

NANAIMO PARKS, RECREATION & CULTURE

Spring & Summer 2026 Activity Guide

April to August 2026



recreation.nanaimo.ca
250-756-5200

Registration starts on Wednesday, March 4 (Aquatics);
Wednesday, March 11 (all other programs)



CITY OF NANAIMO
THE HARBOUR CITY
PARKS, RECREATION & CULTURE



ASPENGROVE
SCHOOL

Strong Roots, Bright Futures



**Register now for our
SPRING & SUMMER
CAMPS, hosted on our
beautiful 40-acre campus.**

**Open to the public
community!**

**Accepting
Applications for the
2026/27 School Year!**

A Private University Prep School | Lantzville, BC | Preschool - Grade 12

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

Available for sale at all Nanaimo recreation centres.

Advertising Disclaimer

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

The Nanaimo Parks, Recreation and Culture Activity Guide is produced two 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 of participants at Harewood Artificial Turf Fields during "Healthamongus" by Sabrina Patrice Photography.



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

Welcome to the Spring & Summer Activity Guide!

Parks, Recreation and Culture is well known for creating memorable experiences in our community. Through events, programs, cultural opportunities and a multitude of parks and trails, we are proud to be rooted in the Nanaimo community. It is our aim to make our City more liveable for our citizens. We invite you to join us this spring and summer by participating in a variety of fitness, sports, wellness, arts, cooking, camps and more because an active community is a healthy and happy community. **Registration for aquatics programs begins on March 4; registration for all other programs begins on March 11.**



Stay Connected

- 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 X (Twitter) ([@cityofnanaimo](https://twitter.com/cityofnanaimo)).
- Follow us on Instagram ([@prc_nanaimo](https://www.instagram.com/prc_nanaimo)).
- Sign up to receive weekly E-News (MyCity Newsletter) through our website.
- 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.

SPRING & SUMMER ACTIVITY GUIDE

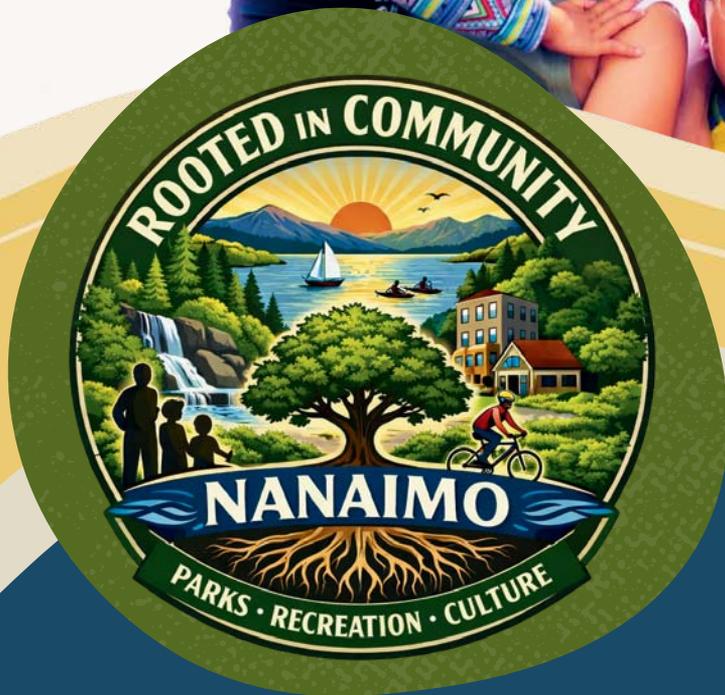
View online for the latest details!

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



recreation.nanaimo.ca

(click on Activity Guide)



NANAIMO PARKS, RECREATION & CULTURE IS TRULY ROOTED IN THIS COMMUNITY

by creating spaces and experiences that bring people together and celebrate what makes our City vibrant. Through inclusive programs and events, welcoming facilities, treasured parks and trails and a deep commitment to arts and cultural expression, the department helps strengthen connections between neighbours, families and citizens. Guided by community values and shaped by local voices, we work hard to enrich daily life in Nanaimo by fostering belonging, wellness and shared pride in the place we call home.



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Spring & Summer Special Events

See recreation.nanaimo.ca for more details.

MARCH

- 3 (Tue) **Glow in the Dark Skate**
6:30-8 pm at Frank Crane Arena
- 15 (Sun) **Starlight Skate**
4-6 pm at Nanaimo Ice Centre
- 20 (Fri) **Super Hero Swim**
12-2 pm at Nanaimo Aquatic Centre
- 21 (Sat) **Earth Hour Skate**
1:15-2:45 pm at Frank Crane Arena
- 22-Apr 22 **Water to Earth Month**
see getinvolved.rdn.ca/team-watersmart
- 27 (Fri) **Super Hero Swim**
12-2 pm at Nanaimo Aquatic Centre

APRIL

- 1 (Wed) **Glow in the Dark Skate**
6:30-8 pm at Frank Crane Arena
- 3 (Fri) **Good Friday Swim**
12-4 pm at Nanaimo Aquatic Centre
- 6 (Mon) **Easter Monday Swim**
12-4 pm at Nanaimo Aquatic Centre
- 11 (Sat) **Lions Free Swims**
12:30-2 pm at Beban Pool until Jun 27
- 19 (Sun) **Earth Day Celebration**
10 am-3 pm at Bowen Park
- 19 (Sun) **Glow in the Dark Skate**
3-4:30 pm at Cliff McNabb Arena
- 22 (Wed) **Concert in the Park**
6-7 pm at Westwood Lake Park
- 24 (Fri) **Pro-D Swim**
12-2 pm at Beban Park Pool
- 27 (Mon) **Pro-D Swim**
12-2 pm at Beban Park Pool

MAY

- 1-7 **Youth Week**
(see nanaimo.ca or page 48)
- 6 (Wed) **Glow in the Dark Skate**
6:30-8 pm at Frank Crane Arena
- 1-31 **Invasive Species Awareness Month**
(see nanaimo.ca)
- 10 (Sun) **Family Fishing Day**
10 am-2 pm at Colliery Dam Park
- 15 (Fri) **Concert in the Park**
6-7 pm at Maffeo Sutton Park
- 15 (Fri) **Wear Your Lifejacket to Work Day**
- 16-22 **Safe Boating Awareness Week**
Nanaimo Aquatic Centre/Beban Park Pool
- 17 (Sun) **Glow in the Dark Skate**
3-4:30 pm at Cliff McNabb Arena
- 18 (Mon) **Victoria Day Everyone Welcome Swim**
12-4 pm at Nanaimo Aquatic Centre
- 30 (Sat) **Invasive Plant Drop Zone**
10 am-2 pm at Bowen Park (Wall St)

JUNE

- 3 (Wed) **Glow in the Dark Skate**
6:30-8 pm Nanaimo Ice Centre
- 3 (Wed) **Concert in the Park**
6-7 pm at Mansfield Park
- 12 (Fri) **Concert in the Park**
1-2 pm at Maffeo Sutton Park
- 17 (Wed) **Concert in the Park**
6-7 pm at Kin Park (Departure Bay)
- 21 (Sun) **Glow in the Dark Skate**
3-4:30 pm at Cliff McNabb Arena
- 26 (Fri) **Concerts in the Park**
5:30-7:45 pm at Maffeo Sutton Park
- 26 (Fri) **Summer Family Event**
4:30-7:30 pm at Maffeo Sutton Park

JULY

- 1 (Wed) **Canada Day Celebrations**
11 am-3:30 pm at Maffeo Sutton Park
- 1 (Wed) **Canada Day Swim at Westwood Lake**
12-5:30 pm - lifeguards on duty
- 8 (Wed) **Glow in the Dark Skate**
6:30-8 pm at Nanaimo Ice Centre
- 8 (Wed) **Concert in the Park**
1-2 pm at Mansfield Park
- 17 (Fri) **Concert in the Park**
6-7 pm at Bowen Park Amphitheatre
- 19 (Sun) **Glow in the Dark Skate**
3-4:30 pm at Nanaimo Ice Centre
- 19-25 **Nat. Drowning Prevention Week**
Westwood Lake/Beban Park Pool
- 22 (Wed) **Concert in the Park**
6-7 pm at Deverill Square Park
- 25 (Sat) **World Drowning Prevention Day**
Westwood Lake/Beban Park Pool
- 31 (Fri) **Lifeguard Appreciation Day**
Westwood Lake/Beban Park Pool
- 31 (Fri) **Concert in the Park**
6-7 pm at Daynes Park

AUGUST

- 3 (Mon) **BC Day Swim at Westwood Lake**
12-5:30 pm - lifeguards on duty
- 5 (Wed) **Glow in the Dark Skate**
6:30-8 pm at Nanaimo Ice Centre
- 7 (Fri) **Concert in the Park**
1-2 pm at Bowen Park Amphitheatre
- 12 (Wed) **Concert in the Park**
6-7 pm at McGregor Park
- 16 (Sun) **Glow in the Dark Skate**
3-4:30 pm at Nanaimo Ice Centre
- 21 (Fri) **Concerts in the Park**
6-7 pm at Maffeo Sutton Park
- 27 (Thu) **End of Summer Splash**
4-7 pm at Westwood Lake Park
- 27 (Thu) **Concert in the Park**
6-7 pm at Westwood Lake Park
- 7 (Mon in Sep) **Labour Day Swim**
12-5:30 pm - lifeguards on duty



WATER TO EARTH MONTH March 22-April 22

Activities and events to celebrate both World Water Day
and Earth Day!

Check getinvolved.rdn.ca/team-watersmart for event details

Concerts in the Park

Bring a chair or a blanket and enjoy local talent against the backdrop of our beautiful park spaces.

free!

WED, APR 22 · 6-7 PM

WESTWOOD LAKE PARK - *as part of Earth Day*

FRI, MAY 15 · 6-7 PM

MAFFEO SUTTON PARK - *as part of Food Truck Friday*

WED, JUN 3 · 6-7 PM

MANSFIELD PARK - *as part of Go By Bike Week*

FRI, JUN 12 · 1-2 PM

MAFFEO SUTTON PARK

WED, JUN 17 · 6-7 PM

KIN PARK IN DEPARTURE BAY

FRI, JUN 26 · 5:30-7:45 PM

MAFFEO SUTTON PARK - *double feature*

WED, JUL 8 · 1-2 PM

MANSFIELD PARK

FRI, JUL 17 · 6-7 PM

BOWEN PARK AMPHITHEATRE

WED, JUL 22 · 6-7 PM

DEVERILL SQUARE PARK

FRI, JUL 31 · 6-7 PM

DAYNES PARK

FRI, AUG 7 · 1-2 PM

BOWEN PARK AMPHITHEATRE

WED, AUG 12 · 6-7 PM

MCGREGOR PARK/WATERFRONT WALKWAY

FRI, AUG 21 · 6-7 PM

MAFFEO SUTTON PARK - *as part of Food Truck Friday*

THU, AUG 27 · 6-7 PM

WESTWOOD LAKE PARK - *as part of End of Summer Splash*

See our website in April for performer details.



Public Admissions

SWIM, SKATE, WEIGHT ROOMS & GYM

General Admissions:

Child	2 yrs & under	Free
Child	3 to 12 yrs	\$3.85
Youth	13 to 24 yrs	\$5.40
Adult	25 to 59 yrs	\$7.20
Senior	60 to 79 yrs	\$5.40
Senior	80+ yrs; Nanaimo residents only	Free
Family	Max 2 adults & children from the same family	\$14.40
Shower		\$3.75

10 Visit Pass (10 admissions):

Child	12 yrs & under	\$30.90
Youth	13 to 24 yrs	\$43.25
Adult	25 to 59 yrs	\$57.70
Senior	60 to 79 yrs	\$43.25

1 Month Active Pass:

Child		\$30.90
Youth/Senior		\$43.25
Adult		\$57.70
Family		\$115.35

12 Month Active Pass:

Child		\$278.10
Youth/Senior		\$389.35
Adult		\$515.00
Family		\$1028.95

Arena Skate Rentals/Sharpening:

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

PLEASE NOTE:

- All 10 visit and 20 visit cards expire three years from date of purchase.
- All one-month Active Passes are non refundable.



ONLINE SCHEDULES

Our public drop-in schedules are subject to change!
Double check the schedule before you make the trek by visiting our website or scanning the QR codes below for each schedule.
(Hard copies of our schedules are also available at our recreation centres).



POOLS: We have two pools. Nanaimo Aquatic Centre is located along Third Street and Beban Pool is located at Beban Park.



ARENAS: We have three full-sized arenas. Frank Crane Arena and Cliff McNabb Arena are located at Beban Park, and we have Nanaimo Ice Centre located along Third Street in the Larry McNabb Sports Zone.

WEIGHT ROOMS: We have a weight room located at Nanaimo Aquatic Centre and another one located at Beban Park Pool.



GYMNASIUM SPORTS: Find our gymnasium sports drop-in options at Oliver Woods Community Centre. Basketball, volleyball, badminton and pickleball happen throughout the week.

POTTERY ROOM: Work independently during open studio times located at Bowen Park Complex. Fee is \$14.



POOLS INFORMATION

Nanaimo Aquatic Centre (741 Third Street)

Beban Park Pool (2300 Bowen Road)

BEBAN POOL SESSIONS

Everyone Welcome: With warmer water and a quieter atmosphere, Beban Pool is the perfect escape for wellness and fun! Dive, play, float, jump, swim and slide... or simply relax in one of the hot areas. Limited lanes may be available.

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

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

NANAIMO AQUATIC CENTRE SESSIONS

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

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

Wave Pool: Catch the waves! 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.



POOL MAINTENANCE SHUTDOWNS: Beban Pool: June 29-July 19; Nanaimo Aquatic Centre: July 20-October 4

AQUAFIT

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 replacement, pre and post surgery and those with limited mobility.

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

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

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

Shallow/Deep Combo: Enjoy the benefits of training your cardio, strength and flexibility in this water fitness class. Participants can choose to stay in the shallow water or participate in deep water with an aquafit floatation belt. Sessions listed below take place at Beban Pool and require pre-registration.

Shallow/Deep Combo

Thu, Apr 9-May 7 | 7:30-8:15 pm | \$31/5 | [161746](tel:161746)
Sun, Apr 12-May 17 | 8:15-9 am | \$37/6 | [161743](tel:161743)
Thu, May 14-Jun 11 | 7:30-8:15 pm | \$31/5 | [161747](tel:161747)
Sun, May 24-Jun 28 | 8:15-9 am | \$37/6 | [161744](tel:161744)

Shallow

Tue, Jul 21-Aug 25 | 5:15-6 pm | \$37/6 | [161749](tel:161749)
Thu, Jul 23-Aug 27 | 5:15-6 pm | \$37/6 | [161750](tel:161750)

LIFEGUARDS AT WESTWOOD LAKE

June 28-September 7, 12-5:30 pm

(including stat holidays; weather permitting)

Aqua Yoga: Increase strength, balance, flexibility and body awareness through a mindful yoga practice in the water. Class includes gentle cardio and ends with a floating savasana for deep relaxation. Sessions below require pre-registration.

Instructor: Katherine Winge

Sat, Mar 7-Apr 4 | 8-9 am | \$40/5 | [161740](tel:161740)
Sat, Apr 11-May 9 | 8-9 am | \$40/5 | [161741](tel:161741)
Sat, May 23-Jun 20 | 8-9 am | \$40/5 | [161742](tel:161742)

Beban Park Pool



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WEIGHT ROOMS INFORMATION

Nanaimo Aquatic Centre (741 Third Street)

Beban Park Pool (2300 Bowen Road)



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 on the basics of strength and functional training. An orientation is recommended before using our facilities. Please contact us to set up a time or see our Fitness/Yoga section for scheduled sessions. Cost is \$5.

Weight Room Personal Training Sessions: Work one-on-one with a trainer to develop a workout program that works for you, to follow up and assess your progress or to create a new program that challenges you on your fitness journey. Whatever your health and fitness goals are, our personal trainers can help! Each session includes access to the facility on the day of the training session. Cost is \$58 for one hour. Please book your session in advance. See page 66 for more info.

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.

Weight Room Attire: All weight room users must wear appropriate attire. This includes closed toe shoes (runners), shorts or track/sweat pants.

Weight Room Equipment:  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 & Matrix - strength and cardio machines

ARENAS INFORMATION

Nanaimo Ice Centre (750 Third Street)

Frank Crane Arena (2300 Bowen Road)

Cliff McNabb Arena (2300 Bowen Road)



DROP-IN SKATING SESSIONS

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 these sessions held at the far end of the ice surface using sponge pucks.

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

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.

Stick 'n' Puck: If you're new to the game or want to brush-up on skills, Stick 'n' Puck is for you! Get on the ice in a non-game, recreational setting. Space is limited, and session rules apply. Children under 8 must have an adult on the ice. Helmets with cages required for those 16 years and under.



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

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



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GYMNASIUM SPORTS INFORMATION

Oliver Woods Community Centre

(6000 Oliver Road)



DROP-IN GYMNASIUM SPORT OPTIONS

Badminton: (16+ yrs)

Basketball: (16+ yrs)

Basketball for Youth: (10-16 yrs)

Everyone Welcome Sports: 13 years & younger need adult supervision.
No racquet sports available.

Pickleball: (16+ yrs) Tennis-like game played on a badminton court using a perforated, slow moving ball and paddle.

Volleyball: (16+ yrs)

Volleyball for Youth: (10-16 yrs)



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.



GENERAL INFORMATION

- 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.
- Gym Attendant on duty.

POTTERY STUDIO INFORMATION

Bowen Park Pottery Studio

(500 Bowen Road)

The Bowen Park Pottery Studio is a welcoming space filled with all the tools, equipment and supplies you need to create at your own pace. Children, when accompanied by an adult, are welcome, both must register. Youth who have taken a pottery class are invited to enjoy independent studio time as well. While we don't offer formal instruction during drop in sessions, our team is happy to offer light guidance when we can.

If it's your first visit, we'll give you a studio orientation that includes a tour and demonstration on how to use equipment, an overview of our studio guidelines, cleaning expectations after your session and an overview of our clay details.

We encourage drop in participants to have previous pottery experience so you can make the most of your time in the studio.

DROP-IN INFO - \$14 per session

- Pre-registration can be done in advance at recreation.nanaimo.ca, by phoning 250.756.5200 or in person during office hours at any of our recreation facilities.

Purchasing Pottery Clay

- Clay used in the Bowen Pottery Studio must be purchased from one of the following City recreation facilities: Bowen Park Complex, Beban Social Centre, Oliver Woods Community Centre, Nanaimo Aquatic Centre or Nanaimo Ice Centre. Please note: all facilities have varying hours of operation.
- Clay can be purchased in-person or by telephone.
- To receive your clay in studio, you will be asked to present your receipt.
- Cost of clay includes all firing and glazing fees.
- Clay purchased from organizations other than the City of Nanaimo are not permitted.
- We are only able to fire projects made within the Bowen Park Pottery Studio

Clay Fees

- Grey - M340: \$40
- Red - M390: \$45
- White - M370: \$50



See pages 21 and 51-52 for Pottery Classes.



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COMMUNITY CONNECTIONS

 **TEAM AQUATIC SUPPLIES LTD**
Lobby of Nanaimo Aquatic Centre

YOUR ONE STOP SWIM SHOP
Competitive Swimming - Aquafitness - Family - Fun



Swimwear - Equipment - Fins - Goggles - Gear

741 Third Street, Nanaimo, B.C. • 250-740-0372
On-line store: www.team-aquatic.com

ADULT PROGRAMS

Long Lake
Fun, Fitness & Friendship

See pages 58-59 for adult programs with us!



SCAN ME



www.nckc.ca
Est. 1988

LIFEGUARDS AT WESTWOOD LAKE
Westwood Park First Beach



Back by popular demand!
SWIMMING LESSONS AT WESTWOOD LAKE
(See pool section for schedule.)

Sunday, June 28 to Monday, September 7, 12 to 5:30 pm
(including Canada Day, BC Day & Labour Day; weather permitting)

City of Nanaimo

ACTIVE PASSES

Get Fit & Save Money!



Get unlimited access to public swimming, skating, weight rooms and gymnasiums while saving money!

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

	Child	Youth/ Senior	Adult	Family
1 Month Pass	\$30.90	\$43.25	\$57.70	\$115.35
1 Year Pass	\$278.10	\$389.35	\$515	\$1028.95

Prices subject to change and include tax.

ONE MONTH OR ONE YEAR OPTIONS

Low Co\$t or Free Recreation

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

Admission Savers

- **Buy a 10 or 20 Visit Pass** and save 20 percent over regular admission. **See page 8.**
- **Active Passes** offer unlimited access to all public drop-in sessions (swimming, skating, weight rooms and sports programs at Oliver Woods Community Centre). If you are a frequent user, you will want to save big by getting our Active Pass. **See page 15.**
- **Stock up** and save on your 10 or 20 Visit Passes.
- **Lions Free Swims** take place every Saturday, 12:30-2 pm from April 11 to June 27 at Beban Park Pool thanks to The Lions Club and a variety of local sponsors. **See page 78.**
- **The Culture Awards** take place on Tuesday, April 14 at The Port Theatre. Tickets are FREE! **See page 97.**

Low Cost Recreation

- Youth, aged 10 to 17, are invited to our FREE **Spare Blox program** where youth can participate in gymnasium activities at various locations. **See page 49.**
- **Youth Lounge** at Nanaimo Aquatic Centre is for ages 11 to 18 and is FREE. Enjoy music, gaming, snacks and more. **See page 49.**
- **Dungeons & Dragons Club** takes place at Bowen Park for youth 11 to 18 years. Aquatic Centre is for ages 11 to 18 and is FREE thanks to a partnership with Literacy Central VI. **See page 44.**
- Visit some new **temporary public art** in town. **See page 96.**
- **Court Kids** is a FREE program for ages 1-5 to run, jump and play that is held at Beban Park. **See page 19.**
- **Invasive Plant Work Parties** are a great way to meet new people and to make a difference in your community. **See page 63.**
- We are offering a variety of FREE (or nearly free) programs for those **60 years and over.** **See page 74.**
- **Water to Earth Month** includes a variety of FREE workshops or watershed walks. **See pages 62, 63 & 65.**
- **Concerts in the Park** are FREE and happen from April to August at various parks featuring local talent. **See page 7.**
- We have a variety of FREE **summer events and programs.** **See page 34.**



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 per year.
- 50% off registered programs (maximum up to \$40) for all family members up to four times per year per person.
- Free admission to Nanaimo Art Gallery and Nanaimo Museum.

DO I QUALIFY?

1. Residents 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 centres.
2. Include a copy of the following:
 - Prior year Notice of Assessment or proof of Income Assistance, GIS, CLBC, Refugee through the refugee protection program/ Newcomer or Youth in Care
 - Photo ID for all adults in the household
 - Proof of residency (if different from ID)

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

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

STATISTICS CANADA LOW INCOME GUIDELINES

Number of People in Household	Annual Household Income
1	\$26,290
2	\$32,727
3	\$40,234
4	\$48,851
5	\$55,404
6	\$62,488
7	\$69,571

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

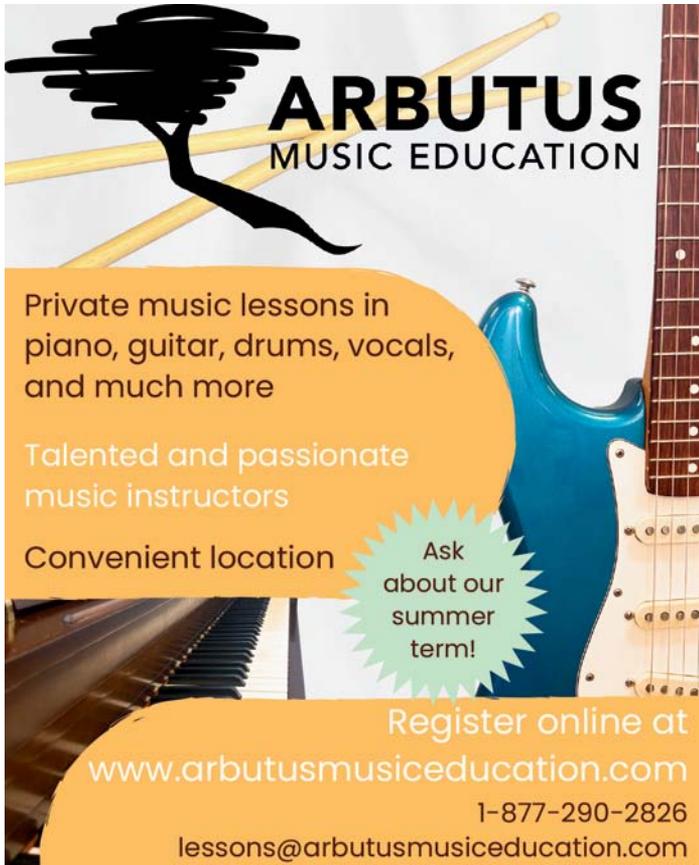


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COMMUNITY CONNECTIONS



ARBUTUS
MUSIC EDUCATION

Private music lessons in piano, guitar, drums, vocals, and much more

Talented and passionate music instructors

Convenient location

Ask about our summer term!

Register online at www.arbutusmusiceducation.com

1-877-290-2826
lessons@arbutusmusiceducation.com



NANAIMO CONCERT BAND
Est. 1872

2 Concert Events!

Spring Concert:
Adventures in Space and at Sea

Sunday April 26, 2026, 2:30pm
Port Theatre, Nanaimo
Tickets: \$25 (Student \$15)
available on the Port Theatre website:
www.porttheatre.com

Mark your calendars for our FREE Summer Concert
Make 'em Laugh!
Monday July 13, 2026, 6:30pm Maffeo Sutton Park

www.nanaimoconcertband.com



Brigadoon
DANCE ACADEMY
HIGHLAND on VANCOUVER ISLAND



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

To request more information:
brigadoondanceacademy@shaw.ca or 250-756-3661

Please leave the dancer's name, age & grade

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



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AMAZING
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logowest.ca

Court Kids

1 to 5 Years

This is a FREE, fun safe space to introduce your child to unstructured physical activity! Your child will get to play, move, climb, jump, slide and have a blast while burning off some energy on a variety of gym equipment. Parent/caregiver participation is required. This program is now drop-in only. (No sessions on May 5 & 19.)

Instructors: Pam Brugge & Traci Boas

Tue, Apr 19-Jun 9 | 9-11 am | FREE | Drop-In

Beban Park Social Centre



Gym Pals D

1 to 5 Years

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

Fri, Apr 10-May 15 | 9:45-10:45 am | \$40/5 | [160852](#)

Fri, Apr 10-May 15 | 11 am-12 pm | \$40/5 | [160854](#)

Fri, May 22-Jun 26 | 9:45-10:45 am | \$48/6 | [160853](#)

Fri, May 22-Jun 26 | 11 am-12 pm | \$48/6 | [160855](#)

Thu, Jul 9-30 | 9:30-10:30 am | \$32/4 | [161040](#)

Thu, Aug 13-Sep 3 | 9:30-10:30 am | \$32/4 | [161041](#)

Oliver Woods Community Centre

DO YOU REQUIRE ADDITIONAL SUPPORT?

If you require any accommodations or additional support when participating in our programs, please contact us at 250-756-5200.



Early Years & Children

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

Smart Moves Babies

Come and have fun with your infant while becoming informed about physical activities that you can do at home to enhance your child's learning potential. Each class will include fun songs and rhymes, baby yoga and tummy time games and crawling activities that are developmentally appropriate and will strengthen your baby's physical, cognitive, social and emotional foundations for early learning.

Instructor: Robyn Mor

Birth to Rolling

Mon, Apr 13-Jun 15 | 11:15 am-12 pm | \$96/8 | [160214](#)

Crawling (or 7 months) to Standing

Mon, Apr 13-Jun 15 | 12:15-1 pm | \$96/8 | [160215](#)

Beban Park Social Centre

Community Farm Drop-in D

All Ages

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

Instructor: Park Avenue Farm Volunteers

Fri, Apr 10-Jun 19 | 10 am-2 pm | \$5/1 | [161209](#)

Fri, Jun 26-Sep 4 | 10 am-2 pm | \$5/1 | [161280](#)

Five Acre Community Park (945 Park Ave)

Farmer Family Play Group

All Ages

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

Mon, Jun 22 | 10 am-12 pm | \$15/1 | [161273](#)

Tue, Jun 23 | 12-2 pm | \$15/1 | [161274](#)

Mon, Jun 29 | 10 am-12 pm | \$15/1 | [161275](#)

Tue, Jun 30 | 12-2 pm | \$15/1 | [161276](#)

Tue, Aug 4 | 10 am-12 pm | \$15/1 | [161277](#)

Mon, Aug 17 | 12:30-2:30 pm | \$15/1 | [162178](#)

Tue, Aug 18 | 12:30-2:30 pm | \$15/1 | [161279](#)

Five Acre Community Park (945 Park Ave)



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PLAY & LEARN



Early Years Programs for Ages 18 Months to 5 Years

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

Cricket 18 Months to 3 Years

Mon | 9:30-11:30 am | Beban Park

This interactive and engaging parent participation class encourages group play and to explore basic movements through circle time, stories, songs, crafts, play stations and tumble time. Younger siblings welcome for free if less than 1 year old.

Apr: \$60/3 (#145589) May: \$60/3 (#145594)

Cricket 2 to 4 years

Wed | 11:30 am-1:30 pm | Oliver Woods

Apr: \$100/5 (#145605) May: \$80/4 (#145606)

Busy Bees 3 to 5 Years

Wed | 9-11 am | Beban Park

Welcome to Busy Bees, where your child will be buzzing around having fun learning about themselves and the world around them! Children will be encouraged to be curious, try new activities, meet new friends and engage with their community through hands-on experiences and playful learning.

Apr: \$100/5 (#150243) May: \$80/4 (#150245)
Jun: \$60/3 (#150246)

Animal Crackers 3 to 5 Years

Tue/Thu | 11:30 am-1:30 pm | Beban Park

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

Apr: \$180/9 (#150255) May: \$160/8 (#150256)
Jun: \$120/6 (#150257)

Doodle Bugs 3 to 5 Years

Tue/Thu | 9-11 am | Oliver Woods

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

Apr: \$180/9 (#146884) May: \$160/8 (#146885)
Jun: \$120/6 (#146886)

Kinder Prep (Active Shorts) 4 to 5 Years

Mon | 9-11 am | Oliver Woods

This class is a blend of the traditional Kinder Prep class where we focus on academic prep skills, social skills and preparing your child to enter kindergarten but with an active based sport twist!

Apr: \$60/3 (#146640) May: \$60/3 (#146645)
Jun: \$60/3 (#146646)

Kinder Prep (Culinary Kids) 4 to 5 Years

Wed | 9-11 am | Oliver Woods

This class is a blend of the traditional Kinder Prep class where we focus on academic prep skills, social skills and preparing your child to enter kindergarten but with a culinary twist!

Apr: \$100/5 (#146663) May: \$80/4 (#146664)
Jun: \$60/3 (#146665)

Kinder Prep 4 to 5 Years

Tue/Thu | 9-11 am | Beban Park

Designed to help set the groundwork for a positive transition for your child to kindergarten by providing both the academic and social tools. Children will spend their time moving, creating, playing and learning about themselves through activities like show and tell, gym time, tumble time, circle time, the ABCs and 1,2,3s!

Apr: \$180/9 (#145553) May: \$160/8 (#145554)
Jun: \$120/6 (#145556)

Tue/Thu | 11:30 am-1:30 pm | Oliver Woods

Apr: \$180/9 (#152009) May: \$160/8 (#152010)
Jun: \$120/6 (#152011)

(Please note: there will be no refunds after the first class has started. Withdrawals can be made up to 72 hours prior to the first class for a full refund. If withdrawal is made less than 72 hours prior to the first class, you will be charged for the first class.)



Bunny Buddies Craft & Playtime

2 to 5 Years

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

Mon, Mar 30 | 9-10:15 am | \$12/1 | [156289](#)

Mon, Mar 30 | 10:30-11:45 am | \$12/1 | [164483](#)

Beban Park Social Centre

Mudpies - Pottery

3 to 6 Years

We will keep little hands busy while pinching, rolling and squeezing clay. Basic handbuilding skills will be utilized while working on and creating unique ceramic pieces. Parent participation is recommended. Dress for mess.

Instructor: Sarah Plamondon

Tue, Apr 7-28 | 9:15-10 am | \$72/4 | [163544](#)

Tue, May 19-Jun 9 | 9:15-10 am | \$72/4 | [163545](#)

Bowen Pottery Studio

Pottery Pals Handbuilding

6 to 12 Years

Let's get messy and make magic with clay! Kids will squish, pinch, roll and sculpt their way to amazing creations while learning fun handbuilding tricks like coiling, pinching, slab building and more. Every project is a chance to let their imagination run wild. Think colourful tiles, tiny houses, silly pinch-pot monsters, mobiles and so much more! Dress for mess.

Instructor: Sarah Plamondon

Mon, Apr 13-May 4 | 4-5 pm | \$82/4 | [163540](#)

Mon, May 25-Jun 15 | 4-5 pm | \$82/4 | [163543](#)

Bowen Pottery Studio

Imagination Station **NEW!**

3 to 5 Years

Designed for curious minds (and parents) to explore, create and connect. Children will enjoy activities that spark imagination and build social skills, such as crafts, playtime, storytime and art. Registration is required.

Instructor: Lynn Macaulay

Fri, Apr 17 | 9:30-10:30 am | FREE | [163424](#)

Fri, May 1 | 9:30-10:30 am | FREE | [163429](#)

Fri, May 22 | 9:30-10:30 am | FREE | [163431](#)

Kin Hut Activity Centre



Children's Arts & Crafts

Learn to Crochet Amigurumi **NEW!**

9 to 14 Years

Kids will learn basic crochet skills, stitches and an introduction to amigurumi (stuffed animals).

Instructor: Ally Groenen

Thu, Apr 9-May 7 | 7-8:30 pm | \$100/5 | [162160](#)

Thu, May 14-Jun 11 | 7-8:30 pm | \$100/5 | [162162](#)

Beban Park Social Centre



Comic Book Development

7 to 13 Years

Delve into the art of crafting concise comic strips, creating delightful illustrations and developing captivating characters. Discover your own distinct artistic style while drawing inspiration from the masterpieces of renowned cartoonists and illustrators. All levels are welcome.

Instructor: David Harvey

Sat, Apr 4-May 9 | 10-11 am | \$42/6 | [163461](#)

Sat, May 16-Jun 27 | 10-11 am | \$42/6 | [163462](#)

Oliver Woods Community Centre

Character Design Art

7 to 12 Years

Create captivating and dynamic characters that will enhance your storytelling abilities. Through lessons on drawing techniques, colour theory, shape manipulation and fashion design, you will learn how to effectively convey your characters' personalities to your audience. By the end of this class, you will have acquired the essential tools to craft compelling and memorable characters. All levels are welcome.

Instructor: David Harvey

Sat, Apr 4-May 9 | 11:15 am-12:15 pm | \$42/6 | [163463](#)

Sat, May 16-Jun 27 | 11:15 am-12:15 pm | \$42/6 | [163464](#)

Oliver Woods Community Centre

Colour Quest: Exploring the World of

Art **NEW!**

7 to 11 Years

In this class, we will embark on an exciting journey where colour is our guide. Get ready to explore every shade of the rainbow, mix and blend colours and create bold, beautiful works of art that tell your story. Whether we're painting, drawing or using fun materials like markers, crayons and pastels, discover how powerful colour can be in the world of art. This class is for all abilities.

Thu, Apr 30-May 21 | 5-5:45 pm | \$40/4 | [161182](#)

Oliver Woods Community Centre



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Masterpiece Makers: A Mixed Media Journey NEW!

7 to 11 Years

Explore the exciting world of mixed media art where imagination and creativity have no limits. This class is all about combining different materials like paint, paper, fabric and more to create vibrant, textured and one-of-a-kind masterpieces. Whether you're painting, gluing, stamping or layering, every piece of art will be an adventure in creativity. There are no rules; just pure fun as you mix and match to bring your vision to life. This class is for all abilities.

Thu, Apr 2-23 | 5-5:45 pm | \$40/4 | [161177](#)

Thu, May 28-Jun 18 | 5-5:45 pm | \$40/4 | [161179](#)

Oliver Woods Community Centre

Springtime Sprouts: A Creative Adventure

5 to 11 Years

Get ready for a bright, blossoming journey through the colourful world of spring! As a young artist, explore the beauty of the season through hands-on art projects, lively storytelling and big imaginations.

Thu, Apr 2-23 | 4-4:45 pm | \$40/4 | [161174](#)

Thu, Apr 30-May 21 | 4-4:45 pm | \$40/4 | [161175](#)

Oliver Woods Community Centre

Summer Creators Club: A Bright & Imaginative Art Adventure

5 to 11 Years

Step into a warm, sunshine-filled world of creativity where young artists will explore the vibrant energy of summer through hands-on art projects, playful stories and bursts of imagination inspired by the season.

Thu, May 28-Jun 18 | 4-4:45 pm | \$40/4 | [161176](#)

Oliver Woods Community Centre



Children's Dance & Music

Music Together®

0 to 5 Years

Music Together® is an early childhood music and movement program filled with fun songs and confidence building musical activities that will get you and your child singing, dancing, playing and learning together! For more information, please visit www.seasonstudio.com. Parent participation required. Siblings under 9 months may attend for free. There is a \$55 program fee for this course, which is non-refundable after the first class (siblings will receive a \$55 refund).

Instructor: Karita Sedun

Wed, Apr 8-Jun 17 | 9:15-10 am | \$130/10 | [156220](#)

Wed, Apr 8-Jun 17 | 10:15-11 am | \$130/10 | [156221](#)

Wed, Apr 8-Jun 17 | 11:15 am-12 pm | \$130/10 | [156222](#)

Thu, Apr 9-Jun 11 | 9:15-10 am | \$130/10 | [156223](#)

Thu, Apr 9-Jun 11 | 10:15-11 am | \$130/10 | [156224](#)

Thu, Apr 9-Jun 11 | 11:15 am-12 pm | \$130/10 | [156225](#)

Kin Hut Activity Centre

Movin' with My Mini

18 Months to 2.5 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, Apr 21-May 26 | 9:50-10:20 am | \$40/5 | [163106](#)

Beban Park Social Centre



Boogie Babies

6 to 18 Months

Explore the world of music and movement together! You and your baby will enjoy stretching, dancing and playful movements that keep both you and your baby moving. The class encourages bonding, physical activity and helps babies develop a love for music.

Tue, Apr 21-May 26 | 10:25-10:55 am | \$40/5 | [163100](#)

Beban Park Social Centre

Shimmy & Shake

2.5 to 4 Years

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

Tue, Apr 21-May 26 | 9:15-9:45 am | \$40/5 | [163100](#)

Beban Park Social Centre

Magical Melodies with Miss Jennifer: A Joyful Intro to Music

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

Instructor: Miss Jennifer

6 Months to 2 Years

Wed, Apr 1-May 6 | 9:15-10 am | \$84/6 | [147175](#)

3 to 5 Years

Wed, Apr 1-May 6 | 10:15-11 am | \$84/6 | [153023](#)

Homeschool: 5 to 7 Years

Wed, Apr 1-May 6 | 11:15 am-12 pm | \$84/6 | [153024](#)

Nanaimo Conservatory of Music (375 Selby St)

Baby Ballet

3 to 5 Years

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

Sat, Apr 4-May 9 | 11:30 am-12 pm | \$48/6 | [160893](#)

Sat, May 16-Jun 20 | 11:30 am-12 pm | \$48/6 | [160894](#)

Sat, Jul 18-Aug 29 | 11:30 am-12 pm | \$56/7 | [161052](#)

Oliver Woods Community Centre

Tots in Tights Dance Sampler

3 to 5 Years

For dancers eager to explore everything! Each week, we will dedicate time to both the elegant, technical fundamentals of ballet and the vibrant, fast-paced styles of jazz and hip hop.

Sat, Apr 4-May 9 | 12:15-12:45 pm | \$48/6 | [160895](#)

Sat, May 16-Jun 20 | 12:15-12:45 pm | \$48/6 | [160896](#)

Oliver Woods Community Centre

Preschool Hip Hop Dance

3 to 5 Years

Energetic, upbeat music combined with lively movements will undoubtedly delight participants in this engaging intro to hip hop class!

Sat, Apr 4-May 9 | 1-1:30 pm | \$48/6 | [160897](#)

Sat, May 16-Jun 20 | 1-1:30 pm | \$48/6 | [160898](#)

Sat, Jul 18-Aug 29 | 1-1:30 pm | \$56/7 | [161053](#)

Oliver Woods Community Centre

Dance Collection for Aspiring Young Dancers

5 to 9 Years

For dancers eager to explore a variety of dance styles! Each week, we will dedicate time to learn a different style of dance, such as ballet, jazz and hip hop.

Sat, Apr 4-May 9 | 1:45-2:15 pm | \$48/6 | [160899](#)

Sat, May 16-Jun 20 | 1:45-2:15 pm | \$48/6 | [160900](#)

Sat, Jul 18-Aug 29 | 1-1:30 pm | \$56/7 | [161054](#)

Oliver Woods Community Centre

B-Fit Bhangra & Bollywood Dance

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

Instructor: Vancouver Island Bhangra

1 to 3 Years (parent participation)

Tue, Apr 7-28 | 3:45-4:15 pm | \$60/4 | [163450](#)

3 to 6 Years (no parent participation)

Tue, Apr 7-28 | 4:30-5 pm | \$60/4 | [162544](#)

7 to 13 Years

Tue, Apr 7-28 | 5:15-6 pm | \$80/4 | [162545](#)

Beban Park Social Centre

Intro to Hip Hop

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

Instructor: Vibe Staff

4 to 5 Years

Fri, Apr 10-May 15 | 4-4:30 pm | \$60/5 | [146953](#)

6 to 7 Years

Fri, Apr 10-May 15 | 4:45-5:15 pm | \$60/5 | [146959](#)

8 to 11 Years

Fri, Apr 10-May 15 | 5:30-6:15 pm | \$70/5 | [146964](#)

12 Years +

Fri, Apr 10-May 15 | 6:30-7:15 pm | \$80/5 | [146969](#)

Vibrant Studios LTD (1969 Boxwood Rd)

Rhythm Kids®

Rhythm Kids® is designed for kids ages 4 to 8 who will build up musical confidence using djembe drums, percussion instruments and the most important instruments of all, their voices and their bodies. Each semester, a new animal song collection will introduce music inspired by the rhythms of many different cultures through singing, creative movement and musical games.

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

Instructor: Karita Sedun

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

Tue, Apr 7-Jun 16 | 4:15-5 pm | \$130/10 | [156218](#)

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

Tue, Apr 7-Jun 16 | 5:15-6 pm | \$130/10 | [156219](#)

Oliver Woods Community Centre

Piano - Private Beginner Lessons

5 to 12 Years

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

Instructor: Liam Pistor

Wed, Apr 8-29 | 3:30-4 pm | \$96/4 | [150197](#)

Wed, Apr 8-29 | 4:10-4:40 pm | \$96/4 | [150199](#)

Wed, Apr 8-29 | 4:50-5:20 pm | \$96/4 | [150201](#)

Wed, Apr 8-29 | 5:30-6 pm | \$96/4 | [150202](#)

Thu, Apr 9-30 | 3:30-4 pm | \$96/4 | [150204](#)

Thu, Apr 9-30 | 4:10-4:40 pm | \$96/4 | [150205](#)

Thu, Apr 9-30 | 4:50-5:20 pm | \$96/4 | [150206](#)

Thu, Apr 9-30 | 5:30-6 pm | \$96/4 | [150207](#)

Wed, May 6-27 | 3:30-4 pm | \$96/4 | [150208](#)

Wed, May 6-27 | 4:10-4:40 pm | \$96/4 | [150209](#)

Wed, May 6-27 | 4:50-5:20 pm | \$96/4 | [150210](#)

Wed, May 6-27 | 5:30-6 pm | \$96/4 | [150211](#)

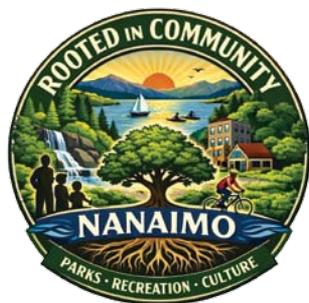
Thu, May 7-28 | 3:30-4 pm | \$96/4 | [150212](#)

Thu, May 7-28 | 4:10-4:40 pm | \$96/4 | [150213](#)

Thu, May 7-28 | 4:50-5:20 pm | \$96/4 | [150214](#)

Thu, May 7-28 | 5:30-6 pm | \$96/4 | [150215](#)

Bowen Park Complex



cityofnanaimo



prc_nanaimo (#ilovemyparksandrec)



Special Interest/Outdoor

Prehistoric Pals

2 to 5 Years

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

Fri, May 8 | 9:30-10:30 am | \$10/1 | [162576](#)

Kin Hut Activity Centre

Dino Detectives

3 to 5 Years

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

Instructor: Pam Brugge & Traci Boas

Mon, Apr 13-May 11 | 10-11:30 am | \$60/5 | [155736](#)

Kin Hut Activity Centre

Bunny Buddies Craft & Playtime

2 to 5 Years

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

Mon, Mar 30 | 9-10:15 am | \$12/1 | [156289](#)

Mon, Mar 30 | 10:30-11:45 am | \$12/1 | [164483](#)

Beban Park Social Centre

Beach Buddies

3 to 5 Years

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

Instructors: Pam Brugge & Traci Boas

Mon, May 25-Jun 22 | 10-11:30 am | \$60/5 | [155735](#)

Kin Hut Activity Centre

Bird Adaptations & Nests NEW!

3 to 6 Years

Explore the world of birds! Do all birds build nests? Why do some sing? We will learn about bird adaptations, diets and nesting habits. This is a parent participation class and is great for the whole family.

Instructor: Judy Wickland

Sat, Apr 11 | 10-11:15 am | \$10/1 | [161323](#)

Buttertubs Marsh (Miner's Cottage)

Who Lives Here?

3 to 6 Years

Have you ever wondered what animals live in the forest and why we rarely see them? We will uncover clues about local wildlife and learn how animals stay hidden. We will explore tracks, signs and habitats. This is a parent participation class and is great for the whole family!

Instructor: Judy Wickland

Sat, Apr 25 | 10-11:15 am | \$10/1 | [161324](#)

Linley Valley Park

Ants on Parade

3 to 6 Years

This Mother's Day, discover the tiny engineers of the forest. Learn why ants build mounds, how they work together and why these tiny creatures are so important. We will observe ants up close and explore their fascinating world. This is a parent participation class.

Instructor: Judy Wickland

Sun, May 10 | 10-11:15 am | \$10/1 | [161328](#)

Bowen Park Amphitheatre

Silly Spiders

3 to 6 Years

Are your spidey senses tingling? Come explore the incredible world of spiders, what they eat, the types of webs they spin and why. Learn through games and guided exploration as we build appreciation for these helpful creatures. This is a parent participation class.

Instructor: Judy Wickland

Sat, May 23 | 10-11:15 am | \$10/1 | [161329](#)

Bowen Park Amphitheatre

Adventure at the Seashore

3 to 6 Years

The seashore is full of surprises! Join us at Piper's Lagoon for a parent-participation class exploring tide pools, seaweed and shoreline creatures. We will learn how this environment changes and discover what lives there.

Instructor: Judy Wickland

Sun, Jun 14 | 10-11:15 am | \$10/1 | [161322](#)

Pipers Lagoon Park

Insects and Reptiles NEW!

3 to 6 Years

Hunt for hidden creatures in the forest! Have you ever wondered what reptiles live here? We will learn what makes a reptile, how they differ from amphibians and where to find them. Plus, we'll search for insects and explore their role in the ecosystem. This is a parent participation class.

Instructor: Judy Wickland

Sat, Jun 27 | 10-11:15 am | \$10/1 | [161330](#)

Linley Valley Park



Bowen Afterschool Nature Club 5 to 11 Years

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

Mon, Apr 13-Jun 22 | 3-5 pm | \$150/10 | [147748](#)

Bowen Park Complex

Learn to Fish 5 to 15 Years

Join the Freshwater Fisheries Society of BC and learn about the basics of freshwater fishing. Fishing rods are provided, and program runs rain or shine. Parent participation is required.

Instructor: Freshwater Fisheries Society of BC

Sun, May 10 | 10 am-12 pm | FREE | [152032](#)

Sun, May 10 | 1-3 pm | FREE | [152033](#)

Sat, Jun 6 | 10:30 am-12:30 pm | FREE | [161289](#)

Colliery Dam Park

Sat, Jun 13 | 10:30 am-12:30 pm | FREE | [161290](#)

Long Lake (Loudon Park)

Hug a Tree and Survive 9 to 12 Years

Children and their families love to explore the great outdoors by hiking, camping, biking and more. Sometimes curiosity draws kids away from family and friends. This AdventureSmart presentation will teach kids how to avoid getting lost in the woods and what to do if they do get lost.

Instructor: Nanaimo Search and Rescue Outreach

Sat, Apr 18 | 10-11:30 am | FREE | [160983](#)

Sat, May 23 | 10-11:30 am | FREE | [160985](#)

Bowen Park Complex

Stroll with a Pro - Birding

Join one of our local birding experts for a guided walk and discover the diverse birdlife that calls this area home. Bring your binoculars and a camera if you would like to capture the sights. This program runs rain or shine, so come prepared for the weather.

Instructor: Madison Wagenaar

Sat, Apr 11 | 9-10:30 am | \$5/1 | [160996](#)

Wed, Jun 3 | 6-7:30 pm | \$5/1 | [160998](#) (Pride Edition)

Tue, Jul 7 | 6-7:30 pm | \$5/1 | [160997](#)

Buttertubs Marsh (Miner's Cottage)

Sat, May 2 | 9-10:30 am | \$5/1 | [160987](#)

Tue, Aug 4 | 6-7:30 pm | \$5/1 | [160988](#)

Neck Point Park

Tue, Jun 9 | 6-7:30 pm | \$5/1 | [160993](#)

Diver Lake Park

Kids Yoga Power Hour 5 to 12 Years

Through fun poses, movement games and mindful moments, young yogis will build focus, confidence and self-awareness while learning to move their bodies with strength and respect.

Instructor: Gypsy Hart

Wed, Apr 1-May 13 | 3:30-4:30 pm | \$56/7 | [160830](#)

Wed, May 20-Jun 24 | 3:30-4:30 pm | \$48/6 | [160831](#)

Oliver Woods Community Centre

Twilight Time 5 to 9 Years

This is the perfect way for kids to wind down their day with a mix of games, crafts and creative activities in a relaxed and social setting. It also provides parents with time in the evening to spend on themselves. Join us to connect, create and burn off the last bit of energy before bedtime.

Wed, Apr 15 | 5:30-8 pm | \$15/1 | [162219](#)

Wed, May 13 | 5:30-8 pm | \$15/1 | [162220](#)

Beban Park Social Centre

Let's Eat! Kids' Cooking 7 to 13 Years

Get ready to cook, create and have fun! In this hands-on workshop for kids, you'll learn tasty flavour combos, basic knife skills (with safety in mind), cooking techniques and how to make your own yummy meals. Build confidence in the kitchen and enjoy eating what you make.

Instructor: Nanaimo Foodshare

Tue, Mar 31-Apr 14 | 3:30-5:30 pm | \$135/3 | [161171](#)

Tue, Apr 21-May 5 | 3:30-5:30 pm | \$135/3 | [161172](#)

Bowen Park Complex

Wed, Apr 1-15 | 3:30-5:30 pm | \$135/3 | [161178](#)

Wed, Apr 22-May 6 | 3:30-5:30 pm | \$135/3 | [161181](#)

Nanaimo Foodshare (271 Pine St)

Let's Eat! Kids' Cooking - Five Acre Community Park 8 to 15 Years

Get ready to harvest, cook, create and have fun! Harvest the food you eat at the farm and cook in our outdoor kitchen. Build confidence with cooking and enjoy eating what you make.

Tue, May 12-26 | 3:30-5:30 pm | \$135/3 | [161183](#)

Wed, May 13-27 | 3:30-5:30 pm | \$135/3 | [164907](#)

Tue, Jun 2-16 | 3:30-5:30 pm | \$135/3 | [161200](#)

Wed, Jun 3-17 | 3:30-5:30 pm | \$135/3 | [161202](#)

M-W, Aug 17-19 | 3:30-5:30 pm | \$135/3 | [161187](#)

Five Acre Community Park (945 Park Ave)

Community Farm Drop-in D All Ages

Have fun, meet people, take home some harvest, enjoy nature and learn new skills. Everyone is welcome. If you have any questions or want to ask about our private, fun field trip experiences, please email jennie.wharton@nanaimofoodshare.ca.

Instructor: Park Avenue Farm Volunteers

Fri, Apr 10-Jun 19 | 10 am-2 pm | \$5/1 | [161209](#)

Fri, Jun 26-Sep 4 | 10 am-2 pm | \$5/1 | [161280](#)

Five Acre Community Park (945 Park Ave)

Farmer Family Play Group

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

Mon, Jun 22 | 10 am-12 pm | \$15/1 | [161273](#)

Tue, Jun 23 | 12-2 pm | \$15/1 | [161274](#)

Mon, Jun 29 | 10 am-12 pm | \$15/1 | [161275](#)

Tue, Jun 30 | 12-2 pm | \$15/1 | [161276](#)

Tue, Aug 4 | 10 am-12 pm | \$15/1 | [161277](#)

Mon, Aug 17 | 12:30-2:30 pm | \$15/1 | [162178](#)

Tue, Aug 18 | 12:30-2:30 pm | \$15/1 | [161279](#)

Five Acre Community Park (945 Park Ave)

Come Read with Me Workshop NEW! 5 to 8 Years

This interactive session provides families with practical reading strategies and tools to support literacy at home. The workshop begins with a presentation for parents/caregivers while children enjoy supervised activities in a nearby room. Afterwards, families reunite to practice the strategies together. Each family will leave with a tote bag filled with resources to continue learning at home.

Instructor: Literacy Central Vancouver Island

Sat, Jun 6 | 10:30-11:30 am | FREE | [160221](#)

Beban Park Social Centre



cityofnanaimo



prc_nanaimo (#ilovemyparksandrec)



Children's Sports

T-Ball

Get ready for big smiles and lots of giggles! Little athletes will learn t-ball basics like throwing, batting and catching through fun games, silly challenges and plenty of active play.

3 to 4 Years

Wed, Apr 29 - May 27 | 3:15-3:45 pm | \$35/5 | [156138](#)
Thu, Apr 30 - May 28 | 3:15-3:45 pm | \$35/5 | [156140](#)

5 to 6 Years

Wed, Apr 29 - May 27 | 4 - 4:45 pm | \$40/5 | [156141](#)
Thu, Apr 30 - May 28 | 4 - 4:45 pm | \$40/5 | [156142](#)
Beban Park Gyro Fields

Gym Pals D

1 to 5 Years

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

Fri, Apr 10-May 15 | 9:45-10:45 am | \$40/5 | [160852](#)
Fri, Apr 10-May 15 | 11 am-12 pm | \$40/5 | [160854](#)
Fri, May 22-Jun 26 | 9:45-10:45 am | \$48/6 | [160853](#)
Fri, May 22-Jun 26 | 11 am-12 pm | \$48/6 | [160855](#)
Thu, Jul 9-30 | 9:30-10:30 am | \$32/4 | [161040](#)
Thu, Aug 13-Sep 3 | 9:30-10:30 am | \$32/4 | [161041](#)
Oliver Woods Community Centre

Soccer Tots

2 to 5 Years

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

Sat, Apr 4-May 9 | 9-10 am | \$48/6 | [160888](#)
Sat, Apr 4-May 9 | 10:15-11:15 am | \$48/6 | [160890](#)
Sat, May 16-Jun 20 | 9-10 am | \$40/5 | [160889](#)
Sat, May 16-Jun 20 | 10:15-11:15 am | \$40/5 | [160891](#)
Sat, Jul 18-Aug 29 | 9-10 am | \$56/7 | [161050](#)
Sat, Jul 18-Aug 29 | 10:15-11:15 am | \$56/7 | [161051](#)
Oliver Woods Community Centre

Soccer Sprouts

5 to 7 Years

Kids will build basic skills like dribbling, passing and shooting while learning how to work as a team through fun drills, games and play.

Thu, Apr 16-May 28 | 3:15-3:45 pm | \$36/6 | [146035](#)
Harewood Outdoor Sports Court

Indoor Soccer

6 to 10 Years

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

Wed, May 20-Jun 24 | 4:30-5:30 pm | \$48/6 | [160829](#)
Thu, Jul 9-30 | 10:45-11:45 am | \$32/4 | [161042](#)
Oliver Woods Community Centre

Soccer Skills & Drills

8 to 11 Years

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

Thu, Apr 16-May 28 | 4-4:45 pm | \$48/6 | [146038](#)
Harewood Outdoor Sports Court



Floor Hockey

7 to 10 Years

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

Mon, Apr 13-May 11 | 3:30-4:30 pm | \$40/5 | [160816](#)
Mon, May 25-Jun 22 | 3:30-4:30 pm | \$40/5 | [160817](#)
Oliver Woods Community Centre

Basketball Fundamental Movement Skills

Basketball is one of the world's fastest-growing sports! Learn the fundamental movements of footwork, dribbling, shooting mechanics and passing.

6 to 9 Years

Wed, Apr 1-May 13 | 4-5 pm | \$56/7 | [160826](#)
Wed, May 20-Jun 24 | 4-5 pm | \$48/6 | [160827](#)

8 to 11 Years

Tue, Apr 7-May 12 | 3:45-4:45 pm | \$48/6 | [160820](#)
Tue, May 19-Jun 23 | 3:45-4:45 pm | \$48/6 | [160821](#)
Oliver Woods Community Centre

Summer Hoops

7 to 10 Years

Learn the fundamental movements of basketball through footwork, dribbling, shooting mechanics and passing.

Thu, Jul 9-30 | 12-1 pm | \$32/4 | [161043](#)
Thu, Aug 13-Sep 3 | 12-1 pm | \$32/4 | [161047](#)
Oliver Woods Community Centre



Multi Sport Mixer

6 to 10 Years

Try multiple sports! Each week you will play a different sport like European handball, dodgeball, floor hockey, soccer and football. Each class will include development skills, practice time and a scrimmage.

Thu, Jul 9-30 | 2:30-3:30 pm | \$32/4 | [161045](#)

Thu, Aug 13-Sep 3 | 2:30-3:30 pm | \$32/4 | [161049](#)

Oliver Woods Community Centre

Volleyball

Bump! Pass! Spike! Learn the techniques and skills of volleyball through drills and games.

This program is recommended for beginner to intermediate players.

9 to 12 Years

Fri, Apr 10-May 15 | 4:45-5:45 pm | \$48/6 | [160858](#)

Fri, May 22-Jun 26 | 4:45-5:45 pm | \$48/6 | [160887](#)

Thu, Jul 9-30 | 1:15-2:15 pm | \$32/4 | [161044](#)

Thu, Aug 13-Sep 3 | 1:15-2:15 pm | \$32/4 | [161048](#)

12 to 15 Years

Fri, Apr 10-May 15 | 4:45-5:45 pm | \$48/6 | [160856](#)

Fri, May 22-Jun 26 | 4:45-5:45 pm | \$48/6 | [160857](#)

Oliver Woods Community Centre

Lacrosse - The Fundamentals

6 to 10 Years

Prepare for the lacrosse season with our introductory program in the gym. An experienced lacrosse player will guide you through the basics, including throwing, cradling the ball and shooting. Emphasis will be on physical literacy as skills are developed. *See page 95 for more lacrosse options taking place at Nanaimo Ice Centre.*

Wed, Apr 1-May 13 | 4:30-5:30 pm | \$56/7 | [160828](#)

Oliver Woods Community Centre

Balance Bike Skills Development

2 to 5 Years

This class introduces young riders to biking using balance bikes in a safe, supportive environment. The focus is on building confidence, balance and basic bike control through games and guided activities. Participants work on striding, gliding, steering, stopping and navigating simple paths and obstacles - all while having fun and moving at their own pace. Helmets and safety gear are properly fitted, and parents receive helpful tips to support continued progress at home.

Instructor: Nate Berkheimer, The Creative Ride

Tue, Apr 7-May 19 | 1:30-2:30 pm | \$81/7 | [161302](#)

Beban Centennial Building/Beban Park Pump Track

Pedal Power Bike Skills - Development

3 to 6 Years

This high-energy class helps young riders move from "I can pedal" to "I love riding my bike." Through games and creative challenges, kids build confidence while learning pedaling, steering, braking bike control. Riders develop foundational skills used at bike parks and BMX tracks, including front wheel control, balance while pedaling and an introduction to pumping over small features. Lessons focus on body position, smooth movement and confidence.

Instructor: Nate Berkheimer, The Creative Ride

Tue & Thu, Apr 7-23 | 3-4:30 pm | \$72/6 | [161303](#)

Beban Centennial Building/Beban Park Pump Track

Pedal Power Bike Skills - Progression

7 to 12 Years

For riders comfortable on two wheels, this action-packed class builds bike park and BMX track skills. Through fun challenges and guided practice, riders learn to move with their bike and find their flow. We work on effective pedaling, front wheel control, pumping, navigating obstacles and curbs and jumping.

Instructor: Nate Berkheimer, The Creative Ride

Tue & Thu, Apr 28-May 14 | 3-4:30 pm | \$72/6 | [161306](#)

Beban Centennial Building/Beban Park Pump Track

BMX Rider Clinic

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

Little Striders - 2 to 5 Years

Sat, Apr 18 | 10-10:45 am | \$5/1 | [160976](#)

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

Sat, Apr 18 | 11 am-12:15 pm | \$5/1 | [160977](#)

Full Track Racing - 7 to 13 Years

Sat, Apr 18 | 12:30-2 pm | \$5/1 | [160975](#)

Nanaimo BMX Track

Active Together Saturdays

4 Years +

Join us for a dynamic and inclusive program where participants can enjoy physical activity at their own pace. Each session is designed to build physical literacy through a variety of fun and engaging games and activities that support the development of fundamental movement skills. There's something for everyone!

Sat, Apr 11-May 9 | 11 am-12:30 pm | \$48/3 | [162691](#)

Sat, May 30-Jun 27 | 11 am-12:30 pm | \$48/3 | [162692](#)

Oliver Woods Community Centre

Junior Lifeguard Club

8 to 12 Years

Are you interested in a pause from swimming lessons? This program emphasizes fun and aquatic skill development based on personal-best achievement. Building on skills you have from swimming lessons, you will work to develop and improve swimming and other aquatic skills with an emphasis on swim and lifesaving knowledge, leadership and teamwork, community education, competition and personal fitness. This is serious fun!

Prerequisites: Ability to meet the Swim to Survive Standard (roll into deep water, tread water for one minute, swim 50m).

Wed, Apr 8-May 6 | 6:30-7:30 pm | \$70/5 | [162845](#)

Thu, Apr 9-May 7 | 3:30-4:30 pm | \$70/5 | [162847](#)

Wed, May 13-Jun 10 | 6:30-7:30 pm | \$70/5 | [162846](#)

Thu, May 14-Jun 11 | 3:30-4:30 pm | \$70/5 | [162848](#)

Nanaimo Aquatic Centre

Junior Badminton

8 to 13 Years

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

Mon, Apr 13-May 11 | 4-5 pm | \$40/5 | [160818](#)

Mon, May 25-Jun 22 | 4-5 pm | \$40/5 | [160819](#)

Oliver Woods Community Centre

Paddle Pals - Pickleball for Kids

8 to 13 Years

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

Tue, Apr 7-May 12 | 5-6 pm | \$48/6 | [160822](#)

Tue, May 19-Jun 23 | 5-6 pm | \$48/6 | [160824](#)

Oliver Woods Community Centre

Paddle Pals - Pickleball & Badminton

6 to 10 Years

Serve, rally and play two exciting and fast-growing sports - pickleball and badminton. This fun, active program teaches fundamental racquet skills in a supportive environment that emphasizes teamwork, sportsmanship and confidence building.

Thu, Aug 13-Sep 3 | 10:45-11:45 am | \$32/4 | [161046](#)

Oliver Woods Community Centre



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Progressive Tennis

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

5 to 7 Years

Tue, Mar 31-Apr 21 | 4-5 pm | \$88/4 | [162681](#)
Sun, Apr 12-May 17 | 3-4 pm | \$132/6 | [162679](#)
Tue, Apr 28-May 19 | 4-5 pm | \$88/4 | [162682](#)
Sun, May 24-Jun 21 | 3-4 pm | \$110/5 | [162680](#)
Tue, May 26-Jun 23 | 4-5 pm | \$110/5 | [162683](#)
M-F, Jul 6-10 | 9-10 am | \$110/5 | [162808](#)
M-F, Jul 13-17 | 9-10 am | \$110/5 | [162819](#)
M-F, Jul 20-24 | 9-10 am | \$110/5 | [162823](#)
M-F, Jul 27-31 | 9-10 am | \$110/5 | [162824](#)
Tu-F, Aug 4-7 | 9-10 am | \$88/4 | [162825](#)
M-F, Aug 10-14 | 9-10 am | \$110/5 | [162826](#)
M-F, Aug 17-21 | 9-10 am | \$110/5 | [162827](#)
M-F, Aug 24-28 | 9-10 am | \$110/5 | [162828](#)

8 to 11 Years

Mon, Mar 30-May 11 | 3:30-5 pm | \$198/6 | [162688](#)
Sun, Apr 12-May 17 | 4-5:30 pm | \$198/6 | [162686](#)
Sun, May 24-Jun 21 | 4-5:30 pm | \$165/5 | [162687](#)
Mon, May 25-Jun 22 | 3:30-5 pm | \$165/5 | [162689](#)
M-F, Jul 6-10 | 10-11:30 am | \$165/5 | [162810](#)
M-F, Jul 13-17 | 10-11:30 am | \$165/5 | [162811](#)
M-F, Jul 20-24 | 10-11:30 am | \$165/5 | [162812](#)
M-F, Jul 27-31 | 10-11:30 am | \$165/5 | [162813](#)
Tu-F, Aug 4-7 | 10-11:30 am | \$132/4 | [162815](#)
M-F, Aug 10-14 | 10-11:30 am | \$165/5 | [162816](#)
M-F, Aug 17-21 | 10-11:30 am | \$165/5 | [162817](#)
M-F, Aug 24-28 | 10-11:30 am | \$165/5 | [162818](#)
North Island Tennis Academy (2367 Arbot Rd)

City Tots Rhythmic Gymnastics **NEW!**

2 to 4 Years

A fun introduction to movement, coordination, music and basic rhythmic gymnastics skills using ribbons, balls and imaginative games.

Wed, Apr 8-May 13 | 5-5:30 pm | \$60/6 | [161706](#)
Wed, May 20-Jun 24 | 5-5:30 pm | \$60/6 | [161707](#)
École Pauline Haarer
Wed, Jul 8-Aug 26 | 5-5:30 pm | \$80/8 | [161708](#)
Beban Park Social Centre

Rhythmic Gymnastics - Intro **NEW!**

5 to 8 Years

Stretch, dance, balance and apparatus basics will be taught. This program is great for developing confidence, flexibility and creativity!

Wed, Apr 8-May 13 | 5:30-6:15 pm | \$75/6 | [161709](#)
Wed, May 20-Jun 24 | 5:30-6:15 pm | \$75/6 | [161711](#)
École Pauline Haarer
Wed, Jul 8-Aug 26 | 5:30-6:15 pm | \$100/8 | [161712](#)
Beban Park Social Centre

Tumbling Tots Gymnastics

2 to 3 Years

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

Instructor: Flipside Gymnastics
Tue, Apr 7-28 | 9-10 am | \$80/4 | [161818](#)
Fri, Apr 10-May 1 | 9-10 am | \$80/4 | [161820](#)
Tue, May 5-26 | 9-10 am | \$80/4 | [161822](#)
Fri, May 8-29 | 9-10 am | \$80/4 | [161824](#)
Tue, Jun 2-23 | 9-10 am | \$80/4 | [161826](#)
Fri, Jun 5-26 | 9-10 am | \$80/4 | [161828](#)
Tue, Jun 30-Jul 21 | 9-10 am | \$80/4 | [161832](#)
Fri, Jul 3-24 | 9-10 am | \$80/4 | [161834](#)
Tue, Jul 28-Aug 25 | 9-10 am | \$100/5 | [161836](#)
Fri, Jul 31-Aug 28 | 9-10 am | \$100/5 | [161845](#)
Flipside Gymnastics (1911 Wilfert Rd)

Kinder Stars

3 to 5 Years

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

Instructor: Flipside Gymnastics
Tue, Apr 7-28 | 10:05-11:20 am | \$90/4 | [161819](#)
Fri, Apr 10-May 1 | 10:05-11:20 am | \$90/4 | [161821](#)
Tue, May 5-26 | 10:05-11:20 am | \$90/4 | [161823](#)
Fri, May 8-29 | 10:05-11:20 am | \$90/4 | [161825](#)
Tue, Jun 2-23 | 10:05-11:20 am | \$90/4 | [161827](#)
Fri, Jun 5-26 | 10:05-11:20 am | \$90/4 | [161831](#)
Tue, Jun 30-Jul 21 | 10:05-11:20 am | \$90/4 | [161833](#)
Fri, Jul 3-24 | 10:05-11:20 am | \$90/4 | [161835](#)
Tue, Jul 28-Aug 25 | 10:05-11:20 am | \$113/5 | [161837](#)
Fri, Jul 31-Aug 28 | 10:05-11:20 am | \$113/5 | [161846](#)
Flipside Gymnastics (1911 Wilfert Rd)

Gym Stars **NEW!**

5 to 7 Years

This introduces the fundamentals of gymnastics in a fun, supportive environment. Participants will build strength, coordination, balance and confidence while learning basic gymnastics skills through age-appropriate activities and games.

Sat, Apr 11-May 2 | 9-10 am | \$80/4 | [164885](#)
Sat, May 9-30 | 9-10 am | \$80/4 | [164900](#)
Sat, Jun 6-27 | 9-10 am | \$80/4 | [164901](#)
Sat, Jul 4-25 | 9-10 am | \$80/4 | [164902](#)
Sat, Aug 1-29 | 9-10 am | \$100/5 | [164903](#)
Flipside Gymnastics (1911 Wilfert Rd)



Rock Climbing

6 to 12 Years

Come out and give indoor rock climbing a try. We provide all the gear and staff to introduce you to this exciting sport. No experience is necessary.

Wed, Apr 1-22 | 4-6 pm | \$120/4 | [161518](#)
Wed, May 6-27 | 4-6 pm | \$120/4 | [161662](#)
Fri, May 8-29 | 4-6 pm | \$120/4 | [161663](#)
Sat, May 9-30 | 4-6 pm | \$120/4 | [161664](#)
Wed, Jun 3-24 | 4-6 pm | \$120/4 | [161665](#)
Fri, Jun 5-26 | 4-6 pm | \$120/4 | [161666](#)
Sat, Jun 6-27 | 4-6 pm | \$120/4 | [161667](#)
Romper Room Climbing Gym (4235 Boban Dr)

On Guard! Fencing for Children

8 to 13 Years

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

Instructor: Georgia Newsome
Wed, Apr 8-May 27 | 6:30-7:30 pm | \$92/8 | [161113](#)
Oliver Woods Community Centre

Historical Fencing - Kids

9 to 12 Years

Experience historical swordplay in a fast-paced, game-driven environment! Using padded swords, you will play high-energy group games, learn basic skills and end with duelling practice. This class is all about fun, movement and friendly competition

Sun, Apr 12-Jun 14 | 1:30-2:15 pm | \$150/10 | [161700](#)
Sun, Jun 21-Aug 30 | 1:30-2:15 pm | \$165/11 | [161701](#)
Beban Park Centennial Building

Karate

4 to 7 Years

Kids learn basic karate moves. They will also learn self-discipline with courtesy and respect emphasized. This is an introduction only.

Mon, Mar 30-Apr 27 | 4:30-5:15 pm | \$25/4 | [163185](#)
Wed, Apr 8-29 | 4:30-5:15 pm | \$25/4 | [163201](#)
Fri, Apr 10-May 1 | 3:15-4 pm | \$25/4 | [163203](#)
Tue, May 5-26 | 4:30-5:15 pm | \$25/4 | [163204](#)
Thu, May 7-28 | 4:30-5:15 pm | \$25/4 | [163207](#)
Fri, May 8-29 | 4:15-5 pm | \$25/4 | [163210](#)
Tue, Jun 2-23 | 3:30-4:15 pm | \$25/4 | [163211](#)
Thu, Jun 4-25 | 3:30-4:15 pm | \$25/4 | [163212](#)
Fri, Jun 5-26 | 5:15-6 pm | \$25/4 | [163214](#)
Sat, Jul 4-25 | 9:30-10:15 am | \$25/4 | [163367](#)
Mon, Jul 6-27 | 4:30-5:15 pm | \$25/4 | [163364](#)
Wed, Jul 8-29 | 4:30-5:15 pm | \$25/4 | [163366](#)
Shima Karate (3032 Barons Rd)

Karate

8 to 12 Years

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

Sat, Apr 11-May 2 | 10:30-11:20 am | \$25/4 | [163369](#)

M/W, Apr 13-22 | 3:30-4:20 pm | \$25/4 | [163368](#)

Sat, May 2-30 | 10:30-11:20 am | \$25/4 | [163371](#)

M/W, May 4-13 | 3:30-4:20 pm | \$25/4 | [163370](#)

T/Th, Jun 2-11 | 4:30-5:20 pm | \$25/4 | [163382](#)

Sat, Jun 6-27 | 10:30-11:20 am | \$25/4 | [163372](#)

M/W, Jul 6-15 | 3:30-4:20 pm | \$25/4 | [163383](#)

M/W, Aug 17-26 | 3:30-4:20 pm | \$25/4 | [163384](#)

Shima Karate (3032 Barons Rd)

Taekwondo with Master Kim

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

4 to 7 Years

Mon, Apr 20-27 | 4:15-5 pm | \$25/2 | [161374](#)

Wed, Apr 22-29 | 4:15-5 pm | \$25/2 | [161375](#)

Mon, May 4-11 | 4:15-5 pm | \$25/2 | [161378](#)

Wed, May 6-13 | 4:15-5 pm | \$25/2 | [161377](#)

Mon, Jun 1-8 | 4:15-5 pm | \$25/2 | [161380](#)

Wed, Jun 3-10 | 4:14-5 pm | \$25/2 | [161379](#)

Mon, Aug 17-24 | 4:15-5 pm | \$25/2 | [161381](#)

8 to 12 Years

Tue, Apr 21-28 | 4:15-5 pm | \$25/2 | [161383](#)

Thu, Apr 23-30 | 4:15-5 pm | \$25/2 | [161384](#)

Tue, May 5-12 | 4:15-5 pm | \$25/2 | [161386](#)

Thu, May 7-14 | 4:15-5 pm | \$25/2 | [161385](#)

Tue, Jun 2-9 | 4:15-5 pm | \$25/2 | [161387](#)

Thu, Jun 4-11 | 4:15-5 pm | \$25/2 | [161388](#)

Mon, Aug 17-24 | 4:15-5 pm | \$25/2 | [161389](#)

World Taekwondo Academy (4300 Wellington Rd)

Taekwondo & Self-Defense with Master Moy

Our intro Taekwondo program builds confidence and skills through kicks, strikes, blocks and self-defense. Students will improve coordination, balance, flexibility and strength and be ready to progress after just one session!

Instructor: Master Moy, Kick High Martial Arts

5 to 9 Years

Thu, Apr 9-30 | 4-4:30 pm | \$24/4 | [163562](#)

Thu, May 7-28 | 4-4:30 pm | \$24/4 | [163563](#)

Thu, Jun 4-25 | 4-4:30 pm | \$24/4 | [163564](#)

Oliver Woods Community Centre

Sun, May 10-31 | 11-11:30 am | \$24/4 | [162537](#)

Sun, Jun 7-28 | 11-11:30 am | \$24/4 | [162539](#)

Bowen Park Complex

8 to 13 Years

Sun, May 10-31 | 11:30 am-12 pm | \$24/4 | [162540](#)

Sun, Jun 7-28 | 11:30 am-12 pm | \$24/4 | [162541](#)

Bowen Park Complex

Thu, Apr 9-30 | 4:30-5 pm | \$24/4 | [163566](#)

Thu, May 7-28 | 4:30-5 pm | \$24/4 | [163567](#)

Thu, Jun 4-25 | 4:30-5 pm | \$24/4 | [163568](#)

Oliver Woods Community Centre



Kids Intro to Workout Training **NEW!**

This program is a fun and supportive introduction to dryland training. It focuses on teaching basic movement skills, coordination and healthy exercise habits in a safe, age-appropriate environment. Through circuits and creative workouts, participants will learn the fundamentals of bodyweight exercises, such as squats, jumps, balance activities, core movements and light cardio.

8 to 11 Years

Tue, Apr 7-28 | 3:30-4:15 pm | \$40/4 | [163477](#)

Tue, May 5-26 | 3:30-4:15 pm | \$40/4 | [163478](#)

Tue, Jun 2-23 | 3:30-4:15 pm | \$40/4 | [163480](#)

12 to 14 Years

Tue, Apr 7-28 | 4:15-5 pm | \$40/4 | [163481](#)

Tue, May 5-26 | 4:15-5 pm | \$40/4 | [163482](#)

Tue, Jun 2-23 | 4:15-5 pm | \$40/4 | [163483](#)

Nanaimo Ice Centre

Explore

Your Parks and Trails this Spring and Summer



There are over **1,000** hectares of park and open space and more than **180** kilometres of trails to discover.

Pick up our Parks and Trails brochure at any recreation centre.



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School Break Camps

School's Out Pro-D Camp 5 to 9 Years

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

Fri, Apr 24 | 8:30 am-5 pm | \$48/1 | [145677](#)
 Mon, Apr 27 | 8:30 am-5 pm | \$48/1 | [145676](#)
Beban Park Social Centre

Sports Action - Pro-D Camps 6 to 11 Years

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

Fri, Apr 24 | 8:30 am-5 pm | \$48/1 | [158261](#)
 Mon, Apr 27 | 8:30 am-5 pm | \$48/1 | [158262](#)
Oliver Woods Community Centre

RecSkate Pro-D Camp 6 to 12 Years

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

Fri, Apr 24 | 8:30 am-5 pm | \$48/1 | [162533](#)
Nanaimo Ice Centre
 Mon, Apr 27 | 8:30 am-5 pm | \$48/1 | [164393](#)
Frank Crane Arena

RecHockey Pro-D Camp 6 to 12 Years

This is a recreational, half-ice hockey camp for participants of varying abilities. Emphasis is on the FUNdamentals of hockey with three ice times for skills, scrimmage and stations. We recommend that skaters have passed a minimum of RecSkate 2. Full gear is required.

Fri, Apr 24 | 8:30 am-5 pm | \$48/1 | [162534](#)
Nanaimo Ice Centre
 Mon, Apr 27 | 8:30 am-5 pm | \$48/1 | [164394](#)
Frank Crane Arena

Junior Lifeguard Pro-D Camp 8 to 12 Years

Get introduced to the world of lifesaving and first aid through hands-on activities, games and fun team challenges. Learn water safety techniques, rescue skills and leadership attitudes that could one day save a life. Each day combines dryland learning with in-the-water fun.

Fri, Apr 24 | 10 am-2 pm | \$45/1 | [163129](#)
 Mon, Apr 27 | 10 am-2 pm | \$45/1 | [163131](#)
Nanaimo Aquatic Centre

Paddling Pro-D Camp 6 to 12 Years

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

Instructor: Nanaimo Canoe and Kayak Club
 Fri, Apr 24 | 8:30 am-3:30 pm | \$80/1 | [162558](#)
 Mon, Apr 27 | 8:30 am-3:30 pm | \$80/1 | [162557](#)
Long Lake/Loudon Park

A MOMENT OF POETRY with Jennavieve Strub



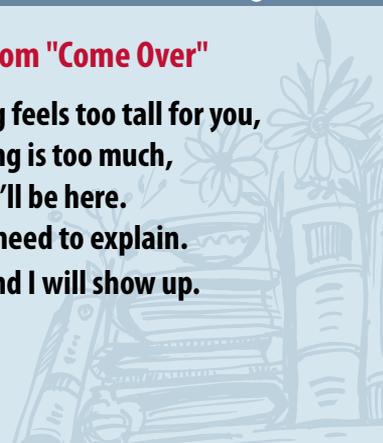
Jennavieve Strub
Nanaimo Youth Poet

Excerpt from "Come Over"

If standing feels too tall for you,
 sit. If sitting is too much,
 lie down. I'll be here.
 You don't need to explain.
 Call me, and I will show up.

Excerpt from "Aging"

and in the next fifty years
 you will ache
 and you will grow
 you will fall in love
 with people who don't stay
 and still carry their names
 like pressed flowers
 in the folds of your memory



COMMUNITY CONNECTIONS

wip

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info@wipclimbing.com
@wipclimbing_nanaimo

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WildPlay Nanaimo logo, a child on a zipline, and three circular images showing people on ziplines and adventure courses.



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COMMUNITY CONNECTIONS

NANAIMO HORNETS MINI RUGBY

For kids ages 3-12. Join us for fun rugby sessions, a spaghetti dinner after every practice, and a jersey for all new families.

Spring Session

WEDNESDAYS Apr 1-June 3 (10 sessions)

Cost: \$80



Summer Camps

Week 1: July 20-24

Week 2: August 10-14

Time: 8:30 AM - 4:30 PM

Cost: \$250 per week

6700 DOVER ROAD, NANAIMO
nanaimohornetsmini@gmail.com
nanaimohornetsrugby.com

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*Come See,
Come Learn,
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History*

at British Columbia's most
significant Military Museum

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

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THEMSELVES.

Girl Guides

Start your volunteer journey at:
girlguides.ca/volunteer

COMMUNITY CONNECTIONS

Summer Camps at Nanaimo Art Gallery

Week-Long Camps from June 29 to August 14

Ages: 6-12 Years



Nanaimo Art Gallery

150 Commercial Street
Snuneymuxw Territory

nanaimoartgallery.ca
(250) 754-1750

SUMMER CAMPS & CHILDREN'S PROGRAMS

Long Lake



SCAN ME



See page 40 for summer camps with us!

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Summer FUN



CANADA DAY

Wed, Jul 1, 11 am-3:30 pm at Maffeo Sutton Park

CONCERTS in the PARK

Bring a chair or a blanket and enjoy local talent against the backdrop of our beautiful park spaces. See our website in April for performer bios and music genre.

- Wed, Apr 22, 6-7 pm at Westwood Lake
- Fri, May 15, 6-7 pm at Maffeo Sutton Park
- Wed, Jun 3, 6-7 pm at Mansfield Park
- Fri, Jun 12, 1-2 pm at Maffeo Sutton Park
- Wed, Jun 17, 6-7 pm at Kin Park (Departure Bay)
- Fri, Jun 26, 5:30-7:45 pm at Maffeo Sutton Park
- Wed, Jul 8, 1-2 pm at Mansfield Park
- Fri, Jul 17, 6-7 pm at Bowen Amphitheatre
- Wed, Jul 22, 6-7 pm at Deverill Square Park
- Fri, Jul 31, 6-7 pm at Daynes Park
- Fri, Aug 7, 1-2 pm at Bowen Park Amphitheatre
- Wed, Aug 12, 6-7 pm at McGregor Park/Waterfront Walkway
- Fri, Aug 21, 6-7 pm at Maffeo Sutton Park
- Thu, Aug 27, 6-7 pm at Westwood Lake Park

WATER PARKS

May-Sep, 9 am-8 pm

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

WESTWOOD LAKE LIFEGUARDS

Jun 28-Sep 7, 12-5:30 pm

(including stat holidays; weather permitting)

PLAYGROUND PROGRAM

Jul 6-Sep 4

Join us for some FREE neighborhood fun! Play games, make crafts or run around and play a sport with our exciting playground leaders. This is a program geared for ages 5 to 12 year old.

(Please sign in with leader and dress for the weather. Bring your sunscreen, snacks, water.)

Stationary Playground

Monday to Friday, 9:30 am-4 pm

(not open on stat holidays)

DEPARTURE BAY WATER PARK

Roving Playground, 10 am-4 pm

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

- Jul 6-17, Mansfield Park
- Jul 20-31, Harewood Centennial Park
- Aug 4-7, Deverill Square Park
- Aug 10-21, Maffeo Sutton Park
- Aug 24-Sep 4, Westwood Lake Park (Aug 27, 12-7 pm)

SUMMER FAMILY EVENTS

- Fri, Jun 26, 4:30-7:30 pm - MAFFEO SUTTON PARK
- Thu, Aug 27, 4-7 pm - WESTWOOD LAKE PARK (End of Summer Splash)



Design Your Own Summer Schedule!

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

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

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



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

Scan the QR Code above for more camp information.

Camper Drop Off & Pick Up

- Please allow extra time to sign in on the first day of each camp and bring completed medical forms to each camp.
- Parents/guardians or authorized persons **must** sign their child(ren) in and out daily (mandatory); no drop off prior to start time.
- On-time drop off and prompt pick up are important. **\$1/minute** charges are in effect for late pick ups.
- If your child has any serious medical conditions, behavioural concerns or any other issues that may affect their experience at camp, please call us.
- To ensure that all children can participate fully in all indoor and outdoor/off-site activities, please prepare them with suitable clothing for all types of weather. Remember, these camps are held primarily outdoors.
- Activities will run as scheduled unless the conditions necessitate a change in schedule. In this case, alternate indoor activities will be offered (be prepared for unexpected weather changes). The camp structure and programming may change once the session starts depending on the weather, space and campers' needs.
- Please see page 103 for cancellation and refund information.

How to Sign Up for Full Day Camps Online:

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

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



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Nanaimo Parks, Recreation and Culture Full Day Camps

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

The camps listed on this page run from 8:30 am to 5 pm and cost \$48/day.

Camp Wild 6 to 10 Years

Enjoy a summer filled with excitement and the chance to make new friends while exploring nature and the environment! Each week features a fresh theme packed with new discoveries and adventures. Plus, there's a gymnasium where kids can stay active and have fun. **Held at Oliver Woods Community Centre.**

Fri, Jun 26: 158166
 Mon, Jun 29: 158170
 Tue, Jun 30: 158172
 Thu, Jul 2: 158173
 Fri, Jul 3: 158174

 Mon, Jul 6: 158175
 Tue, Jul 7: 158176
 Wed, Jul 8: 158177
 Thu, Jul 9: 158178
 Fri, Jul 10: 158179

 Mon, Jul 13: 158180
 Tue, Jul 14: 158181
 Wed, Jul 15: 158182
 Thu, Jul 16: 158183
 Fri, Jul 17: 158184

 Mon, Jul 20: 158201
 Tue, Jul 21: 158202
 Wed, Jul 22: 158203
 Thu, Jul 23: 158204
 Fri, Jul 24: 158205

 Mon, Jul 27: 158206
 Tue, Jul 28: 158207
 Wed, Jul 29: 158208
 Thu, Jul 30: 158209
 Fri, Jul 31: 158210

Tue, Aug 4: 158227
 Wed, Aug 5: 158230
 Thu, Aug 6: 158230
 Fri, Aug 7: 158231

 Mon, Aug 10: 158232
 Tue, Aug 11: 158233
 Wed, Aug 12: 158234
 Thu, Aug 13: 158235
 Fri, Aug 14: 158236

 Mon, Aug 17: 158237
 Tue, Aug 18: 158238
 Wed, Aug 19: 158239
 Thu, Aug 20: 158240
 Fri, Aug 21: 158241

 Mon, Aug 24: 158242
 Tue, Aug 25: 158243
 Wed, Aug 26: 158244
 Thu, Aug 27: 158245
 Fri, Aug 28: 158246

 Mon, Aug 31: 158247
 Tue, Sep 1: 158248
 Wed, Sep 2: 158249
 Thu, Sep 3: 158250
 Fri, Sep 4: 158251

Camp Holiday 6 to 9 Years

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

Mon, Jun 29: 158076
 Tue, Jun 30: 158077
 Thu, Jul 2: 158078
 Fri, Jul 3: 158079

 Mon, Jul 6: 158080
 Tue, Jul 7: 158081
 Wed, Jul 8: 158082
 Thu, Jul 9: 158084
 Fri, Jul 10: 158085

 Mon, Jul 13: 158086
 Tue, Jul 14: 158087
 Wed, Jul 15: 158088
 Thu, Jul 16: 158089
 Fri, Jul 17: 158090

 Mon, Jul 20: 158091
 Tue, Jul 21: 158092
 Wed, Jul 22: 158093
 Thu, Jul 23: 158094
 Fri, Jul 24: 158095

 Mon, Jul 27: 158096
 Tue, Jul 28: 158097
 Wed, Jul 29: 158098
 Thu, Jul 30: 158099
 Fri, Jul 31: 158100

Tue, Aug 4: 158101
 Wed, Aug 5: 158102
 Thu, Aug 6: 159599
 Fri, Aug 7: 158103

 Mon, Aug 10: 158107
 Tue, Aug 11: 158109
 Wed, Aug 12: 158110
 Thu, Aug 13: 158111
 Fri, Aug 14: 158112

 Mon, Aug 17: 158113
 Tue, Aug 18: 158114
 Wed, Aug 19: 158115
 Thu, Aug 20: 158116
 Fri, Aug 21: 158117

 Mon, Aug 24: 158118
 Tue, Aug 25: 158119
 Wed, Aug 26: 158120
 Thu, Aug 27: 158121
 Fri, Aug 28: 158122

 Mon, Aug 31: 158124
 Tue, Sep 1: 158125
 Wed, Sep 2: 158126
 Thu, Sep 3: 158127
 Fri, Sep 4: 158128

Bowen Explorers 6 to 9 Years

Embrace your spirit of adventure and come explore with us! Build friendships and create new experiences as we explore nature, science, art and so much more. Be ready to spend time outdoors. Please dress for the weather. This camp takes frequent field trips. **Held at Bowen Park Complex.**

Mon, Jun 29: 159726
 Tue, Jun 30: 159730
 Thu, Jul 2: 159732
 Fri, Jul 3: 159733

 Mon, Jul 6: 159734
 Tue, Jul 7: 159737
 Wed, Jul 8: 159739
 Thu, Jul 9: 159745
 Fri, Jul 10: 159747

 Mon, Jul 13: 159748
 Tue, Jul 14: 159749
 Wed, Jul 15: 159750
 Thu, Jul 16: 159751
 Fri, Jul 17: 159752

 Mon, Jul 20: 159753
 Tue, Jul 21: 159754
 Wed, Jul 22: 159755
 Thu, Jul 23: 159756
 Fri, Jul 24: 159757

 Mon, Jul 27: 159758
 Tue, Jul 28: 159759
 Wed, Jul 29: 159760
 Thu, Jul 30: 159761
 Fri, Jul 31: 159762

Tue, Aug 4: 159786
 Wed, Aug 5: 159788
 Thu, Aug 6: 159790
 Fri, Aug 7: 159791

 Mon, Aug 10: 159792
 Tue, Aug 11: 159794
 Wed, Aug 12: 159796
 Thu, Aug 13: 159797
 Fri, Aug 14: 159799

 Mon, Aug 17: 159801
 Tue, Aug 18: 159803
 Wed, Aug 19: 159804
 Thu, Aug 20: 159805
 Fri, Aug 21: 159807

 Mon, Aug 24: 159808
 Tue, Aug 25: 159810
 Wed, Aug 26: 159811
 Thu, Aug 27: 159812
 Fri, Aug 28: 159814

 Mon, Aug 31: 159816
 Tue, Sep 1: 159817
 Wed, Sep 2: 159819
 Thu, Sep 3: 159821
 Fri, Sep 4: 159823



Nanaimo Parks, Recreation and Culture Full Day Camps

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

The camps listed on this page run from 8:30 am to 5 pm and cost \$48/day.

Girls Get Active 7 to 12 Years

This camp is packed with fun! Think swimming days, golf, dance, sports, skating, arts, crafts, drama games and STEM. Plus, you'll head out on active adventures and make awesome new friends along the way. Every day brings something exciting, so get ready for a summer full of laughter and discovery! **This camp is held at Beban Park Social Centre.**

Mon, Jun 29: 156226
Tue, Jun 30: 156227
Thu, Jul 2: 156228
Fri, Jul 3: 156263

Tue, Aug 4: 156251
Wed, Aug 5: 156261
Thu, Aug 6: 156262
Fri, Aug 7: 126263

Mon, Jul 6: 156230
Tue, Jul 7: 156231
Wed, Jul 8: 156232
Thu, Jul 9: 156233
Fri, Jul 10: 156234

Mon, Aug 10: 156264
Tue, Aug 11: 156266
Wed, Aug 12: 156267
Thu, Aug 13: 156268
Fri, Aug 14: 156269

Mon, Jul 13: 156235
Tue, Jul 14: 156236
Wed, Jul 15: 156237
Thu, Jul 16: 156238
Fri, Jul 17: 156239

Mon, Aug 17: 156270
Tue, Aug 18: 156271
Wed, Aug 19: 156272
Thu, Aug 20: 156273
Fri, Aug 21: 156274

Mon, Jul 20: 156241
Tue, Jul 21: 156242
Wed, Jul 22: 156243
Thu, Jul 23: 156244
Fri, Jul 24: 156245

Mon, Aug 24: 156275
Tue, Aug 25: 156276
Wed, Aug 26: 156277
Thu, Aug 27: 156280
Fri, Aug 28: 156281

Mon, Jul 27: 156246
Tue, Jul 28: 156247
Wed, Jul 29: 156248
Thu, Jul 30: 156249
Fri, Jul 31: 156250

Mon, Aug 31: 156282
Tue, Sep 1: 156283
Wed, Sep 2: 156284
Thu, Sep 3: 156285
Fri, Sep 4: 156286



RecHockey Summer Camp 6 to 12 Years

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

Mon, Jun 29: 163259
Tue, Jun 30: 163264
Thu, Jul 2: 163265
Fri, Jul 3: 163266

Mon, Jul 6: 163268
Tue, Jul 7: 163269
Wed, Jul 8: 163271
Thu, Jul 9: 163272
Fri, Jul 10: 163273

Mon, Jul 13: 163274
Tue, Jul 14: 163275
Wed, Jul 15: 163277
Thu, Jul 16: 163279
Fri, Jul 17: 163280

Mon, Jul 20: 163282
Tue, Jul 21: 163285
Wed, Jul 22: 163286
Thu, Jul 23: 163287
Fri, Jul 24: 163288

Mon, Jul 27: 163289
Tue, Jul 28: 163292
Wed, Jul 29: 163293
Thu, Jul 30: 163295
Fri, Jul 31: 163298

Tue, Aug 4: 163300
Wed, Aug 5: 163301
Thu, Aug 6: 163302
Fri, Aug 7: 163303

Mon, Aug 10: 163304
Tue, Aug 11: 163305
Wed, Aug 12: 163306
Thu, Aug 13: 163307
Fri, Aug 14: 163308

Mon, Aug 17: 163310
Tue, Aug 18: 163311
Wed, Aug 19: 163312
Thu, Aug 20: 163313
Fri, Aug 21: 163315



Cool Kids Skate Camp 6 to 12 Years

This half-ice recreational skating camp includes three ice times for lessons, stations, games and free time. There is something for everyone! We recommend that skaters have passed a minimum of RecSkate 1. Please bring a lunch, snack and water bottle. Rentals are free if needed. **This camp is held at Nanaimo Ice Centre.**

Mon, Jun 29: 161610
Tue, Jun 30: 161611
Thu, Jul 2: 161612
Fri, Jul 3: 161613

Mon, Jul 6: 161615
Tue, Jul 7: 161616
Wed, Jul 8: 161617
Thu, Jul 9: 161618
Fri, Jul 10: 161619

Mon, Jul 13: 161620
Tue, Jul 14: 161621
Wed, Jul 15: 161622
Thu, Jul 16: 161623
Fri, Jul 17: 161624

Mon, Jul 20: 161625
Tue, Jul 21: 161626
Wed, Jul 22: 161627
Thu, Jul 23: 161628
Fri, Jul 24: 161630

Mon, Jul 27: 161631
Tue, Jul 28: 161632
Wed, Jul 29: 161633
Thu, Jul 30: 161635
Fri, Jul 31: 161636

Tue, Aug 4: 161637
Wed, Aug 5: 161638
Thu, Aug 6: 161639
Fri, Aug 7: 161641

Mon, Aug 10: 161642
Tue, Aug 11: 161643
Wed, Aug 12: 161644
Thu, Aug 13: 161645
Fri, Aug 14: 161646

Mon, Aug 17: 161647
Tue, Aug 18: 161648
Wed, Aug 19: 161650
Thu, Aug 20: 161651
Fri, Aug 21: 161652



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Nanaimo Parks, Recreation and Culture Full Day Camps

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

The camps listed on this page run from 8:30 am to 5 pm and cost \$48/day.

Sports & Splash 9 to 12 Years

Get ready for a summer of action! This camp is designed for energetic kids who love to move, play and explore. Each day is packed with exciting activities that blend a variety of sports, daily water activities and creative adventures in Bowen Park's beautiful surroundings. This camp takes weekly field trips, runs rain or shine and is an outdoor camp. **Held at Bowen Park Tennis Courts.**

Mon, Jul 6: 157925
Tue, Jul 7: 159629
Wed, Jul 8: 159631
Thu, Jul 9: 159632
Fri, Jul 10: 159633

Mon, Jul 13: 159634
Tue, Jul 14: 159635
Wed, Jul 15: 159636
Thu, Jul 16: 159637
Fri, Jul 17: 159638

Mon, Jul 20: 159639
Tue, Jul 21: 159641
Wed, Jul 22: 159642
Thu, Jul 23: 159643
Fri, Jul 24: 159644

Mon, Jul 27: 159645
Tue, Jul 28: 159648
Wed, Jul 29: 159649
Thu, Jul 30: 159650
Fri, Jul 31: 159651

Tue, Aug 4: 159677
Wed, Aug 5: 159679
Thu, Aug 6: 159681
Fri, Aug 7: 159682

Mon, Aug 10: 159683
Tue, Aug 11: 159684
Wed, Aug 12: 159685
Thu, Aug 13: 159686
Fri, Aug 14: 159687

Mon, Aug 17: 159688
Tue, Aug 18: 159689
Wed, Aug 19: 159690
Thu, Aug 20: 159691
Fri, Aug 21: 159692

Mon, Aug 24: 159693
Tue, Aug 25: 159694
Wed, Aug 26: 159695
Thu, Aug 27: 159696
Fri, Aug 28: 159697

Mon, Aug 31: 159698
Tue, Sep 1: 159699
Wed, Sep 2: 159700
Thu, Sep 3: 159701
Fri, Sep 4: 159702



Centennial Sports Camp 8 to 12 Years

This action-packed sports camp will keep kids moving. Campers will play a variety of sports on the turf fields and in sports courts. Many activities will be introduced, including ultimate frisbee, floor hockey, California kick ball, soccer, lacrosse and more. Daily playground and/or waterpark fun will also be incorporated. This camp does go off-site on day trips riding the bus and/or walking. There are also some swim days scheduled at the pool and lake. Running shoes are required. **Held at Harewood Centennial Park.**

Mon, Jun 29: 160347
Tue, Jun 30: 160349
Thu, Jul 2: 160350
Fri, Jul 3: 160351

Mon, Jul 6: 160372
Tue, Jul 7: 160373
Wed, Jul 8: 160525
Thu, Jul 9: 160526
Fri, Jul 10: 160527

Mon, Jul 13: 160528
Tue, Jul 14: 160538
Wed, Jul 15: 160541
Thu, Jul 16: 160544
Fri, Jul 17: 160545

Mon, Jul 20: 160547
Tue, Jul 21: 160548
Wed, Jul 22: 160549
Thu, Jul 23: 160550
Fri, Jul 24: 160551

Mon, Jul 27: 160552
Tue, Jul 28: 160553
Wed, Jul 29: 160554
Thu, Jul 30: 160555
Fri, Jul 31: 160556

Mon, Aug 10: 160557
Tue, Aug 11: 160558
Wed, Aug 12: 160559
Thu, Aug 13: 160560
Fri, Aug 14: 160561

Mon, Aug 17: 160562
Tue, Aug 18: 160563
Wed, Aug 19: 160564
Thu, Aug 20: 160565
Fri, Aug 21: 160566

Mon, Aug 24: 160567
Tue, Aug 25: 160568
Wed, Aug 26: 160569
Thu, Aug 27: 160570
Fri, Aug 28: 160571



Sports Action 6 to 11 Years

Experience an exhilarating camp that combines gym sports, field sports and outdoor activities! Our camp leaders will focus on the fundamentals of physical literacy while integrating enjoyable and engaging experiences. **Held at Oliver Woods Community Centre.**

Mon, Jun 29: 158252
Wed, Jun 30: 158253
Thu, Jul 2: 158254
Fri, Jul 3: 158255



Summer Hoops Basketball 6 to 11 Years

Your child will enjoy practicing the basics and engaging in a variety of games that focus on passing, shooting, dribbling and rebounding. We will also place a strong emphasis on sportsmanship and teamwork. **Held at Oliver Woods Community Centre.**

Tue, Aug 4: 158256
Wed, Aug 5: 158258
Thu, Aug 6: 158259
Fri, Aug 7: 158260



Nanaimo Parks, Recreation & Culture Weekly Camps

Full and partial day programs and camps.

Tree Frog Camp

3 to 5 Years

Join us at the fun-filled camp with a different theme each week. Children will spend time exploring and having free play, making creative arts and crafts, learning new stories and songs and making new friends in a fun, safe and engaging environment.

9-11 am

M-F, Jul 6-10 | \$100/5 | [155739](#) | Fairy Tale Forest
M-F, Jul 13-17 | \$100/5 | [155741](#) | Space Explorers
M-F, Jul 20-24 | \$100/5 | [155743](#) | Under the Sea
M-F, Jul 27-31 | \$100/5 | [155744](#) | Dino Detectives
Tu-F, Aug 4-7 | \$80/4 | [158063](#) | Messy Play
M-F, Aug 10-14 | \$100/5 | [155742](#) | Wizards & Wands
M-F, Aug 17-21 | \$100/5 | [155740](#) | Jungle Safari
M-F, Aug 24-28 | \$100/5 | [155738](#) | Gone Campin'
M-F, Aug 31-Sep 4 | \$100/5 | [158064](#) | Farm Friends
Oliver Woods Community Centre

Junior Leaders in Training Camp

11 to 14 Years

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

M-F, Jun 29-Jul 10 | 8:30 am-4:30 pm | \$432/9 | [163134](#)
M-F, Aug 10-21 | 8:30 am-4:30 pm | \$480/10 | [163409](#)
M-F, Aug 24-Sep 4 | 8:30 am-4:30 pm | \$480/10 | [163410](#)
Rotary Field House

Adventure Seekers Camp

12 to 15 Years

Embark on an unforgettable summer with a mix of thrilling activities like hiking, outdoor games and exciting excursions. Campers will explore nature, build confidence and forge new friendships. This camp offers a perfect blend of adventure, fun and learning in a supportive environment where young adventurers can grow, discover new interests and create lasting memories.

M-F, Jul 13-17 | 8:30 am-4:30 pm | \$275/5 | [163151](#)
M-F, Jul 20-24 | 8:30 am-4:30 pm | \$275/5 | [163406](#)
M-F, Jul 27-31 | 8:30 am-4:30 pm | \$275/5 | [163407](#)
T-F, Aug 4-7 | 8:30 am-4:30 pm | \$220/4 | [163408](#)
Westwood Lake Park

Junior Lifeguard Club Camp

8 to 12 Years

Join this exciting camp that takes you in, on and around the water. Develop new lifesaving skills and learn attitudes that could one day save your life or someone else's. Focus on fun, teamwork and skill development with games and a variety of activities themed around lifesaving, lifeguarding and first aid. A must for those of you who love the water but are looking for more than lessons. (Minimum Swimmer 4 level or have successfully completed the Swim to Survive Challenge to participate.)

M-F, Jul 6-10 | 12:30-4:30 pm | \$150/5 | [163137](#)
M-F, Jul 27-31 | 12:30-4:30 pm | \$150/5 | [163140](#)
M-F, Aug 17-21 | 12:30-4:30 pm | \$150/5 | [163149](#)
Westwood Lake Park (first beach)

Swim Stars Camp NEW!

8 to 12 Years

This unique camp combines swimming lessons with classic camp fun games, crafts and friendship - all in a beautiful lakeside setting. Campers will build swimming skills while enjoying creative activities and exciting group challenges that make every day an adventure. Perfect for kids who love the water.

M-F, Jul 13-17 | 12:30-4:30 pm | \$150/5 | [163172](#)
Tu-F, Aug 4-7 | 12:30-4:30 pm | \$120/4 | [163173](#)
M-F, Aug 24-28 | 12:30-4:30 pm | \$150/5 | [163174](#)
Westwood Lake Park (first beach)

Circus Camp: Level 1

8 to 12 Years

Explore the magic of the circus! Designed for beginners and those wanting a refresher, this camp features juggling, hoops, partner acrobatics and more. It's a fun, welcoming way to dive into the circus arts.

Instructor: Vesta Entertainment Circus Troupe
M, Tu, Th, F, Jun 29-Jul 3 | 8:30 am-2:30 pm | \$192/4 | [161681](#)
M-F, Jul 13-17 | 8:30 am-2:30 pm | \$240/5 | [161690](#)
Beban Park Social Centre

Circus Camp: Level 2

8 to 12 Years

Take your circus skills to the next level! This camp is ideal for students who have previously attended Circus Camp with us or have experience in gymnastics, dance or martial arts. Deepen your skills in juggling, hoops, acrobatics, balancing, swordplay and staff while creating a Friday Circus Show for family and friends.

Instructor: Vesta Entertainment Circus Troupe
M-F, Aug 17-21 | 8:30 am-2:30 pm | \$240/5 | [161691](#)
Beban Park Social Centre

Rhythm Kids® Music Camp

5 to 8 Years

This camp is designed for kids ages 5-8 (Kindergarten-Grade2) who will build up musical confidence using djembe drums, percussion instruments and the most important instruments of all, their voices and their bodies. The "Tree Frog" song collection will introduce music inspired by the rhythms of many different cultures through singing, dancing, crafts and musical games. For more program information, please visit www.seasonstudio.com. There is a \$55 program fee, which is non-refundable after the first day of camp (siblings will receive a \$55 refund).

Instructor: Karita Sedun
M-F, Jul 13-17 | 9 am-12 pm | \$175/5 | [160736](#)
M-F, Jul 20-24 | 9 am-12 pm | \$175/5 | [160737](#)
Kin Hut Activity Centre

Musical Theatre Camp

9-14 Years

This week-long immersive camp is designed for young performers who are passionate about musical theatre. Campers will develop their vocal technique, stage presence and acting skills while exploring teamwork, creativity and problem solving. Throughout the week, participants will work together to prepare a mini musical performance for family and friends on Friday afternoon.

Instructor: Nanaimo Conservatory of Music
M-F, Jul 13-17 | 10am - 4pm | \$400/5 | [159640](#)
Nanaimo Conservatory of Music (375 Selby St)



cityofnanaimo



prc_nanaimo (#ilovemyparksandrec)

Partnership Camps and Programs

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

Kirkwood's Aladdin Dance Camp

6 to 12 Years

Join us for a fun-filled week of acting, dancing and crafting inspired by the hit movie "Aladdin". Learn about props, costumes and sets while trying fun choreography that includes a performance on the final day of camp. This is for all levels.

Instructor: Bev Martyn

M-F, Jul 13-17 | 9 am-4 pm | \$375/5 | [161168](tel:2507561618)

M-F, Jul 20-24 | 9 am-4 pm | \$375/5 | [161170](tel:2507561170)

Beban Park Social Centre

Let's Eat! Kids' Cooking

7 to 12 Years

Get ready to harvest, cook, create and have fun! Harvest the food you eat and cook in our outdoor kitchen at the farm. Build confidence with cooking and enjoy eating what you make.

Instructor: Nanaimo Foodshare

M-W, Aug 17-19 | 3:30-5:30 pm | \$135/3 | [161187](tel:2507561187)

M-W, Aug 31-Sep 2 | 3:30-5:30 pm | \$135/3 | [161190](tel:2507561190)

Five Acre Community Park (945 Park Ave)

Grow Food Get Cooking

Summer Camp

8 to 13 Years

Get immersed in gardening, outdoor cooking, art and cooperative games while learning about environmental stewardship. Discover where food comes from, and gain skills, confidence and a deeper appreciation for nature, cooking healthy food and community. Includes lunch!

Instructor: Nanaimo Foodshare

M-F, Jul 6-10 | 9 am-3 pm | \$335/5 | [161192](tel:25075616192)

M-F, Jul 13-17 | 9 am-3 pm | \$335/5 | [161193](tel:25075616193)

M-F, Jul 20-24 | 9 am-3 pm | \$335/5 | [161194](tel:25075616194)

M-F, Jul 27-31 | 9 am-3 pm | \$335/5 | [161195](tel:25075616195)

M-F, Aug 10-14 | 9 am-3 pm | \$335/5 | [161198](tel:25075616198)

Five Acre Community Park (945 Park Ave)

DO YOU REQUIRE ADDITIONAL SUPPORT?

If you require any accommodations or additional support when participating in our programs, please contact us at 250-756-5200.

Junior Paddler Adventure

6 to 8 Years

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

Instructor: Nanaimo Canoe and Kayak Club

Sat, May 9-30 | 9-10 am | \$64/4 | [162425](tel:2507562425)

Sat, Jun 6-27 | 9-10 am | \$64/4 | [162426](tel:2507562426)

Sat, Jul 4-25 | 9-10 am | \$64/4 | [162427](tel:2507562427)

Sat, Aug 1-29 | 9-10 am | \$64/4 | [162431](tel:2507562431)

Long Lake/Loudon Park

Paddling Summer Camp

Get started on the water with NCKC and enjoy games, skill development and water safety education while learning to paddle a variety of different styles of canoes, kayaks and paddle boards on Long Lake.

Instructor: Nanaimo Canoe and Kayak Club

8 to 10 Years

M,T,Th,F, Jun 29-Jul 3 | 8:30 am-12 pm | \$252/4 | [162248](tel:2507562248)

Tu-F, Aug 4-7 | 8:30 am-12 pm | \$252/4 | [162451](tel:2507562451)

10 to 12 Years

M,T,Th,F, Jun 29-Jul 3 | 12:15-3:45 pm | \$252/4 | [162449](tel:2507562449)

Tu-F, Aug 4-7 | 12:15-3:45 pm | \$252/4 | [162450](tel:2507562450)

Long Lake/Loudon Park

Kids Intro to Paddling

8 to 12 Years

Get introduced to the wonderful world of paddle sports in a fun and supportive environment. Learn the three FUNDamental sport skills of balance, steering and propulsion in a variety of human-powered watercraft, including kayaks, canoes and paddleboards.

Instructor: Nanaimo Canoe and Kayak Club

Tue, May 5-Jun 23 | 4-5:30 pm | \$160/8 | [162437](tel:2507562437)

Thu, May 7-Jun 25 | 4-5:30 pm | \$160/8 | [162439](tel:2507562439)

Tue, Jul 7-Aug 25 | 4-5:30 pm | \$160/8 | [162438](tel:2507562438)

Thu, Jul 9-Aug 27 | 4-5:30 pm | \$160/8 | [162440](tel:2507562440)

Long Lake/Loudon Park

Soccer Stars

8 to 12 Years

Designed for kids of all skill levels, this camp offers exciting drills, friendly games and team-building activities. It's the perfect way for young players to stay active, improve their skills and make new friends! Full day includes swimming.

M-F, Jul 6-10 | 9 am-4 pm | \$275/5 | [160782](tel:250756782)

M-F, Jul 6-10 | 9 am-12 pm | \$150/5 | [160783](tel:250756783)

M-F, Jul 13-17 | 9 am-4 pm | \$275/5 | [160784](tel:250756784)

M-F, Jul 13-17 | 9 am-12 pm | \$150/5 | [160790](tel:250756790)

M-F, Jul 20-24 | 9 am-4 pm | \$275/5 | [160785](tel:250756785)

M-F, Jul 20-24 | 9 am-12 pm | \$150/5 | [160791](tel:250756791)

M-F, Jul 27-31 | 9 am-4 pm | \$275/5 | [160786](tel:250756786)

M-F, Jul 27-31 | 9 am-12 pm | \$150/5 | [160792](tel:250756792)

M-F, Aug 10-14 | 9 am-4 pm | \$275/5 | [160787](tel:250756787)

M-F, Aug 10-14 | 9 am-12 pm | \$150/5 | [160793](tel:250756793)

M-F, Aug 17-21 | 9 am-4 pm | \$275/5 | [160788](tel:250756788)

M-F, Aug 17-21 | 9 am-12 pm | \$150/5 | [160794](tel:250756794)

M-F, Aug 24-28 | 9 am-4 pm | \$275/5 | [160789](tel:250756789)

M-F, Aug 24-28 | 9 am-12 pm | \$150/5 | [160795](tel:250756795)

M-F, Aug 31-Sep 4 | 9 am-4 pm | \$275/5 | [160796](tel:250756796)

M-F, Aug 31-Sep 4 | 9 am-12 pm | \$150/5 | [160797](tel:250756797)

Bowen West Field

Golf Camp

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

Instructor: Beban Park Golf Course Staff

Pee Wee Putters - 5 to 7 Years

M-W, Jul 6-8 | 10:30-11:30 am | \$165/3 | [159664](tel:250756964)

M-W, Jul 13-15 | 10:30-11:30 am | \$165/3 | [159666](tel:250756966)

M-W, Jul 20-22 | 10:30-11:30 am | \$165/3 | [159667](tel:250756967)

M-W, Aug 10-12 | 10:30-11:30 am | \$165/3 | [159668](tel:250756968)

M-W, Aug 17-19 | 10:30-11:30 am | \$165/3 | [159669](tel:250756969)

M-W, Aug 24-26 | 10:30-11:30 am | \$165/3 | [159670](tel:250756970)

Junior - 8 to 12 Years

M-W, Jul 6-8 | 9-10 am | \$165/3 | [159653](tel:250756953)

M-W, Jul 13-15 | 9-10 am | \$165/3 | [159654](tel:250756954)

M-W, Jul 20-22 | 9-10 am | \$165/3 | [159655](tel:250756955)

M-W, Aug 10-12 | 9-10 am | \$165/3 | [159660](tel:250756960)

M-W, Aug 17-19 | 9-10 am | \$165/3 | [159662](tel:250756962)

M-W, Aug 24-26 | 9-10 am | \$165/3 | [159663](tel:250756963)

Beban Park Golf Course & Driving Range



COMMUNITY CONNECTIONS

Since 1993

Soccer Day Camps



- July & August weeks
- Morning & Full Day sessions
- Ages 5 to 13
- Before & After Care available



Early Deals, Big Savings



For more information:
royalsoccerclub.com
 800-427-0536

For location & registration details visit our website.

SUMMER CAMPS & YOUTH PROGRAMS

Long Lake





SCAN ME

See pages 45 & 48 for youth programs with us!

Fun, Fitness & Friendship

www.nckc.ca ~ Est. 1988



Teen Art Drop-In

Experiment with different materials, hang out with friends, and join our creative community. Don't miss out on the creative vibes and great company!

Wednesdays, September–June: 3:30–6:30 PM

Age: 12–17 Years



Nanaimo Art Gallery

150 Commercial Street
 Snuneymuxw Territory

nanaimoartgallery.ca
 (250) 754-1750

DATES TO BE ANNOUNCED
CHLY.CA/SUMMERCAMP

THE SOUND OF
CHLY 101.7 FM
 THE SALISH SEA

SUMMER RADIO CAMP FOR YOUTHS

A THREE WEEK RADIO DAY CAMP HOSTED BY CHLY 101.7FM FOR KIDS AGES 10–14.

Youths can participate in one week, two weeks or all three weeks!

REGISTER AT: WWW.CHLY.CA/SUMMERCAMP




cityofnanaimo



prc_nanaimo (#ilovemyparksandrec)

Partnership Camps and Programs

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

LEGO Robotics and Science:

Battlebots Edition NEW!

7 to 11 Years

Dive into engineering using LEGO's WeDo 2.0 Sets/Software. Build battlebots, take home science experiments, play indoor/outdoor activities, including game consoles, air hockey, foosball, arts and crafts and more! Camp shirt included.

Instructor: LITTLUNIVERSE

M-F, Jul 20-24 | 9 am-4 pm | \$405/5 | [163696](#)

Beban Park Social Centre

LEGO Robotics and Science:

Minecraft Edition NEW!

7 to 11 Years

Dive into engineering using LEGO's WeDo 2.0 Sets/Software. Build a Minecraft world, take home science experiments, play indoor/outdoor activities, including game consoles, air hockey, foosball, arts and crafts and more! Camp shirt included.

Instructor: LITTLUNIVERSE

M-F, Aug 17-21 | 9 am-4 pm | \$405/5 | [163697](#)

Beban Park Social Centre

Byte Camp - Intro to Coding

9 to 12 Years

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

M-F, Jun 29-Jul 3 | 9 am-3 pm | \$425/4 | [163667](#)

Beban Park Social Centre

Byte Camp - Intro to Coding Level 2

9 to 12 Years

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

Tu-F, Aug 4-7 | 9 am-3 pm | \$425/4 | [163443](#)

Beban Park Social Centre

Byte Camp Python Coding - Level 1

11 to 14 Years

Master basic coding concepts like variables, loops and conditionals, and see your creativity come to life with hands-on experience. The final project will be a Python-based program you can proudly share with friends to showcase your coding journey.

M-F, Jul 6-10 | 9 am-3 pm | \$485/5 | [163439](#)

Beban Park Social Centre

Byte Camp - 2D Video Game Design

11 to 14 Years

Learn how to build a 2D game using Godot, a free platform for coding and launching games. This is a coding camp, so be prepared to challenge yourself and learn new skills. Time will be spent learning how to create advanced 2D vector artwork and animated character sprites to make your game look great. Some coding experience or Byte Camp's Intro to coding is recommended as a prerequisite.

M-F, Jul 13-17 | 9 am-3 pm | \$485/5 | [163440](#)

Beban Park Social Centre

Byte Camp - Graphic Design & Printing

11 to 14 Years

Learn how fun and easy it can be to design and fabricate your very own Pinterest-worthy stickers, badges, cards and more. You will learn how to design original digital artwork and print and cut out art with a precision die cutter. Wow your friends and family when you take home your amazing creations!

M-F, Jul 20-24 | 9 am-3 pm | \$485/5 | [163441](#)

Beban Park Social Centre

Byte Camp - 2D Animation on Tablet

9 to 12 Years

Turn your drawing skills into awesome animation skills on our tablets. Learn how to make beautiful animations as wild as your imagination. You will also find out how to storyboard and use some advanced animation skills and principles to make characters really come alive on the screen.

M-F, Aug 10-14 | 9 am-3 pm | \$485/5 | [163442](#)

Beban Park Social Centre

Byte Camp - Music Video Production

9 to 12 Years

This camp will be split between digital music composition, video filming and editing. Use amazing software tools to craft your very own song from scratch. We will show you the basics of beats, baselines, chords and melodies so that your song will sound awesome. Experiment with video, special effects and Tik Tok-style editing techniques to make your own video as cool as your tune.

M-F, Aug 10-14 | 9 am-3 pm | \$485/5 | [163445](#)

Beban Park Social Centre

Byte Camp - Claymation

Movie Production

9 to 12 Years

Make your own clay characters come to life! You will work with a partner to build your own clay characters, sets and props, develop a script, shoot movie scenes and then edit and add sounds and special effects. There will be plenty of time devoted to outdoor games and activities.

M-F, Aug 17-21 | 9 am-3 pm | \$485/5 | [163670](#)

Beban Park Social Centre

Byte Camp - 3D Animation

11 to 14 Years

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

M-F, Aug 24-28 | 9 am-3 pm | \$485/5 | [163446](#)

Beban Park Social Centre

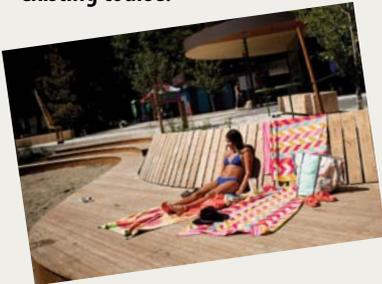


Summer
Vibes



Explore YOUR PARKS AND TRAILS

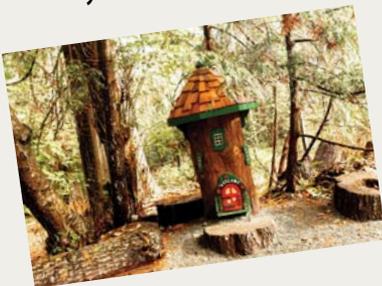
- **BOWEN PARK DISC GOLF COURSE:** A popular amenity since it was built in the 1990s, a new course design will be built this spring. The new design was created in partnership between the City of Nanaimo and the Nanaimo Disc Golf Club with the goal of modernizing the course and improving playability. Once complete, the new course will offer players a fresh new challenge to enjoy and will alleviate some safety concerns with the existing course.



- **WESTWOOD LAKE:** If you haven't visited the improved park, you need to go this spring and summer! There is an expanded and accessible beach, additional seating and picnic areas, enhanced pedestrian and bike connections, universal washrooms, public art and more! Phase 3 for improvements will take place next year where improvements will take place to improve accessibility between First and Second Beach. Lifeguards are at First Beach daily from June 28 to September 7 from 12-5:30 pm.



- **E&N TRAIL EXPANSION:** One of Nanaimo's most popular trails has grown recently. The trail now has an additional kilometre that runs from Fifth to Seventh Street. That makes this important corridor approximately 9 kilometres within the City of Nanaimo. Look for future trail developments along the E&N Railway.



- **NEW PAVING & NECK POINT ENCHANTED GROVE:** Paving was completed at both Neck Point Park and Serauxmen Stadium for the parking lots. Check out Neck Point Park and visit the upgraded Enchanted Grove where fairies and gnomes are said to be regular visitors.
- **ENVIRONMENTAL RESTORATION:** Staff have been out planting trees to increase our tree canopy and working to reduce invasive plants while restoring native plants in the parks and along the trails.
- **IMPROVING BEACH ACCESSIBILITY:** There are year-round mobi mats available at Westwood Lake, Loudon Park, Colliery Dam Park, Neck Point Park and Departure Bay Beach.



Land has been purchased in the Chase River neighbourhood for a future community centre with trail connections!

Stay tuned for more details on this exciting project in the near future.



Youth Programs

Youth Badminton

11 to 18 Years

You should have two years of experience in the Junior Badminton program (or equivalent). Please bring your own racquet.

Mon, Apr 13-May 11 | 5:15-6:15 pm | \$55/5 | [163418](#)

Mon, May 25-Jun 22 | 5:15-6:15 pm | \$55/5 | [163419](#)

Oliver Woods Community Centre

Youth Basketball

11 to 18 Years

Learn the fundamentals through fun, active games and free play. Please arrive to the program in active gear and indoor sports shoes.

Sun, Apr 12-May 10 | 3-4:30 pm | \$55/5 | [163412](#)

Sun, May 24-Jun 21 | 3-4:30 pm | \$55/5 | [163413](#)

Oliver Woods Community Centre

Junior Volleyball

12 to 15 Years

Players get comprehensive instruction, engaging drills and exciting games. This is designed for beginner to intermediate level players.

Fri, Apr 10-May 15 | 4:45-5:45 pm | \$48/6 | [160856](#)

Fri, May 22-Jun 26 | 4:45-5:45 pm | \$48/6 | [160857](#)

Oliver Woods Community Centre

Youth Tennis

12 to 16 Years

Intro to tennis, using kids progressive age-appropriate balls with fun games mixed in. Court shoes are required.

Fri, Apr 10-May 15 | 3:30-5 pm | \$198/6 | [162693](#)

Fri, May 22-Jun 19 | 3:30-5 pm | \$165/5 | [162696](#)

North Island Tennis Academy

Babysitter Training

11 to 15 Years

The Red Cross 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 an emergency.

Sun, Apr 12 | 9 am-4:30 pm | \$60/1 | [162840](#)

Hammond Bay Elementary

Sun, May 3 | 9 am-4:30 pm | \$60/1 | [162836](#)

Sun, Jul 19 | 9 am-4:30 pm | \$60/1 | [162750](#)

Beban Park Social Centre

Sat, Jun 6 | 9 am-4:30 pm | \$60/1 | [158306](#)

Sat, Aug 15 | 9 am-4:30 pm | \$60/1 | [158307](#)

Vancouver Island Conference Centre

Home Alone

10 to 13 Years

For the child who may be ready to be home alone. The format for this program includes establishing rules and routines, handling emergency situations, personal safety, basic first aid and much more. Price includes a student manual.

Sat, Apr 11 | 9 am-12 pm | \$48/1 | [162795](#)

Sat, Apr 11 | 1-4 pm | \$48/1 | [162796](#)

Sun, May 24 | 9 am-12 pm | \$48/1 | [162797](#)

Sun, May 24 | 1-4 pm | \$48/1 | [162798](#)

Sun, Jun 14 | 9 am-12 pm | \$48/1 | [162800](#)

Sun, Jun 14 | 1-4 pm | \$48/1 | [162802](#)

Sat, Jul 18 | 9 am-12 pm | \$48/1 | [162803](#)

Sat, Jul 18 | 1-4 pm | \$48/1 | [162804](#)

Sun, Aug 16 | 9 am-12 pm | \$48/1 | [162805](#)

Sun, Aug 16 | 1-4 pm | \$48/1 | [162807](#)

Beban Park Social Centre

Dungeons & Dragons Club

11 to 18 Years

Whether you're a beginner or have completed our beginner class and you're ready for Intermediate, you'll build on your problem-solving, reading, writing and math skills. Snacks and supplies will be provided. Program is in partnership with Literacy Central VI.

Intermediate

Fri, Apr 10-Jun 19 | 3-7 pm | FREE | [157860](#)

Bowen Park Complex

Kids Intro to Workout Training NEW!

This program is a fun and supportive introduction to dryland training. It focuses on teaching basic movement skills, coordination and healthy exercise habits in a safe, age-appropriate environment. Through circuits and creative workouts, participants will learn the fundamentals of bodyweight exercises, such as squats, jumps, balance activities, core movements and light cardio.

8 to 11 Years

Tue, Apr 7-28 | 3:30-4:15 pm | \$40/4 | [163477](#)

Tue, May 5-26 | 3:30-4:15 pm | \$40/4 | [163478](#)

Tue, Jun 2-23 | 3:30-4:15 pm | \$40/4 | [163480](#)

12 to 14 Years

Tue, Apr 7-28 | 4:15-5 pm | \$40/4 | [163481](#)

Tue, May 5-26 | 4:15-5 pm | \$40/4 | [163482](#)

Tue, Jun 2-23 | 4:15-5 pm | \$40/4 | [163483](#)

Nanaimo Ice Centre



DO YOU REQUIRE ADDITIONAL SUPPORT?

If you require any accommodations or additional support when participating in our programs, please contact us at 250-756-5200.

RecSkate Pre-Teen/Teen

12 to 17 Years

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

Thu, Apr 9-May 7 | 5:45-6:30 pm | \$65/5 | [162727](#)

Sat, Apr 11-May 9 | 11:15 am-12:15 pm | \$70/5 | [162732](#)

Mon, Apr 13-May 11 | 6:45-7:45 pm | \$70/5 | [162720](#)

Frank Crane Arena

Mon, May 25-Jun 22 | 6:45-7:45 pm | \$70/5 | [162723](#)

Thu, May 28-Jun 25 | 5:45-6:30 pm | \$65/5 | [162730](#)

Mon, Jun 29-Aug 10 | 6:45-7:45 pm | \$84/6 | [162726](#)

Tue, Jul 2-Aug 13 | 6:15-7:15 pm | \$98/7 | [162731](#)

Nanaimo Ice Centre

Sat, May 30-Jun 27 | 11:15 am-12:15 pm | \$70/5 | [162733](#)

Cliff McNabb Arena

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!

Artistic Expressions: Cartooning

16 + Years

Discover the fundamentals of sketching stick figures, animals, faces and beyond. In addition, depending on your skill level and interests, you may also delve into subjects like shading, perspective and basic storytelling.

Instructor: David Harvey

Sat, Apr 4-May 9 | 12:30-1:30 pm | \$42/6 | [163465](#)

Sat, May 16-Jun 27 | 12:30-1:30 pm | \$42/6 | [163466](#)

Oliver Woods Community Centre



Youth Intro to Pottery Wheel

11 to 15 Years

Let's turn mud into magic! This is designed for young creators who want to learn the clay process from start to finish. You will pinch, spin and shape your way to amazing pieces while exploring the skills of wheel throwing. Let your imagination take the wheel!

Instructor: Gilian Hall

Thu, Apr 9-30 | 4-6 pm | \$140/4 | [163547](#)

Bowen Park Pottery Studio

Handbuilding for Youth

11 to 15 Years

Learn to shape clay using skills like coiling, pinching, slab-building and sculpting. You are encouraged to use your creativity to make each piece your own, especially when exploring surface decoration and glazing.

Instructor: Gilian Hall

Thu, May 21-Jun 11 | 4-6 pm | \$140/4 | [163552](#)

Bowen Park Pottery Studio

Taekwondo and Self-Defense

13+ Years

Learn the Korean art of self-defense which places a strong emphasis on circular movement, redirection and self-confidence. Our highly qualified 9th degree black belt, Grand Master Kim, strives to maximize your potential by maintaining a traditional foundation based upon physical well-being and mental integrity.

Instructor: World Taekwondo Academy

Wed, Apr 22-29 | 6:10-7 pm | \$25/2 | [161396](#)

Wed, May 6-13 | 6:10-7 pm | \$25/2 | [161399](#)

Wed, Jun 3-10 | 6:10-7 pm | \$25/2 | [161401](#)

World Taekwondo Academy (307 Wellington Rd)

Taekwondo and Self-Defense with Master Moy (Teens & Adults)

Join our Taekwondo classes with Master Moy, a 7th Dan Black Belt! Perfect for both youth and adults, these classes build strength, confidence, focus and leadership. Whether you're learning self-defense, making new friends or having fun, Master Moy will guide you through the basics in a supportive community. Come start your martial arts journey today.

Instructor: Master Moy

Sun, May 10-31 | 12-12:45 pm | \$24/4 | [162542](#)

Sun, Jun 7-28 | 12-12:45 pm | \$24/4 | [162543](#)

Bowen Park Complex

Paddle & Pizza - Youth Week

Join us for a social paddle featuring kayaking, canoeing and SUP. Play on-water games like paddle tag and finish with a pizza party and music. No experience needed; all gear provided!

Fri, May 1 | 4-6:30 pm | \$10/1 | [162564](#)

Loudon Park (Long Lake)

Graffiti Works - Youth Week

Join local artist, Stephanie Teichman, as she takes you through the steps of her creation "Here 2 Create" and offers support for you to create your own graffiti-spray paint inspired piece to take home.

Sat, May 2 | 12:30-2:30 pm | \$25/1 | [163015](#)

Nanaimo Aquatic Centre



Dragon Boat Blitz - Youth Week

Learn the ancient sport of dragon boating in this fast-paced, high-energy session. It's the ultimate teambuilding activity. All levels are welcome.

Tue, May 5 | 4-6 pm | \$10/1 | [162565](#)

Loudon Park (Long Lake)

Play with Clay: Learn to Handbuild

Learn simple techniques like pinching, coiling and slab building to create your own unique piece. No pressure and no prior experience - just enjoy the magic of getting creative with clay.

Thu, May 7 | 4-6 pm | \$35/1 | [163549](#)

Bowen Park Pottery Studio

YOUTH WEEK

For a complete listing of Youth Week Activities, see page 48.



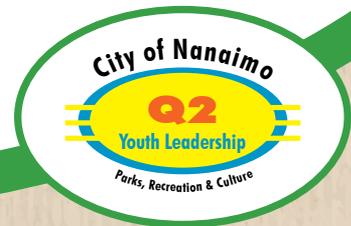
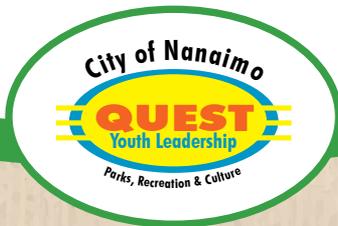
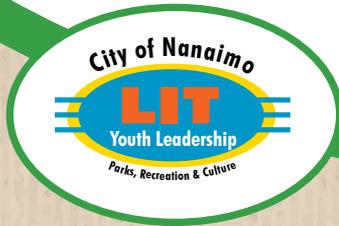
cityofnanaimo



prc_nanaimo (#ilovemyparksandrec)

YOUTH LEADERSHIP

Over 40 Years of Creating Community Leaders



LIT (Leaders in Training) 13-18 YEARS

(Must be at least 13 years old by December 31, 2026 and starting Grade 8 in September 2026)

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. Upon completion of your training, you will be required to select at least one placement within each of our volunteering categories. *(Note: All volunteer placements must be completed by August 31, 2026.)*

PARENTS: Check out our "Frequently Asked Questions" www.nanaimo.ca/goto/LIT



How to Join:

1. Register for LIT using barcode 163136. Cost is \$175.
2. Register your parents for the **Free Parent Info Night** held on Wednesday, May 6, 6:30-7:30pm (barcode 163135) OR if unable to make it, receive our new informational video from our LIT Coordinator. This is where your parents will find out what you will be doing at this program and what the expectations are. *(If you are on the fence, we strongly recommend registering for LIT before the Parent Information Night as this program fills up quickly.)*
3. Register for the **LIT University Workshops**. You must register for all four - no exceptions (see box below).
4. Attend **Orientation** on Sunday, May 24, 11 am-3 pm at Beban Park Social Centre.
5. View and sign up using the online **Placement Sign-Up**.
6. Go to your **Placements** to volunteer, learn new skills, make new friends and have fun!

- 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

LIT University Workshops (take place at Beban Park):

Children 101

- Mon, May 25, 7-9 pm 163144
- Mon, Jun 8, 7-9 pm 163154

On the Job 101

- Tue, May 26, 7-9 pm 163145
- Tue, Jun 9, 7-9 pm 163155

Clowning 101

- Wed, May 27, 7-9 pm 163146
- Wed, Jun 10, 7-9 pm 163158

Teamwork 101

- Thu, May 28, 7-9 pm 163150
- Thu, Jun 11, 7-9 pm 163160



QUEST

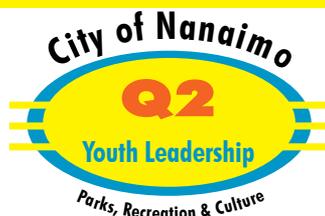
14-18 YEARS

Have you completed the Leaders in Training (LIT) Program and want to continue developing your leadership skills. If so, try our Quest program!

How to Join:

1. Register for Quest using barcode 163138. Cost is \$175.
2. Attend Orientation on Sunday, May 24, 9 am-3 pm at Beban Park Social Centre. At Orientation, you can choose to remain in Quest Community or specialize in Arenas, Aquatics or Environment. In Quest Environment, you will help develop an environmental initiative team spearheading change in the community while completing some aspects of the traditional Quest Community program.
3. Attend 1-2 LIT University Sessions to help train the LITs. You don't have to pre-register, but please make note of the dates and ensure you have some evening availability on those weeks (see previous page for dates).
4. View and sign up using the online Placement Sign-Up.
5. Go to your Placements to volunteer, learn new skills, make new friends and have fun!

- 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
- Define your area of interest



Are you ready to take your leadership skills to the next level? Join our transformative youth leadership program where you will embark on a journey of personal and professional growth like never before!



14-19 years

- Further develop your leadership skills
- Engage in professional development and take away various certifications
- Lead a passion project close to your heart and make a real impact
- Create a plan for your future
- Receive guidance from industry experts to shape your future
- Network with professionals and peers in your field of interest
- Learn about community engagement

The next intake for Q2 is Fall 2026. See our website for more information.



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YOUTH WEEK

May 1-7, 2026



Join us as we celebrate youth in Nanaimo!
Check out the YOUth Nanaimo Facebook page
for more information on this year's events.

Please note that pre-registration is required
for the events listed below with an *;
space is limited.

Call 250-756-5200 or visit recreation.
nanaimo.ca for details or to
reserve your spot.

Friday, May 1 <ul style="list-style-type: none"> Youth Lounge & Pizza Paddle & Pizza* Toonie Swim 	2-9 pm 4-6:30 pm 7:30-9 pm	FREE \$10 \$2	150670 162564 Drop-in	Nanaimo Aquatic Centre Long Lake Nanaimo Aquatic Centre
Saturday, May 2 <ul style="list-style-type: none"> Weight Room Orientation Youth Lounge Pizza Party Graffiti Works* 	1-1:45 pm 2-9 pm 12:30-2:30 pm	FREE FREE \$25	162547 Drop-in 163015	Nanaimo Aquatic Centre Nanaimo Aquatic Centre Nanaimo Aquatic Centre
Sunday, May 3 <ul style="list-style-type: none"> Babysitter Training Weight Room Orientation Toonie Skate 	9 am-4:30 pm 1-1:45 pm 3-4:30 pm	\$60/1 FREE \$2	162836 162548 Drop-in	Beban Park Social Centre Nanaimo Aquatic Centre Cliff McNabb Arena
Monday, May 4 <ul style="list-style-type: none"> Spare Blox Spare Blox 	5-6:30 pm 7-8:30 pm	FREE FREE	Drop-in Drop-in	Park Avenue Elementary Fairview Elementary
Tuesday, May 5 <ul style="list-style-type: none"> Dragon Boat Blitz* Spare Blox Spare Blox 	4-6 pm 6-7:30 pm 6:30-8 pm	\$10 FREE FREE	162565 Drop-in Drop-in	Long Lake Uplands Elementary Oliver Woods
Wednesday, May 6 <ul style="list-style-type: none"> LIT Parent Info Night Spare Blox 	6:30-7:30 pm 8:30-10 pm	FREE FREE	163135 Drop-in	Beban Park Social Centre John Barsby School
Thursday, May 7 <ul style="list-style-type: none"> Youth Lounge - Sundae & Swim Play with Clay: Handbuild* 	3-7 pm 4-6 pm	FREE \$35	150669 163549	Nanaimo Aquatic Centre Bowen Pottery Studio

Paddle & Pizza*

Join us for a social paddle featuring kayaking, canoeing and SUP. Play on-water games like paddle tag and finish with a pizza party and music. No experience needed; all gear provided!

Dragon Boat Blitz*

Learn the ancient sport of dragon boating in this fast-paced, high-energy session. It's the ultimate teambuilding activity. All levels are welcome.

Graffiti Works*

Join local artist, Stephanie Teichman, as she takes you through the steps of her creation "Here 2 Create" and offers support for you to create your own graffiti-spray paint inspired piece to take home.

Play with Clay: Learn to Handbuild*

Learn simple techniques like pinching, coiling and slab building to create your own unique piece. No pressure and no prior experience - just enjoy the magic of getting creative with clay.

FREE!

Youth

SPARE BLOX



Spare Blox is brought to the community as a partnership between the City of Nanaimo and Nanaimo Ladysmith Public Schools.



Bring your energy and ideas!
Spare Blox is your space to move and connect!

Looking for a fun, active way to spend your free time? Spare Blox is a youth-led open gym time designed for connection, movement and fun! This is a drop-in gym time where youth take the lead (with adult supervision) to play sports in a welcoming space for everyone. Make new friends, stay active and have fun in a relaxed, supportive environment. No pre-registration is required, and space is limited.

AGE 10 TO 14

Mon, Mar 30-Jun 8
5-6:30 pm
Park Avenue Elem.

AGE 11 TO 15

Mon, Mar 30-Jun 8
7-8:30 pm
Fairview Comm. School

AGE 10 TO 13

Tue, Mar 31-Jun 9
6-7:30 pm
Uplands Elem. School

AGE 13 TO 17

Tue, Mar 31-Jun 23
6:30-8 pm
Oliver Woods

AGE 13 TO 17

Wed, Apr 1-Jun 10
8:30-10 pm
John Barsby School

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

FREE!
11-18 yrs

YOUTH LOUNGE

Hang out at Nanaimo Aquatic Centre!

Thursdays until June 25, 3-7 pm (#150669)

Fridays until June 26, 2-9 pm (#150670)*

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



*Friday Youth Lounge is proudly supported through the NYRS & BSC funding.



Youth Lounge is proudly brought to you by the City of Nanaimo and BGC of Central Vancouver Island.

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



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Arts & Crafts

Fine Ring Stacking Workshop

Learn to size your finger, develop basic silversmith and soldering skills and become familiar with studio safety, torch use, texturing and finishing techniques. All supplies, including silver, are included in the cost. You will leave with three stunning rings that you crafted yourself!

Instructor: Angela Scorer

Sat, Apr 25 | 10:30 am-1:30 pm | \$139/1 | [160981](#)

Sat, May 9 | 10:30 am-1:30 pm | \$139/1 | [160984](#)

Sat, Jun 20 | 10:30 am-1:30 pm | \$139/1 | [161015](#)

Bowen Park Complex



Wide Ring Stacking Workshop

Learn to size your finger, develop basic silversmith and soldering skills and become familiar with studio safety, torch use, texturing and finishing techniques. All supplies, including silver, are included in the cost. You will leave with a stunning wide hammered ring and a fine stacking ring that you crafted yourself!

Instructor: Angela Scorer

Sat, Apr 25 | 2:30-5:30 pm | \$139/1 | [160982](#)

Sat, May 9 | 2:30-5:30 pm | \$139/1 | [160986](#)

Sat, Jun 20 | 2:30-5:30 pm | \$139/1 | [161016](#)

Bowen Park Complex

Layered Necklace Workshop NEW!

Design and create your own handcrafted layered necklace set in this creative, hands-on class.

You will make both a short choker and a long pendant necklace while learning how to shape, connect and layer wire elements. Every chain, clasp and pendant is made by you resulting in a one-of-a-kind piece that reflects your style.

Instructor: Alicia Meek

Sat, May 30 | 11 am-1 pm | \$49/1 | [159380](#)

Bowen Park Complex

Wire Wrapped Hoops & Earrings NEW!

In this fun, beginner-friendly workshop, explore shaping, wrapping and decorative techniques to design beautiful pieces with your choice of beads or crystals. Leave with a pair of handmade earrings and the skills to keep creating your own jewelry at home.

Instructor: Alicia Meek

Sat, May 30 | 1:30-3:30 pm | \$45/1 | [159382](#)

Bowen Park Complex

Wire Wrapped Jewelry - Hammered

Take your wire wrapping skills to the next level with hammered techniques in this intermediate jewelry-making class. Learn how to create unique, textured pieces using wire and a hammer for stunning results. No prior experience needed - just creativity and enthusiasm.

Instructor: Alicia Meek

Tue, Jun 9 | 6:30-8:30 pm | \$45/1 | [159388](#)

Bowen Park Complex

Weaving the Wild: Nature Mobiles & Dreamcatchers NEW!

Connect with your creativity and nature in this relaxing, fully hands-on workshop. Using English Ivy and other foraged materials, such as twigs, feathers, moss and flowers, you will weave your own nature-inspired mobile or dreamcatcher. No experience is needed.

Instructor: Alicia Meek

Sat, Apr 25 | 1:30-3:30 pm | \$45/1 | [159371](#)

Bowen Park Complex

Pressed Flower Lanterns & Suncatchers NEW!

Create luminous, nature-inspired art using foraged flowers and natural materials. In this relaxing, hands-on workshop, you will design your own paper lantern and hanging suncatcher using pressed blooms, vines and other foraged finds. This is a beautiful way to weave creativity with the season's colours and bring the outdoors into your home.

Instructor: Alicia Meek

Tue, May 26 | 6:30-8:30 pm | \$45/1 | [159376](#)

Bowen Park Complex

Basket Weaving with English Ivy

In this workshop, you will learn about the invasive species English Ivy and how to process it for weaving. You will create a small basket to take home. A relaxing and meditative craft that turns an invasive plant into something useful and beautiful. Perfect for all levels.

Instructor: Alicia Meek

Sat, Jun 20 | 11 am-1 pm | \$34/1 | [159389](#)

Bowen Park Complex

Mixed Media Art

Come explore and learn a variety of art techniques, including intuitive painting, collage, stamping and more. If you are looking for an introduction to art, craving some fun and lightness and/or you are wanting to move through your fear of making art, this class is for you. We will create a few art pieces, imbuing them with your own personal meaning. A supply list will be given at the first class.

Instructor: Soleila Erickson

Sat, May 2-Jun 6 | 2:30-4:30 pm | \$120/6 | [158136](#)

Bowen Park Complex

Artistic Expressions: Cartooning

16 + Years

Discover the fundamentals of sketching stick figures, animals, faces and beyond. In addition, depending on your skill level and interests, you may also delve into subjects like shading, perspective and basic storytelling.

Instructor: David Harvey

Sat, Apr 4-May 9 | 12:30-1:30 pm | \$42/6 | [163465](#)

Sat, May 16-Jun 27 | 12:30-1:30 pm | \$42/6 | [163466](#)

Oliver Woods Community Centre

Drawing Digitally with Procreate **NEW!**

This fun, fast-paced intro to digital drawing gets you creating right away. We will dive into setting up your iPad and Apple Pencil, mastering the Procreate interface, choosing the right canvas and brushes and turning your sketches into polished digital artwork. Along the way you will play with a variety of tools and then export your work for print, social media and even satisfying time-lapse videos. Bring your own iPad with Apple Pencil, Procreate installed and a charger. Android tablets with other apps are welcome. This course is iPad and Procreate-based, but many of the skills will transfer. Get ready to draw, experiment and have fun.

Instructor: Amy Pye

Wed, Apr 8-29 | 5-6 pm | \$60/4 | [163377](#)

Wed, May 6-27 | 5-6 pm | \$60/4 | [163381](#)

Beban Park Social Centre

So You Wanna Make a Children's

Book **NEW!**

This lively workshop pulls back the curtain on what it really takes to bring a kids' book to life. From choosing the right age group and pacing your story, to shaping your narrative and planning illustration flow, you will learn how words and pictures work together on the page. Learn how to work with illustrators, the basics of contracts and copyright and break down today's publishing paths so you can choose what fits your goals.

Instructor: Amy Pye

Sat, Apr 25 | 1-4 pm | \$60/1 | [163373](#)

Sat, May 30 | 1-4 pm | \$60/1 | [163374](#)

Sat, Jun 20 | 1-4 pm | \$60/1 | [163375](#)

Bowen Park Complex

Unleash your creativity and give your pottery a personality of its own!

Workshop Week: Pottery with Personality, held from **July 6-11**, is a vibrant, hands-on series designed for makers of all levels who want to explore the art of surface decoration in fun, expressive and inspiring ways.

Glazing 101 **NEW!**

Step into the colourful world of pottery glazing! In this beginner-friendly session, you'll discover tips and tricks for successfully glazing your work. Learn techniques for glazing a variety of forms and how to use wax resist for function and decoration. Test tiles will be available for use, or bring your own bisqued work.

Instructor: Sarah Plamondon

Mon, Jul 6 | 5:30-8:30 pm | \$89/1 | [164351](#)

Custom Stamp Making **NEW!**

Design and carve your own custom stamps to create textures, patterns and signature marks that make your pottery uniquely yours.

Instructor: Gillian Hall

Tue, Jul 7 | 6-9 pm | \$79/1 | [164349](#)

Impressions of Nature **NEW!**

Join us for a creative session where clay meets the beauty of the natural world. Explore the art of creating botanical impressions by pressing real plants, leaves and natural textures into soft clay. Once the patterns are revealed, we'll bring each piece to life using vibrant colour flooding techniques that highlight the delicate details of every imprint. This workshop is perfect for beginners and experienced makers alike. Come connect with nature, play with texture and colour and craft a one-of-a-kind ceramic piece that celebrates the beauty of the outdoors.

Instructor: Gillian Hall

Wed, Jul 8 | 10 am-12:30 pm | \$79/1 | [164580](#)

Clay & Coffee **NEW!**

Sip, shape and create a beautiful handbuilt mug in this relaxing experience. Enjoy a warm drink while learning the art of basic handbuilding techniques and how to personalize your mug with design, decoration, shaping tips and glaze colour. This workshop is perfect for beginners and enthusiastic potters alike. Bring a mug with a closed lid if you wish to enjoy a warm drink.

Instructor: Gillian Hall

Thu, Jul 9 | 9-11:30 am | \$65/1 | [163694](#)

Stencil Resist **NEW!**

Learn to create your own unique stencils and how to layer underglazes for colorful effects. In this workshop you will complete a set of coasters or small bowls to showcase your new decorative skills. Beginner-friendly, but some clay experience is recommended.

Instructor: Sarah Plamondon

Fri, Jul 10 | 12:30-5:30 pm | \$99/1 | [164496](#)

Sgraffito **NEW!**

Discover the bold and expressive beauty of carving through coloured slip to reveal eye-catching contrasting layers beneath. This workshop is ideal for anyone who loves surface design.

Instructor: Megan Young and Sarah Minhas

Thu, Jul 9 | 5:30-8:30 pm | \$79/1 | [164578](#)

Sat, Jul 11 | 1:30-4:30 pm | \$79/1 | [164350](#)



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PLAY WITH CLAY:

Try-It Classes

16 + Years

Curious about clay? Come join us for a muddy adventure where the goal isn't perfection - it's the experience! Our "Play with Clay Try-It Classes" are designed for anyone who wants to dip their hands into the world of pottery wheel throwing or handbuilding without committing to a full multi-week course. No pressure; no prior experience - just enjoy the magic of getting creative with clay.

Your class includes:

- Clay to create your own unique piece
- Choice between 3 glaze colours
- Kiln firing
- All tools and materials
- A relaxed and creative environment

Play with Clay - Try it Class: **NEW!**

Wheel Throwing

This will teach you the basics in centering your clay, pulling walls and shaping simple forms.

Fri, Apr 10 | 7-9:30 pm | \$65/1 | [163675](#)

Fri, Apr 24 | 7-9:30 pm | \$65/1 | [163680](#)

Sat, May 23 | 5:30-8 pm | \$65/1 | [163682](#)

Sat, Jun 6 | 5:30-8 pm | \$65/1 | [163683](#)

Fri, Jun 12 | 7-9:30 pm | \$65/1 | [163684](#)

Sat, Jun 27 | 5:30-8 pm | \$65/1 | [164564](#)

Fri, Jul 17 | 7-9:30 pm | \$65/1 | [163685](#)

Sat, Aug 15 | 5:30-8 pm | \$65/1 | [163686](#)

Bowen Park Pottery Studio

Play with Clay - Try it Class: **NEW!**

Handbuilding

This class will introduce simple techniques like pinching, coiling and slab building.

Sat, Apr 11 | 5:30-8 pm | \$65/1 | [163678](#)

Fri, May 8 | 7-9:30 pm | \$65/1 | [163681](#)

Fri, Jun 5 | 7-9:30 pm | \$65/1 | [164571](#)

Bowen Park Pottery Studio



Handbuilding 101 **NEW!**

16 + Years

Get introduced to the fundamental techniques of handbuilding in ceramics. You will learn to shape clay using pinch, coil and slab methods while exploring surface decoration and glazing. The program emphasizes skill development, creativity and craftsmanship providing a strong foundation for future ceramic work.

Instructor: Megan Young

Wed, Apr 22-May 27 | 10 am-12:30 pm | \$210/6 | [163553](#)

Bowen Park Pottery Studio

Beginner Pottery Wheel Throwing

16 + Years

This introductory class is perfect for those new to the pottery wheel. Participants will transform a lump of clay into functional pieces by learning the tools and techniques. Whether you are looking for a relaxing hobby or a new artistic adventure, this class is all about fun and getting your hands muddy. No prior experience is required! **Pro Potter Tip:** Participants are encouraged to repeat this course multiple times until confidence in centering and creating basic cylinders is achieved.

Instructor: Sarah Minhas, Sarah Plamondon, Megan Young or Gillian Hall

Sun, Apr 5-May 10 | 9:30 am-12 pm | \$231/6 | [163507](#)

Tue, Apr 7-May 12 | 6:30-9 pm | \$231/6 | [163525](#)

Fri, Apr 10-May 15 | 12-2:30 pm | \$231/6 | [163520](#)

Sat, Apr 11-May 16 | 1:30-4 pm | \$231/6 | [163516](#)

Sun, May 17-Jun 21 | 9:30 am-12 pm | \$231/6 | [163512](#)

Tue, May 19-Jun 23 | 6-8:30 pm | \$231/6 | [163526](#)

Fri, May 22-Jun 26 | 12-2:30 pm | \$231/6 | [163522](#)

Sat, May 23-Jun 27 | 1:30-4 pm | \$231/6 | [163518](#)

Sun, Jul 12-Aug 16 | 9:30 am-12 pm | \$231/6 | [163515](#)

Tue, Jul 14-Aug 18 | 6-8:30 pm | \$231/6 | [163527](#)

Fri, Jul 17-Aug 21 | 12-2:30 pm | \$231/6 | [163523](#)

Sat, Jul 18-Aug 22 | 1:30-4 pm | \$231/6 | [163519](#)

Bowen Park Pottery Studio

Beyond the Basics Wheel Throwing

16 + Years

Ready to take your pottery skills from beginner to the next level? This class is perfect for those who have mastered the basics and want to explore more creative possibilities on the wheel. Refine your techniques, learn new forms and add personality to your pieces.

Instructor: Gillian Hall or Sarah Plamondon

Thu, Apr 9-May 14 | 6:45-9:15 pm | \$231/6 | [163529](#)

Fri, Apr 10-May 15 | 3:30-6 pm | \$231/6 | [163700](#)

Thu, May 21-Jun 25 | 6:45-9:15 pm | \$231/6 | [163530](#)

Fri, May 22-Jun 26 | 3:30-6 pm | \$231/6 | [163701](#)

Thu, Jul 16-Aug 20 | 6:45-9:15 pm | \$231/6 | [163531](#)

Fri, Jul 17-Aug 21 | 3:30-6 pm | \$231/6 | [163702](#)

Bowen Park Pottery Studio

Clay & Coffee: Handbuilt Mug **NEW!**

16 + Years

Sip, shape and create a beautiful handbuilt mug in this relaxing experience. Enjoy a warm drink while learning the art of basic handbuilding techniques and how to personalize your mug with design, decoration, shaping tips and glaze colour. This workshop is perfect for beginners and enthusiastic potters alike. Bring a mug with a closed lid if you wish to enjoy a warm drink.

Instructor: Gillian Hall

Thu, Apr 9 | 9-11:30 am | \$65/1 | [163690](#)

Thu, May 7 | 9-11:30 am | \$65/1 | [163692](#)

Thu, Jun 4 | 9-11:30 am | \$65/1 | [163693](#)

Thu, Jul 9 | 9-11:30 am | \$65/1 | [163694](#)

Thu, Aug 6 | 9-11:30 am | \$65/1 | [163695](#)

Bowen Park Pottery Studio

Clayful Expressions Masterclass **NEW!**

Clayful Expressions is designed for intermediate to advanced potters who are ready to move past structured lessons and dive into self-directed projects with the freedom and mentorship of an experienced instructor. This is your space to experiment, refine and create pieces that truly reflect your artistic expression. Bring your ideas and questions to class (don't worry, the instructor will have lessons ready to share if no questions are presented).

Instructor: Bari Precious

Mon, Apr 13-May 11 | 6-8:30 pm | \$193/5 | [163534](#)

Mon, May 25-Jun 22 | 6-8:30 pm | \$193/5 | [163536](#)

Mon, Jul 13-Aug 17 | 6-8:30 pm | \$193/5 | [163537](#)

Bowen Park Pottery Studio

POTTERY CLASS PARTICIPANTS:

We kindly ask that you choose a class that truly reflects your current skill level. Our courses are thoughtfully structured with progressions to support learners at each stage of their pottery journey.

Selecting a class before you are ready can impact not only your own experience but also the learning environment for fellow potters and the ability of our instructors to guide the group effectively.

Thank you for helping us create a positive and supportive learning environment for our community studio.



Pottery Studio in Nanaimo

Wheel Throwing & Handbuilding Classes

- Drop-in classes
- Team building
- Date nights
- 6 week classes
- Birthday parties 🎉
- Studio membership



**6 week Adult
Classes include
free open studios!**



Learn more about us!

- 🌐 handeyeceramics.com
- ✉ info@handeyeceramics.com
- 📞 778-898-3414



**3168
UPLANDS
DRIVE**



Cooking

Greek Style Feta

This is a demonstration taste, touch and feel class where you will learn how to make your own feta cheese. Go home with ingredients and cultures to make your own at home.

Instructor: Paula Maddison

Thu, Apr 16 | 6-8 pm | \$68/1 | [157002](#)

Bowen Park Complex

Gruyere

Learn how to craft your own gruyere cheese at home! Paula demystifies the science and process behind crafting your own home made cheeses. This is a demonstration taste, touch and feel class which includes instructions and ingredients to make your own at home.

Instructor: Paula Maddison

Thu, May 21 | 6-8 pm | \$68/1 | [157003](#)

Bowen Park Complex

Mozzarella, Burrata and Bocconcini

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

Instructor: Paula Maddison

Thu, Jun 18 | 6-8 pm | \$68/1 | [157004](#)

Bowen Park Complex

Shiv's Punjabi Cooking

Experience the authentic taste of Punjabi cooking, music and culture with Shiv while learning to make a variety of foods, such a roti, paneer, pakora, prantha, puri, curry and so much more. Sample the delicious foods made in class, and take home recipes with you at the end of the evening.

Instructor: Shiv Sharma

Shiv's Favourites

Wed, May 20 | 7-9:30 pm | \$58/1 | [157057](#)

Wed, Aug 5 | 7-9:30 pm | \$58/1 | [157059](#)

Bowen Park Complex

Shiv's Vegetarian Favourites

Wed, Apr 15 | 7-9:30 pm | \$58/1 | [157056](#)

Wed, Jun 24 | 7-9:30 pm | \$58/1 | [157058](#)

Bowen Park Complex



Wild Fermentation: Kimchi & Spring Slaw with Wild Edibles **NEW!**

Learn how to turn wild spring greens into a vibrant, probiotic-rich slaw! In this hands-on workshop, you will use seasonal plants like dandelion greens, wild mustard, chickweed and edible petals to create two jars of colourful fermented goodness. Discover the health benefits of wild fermentation and take home your own living, nourishing creation.

Instructor: Alicia Meek

Thu, Apr 30 | 6:30-8:30 pm | \$55/1 | [158909](#)

Bowen Park Complex

Spring Fire Cider & Floral Oxydel **NEW!**

In this hands-on workshop, you will make two uplifting herbal tonics perfect for the spring season. First, a light twist on classic fire cider and a sweet, tangy oxydel. Take home your own creations and the knowledge to keep making them year-round.

Instructor: Alicia Meek

Thu, May 7 | 6:30-8:30 pm | \$49/1 | [158913](#)

Bowen Park Complex

Wild Seasoning Workshop **NEW!**

Learn to capture wild flavour in your kitchen! In this hands-on workshop, you will create your own herbal salts, infused oils and wild vinegars using seasonal plants and simple techniques. Decorate and label your jars to take home.

Instructor: Alicia Meek

Thu, May 14 | 6:30-8:30 pm | \$45/1 | [159372](#)

Bowen Park Complex

Wild Culinary Walk: Spring Greens & Blossoms **NEW!**

Join us for a guided spring plant walk to discover fresh edible greens and blossoms, such as chickweed, miner's lettuce, dandelion and nettle tips. Learn how to identify, harvest and use these wild plants in everyday cooking. After the walk, enjoy a simple on-site tasting and leave inspired to bring more wild flavours into your kitchen.

Instructor: Alicia Meek

Sat, Apr 25 | 11 am-1 pm | \$39/1 | [159652](#)

Bowen Park Complex

Did You Know? ☸

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

Intro to Wild Foraging **NEW!**

Learn essential plant identification skills and important pieces of foraging knowledge to help you forage safely and confidently. We will take a guided outdoor walk to practice identifying and harvesting wild edible and medicinal plants. This workshop is jam packed with knowledge and includes everything you need to get started.

Instructor: Alicia Meek

Sun, Apr 26 | 11 am-2 pm | \$64/1 | [159656](tel:250-756-5200)

Bowen Park Complex



Foraging in Spring: Shoots, Greens & Blossoms **NEW!**

Join us to explore spring foraging focusing on tender shoots, vibrant greens and edible blossoms. Learn how to identify, harvest and use seasonal plants safely and sustainably. Plus, you will have the opportunity to taste a couple of dishes made with foraged plants.

Instructor: Alicia Meek

Sun, May 3 | 11 am-1 pm | \$39/1 | [159661](tel:250-756-5200)

Bowen Park Complex

The Forager's Kitchen: Walk, Forage, Make, Eat **NEW!**

Join us for a delicious hands-on experience where we will walk, forage, cook and taste together. Discover edible spring plants, learn simple ways to prepare them and create fresh dishes, such as wild pesto, floral herbal drinks, or seasonal condiments. A perfect blend of nature, learning and shared food.

Instructor: Alicia Meek

Sat, May 9 | 11 am-1:30 pm | \$55/1 | [159665](tel:250-756-5200)

Bowen Park Complex

DO YOU REQUIRE ADDITIONAL SUPPORT?

If you require any accommodations or additional support when participating in our programs, please contact us at 250-756-5200.

SOCIAL CLUB

The Social Club is a gathering focused on fostering social connections and community spirit for individuals with diverse abilities. Participants will have the opportunity to participate in a variety of indoor and outdoor activities, including creative arts and crafts, collaborative games and enjoying the beauty of community together.



• Games • Swimming • Lunches • Movies • Crafts • Bingo

The Club meets Thursdays, 12-3 pm, at Beban Social Centre.

Please note that location of this program is subject to change.

Please contact us at 250-756-5200 to confirm.

Say Cheese



Share a photo of you or your family members participating in our programs and it could be featured in our upcoming Activity Guide!

Email your submission to parksandrecreation@nanaimo.ca



cityofnanaimo



prc_nanaimo (#ilovemyparksandrec)



Dance

Modern Social Square Dance

This is designed for those who have participated in our beginner program or for those who have previously square danced and wish to pick up their skills and re-join the square dancing community. Singles or couples are welcome.

Instructor: Mike Munro

Thu, Apr 16-May 14 | 1-3 pm | \$38/4 | [161163](#)

Beban Park Social Centre

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, Apr 8-Jun 3 | 7-8 pm | \$72/9 | [157742](#)

Wed, Jul 8-Aug 26 | 7-8 pm | \$64/8 | [157751](#)

Bowen Park Complex

Ballroom & Latin Dance - Beginner

Learn international ballroom and Latin dancing with a certified instructor, including the basics of social foxtrot, quickstep, cha cha and rumba. Make it a fun, social evening out while keeping your body agile. No previous dancing experience is required. Couples and singles are welcome.

Instructor: Nelson Wong

Wed, Apr 8-Jun 3 | 8-9 pm | \$72/9 | [157745](#)

Wed, Jul 8-Aug 26 | 8-9 pm | \$64/8 | [157752](#)

Bowen Park Complex

Ballroom & Latin Dance - Beginners Continuation

A review of basic techniques 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 are welcome.

Instructor: Nelson Wong

Wed, Apr 8-Jun 3 | 9-10 pm | \$72/9 | [157746](#)

Wed, Jul 8-Aug 26 | 9-10 pm | \$64/8 | [157753](#)

Bowen Park Complex

Ballroom & Latin Dance - Intermediate

A review of basic techniques covered in the beginner class will be followed by more intermediate variations. Try the waltz, tango, foxtrot, Viennese waltz, quickstep, samba and more. At least one ballroom and Latin will be taught in each session.

Instructor: Nelson Wong

Mon, Apr 13-Jun 1 | 7-8 pm | \$56/6 | [157739](#)

Mon, Jul 6-Aug 24 | 7-8 pm | \$56/6 | [157747](#)

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, Apr 13-Jun 1 | 9-10 pm | \$56/6 | [157740](#)

Mon, Jul 6-Aug 24 | 9-10 pm | \$56/6 | [157748](#)

Bowen Park Complex

Latin Formations Team

This is a continuation session for the Ballroom and Latin Formation Team. You will work towards performing at larger events and competitions. You will also be expected to invest in a team costume and attend extra practice times. New participants need to contact the instructor through Parks, Recreation and Culture before registering.

Instructor: Nelson Wong

Mon, Apr 13-Jun 1 | 8-9 pm | \$56/6 | [157741](#)

Mon, Jul 6-Aug 24 | 8-9 pm | \$56/6 | [157749](#)

Bowen Park Complex

Flamenco Dance

Enjoy learning basic steps and moves to the enticing rhythms and sounds of flamenco. Various choreographies will be worked on, including flamenco tangos, alegrias and sevillanas. Some previous flamenco and/or dance experience is recommended. Participants should wear comfortable shoes with a low heel.

Instructor: Heather Sandison

Tue, Apr 14-May 19 | 6:30-8 pm | \$90/6 | [158161](#)

Tue, May 26-Jun 30 | 6:30-8 pm | \$75/5 | [158164](#)

Tue, Jul 14-Aug 18 | 6:30-8 pm | \$90/6 | [158165](#)

Beban Park Social Centre

B-Fit - Bhangra & Bollywood Dance

Get ready for B-Fit – a high-energy class combining the vibrant beats of Bhangra and lively Bollywood dance. Led by Sukhi Sangha from Vancouver Island Bhangra, you'll master fun dance steps while getting fit. It's not just a workout. It's a celebration of culture, music and movement.

Instructor: Suhi Sangha

Tue, Apr 7-28 | 6:15-7 pm | \$80/4 | [162551](#)

Beban Park Social Centre

Zumba

Ready for a high energy dance party? Come out and enjoy this hour of cardio featuring different rhythms of music. There is no wrong way to Zumba, so lace up your dancing shoes and come enjoy the party!

Instructor: Fab Lethbridge

Mon, Apr 20-May 25 | 6:30-7:30 pm | \$40/5 | [160779](#)

Mon, Jun 1-29 | 6:30-7:30 pm | \$40/5 | [160780](#)

Instructor: Rika Carlson

Wed, Apr 1-May 13 | 6-7 pm | \$56/7 | [159795](#)

Wed, May 20-Jun 24 | 6-7 pm | \$48/6 | [159798](#)

Wed, Jul 8-29 | 6-7 pm | \$32/4 | [159800](#)

Wed, Aug 5-Sep 2 | 6-7 pm | \$40/5 | [159802](#)

Oliver Woods Community Centre

Weekend Zumba Party

Are you looking for a high-energy, thrilling weekend activity? Come work out for an hour at Oliver Woods while listening to a range of upbeat musical rhythms. Put on your dancing shoes and join the celebration. No prior experience is required.

Instructor: Rika Carlson

Sat, Apr 4-May 16 | 11:30 am-12:30 pm | \$48/6 | [159825](#)

Sat, May 23-Jun 27 | 11:30 am-12:30 pm | \$48/6 | [159826](#)

Sat, Jul 4-Aug 1 | 11:30 am-12:30 pm | \$40/5 | [159827](#)

Sat, Aug 8-29 | 11:30 am-12:30 pm | \$32/4 | [159828](#)

Oliver Woods Community Centre

Zumba Gold D

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

Instructor: Mary Keel

Mon, Apr 13-May 11 | 9-10 am | \$40/5 | [159283](#)

Mon, May 25-Jun 29 | 9-10 am | \$48/6 | [159285](#)

Mon, Jul 6-Aug 31 | 9-10 am | \$56/7 | [159286](#)

Wed, Apr 1-May 13 | 10:15-11:15 am | \$56/7 | [159782](#)

Wed, May 20-Jun 24 | 10:15-11:15 am | \$48/6 | [159783](#)

Wed, Jul 8-Sep 2 | 10:15-11:15 am | \$56/7 | [159784](#)

Oliver Woods Community Centre



First Aid

All courses below are operated in partnership with Canadian Red Cross, and they include a manual, pocket mask and access to an online comprehensive guide. For more detailed information on each class and to learn about re-certification, please visit www.redcross.ca or call 250-756-5200.

Emergency Childcare First Aid

This course is designed for parents and caregivers of children. Approved by the Provincial Childcare Licensing Board, this course covers CPR B (Child & Infant) and AED training for children and infants in addition to first aid skills, including choking, breathing emergencies and wound care. Retraining is recommended every three years.

Sat, Jun 27 | 9:30 am-6 pm | \$110/1 | [161594](#)

Beban Park Social Centre

Emergency First Aid with CPR/AED Level C

Basic one-day course offering lifesaving first aid and CPR skills for the workplace or home. Course meets legislation requirements for provincial/territorial worker safety and insurance boards and includes the latest first aid and CPR guidelines. This course is considered an equivalent to Work Safe BC Basic First Aid. Fees include a manual, a pocket mask and access to a virtual certificate upon successful course completion.

Sat, Apr 11 | 9 am-5:30 pm | \$110/1 | [161288](#)

Sat, May 30 | 9 am-5:30 pm | \$110/1 | [161212](#)

Sat, Jun 13 | 9 am-5:30 pm | \$110/1 | [161217](#)

Sat, Aug 29 | 9 am-5:30 pm | \$110/1 | [161287](#)

Beban Park Social Centre

Standard First Aid & CPR C/AED

This comprehensive two-day course offers first aid CPR skills for those who need training due to work requirements or who want more knowledge to respond to emergencies at home. Course meets legislation requirements for provincial/territorial worker safety and insurance boards and includes the latest first aid and CPR guidelines. This course is considered an equivalent to Work Safe BC Intermediate First Aid. Fees include a manual, a pocket mask and access to a virtual certificate upon successful course completion.

Sat/Sun, Apr 11 & 12 | 9 am-5:30 pm | \$185/2 | [161210](#)

Sat/Sun, May 30 & 31 | 9 am-5:30 pm | \$185/2 | [161208](#)

Sat/Sun, Jun 13 & 14 | 9 am-5:30 pm | \$185/2 | [161207](#)

Sat/Sun, Aug 29 & 30 | 9 am-5:30 pm | \$185/2 | [161227](#)

Beban Park Social Centre



cityofnanaimo



prc_nanaimo (#ilovemyparksandrec)



Outdoor, Sport & Wellness

All Natural Hair Care **NEW!**

Whether your hair is oily, dry, colour-treated or you are dealing with dandruff or hair loss, this fun and informative "All Hair Care" class is for you! Using an array of herbal botanicals, aromatherapy oils and moisturizing shampoo bars, make your own nourishing hair products. Recipes on deep conditioner, a detangler and hair rinses are also included.

Instructor: Cheryl Theilade

Sat, Apr 18 | 9-11 am | \$42/1 | [161335](#)

Bowen Park Complex

Soy Bee It **NEW!**

Beeswax is the foundation for many nourishing health and body products. From cosmetics to skin moisturizers, beeswax plays the role of an emollient and a humectant. Additionally, beeswax works as an antioxidant and is a good source for Vitamin A which is good for rough and dry skin. We will work with a variety of ingredients to create a healthy lip balm, a healing herbal salve, a solid lotion bar and a top-quality soy candle. Recipes provided for a honey facial mask and a furniture polish are included.

Instructor: Cheryl Theilade

Sat, Apr 18 | 2-4 pm | \$42/1 | [161334](#)

Bowen Park Complex

Signature Manicure & Pedicure **NEW!**

Imagine creating your own nail bar in the privacy of your own home. Experience and customize your own pedicure and manicure spa treatments. In this hands-on class, create gratifying and affordable products and receive recipes on foot sprays and nail fungus treatments.

Instructor: Cheryl Theilade

Sat, Apr 18 | 11:30 am-1:30 pm | \$42/1 | [161332](#)

Bowen Park Complex

Trail Running

Is it true that trail runners have more fun? Join us and find out! You will run with an experienced leader that will cover trail running techniques, gear, hydration, navigation, safety and much more. Please wear good running/trail shoes and be in good physical health. Locations will vary. This program is suitable for all levels of runners.

Instructor: Sarah Worden

Wed, Apr 8-May 13 | 9:30-11 am | \$65/6 | [161307](#)

Wed, May 20-Jun 24 | 9:30-11 am | \$65/6 | [161308](#)

First Class: Westwood Lake First Beach

Intro to Fly Fishing

Learn about this sport, including water and dry land practice casting instruction. Discover the differences between spinning rods and fly fishing rods, types of fly fishing lines and introduction to fly tying. Casting on the last day will take place at Westwood Lake. Bring your existing equipment if you wish to use it or have it evaluated.

Wed/Sat, Apr 15-May 2 | 7-9 pm | \$80/4 | [152034](#)

Beban Park (last class at Westwood Lake)

Intro to Cold Water Therapy

Bring your wellness journey to the next level. Cold water therapy can improve your circulation, deepen your sleep, spike your energy levels and reduce inflammation in your body. Join us for a cold water dip to learn more about this practice and improve your own mental and physical well-being.

Instructor: Gina Villares

Sat, Apr 4 | 9 am-12 pm | \$12/1 | [149168](#)

Kin Hut Activity Centre/Departure Bay Beach

Sunrise/ Sunset Stand Up Paddleboard

Experience some of the best sunsets in our community and leave more relaxed and content than you arrived. Experience paddling, a mini stretch session and an enjoyable social evening with us. No experience necessary; all equipment provided.

Instructor: Nanaimo Canoe and Kayak Club

Tue, Jul 7-Aug 25 | 7:30-9 pm | \$176/8 | [162444](#)

Wed, Jul 8-Aug 26 | 5:45-7 am | \$176/8 | [162443](#)

Thu, Jul 9-Aug 27 | 7:30-9 pm | \$176/8 | [162447](#)

Long Lake/Loudon Park

Family Paddling

Introduce your family to a great activity and a welcoming community on the water. Learn about water and boating safety, paddling strokes and experience the diverse paddling opportunities with the local Canoe-Kayak Club.

Instructor: Nanaimo Canoe and Kayak Club

Sat, Jun 6 | 10 am-12 pm | \$50/1 | [162552](#)

Sun, Jun 7 | 1-3 pm | \$50/1 | [162553](#)

Sat, Jun 13 | 10 am-12 pm | \$50/1 | [162554](#)

Sun, Jun 14 | 1-3 pm | \$50/1 | [162555](#)

Sat, Jun 20 | 10 am-12 pm | \$50/1 | [162556](#)

Long Lake/Loudon Park

Paddle with Dad

6 Years +

Celebrate Father's Day with a fun paddle adventure! Enjoy paddling with family, and create lasting memories on the water.

Instructor: Nanaimo Canoe and Kayak Club

Sun, Jun 21 | 10 am-12 pm | \$50/1 | [162452](#)

Long Lake/Loudon Park



Paddler's Water Safety and Recovery

Master essential water safety and recovery skills in this hands-on workshop. Learn how to handle a capsized kayak or canoe and gain the confidence to paddle safely. Perfect for beginners or those seeking a refresher.

Instructor: Nanaimo Canoe and Kayak Club

Sun, Jun 14 | 9 am-12:30 pm | \$80/1 | [162567](#)

Sat, Jun 20 | 1-4:30 pm | \$80/1 | [162556](#)

Wed, Jun 24 | 5-8:30 pm | \$80/1 | [162568](#)

Long Lake/Loudon Park

Blue Space - Happy Place

Find your happy place on the water with us as you experience a variety of canoes and kayaks, learn new skills, meet new friends and embark on a new hobby and sport. No experience is necessary, and all equipment is provided.

Instructor: Nanaimo Canoe and Kayak Club

Tue, May 5-Jun 23 | 5:45-7:15 pm | \$176/8 | [162432](#)

Thu, May 7-Jun 25 | 5:45-7:15 pm | \$176/8 | [162433](#)

Tue, Jul 7-Aug 25 | 5:45-7:15 pm | \$176/8 | [162435](#)

Thu, Jul 9-Aug 27 | 5:45-7:15 pm | \$176/8 | [162434](#)

Long Lake/Loudon Park

Paddling for Seniors (60+) NEW!

Stay active, social and energized this summer! Join us for low-impact paddling sessions as you build fitness, boost flexibility and enjoy the outdoors. Paddle your way to better health.

Instructor: Nanaimo Canoe and Kayak Club

Tue, May 5-Jun 23 | 9:30-11:30 am | \$176/8 | [162573](#)

Fri, May 8-Jun 26 | 9:30-11:30 am | \$176/8 | [162575](#)

Tue, Jul 7-Aug 25 | 9:30-11:30 am | \$176/8 | [162574](#)

Fri, Jul 10-Aug 28 | 9:30-11:30 am | \$176/8 | [162577](#)

Long Lake/Loudon Park

Indoor Tennis Lessons - Beginner

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

Instructor: North Island Tennis Academy Staff

Tue, Mar 17-Apr 7 | 9:30-11 am | \$144/4 | [162651](#)

Wed, Mar 18-Apr 8 | 9:30-11 am | \$144/4 | [162670](#)

Thu, Mar 19-Apr 9 | 8-9:30 pm | \$144/4 | [162674](#)

Tue, Apr 14-May 19 | 9:30-11 am | \$216/6 | [162652](#)

Wed, Apr 15-May 20 | 9:30-11 am | \$216/6 | [162671](#)

Thu, Apr 16-May 21 | 8-9:30 pm | \$216/6 | [162675](#)

Tue, May 26-Jun 23 | 9:30-11 am | \$180/5 | [162653](#)

Wed, May 27-Jun 24 | 9:30-11 am | \$180/5 | [162672](#)

Thu, May 28-Jun 25 | 8-9:30 pm | \$180/5 | [162676](#)

Thu, Jul 9-30 | 6:30-8 pm | \$144/4 | [162710](#)

Thu, Aug 6-27 | 6:30-8 pm | \$144/4 | [162711](#)

North Island Tennis Academy (2367 Arbot Rd)

Indoor Tennis Lessons - Intermediate

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

Instructor: North Island Tennis Academy Staff

Sun, Mar 15-Apr 12 | 1:30-3 pm | \$144/4 | [162639](#)

Tue, Mar 17-Apr 7 | 8-9:30 pm | \$144/4 | [162656](#)

Thu, Mar 19-Apr 9 | 9:30-11 am | \$144/4 | [162665](#)

Tue, Apr 14-May 19 | 8-9:30 pm | \$216/6 | [162659](#)

Thu, Apr 16-May 21 | 9:30-11 am | \$216/6 | [162666](#)

Sun, Apr 19-May 24 | 1:30-3 pm | \$216/6 | [162645](#)

Tue, May 26-Jun 23 | 8-9:30 pm | \$180/5 | [162660](#)

Thu, May 28-Jun 25 | 9:30-11 am | \$180/5 | [162668](#)

Sun, May 31-Jun 28 | 1:30-3 pm | \$180/5 | [162647](#)

Tue, Jul 7-28 | 6:30-8 pm | \$144/4 | [162702](#)

Wed, Jul 8-29 | 6:30-8 pm | \$144/4 | [162704](#)

Tue, Aug 4-25 | 6:30-8 pm | \$144/4 | [162706](#)

Wed, Aug 5-26 | 6:30-8 pm | \$144/4 | [162708](#)

North Island Tennis Academy (2367 Arbot Rd)

Intro to Pickleball - Learn to Play

This beginner class will give you the tools you need to feel comfortable playing, including serving, returning serves, improving your net skills and more.

Instructor: Lee MacDonald

Mon, Apr 13-May 4 | 1:15-3:15 pm | \$84/3 | [161116](#)

Mon, May 11-Jun 1 | 1:15-3:15 pm | \$84/3 | [161117](#)

Mon, Jun 8-22 | 1:15-3:15 pm | \$84/3 | [161118](#)

Mon, Jul 6-20 | 1:15-3:15 pm | \$84/3 | [161119](#)

Mon, Jul 27-Aug 17 | 1:15-3:15 pm | \$84/3 | [161120](#)

Oliver Woods Community Centre

Fencing - All Levels

14 Years +

Beginner fencers receive instruction in the basic skills of foil fencing and will be introduced to sabre and epee. Experienced fencers receive instructions tailored to their needs in any of the three weapons (foil, sabre, epee). Challenge other fencers either using practice or electric equipment. All equipment is provided.

Instructor: Georgia Newsome

Wed, Apr 8-May 27 | 6:30-8 pm | \$120/8 | [161115](#)

Oliver Woods Community Centre

Historical Fencing - Intro

12+ Years

Perfect for newcomers, this class focuses on foundational techniques in a safe, controlled environment with low intensity. Students will get hands-on experience with singlestick, longsword, messer and rapier, a dagger and more. Some padded sparring with helmets and gloves are available to use.

Sun, Apr 12-Jul 14 | 10-11 am | \$130/10 | [161668](#)

Sun, Jun 21-Aug 30 | 10-11 am | \$143/11 | [161673](#)

Beban Park Centennial Building

Historical Fencing - Core

Build upon your fundamentals with higher-intensity warm-ups and sparring. Students will progress from padded to stick, synthetic and eventually steel weapons at a personalized pace. Core students gain access to an additional coached sparring session during the week and our Discord community where we organize tournaments and discuss all things swordplay.

Sun, Apr 12-Jul 14 | 11:15 am-1:15 pm | \$170/10 | [161698](#)

Sun, Jun 21-Aug 30 | 11:15 am-1:15 pm | \$187/11 | [161699](#)

Beban Park Centennial Building

Historical Fencing - Drop-In D

For those with experience and/or have completed the introductory or HEMA program, drop-in to practice your skills. Registration starts one week prior to each session.

Sun, Apr 12-Jul 14 | 11:15 am-1:15 pm | \$25/session | [161696](#)

Sun, Jun 21-Aug 30 | 11:15 am-1:15 pm | \$25/session | [161697](#)

Beban Park Centennial Building

Ladies Golf

Learn the fundamentals of the golf swing, including short game, long game and putting. On-course golf instruction and etiquette is also included. Equipment is available if needed.

This class has a 6 to 1 student to coach ratio.

Instructor: Beban Park Golf Course Staff

Wed, May 6-27 | 10-11 am | \$185/4 | [159672](#)

Wed, Jun 3-24 | 10-11 am | \$185/4 | [159674](#)

Thu, Jul 2-23 | 9-10 am | \$185/4 | [159675](#)

Thu, Aug 6-27 | 9-10 am | \$185/4 | [159676](#)

Beban Park Golf Course



Iaido - The Study of Japanese Sword

Iaido is a Japanese martial art with a long history. It is referred to as a "moving zen" because of its focus on precise, controlled fluid movements. In this non-competitive atmosphere, use the Samurai sword and Iaido's age-old techniques to experience and further develop your mind, body and spirit.

Instructor: Peter Gunstone

Mon, Apr 13-May 25 | 7:30-9:30 pm | \$84/6 | [157157](#)

Mon, Jun 1-Jul 27 | 7:30-9:30 pm | \$126/9 | [157174](#)

Beban Park Social Centre



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Mindful Movements - Qigong

This practice is a gentle, flowing blend of breath, awareness and movement to ease stress, improve balance and restore vitality. Its adaptable exercises can be done standing, seated or in a wheelchair making it accessible for people of all abilities. Often used in rehabilitation, Qigong helps rebuild strength, enhance circulation and support recovery from illness or injury while also calming the nervous system and fostering resilience.

Instructor: Monica Lux

Tue, Apr 7-May 12 | 4-5 pm | \$72/6 | [161349](#)

Tue, May 26-Jun 30 | 4-5 pm | \$72/6 | [161350](#)

Beban Park Social Centre

Shotokan Karate

Shotokan Karate is a dynamic martial art that builds strength, focus and overall health. Whether you're new or returning, you will benefit from a fun, challenging class led by Sensei Mike, 6th-degree Black Belt. Develop your skills, meet new people and train in a safe, positive environment.

Instructor: Mike Ciurka (6th degree black belt)

Tue, Apr 7-May 19 | 7:30-8:30 pm | \$56/7 | [160580](#)

Tue, May 26-Jul 7 | 7:30-8:30 pm | \$56/7 | [160581](#)

Tue, Jul 14-Aug 25 | 7:30-8:30 pm | \$56/7 | [160582](#)

Bowen Park Complex

Karate for Adults

In this introduction to karate, students learn traditional karate training, sparring and self-defense. Fitness, strength development and flexibility are also part of the curriculum.

Instructor: Shima Karate Staff

M/W, Apr 13-22 | 6:30-7:30 pm | \$25/4 | [163156](#)

M/W, Jun 1-10 | 6:30-7:30 pm | \$25/4 | [163157](#)

M/W, Aug 17-26 | 6:30-7:30 pm | \$25/4 | [163159](#)

Shima Karate (3032 Barons Rd)

Shima Karate School: **NEW!**

Stillness & Strength Class

This unique class blends elements of Japanese and Chinese martial arts, yoga and meditation to awaken both body and mind. Through breathing, stretching, martial movement and internal energy work, you will build strength, focus and calm from the inside out. This is open to all fitness levels, and no martial arts experience is required.

Instructor: Shima Karate Staff

Sat, Apr 4-25 | 7:30-8:45 am | \$25/4 | [163123](#)

Sat, May 2-23 | 7:30-8:45 am | \$25/4 | [163148](#)

Sat, Jun 6-27 | 7:30-8:45 am | \$25/4 | [163152](#)

Shima Karate (3032 Barons Rd)

Taekwondo with Master Kim

This program emphasizes self-discipline, confidence and concentration. Grand Master Kim strives to maximize your potential by maintaining traditional foundation based upon physical well-being and mental integrity. Our highly qualified 9th degree black belt Grand Master can help you become strong in mind, body and spirit.

Instructor: Master Kim, World Taekwondo Academy

Wed, Apr 22-29 | 6:10-7 pm | \$25/2 | [161392](#)

Wed, May 6-13 | 6:10-7 pm | \$25/2 | [161393](#)

Mon, Jun 3-10 | 6:10-7 pm | \$25/2 | [161394](#)

World Taekwondo Academy (4300 Wellington Rd)

Taekwondo and Self-Defense with Master Moy (Teens & Adults)

Join our Taekwondo classes with Master Moy, a 7th Dan Black Belt! Perfect for both youth and adults, these classes build strength, confidence, focus and leadership. Whether you're learning self-defense, making new friends or having fun, Master Moy will guide you through the basics in a supportive community. Come start your martial arts journey today.

Instructor: Master Moy

Sun, May 10-31 | 12-12:45 pm | \$24/4 | [162542](#)

Sun, Jun 7-28 | 12-12:45 pm | \$24/4 | [162543](#)

Bowen Park Complex

Moving with Ease in Daily Activities

Using the Alexander Technique

Do you feel stiff or sore after everyday activities like lifting, gardening or exercising? Discover how the Alexander Technique can help you move with ease, reduce strain and enjoy greater freedom in daily life. This two-class series teaches simple ways to improve coordination and comfort in any activity.

Instructor: Heike Walker

Mon, Jun 8-15 | 3:30-5:30 pm | \$50/2 | [158225](#)

Bowen Park Complex

Learn to Breathe Freely

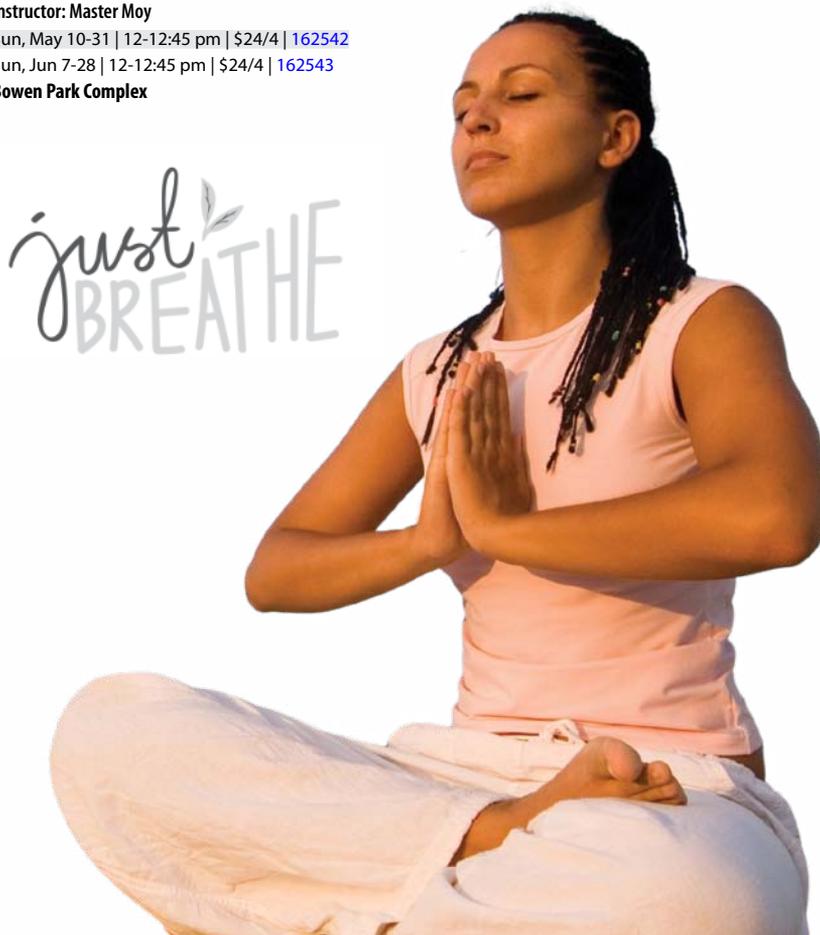
Using the Alexander Technique

Many people unconsciously tighten their bodies or hold their breath - especially under stress. In this two-class series, explore how body use affects breathing, and learn gentle techniques to release tension, improve posture and restore calm, balanced respiration.

Instructor: Heike Walker

Mon, Jun 22-29 | 3:30-5:30 pm | \$50/2 | [158226](#)

Bowen Park Complex



Community Singing

Experience the joy and connection of singing in harmony imperfectly! Sing uplifting songs of peace, hope and unity and world music taught by call-and-response in the oral tradition with layers of harmonies that are easy to learn by ear without sheet music. Creativity and movement are encouraged, and all voices are welcome regardless of experience. Sylvia Humble belongs to the Ubuntu Choirs Network which believes singing is a universal human birthright.

Instructor: Sylvia Humble

Sat, May 16 | 11 am-12:30 pm | \$20/1 | [162867](#)

Sat, Jun 13 | 11 am-12:30 pm | \$20/1 | [162869](#)

Sat, Jul 18 | 11 am-12:30 pm | \$20/1 | [162870](#)

Rotary Field House

Podcasting for Beginners **NEW!**

This introduction to podcast will cover the basics of podcasting from conception to delivery. This interactive course will focus on how to hone your idea, interview techniques, equipment must haves and where to broadcast your podcast.

Instructor: Paula Montgomery

Sat, Apr 11 | 10 am-4:30 pm | \$75/1 | [161669](#)

Sat, Jun 6 | 11 am-5:30 pm | \$75/1 | [161670](#)

Bowen Park Complex

Becoming Psychic: Psychic Development - Level 1

Everyone is psychic, and in this three-class series, learn how to access and strengthen your intuition. All are welcome.

Instructor: Queen Bee

Tue, Apr 7-21 | 6-8 pm | \$111/3 | [161012](#)

Bowen Park Complex

Learn to Read Tarot

In this four-part workshop designed for beginners, learn the ancient art of divination using the 125-year-old Rider-Waite-Smith deck (which will be available for purchase).

Instructor: Queen Bee

Tue, Apr 28-May 19 | 6-8 pm | \$150/4 | [161013](#)

Bowen Park Complex



Special Interest

Herbal First Aid & Plant Walk: **NEW!** Spring Focus

Discover local spring plants you can use for first aid and herbal medicine. We will explore over a dozen herbs like plantain, nettle and cleavers and then make seasonal remedies, including a plantain salve, nettle tincture and cleansing cleavers tea. Leave with your own first aid kit creations and the knowledge to support spring wellness with nature.

Instructor: Alicia Meek

Sat, May 2 | 11 am-2 pm | \$79/1 | [158885](#)

Bowen Park Complex

Build Your Herbal Apothecary **NEW!**

In this immersive hands-on workshop, you will learn the foundations of herbal medicine making and create tinctures, salves, ointments and teas. Discover the uses of common healing herbs and leave with a beautiful herbal starter kit and the knowledge to keep expanding your home apothecary.

Instructor: Alicia Meek

Sat, May 23 | 11 am-2 pm | \$79/1 | [159375](#)

Bowen Park Complex

Wild Culinary Walk: Spring Greens & Blossoms **NEW!**

Join us for a guided spring plant walk to discover fresh edible greens and blossoms, such as chickweed, miner's lettuce, dandelion and nettle tips. Learn how to identify, harvest and use these wild plants in everyday cooking. After the walk, enjoy a simple on-site tasting and leave inspired to bring more wild flavours into your kitchen.

Instructor: Alicia Meek

Sat, Apr 25 | 11 am-1 pm | \$39/1 | [159652](#)

Bowen Park Complex

Intro Wild Foraging **NEW!**

Learn essential plant identification skills and important pieces of foraging knowledge to help you forage safely and confidently. We will take a guided outdoor walk to practice identifying and harvesting wild edible and medicinal plants. This workshop is jam packed with knowledge and includes everything you need to get started.

Instructor: Alicia Meek

Sun, Apr 26 | 11 am-2 pm | \$64/1 | [159656](#)

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!



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Foraging in Spring: Shoots, Greens & Blossoms **NEW!**

Join us to explore spring foraging focusing on tender shoots, vibrant greens and edible blossoms. Learn how to identify, harvest and use seasonal plants safely and sustainably. Plus, you will have the opportunity to taste a couple of dishes made with foraged plants.

Instructor: Alicia Meek

Sun, May 3 | 11am-1 pm | \$39/1 | [159661](#)

Bowen Park Complex

The Forager's Kitchen: Walk, Forage, Make, Eat **NEW!**

Join us for a delicious hands-on experience where we will walk, forage, cook and taste together. Discover edible spring plants, learn simple ways to prepare them and create fresh dishes, such as wild pesto, floral herbal drinks, or seasonal condiments. A perfect blend of nature, learning and shared food.

Instructor: Alicia Meek

Sat, May 9 | 11 am-1:30 pm | \$55/1 | [159665](#)

Bowen Park Complex



Broom Making with Scotch Broom

Craft your own functional and ceremonial broom made and designed fully by you using Scotch Broom and English Ivy. Take home a finished broom and the knowledge to continue this practical and creative skill.

Instructor: Alicia Meek

Wed, Jun 3 | 6:30-8:30 pm | \$65/1 | [159671](#)

Bowen Park Complex

Basket Weaving with English Ivy

In this workshop, you will learn about the invasive species English Ivy and how to process it for weaving. You will create a small basket to take home. This is a relaxing and meditative craft that turns an invasive plant into something useful and beautiful. Perfect for all levels.

Instructor: Alicia Meek

Sat, Jun 20 | 11 am-1 pm | \$34/1 | [159389](#)

Bowen Park Complex

Plant Spiritual Connection Circle **NEW!**

Connect deeply with the wisdom of the plants in this gentle, heart-centered circle. Through guided meditation and journaling, you will meet and work with a chosen plant ally exploring its energy and messages. We will close by creating a small tea or flower essence to honour your connection and carry its guidance home.

Instructor: Alicia Meek

Sat, Jun 6 | 11 am-1 pm | \$39/1 | [159673](#)

Bowen Park Complex

Ground & Grow: Morning Rituals with Plants **NEW!**

In this relaxed outdoor workshop, we will explore simple ways to begin the morning feeling grounded and clear. Together, we will enjoy herbal tea, connect with the plants around us and learn about morning practices that support focus and well-being. We will also create a grounding oil and an affirmation card to take home giving you a couple of easy tools to begin shaping a morning ritual that works for you.

Instructor: Alicia Meek

Sat, Jun 13 | 11 am-1 pm | \$45/1 | [159678](#)

Bowen Park Complex

Journaling with the Seasons **NEW!**

Slow down and connect with nature's rhythm through mindful writing and reflection. We will begin with a short foraging walk to gather inspiration and then share a seasonal herbal tea as you're guided through themed journaling prompts. A peaceful, creative practice to align your inner and outer seasons.

Instructor: Alicia Meek

Wed, Jun 24 | 6:30-8:30 pm | \$39/1 | [159680](#)

Bowen Park Complex



Spanish - Beginner Conversation

Speak and hear Spanish from the first day as you quickly gain basic conversation skills to communicate information about yourself, your family and friends, your work and your daily life. Learn pronunciation, expressions and vocabulary that allow you to function in everyday settings. Perfect for anyone looking to learn or refresh their knowledge of Spanish and immerse themselves in a new culture.

Instructor: Laura Griffin

Tue, Apr 7-Jun 23 | 9:15 am-10:45 am | \$180/12 | [161577](#)

Tue, Apr 7-Jun 23 | 5:45-7:15 pm | \$180/12 | [160539](#)

Bowen Park Complex

Spanish - Intermediate Conversation

This intermediate Spanish course is designed to help students strengthen and expand upon the foundational language skills that they acquired in beginner Spanish. This program focuses on improving listening, speaking, reading and writing abilities while also deepening students' understanding of Spanish grammar, vocabulary and cultural context.

Instructor: Laura Griffin

Tue, Apr 7-Jun 23 | 11 am-12:30 pm | \$180/12 | [161578](#)

Tue, Apr 7-Jun 23 | 7:30-9 pm | \$180/12 | [160543](#)

Bowen Park Complex

Rainwater Harvesting Workshop

As part of Water 2 Earth Month, this presentation focuses on rainwater system components and how water quality is maintained. It outlines single-family residential property uses, but the concepts apply to all types and sizes of rainwater system designs and installations. This is a free event but participants must pre-register to attend. More events at [rdn.bc.ca](#).

Instructor: Ken Nentwig

Wed, Apr 8 | 5-7 pm | FREE | [151363](#)

Beban Park Social Centre

Nanaimo River Watershed & Water Treatment Plant Bus Tour

Enjoy an exclusive guided tour of the Nanaimo River Drinking Watershed followed by a tour of Nanaimo's innovative Water Treatment Plant. Experts from City of Nanaimo and Mosaic will be on hand to discuss forestry, water quality, future plans and answer questions. Bring a lunch and wear footwear for rugged ground.

Fri, Apr 10 | 9 am-3:30 pm | \$20/1 | [161309](#)

Meet at 2500 South Fork Road

Departure Creek Watershed Walk

As part of Water 2 Earth Month, join for an interpretive walk along one of Nanaimo's urban watersheds. Learn about the history and importance of this local stream. This creek has received several restoration projects over the years and now sees returns of several salmon species. This is a free event but participants must pre-register to attend. More events at rdn.bc.ca.
Instructor: Dave Clough & Departure Bay Streamkeepers
Fri, Apr 10 | 10 am-12 pm | FREE | 161310
Meet at Woodstream Park on Bay Street

Cottle Creek Watershed Walk

As part of Water 2 Earth Month, join local experts from the Friends of Cottle Creek and RDN Drinking Water and Watershed Protection staff to learn more about the restoration and monitoring projects happening in Cottle Creek. This is a free event but participants must pre-register to attend. More events at rdn.bc.ca.
Instructor: Friends of Cottle Creek
Sat, Apr 11 | 10:30 am-12:30 pm | FREE | 162088
Meet at Cottle Creek on Nottingham Rd

Invasive Species Removal Workshop

Hunter Jarratt ("Invasive Species Guy") is a conservationist, ecological restoration consultant and a business owner with a passion for environmental protection. "Broombusters" started in 2006 in response to the community's growing concern about the spread of Scotch Broom. Also, Team WaterSmart will be giving free native plants and seeds to participants. Please register to attend.

Instructor: Hunter Jarratt & Broombusters
Wed, Apr 15 | 6-8 pm | FREE | 151364
Bowen Park Complex

Starting Seeds Indoors NEW!

Learn the best way to start seeds indoors, including selecting seeds, what medium to use, heating and lighting, proper timing and transplanting for your garden microclimate. This technique can save you lots of money and produce organic, healthy seedlings that you can plant at their peak for a successful vegetable or flower garden. We will provide some seeds for you to start during this class to bring home.

Sat, Apr 11 | 1:30-3:30 pm | \$20/1 | 161313
Beban Park Learning Gardens



VOLUNTEERS in PARKS

Are you passionate about the parks and trails that Nanaimo has to offer? Consider participating in our **Volunteers in Parks Program!**

There are three ways to participate:

- 1 PARK AMBASSADOR:** As a Park Ambassador, you'll weave a vibrant tapestry of education and stewardship by visiting your chosen park regularly. Help fellow visitors embrace the beauty of nature while actively keeping the park clean. With your keen eye, you can observe the park's dynamic ecosystem and be the critical communicator reporting any issues and driving efforts for a sustainable environment.
- 2 ADOPT-A-PARK:** Gather your friends, family, or colleagues and form a volunteer group dedicated to keeping Nanaimo beautiful! By choosing a park, trail or creek to adopt, you'll take covenant of a cherished area. Together, you will implement clean-up initiatives, planting days, maintenance work and forging bonds with the land and each other while replenishing our local ecosystems.
- 3 WORK PARTIES:** Dive deep into nature's intricate web by participating in our Work Parties! Join a spirited crew dedicated to enhancing biodiversity in our parks and trails. These group efforts focus on native species restoration, invasives removal, and habitat preservation putting actions to your good intentions. Be part of a transformative journey for Nanaimo's ecosystems while teaming up with fellow conservation enthusiasts and making a tangible difference.

Gather a group for your own work party from your business, school group, club or organization or come to these planned events:

- **Sat, Apr 11, 10 am-12 pm**
Invasive Plant Removal at Bowen Park (150814)
- **Sat, Apr 25 (Earth Day) & Sun, Jun 14, 10 am-12 pm**
Invasive Plant Removal at Colliery Dam (150816 & 150826)
- **Sat, May 9, 10 am-12 pm**
Invasive Plant Removal at Linley Point Gyro Park (150818)
- **Sun, May 17, 10 am-12 pm**
Invasive Plant at East Wellington (150822)
- **Sat, May 23, 10 am-12 pm**
Invasive Plant Removal at Neck Point Park (150825)
- **Sat, May 30, 10 am-12 pm & DROP ZONE**
Invasive Plant Removal at Bowen Park (150831)
- **Sat, Jun 6, 10 am-12 pm**
Invasive Plant Removal Pipers Lagoon (150828)



If you would like to organize a work party in your neighborhood, please call 250-756-5200, email parksandrecreation@nanaimo.ca or check out our website ([search work party](#)).

Why participate?

Being part of the Volunteers in Parks Program not only fosters community spirit but enriches your life with purpose and connection to nature. Disconnect from screens and reconnect with the awe-inspiring beauty of our surroundings. Your involvement can help cultivate a brighter, more sustainable future for Nanaimo's enchanting green spaces.



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Basic Fruit Tree Pruning

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 a camera or notebook and questions for this hands-on workshop. Dress for the weather.

Instructor: Scott Wiskerke

Sat, Apr 4 | 10 am-12 pm | \$20/1 | [161003](#)

Pine Street Community Garden

Sun, Apr 5 | 10 am-12 pm | \$20/1 | [161005](#)

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

Refresher Pruning **NEW!**

If you have some pruning experience or have done some reading about pruning, this workshop can show you how to apply those principles to your trees. There will be some information on pest control, dormant oil spraying and other more complex tree care. Even if you haven't pruned before, this workshop will help you feel confident to start. Dress for the weather.

Sun, Apr 12 | 10 am-12 pm | \$20/1 | [161006](#)

Sun, Jun 28 | 10 am-12 pm | \$20/1 | [161008](#)

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

Old Tree Renovation Pruning **NEW!**

Have you inherited an old fruit tree that is out of control? Before you give up, take this course. It may be possible to get your tree producing healthy fruit again at a height that will allow you to pick it. It makes sense to try to renovate a tree with an established root system instead of planting something new. Come to this practical course where you will learn how to renovate an old, overgrown apple tree. Dress for the weather.

Instructor: Scott Wiskerke

Sat, Jun 27 | 10 am-12 pm | \$20/1 | [161007](#)

Pine Street Community Garden



Starting a New Garden or Revamping Your Old Garden **NEW!**

Whether you are looking at a bare patch of grass or a weed choked garden that looks exhausting to get into shape for planting, you can begin planting with minimal effort and time. All it takes is a bunch of organic materials and a bit of know-how and planning. Come to this workshop to be inspired to start planting and harvesting in your new or revamped garden. You can do it! Be prepared to help build and plant a bed outside during this class. Dress for the weather.

Instructor: Connie Kuromoto

Sat, Apr 25 | 1:30-3:30 pm | \$20/1 | [161314](#)

Pine Street Community Garden

Watering Your Plants and Trees is the New Normal **NEW!**

How can you respond to climate change to help your garden through droughts, heat domes and unseasonal temperatures throughout the year? In this workshop, you will learn how to buffer your garden from adverse conditions, learn watering and water-saving techniques and select plants that do well in your yard. We will talk about soil building, mulch and rainwater collection and put together some simple types of irrigation together.

Instructor: Connie Kuromoto

Sat, May 30 | 1:30-3:30 pm | \$20/1 | [161315](#)

Pine Street Community Garden

Pest and Disease Prevention in Your Yard and Garden **NEW!**

Learn how to raise resilient plants that can resist disease and insect pests without the use of pesticides or herbicides. Strong plants can handle a small amount of damage and still produce lots of food. Find out how to boost your plants' health, select the best plants for your space and how to encourage beneficial insects that can protect your plants. We will talk about different types of plant protection and learn to identify common insects and diseases should your plants become affected.

Instructor: Connie Kuromoto

Sat, Jun 13 | 1:30-3:30 pm | \$20/1 | [161319](#)

Beban Park Learning Gardens

All Natural Hair Care **NEW!**

Whether your hair is oily, dry, colour-treated or you are dealing with dandruff or hair loss, this fun and informative "All Hair Care" class is for you! Using an array of herbal botanicals, aromatherapy oils and moisturizing shampoo bars, make your own nourishing hair products. Recipes on deep conditioner, a detangler and hair rinses are also included.

Instructor: Cheryl Theilade

Sat, Apr 18 | 9-11 am | \$42/1 | [161335](#)

Bowen Park Complex

Soy Bee It **NEW!**

Beeswax is the foundation for many nourishing health and body products. From cosmetics to skin moisturizers, beeswax plays the role of an emollient and a humectant. Additionally, beeswax works as an antioxidant and is a good source for Vitamin A which is good for rough and dry skin. We will work with a variety of ingredients to create a healthy lip balm, a healing herbal salve, a solid lotion bar and a top-quality soy candle. Recipes provided for a honey facial mask and a furniture polish are included.

Instructor: Cheryl Theilade

Sat, Apr 18 | 2-4 pm | \$42/1 | [161334](#)

Bowen Park Complex



Signature Manicure & Pedicure **NEW!**

Imagine creating your own nail bar in the privacy of your own home. Experience and customize your own pedicure and manicure spa treatments. In this hands-on class, create gratifying and affordable products and receive recipes on foot sprays and nail fungus treatments.

Instructor: Cheryl Theilade

Sat, Apr 18 | 11:30 am-1:30 pm | \$42/1 | [161332](#)

Bowen Park Complex

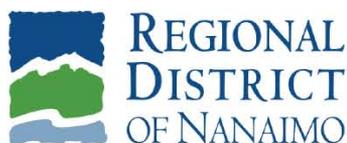
WATER TO EARTH MONTH



MARCH 22 - APRIL 22

**Join us to learn about local stewardship and conservation
EVENTS**

- **March 4:** Brant Wildlife Children's Festival
- **March 20:** Nanaimo River Watershed and Water Treatment Plant Tour
- **March 21:** Invasive Plant Removal for World Water Day
- **March 21:** Earth Hour Skate
- **April 8:** Rainwater Harvesting Workshop with Ken Nentwig
- **April 10-13:** Brant Festival
- **April 12:** Hamilton Wetlands and Forest Tour
- **April 15:** Invasive Species Workshop with “Invasive Species Guy” Broombusters and the RDN
- **April 19:** Earth Day Festival, Departure Bay Centennial Park
- **April 22:** Concert in the Park at Westwood Lake Park



REGIONAL
DISTRICT
OF NANAIMO



MOUNT
ARROWSMITH
BIOSPHERE REGION
Research Institute

Learn more



[getinvolved.rdn.ca/
team-watersmart](https://getinvolved.rdn.ca/team-watersmart)

PERSONAL TRAINING Options

STAFF

TRAINING GOAL ASSESSMENT

Led by one of our certified trainers, this 1 to 1 evaluation is designed to help you define your fitness goals, assess your current level and identify obstacles. This is recommended to complete before registering for personal training sessions.

Cost is \$25 for 30 minutes.

✓ TRANSFORM ✓ STRENGTHEN ✓ ACHIEVE ✓ IMPROVE

New to fitness? Intimidated by the equipment? Tired of the same workout routine? Need some encouragement and extra motivation to reach your goals?

REGISTER FOR PERSONAL TRAINING SESSIONS!

Our certified and motivational personal trainers can design a comprehensive and highly effective exercise program that is customized for you. Every session is unique to your body type, needs, goals and designed to work toward achieving results. Choose either private or semi-private at either Nanaimo Aquatic Centre or Beban Park from the following pricing options:

All sessions are one hour	PRIVATE	SEMI PRIVATE (1 other family or friend)
Goal Assessment	\$25	
1 session	\$58	\$44 per person
3 sessions	\$157	\$119 per person
5 sessions	\$247	\$187 per person
10 sessions	\$464	\$384 per person

Meet our Personal Trainers! See page 71.



Scan the QR code to take you to our online intake form.



Weight Room Orientations

Safe use of fitness equipment is important to us. Orientations are designed to familiarize you with our facility and give you an overview of the basics of strength training. An orientation is recommended before using our facilities.

Teens (13-15 years) must complete an orientation. Upon completion of an orientation, teens will receive a "Gym Use Teen Graduate Card". This card permits youth to use our weight rooms unsupervised by an adult.

Instructors: **Cindy Gutierrez** or **Nina Dossdall**

Thu, Apr 2 | 3:30-4:15 pm | \$5/1 | [156497](#)

Fri, Apr 10 | 2:30-3:15 pm | \$5/1 | [156505](#)

Thu, Apr 16 | 3:30-4:15 pm | \$5/1 | [156498](#)

Fri, Apr 17 | 2:30-3:15 pm | \$5/1 | [156507](#)

Fri, Apr 24 | 2:30-3:15 pm | \$5/1 | [156508](#)

Thu, Apr 30 | 3:30-4:15 pm | \$5/1 | [156499](#)

Fri, May 1 | 2:30-3:15 pm | \$5/1 | [156509](#)

Fri, May 8 | 2:30-3:15 pm | \$5/1 | [156510](#)

Thu, May 14 | 3:30-4:15 pm | \$5/1 | [156500](#)

Fri, May 15 | 2:30-3:15 pm | \$5/1 | [156511](#)

Fri, May 22 | 2:30-3:15 pm | \$5/1 | [156512](#)

Thu, May 28 | 3:30-4:15 pm | \$5/1 | [156501](#)

Fri, May 29 | 2:30-3:15 pm | \$5/1 | [156513](#)

Fri, Jun 5 | 2:30-3:15 pm | \$5/1 | [156514](#)

Thu, Jun 11 | 3:30-4:15 pm | \$5/1 | [156502](#)

Fri, Jun 19 | 2:30-3:15 pm | \$5/1 | [156516](#)

Thu, Jun 25 | 3:30-4:15 pm | \$5/1 | [156503](#)

Fri, Jun 26 | 2:30-3:15 pm | \$5/1 | [156518](#)

Nanaimo Aquatic Centre Weight Room

Early Start Spin

This stationary bike workout will include intervals, hills, speed and endurance all set to great tunes to keep you motivated. A great exercise if you cannot do any impact cardio work.

Instructor: **Gillian Goerzen**

Thu, Apr 2-May 14 | 6:30-7:15 am | \$70/7 | [158074](#)

Thu, May 21-Jun 25 | 6:30-7:15 am | \$60/6 | [158075](#)

Nanaimo Aquatic Centre

Spin Fit

Join us for a low-impact, high-intensity ride designed to boost strength, endurance and aerobic capacity. You will power through hill climbs, speed bursts and drills - with some singing and lots of fun along the way! All fitness levels are welcome. Work at your own pace, break a sweat, and leave feeling strong, inspired and excited for your next ride.

Instructor: **Cindy Kruger**

Sat, Apr 11-May 30 | 9-10 am | \$84/7 | [161245](#)

Nanaimo Aquatic Centre



Adult Yoga/Fitness

Ride & Restore

Combine interval training, hills, speed and endurance work followed by a 15-minute stretch to bring everything back down

Instructor: **Heather Honey**

Mon, Apr 13-May 11 | 6:45-7:45 pm | \$60/5 | [158162](#)

Mon, May 25-Jun 29 | 6:45-7:45 pm | \$72/6 | [158163](#)

Nanaimo Aquatic Centre

Lunchtime Spin Sprint

This 45-minute stationary workout will include intervals, hills, speed and endurance all set to great tunes to keep you motivated. A great exercise if you cannot do any impact cardio work.

Instructor: **Shelley Howlett**

Fri, Apr 10-May 29 | 12-12:45 pm | \$80/8 | [161336](#)

Nanaimo Aquatic Centre

Spin & Core

Improve your cardio with this spin and core combo workout! Intervals, hills, speed and endurance work will be followed by 15 minutes of core work set to great tunes to keep you motivated.

Instructor: **Jean Medley**

Mon, Apr 13-May 11 | 5:30-6:30 pm | \$60/5 | [160336](#)

Mon, May 25-Jun 29 | 5:30-6:30 pm | \$72/6 | [160337](#)

Nanaimo Aquatic Centre

Spin & Stretch

Combine interval training, hills, speed and endurance work followed by a 15 minute stretch in this combo fitness class.

Instructor: **Jean Medley**

Wed, Apr 1-May 13 | 5:30-6:30 pm | \$84/7 | [160340](#)

Wed, May 20-Jun 24 | 5:30-6:30 pm | \$72/6 | [160342](#)

Nanaimo Aquatic Centre

Dance Jam Fitness

Ready for a high energy dance class with a great blend of dance and cardio? Dance Jam will explore multiple genres of music while taking you through a great workout! Great for all levels.

Instructor: **Monique Huibregtse**

Tue, Apr 7-May 19 | 12-1 pm | \$56/7 | [159298](#)

Tue, May 26-Jun 30 | 12-1 pm | \$48/6 | [159299](#)

Tue, Jul 7-28 | 12-1 pm | \$32/4 | [159300](#)

Tue, Aug 4-Sep 1 | 12-1 pm | \$40/5 | [159301](#)

Oliver Woods Community Centre

Please bring your own mat to fitness and yoga classes.



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DROP-IN Fitness & Yoga Classes

Looking for some flexibility in your fitness journey? Unable to register for an entire set of a class? Try out drop-in fitness class options. **D**

- Classes available for drop-in have this symbol **D**
- Drop-in fee is \$12 per class and must be paid on site to our front desk staff.
- We strongly suggest that all participants with pre-existing conditions or injuries seek medical clearance from their doctor prior to attending classes and should inform the instructor of any change in condition or injury.
- Drop-in classes are not included in the Active Pass package.
- All participants must pay the established drop-in fitness rate. 2 for 1 or Courtesy Passes cannot be used for these drop-in programs.
- Please note that class size is limited, so participation is on a first-come, first-served basis with our registered clients always having priority.

Zumba

Ready for a high energy dance party? Come out and enjoy this hour of cardio featuring different rhythms of music. There is no wrong way to Zumba, so lace up your dancing shoes and come enjoy the party!

Instructor: Fab Lethbridge

Mon, Apr 20-May 25 | 6:30-7:30 pm | \$40/5 | [160779](#)

Mon, Jun 1-29 | 6:30-7:30 pm | \$40/5 | [160780](#)

Instructor: Rika Carlson

Wed, Apr 1-May 13 | 6-7 pm | \$56/7 | [159795](#)

Wed, May 20-Jun 24 | 6-7 pm | \$48/6 | [159798](#)

Wed, Jul 8-29 | 6-7 pm | \$32/4 | [159800](#)

Wed, Aug 5-Sep 2 | 6-7 pm | \$40/5 | [159802](#)

Oliver Woods Community Centre

Weekend Zumba Party

Are you looking for a high-energy, thrilling weekend activity? Come work out for an hour at Oliver Woods while listening to a range of upbeat musical rhythms. Put on your dancing shoes and join the celebration. No prior experience is required.

Instructor: Rika Carlson

Sat, Apr 4-May 16 | 11:30 am-12:30 pm | \$48/6 | [159825](#)

Sat, May 23-Jun 27 | 11:30 am-12:30 pm | \$48/6 | [159826](#)

Sat, Jul 4-Aug 1 | 11:30 am-12:30 pm | \$40/5 | [159827](#)

Sat, Aug 8-29 | 11:30 am-12:30 pm | \$32/4 | [159828](#)

Oliver Woods Community Centre

Zumba Gold **D**

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

Instructor: Mary Keel

Mon, Apr 13-May 11 | 9-10 am | \$40/5 | [159283](#)

Mon, May 25-Jun 29 | 9-10 am | \$48/6 | [159285](#)

Mon, Jul 6-Aug 31 | 9-10 am | \$56/7 | [159286](#)

Wed, Apr 1-May 13 | 10:15-11:15 am | \$56/7 | [159782](#)

Wed, May 20-Jun 24 | 10:15-11:15 am | \$48/6 | [159783](#)

Wed, Jul 8-Sep 2 | 10:15-11:15 am | \$56/7 | [159784](#)

Oliver Woods Community Centre

B-Fit - Bhangra & **D**

Bollywood Dance

Get ready for B-Fit – a high-energy class combining the vibrant beats of Bhangra and lively Bollywood dance. Led by Sukhi Sangha from Vancouver Island Bhangra, you will master fun dance steps while getting fit. It's not just a workout. It's a celebration of culture, music and movement.

Instructor: Suhi Sangha

Tue, Apr 7-28 | 6:15-7 pm | \$80/4 | [162551](#)

Beban Park Social Centre

Rock Your Body Boot Camp

This workout will leave you feeling energized and will include cardio, strength training and core stability work using a variety of fun and dynamic exercises and drills.

Instructor: Heidi Robinson

AM **D**

Wed, Apr 1-May 13 | 9-10 am | \$56/7 | [159780](#)

Wed, May 20-Jun 24 | 9-10 am | \$48/6 | [159781](#)

PM

Mon, Apr 13-May 11 | 5-6 pm | \$40/5 | [159287](#)

Mon, May 25-Jun 29 | 5-6 pm | \$48/6 | [159288](#)

Mon, Jul 6-27 | 5-6 pm | \$32/4 | [159289](#)

Mon, Aug 10-31 | 5-6 pm | \$32/4 | [159296](#)

Oliver Woods Community Centre

BFit

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.

Instructor: Heidi Robinson

Fri, Apr 10-May 15 | 12:15-1:15 pm | \$48/6 | [159815](#)

Fri, May 22-Jun 26 | 12:15-1:15 pm | \$48/6 | [159818](#)

Fri, Jul 3-31 | 12:15-1:15 pm | \$40/5 | [159820](#)

Fri, Aug 7-Sep 4 | 12:15-1:15 pm | \$40/5 | [159822](#)

Oliver Woods Community Centre

HIIT & Strength

Challenge your body with high energy, interval cardio combined with strength training. This fun, full body workout will make you sweat and leave you feeling invigorated.

Instructor: Maki Kristiansen

Wed, Apr 1-May 13 | 5-6 pm | \$48/6 | [160584](#)

Wed, May 20-Jun 24 | 5-6 pm | \$48/6 | [160585](#)

Bowen Park Complex

HIIT Hustle

High-intensity interval training (HIIT) involves alternating short bursts of intense anaerobic exercise with less intense recovery periods. Participants can expect fast-paced and enjoyable workouts that typically include a warm-up, high-intensity exercises and medium intensity exercises for recovery and a cool down.

Instructor: Heather Honey

Thu, Apr 2-May 14 | 5:30-6:30 pm | \$56/7 | [159806](#)

Thu, May 21-Jun 25 | 5:30-6:30 pm | \$48/6 | [159809](#)

Oliver Woods Community Centre

HIIT to Fit D

Get fit with HIIT! High-intensity interval training alternates short bursts of intense exercise with active recovery periods. Join our group for fast-paced, fun workouts that include a warm-up, intense exercises, recovery periods and a cool down. Perfect for a full-body challenge!

Instructor: Kim Ross

Wed, Apr 1-May 13 | 9-10 am | \$56/7 | [158155](#)

Wed, May 20-Jun 24 | 9-10 am | \$48/6 | [158156](#)

Wed, Jul 8-Aug 26 | 9-10 am | \$64/8 | [158157](#)

Bowen Park Complex

Barre X D

Enjoy a combination of ballet, pilates, strength and flexibility training exercises in this fun group fitness class. Barre X will include body weight and/or other weights and equipment. Be prepared to work your muscles with light weights. This is a great class for all abilities.

Instructor: Monique Huibregtse

Tue, Apr 7-May 19 | 10:45-11:45 am | \$56/7 | [159290](#)

Tue, May 26-Jun 30 | 10:45-11:45 am | \$48/6 | [159292](#)

Tue, Jul 7-28 | 10:45-11:45 am | \$32/4 | [159293](#)

Tue, Aug 4-Sep 1 | 10:45-11:45 am | \$40/5 | [159297](#)

Oliver Woods Community Centre

DO YOU REQUIRE ADDITIONAL SUPPORT?

If you require any accommodations or additional support when participating in our programs, please contact us at 250-756-5200.

Dynamic Fit D

This cross-training class includes 15 minutes of dynamic stretching, 30 minutes of full-body strength training based on muscular endurance principles and concludes with 15 minutes of static stretching. The class uses free weights, resistance bands, and stability balls with no cardio component.

Instructor: Jean Medley

Fri, Apr 17-Jun 19 | 9-10 am | \$72/9 | [161263](#)

Beban Park Social Centre

Stretch, Balance, Build

This class is designed for anyone wanting to increase balance, flexibility and strength in a calm and welcoming setting. It will combine a series of targeted exercises to enhance the body's long-term flexibility and balance while building strength using light weights. The stretches and range of motion movements benefit your muscles, tendons and fascia flexibility.

Instructor: Kim Ross

Wed, Apr 1-May 13 | 12:15-1:15 pm | \$56/7 | [158152](#)

Wed, May 20-Jun 24 | 12:15-1:15 pm | \$48/6 | [158153](#)

Wed, Jul 8-Aug 26 | 12:15-1:15 pm | \$64/8 | [158154](#)

Rotary Field House

Stretch & Tone

This large group class combines fun and fitness with exercises using body weight, light weights and resistance tubing. The focus is on balance and flexibility with a chair provided for support during some strength exercises. It's a great option for those with mobility issues, as there's no mat work involved.

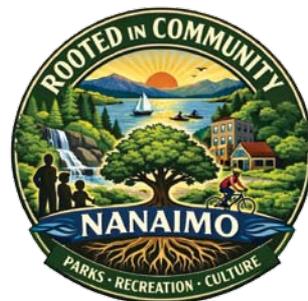
Instructor: Kim Ross

Thu, Apr 2-May 14 | 12:30-1:30 pm | \$56/7 | [158158](#)

Thu, May 21-Jul 2 | 12:30-1:30 pm | \$56/7 | [158159](#)

Thu, Jul 9-Aug 27 | 12:30-1:30 pm | \$64/8 | [158160](#)

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

Thu, Apr 2-May 14 | 9-10 am | \$56/7 | [158147](#)

Mon, Apr 13-May 11 | 9-10 am | \$40/5 | [158143](#)

Thu, May 21-Jun 25 | 9-10 am | \$48/6 | [158148](#)

Mon, May 25-Jun 22 | 9-10 am | \$40/5 | [158144](#)

Rotary Field House

Mon, Jun 29-Aug 31 | 9-10 am | \$64/8 | [158145](#)

Thu, Jul 2-Aug 27 | 9-10 am | \$64/8 | [158150](#)

Nanaimo Ice Centre Lounge

Deep Stretch and Flow Fitness D

Picture an entire hour dedicated to stretching every muscle in your body! Fundamental stretches and yoga positions will be performed, maintained and later incorporated into sequences that will flow and repeat to soothing music. Participating in this course will lead to stronger stabilizer muscles and improved balance.

Instructor: Monique Huibregtse

Tue, Apr 7-May 19 | 9:30-10:30 am | \$56/7 | [160322](#)

Tue, May 26-Jun 30 | 9:30-10:30 am | \$48/6 | [160323](#)

Tue, Jul 7-28 | 9:30-10:30 am | \$32/4 | [160324](#)

Tue, Aug 4-Sep 1 | 9:30-10:30 am | \$40/5 | [160325](#)

Oliver Woods Community Centre

Calm Flow Yoga D

Unwind and reconnect with this deeply nurturing and gentle yoga class - perfect for all levels. Designed to soothe the nervous system and restore inner balance, each session blends slow, mindful movement, calming breathwork and guided meditation.

Instructor: Krista Rogers

Wed, Apr 1-May 6 | 9-10 am | \$48/6 | [163459](#)

Wed, May 20-Jun 17 | 9-10 am | \$40/5 | [163460](#)

Oliver Woods Community Centre

Yin Yoga

Yin Yoga is slower paced and more meditative. Poses are held longer and are designed to target connective tissues and ligaments rather than muscles. This class is great for all abilities.

Instructor: Cheryl Carew

Thu, Apr 2-May 14 | 5:30-6:30 pm | \$56/7 | [160967](#)

Mon, Apr 13-Jun 1 | 5:30-6:30 pm | \$56/7 | [160960](#)

Thu, May 21-Jun 25 | 5:30-6:30 pm | \$48/6 | [160968](#)

Mon, Jun 8-Jul 20 | 5:30-6:30 pm | \$56/7 | [160961](#)

Mon, Jul 27-Aug 31 | 5:30-6:30 pm | \$40/5 | [160962](#)

Bowen Park Complex



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Yang Yoga

This mixed style yoga class for beginners and intermediates will stretch the muscles and help to build your core.

Instructor: Cheryl Carew

Thu, Apr 2-May 14 | 6:45-7:45 pm | \$56/7 | [160963](#)

Mon, Apr 13-Jun 1 | 6:45-7:45 pm | \$56/7 | [160956](#)

Thu, May 21-Jun 25 | 6:45-7:45 pm | \$48/6 | [160964](#)

Mon, Jun 8-Jul 20 | 6:45-7:45 pm | \$56/7 | [160958](#)

Mon, Jul 27-Aug 31 | 6:45-7:45 pm | \$40/5 | [160959](#)

Bowen Park Complex

Restorative Yin Yoga NEW! by Candlelight

Release tension and stress from both your body and mind in this gentle class. We will hold supported poses using provided yoga props allowing the muscles, fascia, ligaments and joints to soften and release. This practice creates space and time to turn inward, quiet the mind and invite deep relaxation leaving you feeling rested, restored and more balanced. Please bring a blanket for relaxation.

Instructor: Jane Bockman

Tue, Apr 7-May 19 | 7:45-8:45 pm | \$56/7 | [160751](#)

Tue, May 26-Jun 30 | 7:45-8:45 pm | \$48/6 | [160752](#)

Oliver Woods Community Centre

Gentle Friday Morning Yoga D

Join this gentle and meditative yoga practice. Suitable for anyone wishing to practice a calming paced class. Everyone is welcome, and everyone can benefit from a gentle practice. Find freedom of movement, flexibility and mindfulness.

Instructor: Jane Bockman

Fri, Apr 10-May 15 | 9-10 am | \$48/6 | [160764](#)

Fri, May 22-Jun 26 | 9-10 am | \$48/6 | [160765](#)

Fri, Jul 3-Aug 21 | 9-10 am | \$56/7 | [160766](#)

Oliver Woods Community Centre

Gentle Yoga AM D

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

Instructor: Gypsy Hart

Mon, Apr 13-May 11 | 10:15-11:15 am | \$40/5 | [159831](#)

Mon, May 25-Jun 29 | 10:15-11:15 am | \$48/6 | [159832](#)

Mon, Aug 10-31 | 10:15-11:15 am | \$32/4 | [159833](#)

Oliver Woods Community Centre

Flow & Form Yoga

This class encourages a balance between flexibility, strength and endurance. It emphasizes correct body alignment and precision while enjoying a sense of well-being and increased relaxation. Some yoga experience is recommended but is not required.

Instructor: Heather Honey

Tue, Apr 7-May 12 | 5:30-6:30 pm | \$48/6 | [160328](#)

Tue, May 19-Jun 23 | 5:30-6:30 pm | \$48/6 | [160329](#)

Oliver Woods Community Centre

Relax and Renew Yoga D

Learn the basic yoga poses (asanas) taught in hatha yoga style. Each class focuses on alignment, balance, strength, flexibility and breathing exercises concluding with a short relaxation and meditation period. Please wear comfortable clothing. Bare feet are preferred. Please bring a water bottle, yoga mat and a blanket for the relaxation portion of the class.

Instructor: Laurah-Lee Christie

Mon, Apr 13-May 11 | 9-10 am | \$40/5 | [158557](#)

Mon, May 25-Jun 29 | 9-10 am | \$48/6 | [158558](#)

Mon, Jul 6-Aug 31 | 9-10 am | \$64/8 | [158559](#)

Bowen Park Complex

Hatha Yoga

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

Instructor: Karen Shortt

Thu, Apr 2-May 14 | 5:15-6:15 pm | \$56/7 | [158687](#)

Mon, Apr 13-May 11 | 5:30-6:30 pm | \$40/5 | [158681](#)

Thu, May 21-Jun 25 | 5:15-6:15 pm | \$48/6 | [158688](#)

Mon, May 25-Jun 29 | 5:30-6:30 pm | \$48/6 | [158682](#)

Rotary Field House

Instructor: Melissa Hill D

Thu, Apr 2-May 14 | 10:15-11:15 am | \$56/7 | [160760](#)

Thu, May 21-Jun 25 | 10:15-11:15 am | \$48/6 | [160761](#)

Oliver Woods Community Centre

Please bring your own mat to fitness and yoga classes.

Vinyasa Yoga

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

Instructor: Karen Shortt

Wed, Apr 1-May 13 | 5:15-6:15 pm | \$56/7 | [158685](#)

Wed, May 20-Jun 24 | 5:15-6:15 pm | \$48/6 | [158686](#)

Rotary Field House

Instructor: Amber Neuman-Brochez

Sat, Apr 11-May 16 | 10-11 am | \$48/6 | [160772](#)

Sat, May 23-Jun 27 | 10-11 am | \$48/6 | [160773](#)

Oliver Woods Community Centre

Yoga to Discover Your Inner Strength NEW! D

This empowering class invites you to tap into your inner strength. Through mindful movement and accessible poses like Warrior II, Bridge and Chair, you will build strength through focus and awareness helping you feel powerful, grounded and at ease.

Instructor: Heidi Robinson

Wed, Apr 1-May 13 | 10:15-11:15 am | \$56/7 | [160756](#)

Oliver Woods Community Centre

Everyday Posture Re-Set Yoga NEW! D

This is a series of classes to help you take yoga off the mat and into your daily life. Through simple grounding and stabilizing poses, explore your posture to build strength and confidence. Each class enhances your postural awareness helping you to stand taller, move with ease and release self-judgement along the way.

Instructor: Heidi Robinson

Wed, May 20-Jun 24 | 10:15-11:15 am | \$48/6 | [160757](#)

Oliver Woods Community Centre



Looking for some flexibility in your fitness journey? Unable to register for an entire set of a class? Try out drop-in fitness class options.

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 is required.

Instructor: Gypsy Hart

Tue, Apr 7-May 19 | 5:15-6:15 pm | \$56/7 | [160326](#)

Tue, May 26-Jun 30 | 5:15-6:15 pm | \$48/6 | [160327](#)

Oliver Woods Community Centre

Pilates - All Levels

This is a mixed levels mat class designed to strengthen your core, improve balance and posture. We will elongate our muscles and enhance our mind/body connection. Pilates is beneficial for all of our activities.

Instructor: Jane Bockman

Tue, Apr 7-May 19 | 6:30-7:30 pm | \$56/7 | [160343](#)

Tue, May 26-Jun 30 | 6:30-7:30 pm | \$48/6 | [160344](#)

Tue, Jul 7-Aug 18 | 6-7 pm | \$48/6 | [160348](#)

Oliver Woods Community Centre

Mat Pilates Stretch - Level 1 D

Whether you're just starting with pilates or looking to enhance your existing practice, this course will build a strong foundation consisting of exercises designed to boost your core strength, balance, posture, focus and alignment. For those advancing from level one, modifications and variations will be provided.

Instructor: Jane Bockman

Fri, Apr 10-May 15 | 10:15-11:15 am | \$48/6 | [160770](#)

Fri, May 22-Jun 26 | 10:15-11:15 am | \$48/6 | [160771](#)

Oliver Woods Community Centre



Chair Yogalates - 50+ D

This fitness program is designed for all levels focusing on gentle seated/standing movements, mindful breathing and a variety of poses to improve flexibility, strength, balance and range of motion while also reducing stress and overall well-being. There will be modifications for all poses to accommodate different levels of experience and physical abilities.

Instructor: Gypsy Hart

Thu, Apr 2-May 14 | 9-10 am | \$56/7 | [160758](#)

Thu, May 21-Jun 25 | 9-10 am | \$48/6 | [160759](#)

Oliver Woods Community Centre

Chair Yogalates D

This soothing, yet powerful class offers a comprehensive workout to strengthen your entire body while comfortably seated in a chair. You may be amazed at the level of challenge you can experience while ensuring your safety, integrity and proper alignment. No prior experience is necessary.

Instructor: Gypsy Hart

Tue, Apr 7-May 19 | 9:30-10:30 am | \$56/7 | [159834](#)

Tue, May 26-Jun 30 | 9:30-10:30 am | \$48/6 | [159835](#)

Oliver Woods Community Centre

Yogalates D

This class is a cross between yoga and pilates for a total body workout focused on toning the glutes, thighs and stomach. Develop your core strength and stabilization through pilates poses, and improve your flexibility, muscular strength, posture and alignment through poses, breathing and relaxation. Please bring your own yoga mat.

Drop-in is available for morning classes only.

Instructor: Gypsy Hart

Wed, Apr 1-May 13 | 9-10 am | \$56/7 | [160753](#)

Wed, May 20-Jun 24 | 9-10 am | \$48/6 | [160754](#)

Wed, Aug 5-Sep 2 | 9-10 am | \$40/5 | [160755](#)

Thu, Apr 2-May 14 | 5:15-6:15 pm | \$56/7 | [160762](#)

Thu, May 21-Jun 25 | 5:15-6:15 pm | \$48/6 | [160763](#)

Oliver Woods Community Centre

MEET YOUR Personal Trainers

NINA DOSDALL:

Personal Trainer

Nina was a total newbie to fitness in her early adulthood but liked it so much she became a coach. Now with 17+ years of experience, she's trained hundreds of clients. She loves helping make the gym less intimidating and more empowering. She has extensive experience teaching proper lifting technique, how to work out effectively and making the whole process fun. When she's not at the gym you can find her performing stand-up comedy and walking local trails.



RILEY WALTERS:

Personal Trainer/Weight Room Attendant

Riley has been involved in many sports all his life and has a passion for helping others achieve their fitness goals. He specializes in creating programs designed to build strength and muscle, improve overall fitness while creating long-term results. Whether you are brand new to the gym or are looking to level up your training, he puts a strong emphasis on education, form and smart progression by building your knowledge and consistency while keeping your workouts challenging and enjoyable. In his free time, he loves to do weight training, play disc golf or hang out with his cats.



CINDY GUTIERREZ:

Personal Trainer/Weight Room Attendant

Cindy grew up playing many sports and has been lucky enough to have turned her passion for health and fitness into her career. When you don't see Cindy around the gym, she is most likely creating new healthy recipes or hiking with her dog.



Cindy is certified in a number of areas and has instructed a variety of fitness classes, such as circuit training, group fitness, HIIT and seniors focused classes. Whether your goal is to lose body fat, gain strength, help alleviate chronic pain, or just overall fitness, Cindy has the guidance, motivation and knowledge to customize a program to help you reach your goals.



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Minds in Motion

Alzheimer Society Fitness & Social Program

This is a fitness and social program for people experiencing early stage memory loss. Clients must register and attend with a friend, family member or caregiver. A certified fitness instructor will lead a fitness portion of the class; an Alzheimer Society facilitator supports the social time for the program. The fee is for both participants.

Instructor: Jean Medley

Thu, May 7-Jun 4 | 10-11:30 am | \$40/5 | [158168](#)

Thu, May 7-Jun 4 | 1-2:30 pm | \$40/5 | [158167](#)

Thu, Jun 11-Jul 9 | 10-11:30 am | \$40/5 | [158169](#)

Thu, Jun 11-Jul 9 | 1-2:30 pm | \$40/5 | [158171](#)

Beban Park Social Centre

FAME (Fitness & Mobility Exercise Program)

FAME (Fitness and Mobility Exercise) is a group exercise program developed for people who have had a stroke or other neuro-protective needs like Parkinsons and MS and who have some standing and walking ability. The program aims to improve mobility, cardiovascular fitness and arm and hand function. Our instructors will facilitate various exercises with the goal of improving neuro-fitness.

Instructor: Jean Medley

Tu/F, Apr 14-May 22 | 11:30 am-12:30 pm | \$108/9 | [160332](#)

Tu/F, May 26-Jun 23 | 11:30 am-12:30 pm | \$108/9 | [160334](#)

Beban Park Social Centre

Moving with Ease in Daily Activities

Using the Alexander Technique

Do you feel stiff or sore after everyday activities like lifting, gardening or exercising? Discover how the Alexander Technique can help you move with ease, reduce strain and enjoy greater freedom in daily life. This two-class series teaches simple ways to improve coordination and comfort in any activity.

Instructor: Heike Walker

Mon, Jun 8-15 | 3:30-5:30 pm | \$50/2 | [158225](#)

Bowen Park Complex

Learn to Breathe Freely

Using the Alexander Technique

Many people unconsciously tighten their bodies or hold their breath - especially under stress. In this two-class series, explore how body use affects breathing, and learn gentle techniques to release tension, improve posture and restore calm, balanced respiration.

Instructor: Heike Walker

Mon, Jun 22-29 | 3:30-5:30 pm | \$50/2 | [158226](#)

Bowen Park Complex

Aqua Yoga

18 Years +

Increase strength, balance, flexibility and body awareness through a mindful yoga practice in the water. Class includes gentle cardio and ends with a floating savasana for deep relaxation.

Sessions require pre-registration.

Instructor: Katherine Winge

Sat, Mar 7-Apr 4 | 8-9 am | \$40/5 | [161740](#)

Sat, Apr 11-May 9 | 8-9 am | \$40/5 | [161741](#)

Sat, May 23-Jun 20 | 8-9 am | \$40/5 | [161742](#)

Beban Park Pool

Shallow/Deep Combo

Pre-Registered AquaFit

Enjoy the benefits of training your cardio, strength and flexibility in this water fitness class. Participants can choose to stay in the shallow water or participate in deep water with an aquafit floatation belt. Sessions listed require pre-registration.

Shallow/Deep Combo

Thu, Apr 9-May 7 | 7:30-8:15 pm | \$31/5 | [161746](#)

Sun, Apr 12-May 17 | 8:15-9 am | \$37/6 | [161743](#)

Thu, May 14-Jun 11 | 7:30-8:15 pm | \$31/5 | [161747](#)

Sun, May 24-Jun 28 | 8:15-9 am | \$37/6 | [161744](#)

Shallow

Tue, Jul 21-Aug 25 | 5:15-6 pm | \$37/6 | [161749](#)

Thu, Jul 23-Aug 27 | 5:15-6 pm | \$37/6 | [161750](#)

Beban Park Pool

Please bring your own mat to fitness and yoga classes.



TRIPS with JANIE'S BUS

Relax...and let Janie do the driving! These trips are for all ages. Great for yourself or bring the family along!
Meals are not included, and some trips have extra fees to cover ferry or admission costs.

Dining Out!

Discover some local cuisine! Meals are not included; walker accessible.

BISTRO 1948 IN LADYSMITH

Thu, Apr 2 | 3:30-8:30 pm | \$35/1 | [161884](#)

BOLD KNIGHT IN NANAIMO

Thu, Apr 16 | 4-8 pm | \$35/1 | [161930](#)

BARE BONES FISH & CHIPS IN PORT ALBERNI

Thu, Apr 30 | 3-8 pm | \$35/1 | [161944](#)

FINAL APPROACH IN QUALICUM BEACH

Thu, May 14 | 3:30-8:30 pm | \$35/1 | [161956](#)

GENOA BAY IN DUNCAN

Sat, May 2 | 3-8 pm | \$35/1 | [161964](#)

GIOVANNI'S RISTORANTE IN QUALICUM BEACH

Thu, Jun 4 | 3:30-8:30 pm | \$35/1 | [161957](#)

DINGHY DOCK PUB ON PROTECTION ISLAND

Sun, Jun 7 | 3-8 pm | \$35/1 | [161963](#)

THE LAKEHOUSE IN SHAWNIGAN LAKE

Sun, Jun 21 | 3-8 pm | \$45/1 | [161961](#)

OLIVER'S LOUNGE AND GRILL IN COWICHAN BAY

Thu, Jul 16 | 3-8 pm | \$35/1 | [161965](#)

KALVAS LOG HOUSE IN PARKSVILLE

Thu, Jul 30 | 2-8 pm | \$35/1 | [161966](#)

RUSTED RAKE IN NANOOSSE BAY

Thu, Aug 6 | 3:30-8:30 pm | \$35/1 | [161977](#)

CUCKOO'S IN COOMBS

Thu, Aug 27 | 3-8 pm | \$35/1 | [161982](#)

Meet at Bowen Park

Thrift Shop Hop - Campbell River

Discover new treasures in the area's thrift shops.

Sun, Apr 12 | 8 am-5:30 pm | \$45/1 | [160451](#)

Tue, May 12 | 8 am-5:30 pm | \$45/1 | [160454](#)

Fri, Jun 12 | 8 am-5:30 pm | \$45/1 | [160455](#)

Sun, Jul 12 | 8 am-5:30 pm | \$45/1 | [160456](#)

Wed, Aug 12 | 8 am-5:30 pm | \$45/1 | [160457](#)

Meet at Bowen Park

Sidney by the Sea

Learn about the different sea creatures that live in the Salish Sea at the Shaw Discovery Centre (not included). Take a walk along the waterfront and check out the local shops. This program is self-guided and walker accessible.

Fri, Apr 10 | 8 am-5:30 pm | \$65/1 | [160475](#) ([163018](#)??)

Sun, May 10 | 8 am-5:30 pm | \$65/1 | [160489](#)

Wed, Jun 10 | 8 am-5:30 pm | \$65/1 | [160490](#)

Fri, Jul 10 | 8 am-5:30 pm | \$65/1 | [160492](#)

Mon, Aug 10 | 8 am-5:30 pm | \$65/1 | [160493](#)

Meet at Bowen Park

Victoria

Spend the day shopping, dining or strolling through a museum. It's your choice; it's your day!

Tue, Apr 14 | 8 am-5:30 pm | \$65/1 | [160395](#)

Fri, May 15 | 8 am-5:30 pm | \$65/1 | [160438](#)

Mon, Jun 15 | 8 am-5:30 pm | \$65/1 | [160439](#)

Tue, Jul 14 | 8 am-5:30 pm | \$65/1 | [160440](#)

Sat, Aug 15 | 8 am-5:30 pm | \$65/1 | [160441](#)

Meet at Bowen Park

Tofino and Ucluelet

Spend time at the beach eating lunch (pack your own or go into Tofino for lunch and do some shopping). We will go to Ucluelet to the lighthouse and take in the Wild Pacific Trail.

Mon, Apr 20 | 8 am-8 pm | \$85/1 | [160442](#)

Sat, May 23 | 8 am-8 pm | \$85/1 | [160443](#)

Sat, Jun 20 | 8 am-8 pm | \$85/1 | [160444](#)

Mon, Jul 20 | 8 am-8 pm | \$85/1 | [160445](#)

Thu, Aug 20 | 8 am-8 pm | \$85/1 | [160446](#)

Meet at Bowen Park

Coastal Black Creek Tulip Festival

Take in the side variety of tulips and daffodils and then visit the baby barnyard animals and the hay bale maze.

Sat, Apr 4 | 8 am-6 pm | \$95/1 | [160603](#)

Meet at Bowen Park

Harrison Tulip Festival

Harrison Tulip Festival, lunch at Harrison Hot Springs at the Black Forest and Schnitzel House.

Wed, Apr 22 | 7:30 am-8:30 pm | \$195/1 | [160609](#)

Meet at Bowen Park

Quadra Island

We will visit the museum, lighthouse and Rebecca Spit and stop for dinner on the way home.

Wed, May 27 | 7 am-9 pm | \$125/1 | [160598](#)

Meet at Bowen Park

Bamfield: Frances Barkley

We will sail down the Alberni Channel to Bamfield. On the way, we will make stops at different camps and cottages delivering supply along the way.

Tue, Jun 2 | 6 am-7 pm | \$195/1 | [163558](#)

Meet at Bowen Park

Salt Spring Island Market

We will spend time in Ganges at the Saturday Market and Salt Spring Island Cheeseworks.

Sat, Jun 6 | 8 am-6 pm | \$125/1 | [163704](#)

Meet at Bowen Park

Galiano Island

We will spend time exploring and then have lunch at Hummingbird Pub.

Wed, Jul 8 | 7 am-10 pm | \$155/1 | [160594](#)

Meet at Bowen Park

Lasqueti Island

See a very little talked about lighthouse. Lunch is at the pub, followed by a walk to the market.

Sat, Jul 18 | 8 am-7 pm | \$95/1 | [163561](#)

Meet at Bowen Park

Nootka Island

This is the homeland of the Mowachaht band and the landing site of Captain Cook. The beach is beautiful and pristine and the grey whales might be there at the beach!

Wed, Jul 22 | 6 am-10 pm | \$255/1 | [163557](#)

Meet at Bowen Park

Elk Falls & Campbell River

Discover beautiful Elk Falls! We will stop for lunch at Browns by the Bay floating restaurant.

Wed, Jul 29 | 8 am-5 pm | \$85/1 | [163538](#)

Meet at Bowen Park

Filberg Festival

Spend the day discovering this popular local festival with over 100 vendors and food trucks.

Sat, Aug 1 | 8 am-5 pm | \$95/1 | [160602](#)

Meet at Bowen Park

Mt. Washintgon Paradise Meadows

Join us for a beautiful walk through Paradise Meadows and a chairlift ride to the top of Mount Washington.

Mon, Aug 17 | 8 am-5:30 pm | \$85/1 | [163556](#)

Meet at Bowen Park

Butchart Garden Fireworks

Let's go enjoy the garden and fireworks! Bring a lunch or eat at the Blue Poppy Restaurant. Make sure you bring a lawn chair.

Sat, Aug 29 | 2-11:30 pm | \$115/1 | [160612](#)

Meet at Bowen Park

See the 60+ Newsletters for more trip options. Meals are not included, and some trips have extra fees to cover ferry or admission costs.



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prc_nanaimo (#ilovemyparksandrec)

FREE (OR ALMOST FREE) PROGRAMS

Especially for 60+ Participants

Mobile Hearing Clinic

Ears To You Mobile Hearing Clinic offers mobile hearing tests to people in Nanaimo helping treat and diagnose hearing issues. If you think you're dealing with hearing loss or need any assistance with adjusting or replacing your hearing aids, our ear care professionals can help you with quick, affordable diagnostic services and effective solutions. Our mobile hearing clinic can come straight to your front door. Our services include hearing aids, accessories and hearing tests. This is FREE, but please call 250-755-7501 for an appointment. *See the Harbour City Newsletter for schedule.*



Bowen Park Library

Those interested in borrowing books at no charge are welcome to visit our library. Please bring them back to share with others. Limit two books per visit.

M-F | 8:30 am-4:30 pm

Bowen Park Complex



Online Safety Workshop

Online safety is a growing concern for many seniors. Please join Literacy Central Vancouver Island for a one hour workshop focusing on internet dangers and strategies for protecting personal information.

Wed, Apr 22 | 1:30-2:30 pm | \$5/1 | [158217](#)

Wed, Apr 29 | 1:30-2:30 pm | \$5/1 | [158218](#)

Bowen Park Complex



Smartphone Workshops

Join us for two workshops designed for seniors to help master their smartphones. We will review essentials like phoning, messaging and camera functions. We will also explore downloading and using apps.

APPLE PHONE

Wed, Apr 8 | 1:30-3:30 pm | \$5/1 | [158215](#)

ANDROID PHONE

Wed, Apr 15 | 1:30-3:30 pm | \$5/1 | [158216](#)

Bowen Park Complex



60+ Meet & Greet

It's a social event where unattached people meet in an afternoon through a series of brief timed one-on-one conversations. \$2 for members, \$5 for non-members. Refreshments will be provided. Everyone welcome.

Fri, Apr 10 | 1:30-4 pm | [158807](#)

Bowen Park Complex



MAiD & Dementia

This event will feature a panel discussion examining Medical Assistance in Dying (MAiD) in the context of dementia. Panelists will include family members of individuals who were found eligible for MAiD, alongside a physician who will provide a clinical and medical perspective. The FREE event is sponsored by the Butterfly House Society of Vancouver Island.

Sun, Apr 19 | 2-3:30 pm | [161705](#)

Bowen Park Complex



Stroll with a Pro

Join one of our local birding experts for a guided walk and discover the diverse birdlife that calls this area home. Bring your binoculars and a camera if you would like to capture the sights. This program runs rain or shine, so come prepared for the weather.

Instructor: Madison Wagenaar

Sat, Apr 11 | 9-10:30 am | \$5/1 | [160996](#)

Wed, Jun 3 | 6-7:30 pm | \$5/1 | [160998](#) (Pride Edition)

Tue, Jul 7 | 6-7:30 pm | \$5/1 | [160997](#)

Buttertubs Marsh (Miner's Cottage)

Sat, May 2 | 9-10:30 am | \$5/1 | [160987](#)

Tue, Aug 4 | 6-7:30 pm | \$5/1 | [160988](#)

Neck Point Park

Tue, Jun 9 | 6-7:30 pm | \$5/1 | [160993](#)

Diver Lake Park



Learn About Elderdog

Elderdog provides FREE, volunteer services to seniors who have dogs and require assistance in order to maintain that relationship. Services include dog walking, pick up and delivery of pet food, transportation to veterinary or grooming care and temporary fostering during hospitalization or other reasons.

Wed, May 20 | 3-4 pm | [163475](#)

Bowen Park Complex



Advanced Planning Care

Learn the what, why, who, when and how of planning for your care. We'll discuss the importance of how to talk with others so they know what matters most to you and review how decisions are made when you aren't able to make them for yourself. Presented by Judy Cook, a Medical Advocate & End of Life Support Specialist - Graceful Journeys. This is FREE.

Wed, Apr 1 | 1:30-2:30 pm | [159824](#)

Bowen Park Complex



Women's Heart Health

Heart disease and stroke can affect women at any age, making it essential to understand personal risk factors and family history. This FREE presentation raises awareness of the incidence, prevalence, and management of heart disease in women. The session is led by Ms. Kamal Parmar, former Poet Laureate and Functional Medicine practitioner certified in the Chronic Pain Self-Management Program through the University of Victoria.

Sat, Jun 20 | 11 am-12 pm | [162124](#)

Bowen Park Complex





60+ Classes: no membership required

Nanaimo Harbour City Seniors

MEMBERSHIP INFORMATION

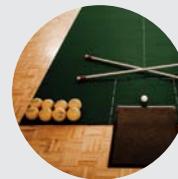
A Nanaimo Harbour City Seniors' Membership is open to those 60 years and older and is valid for the calendar year.

Your membership provides you with access to several free programs with Parks, Recreation and Culture.

Membership can be purchased at any of our recreation centres, and the annual membership fee is \$47.

Program areas:

- ARTS & CRAFTS
- CARDS & GAMES
- MUSIC & SINGING
- DANCE CLASSES & SOCIALS
- FITNESS
- YOGA & TAI CHI
- SPORTS
- POTTERY



For more information, call 250-755-7501, pick up the Harbour City Seniors Newsletter or view online at www.nanaimo.ca.



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prc_nanaimo (#ilovemyparksandrec)

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. Participants please provide your own equipment (mats, blocks, straps, etc.) for class.

Instructor: Heather Honey

Fri, Apr 10-17 | 10:30-11:30 am | \$16/2 | [159773](#)

Fri, May 1-29 | 10:30-11:30 am | \$32/4 | [159946](#)

Fri, Jun 5-26 | 10:30-11:30 am | \$32/4 | [159947](#)

Nanaimo Ice Centre

Fri, Jul 3-31 | 11 am-12 pm | \$40/5 | [159948](#)

Fri, Aug 7-28 | 11 am-12 pm | \$32/4 | [159949](#)

Bowen Park Lower Picnic Shelter

Yoga, Meditation, Pranayama

Teachings have been handed down for thousands of years and are still relevant today. With yoga, you open up the body and increase flexibility, strength and clarity of mind. Pranayama leads the breath with easy techniques to enhance (prana) subtle energy in both body and mind.

Instructor: Thomas Michaud

Wed, Apr 8-Jun 10 | 10:45 am-12 pm | \$80/10 | [160038](#)

Rotary Field House

QiGong, Meditation

With mindful movements, moving meditation, static poses, breath, concentration, visualization, the Chi, internal energy, (Qi) in the body is circulating and accumulates and brings about relaxation, vitality, strength and clarity of mind. Some short Tai Chi movements will also be introduced. Light walking shoes are recommended.

Instructor: Thomas Michaud

Thu, Apr 9-Jun 11 | 10:45 am-12 pm | \$80/10 | [159951](#)

Oliver Woods Community Centre

Yoga, QiGong, Meditation

Using the body with mindful movements, static poses, breath, concentration, visualization, find the Chi of internal energy (Qi) in the body. This practice increases vitality, strength and clarity of mind.

Instructor: Thomas Michaud

Thu, Apr 9-Jun 11 | 12:45-2 pm | \$80/10 | [159954](#)

Oliver Woods Community Centre

Please bring your own mat to fitness and yoga classes and wear clean indoor shoes.

Gentle Chair Fitness

This class incorporates gentle fitness movements, yoga and stretching while primarily sitting in a chair. Some movements to standing and balance work will be done with the chair for stability. Stretch, relax, open the joints, release tensions, energize and revitalize.

Instructor: Heather Walker

Tue, Apr 7-28 | 9-10 am | \$32/4 | [159934](#)

Tue, May 5-26 | 9-10 am | \$32/4 | [159935](#)

Tue, Jun 2-30 | 9-10 am | \$40/5 | [159936](#)

Tue, Jul 7-28 | 9-10 am | \$32/4 | [160044](#)

Tue, Aug 4-25 | 9-10 am | \$32/4 | [160050](#)

Bowen Park Complex

Active Chair & Fitness Flow

This entry level class incorporates chair fitness activities for half the time with gentle movement, range of motion and stretching. The other half of the class is gentle standing flow, coordination and balance activities. It is a good level to try out to lead up to fitness level 1 or for anyone looking for a gentler, slower workout.

Instructor: Heather Walker

Wed, Apr 1-29 | 9-10 am | \$40/5 | [159929](#)

Wed, May 6-27 | 9-10 am | \$32/4 | [159930](#)

Wed, Jun 3-24 | 9-10 am | \$32/4 | [159931](#)

Wed, Jul 8-29 | 10:15-11:15 am | \$32/4 | [163182](#)

Wed, Aug 5-26 | 10:15-11:15 am | \$32/4 | [163183](#)

Bowen Park Complex

Deep Stretch

If you are looking to improve overall flexibility and mobility, this is for you! You do need to be able to get up and down off the floor easily.

Instructor: Maki Kristiansen

Mon, Apr 13-27 | 2-3 pm | \$18/3 | [158896](#)

Mon, May 4-25 | 2-3 pm | \$18/3 | [158897](#)

Mon, Jun 1-22 | 2-3 pm | \$24/4 | [158898](#)

Bowen Park Complex

LOOKING FOR ADDITIONAL OLDER ADULT PROGRAMS?

Please see the 60+ Newsletter on our website!

Go to

- recreation.nanaimo.ca
- Senior Recreation Programs
- "Newsletter"



The Strength Session

Build strength, stability and confidence in this fun and functional group fitness class designed for adults 65 and older. Using dumbbells, resistance bands and bodyweight exercises, including safe core work on the floor, this class will focus on strength training and will help improve balance and everyday movement. You will also support bone and cardiovascular health, boost your energy and enhance your ability to stay active and independent. Previous exercise experience is recommended. Participants must be able to get up and down from the floor.

Instructor: Meaghan Mounce

Wed, Apr 1-29 | 3:45-4:30 pm | \$35/5 | [160107](#)

Fri, Apr 10-24 | 9-9:45 am | \$21/3 | [164401](#)

Fri, May 1-29 | 9-9:45 am | \$35/5 | [164402](#)

Wed, May 6-27 | 3:45-4:30 pm | \$28/4 | [160109](#)

Wed, Jun 3-24 | 3:45-4:30 pm | \$28/4 | [160110](#)

Fri, Jun 5-19 | 9-9:45 am | \$21/3 | [164403](#)

Bowen Park Complex

Balance & Mobility

The easiest of our general fitness classes with a chair always available for upright stability or seated movement. The workout includes approximately 15 minutes of light cardiovascular components, followed by lower and upper body strength training (using weights and bands), balance exercises and stretching while seated. This class improves stability and confidence performing day to day activities. No floor or mat work required.

Instructor: Viktoriia B.

Wed, Apr 1-29 | 3-4 pm | \$40/5 | [159729](#)

Wed, May 6-27 | 3-4 pm | \$32/4 | [159731](#)

Wed, Jun 3-24 | 3-4 pm | \$32/4 | [159735](#)

Wed, Jul 8-29 | 3-4 pm | \$32/4 | [159738](#)

Wed, Aug 5-26 | 3-4 pm | \$32/4 | [159740](#)

Oliver Woods Community Centre

Dance Fitness

Get the blood flowing with this easy-to-follow, choreographed class set to music. Open to those who want a fitness course where you can go at your own pace, as well as those who want a higher intensity cardio workout. All stretches and flexibility work are designed for women.

Instructor: Mary Keel

Sat, Apr 4-May 2 | 9-10 am | \$40/5 | [159594](#)

Sat, May 30-Jun 27 | 9-10 am | \$40/5 | [159601](#)

Sat, Jul 4-25 | 9-10 am | \$32/4 | [159950](#)

Sat, Aug 15-29 | 9-10 am | \$24/3 | [161634](#)

Bowen Park Complex

Argentine Tango

Argentine Tango is a very romantic dance suitable for all ages. Most Tuesdays, a local instructor will teach from 6:30-7:15 pm (for a small additional fee). You may come at 7:15 pm if you'd like to skip the instruction. Once in a while, an international guest instructor will be invited where you have the option of attending (for an additional fee). Members may attend as part of their membership (excluding instruction fees). Non-members can attend for a small registration fee (excluding instruction fees).

Tue, Apr 7-Aug 25 | 6:30-9 pm | \$42/21 | [157845](#)

Bowen Park Complex

Pilates

Try this low-impact exercise to improve balance, core strength, flexibility and posture - crucial for aging bodies. It's tailored to enhance daily movement, reduce fall risk, support bone density and strengthens key muscles in the core, hips and back making it ideal for maintaining independence and overall vitality. You do need to be able to get up and down off the floor. Some previous exercise experience is recommended.

Instructor: Viktoriia B

Wed, Apr 1-May 13 | 10:30-11:30 | \$56/7 | [163581](#)

Mon, Apr 13-May 11 | 8:30-9:30 am | \$40/5 | [163575](#)

Mon, May 25-Jun 15 | 8:30-9:30 am | \$32/4 | [163579](#)

Bowen Park Complex

Improve Posture, Change Movement Habits

Exploring the Alexander Technique

Improve posture, reduce stress and expand your awareness. This is a hands-on class where we explore the body's naturally efficient design for movement and understand how we interfere with it through ingrained habits. We will use practical experiments to learn how to notice tightening, release muscle tension, re-establish better balance and move with ease. We will use visual, verbal and kinaesthetic (hands-on) cues to teach better movement. Participants should be able to do gentle movements of walking, sitting and lying on a mat.

Instructor: Heather Walker

Tue, May 12-Jun 9 | 3:45-5:15 pm | \$100/5 | [160151](#)

Bowen Park Complex

EXPLORE

Your Parks & Trails

- Play a game of Disc Golf at **Bowen Park**
- Ride your bike along the **E&N Trail** or **Parkway Trail**
- Take your dog to one of the 12 dog **off-leash parks**
- Play a game of pickleball at the outdoor courts at **Beban Park**
- Check out the newly-renovated BMX Track, the Steve Smith Bike Park or the Mountain Bike Skills area at **Beban Park**
- Enjoy a picnic at **Pipers Lagoon Park** and see the temporary public art
- Learn about salmon habitat as you walk the trails in **Bowen Park**
- Discover the inclusive playground, public art, walking trails and spectacular views of the harbour at **Maffeo Sutton Park**
- Build a fort along the beach at **Departure Bay** or **Neck Point Park**
- Escape the heat this summer by visiting the waterparks at **Departure Bay, Harewood Centennial, Mansfield Park** or **Deverill Square Park**
- Swim at the lifeguarded beach at **Westwood Lake Park** this summer
- Hike the many trails in Linley Valley Park
- View the wildflowers blooming this spring in **Planta Park** or **Bowen Park**



cityofnanaimo



prc_nanaimo (#ilovemyparksandrec)



Pool Programs

SWIM LESSONS • LIFEGUARDING • FITNESS • TRAINING

With a variety of swim lessons, aquatic training and water sports for children, youth and adults, we make swimming easy and fun. Our trained aquatics staff will assist you in choosing the right program to meet your needs.

Pool Special Events

Join us for some fun for the whole family! (Regular admission applies unless otherwise indicated.)

Lions Free Swims

Enjoy free swimming thanks to Nanaimo Lions and sponsors listed below!



Sat, Apr 11-Jun 27 • 12:30-2 pm • Beban Park Pool

~Lions Free Swim Sponsors~

- Country Grocer - Title Sponsor
- 3D Established Roofing Ltd. • Alexandro's Bistro
- GFL Environmental • Little Valley Collision and Glass • Roto Rooter
- West Coast Factory Direct Hot Tubs • Widsten Property Management Inc.

Pro-D Day Swims

No school? Come for a swim!

Fri, Apr 24 • 12-2 pm • Beban Park Pool

Mon, Apr 27 • 12-2 pm • Beban Park Pool

Wear Your PFD to Work/School Day

Wear your lifejacket that day and post on social media #wearyourlifejacketatworkday #wearyourlifejacket
Fri, May 15

National Safe Boating Awareness Week

Sat to Fri, May 16-22 • Nanaimo Aquatic Centre/Beban Pool

National Drowning Prevention Week

Sun to Sat, Jul 19-25 • Westwood Lake Park/Beban Pool

World Drowning Prevention Day

Sat, Jul 25 • Westwood Lake Park/Beban Pool

Lifeguard Appreciation Day

Fri, Jul 31 • Westwood Lake Park

End of Summer Splash (Summer Family Event)

Thu, Aug 27 • 4-7 pm • Westwood Lake Park



Lifeguard Instructors wanted with the City of Nanaimo!

You must be a minimum of 16 years old, hold a current CPR C, National Lifeguard Pool Certificate and a Lifesaving Swim Instructor Certification. Apply: employment.opportunities@nanaimo.ca. See pages 86-87 for details.



PARENT & TOT LESSONS

Ages 4-36 months

Caregiver participation is required. Progression is based on age.



Jellyfish

4-12 months



Goldfish

13-24 months



Seahorse

25-36 months

PRESCHOOL LESSONS

Ages 3-5 years

Progression is based on completion of level.



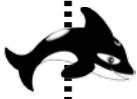
Octopus

- Blowing bubbles with face in water
- Front and back floats and glides with instructor help



Crab

- Front and back floats and glides with buoyant aid
- Roll-over floats
- 5M back swim with buoyant aid



Orca

- Front, back and roll-over floats and glides
- 5M swims on front and back



Sea Lion

- Basic front crawl and side glides
- Deep-water activities
- 7M swim on front and back



Narwhal

- Deep-water swimming
- 5M front and back crawl
- 4 x 5M swim on back

To advance to Swimmer Lessons, your child must be 5 years old on the first day of lessons. If they have completed Narwhal, they will advance to Swimmer 2. All other preschool swimmers will benefit from gaining more experience in Swimmer 1.

Swim for Life® Program Overview

SWIMMER LESSONS

Progression is based on completion of level. **Ages 5-14 years**



Swimmer 1

- Front and back floats and swims
- Roll-over swims and basic front crawl
- 5M swim on front and back



Swimmer 2

- Deep-water activities
- Front, back and side swims
- 10M front and back crawl



Swimmer 3

- Front and back floats and swims
- Roll-over swims and basic front crawl
- 15M swim on front and back



Swimmer 4

- Tread water for 1 minute
- Basic breaststroke
- 25M front and back crawl
- Swim to Survive Standard



Swimmer 5

- Eggbeater for 30 seconds
- 25M breaststroke
- 50M front and back crawl



Swimmer 6

- 50M breaststroke
- 100M front and back crawl
- 300M distance swim



Swimmer 7: Canadian Swim Patrol - Rookie

- Front and back crawl and breaststroke mastery
- Lifesaving: victim recognition and ready position
- First Aid: primary assessment and calling EMS



Swimmer 8: Canadian Swim Patrol - Ranger

- Eggbeater kick and object support
- First Aid: obstructed airway, checking breathing; shock
- Removing conscious victim



Swimmer 9: Canadian Swim Patrol - Star

- First Aid: bone, joint injuries, asthma, allergic reactions
- Support and removal of unconscious victim
- 300M swim in 9 minutes

Swimming Lesson Tips for Success

We are pleased to bring you the Lifesaving Society's Swim for Life Program to highlight the importance of swimming and water safety skills. Swimming can be fun and is also a necessary life skill. Help your child start swimming on the right foot.

- Evaluate your child's swim ability and choose a class level, date and time. Not sure of their ability? Stop by one of our pools during an "Everyone Welcome" swim 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 no more than 10 minutes 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. Tokens can be purchased from our front desk staff.
- 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 stay home if not feeling well.
- At the end of lessons, your instructor will recommend the appropriate level for the next set of lessons. Levels are frequently repeated to allow students to master skills and feel successful before moving onto a new level.



Pricing for Swimming Lessons (lesson prices are pro-rated for holidays & swim meets)	
30 Minute Lessons	\$70/10 lessons
45 Minute Lessons	\$110/10 lessons
60 Minute Lessons	\$140/10 lessons
30 Minute Private Lessons *add additional swimmer	\$150/5 lessons \$225/5 lessons

Waitlists for Swimming

Is a swimming class full? Put your child's name on the waitlist for the specific class you want. If a spot comes up, we will contact you. If there is enough interest in a particular level, we will do our best to create a new class and contact you to see if it works for your schedule.

Shopping for Swim Lessons Using the "X" Grid

- STEP 1** Choose your desired day of the week (Monday, Tuesday, etc.)
- STEP 2** Select the lesson best suited for your swimmer (Jellyfish, Orca, Swimmer 1, etc.)
- STEP 3** View the time available for that lesson ("x" indicate available times)
- STEP 4** Register in person, over the phone or online through recreation.nanaimo.ca
- Provide the clerk with the level and your choice of dates
 - Search for swim lessons in recreation.nanaimo.ca using a key word(s) in the search field (Jellyfish, for example)



Spring Lessons - Beban Pool

**Note: Due to high demand of swimming lessons, last minute withdrawals may impact course offerings. Please provide as much notice as possible if a withdrawal from a swim lesson is required.*

		MON & WED Beban Pool														TUE & THU Beban Pool													
		SET 1: April 13-May 6 (8 lessons) SET 2: May 11-June 10 (9 lessons; no session May 18)														SET 1: April 14-May 7 (8 lessons) SET 2: May 12-June 11 (10 lessons)													
		8:30 am	9:00 am	9:30 pm	10:00 am	10:30 am	3:00 pm	3:30 pm	3:45 pm	4:00 pm	4:15 pm	4:30 pm	4:45 pm	5:00 pm	5:30 pm	6:00 pm	6:30 pm	7:00 pm	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	7:00 pm	
Parent Participation	Jellyfish	x														x													
	Goldfish		x														x												
Preschool Prog. (3-5yrs)	SeaHorse			x	x									x															
	30 Min. Classes																												
	Octopus	x			x					x	x	x										x		x	x				
	Crab		x									x		x	x	x	x					x			x		x		
	Orca				x			x						x		x	x						x	x			x		
	Sea Lion	x						x				x			x							x				x			
	Narwhal			x			x										x							x					
	Private*		x	x		x													x									x	
School Ages Program (6-13 yrs)	Swimmer 1													x	x		x	x						x	x	x			
	Swimmer 2													x		x	x								x		x		
	45 Min.																												
	Swimmer 3																												
	Swimmer 4																												
	Swimmer 5																												
14 yrs +	60 Min.																												
	Swimmer 7/8/9																												
	Teen/Adult 1																												

* Please note that private lessons run once a week.



Junior Lifeguard Club

8 to 12 Years

Are you interested in a pause from swimming lessons? This program emphasizes fun and aquatic skill development based on personal-best achievement. Building on skills you have from swimming lessons, you will work to develop and improve swimming and other aquatic skills with an emphasis on swim and lifesaving knowledge, leadership and teamwork, community education, competition and personal fitness. This is serious fun!

Prerequisites: Ability to meet the Swim to Survive Standard (roll into deep water, tread water for one minute, swim 50m).

Wed, Apr 8-May 6 | 6:30-7:30 pm | \$70/5 | [162845](#)

Thu, Apr 9-May 7 | 3:30-4:30 pm | \$70/5 | [162847](#)

Wed, May 13-Jun 10 | 6:30-7:30 pm | \$70/5 | [162846](#)

Thu, May 14-Jun 11 | 3:30-4:30 pm | \$70/5 | [162848](#)

Nanaimo Aquatic Centre



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Spring Lessons - Nanaimo Aquatic Centre

**Note: Due to high demand of swimming lessons, last minute withdrawals may impact course offerings. Please provide as much notice as possible if a withdrawal from a swim lesson is required.*



		MON ONLY NAC April 13-June 8 (9 lessons; no lesson May 18)				TUE ONLY NAC April 14-June 9 (10 lessons)			WED ONLY NAC April 15-June 10 (10 lessons)				THU ONLY NAC April 16-June 11 (10 lessons)			
		6:30 am	7:00 am	7:30 am	8:00 am	8:00 am	8:30 am	9:00 am	6:30 am	7:00 am	7:15 am	8:00 am	8:00 am	8:30 am	9:00 am	
Preschool Prog. (3-5yrs)	30 Min. Classes	Octopus									X			X		
		Crab												X		
		Orca			X										X	
		Sea Lion														
		Narwhal														
School Ages Program (6-13 yrs)	30 Min. Classes	Swimmer 1		X		X										
		Swimmer 2	X					X								
		Private			X	X				X						
	45 Min.	Swimmer 3							X							
		Swimmer 4							X							
		Swimmer 5	X								X					
		Swimmer 6														
14 yrs +	60 Min.	Teen/Adult 1							X							

AquaGo

5 to 12 Years

AquaGO is an introduction to artistic swimming. Athletes will learn the basics of safe entry, floating, breathing and body positions. All abilities and genders are welcome. Athletes new to swimming can register for AquaGo 1-2; athletes with some experience (Swim Kids 3+) can join AquaGo 3-4.

Instructor: Nanaimo Diamonds

AquaGo 1-2

Sun, Apr 12-Jun 14 | 9-10 am | \$100/10 | [163467](#)

AquaGo 3-4

Sun, Apr 12-Jun 14 | 10-11 am | \$100/10 | [163468](#)

Beban Park Pool

Intro to Synchro

8 to 13 Years

Dive into the world of grace and athleticism with our Intro to Synchro class. This fun and engaging program offers young swimmers a chance to explore Artistic Swimming (formerly known as synchronized swimming) in a supportive and encouraging environment.

Instructor: Nanaimo Diamonds

Thu, Apr 9-Jun 11 | 6-7:30 pm | \$140/10 | [163469](#)

Beban Park Pool



Aqua Yoga

18 Years +

Increase strength, balance, flexibility and body awareness through a mindful yoga practice in the water. Class includes gentle cardio and ends with a floating savasana for deep relaxation.

Sessions require pre-registration.

Instructor: Katherine Winge

Sat, Mar 7-Apr 4 | 8-9 am | \$40/5 | [161740](#)

Sat, Apr 11-May 9 | 8-9 am | \$40/5 | [161741](#)

Sat, May 23-Jun 20 | 8-9 am | \$40/5 | [161742](#)

Beban Park Pool

Pre-Registered Aquafit

Shallow/Deep Combo

Thu, Apr 9-May 7 | 7:30-8:15 pm | \$31/5 | [161746](#)

Sun, Apr 12-May 17 | 8:15-9 am | \$37/6 | [161743](#)

Thu, May 14-Jun 11 | 7:30-8:15 pm | \$31/5 | [161747](#)

Sun, May 24-Jun 28 | 8:15-9 am | \$37/6 | [161744](#)

Shallow

Tue, Jul 21-Aug 25 | 5:15-6 pm | \$37/6 | [161749](#)

Thu, Jul 23-Aug 27 | 5:15-6 pm | \$37/6 | [161750](#)

Beban Park Pool

DO YOU REQUIRE ADDITIONAL SUPPORT?

If you require any accommodations or additional support when participating in our programs, please contact us at 250-756-5200.



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Summer Lessons - Beban Pool & Westwood Lake

**Note: Due to high demand of swimming lessons, last minute withdrawals may impact course offerings. Please provide as much notice as possible if a withdrawal from a swim lesson is required.*

MON-FRI Beban Pool	MON-FRI Westwood Lake
SET 1: July 20-31 (10 lessons)	SET 1: July 6-10 (5 lessons)
SET 2: August 4-14 (9 lessons)	SET 2: July 13-17 (5 lessons)
SET 3: August 17-28 (10 lessons)	SET 3: July 20-24 (5 lessons)
SET 4: August 31-September 4 (5 lessons)	SET 4: July 27-31 (5 lessons)
	SET 5: August 4-7 (4 lessons)
	SET 6: August 10-14 (5 lessons)
	SET 7: August 17-21 (5 lessons)



		9:00 am	9:30 am	9:45 am	10:00 am	10:15 am	10:30 am			10:15 am	10:45 am	
Preschool Prog. (3-5yrs)	Octopus	x			x		x					
	Crab	x			x		x					
	Orca		x				x					
	Sea Lion	x	x									
	Narwhal				x							
	Private*	x	x		x		x		x			
School Ages Program (6-13 yrs)	Swimmer 1	x	x	x			x			x		
	Swimmer 2	x	x		x		x					
	45 Min.	Swimmer 3	x	x			x				x	
		Swimmer 4	x				x				x	
		Swimmer 5			x						x	
	60 Min.	Swimmer 6			x							
		Swimmer 7	x									
		Swimmer 8				x						
		Swimmer 9				x						

PLEASE NOTE:

Registration for Spring & Summer Aquatic programs begins on Wednesday, March 4!

Swim Stars Camp **NEW!**

8 to 12 Years

This unique camp combines swimming lessons with classic camp fun games, crafts and friendship - all in a beautiful lakeside setting. Campers will build swimming skills while enjoying creative activities and exciting group challenges that make every day an adventure. Perfect for kids who love the water!

M-F, Jul 13-17 | 12:30-4:30 pm | \$150/5 | [163172](#)

Tu-F, Aug 4-7 | 12:30-4:30 pm | \$120/4 | [163173](#)

M-F, Aug 24-28 | 12:30-4:30 pm | \$150/5 | [163174](#)

Westwood Lake Park (first beach)

Junior Lifeguard Club Camp

8 to 12 Years

Join this exciting camp that takes you in, on and around the water. Develop new lifesaving skills and learn attitudes that could one day save your life or someone else's. Focus on fun, teamwork and skill development with games and a variety of activities themed around lifesaving, lifeguarding and first aid. A must for those of you who love the water but are looking for more than lessons. (Minimum Swimmer 4 level or have successfully completed the Swim to Survive Challenge to participate.)

M-F, Jul 6-10 | 12:30-4:30 pm | \$150/5 | [163137](#)

M-F, Jul 27-31 | 12:30-4:30 pm | \$150/5 | [163140](#)

M-F, Aug 17-21 | 12:30-4:30 pm | \$150/5 | [163149](#)

Westwood Lake Park (first beach)



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.

Multi-Purpose Venues

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 have options for you.

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 Facilities

- **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
- **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 for 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

CHECK AVAILABILITY ONLINE!



Go online to cityofnanaimo.perfectmind.com to check availability of the following facilities:

- Picnic Shelters
- Oliver Woods Gymnasiums
- Sand Volleyball Courts

ASK ABOUT OUR

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



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Join the Team! Become a Lifeguard!

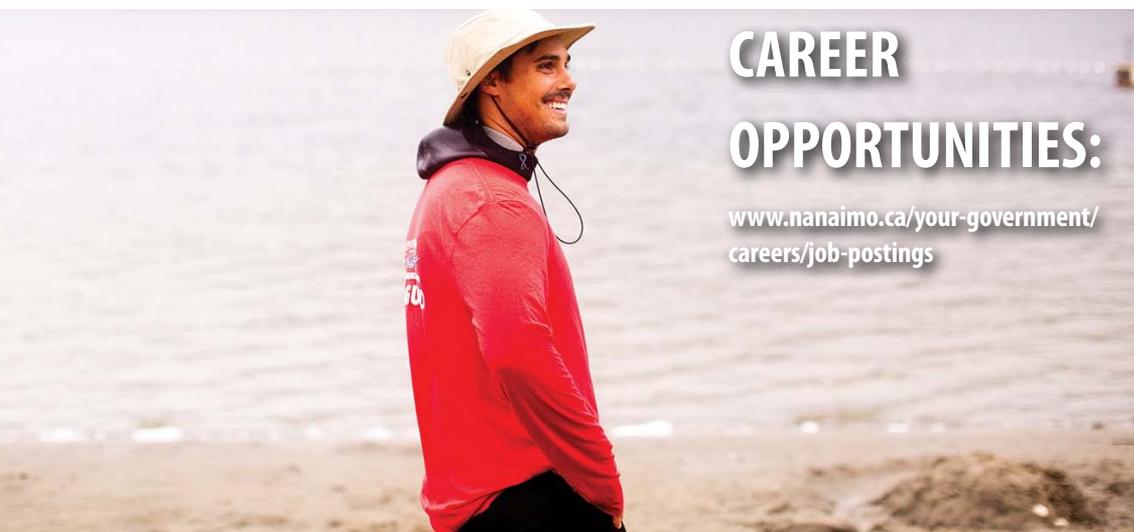
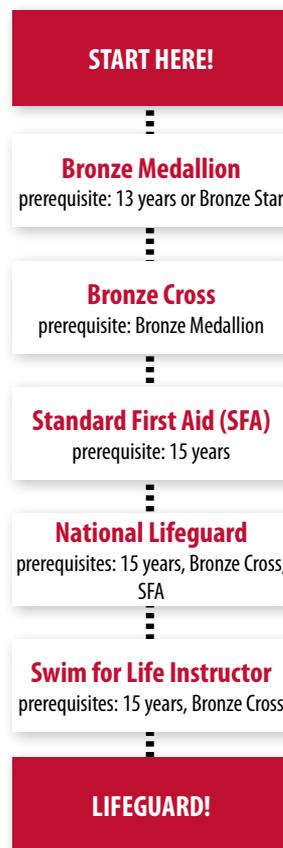
BUILD THE FOUNDATION FOR SUCCESS!

Lifeguards prevent drowning, teach water safety and provide leadership in our community. Consult one of our Aquatic Coordinators at 250-756-5200 to help plan your lifeguard training.



RECOMMENDED PATH:

- 1 **Bronze courses** develop lifesaving fitness and decision-making skills.
- 2 **Standard First Aid** provides practical skills to handle emergency response situations.
- 3 **National Lifeguard** promotes prevention of drowning and aquatic-related injuries.
- 4 **Instructor Training** prepares you to teach swimming lessons and lifesaving skills.



CAREER OPPORTUNITIES:

www.nanaimo.ca/your-government/careers/job-postings

Advanced Aquatic Courses

Course	Dates	Day	Time	Fee	Location	Course ID	
Bronze Medallion	Apr 12-May 10	Sun	11 am-3 pm	\$220	Beban	162654	
	Jul 20-24	M-F	12:30-4:30 pm	\$220	Westwood	162606	
	Aug 10-14	M-F	12:30-4:30 pm	\$220	Westwood	162607	
	Judgement, knowledge, skill and fitness will be evaluated. Students acquire the assessment and problem-solving skills needed to make good decisions in, on and around the water. Prerequisites: 13 years of age (by last day of course) or Bronze Star (does not have to be current). 100% attendance is mandatory for completion.						
Bronze Cross	May 24-Jun 21	Sun	11 am-4 pm	\$200	Beban	162650	
	Jul 27-31	M-F	11:30am-4:30pm	\$200	Beban	162608	
	Aug 24-28	M-F	11:30am-4:30pm	\$200	Beban	162609	
	Students begin transitioning from lifesaving to lifeguarding and prepare for assistant lifeguard responsibilities. Students begin to strengthen and expand their lifesaving skills and apply active surveillance principles and techniques in aquatic facilities. The importance of teamwork and communication are emphasized in this course. Prerequisites: Bronze Medallion (does not have to be current). 100% attendance is mandatory for completion.						
Standard First Aid	Apr 11 & 12	Sat & Sun	9 am-5:30 pm	\$185	Beban	161210	
	May 30 & 31	Sat & Sun	9 am-5:30 pm	\$185	Beban	161208	
	Jun 13 & 14	Sat & Sun	9 am-5:30 pm	\$185	Beban	161207	
	Aug 29 & 30	Sat & Sun	9 am-5:30 pm	\$185	Beban	161227	
	This Red Cross First Aid course includes all of the Emergency First Aid and CPR C instruction on day one before covering head and spine injuries, bone and joint injuries, environmental conditions, poisons and sudden medical emergencies on day two. Prerequisites: 13 years of age is recommended. 100% attendance is mandatory for completion.						
National Lifeguard - Pool	Jul 8-18	W-Sat	11 am-5:30 pm	\$499	NAC	162610	
	This is the national standard for lifeguards in Canada. Candidates develop the fundamental values, judgement, knowledge, skills and fitness required by lifeguards. Prerequisites: 15 years of age (by last day of course), Bronze Cross (does not have to be current), Standard First Aid (does not have to be current). 100% attendance is mandatory for completion.						
National Lifeguard - Waterfront	Jun 22-25	M-Th	10 am-5 pm	\$270	Westwood	162623	
Swim Instructor	Aug 4-14	M-F	9 am-3 pm	\$499	Beban	162636	
	The lifesaving Instructor course prepares candidates to teach and evaluate a variety of programs including Bronze Star, Bronze Medallion, Bronze Cross and Junior Lifeguard Club.						

Recertification Courses

Course	Dates	Day	Time	Fee	Location	Course ID	
National Lifeguard - Pool	May 9	Sat	10:30am-7:30pm	\$120	NAC	162611	
	Jul 4	Sat	10:30am-7:30pm	\$120	NAC	162612	
	Proof of previous certifications: NL Pool, CPR C and AMOA (need not be current)						
National Lifeguard - Waterfront	Jun 20	Sat	9 am-6 pm	\$120	Westwood	162625	
Swim for Life Instructor	May 30	Sat	9:30 am-3 pm	\$120	Beban	162637	
	Jul 25	Sat	9:30 am-3 pm	\$120	Beban	162642	
	Aug 23	Sun	9:30 am-3 pm	\$120	Beban	162643	

NOTE: All candidates are required to present their original certification at the start of the recertification clinic. 100% attendance is mandatory for completion. **REFUND POLICY:** Withdrawals with refund will only be provided for Aquatic Leadership courses with a minimum of **seven days advanced notice**. Withdrawals within seven days of start date are refunded at 50%. No refunds on or after start date.



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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 for each level passed, and upon completion of Level 7, skaters will receive a medallion of achievement. See our schedule on the following pages.

Boots to Blades 1 & 2

2 to 5 Years

Boots 1 is a perfect 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, gliding and foot control skills. Skaters will also work on figure eight crossovers, jumping turns and other one-foot skills that increase balance, strength and agility.

RecSkate 7 is the final level of our RecSkate program. Backwards skills are emphasized, along with the introduction of two-foot full rotation jumps and one-foot outside edge stops. Backwards crossover figure eights and forward and backward pivot circles will be mastered. Skills taught at this level are demanding for all kinds of skaters, but the hard work will pay off!

Private RecSkate Lessons

One-on-one instruction. These are great for accelerating your learning, mastering that one problem skill or preparing for the next level. Our instructors will work from the RecSkate program material or address specific skills as needed. Skate rentals are included. See recreation.nanaimo.ca for availability.

RecFigure Skate - Child/Teen

6 to 16 Years

A small group session focusing on developing specific figure skating skills, such as jumps, spins and field moves, as well as continuing to develop the basics of skating. Skaters should have passed a minimum of RecSkate 5 before registering. Completion of RecSkate program or equivalent is preferred.

RecSkate - Pre-Teen/Teen

12 to 17 Years

Skating and more! Join your friends at these lessons that teach all levels of skating skills. This program offers an introduction to arenas, including lesson teaching, skate patrol, safety and a facility tour. This is a great bridge to our LIT and Quest programs.

Skating Lesson Information

For lesson information, please email arenaprograms@nanaimo.ca

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	\$9
RecSkate (3-5 yrs)	30 minutes	\$9
RecSkate (6-11 yrs)	45 minutes	\$13
RecFigure Skate	45 or 60 minutes	\$14/hr or \$13 for 45 min
Various RecSkates (pre-teen/teen)	60 minutes	\$14
Private RecSkate (all ages) *	30 minutes	\$30

*For private RecSkate lessons, specific coach requests may be accommodated by calling 250-756-5215.

CUSTOM PRIVATE SKATING LESSONS

- Let us customize skating lessons to fit your schedule and your skill level. Cost is \$30 for a 30-minute lesson. Call Alli, Arenas Coordinator, at 250-755-7536 for details.

DO YOU REQUIRE ADDITIONAL SUPPORT?



- If you require any accommodations or additional support, please contact our Arenas Coordinator at 250-755-7536.

DROP-IN SESSIONS

- Check out our drop-in options on page 11 and see our online schedule at recreation.nanaimo.ca.





GLOW IN THE DARK

SKATING

Skate in our atmosphere of dimmed lighting and special effects!

Held on the following Wednesdays, 6:30-8 pm:

- April 1 (Frank Crane)
- May 6 (Frank Crane)
- June 3 (Nanaimo Ice Centre)
- July 8 (Nanaimo Ice Centre)
- August 5 (Nanaimo Ice Centre)

Held on the following Sundays, 3-4:30 pm:

- April 19 (Cliff McNabb)
- May 17 (Cliff McNabb)
- June 21 (Cliff McNabb)
- July 19 (Nanaimo Ice Centre)
- August 16 (Nanaimo Ice Centre)





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RecSkate Homeschool

A great learn-to-skate option for children during daytime hours! Here you have the chance to learn skills from our popular RecSkate program in a supportive, group environment. Development of balance, agility and coordination is a great start to any ice sport. All levels of skaters will be accommodated. Parents are welcome to register with their child.

Wed, Apr 8-May 13 | 12:30-1:30 pm | \$84/6 | [162735](#)
 Mon, Apr 13-May 11 | 10:30-11:30 am | \$70/5 | [162738](#)
 Wed, May 20-Jun 24 | 12:30-1:30 pm | \$84/6 | [162737](#)
 Mon, May 25-Jun 22 | 10:30-11:30 am | \$70/5 | [162739](#)
Cliff McNabb Arena

RecSkate Pre-Teen/Teen

12 to 17 Years

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

Thu, Apr 9-May 7 | 5:45-6:30 pm | \$65/5 | [162727](#)
 Sat, Apr 11-May 9 | 11:15 am-12:15 pm | \$70/5 | [162732](#)
 Mon, Apr 13-May 11 | 6:45-7:45 pm | \$70/5 | [162720](#)
Frank Crane Arena

Mon, May 25-Jun 22 | 6:45-7:45 pm | \$70/5 | [162723](#)
 Thu, May 28-Jun 25 | 5:45-6:30 pm | \$65/5 | [162730](#)
 Mon, Jun 29-Aug 10 | 6:45-7:45 pm | \$84/6 | [162726](#)
 Tue, Jul 2-Aug 13 | 6:15-7:15 pm | \$98/7 | [162731](#)
Nanaimo Ice Centre

Sat, May 30-Jun 27 | 11:15 am-12:15 pm | \$70/5 | [162733](#)
Cliff McNabb Arena



Skating Lessons - SET 1

Monday, Apr 13-May 11 • 5 lessons • Frank Crane Arena

3:30-4 pm	Private 162759	Private 162760	Private 162761	Private 162762	Private 162763	Private 162764	
4-4:30 pm	Boots 1 161795	Boots 2 162136	Rec 1 162164	Rec 2 162617	Rec 3 162865	Rec 4 163073	
4:30-5:15 pm	Rec 1 162331	Rec 2 162657	Rec 3 162909	Rec 4 163113	Rec 5 163241	Rec 6/7 163314	
5:15-5:45 pm	Boots 1 161796	Boots 2 162137	Rec 1 162165	Rec 2 162619	Rec 3 162868	Rec 4 163078	
5:45-6:30 pm	Rec 1 162333	Rec 2 162658	Rec 3 162914	Rec 4 163117	Rec 5 163247	Rec 6/7 163316	
6:45-7:45 pm	Teen 162720	Adult RS 162582	RecFigure 162747	Private 6:45-7:15 pm 162765	Private 6:45-7:15 pm 162767	Private 7:15-7:45 pm 162768	Private 7:15-7:45 pm 162769

Wednesday, Apr 8-May 13 • 6 lessons • Cliff McNabb Arena

Private 12:30-1 pm 162849	Private 1-1:30 pm 162850						
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Thursday, Apr 9-May 7 • 5 lessons • Frank Crane Arena

3:15-3:45 pm	Private 162853	Private 162854	Private 162855	Private 162856	Private 162857	Private 162858	
3:45-4:30 pm	Hockey Ras. 162177	Ev. Can Play 162465	Hockey Priv. 3:45-4:15 pm 163565				
4:30-5 pm	Boots 1 161797	Boots 2 162145	Rec 1 162313	Rec 2 162626	Rec 3 162888	Rec 4 163094	
5-5:45 pm	Rec 1 162344	Rec 2 162673	Rec 3 162937	Rec 4 163128	Rec 5 163263	Rec 6/7 163339	
5:45-6:30 pm	Teen 162727	RecFig 162751	Adult RS 162585				

Friday, Apr 10-May 8 • 5 lessons • Frank Crane Arena

9:30-10 am	Boots 1 161798	Rec 1 162317	Rec 3 162891	Rec 4 163099	Ad Pract. 9:30-10:30 am 162580	Private 162945	
10-10:30 am	Boots 2 162149	Rec 2 162635	Private 162647	Adults RS 10:30-11:30 am 162588	Adult Adv. 10:30-11:30 am 162578		

Saturday, Apr 11-May 9 • 5 lessons • Frank Crane Arena

9-9:45 am	Boots 1 9:15-9:45 am 161799	Boots 2 9:15-9:45 am 162151	Rec 1 162347	Rec 2 162705	Rec 3 162963	Rec 4 163228	Rec 5 163281
9:45-10:15 am	Boots 1 161800	Boots 2 162152	Rec 1 162319	Rec 2 162640	Rec 3 162897	Rec 4 163103	Private 162953
10:30-11:15 am	Rec 1 162348	Rec 2 162707	Rec 3 162967	Rec 4 163229	Rec 6/7 163351	RecFigure 162754	
11:15-11:45 am	Boots 1 161801	Boots 2 162153	Rec 1 162320	Rec 2 162641	Rec 3 162898	Rec 4 163105	Teen 11:15am-12:15p 162732
11:45 am-12:15 pm	Private 162957	Private 162959	Private 162960	Private 162961	Private 162964		

30 min lesson = 3-5 years • 45 min lesson = 6-11 years • 30 min private lessons

Looking for the drop-in skating schedule?

Look for our latest drop-in schedules online at recreation.nanaimo.ca

Skating Lessons - SET 2

Monday, May 25-Jun 22 • 5 lessons • **Nanaimo Ice Centre**

3:30-4 pm	Private 162772	Private 162773	Private 162774	Private 162775	Private 162777	Private 162778	
4-4:30 pm	Boots 1 161802	Boots 2 162138	Rec 1 162166	Rec 2 162620	Rec 3 162871	Rec 4 163079	
4:30-5:15 pm	Rec 1 162338	Rec 2 162662	Rec 3 162917	Rec 4 163119	Rec 5 163251	Rec 6/7 163321	
5:15-5:45 pm	Boots 1 161803	Boots 2 162141	Rec 1 162226	Rec 2 162621	Rec 3 162872	Rec 4 163081	
5:45-6:30 pm	Rec 1 162341	Rec 2 162664	Rec 3 162923	Rec 4 163124	Rec 5 163253	Rec 6/7 163333	
6:45-7:45 pm	Teen 162723	Adult RS 162583	RecFigure 162748	Private 6:45-7:15 pm 162779	Private 6:45-7:15 pm 162780	Private 7:15-7:45 pm 162781	Private 7:15-7:45 pm 162782

Wednesday, May 20-Jun 24 • 6 lessons • **Cliff McNabb Arena**

Private 12:30-1 pm 162851	Private 1-1:30 pm 162852						
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Thursday, May 28-Jun 25 • 5 lessons • **Nanaimo Ice Centre**

3:15-3:45 pm	Private 162859	Private 162860	Private 162861	Private 162862	Private 162863	Private 162864	
3:45-4:30 pm	Hockey Ras. 162178	Ev. Can Play 162466	Hockey Priv. 163569				
4:30-5 pm	Boots 1 161805	Boots 2 162147	Rec 1 162314	Rec 2 162629	Rec 3 162889	Rec 4 163096	
5-5:45 pm	Rec 1 162345	Rec 2 162690	Rec 3 162942	Rec 4 163169	Rec 5 163270	Rec 6/7 163342	
5:45-6:30 pm	Teen 162730	RecFig 162752	Adult RS 162586				

Friday, May 29-Jun 26 • 5 lessons • **Cliff McNabb Arena**

9:30-10 am	Boots 1 161806	Rec 1 162318	Rec 3 162893	Rec 4 163101	Ad Pract. 9:30-10:30 am 162581	Private 162948	
10-10:30 am	Boots 2 162150	Rec 2 162638	Private 162949	Adults RS 10:30-11:30 am 162589	Adult Adv. 10:30-11:30 am 162579		

Saturday, May 30-Jun 27 • 5 lessons • **Cliff McNabb Arena**

9-9:45 am	Rec 1 162349	Rec 2 162713	Rec 3 162975	Rec 4 163230	Rec 5 163284		
9:15-9:45 am	Boots 1 161807	Boots 2 162154					
9:45-10:15 am	Boots 1 161809	Boots 2 162155	Rec 1 162327	Rec 2 162644	Rec 3 162901	Rec 4 163108	Private 162966
10:30-11:15 am	Rec 1 162350	Rec 2 162715	Rec 3 162977	Rec 4 163232	Rec 6/7 163353	RecFigure 162755	
11:15-11:45 am	Boots 1 161810	Boots 2 162156	Rec 1 162328	Rec 2 162646	Rec 3 162902	Rec 4 163109	Teen 11:15am-12:15p 162733
11:45 am-12:15 pm	Private 162969	Private 162972	Private 162973	Private 162974	Private 162976		

RecFigure Skate - Child/Teen

6 to 16 Years

This is a small group lesson focusing on specific figure skating skills like jumps, spins and field moves, as well as continuing to develop the basics of skating. Lesson is taught on a portion of the ice shared with the RecSkate program. Skaters should have passed a minimum of RecSkate 5 before registering. Completion of RecSkate 7 or equivalent is preferred. Helmets are mandatory.

Thu, Apr 9-May 7 | 5:45-6:30 pm | \$65/5 | [162751](#)

Sat, Apr 11-May 9 | 10:30-11:15 am | \$65/5 | [162754](#)

Mon, Apr 13-May 11 | 6:45-7:45 pm | \$70/5 | [162747](#)

Frank Crane Arena

Sat, May 30-Jun 27 | 10:30-11:15 am | \$65/5 | [162755](#)

Cliff McNabb Arena

Mon, May 25-Jun 22 | 6:45-7:45 pm | \$70/5 | [162748](#)

Thu, May 28-Jun 25 | 5:45-6:30 pm | \$65/5 | [162752](#)

Mon, Jun 29-Aug 10 | 6:45-7:45 pm | \$84/6 | [162749](#)

Thu, Jul 2-Aug 13 | 6:15-7:15 pm | \$98/7 | [162753](#)

M-F, Aug 17-21 | 11-11:45 am | \$65/5 | [162756](#)

M-F, Aug 24-28 | 11-11:45 am | \$65/5 | [162757](#)

Nanaimo Ice Centre

RecFigure Skate Advanced

8 to 16 Years

This is a small group session for experienced RecFigure skaters focusing on developing specific figure skating skills, such as jumps, spins and field moves. Ice dance and synchronized skating skills may also be taught. Skaters should have passed a minimum of RecFigure Skate Level 3 or equivalent before registering.

Wed, Apr 8-May 6 | 5:15-6:15 pm | \$70/5 | [162744](#)

Frank Crane Arena

Wed, May 27-Jun 24 | 5:15-6:15 pm | \$70/5 | [162745](#)

Wed, Jul 8-Aug 5 | 5:15-6:15 pm | \$70/5 | [162746](#)

Nanaimo Ice Centre

RecFigure Skate - Teen & Adult D

13 Years +

Calling all figure skaters! Tired of skating around in circles? This session is for advanced skaters looking to learn or practice figure skating skills. The focus will be on edges, turns, figures and Ice Dance. Jumps and spins may be taught depending on interest and ability. Previous figure skating experience is strongly recommended (Drop-in fee is \$13).

Wed, Apr 8-May 6 | 5:15-6:15 pm | \$70/5 | [162741](#)

Frank Crane Arena

Wed, May 27-Jun 24 | 5:15-6:15 pm | \$70/5 | [162742](#)

Wed, Jul 8-Aug 5 | 5:15-6:15 pm | \$70/5 | [162743](#)

Nanaimo Ice Centre

30 min lesson = 3-5 years • 45 min lesson = 6-11 years • 30 min private lessons

Oh, shoot!

We sometimes make mistakes or information changes.

Please check our online Activity Guide for the latest program information.



cityofnanaimo



prc_nanaimo (#ilovemyparksandrec)

RecSkate Adult

A great program for new skaters who may need to brush up on their skills. We will introduce a variety of skating skills in a relaxed and enjoyable setting. Develop skills at your own pace, and work toward earning the bronze, silver and gold lapel pins if desired.

Mon, Apr 13-May 11 | 6:45-7:45 pm | \$70/5 | [162582](#)

Thu, Apr 9-May 7 | 5:45-6:30 pm | \$65/5 | [162585](#)

Fri, Apr 10-May 8 | 10:30-11:30 am | \$70/5 | [162588](#)

Frank Crane Arena

Fri, May 29-Jun 26 | 10:30-11:30 am | \$70/5 | [162589](#)

Cliff McNabb Arena

Mon, May 25-Jun 22 | 6:45-7:45 pm | \$70/5 | [162583](#)

Thu, May 28-Jun 25 | 5:45-6:30 pm | \$65/5 | [162586](#)

Mon, Jun 29-Aug 10 | 6:45-7:45 pm | \$84/6 | [162584](#)

Thu, Jul 2-Aug 13 | 6:15-7:15 pm | \$98/7 | [162587](#)

Nanaimo Ice Centre

RecSkate Adults Practice

This 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, Apr 10-May 8 | 9:30-10:30 am | \$40/5 | [162580](#)

Frank Crane Arena

Fri, May 29-Jun 26 | 9:30-10:30 am | \$40/5 | [162581](#)

Cliff McNabb Arena

RecSkate Adults Advanced

This class is 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, Apr 10-May 8 | 10:30-11:30 am | \$70/5 | [162578](#)

Frank Crane Arena

Fri, May 29-Jun 26 | 10:30-11:30 am | \$70/5 | [162579](#)

Cliff McNabb Arena

Daytime Private RecSkate Lessons

One-on-one instruction. These are great for accelerating your learning, mastering that one problem skill or preparing for the next level. Our instructors will work from the RecSkate program material or address specific skills as needed. Skate rentals are included. Please see the grids for private lesson options.

Wed, Apr 8-May 13 | 12:30-1 pm | \$180/6 | [162849](#)

Wed, Apr 8-May 13 | 1-1:30 pm | \$180/6 | [162850](#)

Mon, Apr 13-May 11 | 10-10:30 am | \$150/5 | [162758](#)

Wed, May 20-Jun 24 | 12:30-1 pm | \$180/6 | [162851](#)

Wed, May 20-Jun 24 | 1-1:30 pm | \$180/6 | [162852](#)

Mon, May 25-Jun 22 | 10-10:30 am | \$150/5 | [162771](#)

Cliff McNabb Arena

Skating Lessons - SET 3

Monday, Jun 29-Aug 10 • 6 lessons • **Nanaimo Ice Centre** (no lesson Aug 3)

3:30-4 pm	Private 162783	Private 162784	Private 162785	Private 162786	Private 162787	Private 162788	
4-4:30 pm	Boots 1 161811	Boots 2 162143	Rec 1 162311	Rec 2 162622	Rec 3 162886	Rec 4 163091	
4:30-5:15 pm	Rec 1 162342	Rec 2 162667	Rec 3 162926	Rec 4 163126	Rec 5 163256	Rec 6/7 163337	
5:15-5:45 pm	Boots 1 161812	Boots 2 162144	Rec 1 162312	Rec 2 162624	Rec 3 162887	Rec 4 163092	
5:45-6:30 pm	Rec 1 162343	Rec 2 162669	Rec 3 162930	Rec 4 163127	Rec 5 163257	Rec 6/7 163338	
6:45-7:45 pm	Teen 162726	RecFigure 162749	Adult RS 162584	Private 6:45-7:15 pm 162789	Private 6:45-7:15 pm 162790	Private 7:15-7:45 pm 162792	Private 7:15-7:45 pm 162793

Thursday, Jul 2-Aug 13 • 7 lessons • **Nanaimo Ice Centre**

3:30-4:15 pm	Hockey Ras. 162179	Ev. Can Play 162467	Hockey Private 3:30-4 pm 163570				
4:15-5 pm	Rec 1 162346	Rec 2 162692	Rec 3 162950	Rec 4 163170	Rec 5 163276	Private 4:15-4:45 pm 162938	
5-5:30 pm	Boots 1 161813	Boots 2 162148	Rec 1 162315	Rec 2 162633	Rec 3 162890	Rec 4 163098	Private 162939
5:30-6:15 pm	Rec 2 162700	Rec 3 162954	Rec 4 163226	Rec 6/7 163346	Private 5:30-6 pm 162941	Private 5:30-6 pm 162940	
6:15-7:15 pm	Teen 162731	RecFig 162753	Adult RS 162587	Private 6:15-6:45 pm 162943	Private 6:45-7:15 pm 162944		

Week Long Summer Skating Lessons

Monday to Friday, Aug 17-21 • 5 lessons • **Nanaimo Ice Centre**

9-9:45 am	Rec 1 162351	Rec 2 162716	Rec 3 162981	Rec 4 163234	Rec 5 163296	Private 9-9:30 am 162978	
9:45-10:15 am	Boots 1 162132	Boots 2 162157	Rec 1 162329	Rec 2 162648	Rec 3 162903	Rec 4 163110	Private 162979
10:15-11 am	Rec 1 162352	Rec 2 162717	Rec 3 162983	Rec 4 163235	Rec 6/7 163354	Private 10:30-11 am 162980	
11-11:45 am	RecFigure 162756	Private 11-11:30 am 162982	Private 11-11:30 am 162984	Private 11-11:30 am 162985	Private 11-11:30 am 162986		

Monday to Friday, Aug 24-28 • 5 lessons • **Nanaimo Ice Centre**

9-9:45 am	Rec 1 162353	Rec 2 162719	Rec 3 162988	Rec 4 163239	Rec 5 163299	Private 9-9:30 am 162987	
9:45-10:15 am	Boots 1 162133	Boots 2 162158	Rec 1 162330	Rec 2 162649	Rec 3 162906	Rec 4 163111	Private 162989
10:15-11 am	Rec 1 162354	Rec 2 162724	Rec 3 162993	Rec 4 163240	Rec 6/7 163356	Private 10:30-11 am 162991	
11-11:45 am	RecFigure 162757	Private 11-11:30 am 162992	Private 11-11:30 am 162994	Private 11-11:30 am 162995	Private 11-11:30 am 162996		



Check out our Arena Summer Camps on page 37.

Adaptive Hockey

This program will provide teens and adults with diverse abilities the skills required to play the game of hockey. No skating ability is required, but participants should be steady on their feet. Support workers are welcome, but independence is encouraged. Full gear is required.

Wed, Apr 1-May 13 | 9-10:15 am | \$91/7 | [162181](#)
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, Apr 11-May 9 | 8:15-9 am | \$65/5 | [162469](#)
Sat, Apr 11-May 9 | 12:15-1 pm | \$65/5 | [162470](#)
Frank Crane Arena

Sat, May 30-Jun 27 | 8:15-9 am | \$65/5 | [162471](#)
Sat, May 30-Jun 27 | 12:15-1 pm | \$65/5 | [162472](#)
Cliff McNabb Arena

M-F, Aug 17-21 | 8:15-9 am | \$65/5 | [162473](#)
M-F, Aug 24-28 | 8:15-9 am | \$65/5 | [162474](#)
Nanaimo Ice Centre

7 to 12 Years

Sat, Apr 11-May 9 | 8:15-9 am | \$65/5 | [162475](#)
Sat, Apr 11-May 9 | 12:15-1 pm | \$65/5 | [162476](#)
Frank Crane Arena

Sat, May 30-Jun 27 | 8:15-9 am | \$65/5 | [162477](#)
Sat, May 30-Jun 27 | 12:15-1 pm | \$65/5 | [162478](#)
Cliff McNabb Arena

M-F, Aug 17-21 | 8:15-9 am | \$65/5 | [162479](#)
M-F, Aug 24-28 | 8:15-9 am | \$65/5 | [162480](#)
Nanaimo Ice Centre

Hockey Rascals

3 to 5 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. Full gear is recommended.

Thu, Apr 9-May 7 | 3:45-4:30 pm | \$65/5 | [162177](#)
Frank Crane Arena

Fri, Apr 10-May 8 | 4:15-5 pm | \$65/5 | [162172](#)
Fri, Apr 10-May 8 | 5:30-6:15 pm | \$65/5 | [162173](#)
Fri, May 29-Jun 26 | 4:15-5 pm | \$65/5 | [162174](#)
Fri, May 29-Jun 26 | 5:30-6:15 pm | \$65/5 | [162176](#)
Cliff McNabb Arena

Thu, May 28-Jun 25 | 3:45-4:30 pm | \$65/5 | [162178](#)
Thu, Jul 2-Aug 13 | 3:30-4:15 pm | \$91/7 | [162179](#)
Nanaimo Ice Centre



Hockey Programs

Everyone Can Play Hockey

7 to 12 Years

This is a great first-timer experience emphasizing the FUNdamentals of Canada's greatest game. We recommend a minimum of RecSkate 2 be completed. Please supply your own helmet with a face cage, stick and gloves. Full gear is not mandatory but is recommended.

Thu, Apr 9-May 7 | 3:45-4:30 pm | \$65/5 | [162465](#)
Frank Crane Arena

Thu, May 28-Jun 25 | 3:45-4:30 pm | \$65/5 | [162466](#)
Thu, Jul 2-Aug 13 | 3:30-4:15 pm | \$91/7 | [162467](#)
Nanaimo Ice Centre

Precision Puck Play - Learn to Pass, Shoot & Score

This off-ice program will help to develop players' skills in puck handling, passing and shooting with a focus on accuracy and control. The program aims to improve players' ability to execute precise movements under pressure and enhance their overall hockey IQ by honing their ability to make quick, calculated decisions with the puck. Helmet with face cage is required.

6 to 8 Years

Mon, Apr 13-May 11 | 3:30-4:30 pm | \$50/5 | [163355](#)
Mon, May 25-Jun 22 | 3:30-4:30 pm | \$50/5 | [163357](#)

9 to 11 Years

Mon, Apr 13-May 11 | 3:30-4:30 pm | \$50/5 | [163358](#)
Mon, May 25-Jun 22 | 3:30-4:30 pm | \$50/5 | [163359](#)
Nanaimo Ice Centre

Power Skating

This program is designed to develop strength, power, flexibility and endurance for hockey. Emphasis is on correct technique and body position. Full gear is required.

4 to 6 Years

Mon, Aug 10 | 3-4 pm | \$13/1 | [162481](#)
Tue, Aug 11 | 3-4 pm | \$13/1 | [162482](#)
Wed, Aug 12 | 3-4 pm | \$13/1 | [162483](#)
Thu, Aug 13 | 3-4 pm | \$13/1 | [162484](#)
Fri, Aug 14 | 3-4 pm | \$13/1 | [162485](#)

7 to 9 Years

Mon, Aug 10 | 4-5 pm | \$13/1 | [162486](#)
Tue, Aug 11 | 4-5 pm | \$13/1 | [162488](#)
Wed, Aug 12 | 4-5 pm | \$13/1 | [162489](#)
Thu, Aug 13 | 4-5 pm | \$13/1 | [162490](#)
Fri, Aug 14 | 4-5 pm | \$13/1 | [162491](#)

10 to 14 Years

Mon, Aug 10 | 5-6 pm | \$13/1 | [162487](#)
Tue, Aug 11 | 5-6 pm | \$13/1 | [162492](#)
Wed, Aug 12 | 5-6 pm | \$13/1 | [162493](#)
Thu, Aug 13 | 4-6 pm | \$13/1 | [162494](#)
Fri, Aug 14 | 5-6 pm | \$13/1 | [162495](#)
Nanaimo Ice Centre



cityofnanaimo



prc_nanaimo (#ilovemyparksandrec)

STICK 'n' PUCK

ALL AGES

New to the game of hockey or looking to improve 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



See page 8 for admission & online at recreation.nanaimo.ca for schedule.

For more information, contact the Arena Coordinator at 250-755-7536.

Elite Power Skating

Skaters of all abilities are introduced to skating techniques necessary to develop greater power and strength to improve their game. Full gear is required.

6 to 9 Years

Wed, Apr 8-May 6 | 7:30-8:15 am | \$65/5 | [163470](#)

Frank Crane Arena

Wed, May 27-Jun 24 | 7:30-8:15 am | \$65/5 | [163471](#)

Nanaimo Ice Centre

10 to 14 Years

Wed, Apr 8-May 6 | 7:30-8:15 am | \$65/5 | [163472](#)

Frank Crane Arena

Wed, May 27-Jun 24 | 7:30-8:15 am | \$65/5 | [163473](#)

Nanaimo Ice Centre

Youth Advanced Hockey Skills and Drills

14 to 17 Years

This program is for any player interested in challenging and advancing their stickhandling and puck control abilities. You will be introduced to skills and drills that will encourage more creative use of your stick in game-like settings. Full gear is required.

Wed, Apr 8-May 6 | 8:15-9:30 pm | \$65/5 | [162505](#)

Mon, Apr 13-May 11 | 7:45-8:45 pm | \$65/5 | [162502](#)

Frank Crane Arena

Mon, May 25-Jun 22 | 7:45-8:45 pm | \$65/5 | [162503](#)

Wed, May 27-Jun 24 | 8:15-9:30 pm | \$65/5 | [162506](#)

Mon, Jun 29-Aug 10 | 7:45-8:45 pm | \$78/6 | [162504](#)

Wed, Jul 8-Aug 26 | 8:15-9:30 pm | \$104/8 | [162507](#)

Nanaimo Ice Centre

Adult Hockey Skills and Drills

For the mature player with some experience, this high-tempo, co-ed session will consist of skill practice and game play. Focus will be on developing positional play and game improvement.

Wed, Apr 8-May 6 | 8:15-9:30 pm | \$65/5 | [162497](#)

Mon, Apr 13-May 11 | 7:45-8:45 pm | \$65/5 | [162496](#)

Frank Crane Arena

Mon, May 25-Jun 22 | 7:45-8:45 pm | \$65/5 | [162498](#)

Wed, May 27-Jun 24 | 8:15-9:30 pm | \$65/5 | [162500](#)

Mon, Jun 29-Aug 10 | 7:45-8:45 pm | \$78/6 | [162499](#)

Wed, Jul 8-Aug 26 | 8:15-9:30 pm | \$104/8 | [162501](#)

Nanaimo Ice Centre



Adult Scrimmage

This scrimmage program is for those interested in playing in an informal scrub setting. Session is monitored by an experienced hockey leader. This is a registered program, but drop-in is available.

Fri, Apr 10-May 8 | 9-10:30 pm | \$65/5 | [162530](#)

Fri, May 22-Jun 26 | 9-10:30 pm | \$78/6 | [162531](#)

Fri, Jul 3-31 | 9-10:30 pm | \$65/5 | [162532](#)

Cliff McNabb Arena



DROP-IN HOCKEY PROGRAMS

When you see this symbol beside a program, it indicates that we accept drop-ins. The drop-in fee is \$13. You can pre-register online, phone 250-756-5200 during office hours or pay a cashier in person (when scheduled) and present the on-ice staff member with your receipt. Our instructors will not accept payment.

Custom Private Hockey Lessons

6 Years +

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) can be accommodated for an additional fee with notice. Full gear is recommended.

Tue, Apr 7-May 5 | 3:15-3:45 pm | \$170/5 | [162183](#)

Tue, Apr 7-May 5 | 3:15-3:45 pm | \$170/5 | [162184](#)

Tue, Apr 7-May 5 | 3:15-3:45 pm | \$170/5 | [162185](#)

Tue, Apr 7-May 5 | 3:45-4:15 pm | \$170/5 | [162186](#)

Tue, Apr 7-May 5 | 3:45-4:15 pm | \$170/5 | [186187](#)

Tue, Apr 7-May 5 | 3:45-4:15 pm | \$170/5 | [186188](#)

Sat, Apr 11-May 9 | 7:45-8:15 am | \$170/5 | [162459](#)

Sat, Apr 11-May 9 | 7:45-8:15 am | \$170/5 | [162460](#)

Sat, Apr 11-May 9 | 7:45-8:15 am | \$170/5 | [162461](#)

Frank Crane Arena

Wed, Apr 8-May 6 | 3:15-3:45 pm | \$170/5 | [162218](#)

Wed, Apr 8-May 6 | 3:15-3:45 pm | \$170/5 | [162224](#)

Wed, Apr 8-May 6 | 3:15-3:45 pm | \$170/5 | [162225](#)

Wed, Apr 8-May 6 | 3:45-4:15 pm | \$170/5 | [162227](#)

Wed, Apr 8-May 6 | 3:45-4:15 pm | \$170/5 | [162228](#)

Wed, Apr 8-May 6 | 3:45-4:15 pm | \$170/5 | [162229](#)

Wed, Apr 8-May 6 | 4:15-4:45 pm | \$170/5 | [162243](#)

Wed, Apr 8-May 6 | 4:15-4:45 pm | \$170/5 | [162244](#)

Wed, Apr 8-May 6 | 4:15-4:45 pm | \$170/5 | [162284](#)

Thu, Apr 9-May 7 | 3:45-4:15 pm | \$170/5 | [163565](#)

Thu, May 28-Jun 25 | 3:45-4:15 pm | \$170/5 | [163569](#)

Thu, Jul 2-Aug 13 | 3:30-4 pm | \$238/7 | [163570](#)

Tue, May 26-Jun 23 | 3:15-3:45 pm | \$170/5 | [162189](#)

Tue, May 26-Jun 23 | 3:15-3:45 pm | \$170/5 | [162190](#)

Tue, May 26-Jun 23 | 3:15-3:45 pm | \$170/5 | [162192](#)

Tue, May 26-Jun 23 | 3:45-4:15 pm | \$170/5 | [162203](#)

Tue, May 26-Jun 23 | 3:45-4:15 pm | \$170/5 | [162204](#)

Tue, May 26-Jun 23 | 3:45-4:15 pm | \$170/5 | [162205](#)

M-F, Aug 17-21 | 8:15-8:45 am | \$170/5 | [163571](#)

M-F, Aug 24-28 | 8:15-8:45 am | \$170/5 | [163572](#)

Nanaimo Ice Centre

Fri, Apr 10-May 8 | 5-5:30 pm | \$170/5 | [162321](#)

Fri, Apr 10-May 5 | 5-5:30 pm | \$170/5 | [162322](#)

Fri, Apr 10-May 8 | 5-5:30 pm | \$170/5 | [162323](#)

Fri, May 29-Jun 26 | 5-5:30 pm | \$170/5 | [162324](#)

Fri, May 29-Jun 26 | 5-5:30 pm | \$170/5 | [162325](#)

Fri, May 29-Jun 26 | 5-5:30 pm | \$170/5 | [162326](#)

Sat, May 30-Jun 27 | 7:45-8:15 am | \$170/5 | [162462](#)

Sat, May 30-Jun 27 | 7:45-8:15 am | \$170/5 | [162463](#)

Sat, May 30-Jun 27 | 7:45-8:15 am | \$170/5 | [162464](#)

Cliff McNabb Arena

Lacrosse Skills & Drills

This program focusses on lacrosse FUNDamentals, including running, cradling the ball, catching, passing and shooting. You must supply your own helmet with face cage and gloves. We have a limited number of sticks available for use if needed. Full gear is not mandatory, but it is recommended. *See page 27 for lacrosse held at Oliver Woods Community Centre.*

Mini Lacrosse Rascals: 4 to 5 Years

Thu, Apr 9-May 14 | 3:30-4:15 pm | \$60/6 | [163340](#)

Thu, May 21-Jun 25 | 3:30-4:15 pm | \$60/6 | [163347](#)

Lacrosse Rascals: 6 to 7 Years

Thu, Apr 9-May 14 | 3:30-4:15 pm | \$60/6 | [163341](#)

Thu, May 21-Jun 25 | 3:30-4:15 pm | \$60/6 | [163348](#)

Lacrosse Skills & Drills: 8 to 9 Years

Thu, Apr 9-May 14 | 4:15-5 pm | \$60/6 | [163344](#)

Thu, May 21-Jun 25 | 4:15-5 pm | \$60/6 | [163349](#)

Lacrosse Skills & Drills: 10 to 11 Years

Thu, Apr 9-May 14 | 4:15-5 pm | \$60/6 | [163345](#)

Thu, May 21-Jun 25 | 4:15-5 pm | \$60/6 | [163350](#)

Nanaimo Ice Centre

Kids Intro to Workout Training NEW!

This program is a fun and supportive introduction to dryland training. It focuses on teaching basic movement skills, coordination and healthy exercise habits in a safe, age appropriate environment. Through circuits and creative workouts, participants will learn the fundamentals of bodyweight exercises, such as squats, jumps, balance activities, core movements and light cardio.

8 to 11 Years

Tue, Apr 7-28 | 3:30-4:15 pm | \$40/4 | [163477](#)

Tue, May 5-26 | 3:30-4:15 pm | \$40/4 | [163478](#)

Tue, Jun 2-23 | 3:30-4:15 pm | \$40/4 | [163480](#)

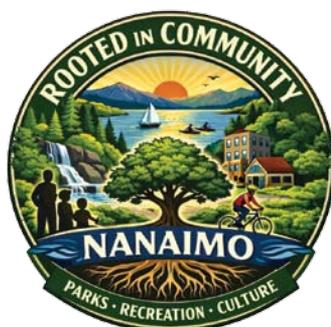
12 to 14 Years

Tue, Apr 7-28 | 4:15-5 pm | \$40/4 | [163481](#)

Tue, May 5-26 | 4:15-5 pm | \$40/4 | [163482](#)

Tue, Jun 2-23 | 4:15-5 pm | \$40/4 | [163483](#)

Nanaimo Ice Centre



Full Gear Hockey Equipment Checklist:

- **Helmet (CSA approved) with chin strap**

- **Full-shield/cage face mask (CSA approved)**

- **Shoulder pads**

- **Elbow pads**

- **Shin guards**

- **Hockey pants**

- **Gloves**

- **Hockey socks**

- **Hockey jersey**

- **Skates**

- **Supporter & cup/pelvic protector**

- **Junior stick**

Cut to nose level when standing on ground without skates on; then tape end of stick thick enough so it does not fit through holes in cage on face mask

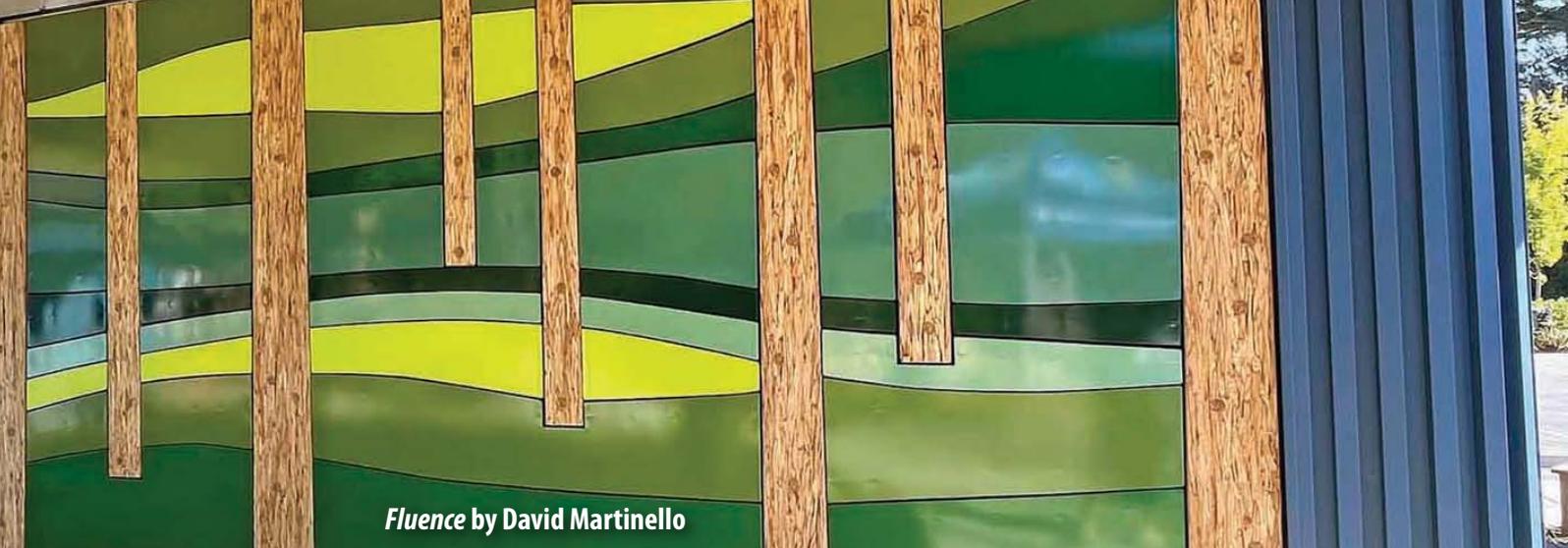
- **Neck guard**



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Fluence by David Martinello

Culture & Events

NEW PUBLIC ART

Waves by Mauro Dalla Costa



Waves, a Wind Phone created by Nanaimo-based artist , Mauro Dalla Costa, is now permanently installed at Bowen Road Cemetery. The installation offers a quiet, symbolic space for reflection, remembrance and connection for those experiencing grief and loss.

Wind Phones are non-working telephones placed in natural or communal public spaces as a way to process grief and honour loved ones who have passed. This Wind Phone invites visitors to speak words they wish they could still share. It is a way to express emotions, share cherished memories or say goodbye. Through this simple yet powerful act, the artwork offers solace along the journey of grief.

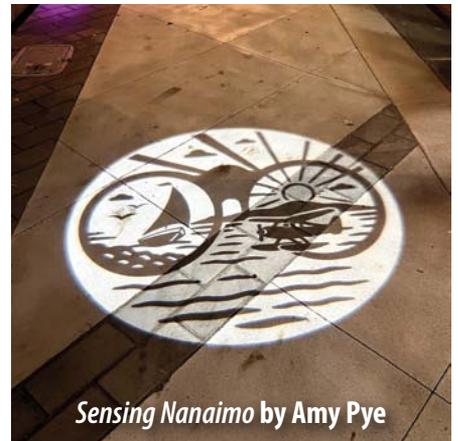
Waves is carved from teak wood and features rippling textures inspired by the movement created by a single drop of water. At the centre of the piece, the wind phone becomes the origin point of these waves serving as a powerful metaphor for how every word spoken continues to resonate outward echoing beyond what we can see. Designed to be both solid and delicate, *Waves* invites quiet moments of reflection within the serene landscape of Bowen Road Cemetery.

The City acknowledges and thanks Carmen Lavoie for initiating this meaningful project and Bryan Gittings for his skilled woodworking contribution to the installation.

ANNOUNCING THE 2026-2028 URBAN DESIGN ROSTER

The City of Nanaimo is pleased to announce the artists and designers selected for the 2026-2028 Urban Design Roster, a key component of the City's public art program that supports the thoughtful integration of art, design and placemaking into civic infrastructure and public spaces.

We are welcoming 28 new and returning artists and designers from across British Columbia to the Urban Design Roster for a two-year term. The roster provides the City with a diverse pool of creative professionals who can be engaged on an ongoing basis to contribute artistic and design expertise to a wide range of civic projects - from murals to traffic cabinet wraps to asphalt beautification and more!



Sensing Nanaimo by Amy Pye

Artists and designers appointed to the Urban Design Roster include:

- Amy (Yun Ru) Bao • Amy Pye • Anais Lera • Angellos Glaros • April Lacheur
- Ay Lelum • bailey macabre • Bethany Davis • Chantelle Delage • Chase Gray
- David Martinello • Denny Provost • Eliot White-Hill Kwulasultun • Jesse Gray
- Jolene Hassard • Kristen Elkow • Laura Timmermans • Mauro Dalla Costa
- Mustaali Raj • Noel Brown • Patrick Belanger • Pellvetica • Sebastian Abboud
- Sherri Prevost • Skyler Dietze • Stephanie Teichman • Tarcila Neves
- Yvonne Vander Kooi

Coming soon

The Culture & Events team has many exciting projects and events coming this spring and summer, including ongoing cultural events, Concerts in the Park and the unveiling of more public art projects!



Follow us on prc_nanaimo on Instagram or subscribe to the "Love Arts Nanaimo" newsletter through our website at nanaimo.ca

2026 CULTURE AWARDS - SAVE THE DATE!



Mark the date! The City of Nanaimo's FREE annual Culture Awards gala is coming up on **Tuesday, April 14** at the Port Theatre. Join us for an evening of cultural excellence and achievement as we celebrate the 2026 award recipients.

Subscribe to our Love Arts newsletter so you don't miss out on reserving your FREE tickets!

CONCERTS IN THE PARK BACK THIS SPRING!

Get ready to move to the music! From April to August, the FREE Concerts in the Park summer series will showcase local musicians in parks throughout the City. Watch the City of Nanaimo website for updates on performers and locations.



Truth performing at Concerts in the Park
(photo by Sean Fenzl Photography)

INTRODUCING JENNAVIEVE STRUB 2026-2028 Youth Poet Laureate



We are delighted to announce that Council has appointed Jennavieve Strub as the City of Nanaimo's 2026-2028 Youth Poet Laureate.

Jennavieve Strub is an emerging voice in Nanaimo's literary community, and she envisions poetry as a living, everyday practice embedded in community life. Her proposed initiatives as Youth Poet Laureate include youth poetry clubs, accessible poetry nights in underage venues, intergenerational writing exchanges and collaborative projects that blend poetry with visual art, performance and popular culture. (See page 30 for some of her poetry.)

2026 CULTURE & EVENTS GRANTS



Picnic in the Plaza hosted by the Downtown Nanaimo Business Association

The City of Nanaimo's Culture & Event Grants strengthen our vibrant arts community by **supporting more than 40 local organizations**, projects and events annually!

In 2026, the City is providing \$705,421 in funding to local culture and events groups and initiatives through our Culture Operating Grants, Culture Project Grants and the Downtown Event Revitalization Fund.

Watch for more information about City of Nanaimo Culture and Events Grants in the coming months!



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City of Nanaimo Culture Partners

COMING TO NANAIMO

Vancouver Island Conference Centre

JUL 18 - AUG 29, 2026



BEYOND
Van Gogh

The Immersive Experience

islandevents.ca

250-754-8550

Presented By:



VANCOUVER ISLAND
CONFERENCE CENTRE



NANAIMO MUSEUM



Produced By: **PAQUIN**

City of Nanaimo Culture Partners



2026 SPRING & SUMMER

- Crafternoons | Select Dates 2026
- Mar 14–28 | Spring Break: What's in Your Backyard?
- Apr 11–Sep 7 | Grow Nanaimo Feature Exhibit & Programming
- Jul 1–Sep 7 | Kids' Case Files: The Compost Caper
- Jul 1–Sep 7 | Mining & Mischief Downtown Walking Tour
- Summer Fun! Bastion open, Kids' Programs, Night Markets & more!

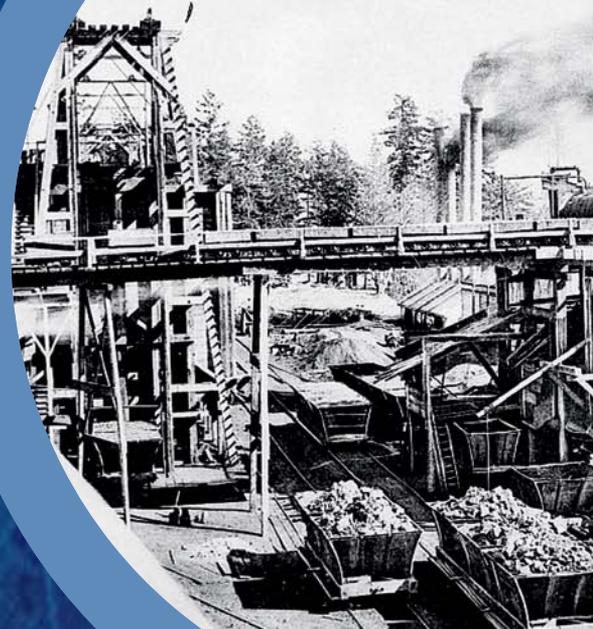


Contact us:
250-753-1821



Visit our website for info:
WWW.NANAIMOMUSEUM.CA

LEARN MORE





Visit

Nanaimo Art Gallery

Exhibitions, Programs for All Ages, Gallery Store

NANAIMO ART GALLERY
150 Commercial Street
Snuneymuxw Territory

OPENING HOURS
Tue to Sat: 10:00–5:00
Sun: 12:00–5:00

nanaimoartgallery.ca
(250) 754-1750

f @ 
[@nanaimoartgallery](https://www.instagram.com/nanaimoartgallery)

*Nanaimo
Art Gallery*



General Local Election 2026

General Voting Day is

October 17, 2026, 8 am-8 pm

Check our website at www.nanaimo.ca/goto/elections

Requirements to Vote: To vote in the election, you must either be a **Resident Elector** or **Non-Resident Property Elector**.

Resident Electors:

- 18 years of age or older on general voting day.
- Canadian citizen.
- Have lived in BC for at least 6 months immediately before the day you vote (April 16, 2026).
- Not be disqualified by law from voting.

**YOUR VOTE
MATTERS**

Non-Resident Property Electors:

- 18 years of age or older on general voting day.
- Canadian citizen.
- Have lived in BC for at least 6 months immediately before the day you vote (April 16, 2026).
- Have owned property in the City of Nanaimo for at least 30 days (September 16, 2026).
- Individuals who hold the property in trust for a corporation or another trust are not eligible to vote.
- Not be disqualified by law from voting.
- Have the written consent of the majority of the other property owner(s) to vote on their behalf. Only one non-resident property elector per property may vote, regardless of how many people own the property.

WORK THE ELECTION!

We are looking for election workers. This spring, visit www.nanaimo.ca/goto/jobs to earn about opportunities to work in the election and to apply.



Mail Ballot Voting:

Mail Ballot voting is available for all eligible voters. Applications will be available through the Legislative Services Office.

Nomination Packages:

Interested in becoming a candidate? Information about becoming a candidate at www.nanaimo.ca/goto/elections. Pick up a nomination package from City Hall at 455 Wallace Street during business hours (8:30 am to 4:30 pm). The nomination packages will be available for pick-up in early August. The candidate nomination period is between Tuesday, September 1 and ending at 4 pm on Friday, September 11.

- **General Voting Day: Sat, Oct 17, 8 am-8 pm**
- **Advance Voting: Wed, Oct 7 & 14, 8 am-8 pm**
at Beban Park Social Centre (2300 Bowen Rd)

For information regarding the upcoming election, visit our website at www.nanaimo.ca/goto/elections or contact the Legislative Services Office at 250-755-4405.

`Thixwum `i' m' i ch
nuw `ilum

أهلاً وسهلاً **mubuhay**

Ласкаво просимо (स्वागत) **جی آیآن نو**

hoş geldiniz **ようこそ** **bienvenue**

WELC  **OME**

soo dhawaada **karibu** **어서오세요**

بنبه راغلاست **chào mừng**

bienvenidos **欢迎** **خوش آمدید**

bem-vindos **እንኳን ደህን መጥ**

Spring & Summer Registration

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 or
with your account credit.

Go to recreation.nanaimo.ca to login and/or
create your account.

**On Registration Day,
the following hours of
operation will be in effect
to serve you better!**

- Beban Park
6 am-8 pm
- Bowen Park
6 am-4:30 pm
- Nanaimo Aquatic Centre
6 am-9 pm
- Nanaimo Ice Centre
6 am-6 pm
- Oliver Woods Community Centre
6 am-7 pm

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 Comm. 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)
or with your account credit.

**Aquatic/Pool Registration:
Wed, March 4**

**All Other Programs:
Wed, March 11**

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 where applicable). Full refunds are issued when Nanaimo Parks, Recreation and Culture cancels a program or when a 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). We do not refund for missed individual sessions once a course has started unless the cancellation is from Parks, Recreation and Culture.

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.



Our friendly and knowledgeable staff are always happy to help.

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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FREE SUMMER Fun!

CANADA DAY

Wed, Jul 1, 11 am-3:30 pm at Maffeo Sutton Park

CONCERTS in the PARK

Bring a chair or a blanket and enjoy local talent against the backdrop of our beautiful park spaces. See our website in April for performer bios and music genre.

- Wed, Apr 22, 6-7 pm at Westwood Lake
- Fri, May 15, 6-7 pm at Maffeo Sutton Park
- Wed, Jun 3, 6-7 pm at Mansfield Park
- Fri, Jun 12, 1-2 pm at Maffeo Sutton Park
- Wed, Jun 17, 6-7 pm at Kin Park (Departure Bay)
- Fri, Jun 26, 5:30-7:45 pm at Maffeo Sutton Park
- Wed, Jul 8, 1-2 pm at Mansfield Park
- Fri, Jul 17, 6-7 pm at Bowen Amphitheatre
- Wed, Jul 22, 6-7 pm at Deverill Square Park
- Fri, Jul 31, 6-7 pm at Daynes Park
- Fri, Aug 7, 1-2 pm at Bowen Park Amphitheatre
- Wed, Aug 12, 6-7 pm at McGregor Park/Waterfront Walkway
- Fri, Aug 21, 6-7 pm at Maffeo Sutton Park
- Thu, Aug 27, 6-7 pm at Westwood Lake Park

WATER PARKS

May-Sep, 9 am-8 pm

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

PLAYGROUND PROGRAM

Jul 6-Sep 4

Join us for some FREE neighborhood fun! Play games, make crafts or run around and play a sport with our exciting playground leaders. This is a program geared for ages 5 to 12 year old.

(Please sign in with leader and dress for the weather. Bring your sunscreen, snacks, water.)

Stationary Playground

Monday to Friday, 9:30 am-4 pm

(not open on stat holidays)

• DEPARTURE BAY WATER PARK

Roving Playground, 10 am-4 pm

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

- Jul 6-17, Mansfield Park
- Jul 20-31, Harewood Centennial Park
- Aug 4-7, Deverill Square Park
- Aug 10-21, Maffeo Sutton Park
- Aug 24-Sep 4, Westwood Lake Park *(Aug 27, 12-7 pm)*

SUMMER FAMILY EVENTS

- Fri, Jun 26, 4:30-7:30 pm - MAFFEO SUTTON PARK
- Thu, Aug 27, 4-7 pm - WESTWOOD LAKE PARK (End of Summer Splash)

WESTWOOD LAKE LIFEGUARDS

Jun 28-Sep 7, 12-5:30 pm *(including stat holidays; weather permitting)*

See page 6 for more special events!