

City of Nanaimo, Parks & Recreation

ACTIVITY GUIDE

August 2018-March 2019

Please see our back cover
for important Fall & Winter
registration information.

Take a
MOMENT
to MOVE

recreation.nanaimo.ca
250-756-5200

Registration starts Wednesday, August 22.



CITY OF NANAIMO
THE HARBOUR CITY



PARKS AND RECREATION



ASPENGROVE SCHOOL

inspires

Academic Excellence
Innovative Thinking
Global Citizenship



Come be inspired

Limited places available. Call Today.



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to MOVE

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The Nanaimo Parks & Recreation Activity Guide is produced twice a year by the City of Nanaimo (March & September). The guide is available online (recreation.nanaimo.ca). Interested in advertising? Contact parksandrec@nanaimo.ca or 250-755-7510.

Some photography inside guide was supplied by Rachel Kirk Photography, Greg Howard Photography, Landon Sveinson Photography & Vivid Photography.

Cover photo by Rachel and Ron Kirk Photography.



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Welcome to Parks and Recreation!



The City of Nanaimo is pleased to bring you the 2018 Fall and 2019 Winter Activity Guide. In addition, this season marks the beginning of new registration and facility booking software that staff is using. We are hoping this change will be seamless for you and that you will see benefits to your online account access (see back cover for details). As always, we love helping you stay or become active through the variety of programs and community events we offer. We work hard to bring you the best programs in sports, outdoor adventures, arts and crafts, cooking, dancing, fitness, language, music, wellness and so much more. It is our goal to help you get moving and to be active which are essential components to leading a healthy lifestyle. This season, we hope you will and discover all the amazing things our City has for you to participate in!

Yours in Recreation,

Ian Thorpe, Chair, Parks, Recreation & Wellness Committee



Stay Up-to-Date with Parks & Recreation

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

Advertise in the Activity Guide!

Did you know?

- There are 20,000 copies of the Activity Guide printed 2 times a year (August to March and March to August).
- The entire Activity Guide is posted online using “Turn Page” technology on the City of Nanaimo’s website (recreation.nanaimo.ca).
- The Activity Guide is a publication for ALL AGES.
- The Activity Guide is a great community tool! It includes swimming and skating schedules, recreational programs and community resource information.
- Parks and Recreation clients tend to keep the Activity Guide in their homes and use it as a community resource.

For more information, please
email parksandrecreation@nanaimo.ca or
call 250-755-7510



Fall & Winter Special Events

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

SEPTEMBER

- 5 (Wed) **Glow in the Dark Skate**
6:30-8 pm at Frank Crane Arena
- 15 (Sat) **Starlight Skate**
7-9 pm at Nanaimo Ice Centre
- 16 (Sun) **Terry Fox Run**
10 am start in Bowen Park
- 23 (Sun) **Nanaimo Rivers Day**
see page 69 for details

OCTOBER

- 3 (Wed) **Glow in the Dark Skate**
6:30-8 pm at Frank Crane Arena
- 15-29 **Go by Bike Week**
- 20 (Sat) **Starlight Skate**
7-9 pm at Nanaimo Ice Centre
- 20 (Sat) **Halloween Dive-In Movie**
3-5 pm at Nanaimo Aquatic Centre
- 26 (Fri) **Halloween Howl Aquatic Event**
3-7 pm at Beban Pool

NOVEMBER

- 7 (Wed) **Glow in the Dark Skate**
6:30-8 pm at Frank Crane Arena
- 17 (Sat) **Star Wars Dive-in Movie**
3-5 pm at Nanaimo Aquatic Centre
- 17 (Sat) **Starlight Skate**
7-9 pm at Nanaimo Ice Centre

DECEMBER

- 5 (Wed) **Glow in the Dark Skate**
6:30-8 pm at Frank Crane Arena
- 15 (Sat) **Starlight Skate**
7-9 pm at Nanaimo Ice Centre
- 16 (Sun) **Terry Fox Run**
10 am start in Bowen Park
- 19 (Wed) **Skate with Santa**
6:30-8 pm at Frank Crane Arena
- 21 (Fri) **FREE Skate with Santa**
3:45-5:15 pm at Nanaimo Ice Centre
- 22 (Sat) **Dunk with Santa**
3-5 pm at Nanaimo Aquatic Centre
- 26-30 (W-Su) **Winter Wonderland at Frank Crane Arena**
see page 11 for details
- 31 (Mon) **Finale Family New Year's Eve Party**
5-10 pm at Beban Park

JANUARY

- 2 (Wed) **Glow in the Dark Skate**
6:30-8 pm at Frank Crane Arena
- 19 (Sat) **Starlight Skate**
7-9 pm at Nanaimo Ice Centre
- 20 (Sun) **Super Hero Fun**
1:30-3:30 pm at Beban Pool

MARCH

- 6 (Wed) **Glow in the Dark Skate**
6:30-8 pm at Frank Crane Arena
- 18 & 25 (Mon) **Marvelous Mondays Spring Break Pool Party**
1-3 pm at Nanaimo Aquatic Centre
- 23 (Sat) **Starlight Skate**
7-9 pm at Nanaimo Ice Centre

FEBRUARY

- 6 (Wed) **Glow in the Dark Skate**
6:30-8 pm at Frank Crane Arena
- 23 (Sat) **Starlight Skate**
7-9 pm at Nanaimo Ice Centre



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Recreation Money Savers

At Parks & Recreation, 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. Want to save more? Consider purchasing our annual Active Pass. See page 50.
- **Discount Dip at Beban Pool & Weight Room:** Pay only \$3 admission on Mondays and Wednesdays, 6:30-8:30 pm.
- **Discount Dip at Nanaimo Aquatic Centre:** Pay only \$3 admission daily from 9-10 pm.
- **Lion's FREE Skates** are held every Sunday until March 25 from 12-1:30 pm at Frank Crane Arena. See page 89.
- **Coast Capital Savings FREE swims** at Beban Pool on the following Fridays from 7-9 pm:
 -September 28 -January 25
 -October 19 -February 22
 -November 30 -March 29
- **Coast Capital Savings sponsor FREE skates** at Nanaimo Ice Centre on the following Fridays from 3:45-5:15 pm:
 -September 21 -October 19
 -November 23 -December 21 (Skate with Santa)
 -January 18 -February 15
 - March 22
- **Winter Wonderland at Frank Crane Arena** from Wednesday, December 26 to Sunday, December 30 where skating sessions are only a loonie and skate rentals are FREE! See page 11.
- **St. Patrick's Everyone Welcome Toonie Skate.** Takes place on Sunday, March 17, 4-6 pm at Nanaimo Ice Centre and is partially sponsored by Ryan Vending.

LOW COST RECREATION

- Youth, aged 11 to 18, are invited to our **FREE Spare Blox program** where youth can participate in gymnasium activities and more. See page 37.
- **Youth Lounge** at Nanaimo Aquatic Centre is for ages 13 to 17 and is FREE. See page 37.
- Our **Active Pass** gives children born in 2008 FREE admission to swimming, skating and more from October 2018 to August 2019. See page 33.
- **\$5 "Weight Room Orientations"** are a great investment to ensure you understand how to get the best out of your workout. See page 51 for dates.
- Attend our FREE **Discover the Diversity of Dance** program to learn all about the various dance programs we offer. See page 47.
- Teens are invited to attend the FREE **Stop Worrying About Stress and Anxiety** - a fun, group course that teaches ways to deal with stress. Held at Nanaimo Aquatic Centre. See page 34.
- Check out our new **RecSkate After School** program for ages 5 to 12 that is affordably priced. See page 87 for details.



High School Education in a University Setting

Why choose The High School at Vancouver Island University?

- A British Columbia curriculum enhanced with intercultural perspectives
- Flexibility of learning on a university campus
- Access to university courses in grade 12
- 1 to 1 Chromebook environment
- High School pathways to Engineering and Dental Hygiene
- Small class sizes and personalized attention
- Family boarding for students from outside the Greater Nanaimo area

**Now accepting applications
for grades 10, 11 and 12.**

#StartYourJourneyHere

Annika

The High School at VIU, Grad 2020



FINALIST
2018

Contact:

high.school@viu.ca

250.740.6315



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instagram @highschoolviu



**VANCOUVER ISLAND
UNIVERSITY**

THE HIGH SCHOOL

Public Admissions

SWIM, SKATE, WEIGHT ROOMS & GYM

General Admissions:

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

10 Visit Pass (10 admissions):

Child - 12 yrs & under	\$30.00
Student - 13 to 18 yrs	\$42.00
Adult	\$56.00
Senior - 60+ yrs	\$42.00

1 Month Active Pass:

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

12 Month Active Pass:

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

Arena Skate Rentals:

Child/Student/Senior	\$3.00
Adult	\$3.75
Family Skate Rental	\$7.00
Helmets	\$0.50
Skate Sharpening	\$5.50

Shower:

Prices include tax and are subject to change.

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

All One Month Active Passes are non refundable.



Public Swim Program Highlights

PLEASE LET POOL STAFF KNOW OF ANY MEDICAL CONDITIONS.

BEBAN POOL

Everyone Welcome: Enjoy this session for a swim, sauna, a soak in the hot tub, to relax in the steam room or to swim lengths.

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

Adult/Senior Swim (19+): Energize your body and social life when you participate in this modified cardio workout. Lap swimming is also available. Join us for an aquafit class.

Discount Dip Swim: For a reduced admission rate of \$3, swim lengths, use the leisure pool, slides, sauna and hot tub. See page 9 for schedule.

NANAIMO AQUATIC CENTRE

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

50-Metre Swims: Our main tank is set up for 50-metre swimming on select days throughout the year. Please check schedule on page 8.

Wave Pool: Catch the waves! Check our schedule on page 8. Please note that waves are turned off for swimming lessons.

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.

Water Polo: Join us for this high-energy game! Held Sundays, 8-9 pm, starting October 7.

Discount Dip Swim: For a reduced admission rate of \$3, swim lengths, use the leisure pool, slides, sauna and hot tub. See page 8 for schedule.

Love to
Swim

AQUAFIT

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

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

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

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

Core Strength Aquafit: Lower back pain? Try this low impact class to reduce pain and injury by improving posture, balance and core stability. Open to all levels. It's a great way to get your day started!



Nanaimo Aquatic Centre & Beban Park Weight Rooms

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

Nanaimo Aquatic Centre Weight Room - STARTING OCT 1, 2018

	SUN	MON	TUE	WED	THU	FRI	SAT
Facility Hours	7:30 am-10 pm	6 am-10 pm	6 am-10 pm	6 am-10 pm	6 am-10 pm	6 am-10 pm	7:30 am-10 pm
\$5 Weight Room Orientation <i>(Please pre-register using barcodes from page 51.)</i>		3:30-5 pm			6-7:30 pm		12:30-2 pm
Specialty Fitness			10:30-11:30 am		10:30-11:30 am		
SEP 17-30 SCHEDULE ONLY	8:30 am-7 pm	8:30 am-7 pm	8:30 am-7 pm	8:30 am-7 pm	8:30 am-7 pm	8:30 am-7 pm	8:30 am-7 pm

Schedule subject to change. See page 8 for specific stat holiday closures. NAC Weight Room is closed for annual maintenance from Monday, September 3 to Sunday, September 16.

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 250-756-5211.

Weight Room Orientations: These are designed to familiarize you with our facilities and give you an orientation of the basics of strength and functional training. An orientation is recommended before using our facilities. See page 51 for orientation dates and times.

Youth in the Weight Room: Our weight rooms are available for use by persons 16 years and older. Teens (13-15 years) must complete a weight room orientation. Upon completion of an orientation, teens will be permitted to use the weight rooms.



Beban Weight Room - STARTING SEPTEMBER 4, 2018

	SUN	MON	TUE	WED	THU	FRI	SAT
Facility Hours	9:30 am-7 pm	6 am-8:30 pm	6 am-7 pm	6 am-8:30 pm	6 am-7 pm	6 am-7 pm	9:30 am-7 pm
Facility Hours (Sep 4-29)	7:30 am-10 pm	6 am-10 pm	6 am-10 pm	6 am-10 pm	6 am-10 pm	6 pm-10 pm	7:30 am-10 pm
\$5 Weight Room Orientation <i>(Please pre-register using barcodes from page 51.)</i>				6-7:30 pm			

Schedule is subject to change. The Beban Weight Room is closed on all statutory holidays and closed for annual maintenance from Sunday, July 29 to Monday, September 3 (re-opens on Tuesday, September 4).



See page 6 for admission rates.

For up-to-date schedule times, visit recreation.nanaimo.ca.

We have a variety of equipment for special needs clients at Nanaimo Aquatic Centre! 

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



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Aquatic Centre Fall/Winter Schedule (741 THIRD ST) OCT 1, 2018-MAR 16, 2019

PROGRAM	SUN	MON	TUE	WED	THU	FRI	SAT
Everyone Welcome	7:30 am-10 pm	6 am-10 pm, Monday to Friday					7:30 am-10 pm
50 M Lengths <i>Lane swimming</i>	7:30-9:45 am		6-10 am		6-10 am		7:30-9 am
25 M Lengths <i>Lane swimming</i>	10:15 am-10 pm	6-9 am 9:30 am-2:30 pm 3-7 pm 7:30-10 pm	10:30 am-3 pm 3:30-6:30 pm 7-10 pm	6-9 am 9:30 am-2:30 pm 3-7 pm 7:30-10 pm	10:30 am-3 pm 3:30-6:30 pm 7-10 pm	6-9 am 9:30 am-2:30 pm 3-10 pm	9:30 am-10 pm
Waves <i>(May need to turn off periodically throughout the day)</i>	12:30-10 pm	Waves on intermittently throughout the day (11 am-3:30 pm and 6:30-10 pm)					12:30-10 pm
Slides	1:30-9:30 pm	3:30-9:30 pm, Monday to Friday					1:30-9:30 pm
Drop-In Water Polo <i>(Starts Oct 7)</i>	8-9 pm						
Discount Dip - \$3 Admission	9-10 pm daily						
AQUAFIT	SUN	MON	TUE	WED	THU	FRI	SAT
Core Strength Aquafit <i>(1 hr)</i>	9-10 am	7-8 am		7-8 am		7-8 am	
Therapy Aquafit <i>(1 hr)</i>		8:30-9:30 am	8:30-9:30 am	8:30-9:30 am	8:30-9:30 am	8:30-9:30 am	
Shallow Water Aquafit <i>(45 min)</i>		9:30-10:15 am	7-7:45 pm	9:30-10:15 am	7-7:45 pm	9:30-10:15 am	9:30-10:15 am
Deep Water Aquafit <i>(45 min)</i>		10:30-11:15 am	11:30am-12:15pm 8-8:45 pm	10:30-11:15 am	11:30am-12:15pm 8-8:45 pm	10:30-11:15 am	10:30-11:15 am

PLEASE NOTE: Schedule is subject to change. See our online schedules at recreation.nanaimo.ca

- Lane(s) available at all times except during the moving of the bulkheads in the main pool.
- The bulkheads in the competition pool move at different times throughout the week and may disrupt some lane swimming. Main Pool will be closed to move the bulkheads.
- Please inform staff of any medical conditions.
- All children 6 years and under must be in direct supervision by a parent or guardian in the water no less than 16 years of age.
- Ratio for children who are 6 years of age and under is 1 adult to 3 children.
- Slides and/or diving boards may need to be closed periodically throughout the day. Please ask a lifeguard for schedule information.
- During non-instructional days for the local school district, the water slides will open at 11:30 am, but may need to close periodically.

PLEASE HELP US AVOID UNNECESSARY POOL CLOSURES

- Children who are not potty trained are required to wear a swim diaper that can be purchased from the pool cashier.
- Please encourage children to use the washroom prior to swimming in order to avoid potential pool closures.
- All patrons must have a cleansing shower before entering the pool(s), sauna and steam room.

STAT HOLIDAY SWIM HOURS: 12-4 pm (Nanaimo Aquatic Centre open)

- Mon, Oct 8 (Thanksgiving) • Sun, Nov 11 (Remembrance Day) • Wed, Dec 26 (Boxing Day)
- Tue, Jan 1 (New Year's Day) • Mon, Feb 18, 12-6 pm (Family Day)

POOL CLOSED: Mon, Dec 24 (Christmas Eve closed at 4 pm) • Tue, Dec 25 (Christmas)

SWIM MEETS: Oct 21 • Oct 27 & 28 • Nov 10 • Dec 7 & 9 (limited length swimming available; check our online schedule).

SEE PAGE 6 FOR PROGRAM HIGHLIGHTS AND ADMISSION RATES.



POOL CLOSURE

Please note that Nanaimo Aquatic Centre is closed for annual maintenance from
Tuesday, September 4 to Sunday, September 30, 2018

(re-opening on Monday, October 1).

Beban Pool Fall/Winter Schedule (2300 BOWEN ROAD) OCT 1, 2018-MAR 16, 2019

PROGRAM	SUN	MON	TUE	WED	THU	FRI	SAT
Everyone Welcome	9:30 am-4 pm	6:15 am-1:30 pm 7-8:30 pm	6:15 am-1:30 pm	6:15 am-1:30 pm 7-8:30 pm	6:15-1:30 pm	6:15-9:15 am 10:30 am-1:30 pm	9:30 am-7 pm
Adult/Senior Swim (19+) <i>Leisure; lengths</i>		1:30-3 pm					
Leisure Only <i>Leisure pool and slide open; no lengths</i>	4-7 pm	3-7 pm					
Discount Dip - \$3 Admission		6:30-8:30 pm		6:30-8:30 pm			
AQUAFIT	SUN	MON	TUE	WED	THU	FRI	SAT
Shallow Water Aquafit	12:30-1:15 pm	7:15-8 pm	10:45-11:30 am 2-2:45 pm	7:15-8 pm	10:45-11:30 am 2-2:45 pm		
Therapy Aquafit		1:30-2:30 pm		1:30-2:30 pm		1:30-2:30 pm	
Deep Water				11-11:45 am		11-11:45 am	
Diaper Fit		11 am-12 pm					
DROP-IN SWIMMING LESSONS (see page 82)	SUN	MON	TUE	WED	THU	FRI	SAT
Red Cross Adult Level 1	11-11:30 am (Oct 7-Dec 2 & Jan 6-Mar 10)						
Red Cross Adult Level 2	11:30 am-12 pm (Oct 7-Dec 2 & Jan 6-Mar 10)						



PLEASE NOTE: Schedule is subject to change. For up-to-date schedules, visit recreation.nanaimo.ca

- Please inform staff of any medical conditions.
- All children 6 years and under must be accompanied in the water by a responsible person no less than 16 years of age.
- Ratio for children who are 6 years of age and under is 1 adult to 3 children.

POOL FOULINGS: Help us prevent unnecessary pool closures. Children who are not potty trained are required to wear a swim diaper that can be purchased from the pool cashier. All patrons must shower prior to entering the pool water.

HOLIDAY SWIMS: Beban Pool is closed on all statutory holidays, but please visit us at Nanaimo Aquatic Centre (see page 8 for dates and times).

DISCOUNT DIP! \$3 admission on Mondays and Wednesdays, 6:30-8:30 pm!



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Arena Schedule MON, SEP 10 TO SUN, DEC 23, 2018 & WED, JAN 2 TO SAT, MAR 30, 2019

(All Hockey Scrub & Stick 'n Puck sessions start on Tue, Sep 4; Come to our Welcome Back Skates - held Sep 5-9, 2018.

Schedule is subject to change. Please check recreation.nanaimo.ca to confirm. See page 6 for admission rates.

PROGRAM	SUN	MON	TUE	WED	THU	FRI	SAT
Everyone Welcome	12-1:30 pm Lions FREE Skate at FCA 4-6 pm NIC2		6:30-8 pm FCA	6:30-8 pm FCA	6:15-7:45 pm NIC2	3:45-5:15 pm NIC2	1:15-2:45 pm FCA 7-9 pm NIC2
Parent & Tot Skate Children 6 years & under & adult; skates & helmets are free. Free admission for child.		10-11:30 am FCA		12:30-2 pm FCA	9-10:15 am NIC1		
Family Skate Children must be accompanied by an adult onto the ice during session.	10:45-11:45 am FCA						
Adult Leisure Skates (19+)		10-11:30 am NIC2	10-11:30 am FCA Seniors only	10-11:30 am NIC2	10-11:30 am FCA		
Adult Scrub Hockey (18+)		11:45 am-1:15 pm NIC2		11:45 am-1:15 pm NIC2		11:45 am-1:15 pm NIC2	
Senior & 70+ Scrub Hockey		8-9:15 am NIC2	10-11:15 am NIC1 70+ Seniors	8-9:15 am NIC2		8-9:15 am NIC2 10:45 am-12 pm 70+ Seniors NIC1	
Stick 'n' Puck Children under 8 are to be accompanied onto the ice by an adult.	2:45-3:45 pm NIC2		11:45 am-1:15 pm NIC1	1:45-3:15 pm McN		3:15-4:15 pm McN	



• FCA - Frank Crane Arena (2300 Bowen Road) • McN - Cliff McNabb Arena (2300 Bowen Road) • NIC 1&2 - Nanaimo Ice Centre (750 Third Street)

Arena Program Highlights - see pages 84-94 for courses & lessons

Everyone Welcome – Designed for skaters of all ages and abilities. These sessions provide an excellent opportunity for all members of the community to get active! Helmets strongly recommended. Look for our "Game Zone" at our Everyone Welcome sessions.

FREE LIONS SKATE:

Sundays, 12-1:30 pm at Frank Crane Arena starting Sep 16 (includes admission, skate and helmet rentals)

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

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

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

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

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

Arena Schedule Changes

Arena schedules have adjustments for Clipper games, tournaments, statutory holidays and events.

Please check our website at recreation.nanaimo.ca for the latest information.

FREE SKATES

Courtesy of Coast Capital Savings



HELD ON SELECT FRIDAYS AT
NANAIMO ICE CENTRE FROM
3:45-5:15 PM

• Sep 21 • Oct 19 • Nov 23
• Dec 21 • Jan 18 • Feb 15 • Mar 22

Skate & helmet rentals included

2018-2019 Specialty & Holiday Skates

We have a variety of great session options.
Please check recreation.nanaimo.ca for the latest listing of options for your family.

- September 5-9, 2018 - **Welcome Back skating sessions**
- **Pro-D skating sessions** - see page 93.
- Look for statutory **holiday schedule changes**, changes for Halloween and a Twoonie Skate for St. Patrick's Day
- Wednesday, December 19 to Saturday, January 5 we have a special **Christmas holiday schedule** in effect with extra sessions and other modifications.



OUTDOOR SPORTS COURT AT Harewood Centennial Park

Nanaimo's newest sports venue!

Now taking bookings for fall 2018!



The sports court is a fully covered and lit 200' by 85' concrete slab with full dasher board system.

**For more information or to book, please
contact the Arenas Allocation Clerk at
250-756-5214.**

WINTER WONDERLAND

Come to our annual
"Winter Wonderland!"
This year, the arena will be
transformed into a

CANDYLAND THEME

This is a "loonie" skate session with all skate and helmet rentals free. Drop in during any of our public times or rent the ice privately for your friends, family or co-workers. Everyone is welcome!

Wed, Dec 26
11:45 am - 3 pm

Thu, Dec 27
11:45 am - 4:45 pm
7:45 - 9:30 pm

Fri, Dec 28
11:45 am - 4:45 pm
7:45 - 9:30 pm

Sat, Dec 29
11:45 am - 4:45 pm
7:45 - 9:30 pm

Sun, Dec 30
11:45 am - 4:45 pm
7:45 - 9:30 pm

*There are great sponsorship opportunities for
businesses or individuals for skating sessions and
our Pancake Breakfast.*

Phone 250-755-7536 for details.



cityofnanaimo



nanaimoparksandrec (#ilovemyparksandrec)

Oliver Woods Gymnasium Drop-In Schedule (6000 OLIVER RD) SEP 10-MAR 31

PROGRAMS	SUN	MON	TUE	WED	THU	FRI	SAT
Badminton 16+ Gym attendant on duty.	7-9 pm		9-11:30 am		9-11:30 am		
Basketball 16+ Gym attendant on duty.				8:30-10:30 pm			
Dodge Ball 16+ Gym attendant on duty.		9:30-10:30 pm					
Floor Hockey 16+ First two goalies play for free. Equipment provided. Personal equipment must be approved by attendant on duty.						6:30-8:30 pm	
Pickleball 16+ Tennis-like game played on a badminton court using a perforated, slow moving ball and paddle.		8:45-11 am 11:15 am-1:45 pm			11:45 am-1:30 pm 1:45-3:30 pm	8:45-10:30 pm	
Volleyball 16+ Gym attendant on duty. All abilities welcome. Come out and enjoy the fun!		8:15-10:30 pm					
Everyone Welcome Gym All ages welcome! Great time to organize a lunch time activity or sport. (Racquet sports not available.)			11:45 am-1:15 pm				
Family Sport All ages welcome!	1:30-3:30 pm						

GENERAL INFORMATION FOR DROP-IN SPORTS PROGRAMS

- Please sign in and pay prior to entering gym.
- No food/drink allowed in gyms.
- Only non-marking gym shoes allowed.
- Participants must be present at time of admission purchase.
- Space is limited; we operate on a first-come, first-served basis.

FACILITY CLOSURES/SCHEDULE CHANGES

- Facility closed on all statutory holidays.
- Tournament Sep 28-30 (programs may be cancelled).
- Check our online schedule for changes during pro-d days, spring break, events and other holidays.
- Schedule is subject to change. Please visit recreation.nanaimo.ca for the most up-to-date information.

DROP IN SPORT PROGRAMS:

Parks & Recreation is committed to offering recreational drop-in programs to 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
- play together regardless of skill level (beginner to advanced welcome)

What 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.

PRESCHOOL PROGRAMS	SUN	MON	TUE	WED	THU	FRI	SAT
Gym Pals 1-4 yrs Climb, jump and play! This is a time for parents and tots to explore and develop motor skills. Drop in 3.75/child. Parent participation required.	11 am-1 pm					10:30 am-12:30 pm	
Tumble Bumble 2-4 yrs A fun, active time for tots to explore climbing. Games, sing-a-longs and other activities that develop motor skills and social interaction are also included. Parents are asked to participate in this semi-structured program. Drop in 3.75/child. See page 14.		3:30-4:30 pm					
PJs & Play 1-4 yrs Bring mom & dad and make a craft, play parachute games, sing and dance. Drop in 3.75/child. See page 14.			6-6:45 pm				



2018-19 SEASON

Midnight Shine - Sunday, September 9, 2018

Cirque Eloize's Saloon – Friday, September 28, 2018

Classical Coffee Concert Series–Bergmann Duo – October 2018 - April 2019

OFFstage Jazz Series – October 2018 - April 2019

Jully Black – Friday, October 12, 2018

BC World Music Collective – Saturday, November 3, 2018

RWB Nutcracker – Tuesday, December 4 & Wednesday, December 5, 2018

Winter Harp – Saturday, December 8, 2018

International Guitar Night – Saturday, January 26, 2019

Bobby McFerrin – Friday, February 15, 2019

Lizt Alfonso Dance Cuba – Sunday, March 10, 2019

The Arts Club presentation of Circle Game – Friday, March 22, 2019

Exultation – Wednesday, April 10, 2019

Danny Michel – Wednesday, April 24, 2019



20 years of community support!
20 years of community impact!

For membership and tickets contact:
Ticket Centre at 250-754-8550 and online
www.porttheatre.com

Early Years & Children's Activities

Early Years - Ages 6 Months to 5/6 Years

Children - 5/6 Years +

Playing in the leaves at Bowen Park is a great way to move!

Please "Bear" with Us...



This Fall & Winter registration is taking place using brand new software.

We may take a little longer to process your requests.

Mother Goose Birth to 12 Months

This program allows children to experience the pleasure and benefits of using rhymes, songs and stories in their daily activities. Join our specialized teachers for a morning of fun.

Mon, Oct 15-Dec 3	9:30-10:30 am	Free	5802
Thu, Jan 31-Mar 14	9:30-10:30 am	Free	5804

Oliver Woods Community Centre

PJs & Play 1 to 4 Years

Bring mom and dad and make a craft, play parachute games, sing and dance. Shake out those sillies before bedtime!

Tue, Sep 18-Oct 23	6-6:45 pm	\$30/6	1518
Tue, Oct 30-Dec 4	6-6:45 pm	\$30/6	1519
Tue, Jan 8-Feb 12	6-6:45 pm	\$30/6	1520
Tue, Feb 19-Mar 26	6-6:45 pm	\$30/6	1521

Oliver Woods Community Centre

Tumble Bumble 2 to 4 Years

A fun, active opportunity for tots to explore climbing equipment, mats and more. Games, sing-a-longs and other activities that develop motor skills and social interaction are also included.

Parents are asked to participate in this semi-structured program.

Mon, Sep 10-Oct 22	3:30-4:30 pm	\$30/6	1523
Mon, Oct 29-Dec 3	3:30-4:30 pm	\$30/6	1524
Mon, Jan 7-Feb 11	3:30-4:30 pm	\$30/6	1525
Mon, Feb 25-Apr 1	3:30-4:30 pm	\$30/6	1527

Oliver Woods Community Centre



www.nanaimoearlyyears.org

**Greater Nanaimo Early
Years Partnership**

Do you have children 6 years old or younger?

Check out the Greater Nanaimo Early Years Partnership website for resources and services in the Greater Nanaimo area. Find links to the City of Nanaimo Activity Guide, family special events, programs, parent information and much more.



PLAY & LEARN

Monthly Early Years Programs

for ages 3 to 5

Our monthly "Play & Learn" early years programs, led by experienced and dedicated staff, will teach your child how enjoyable learning can be! Through interactive play, songs, stories, crafts and basic academic prep activities, your child will develop skills that will help prepare them for Kindergarten and for years to come.

Register now for classes from September 2018 to June 2019.

Early Years/Children

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

BEBAN

Busy Bees

Mon, 9-11 AM

Inst: Julie Miller, ECE

Sep 0170 Jan 0190 May 0347
Oct 0174 Feb 0191 Jun 0348
Nov 0175 Mar 0192
Dec 0176 Apr 0346

BOWEN

Teddy Bears

Mon/Wed, 9:30-11:30 AM

Inst: Angela Vipond, ECE

Sep 0193 Jan 0199 May 0463
Oct 0194 Feb 0200 Jun 0464
Nov 0195 Mar 0275
Dec 0196 Apr 0461

OLIVER WOODS

Doodle Bugs

Tue/Thu, 9:30-11:30 AM

Inst: Cindy Cormons

Sep 0180 Jan 0208 May 0827
Oct 0182 Feb 0210 Jun 0828
Nov 0183 Mar 0212
Dec 0205 Apr 0826

Animal Crackers

Tue/Thu, 9-11 AM

Inst: Julie Miller, ECE

Sep 0282 Jan 0286 May 0350
Oct 0283 Feb 0287 Jun 0351
Nov 0284 Mar 0288
Dec 0285 Apr 0349

Pollywogs

Mon/Wed, 12-2 PM

Inst: Angela Vipond, ECE

Please note that Pollywogs does include a component of Kinder Prep activities.

Sep 0201 Jan 0279 May 0475
Oct 0276 Feb 0280 Jun 0477
Nov 0277 Mar 0281
Dec 0278 Apr 0473

Kinder Prep

Tue/Thu, 12-2 PM

Inst: Cindy Cormons

Sep 0218 Jan 0249 May 0830
Oct 0242 Feb 0250 Jun 0831
Nov 0232 Mar 0251
Dec 0246 Apr 0829

Animal Crackers

Wed/Fri, 9-11 AM

Inst: Julie Miller, ECE

Sep 0289 Jan 0293 May 0353
Oct 0290 Feb 0294 Jun 0354
Nov 0291 Mar 0295
Dec 0292 Apr 0352

KIN HUT

Kinder Prep

Tue/Thu, 9:30-11:30 AM

Inst: Angela Vipond, ECE

Sep 0339 Jan 0343 May 0468
Oct 0340 Feb 0344 Jun 0469
Nov 0341 Mar 0345
Dec 0342 Apr 0467

Kinder Prep

Mon/Wed, 9:30-11:30 AM

Inst: Cindy Cormons

Sep 0253 Jan 0261 May 0824
Oct 0256 Feb 0262 Jun 0825
Nov 0258 Mar 0264
Dec 0260 Apr 0823

Kinder Prep

Tue/Tue, 11:30 am-1:30 pm

Inst: Julie Miller, ECE

Sep 0325 Jan 0329 May 0446
Oct 0326 Feb 0330 Jun 0447
Nov 0327 Mar 0331
Dec 0328 Apr 0445

Kinder Prep

Wed/Fri, 11:30 am-1:30 pm

Inst: Julie Miller, ECE

Sep 0332 Jan 0336 May 0455
Oct 0333 Feb 0337 Jun 0457
Nov 0334 Mar 0338
Dec 0335 Apr 0450



Think outside:
no boxes required.

- Each class is \$14, so monthly costs vary.
- Ages 3 to 5 for these programs (except Kinder Prep).
- Kinder Prep participants must be 3 years, 9 months to start and entering Kindergarten the following year; maximum age is 5 years, 5 months as of December 31, 2018.
- Child MUST be potty trained prior to starting these programs.
- We accept monthly scheduled payments to hold your place in the program.



cityofnanaimo



nanaimoparksandrec (#ilovemyparksandrec)

Arts & Crafts

Mud Pies

3 to 6 Years

Little fingers stay busy playing in clay. Projects include name plates, handprints, animals and simple bowls and plates. Parent participation is required.

Instructor: Michaela Unrau

Thu, Sep 27-Oct 18	9:30-10:30 am	\$74/4	2569
Thu, Nov 1-22	9:30-10:30 am	\$74/4	2571
Thu, Jan 24-Feb 14	9:30-10:30 am	\$74/4	2574
Thu, Feb 21-Mar 14	9:30-10:30 am	\$74/4	2576

Bowen Pottery Studio

Handbuilding for Children

7 to 12 Years

This pottery class is an introduction to both handbuilding and wheel throwing. On the pottery wheel, learn throwing, centering and trimming techniques. Please dress for mess. Cost includes clay, glaze and firing.

Instructor: Michaela Unrau

Thu, Sep 27-Oct 18	3:30-5 pm	\$74/4	2518
Thu, Nov 1-22	3:30-5 pm	\$74/4	2519
Thu, Jan 24-Feb 14	3:30-5 pm	\$74/4	2520
Thu, Feb 21-Mar 14	3:30-5 pm	\$74/4	2521

Bowen Pottery Studio

ArtWorks

2 to 3 Years

Join us and play, paint, squeeze and sculpt. Create a different art project and discover the world of art and creativity. Parent participation is required.

Fri, Sep 7-Oct 5	10-10:45 am	\$84/5	1566
Fri, Oct 19-Nov 23	10-10:45 am	\$84/5	1567
Fri, Jan 11-Feb 8	10-10:45 am	\$84/5	1572
Fri, Feb 22-Mar 15	10-10:45 am	\$68/4	1573

Creative Escape Art Studio (4750 Rutherford Rd)

Art Attack

6 to 12 Years

Let your artistic spirit soar as we examine different types of art and create our own modern day masterpieces. You bring the creativity, and we'll supply everything else.

Thu, Sep 20-Nov 1	4:30-5:30 pm	\$50/6	0108
Thu, Nov 8-Dec 13	4:30-5:30 pm	\$42/5	0109
Thu, Jan 17-Feb 21	4:30-5:30 pm	\$50/6	0110

Beban Social Centre

Fun in the Fall

NEW!

6 to 10 Years

Join us Saturday mornings and make a maple tree globe, leaf sensory bottle, fall candle jar, a scarecrow and yarn pumpkins. You will take home a new craft each week.

Instructor: Alexa Wilson

Sat, Sep 8-Oct 13	10-11:15 am	\$40/6	2358
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Oliver Woods Community Centre

Under the Sea

NEW!

6 to 10 Years

A craft-themed class where you will make an ocean aquarium, sea creatures, ocean slime, shell picture frames and tissue paper turtles. You will take home a new craft each week.

Instructor: Alexa Wilson

Sat, Jan 12-Feb 16	10-11:15 am	\$40/6	2361
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Oliver Woods Community Centre

Galaxy/Space Adventures

NEW!

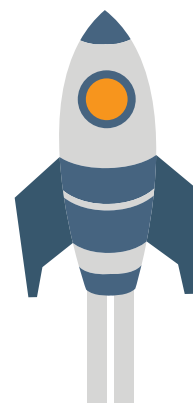
6 to 10 Years

A craft-themed class where you will make a glow in the dark galaxy jar, planet sun catchers, bouncy balls and make some space slime. You will take home a new craft each week.

Instructor: Alexa Wilson

Sat, Feb 23-Mar 30	10-11:15 am	\$40/6	2362
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Oliver Woods Community Centre



Art attack!

LIVE 5-2-1-0 PLAYBOX PROGRAM

Last year, Nanaimo Parks and Recreation and the Nanaimo Division of Family Practice launched the Live 5-2-1-0 Playbox Program. These Playboxes are remaining in our parks throughout the upcoming season and are full of fun activities for kids and families. Find them in four of our local parks. To access the codes to open the boxes, please register online at recreation.nanaimo.ca or call 250-756-5200.

• Daynes Park (5803) • Country Hills (5805) • Janes Park (5806) • Protection Island (5807)

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Dance Programs

Dance with Me 18 Months to 3 Years

Babies will develop a love for music, movement and friendship through fun songs, simple actions and instruments. Parent participation is required.

Instructor: Chiara Ackerman

Tue, Sep 18-Oct 23	10-10:30 am	\$42/6	2236
Tue, Sep 18-Oct 23	10:30-11 am	\$42/6	2421
Tue, Oct 30-Dec 4	10-10:30 am	\$42/6	2417
Tue, Nov 6-Dec 11	10:30-11 am	\$42/6	2424
Tue, Nov 6-Dec 11	12-12:30 pm	\$42/6	2422
Tue, Jan 15-Feb 19	10-10:30 am	\$42/6	2418
Tue, Jan 15-Feb 19	10:30-11 am	\$42/6	2426

Beban Social Centre

Tots Dance Mix 3 to 4 Years

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

Instructor: Chiara Ackerman

Tue, Sep 18-Oct 23	11:15-11:45 am	\$42/6	2460
Tue, Sep 18-Oct 23	11:45 am-12:15 pm	\$42/6	2463
Tue, Nov 6-Dec 11	11:15-11:45 am	\$42/6	2461
Tue, Nov 6-Dec 11	11:45 am-12:15 pm	\$42/6	2464
Tue, Jan 15-Feb 19	11:15-11:45 am	\$42/6	2462
Tue, Jan 15-Feb 19	11:45 am-12:15 pm	\$42/6	2465

Beban Social Centre

Baby Ballet 3 to 5 Years

An introduction to ballet in a fun-filled environment. Develop balance and coordination while learning dance moves.

Instructor: Nasya Moore

Thu, Sep 13-Oct 18	3:30-4 pm	\$30/6	0837
Sat, Sep 15-Oct 20	10-10:30 am	\$30/6	0841
Thu, Oct 25-Nov 29	3:30-4 pm	\$30/6	0838
Sat, Oct 27-Dec 1	10-10:30 am	\$30/6	0842
Thu, Jan 10-Feb 14	3:30-4 pm	\$30/6	0839
Sat, Jan 12-Feb 16	10-10:30 am	\$30/6	0843
Thu, Feb 21-Mar 14	3:30-4 pm	\$20/4	0840
Sat, Feb 23-Mar 30	10-10:30 am	\$30/6	0844

Oliver Woods Community Centre

Baby Ballet - Next Steps 3 to 5 Years

This is for those who have already taken Baby Ballet. In this level, little dancers will learn more music and advanced steps.

Instructor: Nasya Moore

Thu, Sep 13-Oct 18	4-4:30 pm	\$30/6	0845
Thu, Oct 25-Nov 29	4-4:30 pm	\$30/6	0846
Thu, Jan 10-Feb 14	4-4:30 pm	\$30/6	0847
Thu, Feb 21-Mar 28	4-4:30 pm	\$30/6	0848

Oliver Woods Community Centre

Twinkletoes 2.5 to 4 Years

Does your little one enjoy twirling and prancing around? In this semi-structured class, they will learn ballet basics combined with creative play.

Instructor: Chiara Ackerman

Tue, Sep 18-Oct 23	9:30-10 am	\$42/6	2428
Tue, Nov 6-Dec 11	9:30-10 am	\$42/6	2429
Tue, Jan 15-Feb 19	9:30-10 am	\$42/6	2430

Beban Social Centre

Let's Dance

Try out a variety of different dance styles from the traditional to cultural styles from around the world. Learn the foundations and expand your horizons at the same time.

3 to 4 Years

Mon, Sep 17-Oct 29	4-4:30 pm	\$34/6	2466
Mon, Nov 5-Dec 17	4-4:30 pm	\$39.66/7	2467
Mon, Jan 14-Feb 25	4-4:30 pm	\$39.66/7	2468

5 to 6 Years

Mon, Sep 17-Oct 29	4:30-5 pm	\$39.66/7	2469
Mon, Nov 5-Dec 17	4:30-5 pm	\$39.66/7	2470
Mon, Jan 14-Feb 25	4:30-5 pm	\$39.66/7	2471

6 to 10 Years

Mon, Sep 17-Oct 29	5-5:45 pm	\$39/6	2419
Mon, Nov 5-Dec 17	5-5:45 pm	\$39/6	2423
Mon, Jan 14-Feb 11	5-5:45 pm	\$33/5	2427

Bowen Park Complex



Life is better when you dance!

Dance Programs

Highland Dance

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

Instructor: Brigadoon Dance Academy

2 to 3 Years - Tartan Tots

Sun, Oct 7-28	2-2:30 pm	\$40/4	1716
Sun, Feb 3-24	2-2:30 pm	\$40/4	1721

4 to 6 Years - Brave Hearts

Sun, Oct 7-28	2:45-3:30 pm	\$45/4	1717
Sun, Feb 3-24	2:45-3:30 pm	\$45/4	1719

7 to 12 Years - Kilts and Hilts

Sun, Oct 7-28	3:30-4:15 pm	\$45/4	1718
Sun, Feb 3-24	3:30-4:15 pm	\$45/4	1720

Oliver Woods Community Centre

Intro to Hip Hop

Touch on the basics of hip hop and learn new styles like grooving, popping, b-boying and more.

3 to 4 Years

Fri, Sep 14-Oct 19	3:30-4 pm	\$40/6	2498
Fri, Oct 26-Nov 30	3:30-4 pm	\$40/6	2499
Fri, Jan 11-Feb 15	3:30-4 pm	\$40/6	2500
Fri, Feb 22-Mar 29	3:30-4 pm	\$40/6	2501

5 to 7 Years

Fri, Sep 14-Oct 19	4:10-4:55 pm	\$44/6	2502
Fri, Oct 26-Nov 30	4:10-4:55 pm	\$44/6	2503
Fri, Jan 11-Feb 15	4:10-4:55 pm	\$44/6	2504
Fri, Feb 22-Mar 29	4:10-4:55 pm	\$44/6	2505

8 to 11 Years

Fri, Sep 14-Oct 19	5-6 pm	\$49/6	2507
Fri, Oct 26-Nov 30	5-6 pm	\$49/6	2509
Fri, Jan 11-Feb 15	5-6 pm	\$49/6	2511
Fri, Feb 22-Mar 29	5-6 pm	\$49/6	2512

12 to 17 Years

Fri, Sep 14-Oct 19	6-7 pm	\$49/6	2514
Fri, Oct 26-Nov 30	6-7 pm	\$49/6	2515
Fri, Jan 11-Feb 15	6-7 pm	\$49/6	2516
Fri, Feb 22-Mar 29	6-7 pm	\$49/6	2517

Vibrant (Vibe) Dance Studio (1969 Boxwood Rd)

B-Boy - Co-ed NEW!

This class provides an intro to break-dance and hip hop skills. Children learn top rock, basic six step, floor balance and intro to popping. This playful, upbeat class incorporates group routines, as well as encouraging individuality in creative movement.

6 Years +

Fri, Sep 14-Oct 19	3:30-4:30 pm	\$49/6	5784
Fri, Oct 26-Nov 30	3:30-4:30 pm	\$49/6	5788
Fri, Jan 11-Feb 15	3:30-4:30 pm	\$49/6	5791
Fri, Feb 22-Mar 29	3:30-4:30 pm	\$49/6	5792

9 Years +

Fri, Sep 14-Oct 19	6-7 pm	\$49/6	5793
Fri, Oct 26-Nov 30	6-7 pm	\$49/6	5794
Fri, Jan 11-Feb 15	6-7 pm	\$49/6	5795
Fri, Feb 22-Mar 29	6-7 pm	\$49/6	5796

12 Years +

Fri, Sep 14-Oct 19	4:45-5:45 pm	\$49/6	5797
Fri, Oct 26-Nov 30	4:45-5:45 pm	\$49/6	5798
Fri, Jan 11-Feb 15	4:45-5:45 pm	\$49/6	5799
Fri, Feb 22-Mar 29	4:45-5:45 pm	\$49/6	5800

Vibrant (Vibe) Dance Studio (1969 Boxwood Rd)

Jazz & Hip Hop Combo

6 to 8 Years

Get into the dance moves with this upbeat class! This is great for dancers wanting to progress to other styles of urban dance.

Instructor: Nasya Moore

Sat, Sep 15-Oct 20	10:30-11:15 am	\$43/6	2338
Sat, Oct 27-Dec 1	10:30-11:15 am	\$43/6	2341
Sat, Jan 12-Feb 16	10:30-11:15 am	\$43/6	2342
Sat, Feb 23-Mar 30	10:30-11:15 am	\$43/6	2343

Oliver Woods Community Centre

Please "Bear" with Us...



This Fall & Winter registration is taking place using brand new software. We may take a little longer to process your requests.

Brigadoon DANCE ACADEMY



2 Years to Adult

Fall & Winter Beginner Classes at
Oliver Woods Community Centre
Contact Dena & Charles Henry: 250.756.3661
brigadoondanceacademy@shaw.ca
Like us on Facebook: Brigadoon Dance Academy

The Parent-Child MOTHER GOOSE PROGRAM

These group sessions for parents and their babies and young children focus on the pleasure and power of using rhymes, songs and stories. Registration begins on August 22 by calling 250.756.5200.



Birth to 12 Months Old at Oliver Woods Community Centre

MONDAYS
October 15-December 3
9:30-10:30 am

THURSDAYS
January 31-March 14
9:30-10:30 am



For children birth to 12 months and their parent(s) or caregiver.

For detailed information, contact Moire Porter at 250.756.2022 or mporter@pacific-care.bc.ca

REGISTRATION FOR THESE PROGRAMS BEGINS AUGUST 22 BY CALLING 250.756.5200



cityofnanaimo



nanaimoparksandrec (#ilovemyparksandrec)

Music Programs

Kindermusik

0 to 5 Years

Each week we combine your child's natural love of music, storytelling and imaginative play with age-appropriate activities that introduce early music concepts and foster independence, social and emotional skills, language growth and self-control. Wiggle and Grow for families brings adults and children of all ages together providing a dynamic and integrated musical learning experience for everyone. The Kindermusik@Home digital home materials bring the music, activities and each month's story everywhere you go.

Instructor: Nicole Arendt

Tue, Sep 4-25	11-11:45 am	\$60/4	1469
Wed, Sep 5-26	9:30-10:15 am	\$60/4	1472
Wed, Sep 5-26	10:30-11:15 am	\$60/4	1475
Tue, Oct 2-23	11-11:45 am	\$60/4	1470
Wed, Oct 3-24	9:30-10:15 am	\$60/4	1473
Wed, Oct 3-24	10:30-11:15 am	\$60/4	1476
Tue, Oct 30-Nov 27	11-11:45 am	\$60/4	1471
Wed, Oct 31-Nov 28	9:30-10:15 am	\$60/4	1474
Wed, Oct 31-Nov 28	10:30-11:15 am	\$60/4	1477

Nanaimo Conservatory of Music (375 Selby St)

Headstart Suzuki

3 to 5 Years

This is a pre-instrumental class designed to introduce children to basic musical concepts and beginning Suzuki repertoire. This class requires 100% parent/guardian participation and involves listening regularly to selected good quality recordings. These listening examples will be loaned out for the duration of the class.

Instructor: Cindy Speelman

Tue, Sep 11-Oct 2	10-10:45 am	\$60/4	1408
Tue, Oct 9-30	10-10:45 am	\$60/4	1409
Tue, Nov 6-27	10-10:45 am	\$60/4	1410
Tue, Jan 15-Feb 5	10-10:45 am	\$60/4	1411
Tue, Feb 12-Mar 5	10-10:45 am	\$60/4	1412

Nanaimo Conservatory of Music (375 Selby St)

Piano - Private Beginner Lessons

5 Years to Adult

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

Tue, Sep 4-25	3:30-4 pm	\$78/4	0057
Tue, Sep 4-25	4-4:30 pm	\$78/4	0060
Tue, Sep 4-25	4:30-5 pm	\$78/4	0061
Tue, Sep 4-25	5-5:30 pm	\$78/4	0062
Tue, Sep 4-25	5:30-6 pm	\$78/4	0063
Tue, Sep 4-25	6-6:30 pm	\$78/4	0064
Tue, Oct 2-23	3:30-4 pm	\$78/4	0065
Tue, Oct 2-23	4-4:30 pm	\$78/4	0067
Tue, Oct 2-23	4:30-5 pm	\$78/4	0068
Tue, Oct 2-23	5-5:30 pm	\$78/4	0069
Tue, Oct 2-23	5:30-6 pm	\$78/4	0070
Tue, Oct 2-23	6-6:30 pm	\$78/4	0071
Tue, Oct 30-Nov 20	3:30-4 pm	\$78/4	0073
Tue, Oct 30-Nov 20	4-4:30 pm	\$78/4	0074
Tue, Oct 30-Nov 20	4:30-5 pm	\$78/4	0075
Tue, Oct 30-Nov 20	5-5:30 pm	\$78/4	0077
Tue, Oct 30-Nov 20	5:30-6 pm	\$78/4	0078
Tue, Oct 30-Nov 20	6-6:30 pm	\$78/4	0079
Tue, Nov 27-Dec 18	3:30-4 pm	\$78/4	0080
Tue, Nov 27-Dec 18	4-4:30 pm	\$78/4	0081
Tue, Nov 27-Dec 18	4:30-5 pm	\$78/4	0083
Tue, Nov 27-Dec 18	5-5:30 pm	\$78/4	0084
Tue, Nov 27-Dec 18	5:30-6 pm	\$78/4	0085
Tue, Nov 27-Dec 18	6-6:30 pm	\$78/4	0086
Tue, Jan 8-29	3:30-4 pm	\$78/4	0088
Tue, Jan 8-29	4-4:30 pm	\$78/4	0089
Tue, Jan 8-29	4:30-5 pm	\$78/4	0090
Tue, Jan 8-29	5-5:30 pm	\$78/4	0091
Tue, Jan 8-29	5:30-6 pm	\$78/4	0092
Tue, Jan 8-29	6-6:30 pm	\$78/4	0093
Tue, Feb 5-26	3:30-4 pm	\$78/4	0094
Tue, Feb 5-26	4-4:30 pm	\$78/4	0096
Tue, Feb 5-26	4:30-5 pm	\$78/4	0097
Tue, Feb 5-26	5-5:30 pm	\$78/4	0098
Tue, Feb 5-26	5:30-6 pm	\$78/4	0099
Tue, Feb 5-26	6-6:30 pm	\$78/4	0100
Tue, Mar 5-12	3:30-4 pm	\$39/2	0101
Tue, Mar 5-12	4-4:30 pm	\$39/2	0102
Tue, Mar 5-12	4:30-5 pm	\$39/2	0103
Tue, Mar 5-12	5-5:30 pm	\$39/2	0104
Tue, Mar 5-12	5:30-6 pm	\$39/2	0105
Tue, Mar 5-12	6-6:30 pm	\$39/2	00106

Bowen Park Complex

Guitar - Private Lessons

3 to 9 Years

Yes! You can start guitar lessons as early as three years old! Our instructor is caring and nurturing, and he has had students at this very early age show much success with the guitar. Please bring your own guitar.

Instructor: Joshua Amendt-Moylan

Tue, Sep 11-Oct 2	5:30-6 pm	\$110/4	1568
Tue, Sep 11-Oct 2	6-6:30 pm	\$110/4	1584
Tue, Oct 9-30	5:30-6 pm	\$110/4	1570
Tue, Oct 9-30	6-6:30 pm	\$110/4	1585
Tue, Nov 6-27	5:30-6 pm	\$110/4	1578
Tue, Nov 6-27	6-6:30 pm	\$110/4	1586
Tue, Jan 8-29	5:30-6 pm	\$110/4	1580
Tue, Jan 8-29	6-6:30 pm	\$110/4	1587
Tue, Feb 5-26	5:30-6 pm	\$110/4	1582
Tue, Feb 5-26	6-6:30 pm	\$110/4	1589
Tue, Mar 5-26	5:30-6 pm	\$110/4	1583
Tue, Mar 5-26	6-6:30 pm	\$110/4	1591

Nanaimo Conservatory of Music (375 Selby St)

Guitar - Private Lessons

10 Years to Adult

See page 62 for class dates and times.

String into Guitar

10 Years +

Ideal for youth and adults with less than two years of experience. This small group format makes learning music fun! You will discover three-string chords, play notes from popular seasonal melodies and much more. Please bring your own guitar and tuner.

Instructor: Dave Hart

Wed, Oct 24-Dec 12	6:30-7:30 pm	\$140/8	0111
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Oliver Woods Community Centre





GREEN TRAILS Montessori Daycare

Licensed for 30 months to 5-year-old children

License # TMGN-ADJTYB



*Montessori based
education program.*



PH: 250.753.0372 or 250.616.4780

2325 East Wellington Rd, Nanaimo

greentrailsmontessori@gmail.com



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CHILDREN AND
TEEN SEWING
CLASSES**

- Boys & Girls, 6 years & up
- Small, weekly classes
- Spring Break & Summer Camps
- Easy patterns with kid-friendly instructions

ANNE WARREN

The Sewing Room

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Adult classes also available!



6987 Dickinson Rd
Lantzville

PLAY

Play Powered by **S.T.E.A.M.**
(SCIENCE, TECHNOLOGY, ENGINEERING, ART & MATH)



Fall Workshop Ages 2-5

2 workshops for ONE low fee of \$25 + gst per week

- Amazing process art activities in the Art studio
- Fun, age appropriate science, technology, engineering & math in the Stem studio

Birthday Parties Ages 2+

- Messy Art and Science fun

(Mention this ad and get 10% off your next birthday party)

Afterschool ART Workshop K-grade 3

- Free pickup available from your school (6 participants min).
- 3-5pm, Monday to Friday

CHECK OUT OUR BEAUTIFUL FACILITY LOCATED ON A COUNTRY ACRE IN LOWER LANTZVILLE

BOOK A VISIT TODAY
250-751-3995

Find out more at
StudioPlay.ca

Nanaimo Science and Sustainability Society



Kids experiment and play in NS3's SCIENCE programs!

Visit the Science Studio
4355 Jingle Pot Rd, Nanaimo

Science Camps

Infant and Preschool Classes

Birthday Parties

Lego Robotics

or DROP-IN and explore our interactive exhibits



Program schedules and registration at
www.nanaimoscience.org



Special Interest Programs

Under the Surface 3 to 6 Years

Did you know that there is a mysterious world living just beneath the surface of our oceans and streams? Come and explore with us in search of these critters and learn about the life surrounding the shoreline. Discover what that slimy stuff is, what gets stuck between your toes and more. This is a parent participation program.

Instructor: Judy Wickland

Sat, Sep 8	10-11 am	\$8/1	4933
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Pipers Lagoon Park

Trees & Leaves 3 to 6 Years

Fall is a wonderful time to drink in the beauty of trees. Join us for fall crafts and learn why trees have leaves and why they change colours in the fall.

Instructor: Judy Wickland

Sun, Oct 14	10-11 am	\$8/1	2609
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Bowen Park Upper Picnic Shelter

Wiggling Worms 3 to 6 Years

Are worms really slimy? Have you wondered what they eat or which end is their head? Why do they come out in the rain? Learn with us through games, crafts and stories. Parent participation is required.

Instructor: Judy Wickland

Sun, Nov 17	10-11 am	\$8/1	2608
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Bowen Park Lower Picnic Shelter

How Plants & Animals Survive Winter 3 to 6 Years

Have you ever wondered what happens to the plants and animals over the winter months when it's cold outside? Come find out!

Instructor: Judy Wickland

Sat, Jan 20	10-11 am	\$8/1	2610
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Linley Valley Parking Lot (Rock City Rd)



Kids Get Cooking - Flavour, Texture & Colour Fun!

6 to 8 Years

Enjoy a delicious adventure while developing kitchen skills, food knowledge and expanding your taste buds.

Mon, Sep 17-Oct 15	3:30-5:30 pm	\$120/4	2625
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Wed, Nov 14-Dec 5	3:30-5:30 pm	\$120/4	2627
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Nanaimo Food Share (271 Pine St)

Kids Get Cooking - Chef's in the Kitchen

6 to 8 Years

Grilling, sautéing, roasting and steaming. Participants will learn different cooking techniques, knife skills and flavour combining to create exciting meals.

Mon, Oct 22-Nov 19	3:30-5:30 pm	\$120/4	2628
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Nanaimo Food Share (271 Pine St)



Cheese Making - Mozzarella Madness 7 to 12 Years

Learn how to make your own cheese. Make mini mozzarella pizzas and learn the science of cheese making.

Instructor: Paula Maddison

Tue, Oct 23	4-5 pm	\$30/1	2167
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Tue, Dec 4	4-5 pm	\$30/1	2168
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Tue, Feb 19	4-5 pm	\$30/1	2169
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Beban Social Centre

Teens Rule...The Kitchen 12 to 16 Years

Learn the skills and build confidence to work independently in the kitchen. Classes will cover menu planning, portioning and basic nutrition. You will also develop a variety of cooking techniques and knife skills.

Tue, Jan 15-Feb 5	3:30-5:30 pm	\$120/4	2622
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Nanaimo Food Share (271 Pine St)

Babysitter Training 11 to 15 Years

The Red Cross Babysitting course covers everything from managing difficult behaviours to essential content on leadership and professional conduct as a babysitter. This updated curriculum provides improved learning when it comes to first aid and giving the appropriate care in the event of an emergency.

Sat, Sep 15	9-4:30 pm	\$49/1	2432
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Sat, Oct 13	9-4:30 pm	\$49/1	2434
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Sat, Nov 3	9-4:30 pm	\$49/1	2435
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Sat, Nov 24	9-4:30 pm	\$49/1	2437
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Sat, Dec 15	9-4:30 pm	\$49/1	2438
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Sat, Jan 19	9-4:30 pm	\$49/1	2439
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Sat, Feb 9	9-4:30 pm	\$49/1	2440
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Sat, Mar 2	9-4:30 pm	\$49/1	2441
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Sat, Mar 16	9-4:30 pm	\$49/1	2443
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Beban Social Centre

Home Alone 9 to 12 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.

Mon, Sep 24	2-5 pm	\$40/1	2407
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Fairview Community School (205 Howard Ave)

Sat, Sep 29	9 am-12 pm	\$40/1	2214
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Sat, Sep 29	1-4 pm	\$40/1	2215
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Sat, Oct 20	9 am-12 pm	\$40/1	2216
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Sat, Oct 20	1-4 pm	\$40/1	2217
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Sat, Nov 3	9 am-12 pm	\$40/1	2218
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Sat, Nov 3	1-4 pm	\$40/1	2219
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Sat, Dec 8	9 am-12 pm	\$40/1	2220
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Sat, Dec 8	1-4 pm	\$40/1	2221
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Sat, Jan 26	9 am-12 pm	\$40/1	2222
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Sat, Jan 26	1-4 pm	\$40/1	2223
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Sat, Feb 23	9 am-12 pm	\$40/1	2224
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Sat, Feb 23	1-4 pm	\$40/1	2225
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Sat, Mar 16	9 am-12 pm	\$40/1	2226
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Sat, Mar 16	1-4 pm	\$40/1	2227
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Beban Social Centre

Mon, Oct 15	2-5 pm	\$40/1	2408
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Bayview Elementary School (140 View St)

Mon, Dec 10	2-5 pm	\$40/1	2409
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Rock City Elementary School (3741 Departure Bay Rd)

Mon, Mar 4	2-5 pm	\$40/1	2411
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Pleasant Valley Elementary School (6201 Dunbar Rd)

Special Interest Programs

Kids Wood Build Anything

8 to 12 Years

Learn the proper techniques for using a hand saw, tape measure, square and hammer while creating small fun projects, such as a sword, stool, gym ball machine or even a catapult. Finish your creations with acrylic paint and take it home with pride. All supplies are included.

Thu, Oct 25-Nov 29	4:15-5:30 pm	\$92/6	0025
Thu, Oct 25-Nov 29	5:45-7 pm	\$92/6	0028
Tue, Jan 8-Feb 12	4:15-5:30 pm	\$92/6	0029
Tue, Jan 8-Feb 12	5:45-7 pm	\$92/6	0030

Bowen Park Complex

Silly Inventors

7 to 10 Years

Silly science awaits! Join us for some weird and wonderful experiments.

Wed, Sep 26-Oct 24	4:30-5:30 pm	\$30/5	0012
Wed, Nov 7-Dec 12	4:30-5:30 pm	\$30/5	0022
Wed, Jan 23-Feb 27	4:30-5:30 pm	\$36/6	0024

Beban Social Centre

Archery & Sword Role Playing

8 to 14 Years

Bring your friends and challenge yourself in fun adventures and role playing in the great outdoors. Your quest is to hone your skills to defeat the master. All equipment is provided.

Instructor: Jamie Black, Wildcraft Play's Cool

Thu, Sep 13-Oct 4	3:30-5:30 pm	\$76/4	2607
Thu, Oct 18-Nov 8	3:30-5:30 pm	\$76/4	2681

Caledonia Sports Field



WHAT DID YOUR KIDS DO THIS SUMMER?

NANAIMO ARMY CADETS OFFERS:

- free summer camps and transport to the camps in Canada wide locations
- adventure training (climbing, snow shoeing & expeditions)
- camping (most equipment included)
- free band education
- outdoor education
- hiking
- mountain biking
- canoeing
- opportunity for international travel



Parade nights are Tuesday nights starting September 11, 2018 at 6:30 pm at Nanaimo Military Camp (709 Nanaimo Lakes Rd)

www.nanaimoarmycadets.ca



Sports Programs



MASTER MOY

Certified from World Taekwondo Headquarters:

- 6th Dan Black Belt
- International Master
- Black Belt Examiner
- International Referee (W.T.F.)
- Krav Maga Instructor (USA)
- Diploma of P.E. with major in Taekwondo
- Bachelor of Education (VIU)



- Classes for children from 4 & up and teens & adults
- Anti-bullying strategies
- Real life-practical self-defense
- Let off steam & release stress
- Leadership & respect

250.816.3436
kickhighmartialarts@gmail.com



Yoga 4 Kids

4 to 10 Years

This class will assist children with their focus skills, teach self-awareness, build self-esteem and self-respect while having fun. Yoga promotes physical and mental well-being.

Instructor: Gypsy Hart

Wed, Sep 12-Oct 24	4-5 pm	\$56/7	1258
Wed, Nov 7-Dec 12	4-5 pm	\$48/6	2173
Wed, Jan 9-Feb 20	4-5 pm	\$56/7	2174
Wed, Feb 27-Mar 27	4-5 pm	\$40/5	2175

Oliver Woods Community Centre

Soccer Tots

3 to 5 Years

Run, kick, dodge and score! Play soccer through guided activities to get you moving. Activities will develop motor skills and social interaction. Parents are encouraged to participate.

Fri, Sep 14-Oct 26	3:30-4:15 pm	\$30/6	1536
Fri, Nov 2-Dec 7	3:30-4:15 pm	\$30/6	1537
Sat, Sep 15-Oct 27	10-10:45 am	\$30/6	1538
Sat, Sep 15-Oct 27	11-11:45 am	\$30/6	1542
Sat, Nov 3-Dec 8	10-10:45 am	\$30/6	1539
Sat, Nov 3-Dec 8	11-11:45 am	\$30/6	1543
Sat, Jan 12-Feb 16	10-10:45 am	\$30/6	1540
Sat, Jan 12-Feb 16	11-11:45 am	\$30/6	1544
Sat, Feb 23-Apr 6	10-10:45 am	\$30/6	1541
Sat, Feb 23-Apr 6	11-11:45 am	\$30/6	1545

Oliver Woods Community Centre

Soccer School

3 to 5 Years

Learn team play that encourages motor skill development and social interaction. Dress for outdoor play. Parent participation is required.

Instructor: Ezra Soccer School Staff

Sat, Sep 8-Oct 20	9-9:45 am	\$55/6	2579
Sat, Sep 8-Oct 20	10-10:45 am	\$55/6	2580

Depature Bay Park

Sat, Sep 8-Oct 20	11:45 am-12:30 pm	\$55/6	2581
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Elaine Hamilton Field

Fundamental Soccer

6 to 8 Years

Learn the basics of soccer through fun games and enthusiastic coaching. Groups are divided by age and skill. Please dress for the weather.

Instructor: Ezra Soccer School Staff

Mon, Sep 10-Oct 22	4-5 pm	\$70/6	2588
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Beban Gyro Fields

Indoor Soccer

6 to 9 Years

Kick, dribble, pass and score! Join us for some soccer, and learn the basics in this introductory class.

Thu, Sep 20-Oct 25	4:30-5:30 pm	\$30/6	2557
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Thu, Jan 24-Feb 14	4:30-5:30 pm	\$20/4	2559
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Fairview Community School (205 Howard Ave)

Shima Karate

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

4 to 7 Years

Tue, Oct 2-23	3:30-4:15 pm	\$25/4	1601
Fri, Oct 5-26	5:15-6 pm	\$25/4	1691
Fri, Nov 2-23	5:15-6 pm	\$25/4	1692
Tue, Nov 6-27	3:30-4:15 pm	\$25/4	1686
Fri, Feb 1-22	5:15-6 pm	\$25/4	1694
Tue, Feb 5-26	3:30-4:15 pm	\$25/4	1688
Fri, Mar 1-22	5:15-6 pm	\$25/4	1695
Tue, Mar 5-26	3:30-4:15 pm	\$25/4	1690

8 to 12 Years

These kids will start learning katas sparring and self-defense drills. Peer pressure and bullying are discussed.

M/W, Oct 1-15	4:30-5:25 pm	\$25/4	1610
M/W, Nov 5-19	4:30-5:25 pm	\$25/4	1611
M/W, Feb 4-18	4:30-5:25 pm	\$25/4	1612
M/W, Mar 4-18	4:30-5:25 pm	\$25/4	1613

Shima Karate School (3032 Barons Rd)

Karate NEW!

13+ Years

Traditional karate training, sparring and self-defense is taught. Fitness, strength development and flexibility are part of this program.

Mon/Wed, Oct 1-15	6:35-7:30 pm	\$20/4	1697
Mon/Wed, Nov 5-19	6:35-7:30 pm	\$20/4	1698
Mon/Wed, Feb 4-13	6:35-7:30 pm	\$20/4	1699
Mon/Wed, Mar 4-13	4:30-5:25 pm	\$20/4	1702

Shima Karate School (3032 Barons Rd)



Floor Hockey

Shoot, pass and score in this active program. Develop coordination, balance, agility and sportsmanship. You will play games and practice skills through drills.

6 to 8 Years

Tue, Sep 11-Oct 16	4-5 pm	\$30/6	1546
Tue, Sep 11-Oct 16	5-6 pm	\$30/6	1561
Fri, Sep 14-Oct 26	5-6 pm	\$30/6	1557
Tue, Oct 23-Nov 27	4-5 pm	\$30/6	1547
Tue, Oct 23-Nov 27	5-6 pm	\$30/6	1562
Fri, Nov 2-Dec 7	5-6 pm	\$30/6	1558
Fri, Jan 4-Feb 8	5-6 pm	\$30/6	1559
Tue, Jan 8-Feb 12	4-5 pm	\$30/6	1549
Tue, Jan 8-Feb 12	5-6 pm	\$30/6	1563
Fri, Feb 15-Mar 8	5-6 pm	\$20/4	1560
Tue, Feb 19-Mar 12	4-5 pm	\$20/4	1553
Tue, Feb 19-Mar 12	5-6 pm	\$20/4	1564

9 to 12 Years

Fri, Sep 14-Oct 26	5-6 pm	\$30/6	2350
Fri, Nov 2-Dec 7	5-6 pm	\$30/6	2352
Fri, Jan 4-Feb 8	5-6 pm	\$30/6	2354
Fri, Feb 15-Mar 8	5-6 pm	\$20/4	2355

Oliver Woods Community Centre

Tae Kwon Do

Our highly qualified 8th degree black belt Grand Master Kim can help you become strong in mind, body and spirit. This teaches discipline, respect and self-confidence.

4 to 7 Years

Sat, Sep 8-29	10-10:35 am	\$35/4	1614
Sat, Oct 13-Nov 3	10-10:35 am	\$35/4	1615
Sat, Nov 10-Dec 1	10-10:35 am	\$35/4	1616
Sat, Jan 12-Feb 2	10-10:35 am	\$35/4	1618
Sat, Feb 2-Mar 2	10-10:35 am	\$35/4	1619
Sat, Mar 9-30	10-10:35 am	\$35/4	1617

8 to 12 Years

Sat, Sep 8-29	10:40-11:20 am	\$35/4	1705
Sat, Oct 13-Nov 3	10:40-11:20 am	\$35/4	1706
Sat, Nov 10-Dec 1	10:40-11:20 am	\$35/4	1707
Sat, Jan 12-Feb 2	10:40-11:20 am	\$35/4	1711
Sat, Feb 2-Mar 2	10:40-11:20 am	\$35/4	1712
Sat, Mar 9-30	10:40-11:20 am	\$35/4	1709

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

Take a
MOMENT
to MOVE

Little Ninjas - Tae Kwon Do - Level 1 4 to 6 Years

Learn kicks, punches, blocks and self-defense skills through fun activities that develop coordination, balance, flexibility, strength and agility. Increase body awareness, focus, concentration and self-confidence. Parent participation is required.

Instructor: Master Moy, Kick High Martial Arts

Thu, Sep 20-Oct 25	4:30-5 pm	\$30/6	0095
Thu, Nov 1-Dec 6	4:30-5 pm	\$30/6	0107
Thu, Jan 10-Feb 7	4:30-5 pm	\$25/5	2279
Thu, Feb 14-Mar 14	4:30-5 pm	\$25/5	2280

Oliver Woods Community Centre

Little Tigers - Tae Kwon Do - Level 1 7 to 12 Years

Build self-confidence while learning different kicks, punches, stances and forms. Our instructor holds a 6th Dan Black Belt and is a certified master and referee. He will help you grow in flexibility, endurance, strength and focus while having fun.

Instructor: Master Moy, Kick High Martial Arts

Thu, Sep 20-Oct 25	5-5:45 pm	\$45/6	2282
Thu, Nov 1-Dec 6	5-5:45 pm	\$45/6	2283
Thu, Jan 10-Feb 7	5-5:45 pm	\$38/6	2284
Thu, Feb 14-Mar 14	5-5:45 pm	\$38/6	2285

Oliver Woods Community Centre

Fishing Rod Building Workshop 10+ Years

Have you ever wondered how they make fishing rods? Are you an avid fisher person who wants to build your very own spin cast fishing rod? Join us as we take you on a fun adventure of building your very own fishing rod from a rod blank all the way to a completed fishing rod built by yourself. In this two-day workshop, you will learn how to set the guides on, measure where the guides go in accordance to the length of the rod, proper wrapping techniques to ensure it will last your lifetime and many more. Young avid fishermen also welcome with parental assistance (10 to 12 years requires parent assistance). Saturday class is 10 am-3 pm.

Fri, Sat, Sep 21-22	6:30-9:30 pm	\$99/2	2682
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Beban Social Centre



WORLD TAE-KWON-DO ACADEMY

GRAND MASTER YOUNG KIM TEACHES DIRECTLY

- 8th Degree Black Belt, Kukkiwon (official)
- Taekwondo Master Certification from Kukkiwon
- National Team Coach Certification
- Masters of Science Degree in Martial Arts
- First Rank Promotion Examiner, Kukkiwon



- Children, Teen & Adult Classes
- Self-discipline & confidence
- Improved study habits
- Birthday Parties!

FREE
Trial
Lesson

Become strong in
mind, body & spirit.

250-760-0119

#307-4300 Wellington Rd (across from Long Lake)

www.wtfnanaimo.com
worldtkda@gmail.com



cityofnanaimo



nanaimoparksandrec (#ilovemyparksandrec)

Sports Programs

Gymnastics

2 to 3 Years - Jolly Jumpers

A recreational, non-competitive, playful course to introduce fundamental skills through circuit-based gymnastic movements. Parent participation is required.

Tue, Sep 4-Oct 2	10:30-11:15 am	\$61/5	0484
Wed, Sep 5-Oct 3	10:15-11 am	\$61/5	1967
Wed, Sep 5-Oct 3	11:15 am-12 pm	\$61/5	1974
Thu, Sep 6-Oct 4	10:30-11:15 am	\$61/5	1969
Thu, Sep 6-Oct 4	11:15 am-12 pm	\$61/5	1968
Fri, Sep 7-Oct 5	10:15-11 am	\$61/5	1970
Fri, Sep 7-Oct 5	11:15 am-12 pm	\$61/5	1971
Sat, Sep 8-Oct 6	9:30-10:15 am	\$61/5	1973
Sat, Sep 8-Oct 6	10:15-11 am	\$61/5	1972
Tue, Oct 9-Nov 6	10:30-11:15 am	\$61/5	1975
Wed, Oct 10-Nov 7	10:15-11 am	\$61/5	1976
Thu, Oct 11-Nov 8	10:30-11:15 am	\$61/5	1978
Fri, Oct 12-Nov 9	10:15-11 am	\$61/5	1979
Fri, Oct 12-Nov 9	11:15 am-12 pm	\$61/5	1980
Sat, Oct 13-Nov 10	10:15-11 am	\$61/5	1981
Tue, Nov 13-Dec 11	10:15-11 am	\$61/5	1982
Wed, Nov 14-Dec 12	10:30-11 am	\$61/5	1983
Wed, Nov 14-Dec 12	11:15 am-12 pm	\$61/5	1984
Thu, Nov 15-Dec 13	10:30-11:15 am	\$61/5	1985
Fri, Nov 16-Dec 14	10:15-11 am	\$61/5	1987
Sat, Nov 17-Dec 15	9:30-10:15 am	\$61/5	1986
Tue, Jan 8-Feb 5	10:15-11 am	\$61/5	1988
Wed, Jan 9-Feb 6	10:15-11 am	\$61/5	1989
Wed, Jan 9-Feb 6	11:15 am-12 pm	\$61/5	1990
Fri, Jan 11-Feb 8	10:30-11:15 am	\$61/5	1992
Wed, Feb 13-Mar 13	10:15-11 am	\$61/5	1996
Thu, Feb 14-Mar 14	9:30-10:15 am	\$61/5	1998
Thu, Feb 14-Mar 14	11:15 am-12 pm	\$61/5	1997
Fri, Feb 15-Mar 15	10:15-11 am	\$61/5	1999
Sat, Feb 16-Mar 16	11:15 am-12 pm	\$61/5	2000

Flipside Gymnastics (1911 Wilfert Rd)

Gymnastics

3 to 5 Years - Tumbling Tiggers

A recreational, playful course to introduce fundamental skills through circuit-based gymnastic movements.

Tue, Sep 4-Oct 2	9:30-10:15 am	\$61/5	2035
Tue, Sep 4-Oct 2	11:15 am-12 pm	\$61/5	0485
Wed, Sep 5-Oct 3	9:30-10:15 am	\$61/5	2036
Thu, Sep 6-Oct 4	9:30-10:15 am	\$61/5	2037
Thu, Sep 6-Oct 4	11:15 am-12 pm	\$61/5	2038
Fri, Sep 7-Oct 5	9:30-10:15 am	\$61/5	2039
Sat, Sep 8-Oct 6	12-12:45 pm	\$61/5	2040
Tue, Oct 9-Nov 6	9:30-10:15 am	\$61/5	2041
Tue, Oct 9-Nov 6	11:15 am-12 pm	\$61/5	2042
Wed, Oct 10-Nov 7	9:30-10:15 am	\$61/5	2043
Thu, Oct 11-Nov 8	9:30-10:15 am	\$61/5	2044
Thu, Oct 11-Nov 8	11:15 am-12 pm	\$61/5	2045
Fri, Oct 12-Nov 9	9:30-10:15 am	\$61/5	2046
Sat, Oct 13-Nov 10	10:30-11:15 am	\$61/5	2047
Sat, Oct 13-Nov 10	11:15 am-12 pm	\$61/5	2048
Tue, Nov 13-Dec 11	9:30-10:15 am	\$61/5	2049
Tue, Nov 13-Dec 11	11:15 am-12 pm	\$61/5	2050
Wed, Nov 14-Dec 12	9:30-10:15 am	\$61/5	2051
Thu, Nov 15-Dec 13	9:30-10:15 am	\$61/5	2052
Thu, Nov 15-Dec 13	11:15 am-12 pm	\$61/5	2053
Fri, Nov 16-Dec 14	9:30-10:15 am	\$61/5	2054
Fri, Nov 16-Dec 14	11:15 am-12 pm	\$61/5	2055
Sat, Nov 17-Dec 15	10:15-11 am	\$61/5	2056
Sat, Nov 17-Dec 15	11:15 am-12 pm	\$61/5	2057
Tue, Jan 8-Feb 5	9:30-10:15 am	\$61/5	2058
Tue, Jan 8-Feb 5	11:15 am-12 pm	\$61/5	2059
Wed, Jan 9-Feb 6	9:30-10:15 am	\$61/5	2060
Thu, Jan 10-Feb 7	9:30-10:15 am	\$61/5	2061
Thu, Jan 10-Feb 7	11:15 am-12 pm	\$61/5	2062
Fri, Jan 11-Feb 8	9:30-10:15 am	\$61/5	2063
Sat, Jan 12-Feb 9	10:15-11 am	\$61/5	2064
Sat, Jan 12-Feb 9	11:15 am-12 pm	\$61/5	2065
Tue, Feb 12-Mar 12	9:30-10:15 am	\$61/5	2066
Tue, Feb 12-Mar 12	11:15 am-12 pm	\$61/5	2067
Wed, Feb 13-Mar 13	9:30-10:15 am	\$61/5	2068
Thu, Feb 14-Mar 14	9:30-10:15 am	\$61/5	2069
Thu, Feb 14-Mar 14	11:15 am-12 pm	\$61/5	2070
Fri, Feb 15-Mar 15	11:15 am-12 pm	\$61/5	2071
Sat, Feb 16-Mar 16	9:30-10:15 am	\$61/5	2072
Sat, Feb 16-Mar 16	10:30-11:15 am	\$61/5	2073

Flipside Gymnastics (1911 Wilfert Rd)

Gymnastics

6 to 9 Years

Establish fundamental movement skills that are transferable to other sports. Gymnastics teaches balance, ability and coordination. Try our non competitive, non graded program where the focus is on fun.

Sat, Sep 8-Oct 6	12:30-1:30 pm	\$66/5	2001
Sat, Oct 13-Nov 10	12:30-1:30 pm	\$66/5	2002
Sat, Nov 17-Dec 15	12:30-1:30 pm	\$66/5	2003
Sat, Jan 12-Feb 9	12:30-1:30 pm	\$66/5	2004
Sat, Feb 16-Mar 16	12:30-1:30 pm	\$66/5	2005

Flipside Gymnastics (1911 Wilfert Rd)



SET UP YOUR NEW REGISTRATION ACCOUNT TODAY

Be ready in advance of our Wednesday, August 22 registration by creating your NEW online account today.

recreation.nanaimo.ca

Sports Programs

Curling Introduction 9 to 16 Years

If you are interested in trying curling, this is your chance. Meet some of our junior curlers and other youth who are trying it for the first time. Dress warm, carry in a clean pair of running shoes and bring gloves. Hot chocolate to follow.

Sat, Oct 6 10 am-12 pm \$5/1 1873
Nanaimo Curling Centre (106 Wall St)

Rock Stars - Learn to Curl 9 to 16 Years

Let us introduce you to the game of curling. Our trained instructors will teach skills, such as rock sweeping and rules of play. This program runs at the same time as our junior program so you will meet other curlers.

Mon, Oct 15-Nov 5 3:45-5:15 pm \$42/4 1874
Nanaimo Curling Centre (106 Wall St)

Intro to Rock Climbing 6 to 12 Years

We provide the gear to introduce you to this exciting sport. No experience is necessary, but please bring a helmet.

Thu, Sep 6-27	4-6 pm	\$60/4	1575
Tue, Oct 2-23	4-6 pm	\$60/4	1579
Thu, Nov 8-29	4-6 pm	\$60/4	1576
Thu, Jan 10-31	4-6 pm	\$60/4	1577
Tue, Feb 5-26	4-6 pm	\$60/4	1581

Romper Room Climbing Gym (4385 B Boban Dr)

Parent & Tot Learn to Ski 2 to 3 Years

This is a parent participation program for you and your tot. Tot rentals are included. This is an introduction class. As your child becomes more comfortable, instructors will begin to pass on teaching tips so your tot can learn to slide and stop. Parents receive free ticket for the teaching carpet but should be dressed to ski with their child. Regular gear rental fees apply. Meet at Mt. Washington Ski Resort Learning Centre.

Sun, Jan 13-Feb 10	10-11 am	\$69/5	2641
Sat, Feb 23-Mar 23	11:30 am-12:30 pm	\$69/5	2645

Mt. Washington Learning Centre

Parent & Tot Learn to Snowboard 3 Years

This is a parent participation program for you and your tot. Tot rentals are included. The class focus is on introduction to the mountain kids area, the equipment and play time on snow. As your child becomes more comfortable with the alpine environment, instructors will begin to pass on teaching tips so your tot can learn to slide and stop. Enjoy a hot chocolate at class end. Parents receive free ticket for the teaching carpet but should be dressed to board with their child. Regular gear rental fees apply. Meet at Mt. Washington Ski Resort Learning Centre.

Sun, Jan 13-Feb 10	11:30 am-12:30 pm	\$69/5	2642
Sat, Feb 23-Mar 23	10-11 am	\$69/5	2643

Mt. Washington Learning Centre

Mighty Tots Ski Club 3 to 6 Years

A great introduction to skiing for your little one. This program is designed with a focus on fun and development. Classes are small to ensure safety and allow your child to progress with the same instructor. A healthy snack is included. Please check with Mt. Washington for rental packages if needed. Meet at Mt. Washington Ski Resort Learning Centre.

Sun, Jan 13-Feb 10	1-3:30 pm	\$149/5	2648
Sat, Feb 23-Mar 23	1-3:30 pm	\$149/5	2650

Mt. Washington Learning Centre

Mighty Tots Snowboard Club 3 to 6 Years

A great introduction to snowboarding for your little one. This program is designed with a focus on fun and development. Classes are small to ensure safety and allow your child to progress with the same instructor. A healthy snack included. Please check with Mt. Washington for rental packages if needed. Meet at Mt. Washington Ski Resort Learning Centre.

Sun, Jan 13-Feb 10	1-3:30 pm	\$149/5	2651
Sat, Feb 23-Mar 23	1-3:30 pm	\$149/5	2652

Mt. Washington Learning Centre

PACIFIC GAEL Pipes and Drums

Learn to play the bagpipes and drums!
Play in the community Pipe Band!
Meet new people of all ages and levels!
Have fun learning!



CONTACT US:
www.pacificgael.com



Boys & Girls Clubs
of Central Vancouver Island

The BGCCVI is Vancouver Island's largest childcare provider and is trusted by more parents than any other.

Children, youth and families experience new opportunities, overcome barriers and build positive relationships, confidence, and skills for life in local programs.

Early Learning

- Daycare (0 to 5 years)
- Preschool

Middle Years

- Child Care (5-12 years)
- Girls Group
- Summer Day Camps

Youth

- South Side Teen Centre
- Full Throttle Dragon Boat Team

Family Resource

- Family Place Drop in
- Parent Education and Support

Program & Registration information for all
13 Club locations:

250.754.3215 • reception@bgccvi.com
www.bgccvi.com



Sports Programs

Progressive Tennis

This program uses the red ball which flies slower and bounces lower allowing children to develop hand-eye coordination and agility for fundamental tennis skills.

Instructor: North Island Tennis Academy

5 to 7 Years

Fri, Oct 12-Nov 9	3:30-4:30 pm	\$55/5	2433
Sun, Oct 14-Nov 11	1:30-2:30 pm	\$44/4	2442
Fri, Nov 16-Dec 14	3:30-4:30 pm	\$55/5	2446
Sun, Nov 18-Dec 16	1:30-2:30 pm	\$55/5	2447
Fri, Jan 11-Feb 8	3:30-4:30 pm	\$55/5	2453
Sun, Jan 13-Feb 10	1:30-2:30 pm	\$55/5	2455
Fri, Feb 15-Mar 15	3:30-4:30 pm	\$55/5	2454
Sun, Feb 17-Mar 17	1:30-2:30 pm	\$55/5	2456

Westwood Lake Tennis Club

8 to 11 Years

Thu, Oct 11-Nov 8	3:45-5 pm	\$69/5	2436
Sun, Oct 14-Nov 11	2:30-3:45 pm	\$55/4	2444
Thu, Nov 15-Dec 13	3:45-5 pm	\$69/5	2445
Sun, Nov 18-Dec 16	2:30-3:45 pm	\$69/5	2448
Thu, Jan 10-Feb 7	3:45-5 pm	\$69/5	2449
Sun, Jan 13-Feb 10	2:30-3:45 pm	\$69/5	2451
Thu, Feb 14-Mar 14	3:45-5 pm	\$69/5	2450
Sun, Feb 17-Mar 17	2:30-3:45 pm	\$69/5	2452

Westwood Lake Tennis Club (2367 Arbot Rd)

Basketball Basics

6 to 9 Years

Learn to dribble, pass and shoot through fun games and some drills. Some of the rules and strategies will be covered, but the focus will be on having fun!

Thu, Nov 1-Dec 6	4:30-5:30 pm	\$30/6	2558
Thu, Feb 21-Mar 14	4:30-5:30 pm	\$20/4	2560

Fairview Community School (205 Howard Ave)

Tennis at Bowen

Let us bring progressive tennis lessons to you and introduce kids to tennis using lighter balls and smaller racquets. All equipment is provided.

Instructor: North Island Tennis Academy

5 to 7 Years

Wed, Sep 19-Oct 10	3:15-4:15 pm	\$44/4	2237
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Bowen Park Tennis Courts

8 to 11 Years

Wed, Sep 19-Oct 10	4:15-5:30 pm	\$55/4	2431
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Bowen Park Tennis Courts

Junior Badminton

10 to 15 Years

Get instruction and practice time for the beginner or intermediate player. The emphasis is on skill development and game play.

Instructor: Helen Binns

Mon, Sep 24-Oct 29	4:15-5:15 pm	\$42/6	2329
Wed, Sep 26-Oct 31	4:30-5:45 pm	\$63/6	2322
Mon, Nov 5-Dec 10	4:15-5:15 pm	\$42/6	2330
Wed, Nov 7-Dec 12	4:30-5:45 pm	\$63/6	2326
Mon, Jan 28-Mar 11	4:15-5:15 pm	\$42/6	2331
Wed, Jan 30-Mar 6	4:30-5:45 pm	\$63/6	2327

Oliver Woods Community Centre

On Guard! Fencing for Children

8 to 12 Years

This program is good for both beginner and continuing fencers. It focuses on developing skills through games, activities and drills. In addition to being an exciting sport, fencing challenges both the body and the mind.

Wed, Sep 12-Oct 17	5:15-6:15 pm	\$60/6	2262
Wed, Oct 24-Nov 28	5:15-6:15 pm	\$60/6	2276
Wed, Jan 9-Feb 13	5:15-6:15 pm	\$60/6	2277
Wed, Feb 20-Mar 27	5:15-6:15 pm	\$60/6	2278

Oliver Woods Community Centre



Children who play tennis develop hand-eye coordination, speed, flexibility and gross and fine motor skills.

Pro-D Camps & Winter Break

Sports N Play - Pro-D Fun

6 to 12 Years

Join your friends for a day of high energy sports!

Fri, Oct 5	8:30 am-5 pm	\$38/1	1535
Fri, Oct 19	8:30 am-5 pm	\$38/1	1532
Mon, Feb 25	8:30 am-5 pm	\$38/1	1533
Tue, Feb 26	8:30 am-5 pm	\$38/1	1534

Oliver Woods Community Centre

Pro-D Soccer Camp

7 to 13 Years

Groups are divided into specific age groups and skill levels. We play outside, so dress for the weather. We finish the afternoon in the pool, so don't forget your towel and swimsuit.

Thu/Fri, Oct 4/5	9 am-4 pm	\$95/2	2606
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NDSS Artificial Turf

RecSkate Pro-D Camp

6 to 11 Years

This includes three ice times for lessons, stations, games and free time. We will also play games and watch a movie. We recommend that skaters have passed a minimum of RecSkate 1.

Thu, Oct 4	8:30 am-5 pm	\$42/1	1013
Fri, Oct 5	8:30 am-5 pm	\$42/1	1014
Fri, Oct 19	8:30 am-5 pm	\$42/1	1015
Mon, Feb 25	8:30 am-5 pm	\$42/1	1016
Tue, Feb 26	8:30 am-5 pm	\$42/1	1017

Cliff McNabb Arena

RecHockey Pro-D Camp

6 to 11 Years

Emphasis is on the FUNDamentals of hockey with three ice times for skills, scrimmage and stations. We will also play games and watch a movie. Full gear is required. We recommend that skaters have passed a minimum of RecSkate 2.

Thu, Oct 4	8:30 am-5 pm	\$42/1	1018
Fri, Oct 5	8:30 am-5 pm	\$42/1	1019
Fri, Oct 19	8:30 am-5 pm	\$42/1	1020
Mon, Feb 25	8:30 am-5 pm	\$42/1	1021
Tue, Feb 26	8:30 am-5 pm	\$42/1	1022

Cliff McNabb Arena

Holiday Tennis Camp

8 to 15 Years

Players will be separated into appropriate groups based on levels. Learn basic strokes, do drills and play friendly games in a non-competitive environment.

W-F, Jan 2-4	2-4:30 pm	\$83/3	2458
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Westwood Tennis Club (2367 Arbot Rd)

Frosty Frolic Camp

5 to 10 Years

Play games, get crafty and make new friends.

Register for the whole week or only the days you need.

Mon, Dec 24	8:30 am-5 pm	\$38/1	0112
Thu, Dec 27	8:30 am-5 pm	\$38/1	0113
Fri, Dec 28	8:30 am-5 pm	\$38/1	0114

Beban Social Centre

Mon, Dec 31	8:30 am-5 pm	\$38/1	0116
Wed, Jan 2	8:30 am-5 pm	\$38/1	0118
Thu, Jan 3	8:30 am-5 pm	\$38/1	0119
Fri, Jan 4	8:30 am-5 pm	\$38/1	0120

Oliver Woods Community Centre

Holiday RecSkate Camp

6 to 11 Years

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

Wed, Jan 2	8:30 am-5 pm	\$42/1	0147
Thu, Jan 3	8:30 am-5 pm	\$42/1	1375
Fri, Jan 4	8:30 am-5 pm	\$42/1	1376

Cliff McNabb Arena

Holiday Hockey Camp

6 to 11 Years

This is a recreational half-ice camp for participants of varying abilities. Emphasis is on the FUNDamentals of hockey with three ice times for skills, scrimmages and stations. Camp also includes other activities, games and a movie. Full hockey gear is required. We recommend that skaters have passed a minimum of RecSkate 2.

Wed, Jan 2	8:30 am-5 pm	\$42/1	0149
Thu, Jan 3	8:30 am-5 pm	\$42/1	1371
Fri, Jan 4	8:30 am-5 pm	\$42/1	1373

Cliff McNabb Arena

Modding in Minecraft

8 to 11 Years

Change the way you play and interact with the Minecraft world by learning how to build and program modifications. From summoning a dozen creepers at a time to building an entire house out of wood blocks, there is unlimited potential to what you can do when it comes to creating mods.

Mon-Fri, Dec 31-Jan 4	3:30-5:30 pm	\$80/4	2563
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Oliver Woods Community Centre

Winter Science & Technology Camp

7 to 9 Years

Join iLearning Canada for a week of magic, science experiments and robotics! Kids will discover the art of magic and illusions, explore the wonderful world of science and dive into the basics of engineering using the WEDO 2.0 kits. Please note that this camp will offer different builds with the new WEDO 2.0 kits and different science experiments from the camp in the summer.

Instructor: iLearning Canada

Mon-Fri, Dec 31-Jan 4	9 am-3 pm	\$200/4	2561
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Oliver Woods Community Centre

Winter Science & Technology Camp

10 to 14 Years

Plunge into a thrilling educational experience with science experiments and robotics! Participants will explore the mysteries of science, dive into the basics of engineering while building a robot with the LEGO Mindstorms EV3 kits. Please note that this camp will offer a different build and brand new challenges with the EV3 Lego Kit and different science experiments from the camp in the summer.

Instructor: iLearning Canada

Mon-Fri, Dec 31-Jan 4	9 am-3 pm	\$200/4	2562
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Beban Social Centre

Mountain Kids Ski Camp

4 to 12 Years

This camp focuses on skill development through fun, games and exercises. Mornings are spent working on skills, while the afternoon consists of games and fun activities on the snow. Please check with Mt.

Washington for rental or lift package info. Meet at Mt. Washington Ski Resort Learning Centre.

Wed-Fri, Dec 26-28	9:30 am-3:30 pm	\$229/3	2653
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Wed-Fri, Jan 2-4	9:30 am-3:30 pm	\$229/3	4948
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Mt. Washington Learning Centre

Mountain Kids Snowboard Camp

4 to 12 Years

This camp focuses on skill development through fun, games and exercises. Mornings are spent working on skills, while the afternoon consists of games and fun activities on the snow. Please check with Mt.

Washington for rental or lift package info. Meet at Mt. Washington Ski Resort Learning Centre.

Wed-Fri, Dec 26-28	9:30 am-3:30 pm	\$229/3	2654
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Wed-Fri, Jan 2-4	9:30 am-3:30 pm	\$229/3	4949
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Mt. Washington Learning Centre



cityofnanaimo



nanaimoparksandrec (#ilovemyparksandrec)

Spring Break Camps

Tree Frog Camp 3 to 5 Years

This is a daycamp for little people! The week will include games, music, arts and crafts. Come and join us for some great times!

M-F, Mar 18-22	9:30-11:30 am	\$70/5	2380
M-F, Mar 25-29	9:30-11:30 am	\$70/5	2382

Oliver Woods Community Centre

Karate Camp 5 to 7 Years

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

M-F, Mar 18-22	1-2 pm	\$45/5	1608
M-F, Mar 25-29	1-2 pm	\$45/5	1609

Shima Karate School (3032 Barons Rd)

Camp Firefly 5 to 10 Years

Join us for sports, games, arts and crafts and much more.

Mon, Mar 18	8:30 am-5 pm	\$38/1	2474
Tue, Mar 19	8:30 am-5 pm	\$38/1	2475
Wed, Mar 20	8:30 am-5 pm	\$38/1	2476
Thu, Mar 21	8:30 am-5 pm	\$38/1	2477
Fri, Mar 22	8:30 am-5 pm	\$38/1	2478
Mon, Mar 25	8:30 am-5 pm	\$38/1	2479
Tue, Mar 26	8:30 am-5 pm	\$38/1	2480
Wed, Mar 27	8:30 am-5 pm	\$38/1	2481
Thu, Mar 28	8:30 am-5 pm	\$38/1	2482
Fri, Mar 29	8:30 am-5 pm	\$38/1	2483

Beban Park Social Centre

Camp Action 8 to 12 Years

For children who love to be active! Play games, activities and sports. We also have fun out trips planned, including bowling, karate, swimming and skating.

Mon, Mar 18	8:30 am-5 pm	\$38/1	0117
Tue, Mar 19	8:30 am-5 pm	\$38/1	2381
Wed, Mar 20	8:30 am-5 pm	\$38/1	2383
Thu, Mar 21	8:30 am-5 pm	\$38/1	2384
Fri, Mar 22	8:30 am-5 pm	\$38/1	2385
Mon, Mar 25	8:30 am-5 pm	\$38/1	2386
Tue, Mar 26	8:30 am-5 pm	\$38/1	2387
Wed, Mar 27	8:30 am-5 pm	\$38/1	2388
Thu, Mar 28	8:30 am-5 pm	\$38/1	2389
Fri, Mar 29	8:30 am-5 pm	\$38/1	2390

Oliver Woods Community Centre

Spring Break Tennis Camp 8 to 15 Years

Players will be separated into groups based on levels and learn basic strokes, drills and play games. All equipment is provided.

Instructor: North Island Tennis Academy Staff

W-F, Mar 20-22	2-5 pm	\$99/3	2459
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Westwood Tennis Club (2367 Arbot Rd)

Junior Lifeguard Club Camp 8 to 12 Years

The camp offers serious fun for kids who can swim at least 25 metres and tread water for two minutes. It provides an action-packed challenge for kids who love the water but who want more than "lessons". Basic components included in this program are water safety, lifeguarding, first aid and lots of other fun activities.

M-F, Mar 18-22	12-4 pm	\$125/5	3517
M-F, Mar 25-29	12-4 pm	\$125/5	3518

Nanaimo Aquatic Centre

RecSkate Spring Break Camp 6 to 11 Years

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

Mon, Mar 18	8:30 am-5 pm	\$42/1	0154
Tue, Mar 19	8:30 am-5 pm	\$42/1	1478
Wed, Mar 20	8:30 am-5 pm	\$42/1	1479
Thu, Mar 21	8:30 am-5 pm	\$42/1	1480
Fri, Mar 22	8:30 am-5 pm	\$42/1	1481
Mon, Mar 25	8:30 am-5 pm	\$42/1	1482
Tue, Mar 26	8:30 am-5 pm	\$42/1	1483
Wed, Mar 27	8:30 am-5 pm	\$42/1	1484
Thu, Mar 28	8:30 am-5 pm	\$42/1	1485
Fri, Mar 29	8:30 am-5 pm	\$42/1	1486

Cliff McNabb Arena

RecHockey Spring Break Camp 6 to 11 Years

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

Mon, Mar 18	8:30 am-5 pm	\$42/1	0156
Tue, Mar 19	8:30 am-5 pm	\$42/1	1487
Wed, Mar 20	8:30 am-5 pm	\$42/1	1488
Thu, Mar 21	8:30 am-5 pm	\$42/1	1489
Fri, Mar 22	8:30 am-5 pm	\$42/1	1490
Mon, Mar 25	8:30 am-5 pm	\$42/1	1491
Tue, Mar 26	8:30 am-5 pm	\$42/1	1492
Wed, Mar 27	8:30 am-5 pm	\$42/1	1493
Thu, Mar 28	8:30 am-5 pm	\$42/1	1494
Fri, Mar 29	8:30 am-5 pm	\$42/1	1495

Cliff McNabb Arena

Spring Break Golf Camp 7 to 12 Years

Come work on your swing, putting and pitching skills, and put your new skills to work on the nine hole par three golf course. Our CPGA professionals are well-trained to work with juniors while keeping the emphasis on having fun.

Mon-Wed, Mar 18-20	9 am-12pm	\$99/3	2542
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Eaglequest Golf Centre (1601 Thatcher Rd)

SET UP YOUR NEW REGISTRATION ACCOUNT TODAY

Be ready in advance of our Wednesday,
August 22 registration by creating your
NEW online account today.

recreation.nanaimo.ca



Spring Break Camps

Tae Kwon Do

Our 8th degree black belt Grand Master Kim can help you become strong in mind, body and spirit. As an Olympic sport, Tae Kwon Do teaches discipline, respect and self-confidence.

4 to 7 Years

Mon/Wed, Mar 18-27	3:45-4:25 pm	\$35/4	1714
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8 to 12 Years

Tue/Thu, Mar 19-28	4:30-5:20 pm	\$35/4	1715
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World Tae Kwon Do Academy (307-4300 Wellington Rd)

Rock Climbing

Climb the walls this spring break as you make new friends and learn from experienced leaders. We'll mix in some non-wall time to keep things interesting.

6 to 12 Years

M-F, Mar 18-22	12-3 pm	\$100/5	1590
M-F, Mar 25-29	12-3 pm	\$100/5	1588

12 to 16 Years

M-F, Mar 18-22	9am-12 pm	\$175/5	1592
M-F, Mar 25-29	9 am-12 pm	\$175/5	1595

Romper Room Climbing Gym (4235 Boban Dr)

Spring Break Soccer Camp

7 to 13 Years

Experienced instructors will put you through the paces ending with a game each day. Groups are divided into specific age groups and skill levels. We play outside, so dress for the weather. We finish off the day with a swim, so don't forget your swim suit and towel. Price does not include a jersey or ball for this camp.

Instructor: Ezra Soccer School Staff

M-F, Mar 18-22	9 am-3 pm	\$189/5	2598
M-F, Mar 18-22	9 am-12 pm	\$110/5	2594

NDSS Artificial Turf

Dance with Vibe Camp

An introduction to dance with the main focus on hip hop and styles of hip hop like grooving, old school, bboy, house, etc. Depending on interest of participants, we may touch on ballet, jazz and tap.

3 to 5 Years

M-F, Mar 18-22	12:15-2:15 pm	\$77/5	5811
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6 to 9 Years

M-F, Mar 18-22	9 am-12 pm	\$110/5	5812
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10+ Years

M-F, Mar 18-22	3-6 pm	\$110/5	5813
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Vibrant (Vibe) Dance Studio (1969 Boxwood Rd)

Spring Science & Technology Camp

7 to 9 Years

Join iLearning Canada for a week of magic, science experiments and robotics! Kids will discover the art of magic and illusions, explore the wonderful world of science and dive into the basics of engineering using the WEDO 2.0 kits. Please note that this camp will offer different builds with the new WEDO 2.0 kits and different science experiments from the camp in the summer.

Instructor: iLearning Canada

Mon-Fri, Mar 18-22	9 am-3 pm	\$240/5	2564
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Oliver Woods Community Centre

Spring Science & Technology Camp

10 to 14 Years

Plunge into a thrilling educational experience with science experiments and robotics! Participants will explore the mysteries of science, dive into the basics of engineering while building a robot with the LEGO Mindstorms EV3 kits. Please note that this camp will offer a different build and brand new challenges with the EV3 Lego Kit and different science experiments from the camp in the summer.

Instructor: iLearning Canada

Mon-Fri, Mar 18-22	9 am-3 pm	\$240/5	2566
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Beban Social Centre

Modding in Minecraft

8 to 11 Years

Change the way you play and interact with the Minecraft world by learning how to build and program modifications. From summoning a dozen creepers at a time to building an entire house out of wood blocks, there is unlimited potential to what you can do when it comes to creating mods.

Mon-Fri, Mar 18-22	3:30-5:30 pm	\$80/5	2565
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Oliver Woods Community Centre



Mountain Kids Ski Camp

4 to 12 Years

Join the mountain kids ski camp during the holidays! This camp focuses on skill development through fun, games and exercises. Mornings are spent working on skills, while the afternoon consists of games and fun activities on the snow. Please check with Mt. Washington for rental or lift package info. Meet at Mt. Washington Ski Resort Learning Centre.

Tue-Thu, Mar 26-28	9:30 am-3:30 pm	\$229/3	2655
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Mt. Washington Learning Centre

Mountain Kids Snowboard Camp

4 to 12 Years

Join the mountain kids snowboard camp during the holidays! This camp focuses on skill development through fun, games and exercises. Mornings are spent working on skills, while the afternoon consists of games and fun activities on the snow. Please check with Mt. Washington for rental or lift package info. Meet at Mt. Washington Ski Resort Learning Centre..

Tue-Thu, Mar 26-28	9:30 am-3:30 pm	\$229/3	2656
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Mt. Washington Learning Centre

RECSKATE

After School

RecSkate After School NEW!

What do you need?
A love to skate!
Our certified HIGH FIVE staff will be on hand to help you skate, play hockey, make friends and have fun! FREE skate and helmet rentals. Complete with a healthy snack and drink. (Ages 5 to 12.)

Wednesdays 3-5:15 pm at NIC

* Set 1 • Sep to Dec • \$42/14 • 4150

* Set 2 • Jan to Mar • \$36/11 • 4154

* Set 3 • Apr to Jun • \$39/13 • 4157

This program is made possible through funding provided by the Government of British Columbia and support from the BC Recreation and Parks Association (BCRPA).



cityofnanaimo



nanaimoparksandrec (#ilovemyparksandrec)

Family Activities

PJs & Play

1 to 4 Years

Bring mom and dad and make a craft, play parachute games, sing and dance. Shake out those sillies before bedtime!

Tue, Sep 18-Oct 23	6-6:45 pm	\$30/6	1518
Tue, Oct 30-Dec 4	6-6:45 pm	\$30/6	1519
Tue, Jan 8-Feb 12	6-6:45 pm	\$30/6	1520
Tue, Feb 19-Mar 26	6-6:45 pm	\$30/6	1521

Oliver Woods Community Centre

Under the Surface

3 to 6 Years

Did you know that there is a mysterious world living just beneath the surface of our oceans and streams? Come and explore with us in search of these critters and learn about the life surrounding the shoreline. Discover what that slimy stuff is, what gets stuck between your toes and more. This is a parent participation program.

Instructor: Judy Wickland

Sat, Sep 18	10-11 am	\$8/1	4933
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Linley Valley Parking Lot

Take a
MOMENT
to MOVE

Mud Pies

3 to 6 Years

Little hands will stay busy while pinching, rolling and squeezing clay. Basic handbuilding skills will be utilized as children have fun working on and creating each unique ceramic piece. Dress for mess.

Instructor: Michaela Unrau

Thu, Sep 27-Oct 18	10-10:45 am	\$69/4	2569
Thu, Nov 1-22	10-10:45 am	\$69/4	2571
Thu, Jan 24-Feb 14	10-10:45 am	69/4	2574
Thu, Feb 21-Mar 14	10-10:45 am	\$69/4	2576

Bowen Pottery Studio

Fishing Rod Building Workshop

10+ Years

Have you ever wondered how they make fishing rods? Are you an avid fisher person who wants to build your very own spin cast fishing rod? Join us as we take you on a fun adventure of building your very own fishing rod from a rod blank all the way to a completed fishing rod built by yourself. In this two-day workshop, you will learn how to set the guides on, measure where the guides go in accordance to the length of the rod, proper wrapping techniques to ensure it will last your lifetime and many more. Young avid fishermen also welcome with parental assistance (10 to 12 years requires parent assistance). Saturday class is 10 am-3 pm.

Fri, Sat, Sep 21-22	6:30-9:30 pm	\$99/2	2682
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Beban Social Centre

“Take a Moment to Move” with Your Family

- Play a game of disc golf at Bowen Park.
- Ride your bikes together! Try riding on the Parkway or E&N Trail.
- Participate in one of the many Aquatic Special events happening at both Beban Pool and Nanaimo Aquatic Centre. See page 74 for details.
- Walk some of the more than 170 km of trails found in Nanaimo.
- Go geocaching at one of Nanaimo parks, including Neck Point, Maffeo Sutton, Departure Bay Beach or Pipers Lagoon.
- Attend one of the FREE skating or swimming sessions sponsored by Coast Capital Savings.
- Attend the Lions FREE Skate every Sunday at Frank Crane Arena.
- Try mountain biking on the Westwood Lake trails.



Active Pass - for Children Born in 2008 & 2007

Beginning October 1, 2018, children who attend school in Nanaimo and were born in the year **2008** are eligible to receive an **ACTIVE PASS** with Nanaimo Parks and Recreation!

What is an **ACTIVE PASS**?

A recreation pass that is valid from October 1, 2018 until August 31, 2019 allows a student born in the year **2008** FREE admission to:

- Public drop-in swimming at Beban Pool and Nanaimo Aquatic Centre
- Public drop-in skating at Frank Crane Arena, Cliff McNabb Arena, Nanaimo Ice Centre
- Public drop-in gymnasium sessions at Oliver Woods Community Centre

How do I get an **ACTIVE PASS**?

To receive your pass, please complete a form available at the front office of your school or come into one of our recreation centres to pick up the form. You will need to show the following information in order to acquire a pass:

- Birth certificate or passport showing birth year
- Homeschoolers must provide proof of Nanaimo residency (adult driver's licence or copy of a bill). These are photo ID cards so your child must be present.

Call 250-756-5200 for more information.

STAY ACTIVE PASS

We want to encourage children who have participated in the ACTIVE Program to stay active by building on the foundation of creating healthy lifestyles at an age when independent choice of physical and social recreation activities is being explored.

How do I get a **STAY ACTIVE PASS**?

Bring in your ACTIVE PASS from last year, and we will load it with 12 visits to your choice of pools, arenas or public drop-in gymnasium sessions. If you were born in the year 2007 but did not participate in the program last year, come in and fill out the paper work, and we will load 12 visits onto your new card. It's that easy to get and stay active!

Birthday Parties **PLANNING A PARTY?**

We have the facility for you! Call the facility of your choice today. Rental rates vary for the different facilities and options.

BEBAN PARK (250-756-5202)

- Beban Social Centre Multi-Purpose Rooms
- Tennis Courts
- Altrusa Playground
- Centennial Building

BOWEN PARK COMPLEX (250-755-7517)

- Multi-Purpose Rooms
- Picnic Shelters
- Outdoor Playground
- Tennis Courts
- Disc Golf Course

NANAIMO AQUATIC CENTRE & BEBAN PARK POOL (250-755-7573)

- Multi-Purpose Rooms
- Pools
- Slides
- Lazy River
- Wave Pool (NAC)

FRANK CRANE, CLIFF MCNABB & NANAIMO ICE CENTRE (250-756-5214)

- Multi-Purpose Rooms
- 4 Ice Surfaces

OLIVER WOODS COMMUNITY CENTRE (250-756-5282)

- Equipment Rentals
- Multi-Purpose Rooms
- Gymnasiums
- Outdoor Playground



cityofnanaimo



nanaimoparksandrec (#ilovemyparksandrec)

Youth Activities

Youth



YOUthNanaimo

Babysitter Training

11 to 15 Years

The Red Cross Babysitting course covers everything from managing difficult behaviours to essential content on leadership and professional conduct as a babysitter. This updated curriculum provides improved learning when it comes to first aid and giving the appropriate care in the event of an emergency.

Sat, Sep 15	9-4:30 pm	\$49/1	2432
Sat, Oct 13	9-4:30 pm	\$49/1	2434
Sat, Nov 3	9-4:30 pm	\$49/1	2435
Sat, Nov 24	9-4:30 pm	\$49/1	2437
Sat, Dec 15	9-4:30 pm	\$49/1	2438
Sat, Jan 19	9-4:30 pm	\$49/1	2439
Sat, Feb 9	9-4:30 pm	\$49/1	2440
Sat, Mar 2	9-4:30 pm	\$49/1	2441
Sat, Mar 16	9-4:30 pm	\$49/1	2443

Beban Social Centre

String into Guitar

10 Years +

Ideal for youth and adults with less than two years of experience. This small group format makes learning music fun! You will discover three-string chords, play notes from popular seasonal melodies and much more. Please bring your own guitar and tuner.

Instructor: Dave Hart

Wed, Oct 24-Dec 12	6:30-7:30 pm	\$140/8	0111
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Oliver Woods Community Centre

Teens Rule...The Kitchen

12 to 16 Years

Learn the skills and build confidence to work independently in the kitchen. Classes will cover menu planning, portioning and basic nutrition. You will also develop a variety of cooking techniques and knife skills.

Tue, Jan 15-Feb 5	3:30-5:30 pm	\$120/4	2622
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Nanaimo Food Share (271 Pine St)

Makeup: The Basics NEW!

10-14 Years

There's more to makeup than just a pretty face! This workshop, taught by a professional makeup artist, will cover proper skin care, fun and age appropriate makeup application techniques and how to properly clean your makeup and brushes. Please bring your own make-up and tools.

Mon, Oct 22	4:30-6 pm	\$35/1	2494
Mon, Dec 3	4:30-6 pm	\$35/1	2495
Mon, Feb 4	4:30-6 pm	\$35/1	2496

Beban Social Centre

Stop Worrying About Stress & Anxiety

13 + Years

This program teaches cognitive behavioural therapy (CBT) and other stress coping strategies. It uses media to teach key concepts. Drop-in after school and check it out. Please pre-register.

Instructor: Dr. Derek Poteryko

Tue, Oct 2-23	3:30-4:30 pm	FREE/4	2488
Tue, Feb 5-26	3:30-4:30 pm	FREE/4	2490

Nanaimo Aquatic Centre

Karate NEW!

13+ Years

Traditional karate training, sparring and self-defense is taught. Fitness, strength development and flexibility are part of this program.

Mon/Wed, Oct 1-15	6:35-7:30 pm	\$20/4	1697
Mon/Wed, Nov 5-19	6:35-7:30 pm	\$20/4	1698
Mon/Wed, Feb 2-13	6:35-7:30 pm	\$20/4	1699
Mon/Wed, Mar 4-13	4:30-5:25 pm	\$20/4	1702

Shima Karate

TEENS WELCOME!

If you see a program that you would like to participate in found in other areas of this Activity Guide, give us a call and find out how we can include you.

Self-Defense for Teen Boys

13 to 19 Years

Increase your confidence and self-respect while improving your physical conditioning. Safely learn a variety of escapes, blocks and evasions that will help you navigate your life with more physical safety. Please wear strong, loose clothing. Program presented in partnership with NDSS Community School.

Instructor: Ryan Coffey

Thu, Oct 11-Nov 29	3:30-4:30 pm	\$80/8	2568
Thu, Jan 24-Mar 14	3:30-4:30 pm	\$80/8	2570

Nanaimo District Secondary School (355 Wakesiah Ave)

Junior Badminton

10 to 15 Years

Get instruction and practice time for the beginner or intermediate player. The emphasis is on skill development and game play.

Instructor: Helen Binns

Mon, Sep 24-Oct 29	4:15-5:15 pm	\$42/6	2329
Wed, Sep 26-Oct 31	4:30-5:45 pm	\$63/6	2322
Mon, Nov 5-Dec 10	4:15-5:15 pm	\$42/6	2330
Wed, Nov 7-Dec 12	4:30-5:45 pm	\$63/6	2326
Mon, Jan 28-Mar 11	4:15-5:15 pm	\$42/6	2331
Wed, Jan 30-Mar 6	4:30-5:45 pm	\$63/6	2327

Oliver Woods Community Centre

Youth Badminton

13 to 19 Years

Take your badminton skills to the next level!

Players should have two years of experience in the Junior Badminton program (or equivalent).

Instructor: Helen Binns

Mon, Sep 24-Oct 29	5:15-6:15 pm	\$35/5	0046
Mon, Nov 5-Dec 10	5:15-6:15 pm	\$35/5	0048
Mon, Jan 28-Mar 11	5:15-6:15 pm	\$42/6	0052

Oliver Woods Community Centre

Youth Ball Hockey

13 to 18 Years

It's hockey night at Oliver Woods! Grab your friends and join us for some ball hockey. This is a great way to sneak in some fun fitness.

Tue, Sep 25-Oct 30	6:30-7:30 pm	\$36/6	0037
Tue, Nov 6-Dec 11	6:30-7:30 pm	\$36/6	0038
Tue, Jan 22-Mar 12	6:30-7:30 pm	\$48/8	0040

Oliver Woods Community Centre

RecSkate Pre-Teen/Teen

12 to 17 Years

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

Thu, Sep 20-Oct 25 *	5-6 pm	\$72/6	0619
Sat, Sep 22-Oct 27	11:15 am-12:15 pm	\$72/6	0626
Thu, Nov 1-Dec 13 *	5-6 pm	\$84/7	0623
Sat, Nov 3-Dec 15	11:15 am-12:15 pm	\$66/6	0628
Thu, Jan 10-Feb 14 *	5-6 pm	\$72/6	0632
Sat, Jan 12-Feb 16	11:15 am-12:15 pm	\$72/6	0634
Thu, Feb 21-Mar 21 *	5-6 pm	\$60/5	0636
Sat, Feb 23-Mar 23	11:15 am-12:15 pm	\$60/5	0637

Frank Crane Arena/* Nanaimo Ice Centre

Fencing - Teen & Adult

13 Years +

This program is for both beginner and experienced fencers. Beginner fencers receive weekly instruction of the basic skills of foil fencing and will have time to practice their new skills with other participants, as well as being introduced to sabre and epee. Experienced fencers receive instructions tailored to their needs in any of the three weapons (foil, sabre, epee). There will be plenty of opportunity to fence other fencers either using practice or electric equipment. All equipment is provided.

Instructor: Georgia Newsome

Wed, Sep 12-Oct 17	7-8:30 pm	\$78/6	0082
Wed, Oct 24-Nov 28	7-8:30 pm	\$78/6	2248
Wed, Jan 9-Feb 13	7-8:30 pm	\$78/6	2251
Wed, Feb 20-Mar 27	7-8:30 pm	\$78/6	2252

Oliver Woods Community Centre

B-Boy - Co-ed NEW!

12 Years +

This class provides an intro to break-dance and hip hop skills. Children learn top rock, basic six step, floor balance and intro to popping. This playful, upbeat class incorporates group routines, as well as encouraging individuality in creative movement.

Fri, Sep 14-Oct 19	4:45-5:45 pm	\$49/6	5797
Fri, Oct 26-Nov 30	4:45-5:45 pm	\$49/6	5798
Fri, Jan 11-Feb 15	4:45-5:45 pm	\$49/6	5799
Fri, Feb 22-Mar 29	4:45-5:45 pm	\$49/6	5800

Vibrant (Vibe) Dance Studio (1969 Boxwood Rd)



OCEAN'S EDGE
ORTHODONTICS
Dr. F. Edward Murdoch

Certified orthodontist

20+ years experience in our community

No referral required

Complimentary consultations

Super flexible financing available

VIP Diamond Invisalign Provider



smileschangelives®

Dr. Murdoch is the *first* provider
in BC for *Smiles Change Lives

*A non-profit organisation that provides access
to orthodontics treatment for children from
families unable to afford the full cost of braces.



invisalign *teen*

FOR MORE INFO:

250.390.1331

oecosmiles.com

Youth

Take a
MOMENT
to MOVE



cityofnanaimo



nanaimoparksandrec (#ilovemyparksandrec)

Embrace a healthier lifestyle for your family

FREE & FUN

Free workshops and individual support for kids 6-17 and their families. Together you can make positive changes to eating habits, activity levels and build self-esteem.



Central Island Healthy Lifestyles
Shapedown BC

Call 250-755-7955 for details or visit:
viha.ca/children/ci_lifestyles.htm



Shapedown
BC



island health



WESTERN CANADA RUSH SOCCER ACADEMY

2018/19 Fall / Winter Youth Soccer Programming

- RUSH Friday Night Tykes - Ages 4-6
- RUSH Rookies - Ages 7-8
- RUSH Juniors - Ages 9-10
- RUSH Select - Ages 11+
- RUSH Futsal Program (Oct-Feb) - Ages 4-14
- RUSH Private Training Sessions - (upon request)

*All RUSH Academy sessions take place Monday and/or Friday Nights

For Specific Youth Program information please email westerncanadadrush@shaw.ca



BC SOCCER
Associate Member

Archery & Sword Role Playing

8 to 14 Years

Bring your friends and challenge yourself in fun adventures and role playing in the great outdoors. Your quest is to hone your skills to defeat the master. All equipment provided.

Instructor: Jamie Black, Wildcraft Play's Cool

Thu, Sep 13-Oct 4	3:30-5:30 pm	\$76/4	2607
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Thu, Oct 18-Nov 8	3:30-5:30 pm	\$76/4	2681
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Caledonia Sports Field

Curling Introduction

9 to 16 Years

If you are interested in trying curling, this is your chance. Meet some of our junior curlers and other youth who are trying it for the first time. Dress warm, carry in a clean pair of running shoes and bring gloves. Hot chocolate to follow.

Sat, Oct 6	10 am-12 pm	\$5/1	1873
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Nanaimo Curling Centre (106 Wall St)

Rock Stars - Learn to Curl

9 to 16 Years

Let us introduce you to the game of curling. Our trained instructors will teach skills, such as rock sweeping and rules of play. This program runs at the same time as our unior program, so you will meet other curlers.

Mon, Oct 15-Nov 5	3:45-5:15 pm	\$42/4	1874
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Nanaimo Curling Centre (106 Wall St)

Winter & Spring Science & Technology Camp

10 to 14 Years

Plunge into a thrilling educational experience with science experiments and robotics! Participants will explore the mysteries of science, dive into the basics of engineering while building a robot with the LEGO Mindstorms EV3 kits. Please note that this camp will offer a different build and brand new challenges with the EV3 Lego Kit and different science experiments from the camp in the summer.

Instructor: iLearning Canada

Mon-Fri, Dec 31-Jan 4	9 am-3 pm	\$200/4	2562
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Mon-Fri, Mar 18-22	9 am-3 pm	\$240/5	2566
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Beban Social Centre

Job Skills & Credits Towards High School Graduation

- **Aquatic Certification** - See page 83.

- Bronze Medallion
- Bronze Cross
- Standard First Aid
- National Lifeguard Award

- **First Aid classes** - See page 49.

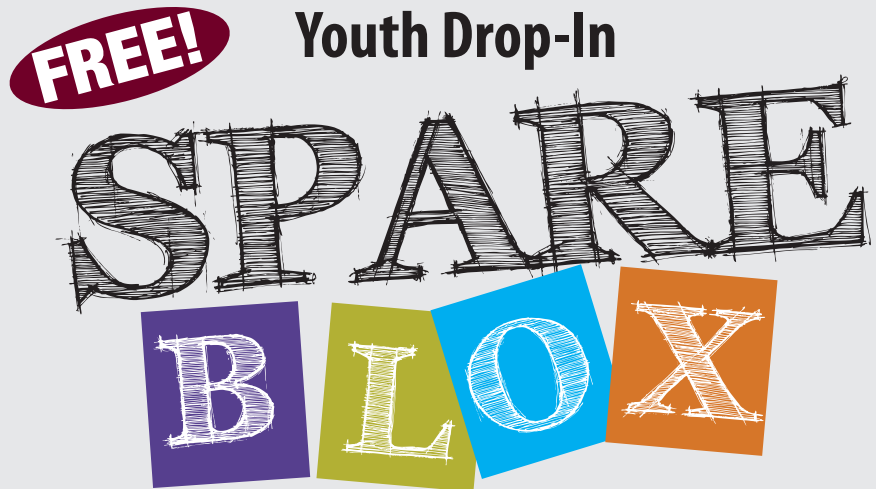


Youth in the Weight Rooms

13-15 Years

Safety in our weight rooms is very important to us. To help youth learn correct use of the equipment, youth must attend and complete a Weight Room Orientation in order to use our weight rooms. The cost is \$5.

See page 51 for all the details.



Spare Blox & Spare Blox Jr.

The ultimate place to have some fun on a week night! We offer regular gymnasium activities for youth in Nanaimo.

SPARE BLOX JR (11-14 YRS)

Mondays, Sep 10-May 27, 7-8:30 pm @ Fairview Community School

SPARE BLOX (12-18 YRS)

Wednesdays, Sep 12-May 29, 8-9:30 pm @ John Barsby School

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

Youth



Thursdays, 3-7 pm, Nanaimo Aquatic Centre
(starting Oct 4)

- XBOX • WII • FOOSEBALL • AIR HOCKEY • CHARGING STATION • SNACKS
- MUSIC • BEAN BAG CHAIRS • FREE WIFI • SWIMMING • SKATING



Boys & Girls Club of
Central Vancouver Island

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



cityofnanaimo



nanaimoparksandrec (#ilovemyparksandrec)

LEADERS IN TRAINING (LIT) PROGRAM

Over 35 Years of Creating Community Leaders

Since 1982, the Leaders in Training program has been helping youth in Nanaimo learn about leadership and basic job skills while volunteering throughout our community.



Youth

LIT (Leaders in Training)

13-18 YEARS

(Must be at least 13 years old by December 31, 2018 and starting Grade 8 in September 2018)

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, making balloon animals and basic resume writing and interview skills. Once you have completed training, you will choose from a variety of placement options around Nanaimo and will volunteer between 60 and 90 hours.

- ★ 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
- ★ Practice for job interviews
- ★ Have the opportunity to work as a team
- ★ Meet other volunteers and make new friends

LIT University Workshops

Children 101		
• Mon, Oct 22	6:30-8:30 pm	2546
Clowning 101		
• Tue, Oct 23	6:30-8:30 pm	2547
On the Job 101		
• Wed, Oct 24	6:30-8:30 pm	2548
Teamwork 101		
• Thu, Oct 25	6:30-8:30 pm	2549
Placement Sign Up		
• Fri, Oct 26	6:30-9 pm	2550

Want to Join? Here's How:

STEP #1

Register for LIT using barcode 2536. The cost is \$110.

STEP #2

Register your parents for the **FREE Parent Info Night** held on Wednesday, October 10, 6:30-7:30 pm at Beban Park (barcode 2555). Your parents will find out about what you will be doing at this program and what the expectations are.

STEP #3

Sign up for all four **LIT University Workshops**, as well as Placement Sign Up Night. These are held at Beban Park Social Centre. You must attend all four workshops - no exceptions. (See box to left.)

STEP #4

Attend **Orientation** on Saturday, October 20, 10 am-3 pm at Beban Social Centre.

STEP #5

Attend **Placement Sign-Up** on Friday, October 26, 6:30-9 pm at Beban Social Centre.

STEP #6

Go to your **Placements** to volunteer, learn new skills, make new friends and have fun!

LIT Key Dates:

Program runs Oct 20-Mar 31

- PARENT INFO NIGHT: October 10 (optional)
- ORIENTATION: October 20 (mandatory)
- LIT UNIVERSITY: October 20-25 (mandatory)
- PLACEMENT SIGN UP: October 26 (very important)
- VOLUNTEERING: Begins as early as October 29 and runs until March 31.

QUEST PROGRAM

14-18 YEARS

Have you completed the Leaders in Training (LIT) program, and want to continue developing your leadership skills? **OUR QUEST PROGRAM IS FOR YOU!**



Youth

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

Community

You will focus your volunteer placement towards community events and general daycamps, in addition to assisting with training the LIT volunteers.

Prerequisite: Completion of LIT

Arenas

You will receive specialized arena training, including hands-on experience assisting with skating lessons, public skates and arena events.

Prerequisite: Completion of LIT and strong skating skills

Aquatics

You will receive specialized aquatics training, including hands-on experience assisting with swimming lessons, public swims and events held at our pools.

Prerequisite: Completion of LIT and strong swimming skills

Want to Join? Here's How:

STEP #1

Choose and Register for a Quest specialty and register

- QUEST COMMUNITY - 2551 - \$110
- QUEST ARENAS - 2552 - \$110
- QUEST AQUATICS - 2553 - \$110



STEP #2

Attend **Orientation** on Friday, October 19, 5-9 pm Beban Social Centre. Quest will assist with LIT University; however, registering is not necessary. See dates on page 38.

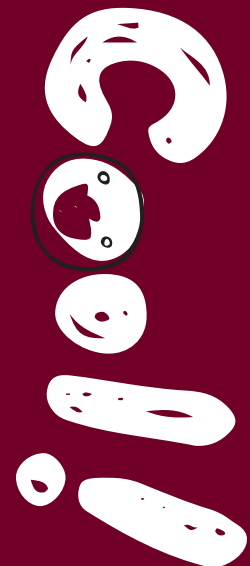
STEP #3

Attend **Placement Sign-Up** on Friday, October 26, 5-9 pm at Beban Social Centre (event ID 2554).



STEP #4

Go to your **Placements** to volunteer, learn new skills, make new friends and have fun!



cityofnanaimo



nanaimoparksandrec (#ilovemyparksandrec)

Inclusive Programs

THE CITY OF NANAIMO IS COMMITTED TO OFFERING ACCESSIBLE AND EQUITABLE PROGRAMS AND EVENTS.

Many of our programs are suitable for all ages and abilities. If you are interested in taking part in any of our programs and have questions about accessibility, please call us to discuss how we can cater programs to suit your needs. If you require one-on-one support, your caregiver must attend classes with you. In most cases, aides attend at no charge.

Social Club

for Teens & Adults

MEET NEW FRIENDS &
PLAN ACTIVITIES!

- Games
- Movies
- Birthday Lunches
- Swimming
- Crafts
- More
- Curling
- Bingo



Please join us at our next planning meetings in Beban Social Centre

- Thursday, Sep 6, 1-3 pm
- Thursday, Jan 10, 1-3 pm

Please call 250-755-7514 for more information.

Adaptive Hockey 3 13 + Years

This program gives participants with cognitive or physical challenges the skills required to play the game of ice hockey, including learning how to skate, pass and shoot. No skating ability is required, but participants should be steady on their feet. Full gear is required.

Wed, Sep 19-Oct 24	9:45-11 am	\$63/6	0019
Wed, Oct 31-Dec 12	9:45-11 am	\$74/7	0497
Wed, Jan 9-Mar 13	9:45-11 am	\$105/10	0498

Nanaimo Ice Centre

Wheelchair Curling 16 + Years

The development of the push stick has kept curlers with mobility issues in the game. If you are interested in participating in the sport of curling, please call the Nanaimo Curling Centre at 250-753-3474.

Specialty Fitness

A supervised weight training program for people living with physical disabilities. Receive assistance getting onto machines, and learn weight training exercises suited to your needs.

Instructor: Jody Felker

T/Th, Sep 18-Nov 8	10:30-11:30 am	\$74/16	1269
T/Th, Nov 13-Dec 20	10:30-11:30 am	\$56/12	1276
T/Th, Jan 8-Feb 14	10:30-11:30 am	\$56/12	1277
T/Th, Feb 19-Mar 28	10:30-11:30 am	\$56/12	1278

Nanaimo Aquatic Centre Weight Room

Yoga - Open 15 + Years

Open to everyone, including those with a variety of needs. The pace and style of the class is adjusted according to the needs of the participants. Join us for some fun and stretching. Aides are welcome and recommended.

Instructor: Karen Shortt

Mon, Sep 24-Nov 19	1:30-2:30 pm	\$64/8	1908
Mon, Jan 7-Mar 4	1:30-2:30 pm	\$64/8	1913

Beban Social Centre

REGISTER TODAY!

See page 104 for all of our registration options!

Set up your new online registration account at recreation.nanaimo.ca

Arts & Crafts



Wet Felting

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

Instructor: Rosie Barlak

Sun, Nov 25	10 am-4 pm	\$60/1	1900
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Bowen Park Complex

Holiday Watercolour Cards

Learn to combine different watercolour techniques to complete original watercolour Christmas cards which your friends and family will treasure. All new images from last year's class. No experience is necessary. Bring a pencil, eraser, note pad and water container. All other supplies are provided.

Instructor: Helen Binns

Wed, Nov 21-Dec 5	12:30-2:45 pm	\$40/3	0719
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Kin Hut Activity Centre (2730 Departure Bay Rd)

Thu, Nov 22-Dec 6	7-9:15 pm	\$40/3	0720
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Bowen Park Complex

Watercolour - Beginner

Explore basic techniques, including colour, washes and special effects in this introductory class. Please bring a pencil, eraser, note paper and a water container. All other supplies are provided.

Instructor: Helen Binns

Wed, Sep 26-Nov 14	12:30-3 pm	\$118/8	0717
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Kin Hut Activity Centre (2730 Departure Bay Rd)

Thu, Jan 31-Mar 21	7-9 pm	\$95/8	0724
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Bowen Park Complex

Watercolour - Intermediate

Further explore the watercolour medium with new and varied subject matter. We will introduce compositional and design considerations and develop your artistic voice. Please pick up a supply list or print it off our website.

Instructor: Helen Binns

Thu, Sep 27-Nov 15	7-9 pm	\$88/8	0718
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Bowen Park Complex

Wed, Jan 30-Mar 20	12:30-3 pm	\$110/8	0723
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Kin Hut Activity Centre (2730 Departure Bay Rd)

Eastern Watercolour Painting Techniques

This is what happens when the West (Helen Binns) meets and learns from masters of the East (Lien Zhen and Andy Loo). This class will introduce techniques learned from these artists. What results is a unique fusion of eastern technique, traditional watercolour and unquestionable beauty. Please bring a pencil, note paper, eraser and water container. All other supplies are provided.

Instructor: Helen Binns

Mon, Jan 28-Mar 25	7-9 pm	\$95/8	0722
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Beban Social Centre

The Art of Paint - Intro to Acrylics

Are you a beginner or someone who has been away from painting for some time? Explore your artistic side with an introduction to acrylic painting. Be inspired by a relaxed and fun class that covers the basics of composition, design, colour mixing, brush use and techniques. Please bring a basic acrylic paint set, sketch book and a 16' x 20' canvas. Easels are provided; supply list available.

Instructor: Marilyn Ridsdale

Wed, Sep 19-Nov 7	7-9 pm	\$110/8	0087
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Wed, Jan 23-Mar 13	1-3 pm	\$110/8	2299
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Oliver Woods Community Centre

The Art of Paint - Studio 2

Develop your personal style with guidance. Each session begins with a challenge followed by studio time. Special emphasis will be on "loosening up" and transforming those old habits into new, exciting attitudes. Please bring any size canvas, brushes and either acrylic or water-based oil paints. Easels are provided. Previous painting experience is recommended.

Instructor: Marilyn Ridsdale

Thu, Sep 20-Nov 8	7-9 pm	\$110/8	2232
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Thu, Jan 24-Mar 14	7-9 pm	\$110/8	2233
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Oliver Woods Community Centre



Facebook & Twitter: cityofnanaimo
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NANAIMO CERAMIC ARTS STUDIO & GALLERY



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6-8 week courses in a bright and welcoming space. Classes range from intro to advanced on throwing, handbuilding, and sculpture for adults and kids.

1-140 Wallace St
Nanaimo

250-754-8377

nanaimoceramicarts@gmail.com
www.nanaimoceramicarts.com

The Art of Paint - Intro to Abstraction

Has this style always interested you, but you don't know how to start? This class will provide a view in the mysteries of abstraction and will help send you on your way. Please bring brushes, acrylic paint and any size canvas. Easels are provided. A supply list will be provided.

Instructor: Marilyn Ridsdale

Wed, Sep 19-Nov 7	1-3 pm	\$110/8	2228
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Wed, Jan 23-Mar 13	7-9 pm	\$110/8	2230
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Oliver Woods Community Centre

The Art of Paint - Intermediate Acrylics

This class is for painters with some experience using acrylics and provides critical guidance and support. Each class will begin with an exercise to improve technique and style followed by studio time. Come and enjoy the company of those who wish to share their inspiration and love of painting. Please bring acrylic paint, brushes and any size canvas. A supply list will be provided.

Instructor: Marilyn Ridsdale

Thu, Sep 20-Nov 8	1-3 pm	\$110/8	2229
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Thu, Jan 24-Mar 14	1-3 pm	\$110/8	2231
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Oliver Woods Community Centre

Drawing - Level 1

Explore your creative side, and enjoy an evening of learning. This class will help you to be comfortable using basic drawing techniques. Please bring an HB and 4B pencil, two erasers (kneaded and vinyl), a pencil sharpener and paper.

Instructor: Helen Binns

Wed, Sep 26-Nov 14	7-9 pm	\$88/8	0715
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Wed, Jan 30-Mar 20	7-9 pm	\$88/8	0716
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Beban Social Centre

Drawing - Level 2

This class is an in-depth look at drawing. We will try different approaches to illustrating textures like glass, metal and fabric and then take a more detailed look at figure drawing both people and animals. Please bring an HB and 4B pencil, two erasers (kneaded and vinyl), a pencil sharpener and paper.

Instructor: Helen Binns

Mon, Sep 24-Nov 19	7-9 pm	\$88/8	0714
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Beban Social Centre

Beach Stones and Silver

Get inspired by natural beachstones polished to a shiny finish. Turn them into amazing pieces of jewelry combined with sterling silver. Learn to rivet, drill through stone, decorate with sterling silver embellishments and walk away with your own designed pieces. A \$50 material fee is required on the day of the class payable to the instructor.

Instructor: Cheryl Jacobs

Sat, Sep 8	9:30 am-4:30 pm	\$75/1	0066
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Sat, Jan 12	9:30 am-4:30 pm	\$75/1	2522
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Sat, Mar 16	9:30 am-4:30 pm	\$75/1	2523
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Oliver Woods Community Centre

Sterling Silver Ring with NEW!

Rolling Mill Texture

Explore rolling mill textures using a sterling silver ring and other metals as embellishments to create beautiful jewelry. We will also learn riveting. A \$50 material fee is required on the day of the class payable to the instructor.

Instructor: Cheryl Jacobs

Sat, Sep 22	9:30 am-4:30 pm	\$75/1	2524
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Oliver Woods Community Centre

Fold Form Stamped Copper Bracelet NEW!

Create a beautiful copper bracelet using foldform and stamping techniques. Our instructor provides all the equipment you will need, so bring your creativity and build your own creation. A \$50 material fee is required on the day of the class payable to the instructor.

Instructor: Cheryl Jacobs

Sat, Sep 29	9:30 am-4:30 pm	\$75/1	2525
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Oliver Woods Community Centre

Handmade Beads NEW!

Learn the ancient art of beadmaking which is popular all over the world. Learn how to rivet, dome and embellish mixed medals, copper, brass and sterling silver to create one-of-a-kind mini works of art. A \$50 material fee is required on the day of the class payable to the instructor.

Instructor: Cheryl Jacobs

Sat, Oct 6	9:30 am-4:30 pm	\$75/1	2527
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Sat, Jan 19	9:30 am-4:30 pm	\$75/1	2528
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Oliver Woods Community Centre

DID YOU KNOW?

Most of our adult programs are available for youth to register in as well. This is a great opportunity for parents to sign up with their teen. If a program doesn't specify an age and you are interested, please call us at 250-756-5200 to check availability.

Bowen Park Pottery Studio

POTTERY CLASSES HELD AT THE BOWEN POTTERY STUDIO LOCATED IN Bowen Park Complex (500 BOWEN RD)

At the Bowen Park Pottery Studio, we have the tools, equipment and supplies available for the public to drop in and work independently. Children, when accompanied by an adult, are welcome (both pay drop-in fees). No instruction is provided. Clay may be purchased for \$30 (including tax) per 22 pound bag and includes all firing and glazing fees.

DROP-IN INFO

\$10 per session

- Please note that drop-in passes are no longer available. Instead we have created an admission rate that will cover the entire drop-in time instead of the previous hourly rate. The \$10 fee will pay for the entire session.
- If clients would like to use the Pottery Room during the drop-in time, they will need to purchase a ticket in advance and then give that ticket to the Pottery Room Attendant and sign in.
- Pottery room tickets have a one-year expiry date.
- Existing pottery membership cards can still be redeemed at the hourly rate.

DROP-IN SCHEDULE

September to June

Tue • 3:30-6:30 pm

Thu • 12-3 pm

Sat • 9 am-12 pm

Rates and schedule subject to change

Mud Pies

3 to 6 Years

Little hands will stay busy while pinching, rolling and squeezing clay. Basic handbuilding skills will be utilized as children have fun working on and creating each unique ceramic piece. Dress for mess.

Instructor: Michaela Unrau

Thu, Sep 27-Oct 18	10-10:45 am	\$69/4	2569
Thu, Nov 1-22	10-10:45 am	\$69/4	2571
Thu, Jan 24-Feb 14	10-10:45 am	\$69/4	2574
Thu, Feb 21-Mar 14	10-10:45 am	\$69/4	2576

Bowen Pottery Studio

Handbuilding for Children

7 to 12 Years

Children will have fun getting their hands dirty while playing with clay. They will learn the basic handbuilding skills - coiling, pinching, slab building and sculpting through project making and will be encouraged to use their creativity to make each piece their own. There will be a brief intro on how to throw on the pottery wheel. Cost includes clay, glaze and firing. Dress for mess.

Instructor: Michaela Unrau

Thu, Sep 27-Oct 18	4-5 pm	\$74/4	2518
Thu, Nov 1-22	4-5 pm	\$74/4	2519
Thu, Jan 24-Feb 14	4-5 pm	\$74/4	2520
Thu, Feb 21-Mar 14	4-5 pm	\$74/4	2521

Bowen Pottery Studio

Pottery Wheel - Adult Beginner

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

Instructor: Ruth McCollum

Tue, Sep 11-Oct 23	6:30-9 pm	\$199/7	2022
Thu, Sep 13-Oct 25	6:30-9 pm	\$199/7	2026
Tue, Oct 30-Dec 11	6:30-9 pm	\$199/7	2023
Thu, Nov 1-Dec 13	6:30-9 pm	\$199/7	2027
Tue, Jan 8-Feb 19	6:30-9 pm	\$199/7	2024
Thu, Jan 10-Feb 21	6:30-9 pm	\$199/7	2028
Tue, Feb 26-Apr 9	6:30-9 pm	\$199/7	2025
Thu, Feb 28-Apr 11	6:30-9 pm	\$199/7	2029

Pottery Wheel - Adult Intermediate

Designed for those who have mastered the basic skills in a beginner class and want to learn more complex items. Clay, glazes and firings are included in the cost. Participants must have completed a beginner class first.

Instructor: Ruth McCollum

Wed, Sep 12-Oct 24	7-9:30 pm	\$210/7	2030
Wed, Nov 7-Dec 19	7-9:30 pm	\$210/7	2031
Wed, Jan 9-Feb 20	7-9:30 pm	\$210/7	2032
Wed, Feb 27-Apr 10	7-9:30 pm	\$210/7	2033

Bowen Pottery Studio



cityofnanaimo



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Cooking

Basic Cooking

For those with little or no experience in the kitchen, learn hands-on cooking skills, such as chopping and sauteing. You will prepare simple, nutritious meals and develop a weekly menu. Topics include eggs, soups and salads, pasta and rice dishes, vegetables and simple dishes with meats. All food and recipes are provided; just bring an apron.

Instructor: Jonathan Dean

Mon, Oct 15-Nov 12	5:30-7:30 pm	\$109/5	0076
Bowen Park Complex			

Cooking for Well-Being Through Ayurveda

Learn how India's 5,000 year old "Science of Life" uses food as a healing tool. Explore why a seasonal approach to diet can enhance your health. Each class will begin with a discussion offering insight into your unique body type. Develop awareness of Ayurvedic concepts and try hands-on meal preparation designed to help balance you and your family's health. Recipes are included.

Instructor: Joanne Cooper

Wed, Nov 7-21	5:30-8:30 pm	\$95/3	1261
Bowen Park Complex			

Shiv's Kitchen - Punjabi Favourites

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

Instructor: Shiv Sharma

Wed, Oct 3	7-9:30 pm	\$37/1	1511
Wed, Feb 13	7-9:30 pm	\$37/1	1514

Bowen Park Complex

Shiv's Kitchen - Vegetarian Punjabi Favourites

Shiv's newest vegetarian offerings include chilli paneer, mixed veggies with ginger and garlic shahi paneer and curry served with roti.

Instructor: Shiv Sharma

Wed, Dec 5	7-9:30 pm	\$37/1	1515
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Bowen Park Complex

Thai Cooking

Authentic and tasty, try some new Thai dishes, including stir fry prawns with curry powder, green curry beef, stir fry chicken with curry paste and prawn fried rice. Take home recipes of these excellent dishes and the instructor's memories and experiences of Thailand.

Instructor: Maytawee Shepherd

Wed, Sep 19-26	6-7:30 pm	\$43/2	1508
Wed, Oct 17-24	6-7:30 pm	\$43/2	1509
Wed, Jan 23-30	6-7:30 pm	\$43/2	1510

Bowen Park Complex

Japanese Cooking

Merron lived in Japan for 14 years and would love to share what she has learned. On October 1, learn how to make deep fried pork cutlets with red miso sauce and sumashi with greens. On February 11, discover how to make oyako do (chicken and egg rice bowl) and spinach with walnut dressing. All recipes included, and ingredients are bought locally.

Instructor: Merron Booker

Mon, Oct 1	6:30-8 pm	\$22/1	1516
Mon, Feb 11	6:30-8 pm	\$22/1	1517

Bowen Park Complex

Norwegian Christmas Favourites

Celebrate Christmas (Jul) like a Norwegian! Learn how to make Norwegian Jul favourites, including ribbe (pork ribs with crackling), lutefisk and sylterull (pork cold cut). One Christmas meal will be made each day with all the traditional fixings, including potatoes, cabbage, sausage, bacon and dried peas.

Instructor: Rosie Barlak, Member of Sons of Norway

Mon, Nov 19-26	6-9 pm	\$89/2	1901
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Bowen Park Complex

Please note three week days withdrawal notice required to receive a refund for all of our cooking classes.

Urban Foraging Walk

It's amazing how many edible plants are growing wild right where you live. Join a local wild foods expert for an afternoon walk to find seasonal wild foods in an urban setting. Learn to identify and harvest a surprising variety of plants, and get tips for cooking and preparing them.

Instructor: Dave Bodaly/Nanaimo Foodshare

Sat, Sep 22 10 am-12 pm \$50/1 2629

Sat, Oct 20 10 am-12 pm \$50/1 2631

Nanaimo Food Share (271 Pine St)

The Vegan Bakery **NEW!**

In this workshop, we will make dessert dishes and talk about different ways that we can substitute dairy products in baking while still keeping the same results with texture and incredible taste. Come prepared to learn, have fun and take home some incredibly delicious treats!

Instructor: Karisa Evdokimoff

Tue, Sep 18 6:30-9 pm \$35/1 2487

Bowen Park Complex

Cheese Making 101 **NEW!**

Easy to make and delicious! Paula will show you how to make three rapidly acidified cheeses: panir, queso blanco and ricotta. Bring a container as you'll be taking home cheese!

Instructor: Paula Maddison

Wed, Sep 12 6-8 pm \$65/1 1262

Bowen Park Complex

Brie and Blooms

Learn how to make your own brie, camembert and cambozola cheese. Explore the bloom-y wonders of what makes these cheeses so delicious.

Instructor: Paula Maddison

Wed, Nov 28 6-8 pm \$65/1 1264

Bowen Park Complex

Havarti **NEW!**

Paula will show you how easy it is to make your own pressed cheese. Cultures and ingredients to make your own wheel at home will be included in this taste, touch and feel demonstration class.

Instructor: Paula Maddison

Wed, Mar 6 6-8 pm \$65/1 1268

Bowen Park Complex

Cheese Appetizers for the Holidays

Paula will have pre made curd called Fromage Blanc that we will infuse with herbs, spices and botanicals to create delicious appetizers. Other appetizers will include boursin and a layered torta. Whether you are making your own cheeses for holiday entertaining or thinking of some hand crafted gift ideas, you'll leave with a lot of ideas, new skills and taste some amazing cheeses! Bring a container, as you'll be bringing home cheese.

Instructor: Paula Maddison

Wed, Dec 12 6-8 pm \$65/1 1265

Bowen Park Complex

Poutine & Two-Hour Curds **NEW!**

Who doesn't like poutine? Learn to make your own in this class with instructions and ingredients to make your own at home.

Instructor: Paula Maddison

Wed, Feb 6 6-8 pm \$65/1 1267

Bowen Park Complex

Mozzarella, Burrata & Bocconcini **NEW!**

This is a demonstration, taste, touch, feel class where you will learn how to make your own hand stretched mozzarella cheese. Also explore creative appetizer and serving ideas. Instructions and ingredients to make over four pounds of mozzarella at home are included.

Instructor: Paula Maddison

Wed, Oct 10 6-8 pm \$65/1 1263

Beban Social Centre

Farmer's Cheddar **NEW!**

Farmer's style cheddar cheese is one of the curd cheeses. Cultures and instructions to make your own wheel to age at home will be included in this class.

Instructor: Paula Maddison

Wed, Jan 16 6-8 pm \$65/1 1266

Bowen Park Complex



Redeem 200,000 of your Q-Points and get a \$20 Parks & Recreation voucher.

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- Economy Cards
- Active Passes
- Facility Rentals



WANTED...

People with special skills and talents that like to teach!

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



Find more details at www.nanaimo.ca and search "Program Proposal Form".



250.756.5200

www.nanaimo.ca

parksandrecreation@nanaimo.ca



cityofnanaimo



nanaimoparksandrec (#ilovemyparksandrec)

Dance

Dance

Flamenco Moods & Moves

This introduction to Flamenco - one of Spain's iconic symbols - can be enjoyed by all ages. You will learn pasos (steps), palos (rhythms), palmas (rhythmic hand clapping) and more. Also, a traditional dance from Seville called Sevillanas will be taught. Wear comfortable smooth-soled shoes with a small heel or tap shoes without the taps.

Instructor: Heather Sandison

Tue, Sep 11-Oct 16	6:30-8 pm	\$63/6	1875
Tue, Oct 23-Dec 11	6:30-8 pm	\$63/6	1876
Tue, Jan 8-Mar 5	6:30-8 pm	\$84/8	1877

Beban Social Centre

Bollywood Dance - Level 1

Inspired by Bollywood music and movies, this class combines classical Indian dance with Bollywood moves. Dance movements can be modified for all levels and incorporate rhythmic, full body movements. Dress in comfortable clothing. No dance shoes required; bare feet is best!

Instructor: Rolie Taylor

Mon, Oct 1-Nov 12	9-10 am	\$42/6	1271
Mon, Oct 1-Nov 12	7-8 pm	\$42/6	1273
Mon, Jan 21-Mar 4	9-10 am	\$42/6	1339
Mon, Jan 21-Mar 4	7-8 pm	\$42/6	1341

Departure Bay Activity Centre (1415 Wingrove St)

Bollywood Dance - Level 2

If you have danced Bollywood before or you have any other dance experience, this class is for you. We will learn similar style as level 1 with focus on intricate movements with expression unique to Bollywood dance. The pace of the class will be a moderate to an intermediate level.

Instructor: Rolie Taylor

Mon, Oct 1-Nov 12	6-7 pm	\$42/6	1275
Mon, Jan 21-Mar 4	6-7 pm	\$42/6	1340

Departure Bay Activity Centre (1415 Wingrove St)

Bollywood Heels Workshop

This workshop will allow you to express the power, confidence and fierceness embodied by a Bollywood diva with high heels as a twist! The workshop will include a full body warm up followed by learning choreography. Sneakers or heels for footwear; kneepads for dance moves on your knees are optional.

Instructor: Rolie Taylor

Sat, Nov 17	6-7:45 pm	\$15/1	1279
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Departure Bay Activity Centre (1415 Wingrove St)

BollyX - LIT (Low Impact Training)

This class is a Bollywood-inspired dance fitness program that combines dynamic choreography with the hottest music from around the world. It cycles gets you moving, sweating and motivated!

Instructor: Tamara Graham

Mon, Sep 10-Oct 22	4-5 pm	\$39/6	2345
Mon, Oct 29-Dec 10	4-5 pm	\$39/6	2346
Mon, Jan 7-Feb 11	4-5 pm	\$39/6	2347
Mon, Feb 25-Mar 25	4-5 pm	\$33/5	2348

Oliver Woods Community Centre

Adult Ballet - Beginner

A full body workout! This program will include all elements of a classical ballet class, including barre, floor work, centre work and a taste of choreography.

Instructor: Taylor Manns

Wed, Sep 19-Nov 7	6:45-7:45 pm	\$64/8	1940
Wed, Jan 9-Feb 27	6:45-7:45 pm	\$56/7	1941

Beban Social Centre

Ballet - The Next Level

Ballet is an excellent, full body workout. This program will include all elements of a classic ballet class, including barre, floor work, centre work and dance. This session is geared to those who have previous ballet experience.

Instructor: Chiara Ackerman

Wed, Sep 19-Nov 7	5:30-6:30 pm	\$64/8	1942
Wed, Jan 9-Feb 27	5:30-6:30 pm	\$56/7	1943

Beban Social Centre

Baby Barre Fitness

Come and wear your baby while you plie, squat and lunge with an emphasis on the core. This fun program will cover cardio and strength with a ballet influence. No tutu required unless you want to wear one!

Instructor: Rolanda

Fri, Sep 14-Oct 26	10:30-11:30 am	\$46/7	2077
Fri, Nov 2-Dec 14	10:30-11:30 am	\$46/7	2078
Fri, Jan 11-Feb 22	10:30-11:30 am	\$46/7	2079
Fri, Mar 1-29	10:30-11:30 am	\$33/5	2080

Oliver Woods Community Centre

Take a
MOMENT
to MOVE

Total Barre Fitness **D**

Barre is an awesome workout that integrates the toning elements of ballet with strength and cardio. The toning power of plies, fun cardio music, push ups and more get you barre fitness. No tutu required unless you want to wear one!

Instructor: Rolanda

Wed, Sep 12-Oct 24	5:30-6:30 pm	\$46/7	2123
Fri, Sep 14-Oct 26	9:15-10:15 am	\$46/7	0049
Wed, Oct 31-Dec 12	5:30-6:30 pm	\$46/7	2124
Fri, Nov 2-Dec 14	9:15-10:15 am	\$46/7	2074
Wed, Jan 9-Feb 20	5:30-6:30 pm	\$46/7	2125
Fri, Jan 11-Feb 22	9:15-10:15 am	\$46/7	2075
Wed, Feb 27-Mar 27	5:30-6:30 pm	\$33/5	2126
Fri, Mar 1-29	9:15-10:15 am	\$33/5	2076

Oliver Woods Community Centre

Hip Hop - Adult

Don't just stand there, bust a move! Grab a friend and get ready to sweat, laugh and dance up a storm as you learn the basics of hip hop. Your kids will wonder when you got so cool! This class is open to everyone of all levels.

Fri, Sep 14-Oct 19	7:15-8:15 pm	\$50/6	2529
Fri, Oct 26-Nov 30	7:15-8:15 pm	\$50/6	2526
Fri, Jan 11-Feb 15	7:15-8:15 pm	\$50/6	2530
Fri, Feb 22-Mar 29	7:15-8:15 pm	\$50/6	2531

Vibe Dance Studio (1969 Boxwood Rd)

Zumba **D**

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 from reggae to disco to salsa.

MORNING

Instructor: Angel Jones

Tue, Sep 11-25	10:45-11:45 am	\$20/3	2107
Thu, Sep 13-27	9:15-10:15 am	\$20/3	2114
Tue, Oct 2-30	10:45-11:45 am	\$33/5	2108
Thu, Oct 4-25	9:15-10:15 am	\$26/4	2115
Tue, Nov 6-27	10:45-11:45 am	\$26/4	2109
Thu, Nov 1-29	9:15-10:15 am	\$33/5	2116
Tue, Dec 4-18	10:45-11:45 am	\$20/3	2110
Thu, Dec 6-20	9:15-10:15 am	\$20/3	2117
Tue, Jan 8-29	10:45-11:45 am	\$26/4	2111
Thu, Jan 3-31	9:15-10:15 am	\$33/5	2118
Tue, Feb 5-26	10:45-11:45 am	\$26/4	2112
Thu, Feb 7-28	9:15-10:15 am	\$26/4	2119
Tue, Mar 5-26	10:45-11:45 am	\$26/4	2113
Thu, Mar 7-28	9:15-10:15 am	\$26/4	2120

EVENING

Instructor: Lorena Gonzales

Mon, Sep 10-Oct 25	5:30-6:30 pm	\$39/6	2334
Mon, Oct 29-Dec 10	5:30-6:30 pm	\$39/6	2339
Mon, Jan 7-Feb 11	5:30-6:30 pm	\$39/6	2340
Mon, Feb 25-Mar 25	5:30-6:30 pm	\$33/5	2344

Oliver Woods Community Centre

Zumba Gold **D**

Intended for those new to Zumba or those 60 years and older. Ditch the workout; join the party! Zumba is the hottest dance workout around. This basic Zumba class will focus on simpler latin and international dances.

Instructor: Shandra Mayes

Mon, Sep 10-Oct 22	9-10 am	\$39/6	2149
Mon, Oct 29-Dec 10	9-10 am	\$39/6	2150
Mon, Jan 7-Feb 11	9-10 am	\$39/6	2151
Mon, Feb 25-Mar 25	9-10 am	\$33/5	2152

Oliver Woods Community Centre

Hoop Dance **NEW!**

Learn basic hoop dance moves and tricks (both on and off body), transitions and short dance sequences. This class is great if you want to try hoop dance for the first time, want to learn and improve moves or want to try a new form of creative movement and low-impact exercise in a fun and positive environment. Bring your own hoop or use one provided.

Instructor: Karisa Evdokimoff

Tue, Sep 25-Nov 27	5:30-6:30 pm	\$100/10	2578
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Bowen Park Complex

Square Dancing - Circles & Squares

This is a plus dance co-sponsored by Circles and Squares. A prerequisite for participating is at least one year of Plus Dancing lessons. Drop-in for a fun, social evening for \$6 per person.

Tue, Sep 25-Dec 11	7:30-10 pm	\$72/12	1348
Tue, Jan 8-Apr 9	7:30-10 pm	\$84/14	1350

Bowen Park Complex



Discover the Diversity of Dance **NEW!**

If you haven't danced before or would like to try a new style, then come and join us for this FREE evening of diverse dance options! From ballroom, bollywood and belly dance to latin, the foxtrot and flamenco, there will be something for everyone! Meet our fun instructors and see what social dance is all about. Enjoy some snacks, participate in some demos and obtain information about our upcoming dance classes with Parks and Recreation. Couples and singles are welcome. This is free, but please pre-register.

Instructor: Parks & Recreation Dance Instructors

Wed, Sep 5	7-9 pm	FREE	4913
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Bowen Park Complex

Two Left Feet Latin Dance

A slow paced, fun session to get you started in social dancing for those who have never danced, or have given up and would like a fresh start. Learn the lively cha cha cha at your own speed with plenty of guided practice time. Couples and singles welcome.

Instructor: Nelson, Vicky & Shiloh

Wed, Sep 19-Oct 24	7-8 pm	\$42/6	0384
Wed, Oct 31-Nov 28	7-8 pm	\$35/5	0399
Wed, Jan 9-Feb 13	7-8 pm	\$42/6	0424
Wed, Feb 20-Mar 27	7-8 pm	\$42/6	0439

Bowen Park Complex

Two Left Feet Ballroom Dance

A slow paced, fun session to get you started in social dancing for those who have never danced or would like a fresh start. Learn the Social Foxtrot at your own speed with plenty of guided practice time. Couples and singles are welcome.

Instructor: Nelson, Vicky & Shiloh

Wed, Sep 19-Oct 24	8-9pm	\$42/6	0010
Wed, Oct 31-Nov 28	8-9pm	\$35/5	0400
Wed, Jan 9-Feb 13	8-9pm	\$42/6	0428
Wed, Feb 20-Mar 27	8-9pm	\$42/6	0440

Bowen Park Complex

Latin Fever - Beginner

Impress your friends on the dance floor with the cha cha, rumba and samba. Make it a fun and social outing while keeping your body agile. No previous dancing experience is required. Couples and singles are welcome.

Instructor: Nelson, Vicky & Shiloh

Mon, Oct 29-Nov 26	6-7 pm	\$35/5	0011
Mon, Feb 25-Mar 25	6-7 pm	\$35/5	0434

Bowen Park Complex

Ballroom Bliss - Beginner

Learn to ballroom dance with a certified instructor. Impress your friends on the dance floor with the elegant waltz, social foxtrot and quickstep. Make it a fun and social outing while keeping your body agile. No previous dancing experience is required. Couples and singles are welcome.

Instructor: Nelson, Vicky & Shiloh

Mon, Sep 17-Oct 22	6-7 pm	\$35/5	0017
Mon, Jan 7-Feb 11	6-7 pm	\$42/6	0413

Bowen Park Complex



Facebook & Twitter: cityofnanaimo
Instagram: NanaimoParksandRec



Ballroom Dancing Health Benefits!



Let us show you what they are!



Improve memory, cardio and mental health, stamina, posture, flexibility, coordination and balance. **Sharpen** the mind. **Boost** overall happiness. **Develop** social skills and confidence.

Dance is a great creative outlet and is fun for all ages!



Check out: ballroomnanaimo.ca

We've got Monthly Dances, Weekly Practices, Dinner Dances, Summer Dance Events, Big Galas and the spectacular Island Fantasy Ball!

nanaimo artwalk

www.nanaimoartwalk.com

december 1 & 2

10am - 4pm



Ballroom & Latin Dance - Beginners Continuation

A quick review of basic techniques covered in the beginner class will be followed by more advanced variations. Try the waltz, tango, foxtrot, Viennese waltz, quickstep, samba 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

Mon, Sep 17-Oct 22	7-8 pm	\$40/5	0023
Mon, Oct 29-Nov 26	7-8 pm	\$40/5	0387
Mon, Jan 7-Feb 11	7-8 pm	\$48/6	0414
Mon, Feb 25-Mar 25	7-8 pm	\$40/5	0435

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, Sep 17-Oct 22	8-9 pm	\$40/5	0035
Mon, Oct 29-Nov 26	8-9 pm	\$40/5	0391
Mon, Jan 7-Feb 11	8-9 pm	\$48/6	0415
Mon, Feb 25-Mar 25	8-9 pm	\$40/5	0436

Bowen Park Complex

Jive & Swing - Beginner

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

Instructor: Nelson, Vicky & Shiloh

Wed, Sep 19-Oct 24	6-7 pm	\$42/6	0039
Wed, Oct 31-Nov 28	6-7 pm	\$35/5	0398
Wed, Jan 9-Feb 13	6-7 pm	\$42/6	0421
Wed, Feb 20-Mar 27	6-7 pm	\$42/6	0438

Bowen Park Complex

Ballroom Formation Team **NEW!**

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

Instructor: Nelson Wong

Mon, Sep 17-Oct 22	9-10 pm	\$40/5	0043
Mon, Oct 29-Nov 26	9-10 pm	\$40/5	0395
Mon, Jan 7-Feb 11	9-10 pm	\$48/6	0416
Mon, Feb 25-Mar 25	9-10 pm	\$40/5	0437

Bowen Park Complex

Belly Dance - The Basics

Have fun and get a workout while learning the rhythms, history and basics of this ancient dance art. Experienced drummer, Eric Boucher, will be present for these classes. No previous experience is needed. Please wear comfortable clothing and bring water.

Instructor: Taissia

Tue, Sep 18-Oct 23	6:20-7:20 pm	\$48/6	1594
Tue, Oct 30-Dec 4	6:20-7:20 pm	\$48/6	1596
Tue, Jan 15-Mar 5	6:20-7:20 pm	\$64/8	1597

Departure Bay Activity Centre (1415 Wingrove St)

Belly Dance - Advanced

This is fast-paced with complex techniques and choreography for dancers with a minimum of two years of experience. Experienced drummer, Eric Boucher, will be present for these classes. Please wear comfortable clothing and bring water.

Instructor: Taissia

Tue, Sep 18-Oct 23	7:30-8:30 pm	\$48/6	1598
Tue, Oct 30-Dec 4	7:30-8:30 pm	\$48/6	1599
Tue, Jan 15-Mar 5	7:30-8:30 pm	\$64/8	1600

Departure Bay Activity Centre (1415 Wingrove St)



First Aid & CPR

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



**CANADIAN
RED CROSS**

Red Cross Emergency Child Care First Aid

This Red Cross first aid course is designed for parents and caregivers of children. Approved by the Provincial Childcare Licensing Board, this course covers CPR B and AED training for children and infants as well as other first aid skills, including choking, breathing emergencies and wound care. Re-training is recommended every three years. Please visit www.redcross.ca for more information.

Sat, Sep 15	9 am-5:30 pm	\$85	1735
Sat, Oct 20	9 am-5:30 pm	\$85	1736
Sat, Nov 24	9 am-5:30 pm	\$85	1737
Sat, Jan 12	9 am-5:30 pm	\$85	1738
Sat, Mar 2	9 am-5:30 pm	\$85	1739

Beban Social Centre

Red Cross CPR Level "C"

This Red Cross CPR course is for general knowledge, first responders, workplace teams, lifeguards, nurses, nursing students or any student requiring this for further training or entry into a school program. The content includes adult, child and infant CPR, as well as AED training. Conscious and unconscious choking will also be covered. Re-training is recommended every three years. Please visit www.redcross.ca for more information.

Tue, Sep 18	5:45-10:45 pm	\$65	1931
Tue, Oct 23	5:45-10:45 pm	\$65	1932
Mon, Nov 26	5:45-10:45 pm	\$65	1933
Wed, Jan 9	5:45-10:45 pm	\$65	1934
Tue, Feb 26	5:45-10:45 pm	\$65	1935
Tue, Mar 12	5:45-10:45 pm	\$65	1936

Beban Social Centre

Red Cross CPR C Recertification

This Red Cross CPR course is designed for those who want to recertify their CPR-C certificate. The course covers CPR skills for infant, child, and adult; choking emergencies (conscious and unconscious); and airway management techniques. Certification includes AED training. Fee includes pocket mask to take home. Please bring proof of your CPR-C award current within three years. Re-training is recommended every 3 years. Please visit www.redcross.ca for more information.

Tue, Sep 11	9:30 am-1:30 pm	\$50	1917
Tue, Oct 9	6:30-10:30 pm	\$50	1918
Tue, Nov 20	9:30 am-1:30 pm	\$50	1919
Wed, Dec 5	6:30-10:30 pm	\$50	1920
Tue, Jan 22	9:30 am-1:30 pm	\$50	1921
Wed, Feb 20	6:30-10:30 pm	\$50	1922
Tue, Mar 5	9:30 am-1:30 pm	\$50	1930

Beban Social Centre



Red Cross Emergency First Aid

Approved by the Provincial Child Care Licensing Board, this Red Cross first aid course gives training in the skills necessary to deal with breathing and circulatory emergencies. It includes CPR C and instruction on the use of AED, as well as EpiPens and metered dose inhalers. Treatment for wounds, bleeding, unconsciousness and shock will also be covered. This is accepted by BCRPA for fitness professionals. Please visit www.redcross.ca for more information.

Sat, Sep 29	9 am-5:30 pm	\$92	1740
Sat, Oct 27	9 am-5:30 pm	\$92	1741
Sat, Dec 8	9 am-5:30 pm	\$92	1742
Sat, Jan 26	9 am-5:30 pm	\$92	1746
Sat, Mar 16	9 am-5:30 pm	\$92	1744

Beban Social Centre

Red Cross Standard First Aid

This course includes all of the Emergency First Aid and CPR C instruction on day one before covering head and spine injuries, bone and joint injuries, environmental conditions, poisons and sudden medical emergencies on day two. This is recognized by the Provincial Child Care Licensing Board, BCRPA and Alberta work sites. It is also a pre-requisite for lifeguard certification. Re-training is recommended every three years. Please visit www.redcross.ca for more information.

Sa/Su, Sep 29/30	9 am-5:30 pm	\$167/2	1747
Sa/Su, Oct 27/28	9 am-5:30 pm	\$167/2	1750
Sa/Su, Dec 8/9	9 am-5:30 pm	\$167/2	1752
Sa/Su, Jan 26/27	9 am-5:30 pm	\$167/2	1753
Sa/Su, Mar 16/17	9 am-5:30 pm	\$167/2	1755

Beban Social Centre



Active Passes

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

Active Passes

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

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

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

Prices subject to change and do not include tax.

CORPORATE ACTIVE PASSÉS...

Get 25% off for employees for your place of employment when you purchase a minimum of 15 Active Passes!



Fitness - Weight Rooms



Facebook & Twitter: cityofnanaimo
Instagram: NanaimoParksandRec

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.

Wed, Sep 12	6-7:30 pm	\$5/1	0179
Thu, Sep 13	9-10:30 am	\$5/1	0181
Wed, Oct 3	6-7:30 pm	\$5/1	0239
Wed, Nov 7	6-7:30 pm	\$5/1	0241
Wed, Dec 5	6-7:30 pm	\$5/1	0243
Wed, Jan 2	6-7:30 pm	\$5/1	0244
Wed, Feb 6	6-7:30 pm	\$5/1	0245
Wed, Mar 6	6-7:30 pm	\$5/1	0247

Beban Pool Weight Room

Mon, Sep 17	3:30-5 pm	\$5/1	0172
Thu, Sep 20	6-7:30 pm	\$5/1	0173
Sat, Sep 22	12:30-2 pm	\$5/1	0177
Mon, Oct 1	3:30-5 pm	\$5/1	0186
Thu, Oct 4	6-7:30 pm	\$5/1	0184
Sat, Oct 6	12:30-2 pm	\$5/1	0231
Sat, Nov 3	12:30-2 pm	\$5/1	0233
Mon, Nov 5	3:30-5 pm	\$5/1	0188
Thu, Nov 8	6-7:30 pm	\$5/1	0225
Sat, Dec 1	12:30-2 pm	\$5/1	0234
Thu, Dec 6	3:30-5 pm	\$5/1	0221
Thu, Dec 6	6-7:30 pm	\$5/1	0226
Thu, Jan 3	6-7:30 pm	\$5/1	0227
Sat, Jan 5	12:30-2 pm	\$5/1	0236
Mon, Jan 7	3:30-5 pm	\$5/1	0222
Sat, Feb 2	12:30-2 pm	\$5/1	0237
Mon, Feb 4	3:30-5 pm	\$5/1	0223
Thu, Feb 7	6-7:30 pm	\$5/1	0228
Sat, Mar 2	12:30-2 pm	\$5/1	0238
Mon, Mar 4	3:30-5 pm	\$5/1	0224
Thu, Mar 7	6-7:30 pm	\$5/1	0229

Nanaimo Aquatic Centre Weight Room

PLEASE NOTE: Weight room orientation is MANDATORY for youth 13-15 years.

Youth in the Weight Rooms

Whether you are training for a specific sport or just want to improve your fitness, let Parks and Recreation guide you on your journey to becoming stronger and healthier!

Safe use of weight room equipment is important to us.

Youth ages 13-15 years interested in using our weight rooms must attend and complete a weight room orientation. The cost is \$5. Orientation schedules are listed to the right.

Upon completion, youth are permitted to use the weight room facilities unaccompanied by an adult.



Fitness & Yoga



H.I.I.T. High Intensity Interval Training D

This is a small group drop-in exercise class that challenges participants to work at their own pace through a variety of strength, cardio and core exercises. These circuit-style classes incorporate a variety of equipment, including kettle balls, bosu balls, slam balls, stability balls, dumbbells, battle ropes, TRX and more! This drop-in only class is for intermediate to advanced participants. (Drop-in fee is \$11.)

Instructor: Kim Ross

Mon, Sep 10-24	5:15-6:15 pm	drop-in only
Wed, Sep 5-26	5:15-6:15 pm	drop-in only

Beban Social Centre

Mon, Oct 1-Dec 17	5:15-6:15 pm	drop-in only
Wed, Oct 3-Dec 19	5:15-6:15 pm	drop-in only

Mon, Jan 7-Mar 25	5:15-6:15 pm	drop-in only
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Wed, Jan 2-Mar 27	5:15-6:15 pm	drop-in only
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Nanaimo Aquatic Centre

H.I.I.T. to Fit

Do you like the idea of H.I.I.T. (high intensity interval training), but you are not sure if they are for you? This is the perfect introduction to this type of fitness training. Build your strength, skills and confidence here to advance to the evening H.I.I.T. class.

Instructor: Kim Ross

Thu, Sep 13-27	9:15-10:15 am	\$21/3	1434
Thu, Oct 4-25	9:15-10:15 am	\$28/4	1435
Thu, Nov 1-29	9:15-10:15 am	\$35/5	1436
Thu, Dec 6-20	9:15-10:15 am	\$21/3	1437
Thu, Jan 10-31	9:15-10:15 am	\$28/4	1438
Thu, Feb 7-28	9:15-10:15 am	\$28/4	1439
Thu, Mar 7-28	9:15-10:15 am	\$28/4	1440

Rotary Field House (850 Third St)

Total Body H.I.I.T. D NEW!

Take a moment to burn tons of calories and boost your metabolism in little time. This 45-minute class will maximize your workout with a variety of intervals and activities.

Instructor: Jennifer McLaren

Tue, Sep 11-Oct 23	6:45-7:30 pm	\$46/7	2157
Thu, Sep 13-Oct 25	6:45-7:30 pm	\$46/7	2161
Tue, Oct 30-Dec 11	6:45-7:30 pm	\$46/7	2158
Thu, Nov 1-Dec 13	6:45-7:30 pm	\$46/7	2162
Tue, Jan 8-Feb 19	6:45-7:30 pm	\$33/5	2159
Thu, Jan 10-Feb 21	6:45-7:30 pm	\$46/7	2165
Tue, Jan 8-Feb 19	6:45-7:30 pm	\$46/7	2159
Tue, Feb 26-Mar 26	6:45-7:30 pm	\$33/5	2160
Thu, Feb 28-Mar 28	6:45-7:30 pm	\$33/5	2166

Oliver Woods Community Centre

Drop-in for Fitness & Yoga Classes D

- Classes available for drop-in have this symbol. D
- Drop-in fee is \$11 per class.
- Drop-in tickets must be purchased prior to the class and presented to the instructor.
- 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.
- Courses only run if the minimum registered participants has been reached.

PLEASE NOTE:

Fitness/Yoga Sampler Passes are no longer available; however, passes previously purchased will be honoured in classes marked with the drop-in symbol.

Super Circuit

Enjoy a high energy, circuit-style class that will challenge every part of your body. There will 17 to 20 stations with a minute at each to challenge and strengthen muscles and your cardiovascular system. Bring a water bottle and a towel with you.

Instructor: Kim Ross

Wed, Sep 12-26	9:30-10:30 am	\$21/3	1442
Wed, Oct 3-31	9:30-10:30 am	\$35/5	1443
Wed, Nov 7-28	9:30-10:30 am	\$21/3	1444
Wed, Dec 5-19	9:30-10:30 am	\$21/3	1445
Wed, Jan 9-30	9:30-10:30 am	\$28/4	1448
Wed, Feb 6-27	9:30-10:30 am	\$28/4	1451
Wed, Mar 6-27	9:30-10:30 am	\$28/4	1452

Beban Social 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 accordingly. We incorporate fun exercises and equipment, such as free weights, medicine balls and more to keep the class exciting and challenging.

Instructor: Kim Ross

Mon, Sep 10-24	9:15-10:15 am	\$21/3	1453
Mon, Oct 1-29	9:15-10:15 am	\$28/4	1455
Mon, Nov 5-26	9:15-10:15 am	\$21/3	1456
Mon, Dec 3-17	9:15-10:15 am	\$21/3	1457
Mon, Jan 7-28	9:15-10:15 am	\$28/4	1458
Mon, Feb 4-25	9:15-10:15 am	\$21/3	1459
Mon, Mar 4-25	9:15-10:15 am	\$28/4	1460

Rotary Field House (850 Third St)

Rookie Boot Camp D

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

Instructor: Angel Jones

Mon, Sep 10-24	9:15-10:15 am	\$20/3	0026
Wed, Sep 12-26	9:15-10:15 am	\$20/3	0610
Mon, Oct 1-29	9:15-10:15 am	\$26/4	0034
Wed, Oct 3-31	9:15-10:15 am	\$33/5	0699
Mon, Nov 5-26	9:15-10:15 am	\$20/3	0590
Wed, Nov 7-28	9:15-10:15 am	\$26/4	0721
Mon, Dec 3-17	9:15-10:15 am	\$20/3	0591
Wed, Dec 5-19	9:15-10:15 am	\$20/3	0725
Mon, Jan 7-28	9:15-10:15 am	\$26/4	0592
Wed, Jan 9-30	9:15-10:15 am	\$26/4	0726
Mon, Feb 4-25	9:15-10:15 am	\$20/3	0593
Wed, Feb 6-27	9:15-10:15 am	\$26/4	0835
Mon, Mar 4-25	9:15-10:15 am	\$26/4	0595
Wed, Mar 6-27	9:15-10:15 am	\$26/4	0836

Oliver Woods Community Centre

Rock Your Body Boot Camp D

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

Instructor: Angel Jones

Mon, Sep 10-24	5:30-6:30 pm	\$20/3	2349
Wed, Sep 12-26	5:30-6:30 pm	\$20/3	2364
Mon, Oct 1-29	5:30-6:30 pm	\$26/4	2351
Wed, Oct 3-31	5:30-6:30 pm	\$33/5	2365
Mon, Nov 5-26	5:30-6:30 pm	\$20/3	2353
Wed, Nov 7-28	5:30-6:30 pm	\$26/4	2366
Mon, Dec 3-17	5:30-6:30 pm	\$20/3	2356
Wed, Dec 5-19	5:30-6:30 pm	\$20/3	2367
Mon, Jan 7-28	5:30-6:30 pm	\$26/4	2357
Wed, Jan 9-30	5:30-6:30 pm	\$26/4	2368
Mon, Feb 4-25	5:30-6:30 pm	\$20/3	2359
Wed, Feb 6-27	5:30-6:30 pm	\$26/4	2369
Mon, Mar 4-25	5:30-6:30 pm	\$26/4	2360
Wed, Mar 6-27	5:30-6:30 pm	\$26/4	2370

Oliver Woods Community Centre

Morning Butts and Gutts D NEW!

This is an energetic muscle-toning class that focuses on the abs and glutes. You will learn to safely target each muscle group while you work on overall muscle balance. This class is great for those who already have a moderate fitness level and is a great complement to Rookie Boot Camp.

Instructor: John Curran

Tue, Sep 11-Oct 23	9:30-10:30 am	\$46/7	2644
Tue, Oct 30-Dec 11	9:30-10:30 am	\$46/7	2646
Tue, Jan 8-Feb 19	9:30-10:30 am	\$46/7	2647
Tue, Feb 26-Mar 26	9:30-10:30 am	\$33/5	2649

Oliver Woods Community Centre

Pulse and Burn D

Pulsing, or the burn, is a fast way to strengthen muscles. These short, concentrated movements will firm, tone and strengthen without adding muscle mass. This is an overall body toning workout with full range of motion exercises that helps you achieve a toned body.

Instructor: John Curran

Thu, Sep 13-Oct 25	6-7 pm	\$46/7	2090
Thu, Nov 1-Dec 13	6-7 pm	\$46/7	2091
Thu, Jan 10-Feb 21	6-7 pm	\$46/7	2092
Thu, Feb 28-Mar 28	6-7 pm	\$33/5	2093

Oliver Woods Community Centre

Stretch & Tone D

A 50-minute class that incorporates slow music with focused movements and positions using weights, bands, tubing and balls. Improves flexibility, toning, balance, core and strength. No floor work in this class.

Instructor: Tara McNeil

Wed, Sep 12-Oct 24	10:30-11:20 am	\$49/7	2141
Fri, Sep 14-Oct 26	10:45-11:35 am	\$49/7	2145
Wed, Nov 7-Dec 12	10:30-11:20 am	\$42/6	2142
Fri, Nov 9-Dec 14	10:45-11:35 am	\$42/6	2146
Wed, Jan 9-Feb 6	10:30-11:20 am	\$35/5	2143
Fri, Jan 11-Feb 8	10:45-11:35 am	\$35/5	2147
Wed, Feb 13-Mar 20	10:30-11:20 am	\$42/6	2144
Fri, Feb 15-Mar 22	10:45-11:35 am	\$42/6	2148

Oliver Woods Community Centre

Stretch, Balance & Build D NEW!

Are you looking to get more flexible but also want to build strength? Come join this weight workout routine that uses poses and positions that are fantastic for your balance. This class is a combination of strength and yoga inspired moves. Class ends with a 20-minute focus on progressive stretches and relaxation. Intermediate to advanced levels are welcome. Participants need to be able to do mat/floor work.

Instructor: Tara McNeil

Thu, Sep 13-Oct 25	9:30-10:20 am	\$49/7	2567
Thu, Nov 15-Dec 13	9:30-10:20 am	\$35/5	2572
Thu, Jan 10-Feb 7	9:30-10:20 am	\$35/5	2573
Thu, Feb 14-Mar 21	9:30-10:20 am	\$42/6	2575

Oliver Woods Community Centre

Please "Bear" with Us...



This Fall & Winter registration is taking place using brand new software. We may take a little longer to process your requests.

Drop-in Options

Look for this symbols D in our Fitness & Yoga Section for drop-in program options. See page 52 for all the details.



Tabata D

Tabata training is a type of high intensity interval training designed to get your heart rate up in that hard anaerobic zone for short periods of time.

Instructor: Angel Jones

Tue, Sep 11-25	9:15-10:15 am	\$20/3	2131
Tue, Oct 2-30	9:15-10:15 am	\$33/5	2133
Tue, Nov 6-27	9:15-10:15 am	\$26/4	2135
Tue, Dec 4-18	9:15-10:15 am	\$20/3	2137
Tue, Jan 8-29	9:15-10:15 am	\$26/4	2138
Tue, Feb 5-26	9:15-10:15 am	\$26/4	2139
Tue, Mar 5-26	9:15-10:15 am	\$26/4	2140

Oliver Woods Community Centre

Abs Circuit Class NEW!

This is a fun, dynamic and challenging training circuit class. It incorporates bosus, medicine balls, TRX and more. This class is for all levels of fitness.

Instructor: Angel Jones

Fri, Sep 14-28	9:15-10:15 am	\$20/3	0036
Fri, Oct 5-26	9:15-10:15 am	\$26/4	0533
Fri, Nov 2-30	9:15-10:15 am	\$33/5	0545
Fri, Dec 7-21	9:15-10:15 am	\$20/3	0546
Fri, Jan 11-25	9:15-10:15 am	\$20/3	2104
Fri, Feb 1-22	9:15-10:15 am	\$26/4	2105
Fri, Mar 1-29	9:15-10:15 am	\$33/5	2106

Oliver Woods Community Centre

Butts and Gutts D

This is an energetic muscle toning class that focuses on the abs and glutes. You will learn to safely target each muscle group while you work on overall muscle balance. This class is great for all fitness levels, as exercises have variation for all abilities. A great complement to Rookie Boot Camp.

Instructor: John Curran

Tue, Sep 11-Oct 23	5:45-6:45 pm	\$46/7	0041
Tue, Oct 30-Dec 11	5:45-6:45 pm	\$46/7	2081
Tue, Jan 8-Feb 19	5:45-6:45 pm	\$46/7	2082
Tue, Feb 26-Mar 26	5:45-6:45 pm	\$33/5	2083

Oliver Woods Community Centre

Small Group Fitness - Circuit Training D NEW!

These classes encourage participants of all abilities to work at their own level. The small group size means that the instructor will get to know you, your strengths and areas of concern/injury and will challenge you to keep pushing.

Tue, Sep 18-Oct 30	5:30-6:30 pm	\$46/7	3993
Tue, Nov 6-Dec 11	5:30-6:30 pm	\$46/7	3994
Tue, Jan 8-Feb 19	5:30-6:30 pm	\$39/6	3995
Tue, Feb 26-Mar 26	5:30-6:30 pm	\$33/5	3996

Bowen Park Complex

Train & Stretch D NEW!

Train & Stretch is a combination class that incorporates 30 minutes of cardio/strength followed by a 30 minute s-t-r-e-t-c-h. The cardio/strength work will be done in a circuit format so that all abilities can participate.

Tue, Sep 18-Oct 30	6:45-7:45 pm	\$46/7	4003
Tue, Nov 6-Dec 11	6:45-7:45 pm	\$46/7	4006
Tue, Jan 8-Feb 19	6:45-7:45 pm	\$39/6	4001
Tue, Feb 26-Mar 26	6:45-7:45 pm	\$33/5	4050

Bowen Park Complex

Drop-in Options

Look for this symbols D in our Fitness & Yoga Section for drop-in program options. See page 52 for all the details.



Need some extra motivation?
Attend one of our group fitness classes!

Full Figure Fitness **D**

Get into shape in a comfortable, relaxed setting with an instructor who is full figured herself! The classes have various levels, so you can work at your own pace. This class includes cardio, strength and flexibility components and is great for beginner to intermediate levels. Come have fun, feel good and get some exercise at the same time.

Instructor: Tara McNeil

Mon, Sep 10-Oct 22	10:30-11:20 am	\$42/6	0045
Mon, Nov 5-Dec 10	10:30-11:20 am	\$35/5	2086
Mon, Jan 7-Feb 4	10:30-11:20 am	\$35/5	2088
Mon, Feb 11-Mar 25	10:30-11:20 am	\$42/6	2089

Oliver Woods Community Centre

Pilates for Strength

A multi-level mat class that provides a challenging and revitalizing workout targeting core muscles. You will gain overall strength and flexibility while relieving tension, flattening the abdomen and improving posture.

Instructor: Angelina McNamee

Mon, Sep 10-Oct 1	5:30-6:30 pm	\$32/4	1415
Mon, Oct 15-Nov 5	5:30-6:30 pm	\$32/4	1416
Mon, Jan 21-Feb 11	5:30-6:30 pm	\$32/4	1417
Mon, Mar 4-25	5:30-6:30 pm	\$32/4	1419

Harewood Activity Centre (195 Fourth St)

Light Cardio Line Dancing **NEW!**

Come and have fun line dancing! Easy routines and progressive steps that build on each other will enable beginners and intermediate levels to have a great time moving and grooving to different types of music. Each week the dance routine will change, and we will dance to country, oldies and salsa beats.

Instructor: Tara McNeil

Tue, Sep 11-Oct 23	9:30-10:20 am	\$49/7	2371
Tue, Nov 13-Dec 11	9:30-10:20 am	\$35/5	2372
Tue, Jan 8-Feb 5	9:30-10:20 am	\$35/5	2373
Tue, Feb 12-Mar 19	9:30-10:20 am	\$42/6	2374

Oliver Woods Community Centre

Baby Barre Fitness **D**

Come and wear your baby while you plie, squat and lunge with an emphasis on the core. This fun program will cover cardio and strength with a ballet influence. No tutu required unless you want to wear one!

Instructor: Rolanda

Fri, Sep 14-Oct 26	10:30-11:30 am	\$46/7	2077
Fri, Nov 2-Dec 14	10:30-11:30 am	\$46/7	2078
Fri, Jan 11-Feb 22	10:30-11:30 am	\$46/7	2079
Fri, Mar 1-29	10:30-11:30 am	\$33/5	2080

Oliver Woods Community Centre

Total Barre Fitness **D**

Barre is an awesome workout that integrates the toning elements of ballet with strength and cardio. The toning power of plies, fun cardio music, push ups and more get you barre fitness. No tutu required unless you want to wear one!

Instructor: Rolanda

Wed, Sep 12-Oct 24	5:30-6:30 pm	\$46/7	2123
Fri, Sep 14-Oct 26	9:15-10:15 am	\$46/7	0049
Wed, Oct 31-Dec 12	5:30-6:30 pm	\$46/7	2124
Fri, Nov 2-Dec 14	9:15-10:15 am	\$46/7	2074
Wed, Jan 9-Feb 20	5:30-6:30 pm	\$46/7	2125
Fri, Jan 11-Feb 22	9:15-10:15 am	\$46/7	2075
Wed, Feb 27-Mar 27	5:30-6:30 pm	\$33/5	2126
Fri, Mar 1-29	9:15-10:15 am	\$33/5	2076

Oliver Woods Community Centre

BollyX

BollyX is a high intensity Bollywood-inspired dance fitness program that combines dynamic choreography with the hottest music from around the world. It cycles between higher and lower intensity dance sequences to get you moving, sweating and motivated!

Instructor: Tamara Graham

Thu, Sep 13-Oct 25	5:30-6:30 pm	\$46/7	2153
Thu, Nov 1-Dec 13	5:30-6:30 pm	\$46/7	2154
Thu, Jan 10-Feb 21	5:30-6:30 pm	\$46/7	2155
Thu, Feb 28-Mar 28	5:30-6:30 pm	\$33/5	2156

Oliver Woods Community Centre

Zumba **D**

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 from reggae to disco to salsa.

MORNING

Instructor: Angel Jones

Tue, Sep 11-25	10:45-11:45 am	\$20/3	2107
Thu, Sep 13-27	9:15-10:15 am	\$20/3	2114
Tue, Oct 2-30	10:45-11:45 am	\$33/5	2108
Thu, Oct 4-25	9:15-10:15 am	\$26/4	2115
Tue, Nov 6-27	10:45-11:45 am	\$26/4	2109
Thu, Nov 1-29	9:15-10:15 am	\$33/5	2116
Tue, Dec 4-18	10:45-11:45 am	\$20/3	2110
Thu, Dec 6-20	9:15-10:15 am	\$20/3	2117
Tue, Jan 8-29	10:45-11:45 am	\$26/4	2111
Thu, Jan 3-31	9:15-10:15 am	\$33/5	2118
Tue, Feb 5-26	10:45-11:45 am	\$26/4	2112
Thu, Feb 7-28	9:15-10:15 am	\$26/4	2119
Tue, Mar 5-26	10:45-11:45 am	\$26/4	2113
Thu, Mar 7-28	9:15-10:15 am	\$26/4	2120

EVENING

Instructor: Lorena Gonzales

Mon, Sep 10-Oct 25	5:30-6:30 pm	\$39/6	2334
Mon, Oct 29-Dec 10	5:30-6:30 pm	\$39/6	2339
Mon, Jan 7-Feb 11	5:30-6:30 pm	\$39/6	2340
Mon, Feb 25-Mar 25	5:30-6:30 pm	\$33/5	2344

Oliver Woods Community Centre

Zumba Gold **D**

Intended for those new to Zumba or those 60 years and older. Ditch the workout; join the party! Zumba is the hottest dance workout around. This basic Zumba class will focus on simpler latin and international dances.

Instructor: Shandra Mayes

Mon, Sep 10-Oct 22	9-10 am	\$39/6	2149
Mon, Oct 29-Dec 10	9-10 am	\$39/6	2150
Mon, Jan 7-Feb 11	9-10 am	\$39/6	2151
Mon, Feb 25-Mar 25	9-10 am	\$33/5	2152

Oliver Woods Community Centre



Drop-in Options

Look for this symbols **D** in our Fitness & Yoga Section for drop-in program options. See page 52 for all the details.



cityofnanaimo



nanaimoparksandrec (#ilovemyparksandrec)

#endbiketheft

On-line Registration is
FREE!

Each year, **hundreds of recovered bikes in Nanaimo and thousands across British Columbia** go to auctions or charity because the police cannot determine ownership.

In just **FIVE MINUTES**, you can capture all the key details of your bike for the police and insurance with the **529 GARAGE** web service.



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The theft deterrent 529 shield as shown above can be purchased at www.project529.com



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Web: www.nanaimorowingclub.com



Minds in Motion

Alzheimer Society Fitness & Social Program

A fitness and social program for people experiencing early stage memory loss. Please 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. Fee covers participant and guest.

Instructor: Charlene Deluca & Brian Sugiyama

Tue, Feb 26-Mar 26	10 am-12 pm	\$32/5	1383
Tue, Feb 26-Mar 26	1-3 pm	\$32/5	1384
Tue, Sep 11-Oct 23	10 am-12 pm	\$44/7	0197
Tue, Sep 11-Oct 23	1-3 pm	\$44/7	0213
Tue, Nov 6-Dec 18	10 am-12 pm	\$38/6	0203
Tue, Nov 6-Dec 18	1-3 pm	\$38/6	0206
Tue, Jan 8-Feb 12	10 am-12 pm	\$38/6	1379
Tue, Jan 8-Feb 12	1-3 pm	\$38/6	1382

Beban Social Centre

Specialty Fitness

A supervised weight training program for people living with physical disabilities. Receive assistance getting onto machines, and learn weight training exercises suited to your needs.

Instructor: Jody Felker

T/Th, Sep 18-Nov 8	10:30-11:30 am	\$74/16	1269
T/Th, Nov 13-Dec 20	10:30-11:30 am	\$56/12	1276
T/Th, Jan 8-Feb 14	10:30-11:30 am	\$56/12	1277
T/Th, Feb 19-Mar 28	10:30-11:30 am	\$56/12	1278

Nanaimo Aquatic Centre Weight Room

Building Better Bones

This is an ongoing program designed for people who are familiar with exercising and for those with osteoporosis. It strengthens muscles and improves balance and posture through safe exercise instruction helping improve functional ability, quality of life and how to reduce the risk of falls. Short discussions on a healthy and active lifestyle are included.

Instructor: Pascale Jallabert, Osteofit Certified

T/Th, Sep 11-Oct 18	1-2 pm	\$58/12	1604
T/Th, Oct 23-Nov 29	1-2 pm	\$48/10	1605

Beban Social Centre

T/Fr, Jan 8-Feb 15	1-2 pm	\$58/12	1606
T/Fr, Feb 19-Mar 22	1-2 pm	\$48/10	1607

Bowen Complex

Fitness & Mobility Exercise (FAME) NEW!

FAME is a community-based program for people living with stroke. Caregivers are encouraged to participate at no cost.

Tue, Oct 16-Nov 20	11am-12 pm	\$39/6	2302
Tue, Jan 29-Mar 5	11am-12 pm	\$39/6	2303

Nanaimo Aquatic Centre

Brain Strong Yoga & Meditation NEW!

A class for those affected by an acquired brain injury like TBI, concussion or stroke. The student's primary support person is encouraged to attend the series for free. Yoga practice is adaptive by nature, and this class can accommodate a wide range of skills and abilities. This class is best for students who can follow simple directions, regulate strong emotions and move from sitting to standing without assistance. It will consist of 45 minutes of yoga flow using slow, meditative pacing followed by 15 minutes of guided meditation. After the meditation, you are invited to join in a group discussion to foster resilience, mindfulness and support your journey.

Instructor: Robyn Bull

Tue, Sep 25-Oct 30	10-11:30 am	\$32/6	2101
Tue, Nov 6-Dec 11	10-11:30 am	\$32/6	2102
Tue, Jan 15-Feb 19	10-11:30 am	\$32/6	2103

Harewood Activity Centre (195 Fourth St)

Open Your Heart Yoga NEW! D

This series is focused on opening the heart and chest. People who work at computers or desks all day and develop tightness in the chest and shoulders. Each class is themed with shoulder and heart opening postures. Students feel a distinct change of flexibility and expansion in this area as we work week to week. This is a drop-in only class. (Drop-in is \$11.)

Instructor: Natalie Debenedictis

Wed, Oct 3-Nov 21	7-8:15 pm	drop-in only	
Wed, Jan 23-Mar 13	7-8:15 pm	drop-in only	

Nanaimo Aquatic Centre

Beginner Flow Yoga

New to yoga? This class is geared toward all level of yogis. Learn the basics of yoga poses and breath work as you stretch through any aches and pains.

Instructor: Heather Honey

Tue, Sep 11-Oct 23	5:40-6:40 pm	\$56/7	2307
Tue, Oct 30-Dec 11	5:40-6:40 pm	\$56/7	2308

Instructor: Joanne See

Tue, Jan 8-Feb 19	5:40-6:40 pm	\$56/7	2309
Tue, Feb 26-Mar 26	5:40-6:40 pm	\$40/5	2310

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, Sep 11-Oct 23	6:50-7:50 pm	\$56/7	2311
Tue, Oct 30-Dec 11	6:50-7:50 pm	\$56/7	2312

Instructor: Joanne See

Tue, Jan 8-Feb 19	6:50-7:50 pm	\$56/7	2313
Tue, Feb 26-Mar 26	6:50-7:50 pm	\$40/5	2314

Oliver Woods Community Centre

Gentle Yoga Stretch

Hatha-inspired yoga using basic poses and gentle stretches paired with breathing for relaxation. A great class for the inflexible or those new to yoga.

Instructor: Varenka Schwarz

Thu, Sep 20-Oct 25	6:30-7:30 pm	\$48/6	2506
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Harewood Activity Centre

Thu, Nov 1-Dec 6	6:30-7:30 pm	\$48/6	2508
Thu, Jan 10-Feb 14	6:30-7:30 pm	\$48/6	2510

Thu, Feb 21-Mar 28	6:30-7:30 pm	\$48/6	2513
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Bowen Park Complex

Gentle Yoga D

This is a great introduction to yoga poses in a Hatha-based yoga class combined with core conditioning and stabilizing exercises to improve posture and alignment. Move through some yoga poses and enjoy the benefits of increased flexibility and deep relaxation. Leave class feeling taller, leaner and more relaxed.

TUESDAY SESSIONS

Instructor: Gypsy Hart

Tue, Sep 11-Oct 23	9-10 am	\$56/7	2375
Tue, Oct 30-Dec 11	9-10 am	\$56/7	2376
Tue, Jan 8-Feb 19	9-10 am	\$56/7	2377
Tue, Feb 26-Mar 26	9-10 am	\$40/5	2379

FRIDAY SESSIONS

Instructor: Jackie Kirski

Fri, Sep 14-Oct 26	10:15-11:15 am	\$56/7	2863
Fri, Nov 2-Dec 14	10:15-11:15 am	\$56/7	2864
Fri, Jan 11-Feb 22	10:15-11:15 am	\$56/7	2865
Fri, Mar 1-29	10:15-11:15 am	\$40/5	2866

SATURDAY SESSIONS

Instructor: Amber Neuman-Brochez

Sat, Sep 8-Oct 6	9-10 am	\$40/5	0047
Sat, Oct 13-Dec 1	9-10 am	\$56/7	2177
Sat, Jan 12-Feb 23	9-10 am	\$56/7	2181

Oliver Woods Community Centre

Gentle Evening Yoga

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

Instructor: Heather Honey

Mon, Sep 10-Oct 22	7-8 pm	\$48/6	2185
Mon, Oct 29-Dec 10	7-8 pm	\$48/6	2187

Mon, Jan 7-Feb 11	7-8 pm	\$48/6	2192
Mon, Feb 25-Mar 25	7-8 pm	\$40/5	2205

Oliver Woods Community Centre

Relax & Renew Yoga

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 and blanket for the relaxation period.

Instructor: Laurah-Lee Christie

Wed, Sep 12-Oct 17	10-11 am	\$40/5	0520
Wed, Oct 24-Nov 28	10-11 am	\$40/5	0521

Wed, Jan 9-Feb 13	10-11 am	\$48/6	0522
Wed, Feb 20-Mar 27	10-11 am	\$48/6	0523

Beban Social Centre

Classical Yoga - Level 2

Gain proficiency in the basic asanas with more practice and the introduction of inversions.

Instructor: Rosalind Arscott

Tue, Sep 18-Nov 6	10-11:30 am	\$60/6	1693
Tue, Jan 8-Feb 19	10-11:30 am	\$60/6	1696

Beban Social Centre

Yoga for Stiff Joints

This gentle and mindful yoga practice is designed specifically for people living with stiff and/or sore joints. A gentle movement of the joints may help ease stiffness and mobility. Some exercises can be done in a chair. Suitable for all levels.

Instructor: Peggy Fok

Wed, Sep 19-Oct 24	11:15 am-12:15 pm	\$48/6	0586
Wed, Oct 31-Dec 5	11:15 am-12:15 pm	\$40/5	0587

Wed, Jan 9-Feb 13	11:15 am-12:15 pm	\$48/6	0588
Wed, Feb 20-Mar 20	11:15 am-12:15 pm	\$48/6	0589

Beban Social Centre



cityofnanaimo



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Hatha Yoga

Gentle movements combined with breathing exercises and concentration to improve strength, balance and flexibility while relaxing the body and calming the mind. A great way to end your day. Please wear loose clothing, and bring extra layers or a blanket for relaxation.

Instructor: Angelina McNamee

Mon, Sep 10-Oct 1	6:45-8:15 pm	\$42/4	1421
Mon, Oct 15-Nov 5	6:45-8:15 pm	\$42/4	1422
Mon, Jan 21-Feb 11	6:45-8:15 pm	\$42/4	1423
Mon, Mar 4-25	6:45-8:15 pm	\$42/4	1424

Harewood Activity Centre (195 Fourth St)

Hatha Yoga Stretch D

Release tension in muscles from everyday life and sports activities. Learn to breathe deeply while experiencing a flow of postures to stimulate the body both physically and mentally. Through this practice, you will enhance flexibility, increase muscle tone and concentration, detoxify the organs and feel relaxed.

Instructor: Melissa Hill

Thu, Sep 13-Oct 25	10:30-11:30 am	\$56/7	2206
Thu, Nov 1-Dec 13	10:30-11:30 am	\$56/7	2207
Thu, Jan 10-Feb 21	10:30-11:30 am	\$56/7	2208
Thu, Feb 28-Mar 28	10:30-11:30 am	\$40/5	2209

Oliver Woods Community Centre

Yoga Flow & Stretch

A Vinyasa-Hatha class combining a flow between yoga postures with gentle floor stretches to provide strength and length in one class. Attention is paid to body alignment, balance work, union of breath with movement and progressive relaxation. An understanding of basic yoga postures and planks is recommended.

Instructor: Jackie Kirski

Fri, Sep 14-Oct 26	9:05-10:05 am	\$56/7	2867
Fri, Nov 2-Dec 14	9:05-10:05 am	\$56/7	2868
Fri, Jan 11-Feb 22	9:05-10:05 am	\$56/7	2869
Fri, Mar 1-29	9:05-10:05 am	\$40/5	2874

Oliver Woods Community Centre

Yoga for Strength

The core is your foundation for every movement. Learn how to find it, engage it and strengthen it while moving through classic yoga poses. Learn controlled movement and injury prevention by becoming more body aware.

Instructor: Alison O'Beirne

Wed, Sep 19-Oct 24	6:30-7:30 pm	\$48/6	0524
Wed, Nov 7-Dec 12	6:30-7:30 pm	\$48/6	0525

Bowen Park Complex

Power Yoga NEW!

Want a fast paced fitness based approach to yoga? Want an intense workout that will make you sweat? Give your entire body a workout. You will hardly stop between the poses as you move through them in one smooth flow. This a forceful and powerful aerobic class for individuals who want a strenuous workout that builds and balances various muscle groups.

Instructor: Heather Honey

Wed, Sep 12-Oct 24	6:30-7:45 pm	\$56/7	2315
Wed, Oct 31-Dec 12	6:30-7:45 pm	\$56/7	2316
Wed, Jan 9-Feb 20	6:30-7:45 pm	\$56/7	2317
Wed, Feb 27-Mar 27	6:30-7:45 pm	\$40/5	2318

Oliver Woods Community Centre

Yogalates

In this class, we combine pilates and yoga for a total body workout focused on toning the glutes, thighs and stomach. Develop your core strength and stabilization, and improve your flexibility, muscular strength, posture and alignment.

This workout even has breathing and relaxation exercises.

Instructor: Gypsy Hart

Thu, Sep 13-Oct 25	5:15-6:15 pm	\$56/7	0059
Thu, Nov 1-Dec 13	5:15-6:15 pm	\$56/7	2170
Thu, Jan 10-Feb 21	5:15-6:15 pm	\$56/7	2171
Thu, Feb 28-Mar 28	5:15-6:15 pm	\$40/5	2172

Oliver Woods Community Centre

Men's Yoga D

Okay, guys, here is a yoga program just for you. Yoga improves your flexibility, core strength and balance. It will also help you improve your athletic performance, relieve pain and soreness from physical labour and reduce stress. No experience is required.

Instructor: Gypsy Hart

Tue, Sep 11-Oct 23	5:30-6:30 pm	\$56/7	2210
Tue, Oct 30-Dec 11	5:30-6:30 pm	\$56/7	2211
Tue, Jan 8-Feb 19	5:30-6:30 pm	\$56/7	2212
Tue, Feb 26-Mar 26	5:30-6:30 pm	\$40/5	2213

Oliver Woods Community Centre



Drop-in Options

Look for this symbols D in our Fitness & Yoga Section for drop-in program options. See page 52 for all the details.

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A Not For Profit Society

Language

Spanish - Beginner

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

Instructor: Martha Fortin

Tue, Sep 25-Nov 13	5:30-7:30 pm	\$112/8	0121
Wed, Sep 26-Nov 14	6:30-8:30 pm	\$112/8	0122
Thu, Sep 27-Nov 15	5-7 pm	\$112/8	0124
Tue, Jan 29-Mar 19	5:30-7:30 pm	\$112/8	0131
Wed, Jan 30-Mar 20	6:30-8:30 pm	\$112/8	0132
Thu, Jan 31-Mar 21	5-7 pm	\$112/8	0148

Bowen Park Complex

Spanish For Travelers - Beginners 2

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

Instructor: Martha Fortin

Tue, Sep 25-Nov 13	7:30-9 pm	\$84/8	0126
Tue, Jan 29-Mar 19	7:30-9 pm	\$84/8	0129

Bowen Park Complex

Spanish For Travelers - Intermediate

This conversational course concentrates on Spanish culture, tenses, idiomatic expressions and practical situations. It is excellent preparation for traveling and everyday communication.

Instructor: Martha Fortin

Wed, Sep 26-Nov 14	5-6:30 pm	\$84/8	0150
Wed, Jan 30-Mar 20	5-6:30 pm	\$84/8	0151

Bowen Park Complex

Spanish Conversation

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

Instructor: Martha Fortin

Thu, Sep 27-Nov 15	7-8:30 pm	\$84/8	0152
Thu, Jan 31-Mar 21	7-8:30 pm	\$84/8	0153

Bowen Park Complex

Spanish Intermediate Conversation

This course is designed to improve oral fluency through guided conversations and presentations in Spanish, expand vocabulary, familiarize with a variety of scenarios in the Hispanic World, as well as to provide a solid foundation for advanced courses in Spanish.

Instructor: Martha Fortin

Wed, Sep 19-Nov 7	10:30 am-12:30 pm	\$112/8	0166
Wed, Jan 30-Mar 20	10:30 am-12:30 pm	\$112/8	0167

Beban Social Centre

Spanish on Saturday

An intense conversational course. Our instructor is a native Spanish speaker who will help you develop fluency as quickly as possible by using conversational exercises, games and films. Our small group size will give you a rewarding experience.

Instructor: Martha Fortin

LEVEL 1

Sat, Sep 29-Nov 17	10:30 am-12:30 pm	\$112/8	0157
Sat, Feb 2-Mar 23	10:30 am-12:30 pm	\$112/8	0158

LEVEL 2

Sat, Sep 29-Nov 17	1-3 pm	\$112/8	0159
Sat, Feb 2-Mar 23	1-3 pm	\$112/8	0161

Bowen Park Complex



Spanish in the Morning

Learn vocabulary and practical dialogue for everyday life and travel in Spanish speaking countries. You will have a chance to experience and practice the language in a friendly atmosphere.

Instructor: Martha Fortin

LEVEL 1

Tue, Sep 18-Nov 6	10:30 am-12:30 pm	\$112/8	0164
Tue, Jan 29-Mar 19	10:30 am-12:30 pm	\$112/8	0165

LEVEL 2

Tue, Sep 18-Nov 6	12:30-2 pm	\$84/8	1928
Tue, Jan 29-Mar 19	12:30-2 pm	\$84/8	1929

Beban Social Centre

Travel Chinese NEW!

Prepare yourself for travel to China. This course will cover the most important aspects of pronunciation and basic vocabulary for daily life. Practice some simple conversation in Chinese so that you can introduce yourself, communicate your needs, ask for directions and order a meal. This will give you enough vocabulary to travel alone in China by the time you leave.

Instructor: Swan Macilquham

Tue, Sep 25-Dec 4	6:30-7:30 pm	\$80/10	1828
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Beban Social Centre

Spanish in the Morning - Conversation

This course is designed to improve oral fluency through guided conversations and presentations in Spanish, expand vocabulary, familiarize with a variety of scenarios in the Hispanic World, as well as to provide a solid foundation for advanced courses in Spanish.

Instructor: Martha Fortin

Thu, Sep 27-Nov 15	10:30-12:30 pm	\$112/8	0162
Thu, Jan 31-Mar 21	10:30-12:30 pm	\$112/8	0163

Bowen Park Complex

SET UP YOUR NEW REGISTRATION ACCOUNT TODAY

Be ready in advance of our Wednesday, August 22 registration by creating your

NEW online account today.
recreation.nanaimo.ca



Out of this WORLD



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Language

GIFT CARDS

Give the Gift of
RECREATION!!

Gift cards are available in any denomination. Use them for program registrations, Active Passes, swim and skate admissions, economy cards and even facility rentals.



CITY OF NANAIMO
THE HARBOUR CITY

250.756.5200

recreation.nanaimo.ca
parksandrecreation@nanaimo.ca



cityofnanaimo



nanaimoparksandrec (#ilovemyparksandrec)

Music

Please "Bear" with Us...



This Fall & Winter registration is taking place using brand new software. We may take a little longer to process your requests.

REGISTER TODAY!

See page 104 for all of our registration options!

Set up your new online registration account at recreation.nanaimo.ca

Guitar - Private Lessons 10 Years to Adult

Learn guitar in a fun and comfortable setting. Players can work on scales, tablature, notes and chords. Easier fundamental material is provided for beginners while more advanced players will learn finger picking and singing while playing well known songs from the 60s to the 90s. These lessons are suitable for the beginner to intermediate player. Please bring your own guitar. These are four, half-hour, private lessons.

Instructor: Colin Foster

Mon, Sep 10-Oct 1	4-4:30 pm	\$75/4	0051	Mon, Jan 14-Feb 4	4-4:30 pm	\$75/4	1659
Mon, Sep 10-Oct 1	4:30-5 pm	\$75/4	0053	Mon, Jan 14-Feb 4	4:30-5pm	\$75/4	1660
Mon, Sep 10-Oct 1	5-5:30 pm	\$75/4	0054	Mon, Jan 14-Feb 4	5-5:30 pm	\$75/4	1668
Mon, Sep 10-Oct 1	5:30-6 pm	\$75/4	0056	Mon, Jan 14-Feb 4	5:30-6 pm	\$75/4	1669
Mon, Sep 10-Oct 1	6-6:30 pm	\$75/4	0058	Mon, Jan 14-Feb 4	6-6:30 pm	\$75/4	1670

Wed, Sep 12-Oct 3	4-4:30 pm	\$75/4	1634	Wed, Jan 16-Feb 6	4-4:30 pm	\$75/4	1671
Wed, Sep 12-Oct 3	4:30-5 pm	\$75/4	1635	Wed, Jan 16-Feb 6	4:30-5 pm	\$75/4	1687
Wed, Sep 12-Oct 3	5-5:30 pm	\$75/4	1636	Wed, Jan 16-Feb 6	5-5:30 pm	\$75/4	1689
Wed, Sep 12-Oct 3	5:30-6 pm	\$75/4	1637	Wed, Jan 16-Feb 6	5:30-6 pm	\$75/4	1722
Wed, Sep 12-Oct 3	6-6:30 pm	\$75/4	1638	Wed, Jan 16-Feb 6	6-6:30pm	\$75/4	1723

Wed, Oct 10-31	4-4:30 pm	\$75/4	1644	Mon, Feb 11-Mar 11	4-4:30 pm	\$75/4	1724
Wed, Oct 10-31	4:30-5 pm	\$75/4	1645	Mon, Feb 11-Mar 11	4:30-5 pm	\$75/4	1725
Wed, Oct 10-31	5-5:30 pm	\$75/4	1646	Mon, Feb 11-Mar 11	5-5:30 pm	\$75/4	1726
Wed, Oct 10-31	5:30-6 pm	\$75/4	1647	Mon, Feb 11-Mar 11	5:30-6 pm	\$75/4	1727
Wed, Oct 10-31	6-6:30 pm	\$75/4	1648	Mon, Feb 11-Mar 11	6-6:30 pm	\$75/4	1728

Mon, Oct 15-Nov 5	4-4:30 pm	\$75/4	1639	Wed, Feb 13-Mar 6	4-4:30 pm	\$75/4	1729
Mon, Oct 15-Nov 5	4:30-5 pm	\$75/4	1640	Wed, Feb 13-Mar 6	4:30-5 pm	\$75/4	1730
Mon, Oct 15-Nov 5	5-5:30 pm	\$75/4	1641	Wed, Feb 13-Mar 6	5-5:30 pm	\$75/4	1731
Mon, Oct 15-Nov 5	5:30-6 pm	\$75/4	1642	Wed, Feb 13-Mar 6	5:30-6 pm	\$75/4	1732
Mon, Oct 15-Nov 5	6-6:30 pm	\$75/4	1643	Wed, Feb 13-Mar 6	6-6:30pm	\$75/4	1733

Wed, Nov 7-28	4-4:30 pm	\$75/4	1654
Wed, Nov 7-28	4:30-5 pm	\$75/4	1655
Wed, Nov 7-28	5-5:30 pm	\$75/4	1656
Wed, Nov 7-28	5:30-6 pm	\$75/4	1657
Wed, Nov 7-28	6-6:30 pm	\$75/4	1658

Mon, Nov 19-Dec 10	4-4:30 pm	\$75/4	1649
Mon, Nov 19-Dec 10	4:30-5 pm	\$75/4	1650
Mon, Nov 19-Dec 10	5-5:30 pm	\$75/4	1651
Mon, Nov 19-Dec 10	5:30-6 pm	\$75/4	1652
Mon, Nov 19-Dec 10	6-6:30 pm	\$75/4	1653

Bowen Park Complex



Facebook & Twitter: cityofnanaimo
Instagram: NanaimoParksandRec

String into Guitar

10 Years +

Ideal for youth and adults with less than two years of experience. This small group format makes learning music fun! You will discover three-string chords, play notes from popular seasonal melodies and much more. Please bring your own guitar and tuner.

Instructor: Dave Hart

Wed, Oct 24-Dec 12 6:30-7:30 pm \$140/8 0111
Oliver Woods Community Centre

Piano - Private Beginner Lessons

5 Years to Adult

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

Tue, Sep 4-25	3:30-4 pm	\$78/4	0057
Tue, Sep 4-25	4-4:30 pm	\$78/4	0060
Tue, Sep 4-25	4:30-5 pm	\$78/4	0061
Tue, Sep 4-25	5-5:30 pm	\$78/4	0062
Tue, Sep 4-25	5:30-6 pm	\$78/4	0063
Tue, Sep 4-25	6-6:30 pm	\$78/4	0064
Tue, Oct 2-23	3:30-4 pm	\$78/4	0065
Tue, Oct 2-23	4-4:30 pm	\$78/4	0067
Tue, Oct 2-23	4:30-5 pm	\$78/4	0068
Tue, Oct 2-23	5-5:30 pm	\$78/4	0069
Tue, Oct 2-23	5:30-6 pm	\$78/4	0070
Tue, Oct 2-23	6-6:30 pm	\$78/4	0071
Tue, Oct 30-Nov 20	3:30-4 pm	\$78/4	0073
Tue, Oct 30-Nov 20	4-4:30 pm	\$78/4	0074
Tue, Oct 30-Nov 20	4:30-5 pm	\$78/4	0075
Tue, Oct 30-Nov 20	5-5:30 pm	\$78/4	0077
Tue, Oct 30-Nov 20	5:30-6 pm	\$78/4	0078
Tue, Oct 30-Nov 20	6-6:30 pm	\$78/4	0079
Tue, Nov 27-Dec 18	3:30-4 pm	\$78/4	0080
Tue, Nov 27-Dec 18	4-4:30 pm	\$78/4	0081
Tue, Nov 27-Dec 18	4:30-5 pm	\$78/4	0083
Tue, Nov 27-Dec 18	5-5:30 pm	\$78/4	0084
Tue, Nov 27-Dec 18	5:30-6 pm	\$78/4	0085
Tue, Nov 27-Dec 18	6-6:30 pm	\$78/4	0086
Tue, Jan 8-29	3:30-4 pm	\$78/4	0088
Tue, Jan 8-29	4-4:30 pm	\$78/4	0089
Tue, Jan 8-29	4:30-5 pm	\$78/4	0090
Tue, Jan 8-29	5-5:30 pm	\$78/4	0091
Tue, Jan 8-29	5:30-6 pm	\$78/4	0092
Tue, Jan 8-29	6-6:30 pm	\$78/4	0093
Tue, Feb 5-26	3:30-4 pm	\$78/4	0094
Tue, Feb 5-26	4-4:30 pm	\$78/4	0096
Tue, Feb 5-26	4:30-5 pm	\$78/4	0097
Tue, Feb 5-26	5-5:30 pm	\$78/4	0098
Tue, Feb 5-26	5:30-6 pm	\$78/4	0099
Tue, Feb 5-26	6-6:30 pm	\$78/4	0100
Tue, Mar 5-12	3:30-4 pm	\$39/2	0101
Tue, Mar 5-12	4-4:30 pm	\$39/2	0102
Tue, Mar 5-12	4:30-5 pm	\$39/2	0103
Tue, Mar 5-12	5-5:30 pm	\$39/2	0104
Tue, Mar 5-12	5:30-6 pm	\$39/2	0105
Tue, Mar 5-12	6-6:30 pm	\$39/2	0106

Bowen Park Complex

Harmonica - Introduction

Learn to give this little instrument a voice! Open the door to playing blues folk, rock and pop.

Instructor: Mick Sherlock

Mon, Oct 15-Dec 10 7-8 pm \$67/8 2497
Bowen Park Complex

The Mighty Uke

15 + Years

Everybody's playing the ukulele! Join us for a fun and interactive class on this special little stringed instrument. No experience necessary. Ukuleles are not provided but may be available to rent for students who do not have one by contacting local music stores.

Instructor: Joshua Amendt-Moylan

Tue, Sep 11-Nov 13 7-8 pm \$100/10 0494
Tue, Jan 8-Mar 12 7-8 pm \$100/10 1413
Nanaimo Conservatory of Music (375 Selby St)



Brain & memory functions are improved when you learn to play an instrument.

City of Nanaimo

LEAP

Leisure Economic Access Policy (LEAP)

The LEAP program provides access to the City of Nanaimo recreation facilities for families in FINANCIAL NEED that are living in the City of Nanaimo, City of Lantzville and the surrounding area, including Electoral Areas A (Cranberry, Cedar, South Wellington), B (Gabriola Island) and C (Extension, East Wellington).

Eligible LEAP cardholders are entitled to a 50 percent course fee discount (to a maximum of \$40) for four courses per year. (Some programs may not qualify for the discount). In addition, participants will be issued a Swim/Skate/Gym Pass for 50 FREE admissions throughout the year.

Find out if you qualify.

Look for our LEAP form on our website.



Special Interest

Special Interest

Save Your Own Seeds NEW!

Want to save a bit of money, develop locally adapted plants and care for your plants to the end of their natural life cycle? Saving your own seeds is the way to go! Join us to learn how and why to save all types of garden seeds.

Sat, Sep 22 10 am-12 pm \$10/1 2537
Beban Learning Garden (2300 Bowen Rd)

Backyard Irrigation NEW!

Many of us are switching to specialized irrigation systems to save money and time. Our experts will be able to walk you through planning, installing and programming your system.

Sat, Nov 3 10 am-12 pm \$10/1 2678
Beban Learning Garden (2300 Bowen Rd)

Basic Fruit Tree Pruning

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

Sat, Feb 2 10 am-12 pm \$10/1 2679
Pine Street Community Gardens (271 Pine St)

Advanced Fruit Tree Pruning

For those who have some experience, our expert pruner will show you how to tackle more difficult situations with hands-on learning. Also learn about pest control and dormant oil spraying. Please bring a lunch and your pruners.

Sat, Feb 16 10 am-2 pm \$15/1 2680
Pine Street Community Gardens (271 Pine St)

Winter Evergreen Container Gardens

Create your own outdoor living winter planters - filled with twigs, berries, moss and beautiful evergreen shrubs. Your planters can be enjoyed for many winters to come! Bring your own (empty) decorative pots from home, or choose from a fun selection of upcycled planters. Great gift idea!

Instructor: Priscilla Brewer
Sat, Dec 8 10 am-2 pm \$45/1 2540
Fern & Feather Studio & Garden (3920 Yellowpoint Rd)

Wild & Natural Landscaping NEW!

Discover a new approach to landscaping! Wild and natural landscapes are relaxed and carefree, easy to maintain, and drought tolerant. Priscilla will show you how to garden with native plants and incorporate natural design features to create a wild and beautiful, yet functional, outdoor living space. Everyone will go home with a small selection of native plants.

Instructor: Priscilla Brewer
Sat, Oct 13 10 am-12 pm \$39/1 2538
Fern & Feather Studio & Garden (3920 Yellowpoint Rd)

Wild & Natural Winter Woodland Wreaths

Let nature provide the inspiration for some environmentally-friendly holiday decorating. We will tour a beautiful winter woodland garden then warm up with a hot drink in the studio where we will arrange foliage, twigs and berries into unique and gorgeous (100% compostable), woodland wreaths.

Instructor: Priscilla Brewer
Sat, Dec 1 10 am-12 pm \$39/1 2539
Fern & Feather Studio & Garden (3920 Yellowpoint Rd)



Facebook & Twitter: cityofnanaimo
Instagram: NanaimoParksandRec

Self-Publishing the Right Way

This fast-paced informative workshop will answer your questions about self-publishing and allow you to decide if it is the right choice for you. If you want to publish independently, this workshop will make the process easy to understand through a step-by-step guide to publishing your own book. Suzanne Anderson is the author of the nationally acclaimed book *Self Publishing in Canada: A Complete Guide to Designing, Printing and Selling Your Book*.

Instructor: Suzanne Anderson

Sun, Sep 23 9 am-4 pm \$80/1 1734
Beban Social Centre

Fill in the Blank Improv - Level 1

Introduce yourself to the basic concepts of improvisational comedy in a safe and supportive environment. Learn how to tell a shared story, hone your listening skills and create scenes on the spot. Perfect for those with no prior improv or acting experience.

Tue, Sep 18-Oct 9 7-9 pm \$80/4 1939
Harbour City Theatre (25 Victoria Ave)

Natural Treatments for Colds & Flu

Explore various ways herbs can be used to prevent and treat colds safely and effectively. Discover simple remedies you can make yourself and strategies for dealing with fevers. Learn how to strengthen your immune system and minimize sick days. This workshop includes hands-on medicine making activities. All materials are provided.

Instructor: Elizabeth Herman

Sun, Sep 23 1-4 pm \$30/1 1812
Bowen Park Complex

Herbal Cosmetics for Natural Beauty

Explore the various ways in which herbs and a few simple ingredients can be used to make natural, chemical-free cosmetics. In this hands-on class, we will make lip balm, moisturizing skin cream and a honey facial scrub. Discover how herbs can be taken internally to bring radiance to your skin, nails and hair. Go home with unique gift ideas for Christmas. All materials are provided.

Instructor: Elizabeth Herman

Sun, Dec 2 1-4 pm \$30/1 1813
Bowen Park Complex

Intro to Dog Parkour & Urban Agility

Dog Parkour is a great sport to boost confidence, build strength and strengthen your relationship with your dog. Using trees, benches, walls, logs, stairs and more, challenge your dog with jumping, climbing and balancing during this fun interactive class. This class is kid friendly with parental supervision. Dogs must wear a properly fit harness and be comfortable around other dogs and people. Bring your dog's favourite treats with you for encouragement.

Tue, Sep 11-Oct 2 5:30-6:30 pm \$100/4 2577
Bowen Park Upper Picnic Shelter

TEENS WELCOME!

If you see a program that you would like to participate in found in other areas of this Activity Guide, give us a call and find out how we can include you.

Photography

Please note: These classes require equipment. For detailed information, go to our website recreation.nanaimo.ca.

Complete Guide Digital Photography

Learn how to use all the functions, settings and tools on a DSLR or point and shoot camera. A detailed powerpoint program will assist you in learning both the creative and technical aspects of photography.

Instructor: Randy O'Donnell, MPA F/PPABC

Wed, Sep 19-Oct 10 6:30-8:30 pm \$60/4 2234
Wed, Jan 16-Feb 6 6:30-8:30 pm \$60/4 2235
Oliver Woods Community Centre

Getting the Most From Your Digital SLR

With increasingly sophisticated and complex features, DSLR cameras can be intimidating. Learn how to use your DSLR in every type of situation and how to overcome common problems. We'll also explore some creative techniques used by top photographers and demonstrate some useful and free software.

Instructor: Randy O'Donnell, MPA F/PPABC

Wed, Oct 17-Nov 7 6:30-8:30 pm \$60/4 1879
Beban Social Centre

Photo Editing for Better Pictures

Learn how to effectively use the tools in most photo editing programs, including cropping, levels, cloning, healing and re-sizing. No equipment is needed, but you are welcome to bring your laptop with any editing software you have. We will discuss the use of free software, as well as Lightroom and PS Elements.

Instructor: Randy O'Donnell, MPA F/PPABC

Wed, Nov 21-Dec 5 6:30-8:30 pm \$45/3 1880
Beban Social Centre

High Dynamic Range (HDR) Photography

High Dynamic Range allows photographers to overcome the exposure limitations inherent in dramatic lighting situations. Learn how to use your DSLR camera to "automatically" shoot the multiple exposures required for HDR. Using a free trial version of PhotoMatix, you will learn how to use the settings to create stunning results.

Instructor: Randy O'Donnell, MPA F/PPABC

Wed, Feb 13-27 6:30-8:30 pm \$45/3 1882
Beban Social Centre



Sports & Outdoor



Basic Outdoor Skills and First Aid Overview

Introduction to skills for the outdoor enthusiast, including basic orientation and navigation using compass and maps and "non-certified" first aid training.

Instructor: Michael Addiscott of Outside Adventures

Tue, Oct 16	6:30-9:30 pm	\$45/1	2614
Thu, Oct 25	6:30-9:30 pm	\$45/1	2619

Beban Social Centre

Wilderness Skills

Learn how to plan your adventures and get home safe, even when the unexpected happens! This indoor/outdoor workshop is based on using the contents of a typical daypack to avoid and deal with common trail emergencies - includes route planning, wildlife conflict, basic navigation, dressing for the weather, fire starting and finding shelter. Note: workshop takes place inside (10-noon) and outside (noon-4:00) in the woods. Some trail walking on easy terrain required (approx 1-2 km)

Instructor: Michael Addiscott of Outsider Adventures

Sat, Oct 20	10 am-4 pm	\$85/1	2612
Sat, Nov 3	10 am-4 pm	\$85/1	2620

Bowen Park Complex
Nanaimo Aquatic Centre (Jack Little Room A)

Fishing Rod Building Workshop 10+ Years

Have you ever wondered how they make fishing rods? Are you an avid fisher person who wants to build your very own spin cast fishing rod? Join us as we take you on a fun adventure of building your very own fishing rod from a rod blank all the way to a completed fishing rod built by yourself. In this two-day workshop, you will learn how to set the guides on, measure where the guides go in accordance to the length of the rod, proper wrapping techniques to ensure it will last your lifetime and many more. Young avid fishermen also welcome with parental assistance (10 to 12 years requires parent assistance). Saturday class is 10 am-3 pm.

Fri, Sat, Sep 21-22	6:30-9:30 pm	\$99/2	2682
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Beban Social Centre

Take a Hike - Mt. Benson

Climbing Mt. Benson is a challenging yet a rewarding hike. Join us for fitness or just to enjoy the scenery and great company. (You must wear comfortable hiking boots and be in reasonably good health. We go rain or shine.)

Sat, Sep 22	9 am-4 pm	\$24/1	0274
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Meet at Witchcraft Lake Parking Lot

Take a Hike - Ammonite Falls

Nanaimo offers spectacular hiking and wonderful scenery. Join us for friendship and a great workout. These moderate level hikes include a little climbing over ungroomed trails. Must have comfortable hiking boots and be in reasonably good health. We go rain or shine. Sorry, no dogs. Participants provide their own transportation.

Sat, Oct 27	9 am-1 pm	\$16/1	2123
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Meet in Oliver Woods Community Centre Lobby

Trailblazers

Come enjoy fresh air while exploring some of the hiking trails around the Nanaimo area. Complete a five- to seven- kilometre hike with balance work and a good stretch. Locations vary.

Instructor: Pascale Jallabert

Tue, Sep 11-Oct 23	9-10:30 am	\$42/7	0235
Tue, Sep 13-Oct 25	9-10:30 am	\$42/7	0252
Tue, Jan 29-Mar 19	9-10:30 am	\$42/7	0259
Fri, Feb 1-Mar 22	9-10:30 am	\$42/7	0263

First class meets in Nanaimo Ice Centre Lobby

Sat, Sep 29-Oct 20	9-10:30 am	\$25/4	4148
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First class meets in Nanaimo Ice Centre Lobby

Tue, Oct 30-Dec 11	9-10:30 am	\$42/7	0255
Thu, Nov 1-Dec 13	9-10:30 am	\$42/7	0257

First class meets in Bowen Park Complex Lobby

Simply Kayaking

If you've never been in a kayak before, this tour is perfect for you. Our popular introductory tour includes a one-hour shore lesson followed by a two-hour paddle on calm waters. Price includes kayak and all safety equipment.

Instructor: Coastal Expression Staff

Sun, Sep 9	1-4 pm	\$40/1	2239
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Coastal Expression Adventure Centre (1840 Stewart Ave)

Discover Scuba Diving

Experience what it's like to breathe under water while meeting new friends. This is an introduction to the sport of scuba diving and can count towards the full open water scuba diving certification.

Instructor: Nanaimo Dive Outfitters Staff

Mon, Nov 19	7:30-9:30 pm	\$35/1	2486
Mon, Mar 18	7:30-9:30 pm	\$35/1	2489

Nanaimo Aquatic Centre

Indoor Tennis Lessons - Adult

Learn and practice serving, ground strokes and net play, as well as learning the rules of tennis. Taught as a multi-level class. Please bring your own tennis racquet.

Instructor: North Island Tennis Academy Staff

BEGINNER

Thu, Sep 13-Oct 11	8-9:30 pm	\$98/5	0178
Thu, Oct 18-Nov 15	8-9:30 pm	\$98/5	0187
Thu, Nov 22-Dec 20	8-9:30 pm	\$98/5	0217
Thu, Jan 10-Feb 7	8-9:30 pm	\$98/5	0219
Thu, Feb 14-Mar 14	8-9:30 pm	\$98/5	0220

INTERMEDIATE

Mon, Sep 10-Oct 29	8-9:30 pm	\$138/7	0171
Mon, Nov 5-Dec 17	8-9:30 pm	\$138/7	0185
Mon, Nov 19-Dec 17	8-9:30 pm	\$98/5	0189
Mon, Jan 7-Feb 4	8-9:30 pm	\$98/5	0211
Mon, Feb 11, Mar 11	8-9:30 pm	\$98/5	0215

Westwood Tennis Club (2367 Arbot Rd)

Pickleball - Beginner Clinic

Learn this great court game that uses paddles and a whiffle ball on badminton courts. Pickleball is a game that anyone can play. Come out to this clinic and learn the basic skills and rules of the game.

Sat, Oct 6	11:05 am-12:55 pm	\$15/1	2895
Sat, Jan 5	11:05 am-12:55 pm	\$15/1	2896

Oliver Woods Community Centre

Adult Intro to Badminton

Come join in on our professional badminton instruction. Learn grip, serve, serve return, shot overhead, drop and smash. This course emphasizes skill development and game play.

Instructor: Helen Binns

Fri, Oct 12-26	6:15-8:15 pm	\$45/3	2893
Fri, Feb 1-15	6:15-8:15 pm	\$45/3	2894

Oliver Woods Community Centre

Fencing - Teen & Adult 13 Years +

This program is for both beginner and experienced fencers. Beginner fencers receive weekly instruction of the basic skills of foil fencing and will have time to practice their new skills with other participants, as well as being introduced to sabre and epee. Experienced fencers receive instructions tailored to their needs in any of the three weapons (foil, sabre, epee). There will be plenty of opportunity to fence other fencers either using practice or electric equipment. All equipment is provided.

Instructor: Georgia Newsome

Wed, Sep 12-Oct 17	7-8:30 pm	\$78/6	0082
Wed, Oct 24-Nov 28	7-8:30 pm	\$78/6	2248
Wed, Jan 9-Feb 13	7-8:30 pm	\$78/6	2251
Wed, Feb 20-Mar 27	7-8:30 pm	\$78/6	2252

Oliver Woods Community Centre

Intro to Curling

We will cover the basics of rock delivery, sweeping and rules of play. Please carry in a clean pair of runners, wear stretchy pants and dress warm.

Sat, Oct 6	1-3 pm	\$10/1	1757
Wed, Oct 10	7:30-9:30 pm	\$10/1	1758

Nanaimo Curling Centre (106 Wall St)

Fun Curl

Learn the basic skills in rock delivery, sweeping and rules to enable you to play in a league or game and feel confident in your skills. Brooms and sliders are provided. All you need are clean running shoes, stretchy pants and a positive attitude. Singles or groups are welcome.

Mon, Oct 15-Nov 5	7:30-9:30 pm	\$80/4	1759
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Nanaimo Curling Centre (106 Wall St)

Snow Shoe at Mt. Washington

If you can walk, you can snowshoe! Head up to Mount Washington for fun in the snow with a moderate workout in the great outdoors! Includes transportation to the mountain, snowshoe rental, park pass and guided trek. Please bring lunch and snacks or money for lunch and appropriate outdoor foot wear.

Instructor: Tracks Outdoor Adventure Staff

Sat, Jan 19	8:30 am-5 pm	\$105/1	2491
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Meet in Beban Park Breezeway

Fall Back to Basics - Golf

Have you lost your swing? Working on the basics is your best chance of reclaiming what you had. Work on grip, stance, posture, alignment and ball position to get your swing back.

Tue, Sep 11	10-11:30 am	\$35/1	2472
Tue, Oct 9	10-11:30 am	\$35/1	2473

Eaglequest Golf Course (1601 Thatcher Road)



Golf is a "low-impact" sport. As a result, joints are not subject to the stresses and strains of more energetic activities like tennis and running which can lead to long-term joint damage.



cityofnanaimo



nanaimoparksandrec (#ilovemyparksandrec)

South Island Circle Tour

Enjoy a scenic day tour of the Pacific Marine route departing from Nanaimo to Victoria, around up to Sooke, Sooke to Port Renfrew and Port Renfrew to Lake Cowichan. This is one of the only circle driving tours on the Island. There will be many stops for breaks and photo opportunities. Please bring food or money for meals. Four-day withdrawal policy for a refund.

Instructor: Tracks Outdoor Adventure Staff

Sun, Oct 14	8 am-6 pm	\$85/1	2533
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Meet in Beban Park Breezeway

Cowichan Valley Wine Tours

Ahh for the love of wine. The Wine Islands is one of the fastest growing wine regions in Canada. You will visit four select vineyards for tasting and tour, tasting local products and meeting local wine masters. Tour includes all tasting fees, picnic, transportation and guide.

Instructor: Tracks Outdoor Adventure Staff

Sat, Oct 13	10 am-4 pm	\$105/1	2534
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Meet in Beban Park Breezeway

Intro to River Stand Up Paddleboarding

Learn how to navigate through small rapids and be introduced to surf standing waves. This course will focus on the fundamentals of river stand up paddling and water safety. All equipment provided (boots, wet suits, helmets and paddling jacket). Come prepared to get wet. Remember to bring lunch, water and snacks.

Instructor: JD Girard

Sat, Oct 6	10 am-4 pm	\$99/1	2484
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Nanaimo River Rest Area (195 Island Hwy)

Intro to River Kayaking

Come discover the joy of paddling the Nanaimo Rivers (Class I-II). You will learn the fundamentals of river kayaking, along with a strong grounding in water safety and safe kayaking practices. All equipment provided. Come prepared to get wet. Remember to bring lunch, water and snacks. Kayak experience recommended but not necessary.

Instructor: JD Girard

Sat, Nov 10	10 am-4 pm	\$99/1	2485
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Nanaimo River Rest Area (195 Island Hwy)

Salt Spring Ganges Market

Visit the Ganges Market and enjoy time for touring the island. If you do not have a Gold Card, there is an extra ferry fee. This trip includes a fair amount of walking. Please bring food or money for meals. Four-day withdrawal policy for a refund.

Instructor: Janie's Got a Bus Tour

Sat, Sep 8	8 am-5:30 pm	\$75/1	2121
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Meet in Bowen Park Complex Lobby

Bamfield & Frances Barkley

Sail down the Alberni Channel to Bamfield making stops at different camps and cottages delivering supplies along the way. Spend an hour in Bamfield before heading back. Bring a lunch or purchase lunch on the boat, as meals are not included. Four-day withdrawal policy for a refund.

Instructor: Janie's Got a Bus Tour

Sat, Oct 6	6 am-7 pm	\$90/1	2122
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Sat, Feb 23	6 am-7 pm	\$90/1	2130
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Meet in Bowen Park Complex Lobby

Capilano Suspension Bridge - Christmas Lights

The Canyon sparkles with lights throughout the holidays. There is music, a gift shop, a coffee/hot chocolate shop and more. Please wear a warm jacket, as the evening air at the bridge is chilly. Four-day withdrawal policy for a refund.

Instructor: Janie's Got a Bus Tour

Tue, Nov 27	11:30 am-9:30 pm	\$135/1	2127
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Meet in Bowen Park Complex Lobby

Butchart Gardens - Christmas Lights

Enjoy the magnificent gardens decorated with Christmas lights. This is sure to enhance your Christmas mood! Bring your skates if you would like to skate on the outdoor rink. Four-day withdrawal policy for a refund.

Instructor: Janie's Got a Bus Tour

Sat, Dec 8	2-9 pm	\$65/1	2128
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Meet in Bowen Park Complex Lobby

Tofino Storm Watch

Spend some time in Tofino where you can shop and have lunch and then head to the beaches to see the waves. Next is Ucluelet and the Amphitrite Point Lighthouse and the beautiful rugged coastal view of the Wild Pacific Trail. Please bring a lunch. Dinner will be a stop in Port Alberni on the way home (meals not included). Four-day withdrawal policy for a refund.

Instructor: Janie's Got a Bus Tour

Sat, Jan 12	8 am-8 pm	\$65/1	2129
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Meet in Bowen Park Complex Lobby

Granville Island

Visit the Public Market and dine at one of the 47 small eateries in the food court. Visit the Granville Island Brewery for a taste of their beer and then take the little pickle boat ride around False Creek. There is so much to do there! We depart Granville Island at 3:30 pm to catch the 5 pm ferry (extra \$30 if not a BC Senior for ferry). Please note that meals are not included. Four-day withdrawal policy for a refund.

Instructor: Janie's Got a Bus Tour

Tue, Mar 19	7:30 am-8 pm	\$85/1	2136
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Meet in Bowen Park Complex Lobby



GRANT OPPORTUNITIES

with Parks & Recreation

- **Travel Assistance Grant:**
assists amateur groups and individuals to travel to regional, national or international championships.
- **Community Program Development Grant:**
assists community groups to seed new programs or expand programs that provide increased opportunities for residents to participate and connect in the community.



250.756.5200
www.nanaimo.ca
parksandrecreation@nanaimo.ca

GIFT CARDS

Give the Gift of RECREATION!!

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



250.756.5200
recreation.nanaimo.ca
parksandrecreation@nanaimo.ca

RIVERS DAY

Celebrate World Rivers Day on Sunday, September 23

This event is in partnership with NALT and Nanaimo River Watershed Round Table to help honour our city's river heritage. Take in some of the tours listed below and then join us for the community event & BBQ in Bowen Park from 11 am-2:30 pm!

(Nanaimo River Watershed /Water Treatment Plant Tour on Saturday, September 22)

Nanaimo River Watershed & Water Treatment Plant Tour

Come see the amazing journey our drinking water takes from the mountains to our homes! Enjoy an exclusive guided tour of the Nanaimo River Drinking Watershed, followed by a tour of Nanaimo's innovative new Water Treatment Plant. Experts will be on hand to discuss forestry, water quality, future plans and answer questions. Don't forget your camera!

Sat, Sep 22 9:30 am-4 pm \$18/1 2701
Meet at Bowen Park (Wall St Parking Lot)

Taste of River Kayaking

Experience river kayaking in this short guided trip. You will enjoy the beautiful outdoors as you go through some small rapids while on the Nanaimo River. Previous kayak experience is recommended but not necessary. All equipment provided.

Sat, Sep 22 9:30 am-12:30 pm \$59/1 4938
Nanaimo River Rest Area (195 Island Hwy)

Taste of River Stand Up Paddleboarding

Come try this sport in this short guided trip. Stand tall in small rapids while enjoying the beauty of the Nanaimo River. Previous paddle board experience is recommended but not necessary. All equipment is provided.

Sat, Sep 22 1-4 pm \$59/1 4937
Nanaimo River Rest Area (195 Island Hwy)

Morden Colliery Park Historical

Tour the Island's last remaining coal mining headframe. One of only two such structures remaining in North America. The Friends of Morden Mine will tell the story of this fascinating part of our local coal mining heritage.

Sun, Sep 23 9:30-11 am \$10/1 4921
Meet at Morden Colliery Park

Nanaimo River Estuary Walk

Explore the unique flora and fauna of Vancouver Island's largest estuary with members of the Nature Trust of BC. Learn about the natural beauty and values of this vital ecosystem. Don't forget your camera!

Sun, Sep 24 9:30-11 am \$10/1 4946
Meet at end of Raines Road in Cedar by 9:20 am

Nanaimo Estuary Float by Raft

Explore the unique flora and fauna of Vancouver Island's largest estuary by river raft with members of the VIU Recreation Department. A fun way to learn about the natural beauty and values of this vital ecosystem. Be prepared for a little paddling.

Sun, Sep 23 9:30-11:30 am \$20/1 2702
Sun, Sep 23 1-3 pm \$20/1 2703
Entrance to Living Forest Campground (6 Maki Rd)

Rivers Day



World Rivers Day



cityofnanaimo



nanaimoparksandrec (#ilovemyparksandrec)

Wellness

Wellness

Healing Mind, Body & Spirit

Learn how to measure, move and balance the energies of the mind/body complex through better management of the meridians, chakras, aura (bio-field), rhythms and radiant energies of the body. Doing so will enhance your health and sense of wellness. Our instructor is a certified Eden Energy Medicine Practitioner, Advanced Practitioner TFT and Master Hypnotist.

Instructor: John Steuernal

Mon, Oct 15-Nov 26	7-8:30 pm	\$80.50/7	1257
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Bowen Park Complex

Introduction to Buddhist Meditation

Discover the power of meditation to decrease stress, develop resilience, and cultivate personal happiness. Learn simple meditation practices based on ancient wisdom.

Instructor: Gail Hill

Tue, Nov 13-Dec 11	7-8:15 pm	\$50/5	1959
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Bowen Park Complex

Take a
MOMENT
to MOVE

Finding Stillness Within

Learn simple yet powerful Buddhist meditation practices to improve mindfulness, concentration, and mental clarity.

Instructor: Gail Hill

Tue, Feb 19-Mar 19	7-8:15 pm	\$50/5	1961
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Bowen Park Complex

Mom's Karate Class NEW!

This class is a mixture of karate training and yoga. Instruction includes self-defense, fitness, strength development and flexibility.

Fri, Sep 7-28	6:15-7:15 pm	\$25/4	2391
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Fri, Oct 5-26	6:15-7:15 pm	\$25/4	2392
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Fri, Nov 2-23	6:15-7:15 pm	\$25/4	2393
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Shima Karate School (3032 Barons Rd)

Iaido

Learn the Japanese martial art of the Samurai sword. Iaido does not include direct contact or sparring of any kind. Because of this non-competitive aspect and Iaido's emphasis on precise, controlled fluid motion, it is sometimes referred to as "moving Zen". Everyone 16 years and over are welcome.

Wed, Sep 5-Dec 12	7:30-9:30 pm	\$105/15	1270
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Wed, Jan 9-Mar 27	7:30-9:30 pm	\$84/12	1414
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Departure Bay Activity Centre

Tai Chi - Introduction Part 1

Specially designed for beginners, this class teaches the first third of the 108 move Tai Chi set, based on the Traditional Yang style set. Tai Chi practice can help not only to improve one's physical health, but also to reverse the negative effects of stress. Sometimes called a "moving meditation," Tai Chi provides many benefits including cultivating awareness and improving concentration.

Instructor: Mid Island Tai Chi Club

Tue, Sep 11-Oct 30	1-2:30 pm	\$40/8	2016
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Tue, Sep 11-Oct 30	7-8:30 pm	\$40/8	2017
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Beban Social Centre

Tai Chi - Introduction Part 2

This session will present the middle third of the 108 move Yang style Tai Chi set. Participants should have some familiarity with the set and/or have completed Introduction to Tai Chi - Part I. Tai Chi practice can help not only to improve one's physical health, but also to reverse the negative effects of stress. Sometimes called a "moving meditation," Tai Chi provides many benefits including cultivating awareness and improving concentration.

Instructor: Mid Island Tai Chi Club

Tue, Nov 6-Dec 18	7-8:30 pm	\$30/6	2018
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Beban Social Centre

Seated Tai Chi -Free Intro Demo

Instructor: Mid Island Tai Chi Club

Thu, Oct 4 1-2:30 pm Free 2012
Beban Social Centre

Seated Tai Chi

Learn the fundamentals of Tai Chi while seated in a chair. Improve your flexibility, strength and balance. This class is helpful for everybody, as well as for students with health and mobility challenges. Students learn movements which help to increase circulation, as well as to improve joint mobility, and to stretch the tendons and ligaments. Additional exercises to stretch the back and spine are also introduced.

Instructor: Mid Island Tai Chi Club

Thu, Oct 11, Nov 29 1-2 pm \$35/7 2014
Thu, Dec 6-Feb 7 1-2 pm \$40/8 2013
Beban Social Centre

Foundations of Tai Chi Workshop

The focus is on the building blocks that form the foundations of Tai Chi -- including balance, coordination, flexibility, strength, and awareness. The emphasis is not the 'Set,' but rather the principles of movement. Suitable for those who have had some exposure to the Tai Chi set including intermediate beginners and continuing students.

Instructor: Mid Island Tai Chi Club

Sat, Mar 9 10 am-3 pm \$20/1 2015
Beban Social Centre

Natural Treatments for Colds & Flu

Explore various ways herbs can be used to prevent and treat colds safely and effectively. Discover simple remedies you can make yourself and strategies for dealing with fevers. Learn how to strengthen your immune system and minimize sick days for the whole family. This workshop includes hands-on medicine making activities. All materials are provided.

Instructor: Elizabeth Herman

Sun, Sep 23 1-4 pm \$30/1 1812
Bowen Park Complex

Herbal Cosmetics for Natural Beauty

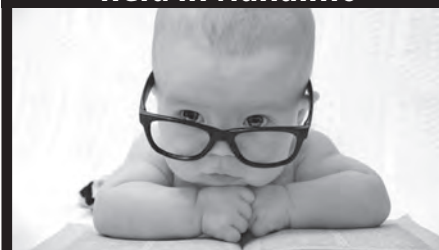
Explore the various ways in which herbs and a few simple ingredients can be used to make natural, chemical-free cosmetics. In this hands-on class, we will make lip balm, moisturizing skin cream and a honey facial scrub. Discover how herbs can be taken internally to bring radiance to your skin, nails and hair. Go home with unique gift ideas for Christmas. All materials are provided.

Instructor: Elizabeth Herman

Sun, Dec 2 1-4 pm \$30/1 1813
Bowen Park Complex



PRENATAL CLASSES held in Nanaimo



Prenatal Labour & Delivery Class (class one)

This one-day class will help you prepare for labour, delivery and making informed decisions around the birth of your baby. (\$75/couple)

Prenatal Understanding Your Newborn Class

(class two)

This half-day class will help prepare you to recognize your baby's cues, newborn care, feeding and survival tips for those first few weeks at home. (\$35/couple)

Instructor:

Diane Maille RN, IBCLC and mother of 5 children.



www.midislandlc.ca

or email midislandlc@shaw.ca
for more details and to register

Lifestyle Choices IMPROVING YOUR HEALTH

A partnership between the City of Nanaimo & Island Health

Classes are taught by Dr. Poteryko, a family physician and Medical Director of Community Health

The Skinny on Weight Loss

Have you ever wondered what the best diet and plan is for sustained weight loss? This workshop will bust open some of the myths and show you the way to lose weight for life.

Wed, Nov 7 6-8 pm \$2/1 2085
Wed, Jan 23 6-8 pm \$2/1 2087
Beban Social Centre

Advanced Care Planning

This workshop will cover what we sometimes have troubles talking about - end of life and wishes for care. Community clinicians who have considerable experience will be available for questions.

Wed, Oct 24 6-8 pm \$2/1 2084
Beban Social Centre

Walk with the Doc

Dr. Poteryko, Dr. Houghton and other healthcare professionals will help lead this FREE monthly health walk - rain or shine! Held the second Saturday of each month at 10 am. Please meet under the Spirit Square in Maffeo Sutton Park.

- Sep 28 (2094)
- Oct 28 (2095)
- Nov 10 (2096)
- Dec 8 (2097)
- Jan 12 (2098)
- Feb 9 (2099)
- Mar 9 (2100)



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REC 60+

Parks & Recreation

Easy Morning Fitness

This entry level program consists of low impact aerobic movements that help build functional strength. Enhance your ability to move through flexibility exercises and balance training. We will use free-weights and resistance bands to safely strengthen muscles while increasing your cardiovascular endurance. Join this group for socializing in the lobby following the class.

Instructor: Brian Sugiyama or Julie Stewart

Tue, Sep 4-Oct 30	8-8:50 am	\$63/9	0230
Thu, Sep 6-Oct 25	8-8:50 am	\$56/8	0240
Tue, Nov 6-Dec 18	8-8:50 am	\$49/7	1305
Thu, Nov 1-Dec 20	8-8:50 am	\$56/8	1306
Tue, Jan 8-Feb 26	8-8:50 am	\$56/8	1307
Thu, Jan 10-Feb 28	8-8:50 am	\$56/8	1308
Tue, Mar 5-Apr 30	8-8:50 am	\$63/9	1309
Thu, Mar 7-Apr 25	8-8:50 am	\$56/8	1310

Bowen Park Complex

Fitness for Balance and Mobility

Learn how to maintain a healthy lifestyle. This fitness class will assist participants in improving balance. Instructor will lead you through easy exercises to improve stability and potentially prevent falls. The workouts assist in improving posture, muscle strength, sharpening reflexes, expanding flexibility and firming your core.

Instructor: Charlene Deluca

Mon, Sep 10-24	10-11 am	\$21/3	0248
Mon, Sep 10-24	11 am-12 pm	\$21/3	1293
Mon, Oct 1-29	10-11 am	\$28/4	1294
Mon, Oct 1-29	11 am-12 pm	\$28/4	1295
Mon, Nov 5-26	10-11 am	\$28/4	1296
Mon, Nov 5-26	11 am-12 pm	\$28/4	1297
Mon, Dec 3-17	10-11 am	\$21/3	1298
Mon, Dec 3-17	11 am-12 pm	\$21/3	1299
Mon, Jan 7-28	10-11 am	\$28/4	1947
Mon, Jan 7-28	11 am-12 pm	\$28/4	1950
Mon, Feb 4-25	10-11 am	\$21/3	1948
Mon, Feb 4-25	11 am-12 pm	\$21/3	1951
Mon, Mar 4-25	10-11 am	\$28/4	1949
Mon, Mar 4-25	11 am-12 pm	\$28/4	1952

Bowen Park Complex

Instructor: Andrea Ledair

Thu, Sep 6-27	2:15-3:15 pm	\$28/4	1300
Thu, Oct 4-25	2:15-3:15 pm	\$28/4	1301
Thu, Nov 1-29	2:15-3:15 pm	\$35/5	1302
Thu, Dec 6-20	2:15-3:15 pm	\$21/3	1303
Thu, Jan 3-31	2:15-3:15 pm	\$35/5	1944
Thu, Feb 7-Mar 14	2:15-3:15 pm	\$42/6	1945

Oliver Woods Community Centre

Sculpt and Tone

This class incorporates a warm-up, cardio with resistance training (using dumbbells, bands and bodyweight exercises) and cool down/stretching. This class benefits older adults for bone and joint health by developing lean muscle and increasing metabolism.

Instructor: Brian Sugiyama

Wed, Sep 5-26	9:30-10:30 am	\$28/4	0254
Wed, Sep 5-26	10:45-11:45 am	\$28/4	1311
Wed, Oct 3-31	9:30-10:30 am	\$35/5	1312
Wed, Oct 3-31	10:45-11:45 am	\$35/5	1313
Wed, Nov 7-28	9:30-10:30 am	\$28/4	1314
Wed, Nov 7-28	10:45-11:45 am	\$28/4	1315
Wed, Dec 5-19	9:30-10:30 am	\$21/3	1316
Wed, Dec 5-19	10:45-11:45 am	\$21/3	1317
Wed, Jan 2-30	9:30-10:30 am	\$35/5	1318
Wed, Jan 2-30	10:45-11:45 am	\$35/5	1319
Wed, Feb 6-27	9:30-10:30 am	\$28/4	1953
Wed, Feb 6-27	10:45-11:45 am	\$28/4	1955
Wed, Mar 6-27	9:30-10:30 am	\$28/4	1954
Wed, Mar 6-27	10:45-11:45 am	\$28/4	1956

Bowen Park Complex

Fri, Sep 7-28	10-11 am	\$28/4	1923
Fri, Oct 5-26	10-11 am	\$28/4	1924
Fri, Nov 2-30	10-11 am	\$28/4	1925
Fri, Dec 7-21	10-11 am	\$21/3	1926
Fri, Jan 4-25	10-11 am	\$28/4	1927
Fri, Feb 1-22	10-11 am	\$28/4	1957
Fri, Mar 1-29	10-11 am	\$35/5	1958

Beban Social Centre

Yoga Qi Gong / Meditation

This is an ancient art incorporating movements, static poses, breath concentration and visualization to activate the flow of intrinsic life energy (Chi) in the body thus restoring and promoting vitality and balance of mind and body. Instructor, Thommas Michaud, spent one year in India and Nepal where he received another Yoga Certification from the Ananda Yoga Nepal and studied under Master T.T. Tchoung in Taiwan.

Wed, Sep 12-Oct 31	9:30-10:45 am	\$80/8	1763
Wed, Nov 7-Dec 19	9:30-10:45 am	\$70/7	1764
Wed, Jan 9-Feb 27	9:30-10:45 am	\$80/8	1765
Wed, Mar 6-Apr 24	9:30-10:45 am	\$80/8	1766

Rotary Field House

Chair Yoga

This class is designed for people who experience difficulty doing floor exercises with students participating while sitting in a chair. Yoga exercises have many benefits, including stretching, relaxing, opening up the joints and helping to feel energized.

Instructor: Russell McNeil

Wed, Sep 5-26	1:30-2:30 pm	\$32/4	1835
Mon, Sep 10-24	11:50 am-12:50 pm	\$24/3	0359
Mon, Sep 10-24	1:15-2:15 pm	\$24/3	1827
Mon, Oct 1-29	11:50 am-12:50 pm	\$32/4	1906
Mon, Oct 1-29	1:15-2:15 pm	\$32/4	1829
Wed, Oct 3-31	1:30-2:30 pm	\$40/5	1836
Mon, Nov 5-26	11:50 am-12:50 pm	\$32/4	1907
Mon, Nov 5-26	1:15-2:15 pm	\$32/4	1830
Wed, Nov 7-28	1:30-2:30 pm	\$32/4	1837
Mon, Dec 3-17	11:50 am-12:50 pm	\$24/3	1909
Mon, Dec 3-17	1:15-2:15 pm	\$24/3	1831
Wed, Jan 2-30	1:30-2:30 pm	\$40/5	1839
Mon, Jan 7-28	11:50 am-12:50 pm	\$32/4	1910
Mon, Jan 7-28	1:15-2:15 pm	\$32/4	1832
Mon, Feb 4-25	11:50 am-12:50 pm	\$24/3	1911
Mon, Feb 4-25	1:15-2:15 pm	\$24/3	1833
Wed, Feb 6-27	1:30-2:30 pm	\$32/4	1840
Mon, Mar 4-25	11:50 am-12:50 pm	\$32/4	1912
Mon, Mar 4-25	1:15-2:15 pm	\$32/4	1834
Wed, Mar 6-27	1:30-2:30 pm	\$32/4	1840

Bowen Park Complex

Stretch & Relax Yoga

This is a basic, classical hatha yoga class. It focuses on gentle stretches before each pose. Time is given to rest or relax briefly after anything that is strenuous. This is not a flow class.

Instructor: Shanti (Dorlean Peck)

Mon, Sep 10-Oct 22	11:30 am-12:30 pm	\$48/6	0378
Mon, Nov 5-Dec 10	11:30 am-12:30 pm	\$48/6	1768
Mon, Jan 7-Feb 11	11:30 am-12:30 pm	\$48/6	1769
Mon, Feb 25-Mar 25	11:30 am-12:30 pm	\$40/5	1770

Oliver Woods Community Centre

Fri, Sep 14-Oct 19	10-11 am	\$48/6	1771
Fri, Nov 2-Dec 7	10-11 am	\$48/6	1772
Fri, Jan 11-Feb 15	10-11 am	\$48/6	1773
Fri, Feb 22-Mar 29	10-11 am	\$48/6	1774

Rotary Field House (850 Third St)



ARE YOU 60+? WE HAVE PROGRAMS FOR EVERY INTEREST. TAKE UP AN EXISTING HOBBY OR TRY SOMETHING NEW!

**IF YOU OR YOUR PARTNER ARE 60 YEARS OR OLDER,
YOU QUALIFY FOR A NANAIMO HARBOUR CITY
SENIORS MEMBERSHIP!**



For an annual fee of \$41.45 (including tax), you get access to over 50 low cost Parks and Recreation programs and are eligible for many services. The Nanaimo Harbour City Seniors (NHCS) Board acts as a liaison between membership and Parks and Recreation. The NHCS Society exists to provide opportunities for senior citizens to lead more meaningful, active and complete lives by enabling them to participate in organized activities and to make new friends.

Program areas:

- ARTS & CRAFTS
- CARDS & GAMES
- DANCE CLASSES & SOCIALS
- FITNESS, YOGA & TAI CHI
- LANGUAGE
- MUSIC
- SPECIAL INTEREST
- SPORTS

Find out more about membership:

For more information, please call 250-755-7501, pick up our bi-monthly newsletter or view the newsletter online at www.nanaimo.ca.

An advertisement for ElderCollege. At the top, there are logos for "VANCOUVER ISLAND UNIVERSITY" and "ElderCollege". The main text says "Courses ranging from 1 day up to 8 weeks offered in Nanaimo & Parksville for those 50 or better." Below this is a large blue button that says "REGISTER TODAY!". Underneath the button is the phone number "1.866.734.6252". At the bottom, it says "Where Wisdom Meets Knowledge" and provides the website "viu.ca/eldercollege". The background of the ad features a close-up image of a tree trunk with a hollowed-out section.

60+ Programs

Monthly Fitness - Levels 1, 2 & 3

Our popular fitness classes will help you get fit or help you stay fit!

Our experienced instructors make fitness fun and functional!

- LEVEL 1:**
- Mondays, 10:15-11:15 am at Bowen Park
 - Wednesdays, 11:30 am-12:30 pm at Oliver Woods
 - Thursdays, 10:15-11:15 am at Bowen Park
 - Fridays, 1:30-2:30 pm at Oliver Woods
 - Saturdays, 10:15-11:15 am at Bowen Park
- LEVEL 2:**
- Mondays, 9-10 am at Bowen Park
 - Wednesdays, 10:15-11:15 am at Oliver Woods
 - Thursdays, 9-10 am at Bowen Park
 - Fridays, 9:30-10:30 am at Oliver Woods
- LEVEL 3:**
- Saturdays, 9-10 am at Bowen Park



Register by the month. Call 250-755-7501 for registration dates and prices.



cityofnanaimo



nanaimoparksandrec (#ilovemyparksandrec)

Pools

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.)

HALLOWEEN DIVE-IN MOVIE

Enjoy a Halloween-themed movie in the pool!
Saturday, October 20 • 3-5 pm • Nanaimo Aquatic Centre

HALLOWEEN HOWL

"Howl" at the moon at our Halloween extravaganza!
Friday, October 26 • 3-7 pm • Beban Pool

STAR WARS DIVE-IN MOVIE/GAMES

Feel the force while you watch one of the Star Wars movies in the warm waters of NAC.
Saturday, November 17 • 3-5 pm • Nanaimo Aquatic Centre

DUNK WITH SANTA

Show Santa how good you are at swimming...or show him how naughty you can be by trying to dunk him in the dunk tank!
Saturday, December 22 • 3-5 pm • Nanaimo Aquatic Centre

SUPER HERO FUN

Bring your super hero powers to the pool and help save "Planet Beban" from the enemy.
Sunday, January 20 • 1:30-3:30 pm • Beban Pool

SPRING BREAK - MARVELOUS MONDAYS POOL PARTY

Burn off some of that Spring Break energy with us!
Monday, March 18 & 25 • 1-3 pm • Nanaimo Aquatic Centre

FREE SWIMS

Courtesy of Coast Capital Savings



HELD ON SELECT FRIDAYS AT
BEBAN POOL FROM 7-9 PM

- September 28
- October 19
- November 30
- January 25
- February 22
- March 29

*Admission to pool only;
weight room not included*

Learn-to-Swim Program Overview



STARFISH (\$6.50/lesson; 30 min; ratio 1:10)
• 4-12 months

DUCK (\$6.50/lesson; 30 min; ratio 1:10)
• 12-24 months

SEA TURTLE (\$6.50/lesson; 30 min; ratio 1:10)
• 24 months-3 years

PARENT & TOT LESSONS (ages 4 months-3 years)

- Parent participation is required
- Progression is based on age

PRESCHOOL LESSONS (ages 3-6 years)

- Progression is based on completion of level

SWIM KIDS LESSONS (ages 5-14 years)

- Progression is based on completion of level



SEA OTTER (\$6.50/lesson; 30 min; ratio 1:5)
• Front and back floats and glides with assistance
• 1 M swim with help

SALAMANDER (\$6.50/lesson; 30 min; ratio 1:5)
• Front and back floats and swims
• Roll-over swims
• 2 M swim

SUNFISH (\$6.50/lesson; 30 min; ratio 1:5)
• Front, back, roll-over and side swims
• Deep water activities
• 5 M swim

CROCODILE (\$6.50/lesson; 30 min; ratio 1:5)
• Front, back and side swims and basic front crawl
• Deep water swimming
• 10 M swim

WHALE (\$6.50/lesson; 30 min; ratio 1:5)
• 10 M front, back and side swims and basic front crawl
• Deep water swimming
• 15 M swim

SWIM KIDS 1 (\$6.50/lesson; 30 min; ratio 1:6)

- Front and back floats and swims
- Roll-over swims and basic front crawl
- 5 M swim

1

SWIM KIDS 6 (\$9.75/lesson; 45 min; ratio 1:8)

- 25 M front and back crawl
- 15 M elementary backstroke
- 75 M swim

6

SWIM KIDS 2 (\$6.50/lesson; 30 min; ratio 1:6)

- Side swims and basic front crawl
- Deep water activities
- 10 M swim

2

SWIM KIDS 7 (\$9.75/lesson; 45 min; ratio 1:10)

- 50 M front and back crawl
- 25 M elementary backstroke and whip kick on front and 150 M swim

7

SWIM KIDS 3 (\$6.50/lesson; 30 min; ratio 1:6)

- Front and back floats and swims
- Roll-over swims and basic front crawl
- 15 M swim

3

SWIM KIDS 8 (\$9.75/lesson; 45 min; ratio 1:10)

- 75 M front and back crawl
- 15 M breaststroke
- 300 M swim

8

SWIM KIDS 4 (\$6.50/lesson; 30 min; ratio 1:6)

- 15 M back swim
- 10 M front crawl
- 25 M swim

4

SWIM KIDS 9 (\$9.75/lesson; 45 min; ratio 1:10)

- 100 M front and back crawl
- 25 M breaststroke and side stroke
- 400 M swim

9

SWIM KIDS 5 (\$9.75/lesson; 45 min; ratio 1:8)

- 15 M front and back crawl
- Whip kick on back
- 50 M swim

5

SWIM KIDS 10 (\$9.75/lesson; 45 min; ratio 1:10)

- 100 M front and back crawl
- 50 M elementary backstroke, breaststroke and side stroke and 500 M swim

10



Pools

Private Lessons are Also Available!

Get one-on-one instruction to fit your needs and goals.

\$28 per 30-minute lesson (see grids on the following pages for options).



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Swimming Lesson Tips for Success

We are pleased to offer Red Cross lessons at our facilities, as this program highlights the importance of swimming and water safety skills. Swimming can be fun, but it's also a necessary life skill. Help your child start swimming lessons on the right foot!

- Evaluate your child's swim ability and choose a class level, date and time. Not sure of their ability? Stop by one of our pools during a public session and have one of the guards evaluate your child.
- Register for a class online or at one of our facilities. Classes fill quickly.
- Arrive early to check-in and familiarize your child with the facility. Please have your child ready for class at the start of the lesson time.
- Lockers are available and recommended. Tokens can be purchased from the pool cashier.
- Have your child go to the bathroom before lessons. Children who are not potty trained must wear a swim diaper (available for purchase at the front desk).
- All patrons must shower before entering the pool.
- Bring your child's towel onto the pool deck to keep your child warm before and after lessons.
- Please do not bring your child to swim lessons if they are ill.
- At the end of the set 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 on to a new level.



Shopping for Swim Lessons Using the "X" Grid

- STEP 1** Select a facility (Beban Pool or Nanaimo Aquatic Centre)
- STEP 2** Select day(s) of the week and dates wanted
- STEP 3** Select swim lesson level (Sea Otter, Swim Kids 1, etc.)
- STEP 4** Select available times (x's indicate available times)
- STEP 5** Register in person, over the phone or online through recreation.nanaimo.ca
 - In-person or on the phone, provide the clerk with the level and your choice of location
 - Search for swim lessons using a key word(s) in the search field (Sea Otter, for example)



Beban Pool Fall/Winter Lessons



MONDAYS & WEDNESDAYS

• Set One: Oct 1-31 (9 lessons)

NOTE: During Set 1, Private Lessons are split Mondays and Wednesdays, Oct 1-29 and Oct 3-31

• Set Two: Nov 5 -Dec 5 (10 lessons)

NOTE: During Set 2, Private Lessons are split Mondays and Wednesdays, Nov 5-Dec 3 and Nov 7-Dec 5

• Set Three: Jan 7-Feb 6 (10 lessons)

NOTE: During Set 3, Private Lessons are split Mondays and Wednesdays, Jan 7-Feb 4 and Jan 9-Feb 6

• Set Four: Feb 11-Mar 13 (9 lessons)

NOTE: During Set 4, Private Lessons are split Mondays and Wednesdays, Feb 11-Mar 11 and Feb 13-Mar 13

TUESDAYS & THURSDAYS

• Set One: Oct 2-Nov 1 (10 lessons)

NOTE: During Set 1, Private Lessons are split Tuesdays and Thursdays, Oct 2-30 and Oct 4-Nov 1

• Set Two: Nov 6-Dec 6 (10 lessons)

NOTE: During Set 2, Private Lessons are split Tuesdays and Thursdays, Nov 6-Dec 4 and Nov 8-Dec 6

• Set Three: Jan 8-Feb 7 (10 lessons)

NOTE: During Set 3, Private Lessons are split Tuesdays and Thursdays, Jan 8-Feb 5 and Jan 10-Feb 7

• Set Four: Feb 12-Mar 14 (10 lessons)

NOTE: During Set 4, Private Lessons are split Tuesdays and Thursdays, Feb 12-Mar 12 and Feb 14-Mar 14

			8:30 am	9:00 am	9:30 am	10:00 am	10:30 am	11:00 am	3:00 pm	3:30 pm	4:00 pm	4:30 pm	5:00 pm	5:30 pm	6:00 pm	6:30 pm	8:30 am	9:00 am	9:30 am	10:00 am	10:30 am	3:00 pm	3:30 pm	4:00 pm	4:30 pm	5:00 pm	5:15 pm	5:30 pm	6:00 pm	6:30 pm	
Parent Part.	Preschool Program (3-6 yrs)	30 Minute Classes	Starfish		x										x					x											
			Duck			x															x									x	
Sea Turtle						x															x					x					
Sea Otter						x					x	x		x	x		x		x	x	x							x			
Salamander					x						x			x	x		x		x			x				x			x		
Sunfish														x			x			x											
Crocodile													x								x										
Whale													x								x										
Swim Kids 1												x					x								x					x	
Swim Kids 2										x					x							x									x
Swim Kids 3											x						x								x				x		
Swim Kids 4										x			x											x						x	
Privates		x				x	x	x	x	x	x	x	x	x			x			x	x			x	x		x		x		
		Swim Kids 5/6								x														x							
45 Min. Classes			Learning to swim is an important life skill!																												

Pools

Pricing for Swimming Lessons

30 minute lessons	7 session	\$45.50	45 minute lessons	7 session	\$68.25
	8 session	\$52.00		8 session	\$78.00
	9 session	\$58.50		9 session	\$87.75
	10 session	\$65.00		10 session	\$97.50

Private Swim Lesson Pricing

\$140 for 5 lessons
(\$28 per 30 minute lesson)

\$70 (\$14/lesson) to add
additional swimmer



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Beban Pool Fall/Winter Lessons

FRIDAYS

- **Set One: Oct 5-Dec 7** (9 lessons) NOTE: During Set 1, Private Lessons are split Oct 5-Nov 2 and Nov 9-Dec 7
- **Set Two: Jan 11-Mar 15** (10 lessons) NOTE: During Set 2, Private Lessons are split Jan 11-Feb 8 and Feb 15-Mar 15



			3:00 pm	3:30 pm	4:00 pm	4:30 pm	5:00 pm
Parent Part.	Preschool Program (3-6 yrs)	School Aged Program (5-14 yrs)	30 Minute Classes				
			Starfish				
			Duck	x			
			Sea Turtle	x			
			Sea Otter	x	x		
			Salamander				x
			Sunfish	x			
			Swim Kids 1			x	
			Swim Kids 2				x
			Privates		x	x	



SATURDAYS

- **Set One: Oct 6-Dec 8** (10 lessons) NOTE: During Set 1, Private Lessons are split Oct 6-Nov 3 and Nov 10-Dec 8
- **Set Two: Jan 12-Mar 16** (10 lessons) NOTE: During Set 2, Private Lessons are split Jan 12-Feb 9 and Feb 16-Mar 16

SUNDAYS

- **Set One: Oct 7-Dec 2** (8 lessons) NOTE: During Set 1, Private Lessons are split Oct 7-28 and Nov 4-Dec 2
- **Set Two: Jan 6-March 10** (10 lessons) NOTE: During Set 2, Private Lessons are split Jan 6-Feb 3 and Feb 10-Mar 10

				9:30 am	10:00 am	10:30 am	11:00 am	11:30 am	12:00 pm	12:30 pm	1:00 pm	1:30 pm	2:00 pm	2:30 pm	2:45 pm	3:00 pm	3:30 pm	9:30 am	10:00 am	10:30 am	11:00 am	11:30 am	11:45 am	12:00 pm	4:00 pm	4:30 pm	5:00 pm	5:30 pm	6:00 pm	
Parent Part.	Preschool Program (3-6 yrs)	30 Minute Classes	Starfish		X			X											X											
			Duck	X											X									X						
Sea Turtle						X						X								X				X						
Sea Otter			X				X	X	X			X						X	X						X			X		
Salamander			X			X	X					X					X		X								X		X	
Sunfish					X			X													X							X		
Crocodile					X									X													X			
Whale					X									X													X			
Swim Kids 1					X									X					X								X			
Swim Kids 2						X					X										X								X	
School Aged Program (5-13 yrs)	45 Min. Classes	Swim Kids 3		X										X								X							X	
		Swim Kids 4					X										X			X										
		Privates	X	X		X	X	X		X	X	X		X		X		X	X			X			X	X	X		X	
		Swim Kids 5/6			X														X											
		Swim Kids 7/8		X																			X							
		Swim Kids 9/10																			X									

Nanaimo Aquatic Centre Fall/Winter Lessons



MONDAYS	TUESDAYS	WEDNESDAYS
<ul style="list-style-type: none"> • Set One: Oct 1-Dec 3 (9 lessons) <p>NOTE: During Set 1, Private Lessons are split Oct 1-29 and Nov 5-Dec 3</p> <ul style="list-style-type: none"> • Set Two: Jan 7-Mar 11 (9 lessons) <p>NOTE: During Set 2, Private Lessons are split Jan 7-Feb 4 and Feb 11-Mar 11</p>	<ul style="list-style-type: none"> • Set One: Oct 2-Dec 4 (10 lessons) <p>NOTE: During Set 1, Private Lessons are split Oct 2-30 and Nov 6-Dec 4</p> <ul style="list-style-type: none"> • Set Two: Jan 8-Mar 12 (10 lessons) <p>NOTE: During Set 2, Private Lessons are split Jan 8-Feb 5 and Feb 12-Mar 12</p>	<ul style="list-style-type: none"> • Set One: Oct 3-Dec 5 (10 lessons) <p>NOTE: During Set 1, Private Lessons are split Oct 3-31 and Nov 7-Dec 5</p> <ul style="list-style-type: none"> • Set Two: Jan 9-Mar 13 (10 lessons) <p>NOTE: During Set 2, Private Lessons are split Jan 9-Feb 6 and Feb 13-Mar 13</p>

			1:00 pm	1:30 pm	2:00 pm	2:30 pm	3:30 pm	4:00 pm	4:30 pm	4:45 pm	5:00 pm	9:00 am	9:30 am	10:00 am	3:30 pm	4:00 pm	4:30 pm	4:45 pm	5:00 pm	3:30 pm	4:00 pm	4:30 pm	4:45 pm	5:00 pm		
Parent Part.	30 Minute Classes	Starfish					X													X						
		Duck										X														
		Sea Turtle																								
Preschool Program (3-6 yrs)		Sea Otter		X			X		X					X	X	X		X			X		X			
		Salamander				X	X				X	X			X						X				X	
		Sunfish	X						X						X	X							X			
		Crocodile			X				X					X		X					X					
		Whale			X				X					X		X					X					
		School Aged Program (5-13 yrs)	Swim Kids 1						X			X						X			X		X			X
			Swim Kids 2						X			X						X			X		X			X
			Swim Kids 3						X										X				X			
			Swim Kids 4					X											X					X		
			Privates															X			X					
			Swim Kids 5/6						X									X						X		
			Swim Kids 7/8								X															
			Swim Kids 9/10																X				X			

Swimming is one of the best ways to stay fit for life!

Pools



cityofnanaimo



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Pools



Take a
MOMENT
to MOYE

Nanaimo Aquatic Centre Fall/Winter Lessons



SATURDAYS	SUNDAYS
<p>• Set One: Oct 6-Dec 8 (9 lessons) NOTE: During Set 1, Private Lessons are split Oct 6-Nov 3 and Nov 10-Dec 8</p> <p>• Set Two: Jan 12-Mar 16 (10 lessons) NOTE: During Set 2, Private Lessons are split Jan 12-Feb 9 and Feb 16-Mar 16</p>	<p>• Set One: Oct 7-Dec 2 (7 lessons)</p> <p>• Set Two: Jan 6-Mar 10 (10 lessons) NOTE: During Set 2, Private Lessons are split Jan 6-Feb 3 and Feb 10-Mar 10</p>

			9:30 am	10:00 am	10:15 am	10:30 am	11:00 am		10:30 am	11:00 am	11:30 am	11:45 am	12:00 pm	
Parent Part.		Starfish							x					
		Duck	x											
Preschool Program (3-6 yrs)	30 Minute Classes	Sea Turtle					x							
		Sea Otter	x				x		x					
		Salamander	x			x				x				
		Sunfish		x			x				x			
		Crocodile				x					x			
		Whale				x					x			
		Swim Kids 1		x									x	
School Aged Program (5-13 yrs)	30 Minute Classes	Swim Kids 2		x									x	
		Swim Kids 3				x				x				
		Swim Kids 4					x		x					
		Privates												
		Swim Kids 5/6			x					x				
	45 Min.	Swim Kids 7/8										x		
		Swim Kids 9/10	x											

Come to our Discount Dips!
Addmission is only \$3! See pages 8 & 9 for schedule.

•LEARN TO SWIM: Development of competitive swimming skills
•COMPETITIVE: Stroke Development & Fitness Training

I CAN SWIM I CAN SWIM is an innovative learn-to-swim program of incredible quality developed by Swimming Canada

Sessions available for 5 years and over.
STAGES 1, 2, 3 & "I Can Compete"

•FALL: October 2 to December 15
•WINTER: January 7 to March 16

BC'S FASTEST GROWING SWIM CLUB!
 Promoting active, healthy, positive lifestyles through programs that encourage participation and fun.

REGISTER ONLINE TODAY OR AT THE POOL
 DECK OFFICE AT NAC - MON-FRI 4-6 PM

Flexible days & times. Complete schedule available at
www.NANAIMORIPTIDES.com

250-714-1800

Nanaimo Ebbtides Swim Club (19 yrs +)

- Want to get in shape?
- Want to swim further, faster and easier?
- Want great coaches and friends to encourage you?

Register online at
www.ebbtides.ca

- Swim Practices are Mon/Wed, 7:30-8:30 pm & Sat, 9:30-11 am at Nanaimo Aquatic Centre
- September swims outdoors at the Kin Pool in Bowen Park

REGISTRATION:
 Wed, Sep 5
 5:30 pm at
 Kin Pool or online at
www.ebbtides.ca

For more information,
Dale: 250-668-2327 or
www.ebbtides.ca

Pools

Special Interest Pool Programs



Ideal for ages 8-14 years old

- Build lifeguarding skills
 - Shadow lifeguards
- Participate in fun competitions
 - Learn about first aid
- Participate in community events
 - Develop leadership skills
 - Meet new friends



Held at Nanaimo Aquatic Centre

Sat, Oct 6-Dec 8 • 1-2:30 pm
\$76/9 (3488)

Sat, Jan 12-Mar 16 • 1-2:30 pm
\$85/10 (3489)

Love to
Swim

Junior Lifeguard Club Camp 8 to 12 Years

The camp offers serious fun for kids who can swim at least 25 metres and tread water for two minutes. It provides an action-packed challenge for kids who love the water but who want more than "lessons". Basic components included in this program are water safety, lifeguarding, first aid and lots of other fun activities.

Sat, Oct 6-Dec 8	1-2:30 pm	\$76/9	3488
Sat, Jan 12-Mar 16	1-2:30 pm	\$85/10	3489
M-F, Mar 18-22	12-4 pm	\$125/5	3517
M-F, Mar 25-29	12-4 pm	\$125/5	3518

Nanaimo Aquatic Centre



Drop-in Adult Swimming Lessons RED CROSS ADULT LEVEL 1:

This program is designed to give flexibility to those wanting to take swimming lessons as an adult. Level One is designed to develop or increase swimmers' comfort in the water through basic floatation, movement and breathing skills and to foster the basic knowledge, skills and attitudes needed to stay safe in, on or around the water. These are offered on a first-come, first-serve basis to a maximum of eight participants.

Sun, Oct 7-Dec 2	11-11:30 am	\$7 drop-in
Sun, Jan 6-Mar 10	11-11:30 am	\$7 drop-in

Beban Pool

Drop-in Adult Swimming Lessons RED CROSS ADULT LEVEL 2:

In Level 2, swimmers will improve their stroke technique and swimming endurance.

Sun, Oct 7-Dec 2	11:30 am-12 pm	\$7 drop-in
Sun, Jan 6-Mar 10	11:30 am-12 pm	\$7 drop-in

Beban Pool

YOUR ONE STOP SHOP FOR ALL OF YOUR AQUATIC FITNESS NEEDS
Competitive Swimming • Aqua Fitness • Waterpolo • Synchro



SWIM & FITNESS SHOP
Nanaimo Aquatic Center

Bring this coupon to

**SAVE
15% OFF**
the regular price of
any one item*



*See in store for details
Expires August 30, 2018

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

Become a Lifeguard and a Swimming Instructor

Become a Water Safety Instructor

- Complete Red Cross Swim Level 10 (recommended)
- Complete Bronze Medallion and Bronze Cross
- Complete Water Safety Instructor (15 + years)
 - Complete WSI Component 1 (Strokes & First Aid Evaluation)
 - Complete WSI Component 2 (Pool/Classroom Session)
 - Online assignments & practice teaching
 - Complete WSI Component 3 (Final Pool/Classroom Session)










Become a Lifeguard

- Complete Bronze Medallion (13+ years)
- Complete Bronze Cross (completed Bronze Medallion)
- Complete Standard First Aid or Aquatic Emergency Care
- Complete National Lifeguard Award (16 + years)



Advanced Pool Leadership Courses

These courses focus on leadership and lifesaving skills development (100% attendance is mandatory).

	COURSE	DATES	LOCATION	TIME	BARCODE	COST	PREREQUISITE
	Lifesaving Society Bronze Medallion	<ul style="list-style-type: none"> • Oct 12, 13, 19, 20 • Jan 11, 12, 18, 19 • Mar 1, 2, 8, 9 	NAC NAC NAC	Fri: 5:30-9:30 pm Sat: 10:30 am-5:30 pm	3510 3511 3512	\$175	13 years of age or completion of Bronze Star (Includes Canadian Lifesaving Manual)
	Lifesaving Society Bronze Cross	<ul style="list-style-type: none"> • Nov 16, 17, 23, 24 • Feb 1, 2, 8, 9 	NAC NAC	Fri: 5:30-9:30 pm Sat: 10:30 am-5:30 pm	3513 3514	\$155	Bronze Medallion (Canadian Lifesaving Manual can be purchased for an extra fee)
	Lifesaving Society National Lifeguard Program-Pool Option	<ul style="list-style-type: none"> • Dec 27-30, Jan 2-4 • Mar 18-29 	NAC NAC	9 am-4:30 pm 11:30 am-5 pm	3515 3516	\$455	16 years of age, Bronze Cross and Standard First Aid (Includes alert manual, fanny pack with whistle and pocket mask)
	Water Safety Instructor Component 1	<ul style="list-style-type: none"> • Sat, Sep 22 	Beban	12-5 pm	3324	\$45	15 years of age and Bronze Cross
	Water Safety Instructor Component 2	<ul style="list-style-type: none"> • Sun, Sep 23 	Beban	12-6 pm	3325	\$230	Water Safety Instructor Component 1
	Water Safety Instructor Component 3	<ul style="list-style-type: none"> • Nov 24, 25 & Dec 1 & 2 	Beban	9 am-3:15 pm	3326	\$150	Water Safety Instructor Component 2, practice teaching (minimum 8 hours) & online assignments course
	Lifesaving Society National Lifeguard Pool Option Re-Certification	<ul style="list-style-type: none"> • Sat, Sep 8 • Sun, Dec 8 • Sun, Mar 17 	Beban Beban Beban	9 am-6 pm 9 am-6 pm 9 am-6 pm	0168 5755 3316	\$120	Previous NLS certification, current CPR C recommended
	Red Cross Water Safety Instructor Re-Certification	<ul style="list-style-type: none"> • Sat, Sep 15 • Sat, Mar 23 	Beban Beban	2-7 pm 2-7 pm	3320 3321	\$120	Previous WSI certification
	Lifesaving Society Instructor Re-Certification	<ul style="list-style-type: none"> • Fri, Jan 4 	Beban	2-7 pm 2-7 pm	3319	\$120	Previous LSI Certification





Welcome to Nanaimo RECSKATE



RecSkate is a progressive skating skills training program for all ages and abilities necessary for life-long participation and the improvement of physical literacy as it relates to all sports. It provides the foundation for success in recreational hockey and figure skating. The program emphasis is on encouragement through comprehensive

feedback. Participants receive a ribbon of achievement for each level passed, and upon completion of Level 7, skaters will receive a medallion of achievement.

Look for...

- Adult Hockey 94
- Birthday Opportunities 33
- Kids' Hockey 91-93
- Pre-Teen / Teen 35
- Private Lessons 86-89, 92
- Pro-D Skate Camps 93
- RecFigure Skate Advanced 86
- RecSkate Adult 87
- RecSkate Homeschool 86
- RecSynchro Skate 86
- Spring Break Skate Camps 30

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 will still need to learn the basics. The focus for both levels is getting skaters comfortable through play and practicing some basic skills. Parent participation is required.

RecSkate 1

This introductory level of skating will help skaters learn to fall safely and get up unassisted, skate across the ice by themselves without falling and work on basic balance and gliding skills. This is not a parent participation class.

RecSkate 2

This is when it all starts coming together! Skaters at this level will begin to gain strength and speed and will work on two-foot gliding, touching toes and will be introduced to backwards skating. Other skills taught in this level are stopping, scoops, turning and hops.

RecSkate 3

This level focuses on skills, such as skating on a curve, side stopping and transitions. Skaters will also be introduced to circle thrusts, backward stroking and forward slalom skating.

RecSkate 4

At this level, participants master crossovers, inside edges and backwards stopping. Skaters will also work on side hops, mohawks and backward thrusts. This is an excellent level for hockey players to improve their basic skating skills.

RecSkate 5

Skills include forward outside edges, backward one-foot gliding, mohawks, backward crossovers, t-stops and one-foot jump transitions. This is great for skater agility, balance and strength.

RecSkate 6/7

RecSkate 6 is a challenging level which emphasizes balance, glide and foot control skills. Skaters will also work on figure eight crossovers, jumping turns and other one-foot skills that increase balance, strength and agility.

RecSkate 7 is the final level of our RecSkate program. Backwards skills are emphasized, along with the introduction of two-foot full rotation jumps and one-foot outside edge stops. Backwards crossover figure eights and forward and backward pivot circles will be mastered. Skills taught at this level are demanding for all kinds of skaters, but the hard work will pay off!

Private RecSkate Lessons (RecSkate)

One-on-one instruction. These are great for accelerating your learning, mastering that one problem skill or preparing for the next level. Our instructors will work from the RecSkate program material or address specific skills as needed. Skate rentals are included. Cost is \$26/lesson/day. Check our grids for availability.

RecFigure Skate - Child/Teen

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. See grids for schedule.

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. (See page 35 for list of session times.)

Skating Lesson Information

SKATING EQUIPMENT

- Skate Rentals are \$2 per lesson day (please pay for skate rentals at time of registration).
- Helmets, mitts/gloves are mandatory for all skaters. We do have helmets for you to use, but bring your own helmet if you have one, as we have a limited number available.

LESSON TIMES AND PRICES

LESSON	LENGTH OF LESSON	COST PER CLASS
Boots to Blades 1 & 2	30 minutes	\$7.50
RecSkate (3-5 yrs)	30 minutes	\$7.50
RecSkate (6-11 yrs)	45 minutes	\$11
RecFigure Skate	45 minutes	\$11
RecFigure Skate & RecSkate (pre-teen/teen)	60 minutes	\$12
Private RecSkate (all ages) *	30 minutes	\$28

* For private RecSkate lessons, specific lesson coach requests may be accommodated by calling 250-756-5215.

CUSTOM PRIVATE SKATING LESSONS

- Let us customize skating lessons to fit your schedule and your skill level. Cost is \$32 for a 30-minute lesson. Call our Arenas Coordinator at 250-755-7536 for details.

CLIENTS WITH SPECIAL NEEDS



- Participants with special needs are welcome to register. Please contact our Arenas Coordinator at 250-755-7236 to advise.

DROP-IN SESSIONS

- Check out our great drop-in sessions on page 86 and 94.



GLOW

in the dark skates

SKATE IN OUR ATMOSPHERE OF DIMMED LIGHTING AND SPECIAL EFFECTS!

Held once a month on Tuesday evenings from 6:30-8 pm at Frank Crane Arena.

• Sep 11 • Oct 2 • Nov 6 • Dec 4
• Jan 8 • Feb 5 • Mar 5

Regular admission rates apply.

Starlight skate

Our **Starlight Skate** is an opportunity to come out and enjoy our soft light "stars" and passive LED glow lights. This is a great time for couples and families after dinner or that "night out" with friends.

Regular admission rates apply.

Held on the following Saturdays, 7-9 pm at Nanaimo Ice Centre:

• Sep 15 • Oct 20 • Nov 17 • Dec 15
• Jan 19 • Feb 23 • Mar 23

30 min lesson = 3-5 years • 45 min lesson = 6-11 years • 30 min private lesson = all ages

Monday, Sep17-Oct 22 • 5 lessons • Frank Crane Arena • *No lesson October 8*

11:45 am-12:15 pm	Boots 1 123	Boots 2 356	Rec 3 486	Rec 4 490	Private 508		
12:15-12:45 pm	Rec 1 033	Rec 2 459	Private 800				

Monday, Sep17-Oct 22 • 5 lessons • Nanaimo Ice Centre • *No lesson October 8*

3:30-4 pm	Boots 1 127	Boots 2 357	Rec 1 480	Rec 2 460	Rec 3 487	Rec 4 491	Private 509
4-4:45 pm	Rec 1 482	Rec 2 055	Rec 3 488	Rec 4 492	Rec 5 388	Private (4-4:30) 801	
4:45-5:15 pm	Boots 1 128	Boots 2 358	Rec 1 510	Rec 2 466	Rec 3 696	Rec 4 780	Private 802
5:15-6 pm	Rec 2 465	Rec 3 698	Rec 4 781	Rec 6/7 409	RecFigure (5:15-6:15) 663		
6:15-6:45 pm	Private 803	Private 804	Private 805	Private 806	Private 807	Private 808	

Thursday, September 20-October 25 • 6 lessons • Nanaimo Ice Centre

3:30-4:15 pm	Rec 1 511	Rec 2 471	Rec 3 700	Rec 4 782	Rec 5 407	Rec 6/7 441	RecFig Adv (4-5 pm) 693
4:15-4:45 pm	Boots 1 130	Boots 2 360	Rec 1 512	Rec 2 571	Rec 3 701	Rec 4 783	Private 812
4:45-5:30 pm	Rec 2 572	Rec 3 703	Rec 4 784	Rec 5 408	Rec 6/7 442	RecFigure (5-6 pm) 666	Pre-Teen/Teen (5-6 pm) 619
5:30-6 pm	Private 813	Private 814					

Friday, September 21-October 26 • 6 lessons • Frank Crane Arena

9:30-10 am	Boots 1 134	Rec 1 513	Rec 3 704	Rec 4 785	Private 894		
10-10:30 am	Boots 2 361	Rec 2 573	Private 918				
3:30-4 pm	Boots 1 296	Boots 2 362	Rec 1 514	Rec 2 596	Rec 3 706	Rec 4 786	Private 919
4-4:45 pm	Rec 1 483	Rec 2 472	Rec 3 489	Rec 4 493	Rec 5 410	Private (4-4:30 pm) 920	
4:45-5:15 pm	Boots 1 135	Boots 2 363	Rec 1 515	Rec 2 598	Rec 3 708	Rec 4 787	Private 921
5:15-6 pm	Rec 2 600	Rec 3 710	Rec 4 788	Rec 6/7 443	RecFigure 667	Private (5:15-5:45 pm) 922	

Saturday, September 22-October 27 • 6 lessons • Frank Crane Arena

9-9:45 am	Rec 1 516	Rec 2 601	Rec 3 711	Rec 4 789	Rec 5 411	Private (9-9:30 am) 923	
9:15-9:45 am	Boots 1 136	Boots 2 364					
9:45-10:15 am	Boots 1 137	Boots 2 365	Rec 1 517	Rec 2 604	Rec 3 712	Rec 4 790	Private 924
10:30-11:15 am	Rec 1 518	Rec 2 603	Rec 3 713	Rec 4 791	Rec 6/7 444	RecFigure 668	
11:15-11:45 am	Boots 1 138	Boots 2 366	Rec 1 519	Rec 2 606	Rec 3 727	Rec 4 792	Pre-Teen/Teen (11:15-12:15) 626
11:45 am-12:15 pm	Private 925	Private 926	Private 927	Private 928	Private 929		

RecSynchro Skate

6 to 17 Years

This is a non-competitive team learning basic group skating skills in a program set to music. Since this is a recreational program, we welcome skaters in both figure skates and hockey skates. Participants must have a minimum of RecSkate 4. (Drop-in fee is \$12.)

Thu, Sep 20-Oct 25	4-5 pm	\$72/6	0702
Thu, Nov 1-Dec 13	4-5 pm	\$84/7	0703
Thu, Jan 10-Feb 14	4-5 pm	\$72/6	0707
Thu, Feb 21-Mar 21	4-5 pm	\$60/5	0709

Nanaimo Ice Centre

RecFigureskate Advanced

6 to 17 Years

A group lesson for experienced RecFigure skaters who have completed a minimum of RecFigure Skate Level 3. This class consists of 30 minutes of freeskating skills followed by 30 minutes of ice dance. This session is designed to take the figure skating skills learned and put them into a full ice context. (Drop-in fee is \$12.)

Thu, Sep 20-Oct 25	4-5 pm	\$72/6	0693
Thu, Nov 1-Dec 13	4-5 pm	\$84/7	0694
Thu, Jan 10-Feb 14	4-5 pm	\$72/6	0695
Thu, Feb 21-Mar 21	4-5 pm	\$60/5	0697

Nanaimo Ice Centre

RecSkate Homeschool

5 to 14 Years

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 will be accommodated, and parents are welcome to register, too. No class Oct 8, Nov 12 and Feb 18.

Mon, Sep 17-Oct 22	10:30-11:30 am	\$60/5	0639
Wed, Sep 19-Oct 24	12:30-1:30 pm	\$72/6	0643
Mon, Oct 29-Dec 10	10:30-11:30 am	\$72/6	0646
Wed, Oct 31-Dec 12	12:30-1:30 pm	\$84/7	0648
Mon, Jan 7-Feb 4	10:30-11:30 am	\$60/5	0650
Wed, Jan 9-Feb 13	12:30-1:30 pm	\$72/6	0653
Mon, Feb 11-Mar 25	10:30-11:30 am	\$72/6	0655
Wed, Feb 20-Mar 27	12:30-1:30 pm	\$72/6	0658

Frank Crane Arena





RecSkate After School NEW!

What do you need?
A love to skate!
Our certified HIGH FIVE staff will be on hand to help you skate, play

hockey, make friends and have fun! FREE skate and helmet rentals. Complete with a healthy snack and drink. (Ages 5 to 12.)

Wednesdays 3-5:15 pm at NIC

* Set 1 • Sep to Dec • \$42/14 • 4150

* Set 2 • Jan to Mar • \$36/11 • 4154

* Set 3 • Apr to Jun • \$39/13 • 4157



This program is made possible through funding provided by the Government of British Columbia and support from the BC Recreation and Parks Association (BCRPA).

RecSkate Adult

For new skaters or those who may need to brush up on skills. We will introduce you to a variety of skating skills (both basic and challenging) in a relaxed and enjoyable setting. You will be able to develop skills at your own pace and work towards earning the bronze and silver pins if desired. No classes Oct 8, Nov 12 and Feb 18.

Mon, Sep 17-Oct 22	5:15-6:15 pm	\$60/5	0574
Thu, Sep 20-Oct 25	5-6 pm	\$72/6	0575
Fri, Sep 21-Oct 26 *	10:30-11:30 am	\$72/6	0576
Mon, Oct 29-Dec 10	5:15-6:15 pm	\$72/6	0578
Thu, Nov 1-Dec 13	5-6 pm	\$84/7	0579
Fri, Nov 2-Dec 14*	10:30-11:30 am	\$84/7	0577
Mon, Jan 7-Feb 4	5:15-6:15 pm	\$60/5	0580
Thu, Jan 10-Feb 15	5-6 pm	\$72/6	0581
Fri, Jan 11-Feb 15*	10:30-11:30 am	\$72/6	0582
Mon, Feb 11-Mar 18	5:15-6:15 pm	\$60/5	0583
Thu, Feb 21-Mar 21	5-6 pm	\$60/5	0584
Fri, Feb 22-Mar 22*	10:30-11:30 am	\$60/5	0585

Nanaimo Ice Centre / Frank Crane Arena*

Take a
MOMENT
to MOVE



cityofnanaimo



nanaimoparksandrec (#ilovemyparksandrec)

30 min lesson = 3-5 years • 45 min lesson = 6-11 years • 30 min Private lesson = All ages

Monday, Oct 29-Dec10 • 6 lessons • Frank Crane Arena • *No lesson November 12*

11:45 am-12:15 pm	Boots 1 0140	Boots 2 0368	Rec 3 0728	Rec 4 0793	Private 0930		
12:15-12:45 pm	Rec 1 0526	Rec 2 0607	Private 0931				

Monday, Oct 29-Dec10 • 6 lessons • Nanaimo Ice Centre • *No lesson November 12*

3:30-4 pm	Boots 1 0142	Boots 2 0369	Rec 1 0527	Rec 2 0608	Rec 3 0729	Rec 4 0794	Private 0932
4-4:45 pm	Rec 1 0528	Rec 2 0609	Rec 3 0730	Rec 4 0795	Rec 5 0412	Private (4-4:30 pm) 0934	
4:45-5:15 pm	Boots 1 0297	Boots 2 0370	Rec 1 0529	Rec 2 0611	Rec 3 0731	Rec 4 0796	Private 0935
5:15-6 pm	Rec 2 0613	Rec 3 0732	Rec 4 0797	Rec 6/7 0448	RecFigure (5:15-6:15) 0673		
6:15-6:45 pm	Private 0936	Private 0937	Private 0938	Private 0939	Private 0940	Private 0943	

Thursday, November 1-December 13 • 7 lessons • Nanaimo Ice Centre

3:30-4:15 pm	Rec 1 0530	Rec 2 0614	Rec 3 0733	Rec 4 0798	Rec 5 0417	Rec 6/7 0449	RecFig Adv (4-5pm) 0694
4:15-4:45 pm	Boots 1 0298	Boots 2 0371	Rec 1 0531	Rec 2 0615	Rec 3 0734	Rec 4 0799	Private 0947
4:45-5:30 pm	Rec 2 0616	Rec 3 0735	Rec 4 0849	Rec 5 0418	Rec 6/7 0451	RecFigure (5-6 pm) 0674	PreTeen/Teen (5-6 pm) 0623
5:30-6 pm	Private 0949	Private 0950					

Friday, November 2-December 14 • 7 lessons • Frank Crane Arena

9:30-10 am	Boots 1 0299	Rec 1 0532	Rec 3 0736	Rec 4 0850	Private 0952		
10-10:30 am	Boots 2 0372	Rec 2 0620	Private 0953				
3:30-4 pm	Boots 1 0300	Boots 2 0373	Rec 1 0534	Rec 2 0621	Rec 3 0737	Rec 4 0851	Private 0954
4-4:45 pm	Rec 1 0535	Rec 2 0622	Rec 3 0738	Rec 4 0852	Rec 5 0419	Private (4-4:30 pm) 0955	
4:45-5:15 pm	Boots 1 0301	Boots 2 0374	Rec 1 0536	Rec 2 0624	Rec 3 0739	Rec 4 0853	Private 0956
5:15-6 pm	Rec 2 0625	Rec 3 0740	Rec 4 0854	Rec 6/7 0452	RecFigure 0675	Private (5:15-5:45 pm) 0957	

Saturday, November 3-December 15 • 7 lessons • Frank Crane Arena

9-9:45 am	Rec 1 0537	Rec 2 0627	Rec 3 0741	Rec 4 0855	Rec 5 0420	Private (9-9:30 am) 0958	
9:15-9:45 am	Boots 1 0302	Boots 2 0375					
9:45-10:15 am	Boots 1 0303	Boots 2 0376	Rec 1 0538	Rec 2 0629	Rec 3 0742	Rec 4 0856	Private 0959
10:30-11:15 am	Rec 1 0539	Rec 2 0630	Rec 3 0743	Rec 4 0857	Rec 6/7 0453	RecFigure 0676	
11:15-11:45 am	Boots 1 0304	Boots 2 0377	Rec 1 0540	Rec 2 0631	Rec 3 0744	Rec 4 0858	PreTeen/Teen (11:15-12:15) 0628
11:45 am-12:15 pm	Private 0960	Private 0961	Private 0962	Private 0963	Private 0964		

Arenas

30 min lesson = 3-5 years • 45 min lesson = 6-11 years • 30 min Private lesson = All ages

Monday, January 7-February 4 • 5 lessons • Frank Crane Arena

11:45 am-12:15 pm	Boots 1 0305	Boots 2 0379	Rec 3 0745	Rec 4 0859	Private 0965		
12:15-12:45 pm	Rec 1 0541	Rec 2 0633	Private 0966				

Monday, January 7-February 4 • 5 lessons • Nanaimo Ice Centre

3:30-4 pm	Boots 1 0306	Boots 2 0380	Rec 1 0542	Rec 2 0635	Rec 3 0746	Rec 4 0860	Private 0967
4-4:45 pm	Rec 1 0543	Rec 2 0638	Rec 3 0747	Rec 4 0861	Rec 5 0422	Private (4-4:30 pm) 0968	
4:45-5:15 pm	Boots 1 0307	Boots 2 0381	Rec 1 0544	Rec 2 0640	Rec 3 0748	Rec 4 0862	Private 0969
5:15-6 pm	Rec 2 0641	Rec 3 0749	Rec 4 0863	Rec 6/7 0454	RecFigure (5:15-6:15 pm) 0677		
6:15-6:45 pm	Private 0970	Private 0971	Private 0972	Private 0973	Private 0974	Private 0975	

Thursday, January 10-February 14 • 6 lessons • Nanaimo Ice Centre

3:30-4:15 pm	Rec 1 0547	Rec 2 0642	Rec 3 0750	Rec 4 0864	Rec 5 0423	Rec 6/7 0456	RecFig Adv (4-5pm) 0695
4:15-4:45 pm	Boots 1 0308	Boots 2 0382	Rec 1 0548	Rec 2 0644	Rec 3 0751	Rec 4 0865	Private 0979
4:45-5:30 pm	Rec 2 0645	Rec 3 0752	Rec 4 0866	Rec 5 0425	Rec 6/7 0458	RecFigure (5-6 pm) 0679	PreTeen/Teen (5-6 pm) 0632
5:30-6 pm	Private 0980	Private 0981					

Friday, January 11-February 15 • 6 lessons • Frank Crane Arena

9:30-10 am	Boots 1 0309	Rec 1 0549	Rec 3 0753	Rec 4 0867	Private 0982		
10-10:30 am	Boots 2 0383	Rec 2 0647	Private 0983				
3:30-4 pm	Boots 1 0310	Boots 2 0385	Rec 1 0550	Rec 2 0649	Rec 3 0754	Rec 4 0868	Private 0984
4-4:45 pm	Rec 1 0551	Rec 2 0651	Rec 3 0755	Rec 4 0869	Rec 5 0426	Private (4-4:30 pm) 0985	
4:45-5:15 pm	Boots 1 0311	Boots 2 0386	Rec 1 0552	Rec 2 0652	Rec 3 0756	Rec 4 0870	Private 0986
5:15-6 pm	Rec 2 0654	Rec 3 0757	Rec 4 0871	Rec 6/7 0462	RecFigure 0681	Private (5:15-5:45 pm) 0987	

Saturday, January 12-February 16 • 6 lessons • Frank Crane Arena

9-9:45 am	Rec 1 0553	Rec 2 0656	Rec 3 0758	Rec 4 0872	Rec 5 0427	Private (9-9:30 am) 0988	
9:15-9:45 am	Boots 1 0312	Boots 2 0389					
9:45-10:15 am	Boots 1 0313	Boots 2 0390	Rec 1 0554	Rec 2 0657	Rec 3 0759	Rec 4 0873	Private 0989
10:30-11:15 am	Rec 1 0555	Rec 2 0659	Rec 3 0760	Rec 4 0874	Rec 6/7 0470	RecFigure 0682	
11:15-11:45 am	Boots 1 0314	Boots 2 0392	Rec 1 0556	Rec 2 0660	Rec 3 0761	Rec 4 0875	PreTeen/Teen (11:15-12:15pm) 0634
11:45 am-12:15 pm	Private 0990	Private 0991	Private 0992	Private 0993	Private 0994		

RecSkate Adult Practice

Practice time is for those participants registered in any of our Adult RecSkate lessons.

Fri, Sep 21-Oct 26	9:30-10:30 am	\$45/6	605
Fri, Nov 2-Dec 14	9:30-10:30 am	\$52.50/7	612
Fri, Jan 11-Feb 15	9:30-10:30 am	\$45/6	617
Fri, Feb 22-Mar 22	9:30-10:30 am	\$37.50/5	618

Frank Crane Arena

RecSkate Adult Advanced

This class will be participant driven with an emphasis on ice dance, figure skating and other advanced skills. Participants may work towards earning their silver or gold pins if desired.

Fri, Sep 21-Oct 26	10:30-11:30 am	\$72/6	594
Fri, Nov 2-Dec 14	10:30-11:30 am	\$84/7	597
Fri, Jan 11-Feb 15	10:30-11:30 am	\$72/6	599
Fri, Feb 22-Mar 22	10:30-11:30 am	\$60/5	602

Frank Crane Arena

Private RecSkate Lessons-Wednesdays All Ages

One-on-one instruction. These lessons are great for increasing your learning and for mastering that one problem skill or preparing for the next level.

Our instructors work from the RecSkate program material or address specific skills as needed. Skate rentals are included. Cost is \$28/lesson. Please contact the Arenas Coordinator at 250-755-7536 for more information.

Wed, Sep 19-Oct 24	12:30-1 pm	\$168/6	809
Wed, Sep 19-Oct 24	1-1:30 pm	\$168/6	810
Wed, Sep 19-Oct 24	1:30-2 pm	\$168/6	811
Wed, Oct 31-Dec 12	12:30-1 pm	\$196/7	944
Wed, Oct 31-Dec 12	1-1:30 pm	\$196/7	945
Wed, Oct 31-Dec 12	1:30-2 pm	\$196/7	946
Wed, Jan 9-Feb 13	12:30-1 pm	\$168/6	976
Wed, Jan 9-Feb 13	1-1:30 pm	\$168/6	977
Wed, Jan 9-Feb 13	1:30-2 pm	\$168/6	978
Wed, Feb 20-Mar 20	12:30-1 pm	\$140/5	1048
Wed, Feb 20-Mar 20	1-1:30 pm	\$140/5	1049
Wed, Feb 20-Mar 20	1:30-2 pm	\$140/5	1050

Frank Crane Arena



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

(except Lions Free Skate, Glow in the Dark & Starlight sessions)

LIONS FREE SKATE



**Held Sundays at
Frank Crane
Arena**

**Held every Sunday, 12-1:30 pm
September 17 to March 25**

On Clipper game days (Sep 23, Oct 7 & 21, Nov 18,
Jan 6 & 27) held 10:45 am-12:30 pm

The Lions Club is pleased to be offering
FREE skating to Nanaimo residents.
Thank you to our program sponsors:



- Alexandra's Restaurant
- Chris Martin, Personal Real Estate Corporation,
RE/MAX of Nanaimo
- GFL Environmental Inc. (formerly Haarsma Waste Innovations
- Little Valley Restoration and Collision
- Nanaimo Hearing Clinic
- Super You, Fitness & Nutrition
- Roto Rooter
- Widsten Property Management Services

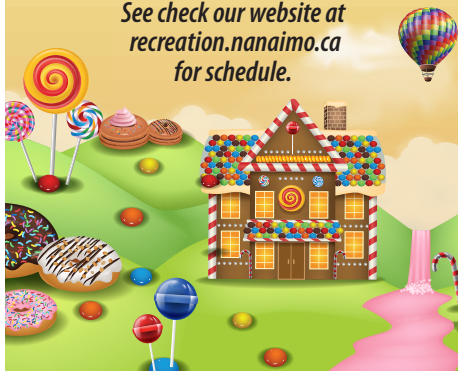
WINTER WONDERLAND

December 26-30 at Frank Crane

**This December, take a moment
and escape to our annual
Winter Wonderland (candyland theme).**

**Everyone Welcome, Family and
Holiday Parent & Tot.**

See check our website at
recreation.nanaimo.ca
for schedule.



30 min lesson = 3-5 years • 45 min lesson = 6-11 years • 30 min Private lesson = All ages

Monday, February 11-March 18 • 5 lessons • Frank Crane Arena • No lesson February 18

11:45 am-12:15 pm	Boots 1 0315	Boots 2 0393	Rec 3 0762	Rec 4 0876	Private 1037		
12:15-12:45 pm	Rec 1 0557	Rec 2 0661	Private 1038				

Monday, February 11-March 18 • 5 lessons • Nanaimo Ice Centre • No lesson February 18

3:30-4 pm	Boots 1 0316	Boots 2 0394	Rec 1 0558	Rec 2 0662	Rec 3 0763	Rec 4 877	Private 1039
4-4:45 pm	Rec 1 0559	Rec 2 0664	Rec 3 0764	Rec 4 0878	Rec 5 0429	Private (4-4:30) 1040	
4:45-5:15 pm	Boots 1 0317	Boots 2 0396	Rec 1 0560	Rec 2 0665	Rec 3 0765	Rec 4 0879	Private 1041
5:15-6 pm	Rec 2 0669	Rec 3 0766	Rec 4 0880	Rec 6/7 0474	RecFigure (5:15-6:15 pm) 0684		
6:15-6:45 pm	Private 1042	Private 1043	Private 1044	Private 1045	Private 1046	Private 1047	

Thursday, February 21-March 21 • 5 lessons • Nanaimo Ice Centre

3:30-4:15 pm	Rec 1 0561	Rec 2 0670	Rec 3 0767	Rec 4 0881	Rec 5 0430	Rec 6/7 0476	RecFigAdv (4-5pm) 0697
4:15-4:45 pm	Boots 1 0318	Boots 2 0397	Rec 1 0562	Rec 2 0671	Rec 3 0768	Rec 4 0882	Private 1051
4:45-5:30 pm	Rec 2 0672	Rec 3 0769	Rec 4 0883	Rec 5 0431	Rec 6/7 0478	RecFigure (5-6 pm) 0688	PreTeen/Teen (5-6 pm) 0636
5:30-6 pm	Private 1052	Private 1053					

Friday, February 22-March 22 • 5 lessons • Frank Crane Arena

9:30-10 am		Rec 1 0563	Rec 3 0770	Rec 4 0884	Private 1054		
10-10:30 am	Boots 2 0401	Rec 2 0678	Private 1055				
3:30-4 pm	Boots 1 0322	Boots 2 0402	Rec 1 0564	Rec 2 0680	Rec 3 0771	Rec 4 0885	Private 1056
4-4:45 pm	Rec 1 0565	Rec 2 5687	Rec 3 0772	Rec 4 0886	Rec 5 0432	Private (4-4:30 pm) 1057	
4:45-5:15 pm	Boots 1 0320	Boots 2 0403	Rec 1 0566	Rec 2 0683	Rec 3 0773	Rec 4 0887	Private 1058
5:15-6 pm	Rec 2 0685	Rec 3 0774	Rec 4 0888	Rec 6/7 0479	RecFigure 0689	Private (5:15-5:45 pm) 1059	

Saturday, February 23-March 23 • 5 lessons • Frank Crane Arena

9:15-9:45 am	Boots 1 0332	Boots 2 0404					
9-9:45 am	Rec 1 0567	Rec 2 0686	Rec 3 0775	Rec 4 0889	Rec 5 0433	Private (9-9:30 am) 1060	
9:45-10:15 am	Boots 1 0323	Boots 2 0405	Rec 1 0568	Rec 2 0687	Rec 3 0776	Rec 4 0890	Private 01061
10:30-11:15 am	Rec 1 0569	Rec 2 0691	Rec 3 0777	Rec 4 0891	Rec 6/7 0481	RecFigure 0690	
11:15-11:45 am	Boots 1 0324	Boots 2 0406	Rec 1 0570	Rec 2 0692	Rec 3 0778	Rec 4 0892	PreTeen/Teen (11:15-12:15) 0637
11:45 am-12:15 pm	Private 1062	Private 1063	Private 1064	Private 1065	Private 1066		

SET FOUR

Arenas



cityofnanaimo



nanaimoparksandrec (#ilovemyparksandrec)



Fun Curl

Nanaimo Curling Club
offers a NEW 4-week
program to highlight the
sport of Curling

\$80 for 4 Sessions

Includes: Equipment use,
Coaching & Games

★ TRY SOMETHING NEW ★

FOR DETAILS AND
REGISTRATION PLEASE
CONTACT THE OFFICE
250.753.3474
nanaimocurlingclub.ca

NANAIMO SKATING CLUB



ONLY THE BEST
can bring out their best

Canada's best learn-to-skate program
Fun, focused skills for all skating sports
Nationally certified coaches
skatecanada.ca/canskate



**REGISTRATION &
DRESS/SKATE SALE**

Thu, Sep 6 • 6-8 pm

Nanaimo Ice Centre Lobby



For more information or to register online, visit
www.nanaimoskatingclub.com



NANAIMO Islanders Ladies' Hockey

Are you 19 or older?
Always wanted to try hockey or are
you an experienced player?
WE HAVE A TEAM FOR YOU!

**Monday Night House
League** is for all levels in
competitive & casual divisions
(basic skating skills required)

**Intermediate & Veteran
Teams** play home & away
games on the Island



**REGISTRATIONS CURRENTLY BEING
ACCEPTED!**

See our website for details.

FOR MORE INFORMATION
Contact Lorraine at andersok@telus.net
www.nanaimoislanders.ca



Arenas

Playing hockey develops many
skills, including balance, strength,
coordination, agility and endurance.

ONLINE PUBLIC DROP-IN SCHEDULES

Visit our website at
recreation.nanaimo.ca

and look at our
Public Schedules for the
latest, most up-to-date
times for swimming,
skating, weight rooms and
gymnasiums!



250.756.5200

recreation.nanaimo.ca

parksandrecreation@nanaimo.ca



RECSKATE Ice Hockey Programs

Based on the success of the RecSkate program, we have expanded these successful elements over to our hockey programs.

RecSkate Hockey includes functional progressions, dynamic skill drills and easy, logical flow from program to program.

RecSkate Hockey programs are designed for players of all ages and abilities, have an emphasis on engaged participation and are an excellent way to learn the fundamentals of hockey. Full gear required for hockey programs unless other wise stated.

Adaptive Hockey

13 + Years

This program gives participants with cognitive or physical challenges the skills required to play the game of ice hockey, including learning how to skate, pass and shoot. No skating ability is required, but participants should be steady on their feet. Full gear is required.

Wed, Sep 19-Oct 24	9:45-11 am	\$63/6	0019
Wed, Oct 31-Dec 12	9:45-11 am	\$74/7	0497
Wed, Jan 9-Mar 13	9:45-11 am	\$105/10	0498

Nanaimo Ice Centre

Hockey Rascals

4 to 5 Years

This program is designed to introduce the game of hockey to first timer youngsters. Fundamental hockey skills are taught through a play-based system using training pucks and building on physical literacy basics and fun. Children will work on skating, basic puck handling, passing and shooting with emphasis on participation. No previous hockey experience required, but players must be able to skate. We recommend skaters complete a minimum of RecSkate 1 prior to this course. Helmet with full face cage required.

Fri, Sep 21-Oct 26	4:15-5 pm	\$66/6	1023
Fri, Sep 21-Oct 26	5:30-6:15 pm	\$66/6	1027
Fri, Nov 2-Dec 14	4:15-5 pm	\$77/7	1024
Fri, Nov 2-Dec 14	5:30-6:15 pm	\$77/7	1028
Fri, Jan 11-Feb 15	4:15-5 pm	\$66/6	1025
Fri, Jan 11-Feb 15	5:30-6:15 pm	\$66/6	1029
Fri, Feb 22-Mar 22	4:15-5 pm	\$55/5	1026
Fri, Feb 22-Mar 22	5:30-6:15 pm	\$55/5	1030

Cliff McNabb Arena

Advanced Hockey Skills

6 to 11 Years

Players will be taught proper shooting and passing techniques and learn some stickhandling tricks. Skaters will be placed into two groups based on ability. This program will help skaters develop confidence with the puck and get taught the skills required to be successful in their games.

Mon, Sep 17-Oct 22	7-7:45 am	\$55/5	1249
Wed, Sep 19-Oct 24	7-7:45 am	\$66/6	1253
Mon, Oct 29-Dec 17	7-7:45 am	\$77/7	1250
Wed, Oct 31-Dec 19	7-7:45 am	\$88/8	1254
Mon, Jan 7-Feb 11	7-7:45 am	\$66/6	1251
Wed, Jan 9-Feb 13	7-7:45 am	\$66/6	1255
Mon, Feb 25-Mar 18	7-7:45 am	\$44/4	1252
Wed, Feb 20-Mar 20	7-7:45 am	\$55/5	1256

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. We recommend skaters complete a minimum of RecSkate 2 prior to this course.

4 to 6 Years

Sat, Sep 22-Oct 27	8:15-9 am	\$66/6	0997
Sat, Sep 22-Oct 27	12:15-1 pm	\$66/6	0998
Sat, Nov 3-Dec 15	8:15-9 am	\$77/7	1001
Sat, Nov 3-Dec 15	12:15-1 pm	\$77/7	1002
Sat, Jan 12-Feb 16	8:15-9 am	\$66/6	1005
Sat, Jan 12-Feb 16	12:15-1 pm	\$66/6	1006
Sat, Feb 23-Mar 23	8:15-9 am	\$55/5	1009
Sat, Feb 23-Mar 23	12:15-1 pm	\$55/5	1012

Frank Crane Arena

7 to 9 Years

Sat, Sep 22-Oct 27	8:15-9 am	\$66/6	0999
Sat, Sep 22-Oct 27	12:15-1 pm	\$66/6	1000
Sat, Nov 3-Dec 15	8:15-9 am	\$77/7	1003
Sat, Nov 3-Dec 15	12:15-1 pm	\$77/7	1004
Sat, Jan 12-Feb 16	8:15-9 am	\$66/6	1007
Sat, Jan 12-Feb 16	12:15-1 pm	\$66/6	1008
Sat, Feb 23-Mar 23	8:15-9 am	\$55/5	1011
Sat, Feb 23-Mar 23	12:15-1 pm	\$55/5	1010

Frank Crane Arena

Please "Bear" with Us...



This Fall & Winter registration is taking place using brand new software. We may take a little longer to process your requests.



STICK 'n' PUCK

ALL AGES

New to the game of hockey or looking to improve on those skills? Just wanting to get on the ice in a non-game, recreational setting?

Stick 'n' Puck is the answer and a great way to get on the ice. An on-ice leader is available to assist with skill development and answer questions.

Space is limited, and session rules do apply. These sessions are for individuals looking to practice hockey skills - skating, passing, shooting, puck handling. These are unstructured practice times.

RULES

- Please pay before entering ice surface
- Games and scrimmages are not permitted
- Goalies are welcome and free
- Limited to 30 skaters per session
- Children under 8 must be accompanied by an adult

EQUIPMENT REQUIREMENTS

- Helmets and gloves are mandatory (full face cage required for skaters 16 years and under)
- Shin guards are strongly recommended
- Skaters bring own pucks



See page 6 for admission & page 10 for location information.

For more information, contact the Arena Coordinator at 250-755-7536.

Arenas

Custom Private Hockey Lessons

These one-on-one private lessons with our popular hockey instructors are perfect for individual skill development. Potential skill areas include power skating, shooting, stick handling, goal keeping, defensive development and others. Small groups (2-3) are also welcome. Full gear is recommended.

Tuesdays at Nanaimo Ice Centre

Tue, Sep 18-Oct 9	3:15-3:45 pm	\$128/4	1031
Tue, Sep 18-Oct 9	3:15-3:45 pm	\$128/4	1032
Tue, Sep 18-Oct 9	3:45-4:15 pm	\$128/4	1033
Tue, Sep 18-Oct 9	3:45-4:15 pm	\$128/4	1034
Tue, Sep 18-Oct 9	4:15-4:45 pm	\$128/4	1035
Tue, Sep 18-Oct 9	4:15-4:45 pm	\$128/4	1036
Tue, Oct 16-Nov 13	3:15-3:45 pm	\$160/5	1079
Tue, Oct 16-Nov 13	3:15-3:45 pm	\$160/5	1080
Tue, Oct 16-Nov 13	3:45-4:15 pm	\$160/5	1081
Tue, Oct 16-Nov 13	3:45-4:15 pm	\$160/5	1082
Tue, Oct 16-Nov 13	4:15-4:45 pm	\$160/5	1083
Tue, Oct 16-Nov 13	4:15-4:45 pm	\$160/5	1084
Tue, Nov 20-Dec 18	3:15-3:45 pm	\$160/5	1097
Tue, Nov 20-Dec 18	3:15-3:45 pm	\$160/5	1098
Tue, Nov 20-Dec 18	3:45-4:15 pm	\$160/5	1099
Tue, Nov 20-Dec 18	3:45-4:15 pm	\$160/5	1100
Tue, Nov 20-Dec 18	4:15-4:45 pm	\$160/5	1101
Tue, Nov 20-Dec 18	4:15-4:45 pm	\$160/5	1102
Tue, Jan 8-29	3:15-3:45 pm	\$128/4	1115
Tue, Jan 8-29	3:15-3:45 pm	\$128/4	1116
Tue, Jan 8-29	3:45-4:15 pm	\$128/4	1117
Tue, Jan 8-29	3:45-4:15 pm	\$128/4	1118
Tue, Jan 8-29	4:15-4:45 pm	\$128/4	1119
Tue, Jan 8-29	4:15-4:45 pm	\$128/4	1120
Tue, Feb 5-26	3:15-3:45 pm	\$128/4	1133
Tue, Feb 5-26	3:15-3:45 pm	\$128/4	1134
Tue, Feb 5-26	3:45-4:15 pm	\$128/4	1135
Tue, Feb 5-26	3:45-4:15 pm	\$128/4	1136
Tue, Feb 5-26	4:15-4:45 pm	\$128/4	1137
Tue, Feb 5-26	4:15-4:45 pm	\$128/4	1138
Tue, Mar 5-19	3:15-3:45 pm	\$96/3	1151
Tue, Mar 5-19	3:15-3:45 pm	\$96/3	1152
Tue, Mar 5-19	3:45-4:15 pm	\$96/3	1153
Tue, Mar 5-19	3:45-4:15 pm	\$96/3	1154
Tue, Mar 5-19	4:15-4:45 pm	\$96/3	1155
Tue, Mar 5-19	4:15-4:45 pm	\$96/3	1154

Fridays at Cliff McNabb

Fri, Sep 21-Oct 12	5-5:30 pm	\$128/4	1075
Fri, Sep 21-Oct 12	5-5:30 pm	\$128/4	1076
Fri, Oct 19-Nov 16	5-5:30 pm	\$160/5	1093
Fri, Oct 19-Nov 16	5-5:30 pm	\$160/5	1094
Fri, Nov 23-Dec 14	5-5:30 pm	\$128/4	1111
Fri, Nov 23-Dec 14	5-5:30 pm	\$128/4	1112
Fri, Jan 11-Feb 1	5-5:30 pm	\$128/4	1129
Fri, Jan 11-Feb 1	5-5:30 pm	\$128/4	1130
Fri, Feb 8-Mar 1	5-5:30 pm	\$128/4	1147
Fri, Feb 8-Mar 1	5-5:30 pm	\$128/4	1148
Fri, Mar 8-22	5-5:30 pm	\$96/3	1165
Fri, Mar 8-22	5-5:30 pm	\$96/3	1166

Wednesdays at Nanaimo Ice Centre

Wed, Sep 19-Oct 10	3:15-3:45 pm	\$128/4	1067
Wed, Sep 19-Oct 10	3:15-3:45 pm	\$128/4	1068
Wed, Sep 19-Oct 10	3:45-4:15 pm	\$128/4	1069
Wed, Sep 19-Oct 10	3:45-4:15 pm	\$128/4	1070
Wed, Sep 19-Oct 10	4:15-4:45 pm	\$128/4	1071
Wed, Sep 19-Oct 10	4:15-4:45 pm	\$128/4	1072
Wed, Oct 17-Nov 14	3:15-3:45 pm	\$160/5	1085
Wed, Oct 17-Nov 14	3:15-3:45 pm	\$160/5	1086
Wed, Oct 17-Nov 14	3:45-4:15 pm	\$160/5	1087
Wed, Oct 17-Nov 14	3:45-4:15 pm	\$160/5	1088
Wed, Oct 17-Nov 14	4:15-4:45 pm	\$160/5	1089
Wed, Oct 17-Nov 14	4:15-4:45 pm	\$160/5	1090
Wed, Nov 21-Dec 19	3:15-3:45 pm	\$160/5	1103
Wed, Nov 21-Dec 19	3:15-3:45 pm	\$160/5	1104
Wed, Nov 21-Dec 19	3:45-4:15 pm	\$160/5	1105
Wed, Nov 21-Dec 19	3:45-4:15 pm	\$160/5	1106
Wed, Nov 21-Dec 19	4:15-4:45 pm	\$160/5	1107
Wed, Nov 21-Dec 19	4:15-4:45 pm	\$160/5	1108
Wed, Jan 9-30	3:15-3:45 pm	\$128/4	1121
Wed, Jan 9-30	3:15-3:45 pm	\$128/4	1122
Wed, Jan 9-30	3:45-4:15 pm	\$128/4	1123
Wed, Jan 9-30	3:45-4:15 pm	\$128/4	1124
Wed, Jan 9-30	4:15-4:45 pm	\$128/4	1125
Wed, Jan 9-30	4:15-4:45 pm	\$128/4	1126
Wed, Feb 6-27	3:15-3:45 pm	\$128/4	1139
Wed, Feb 6-27	3:15-3:45 pm	\$128/4	1140
Wed, Feb 6-27	3:45-4:15 pm	\$128/4	1141
Wed, Feb 6-27	3:45-4:15 pm	\$128/4	1142
Wed, Feb 6-27	4:15-4:45 pm	\$128/4	1143
Wed, Feb 6-27	4:15-4:45 pm	\$128/4	1144
Wed, Mar 6-20	3:15-3:45 pm	\$96/3	1157
Wed, Mar 6-20	3:15-3:45 pm	\$96/3	1158
Wed, Mar 6-20	3:45-4:15 pm	\$96/3	1159
Wed, Mar 6-20	3:45-4:15 pm	\$96/3	1160
Wed, Mar 6-20	4:15-4:45 pm	\$96/3	1161
Wed, Mar 6-20	4:15-4:45 pm	\$96/3	1162

Thursdays at Nanaimo Ice Centre

Thu, Sep 20-Oct 11	3:30-4:00 pm	\$128/4	1073
Thu, Sep 20-Oct 11	3:30-4:00 pm	\$128/4	1074
Thu, Oct 18-Nov 15	3:30-4:00 pm	\$160/5	1091
Thu, Oct 18-Nov 15	3:30-4:00 pm	\$160/5	1092
Thu, Nov 22-Dec 13	3:30-4:00 pm	\$128/4	1109
Thu, Nov 22-Dec 13	3:30-4:00 pm	\$128/4	1110
Thu, Jan 10-31	3:30-4:00 pm	\$128/4	1127
Thu, Jan 10-31	3:30-4:00 pm	\$128/4	1128
Thu, Feb 7-28	3:30-4:00 pm	\$128/4	1145
Thu, Feb 7-28	3:30-4:00 pm	\$128/4	1146
Thu, Mar 7-21	3:30-4:00 pm	\$96/3	1163
Thu, Mar 7-21	3:30-4:00 pm	\$96/3	1164

Saturdays at Frank Crane Arena

Sat, Sep 22-Oct 13	7:45-8:15 am	\$128/4	1077
Sat, Sep 22-Oct 13	7:45-8:15 am	\$128/4	1078
Sat, Oct 20-Nov 17	7:45-8:15 am	\$128/4	1095
Sat, Oct 20-Nov 17	7:45-8:15 am	\$128/4	1096
Sat, Nov 24-Dec 15	7:45-8:15 am	\$128/4	1113
Sat, Nov 24-Dec 15	7:45-8:15 am	\$128/4	1114
Sat, Jan 12-Feb 16	7:45-8:15 am	\$192/6	1131
Sat, Jan 12-Feb 16	7:45-8:15 am	\$192/6	1132
Sat, Feb 23-Mar 23	7:45-8:15 am	\$160/5	1149
Sat, Feb 23-Mar 23	7:45-8:15 am	\$160/5	1150

Hockey Scrimmage

This is all about non-competitive hockey and will consist of a warm up and then a scrimmage. Our leaders are on hand to organize and direct the play. Previous hockey experience is recommended. Full gear is required. Goalies are welcome.

5 to 8 Years

Wed, Sep 19-Oct 24	3:45-4:30 pm	\$66/6	0815
Wed, Oct 31-Dec 12	3:45-4:30 pm	\$77/7	0816
Wed, Jan 9-Feb 13	3:45-4:30 pm	\$66/6	0817
Wed, Feb 20-Mar 27	3:45-4:30 pm	\$55/5	0818

9 to 12 Years

Wed, Sep 19-Oct 24	4:30-5:15 pm	\$66/6	0819
Wed, Oct 31-Dec 12	4:30-5:15 pm	\$77/7	0820
Wed, Jan 9-Feb 13	4:30-5:15 pm	\$66/6	0821
Wed, Feb 20-Mar 27	4:30-5:15 pm	\$55/5	0822

Nanaimo Ice Centre

Holiday RecSkate Camp

6 to 11 Years

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

Wed, Jan 2	8:30 am-5 pm	\$42/1	0147
Thu, Jan 3	8:30 am-5 pm	\$42/1	1375
Fri, Jan 4	8:30 am-5 pm	\$42/1	1376

Cliff McNabb Arena

Holiday Hockey Camp

6 to 11 Years

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

Wed, Jan 2	8:30 am-5 pm	\$42/1	0149
Thu, Jan 3	8:30 am-5 pm	\$42/1	1371
Fri, Jan 4	8:30 am-5 pm	\$42/1	1373

Cliff McNabb Arena



SEE PAGE 30 FOR
SPRING BREAK
SKATING & HOCKEY CAMPS!

FREE SKATES

Courtesy of Coast Capital Savings



HELD ON SELECT FRIDAYS AT
NANAIMO ICE CENTRE FROM
3:45-5:15 PM

• Sep 21 • Oct 19 • Nov 23
• Dec 21 • Jan 18 • Feb 15 • Mar 22

Skate & helmet rentals included

Pro-D Day in the Arenas

RecSkate Pro-D Camp

6 to 11 Years

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

Thu, Oct 4	8:30 am-5 pm	\$42/1	1013
Fri, Oct 5	8:30 am-5 pm	\$42/1	1014
Fri, Oct 19	8:30 am-5 pm	\$42/1	1015
Mon, Feb 25	8:30 am-5 pm	\$42/1	1016
Tue, Feb 26	8:30 am-5 pm	\$42/1	1017

Cliff McNabb Arena



RecHockey Pro-D Camp

6 to 11 Years

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

Thu, Oct 4	8:30 am-5 pm	\$42/1	1018
Fri, Oct 5	8:30 am-5 pm	\$42/1	1019
Fri, Oct 19	8:30 am-5 pm	\$42/1	1020
Mon, Feb 25	8:30 am-5 pm	\$42/1	1021
Tue, Feb 26	8:30 am-5 pm	\$42/1	1022

Cliff McNabb Arena

Pro-D Day Skates

• Thu, Oct 4 • 1:30-3 pm • NIC

• Fri, Oct 5 • 3:45-5:15 pm • NIC

• Fri, Oct 19 • 3:45-5:15 pm • NIC

• Mon, Feb 25 • 1:30-3 pm • NIC

• Tue, Feb 26 • 12:30-2 pm • NIC

Arenas



cityofnanaimo



nanaimoparksandrec (#ilovemyparksandrec)

FOR FALL 2018-2019 Teachers & Educators

Skating Lessons for Your Class

- Lessons available at Nanaimo Ice Centre and Frank Crane Arena September through March.
- Each lesson set is based on \$400 for 17-23 students for a 4-lesson set and \$500 for a 5-lesson set.
- Skate and helmet rentals are included.
- Bookings are ongoing.

**Contact our arena staff at
250-755-7537 or
gary.paterson@nanaimo.ca**



Adult Hockey 101 D

This program is for adults and youth and is ideal for a great family hockey experience. Qualified instructors take you through the basics of holding a stick, stickhandling and passing and, of course, playing the game. Basic learn-to-skate ability is a requirement. Minimum gear requirement is helmet with cage, gloves and stick, but full gear is recommended. (Drop-in fee is \$13.)

Fri, Sep 21-Oct 26	6-7:15 am	\$78/6	0495
Fri, Nov 2-Dec 14	6-7:15 am	\$91/7	0502
Fri, Jan 11-Feb 15	6-7:15 am	\$78/6	0503
Fri, Feb 22-Mar 22	6-7:15 am	\$65/5	0504

Frank Crane Arena

Adult Co-Ed Scrimmage D

This scrimmage program is for adults 18 and over interested in playing in an informal scrub setting. Session is monitored by an experienced leader. This is a registered program, but is al drop-in accessible. (Drop-in fee is \$13).

Fri, Sep 21-Oct 26	9:45-11:15 pm	\$55/5	0496
Fri, Nov 2-Dec 14	9:45-11:15 pm	\$77/7	0499
Fri, Jan 11-Feb 15	9:45-11:15 pm	\$66/6	0500
Fri, Feb 22-Mar 22	9:45-11:15 pm	\$55/5	0501

Cliff McNabb Arena

Adult Stickhandling D

For all levels, you can always improve this important hockey skill set. Drill include correct hand positioning, top hand and bottom hand strengthening, toe control, faking, ue of lines, cupping and reaching. (Drop-in fee is \$13.)

Mon, Sep 17-Oct 22	7-8 pm	\$60/5	0009
Mon, Oct 29-Dec 10	7-8 pm	\$72/6	0505
Mon, Jan 7-Feb 4	7-8 pm	\$60/5	0506
Mon, Feb 11-Mar 18	7-8 pm	\$60/5	0507

Nanaimo Ice Centre

ADULT CUSTOM PRIVATE SKATING LESSONS

Let us customize skating lessons to fit your schedule and your skill level!

Call our Arenas Coordinator at 250-755-7536 for all the details.

FULL HOCKEY GEAR Equipment Checklist

- Helmet (CSA approved) with chin strap.
- Full-shield/cage facemask (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



**Full gear required for hockey programs
unless otherwise stated.**



Take a
MOMENT
to MOVE

Parks & Trails



Did you know that Nanaimo is home to over 1400 hectares of parkland and over 170 kilometres of trails? Get moving this fall and winter! Go for a walk, get on your bike, play a game of tennis, try pickleball, visit a new playground - there's so much to do to keep you active right here in your own community.

Explore Your Parks and Move!

See how many activities you can check off the list this fall & winter:

- ☐ Enjoy a sunset picnic at Biggs Park
- ☐ Participate in a workout at the outdoor Oliver Woods Wellness Park
- ☐ Visit Bowen Park and learn all about salmon and their lifecycle
- ☐ Take your four-legged friend to one of the off-leash areas
- ☐ Bird watch at Buttertubs Marsh
- ☐ Get a workout by climbing the stairs found at the end of Seabold Drive
- ☐ Roller blade along the E&N Trail
- ☐ Walk the waterfront and enjoy the temporary art on display
- ☐ Bike ride on the Parkway Trail
- ☐ Seek out a new park or playground that you've never been to before
- ☐ Play a game of horseshoes at Bowen Park
- ☐ Do a circuit workout at Beban Park Participark
- ☐ Walk the trails at Colliery Dam Park
- ☐ Ride the leaves down the hills of Bowen Park
- ☐ Play a game of pickleball or basketball at the multi-purpose surface at Beaufort Park
- ☐ Attend Rivers Day celebrations (see page 69)
- ☐ Build a fort using driftwood at Pipers Lagoon Park
- ☐ Find the dinosaurs at Cable Bay Trail

Recent Park Improvements

- A new **picnic shelter and boardwalk** at Colliery Dam Park are now complete. Book your next small community event or birthday party at Nanaimo's newest picnic shelter.

Partners in Parks Projects

- **Linley Point Gyro Park** (5784 Linley Valley Dr): a brand new playground, multi-purpose court and a soon-to-be-built picnic shelter.
- **Cambie Park** (Park Ave & Cambie Rd): this park is in a brand new subdivision and is in the planning stages with neighbours.
- **Cinnabar Valley Park** (2004 Cinnabar Dr): improvements are underway with new playground equipment and a tennis/sport court scheduled to be complete this fall.

COMING SOON

Inclusive playground improvements at Maffeo Sutton Park.



cityofnanaimo



nanaimoparksandrec (#ilovemyparksandrec)

Nanaimo Recreation Facilities

Recreation Facility Bookings & Rentals

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

--MULTI-PURPOSE HALLS--

We can accommodate events from 2 to 800 people with a variety of room sizes to choose from. Whether you're organizing a trade show, special event, family function or a meeting, we want to ensure your day is a memorable one. Our staff are here to help you make the most of what we have to offer. CALL 250-756-5200 FOR RENTAL INFORMATION.

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

Outside Halls:

- **Departure Bay Activity Centre** (1415 Wingrove St)
- **Kin Hut Activity Centre** (2730 Departure Bay Rd)
- **Harewood Activity Centre** (195 Fourth St)
- **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
- **Nanaimo Ice Centre** (750 Third St)
2 NHL size ice sheets; NIC 1 seating for up to 400 and NIC 2 seating up to 186

ASK ABOUT OUR

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

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



PARKS & RECREATION

Recreation Facility Addresses

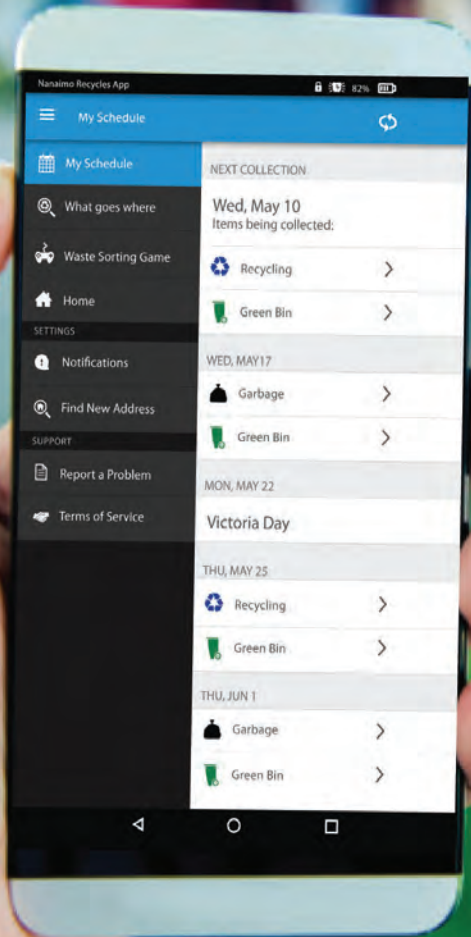


City of Nanaimo Activity Centres

- a** Departure Bay Activity Centre - 1415 Wingrove Street
- b** Kin Hut Activity Centre - 2730 Departure Bay Road
- c** Harewood Activity Centre - 195 Fourth Street
- d** Rotary Field House Activity Centre - 850 Third Street (access off Jingle Pot Rd)



Pick-Up Reminders & More!



Download our free app:

Nanaimo Recycles

NANAIMO
RECYCLES 
RECYCLE TODAY FOR A BETTER TOMORROW



Download on the
App Store



GET IT ON
Google Play



These tools are also available online at:
[www.nanaimo.ca/goto](http://www.nanaimo.ca/goto/NanaimoRecycles)
/NanaimoRecycles


SORT TOSS ROLL

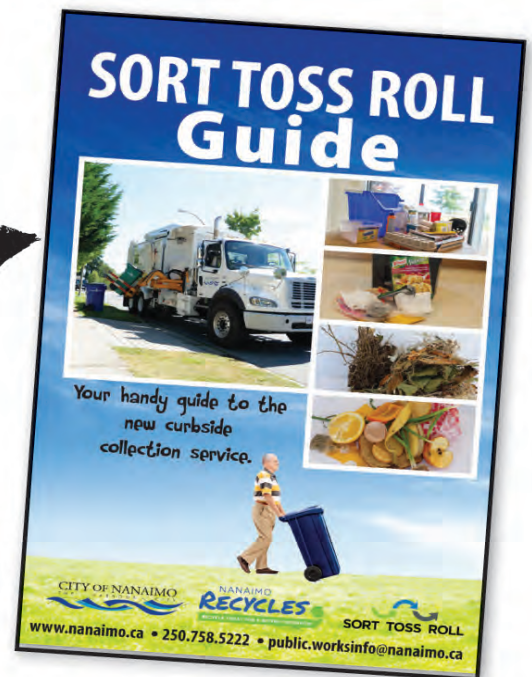
SORT TOSS ROLL *is here!*

All collection routes are now automated.



Please make sure you read your Sort Toss Roll Guide to familiarize yourself with how to set your carts out, as well as other guidelines and tips.

Check out our website or call our hotline for more information.



www.nanaimo.ca/goto/SortTossRoll

SortTossRoll@nanaimo.ca

250.756.5390 or 250.758.5222



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City Department Updates



Over 169 pieces of Public Art. Search the Public Art Inventory online @ www.nanaimo.ca/publicartinventory

Over 175 registered heritage buildings, sites & structures. Search the Heritage Register online @ www.nanaimo.ca/Heritage-Register/search.aspx

Follow Culture & Heritage on Instagram @ www.instagram.com/cultureandheritage

Subscribe to Culture & Heritage eNews @ [www.nanaimo.ca/GetInvolved > Culture & Heritage Newsletter](http://www.nanaimo.ca/GetInvolved/Culture%20HeritageNewsletter)

Contact us @ cultureandheritage@nanaimo.ca 250-755-4483

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

**LET US
CONGRATULATE
YOU!**

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



Award recipients must be residents of Nanaimo.

All applications for the Fall 2018 awards must be completed in full and received no later than

Wednesday, September 26, 2018.

Award recipients will be notified of awards ceremony date.

**To apply, email
awards@nanaimo.ca**

*For more information, go to
www.nanaimo.ca/culture-environment/awards*

LOOKING TO REPLACE THAT OLD, TIRED WASHING MACHINE?



**BUY A HIGH-EFFICIENCY
CLOTHES WASHER & RECEIVE
A REBATE!**

BC Hydro & The City of Nanaimo have partnered to offer City of Nanaimo residents a rebate for purchasing an energy and water efficient clothes washer.

- Rebates are \$100 or \$200 depending on level of efficiency
- Washers must be purchased between October 5 to November 16, 2018
- Other conditions apply

We all save electricity and conserve water; you save cash!



**Check out powersmart.ca
for program details!**



City Department Updates

Snow & Ice Control



Each winter season, Nanaimo Public Works is responsible for maintaining approximately 1,100 lane kilometres of city streets to keep them in a safe condition.

Priorities

- To plow and maintain major roads, including emergency routes during winter events.
- To plow and maintain through roads first and then cul-de-sacs and dead ends.

Residential areas will be plowed within 96 hours unless snow and icy conditions return crews back to major roads. Snow and ice control vehicles have assigned routes that they are required to maintain during snow falls.

Due to weather conditions and temperatures, the City can't always provide bare roads. When traffic has packed the snow, a salt and sand mixture is used to help traction. Salt is not effective below -6 Celsius, but at temperatures above -6 Celsius, the salt on the road will activate and melt the ice.

The City's snow and ice control priorities were developed from input with:

- City of Nanaimo Council and Staff
- RCMP
- Regional District of Nanaimo Transit
- Nanaimo Regional General Hospital
- Fire and Rescue Services
- Nanaimo/Ladysmith School District

Sidewalks

The City clears sidewalks around parks, bridges and major City facilities. When you consider the length of sidewalks in our community, it becomes too costly to perform this service for all areas.

City Bylaw 5000, Section 22 (1) requires snow to be removed from sidewalks within 24 hours by the property owner or occupant.

We understand that it can be difficult to remove the snow on your sidewalks. Our West Coast snow is often very heavy and wet, but by removing the snow, you are ensuring the safety of pedestrians. Be a good neighbour. If you notice your neighbour is having a difficult time clearing their sidewalks, why not offer to help if you can?

It can be frustrating when the plow driver deposits snow into your freshly shoveled area. Please keep in mind that the plow cannot be lifted or stopped at each driveway as it passes. You can help cut down the amount of snow in the roadway by not shoveling or blowing your snow into the street. Try to keep the snow to the sides of your driveway.

Other Points to Remember

- Listen to your local radio stations or check out the City's website and social media sites for updates during extreme weather conditions.
- The City does tow vehicles when required to ensure routes are clear for emergency and vehicular traffic during a snow event. To find out if your vehicle has been towed, call the RCMP at 250-754-2345.
- Help us maintain your streets. Where possible, park in your driveway to allow the street to be plowed to its whole width. Where this is not possible, try to park on the odd numbered side of the street on odd days and the even numbered side of the street on even days. Keep your vehicle as close to the side of the road as you can to allow equipment to make it by your vehicle.

Have questions or suggestions?

**Please contact the
Public Works Department at
public.worksinfo@nanaimo.ca or
250-758-5222**



[cityofnanaimo](https://www.cityofnanaimo.ca)



[nanaimoparksandrec](https://www.nanaimoparksandrec.ca) (#ilovemyparksandrec)



Voting Day is **October 20, 2018, 8 am-8 pm**

Check our website at www.nanaimo.ca/goto/elections for more information

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 19, 2018).
- Have lived in Nanaimo for at least 30 days before the day you vote (September 19, 2018).
- Not be disqualified by law from voting.

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 19, 2018).
- Have owned property in the City of Nanaimo for at least 30 days (September 19, 2018).
- 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; and, the owner must have the written consent of a majority of the other property owner(s) to vote on their behalf. Corporations are not entitled to vote.

Voting Day is October 20, 8 am-8 pm at ANY of the following locations:

- Bowen Park (500 Bowen Rd)
- Chase River Elementary (1503 Cranberry Ave)
- City of Nanaimo Service & Resource Centre (411 Dunsmuir St)
- Coal Tyee Elementary (2280 Sun Valley Dr)
- Departure Bay Activity Centre (1415 Wingrove St)
- Georgia Avenue Elementary (625 Georgia Ave)
- McGirr Elementary (6199 McGirr Rd)
- Nanaimo Alliance Church (1609 Meredith Rd)
- Nanaimo Aquatic Centre (741 Third St)
- Protection Island Fire Hall (26 Pirates Lane)
- Randerson Ridge Elementary (6021 Nelson Rd)
- Wellington Community Hall (3922 Corunna Ave)

Advanced Voting:

Advanced voting dates are Wednesday, October 10 & 17, 8 am-8 pm at Bowen Park (500 Bowen Rd)

Mail Ballot Voting:

Mail Ballot voting is available for those expecting to be absent during the advanced polls and general voting day or who have a physical disability, illness or injury that affects their ability to vote in person. Applications will be available through the Legislative Services Department.

Nomination Packages:

Interested in becoming a candidate? Review information about becoming a candidate at www.nanaimo.ca and pick up a nomination package from City Hall at 455 Wallace Street during business hours (8:30 am to 4:30 pm). Deadline is 4 pm on Friday, September 14.

Nomination Period:

The period for filing nomination documents in order to become a candidate is Tuesday, September 4 until Friday, September 14.

For information regarding the upcoming election, visit our website at www.nanaimo.ca/goto/elections or contact the Legislative Services Department at 250-755-4405.



**SATURDAY,
OCTOBER 20!**

GET MOVING

This Fall & Winter

Being active doesn't mean you have to spend hours at the gym or running marathons. Being active is incorporating small changes into your everyday routines. Most importantly, moving more can be **FUN**, and it is **SO GOOD FOR YOU!**



Improve Your Mood

Physical movement stimulates chemicals like serotonin that help you feel more relaxed and positive.



Enhance Your Memory

Exercising enhances blood flow to the brain. This increased blood flow allows your mind to work faster and improve your recall.



Reduce Your Risk of Disease

Exercise increases good cholesterol and decreases triglycerides in your body. This helps prevent or manage life-threatening conditions like diabetes, heart disease, high blood pressure, arthritis and even certain types of cancer.



Control Your Weight

Physical movement uses up oxygen in the body which burns stored fat. This may help to maintain and control your weight.



Boost Your Energy

Regular exercise improves your body's ability to deliver oxygen and nutrients throughout it.



• WALK • HIKE • SWIM • SKATE • CYCLE • SKATEBOARD • ROLLER BLADE • CLIMB
• JUMP • WEIGHT TRAIN • PLAY... *What's your movement?*

Our Fall & Winter registration is taking place using brand new software.

Be ready in advance of our August 22 registration start date.

1. Create your new account.

Go to Recreation.Nanaimo.ca and follow the steps to set up your account.

2. Make sure your account includes the following:

- ★ Your name, address, phone number, email address and date of birth.
- ★ Add family members so they can be linked to your account.
- ★ OPTIONAL: Save your credit card information into our encrypted and secure system for easy and fast transactions.
- ★ Opt-in to receive important services emails, such as program updates, cancelations, facility closures, special events and other service updates.

Please "Bear" with Us...



We are learning new software, and we may take a little longer to process your requests.



cityofnanaimo



nanaimoparksandrec (#ilovemyparksandrec)

3 Easy Ways to Register **FOR YOUR NANAIMO PARKS & RECREATION PROGRAMS:**

1. ON-LINE

Register and view your transactions on-line
Available 24/7 with a valid credit card or by
Electronic Funds Transfer.

Go to **recreation.nanaimo.ca** to create your account or
to access your established account (see back cover for details).

2. IN PERSON

Pay for programs using cash, cheque, credit/debit card or
gift cards at any of the locations listed below.

Phone 250-756-5200 to confirm hours.

- Beban Park (2300 Bowen Rd) • Nanaimo Ice Centre (750 Third St)
- Bowen Park (500 Bowen Rd) • Oliver Woods Community Centre (6000 Oliver Rd)
- Nanaimo Aquatic Centre (741 Third St)

3. BY PHONE

Call **250-756-5200** and leave your name & phone number.

We will call you back in the order calls are received.

Payment is by credit card (card holder must be present).

PROGRAM CANCELLATIONS AND REFUNDS

Programs: Full refunds will be processed by contacting Reception a minimum of 72 hours prior to program start date (less supply costs). Full refunds are issued when Nanaimo Parks and Recreation cancels a program or when program is not convenient due to course changes. Every effort is made to cancel in a timely manner (3 to 5 days prior to course start date). Some exceptions may apply.

Passes: Passes are non-refundable and non-transferable, and a \$5 replacement card fee applies if 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, American Express 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. Pro-rated refunds may be granted at the discretion of the Program Coordinator for medical reasons, relocation outside of Nanaimo or course withdrawals requested after the first lesson. A fee will apply to NSF or incomplete payments.

Please "Bear" with Us...



This Fall & Winter registration is taking place using brand new software. We may take a little longer to process your requests.

OH, NO! WE HAD TO CANCEL IT!

Sometimes programs get canceled 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, please call 250-756-5200 at least 72 hours prior to the course start date for a full refund.

Wayland Sports (Nanaimo)

1ST ANNIVERSARY & OPEN HOUSE!

Wayland Sports is home to 7 GYMNASTICS centres across BC - our newest location just opened in Squamish!



SUNDAY, AUGUST 26TH!

Join the FUN at Wayland Sports'
1st Anniversary & Open House!
Gymnastics Programs for
18 months-18+ years!

- TRY A FREE CLASS
- TOUR THE FACILITY
- REGISTER FOR FALL PROGRAMS
- TRY OUT FOR OUR ADVANCED RECREATIONAL TEAM



FREE TRIAL CLASS SCHEDULE

Participants must pre-register to participate. Space is limited. Please call 250-585-1455 to reserve your spot! (Please note that class times have been shortened to give you a quick sampling of our programs.)

GYMKIDS PROGRAM	TIME	AGES
Parent & Tot	10:00-10:30 am	Ages 1.5 to 3 yrs
3 ALL ME	10:45-11:15 am	Ages 3 to 4 yrs
Preschool Age	11:30 am-12:15 pm	Ages 4 to 5 yrs
School Age Artistic Gymnastics	12:45-1:30 pm	Kindergarten to 13 yrs
School Age Beginning Tumbling	1:45-2:30 pm	Kindergarten to 13 yrs
School Age Parkour	2:45-3:30 pm	Kindergarten to 13 years
Mini-Gymstars Team Try-outs	3:45-4:45 pm	4 to 5 years
Gymstars Team Try-out	5:00-6:00 pm	6 to 14 years

REGISTER NOW FOR FALL PROGRAMS!

(September 10-December 21, 2018)

Register on-line www.waylandsports.com or call 250-585-1455



- GYMNASTICS
- TUMBLING • PARKOUR
- SPECIAL NEEDS
- BIRTHDAY PARTIES
- FIELD TRIPS • CAMPS
- KIDS' NIGHT OUT
- MORE



Girls Advanced Recreational
(Interclub) Team Try-out
"Mini-Gymstars" (4-5 yrs) &
"Gymstars" (6-14 yrs)

SUN, AUG 26th, 3:45-6 PM

Calling all girls ages 4 & up! Would you like to be part of a team, work on routines to perform at fun meets around the province and train more hours to acquire more advanced gymnastics skills? If you answered, yes, then our "Gymstars" program is for you! Please come to our try outs to become part of this exciting program!

250-585-1455 • www.waylandsports.com • nanaimoinfo@waylandsports.com

#1 4906 Wellington Road, Nanaimo - BC's newest location!

Creating a lifelong love for fitness through fun, challenging gymnastics and movement activities since 2002.



Please “BEAR” with us...

This Fall & Winter registration is taking place using brand new software.
We may take a little longer to process your requests.

Here's how you can register online for your parks & recreation programs:

1. Create your new account.

Go to Recreation.Nanaimo.ca and follow the steps to set up your account.

2. Make sure your account includes the following:

- ★ Your name, address, phone number, email address and date of birth.
- ★ Add family members so they can be linked to your account.
- ★ Save your credit card information into our encrypted and secure system for easy and fast transactions.
- ★ Opt-in to receive important services emails, such as program updates, cancellations, facility closures, special events and other service updates.

This software upgrade has some great online features!



A simplified registration process with the ability to quickly search and filter programs by age range, activity type or location.



Easy access to your online account, including records of receipts, activity schedules and rental contracts.



View the availability of a class and immediately book online.



Secure and fast online payments using your credit card or by electronic fund transfer.



A family account feature that enables you to link all of your family members together.



A mobile responsive interface that shows the best view regardless of your screen size.

Need some help setting up your account? Please call us at 250.756.5200 or email registration@nanaimo.ca.