19 | 3:30-4:20 pm | \$25/4 | 66826

M/W, Feb 7-16 | 3:30-4:20 pm | \$25/4 | 66828

T/Th, Feb 8-17 | 4:30-5:20 pm | \$25/4 | 66830

T/Th, Mar 1-10 | 4:30-5:20 pm | \$25/4 | 66831

M/W, Mar 7-16 | 3:30-4:20 pm | \$25/4 | 66829

Shima Karate (3032 Barons Rd)

Street Smarts 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, fully functioning bike and basic riding skills.

6 to 8 Years

Sat, Mar 5 | 9:30 am-12:30 pm | \$40/1 | 62467

8 to 11 Years

Sat, Mar 5 | 1:30-4:30 pm | \$40/1 | 62466

Beban Park Social Centre

Rock Climbing

6 to 12 Years

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

Wed, Jan 5-26 | 4-6 pm | \$80/4 | 66796

Wed, Feb 2-23 | 4-6 pm | \$80/4 | 66805

Romper Room Climbing Gym (4235 Boban Dr)



Pro-D & Winter Break Camps



Pro-D Camp

6 to 11 Years

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

Mon, Feb 7 | 8:30 am-4:30 pm | \$42/1 | 65316

Tue, Feb 8 | 8:30 am-4:30 pm | \$42/1 | 65317

Beban Park Social Centre

Sports Action - Pro-D Camp

6 to 12 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 while also incorporating fun activities.

Mon, Feb 7 | 8:30 am-4:30 pm | \$42/1 | 65860

Tue, Feb 8 | 8:30 am-4:30 pm | \$42/1 | 65871

Oliver Woods Community Centre

RecSkate Pro-D Camp

6 to 11 Years

This half-ice recreational skating camp includes ice time for lessons, stations, games and free time. Camp also includes other sports activities and a movie. We recommend that skaters have passed a minimum of RecSkate 1.

Mon, Feb 7 | 8:30 am-5 pm | \$42/1 | 59324

Tue, Feb 8 | 8:30 am-5 pm | \$42/1 | 59326

Cliff McNabb 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 ice times for skills, scrimmage and stations. Camp includes games and other activities. Full gear is required. We recommend that skaters have passed a minimum of RecSkate 2.

Mon, Feb 7 | 8:30 am-5 pm | \$42/1 | 59323

Tue, Feb 8 | 8:30 am-5 pm | \$42/1 | 59325

Cliff McNabb Arena

Frosty Frolic Camp

5 to 10 Years

Play games, get crafty and make new friends. Register for the whole week or only the days you need using barcode 61125.

Mon, Dec 20 | 8:30 am-4:30 pm | \$42/1

Tue, Dec 21 | 8:30 am-4:30 pm | \$42/1

Wed, Dec 22 | 8:30 am-4:30 pm | \$42/1

Thu, Dec 23 | 8:30 am-4:30 pm | \$42/1

Wed, Dec 29 | 8:30 am-4:30 pm | \$42/1

Thu, Dec 30 | 8:30 am-4:30 pm | \$42/1

Beban Park Social Centre

Survivor Skills Challenge

8 to 13 Years

Young castaways will 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 Swim Kids 4 or higher to register.

M-F, Dec 20-24 | 12:30-4:30 pm | \$150/5 | 63444

Nanaimo Aquatic Centre

Holiday RecSkate 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 activities and a movie. We recommend that skaters have passed a minimum of RecSkate 1. Please bring your own lunch and snacks.

Mon, Dec 20 | 8:30 am-5 pm | \$42/1 | 59328

Tue, Dec 21 | 8:30 am-5 pm | \$42/1 | 59330

Wed, Dec 22 | 8:30 am-5 pm | \$42/1 | 59332

Thu, Dec 23 | 8:30 am-5 pm | \$42/1 | 59334

Mon, Dec 27 | 8:30 am-5 pm | \$42/1 | 59336

Tue, Dec 28 | 8:30 am-5 pm | \$42/1 | 59338

Wed, Dec 29 | 8:30 am-5 pm | \$42/1 | 59340

Thu, Dec 30 | 8:30 am-5 pm | \$42/1 | 59342

Cliff McNabb Arena

Holiday RecHockey 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. Camp also includes other sport activities and a movie. Full gear is required. We recommend that skaters have passed a minimum of RecSkate 2. Please bring your own lunch and snacks.

Mon, Dec 20 | 8:30 am-5 pm | \$42/1 | 59327

Tue, Dec 21 | 8:30 am-5 pm | \$42/1 | 59329

Wed, Dec 22 | 8:30 am-5 pm | \$42/1 | 59331

Thu, Dec 23 | 8:30 am-5 pm | \$42/1 | 59333

Mon, Dec 27 | 8:30 am-5 pm | \$42/1 | 59335

Tue, Dec 28 | 8:30 am-5 pm | \$42/1 | 59337

Wed, Dec 29 | 8:30 am-5 pm | \$42/1 | 59339

Thu, Dec 30 | 8:30 am-5 pm | \$42/1 | 59341

Cliff McNabb Arena

Holiday Tennis Camp

8 to 11 Years

Learn tennis in a fun, cooperative environment. Develop your hand-eye coordination skills. We supply the racquets and balls. Clean running shoes are required.

M-Th, Dec 27-30 | 9-11 am | \$144/4 | 67718

North Island Tennis Academy (2367 Arbot Rd)

Fall Pro-D Day "Everyone Welcome" Skates

• Mon, Feb 7 • 1:30-3 pm • Nanaimo Ice Centre

• Tue, Feb 8 • 1:30-3 pm • Nanaimo Ice Centre



cityofnanaimo



nanaimoparksandrec (#ilovemyparksandrec)



Children's Spring Break

Tree Frog Camp

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 14-18 | 9-11 am | \$100/5 | 65318

M-F, Mar 21-25 | 9-11 am | \$100/5 | 65319

Oliver Woods Community Centre

Camp Firefly

5-10 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 14 | 8:30 am-4:30 pm | \$42/1 | 67209

Tue, Mar 15 | 8:30 am-4:30 pm | \$42/1 | 67210

Wed, Mar 16 | 8:30 am-4:30 pm | \$42/1 | 67211

Thu, Mar 17 | 8:30 am-4:30 pm | \$42/1 | 67212

Fri, Mar 18 | 8:30 am-4:30 pm | \$42/1 | 67213

Mon, Mar 21 | 8:30 am-4:30 pm | \$42/1 | 67214

Tue, Mar 22 | 8:30 am-4:30 pm | \$42/1 | 67215

Wed, Mar 23 | 8:30 am-4:30 pm | \$42/1 | 67217

Thu, Mar 24 | 8:30 am-4:30 pm | \$42/1 | 67218

Fri, Mar 25 | 8:30 am-4:30 pm | \$42/1 | 67219

Beban Park Social Centre

Camp Action

8-12 Years

Get in on the action! Camp Action is an awesome camp for kids who love to be active. You will have the opportunity to take part in fun games, activities and sports in this full day of camp. Register for the whole two weeks or only the days you need.

Mon, Mar 14 | 8:30 am-4:30 pm | \$42/1 | 65849

Tue, Mar 15 | 8:30 am-4:30 pm | \$42/1 | 65850

Wed, Mar 16 | 8:30 am-4:30 pm | \$42/1 | 65851

Thu, Mar 17 | 8:30 am-4:30 pm | \$42/1 | 65852

Fri, Mar 18 | 8:30 am-4:30 pm | \$42/1 | 65858

Mon, Mar 21 | 8:30 am-4:30 pm | \$42/1 | 65854

Tue, Mar 22 | 8:30 am-4:30 pm | \$42/1 | 65855

Wed, Mar 23 | 8:30 am-4:30 pm | \$42/1 | 65856

Thu, Mar 24 | 8:30 am-4:30 pm | \$42/1 | 65857

Fri, Mar 25 | 8:30 am-4:30 pm | \$42/1 | 65853

Oliver Woods Community Centre

Survivor Skills Challenge

8 to 13 Years

Young castaways will 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 Swim Kids 4 or higher to register.

M-F, Mar 14-18 | 12:30-4:30 pm | \$150/5 | 63445

Beban Park Pool

Merfolk Adventures NEW!

8 to 13 Years

Do you enjoy the water so much that you feel like you belong to the merfolk people? Join others in this fun adventure as you transform your two legs into a monofin and swim like a dolphin. 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. Participants must be at a Swim Kids 4 or higher to register.

M-F, Mar 21-25 | 12:30-4:30 pm | \$150/5 | 63448

Beban Park Pool



RecSkate Spring Break

6 to 11 Years

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

Mon, Mar 14 | 8:30 am-5 pm | \$42/1 | 59128
Tue, Mar 15 | 8:30 am-5 pm | \$42/1 | 59129
Wed, Mar 16 | 8:30 am-5 pm | \$42/1 | 59130
Thu, Mar 17 | 8:30 am-5 pm | \$42/1 | 59131
Fri, Mar 18 | 8:30 am-5 pm | \$42/1 | 59132
Mon, Mar 21 | 8:30 am-5 pm | \$42/1 | 59133
Tue, Mar 22 | 8:30 am-5 pm | \$42/1 | 59134
Wed, Mar 23 | 8:30 am-5 pm | \$42/1 | 59135
Thu, Mar 24 | 8:30 am-5 pm | \$42/1 | 59136
Fri, Mar 25 | 8:30 am-5 pm | \$42/1 | 59137
Cliff McNabb Arena

RecHockey Spring Break

6 to 11 Years

This is a recreational half ice skating camp for participants of varying abilities. Emphasis is on the fundamentals of hockey with ice times for skills, scrimmages and stations. Camp also includes other sport activities and a movie. Full gear is required. We recommend that skaters have passed a minimum of ReSkate 2. Please bring your own lunch and snacks.

Mon, Mar 14 | 8:30 am-5 pm | \$42/1 | 59118
Tue, Mar 15 | 8:30 am-5 pm | \$42/1 | 59119
Wed, Mar 16 | 8:30 am-5 pm | \$42/1 | 59120
Thu, Mar 17 | 8:30 am-5 pm | \$42/1 | 59121
Fri, Mar 18 | 8:30 am-5 pm | \$42/1 | 59122
Mon, Mar 21 | 8:30 am-5 pm | \$42/1 | 59123
Tue, Mar 22 | 8:30 am-5 pm | \$42/1 | 59124
Wed, Mar 23 | 8:30 am-5 pm | \$42/1 | 59125
Thu, Mar 24 | 8:30 am-5 pm | \$42/1 | 59126
Fri, Mar 25 | 8:30 am-5 pm | \$42/1 | 59127
Cliff McNabb Arena



KAM Soccer Camp

7 to 13 Years

Join the experienced instructors from KAM soccer to develop soccer skills while having fun! Coaches will help you develop mastery of the ball with games and activities. We will focus on dribbling, passing, shielding and shooting. Groups will be divided by age and skill level with plenty of time for game play. Cleats are recommended but not required, and each player will receive a KAM t-shirt! See you on the soccer pitch!

M-F, Mar 21-25 | 9 am-12 pm | \$150/5 | 66884
M-F, Mar 21-25 | 9 am-4 pm | \$250/5 | 66881
Bowen West Field

Taekwondo

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

4 to 7 Years

M/W, Mar 14-21 | 3:30-4:05 pm | \$29/3 | 66872

7 to 12 Years

T/Th, Mar 15-22 | 3:30-4:05 pm | \$29/3 | 66873
World Taekwondo Academy (4300 Wellington Rd)

Dance with Vibe

An introduction to dance with the main focus on hip hop and styles of hip hop like grooving, old school, b-boy, house etc.

3 to 4 Years

M-F, Mar 14-18 | 12-12:30 pm | \$50/5 | 65483

5 to 7 Years

M-F, Mar 14-18 | 1-2 pm | \$80/5 | 65481

8 to 11 Years

M-F, Mar 14-18 | 2:30-4 pm | \$120/5 | 65482

Vibe Dance Studios (1969 Boxwood Rd)

Rock Climbing

6 to 12 Years

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

M-F, Mar 14-18 | 9:30-11:30 am | \$150/5 | 66814

M-F, Mar 14-18 | 12-2 pm | \$150/5 | 66815

M-F, Mar 21-25 | 9:30-11:30 am | \$150/5 | 66816

M-F, Mar 21-25 | 12-2 pm | \$150/5 | 66817

Romper Room Climbing Gym (4235 Boban Dr)



Community Advertising



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Millions of skaters have taken their first steps with CanSkate. Fun, inclusive and safe with enhanced COVID-19 protocols. Join Canada's premier learn-to-skate program.

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Calling All Seniors & Volunteers!

Connecting & storytelling through visiting and conversation, Volunteers will create a written and/or digital memento for the Seniors to share with their family & friends.

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Volunteers: Gwen 250-667-1803
Seniors: Michelle 250-713-9630





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For information or to register, nanaimosoftball.ca




Community Advertising

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NOTEWORTHY KIDS!
Sing! 



Join the VIS Noteworthy Kids Choir!

JANUARY 12 - APRIL 27, 2022
REHEARSALS: Wednesdays • 4-5pm
 Open to kids ages 7 - 12. No experience necessary.
REGISTRATION FEE: \$99 (INCLUDES CHOIR TSHIRT)
 PROGRAM INFORMATION & LOCATION DETAILS
 250-754-0177 • visadmin@vancouverislandsymphony.com
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Our Non-Profit Society offers affordable rates with qualified instructors.

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Departure Bay Activity Centre
 778-654-1409
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 <https://www.facebook.com/nanaimoshotokan.karate>



Come and Try Squash!
It's the Fastest Thinking Game on Two Feet!



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 Lounge: Mon, Tue, Wed & Thu after 5 pm
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The City of Nanaimo Activity Guide
 is produced 4 times a year and is a
 great way to promote your community
 organization or business.

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



cityofnanaimo



nanaimoparksandrec (#ilovemyparksandrec)



Youth Programs

Home Alone

10 to 13 Years

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

Sat, Jan 22 | 9 am-12 pm | \$45/1 | 66689

Sat, Jan 22 | 1-4 pm | \$45/1 | 66690

Sat, Feb 12 | 9 am-12 pm | \$45/1 | 66691

Sat, Feb 12 | 1-4 pm | \$45/1 | 66692

Sat, Mar 5 | 9 am-12 pm | \$45/1 | 66695

Sat, Mar 5 | 1-4 pm | \$45/1 | 66696

Sat, Mar 19 | 9 am-12 pm | \$45/1 | 66697

Sat, Mar 19 | 1-4 pm | \$45/1 | 66698

Beban Park Social Centre

Babysitter Training

11 to 15 Years

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

Sat, Jan 29 | 9 am-4:30 pm | \$60/1 | 66693

Sat, Feb 19 | 9 am-4:30 pm | \$60/1 | 66694

Sat, Mar 12 | 9 am-4:30 pm | \$60/1 | 66699

Sun, Mar 13 | 9 am-4:30 pm | \$60/1 | 66702

Sat, Mar 26 | 9 am-4:30 pm | \$60/1 | 66700

Beban Park Social Centre

Dungeons & Dragons Club

11 to 18 Years

This program will introduce you to the basics of this fantasy roll playing game, as well as support you in building skills in storytelling and character development. Over the course sessions, you will complete a campaign with your group and the dungeon master. Please bring a snack, water, pencil and some dice. Program is proudly presented in partnership with Literacy Nanaimo

Fri, Jan 14-Mar 4 | 2:30-4:30 pm | \$10/8 | 68045

Nanaimo Aquatic Centre

Pottery Wheel

12 to 17 Years

For those with little or no previous experience working with clay. Learn the basic techniques that will help you create pots, vases, bowls and pretty much anything that can be thrown on a pottery wheel. Clay, glazes and firings are included in cost.

Mon, Jan 10-Feb 14 | 6-8 pm | \$150/6 | 66340

Mon, Feb 28-Mar 28 | 6-8 pm | \$125/5 | 66347

Bowen Pottery Studio

Creative Writing and Book Club NEW!

11 to 14 Years

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

Mon, Jan 17-Mar 7 | 5:30-7 pm | \$77/7 | 66708

Nanaimo Aquatic Centre



Do you have a program idea for youth in our community?

If so, we would love to hear from you! Fill out our "Program Proposal" application on our website today so we can get planning for our next season.

Teens Welcome

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

Fencing

14 Years +

This program is for all levels. Beginner fencers receive weekly instruction in the basic skills of foil fencing and will be introduced to sabre and epee. Experienced fencers receive instructions tailored to their needs in any of the three weapons (foil, sabre, epee). There will be plenty of opportunity to challenge other fencers either using practice or electric equipment. All equipment is provided.

Instructor: Georgia Newsome

Wed, Jan 12-Feb 16 | 6:30-8 pm | \$78/6 | 66276

Wed, Feb 23-Mar 30 | 6:30-8 pm | \$78/6 | 66277

Oliver Woods Community Centre

Youth Dodgeball

11 to 17 Years

Each week our instructor will facilitate a variety of styles of dodgeball, such as Doctor, Change Team, Everyone's It and more! No experience is necessary for this fun, team-orientated program.

Thu, Jan 13-Feb 17 | 5-6 pm | \$54/6 | 66685

Thu, Feb 24-Mar 31 | 5-6 pm | \$54/6 | 66686

Departure Bay Activity Centre

Youth Basketball

11 to 18 Years

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

Sun, Jan 16-Feb 13 | 3-4:30 pm | \$50/5 | 66622

Sun, Feb 27-Mar 27 | 3-4:30 pm | \$50/5 | 66624

Oliver Woods Community Centre

Youth Floor Hockey

11 to 17 Years

Each session participants will learn the fundamentals of floor hockey, play skill building games and finish the session with a shoot out or fun game. Please bring your own hockey stick.

Tue, Jan 11-Feb 15 | 5-6 pm | \$54/6 | 66687

Tue, Feb 22-Mar 29 | 5-6 pm | \$54/6 | 66688

Departure Bay Activity Centre

Youth Badminton

12 to 19 Years

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

Mon, Jan 10-Feb 14 | 5:15-6:15 pm | \$48/6 | 66617

Mon, Feb 28-Mar 28 | 5:15-6:15 pm | \$40/5 | 66618

Oliver Woods Community Centre

Youth Strength & Conditioning

12 to 18 Years

This training class helps develop strength, flexibility and power - all in a safe, fun and exciting way! We will use equipment, such as free weights, medicine balls and resistance bands. Fun music and high energy makes this a class you will love. Please bring a water bottle and hand towel.

Instructor: Kim Ross

Sat, Jan 8-Feb 12 | 1-2 pm | \$48/6 | 66683

Sat, Feb 19-Mar 26 | 1-2 pm | \$48/6 | 66684

Departure Bay Activity Centre

RecSkate Pre-Teen/Teen

12 to 17 Years

Get an introduction to arenas, including lesson teaching, skate patrol, safety and facility tour. This is a great bridge to our LIT and Quest programs and is for all levels of skating.

Thu, Jan 6-Feb 10 | 5:15-6 pm | \$66/6 | 59202

Thu, Feb 17-Mar 17 | 5:15-6 pm | \$55/5 | 59203

Nanaimo Ice Centre

Sat, Jan 8-Feb 12 | 11:15 am-12:15 pm | \$72/6 | 59199

Sat, Feb 19-Mar 19 | 11:15 am-12:15 pm | \$60/5 | 59200

Frank Crane Arena

Junior Lifeguard Club

12 to 15 Years

This club focuses on fun, teamwork and skill development with games and a variety of activities themed around lifesaving, lifeguarding and first aid. A must for those youth who love the water, but are looking for more than lessons! *Participants must be at a Swim Kids Level 4 or higher to register (ability to swim a minimum of 25 metres and tread water for two minutes).*

Thu, Jan 13-Mar 10 | 6-7:30 pm | \$86/9 | 62718

Nanaimo Aquatic Centre



Squash - Introduction NEW!

13 + Years

This is open to most ages, genders and levels of fitness. Following the program, you'll understand the correct techniques, tactics and rules of squash.

Instructor: Nanaimo Squash Club

Tue, Feb 1-Mar 8 | 7-8 pm | \$75/6 | 66885

Nanaimo Squash Club (256 Wallace St)

Karate

12 to 19 Years

This program is geared for older participants. Learn traditional karate, including sparring and self-defense. Fitness, strength development and flexibility are also taught.

M/W, Feb 7-16 | 6:30-7:30 pm | \$25/4 | 66834

M/W, Mar 7-16 | 6:30-7:30 pm | \$25/4 | 66835

Shima Karate (3032 Barons Rd)

Taekwondo & Hapkido (Self-Defense)

12 to 19 Years

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

M/W, Jan 17-24 | 6:10-7 pm | \$35/3 | 66868

M/W, Feb 7-14 | 6:10-7 pm | \$35/3 | 66871

World Tae Kwon Do Academy (307-4300 Wellington Rd)

Bicycle Maintenance for Beginners

Do you like riding bikes but find you know nothing about how they work? Learn the ABCs of how to fix a flat and how to do a basic tune up on your bike! We will cover gears, brakes, tires and more.

Please bring your own bike to tune up.

Instructor: Tyler Walker

Sun, Feb 20 | 12:30-4:30 pm | \$40/1 | 62462

Departure Bay Activity Centre

Bicycle Maintenance for Intermediates

16 Years +

Do you have some basic knowledge of bike repair but would like to dive into things a little deeper? In this class, we will cover brake pad replacement, thorough derailleur adjustment and more. Please bring your own bike to tune up and your own tools if you have some.

Instructor: Tyler Walker

Sun, Mar 7 | 12:30-4:30 pm | \$40/1 | 62463

Departure Bay Activity Centre



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FREE!

Youth Drop-In

SPARE BLOX

The ultimate place to have some fun on a Tuesday night! It's free, and you can get some exercise while meeting people and making friends. For ages 10 to 17.

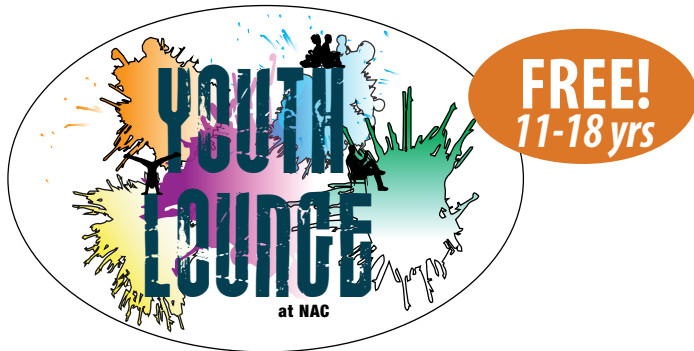
Tuesdays, Jan 11-Mar 29

6:15-7:45 pm

Oliver Woods Community Centre

FREE (please pre-register using course ID #66538)

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



Wednesday, Jan 12-Mar 30, 3-7 pm, Nanaimo Aquatic Centre

Please pre-register using course ID #66620

- NINTENDO SWITCH • XBOX • WII • FOOSEBALL • AIR HOCKEY • CHARGING STATION
- SNACKS • MUSIC • BEAN BAG CHAIRS • FREE WIFI • MUCH MORE!

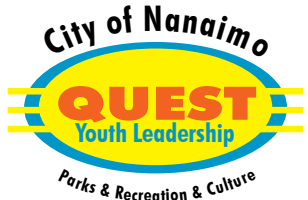


Youth Lounge is proudly brought to you by the City of Nanaimo and Boys & Girls Club of Central Vancouver Island.

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



Coming this Spring!



YOUTH LEADERSHIP

Celebrating 40 Years in 2022 of Creating Community Leaders!

LOOKING FOR INFO?

Check out our [Frequently Asked Questions](http://www.nanaimo.ca/goto/LIT) at www.nanaimo.ca/goto/LIT

LIT (Leaders in Training)

13-18 YEARS

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

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



QUEST

14-18 YEARS

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

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



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Adult Arts/Crafts

Mixed Media Art **NEW!**

This class explores the creative use of various materials, processes and applications to produce mixed media works of art. Explore paint, charcoal, pencil, acrylic, glue, acrylic markers and more. The class is designed for all skill levels. Having fun while learning is a requirement! (There is a \$60 material fee payable to the instructor).

Instructor: Kristina Birkhans

Tue, Jan 11-Feb 15 | 4-6 pm | \$96/6 | 66504

Tue, Feb 22-Mar 29 | 4-6 pm | \$96/6 | 66505

Oliver Woods Community Centre

Wet Felting

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

Instructor: Rosie Barlak

Sat, Feb 12 | 10 am-4 pm | \$65/1 | 67549

Bowen Park Complex

Introduction to Stained Glass

Learn the basics of this craft, including cutting the glass, grinding, soldering and copper foil. In a relaxed atmosphere, you will discover the basics of colour theory design and proportion and finish your own first glass project. (There is a \$60 material fee payable to the instructor).

Instructor: Kristina Birkhans

Tue, Jan 11-Feb 15 | 6:30-8:30 pm | \$96/6 | 66417

Tue, Feb 22-Mar 29 | 6:30-8:30 pm | \$96/6 | 66418

Oliver Woods Community Centre

The Art of Paint - Intro to Acrylics

Have you always wanted to explore your artistic side? Are you a beginner or someone who has been away from painting for some time? This relaxed class covers the basics of composition, design, colour mixing, brush use and techniques. Some supplies are provided, but a basic acrylic paint set, sketch book & 16" x 20" canvas are required. Easels are provided. Supply list available.

Instructor: Marilyn Ridsdale

Wed, Jan 19-Mar 9 | 1-3 pm | \$120/8 | 66278

Wed, Jan 19-Mar 9 | 7-9 pm | \$120/8 | 66279

Oliver Woods Community Centre

The Art of Paint - Studio 1 & 2

This class provides an atmosphere of camaraderie where you can develop your personal style with guidance. Special emphasis will be on "loosening up" and transforming those old habits into new, exciting attitudes. Please bring any size canvas, brushes and either acrylic or water soluble oil paints. Easels are provided. Previous painting experience is recommended.

Instructor: Marilyn Ridsdale

Thu, Jan 20-Mar 10 | 1-3 pm | \$120/8 | 66280

Thu, Jan 20-Mar 10 | 7-9 pm | \$120/8 | 66281

Oliver Woods Community Centre

Pottery Wheel - Adult Beginner

For those with little or no previous experience working with clay. Dip your hands into something new. Learn basic techniques that will help you create pots, vases, bowls and much more. Clay, glazes and firings are included in the cost.

Instructor: Nesta Morgan

Tue, Jan 4-Feb 15 | 6:30-9 pm | \$199/7 | 66332

Tue, Feb 22-Mar 29 | 6:30-9 pm | \$169/6 | 66333

Bowen Pottery Studio

Pottery Wheel - Adult Intermediate

Designed for those who have mastered the basic skills in a beginner class and want to learn more.

Clay, glazes and firings are included in the cost.

Participants must have completed a beginner class.

Instructor: Bari Precious

Wed, Jan 5-Feb 16 | 6:30-9 pm | \$199/7 | 66378

Wed, Feb 23-Mar 30 | 6:30-9 pm | \$169/6 | 66379

Bowen Pottery Studio

See page 13

**for Drop-In
Pottery Schedule**



Adult Cooking

Mozzarella, Burrata and Bocconcini

Learn how to make your own hand-stretched mozzarella cheese. Instructions and ingredients to make over four pounds of mozzarella at home are included.

Instructor: Paula Maddison

Thu, Jan 13 | 6-8 pm | \$65/1 | 66991

Bowen Park Complex

Sour Cream, Cream Cheese & More NEW!

Learn how to make your own everyday dairy items, including sour cream, cream cheese and cottage cheese. You will also learn how to make your own Boursin, a garlic and herb cheese spread. Paula will demystify the art and science of making cheese by walking you through the history, process and chemistry behind crafting cheeses. Get instruction on how to create your own cultures at home plus online support.

Instructor: Paula Maddison

Thu, Feb 17 | 6-8 pm | \$65/1 | 66992

Beban Park Social Centre

Farmer's Style Cheddar

Farmer's Cheddar is an easier process than the traditional cheddar process. By adding herbs, garlic and onions, you can create a number of delicious variations to enjoy. Included in the course are instructions and cultures to create your own cheeses at home plus online support.

Instructor: Paula Maddison

Thu, Mar 10 | 6-8 pm | \$65/1 | 66993

Beban Park Social Centre

Shiv's Punjabi Vegetarian Favourites

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

Instructor: Shiv Sharma

Wed, Jan 12 | 7-9:30 pm | \$40/1 | 66994

Thu, Mar 3 | 7-9:30 pm | \$40/1 | 66995

Bowen Park Complex

Shiv's Punjabi Favourites

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

Instructor: Shiv Sharma

Wed, Jan 19 | 7-9:30 pm | \$40/1 | 66996

Thu, Mar 31 | 7-9:30 pm | \$40/1 | 66997

Bowen Park Complex



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Adult Dance

Bhangra Aerobics **NEW!**

Keep fitness exciting with this popular Indian dance workout - an intense, vibrant, joyful dance that elevates your heart rate and state of mind. The majority of the moves follow a folk dance pattern. This workout is designed to burn as many as 500 calories an hour and is great for all ages.

Instructor: Sukhi Sangha

Mon, Jan 10-31 | 6-7 pm | \$60/4 | 67544

Tue, Jan 11-Feb 1 | 6-7 pm | \$60/4 | 67546

Mon, Feb 7-28 | 6-7 pm | \$45/3 | 67545

Tue, Feb 8-Mar 1 | 6-7 pm | \$45/3 | 67547

Beban Park Social Centre

Flamenco Moods and Moves

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

Instructor: Heather Sandison

Tue, Jan 4-Feb 8 | 6:30-8 pm | \$63/6 | 66725

Tue, Feb 15-Mar 29 | 6:30-8 pm | \$63/6 | 67548

Beban Park Social Centre

Latin Fever - Beginner

Learn the cha cha, rumba and samba. Make it a fun and social outing while keeping your body agile. No previous experience is required. Couples and singles are welcome.

Instructor: Nelson Wong

Wed, Jan 5-Feb 9 | 6:30-7:30 pm | \$54/6 | 66719

Wed, Feb 16-Mar 30 | 6:30-7:30 pm | \$63/7 | 66720

Bowen Park Complex

Jive & Swing - Beginner

Learn the dance that rocked the world! Never jived? No problem! This class is for you. Partners are recommended, but singles are welcome.

Instructor: Nelson Wong

Wed, Jan 5-Feb 9 | 7:30-8:30 pm | \$54/6 | 66721

Wed, Feb 16-Mar 30 | 7:30-8:30 pm | \$63/7 | 66722

Bowen Park Complex

Ballroom Bliss - Beginner

Learn to ballroom dance with a certified instructor. Try the elegant waltz, social foxtrot and quickstep. Make it a fun evening out trying a new activity and maintaining your agility. No previous dance experience required. Couples and singles welcome.

Instructor: Nelson Wong

Wed, Jan 5-Feb 9 | 8:30-9:30 pm | \$54/6 | 66723

Wed, Feb 16-Mar 30 | 8:30-9:30 pm | \$63/7 | 66724

Bowen Park Complex

Ballroom & Latin Dance - Intermediate

A quick review of basic techniques covered in the beginner class will be followed by more advanced variations. Try the waltz, tango, foxtrot, Viennese waltz, quickstep and more. At least one ballroom and one Latin dance will be taught in each session. Partners are recommended but singles welcome.

Instructor: Nelson Wong

Mon, Jan 3-Feb 7 | 6:30-7:30 pm | \$60/6 | 66701

Mon, Feb 14-Mar 28 | 6:30-7:30 pm | \$60/6 | 66703

Bowen Park Complex

Ballroom & Latin Dance - Advanced

A continuous technique class for those who wish to learn more on the ten International Ballroom and Latin American dances where at least one ballroom and one Latin dance will be taught in each class. Partners are recommended, but singles are welcome.

Instructor: Nelson Wong

Mon, Jan 3-Feb 7 | 7:30-8:30 pm | \$60/6 | 66715

Mon, Feb 14-Mar 28 | 7:30-8:30 pm | \$60/6 | 66716

Bowen Park Complex

Ballroom Formation Team

This is a continuation session for the Ballroom Formation Team. You will work towards performing at larger events and competitions. You will also be expected to invest in a team costume and practice times outside of the regular session. New participants interested in joining are asked to contact the instructor.

Instructor: Nelson Wong

Mon, Jan 3-Feb 7 | 8:30-9:30 pm | \$60/6 | 66717

Mon, Feb 14-Mar 28 | 8:30-9:30 pm | \$60/6 | 66718

Bowen Park Complex





Adult First Aid

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

Emergency Childcare First Aid, CPR B/AED

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

Sat, Nov 27 | 9 am-5:30 pm | \$99/1 | 62649

Sat, Jan 8 | 9 am-5:30 pm | \$99/1 | 66704

Sat, Feb 12 | 9 am-5:30 pm | \$99/1 | 66705

Beban Park Social Centre

Standard First Aid, CPR C/AED

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

Sa/Su, Jan 22 & 23 | 9 am-5:30 pm | \$177/2 | 66706

Sa/Su, Mar 19 & 20 | 9 am-5:30 pm | \$177/2 | 66707

Beban Park Social Centre

Emergency First Aid, CPR C/AED

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

Sat, Jan 22 | 9 am-5:30 pm | \$98/1 | 66710

Sat, Mar 19 | 9 am-5:30 pm | \$98/1 | 66711

Beban Park Social Centre

CPR C/AED (Adult, Child, Infant)

This Red Cross CPR course is for general knowledge, first responders, workplace teams, lifeguards, nurses, nursing students or any student requiring this for further training or entry into a school program. The content includes adult, child and infant CPR, as well as AED training. Conscious and unconscious choking will also be covered. Fee includes a manual, a pocket mask to take home and a virtual certificate. Re-training is recommended every three years.

Wed, Jan 12 | 5:45-10:45 pm | \$65/1 | 66712

Wed, Feb 16 | 5:45-10:45 pm | \$65/1 | 66713

Wed, Mar 23 | 5:45-10:45 pm | \$65/1 | 66714

Beban Park Social Centre





Adult Language

Spanish For Travelers - Beginners

Learn vocabulary, grammar, speaking skills and practical dialogue. Participants with no knowledge of Spanish should feel comfortable at this level.

Instructor: Martha Fortin

Tue, Feb 8-Mar 29 | 5:30-7 pm | \$99/8 | 66874

Wed, Feb 9-Mar 30 | 6:30-8 pm | \$99/8 | 66875

Bowen Park Complex

Spanish For Travelers - Beginners 2

For those who have taken a beginner level or have previous knowledge of Spanish. The emphasis is on practical situations useful for traveling to Spanish-speaking countries.

Instructor: Martha Fortin

Tue, Feb 8-Mar 29 | 7:30-9 pm | \$99/8 | 66877

Thu, Feb 10-Mar 31 | 5:30-7 pm | \$99/8 | 67767

Bowen Park Complex

Spanish For Travelers - Intermediate

This conversational course concentrates on Spanish culture, tenses, idiomatic expressions and practical situations. It is an excellent way to prepare for traveling and for everyday communication. Previous Spanish study in level 2 or equivalent knowledge is essential to participate in this course.

Instructor: Martha Fortin

Wed, Feb 9-Mar 30 | 5-6:30 pm | \$99/8 | 66988

Bowen Park Complex

Spanish Conversation

This course will emphasize listening and conversational skills. Participants should have prior experience with a beginner and intermediate level.

Instructor: Martha Fortin

Thu, Feb 10-Mar 31 | 7-9 pm | \$99/8 | 66989

Bowen Park Complex

Spanish in the Morning - Conversation

This course is designed to give you easy access to practice conversation, help you increase your vocabulary and assist you in the structure of the language in an active and friendly environment.

Instructor: Martha Fortin

Thu, Feb 10-Mar 31 | 10:30 am-12:30 pm | \$99/8 | 66990

Bowen Park Complex

Teens Welcome

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

Did You Know? ☺

Many of our adult programs are suitable for all abilities. If you are interested in taking part and have any concerns about accessibility, please call us at 250-756-5200, and we can discuss how we can cater the program to suit your needs.



Adult Outdoor/Sport/Wellness

Light Up the Night Holiday Bike Ride for Families

Grab your bike, your helmet, your night lights and maybe a few more... decorate your bike with twinkle lights and holiday decorations for this fun family night ride to celebrate the holiday season and the 12 days of Christmas. We will go on a 6 km loop from Beban along the E&N Trail and through the neighbourhood. Bike wheel lights are included in the registration fee.

Tue, Dec 21 | 4:30-6 pm | \$5/pp | 66642
Meet at Beban Park in the Breezeway

Bicycle Maintenance for Beginners

Do you like riding bikes but find you know nothing about how they work? Learn the ABCs of how to fix a flat and how to do a basic tune up on your bike! We will cover gears, brakes, tires and more. Please bring your own bike to tune up.

Instructor: Tyler Walker
Sun, Feb 20 | 12:30-4:30 pm | \$40/1 | 62462
Departure Bay Activity Centre



Bicycle Maintenance for Intermediates

16 Years +
Do you have some basic knowledge of bike repair but would like to dive into things a little deeper? In this class, we will cover brake pad replacement, thorough derailleur adjustment and more. Please bring your own bike to tune up and your own tools if you have some.

Instructor: Tyler Walker
Sun, Mar 6 | 12:30-4:30 pm | \$40/1 | 62463
Departure Bay Activity Centre

Intro to Mountain Biking NEW!

18 Years +
Would you like to hone your skills and build your confidence when you ride on cross country trails? The goal is to help you develop a wider range of skills to keep you safe and having fun on the trails. Start the day off with some basic bike maintenance. Learn proper trail etiquette, effective bike handling, understanding gearing and hills, front wheel lifts to help overcome obstacles, roll downs, bumps and burms. All participants must have a certified mountain biking helmet, full functioning bike and basic riding skills. Bring lunch, water and weather appropriate clothing.

Instructor: Thrills & Skills Cycling Co.
Sat, Mar 26 | 1:30-4:30 pm | \$40/1 | 62859
Colliery Dam Park

Fencing **14 Years +**

This program is for all levels. Beginner fencers receive weekly instruction in the basic skills of foil fencing and will be introduced to sabre and epee. Experienced fencers receive instructions tailored to their needs in any of the three weapons (foil, sabre, epee). There will be plenty of opportunity to challenge other fencers either using practice or electric equipment. All equipment is provided.

Instructor: Georgia Newsome
Wed, Jan 12-Feb 16 | 6:30-8 pm | \$78/6 | 66276
Wed, Feb 23-Mar 30 | 6:30-8 pm | \$78/6 | 66277
Oliver Woods Community Centre



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Tai Chi - Introduction Part 1

Specially designed for beginners, this class teaches the first third of the 108 move Tai Chi set based on the Traditional Yang style set. Tai Chi practice can improve your physical health and reverse the negative effects of stress. Sometimes called a “moving meditation”, Tai Chi provides many benefits, including cultivating awareness and improving concentration.

Instructor: Mid-Island Tai Chi Club
Wed, Jan 5-Feb 23 | 7-8:30 pm | \$40/8 | 62893
Beban Park Social Centre

Karate

13 Years +

This program is geared for older participants. Learning traditional karate, including sparring and self-defense are taught. Fitness, strength development and flexibility are also part of the curriculum.

M/W, Jan 10-19 | 6:30-7:30 pm | \$100/4 | 66833
Shima Karate (3032 Barons Rd)

Mom’s Yoga/Karate

This program is geared for any mom or any woman that wants to try a combination of yoga and karate. It is a great way to get in shape while learning to defend yourself in a great atmosphere with other interested individuals.

Fri, Jan 7-Feb 4 | 6:30-7:30 pm | \$25/4 | 66832
Shima Karate (3032 Barons Rd)

Squash - Introduction

13 + Years

This is open to most ages, genders and levels of physical fitness. Following the program, you’ll understand the correct techniques, tactics and rules of squash.

Instructor: Nanaimo Squash Club Staff
Tue, Feb 1-Mar 8 | 7-8 pm | \$75/6 | 66885
Nanaimo Squash Club (256 Wallace St)

Indoor Tennis - Beginner

Participants will be introduced to this fast-paced game. Focus will be on technique and game strategy. Please bring your own tennis racquet, water bottle and clean court shoes.

Instructor: North Island Tennis Academy Staff
Thu, Jan 6-Feb 17 | 8-9:30 pm | \$189/7 | 66838
Mon, Jan 10-Feb 14 | 9:30-11 am | \$162/6 | 67666
Thu, Jan 13-Feb 17 | 9:30-11 am | \$162/6 | 67668
Thu, Feb 24-Mar 31 | 9:30-11 am | \$162/6 | 67669
Thu, Feb 24-Apr 7 | 8-9:30 pm | \$189/7 | 66841
Mon, Feb 28-Apr 4 | 9:30-11 am | \$162/6 | 67667
North Island Tennis Academy (2367 Arbot Rd)

Indoor Tennis - Intermediate

Participants will continue to work on their tennis skills focusing on technique and game strategy. Please bring your own tennis racquet, water bottle and clean court shoes.

Instructor: North Island Tennis Academy Staff
Mon, Jan 10-Feb 14 | 8-9:30 pm | \$162/6 | 66839
Tue, Jan 11-Feb 15 | 10:30 am-12 pm | \$162/6 | 67714
Tue, Feb 22-Mar 29 | 10:30 am-12 pm | \$162/6 | 67715
Mon, Feb 28-Apr 4 | 8-9:30 pm | \$162/6 | 66840
North Island Tennis Academy (2367 Arbot Rd)



REGISTER EARLY to avoid DISAPPOINTMENT!

(low registration may lead to course cancellation)



INVASIVE PLANT WORK PARTIES

Keeping Nanaimo’s Parks and Open Spaces Beautiful

Join like-minded individuals and tackle invasive plants during one of our work parties. Your efforts really make a difference in improving our environment’s health. All equipment and training are provided.

- Tue, Feb 15 10 am-12 pm 66785 (English Ivy removal at Bowen Park)
- Sat, Mar 19 10 am-12 pm 66786 (Daphne removal at Diver Lake Park)

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



Recreation Facility Bookings & Rentals

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

Multi-Purpose Halls

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

CALL 250-756-5200 FOR RENTAL INFORMATION.

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

Outside Halls

- **Centennial Building** (2300 Bowen Rd)
- **Departure Bay Activity Centre** (1415 Wingrove St)
- **Kin Hut Activity Centre** (2730 Departure Bay Rd)
- **Rotary Activity Centre** (850 Third St)

Pools

Our pools are available for training, private functions and special events.

CALL 250-755-7573 FOR RENTAL INFORMATION.

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

Arenas

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

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



ASK ABOUT OUR

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

Visit our website for virtual tours of some of our facilities.



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Adult Special Interest

Cottonwood - Winter's Balm **NEW!**

Join us for an adventure into the world of tree remedies. Winter's Balm is another name for the Cottonwood tree. Its Latin name "Populus" means the peoples' tree. This is the time of year the windstorms shake down its high limbs so the buds can be gathered and turned into a healing balm for sore muscles/joints and respiratory issues. Wrap up warm and join us at the Beaufort Food Forest to make your own home made remedy.

Instructor: Sarah Dafoe

Sat, Feb 5 | 11 am-1 pm | \$20/1 | 66784

Beaufort Food Forest (off St.George Cres or Beaufort Dr)

Basic Fruit Tree Pruning

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

Instructor: Scott Wikserke

Sat, Feb 26 | 10 am-12 pm | \$15/1 | 63513

Pine Street Community Gardens (271 Pine St)

Advanced Fruit Tree Pruning

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

Instructor: Scott Wikserke

Sat, Mar 12 | 10 am-12 pm | \$15/1 | 62281

Pine Street Community Gardens (271 Pine St)



Organic Green Tea Skincare **NEW!**

The powerful antioxidant properties of Matcha Green Tea are truly amazing! From anti-aging and scarring to stretch marks and skin elasticity. Combine green tea with additional ingredients to create your own natural skin care products. Create and take home a green tea restorative facial oil, carrot n' rosewood cream, vitamin facial spritzer and a green tea n' ginseng body wash. (There is a fee of \$28 for supplies payable to the instructor.)

Instructor: Cheryl Theilade, Scentimental Creations

Sat, Feb 26 | 9-11 am | \$40/1 | 67550

Bowen Park Complex

Creams, Lotions & Infused Oils **NEW!**

Making your own moisturizing creams and lotions is simple, fun and affordable! The beauty of making your own products is knowing exactly what ingredients are being used and combining in recipes that address your skin type and/or skin problem. Make and take home a vitamin packed cream, an aloe vera moisturizer, rejuvenating facial oil and an herbal infused body oil. (There is a fee of \$28 for supplies payable to the instructor.)

Instructor: Cheryl Theilade, Scentimental Creations

Sat, Feb 26 | 11:30 am-1:30 pm | \$40/1 | 67551

Bowen Park Complex

Olive Oil Soaps & Liquid Soaps **NEW!**

Good, clean fun! Make and take home a pure and gentle 100% olive oil soap with essential oils and herbs added. You will also create a citrus dish soap and liquid castile body wash. Explore different ingredients, methods and various techniques that you can use to create exciting soaps. Learn troubleshooting, history and packaging/decorating your soaps, and you will receive a finished soap bar. (There is a fee of \$28 for supplies payable to the instructor.)

Instructor: Cheryl Theilade, Scentimental Creations

Sat, Feb 26 | 2-4:30 pm | \$40/1 | 67552

Bowen Park Complex

Face Value - a Skincare Regime **NEW!**

From acne to rosacea, create natural facial care - food for the skin! Customize face products to meet your needs. Take home a chamomile cleanser, alpha hydroxy skin toner, papaya oatmeal facial scrub and aloe vera cream. (There is a fee of \$26 for supplies payable to the instructor.)

Instructor: Cheryl Theilade, Scentimental Creations

Sat, Feb 26 | 5-7 pm | \$40/1 | 67553

Bowen Park Complex

The Chado Tea Ceremony - An Introduction to Japanese Culture

This workshop introduces participants to Chado (The way of tea). Chado is an iconic tradition within the Japanese culture, also known as the Tea Ceremony. It is based on a zen philosophy to come experience the spirit and tastes of Japanese culture.

Instructor: Naomi Sato

Mon, Mar 7 | 5:30-7 pm | \$30/1 | 67540

Bowen Complex

Wear Yukata - An Introduction to Japanese Culture

In this workshop, you will learn the idea of Kimono, the basic difference from Western clothing and how to wear Yukata. Then, you can enjoy taking photoshoots in this cultural attire. The workshop will be an excellent chance to experience the Japanese culture and ethnic fashion through Yukata. The items for wearing Yukata are prepared (rental fee is included), and two photo shoots are included.

Instructor: Naomi Sato

Mon, Mar 14 | 5:30-7 pm | \$30/1 | 67543

Bowen Complex

See page 20

for Piano Lessons

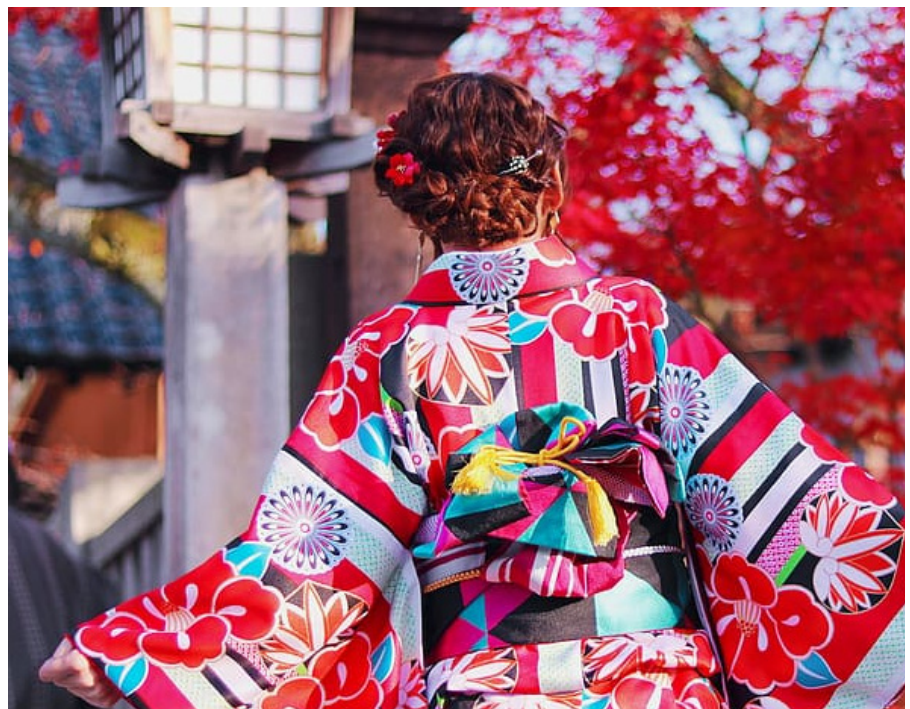
Strengthening Children's Mental Health

This one-day, in-person training, developed in collaboration with Canadian Mental Health Association, Ontario, will help anyone running children's programs to be more informed and prepared to support their staff in promoting positive mental health in children. Participants will learn key concepts and factors that affect children's mental health, including the impact of stress and environment on a child's ability to cope. This training will provide tools and suggested activities to use with staff to help improve their understanding and interactions with children who face challenge in their programs.

Instructor: Gary Paterson

Sat, Feb 12 | 8:30 am-4:30 pm | \$100/1 | 67554

Beban Park Social Centre



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ACTIVE PASSES

City of Nanaimo Active Passes allow unlimited access to public swimming, skating, weight rooms and gymnasiums!

Active Passes

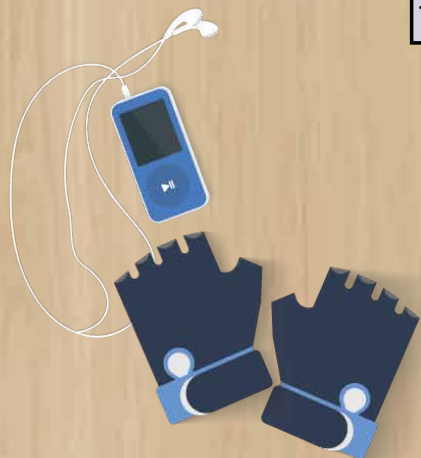
Purchase a one month or one year Active Pass and get unlimited access to the following while saving money on regular admission.

- Public/Length Swimming
- Public Skating
- Aquafit
- Weight Rooms (16 yrs & up)
- Saunas & Steam Rooms
- Hot Tubs & Water Slides
- Drop-in Public Sports at Oliver Woods Recreation Centre



	Child	Student/ Senior	Adult	Family
1 Month Pass	\$30	\$42	\$56	\$112
1 Year Pass	\$270	\$378	\$500	\$999

Prices subject to change and include tax.





Adult Yoga/Fitness

Bhangra Aerobics **NEW!**

Bhangra Aerobics is one of the trendiest of fitness and exercise routines. Keep fitness exciting with this popular Indian dance workout - an intense, vibrant, joyful dance that elevates your heart rate and state of mind. The majority of the moves follow a folk dance pattern. This workout is designed to burn as many as 500 calories an hour and is great for all ages.

Instructor: Sukhi Sangha

Mon, Jan 10-31 | 6-7 pm | \$60/4 | 67544
Tue, Jan 11-Feb 1 | 6-7 pm | \$60/4 | 67546
Mon, Feb 7-28 | 6-7 pm | \$45/3 | 67545
Tue, Feb 8-Mar 1 | 6-7 pm | \$45/3 | 67547

Beban Park Social Centre

Interval Training **NEW!**

Come out to this 45 minute class and work on your cardio, balance and strength. The class will start with a simple 5 minute aerobic warm up followed by 30 minutes of interval training before we take the last 10 minutes to cool down. This is an energetic and fun way to get your activity in!

Instructor: Angel Jones

Thu, Jan 6-Feb 10 | 10:15-11:15 am | \$48/6 | 66326
Thu, Feb 17-Mar 24 | 10:15-11:15 am | \$48/6 | 66327

Rotary Field House

Cardio Blast Fitness **NEW!**

Cardio Blast Fitness focuses on a variety of aerobic and body weight exercises. Designed for those who want to improve their cardiovascular health, it includes both high and low impact levels. The class will be broken into intervals with short rests in between. It will get your heart pumping!

Instructor: Shanan St. Louis

Tue, Jan 4-25 | 6:30-7:30 pm | \$32/4 | 66584
Tue, Feb 1-22 | 6:30-7:30 pm | \$32/4 | 66585
Tue, Mar 1-29 | 6:30-7:30 pm | \$40/5 | 66586

Oliver Woods Community Centre

Wild Card Group Fitness **NEW!**

This class focuses on a variety of different cardio and strength routines. Just like its name, this workout will vary from week to week and will use a variety of exercise equipment. You never know what you're going to get! This workout is designed to improve balance, coordination, speed and strength and combines both small and large body movements.

Instructor: Shanan St. Louis

Mon, Jan 10-31 | 3:30-4:30 pm | \$32/4 | 66576
Mon, Feb 7-28 | 3:30-4:30 pm | \$24/3 | 66578
Mon, Mar 7-28 | 3:30-4:30 pm | \$32/4 | 66581

Oliver Woods Community Centre

HIIT

High-intensity interval training (HIIT) is a form of interval training, a cardiovascular exercise strategy alternating short periods of intense anaerobic exercise with less intense recovery periods. Join the group for fast-paced and fun workouts that generally consist of a warm-up period followed by repetitions of high-intensity exercises separated by medium intensity exercises for active recovery and then a cool down period.

Instructor: Heather Honey

Thu, Jan 6-27 | 5:30-6:30 pm | \$32/4 | 66405
Thu, Feb 3-24 | 5:30-6:30 pm | \$32/4 | 66406
Thu, Mar 3-31 | 5:30-6:30 pm | \$40/5 | 66407

Oliver Woods Community Centre

HIIT to Fit

Get Fit with HIIT! High intensity interval training (HIIT) is a form of interval training - a cardiovascular exercise strategy alternating short periods of intense anaerobic exercise with less intense recovery periods. Join the group for fast-paced and fun workouts that generally consist of a warm-up period followed by repetitions of high-intensity exercises separated by medium intensity exercises for active recovery followed by a cool down period.

Instructor: Kim Ross

Wed, Jan 12-Feb 16 | 9-10 am | \$48/6 | 62800
Wed, Feb 23-Mar 30 | 9-10 am | \$48/6 | 62801

Bowen Park Complex

PLEASE NOTE:

Some programs may have to be cancelled or delayed due to restrictions from Provincial Health Orders. All changes will be communicated to participants, and fees will be adjusted if necessary.



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Bosu Cardio

This quick 45-minute cardio class will challenge your core and elevate your heart rate. After a warm up, we will power through using the bosu ball for 30 minutes which will challenge your core and improve strength, balance and stability. Class will end with a cool down and stretch.

Instructor: Angel Jones

Wed, Jan 5-26 | 10:15-11 am | \$32/4 | 66398

Wed, Feb 2-23 | 10:15-11 am | \$32/4 | 66399

Wed, Mar 2-30 | 10:15-11 am | \$40/5 | 66400

Oliver Woods Community Centre

Tabata

Want to push your fitness level? Want a challenge? This class will have you sweating. A series of exercises make you work hard for a period of time with short bursts of recovery usually over four-minute intervals.

Instructor: Angel Jones

Fri, Jan 7-28 | 9-10 am | \$32/4 | 66401

Fri, Feb 4-25 | 9-10 am | \$32/4 | 66402

Fri, Mar 4-25 | 9-10 am | \$32/4 | 66403

Oliver Woods Community Centre

Total Body Fitness

Whether you are just starting out in fitness or are an advanced student, you are welcome here. Your fitness level will be challenged. We incorporate fun exercises and equipment, such as free weights, medicine balls and more to keep the class exciting and challenging.

Instructor: Kim Ross

Mon, Jan 10-Feb 14 | 9-10 am | \$48/6 | 62795

Mon, Feb 28-Apr 4 | 9-10 am | \$48/6 | 62796

Rotary Field House

Thu, Jan 13-Feb 17 | 9-10 am | \$48/6 | 62813

Thu, Feb 24-Mar 31 | 9-10 am | \$48/6 | 62820

Departure Bay Activity Centre

Rookie Boot Camp

This is a fun and challenging morning fitness class that incorporates cardio, strength and flexibility with various levels so you can work at your own pace and get a great workout! Variations of circuit training, boot camp, traditional aerobics and dance combinations will keep your body moving and improving. This class is for beginner to intermediate levels.

Instructor: Angel Jones

Mon, Jan 10-31 | 9-10 am | \$332/4 | 66343

Wed, Jan 5-26 | 9-10 am | \$32/4 | 66395

Mon, Feb 7-29 | 9-10 am | \$24/3 | 66344

Wed, Feb 2-23 | 9-10 am | \$32/4 | 66396

Mon, Mar 7-28 | 9-10 am | \$32/4 | 66345

Wed, Mar 2-30 | 9-10 am | \$40/5 | 66397

Oliver Woods Community Centre

Rock Your Body Boot Camp

Finish your day with a workout that will leave you feeling energized and rejuvenated. Workouts will include cardio, strength training and core stability work using a variety of fun and dynamic exercises and drills.

Instructor: Heidi Robinson

Mon, Jan 10-31 | 5-6 pm | \$32/4 | 65992

Wed, Jan 5-26 | 5-6 pm | \$32/4 | 65995

Mon, Feb 7-28 | 5-6 pm | \$24/3 | 65993

Wed, Feb 2-23 | 5-6 pm | \$32/4 | 65996

Mon, Mar 7-28 | 5-6 pm | \$32/4 | 65994

Wed, Mar 2-30 | 5-6 pm | \$40/5 | 65997

Oliver Woods Community Centre

BellyFit

This is a holistic fitness experience that blends the body, mind and spirit to offer an extraordinary exercise experience. Scorch calories in a fun and easy cardio and dance infused workout. The second half of the class brings sculpting, toning and tightening with pilates, yoga stretches and mindful meditation. You must bring your own yoga mat.

Instructor: Heidi Robinson

Fri, Jan 7-28 | 12:15-1:15 pm | \$32/4 | 66001

Fri, Feb 4-25 | 12:15-1:15 pm | \$32/4 | 66002

Fri, Mar 4-25 | 12:15-1:15 pm | \$32/4 | 66003

Oliver Woods Community Centre

BellyFit Flow

Get fired up and feel the slow burn with this fun, flowing, low-impact, strength building class inspired by yoga and fitness! Choreographed entirely on a yoga mat to an incredible, inspiring sound track. Bellyfit Flow will get your energy and sweat flowing from start to finish.

Instructor: Heidi Robinson

Thu, Jan 6-27 | 10-11 am | \$13/4 | 65998

Thu, Feb 3-24 | 10-11 am | \$32/4 | 65999

Thu, Mar 3-31 | 10-11 am | \$40/5 | 66000

Oliver Woods Community Centre

Baby & Me Fitness

A relaxed full body fitness class for baby and you. Come interact with other new parents and babies as we work through a series of fitness activities, geared toward strength and light cardio. Please bring baby carrier to class.

Instructor: Angel Jones

Mon, Jan 10-31 | 10:15-11:15 am | \$32/4 | 66348

Tue, Jan 4-25 | 10:15-11:15 am | \$32/4 | 66392

Mon, Feb 7-28 | 10:15-11:15 am | \$24/3 | 66349

Tue, Feb 1-22 | 10:15-11:15 am | \$32/4 | 66393

Mon, Mar 7-28 | 10:15-11:15 am | \$32/4 | 66351

Tue, Mar 1-29 | 10:15-11:15 am | \$40/5 | 66394

Oliver Woods Community Centre

Stretch, Balance, Build

Focus will be on balancing exercises and poses. We will add a weight component to allow for more challenging poses. Moves are slow and focused, and there will be a chair available if needed.

Please bring your own weights if you have them and your own mat if you want to go to the floor.

Instructor: Kim Ross

Wed, Jan 12-Feb 16 | 12:15-1:15 pm | \$42/6 | 62826

Wed, Feb 23-Mar 30 | 12:15-1:15 pm | \$42/6 | 62827

Rotary Field House

Stretch & Tone

This class has two light cardio segments, and the rest of the class will focus on flexibility, balance, core and strength. We will use weights and your body to improve all these areas. Many exercises will cover compound moves, and there will be a chair to help with balance if needed. Bring your own weights if you have them, but they are not necessary. Beginner to intermediate levels. No floor work in this class.

Instructor: Kim Ross

Thu, Jan 13-Feb 17 | 12:30-1:30 pm | \$48/6 | 62831

Thu, Feb 24-Mar 31 | 12:30-1:30 pm | \$48/6 | 62832

Bowen Park Complex

Zumba

Ditch the workout and join the party! This Latin and international dance-based fitness class that will get you moving to a variety of music styles from reggae to disco to salsa.

Mon, Jan 10-31 | 5:15-6:16 pm | \$32/4 | 66408

Mon, Feb 7-28 | 5:15-6:16 pm | \$24/3 | 66409

Mon, Mar 7-28 | 5:15-6:16 pm | \$32/4 | 66410

Oliver Woods Community Centre

Instructor: Angel Jones

Tue, Jan 4-25 | 9-10 am | \$32/4 | 66389

Tue, Feb 1-22 | 9-10 am | \$32/4 | 66390

Tue, Mar 1-29 | 9-10 am | \$40/5 | 66391

Oliver Woods Community Centre

Instructor: Angel Jones

Thu, Jan 6-Feb 10 | 9-10 am | \$48/6 | 66328

Thu, Feb 17-Mar 24 | 9-10 am | \$48/6 | 66329

Rotary Field House

Zumba Gold

Intended for those new to Zumba or those 60 +. Ditch the workout and join the party! This Latin and international dance-based fitness class that will get you moving to a variety of music styles from reggae to disco to salsa.

Instructor: Mary Keel

Mon, Jan 10-31 | 9-10 am | \$32/4 | 65989

Mon, Feb 7-28 | 9-10 am | \$24/3 | 65990

Mon, Mar 7-28 | 9-10 am | \$32/4 | 65991

Oliver Woods Community Centre

Yoga for Movement **NEW!**

This is a yoga class designed for everyone who enjoys the practice of yoga. This part of the yoga journey will go through a cycle of settling in a yoga pose, moving at the joints with brain challenges and toning muscles. You are welcome to join us if are able to go from a seated to standing position independently.

Instructor: Peggy Fok

Tue, Jan 11-Feb 15 | 5:30-6:30 pm | \$48/6 | 67430

Tue, Feb 22-Mar 29 | 5:30-6:30 pm | \$48/6 | 67435

Beban Park Social Centre

Slow and Gentle Yoga **NEW!**

Join a slower paced yoga practice with stretches, reclining and seated poses. Low impact movements are practiced to reduce stress levels and enhances one's ability to relax and heal. This is a mindful and meditative practice. You must bring your own yoga mat.

Instructor: Jane Bockman

Tue, Jan 4-25 | 1:15-2:15 pm | \$32/4 | 66013

Tue, Feb 1-22 | 1:15-2:15 pm | \$32/4 | 66014

Tue, Jan 4-25 | 1:15-2:15 pm | \$40/5 | 66015

Oliver Woods Community Centre

Gentle Yoga AM

Gentle yoga is perfect for people who want to try yoga for the first time or for those who are looking for a softer approach to their practice. In this class, we will combine gentle yoga poses with breathing exercises and restorative postures to stretch and strengthen the body, reduce stress and calm the mind. Please bring your own yoga mat.

Instructor: Gypsy Hart

Wed, Jan 5-26 | 9-10 am | \$32/4 | 66019

Wed, Feb 2-23 | 9-10 am | \$32/4 | 66020

Wed, Mar 2-30 | 9-10 am | \$40/5 | 66021

Oliver Woods Community Centre

Gentle Yoga

This program is a great introduction to yoga poses in a Hatha-based yoga class combined with core conditioning and stabilizing exercises to improve posture and alignment. You will enjoy the benefits of increased flexibility and deep relaxation. Leave feeling taller, leaner and more relaxed. You must bring your own yoga mat.

Instructor: Jane Bockman

Fri, Jan 7-28 | 9:30-10:30 am | \$32/4 | 66242

Fri, Feb 4-25 | 9:30-10:30 am | \$32/4 | 66243

Fri, Mar 5-26 | 9:30-10:30 am | \$32/4 | 66244

Oliver Woods Community Centre

Instructor: Amber Neuman-Brochez

Sat, Jan 8-29 | 9-10 am | \$32/4 | 66245

Sat, Feb 5-26 | 9-10 am | \$32/4 | 66246

Sat, Mar 5-26 | 9-10 am | \$32/4 | 66247

Oliver Woods Community Centre

Gentle Yoga Stretch

This is a slower paced yoga class. You will stretch, flex, breathe and focus on our gentle yoga asanas (poses). We will take the time to hold poses, explore with mindfulness and breathe deeply. You will leave feeling more centred, relaxed and flexible. We welcome all levels.

Instructor: Jane Bockman

Mon, Jan 10-31 | 3:15-4:15 pm | \$32/4 | 66005

Mon, Feb 7-28 | 3:15-4:15 pm | \$24/3 | 66006

Mon, Mar 7-28 | 3:15-4:15 pm | \$32/4 | 66007

Oliver Woods Community Centre

Hatha Yoga

This rejuvenating class will release tension from the muscles from everyday life and sports activities. Learn to breathe deeply while experiencing a flow of postures to stimulate the body physically and mentally. Through this practice you enhance flexibility, increase muscle tone and concentration, detoxify the organs and feel a deep state of relaxation. You must bring your own yoga mat.

Instructor: Melissa Hill

Thu, Jan 6-27 | 11:15 am-12:15 pm | \$32/4 | 66023

Thu, Feb 3-24 | 11:15 am-12:15 pm | \$32/4 | 66024

Thu, Mar 3-31 | 11:15 am-12:15 pm | \$40/5 | 66025

Oliver Woods Community Centre



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Flow and Form Yoga

Flow and Form Yoga encourages a balance between flexibility, strength and endurance. Emphasizing correct body alignment and precision while enjoying a sense of well-being and increased relaxation. Some yoga experience is recommended but not required. Please bring your own yoga mat.

Instructor: Heather Honey

Tue, Jan 4-25 | 5:30-6:30 pm | \$32/4 | 66251

Tue, Feb 1-22 | 5:30-6:30 pm | \$32/4 | 66252

Tue, Mar 1-29 | 5:30-6:30 pm | \$40/5 | 66253

Oliver Woods Community Centre

Light Vinyasa Yoga

Vinyasa Yoga (also known as flow) links breath to movement using Hatha poses in a gently flowing sequence, interspersed with static poses. Students can expect to build strength, endurance, flexibility, balance and cardiovascular ability. This class builds a foundation for beginners and is also a great option for continuing students looking for a slower pace without inversions. You must bring your own yoga mat.

Instructor: Amber Neuman-Brochez

Sat, Jan 8-29 | 10:15-11:15 am | \$32/4 | 66248

Sat, Feb 5-26 | 10:15-11:15 am | \$32/4 | 66249

Sat, Mar 5-26 | 10:15-11:15 am | \$32/4 | 66250

Oliver Woods Community Centre

Thai Yoga **NEW!**

These standing and seated exercises address common ailments by strengthening and stretching the body in certain positions. Gentle movements and focused breath work combine to promote healing. Benefits include improved balance, stamina, circulation and an overall sense of well-being. Elements of Thai massage may also be incorporated

Instructor: Angelina McNamee

Wed, Jan 12-Feb 16 | 7:15-8:15 pm | \$48/6 | 67490

Wed, Feb 23-Mar 30 | 7:15-8:15 pm | \$48/6 | 67491

Rotary Field House

Men's Yoga

Men, here is a yoga program only for you. Yoga will improve your flexibility, core strength and balance. Yoga will help you improve your athletic performance, relieve pain and soreness from physical labour and reduce stress. Yoga has become a mainstream activity with proven benefits to overall health and well-being. No experience required. You must bring your own yoga mat.

Instructor: Gypsy Hart

Tue, Jan 4-25 | 5:15-6:15 pm | \$32/4 | 66016

Tue, Feb 1-22 | 5:15-6:15 pm | \$32/4 | 66017

Tue, Mar 1-29 | 5:15-6:15 pm | \$40/5 | 66018

Oliver Woods Community Centre

Prenatal Yoga **NEW!**

This rejuvenating class will release tension from the muscles from everyday life and sports activities. Learn to breathe deeply while experiencing a flow of postures to stimulate the body physically and mentally. Through this practice you enhance flexibility, increase muscle tone and concentration, detoxify the organs and feel a deep state of relaxation. Please bring your own yoga mat.

Instructor: Karen Shortt

Thu, Jan 6-Feb 17 | 6-7 pm | \$56/7 | 66360

Thu, Feb 24-Apr 7 | 6-7 pm | \$56/7 | 66361

Rotary Field House

Mom's Yoga/Karate

This program is geared for any mom or any woman that wants to try a combination of yoga and karate. It is a great way to get in shape while learning to defend yourself in a great atmosphere with other interested individuals.

Fri, Jan 7-Feb 4 | 6:30-7:30 pm | \$25/4 | 66832

Shima Karate (3032 Barons Rd)

Pilates - Level 1

Not ready for a full Pilates all levels class? This course will prepare and teach you the fundamentals for an all levels class and beyond. You can also continue to learn at a slower pace to perfect your form. Mat Pilates will strengthen your core, reduce back pain, improve balance and make you feel taller, stronger and more confident.

Instructor: Jane Bockman

Fri, Jan 7-28 | 10:45-11:45 am | \$32/4 | 66233

Fri, Feb 4-25 | 10:45-11:45 am | \$32/4 | 66234

Fri, Mar 4-25 | 10:45-11:45 am | \$32/4 | 66235

Oliver Woods Community Centre



Pilates

Mat Pilates offers you an effective series of exercises to strengthen and tone your core. You will create long and lean muscles and improve your posture and balance. Pilates increases your awareness of alignment and breath while creating greater flexibility in your joints and muscles. Modifications for all levels will be offered. Pilates is a great compliment to your existing classes. It helps a wide range of individuals at all stages of life. It is a low impact, strengthening series of exercises that is easily adaptable for all levels of ability and age. Please bring your own yoga mat.

Instructor: Jane Bockman

Thu, Jan 6-27 | 6:30-7:30 pm | \$32/4 | 66230

Thu, Feb 3-24 | 6:30-7:30 pm | \$32/4 | 66231

Thu, Mar 3-31 | 6:30-7:30 pm | \$40/5 | 66232

Oliver Woods Community Centre

Gentle Yopalates

Are you interested in strengthening your core? If so, this class is for you! A stronger core and flexible spine can reduce lower back pain, improve balance and posture. You will learn pilates and yoga exercises that are gentle and effective requiring no experience. This class combines yoga mindfulness, stretching and relaxation. You must bring your own yoga mat.

Instructor: Jane Bockman

Tue Jan 4-25 | 12-1 pm | \$32/4 | 66009

Tue, Feb 1-22 | 12-1 pm | \$32/4 | 66011

Tue, Mar 1-29 | 12-1 pm | \$40/5 | 66012

Oliver Woods Community Centre

Yopalates

This combines pilates and yoga for a total body workout focused on toning the glutes, thighs and stomach. This low-impact workout will increase your fitness level. Develop your core strength and stabilization through Pilates poses, and improve your flexibility, muscular strength, posture and alignment through yoga/pilates poses, breathing and relaxation. Please bring your own yoga mat.

Instructor: Gypsy Hart

Thu, Jan 6-27 | 5:15-6:15 pm | \$32/4 | 66227

Mon, Jan 10-31 | 9:15-10:15 am | \$32/4 | 68245

Thu, Feb 3-24 | 5:15-6:15 pm | \$32/4 | 66228

Mon, Feb 7-28 | 9:15-10:15 am | \$24/3 | 68246

Thu, Mar 3-31 | 5:15-6:15 pm | \$40/5 | 66229

Mon, Mar 7-28 | 9:15-10:15 am | \$32/4 | 68247

Oliver Woods Community Centre



JUMPSTART OUTDOOR FITNESS

has been providing Nanaimo with instructor led year-round outdoor group fitness classes for over 14 years! We have a welcoming team of clients that soon become your fitness family and instructors to guide and motivate you through dynamic, fun and effective workouts in the beautiful outdoors of our City!

NOW is the time to take the step to Jumpstart your fitness and let us Jumpstart your life!! Check out the class schedule and various payment options online and come join us **FREE** of charge for your first session so you can see if we are a good fit for you.

SIGN UP TODAY WITH JENNIFER MCLAREN

250 618 8127 | jumpstartoutdoorfitnessnanaimo@gmail.com
jumpstartoutdoorfitness.ca



cityofnanaimo



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60+ Fitness Classes

Gentle Yoga

This is a gentle Hatha style class that focuses on gentle stretches before each pose. Time is given to rest or relax briefly after anything that is strenuous. This is not a flow class. Please bring your own yoga mat.

Instructor: Heather Honey

Fri, Jan 7-28 | 11:15 am-12:15 pm | \$32/4 | 66432

Fri, Feb 4-25 | 11:15 am-12:15 pm | \$32/4 | 66433

Fri, Mar 4-25 | 11:15 am-12:15 pm | \$32/4 | 66434

Bowen Park Clubhouse

Chair Yoga

This class is designed for people who experience difficulty doing floor exercise. Yoga exercises have many benefits, including stretching, relaxing and helping you to feel energized.

Instructor: Russell McNeil

Tue, Jan 4-25 | 9-10 am | \$32/4 | 66295

Tue, Feb 1-22 | 9-10 am | \$32/4 | 66296

Tue, Mar 1-29 | 9-10 am | \$40/5 | 66297

Bowen Park Complex

Stretch & Relax Yoga

This is a basic classical Hatha yoga class. It focuses on gentle stretches before each pose. Time is given to rest or relax briefly after anything that is strenuous. This is not a flow class. You must bring your own yoga mat.

Instructor: Shanti (Dorlean) Peck

Fri, Jan 7-Mar 11 | 10-11 am | \$80/10 | 67398

Mon, Jan 10-Mar 14 | 11:30 am-12:30 pm | \$72/9 | 66726

Oliver Woods Community Centre

Slow Flo Yoga: **NEW!**

Breath, Balance, Bliss

As we find alignment and balance in the physical body, the mind also settles as we become more comfortable in our practice. This class includes the more basic elements of Hatha, Yin, Vinyasa, Restorative and Yoga Nidra. Participants must be able to get down to, and get up from their mats unassisted. A mat is required as well as any props you may have. Previous yoga experience is recommended but not required.

Instructor: Liz Moore

Wed, Jan 5-26 | 9:15-10:15 am | \$32/4 | 66035

Wed, Feb 2-23 | 9:15-10:15 am | \$32/4 | 66036

Wed, Mar 2-30 | 9:15-10:15 am | \$40/5 | 66037

Oliver Woods Community Centre

Low Flo Fusion

This class includes a combination of exercises intended to improve strength and move us forward gracefully in body, mind and spirit. Smooth transitioning between east and west includes low impact/low to mid-tempo choreography and strength, including core and basic yoga postures for alignment and balance. Class will end with light stretching and a peaceful savasana. Mat, comfortable clothing and running shoes with good support are required.

Instructor: Liz Moore

Wed, Jan 5-26 | 10:30-11:30 am | \$32/4 | 66030

Wed, Feb 2-23 | 10:30-11:30 am | \$32/4 | 66031

Wed, Mar 2-30 | 10:30-11:30 am | \$40/5 | 66032

Oliver Woods Community Centre

Cardioblast **NEW!**

Cardioblast is about getting the body moving. Participate in a variety of fun aerobic exercises that are designed to help improve your cardiovascular health. It includes low impact exercises that are easy on the joints. Intervals will get your heart pumping leading to a “feel good” feeling afterwards.

Instructor: Shanan St. Louis

Mon, Jan 10-31 | 11:30 am-12:30 pm | \$32/4 | 66506

Mon, Feb 7-28 | 11:30 am-12:30 pm | \$24/3 | 66507

Mon, Mar 7-28 | 11:30 am-12:30 pm | \$32/4 | 66508

Bowen Park Complex

Dance Fitness

Get that blood flowing with this easy to follow choreographed class set to music. Open to those who want a fitness course where you can go at your own pace and those who want a higher intensity cardio workout. All stretches and flexibility work are designed for women.

Instructor: Maria Elena Jitton Pothorin

Sat, Jan 8-29 | 9-10 am | \$32/4 | 66649

Sat, Feb 5-19 | 9-10 am | \$24/3 | 66650

Sat, Mar 5-26 | 9-10 am | \$32/4 | 66651

Bowen Park Complex

Bellyfit

This blends the body, mind and spirit to offer an extraordinary exercise experience. Scorch calories in a fun and easy cardio and dance infused workout. The second half of the class brings sculpting, toning and tightening with Pilates, yoga stretches and mindful meditation.

Instructor: Maria Elena Jitton Pothorin

Thu, Jan 6-27 | 10:15-11:15 am | \$32/4 | 66646

Thu, Feb 3-24 | 10:15-11:15 am | \$32/4 | 66647

Thu, Mar 10-31 | 10:15-11:15 am | \$32/4 | 66648

Bowen Park Complex

Balance & Mobility

Balance, movement and mobility - the three steps you need to maintain a healthy lifestyle. The instructor will lead you through easy exercises to improve stability and potentially prevent falls. The workouts assist in improving posture, muscle strength, speed, sharpening reflexes, expanding flexibility and firming your core. The instructor may give tips for fall proofing your home.

Instructor: Russell McNeil

Wed, Jan 5-26 | 3:30-4:30 pm | \$32/4 | 66298

Wed, Feb 2-23 | 3:30-4:30 pm | \$32/4 | 66299

Wed, Mar 2-30 | 3:30-4:30 pm | \$40/5 | 66300

Oliver Woods Community Centre

Sculpt & Tone

This class incorporates a warm up, cardio, resistance training and a cool down/stretch. This would benefit older adults for bone and joint health by developing lean muscle and increasing metabolism.

Instructor: Brian Sugiyama

Thu, Jan 6-27 | 10:15-11:15 am | \$32/4 | 66451

Thu, Feb 3-17 | 10:15-11:15 am | \$24/3 | 66452

Beban Park Social Centre

Tue, Jan 4-25 | 10:15-11:15 am | \$32/4 | 66442

Tue, Jan 4-25 | 11:30 am-12:30 pm | \$32/4 | 66448

Tue, Feb 1-22 | 10:15-11:15 am | \$32/4 | 66447

Tue, Feb 1-22 | 11:30 am-12:30 pm | \$32/4 | 66449

Tue, Mar 1-29 | 10:15-11:15 am | \$40/5 | 66443

Tue, Mar 1-20 | 11:30 am-12:30 pm | \$40/5 | 66450

Bowen Park Complex

Yoga Qi Gong/Meditation

This is an ancient art incorporating movements, static poses, breath concentration and visualization to activate the flow of intrinsic life energy (chi) in the body, restoring and promoting vitality and balance of mind and body. You must bring your own yoga mat.

Instructor: Thomas Michaud, Yoga Master

Wed, Jan 5-Feb 16 | 10-11:30 am | \$56/7 | 66571

Mon, Jan 10-Feb 14 | 10:30-12 pm | \$48/6 | 66614

Wed, Feb 23-Mar 30 | 10-11:30 am | \$48/6 | 66572

Mon, Feb 28-Mar 28 | 10:30-12 pm | \$40/5 | 66615

Rotary Field House

Nanaimo Harbour City Seniors

MEMBERSHIP INFORMATION

A Nanaimo Harbour City Seniors' Membership is open to those 60 years and older and is valid for one year from date of purchase. Your membership provides you with access to several free programs with Parks, Recreation and Culture.

Membership can be purchased in person or over the phone (payment required by credit card, MC/Visa Debit or American Express over the phone). The information you will need to provide includes your name, address, phone number, birthdate and an emergency contact. The annual membership is \$45 per person.

Program areas:

- ARTS & CRAFTS
- CARDS & GAMES
- DANCE CLASSES & SOCIALS
- FITNESS, YOGA & TAI CHI
- LANGUAGE
- MUSIC
- SPECIAL INTEREST
- SPORTS



Find out more about membership:

For more information, call 250-755-7501, pick up the Harbour City Seniors Newsletter or view the newsletter online at www.nanaimo.ca.



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- **SWIM LESSONS**
- **LIFEGUARDING**
- **FITNESS**
- **TRAINING**

Pool Programs



Registration for winter swimming lessons and aquatic programs will begin on ***Wednesday, January 19.***

View classes online starting on Monday, January 19.

Learn-to-Swim Program Overview



PARENT & TOT LESSONS

Age 4 months to 3 years
Parent participation required

STARFISH (30 min; ratio 1:10)

• 4 to 6 months



DUCK (30 min; ratio 1:10)

• 12 to 24 months



SEA TURTLE (30 min; ratio 1:10)

• 24 months to 3 years



**Offered again
in the Spring
Activity Guide
out on Feb 25**

PRESCHOOL LESSONS

Age 3 to 6 years
Progression is based on completion of level (Sea Otter to Whale)

SEA OTTER (30 min; ratio 1:5)

- Front and back floats and glides with assistance
- 1 M swim with help



SALAMANDER (30 min; ratio 1:5)

- Front and back floats and swims
- Roll-over swims
- 2 M swim



SUNFISH (30 min; ratio 1:5)

- Front, back, roll-over and side swims
- Deep water activities
- 5 M swim



CROCODILE (30 min; ratio 1:5)

- Front, back and side swims and basic front crawl
- Deep water swimming
- 10 M swim



WHALE (30 min; ratio 1:5)

- 10 M front, back and side swims and basic front crawl
- Deep water swimming
- 15 M swim



SWIM KIDS LESSONS

Age 5 to 14 years
Progression is based on completion of level

SWIM KIDS 1 (30 min; ratio 1:6)

- Front and back floats and swims
- Roll-over swims and basic front crawl
- 5 M swim

1

SWIM KIDS 6 (45 min; ratio 1:8)

- 25 M front and back crawl
- 15 M elementary backstroke
- 75 M swim

6

SWIM KIDS 2 (30 min; ratio 1:6)

- Side swims and basic front crawl
- Deep water activities
- 10 M swim

2

SWIM KIDS 7 (45 min; ratio 1:10)

- 50 M front and back crawl
- 25 M elementary backstroke and whip kick on front and 150 M swim

7

SWIM KIDS 3 (30 min; ratio 1:6)

- Front and back floats and swims
- Roll-over swims and basic front crawl
- 15 M swim

3

SWIM KIDS 8 (45 min; ratio 1:10)

- 75 M front and back crawl
- 15 M breaststroke
- 300 M swim

8

SWIM KIDS 4 (30 min; ratio 1:6)

- 15 M back swim
- 10 M front crawl
- 25 M swim

4

SWIM KIDS 9 (45 min; ratio 1:10)

- 100 M front and back crawl
- 25 M breaststroke and side stroke
- 400 M swim

9

SWIM KIDS 5 (45 min; ratio 1:8)

- 15 M front and back crawl
- Whip kick on back
- 50 M swim

5

SWIM KIDS 10 (45 min; ratio 1:10)

- 100 M front and back crawl
- 50 M elementary backstroke, breaststroke and side stroke and 500 M swim

10



Pricing for Swimming Lessons

(lesson prices are pro-rated for holidays & swim me)

30 Minute Lessons	\$67.50/10 lessons
45 Minute Lessons	\$102.50/10 lessons



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Swimming Lesson Tips for Success

We are pleased to offer Red Cross lessons at our facilities, as this program highlights the importance of swimming and water safety skills. Swimming can be fun, but it's also a necessary life skill. Help your child start swimming lessons on the right foot.

- Evaluate your child's swim ability and choose a class level, date and time. Not sure of their ability? Stop by one of our pools during an "Everyone Welcome" swim session and have one of the lifeguards evaluate your child (depending on staff availability).
- Register for a class online or at one of our facilities early, as classes fill up quickly.
- Arrive early to check-in and familiarize your child with the facility. Please have your child ready for class at the start of the lesson time.
- Lockers are available and recommended. Token can be purchased from the pool cashier.
- Have your child go to the bathroom before lessons. Children who are not potty trained must wear a swim diaper (available for purchase at the front desk).
- All patrons must shower before entering the pool.
- Bring your child's towel onto the pool deck to keep your child warm before and after lessons.
- Please do not bring your child to swim lessons if they are ill.
- At the end of lessons, your instructor will recommend the appropriate level for the next set of lessons. Levels are frequently repeated to allow students to master skills and feel successful before moving onto a new level.



Shopping for Swim Lessons Using the "X" Grid

STEP 1 Select a facility (Beban Pool or Nanaimo Aquatic Centre)

STEP 2 Select day(s) of the week and dates wanted

STEP 3 Select swim lesson level (Sea Otter, Swim Kids 1, etc.)

STEP 4 Select available times ("x" indicate available times)

STEP 5 Register in person, over the phone or online through recreation.nanaimo.ca

- In-person or on the phone, provide the clerk with the level and your choice of location

- Search for swim lessons in recreation.nanaimo.ca using a key word(s) in the search field (Sea Otter, for example)



Beban Pool Winter Lessons

IMPORTANT INFORMATION TO KNOW FOR WINTER SWIMMING LESSONS:

- All participants 12 years and older are now required to present proof of vaccination upon entry into the facility.
- All swimmers 7 years and under and ALL participants in Swim Kids 1 and Swim Kids 2 are required to have a support person with them for each lesson who is 16 years of age or older and comfortable in the water.

		MONDAYS • Jan 31-Mar 7 (5 lessons) NOTE: No lesson on Feb 21											TUESDAYS • Feb 1-Mar 8 (6 lessons)												
		9:00 am	9:30 am	10:00 am	10:30 am	3:00 pm	3:30 pm	3:45 pm	4:00 pm	4:30 pm	5:00 pm	5:30 pm	6:00 pm	6:30 pm	8:30 am	9:00 am	9:30 am	3:00 pm	3:30 pm	4:00 pm	4:30 pm	5:00 pm	5:30 pm	6:00 pm	6:30 pm
Preschool Prog. (3-6 yrs)	Sea Otter	x	x	x	x				x		x	x		x	x	x	x			x			x		
	Salamander	x	x	x	x	x			x	x			x	x	x	x			x	x	x	x		x	
	Sunfish		x				x		x									x							
	Crocodile			x					x										x						
	Whale			x					x										x						
School Aged Prog. (5-14 yrs)	Swim Kids 1					x					x	x				x					x		x		
	Swim Kids 2									x		x	x							x		x	x		
	Swim Kids 3						x			x			x					x					x		
	Swim Kids 4									x		x							x			x			
	45 Min.	Swim Kids 5/6					x											x							
	Swim Kids 7/8							x																x	



		WEDNESDAYS • Feb 2-Mar 9 (6 lessons)											THURSDAYS • Feb 3-Mar 10 (6 lessons)													
		9:00 am	9:30 am	10:00 am	10:30 am	3:00 pm	3:30 pm	3:45 pm	4:00 pm	4:30 pm	5:00 pm	5:30 pm	6:00 pm	6:30 pm	8:30 am	9:00 am	3:00 pm	3:15 pm	3:30 pm	3:45 pm	4:00 pm	4:30 pm	5:00 pm	5:30 pm	6:00 pm	6:30 pm
Preschool Prog. (3-6 yrs)	Sea Otter	x	x	x	x					x		x	x	x	x	x	x			x	x		x			
	Salamander	x	x	x	x					x	x		x	x	x	x		x		x			x	x		
	Sunfish				x					x	x					x						x	x			
	Crocodile			x									x						x							
	Whale			x									x						x							
School Aged Prog. (5-14 yrs)	Swim Kids 1					x					x	x											x	x	x	
	Swim Kids 2									x										x			x	x		
	Swim Kids 3						x				x														x	
	Swim Kids 4								x															x		
	45 Min.	Swim Kids 5/6					x		x																x	
	Swim Kids 7/8					x								x												
	Swim Kids 9/10							x																		



Beban Pool Winter Lessons

IMPORTANT INFORMATION TO KNOW FOR WINTER SWIMMING LESSONS:

- All participants 12 years and older are now required to present proof of vaccination upon entry into the facility.
- All swimmers 7 years and under and ALL participants in Swim Kids 1 and Swim Kids 2 are required to have a support person with them for each lesson who is 16 years of age or older and comfortable in the water.

		FRIDAYS • Feb 4-Mar 11 (6 lessons)										SATURDAYS • Feb 5-Mar 12 (5 lessons) NOTE: No lesson on Feb 19							SUNDAYS • Jan 30-Mar 6 (5 lessons) NOTE: No lesson on Feb 20													
		3:00 pm	3:30 pm	4:00 pm	4:30 pm	5:00 pm	5:15 pm	5:30 pm	5:45 pm	6:00 pm	6:30 pm	9:00 am	9:30 am	9:45 am	10:00 am	10:30 am	10:45 am	11:00 am	11:15 am	11:30 am	12:00 pm	12:30 pm	1:00 pm	1:30 pm	1:45 pm	2:00 pm	2:30 pm	3:00 pm	3:15 pm	3:30 pm	4:00 pm	4:30 pm
Preschool Prog. (3-6 yrs)	Sea Otter	x	x	x	x											x		x		x		x		x			x				x	x
	Salamander		x	x	x						x	x			x						x			x			x			x		x
	Sunfish												x			x										x					x	
	Crocodile											x				x										x		x				
	Whale											x				x										x		x				
School Aged Prog. (5-14 yrs)	Swim Kids 1			x									x		x					x	x	x	x			x				x		
	Swim Kids 2				x										x			x			x						x					
	Swim Kids 3					x						x								x		x									x	
	Swim Kids 4									x			x			x		x					x									x
	Swim Kids 5/6						x									x				x			x				x					
	Swim Kids 7/8											x																	x			
	Swim Kids 9/10													x												x						



WALK ON

Winter Wellness Challenge

Get walking
this winter for
a chance to win
some great
prizes!



FEBRUARY 4 TO MARCH 17, 2022

Get walking this winter! Record your steps on our website for a chance to win weekly prizes and a grand prize courtesy of New Balance Nanaimo of a \$200 pair of runners. Challenge your friends and family!

www.nanaimo.ca/goto/Walk-On-Challenge



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Arena Programs

Welcome to Nanaimo RECSKATE



RecSkate is a progressive skating skills training program for all ages and abilities necessary for life-long participation and the improvement of physical literacy as it relates to all sports. It provides the foundation for success in recreational hockey and figure skating. The program emphasis is on encouragement through comprehensive feedback. Participants receive a ribbon of achievement for each level passed, and upon completion of Level 7, skaters will receive a medallion of achievement.

Boots to Blades 1 & 2

2 to 5 Years

Boots 1 is a perfect intro for those who have never been on the ice before or for those who have yet to master standing in skates. Skaters get a feel for the ice wearing shoes or boots and then graduate to skates at the discretion of the instructor. Parent participation is required.

In **Boots 2**, skaters start the program wearing skates, as they will have had some experience but still need to learn the basics. The focus for both levels is getting skaters comfortable through play and practicing some basic skills. Parent participation is required.

RecSkate 1

This introductory level of skating will help skaters learn to fall safely and get up unassisted, skate across the ice by themselves without falling and work on basic balance and gliding skills. This is not a parent participation class.

RecSkate 2

This is when it all starts coming together! Skaters at this level will begin to gain strength and speed and will work on two-foot gliding, touching toes and will be introduced to backwards skating. Other skills taught in this level are stopping, scoops, turning and hops.

RecSkate 3

This level focuses on skills, such as skating on a curve, side stopping and transitions. Skaters will also be introduced to circle thrusts, backward stroking and forward slalom skating.

RecSkate 4

At this level, participants master crossovers, inside edges and backwards stopping. Skaters will also work on side hops, mohawks and backward thrusts. This is an excellent level for hockey players to improve their basic skating skills.

RecSkate 5

Skills include forward outside edges, backward one-foot gliding, mohawks, backward crossovers, t-stops and one-foot jump transitions. This is great for skater agility, balance and strength.

RecSkate 6/7

RecSkate 6 is a challenging level which emphasizes balance, glide and foot control skills. Skaters will also work on figure eight crossovers, jumping turns and other one-foot skills that increase balance, strength and agility.

RecSkate 7 is the final level of our RecSkate program. Backwards skills are emphasized, along with the introduction of two-foot full rotation jumps and one-foot outside edge stops. Backwards crossover figure eights and forward and backward pivot circles will be mastered. Skills taught at this level are demanding for all kinds of skaters, but the hard work will pay off!

Private RecSkate Lessons (RecSkate)

One-on-one instruction. These are great for accelerating your learning, mastering that one problem skill or preparing for the next level. Our instructors will work from the RecSkate program material or address specific skills as needed. Skate rentals are included. See recreation.nanaimo.ca for availability.

RecFigure Skate - Child/Teen

6 to 16 Years

A small group session focusing on developing specific figure skating skills, such as jumps, spins and field moves, as well as continuing to develop the basics of skating. Skaters should have passed a minimum of RecSkate 5 before registering. Completion of RecSkate program or equivalent is preferred.

RecSkate - Pre-Teen/Teen

12 to 17 Years

Skating and more! Join your friends at these lessons that teach all levels of skating skills. This program offers an introduction to arenas, including lesson teaching, skate patrol, safety and a facility tour. This is a great bridge to our LIT and Quest programs.

Skating Lesson Information

SKATING EQUIPMENT

- Skate Rentals are \$2 per pair per lesson (please pay for skate rentals at time of registration).
- Helmets, mitts/gloves are mandatory for all skaters. We do have helmets for you to use, but bring your own helmet if you have one, as we have a limited number available.

LESSON TIMES AND PRICES

LESSON	LENGTH OF LESSON	COST PER CLASS
Boots to Blades 1 & 2	30 minutes	\$7.50
RecSkate (3-5 yrs)	30 minutes	\$7.50
RecSkate (6-11 yrs)	45 minutes	\$11
RecFigure Skate	45 minutes	\$11
Various RecSkates (pre-teen/teen)	60 minutes	\$12
Private RecSkate (all ages) *	30 minutes	\$28

* For private RecSkate lessons, specific lesson coach requests may be accommodated by calling 250-756-5215.

CUSTOM PRIVATE SKATING LESSONS

- Let us customize skating lessons to fit your schedule and your skill level. Cost is \$32 for a 30-minute lesson. Call Gary Paterson, Arenas Coordinator, at 250-755-7536 for details.

CLIENTS WITH DIVERSE ABILITIES

- Participants with diverse abilities are welcome to register. Please contact our Arenas Coordinator at 250-755-7536 for information

DROP-IN SESSIONS

- Check out our drop-in options on page 10 or check our online schedule at recreation.nanaimo.ca.



GLOW

in the dark skates*

SKATE IN OUR ATMOSPHERE OF DIMMED LIGHTING AND SPECIAL EFFECTS!

Held once a month on Tuesday evenings from 6:30-8 pm at Frank Crane Arena.

- December 7
- January 4
- February 1
- March 1

Regular admission rates apply.

Starlight Skate*

This is a great way to escape the hustle and bustle while enjoying lap skating with our soft light stars and passive LED lighting. Perfect time for couples and families to get some exercise with friends.

Regular admission rates apply.

Held on the following Sundays, 4-6 pm at Nanaimo Ice Centre:

- December 19 • January 16
- February 20 • March 20



FOR WINTER 2022

Teachers & Educators

Skating Lessons for Your Class

- Lessons available at Nanaimo Ice Centre and Frank Crane Arena September through March.
- Sessions are 45 minutes in duration consisting of a 30-minute lesson and 15 minutes of free time.
- Skate and helmet rentals are included.
- Bookings are ongoing.

Contact our Arenas Program Assistant at 250-755-7537.



LIONS FREE SKATE



Held Sundays at Frank Crane Arena

Held every Sunday, 12-1:30 pm until March 27

On Clipper game days held 11:30 am-1 pm (Dec 5 & 12, Jan 23, Mar 6 & 20)

The Lions Club is pleased to be offering FREE skating to Nanaimo residents. Thank you to our program sponsors:



- Alexandra's Bistro
- Chris Martin, Personal Real Estate Corporation, RE/MAX of Nanaimo
- GFL Environmental Inc. (formerly Haarsma Waste Innovations)
- Little Valley Restoration and Collision
- Nanaimo Hearing Clinic
- Roto Rooter
- Widsten Property Management Services

Skating Lessons

30 min lesson = 2-5 years • 45 min lesson = 6-11 years • 30 min private lessons

Monday, Jan 3-31 • 5 lessons • Frank Crane Arena

11:45 am-12:15 pm	Boots 1 59168	Boots 2 59907	Rec 3 60621	Rec 4 59976	Private 59720		
12:15-12:45 pm	Boots 1 59169	Boots 2 59908	Rec 1 58717	Rec 2 60501	Private 59721		
12:45-1:45 pm	Adult RS 58801	Private 12:45-1:15 pm 59722	Private 1:15-1:45 pm 63475				

Monday, Jan 3-31 • 5 lessons • Nanaimo Ice Centre

3:30-4 pm	Boots 1 59170	Boots 2 59909	Rec 1 58718	Rec 2 60502	Rec 3 60622	Rec 4 59977	Private 59723
4-4:45 pm	Rec 1 58719	Rec 2 60503	Rec 3 60623	Rec 4 59978	Rec 5 58783	Private 4-4:30 pm 59724	
4:45-5:15 pm	Boots 1 59171	Boots 2 59910	Rec 1 58720	Rec 2 60505	Rec 3 60624	Rec 4 59979	Private 59725
5:15-6 pm	Rec 2 60506	Rec 3 60625	Rec 4 59980	Rec 6/7 59148	RecFigure 5:15-6:15 pm 59264	Adult RS 5:15-6:15 pm 58802	
6:15-6:45 pm	Private 59726	Private 59727	Private 59728	Private 59729	Private 59730	Private 59731	

Thursday, Jan 6-Feb 10 • 6 lessons • Nanaimo Ice Centre

3:30-4 pm	Boots 1 59172	Boots 2 59911	Rec 1 58721	Rec 2 60509	Rec 3 60626	Rec 4 59981	Private 59732
4-4:45 pm	Rec 1 58722	Rec 2 60510	Rec 3 60627	Rec 4 59982	Rec 5 58784	Rec 6/7 59149	
4:45-5:15 pm	Boots 1 59173	Boots 2 59912	Rec 1 58723	Rec 2 60511	Rec 3 60628	Rec 4 59983	Private 59733
5:15-6 pm	Teen 59202	RecFigure 59265	RecFigure Ad 59214	Adult RS 58803	Private 5:15-5:45 pm 59734	Private 5:15-5:45 pm 59735	Private 5:15-5:45 pm 59736/59737

Friday, Jan 7-Feb 11 • 6 lessons • Frank Crane Arena

9:30-10 am	Boots 1 59174	Rec 1 58724	Rec 3 60629	Rec 4 59984	Private 59738		
10-10:30 am	Boots 2 59913	Rec 2 60513	Private 59739				
3:30-4 pm	Boots 1 59175	Boots 2 59914	Rec 1 58725	Rec 2 60516	Rec 3 60630	Rec 4 59985	Private 59740
4-4:45 pm	Rec 1 58726	Rec 2 60519	Rec 3 60631	Rec 4 59986	Rec 5 58785	Private 4-4:30 pm 59741	
4:45-5:15 pm	Boots 1 59176	Boots 2 59915	Rec 1 58727	Rec 2 60521	Rec 3 60632	Rec 4 59987	Private 59742
5:15-6 pm	Rec 2 60523	Rec 3 60633	Rec 4 59988	Rec 5 58786	Rec 6/7 59150	RecFigure 59266	Private 5:15-5:45 pm 59743

Saturday, Jan 8-Feb 12 • 6 lessons • Frank Crane Arena

9-9:45 am	Rec 1 58728	Rec 2 60525	Rec 3 60634	Rec 4 59989	Rec 5 58787	Private 9-9:30 am 59744	
9:15-9:45 am	Boots 1 59177	Boots 2 59916					
9:45-10:15 am	Boots 1 59178	Boots 2 59917	Rec 1 58729	Rec 2 60526	Rec 3 60635	Rec 4 59990	Private 59745
10:30-11:15 am	Rec 1 58730	Rec 2 60528	Rec 3 60636	Rec 4 59991	Rec 6/7 59151	RecFigure 59267	
11:15-11:45 am	Boots 1 59179	Boots 2 59918	Rec 1 58731	Rec 2 60530	Rec 3 60637	Rec 4 59992	Teen 11:15am-12:15p 59199
11:45 am-12:15 pm	Private 59746	Private 59747	Private 59748	Private 59749	Private 59751		

SET ONE

Skating Lessons

30 min lesson = 2-5 years • 45 min lesson = 6-11 years • 30 min private lessons

Monday, Feb 7-Mar 14 • 5 lessons • Frank Crane Arena (no lesson Feb 21)

11:45 am-12:15 pm	Boots 1 59180	Boots 2 59919	Rec 3 60638	Rec 4 59993	Private 59752		
12:15-12:45 pm	Boots 1 59181	Boots 2 59920	Rec 1 58758	Rec 2 60532	Private 59753		
12:45-1:45 pm	Adult RS 58805	Private 12:45-1:15 pm 59754	Private 1:15-1:45 pm 63476				

Monday, Feb 7-Mar 14 • 5 lessons • Nanaimo Ice Centre (no lesson Feb 21)

3:30-4 pm	Boots 1 59182	Boots 2 59921	Rec 1 58759	Rec 2 60533	Rec 3 60639	Rec 4 59994	Private 59755
4-4:45 pm	Rec 1 58760	Rec 2 60541	Rec 3 60640	Rec 4 59995	Rec 5 58788	Private 4-4:30 pm 59756	
4:45-5:15 pm	Boots 1 59183	Boots 2 59922	Rec 1 58761	Rec 2 60539	Rec 3 60641	Rec 4 59996	Private 59757
5:15-6 pm	Rec 2 60542	Rec 3 60642	Rec 4 59997	Rec 6/7 59152	RecFigure 5:15-6:15 pm 59268	Adult RS 5:15-6:15 pm 58806	
6:15-6:45 pm	Private 59758	Private 59759	Private 59760	Private 59761	Private 59762	Private 59764	

Thursday, Feb 17-Mar 17 • 5 lessons • Nanaimo Ice Centre

3:30-4 pm	Boots 1 59184	Boots 2 59923	Rec 1 58762	Rec 2 60544	Rec 3 60643	Rec 4 59998	Private 59763
4-4:45 pm	Rec 1 58763	Rec 2 60545	Rec 3 60644	Rec 4 59999	Rec 5 58789	Rec 6/7 59153	
4:45-5:15 pm	Boots 1 59185	Boots 2 59924	Rec 1 58764	Rec 2 60546	Rec 3 60645	Rec 4 60000	Private 59765
5:15-6 pm	Teen 59203	RecFigure 59270	RecFigure Adv 59215	Adult RS 58807	Private 5:15-5:45 pm 59766	Private 5:15-5:45 pm 59767	Private 5:15-5:45 pm 59769

Friday, Feb 18-Mar 18 • 5 lessons • Frank Crane Arena

9:30-10 am	Boots 1 59186	Rec 1 58765	Rec 3 60646	Rec 4 60024	Private 59770		
10-10:30 am	Boots 2 59925	Rec 2 60547	Private 59771				
3:30-4 pm	Boots 1 59187	Boots 2 59926	Rec 1 58766	Rec 2 60548	Rec 3 60647	Rec 4 60025	Private 59772
4-4:45 pm	Rec 1 58767	Rec 2 60549	Rec 3 60648	Rec 4 60026	Rec 5 58790	Private 4-4:30 pm 59773	
4:45-5:15 pm	Boots 1 59188	Boots 2 59927	Rec 1 58768	Rec 2 60552	Rec 3 60649	Rec 4 60027	Private 59774
5:15-6 pm	Rec 2 60553	Rec 3 60650	Rec 4 60028	Rec 5 58791	Rec 6/7 59154	RecFigure 59272	Private 5:15-5:45 pm 59775

Saturday, Feb 19-Mar 19 • 5 lessons • Frank Crane Arena

9-9:45 am	Rec 1 58769	Rec 2 60555	Rec 3 60651	Rec 4 60029	Rec 5 58792	Private 9-9:30 am 59776	
9:15-9:45 am	Boots 1 59189	Boots 2 59928					
9:45-10:15 am	Boots 1 59190	Boots 2 59929	Rec 1 58770	Rec 2 60556	Rec 3 60652	Rec 4 60034	Private 59777
10:30-11:15 am	Rec 1 58771	Rec 2 60558	Rec 3 60653	Rec 4 60035	Rec 6/7 59155	RecFigure 59273	
11:15-11:45 am	Boots 1 59191	Boots 2 59930	Rec 1 58772	Rec 2 60559	Rec 3 60654	Rec 4 60037	Teen 11:15am-12:15p 59200
11:45 am-12:15 pm	Private 59778	Private 59779	Private 59780	Private 59781	Private 59782		

RecSkate Pre-Teen/Teen

12 to 17 Years

Get an introduction to arenas, including lesson teaching, skate patrol, safety and facility tour. This is a great bridge to our LIT and Quest programs and is for all levels of skating.

Thu, Jan 6-Feb 10 | 5:15-6 pm | \$66/6 | 59202

Thu, Feb 17-Mar 17 | 5:15-6 pm | \$55/5 | 59203

Nanaimo Ice Centre

Sat, Jan 8-Feb 12 | 11:15 am-12:15 pm | \$72/6 | 59199

Sat, Feb 19-Mar 19 | 11:15 am-12:15 pm | \$60/5 | 59200

Frank Crane Arena



Private RecSkate Lessons

One-on-one instruction. These lessons are great for accelerating your learning, mastering that one problem skill or preparing for the next level. Our instructors will work from the RecSkate program material or address specific skills as needed. Skate rentals are included, and the cost is \$28 per lesson. You can find these listed in the lesson grids or you can call the Recreation Coordinator at 250-755-7536 for more information.

Wed, Jan 5-26 | 12:30-1 pm | \$112/4 | 59792

Wed, Jan 5-26 | 1-1:30 pm | \$112/4 | 59793

Wed, Jan 5-26 | 1:30-2 pm | \$112/4 | 59794

Wed, Feb 2-23 | 12:30-1 pm | \$112/4 | 59795

Wed, Feb 2-23 | 1-1:30 pm | \$112/4 | 59796

Wed, Feb 2-23 | 1:30-2 pm | \$112/4 | 59797

Wed, Mar 2-23 | 12:30-1 pm | \$112/4 | 59798

Wed, Mar 2-23 | 1-1:30 pm | \$112/4 | 59799

Wed, Mar 2-23 | 1:30-2 pm | \$112/4 | 59800

Frank Crane Arena

SET TWO



cityofnanaimo



nanaimoparksandrec (#ilovemyparksandrec)



What do you need? A love to skate! Our certified HIGH FIVE staff will be on hand to help you skate, play hockey,

make friends and have fun! FREE skate and helmet rentals. Complete with a healthy snack and drink (ages 5 to 12).

RecSkate & RecSkate Hockey After School

Wednesday, Jan 5-Mar 9

3:15-5:15 pm

\$80/10

NIC

RecSkate (59625)

RecSkate Hockey (59624)

RecFigure Skate - Beginner

6 to 16 Years

This is a small group session focusing on developing specific figure skating skills like jumps, spins and field moves, as well as continuing to develop the basics of skating. Children's progress is monitored through the use of a progress card. Lesson is taught on a portion of the ice shared with the RecSkate program. Skaters should have passed a minimum of RecSkate 5. Completion of the RecSkate program or equivalent is preferred. Helmets are mandatory.

Mon, Jan 3-31 | 5:15-6:15 pm | \$60/5 | 59264

Thu, Jan 6-Feb 10 | 5:15-6 pm | \$66/6 | 59265

Mon, Feb 7-Mar 14 | 5:15-6:15 pm | \$60/5 | 59268

Thu, Feb 17-Mar 17 | 5:15-6 pm | \$55/5 | 59270

Nanaimo Ice Centre

Fri, Jan 7-Feb 11 | 5:15-6 pm | \$66/6 | 59266

Sat, Jan 8-Feb 12 | 10:30-11:15 am | \$66/6 | 59267

Fri, Feb 18-Mar 18 | 5:15-6 pm | \$55/5 | 59272

Sat, Feb 19-Mar 19 | 10:30-11:15 am | \$55/5 | 59273

Frank Crane Arena

RecFigure Skate - Advanced

6 to 17 Years

A group lesson for experienced RecFigure skaters who have completed a minimum of RecFigure Skate level 3. Skaters will work on ReFigure Skate levels 4 to 6 and even more advanced skills as applicable.

Thu, Jan 6-Feb 10 | 5:15-6 pm | \$66/6 | 59214

Thu, Feb 17-Mar 17 | 5:15-6 pm | \$55/5 | 59215

Nanaimo Ice Centre

RecSkate Homeschool

Learn skills from our RecSkate program. Develop balance, agility and coordination. All levels of skaters will be accommodated. Parents are welcome to register with their child. Helmets are mandatory.

Mon, Jan 3-31 | 10:30-11:30 am | \$60/5 | 59208

Wed, Jan 5-Feb 9 | 12:30-1:30 pm | \$72/6 | 59209

Mon, Feb 7-Mar 14 | 10:30-11:30 am | \$60/5 | 59210

Wed, Feb 16-Mar 16 | 12:30-1:30 pm | \$60/5 | 59211

Frank Crane Arena



RecSkate Adults

For new skaters or those who may need to brush up on skills. Skaters will be able to develop skills at their own pace and work towards earning the bronze, silver and gold lapel pins if desired.

Mon, Jan 3-31 | 12:45-1:45 pm | \$60/5 | 58801

Fri, Jan 7-Feb 11 | 10:30-11:30 am | \$84/7 | 58804

Mon, Feb 7-Mar 14 | 12:45-1:45 pm | \$60/5 | 58805

Fri, Feb 18-Mar 18 | 10:30-11:30 am | \$60/5 | 58808

Frank Crane Arena

Mon, Jan 3-31 | 5:15-6:15 pm | \$60/5 | 58802

Thu, Jan 6-Feb 10 | 5:15-6 pm | \$72/6 | 58803

Mon, Feb 7-Mar 14 | 5:15-6:15 pm | \$60/5 | 58806

Thu, Feb 17-Mar 17 | 5:15-6 pm | \$60/5 | 58807

Nanaimo Ice Centre

RecSkate Adults Practice

Practice time is for those participants registered in any of our RecSkate Adult lessons. This is an excellent opportunity to work on your skills. This is a half-ice program.

Fri, Jan 7-Feb 11 | 9:30-10:30 am | \$45/6 | 59194

Fri, Feb 18-Mar 18 | 9:30-10:30 am | \$38/5 | 59195

Frank Crane Arena

RecSkate Adults Advanced

This class for experienced skaters with an emphasis on ice dance, figure skating and other advanced skills. Work towards earning your bronze, silver and gold level lapel pins if desired.

Fri, Jan 7-Feb 11 | 10:30-11:30 am | \$72/6 | 58811

Fri, Feb 18-Mar 18 | 10:30-11:30 am | \$50/6 | 58812

Frank Crane Arena



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 activities and a movie. We recommend that skaters have passed a minimum of RecSkate 1. Please bring your own lunch and snacks.

Mon, Feb 7 | 8:30 am-5 pm | \$42/1 | 59324

Tue, Feb 8 | 8:30 am-5 pm | \$42/1 | 59326

Cliff McNabb 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. Camp includes games and other activities. Full gear is required. We recommend that skaters have passed a minimum of RecSkate 2. Please bring your own lunch and snacks.

Mon, Feb 7 | 8:30 am-5 pm | \$42/1 | 59323

Tue, Feb 8 | 8:30 am-5 pm | \$42/1 | 59325

Cliff McNabb Arena

See page 25 - 27

**for Winter Break
& Spring Break Camps**



NANAIMO'S RECSKATE PROGRAM

Skates to Another Milestone

When we at Parks, Recreation and Culture started offering our RecSkate 7 Awards in 2005, we were very proud of our early recipients. Many years later after continuing to grow our product and introducing new students and new staff year after year, we noticed the continual benefits over time.

In March of 2017, we announced the 150th award recipient on the 150th (Sesquicentennial) birthday celebration for Canada. We noted that it took 12 years to get to our first 150. Only 4 years later, we recently presented our 300th RecSkate 7 Award to Tucker Mlazgar.

Two of the first participants to earn the RecSkate 7 Award, Dave Osborne and Joel Heathcote, epitomize the impacts our program has had on our community. Dave has become one of our learn-to-skate and hockey instructors, and Joel Heathcote recently brought his 2-year-old son to his first Boots to Blades class.

These are just two of the many stories we can share about the impact a great learn-to-skate program can have in encouraging lifelong and intergenerational participation in sport and leisure.

The real story is the amazing staff, and we are so pleased to be able provide in-house training with our leaders, Gary and Stacey Paterson. Instructors come to us from all ages and all walks of life. This is a celebration of their talents and contributions.

The City of Nanaimo, Parks, Recreation and Culture is proud to be such an important part of the lives of our customers in bringing high quality skating instruction and instructors to yet another generation of Nanaimo's families.

Here's to the next big milestone! Six hundred more, anyone?

Get started toward earning your RecSkate 7 Award. Register in our RecSkate Program today!



Congratulations to Tucker Mlazgar, the recipient of our 300th RecSkate 7 Award!



Early recipients, Dave Osborne and Joel Heathcote, receiving one of the first RecSkate 7 Awards earned through the Parks, Recreation & Culture RecSkate Program. Award presented by Coach Shelvey Nahorniak and current Arenas Programmer, Gary Paterson.



cityofnanaimo



nanaimoparksandrec (#ilovemyparksandrec)



Hockey Programs

Hockey Rascals

4 to 6 Years

This program focuses on hockey FUNdamentals, including skating, puck handling and shooting. You must supply your own helmet with face cage, stick and gloves, and full gear is recommended.

Fri, Jan 7-Feb 11 | 4:15-5 pm | \$66/6 | 59372

Fri, Jan 7-Feb 11 | 5:30-6:15 pm | \$66/6 | 59373

Fri, Feb 18-Mar 18 | 4:15-5 pm | \$55/5 | 59374

Fri, Feb 18-Mar 18 | 5:30-6:15 pm | \$55/5 | 59375

Cliff McNabb Arena

Advanced Hockey Skills

6 to 11 Years

Players will be taught proper shooting and passing techniques and learn some stickhandling tricks. Skaters will be placed into two groups based on ability. This program will help skaters develop confidence with the puck and get taught the skills required to be successful in their games.

Mon, Jan 3-31 | 7-7:45 am | \$55/5 | 59398

Wed, Jan 5-Feb 2 | 7-7:45 am | \$55/5 | 59399

Mon, Feb 7-Mar 14 | 7-7:45 am | \$55/5 | 59400

Wed, Feb 9-Mar 16 | 7-7:45 am | \$66/6 | 59401

Frank Crane Arena

NHL

Novice Hockey League (NHL) is designed to introduce and develop the game of hockey to children looking to play for enjoyment and fitness. Skills are taught through comprehensive progressions and age/skill appropriate drills. No previous hockey experience is required, but players must be able to skate and stop well. We recommend skaters complete a minimum of RecSkate 2 prior to this course. Full gear is required.

4 to 6 Years

Sat, Jan 8-Feb 12 | 8:15-9 am | \$66/6 | 59386

Sat, Jan 8-Feb 12 | 12:15-1 pm | \$66/6 | 59387

Sat, Feb 19-Mar 19 | 8:15-9 am | \$55/5 | 59390

Sat, Feb 19-Mar 19 | 8:15-9 am | \$55/5 | 59391

7 to 9 Years

Sat, Jan 8-Feb 12 | 8:15-9 am | \$66/6 | 59388

Sat, Feb 19-Mar 19 | 8:15-9 am | \$55/5 | 59392

7 to 12 Years

Sat, Jan 8-Feb 12 | 12:15-1 pm | \$66/6 | 59389

Sat, Feb 19-Mar 19 | 12:15-1 pm | \$55/5 | 59393

Frank Crane Arena

Power Skating Basics

6 to 12 Years

Get introduced to skating techniques necessary to develop greater power and strength to improve your game. This will help with speed, balance, agility and coordination. Full gear is required.

Thu, Jan 6-Feb 10 | 3:30-4:15 pm | \$66/6 | 59306

Thu, Jan 6-Feb 10 | 4:15-5 pm | \$66/6 | 59311

Thu, Feb 17-Mar 17 | 3:30-4:15 pm | \$55/5 | 59313

Thu, Feb 17-Mar 17 | 4:15-5 pm | \$55/5 | 59315

Nanaimo Ice Centre

Elite Skating Basics NEW!

8 to 16 Years

Join our high level instructor in learning advanced skating skills in a game context. Get introduced to skating techniques necessary to develop greater power, edges and agility to improve your game. Full gear required.

Wed, Jan 5-Feb 2 | 7-8 am | \$60/5 | 62836

Wed, Feb 9-Mar 16 | 7-8 am | \$72/6 | 62837

Frank Crane Arena

Hockey - Adaptive

13 + Years

This program provides teens and adults with cognitive or physical challenges the skills required to play the game of ice hockey. No skating ability is required, but participants should be steady on their feet. Full gear is required. Drop-in fee is \$12.

Wed, Jan 5-Mar 9 | 9:45-11 am | \$105/10 | 59218

Nanaimo Ice Centre



Look for our "Game Zone" for all

Everyone Welcome sessions!

(except Glow in the Dark & Starlight sessions or on busy sponsored free skates)

Adult Stickhandling D

You can always improve this important hockey skill set. Drills include correct hand positioning, top hand and bottom hand strengthening, toe control, faking, use of lines, cupping and reaching. (Drop-in fee is \$12; please pre-purchase a drop-in ticket from our front desk staff.)

Mon, Jan 3-31 | 7-8 pm | \$55/5 | 59231
 Mon, Feb 7-Mar 14 | 7-8 pm | \$55/5 | 59232
Nanaimo Ice Centre

Adult Hockey 101 D

This program is for adults and youth and is ideal for a great family hockey experience. Qualified instructors take you through the basics of holding a stick, stickhandling and passing and, of course, playing the game. Basic learn-to-skate ability is a requirement. Minimum gear requirement is helmet with cage, gloves and stick, but full gear is recommended. (Drop-in fee is \$12; please pre-purchase a drop-in ticket from our front desk staff.)

Fri, Jan 7-Feb 11 | 6:45-7:45 am | \$66/6 | 59221
 Fri, Feb 18-Mar 18 | 6:45-7:45 am | \$55/5 | 59222
Frank Crane Arena

Adult Co-Ed Scrimmage D

This scrimmage program is for adults 18 and over interested in playing in an informal scrub setting. Session is monitored by an experienced leader. This is a registered program, but is also drop-in accessible. (Drop-in fee is \$13; please pre-purchase a drop-in ticket from our front desk staff.)

Fri, Jan 7-Feb 11 | 9:45-11:15 pm | \$66/6 | 59933
 Fri, Feb 18-Mar 18 | 9:45-11:15 pm | \$55/5 | 59934
Cliff McNabb Arena

Co-Ed Hockey League NEW!

This non competitive program is designed for players who want a fun night of hockey. Teams will be a mix of registrations and will be on rotation as needed to keep play fair and even skilled. Players are guaranteed one game a week (either Sunday or Monday evening). These games will be played on a rotation. A schedule will be produced. If a barcode is full, please add your name to the waitlist. This gives us a "spare list" to call on as additional players are needed. It also lets us know for potential program expansion. Program starts either January 9 or 10 from 9:30-10:45 pm or 10:15-11:30 pm.

WOMEN: #67391 | \$146/10
 MEN: #67392 | \$146/10
 GOALIE: #67393
Cliff McNabb Arena

FULL GEAR

Equipment Checklist:

- Helmet (CSA approved) with chin strap
- Full-shield/cage face mask (CSA approved)
- Shoulder pads
- Elbow pads
- Shin guards
- Hockey pants
- Gloves
- Hockey socks
- Hockey jersey
- Skates
- Supporter & cup /pelvic protector
- Junior stick
Cut to nose level when standing on ground without skates on; then tape end of stick thick enough so it does not fit through holes in cage on face mask
- Neck guard



GIFT CARDS

Give the Gift of RECREATION!

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



CITY OF NANAIMO
 THE HARBOUR CITY

250.756.5200

recreation.nanaimo.ca

parksandrecreation@nanaimo.ca



cityofnanaimo



nanaimoparksandrec (#ilovemyparksandrec)

STICK 'n' PUCK

ALL AGES

New to the game of hockey or looking to improve on those skills? Just wanting to get on the ice in a non-game, recreational setting? Stick 'n' Puck is the answer and a great way to get on the ice. An on-ice leader is available to assist with skill development and answer questions.

Space is limited, and session rules do apply. These sessions are for individuals looking to practice hockey skills - skating, passing, shooting, puck handling. These are unstructured practice times.

RULES

- Games and scrimmages are not permitted
- Goalies are welcome and free
- Limited to 30 skaters per session
- Children under 8 must be accompanied by an adult

EQUIPMENT REQUIREMENTS

- Helmets and gloves are mandatory (full face cage required for skaters 16 years and under)
- Shin guards are strongly recommended
- Skaters bring own pucks



See page 6 for admission & page 10 for location information.

For more information, contact the Arena Coordinator at 250-755-7536.

Custom Private Hockey Lessons

These one-on-one private lessons with our popular hockey instructors are perfect for individual skill development. Potential skill areas include power skating, shooting, stick handling, goal keeping, defensive development and others. Small groups (2-3) are also welcome. Full gear is recommended.

Tuesdays at Nanaimo Ice Centre

Tue, Jan 4-25 | 3:15-3:45 pm | \$128/4 | 59450
Tue, Jan 4-25 | 3:15-4:45 pm | \$128/4 | 59451
Tue, Jan 4-25 | 3:45-4:15 pm | \$128/4 | 59452
Tue, Jan 4-25 | 3:45-4:15 pm | \$128/4 | 59453
Tue, Jan 4-25 | 4:15-4:45 pm | \$128/4 | 59454
Tue, Jan 4-25 | 4:15-4:45 pm | \$128/4 | 59455
Tue, Feb 1-22 | 3:15-3:45 pm | \$128/4 | 59466
Tue, Feb 1-22 | 3:15-4:45 pm | \$128/4 | 59467
Tue, Feb 1-22 | 3:45-4:15 pm | \$128/4 | 59468
Tue, Feb 1-22 | 3:45-4:15 pm | \$128/4 | 59469
Tue, Feb 1-22 | 4:15-4:45 pm | \$128/4 | 59470
Tue, Feb 1-22 | 4:15-4:45 pm | \$128/4 | 59471
Tue, Mar 1-15 | 3:15-3:45 pm | \$96/3 | 59482
Tue, Mar 1-15 | 3:15-4:45 pm | \$96/3 | 59483
Tue, Mar 1-15 | 3:45-4:15 pm | \$96/3 | 59484
Tue, Mar 1-15 | 3:45-4:15 pm | \$96/3 | 59485
Tue, Mar 1-15 | 4:15-4:45 pm | \$96/3 | 59486
Tue, Mar 1-15 | 4:15-4:45 pm | \$96/3 | 59487

Wednesdays at Nanaimo Ice Centre

Wed, Jan 5-26 | 3:15-3:45 pm | \$128/4 | 59456
Wed, Jan 5-26 | 3:15-4:45 pm | \$128/4 | 59457
Wed, Jan 5-26 | 3:45-4:15 pm | \$128/4 | 59458
Wed, Jan 5-26 | 3:45-4:15 pm | \$128/4 | 59459
Wed, Jan 5-26 | 4:15-4:45 pm | \$128/4 | 59460
Wed, Jan 5-26 | 4:15-4:45 pm | \$128/4 | 59461
Wed, Feb 2-23 | 3:15-3:45 pm | \$128/4 | 59472
Wed, Feb 2-23 | 3:15-4:45 pm | \$128/4 | 59473
Wed, Feb 2-23 | 3:45-4:15 pm | \$128/4 | 59474
Wed, Feb 2-23 | 3:45-4:15 pm | \$128/4 | 59475
Wed, Feb 2-23 | 4:15-4:45 pm | \$128/4 | 59476
Wed, Feb 2-23 | 4:15-4:45 pm | \$128/4 | 59477
Wed, Mar 2-16 | 3:15-3:45 pm | \$96/3 | 59488
Wed, Mar 2-16 | 3:15-4:45 pm | \$96/3 | 59489
Wed, Mar 2-16 | 3:45-4:15 pm | \$96/3 | 59490
Wed, Mar 2-16 | 3:45-4:15 pm | \$96/3 | 59491
Wed, Mar 2-16 | 4:15-4:45 pm | \$96/3 | 59492
Wed, Mar 2-16 | 4:15-4:45 pm | \$96/3 | 59493

Fridays at Cliff McNabb Arena

Fri, Jan 7-28 | 5-5:30 pm | \$128/4 | 59462
Fri, Jan 7-28 | 5-5:30 pm | \$128/4 | 59463
Fri, Feb 4-25 | 5-5:30 pm | \$128/4 | 59478
Fri, Feb 4-25 | 5-5:30 pm | \$128/4 | 59479
Fri, Mar 4-18 | 5-5:30 pm | \$96/3 | 59494
Fri, Mar 4-18 | 5-5:30 pm | \$96/3 | 59495

Saturdays at Frank Crane Arena

Sat, Jan 8-29 | 7:45-8:15 am | \$128/4 | 59465
Sat, Jan 8-29 | 7:45-8:15 am | \$128/4 | 59464
Sat, Feb 5-26 | 7:45-8:15 am | \$128/4 | 59480
Sat, Feb 5-26 | 7:45-8:15 am | \$128/4 | 59481
Sat, Mar 5-19 | 7:45-8:15 am | \$96/3 | 59496
Sat, Mar 5-19 | 7:45-8:15 am | \$96/3 | 59497

Senior & Adult Private RecSkate Lessons

For our senior zoomers and adults, one-on-one instruction to acceleration learning to master a problem skill or just to improve confidence for your daily sessions. These lessons are offered during your Tuesday and Thursday sessions at Frank Crane Arena. The instructors will work from our proven RecSkate program material or address specific skills as needed. Skate rentals are included. Cost is \$28/ 30 minute lesson and are perfect for sharing!

Contact the Arenas Recreation Coordinator at 250-755-7536 for more information.

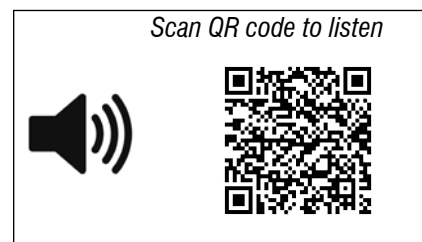


The First Snowfall

by Poet Laureate, Kamal Parmar

Late afternoon sky,
the sun blotted by ruffled clouds,
tinted a mellow gold.
The day seems languid, but daylight no longer lingers.
It is the first snowfall of the season,
still waters of Nanaimo river, mirror soaring pines and arbutus,
their serrated silhouettes melting into the molten waters.
Mallards and pintails sweep low,
skim the waters and dive up into the fresh wintry air,
to ride on cushions of sudden gusts of ocean breeze.
All is cloaked in silence, so eerie.

Standing on a wooden bridge
flanking the river,
I watch a heron poised on a rocky ledge
eyeing me with a curious stare,
spellbound by the magic of winter in Nanaimo.



A Rendezvous with the Poetic Muse

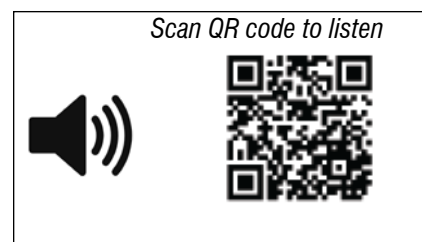
Join Kamal Parmar for a four-part poetry workshop for seniors each Tuesday from January 19 to February 9, 10:30-11:30am. Available to Nanaimo Harbour City Seniors only. To register, call 250-755-7501.

ǂe'ǂe' Sǂupǂstul u tu ǂhewum Qa'' i' Kwaǂlkwa

Sacred Gathering of the Freshwater and Saltwater

A new artwork by Eliot White Hill for Beban Park Pool

A new series murals and banners, and a free colouring book have recently been created for Beban Park Pool communicating knowledge about the cultural heritage and biodiversity of this region. Visit our website to download the colouring book featuring stories and drawings.



Scan the QR codes to listen.



cityofnanaimo



nanaimoparksandrec (#ilovemyparksandrec)

@culture_nanaimo

City of Nanaimo Culture Partners



*Nanaimo
Art Gallery*

150 Commercial St
Nanaimo, British Columbia
250.754.1750
NanaimoArtGallery.com



**PROD DAY, SPRING &
SUMMER CAMPS**

**CLASSES FOR CHILDREN,
TEENS & ADULTS**

SCHOOL PROGRAMS

**ARTIST TALKS &
SPECIAL EVENTS**

City of Nanaimo Culture Partners



NANAIMO MUSEUM

Make a Discovery!

FAMILY DAY

SPRING BREAK

SCHOOL & PUBLIC
PROGRAMS

FEATURE EXHIBITS

LOCAL HISTORY

TOURS &
ACTIVITIES

VENUE RENTAL

GIFT-SHOP

City of Nanaimo Culture Partners

THE PORT THEATRE PRESENTS

spotlight SERIES Spring 2022



International Guitar Night

Sunday, January 30 @ 7:30pm

Enjoy classical guitar, modern fingerstyle, jazz, Latin swing, and gypsy jazz stylings, paired with some contemporary hits to hum along to. Pre-show chat in the Harmac Room.

Canada's Ballet Jörgen - Romeo & Juliet

Wednesday, February 9 @ 7:30pm

This love story begins with the smell of a rose and the prick of a thorn. Pre-show chat in the Harmac Room.



Xwi'xwi'em - "telling a story"

Saturday, February 19 @ 7:30pm

Ay Lelum presents a storytelling experience by carving out history through Fashion. Post-show chat in the theatre.

iskwē | Wednesday, March 9 @ 7:30pm

Juno-award winning artist – a creator and communicator of music, movement, pictures, poetry and prose.

High Bar Gang | Monday, April 11 @ 7:30pm

Bringing their unique take on old-time bluegrass. Vocal harmony is key to the band's sound, and the blend of Shari Ulrich, Wendy Bird and Kirby Barber along with guitarist Barney Bentall and banjo player Dave Barber is simply stunning.

Dakh Daughters | Monday, May 9 @ 7:30pm

Underground Ethno Punk Cabaret - Immerse yourself in an experimentally-creative space where the walls of boring routine are broken.

Your HEALTH & SAFETY are important to us!

Before purchasing your tickets, please review our website for the latest information on The Port Theatre Society's health and safety protocols.

TICKETS ON SALE NOW!

Visit porttheatre.com or call **250-754-8550**

GetSet
NANAIMO

Working SMOKE ALARMS Save Lives

Install.



Test.



Protect.



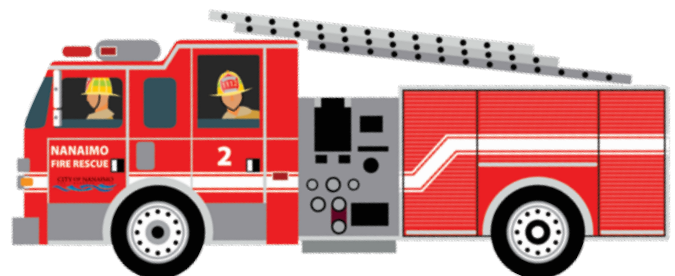
- Install smoke alarms on every level of your home
- Test and vacuum smoke alarms monthly
- Working smoke alarms save lives

For more information, 250-753-7311
or visit www.nanaimo.ca

 @NanaimoFire

CITY OF NANAIMO
THE HARBOUR CITY

Fire Rescue Department



cityofnanaimo



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SORTING IT RIGHT: *Your Garbage & Recycling Guide*

STILL NOT SURE? Download the FREE "Nanaimo Recycles App" today!

Inside Your **GREEN CART** ORGANICS including:



 Food Scraps	 Vegetables, Salad & Fruit	 Tea Bags
 Paper Towels & Paper Plates	 Bread, Dough, Pasta & Grains	 Floral Arrangements
 Coffee Grounds & Filters	 Meat, Poultry, Fish, Shellfish & Bones	 Soiled Paper & Cardboard (fast food packaging)
 Soiled Pizza Boxes	 Leaves, Grass & Light Trimmings (no branches)	
 No Plastics, Including Biodegradable Bags	 No Soil, Sod or Rocks	 No Diapers & Other Personal Hygiene Items


Lining your green bin?
















Please use only compostable liners with the compostable logo (shown to the right), or better yet, line the bottom with newspaper for easy cleaning.





Inside Your **BLUE CART** RECYCLABLES including:



 Printed Paper & Cardboard	 Newspaper & Magazines	 Plastic Containers
 Paper Packaging for Liquids	 Ice Cream Boxes	 Aerosol Cans & Caps (non-hazardous)
 Plastic Clamshells & Trays	 Seedling Trays & Plant Pots	 Shredded Paper (in a clear plastic bag tied at the top)
 Aluminum Containers & Foil	 Steel Containers & Lids	 Takeout Cups & Lids
 No Glass Bottles or Jars Take to the Recycle Depot	 No Plastic Bags, Wrapping or Styrofoam Recycle at Depot	 No Hazardous Waste Recycle at Depot

Keep items loose - do NOT bag items or nest items of different materials inside one another.

Rinse, squish and flatten items before placing in cart. Remove any tape, string, ribbon or other contaminants (staples & tape acceptable) from cardboard.

Take drink containers to a **Return-It Depot** for a refund.

Inside Your **BLACK CART** GARBAGE/LANDFILL including:



 Plastic Cutlery & Straws	 Broken Ceramics & Broken Glass	 Candy Wrappers
 Absorbent Pads from Meat Trays	 Diapers, Baby Wipes & Personal Hygiene Items	 Dryer Lint & Dryer Sheets
 Elastic Bands, Twist Ties & String	 Foil-Lined Cardboard	 Non-Repairables (e.g. broken toys, old hosepipe, etc.)
 No Recyclables Place in Blue Cart	 No Compostables Place in Green Cart	 No Hazardous Waste Recycle at Depot

You may choose to **bag your garbage** or place it loose inside the cart. Items should NOT **exceed 60 cm (2 feet)** in any dimension.

Never forget your collection day again!
Download the FREE "Nanaimo Recycles" app from Google Play or the Apple App Store.

Recycle these items at drop-off depots:

 Plastic Bags/Overwrap	 Foam Packaging	 Glass Jars & Bottles	 Refundable Containers	 Batteries & Electronics
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Download our free app:

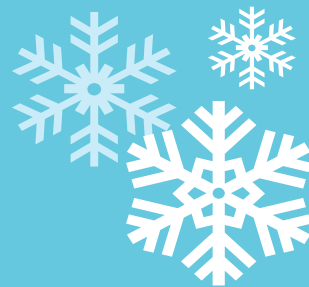
Nanaimo Recycles

NANAIMO RECYCLES
RECYCLE TODAY FOR A BETTER TOMORROW




SNOW & ICE CONTROL

in the City of Nanaimo



The City of Nanaimo prioritizes snow and ice removal to keep you safe. You can help, too, when winter makes an appearance.

ROADS



The City's priority is to plow and maintain emergency routes during winter events. After that, we plow major through roads, cul-de-sacs and dead ends.

SIDEWALKS



The City also clears sidewalks around major City facilities, parks and bridges.

A City Bylaw requires snow to be removed from sidewalks within 24 hours by the property owner or occupant.

CITY FACILITIES/PARKS



The City clears City facility parking lots, walkways, commuter trails and stairs.

Things to Remember:

- Listen to your local radio stations or check the City's website and social media sites for updates during extreme weather conditions. **This includes program and facility closure updates.**
- The City tows vehicles when required to ensure routes are clear for emergency traffic during a snow event.
- Help us maintain your streets. Park in your driveway to allow the street to be plowed to its whole width. Where this is not possible, park on the odd numbered side of the street on odd days and the even numbered side of the street on even days. Keep your vehicle as close to the side of the road as you can to allow equipment to make it by your vehicle.
- We understand that it can be difficult to remove the snow from your sidewalks. Our West Coast snow is often very heavy and wet. By removing the snow, you are ensuring the safety of pedestrians. If you notice your neighbour is having a difficult time clearing their sidewalks, why not offer to help?
- It can be frustrating when the plow pushes snow into your freshly shoveled area. Please keep in mind that the plow cannot be lifted or stopped at each driveway as it passes. You can help cut down the amount of snow in the roadway by not shoveling or blowing your snow into the street. Try to keep the snow to the sides of your driveway.



QUESTIONS ABOUT SNOW & ICE CONTROL?

- Roads: **Public Works** - public.worksinfo@nanaimo.ca or 250-758-5222
- Sidewalks, City Facilities, Parks and Trails: **Parks, Recreation & Culture** - parksandrecreation@nanaimo.ca or 250-756-5200



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WORK WITH US!

at Parks, Recreation & Culture

Weight Room Attendants

Share your passion of fitness & wellness with our community by working in our Weight Rooms where you will help participants meet their fitness goals and teach them proper use of the equipment.

Apply at parksandrecreation@nanaimo.ca.

Camp Leaders

We offer a variety of camps throughout the year, including Spring Break and Pro-D days. Join us in making memories for kids while they are out of school.

Watch for the posting on our website in early February.

Fitness & Wellness Instructors

Share your love of fitness & wellness with our community by teaching a group fitness class.

Fill out a "Program Proposal" form with your expertise and program ideas.

Lifeguards & Aquatic Instructors

We are always accepting applications for aquatic positions. Apply online today at www.nanaimo.ca



Children's Dance & Art Instructors

Help kids in our community learn the fine arts! Do you have a special talent that you could share with our youth?

Fill out a "Program Proposal" form with your expertise and program ideas.



We are looking for family-based entertainers for our January 1 "Activate 2022" community event taking place at Beban Park! Are you a musician, a magician or artist? Do you have a special talent you could share with our community? If so, we want to hear from you! Send us a brief description of what you do and send a sample clip (sound or video) to parksandrecreation@nanaimo.ca.

We look forward to hearing from you!

We are always looking for new program ideas. Do you have a talent, hobby or program idea?

Share your program ideas and expertise by submitting our "Program Proposal Form" found at www.nanaimo.ca or call 250-756-5200.

3 Easy Ways to Register FOR YOUR NANAIMO PARKS, RECREATION & CULTURE PROGRAMS:

1. ONLINE

Register and view your transactions online.
Available 24/7 with a valid credit card.

Go to recreation.nanaimo.ca to create your account or to access your established account.

2. IN PERSON

Pay for programs using cash, cheque, credit/debit card or gift cards at any of the locations listed below.

Phone 250-756-5200 to confirm hours.

- Beban Park (2300 Bowen Rd) • Nanaimo Ice Centre (750 Third St)
- Bowen Park (500 Bowen Rd) • Oliver Woods Community Centre (6000 Oliver Rd)
- Nanaimo Aquatic Centre (741 Third St)

3. BY PHONE

Call 250-756-5200 and leave your name & phone number.

We will call you back in the order calls are received.

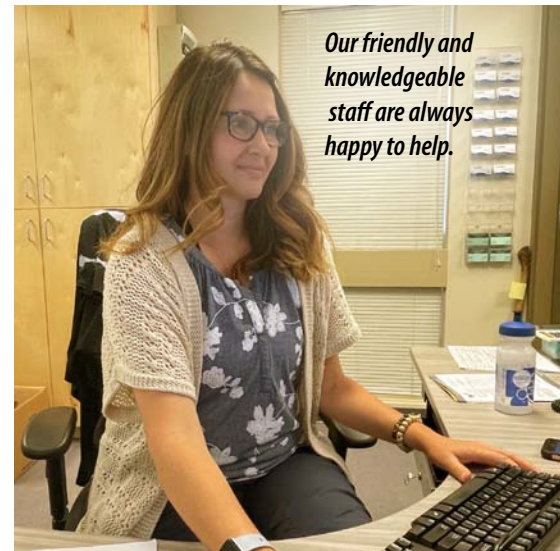
Payment is by credit card (card holder must be present).

PROGRAM CANCELLATIONS AND REFUNDS

Programs: Full refunds will be processed by contacting Reception a minimum of 72 hours prior to program start date (less supply costs). Full refunds are issued when Nanaimo Parks, Recreation and Culture cancels a program or when program is not convenient due to course changes. Every effort is made to cancel in a timely manner (3 to 5 days prior to course start date). Some exceptions may apply.

Passes: Passes are non-refundable and non-transferable, and a \$2 replacement card fee applies if card is lost or stolen. Credits and refunds are not available for promotional passes. Check at the time of purchase for details. Occasionally, a facility may be unavailable due to special events, holidays and maintenance closures. In these cases, the pass holder will not be credited.

Refunds: Payments made by Visa, MasterCard or Debit will be credited to the original credit/debit card (some restrictions apply). All other refunds are refunded by cheque and processed within 10 working days. A fee will apply to NSF or incomplete payments.



OH, NO! WE HAD TO CANCEL IT!

Sometimes programs get cancelled due to low registration because people wait until the last minute to register. Please try to register as early as possible to avoid disappointment.

SORRY, THAT COURSE IS FULL...

Many of our most popular classes fill up quickly. Please register early to avoid disappointment. Ask to be added to the waitlist free of charge.

CHANGE OF PLANS?

If you need to withdraw from a program because your plans change, please call 250-756-5200 at least 72 hours prior to the course start date for a full refund.



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Parks, Recreation & Culture

WINTER 2022 Family Events



ACTIVATE 2022

Join us for our New Year's Day launch party! Skating, crafts, games, sports and other activities will help families and youth "launch" into the new year with lots of movement!

Sat, Jan 1

12-5 pm

Beban Park

Check our website and social media for updates in early December.

Family Day - February 21

Celebrate Family Day with us! Come for a swim or skate, and watch for us in the parks for some fun-family activities and challenges to win prizes. We will also be bringing back "Rock Your Weekend" where you and your family can paint rocks and spread cheer throughout the community!

Watch www.nanaimo.ca for more details in the New Year.

SKATING AT BEBAN PARK ARENAS

- 12:30-4:30 pm at FCA (Everyone Welcome)
- 12:15-1:15 pm at McN (Stick 'n Puck)
- 1:30-2:30 pm at McN (Stick 'n Puck)
- 2:45-3:45 pm at McN (Stick 'n Puck)
- 4-5 pm at McN (Stick 'n Puck)

SWIMMING AT NANAIMO AQUATIC CENTRE

- 12-5 pm - Everyone Welcome