

City of Nanaimo, Parks & Recreation

ACTIVITY GUIDE

March to August 2019

Take a
MOMENT
to **MOVE**



recreation.nanaimo.ca

250-756-5200

Registration starts Wednesday, March 6.



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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SUMMER Camps & Programs

SEE PAGES 31-41



The Nanaimo Parks & Recreation Activity Guide is produced twice a year by the City of Nanaimo (March & September). The guide is available online at recreation.nanaimo.ca. Interested in advertising? Contact parksandrecreation@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 Kirk.

Photo of participants at our annual Healthamongus event held at Beban Park.



Advertising Disclaimer

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Welcome to Parks and Recreation!

The City of Nanaimo is pleased to bring you the new Spring and Summer Activity Guide. At Parks and Recreation, we have a passion for helping you become and stay active with a variety of sport, fitness, art, cooking and outdoor activities, and we are very excited to plan activities that all community members can participate in. Perhaps as you participate in one of our programs you will gain a new skill that could lead to a life-long hobby. This Activity Guide has so much to choose from, including public activity drop-in schedules, program details and information on community special events. As you head into the warmer and longer days of spring and summer, we invite you to “Take a Moment” and discover all the programs and events that our city has for you to participate in!



Stay Connected with Parks & Recreation

- Check our website (recreation.nanaimo.ca) for updates on programs, special events or severe weather cancellations.
- “Like” us on Facebook ([cityofnanaimolocalgovernment](https://www.facebook.com/cityofnanaimolocalgovernment)).
- Follow us on Twitter (@cityofnanaimo).
- Follow us on Instagram (@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 two 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:

- recreation.nanaimo.ca
- parksandrecreation@nanaimo.ca
- 250-755-7510

Spring & Summer Special Events

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

MARCH

- 5 (Tue)**Glow in the Dark Skate**
6:30-8 pm at Frank Crane Arena
- 23 (Sat).....**Starlight Skate**
7-9 pm at Nanaimo Ice Centre
- 17 (Sun).....**St. Paddy's Ryan Vending Tweekie Skate**
4-6 pm at Nanaimo Ice Centre
- 18/25 (Mon)..**"Marvel"ous Mondays (Spring Break)**
1-3 pm at Nanaimo Aquatic Centre
- 30 (Sat).....**Earth Hour Starlight Skate**
7-9 pm at Nanaimo Ice Centre

APRIL

- 3 (Wed)**Starlight Skate**
6:30-8 pm at Nanaimo Ice Centre
- 21 (Sun)**Glow in the Dark Skate**
3-4:30 pm at Cliff McNabb Arena
- 21 (Sun)**Easter Eggstravaganza Pool Party**
2-3:30 pm at Beban Pool
- 27 (Sat)**Dive-In Movie for Earth Week "Jumanji 2"**
3-5 pm at Nanaimo Aquatic Centre
- 27 (Sat).....**Earth Day Community Celebrations**
John Barbsy Community School

MAY

- 1-7.....**Youth Week Activities**
see Youth Section for details
- 1 (Wed).....**Starlight Skate**
6:30-8 pm at Nanaimo Ice Centre
- 4 (Sat).....**Invasive Plant Drop Zone**
10 am-2 pm at Linley Gyro Park
- 16 (Thu)**National Life Jacket Day**
7-8 pm at Nanaimo Aquatic Centre
- 19 (Sun)**Glow in the Dark Skate**
3-4:30 pm at Cliff McNabb Arena
- 27-Jun 2.....**Bike to Work Week**

JUNE

- 1 (Sat)**Invasive Plant Drop Zone**
10 am-2 pm at Bowen Park
- 3-9**Commuter Challenge Week**
- 5 (Wed)**Starlight Skate**
6:30-8 pm Nanaimo Ice Centre
- 8 (Sat)**Ocean's Day** at Maffeo Sutton Park
- 14 (Fri)**Family Fishing Day**
3:30-7:30 pm at Colliery Dam Park
- 16 (Sun)**Father's Day Skate**
3-4:30 pm at Cliff McNabb Arena
- 23 (Sun)**Glow in the Dark Skate**
3-4:30 pm at Cliff McNabb Arena
- 27 (Thu)**Family Fun Night "Kick-Off to Summer"**
4-7 pm at Departure Bay Park

JULY

- 1 (Mon)**Canada Day Celebrations**
11 am-3:30 pm at Maffeo Sutton Park
- 3 (Wed)**Starlight Skate**
6:30-8 pm at Nanaimo Ice Centre
- 6-27 (Sat).....**Silly Summer Saturdays (in Jul & Aug)**
3-5 pm at Nanaimo Aquatic Centre
- 2-30 (Tue)**Concerts in the Park**
12:30-1:30 pm at Maffeo Sutton Park
- 3-31 (Wed)....**Concerts in the Park**
6-7:30 pm at Bowen Park Amphitheatre
- 7-28 (Sun).....**Super Summer Sundays (in Jul & Aug)**
3-5 pm at Nanaimo Aquatic Centre
- 14 (Sun)**National Drowning Prevention Week**
1-3 pm at Westwood Lake
- 21 (Sun)**Glow in the Dark Skate**
3-4:30 pm at Nanaimo Ice Centre
- 25 (Thu)**Family Fun Night "Mid Summer Fun"**
4-7 pm at Mansfield Park

AUGUST

- 3-31 (Sat).....**Silly Summer Saturdays**
3-5 pm at Nanaimo Aquatic Centre
- 4-25 (Sun).....**Super Summer Sundays**
3-5 pm at Nanaimo Aquatic Centre
- 6-27 (Tue)**Concerts in the Park**
12:30-1:30 pm at Maffeo Sutton Park
- 7 (Wed)**Starlight Skate**
6:30-8 pm at Nanaimo Ice Centre
- 7-28 (Wed)....**Concerts in the Park**
6-7:30 pm at Maffeo Sutton Park
- 9 (Fri)**Hawaiian Holiday Aquatic Event**
1-3 pm at Westwood Lake Park
- 18 (Sun)**Glow in the Dark Skate**
3-4:30 pm at Nanaimo Ice Centre
- 29 (Thu)**Family Fun Night "Summer Wrap-Up"**
4-7 pm at Harewood Centennial Park

**SUMMER
EVENTS:**
See back cover!



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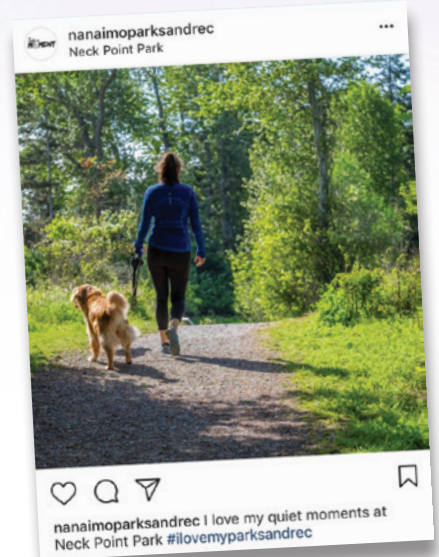
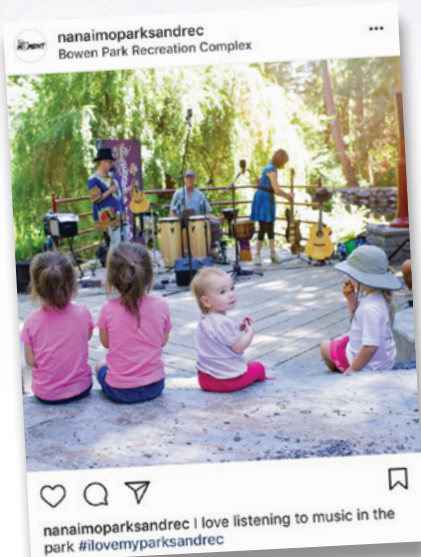
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How Do You Love Your Parks & Rec?

This Spring and Summer, tell us how for a chance to win some great prizes!

Between now and August 31, show your love for Parks and Recreation by tagging **@cityofnanaimolocalgovernment** on Facebook or using the hashtag #ilovemyparksandrec on **@nanaimoparksandrec** Instagram. Every time you share how you love your parks and rec, your name will be entered into a randomly selected draw for \$50 gift cards and other cool prizes.



High School Education in a University Setting

Why choose The High School at Vancouver Island University?

- A British Columbia curriculum enhanced with intercultural perspectives
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- 1 to 1 Chromebook environment
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for grades 10, 11 and 12.**

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Abdul

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Contact:

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250.740.6315



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**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: \$3.75

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.



FREE LIONS SWIM:

Sundays, 2-3:30 pm at Beban Pool from April 7 to June 30.

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 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: Enjoy the pool amenities at Beban for only \$3 admission. 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 from April 7 to May 26.

Discount Dip: 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'd find with dry land aerobics. Open to all levels of ability. Feel free to ask the instructor for modifications.

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

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 of ability. 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 MARCH 31, 2019

	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
Weight Room Orientation <i>Please pre-register using barcodes from page 61.</i>		3:30-5 pm			6-7:30 pm		12:30-2 pm
Personal Training Session <i>Please book your session in advance online or by calling us. If alternative times are required, please call 250-756-5200.</i>		2-3 pm	7-8 pm	6-7 pm	6-7:30 pm		11 am-12 pm

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

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

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

Weight Room Orientations: These are designed to familiarize you with our facilities and give you an orientation of the basics of strength and functional training. An orientation is recommended before using our facilities. See page 61 for orientation dates and times. Cost is \$5.

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

Youth in the Weight Room: Our weight rooms are available for use by persons 16 years and older. Teens (13-15) must complete a weight room orientation. Upon completion of an orientation, teens will receive a "Gym Use Teen Graduate Card." This card permits youth to use our weight rooms unsupervised by an adult.



Beban Weight Room - STARTING MARCH 31, 2019

	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 (July 3-28)	9:30 am-5 pm	6 am-7 pm	6 am-7 pm	6 am-7 pm	6 am-7 pm	6 am-7 pm	9:30 am-5 pm
Weight Room Orientation <i>(Please pre-register using barcodes from page 61.)</i>				6-7:30 pm 5:30-7 pm (July)			
Personal Training Session <i>Please book your session in advance online or by calling us. If alternative times are required, please call 250-756-5200.</i>		11 am-12 pm 7-8 pm		6-7 pm	11 am-12 pm		2:30-3:30 pm

Schedule is subject to change. The Beban Weight Room is closed on all statutory holidays and closed for annual maintenance from Sunday, July 28 to Monday, September 2 (re-opens on Tuesday, September 3).

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 Spring/Summer Schedule (741 THIRD STREET) MAR 31-SEP 1

PROGRAM	SUN	MON	TUE	WED	THU	FRI	SAT
Everyone Welcome	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
50 M Lengths Lane swimming	7:30-9:45 am		6-10 am		6-10 am		7:30-9 am
25 M Lengths - Spring <i>Lane swimming (Mar 31-Jun 29)</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 am-2:30 pm 3-10 pm	9:30 am-10 pm
25 M Lengths - Summer <i>Lane swimming (Jun 30-Sep 1)</i>	10:15 am-10 pm	6 am-10 pm	10:30 am-10 pm	6 am-10 pm	10:30 am-10 pm	6 am-10 pm	9:30 am-10 pm
Waves - Spring (Mar 31-Jun 29)	12:30-10 pm	Waves on intermittently throughout the day and during aquatic programs in the Wave Pool from 11 am-3:30 pm and 6:30-10 pm.					12:30-10 pm
Waves - Summer (Jun 30-Sep 1)	12-10 pm	12-10 pm	12-10 pm	12-3:30 pm 6:30-10 pm	12-10 pm	12-10 pm	12-10 pm
Slides - Spring (Mar 31-Jun 29)	1:30-9:30 pm	3:30-9:30 pm	3:30-9:30 pm	3:30-9:30 pm	3:30-9:30 pm	3:30-9:30 pm	1:30-9:30 pm
Slides - Summer (Jun 30-Sep 1)	11:30 am-9:30 pm	11:30 am-9:30 pm	11:30 am-9:30 pm	11:30 am-9:30 pm	11:30 am-9:30 pm	11:30 am-9:30 pm	11:30 am-9:30 pm
Water Polo (until May 26)	8-9 pm						
Discount Dip \$3 Rate <i>(*M-F, 5:30-6:30 pm, Jun 30-Sep 1)</i>	9-10 pm	5:30-6:30 pm * 9-10 pm	5:30-6:30 pm * 9-10 pm	5:30-6:30 pm * 9-10 pm	5:30-6:30 pm * 9-10 pm	5:30-6:30 pm * 9-10 pm	9-10 pm
AQUAFIT	SUN	MON	TUE	WED	THU	FRI	SAT
Core Strength Aquafit (1 hr)	9-10 am	7-8 am		7-8 am		7-8 am	
Therapy Aquafit (1 hr)		8:30-9:30 am	8:30-9:30 am	8:30-9:30 am	8:30-9:30 am	8:30-9:30 am	
Shallow Water Aquafit (45 min)		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 (45 min)		10:30-11:15 am	11:30 am- 12:15 pm 8-8:45 pm	10:30-11:15 am	11:30 am- 12:15 pm 8-8:45 pm	10:30-11:15 am	10:30-11:15 am

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

- Lanes available at all times except during the moving of the bulkheads in the main pool. The bulkheads in the competition pool move at different times throughout the week and may disrupt some lane swimming. Main pool will be closed to move the bulkheads.
- Please inform staff of any medical conditions.
- All children 6 years and under must be under the direct supervision of 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, waves and/or diving boards may need to be closed periodically throughout the day. Please ask a lifeguard for schedule information.
- Life jackets are available for public use.

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 thoroughly shower prior to entering the pool water.

Stat Holiday Swim Hours: 12-4 pm (Nanaimo Aquatic Centre open)

• Fri, Apr 19 (Good Friday) • Mon, Apr 22 (Easter Monday) • Mon, May 20 (Victoria Day)

POOL CLOSED: • Mon, Jul 1 (Canada Day) • Mon, Aug 5 (BC Day) • Mon, Sep 2 (Labour Day) - JOIN US AT WESTWOOD LAKE!

SWIM MEETS: • Apr 13-14 • May 17-19 • May 24 & 26 • Jun 7-9 • Aug 2-4 (limited length swimming; check our online schedule at recreation.nanaimo.ca)

POOL CLOSURE

Please note that Nanaimo Aquatic Centre is closed for annual maintenance from Tuesday, September 3 to Sunday, September 22, 2019 (re-opening Monday, September 23.)

Beban Pool Spring/Summer Schedule (2300 BOWEN ROAD) MAR 17-JUL 27, 2019

PROGRAM	SUN	MON	TUE	WED	THU	FRI	SAT
Everyone Welcome Spring (Mar 17 to Jun 29)	9:30 am-4 pm LION'S FREE SWIM 2-3:30 pm (Apr 7-Jun 30)	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 am-1:30 pm	6:15-9:15 am 10:30 am-1:30 pm	9:30 am-7 pm
Everyone Welcome Summer (Jun 30-Jul 27)	9:30 am-5 pm	6:15 am-1:30 pm	6:15 am-1:30 pm	6:15 am-1:30 pm	6:15 am-1:30 pm	6:15 am-1:30 pm	9:30 am-5 pm
Adult/Senior Swim (19+) <i>Leisure; lengths</i>		1:30-3 pm	1:30-3 pm	1:30-3 pm	1:30-3 pm	1:30-3 pm	
Leisure Only <i>Leisure pool and slide open; no lengths</i>	4-7 pm (Mar 17-Jun 23)	3-7 pm	3-7 pm	3-7 pm	3-7 pm	3-7 pm	
\$3 Discount Dip		7-8:30 pm (Mar 18-Jun 24)		7-8:30 pm (Mar 20-Jun 26)			5-7 pm (Mar 23-Jun 29)
AQUAFIT	SUN	MON	TUE	WED	THU	FRI	SAT
Shallow Water Aquafit	12:30-1:15 pm	7:15-8 pm (Mar 18-Jun 24)	10:45-11:30 am 2-2:45 pm	7:15-8 pm (Mar 20-Jun 26)	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 (Mar 20-Jun 26)		11-11:45 am (Mar 22-Jun 28)	
DROP-IN SWIMMING LESSONS (see page 93)	SUN	MON	TUE	WED	THU	FRI	SAT
Red Cross Adult Level 1	11-11:30 am (Apr 7-Jun 9)						
Red Cross Adult Level 2	11:30 am-12 pm (Apr 7-Jun 9)						

POOL CLOSURE

Please note that Beban Pool will be closed for annual maintenance from Sunday, July 28 until Monday, September 2 (re-opening on Tuesday, September 3).

FREE SWIMS
Courtesy of Coast Capital Savings

HELD ON SELECT DAYS AT BEBAN PARK POOL OR KIN POOL FROM 7-9 PM

- Fri, Apr 26 (Beban) · Fri, May 31 (Beban)
- Fri, Jun 28 (Beban)
- Sat, Jul 20 (Kin Pool) · Sat, Aug 31 (Kin Pool)

Admission to pool only; weight room not included.

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

- 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.

Holiday Swims: Beban Pool closed on all statutory holidays.



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Westwood Lake “Lifeguards on Duty” Schedule

**LIFEGUARDS ARE ON DUTY EVERY DAY FROM
SUNDAY, JUNE 23 TO MONDAY, SEPTEMBER 2, 12 TO 6 PM!**
(including Canada Day, BC Day & Labour Day)



Back by popular demand!
**SWIMMING LESSONS AT
WESTWOOD LAKE**
(See page 92 for schedule)

GET MOVING! *It's good for you!*

The human body is meant to move! Benefits of an active lifestyle include:

- Lower blood pressure
- Better regulation of blood sugar
- Lower resting heart rate
- Improved immune function
- Increased muscular strength & endurance

Take a
MOMENT
to **MOVE**


- Improved cardio-respiratory functioning
- Increased flexibility
- Better joint health
- Improved mental functioning
- Higher quality of sleep



• WALK • HIKE • SWIM • SKATE • CYCLE • SKATEBOARD • ROLLER BLADE • CLIMB • JUMP • WEIGHT TRAIN • PLAY...

How will you get moving this spring and summer?

Oliver Woods Gymnasium Drop-In Schedule (6000 OLIVER RD) APR 1-SEP 1

PROGRAMS	SUN	MON	TUE	WED	THU	FRI	SAT
Badminton 16+ Gym attendant on duty.	7-9 pm (Apr 7-Aug 25)		9-11:30 am (Apr 2-Jun 25) 5:30-7:30 pm (Jul 2-Aug 27)		9-11:30 am (Apr 4-Jun 27)		
Basketball 16+ Gym attendant on duty.				8:30-10:30 pm (Apr 3-Jun 26) 7-9 pm (Jul 3-Aug 28)			
Everyone Welcome Gym All Ages. Great time to organize a lunch time activity or sport. (Racquet sports not available.)			11:45 am-1:15 pm (Apr 2-Jun 25)				
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 (Apr 5-Jun 28)	
Pickleball (Spring: Apr 1-Jun 27) 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 (Apr 1-Jun 24)			11:40 am-1:40 pm 1:45-3:45 pm (Apr 4-Jun 27)		
Pickleball (Summer: Jul 3-Aug 28) 16+		7:45-10 am		7:45-10 am	11:45 am-2:15 pm	7:45-10 am	
Volleyball 16+ Gym attendant on duty.		8:15-10:30 pm (Apr 1-Jun 24) 7-9 pm (Jul 8-Aug 26)					

General Information for Drop-In Sports Programs:

- Please sign in and pay drop-in admission 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 with sign-in available no more than 15 minutes prior to program starts.
- Schedule subject to change. Go to recreation.nanaimo.ca to be sure.

PLEASE NOTE: GYMS WILL BE CLOSED FROM THURSDAY, AUGUST 29 TO SUNDAY, SEPTEMBER 8 FOR FLOOR RE-FINISHING.

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 and 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 Through climbing, riding, jumping and playing, this is a time for parents and tots to explore and develop motor skills. Drop-in \$3.75/child. Parent participation required.	12:30-2 pm (Apr 7-Jun 10)					10:30 am-12:30 pm (Apr 5-Jun 21)	
Tumble Bumble 2-4 yrs A fun, active opportunity for tots to explore climbing equipment, mats and more. Games and other activities that develop motor skills and social interaction are also included. Parents are asked to participate in this semi-structured program. See page 20.		3:30-4:30 pm (Apr 8-Jun 24)					



cityofnanaimo




nanaimoparksandrec (#ilovemyparksandrec)

Arena Schedule


FRANK CRANE ARENA (FCA) & CLIFF McNABB ARENA -2300 BOWEN RD NANAIMO ICE CENTRE (NIC) -750 THIRD ST

MONDAY, APRIL 1 TO FRIDAY, JUNE 28 (no sessions on stat holidays - Apr 22 & May 20; from May 20 to Jun 5, NIC programs move to Cliff McNabb)

PROGRAMS	SUN	MON	TUE	WED	THU	FRI	SAT
Everyone Welcome	3-4:30 pm Cliff McNabb			6:30-8 pm NIC		4:15-5:45 pm Cliff McNabb	
Parent & Tot (Children 6 years & under & adult.)		10-11:30 am Cliff McNabb		12:30-1:30 pm Cliff McNabb			
Adult Leisure Skates 19+		10-11:30 am NIC	10-11:45 am Cliff McNabb		10-11:45 am Cliff McNabb		
Adult Scrub Hockey 18+		11:45 am-1:15 pm NIC		11:45 am-1:15 pm NIC	11:45 am-1:15 pm NIC	11:45 am-1:15 pm NIC	
Senior Scrub 60+ & 70+ Scrub Hockey		8-9:15 am NIC	10-11:15 am (70+) NIC	8-9:15 am NIC		8-9:15 am 10-11:15 am (70+) NIC	
Stick 'n' Puck (All ages; children under 8 years must be accompanied on the ice by an adult. Helmets are mandatory.)	1:45-2:45 pm Cliff McNabb		11:45 am-1:15 pm NIC	1:45-3:15 pm Cliff McNabb		3-4 pm Cliff McNabb	
Adult Co-Ed Scrimmage (Drop-in for \$13 or register for program. See page 101.)						9:45-11:15 am Cliff McNabb	

TUESDAY, JULY 2 TO SATURDAY, AUGUST 31 (All sessions at Nanaimo Ice Centre unless otherwise noted.)

No sessions on stat holidays - July 1 & August 5

PROGRAMS	SUN	MON	TUE	WED	THU	FRI	SAT
Everyone Welcome	3-4:30 pm NIC		4:15-5:45 pm NIC	6:30-8 pm NIC			1-2:30 pm NIC
Adult Scrub Hockey 18+		11:45 am-1:15 pm NIC		11:45 am-1:15 pm NIC		11:45 am-1:15 pm NIC	
Senior Scrub 60+ & 70+ Scrub Hockey		7:30-8:45 am NIC	10:45 am-12 pm (70+) NIC	7:30-8:45 am NIC		7:30-8:45 am NIC	10-11:15 am (70+) NIC
Stick 'n' Puck (All ages; children under 8 years must be accompanied on the ice by an adult. Helmets are mandatory.)	1:45-2:45 pm NIC	 PARTICIPANTS WITH SPECIAL NEEDS ARE WELCOME TO PUBLIC SKATING SESSIONS!				3-4 pm Cliff McNabb	11:30 am-12:45 pm NIC

Arena Program Highlights: See page 6 for admission rates.

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.

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

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

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

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

Arena Schedule Changes

Arena schedules have adjustments for tournaments, statutory holidays and special events. Please check our drop-in schedule area on our website at

recreation.nanaimo.ca for the latest information.

From May 20 to June 5, NIC programs move to Cliff McNabb Arena.

FREE SKATES

Courtesy of Coast Capital Savings

**HELD ON SELECT FRIDAYS, 4:15-5:45 PM AT
CLIFF McNABB ARENA**

• April 19 • May 3 • June 28 • July 19 • August 23
Skate & helmet rentals included



Bowen Park Kin Outdoor Pool

Summer 2019 Schedule



Open to the Public
June 1 to September 1

Come swim in our outdoor heated pool!

~Public Swimming Hours~

• **EVERYONE WELCOME:**

Saturday & Sunday, 1-3 pm - June 1 to September 1
Monday to Friday, 12-3 pm - July 1 to August 30

• **ADULT LENGTH SWIMMING:**

Dedicated lanes available Monday to Friday, 12-1 pm during "Everyone Welcome" session

Note: Swim meets or other events will result in public swim cancellations on some weekends. Call for cancellation dates.

Admission is only

\$3!

NEW AQUATIC COURSES

Now offering Bronze
Medallion, Bronze Cross
and National Lifeguard -
Pool Option!

Rent the Kin Pool!

Rates starting at \$105 per hour

- School Groups • Private Groups • Sports Clubs
 - Company Parties • Birthday Parties • Special Events
- See our website for available times.

Mini Rapids Swim Lessons

Registration opens online May 1.

WEEKDAY LESSON START: M-F, July 1, 8, 15, 22, 29
& August 5, 12, 19

WEEKEND LESSON START: Sat, Jul 13-Aug 10
LESSON TIMES: Lessons occur between 9 am to 12 noon

\$37.50 for 1/2 hour lesson (Beginner Lessons)
\$47.50 for 3/4 or 1 hour lesson (Intermediate/Advanced Lessons)

Ask us about our private lessons.

www.nanaimowhiterapids.ca • 250.753.8176
kinpoolmanager@gmail.com

The Kin Pool is located in beautiful Bowen Park. Enter from Bowen Road opposite Howard Avenue.

Early Years & Children's Activities

Early Years - Ages 6 Months to 5/6 Years

Children - 5/6 Years +

Join us for fun, friendship & fitness!

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!

Instructor: Micalla Wallace

Tue, Apr 2-May 7	6-6:45 pm	\$30/6	13036
Tue, May 14-Jun 18	6-6:45 pm	\$30/6	13037

Oliver Woods Community Centre

Tumble Bumble

2 to 4 Years

A fun, active opportunity for tots to explore climbing equipment, mats and more. Games and other activities to develop motor skills and social interaction are also included. Parents are asked to participate in this semi-structured program.

Mon, Apr 8-May 13	3:30-4:30 pm	\$25/5	13027
Mon, May 27-Jun 24	3:30-4:30 pm	\$25/5	13031

Oliver Woods Community Centre

Let's Play! NEW!

Discover a play through play! Theatre games and improv will be the name of the game as we bring a story to life. Bring your love of fairy tales to life as we work on creating a short piece that can be performed for your families at the last class.

Instructor: Carolyn Thomas

5 to 7 Years

Sat, Apr 6-May 25	10-10:45 am	\$42/6	11801
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8 to 12 Years

Sat, Apr 6-May 25	11:15 am -12 pm	\$42/6	11804
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Bowen Complex

Not Just For The Birds NEW!

5 to 12 Years

Join in a fun, family-friendly bird watching event, giving kids an opportunity to use binoculars to help spot and identify birds. Learn about the most common local species and create a pine cone feeder to take home to encourage birds to visit your back yard. Parent participation is required.

Sun, May 19	1-3 pm	\$8/1	13170
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Sat, Jul 13	1-3 pm	\$8/1	13171
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Miner's Cottage (Jinglepot Entrance to Buttertubs)



PLAY AND LEARN



Monthly Early Years Programs

for ages 3 to 5

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

Register now for classes from September 2019 to June 2020.

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

BEBAN

Busy Bees

Mon, 9-11 AM

Inst: Julie Miller, ECE

Sep	11551	Jan	11560	May	11621
Oct	11552	Feb	11572	Jun	11622
Nov	11553	Mar	11577		
Dec	11556	Apr	11617		

BOWEN

Teddy Bears

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

Inst: Angela Vipond, ECE

Sep	11880	Jan	12053	May	12072
Oct	12045	Feb	14809	Jun	12083
Nov	12049	Mar	12063		
Dec	12055	Apr	12071		

OLIVER WOODS

Doodle Bugs

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

Inst: Cindy Cormons

Sep	10822	Jan	10828	May	14399
Oct	10823	Feb	10829	Jun	11091
Nov	10826	Mar	14397		
Dec	10827	Apr	11090		

Animal Crackers

Tue/Thu, 9-11 AM

Inst: Julie Miller, ECE

Sep	11623	Jan	11519	May	11625
Oct	11516	Feb	11504	Jun	11626
Nov	11517	Mar	11520		
Dec	16085	Apr	11523		

Pollywogs

Mon/Wed, 12-2 PM

Inst: Angela Vipond, ECE

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

Sep	15563	Jan	15293	May	15298
Oct	15566	Feb	15294	Jun	15299
Nov	15567	Mar	15296		
Dec	15568	Apr	15297		

Kinder Prep

Tue/Thu, 12-2 PM

Inst: Cindy Cormons

Sep	10831	Jan	14401	May	11092
Oct	14400	Feb	10838	Jun	11093
Nov	10832	Mar	10839		
Dec	10836	Apr	14402		

Animal Crackers

Wed/Fri, 9-11 AM

Inst: Julie Miller, ECE

Sep	11546	Jan	14794	May	14807
Oct	11549	Feb	11504	Jun	14808
Nov	15931	Mar	11842		
Dec	11518	Apr	15933		

Kinder Prep

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

Inst: Cindy Cormons

Sep	10840	Jan	10846	May	11088
Oct	10843	Feb	10847	Jun	11089
Nov	10844	Mar	10848		
Dec	10845	Apr	11086		

Kinder Prep

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

Inst: Julie Miller, ECE

Sep	11853	Jan	11859	May	11845
Oct	11855	Feb	11840	Jun	11847
Nov	11856	Mar	11839		
Dec	11857	Apr	11844		

Kinder Prep

Fri, 9:30-11:30 AM

Inst: Cindy Cormons

Sep	10849	Jan	10854	May	11095
Oct	10851	Feb	10859	Jun	11096
Nov	10852	Mar	10861		
Dec	10853	Apr	11094		



- 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, 2020.
- Child MUST be potty trained prior to starting these programs.
- We accept monthly scheduled payments to hold your place in the program.
- Please contact us to check availability for April to June 2019 monthly preschool options.



Arts & Crafts Programs

Art Attack!

6 to 10 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 will supply everything else.

Thu, Apr 4-May 9	4:30-5:30 pm	\$50/6	12767
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Beban Park Social Centre

Spring Has Sprung

6 to 10 Years

Join us on Saturday mornings to make tissue paper flowers, bread creatures, yarn butterflies, owl pom poms, pot of gold rainbow slime and flower pots.

Instructor: Alexa Wilson

Sat, May 4-Jun 8	10-11:15 am	\$40/6	13646
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Oliver Woods Community Centre

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.

Thu, Apr 4-25	10-10:45 am	\$70/4	10892
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Thu, May 2-23	10-10:45 am	\$70/4	10893
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Thu, May 30-Jun 20	10-10:45 am	\$70/4	10894
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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 may be a brief introduction on how to throw on the wheel if time permits. Cost includes clay, glaze and firing. Dress for mess.

Instructor: Nesta Morgan

Thu, Apr 4-25	4-5 pm	\$76/4	10889
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Thu, May 2-23	4-5 pm	\$76/4	10890
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Thu, May 30-Jun 20	4-5 pm	\$76/4	10891
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Bowen Pottery Studio



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 Park (5805)** • **Janes Park (5806)** • **Protection Island (5807)**

Dance Programs

Dance with Me

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

Instructor: Chiara Ackerman

6 to 18 Months

Tue, Apr 2-May 7	10-10:30 am	\$45/6	13575
Tue, May 14-Jun 18	10-10:30 am	\$45/6	13576

18 Months to 3 Years

Tue, Apr 2-May 7	10:30-11 am	\$45/6	13577
Tue, May 14-Jun 18	10:30-11 am	\$45/6	13579

Beban Park Social Centre

Tots Dance Mix

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

2 to 3 Years

Tue, Apr 2-May 7	11:15-11:45 am	\$45/6	13580
Tue, May 14-Jun 18	11:15-11:45 am	\$45/6	13582

3 to 4 Years

Tue, Apr 2-May 7	11:45 am-12:15 pm	\$45/6	13585
Tue, May 14-Jun 18	11:45 am-12:15 pm	\$45/6	13589

Beban Park Social 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, Apr 2-May 7	9:30-10 am	\$45/6	13572
Tue, May 14-Jun 18	9:30-10 am	\$45/6	13573

Beban Park Social Centre

Musical Dance Theatre

3 to 5 Years

This program is focused on dancing, acting and singing where kids will learn proper dance fundamentals.

Instructor: Nasya Moore

Sat, Apr 6-May 11	11-11:30 am	\$33/6	11327
Sat, May 18-Jun 22	11-11:30 am	\$33/6	11328

Oliver Woods Community 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, Apr 4-May 9	3:30-4 pm	\$33/6	11317
Sat, Apr 6-May 11	10:30-11 am	\$33/6	11325
Thu, May 16-Jun 20	3:30-4 pm	\$33/6	11319
Sat, May 18-Jun 22	10:30-11 am	\$33/6	11326

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, Apr 4-May 9	4-4:30 pm	\$33/6	11323
Thu, May 16-Jun 20	4-4:30 pm	\$33/6	11324

Oliver Woods Community Centre

Let's Dance

Try out a variety of different dance styles - both traditional and cultural from around the world.

Learn the foundations and expand your horizons at the same time.

3 to 4 Years

Mon, Apr 1-May 13	4-4:30 pm	\$33/6	13429
Mon, May 27-Jun 24	4-4:30 pm	\$28/5	13446

5 to 6 Years

Mon, Apr 1-May 13	4:30-5 pm	\$33/6	13442
Mon, May 27-Jun 24	4:30-5 pm	\$28/5	13444

6 to 10 Years

Mon, Apr 1-May 13	5-5:45 pm	\$41/6	13387
Mon, May 27-Jun 24	5-5:45 pm	\$35/5	13439

Bowen Park Complex

Baby Barre Fitness


Come check out this mom and babe twist on barre fitness. Wear your baby while you plie, squat and lunge with an extra emphasis on building core strength. No tutu required, unless you want to!

Please bring a baby carrier.

Instructor: Chelsea Twinkwon


Fri, Apr 5-26	10:30-11:30 am	\$20/3	10850
Fri, May 3-31	10:30-11:30 am	\$33/5	10855
Fri, Jun 7-28	10:30-11:30 am	\$26/4	12817

Oliver Woods Community Centre



Discover
MONTESSORI

PRIMARY (Preschool)
ELEMENTARY
MIDDLE SCHOOL



AOSN-BLUUVW

Because young children are capable of amazing learning!

760-0615

www.dm-school.ca



FREE HEALTHY START FAIRS

PROUDLY FUNDED BY
children's
HEALTH FOUNDATION
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- Family Resources
- Snacks & Games
- Stories & Activities
- Healthy Eating
- Early Learning & Development Supports
- Triple P Positive Parenting
- Vision Screening
- Public Health Nursing
- Pregnancy Supports

Giveaways & much more!

For a complete list of fairs, dates, locations & partners, please visit our website at

www.nanaimoearlyyears.org

Nanaimo Early Years @Nanearlyyears



cityofnanaimo



nanaimoparksandrec (#ilovemyparksandrec)

Dance Programs

Brigadoon DANCE ACADEMY



2 Years to Adult

Spring & Summer Beginner Classes at
Oliver Woods Community Centre

Contact Dena & Charles Henry: 250.756.3661
brigadoondanceacademy@shaw.ca

Like us on Facebook: Brigadoon Dance Academy

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, Apr 5-May 10	3:30-4 pm	\$34/5	13373
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Fri, May 17-Jun 21	3:30-4 pm	\$40/6	13374
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5 to 7 Years

Fri, Apr 5-May 10	4:10-4:40 pm	\$34/5	13377
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Fri, May 17-Jun 21	4:10-4:40 pm	\$40/6	13378
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8 to 12 Years

Fri, Apr 5-May 10	5-5:30 pm	\$34/5	13379
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Fri, May 17-Jun 21	5-5:30 pm	\$40/6	13381
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12 to 18 Years

Fri, Apr 5-May 10	6-7 pm	\$34/5	13383
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Fri, May 17-Jun 21	6-7 pm	\$49/6	13384
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Vibe Dance Studio (1969 Boxwood Rd)

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, a t-shirt and bare feet.

Instructor: Brigadoon Dance Academy

2 to 3 Years - Tartan Tots

Sun, Mar 10	2-2:45 pm	\$15/1	11330
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4 to 6 Years - Brave Hearts

Sun, Mar 10	3-3:45 pm	\$15/1	11331
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7 to 13 Years - Kilts and Hilts

Sun, Mar 10	4-4:45 pm	\$15/1	11332
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Oliver Woods Community Centre

We Like To Move It, Move It! NEW!

6 to 10 Years

Ready to burn off some after-school energy? We'll explore different styles of dance and music in this just-for-fun class.

Wed, Apr 3-May 8	4:30-5:30 pm	\$42/6	13264
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Wed, May 15-Jun 19	4:30-5:30 pm	\$42/6	13265
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Brechin Elementary School (510 Millstone Ave)

Thu, May 16-Jun 20	4:30-5:30 pm	\$42/6	13263
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Fairview Elementary School (205 Howard Ave)

Take a
MOMENT
to MOVE

Malaspina Child Development Society



Offering
Services In

PRESCHOOL (#1311746)

Located at Fairview School (205 Howard).

AFTERSCHOOL CARE (#1311746)

Located at Fairview School, we offer arts, crafts, games and field trips.

WEEKLY SUMMER CAMPS (#1311746)

Arts, crafts, games and field trips! Drop-ins available when space is available.

250-753-6961

CHILDCARE CENTRE (#1312150)

Located at VIU, this is open year round for ages 2 1/2 to 5 years.

250-753-6931

Please call for an information session
and registration package. ☀️ ❤️



Music Programs

Kindermusik

0 to 5 Years

In this calming class, we combine your child's natural love of music, storytelling and imaginative play with age-appropriate activities that introduce early music concepts, foster independence, social and emotional skills, language growth and self-control. We also connect you with other parents who share in the wonder of parenting. The Kindermusik@home digital materials bring the music and activities everywhere you go. This is a parent participation program.

Instructor: Nicole Arendt

Tue, Apr 23-May 14	11-11:45 am	\$60/4	11128
Wed, Apr 24-May 15	9:30-10:15 am	\$60/4	15289
Wed, Apr 24-May 15	10:30-11:15 am	\$60/4	15290
Tue, May 21-Jun 11	11-11:45 am	\$60/4	11131
Wed, May 22-Jun 12	9:30-10:15 am	\$60/4	15291
Wed, May 22-Jun 12	10:30-11:15 am	\$60/4	15292
M-Th, Jul 22-25	9:30-10:15 am	\$60/4	15475
M-Th, Jul 22-25	10:30-11:15 am	\$60/4	15476

Nanaimo Conservatory of Music (375 Selby St)

Headstart Suzuki

3 to 5 Years

This is a pre-instrumental program designed to introduce children to basic musical concepts and beginning Suzuki repertoire. Emphasis is on rhythm, singing, motor development and aural training aided by the playing of percussion instruments.

Instructor: Cindy Speelman

Tue, Apr 9-30	10-10:45 am	\$60/4	11121
Tue, May 7-28	10-10:45 am	\$60/4	11122
M-F, Aug 12-16	9-9:45 am	\$75/5	11124

Nanaimo Conservatory of Music (375 Selby St)

Harmonica for Everyone

10 Years to Adult

Learn to give this little instrument a voice in a relaxed group setting. Open the door to playing blues, folk, rock and pop.

Instructor: Mick Sherlock

Mon, Apr 8-Jun 3	7-8 pm	\$67/8	11797
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Bowen Complex

Piano - Private Beginner Lessons

5 Years to Adult

Cover the basics and learn to play songs right away in a fun and private atmosphere. Please note we no longer have separate waitlists for each time slot. If spaces are full, please add yourself to the Tuesday (15374) or Saturday (15376) list. Individuals will be called in order if space opens.

Instructor: A. Margarita Hillers

Tue, Apr 2-23	3:30-4 pm	\$78/4	13211
Tue, Apr 2-23	4-4:30 pm	\$78/4	13212
Tue, Apr 2-23	4:30-5 pm	\$78/4	13213
Tue, Apr 2-23	5-5:30 pm	\$78/4	13214
Tue, Apr 2-23	5:30-6 pm	\$78/4	13215
Tue, Apr 2-23	6-6:30 pm	\$78/4	13216

Sat, Apr 6-27	9-9:30 am	\$78/4	13448
Sat, Apr 6-27	9:30-10 am	\$78/4	13450
Sat, Apr 6-27	10-10:30 am	\$78/4	13451
Sat, Apr 6-27	10:30-11 am	\$78/4	13452
Sat, Apr 6-27	11-11:30 am	\$78/4	13454
Sat, Apr 6-27	11:30 am-12 pm	\$78/4	13457

Tue, Apr 30-May 21	3:30-4 pm	\$78/4	13217
Tue, Apr 30-May 21	4-4:30 pm	\$78/4	13218
Tue, Apr 30-May 21	4:30-5 pm	\$78/4	13219
Tue, Apr 30-May 21	5-5:30 pm	\$78/4	13220
Tue, Apr 30-May 21	5:30-6 pm	\$78/4	13221
Tue, Apr 30-May 21	6-6:30 pm	\$78/4	13223

Sat, May 4-25	9-9:30 am	\$78/4	13458
Sat, May 4-25	9:30-10 am	\$78/4	13460
Sat, May 4-25	10-10:30 am	\$78/4	13463
Sat, May 4-25	10:30-11 am	\$78/4	13465
Sat, May 4-25	11-11:30 am	\$78/4	13468
Sat, May 4-25	11:30 am-12 pm	\$78/4	13470

Tue, May 28-Jun 18	3:30-4 pm	\$78/4	13224
Tue, May 28-Jun 18	4-4:30 pm	\$78/4	13225
Tue, May 28-Jun 18	4:30-5 pm	\$78/4	13226
Tue, May 28-Jun 18	5-5:30 pm	\$78/4	13227
Tue, May 28-Jun 18	5:30-6 pm	\$78/4	13228
Tue, May 28-Jun 18	6-6:30 pm	\$78/4	13229

Sat, Jun 1-22	9-9:30 am	\$78/4	13473
Sat, Jun 1-22	9:30-10 am	\$78/4	13475
Sat, Jun 1-22	10-10:30 am	\$78/4	13477
Sat, Jun 1-22	10:30-11 am	\$78/4	13479
Sat, Jun 1-22	11-11:30 am	\$78/4	13482
Sat, Jun 1-22	11:30 am-12 pm	\$78/4	13486

Bowen Complex

Spring Into Guitar

10+ Years

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

Wed, Apr 3-May 22	6:30-7:30 pm	\$140/8	12795
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Oliver Woods Community Centre

Guitar - Private Lessons

10 Years to Adult

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

Instructor: Colin Foster

Mon, Apr 1-29	4-4:30 pm	\$75/4	11762
Mon, Apr 1-29	4:30-5 pm	\$75/4	11763
Mon, Apr 1-29	5-5:30 pm	\$75/4	11764
Mon, Apr 1-29	5:30-6 pm	\$75/4	11765
Mon, Apr 1-29	6-6:30 pm	\$75/4	11766

Wed, Apr 3-24	4-4:30 pm	\$75/4	11767
Wed, Apr 3-24	4:30-5 pm	\$75/4	11768
Wed, Apr 3-24	5-5:30 pm	\$75/4	11769
Wed, Apr 3-24	5:30-6 pm	\$75/4	11770
Wed, Apr 3-24	6-6:30 pm	\$75/4	11771

Mon, May 6-Jun 3	4-4:30 pm	\$75/4	11772
Mon, May 6-Jun 3	4:30-5 pm	\$75/4	11773
Mon, May 6-Jun 3	5-5:30 pm	\$75/4	11774
Mon, May 6-Jun 3	5:30-6 pm	\$75/4	11775
Mon, May 6-Jun 3	6-6:30 pm	\$75/4	11776

Wed, May 8-29	4-4:30 pm	\$75/4	11777
Wed, May 8-29	4:30-5 pm	\$75/4	11778
Wed, May 8-29	5-5:30 pm	\$75/4	11779
Wed, May 8-29	5:30-6 pm	\$75/4	11780
Wed, May 8-29	6-6:30 pm	\$75/4	11781

Wed, Jun 5-26	4-4:30 pm	\$75/4	11787
Wed, Jun 5-26	4:30-5 pm	\$75/4	11789
Wed, Jun 5-26	5-5:30 pm	\$75/4	11790
Wed, Jun 5-26	5:30-6 pm	\$75/4	11791
Wed, Jun 5-26	6-6:30 pm	\$75/4	11792

Mon, Jun 10-24	4-4:30 pm	\$57/3	11782
Mon, Jun 10-24	4:30-5 pm	\$57/3	11783
Mon, Jun 10-24	5-5:30 pm	\$57/3	11784
Mon, Jun 10-24	5:30-6 pm	\$57/3	11785
Mon, Jun 10-24	6-6:30 pm	\$57/3	11786

Wed, May 30-Jun 20	4-4:30 pm	\$75/4	161538
Wed, May 30-Jun 20	4:30-5 pm	\$75/4	161528
Wed, May 30-Jun 20	5-5:30 pm	\$75/4	161529
Wed, May 30-Jun 20	5:30-6 pm	\$75/4	161530
Wed, May 30-Jun 20	6-6:30 pm	\$75/4	161531

Bowen Park Complex

Register Today!

See page 112 for details.



cityofnanaimo



nanaimoparksandrec (#ilovemyparksandrec)

Special Interest Programs

The 33rd Annual

Vancouver Island CHILDREN'S Book Festival



Saturday
June 1st

Downtown
Nanaimo

Meet authors & illustrators
Free pre-school sessions
Music & activities
Book signings



www.bookfest.ca

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!

Instructor: Micalla Wallace/Hannah McNabb

Tue, Apr 2-May 7 6-6:45 pm \$30/6 13036

Tue, May 14-Jun 18 6-6:45 pm \$30/6 13037

Oliver Woods Community Centre

Tumble Bumble

2 to 4 Years

A fun, active opportunity for tots to explore climbing equipment, mats and more. Games and other activities to develop motor skills and social interaction are also included. Parents are asked to participate in this semi-structured program.

Mon, Apr 8-May 13 3:30-4:30 pm \$25/5 13027

Mon, May 27-Jun 24 3:30-4:30 pm \$25/5 13031

Oliver Woods Community Centre

Let's Play! NEW!

Discover a play through play! Theatre games and improv will be the name of the game as we bring a story to life. Bring your love of fairy tales to life as we work on creating a short piece that can be performed for your families at the last class.

Instructor: Carolyn Thomas

5 to 7 Years

Sat, Apr 6-May 25 10-10:45 am \$42/6 11801

8 to 12 Years

Sat, Apr 6-May 25 11:15 am -12 pm \$42/6 11804

Bowen Complex

Chess for Kids NEW!

8 to 12 Years

This course will introduce kids to the game of chess and cover all aspects to equip them to play complete games.

Mon, Apr 1-Jun 24 4-5 pm \$25/11 13514

Beban Park Social Centre

BCSPCA Programs for Youth

 SPCABC.CA/KIDS



workshops, camps
school presentations and
birthday parties

For more information go to
spca.bc.ca/kids or email
bsigson@spca.bc.ca



"I love to play!"

Special Interest Programs

Home Alone

9 to 12 Years

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

Sat, Apr 13	9am-12pm	\$40/1	12457
Sat, Apr 13	1-4 pm	\$40/1	12582
Sat, May 4	9am-12pm	\$40/1	12511
Sat, May 4	1-4 pm	\$40/1	12458
Sat, Jun 15	9am-12pm	\$40/1	12579
Sat, Jun 15	1-4 pm	\$40/1	12578
Sat, Jun 22	9am-12pm	\$40/1	12580
Sat, Jun 22	1-4 pm	\$40/1	12581
Beban Park Social Centre			
Mon, May 27	2-5 pm	\$40/1	13261
Georgia Avenue School (625 Georgia Ave)			
Mon, Jun 3	2-5 pm	\$40/1	13260
Fairview Community School (205 Howard Ave)			
Mon, Jun 10	2-5 pm	\$40/1	13259
Bayview School (140 View 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, Apr 13	9 am-4:30 pm	\$49/1	12513
Sat, May 4	9 am-4:30 pm	\$49/1	12515
Sat, Jun 15	9 am-4:30 pm	\$49/1	12521
Sat, Jun 22	9 am-4:30 pm	\$49/1	12525
Beban Park Social Centre			

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, Apr 8-May 6	3:30-5:30 pm	\$120/4	12786
Tue, Jun 4-25	3:30-5:30 pm	\$120/4	12789
Nanaimo Foodshare (271 Pine St)			



Parent & Child Gardening **NEW!**

Learn how to garden as a family through hands-on activities and child-friendly growing projects. Growing food in your own backyard is a great way to encourage kids to participate in outdoor activities and growing their own food. This is a parent participation class.

Sat, Jun 1	10 am-12 pm	\$10/1	11820
Pine Street Community Gardens			

Cheese Making - Mozzarella Madness

7 to 12 Years

Come and learn how to make your own cheese with Paula. You will be making mozzarella mini pizzas and learning the science of cheese making! An optional 4 pound cheese kit is available for \$5 paid to the instructor on the day of the class.

Wed, May 15	4-5 pm	\$30/1	12801
Wed, Jul 3	4-5 pm	\$30/1	12803
Bowen Complex			

Kids Get Cooking - Young Chef's in The Kitchen

9 to 11 Years

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

Tue, May 7-28	3:30-5:30 pm	\$120/4	12788
Wed, Jun 5-26	3:30-5:30 pm	\$120/4	12790
Nanaimo Foodshare (271 Pine St)			

Teens Rule...The Kitchen

12 to 16 Years

Learn the skills and build confidence to work independently in the kitchen. You will learn a variety of cooking techniques and knife skills. Learn to cook the foods you like and impress your friends and family with cool foods you create!

Tue, Apr 9-30	3:30-5:30 pm	\$120/4	12791
Nanaimo Foodshare (271 Pine St)			

Makeup - The Basics **NEW!**

10 to 14 Years

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 brushes. Participants supply their own makeup/tools for this workshop. Simply bring what you're using (and your questions) to class!

Instructor: Danyelle Loyer

Mon, May 6	4:30-6 pm	\$35/1	13158
Beban Park Social Centre			



REGISTER NOW

SPECIALIZING IN 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
250.758.2807
 annewarrensews@gmail.com

Adult classes also available!

AUNTI BOBBI

Inspirational Children's Entertainer
 who's known for being a bit of a CLOWN

- Birthday Party
- Family Event/Reunion
- Customer Appreciation
- Grand Opening



Bobbi Kurtz | 250-667-1323
 bobbi@auntibobbi.com
 auntibobbi.com



Special Interest Programs

Ants on Parade

3 to 6 Years

Have your kids ever wondered what the mounds of dirt are in the forest? Have they seen the ants moving on the mound marching or foraging? There is a lot to learn about ants and are very interesting to observe. Join us for ant crafts, experiments and more. This is a parent participation class.

Instructor: Judy Wickland

Sat, May 4 10-11 am \$8/1 13091

Beban Park Participark (meet at entrance to Participark)

Senses of Spring NEW!

3 to 6 Years

Spring is the best time to enjoy the wonderful smells, sounds and feeling of nature waking up. Come explore the senses of spring with us! Parent participation is required.

Instructor: Judy Wickland

Sun, Apr 28 10-11 am \$8/1 13065

Bowen Park (Lower Picnic Shelter)

Silly Spiders

3 to 6 Years

Explore the amazing world of spiders. Learn what they eat, the types of webs they spin and why they do it. Parent participation is required.

Instructor: Judy Wickland

Sun, May 26 10-11 am \$8/1 13066

Linley Valley Parking Lot (off Burma Rd)

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 explore with us in search of these critters and learn about the life surrounding the shoreline. Discover what that slimy stuff is that gets stuck between your toes. This is a parent participation class. Meet at the picnic tables facing the ocean and stay for a picnic after class.

Instructor: Judy Wickland

Sun, Jun 16 10-11:30 am \$10/1 13084

Sun, Jun 16 11:45 am-12:45 pm \$10/1 13085

Pipers Lagoon (Meet at the picnic tables)

Not Just For The Birds NEW!

5 to 12 Years

Join in a fun, family-friendly bird watching event, giving kids an opportunity to use binoculars to help spot and identify birds. Learn about the most common local species and create a pine cone feeder to take home to encourage birds to visit your back yard. Parent participation is required.

Sun, May 19 1-3 pm \$8/1 13170

Sat, Jul 13 1-3 pm \$8/1 13171

Miner's Cottage (Jinglepot Entrance to Buttertubs)

What's The Buzz NEW! About Pollinators?

5 to 12 Years

How do you introduce pollinators into your garden at home and teach stewardship in a natural environment to your kids? Paint your own mason bee home to take back to your own garden. Parent participation is required.

Sat, Apr 6 9:30-11:30 am \$35/1 13118

Beaufort Park (Meet at the Beaufort Community Garden)



Register Today!

See page 112 for details.



"I love outdoor learning!"

Sports Programs

Little Striders - BMX Rider Clinic

Come explore the world of Bicycle Motocross (BMX). All levels encouraged to join this fun and exciting clinic. Price includes a hot dog and drink.

2 to 5 Years (half track)

Sat, Apr 20	11:30 am-12:30 pm	\$5/1	11843
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5+ Years (full track)

Sat, Apr 20	10 am-12:30 pm	\$5/1	11846
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Beban BMX Grounds

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.

Instructor: Micalla Wallace

Fri, Apr 5-May 17	3:30-4:15 pm	\$33/6	13047
Sat, Apr 13-May 18	10-10:45 am	\$33/6	13049
Fri, May 24-Jun 28	3:30-4:15 pm	\$33/6	13048
Sat, May 25-Jun 29	10-10:45 am	\$28/5	13050

Oliver Woods Community Centre

Indoor Soccer

6 to 9 Years

Kick, dribble, pass and score! Join us indoors for some fun introductory soccer.

Thu, Apr 4-May 9	4:30-5:30 pm	\$30/6	13262
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Fairview Community School (205 Howard Ave)

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, Apr 6-May 11	9-9:45 am	\$50/5	12490
Sat, Apr 6-May 11	10-10:45 am	\$50/5	12498

Beban Park Second Artificial Turf Field

Sat, Apr 6-May 11	11:30 am-12:15 pm	\$50/5	12500
Sat, May 25-Jun 22	11:30 am-12:15 pm	\$50/5	12504

Elaine Hamilton Field

Sat, May 25-Jun 22	9-9:45 am	\$50/5	12502
Sat, May 25-Jun 22	10-10:45 am	\$50/5	12503

Bowen West Field

Fundamental Soccer

6 to 8 Years

Learn through fun and structured activities with an emphasis on team play, motor skill development and social interaction. Parent(s) will have the opportunity to play with their kids at the end of each session. Dress for outdoor play.

Instructor: Ezra Soccer School Staff

Mon, Apr 8-May 13	4-5 pm	\$60/5	12505
Mon, May 27-Jun 24	4-5 pm	\$60/5	12506

Beban Gyro Fields

T-Ball

Bring your glove and energy to and learn the basic skills of t-ball, including throwing, batting and catching - all taught in a fun and interactive way.

3 to 5 Years

Tue, May 7-Jun 11	3:30-4:15 pm	\$36/6	13495
Thu, May 9-Jun 13	3:30-4:15 pm	\$36/6	13497

5 to 7 Years

Tue, May 7-Jun 11	4:30-5:15 pm	\$36/6	13375
Thu, May 9-Jun 13	4:30-5:15 pm	\$36/6	13376

Beban Gyro Fields

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

Fri, Apr 5-May 17	4-5 pm	\$30/6	12858
Fri, Apr 5-May 17	5-6 pm	\$30/6	12853
Fri, May 24-Jun 28	4-5 pm	\$30/6	12862
Fri, May 24-Jun 28	5-6 pm	\$30/6	12854

9 to 12 Years

Fri, Apr 5-May 17	5-6 pm	\$30/6	12849
Fri, May 24-Jun 28	5-6 pm	\$30/6	12852

Oliver Woods Community Centre

Through the Looking Glass NEW!

8 to 12 Years

Discover the world beneath your feet as you glide across the lagoon after an introductory lesson on stand-up paddle boarding. Parent registration is welcome.

Mon, Jul 8	9-11 am	\$35/1	13698
Wed, Aug 7	9-11 am	\$35/1	13700

Pipers Lagoon Park

Introduction to Motocross

5 to 12 Years

Here's to the next generation of riders. Junior Red Riders is a complete experience designed for kids who dream of riding. Come out to a Honda sponsored riding location and learn how to ride in an environment that is designed to be safe, fun and community focused. Bikes and full gear supplied. Arrive early to fill out registration/medical forms.

Sat, Apr 13	10-11 am	\$25/1	15381
Sat, Apr 13	11 am-12 pm	\$25/1	15382
Sat, Apr 13	12-1 pm	\$25/1	16106
Sat, Apr 13	1-2 pm	\$25/1	16107

Wastelands Motocross Track (Weigles Rd)

Street Smarts - NEW! Commuter Cycling Skills

Want to feel comfortable riding your bike to work or school? Learn basic bike maintenance, rules and regulations of the road, common cycling routes, rider visibility and safety, road positioning, traffic lights, proper bike set up, effective bike handling, proper braking, and understanding your gears. Gain confidence through cycling games and have fun. All participants must have a certified bike helmet, fully functioning bike and basic riding skills.

Instructor: Thrills & Skills Cycling Co. Staff

6 to 9 Years

Sat, Apr 6	9 am-12 pm	\$40/1	12550
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10 to 13 Years

Sat, Apr 6	12:30-3:30 pm	\$40/1	12875
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Beban Park Social Centre



Sports Programs



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
- Member of BC Taekwondo Federation



- Children, Teen & Adult Classes
- Self-discipline, confidence & respect
- Leadership & improved study habits

**FREE Trial
lesson!**

Birthday Parties!

Become strong in mind, body & spirit.

250-760-0119

#307-4300 Wellington Rd

www.wtfnanaimo.com

worldtkda@gmail.com

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, Mar 19-Apr 16	10:15-11 am	\$66/5	12940
Wed, Mar 20-Apr 17	9:30-10:15 am	\$66/5	12943
Wed, Mar 20-Apr 17	11:15 am-12 pm	\$66/5	12944
Thu, Mar 21-Apr 18	10:15 am-11 am	\$66/5	12945
Fri, Mar 22-Apr 12	9:30-10:15 am	\$53/4	12994
Fri, Mar 22-Apr 12	11:15 am-12 pm	\$53/4	13000
Sat, Mar 23-Apr 20	9:30-10:15 am	\$66/5	13125
Tue, Apr 23-May 21	10:15-11 am	\$66/5	13005
Wed, Apr 24-May 22	9:30-10:15 am	\$66/5	13006
Wed, Apr 24-May 22	11:15 am-12 pm	\$66/5	13007
Thu, Apr 25-May 23	9:30-10:15 am	\$66/5	13124
Fri, Apr 26-May 24	9:30-10:15 am	\$53/4	13009
Fri, Apr 26-May 24	10:15-11 am	\$53/4	13010
Sat, Apr 27-May 25	9:30-10:15 am	\$66/5	13126
Tue, May 28-Jun 25	10:15-11 am	\$66/5	13012
Wed, May 29-Jun 26	9:30-10:15 am	\$66/5	13039
Wed, May 29-Jun 26	11:15 am-12 pm	\$66/5	13040
Thu, May 30-Jun 27	10:15-11 am	\$66/5	13043
Fri, May 31-Jun 28	9:30-10:15 am	\$66/5	13044
Sat, Jun 1-29	11:15 am-12 pm	\$66/5	13045

Flipside Gymnastics (1911 Wilfert Rd)

Gymnastics

3 to 5 Years - Tumbling Tiggers

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

Tue, Mar 19-Apr 16	9:30-10:15 am	\$66/5	13063
Tue, Mar 19-Apr 16	11:15 am-12 pm	\$66/5	13068
Wed, Mar 20-Apr 17	10:15-11 am	\$66/5	13080
Thu, Mar 21-Apr 18	9:30-10:15 am	\$66/5	13115
Thu, Mar 21-Apr 18	11:15 am-12 pm	\$66/5	13116
Fri, Mar 22-Apr 12	10:15-11 am	\$53/4	13117
Sat, Mar 23-Apr 20	10:30-11:15 am	\$66/5	13128
Sat, Mar 23-Apr 20	11:15 am-12 pm	\$66/5	13131
Tue, Apr 23-May 21	9:30-10:15 am	\$66/5	13069
Tue, Apr 23-May 21	11:15 am-12 pm	\$66/5	13070
Wed, Apr 24-May 22	10:15-11 am	\$66/5	13082
Thu, Apr 25-May 23	10:15-11 am	\$66/5	15685
Wed, May 29-Jun 26	11:15 am-12 pm	\$66/5	15696
Fri, Apr 26-May 17	10:15-11 am	\$66/5	15697
Sat, Apr 27-May 25	10:30-11:15 am	\$66/5	13129
Sat, Apr 27-May 25	11:15 am-12 pm	\$66/5	13132
Tue, May 28-Jun 25	9:30-10:15 am	\$66/5	13072
Tue, May 28-Jun 25	11:15 am-12 pm	\$66/5	13073
Wed, May 29-Jun 26	10:15-11 am	\$66/5	13083
Thu, May 30-Jun 27	9:30-10:15 am	\$66/5	13121
Thu, May 30-Jun 27	11:15 am-12 pm	\$66/5	13122
Fri, May 31-Jun 28	10:15-11:00 am	\$66/5	13123
Sat, Jun 1-29	10:30-11:15 am	\$66/5	13134

Flipside Gymnastics (1911 Wilfert Rd)

Gymnastics Junior

6 to 9 Years

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

Sat, Mar 23-Apr 20	12:30-1:30 pm	\$75/5	13135
Sat, Apr 27-May 25	12:30-1:30 pm	\$75/5	13136
Sat, Jun 1-29	12:30-1:30 pm	\$75/5	13137

Flipside Gymnastics (1911 Wilfert Rd)

Tae Kwon Do

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

4 to 7 Years

Sat, Apr 6-27	10-10:35 am	\$29/3	13617
Sat, May 4-25	10-10:35 am	\$29/3	13619
Sat, Jun 1-15	9:30-10:15 am	\$29/3	13620

7 to 12 Years

Sat, Apr 6-27	10:40-11:15 am	\$29/3	13621
Sat, May 4-25	10:40-11:15 am	\$29/3	13622
Sat, Jun 1-15	10:40-11:15 am	\$29/3	13623

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

Little Ninjas - Tae Kwon Do

4 to 6 Years

An introductory course where students learn kicks, punches, blocks and self-defense skills through fun activities that develop coordination, balance, flexibility, strength and agility. Increase focus, concentration and self-confidence. Respect is strongly emphasized. Parent participation is required.

Instructor: Master Moy, Kick High Martial Arts

Thu, Apr 18-May 23	4:30-5 pm	\$30/6	13453
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Oliver Woods Community Centre

Yoga 4 Kids

4 to 10 Years

Yoga helps kids learn to focus, teaches self-awareness, builds self-esteem, self-respect and is overall empowering. Yoga is healthy both physically and mentally for kids.

Instructor: Gypsy Hart

Wed, Apr 3-May 15	4-5 pm	\$56/7	12993
Wed, May 22-Jun 26	4-5 pm	\$48/6	13003

Oliver Woods Community Centre

Sports Programs

Karate

4 to 7 Years

Learn to perform simple karate moves and skills. The program is designed to teach self-discipline with courtesy and respect strongly emphasized.

Instructor: Shima Karate Staff

Mon, Apr 1-29	3:30-4:15 pm	\$25/4	13523
Wed, Apr 3-24	3:30-4:15 pm	\$25/4	13525
Wed, May 1-22	3:30-4:15 pm	\$25/4	13528
Mon, May 6-Jun 3	3:30-4:15 pm	\$25/4	13526

8 to 12 Years

Kids will now move into the training twice a week and start learning katas, sparring and self-defense drills. We will discuss peer pressure and bullying.

M/W, Apr 1-10	5:30-6:25 pm	\$25/4	13541
M/W, Apr 15-29	5:30-6:25 pm	\$25/4	13584
M/W, May 1-13	5:30-6:25 pm	\$25/4	13586
M/W, May 15-29	5:30-6:25 pm	\$25/4	13587

Shima Karate School (3032 Barons Rd)

Basketball 101

9 to 12 Years

Join us for skill development and fun on the court.

Tue, Apr 2-May 7	6:30-7:30 pm	\$30/6	13147
Tue, May 14-Jun 18	6:30-7:30 pm	\$30/6	13148

Nanaimo and District Secondary School (355 Wakesiah Ave)

Steve Nash Basketball

This program focuses on fundamental skills, such as passing, shooting and dribbling and will develop coordination, balance, agility and flexibility. Kids will have one practice and one game each week and will receive a reversible basketball jersey and membership to Basketball BC. Practices are Tuesdays or Thursdays and games will be played on Sundays. Schedules will be emailed prior to start of the session.

7 to 9 Years

Mon, Apr 15-Jun 10	6:45-7:45 pm	\$110/7	11456
Tue, Apr 16-Jun 11	4-5 pm	\$140/9	11438
Tue, Apr 16-Jun 11	5-6 pm	\$140/9	11440
Tue, Apr 16-Jun 11	6-7 pm	\$140/9	11441
Tue, Apr 16-Jun 11	7-8 pm	\$140/9	11442
Thu, Apr 18-Jun 13	5-6 pm	\$140/9	11455

10 to 12 Years

Tue, Apr 16-Jun 11	5-6 pm	\$140/9	11443
Tue, Apr 16-Jun 11	6-7 pm	\$140/9	11444
Tue, Apr 16-Jun 11	7-8 pm	\$140/9	15255
Thu, Apr 18-Jun 13	4-5 pm	\$140/9	11451
Thu, Apr 18-Jun 13	4-5 pm	\$140/9	11453
Thu, Apr 18-Jun 13	5-6 pm	\$140/9	11439

Oliver Woods Community Centre

KARATE

NANAIMO



Teaching traditional Shotokan Karate in Nanaimo since 1970

空手道

KARA TE DO
Empty Hand Way

Our Non-Profit Society Offers Affordable Rates:

CHILDREN: \$35/mo
TEEN/ADULT: \$40/mo

Qualified Instructors
Ask us about a free one night class!

Departure Bay School Gym
250-585-4771
nska2011@hotmail.com
Facebook: Nanaimo Shotokan Karate 






NANAIMO MUSEUM

MAKE A DISCOVERY!

Spring Break Activities

March 18-29

Self-guided CaseFiles:
Bank Heist challenge and
Bank Heist Scavenger Hunt

Summer Programming

Tours, Activities & Cannons!

Find out More:

100 Museum Way • 250.753.1821
www.nanaimomuseum.ca
facebook.com/NanaimoMuseum



cityofnanaimo



nanaimoparksandrec (#ilovemyparksandrec)

Sports Programs

Learn to Fish

5 to 15 Years

Join the Freshwater Fisheries Society of BC and learn the basics of freshwater fishing. Fishing rods are provided and program runs rain or shine.

Parent participation is required.

Sun, May 26	10:30-12:30 pm	Free	12572
Sun, Jun 23	10:30-12:30 pm	Free	12574
Long Lake (Loudon Park)			
Sun, May 12	1-3 pm	Free	12571
Sun, Jun 9	1-3 pm	Free	12573
Colliery Dam Park			
Sun, Jul 14	10:30-12:30 pm	Free	12575
Sun, Aug 11	10:30-12:30 pm	Free	12576
Westwood Lake Jetty			

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, Apr 1-May 6	4:15-5:15 pm	\$35/5	13639
Wed, Apr 3-May 8	4:30-5:45 pm	\$52/6	13641
Mon, May 13-Jun 17	4:15-5:15 pm	\$35/5	13640
Wed, May 15-Jun 19	4:30-5:45 pm	\$52/6	13643
Oliver Woods Community Centre			

Youth Badminton

12 to 19 Years

Take your badminton skills to the next level.

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

Mon, Apr 1-May 13	5:15-6:15 pm	\$42/6	12812
Mon, May 27-Jun 17	5:15-6:15 pm	\$28/4	12813
Oliver Woods Community Centre			

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, Apr 5-May 10	3:30-4:30 pm	\$55/5	12604
Sun, Apr 7-May 12	1:30-2:30 pm	\$55/5	13001
Fri, May 24-Jun 21	3:30-4:30 pm	\$55/5	12607
Sun, May 26-Jun 23	1:30-2:30 pm	\$55/5	13002
Westwood Lake Tennis Club			

8 to 11 Years

Thu, Apr 4-May 9	3:45-5 pm	\$83/6	12616
Sun, Apr 7-May 12	2:30-3:45 pm	\$69/5	12992
Thu, May 16-Jun 20	3:45-5 pm	\$83/6	12617
Sun, May 26-Jun 23	2:30-3:45 pm	\$69/5	12999
Westwood Lake Tennis Club (2367 Arbot Rd)			

Tennis in Your Own Neighbourhood

Let us bring progressive 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 8 Years

Wed, May 1-22	4:30-5:30 pm	\$44/4	12620
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Beban Tennis Courts

Wed, Jun 5-26	4:30-5:30 pm	\$44/4	12622
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Cinnabar Valley Tennis Courts

9 to 12 Years

Wed, May 1-22	3:30-4:30 pm	\$44/4	12619
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Beban Tennis Courts

Wed, Jun 5-26	3:30-4:30 pm	\$44/4	12621
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Cinnabar Valley Tennis Courts

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.

Instructor: Georgina Newsome

Wed, Apr 10-May 15	5:15-6:15 pm	\$60/6	13422
Oliver Woods Community Centre			

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.

Tue, Apr 4-25	4-6 pm	\$60/4	13078
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Tue, May 7-28	4-6 pm	\$60/4	13090
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Romper Room Climbing Gym (4385 B Boban Dr)

Youth Basketball

12 to 17 Years

Come on out and burn off some energy. We'll warm up by shooting some hoops and then get right into a game.

Tue, Apr 2-May 7	7:45-8:45 pm	\$30/6	13156
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Tue, May 14-Jun 18	7:45-8:45 pm	\$30/6	13157
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Nanaimo and District Secondary School (355 Wakesiah Ave)



Pro-D Camps, Spring Break Camps & Programs

Sports N Play - Pro-D Fun

6 to 12 Years

Register with friends for day filled with high-energy sports and games in both the gym and outdoors.

Fri, May 10 8:30 am-5 pm \$38/1 13042
Oliver Woods Community Centre

Soccer School - Pro D

7 to 13 Years

Experienced instructors will put you through the paces ending with a game each day. Groups are divided into age and skill levels. We play outside, so please dress for the weather. Don't forget your bathing suit, as we finish off in the pool.

Instructor: Ezra Soccer School Staff

Fri, May 10 9 am-3:30 pm \$55/1 12508
NDSS Artificial Turf Field

RecSkate Pro-D Camp

6 to 11 Years

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

Fri, May 10 8:30 am-5 pm \$42/1 13519
Nanaimo Ice Centre

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

Fri, May 10 8:30 am-5 pm \$42/1 13520
Nanaimo Ice Centre

Tree Frog Camp

3 to 5 Years

This is a day camp 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 02380
M-F, Mar 25-29 9:30-11:30 am \$70/5 02382
Oliver Woods Community Centre

Camp Firefly

5 to 10 Years

This camp is designed for those of you who like a variety of activities, as we switch things up every day! We'll spend the time making crafts, playing games and exploring all that Beban Park has to offer. We might even go on a field trip! Be sure to bring water, lunch and comfy shoes and clothes every day. Please note: this camp does not swim.

Mon, Mar 18 8:30 am-5 pm \$38/1 02474
Tue, Mar 19 8:30 am-5 pm \$38/1 02475
Wed, Mar 20 8:30 am-5 pm \$38/1 02476
Thu, Mar 21 8:30 am-5 pm \$38/1 02477
Fri, Mar 22 8:30 am-5 pm \$38/1 02478
Mon, Mar 25 8:30 am-5 pm \$38/1 02479
Tue, Mar 26 8:30 am-5 pm \$38/1 02480
Wed, Mar 27 8:30 am-5 pm \$38/1 02481
Thu, Mar 28 8:30 am-5 pm \$38/1 02482
Fri, Mar 29 8:30 am-5 pm \$38/1 02483
Beban Park Social Centre

Camp Action

8 to 12 Years

If you have lots of energy and like to move and play, this camp is for you! With access to the gymnasium and playground, you will jump, run, kick and swing through a variety of action-packed games and sports.

Mon, Mar 18 8:30 am-5 pm \$38/1 00117
Tue, Mar 19 8:30 am-5 pm \$38/1 02381
Wed, Mar 20 8:30 am-5 pm \$38/1 02383
Thu, Mar 21 8:30 am-5 pm \$38/1 02384
Fri, Mar 22 8:30 am-5 pm \$38/1 02385
Mon, Mar 25 8:30 am-5 pm \$38/1 02386
Tue, Mar 26 8:30 am-5 pm \$38/1 02387
Wed, Mar 27 8:30 am-5 pm \$38/1 02388
Thu, Mar 28 8:30 am-5 pm \$38/1 02389
Fri, Mar 29 8:30 am-5 pm \$38/1 02390
Oliver Woods Community Centre

Junior Lifeguard Club Camp

8 to 12 Years

The camp offers serious fun for those of you who can swim at least 25 metres and tread water for two minutes. It provides action-packed challenges in the water but is so much more exciting than just "lessons". Basic components include water safety, lifeguarding, first aid and lots of other fun activities.

M-F, Mar 18-22 12-4 pm \$125/5 03517
M-F, Mar 25-29 12-4 pm \$125/5 03518
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 00154
Tue, Mar 19 8:30 am-5 pm \$42/1 01478
Wed, Mar 20 8:30 am-5 pm \$42/1 01479
Thu, Mar 21 8:30 am-5 pm \$42/1 01480
Fri, Mar 22 8:30 am-5 pm \$42/1 01481
Mon, Mar 25 8:30 am-5 pm \$42/1 01482
Tue, Mar 26 8:30 am-5 pm \$42/1 01483
Wed, Mar 27 8:30 am-5 pm \$42/1 01484
Thu, Mar 28 8:30 am-5 pm \$42/1 01485
Fri, Mar 29 8:30 am-5 pm \$42/1 01486
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 00156
Tue, Mar 19 8:30 am-5 pm \$42/1 01487
Wed, Mar 20 8:30 am-5 pm \$42/1 01488
Thu, Mar 21 8:30 am-5 pm \$42/1 01489
Fri, Mar 22 8:30 am-5 pm \$42/1 01490
Mon, Mar 25 8:30 am-5 pm \$42/1 01491
Tue, Mar 26 8:30 am-5 pm \$42/1 01492
Wed, Mar 27 8:30 am-5 pm \$42/1 01493
Thu, Mar 28 8:30 am-5 pm \$42/1 01494
Fri, Mar 29 8:30 am-5 pm \$42/1 01495
Cliff McNabb Arena

Spring Break Golf Camp

7 to 12 Years

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

M-W, Mar 18-20 9 am-12 pm \$99/3 02542
Eaglequest Golf Centre (1601 Thatcher Rd)



Facebook & Twitter:
cityofnanaimolocalgovernment
Instagram: NanaimoParksandRec



cityofnanaimo



nanaimoparksandrec (#ilovemyparksandrec)

Spring Break Camps & Programs

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	01608
M-F, Mar 25-29	1-2 pm	\$45/5	01609

Shima Karate School (3032 Barons Rd)

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	01714
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8 to 12 Years

Tue/Thu, Mar 19-28	4:30-5:20 pm	\$35/4	01715
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World Tae Kwon Do Academy (307-4300 Wellington Rd)

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	02459
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Westwood Tennis Club (2367 Arbot Rd)

Rock Climbing

Climb the walls this spring break as you make new friends and learn techniques from experienced leaders. We'll mix in some fun non-wall time, too!

6 to 12 Years

M-F, Mar 18-22	12-3 pm	\$100/5	01590
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M-F, Mar 25-29	12-3 pm	\$100/5	01588
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12 to 16 Years

M-F, Mar 18-22	9 am-12 pm	\$175/5	01592
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M-F, Mar 25-29	9 am-12 pm	\$175/5	01595
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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 the day with a swim, so don't forget your swim suit. Price does not include a jersey or ball.

Instructor: Ezra Soccer School Staff

M-F, Mar 18-22	9 am-3 pm	\$189/5	02598
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M-F, Mar 18-22	9 am-12 pm	\$110/5	02594
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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, b-boy, house, etc. Depending on interest of participants, we may touch on ballet, jazz and tap.

3 to 5 Years

M-F, Mar 18-22	12:15-1:15 pm	\$77/5	05811
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6 to 9 Years

M-F, Mar 18-22	9 am-12 pm	\$110/5	05812
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10+ Years

M-F, Mar 18-22	12:30-3:30 pm	\$110/5	05813
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Vibrant (Vibe) Dance Studio (1969 Boxwood Rd)

Musical Theatre Camp NEW!

8 to 14 Years

Work together to perform the musical "Summer Camp: A Musical Caper About Finding a Place to Belong". It's about Camp Runamok, the wackiest summer camp experience ever! With singing, drama and stage movement, this musical caper will take you on a journey to find a place to belong. We'll finish the week with a performance for parents on Friday afternoon.

Instructor: Lindsay Suddaby

M-F, Mar 25-29	10 am-4 pm	\$250/5	13512
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Nanaimo Conservatory of Music (375 Selby St)

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

M-F, Mar 18-22	9 am-3 pm	\$240/5	02564
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Oliver Woods Community 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.

M-F, Mar 18-22	3:30-5:30 pm	\$80/5	02565
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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

M-F, Mar 18-22	9 am-3 pm	\$240/5	02566
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Beban Park 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. Meet at Mt. Washington Ski Resort Learning Centre.

Tu-Th, Mar 26-28	9:30 am-3:30 pm	\$229/3	02655
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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.

Tu-Th, Mar 26-28	9:30 am-3:30 pm	\$229/3	02656
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Mt. Washington Learning Centre



Family Programs

Baby Barre Fitness D

Come check out this mom and babe twist on barre fitness. Wear your baby while you plie, squat and lunge with an extra emphasis on building core strength. No tutu required, unless you want to! Please bring a baby carrier.

Instructor: Chelsea Twinkwon

Fri, Apr 5-26	10:30-11:30 am	\$20/3	10850
Fri, May 3-31	10:30-11:30 am	\$33/5	10855
Fri, Jun 7-28	10:30-11:30 am	\$26/4	12817

Oliver Woods Community Centre

Parent & Child Gardening NEW!

Learn how to garden as a family through hands-on activities and child-friendly growing projects. We will share our ideas for the best plants to grow together. Growing food in your own backyard is a great way to encourage kids to participate in outdoor activities and growing their own food. This is a parent participation class.

Sat, Jun 1	10 am-12 pm	\$10/1	11820
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Pine Street Community Gardens

Not Just For The Birds NEW!

5 to 12 Years

Join in a fun, family-friendly bird watching event, giving kids an opportunity to use binoculars to help spot and identify birds. Learn about the most common local species and create a pine cone feeder to take home to encourage birds to visit your back yard. Parent participation is required.

Sun, May 19	1-3 pm	\$8/1	13170
Sat, Jul 13	1-3 pm	\$8/1	13171

Miner's Cottage (Jinglepot Entrance to Buttermtns)

Learn to Fish

5 to 15 Years

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

Sun, May 26	10:30 am-12:30 pm	Free	12572
Sun, Jun 23	10:30 am-12:30 pm	Free	12574

Long Lake (Loudon Park)

Sun, May 12	1-3 pm	Free	12571
Sun, Jun 9	1-3 pm	Free	12573

Colliery Dam Park

Sun, Jul 14	10:30 am-12:30 pm	Free	12575
Sun, Aug 11	10:30 am-12:30 pm	Free	12576

Westwood Lake Jetty



Fishing Rod Building Workshop

10+ Years

Join us as we take you on a fun experience to build your own fishing rod. 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 and proper wrapping techniques to ensure it will last your lifetime. Parent participation is required for participants under 12 years.

Instructor: Fishing for Fun

Sat/Sun, May 4 & 5	10 am-3 pm	\$99/2	13518
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Beban Park Social Centre

Karate for All NEW!

10 + Years

Shotokan Karate is a dynamic martial art that involves blocking, punching, striking and kicking. It involves the whole body, so it improves strength, balance, flexibility and overall fitness. It also develops self-confidence, focus and character along with self-defense. Great for all levels and for everybody over 10 years of age.

Instructor: Mike Ciurka (6th degree black belt)

Tue, Apr 23-Jun 25	6:45-7:45 pm	\$70/10	11816
Tue, Jul 2-Sep 3	7:30-8:30 pm	\$70/10	11818

Bowen Park Complex

Family Night Paddles

How about a fun evening with the little ones? Let's get outdoors on the water having family fun. Spend the evening in stable recreation single or double kayaks enjoying the protected waters of Newcastle Island. All paddling equipment provided.

Thu, Jun 20	5:30-8:30 pm	\$49/1	12151
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Coastal Expressions Adventure Centre (1840 Stewart Ave)

Through the Looking Glass NEW!

8 to 12 Years

Discover the world beneath your feet as you glide across the lagoon after an introductory lesson on stand-up paddle boarding. Parent registration is welcome.

Mon, Jul 8	9-11 am	\$35/1	13698
Wed, Aug 7	9-11 am	\$35/1	13700

Pipers Lagoon Park



cityofnanaimo



nanaimoparksandrec (#ilovemyparksandrec)

Active Pass - for Children Born in 2009 & 2008

Beginning October 1, 2019, children who attend school in Nanaimo and were born in the year **2009** 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, 2019 until August 31, 2020 allows a student born in the year **2009** 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 and 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 license 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 2008 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 Park Social Centre Multi-Purpose Rooms
- Tennis Courts
- Altrusa Playground
- Centennial Building

BOWEN PARK COMPLEX (250-756-5282)

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

OLIVER WOODS COMMUNITY CENTRE (250-756-5282)

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

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

- Multi-Purpose Rooms
- Pools
- Slides
- Lazy River
- Wave Pool

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

- Multi-Purpose Rooms
- 4 Ice Surfaces

Happy Birthday

Hello SUMMER

See the following section for summer day camps & programs!

Looking for
summer special
events?

See
back
cover!

**Summer is such a fun season!
The weather is warm, the days are
long, and the opportunities to play
are all around us...**

**Here are a few ways to help make
your summer more memorable!**

- Cool off at one of the water parks (see back cover)
- Attend Family Fun Nights (see back cover)
- Be entertained at a Concert in the Park (see back cover)
- Swim at Westwood Lake Park (see back cover)
- Drop into a special event at the pools (see page 84)
- Discover the newly built mountain bike trails at Westwood Lake Park
- Learn to fish at the Family Fishing Day (see back cover)
- Fly a kite at Pipers Lagoon Park
- Try a game of disc golf at Bowen Park
- Walk, bike, scoot or roller blade along one of Nanaimo's 170 kilometres of trails
- Picnic at Biggs Park
- Geocache at Neck Point Park, Maffeo Sutton Park or Departure Bay Beach
- Play a game of pickle ball at Beaufort Park Sport Courts
- Count the dinosaurs along Cable Bay Trail
- Birdwatch at Buttertubs Marsh
- Build a fort using driftwood at a local beach
- Learn about the salmon along Bowen Park's side channel
- Seek out a new park or playground by playing "Find the Golden Bucket" (see back page)
- Workout at Beban Participark's fitness circuit area
- Show your patriotism by attending the Canada Day celebrations at Maffeo Sutton Park (see back cover)
- Stop by to play with our Playground Program leaders who will lead you in various summer-themed activities (see back cover)

Welcome to City of Nanaimo, Parks & Recreation

KIDS Summer CAMPS

Where kids get to
"Take a moment"
and just be kids!

NEW!

Design Your Own Summer Schedule!

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

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

- Camp Wild • Camp Holidaze • Bowen Explorers
- Girls Get Active • Adventure Sports Camp

Our camps are filled with fun and adventure each day! Our camp leaders will ensure your child's day camp experience is a memorable one. Each week is comprised of various activities, including lots of games, sports, arts, crafts, drama, storytelling and outdoor exploring. Out trips, special guests, gym time and special theme days may also be part of the camp experience.

(Offerings vary based on location and age groups.)

We select our day camp leaders for their maturity, skills and experience with children. In addition to planning and supervising our camps, these staff members receive training in leadership, safety and emergency procedures. They are also certified in both first aid and CPR. Our LIT and QUEST youth volunteers assist leaders with program activities.

Camper Drop off & Pick Up

- Please allow extra time to sign in on the first day of each camp.
- Bring completed medical forms to each camp.
- Parents/guardians or authorized persons **must** sign their child(ren) in and out daily.
- On-time drop off and prompt pick up are important. **\$1/minute** charges are in effect for late pick ups.
- If your child has any serious medical conditions, behavioural concerns or any other issues that may affect their experience at camp, please inform the Recreation Coordinator at 250-756-5200.
- To ensure that all children can participate fully in all indoor and outdoor/ off-site activities, please prepare them with suitable clothing for all types of weather.
- Activities will run as scheduled unless the conditions necessitate a change in schedule. In this case, alternate indoor activities will be offered (be prepared for unexpected weather changes). The camp structure and programming may change once the session starts depending on the weather, space and campers' needs.
- Please see page 112 for cancellation and refund information.



How To Sign Up for Parks & Recreation Full Day Camps Online:

1. Go to recreation.nanaimo.ca
2. Put course ID in search bar
3. Choose which child you want to register
4. Select the dates by adding them to your cart
5. Continue shopping or checkout

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



Nanaimo Parks and Recreation Full Day Camps

MIX AND MATCH! Design your ultimate summer by choosing a variety of days and locations from the five options below!

The camps listed in this yellow box run from 8 am to 5 pm and cost \$38/day.

Camp Wild 6 to 9 Years

Spend your summer having fun and building new friendships while learning about nature and the environment. Each week has a new theme with new discoveries and adventures! This camp also includes a large gymnasium component. (This camp does not go swimming.) Build your own schedule to suit your needs.

• JULY - Tue, Jul 2 to Fri, Jul 31	13905
• AUGUST - Thu, Aug 1 to Fri, Aug 30	14159
Oliver Woods Community Centre	

Camp Holiday 6 to 10 Years

Embrace your spirit of adventure! Camp Holiday creates experiences that last a lifetime. Opportunities to play, build relationships and work on healthy lifestyle choices. Water parks, games, laughter, outdoor adventures, sports, hiking, and making new friends and lasting memories are just a few things to experience at this camp! Register by the day to suit your schedule.

• JULY - Tue, Jul 2 to Fri, Jul 31	14195
• AUGUST - Thu, Aug 1 to Fri, Aug 30	14211
Beban Park Social Centre	

Bowen Explorers 6 to 12 Years

Join us for an adventure-filled introduction to science! Discover the forest, bugs and more in one of Nanaimo's most beautiful parks. This camp is jam-packed full of fun activities! This camp does not go swimming. Register by the day to suit your schedule.

• JULY - Tue, Jul 2 to Fri, Jul 31	13936
• AUGUST - Thu, Aug 1 to Fri, Aug 30	14184
Bowen Park Complex	



Girls Get Active Camp 6 to 12 Years

Girls thrive in a positive environment where they can be themselves and show their true colours while connecting with camp leaders and other girls. We include a balance of active outings in the community with arts, crafts, swimming, games and team building activities. Register by the day to suit your schedule.

• JULY - Tue, Jul 2 to Fri, Jul 31	13929
• AUGUST - Thu, Aug 1 to Fri, Aug 30	14780
Nanaimo Aquatic Centre	

Adventure Sports Camp 8 to 12 Years

This action packed camp will have you moving! We will be putting the gyms at Oliver Woods Community Centre to the test with the variety of sports you'll take part in. We promise you'll try at least one new sport or game during this camp. Register by the day to suit your schedule.

• JULY - Tue, Jul 2 to Fri, Jul 31	12882
• AUGUST - Thu, Aug 1 to Fri, Aug 30	14183
Oliver Woods Community Centre	

Nanaimo Parks and Recreation Weekly Camps

Full day camps, but the hours vary (more on the following page).

Junior Leaders in Training Camp 11 to 15 Years

Week one of this interactive two-week camp will include team building activities and leadership sessions among a variety of summer camp activities. During the second week, you'll participate in 15 to 30 hours of supervised hands-on volunteer experience as you assist at various recreation programs. Fee includes a t-shirt.

Tu-F, Jul 2-12	8:30 am-4:30 pm	\$306/9	12962
M-F, Jul 15-26	8:30 am-4:30 pm	\$340/10	12969
M-F, Jul 29-Aug 9	8:30 am-4:30 pm	\$306/9	12972
M-F, Aug 12-23	8:30 am-4:30 pm	\$340/10	12974
Beban Park Social Centre			

Tennis Camp - Serve, Swing, Swim 8 to 13 Years

Bring your racquet for this introduction to tennis. Strokes and strategies are covered, and most days include a swim. Other activities round out an active day. This camp will run rain or shine. Tennis racquet is available if needed.

Tu-F, Jul 2-5	8:30 am-4:30 pm	\$136/4	11159
M-F, Jul 8-12	8:30 am-4:30 pm	\$170/5	11172
M-F, Jul 15-19	8:30 am-4:30 pm	\$170/5	11173
M-F, Jul 22-26	8:30 am-4:30 pm	\$170/5	11174
M-F, Jul 29-Aug 2	8:30 am-4:30 pm	\$170/5	11175
Tu-F, Aug 6-9	8:30 am-4:30 pm	\$136/4	11176
M-F, Aug 12-16	8:30 am-4:30 pm	\$170/5	11177
M-F, Aug 19-23	8:30 am-4:30 pm	\$170/5	11178
Bowen Park Tennis Courts			



cityofnanaimo



nanaimoparksandrec (#ilovemyparksandrec)

Nanaimo Parks and Recreation Weekly Camps

Full day camps, but the hours vary (more on the previous page).

CAMP SUNSATION

6 to 18 Years

Did you know that there are exciting summer camp experiences for those with special needs held at Beban Park Social Centre? These camps are available through funding from the Ministry of Children & Family Development (MCFD).



For more information, please
call the Nanaimo MCFD at
250-741-5734.

Cool Kids Skate Camp

6 to 11 Years

Enjoy a line-up of activities, including a daily skating lesson, hockey for fun, a movie and various outdoor activities. We recommend all participants complete a minimum of RecSkate 1 prior to participation. Helmets are mandatory. Register by the day.

Mon, Jul 22	8:30 am-5 pm	\$38/1	14301
Tue, Jul 23	8:30 am-5 pm	\$38/1	14305
Wed, Jul 24	8:30 am-5 pm	\$38/1	14309
Thu, Jul 25	8:30 am-5 pm	\$38/1	14311
Fri, Jul 26	8:30 am-5 pm	\$38/1	14314
Mon, Jul 29	8:30 am-5 pm	\$38/1	14317
Tue, Jul 30	8:30 am-5 pm	\$38/1	14320
Wed, Jul 31	8:30 am-5 pm	\$38/1	14323
Thu, Aug 1	8:30 am-5 pm	\$38/1	14325
Fri, Aug 2	8:30 am-5 pm	\$38/1	14328
Tue, Aug 6	8:30 am-5 pm	\$38/1	14330
Wed, Aug 7	8:30 am-5 pm	\$38/1	14332
Thu, Aug 8	8:30 am-5 pm	\$38/1	14334
Fri, Aug 9	8:30 am-5 pm	\$38/1	14338

Nanaimo Ice Centre

Camp ParadiCE

6 to 16 Years

A day camp for recreational figure skaters (minimum RecSkate 4). Learn skills at your own pace with an emphasis on fun and participation. Each day will include three ice times and other fun off-ice activities and a movie time.

M-F, Aug 26-30	8:45 am-3 pm	\$150/5	13530
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Nanaimo Ice Centre

Register Today!

See page 112 for details.

Nanaimo Parks and Recreation Special Interest Camps

Part day camps; hours vary.

Tree Frog Camp

3 to 5 Years

This program is for little people! The week will include games, music, arts and crafts and runs from 9:30-11:30 am. The cost is \$70 per week or \$56* for the stat week.

Tu-F, Jul 2-5 *	In the Jungle	12792
M-F, Jul 8-12	Colours, Shapes and Sizes	12797
M-F, Jul 15-19	Seaside Fun	12798
M-F, Jul 22-26	Pirate Days	12799
M-F, Jul 29-Aug 2	Down on the Farm	12800
Tu-F, Aug 6-9 *	Paint Play	12802
M-F, Aug 12-16	Space Jam	12804
M-F, Aug 19-23	Around the World	12809

Oliver Woods Community Centre

Not Just for the Birds NEW!

5 to 12 Years

Join in a fun, family-friendly bird watching event to learn about the most common local species to be found around Nanaimo. Create and take home a pine cone feeder craft to encourage birds to visit your back yard. This is a parent participation class.

Sat, Jul 13	1-3 pm	\$8/1	13171
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Miner's Cottage at Buttertubs Marsh

Junior Lifeguard Summer Camp

8 to 12 Years

Want to try out lifeguarding while having fun? Participants will get a taste of what it is like to be a lifeguard and will learn first aid skills, water rescues and will complete the Swim to Survive challenge. Participants need to be at Swim Kids 4 or higher to register.

M-F, Aug 12-16	12:30-4:30 pm	\$125/5	12638
M-F, Aug 26-30	12:30-4:30 pm	\$125/5	12639

Nanaimo Aquatic Centre/Westwood Lake Park

Mermaid Camp

8 to 12 Years

Born to be a mermaid? Who says dreams have to stay dreams? Channel your inner Ariel by transforming your feet into fins while exploring the depths of the Westwood Sea! Participants need to be at Swim Kids 4 or higher to register.

M-F, Jul 29-Aug 2	12:30-4:30 pm	\$125/5	12645
M-F, Aug 19-23	12:30-4:30 pm	\$125/5	12646

Westwood Lake Park

Survivor Camp

8 to 12 Years

Young castaways will embark on an incredible journey in an effort to outwit, outplay and outlast one another. Compete for the ultimate prize, bragging rights and completion of the Swim to Survive challenge. Participants need to be at a Swim Kids Level 4 or higher to register.

Tu-F, Aug 6-9	12:30-4:30 pm	\$100/4	12641
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Westwood Lake Park

Take a
MOMENT
to MOVE

Nanaimo Parks and Recreation Special Interest Camps

Part day camps; hours vary.

Cheese Making - Mozzarella Madness 7 to 12 Years

Come and learn how to make your own cheese! You will be making mozzarella mini pizzas and learning the science of cheese making. An optional 4 pound cheese kit is available for \$5 payable to the instructor on the day of the class.

Instructor: Paula Maddison

Wed, Jul 3 4-5 pm \$30/1 12803
Bowen Park Complex



Adventure Ice Hockey Camp 6 to 12 Years

Hockey lovers will enjoy this camp packed with games and activities built around drills, skill training and a scrimmage time. Full gear is required. Cost is \$18 per session.

Tue, Jul 2 8:30 am-12:30 pm 14388
Tue, Jul 2 1-5 pm 14389
Wed, Jul 3 8:30 am-12:30 pm 14390
Wed, Jul 3 1-5 pm 14391
Thu, Jul 4 8:30 am-12:30 pm 14392
Thu, Jul 4 1-5 pm 14393
Fri, Jul 5 8:30 am-12:30 pm 14394
Fri, Jul 5 1-5 pm 14395

Mon, Jul 8 8:30 am-12:30 pm 14412
Mon, Jul 8 1-5 pm 14413
Tue, Jul 9 8:30 am-12:30 pm 14416
Tue, Jul 9 1-5 pm 14417
Wed, Jul 10 8:30 am-12:30 pm 14418
Wed, Jul 10 1-5 pm 14420
Thu, Jul 11 8:30 am-12:30 pm 14421
Thu, Jul 11 1-5 pm 14422
Fri, Jul 12 8:30 am-12:30 pm 14423
Fri, Jul 12 1-5 pm 14424

Mon, Jul 15 8:30 am-12:30 pm 14425
Mon, Jul 15 1-5 pm 14426
Tue, Jul 16 8:30 am-12:30 pm 14427
Tue, Jul 16 1-5 pm 14428
Wed, Jul 17 8:30 am-12:30 pm 14432
Wed, Jul 17 1-5 pm 14433
Thu, Jul 18 8:30 am-12:30 pm 14434
Thu, Jul 18 1-5 pm 14436
Fri, Jul 19 8:30 am-12:30 pm 14437
Fri, Jul 19 1-5 pm 14439

Nanaimo Ice Centre



Facebook & Twitter:
cityofnanaimolocalgovernment
Instagram: NanaimoParksandRec

Partnership Camps

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

Musical Theatre - Go Fish **NEW!**

5 to 8 Years

A fun-filled musical adventure awaits! You will learn all about music theatre in this week-long camp. At the end of the week, you will perform for your parents! Age appropriate repertoire will be chosen with emphasis on stagecraft, acting, movement and vocal technique.

Instructor: Lindsay Suddaby

M-Sa, Jul 15-20 10 am-4 pm \$250/6 11954
M-Sa, Aug 12-17 10 am-4 pm \$250/6 13507

Nanaimo Conservatory of Music (375 Selby St)

Circus Summer Camp

8 to 12 Years

Run away and join the circus! This camp is perfect for the performer in your family. Join Nanaimo's circus pros to learn juggling, poi, hoop staff spinning and basic acrobatics. You can show off your new skills to family at the big finale show on Friday. Come play with us!

Instructor: Vesta Education Staff

M-F, Jul 22-26 8:15 am-3 pm \$199/5 11217
M-F, Aug 19-23 8:15 am-3 pm \$199/5 11218

Beban Park Social Centre

Camp Courage

7 to 10 Years

Find out what it's like to be a police officer and a firefighter! Participants will learn about the training, responsibilities, skills and equipment involved through demonstrations and hands-on activities. Professionals from both fields will act as positive role models and mentor youth towards social responsibility and civic mindedness. Camp includes a lunch and a t-shirt.

Thu, Jul 25 9 am-3 pm \$30/1 13142
Departure Bay Activity Centre (1412 Wingrove St)

Mandarin Summer Camp

5 to 11 Years

Join us for a morning of engaging activities that will help you learn the Mandarin language. Story time, puppet shows, crafts, songs and games round out this unique learning opportunity.

Instructor: Swan MacIquham

M-F, Jul 8-12 9:30 am-12 pm \$100/5 10888

Kin Hut Activity Centre (2730 Departure Bay Rd)



cityofnanaimo



nanaimoparksandrec (#ilovemyparksandrec)

Partnership Camps

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

Gymnastics Camp

Fun...Fitness...Fundamental movements! These skills are applicable and transferable to all sports. Give your child the opportunity to excel at agility, balance, coordination and strength. See if gymnastics is a good fit for your child. Please send participant with a water bottle, snack and in appropriate attire.

3 to 6 Years

Tu-F, Jul 2-5	9 am-12 pm	\$116/4	13555
M-F, Jul 8-12	9 am-12 pm	\$145/5	13557
M-F, Jul 15-19	9 am-12 pm	\$145/5	13558
M-F, Jul 22-26	9 am-12 pm	\$145/5	13559
M-F, Jul 29-Aug 2	9 am-12 pm	\$145/5	13560
Tu-F, Aug 6-9	9 am-12 pm	\$116/4	13556
M-F, Aug 12-16	9 am-12 pm	\$145/5	13561
M-F, Aug 19-23	9 am-12 pm	\$145/5	13562

7 to 12 Years

Tu-F, Jul 2-5	1-4 pm	\$116/4	13571
M-F, Jul 8-12	1-4 pm	\$145/5	13563
M-F, Jul 15-19	1-4 pm	\$145/5	13564
M-F, Jul 22-26	1-4 pm	\$145/5	13565
M-F, Jul 29-Aug 2	1-4 pm	\$145/5	13566
Tu-F, Aug 6-9	1-4 pm	\$116/4	13570
M-F, Aug 12-16	1-4 pm	\$145/5	13568
M-F, Aug 19-23	1-4 pm	\$145/5	13569

Flipside Gymnastics (1911 Wilfert Rd)

Check online for full day gymnastics options.

Dance with Vibe Camp

An introduction to dance with the main focus on hip hop and styles of hip hop, such as grooving, old school, b-boy, house and more. Depending on interest of the participants, camp may touch on ballet, jazz and tap as well.

3 to 5 Years

Tu-F, Aug 6-9	12:15-2:15 pm	\$75/4	13403
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6 to 9 Years

Tu-F, Aug 6-9	9 am-12 pm	\$110/4	13411
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10 + Years

Tu-F, Aug 6-10	12:30-3:30 pm	\$110/4	13415
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Vibe Dance Studio (1969 Boxwood Rd)

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.

2 to 3 Years - Tartan Tots

Wed, Aug 7-28	5-5:45 pm	\$45/4	11334
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4 to 6 Years - Brave Hearts

Wed, Aug 7-28	6-6:45 pm	\$45/4	11335
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7 to 13 Years - Kilts & Hilt

Wed, Aug 7-28	7-7:45 pm	\$45/4	11336
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Oliver Woods Community Centre

Summer Dance Exploration NEW!

Join our fun dance instructor in this active camp! Try a variety of dance styles, design crafts, play games, enjoy snack time with friends and get outside for some outdoor play!

Instructor: Chiara Ackerman

4 to 6 Years

M-F, Jul 15-19	1-3 pm	\$90/5	12152
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M-F, Jul 22-26	1-3 pm	\$90/5	12260
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7 to 9 Years

M-F, Jul 15-19	9 am-12 pm	\$113/5	12147
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M-F, Jul 22-26	9 am-12 pm	\$113/5	12259
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10 to 12 Years

M-F, Jul 15-19	3:30-5:30 pm	\$90/5	12153
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M-F, Jul 22-26	3:30-5:30 pm	\$90/5	12261
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Kin Hut Activity Centre (2730 Departure Bay Rd)

Basketball Camp

Join us for a week of basketball skills and drills - improving individual and team skills, offensive and defensive play through fun games and activities.

Instructor: Eli Pasquale Basketball Staff

6 to 9 Years (1/2 day)

M-F, Jul 15-19	9 am-12 pm	\$135/5	13205
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Fairview Community School (205 Howard Ave)

M-F, Aug 19-23	9 am-12 pm	\$135/5	13633
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Nanaimo Christian School (198 Holland Rd)

10 to 14 Years (1/2 day)

M-F, Jul 15-19	12:30-3:30 pm	\$135/5	13206
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Fairview Community School (205 Howard Ave)

M-F, Aug 19-23	12:30-3:30 pm	\$135/5	13635
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Nanaimo Christian School (198 Holland Rd)

8 to 14 Years (full day)

M-F, Jul 15-19	9 am-3:30 pm	\$220/5	13207
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Fairview Community School (205 Howard Ave)

M-F, Aug 19-23	9 am-3:30 pm	\$220/5	15491
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Nanaimo Christian School (198 Holland Rd)

Rock Climbing Summer Camp

6 to 12 Years

Climb the walls as you make new friends and learn from experienced climbers. We mix in some non-wall time to keep things interesting. No climbing experience necessary. Please bring a helmet.

M-F, Jul 8-12	12-3 pm	\$100/5	13054
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M-F, Jul 15-19	12-3 pm	\$100/5	13055
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M-F, Jul 22-26	12-3 pm	\$100/5	13056
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M-F, Jul 29-Aug 2	12-3 pm	\$100/5	13057
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M-F, Aug 12-16	12-3 pm	\$100/5	13059
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M-F, Aug 19-23	12-3 pm	\$100/5	13060
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M-F, Aug 26-30	12-3 pm	\$100/5	13062
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Romper Room Climbing Gym (4385B Boban Dr)



"I love cooling off at the water park!"



Nanaimo Canoe & Kayak Club

Building Paddlers for Life



2019 SUMMER CAMPS

Located at Loudon Park on Long Lake

Half Day Camps

7 to 13 yrs

Camps held Monday to Friday,

9 am-12 noon OR 1-4 pm

\$135/week (*stat weeks \$120)

Full Day Camps

9 to 13 yrs

Camps held Monday to Friday, 9 am-5 pm

\$235/week (*stat weeks \$220)

Camp Dates

- July 2-5* • July 8-12 • July 15-19 • July 22-26 • July 29-August 2
- August 6-9* • August 12-16 • August 19-23 • August 26-30

NCKC's goal is to introduce the exciting world of canoe and kayak in a fun and safe environment!

Campers will gain confidence in their canoe and kayak skills by being engaged in FUN and DYNAMIC activities both on and off the water. All activities are designed to build strong sportsmanship throughout the camp. Group activities include working together, paddling in a variety of boats, swimming, beach time and games on and off the water. Highly qualified coaches will deliver these programs to ensure campers' safety and advancements in their abilities.

(Campers must be able to swim 50 metres with a PFD or be at Swim Kids Level 4.)

REGISTER ONLINE AT
www.nckc.ca

FOR MORE INFORMATION:
email: headcoach@nckc.ca
call: 250.758.4052

Partnership Camps

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



Summer Basketball Camps in Nanaimo for July & August!



These upbeat, instructional sessions are perfect for players wanting to learn the FUNdamentals of basketball. Eli Pasquale Basketball has brought programs to Vancouver Island since 1984 and stresses learning the correct techniques so players can thoroughly enjoy basketball for the rest of their careers. Progressive skills are taught using fun games, drills, and scrimmages under the supervision of Eli Pasquale's enthusiastic coaches.

JULY 15-19 at FAIRVIEW COMMUNITY SCHOOL

Join us for a week of basketball skills and drills - improving individual and team skill, offensive and defensive play through fun games and activities.

Half days and full days with a swim!

- 9 am-12 pm: 6 to 9 years (\$135)
- 12:30-3:30 pm: 10 to 14 years (\$135)
- 9 am-3:30 pm: 8 to 14 years (\$220)

AUGUST 19-23 at NANAIMO CHRISTIAN SCHOOL

This camp provides Eli's classic half day program plus full day campers will learn Eli's Guard Series and Miracle Circuit. Improve your 1-on-1 skills and develop offensive and defensive skills.

Half days and full days!

- 9 am-12 pm: 6 to 9 years (\$135)
- 12:30-3:30 pm: 10 to 14 years (\$135)
- 9 am-3:30 pm: 8 to 14 years (\$220)

TO REGISTER:

250.756.5200 • recreation.nanaimo.ca



www.elipasquale.com

Summer Science & Technology **NEW!**

Camp

7 to 9 Years

Join us for a week of magic, science experiments and robotics! You 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. You will take home a cool science experiment and a magic trick every day. There will be breaks throughout the week for games. Please note that the July camp will differ from the August camp.

Instructor: iLearning Canada Staff

Tu-F, Jul 2-5	9 am-3 pm	\$200/4	12935
M-F, Aug 19-23	9 am-3 pm	\$240/5	12941

Oliver Woods Community Centre

Summer Science & Technology **NEW!**

Camp

10 to 14 Years

Explore the mysteries of science, and dive into the basics of engineering. This camp will utilize Lego's EV3 Mindstorm's core and extension kits. You and your partner will build the Znap monster (July) or the tank bot (August). There will be breaks throughout the week for games. Please note that July's camp will differ from August's camp.

Instructor: iLearning Canada Staff

Tu-F, Jul 2-5	9 am-3 pm	\$200/4	12936
M-F, Aug 19-23	9 am-3 pm	\$240/5	12942

Oliver Woods Community Centre

Modding in Minecraft **NEW!**

8 to 12 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. The mods learned in this camp vary for each session.

Instructor: iLearning Canada Staff

Tu-F, Jul 2-5	3:30-5:30 pm	\$80/4	13371
M-F, Aug 19-23	3:30-5:30 pm	\$100/5	13372

Oliver Woods Community Centre

Partnership Camps

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

Beginner Summer Tennis

Come play in our indoor dome and stay out of the sun. We have a series of daily lessons focused purely on tennis that will give kids the necessary basic foundation and tools in order to help ease the learning process as they develop their tennis skills. We provide the equipment.

Instructor: North Island Tennis Academy Staff

5 to 7 Years

Tu-F, Jul 2-5	9-10 am	\$44/4
M-Th, Jul 8-11	9-10 am	\$44/4
M-Th, Jul 15-18	9-10 am	\$44/4
M-Th, Jul 22-25	9-10 am	\$44/4
M-Th, Jul 29-Aug 1	9-10 am	\$44/4
T-F, Aug 6-9	9-10 am	\$44/4
M-Th, Aug 12-15	9-10 am	\$44/4
M-Th, Aug 19-22	9-10 am	\$44/4

8 to 11 Years

Tu-F, Jul 2-5	10-11:30 am	\$66/4
M-Th, Jul 8-11	10-11:30 am	\$66/4
M-Th, Jul 15-18	10-11:30 am	\$66/4
M-Th, Jul 22-25	10-11:30 am	\$66/4
M-Th, Jul 29-Aug 1	10-11:30 am	\$66/4
T-F, Aug 6-9	10-11:30 am	\$66/4
M-Th, Aug 12-15	10-11:30 am	\$66/4
M-Th, Aug 19-22	10-11:30 am	\$66/4

12 to 15 Years

Tu-F, Jul 2-5	10-11:30 am	\$66/4
M-Th, Jul 8-11	10-11:30 am	\$66/4
M-Th, Jul 15-18	10-11:30 am	\$66/4
M-Th, Jul 22-25	10-11:30 am	\$66/4
M-Th, Jul 29-Aug 1	10-11:30 am	\$66/4
T-F, Aug 6-9	10-11:30 am	\$66/4
M-Th, Aug 12-15	10-11:30 am	\$66/4
M-Th, Aug 19-22	10-11:30 am	\$66/4

Westwood Tennis Club (2367 Arbot Rd)

Tae Kwon Do Summer Camp

Our highly qualified 8th degree black belt Grand Master can help you become strong in mind, body and spirit. This program teaches discipline, respect and confidence. Maximize your potential by maintaining a traditional foundation based upon physical well-being.

4 to 6 Years

M&W, Jul 8-15	3:50-4:30 pm	\$29/3	13629
Sat, Aug 10-24	10-10:35 am	\$29/3	13628
M&W, Aug 19-26	3:50-4:30 pm	\$29/3	13630

7 to 12 Years

T & Th, Jul 9-16	3:50-4:25 pm	\$29/3	13634
Sat, Aug 10-24	10:45-11:15 am	\$29/3	13631
T & Th, Aug 20-27	3:50-4:30 pm	\$29/3	13632

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

Karate Camp

4 to 7 Years

Learn to perform simple karate moves and skills. The program is designed to teach self-discipline with courtesy and respect strongly emphasized.

Instructor: Shima Karate Staff

Tue, Jul 2-23	3:30-4:15 pm	\$25/4	13533
Tue, Aug 6-27	3:30-4:15 pm	\$25/4	13536
Thu, Aug 8-29	3:30-4:15 pm	\$25/4	13538

Shima Karate School (3032 Barons Rd)

Karate Camp

8 to 12 Years

Now kids move into the older program training twice a week they will start learning katas, sparring and self-defense drills. We will also discuss peer pressure and bullying.

Instructor: Shima Karate Staff

M & W, Jul 3-15	5:30-6:25 pm	\$25/4	13588
M & W, Jul 17-29	5:30-6:25 pm	\$25/4	13597
M & W, Aug 7-19	5:30-6:25 pm	\$25/4	13598
M & W, Aug 21-Sep 4	5:30-6:25 pm	\$25/4	13599

Shima Karate School (3032 Barons Rd)

Pee Wee Putters Golf Camp

5 to 7 Years

Learn the fundamentals of the golf swing and the short game. Equipment is available if needed.

We have a 6 to 1 student to coach ratio.

M-W, Jun 17-19	3:30-4:30 pm	\$75/3	12342
M-W, Jul 8-10	3:30-4:30 pm	\$75/3	12344
M-W, Aug 12-14	3:30-4:30 pm	\$75/3	12345

Beban Park Golf Course

Junior Golf Camp

8 to 12 Years

Participants will learn the fundamentals of the game, including on-course scoring and etiquette. Equipment is available if needed. We have a 6 to 1 student to coach ratio.

M-W, Jul 8-10	9:30-11:30 am	\$149/3	12338
M-W, Jul 22-24	9:30-11:30 am	\$149/3	12339
M-W, Aug 12-14	9:30-11:30 am	\$149/3	12340
M-W, Aug 26-28	9:30-11:30 am	\$149/3	12341

Beban Park Golf Course

Junior Learn, Practice & Play Golf

7 to 12 Years

Work on your swing, putting and pitching skills. Our CPGA professionals are trained to work with juniors while keeping the emphasis on having fun.

W-F, Jul 3-5	9 am-12 pm	\$109/3	12952
M-W, Jul 15-17	9 am-12 pm	\$109/3	12954
M-W, Aug 5-7	9 am-12 pm	\$109/3	12957
M-W, Aug 19-21	9 am-12 pm	\$109/3	12958

Eaglequest Golf Course (1601 Thatcher Rd)

Soccer Camp

Ready or not, come out for soccer training!

Experienced instructors will put you through the paces ending each day with a game. Groups are divided into specific ages and skill levels. Dress for the weather, as we play rain or shine. Full day camps go swimming.

Instructor: Ezra Soccer Staff

Soccer Tots - 3 to 5 Years

Price includes a camp jersey.

M-F, Jul 8-12	10-11 am	\$70/5	12509
M-F, Aug 12-16	10-11 am	\$70/5	12514
M-F, Jul 22-26	10-11 am	\$70/5	12518
M-F, Aug 26-30	10-11 am	\$70/5	12523

NDSS Artificial Turf

6 to 13 Years (1/2 day)

Price includes a camp jersey and a soccer ball.

M-F, Jul 8-12	9 am-12 pm	\$130/5	12510
M-F, Aug 12-16	9 am-12 pm	\$130/5	12516
M-F, Jul 22-26	9 am-12 pm	\$130/5	12520
M-F, Aug 26-30	9 am-12 pm	\$130/5	12524

NDSS Artificial Turf

7 to 13 Years (full day)

Price includes a camp jersey and a soccer ball. The full day option includes swimming.

M-F, Jul 8-12	9 am-3:30 pm	\$210/5	12512
M-F, Aug 12-16	9 am-3:30 pm	\$210/5	12517
M-F, Jul 22-26	9 am-3:30 pm	\$210/5	12522
M-F, Aug 26-30	9 am-3:30 pm	\$210/5	12526

NDSS Artificial Turf

Register Today!

See page 112 for details.



cityofnanaimo



nanaimoparksandrec (#ilovemyparksandrec)

Partnership Camps

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

Byte Camp - Intro to Coding

9 to 12 Years

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

M-F, Jul 15-19 9 am-4 pm \$405/5 12732

Oliver Woods Community Centre

Byte Camp - **NEW!**

Music Video Production

9 to 12 Years

Make your own music and music video! Camp time will be split between digital music composition, video filming and editing. Use amazing software tools to craft your very own song from scratch. We will show you the basics on beats, baselines, chords and melodies so that your song will sound awesome. Experiment with video, special effects and editing techniques to make the video as cool as your tune.

M-F, Jul 22-26 9 am-4 pm \$405/5 12733

Oliver Woods Community Centre

Byte Camp - Claymation Movie Production

9 to 12 Years

Make your own clay characters come to life! You will work with a partner to build you own clay characters, sets and props, develop a script, shoot a movie scene and then edit and add sounds and special effects. Don't worry, parents, there will be plenty of time devoted to outdoor activities!

Tu-F, Aug 6-9 9 am-4 pm \$330/4 12715

Oliver Woods Community Centre

Byte Camp - 3D Animation

11 to 14 Years

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

M-F, Aug 12-16 9 am-4 pm \$405/5 12716

Oliver Woods Community Centre

Byte Camp - 2D Video Game Design

11 to 14 Years

Learn how to build an HTML 5 game using awesome free tools. This is a coding camp, so be prepared to be challenged. Time will be spent learning how to create advanced 2D vector artwork and animated characters to make your game look great. The final project is a game you can take home to proudly share with friends online. No previous experience is required, however, Byte Camp's "Introduction to Coding" is recommended.

M-F, Jul 29-Aug 2 9 am-4 pm \$405/5 12714

Oliver Woods Community Centre

Newcastle Island/Saysutshun Adventure Camp

8 to 12 Years

An adventure awaits! Spend some time outdoors learning to kayak, canoe, stand up paddle and how to use a compass and GPS. In between all the learning, we will spend time beachcombing, exploring tidal pools, investigating rock formations and learning about the history of Saysutshun Newcastle Island.

Instructor: Coastal Expression Adventure Staff

M-Th, Jul 8-11 9 am-3 pm \$249/4 12120

M-Th, Jul 22-25 9 am-3 pm \$249/4 12123

M-Th, Aug 12-15 9 am-3 pm \$249/4 12128

Coastal Expression Adventure Centre (1840 Stewart Ave)

Paddle Canada Basic Kayaker **NEW!**

for Juniors

12 to 16 Years

Grab a friend and get the skills to paddle in protected ocean waters. Learn about the equipment needed, how to get in and out of your kayak from shore, paddling strokes, capsizing and rescuing skills - all in a fun environment. Upon successful completion, you will receive a certificate from Paddle Canada.

Instructor: Coastal Expression Adventure Staff

Sa-Su, Jun 15 & 16 10 am-2 pm \$149/2 15477

Sa-Su, Jul 13 & 14 10 am-2 pm \$149/2 15478

Sa-Su, Aug 24 & 25 10 am-2 pm \$149/2 15479

Coastal Expression Adventure Centre (1840 Stewart Ave)

Intro to Competitive Rowing **NEW!**

12 to 18 Years

Come out and try one of Canada's most successful summer Olympic sports. Have fun on the water while you learn the basics of rowing, what it takes to get racing, water safety and boat handling.

Snacks are provided.

Instructor: Nanaimo Rowing Club

M-F, Jul 8-12 10 am-1 pm \$135/5 13481

M-F, Jul 15-19 1-4 pm \$135/5 13484

M-F, Jul 29-Aug 2 10 am-1 pm \$135/5 13485

M-F, Aug 12-16 1-4 pm \$135/5 13488

Tu & Th, Aug 6-22 3:30-6 pm \$135/6 13491

Loudon Park (Long Lake)

Discover Stand Up Paddle Boarding **NEW!**

12 to 16 Years

Grab a friend and come learn the basic strokes and safety for paddle boarding. We provide all the necessary gear; you provide a keen attitude and a spare change of clothes.

Instructor: Brackish Adventure Staff

Mon, Jul 22 6-8 pm \$43/1 11863

Mon, Aug 5 6-8 pm \$43/1 11864

Mon, Aug 22 6-8 pm \$43/1 11865

Westwood Lake Park



Join us for our 54th season!



Nanaimo's Summer Swim Club at Bowen Park Kin Pool

We offer competitive & fun swim
training May 1 through August!

- Stroke Instruction •Water Polo
- Fun Swim Meets •New Friendships

SWIMMER ASSESSMENT

April 29 & 30, 4-6 pm
at Bowen Park Kin Pool

Please bring swim suit & swimmer's Care Card to register.

Online registration begins April 1

www.nanaimowhiterapids.ca

250-753-8176

you're invited!

LOVE YOUR CITY

OCEANSIDE CHURCH NANAIMO

KIDS

- GAMES
- JUMPING CASTLES
- FACE PAINTING
- BOUNCY OBSTACLE COURSE
- WRECKING BALL BATTLE
- LOTS OF OTHER FUN

GREAT LIVE MUSIC ALL DAY

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TONS OF COTTON CANDY
& POPCORN!!

FREE EVENT!
SATURDAY AUG 10TH
11:00 AM - 5:30 PM
WATERFRONT
OCEANSIDETCHURCH.CA



Nanaimo Yacht Club Sailing School

Sailing School

Public Sailing Courses

CANSail Dinghy for Kids, Youths & Adults

Kids & Youths Summer Camps

NO MEMBERSHIP REQUIRED



July & August summer
camps for ages 5 to 19.

Spring & Fall Lessons.

5 day courses from \$150.

Adult Keelboat Courses - Beginner to Advanced



Youths Water Sports Weeks

Kayak, paddleboard, keelboating
and dinghy sailing in one 4 day
action packed summer camp.

International Yacht Training

Beginner to Advanced Levels.
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NYCSailingSchool.com

250 754 7011. sailtraining@nanaimoyc.ca



Sail Canada



cityofnanaimo



nanaimoparksandrec (#ilovemyparksandrec)

Youth Activities

Youth

Babysitter Training 11 to 15 Years

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

Sat, Apr 13	9 am-4:30 pm	\$49/1	12513
Sat, May 4	9 am-4:30 pm	\$49/1	12515
Sat, Jun 15	9 am-4:30 pm	\$49/1	12521
Sat, Jun 22	9 am-4:30 pm	\$49/1	12525

Beban Park Social Centre

Stop Worrying About Stress & Anxiety 12 to 18 Years

This fun group program teaches cognitive behavioral therapy (CBT) and other stress coping strategies. It uses media to teach key concepts. Drop-in after school and check it out! Program is free, but please pre-register.

Tue, May 7-28	3:30-4:30 pm	Free/4	12811
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Nanaimo Aquatic Centre

Makeup - The Basics 10 to 14 Years

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 brushes. Participants supply their own makeup/tools for this workshop. Simply bring what you're using (and your questions) to class!

Mon, May 6	4:30-6 pm	\$35/1	13158
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Beban Park Social Centre

Spring Into Guitar 10+ Years

Ideal for those 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 melodies, and much more. Please bring your guitar and tuner.

Wed, Apr 3-May 22	6:30-7:30 pm	\$140/8	12795
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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. You will learn a variety of cooking techniques and knife skills. Learn to cook the foods you like and impress your friends and family with cool foods you create!

Tue, Apr 9-30	3:30-5:30 pm	\$120/4	12791
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Nanaimo Foodshare (271 Pine St)

Launch into Rowing NEW! 12 to 18 Years

Get a head start on the summer. Learn about the basics of rowing, boat handling, what it takes to get racing, and water safety.

Instructor: Nanaimo Rowing Club

M-F, May 27-31	4-6 pm	\$120/5	13466
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M-F, Jun 3-7	4-6 pm	\$120/5	13472
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Loudon Park

Discover Rowing 12 to 18 Years

We will introduce you to the equipment, water safety and get you out on the water.

Instructor: Nanaimo Rowing Club

Sun, Jun 2	11 am-12:30 pm	\$10/1	13455
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Sun, Jun 2	1:30-3 pm	\$10/1	13456
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Loudon Park

Discover Stand Up Paddleboarding 12 to 16 Years

Grab a friend and come learn the basic strokes and safety for young stand-up paddleboarders. We provide all the necessary gear.

Instructor: Brackish Adventures Staff

Mon, Jul 22	6-8 pm	\$43/1	11863
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Mon, Aug 5	6-8 pm	\$43/1	11864
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Thu, Aug 22	6-8 pm	\$43/1	11865
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Westwood Lake Park

Basic Kayaker for Juniors NEW! 12 to 16 Years

Gain the fundamental skills and knowledge to paddle in protected waters. Learn about equipment needed, how to get in and out of a kayak, paddle strokes, capsizing and rescuing skills in a fun environment. Upon successfully completing the course, you will receive a certificate from Paddle Canada. All equipment provided.

Sa-Su, Jun 15 & 16	10 am-2 pm	\$149/2	15477
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Sa-Su, Jul 13 & 14	10 am-2 pm	\$149/2	15478
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Sa-Su, Aug 24 & 25	10 am-2 pm	\$149/2	15479
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Coastal Expression Adventure Centre (1840 Stewart Ave)

TEENS WELCOME!

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



YOUTHNanaimo

Intro to Competitive Rowing NEW!

12 to 18 Years

Try one of Canada's most successful summer Olympic sports. Have fun on the water while you learn the basics of rowing, what it takes to get racing, water safety and boat handling. Snacks are provided.

Instructor: Nanaimo Rowing Club

M-F, Jul 8-12	10 am-1 pm	\$135/5	13481
M-F, Jul 15-19	1-4 pm	\$135/5	13484
M-F, Jul 29-Aug 2	10 am-1 pm	\$135/5	13485
M-F, Aug 12-16	1-4 pm	\$135/5	13488
Tu & Th, Aug 6-22	3:30-6 pm	\$135/6	13491

Loudon Park (Long Lake)

Fishing Rod Building Workshop

10+ Years

Join us as we take you on a fun experience to build your own fishing rod. 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 and proper wrapping techniques to ensure it will last your lifetime. Parent participation is required for participants under 12 years.

Instructor: Fishing for Fun

Sat/Sun, May 4 & 5	10 am-3 pm	\$99/2	13518
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Beban Park Social Centre

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, Apr 1-May 6	4:15-5:15 pm	\$35/5	13639
Wed, Apr 3-May 8	4:30-5:45 pm	\$53/6	13641
Mon, May 13-Jun 17	4:15-5:15 pm	\$35/5	13640
Wed, May 15-Jun 19	4:30-5:45 pm	\$53/6	13643

Oliver Woods Community Centre

Youth Badminton

12 to 19 Years

Take your skills to the next level. Players should have two years of experience in the Junior Badminton program (or equivalent).

Mon, Apr 1-May 13	5:15-6:15 pm	\$42/6	12812
Mon, May 27-Jun 17	5:15-6:15 pm	\$28/4	12813

Oliver Woods Community Centre

Youth Basketball

12 to 17 Years

We'll warm up by shooting some hoops and then get right into a game.

Tue, Apr 2-May 7	7:45-8:45 pm	\$30/6	13156
Tue, May 14-Jun 18	7:45-8:45 pm	\$30/6	13157

Nanaimo and District Secondary School (355 Wakesiah Ave)

YOUTH WEEK

May 1-7, 2019



Youth

Join us as we celebrate youth in Nanaimo! Check out the YOUth Nanaimo Facebook page for more information on this year's events (www.facebook.com/YOuthNanaimo), including the ages for each event. Please note that pre-registration is required for some of the events listed below, and space is limited. Call 250-756-5200 or visit recreation.nanaimo.ca for details or to reserve your spot.

Wednesday, May 1

• Basketball	8-9:30 pm	FREE	Drop-in	John Barsby School
• Starlight Skate	6:30-8 pm	Skate Admission	Drop-in	Nanaimo Ice Centre

Thursday, May 2

• Youth Lounge Pizza Party	3-7 pm	FREE	Drop-in	Nanaimo Aquatic Centre
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Friday, May 3

• Stick 'n' Puck	3-4 pm	Skate Admission	Drop-in	Cliff McNabb Arena
• Youth Skate *	4:15-5:45 pm	FREE	Drop-in	Cliff McNabb Arena
• Movie Night	6:30-9 pm	FREE	13354	Beban Park

Saturday, May 4

• Babysitter Training	9 am-4:30 pm	\$49	12515	Beban Park
• Home Alone	9 am-noon	\$40	12511	Beban Park
• Home Alone	1-4 pm	\$40	12458	Beban Park
• Dive-in Movie	3-5 pm	Swim Admission	Drop-in	Nanaimo Aquatic Centre

Sunday, May 5

• Skating & Hot Chocolate	3-4:30 pm	Skate Admission	Drop-in	Cliff McNabb Arena
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Monday, May 6

• Makeup: The Basics	4:30-6 pm	\$35	13158	Beban Park
• Dodgeball	7-8:30 pm	FREE	Drop-in	Fairview School
• Weight Room Orientation	3:30-5 pm	FREE	13328	Nanaimo Aquatic Centre

Tuesday, May 7

• Stop Worrying About Stress & Anxiety	3:30-4:30 pm	FREE/4 sessions	12811	Nanaimo Aquatic Centre
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(* sponsored by Coast Capital Savings)



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START LOVING YOUR SMILE

Certified orthodontist for traditional braces and Invisalign
20+ years experience in our community
No dental referral required
Complimentary consultations
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Top 1% Invisalign Provider



FOR MORE INFO:

Nanaimo: 250.390.1331

Parksville: 250.248.1130

oosmiles.com

NANAIMO ROWING CLUB

Loudon Park, Long Lake

Have you ever wanted to try Rowing?
Here's your chance!

High School Rowing - Get rowing, get racing!
No experience necessary
School classes welcome

Rowing = FUN, FITNESS, SOCIAL

Our Club offers:

- Recreational and competitive rowing for juniors [ages 12-18]
- Learn to Row for juniors, university students, adults
- Year round rowing for all ages
- Private and semi-private lessons

Come to the lake and see what it's all about!

Email: nanaimo.rowing@gmail.com

Web: www.nanaimorowingclub.com



Fencing - Teen & Adult

14 Years +

This program is for all levels. Beginner fencers receive weekly instruction in the basic skills of foil fencing and will have time to practice 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). All equipment is provided.

Instructor: Georgia Newsome

Wed, Apr 10-May 15 6:30-8 pm \$78/6 13417
Oliver Woods Community Centre

RecSkate Pre-Teen/Teen

12 to 17 Years

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

Mon, Apr 1-May 13 *	6:45-7:45 pm	\$72/6	14096
Sat, Apr 6-May 11	11:15 am-12:15 pm	\$72/6	14127
Thu, Apr 4-May 16 *	5:30-6:30 pm	\$84/7	14117
Thu, May 23-Jun 27**	5:30-6:30 pm	\$72/6	14123
Sat, May 25-Jun 22	11:15 am-12:15 pm	\$60/5	14135
Mon, May 27-Jun 24 **	6:45-7:45 pm	\$60/5	14100
Thu, Jul 4-Aug 15 *	6:15-7:15 pm	\$84/7	14126
Mon, Jul 8-Aug 12 *	6:45-7:45 pm	\$60/5	14109

Cliff McNabb Arena /Nanaimo Ice Centre * (both locations)**

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

M-F, Mar 18-22 9 am-3 pm \$240/5 2566
Beban Park Social Centre

Trail-Smarts Mountain Bike Skills NEW!

13 to 16 Years

The goal is to help you develop skills to keep you safe and having fun on the trails. Learn basic bike maintenance, proper trail etiquette, effective bike handling, understanding gearing and hills, front wheel lifts to help overcome obstacles, roll downs, bumps and berms. This course is aimed at Cross Country trail riding.

Instructor: Thrills & Skills Cycling Co. Staff

Sun, Jun 16 10 am-2 pm \$60/1 12874
Beban Park Social Centre - Centennial Building

Job Skills & Credits Towards High School Graduation

- **Aquatic Certification** - See page 95.
 - Bronze Medallion
 - Bronze Cross
 - Standard First Aid
 - National Lifeguard Award
- **First Aid classes** - See page 59.

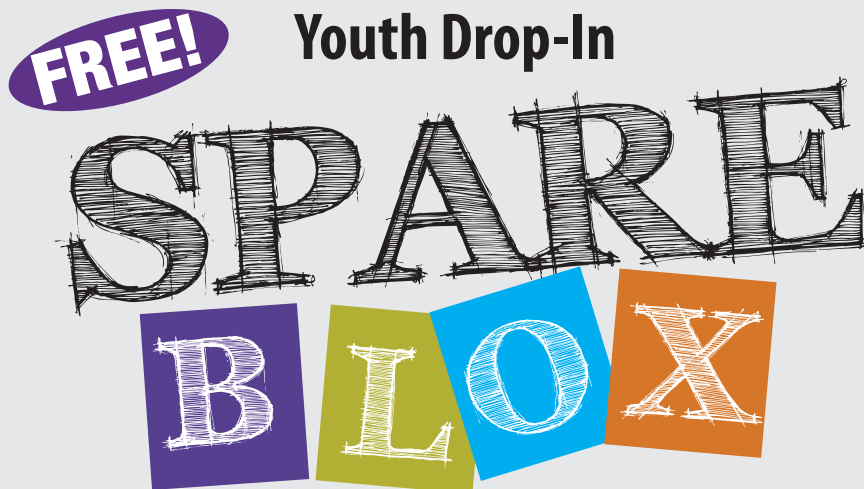


Youth in the Weight Rooms

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 61 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.

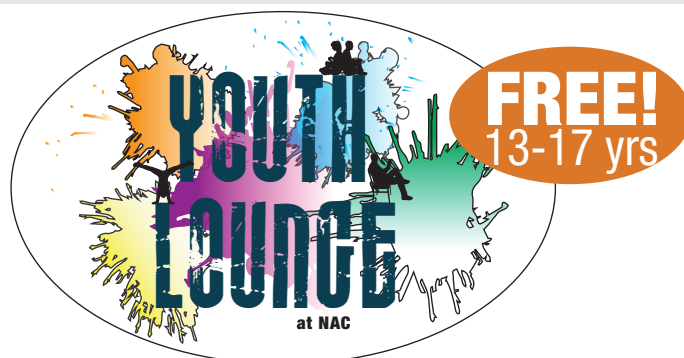
SPARE BLOX JR (11-14 YRS)

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

SPARE BLOX (12-18 YRS)

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

PLEASE NOTE: Program canceled 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.



Thursdays until June 20, 3-7 pm, Nanaimo Aquatic Centre

- 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.

PLEASE NOTE: Program canceled 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.



cityofnanaimo



nanaimoparksandrec (#ilovemyparksandrec)

LEADERS IN TRAINING (LIT) PROGRAM

37 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, 2019 and starting Grade 8 in September 2019)

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 50 and 90 hours in July and August.

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

LIT University Workshops

Children 101

• Mon, Jun 10	6:30-8:30 pm	13242
• Tue, Jun 11	6:30-8:30 pm	13245

Clowning 101

• Wed, Jun 12	6:30-8:30 pm	13246
• Thu, Jun 13	6:30-8:30 pm	13249

On the Job 101

• Mon, Jun 17	6:30-8:30 pm	13252
• Tue, Jun 18	6:30-8:30 pm	13256

Teamwork 101

• Wed, Jun 19	6:30-8:30 pm	13257
• Thu, Jun 20	6:30-8:30 pm	13258

Want more details about the program?

Check out our FAQ at www.nanaimo.ca/goto/LIT

Want to Join? Here's How:

STEP #1

Register for LIT using barcode 13184. The cost is \$125.

STEP #2

Register your parents for the **FREE Parent Info Night** held on Wednesday, March 20, 7-8 pm (barcode 13203) OR Wednesday, June 5, 7-8 pm (barcode 13201) at Beban Park. Your parents will find out about what you will be doing at this program and what the expectations are. *(If you are on the fence, we strongly recommend registering for LIT before you attend the Parent Information Night as the program fills up quickly.)*

STEP #3

Register for the **LIT University Workshops**. Each session is offered twice. Sign up for the dates that work best for you. These are held at Beban Park Social Centre. You must attend all four - no exceptions. (See box to left.)

STEP #4

Attend **Orientation** on Saturday, June 8, 10 am-3 pm at Beban Park Social Centre.

STEP #5

Attend **Placement Sign-Up** on Friday, June 14, 6-8 pm at Beban Park Social Centre (barcode 13192).

STEP #6

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

LIT Key Dates:

Program runs (June 8 to August 30)

- PARENT INFO NIGHT: Wednesday, March 20 OR June 5 (optional)
- ORIENTATION: June 8 (mandatory)
- LIT UNIVERSITY: June 10-20 (mandatory)
- PLACEMENT SIGN UP: June 14 (very important)
- VOLUNTEERING: Begins July 1 and goes until August 30

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 placements towards community events and general day camps, in addition to assisting with training the LIT volunteers.

Prerequisite: Completion of LIT

Arena

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 - 13186 - \$125
- QUEST ARENAS - 13187 - \$125
- QUEST AQUATICS - 13188 - \$125



STEP #2

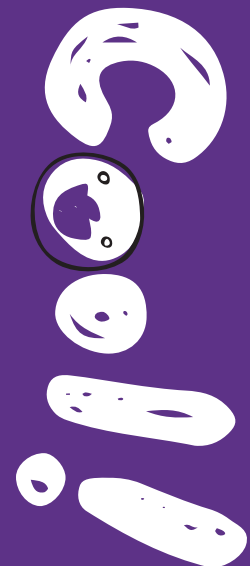
Attend **Orientation** on Friday, June 7, 5-9 pm at Beban Social Centre.

STEP #3

Attend **Placement Sign-Up** on Friday, June 14, 5-8 pm at Beban Social Centre.

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 GROUP ACTIVITIES!**

- Games
- Movies
- Birthday Lunches
- Swimming
- Crafts
- More
- Mini Golf
- Bingo



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

- Thursday, May 2, 1-3 pm
- Thursday, Sep 12, 1-3 pm

Please call 250-755-7514 for more information.

Hockey - Adaptive

13 + Years

This program provides teens and adults with cognitive or physical challenges the skills required to play the game of ice hockey. No skating ability is required, but participants should be steady on their feet. Full gear is required. Drop-in fee is \$13.

Wed, Apr 3-May 15 10:15-11:30 am \$74/7 13293
Nanaimo Ice Centre

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. Aides are welcome and recommended.

Instructor: Karen Shortt

Mon, Apr 8-Jun 10 1:30-2:30 pm \$64/8 11257
Beban Park Social Centre

Specialty Fitness

This is a supervised weight training program for people living with physical disabilities. Participants will receive assistance getting onto machines and learn weight training exercises suited to their varying needs.

Instructor: Jody Felker

Tue, Apr 2-May 21	10:30-11:30 am	\$38/8	12708
Thu, Apr 4-May 23	10:30-11:30 am	\$38/8	12711
Tue, May 28-Jul 16	10:30-11:30 am	\$38/8	12709
Thu, May 30-Jul 18	10:30-11:30 am	\$38/8	12712
Tue, Jul 23-Aug 27	10:30-11:30 am	\$28/6	12710
Thu, Jul 25-Aug 29	10:30-11:30 am	\$28/6	12713

Nanaimo Aquatic Centre Weight Room

*Take a
MOMENT
to MOVE*

CAMP SUNSATION & SPECIAL NEEDS SUPPORT

Integration (6 to 12 Years)

This camp is suitable for children who require extra support in a camp setting but are able to function in small group care within a larger group setting. With the assistance of our qualified leader, they will participate in Camp Holiday (Beban Park) and Bowen Explorers (Bowen Park). Both of these camps use public transit and have many transitions in the day. Suitability for this camp may be determined at the discretion of camp or MCDF staff for safety purposes.

Camp Sunsation (6 to 12 & 13 to 18 Years)

This is an exciting summer camp experience for participants with diverse abilities who require greater care. Based at Beban Park Social Centre, this camp alternates weeks between Juniors (6-12 yrs) and Teens (13-18 yrs) to encourage socialization with peers and activities based on their interests and abilities. Those who meet the criteria for support through the Ministry of Child and Family Development (MCFD) — Children and Youth with Special Needs (CYSN) program are encouraged to apply. As this is a popular program and resources are limited, we aim to provide participants with one week of camp but cannot guarantee space availability. Additional weeks will depend upon demand and availability.

For more information, please call the Nanaimo MCDF at 250-741-5734.



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 60.
- **Discount Dip at Beban Pool and Nanaimo Aquatic Centre:** Pay only \$3 admission. See schedules on page 8 and 9.
- **Lion's Sponsored FREE Swims** are held every Sunday from April 7 until June 30, 2-3:30 at Beban Pool.
- **Coast Capital Savings Sponsored FREE Swims** are held on various Fridays from April to August at both Beban Pool and Kin Pool. Please see page 9.
- **Coast Capital Savings Sponsored FREE Skates** are held on various Fridays from April to August at Cliff McNabb Arena. Please see page 12.
- **Lifeguards are on duty at Westwood Lake Park** everyday in the summer from Sunday, June 23 until Monday, September 6, 12-6 pm (including Canada Day, BC Day and Labour Day).

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 45.
- **Youth Lounge** at Nanaimo Aquatic Centre is for ages 13 to 17 and is FREE. See page 45.
- **\$5 "Weight Room Orientations"** are a great investment to ensure you understand how to get the best out of your workout. See page 61 for dates.
- 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 42.
- **Summer Playground Program and Family Fun Nights** are free for the entire family. See back cover for times and locations.
- **Concerts in the Park** return again on Tuesdays and Wednesdays throughout the summer. See back cover for locations and times, and check our website in June for entertainment details.
- **Find the Golden Bucket Contest** is back from May to July! Win some prizes as you learn about our parks and trails. Watch for clues on Facebook, Twitter, Instagram and on our website.

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 (www.nanaimo.ca).



cityofnanaimo



nanaimoparksandrec (#ilovemyparksandrec)

Arts & Crafts



The Basics of Papier Mache **NEW!**

Discover the properties of this inexpensive and surprisingly versatile medium. This workshop will cover a brief history of papier mache, materials and supplies. You will get hands-on experience and leave with a finished piece.

Instructor: Maggie Wouterloot

Sat, Jun 8	12:30-5:30 pm	\$50/1	11248
Fri, Jul 26	12:30-5:30 pm	\$50/1	11250

Bowen Park Complex

Wet Felting

Learn to turn raw wool into useful 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 are provided.

Instructor: Rosie Barlak

Sun, Apr 28	10 am-4 pm	\$60/1	10973
Sun, Aug 18	10 am-4 pm	\$60/1	10974

Bowen Park Complex

Intro to Daily Creative Journaling **NEW!**

Develop your inspiration and creativity, and bring them to life on paper. Using words, watercolour and sketching, you will learn to cultivate your skills to create and practice daily creative journaling.

Instructor: Helen Binns

Wed, May 29-Jun 19	12:45-3 pm	\$60/4	11179
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Kin Hut Activity Centre (2730 Departure Bay Rd)

Wed, May 29-Jun 19	7-9:15 pm	\$60/4	11180
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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, Apr 3-May 22	12:30-3 pm	\$118/8	11110
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Kin Hut Activity Centre (2730 Departure Bay Rd)

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, Apr 4-May 23	7-9 pm	\$88/8	11167
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Bowen Park Complex

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 into 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, Apr 3-May 22	1-3 pm	\$110/8	13370
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Oliver Woods Community Centre

The Art of Paint - Intro to Acrylics

Are you a beginner or someone who has been away from painting for some time? Take a moment to explore your artistic side with an introduction to acrylic painting. Be inspired in a relaxed and fun class that covers the basics of composition, design, colour mixing, brush use and techniques. Please bring a sketch book and pencil to the first class. More details will be provided to you by the instructor at the first class.

Instructor: Marilyn Ridsdale

Wed, Apr 3-May 22	7-9 pm	\$110/8	13380
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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. Register early to avoid disappointment.

Instructor: Marilyn Ridsdale

Thu, Apr 4-May 23	1-3 pm	\$110/8	13369
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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.

The Art of Paint - Studio

This class provides an atmosphere of camaraderie where you can 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-soluble oil paints. Easels provided. Previous painting experience is recommended.

Instructor: Marilyn Ridsdale

Thu, Apr 4-May 23 7-9 pm \$110/8 13385

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, Apr 3-May 22 7-9 pm \$88/8 11104

Beban Park Social Centre

Drawing - Level 2

This in-depth class will experiment with various illustrating textures like glass, metal and fabric. You will then take a more detailed look at figure drawing both people and animals.

Instructor: Helen Binns

Mon, Apr 8-Jun 10 7-9 pm \$88/8 11109

Beban Park Social Centre

Beachstones 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, Apr 6 9:30 am-4:30 pm \$75/1 13397

Sat, Jun 1 9:30 am-4:30 pm \$75/1 13399

Oliver Woods Community Centre

Bracelet Cuff with Tab Set **NEW!**

Semi-Precious Stones

Design and create a unique copper cuff bracelet, embellish it with sterling silver and learn to tab set a semi-precious stone, such as agate, carnelian or sodalite. You will learn to saw, polish, texture, tab set, rivet and finish to complete your own original bracelet. A \$50 material fee is required on the day of the class payable to the instructor.

Instructor: Cheryl Jacobs

Sat, Apr 20 9:30 am-4:30 pm \$75/1 13402

Oliver Woods Community Centre

Pendant with Drop Quartz Crystal **NEW!**

Create a sterling silver, quartz crystal pendant. You will design and finish one pendant. Sawing, piercing and texturing will enhance the top of the pendant, and you will get to choose from a variety of quartz crystals to hang as the second piece of the design to make this a one-of-a-kind piece. A \$50 material fee is required on the day of the class payable to the instructor.

Instructor: Cheryl Jacobs

Sat, Jun 22 9:30 am-4:30 pm \$75/1 13404

Oliver Woods Community Centre

Roller Printed Origami Folded **NEW!** Metal Earrings

Learn how to bend and unfold metal to create unique designs (not unlike origami with paper). The roller printer will texture the metal and then three different metals will be employed - copper, brass and silver. This technique is extremely unique and is called foldforming. There are endless possibilities that can be explored, and no two pieces will be the same. A \$50 material fee is required on the day of the class payable to the instructor.

Instructor: Cheryl Jacobs

Sat, Jul 20 9:30 am-4:30 pm \$75/1 13409

Oliver Woods Community Centre

Take a
MOMENT

Did You Know? 

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

NANAIMO CERAMIC ARTS

STUDIO & GALLERY



Gallery

Open Tue-Sat, 11 am-5 pm

Drop In

Daytime, evenings + weekends
membership discounts

Workshops

Make a mug, potter's wheel
advanced workshops + skills lab

Classes

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

1-140 Wallace St
Nanaimo
250-754-8377
nanaimoceramicarts@gmail.com
www.nanaimoceramicarts.com



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 UNTIL JUNE 30

Tue • 3:30-6:30 pm

Thu • 12-3 pm

Sat • 9 am-12 pm

Rates and schedule subject to change. Please note that the pottery studio is closed in July and August.

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.

Thu, Apr 4-25	10-10:45 am	\$70/4	10892
Thu, May 2-23	10-10:45 am	\$70/4	10893
Thu, May 30-Jun 20	10-10:45 am	\$70/4	10894

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 may be a brief introduction on how to throw on the wheel if time permits. Cost includes clay, glaze and firing. Dress for mess.

Instructor: Nesta Morgan

Thu, Apr 4-25	4-5 pm	\$76/4	10889
Thu, May 2-23	4-5 pm	\$76/4	10890
Thu, May 30-Jun 20	4-5 pm	\$76/4	10891

Bowen Pottery Studio

Handbuilding Workshop NEW!

In this workshop, you will learn about rolling out slabs, creating cylinders, attachments and texture/ surface treatment. Piece(s) made will be bisque fired, but there is no glazing in this workshop. If you are interested in glazing your piece(s), please see left column on this page for studio schedule and drop-in rates.

Instructor: Karisa Evdokimoff

Sun, May 5	10:30 am-4:30 pm	\$85/1	12150
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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: Nesta Morgan

Tue, Apr 30-Jun 11	6:30-9 pm	\$210/7	10523
Thu, May 2-Jun 13	6:30-9 pm	\$210/7	10524

Bowen Pottery Studio

Pottery Wheel - Adult Intermediate

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

Instructor: Ruth McCollum

Wed, May 1-Jun 12	6:30-9 pm	\$210/7	10525
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Bowen Pottery Studio

THINK GREEN WHEN SPRING CLEANING

BRING US YOUR RECYCLABLES



**SCRAP
METAL**



**MOBILE
DEVICES**



**LARGE
APPLIANCES**



**TVS, COMPUTERS
& ELECTRONICS**



**CDS, DVDS,
VHS TAPES**



**LIGHT
BULBS**



**ALL TYPES OF
BATTERIES**



**PAINT, PESTICIDES
& FUEL**



5¢

**SOFT DRINK CONTAINERS
UNDER 1 LITER**



10¢

**ALCOHOL CONTAINERS
UNDER 1 LITER**



20¢

**LARGE CONTAINERS
OVER 1L**

Cooking

Cooking

"Eating is necessary, but cooking is an art."

Basic Cooking

For those with little or no experience in the kitchen, learn a basic hands-on approach. 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, Apr 1-May 6 5:30-7:30 pm \$109/5 10941
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, May 22-Jun 5 5:30-8:30 pm \$95/3 10942
Bowen Park Complex

The Vegan Bakery

In this workshop, we will make dessert dishes while learning how to 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 baked treats!

Instructor: Karisa Evdokimoff

Sun, Mar 31 10 am-12:30 pm \$33/1 10939
Sun, May 26 10 am-12:30 pm \$33/1 10940

Bowen Park Complex

Vegan Cooking **NEW!**

Are you interested in learning more about eating vegan? In this workshop, we will learn how to make vegan shepherd's pie from scratch and talk about how substitute animal products in savory dishes. You will take home a delicious slice of pie and a handout on different recipes and tips for daily substitutions to help you in your vegan cooking.

Instructor: Karisa Evdokimoff

Tue, Apr 30 6:45-9 pm \$35/1 10937
Bowen Park Complex

Norwegian Cooking **NEW!**

Yearning for those traditional family favourites, but don't know how to make them? Taste and learn how to make a variety of Norwegian baking, desserts and dinner favourites. These include bløtkake (cream cake), kransekake (crown cake), riskrem (rice cream), fiskekaker (fish cakes), farikal (lamb and cabbage), kjottkaker (meat patties) and rommegrot (sour cream porridge). Recipes are included.

Instructor: Rosie Barlak, member of Sons of Norway

Wed, Apr 3 & 10 6:30-9 pm \$74/2 10970

Bowen Park Complex

Mexican Fiesta Favourites **NEW!**

Let the Fiesta begin! Join our native Mexican instructor as she engages you through tasty ethnic Mexican flavours and provides some background on the significance that food plays in their culture. Recipes will be available for you to take home.

Instructor: Claudia Smith

Mon, Jun 3 & 10 6:30-9 pm \$74/2 10962

Bowen Park Complex

Japanese Sushi

Sushi is much more than just a California roll. Once you learn the basics, you will find how easy it is to create. We will make nigiri sushi with popular dashi tamago and ebi fry, inari sushi and maki sushi. Miso soup full of vegetables and tofu will accompany your unique sushi.

Instructor: Merron Booker

Mon, May 13 6:30-8:30 pm \$35/1 10947

Bowen Park Complex



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

Japanese Cooking

Sign up to experience the delicious foods of Japan. Learn the skills to tackle new recipes and popular dishes with our well-traveled instructor.

Instructor: Merron Booker

Mon, Jul 8 6:30-8 pm \$29/1 10948

Bowen Park Complex

Thai Cooking

Try some authentic and tasty 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 and the instructor's memories and experiences of Thailand.

Instructor: Maytaew Shepherd

Wed, Mar 20 & 27 6-7:30 pm \$58/2 14826

Wed, Apr 17 & 24 6-7:30 pm \$58/2 10967

Wed, May 8 & 15 6-7:30 pm \$58/2 10968

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, Mar 13 7-9:30 pm \$37/1 10951

Wed, Jul 17 7-9:30 pm \$37/1 10952

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, May 1 7-9:30 pm \$37/1 10953

Bowen Park Complex

Cheese Making 101

Easy to make and so delicious! Learn how to make three rapidly acidified cheeses, including panir, queso blanco and ricotta. Bring a container as you'll be taking home some samples to share!

Instructor: Paula Maddison

Wed, Apr 17 6-8 pm \$65/1 11161

Bowen Park Complex



Gouda

Come and learn how to make this popular style of cheese! Gouda is a mild flavoured, yellow cheese made with cow's milk that originated in the Netherlands. At the end of this course, you'll receive a gouda making kit so that you can go home and make your own.

Instructor: Paula Maddison

Wed, May 15 6-8 pm \$65/1 11162

Bowen Park Complex

Halloumi

Halloumi is a semi-hard, unripened brined cheese. Using store-bought milk, learn how easy it is to make your own pressed cheeses. Cultures and instructions will be provided so you can make your own at home.

Instructor: Paula Maddison

Wed, Jun 12 6-8 pm \$65/1 11163

Bowen Park Complex

Mozzarella

Learn how to make your own hand-stretched mozzarella cheese in this demonstration, taste, touch, and feel class. Instructions and ingredients to make over four pounds of mozzarella at home are included.

Instructor: Paula Maddison

Wed, Jul 3 6-8 pm \$65/1 11164

Bowen Park Complex

Greek Style Feta

This is a demonstration taste, touch and feel class where you will learn how to make your own feta cheese. Go home with ingredients and cultures to try making your own at home.

Instructor: Paula Maddison

Wed, Aug 21 6-8 pm \$65/1 11165

Bowen Park Complex

Urban Foraging Walk

It's quite amazing how many edible plants grow in the wild right where we 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, Apr 27 10 am-12 pm \$50/1 12783

Sat, May 4 10 am-12 pm \$50/1 12784

Sat, May 11 10 am-12 pm \$50/1 12785

Nanaimo Foodshare (271 Pine St)



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

Good for

- Program Registration
- Economy Cards
- Active Passes
- Facility Rentals






pho'tintin

Vietnamese Restaurant

- Vietnamese Sub
- Specialty Soups
- Rice/Vermicelli/Vegetarian Dishes
- Spring Rolls, Salad Rolls
- Bubble Tea

Savour the amazing flavours of Vietnamese cuisine!

201 Fourth St. Nanaimo • Pho Tintin • 250-591-6490



cityofnanaimo



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Dance & Performing Arts

"Why walk when you can dance?" (Ellen van Dam)

Creating the Scene **NEW!**

Do you love to act? This two-day workshop is designed to introduce you to the world of scene study. Participants will work on a scene with a partner and be given coaching and insight to approach the new piece with confidence. At the end of the second class, participants will perform their scenes for each other.

Instructor: Carolyn Thomas

Sat, May 4-11	1-4 pm	\$50/2	11253
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Bowen Park Complex

Cardio Dance Club **D** **NEW!**

Let the music drive you to sweat and smile as you dance your way fit. This all-level, urban dance, fitness workout features funky world beats and an urban flavour. The easy-to-follow choreography allows you to get your dance on and is bound to get your heart rate up and your body moving.

Instructor: Jen deHann

Wed, Apr 3-24	5:30-6:30 pm	\$26/4	12855
Wed, May 1-29	5:30-6:30 pm	\$33/5	12856
Wed, Jun 5-26	5:30-6:30 pm	\$26/4	12857

Oliver Woods Community Centre

Flamenco Moods and Moves

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

Instructor: Heather Sandison

Tue, Apr 9-May 28	6:30-8 pm	\$84/8	10983
Tue, Jun 4-Jul 23	6:30-8 pm	\$84/8	10984

Beban Park Social 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, Apr 10-May 15	6:45-7:45 pm	\$48/6	10985
Wed, May 22-Jun 26	6:45-7:45 pm	\$48/6	10986

Beban Park Social Centre

Adult Ballet - The Next Steps

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

Instructor: Chiara Ackerman

Wed, Apr 10-May 15	5:30-6:30 pm	\$48/6	10988
Wed, May 22-Jun 26	5:30-6:30 pm	\$48/6	10989

Beban Park Social Centre

Ballroom Bliss - Beginner **NEW!**

Learn to ballroom dance with a certified instructor. In this fun class you will try the elegant waltz, social foxtrot and quickstep. Make it a fun evening out while trying a new activity and maintaining your agility. No previous dance experience required, and couples and singles are welcome.

Instructor: Nelson Wong & Vicki Linfitt

Mon, Apr 1-29	6-7 pm	\$28/4	10998
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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 elegant Social Foxtrot at your own speed with plenty of guidance. Couples and singles are welcome.

Instructor: Nelson Wong & Vicki Linfitt

Mon, May 8-Jun 5	7-8 pm	\$35/5	11141
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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 would like a fresh start. Learn the lively Cha Cha Cha at your own speed with plenty of guided practice time. Couples and singles are welcome.

Instructor: Nelson Wong & Vicki Linfitt

Wed, Apr 3-May 1	7-8 pm	\$35/5	11144
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Bowen Park Complex

Register Today!

See page 112 for details.

Ballroom & Latin - Beginner

Learn to ballroom dance with a certified instructor. Impress your friends on the dance floor with the Rumba, Cha Cha, 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 Wong & Vicki Linfitt

Wed, Jul 10-Aug 14 6-7 pm \$42/6 11158

Bowen Park Complex

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, Apr 1-29 7-8 pm \$32/4 11155

Mon, May 6-Jun 3 7-8 pm \$32/4 11156

Wed, Jul 10-Aug 14 8-9 pm \$48/6 11157

Bowen Complex

Ballroom & Latin Dance - Advanced

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

Instructor: Nelson Wong

Mon, Apr 1-29 8-9 pm \$32/4 11152

Mon, May 6-Jun 3 8-9 pm \$32/4 11153

Wed, Jul 10-Aug 14 9-10 pm \$48/6 11154

Bowen 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 Wong & Vicki Linfitt

Mon, May 6-Jun 3 6-7 pm \$28/4 10997

Bowen Complex

Jive & Swing - Beginner

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

Instructor: Nelson Wong & Vicki Linfitt

Wed, Apr 3-May 1 6-7 pm \$35/5 11146

Wed, May 8-Jun 5 6-7 pm \$35/5 11149

Wed, Jul 10-Aug 14 7-8 pm \$42/6 11150

Bowen Complex

#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.



Scan here to register



If your bike is recovered by police, they will be able to return your bike to you and get you back on the road in no time.

To register your bike for **FREE**, visit www.project529.com/nanaimo, download the **529 garage app** for iOS or Android or scan the above code.
The theft deterrent 529 shield as shown above can be purchased at www.project529.com









Nelson Wong has been teaching Ballroom, Latin and Jive dancing for many years with Parks & Recreation.

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ZAMAZING!**

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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!

Baby Barre Fitness

Come check out this mom and babe twist on barre fitness. Wear your baby while you plie, squat and lunge with an extra emphasis on building core strength. No tutu required, unless you want to!

Please bring a baby carrier.

Instructor: Chelsea Twinkwon

Fri, Apr 5-26	10:30-11:30 am	\$20/3	10850
Fri, May 3-31	10:30-11:30 am	\$33/5	10855
Fri, Jun 7-28	10:30-11:30 am	\$26/4	12817

Oliver Woods Community Centre

Total Barre Fitness

Check out our twist on this amazing and fun way to get in shape! Barre is an awesome workout that integrates the toning elements of ballet fused together with strength and cardio. Add in the toning power of plies, fun cardio music, push-ups and planks and you get barre fitness. No tutu required unless you want to wear one!

Instructor: Chelsea Twinkwon

Wed, Apr 3-24	6:45-7:45 pm	\$26/4	12814
Fri, Apr 5-26	9:15-10:15 am	\$20/3	12818
Wed, May 1-29	6:45-7:45 pm	\$33/5	12815
Fri, May 3-31	9:15-10:15 am	\$33/5	12819
Wed, Jun 5-26	6:45-7:45 pm	\$26/4	12816
Fri, Jun 7-28	9:15-10:15 am	\$26/4	12820

Oliver Woods Community Centre

Hip Hop

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, Apr 5-May 10	8:30-9:30 pm	\$47/5	13508
Fri, May 17-Jun 21	8:30-9:30 pm	\$59/6	13511

Vibe Dance Studio (1969 Boxwood Rd)

Belly Dance - The Basics

Have fun and get a workout while learning the rhythms, history and basics of this ancient dance art. No previous experience is needed. Please wear comfortable clothing and bring water.

Instructor: Taissia

Tue, Apr 2-May 7	6:20-7:20 pm	\$48/6	10978
Tue, May 14-Jun 18	6:20-7:20 pm	\$48/6	10979

Departure Bay Activity Centre (1415 Wingrove St)

Belly Dance - Advanced

This is a fast-paced class with complex techniques and choreography for dancers with a minimum of two years of experience. Please wear comfortable clothing and bring water.

Instructor: Taissia

Tue, Apr 2-May 7	7:30-8:30 pm	\$48/6	10980
Tue, May 14-Jun 18	7:30-8:30 pm	\$48/6	10981

Departure Bay Activity Centre (1415 Wingrove St)

Hoop Dance

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, Mar 12-Apr 30	5:30-6:30 pm	\$80/8	10977
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Bowen Park Complex



Facebook & Twitter:
cityofnanaimolocalgovernment
Instagram: NanaimoParksandRec



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 include a virtual certificate upon successful completion. For more detailed information on each class and to learn about re-certification, please visit www.redcross.ca or call us at 250-756-5200.



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 Child Care Licensing Board, this class covers CPR B and AED for children and infants, as well as other skills, including choking, breathing emergencies and wound care. Fee includes a manual, a pocket mask to take home and virtual certificate. Re-training is recommended every three years. Please visit www.redcross.ca for more information.

Sat, Apr 13	9 am-5:30 pm	\$95	10750
W/Th, May 22 & 23	6:45-10:45 pm	\$95	10758
Sat, Sep 14	9 am-5:30 pm	\$95	10759

Beban Park 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. Fee includes a manual, a pocket mask to take home and a virtual certificate. Re-training is recommended every three years. Please visit www.redcross.ca for more information.

Tue, Mar 12	5:45-10:45 pm	\$65	01936
Wed, May 29	5:45-10:45 pm	\$65	10815
Mon, Jun 17	5:45-10:45 pm	\$65	10817
Wed, Aug 7	5:45-10:45 pm	\$65	10818
Mon, Sep 23	5:45-10:45 pm	\$65	10820

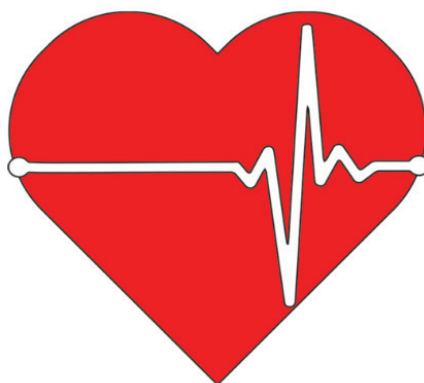
Beban Park Social Centre

Red Cross CPR C Recertification

This Red Cross CPR course is designed for those who want to recertify their Basic Rescuer 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 and a virtual certificate to take home. Please bring proof of CPR C award current within three years.

Wed, Apr 3	6:30-10:30 pm	\$50	10780
Wed, Jun 5	6:30-10:30 pm	\$50	10800
Wed, Jul 10	6:30-10:30 pm	\$50	10801
Wed, Sep 18	9:30 am-1:30 pm	\$50	10802

Beban Park Social Centre



Save-A-Life First Aid & CPR

Red Cross Emergency First Aid

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. Fee includes manual, a pocket mask to take home and virtual certificate. Re-training is recommended every three years. Please visit www.redcross.ca for more information.

Sat, Mar 16	9 am-5:30 pm	\$92	01744
Sat, Apr 27	9 am-5:30 pm	\$92	10762
Sat, Jun 1	9 am-5:30 pm	\$92	10763
Sat, Aug 24	9 am-5:30 pm	\$92	10764
Sat, Sep 28	9 am-5:30 pm	\$92	10765

Beban Park 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. Fee includes manual, a pocket mask to take home and a virtual certificate. Re-training is recommended every three years. Please visit www.redcross.ca for information.

Sa/Su, Mar 16 & 17	9 am-5:30 pm	\$167	01755
Sa/Su, Apr 27 & 28	9 am-5:30 pm	\$167	10774
Sa/Su, Jun 1 & 2	9 am-5:30 pm	\$167	10776
Sa/Su, Aug 24 & 25	9 am-5:30 pm	\$167	10777
Sa/Su, Sep 28 & 29	9 am-5:30 pm	\$167	10778

Beban Park 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 & Water slides
- Drop-in Public Sports at Oliver Woods Recreation Centre

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

Prices subject to change and include tax.

CORPORATE ACTIVE PASSES...

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



Fitness - Weight Rooms



Fitness

NEW!

Introduction to **PERSONAL TRAINING** with Parks & Recreation

Jump start your fitness and explore our facilities with a one month Active Pass and a one hour personal training session. Start your journey with a guided tour of our fitness facilities with one of our personal trainers. You will receive a plan to get you started on being a strong and more active you!

This special introductory program will allow you to try out all of the benefits of an Active Pass and explore how Parks and Recreation programs and services can help you achieve your goals!

Cost is only \$95 for a one month pass and a one hour personal training session.



To get started, visit any one of our recreation centres and talk to our front desk staff.

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.

Mon, Apr 1	3:30-5 pm	\$5/1	13324
Thu, Apr 4	6-7:30 pm	\$5/1	13325
Sat, Apr 6	12:30-2 pm	\$5/1	13326
Thu, May 2	6-7:30 pm	\$5/1	13329
Sat, May 4	12:30-2 pm	\$5/1	13339
Mon, May 6 *	3:30-5 pm	\$FREE/1	13328
Sat, Jun 1	12:30-2 pm	\$5/1	13358
Mon, Jun 3	3:30-5 pm	\$5/1	13355
Thu, Jun 6	6-7:30 pm	\$5/1	13356
Thu, Jul 4	6-7:30 pm	\$5/1	13360
Sat, Jul 6	12:30-2 pm	\$5/1	13361
Mon, Jul 8	3:30-5 pm	\$5/1	13359
Thu, Aug 1	6-7:30 pm	\$5/1	13363
Sat, Aug 3	12:30-2 pm	\$5/1	13364
Mon, Aug 12	3:30-5 pm	\$5/1	13362

Nanaimo Aquatic Centre Weight Room

Wed, Apr 3	6-7:30 pm	\$5/1	13319
Wed, May 1	6-7:30 pm	\$5/1	13320
Wed, Jun 5	6-7:30 pm	\$5/1	13321
Wed, Jul 3	6-7:30 pm	\$5/1	13322

Beban Weight Room

**Free for teens only for Youth Week*



cityofnanaimo



nanaimoparksandrec (#ilovemyparksandrec)

Fitness & Yoga



"Yoga adds years to your life and life to your years."

(Alan Finger)

Sweat & Stretch **NEW!**

This fitness class incorporates 30 minutes of cardio/strength followed by a 30 minute s-t-r-e-t-c-h. Designed for all fitness abilities, this class is sure to increase your stamina and flexibility.

Instructor: Chelsie Trinkwon

Tue, Apr 2-30	6:45-7:45 pm	\$33/5	12911
Tue, May 7-28	6:45-7:45 pm	\$26/4	12912
Tue, Jun 4-25	6:45-7:45 pm	\$26/4	12913

Bowen Park Complex

Small Group Fitness - **NEW!** Circuit Training

This small group fitness class runs in a circuit format where you perform a series of exercises one after another. It is designed to encourage you to work at your own level while maximizing your personal workout. The small group size means that the instructor will get to know you, and she will adapt the class to continue challenging you.

Instructor: Chelsie Trinkwon

Tue, Apr 2-30	5:30-6:30 pm	\$33/5	12868
Tue, May 7-28	5:30-6:30 pm	\$26/4	12870
Tue, Jun 4-25	5:30-6:30 pm	\$26/4	12871

Bowen Park Complex

Super Circuit

Enjoy a high energy, circuit-style class that will challenge every part of your body. There will be 17-20 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, Apr 3-24	9:30-10:30 am	\$28/4	13182
Wed, May 1-29	9:30-10:30 am	\$35/5	13317
Wed, Jun 5-26	9:30-10:30 am	\$28/4	13318

Nanaimo Aquatic Centre


Wed, Jul 3-Aug 28	9:30-10:30 am	\$63/9	14908
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Rotary Field House (850 Third St)

DROP-IN

Look for this symbol  for drop-in program options.

Drop-in for Fitness & Yoga Classes

- Classes available for drop-in have this symbol 
- Drop-in fee is \$11 per class and must be paid on site to our front desk staff.
- We strongly suggest that all participants with pre-existing conditions or injuries seek medical clearance from their doctor prior to attending classes and should inform the instructor of any change in condition or injury.
- Drop-in classes are not included in the Active Pass package.
- All participants must pay the established drop-in fitness rate. 2 for 1 or courtesy passes cannot be used for these drop-in programs.
- Please note that class size is limited, so participation is on a first-come, first-served basis with our registered clients always having priority.

Total Body Fitness

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

Instructor: Kim Ross

Mon, Apr 1-29	9:15-10:15 am	\$28/4	13313
Mon, May 6-27	9:15-10:15 am	\$21/3	13314
Mon, Jun 3-24	9:15-10:15 am	\$28/4	13315
Mon, Jul 8-Aug 26	9:15-10:15 am	\$49/7	14909

Rotary Field House (850 Third St)

H.I.I.T. to Fit

Small group fitness classes are an ideal way to work at your own pace under the guidance of a certified instructor. This class is designed in a circuit format. Your instructor will inspire you to work hard to see results. All levels are welcome.

Instructor: Kim Ross

Thu, Apr 4-25	9:15-10:15 am	\$28/4	13178
Thu, May 2-30	9:15-10:15 am	\$35/5	13179
Thu, Jun 6-27	9:15-10:15 am	\$28/4	13181
Thu, Jul 4-Aug 29	9:15-10:15 am	\$63/9	14907

Rotary Field House (850 Third St)

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

This is a 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 bells, bosu balls, slam balls, stability balls, dumbbells, battle ropes, TRX and more! This drop-in only class is for intermediate to advanced participants.

Instructor: Kim Ross

M & W, Apr 1-Jun 26	5:15-6:15 pm	\$7 per class	
M & W, Jul 3-Aug 26	5:45-6:45 pm	\$7 per class	

Nanaimo Aquatic Centre

Legs, Bums & Tums

Shape up by targeting glutes, quads, hamstrings, and core areas to transform the functionality and appearance of your butt, thighs and stomach in this challenging, but low impact class. This is suitable for all levels.

Instructor: Jennifer McLaren

Tue, Apr 2-30	5:30-6:15 pm	\$33/5	12821
Tue, May 7-28	5:30-6:15 pm	\$26/4	12822
Tue, Jun 4-25	5:30-6:15 pm	\$26/4	12824

Oliver Woods Community Centre

Boxercise

Come to this safe, extremely effective full body workout and have a lot of fun and laughs while doing it! We will use focus pads and gloves involving some boxing styles and drills. Come with a partner or come by yourself. No previous experience required. You will be hooked after your first class!

Instructor: Jennifer McLaren

Tue, Apr 2-30	6:30-7:15 pm	\$33/5	12825
Tue, May 7-28	6:30-7:15 pm	\$26/4	12826
Tue, Jun 4-25	6:30-7:15 pm	\$26/4	12827

Oliver Woods Community Centre

Pulse and Burn

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: Jennifer McLaren

Thu, May 2-30	5:40-6:25 pm	\$33/5	12830
Thu, Jun 6-27	5:40-6:25 pm	\$26/4	12831

Oliver Woods Community Centre

Fat Burn Fitness

This high intensity interval class strategically combines the most effective full body strength and cardiovascular exercises to achieve maximum calorie burn in a short period of time. Get results fast!

Instructor: Jennifer McLaren

Thu, May 2-30	6:30-7:15 pm	\$33/5	12842
Thu, Jun 6-27	6:30-7:15 pm	\$26/4	12844

Oliver Woods Community Centre

Rock Your Body Boot Camp

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

Instructor: Heidi Robinson

Mon, Apr 1-29	5:30-6:30 pm	\$26/4	11468
Wed, Apr 3-24	5:30-6:30 pm	\$26/4	11460
Wed, May 1-29	5:30-6:30 pm	\$33/5	11461
Mon, May 6-27	5:30-6:30 pm	\$20/3	11470
Mon, Jun 3-24	5:30-6:30 pm	\$26/4	11472
Wed, Jun 5-26	5:30-6:30 pm	\$26/4	11465
Wed, Jul 3-31	5:30-6:30 pm	\$33/5	11466
Mon, Jul 8-29	5:30-6:30 pm	\$26/4	11473
Wed, Aug 7-28	5:30-6:30 pm	\$26/4	11467
Mon, Aug 12-26	5:30-6:30 pm	\$20/3	11475

Oliver Woods Community Centre

Rookie Boot Camp

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. Go 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, Apr 1-15	9:15-10:15 am	\$20/3	09382
Wed, Apr 3-24	9:15-10:15 am	\$26/4	09393
Mon, May 6-27	9:15-10:15 am	\$20/3	09384
Wed, May 1-29	9:15-10:15 am	\$33/5	09394
Mon, Jun 3-24	9:15-10:15 am	\$26/4	09387
Wed, Jun 5-26	9:15-10:15 am	\$26/4	09395

Oliver Woods Community Centre

Power Hour

Come try this new class. Every week will be doing something different, including H.I.I.T., Tabata, Cardio Boxing, Circuit Training and more. Only one thing is guaranteed every week...you will work hard. Class suitable for beginner to intermediate levels.

Instructor: Angel Jones

Tue, Apr 2-30	9:15-10:15 am	\$33/5	09406
Tue, May 7-28	9:15-10:15 am	\$26/4	09407
Tue, Jun 4-25	9:15-10:15 am	\$26/4	09408

Oliver Woods Community Centre

Tabata

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.

Take a moment to mix up your routine with Tabata training.

Instructor: Angel Jones

Fri, Apr 5-26	9:15-10:15 am	\$20/3	09403
Fri, May 3-31	9:15-10:15 am	\$33/5	09404
Fri, Jun 7-28	9:15-10:15 am	\$26/4	09405

Oliver Woods Community Centre

DROP-IN

Look for this symbol  for drop-in program options.

See page 62 for details.



Bellyfit

This is a holistic fitness experience that blends the body, mind and spirit to offer an extraordinary exercise experience. Scorch calories in a fun and easy cardio and dance-infused workout. The second half of the class focuses on sculpting, toning and tightening with pilates, yoga stretch and mindful meditation.

Instructor: Myah Rogerson

Thu, Apr 4-25	5:30-6:30 pm	\$26/4	12859
Thu, May 2-30	5:30-6:30 pm	\$33/5	12860
Thu, Jun 7-28	5:30-6:30 pm	\$26/4	12869

Oliver Woods Community Centre

Stretch & Tone

This is a 50-minute class that incorporates light cardio segments with focused movements and positions using weights, bands, tubing and balls. Improves flexibility, balance, core and strength. There is no floor work in this class.

Instructor: Tara McNeil

Wed, Apr 3-May 8	10:30-11:20 am	\$42/6	11385
Fri, Apr 5-May 10	10:45-11:35 am	\$35/5	11388
Wed, May 22-Jun 26	10:30-11:20 am	\$42/6	11386
Fri, May 24-Jun 28	10:45-11:35 am	\$42/6	11389
Wed, Jul 10-31	10:30-11:20 am	\$28/4	11387

Oliver Woods Community Centre

Full Figure Fitness

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, Apr 1-May 6	10:30-11:20 am	\$35/5	12846
Mon, May 13-Jun 24	10:30-11:20 am	\$42/6	12847
Mon, Jul 8-29	10:30-11:20 am	\$28/4	12848

Oliver Woods Community Centre

Full Figure Fitness - Bump it Up

If you are ready for an intermediate level, upbeat cardio and strength class that changes week to week and includes a ten minute "core on the floor", than this is the class for you! The instructor will offer various levels to choose from to find the program that's perfect for you. Participants must be comfortable getting to the floor for the core and stretch components.

Instructor: Tara McNeil

Tue, Apr 2-May 7	9:30-10:20 am	\$42/6	11390
Tue, May 21-Jun 25	9:30-10:20 am	\$42/6	11391
Tue, Jul 9-30	9:30-10:20 am	\$28/4	11392

Oliver Woods Community Centre

Baby Barre Fitness

Come check out this mom and babe twist on barre fitness. Wear your baby while you plie, squat and lunge with an extra emphasis on building core strength. No tutu required, unless you want to! Please bring a baby carrier.

Instructor: Chelsea Twinkwon

Fri, Apr 5-26	10:30-11:30 am	\$20/3	10850
Fri, May 3-31	10:30-11:30 am	\$33/5	10855
Fri, Jun 7-28	10:30-11:30 am	\$26/4	12817

Oliver Woods Community Centre

Total Barre Fitness

Check out our twist on this amazing and fun way to get in shape! Barre is an awesome workout that integrates the toning elements of ballet fused together with strength and cardio. Add in the toning power of plies, fun cardio music, push-ups and planks and you get barre fitness. No tutu required unless you want to wear one!

Instructor: Chelsea Twinkwon

Wed, Apr 3-24	6:45-7:45 pm	\$26/4	12814
Fri, Apr 5-26	9:15-10:15 am	\$20/3	12818
Wed, May 1-29	6:45-7:45 pm	\$33/5	12815
Fri, May 3-31	9:15-10:15 am	\$33/5	12819
Wed, Jun 5-26	6:45-7:45 pm	\$26/4	12816
Fri, Jun 7-28	9:15-10:15 am	\$26/4	12820

Oliver Woods Community Centre

Cardio Dance Club

Let the music drive you to sweat and smile as you dance your way fit. This all-level, urban dance, fitness workout features funky world beats and an urban flavour. The easy-to-follow choreography allows you to get your dance on and is bound to get your heart rate up and your body moving.

Instructor: Jen deHann

Wed, Apr 3-24	5:30-6:30 pm	\$26/4	12855
Wed, May 1-29	5:30-6:30 pm	\$33/5	12856
Wed, Jun 5-26	5:30-6:30 pm	\$26/4	12857

Oliver Woods Community Centre

Zumba Gold

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 while you get fit, burn calories and have the time of your life.

Instructor: Shandra Mayes

Mon, Apr 1-29	9-10 am	\$26/4	09449
Mon, May 6-27	9-10 am	\$20/3	09450
Mon, Jun 3-24	9-10 am	\$26/4	09451
Mon, Jul 8-29	9-10 am	\$26/4	09452
Mon, Aug 12-26	9-10 am	\$20/3	09453

Oliver Woods Community Centre

Zumba

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, Apr 2-30	10:45-11:45 am	\$33/5	09409
Thu, Apr 4-25	9:15-10:15 am	\$26/4	09441
Thu, May 2-30	9:15-10:15 am	\$33/5	09442
Tue, May 7-28	10:45-11:45 am	\$26/4	09410
Tue, Jun 4-25	10:45-11:45 am	\$26/4	09411
Thu, Jun 6-27	9:15-10:15 am	\$26/4	09443

Instructor: Erica Horsefield

Tue, Jul 2-30	10:45-11:45 am	\$33/5	09412
Thu, Jul 4-25	9:15-10:15 am	\$26/4	09445
Thu, Aug 1-29	9:15-10:15 am	\$33/5	09446
Tue, Aug 6-27	10:45-11:45 am	\$26/4	09413

EVENING

Instructor: Lorena Gonzales Beautler

Mon, Apr 1-15	5:30-6:30 pm	\$20/3	11393
Wed, Apr 3-24	5:30-6:30 pm	\$26/4	11402
Wed, May 1-29	5:30-6:30 pm	\$33/5	11403
Mon, May 6-27	5:30-6:30 pm	\$20/3	11395
Mon, Jun 3-24	5:30-6:30 pm	\$26/4	11396
Wed, Jun 5-26	5:30-6:30 pm	\$26/4	11404
Wed, Jul 3-31	5:30-6:30 pm	\$33/5	11405
Mon, Jul 8-29	5:30-6:30 pm	\$26/4	11398
Wed, Aug 7-28	5:30-6:30 pm	\$26/4	11406
Mon, Aug 12-26	5:30-6:30 pm	\$20/3	11399

Oliver Woods Community Centre

DROP-IN

Look for this symbol  for drop-in program options.

See page 62 for details.



Hoop Dance

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, Mar 12-Apr 30 5:30-6:30 pm \$80/8 10977
Bowen Park Complex

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: Brian Sugiyama & Charlene DeLuca

Tue, Apr 9-May 14	10 am-12 pm	\$38/6	12669
Tue, Apr 9-May 14	1-3 pm	\$38/6	13149
Tue, May 28-Jun 25	10 am-12 pm	\$31/5	12670
Tue, May 28-Jun 25	1-3 pm	\$31/5	13150
Tue, Jul 9-Aug 20	10 am-12 pm	\$44/7	12671
Tue, Jul 9-Aug 20	1-3 pm	\$44/7	13151

Beban Park Social Centre

Specialty Fitness

This is a supervised weight training program for people living with physical disabilities. Participants will receive assistance getting onto machines and learn weight training exercises suited to their varying needs.

Instructor: Jody Felker

Tue, Apr 2-May 21	10:30-11:30 am	\$38/8	12708
Thu, Apr 4-May 23	10:30-11:30 am	\$38/8	12711
Tue, May 28-Jul 16	10:30-11:30 am	\$38/8	12709
Thu, May 30-Jul 18	10:30-11:30 am	\$38/8	12712
Tue, Jul 23-Aug 27	10:30-11:30 am	\$28/6	12710
Thu, Jul 25-Aug 29	10:30-11:30 am	\$28/6	12713

Nanaimo Aquatic Centre Weight Room

Building Better Bones

This is an on-going program designed for people who are familiar with exercising and the use of bands and handheld weights. Short discussions on healthy and active lifestyles are included.

Instructor: Pascale Jallabert, Osteofit Certified

Mon, Apr 1-May 6	1-2 pm	\$30/5	13513
Mon, May 13-Jun 24	1-2 pm	\$36/6	15564

Beban Park Social Centre

60+
Fitness
Programs

See page 82.



AGING BACKWARDS

Essentrics®

Thursdays starting at 10:30 am & 12 pm

Oliver Woods Community Centre

(6000 Oliver Rd)

ESSENTRICS is a gentle dynamic full-body workout using the Science of Physiotherapy, Tai Chi and Ballet that simultaneously combines stretching and strengthening while engaging all 650 muscles of your body. Effective for flexibility, mobility and pain-relief, as well as injury prevention and recovery. The movements are gentle and easily modified for any fitness level. Bring your mat and join us!

TO REGISTER:

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250.756.5200

www.nanaimo.ca

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cityofnanaimo



nanaimoparksandrec (#ilovemyparksandrec)

Yoga Hike

Explore Nanaimo's beautiful trails on a yoga hike. This combines trail walking and yoga breaks to improve cardiovascular health while you experience the sights, sounds and scents from nature and focus on cleansing breaths to clear your mind and release stress. A list of locations will be sent out prior to the first class. Dress for the weather, and bring a water bottle.

Instructor: Laurah-Lee Christie

Sun, May 26-Jun 23	9:30-10:30 am	\$40/5	12314
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First class meets in Bowen Park Lobby

Beginner Flow Yoga

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

Instructor: Heather Honey

Tue, Apr 2-May 14	5:40-6:40 pm	\$56/7	13343
Tue, May 21-Jun 25	5:40-6:40 pm	\$48/6	13344
Tue, Jul 2-30	5:40-6:40 pm	\$40/5	13345
Tue, Aug 6-27	5:40-6:40 pm	\$32/4	13346

Oliver Woods Community Centre

Flow and Form Yoga

This class encourages a balance between flexibility, strength and endurance. It emphasizes correct body alignment and precision while enjoying a sense of well-being and increased relaxation. Some yoga experience is recommended but is not required.

Instructor: Heather Honey

Tue, Apr 2-May 14	6:50-7:50 pm	\$56/7	13348
Tue, May 21-Jun 25	6:50-7:50 pm	\$48/6	13351
Tue, Jul 2-30	6:50-7:50 pm	\$40/5	13352
Tue, Aug 6-27	6:50-7:50 pm	\$32/4	13353

Oliver Woods Community Centre

Yoga Flow and 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 on 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, Apr 5-May 10	9:05-10:05 am	\$40/5	13071
Fri, Jun 7-28	9:05-10:05 am	\$32/4	13077
Fri, Jul 5-26	9:05-10:05 am	\$32/4	13079
Fri, Aug 2-30	9:05-10:05 am	\$40/5	13081

Oliver Woods Community Centre

Gentle Stretch Yoga

Hatha-inspired yoga uses basic poses, gentle stretches and breathing for relaxation. This is a great class for the inflexible or those new to yoga.

Instructor: Varenka Schwarz

Tue, Apr 2-May 14	6:30-7:30 pm	\$56/7	13152
Thu, Apr 4-May 16	6:30-7:30 pm	\$56/7	12927
Tue, May 21-Jun 25	6:30-7:30 pm	\$48/6	13153
Thu, May 23-Jun 27	6:30-7:30 pm	\$48/6	12928

Harewood Activity Centre (195 Fourth St)

Gentle Yoga

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. Take a moment to move through some yoga poses and enjoy the benefits of increased flexibility and deep relaxation. Leave class feeling taller, leaner and more relaxed.

Instructor: Gypsy Hart

TUESDAYS

Tue, Apr 2-May 14	9-10 am	\$56/7	12906
Tue, May 21-Jun 25	9-10 am	\$48/6	12907
Tue, Jul 2-30	9-10 am	\$40/5	12908
Tue, Aug 6-27	9-10 am	\$28/4	13038

Instructor: Jackie Kirski

FRIDAYS

Fri, Apr 5-May 31	10:15-11:15 am	\$64/8	13053
Fri, Jun 7-28	10:15-11:15 am	\$32/4	13061
Fri, Jul 5-26	10:15-11:15 am	\$32/4	13064
Fri, Aug 2-30	10:15-11:15 am	\$40/5	13086

Instructor: Amber Neuman-Brochez

SATURDAYS

Sat, Apr 6-May 11	9-10 am	\$48/6	12902
Sat, May 18-Jun 15	9-10 am	\$40/5	12903

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, Apr 1-May 13	7-8 pm	\$48/6	13020
Mon, May 27-Jun 24	7-8 pm	\$40/5	13022

Oliver Woods Community Centre

Classical Yoga - Level 2

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

Instructor: Rosaline Arscott

Tue, Apr 2-May 14	10-11:30 am	\$70/7	12861
Tue, May 21-Jun 25	10-11:30 am	\$60/6	12864

Beban Park Social Centre

Power Yoga

Want a fast-paced, intense workout that will make you sweat? This is a great way to give your entire body a workout. You will hardly stop between the poses as you move through them in one smooth flow. This is a powerful aerobic yoga class for individuals who want a strenuous workout that builds and balances various muscle groups.

Instructor: Heather Honey

Wed, Apr 3-May 15	6:30-7:30 pm	\$56/7	13024
Wed, May 22-Jun 26	6:30-7:30 pm	\$48/6	13025

Oliver Woods Community Centre

Relax and 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, and bare feet are preferred. Please bring a water bottle and blanket for the relaxation period.

Instructor: Laurah-Lee Christie

Wed, Apr 3-May 1	10-11 am	\$40/5	12865
Wed, May 15-Jun 26	10-11 am	\$56/7	12866

Beban Park Social Centre

Wed, Jul 10-Aug 28	10-11 am	\$64/8	12867
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Departure Bay Act. Centre (1514 Wingrove St)

Yoga for Pelvic Health

You will practice gentle and mindful yoga practice focusing on the pelvic area and the inner core. You will be guided through a series of yoga poses to gently strengthen the focused area. Each class will end with a guided relaxation.

Instructor: Peggy Fok

Mon, Apr 1-May 13	10:45 am-11:45 am	\$48/6	13159
Mon, May 27-Jun 24	10:45-11:45 am	\$40/5	13160

Harewood Activity Centre (195 Fourth St)

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. This is suitable for all levels.

Instructor: Peggy Fok

Wed, Apr 3-May 15	11:15 am-12:15 pm	\$56/7	13162
Wed, May 22-Jun 26	11:15 am-12:15 pm	\$48/6	13163
Wed, Jul 3-Aug 7	11:15 am-12:15 pm	\$48/6	13164

Beban Park Social Centre

Hatha Yoga

Gentle movements combine 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, Apr 1-29	6:45-8:15 pm	\$44/4	13166
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Harewood Activity Centre (195 Fourth St)

Hatha Yoga Stretch D

Release muscle tension 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, improve your concentration and detoxify the organs.

Instructor: Melissa Hill

Thu, Apr 4-May 16	10:30-11:30 am	\$56/7	12904
Thu, May 30-Jun 27	10:30-11:30 am	\$40/5	12905

Oliver Woods Community Centre

Brain Strong Yoga & Meditation NEW!

This class is for people who have been affected by an acquired brain injury like TBI, concussion or stroke. The student's primary support person is encouraged to attend the series and is welcome to join us for free! The role of the primary support person in this class is not to assist but to take the opportunity to develop a yoga and meditation practice of their own. This can accommodate a wide range of skill and ability and is best for students who can follow simple directions, regulate strong emotions and move from sitting to standing without assistance. Enjoy 45 minutes of yoga followed by 15 minutes of guided meditation. Stay after to join in a group discussion to foster resilience, mindfulness and support.

Instructor: Robyn Bull

Tue, Apr 2-May 7	10-11:30 am	\$36/6	13594
Tue, May 21-Jun 25	10-11:30 am	\$36/6	13595

Harewood Activity Centre (195 Fourth St)

DROP-IN

Look for this symbol D for drop-in program options.

See page 62 for details.

Men's Yoga D

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

Instructor: Gypsy Hart

Tue, Apr 2-May 14	5:30-6:30 pm	\$56/7	12971
Tue, May 21-Jun 25	5:30-6:30 pm	\$48/6	12973

Oliver Woods Community Centre

Yogalates D

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, Apr 4-May 16	5:15-6:15 pm	\$56/7	12984
Thu, May 23-Jun 27	5:15-6:15 pm	\$48/6	12990

Oliver Woods Community Centre

Pilates D NEW!

Mat pilates offers you an effective series of exercises to strengthen and tone your core. You will create long and lean muscles and improve your posture and balance. Pilates increases your awareness of alignment and breath while creating greater flexibility in your joints and muscles. Modifications will be offered for all levels. Pilates is a great compliment to your existing classes and is easily adaptable for all ages and abilities.

Instructor: Jane Bockman

Thu, Apr 4-May 9	6:30-7:30 pm	\$48/6	13013
Thu, May 16-Jun 27	6:30-7:30 pm	\$56/7	13016

Oliver Woods Community Centre

Pilates for Strength

This is 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 your posture. For even more fitness, register for the Hatha Yoga program that takes place right after this program.

Instructor: Angelina McNamee

Mon, Apr 1-29	5:30-6:30 pm	\$32/4	13172
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Harewood Activity Centre (195 Fourth St)



Language

HELLO

HOLA

NĨ HẢO

BONJOUR

French for Travelers **NEW!**

You will learn essential phrases and vocabulary for traveling to Quebec, France or other French-speaking countries. By the end, you will know how to read and speak key phrases for getting directions, going to restaurants, shopping and more. Improve your accent with the help of an expert instructor, and practice what you learn with other students.

Instructor: Nanaimo Language Centre Staff

Tue, Jul 2-Aug 20	5:30-7 pm	\$154/8	11811
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Bowen Complex

French - Beginner 2 **NEW!**

This course is for those who have a basic French vocabulary and can form simple sentences and understand some spoken language. The material covers a variety of everyday topics in a simple, concise manner while expanding on grammar and vocabulary. There are plenty of examples and explanations to illustrate how the language works to help build your confidence.

Instructor: Nanaimo Language Centre Staff

Tue, Jul 2-Aug 20	7:15-8:45 pm	\$154/8	11812
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Bowen Complex

Travel Chinese **NEW!**

Go on a cultural journey to China with language, music and stories. Prepare yourself for travel to China! This course will cover the most important phrases, greetings, pronunciation and vocabulary for daily life while traveling in the Orient!

Instructor: Swan MacLquham

Wed, Apr 10-May 29	6:30-7:30 pm	\$72/8	11133
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Beban Park Social Centre

Spanish in the Morning

Learn vocabulary and practical dialogue for every day 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, Apr 23-Jun 11	10:30 am-12:30 pm	\$120/8	10895
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LEVEL 2

Tue, Apr 23-Jun 11	12:30-2 pm	\$120/8	10925
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Beban Park Social Centre

Spanish For Travelers - Beginner 1

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

Instructor: Martha Fortin

Tue, Apr 23-Jun 11	5:30-7:30 pm	\$120/8	10708
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Wed, Apr 24-Jun 12	6:30-8:30 pm	\$120/8	10716
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Thu, Apr 25-Jun 13	5-7 pm	\$120/8	10718
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Bowen Park Complex

Spanish For Travelers - Beginners 2

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

Instructor: Martha Fortin

Tue, Apr 23-Jun 11	7:30-9 pm	\$90/8	10720
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Bowen Park Complex

Spanish For Travelers - Intermediate

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

Instructor: Martha Fortin

Wed, Apr 24-Jun 12	5-6:30 pm	\$90/8	10729
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Bowen Park Complex

Spanish Conversation - Intermediate

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, Apr 24-Jun 12	10:30 am-12:30 pm	\$120/8	10926
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Beban Park Social Centre

Thu, Apr 25-Jun 13	7-8:30 pm	\$90/8	11633
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Bowen Park Complex

TEENS WELCOME!

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

Spanish in the Morning - Conversation

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

Instructor: Martha Fortin

Thu, Apr 25-Jun 13 10:15 am-12:15 pm \$120/8 11649
Bowen Complex

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, Apr 27-Jun 15 10:30 am-12:30 pm \$120/8 11634

LEVEL 2

Sat, Apr 27-Jun 15 1-3 pm \$120/8 11635
Bowen Park Complex

Spanish Immersion - Level 1

This is one week of concentrated learning with a communicative approach in a friendly and constructive atmosphere.

Instructor: Martha Fortin

M-Th, Jun 17-20 6-8:30 pm \$90/4 10742
Bowen Complex

Spanish Immersion - Level 2

This exciting week of immersion offers you the opportunity to develop fluency. You will improve your communication and comprehension of the language through a conversational approach and other techniques.

Instructor: Martha Fortin

M-Th, Jun 24-27 6-8:30 pm \$90/4 10744
Bowen Complex

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Music

"When words fail, music speaks." (Hans Christian Andersen)

Music

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. Harder material for intermediate players includes finger picking and singing while playing well known songs from the 60s to the 90s. Please bring your own guitar. These are four, half-hour, private lessons. If spaces are full, please add yourself to the Monday (15924) or Wednesday (15925) list. Individuals will be called in order if space opens.

Instructor: Colin Foster

Mon, Apr 1-29	4-4:30 pm	\$75/4	11762	Mon, Jun 10-24	4-4:30 pm	\$57/3	11782
Mon, Apr 1-29	4:30-5 pm	\$75/4	11763	Mon, Jun 10-24	4:30-5 pm	\$57/3	11783
Mon, Apr 1-29	5-5:30 pm	\$75/4	11764	Mon, Jun 10-24	5-5:30 pm	\$57/3	11784
Mon, Apr 1-29	5:30-6 pm	\$75/4	11765	Mon, Jun 10-24	5:30-6 pm	\$57/3	11785
Mon, Apr 1-29	6-6:30 pm	\$75/4	11766	Mon, Jun 10-24	6-6:30 pm	\$57/3	11786

Wed, Apr 3-24	4-4:30 pm	\$75/4	11767	Wed, Jun 5-26	4-4:30 pm	\$75/4	11787
Wed, Apr 3-24	4:30-5 pm	\$75/4	11768	Wed, Jun 5-26	4:30-5 pm	\$75/4	11789
Wed, Apr 3-24	5-5:30 pm	\$75/4	11769	Wed, Jun 5-26	5-5:30 pm	\$75/4	11790
Wed, Apr 3-24	5:30-6 pm	\$75/4	11770	Wed, Jun 5-26	5:30-6 pm	\$75/4	11791
Wed, Apr 3-24	6-6:30 pm	\$75/4	11771	Wed, Jun 5-26	6-6:30 pm	\$75/4	11792

Bowen Park Complex

Mon, May 6-Jun 3	4-4:30 pm	\$75/4	11772
Mon, May 6-Jun 3	4:30-5 pm	\$75/4	11773
Mon, May 6-Jun 3	5-5:30 pm	\$75/4	11774
Mon, May 6-Jun 3	5:30-6 pm	\$75/4	11775
Mon, May 6-Jun 3	6-6:30 pm	\$75/4	11776

Wed, May 8-29	4-4:30 pm	\$75/4	11777
Wed, May 8-29	4:30-5 pm	\$75/4	11778
Wed, May 8-29	5-5:30 pm	\$75/4	11779
Wed, May 8-29	5:30-6 pm	\$75/4	11780
Wed, May 8-29	6-6:30 pm	\$75/4	11781

Wed, Jun 5-26	4-4:30 pm	\$75/4	11787
Wed, Jun 5-26	4:30-5 pm	\$75/4	11789
Wed, Jun 5-26	5-5:30 pm	\$75/4	11790
Wed, Jun 5-26	5:30-6 pm	\$75/4	11791
Wed, Jun 5-26	6-6:30 pm	\$75/4	11792

Harmonica for Everyone

10 Years to Adult

Learn to give this little instrument a voice in a relaxed group setting. Open the door to playing blues, folk, rock and pop.

Instructor: Mick Sherlock

Mon, Apr 8-Jun 3	7-8 pm	\$67/8	11797
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Bowen Complex

Spring 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 melodies, and much more. Please bring your own guitar and tuner.

Wed, Apr 3-May 22	6:30-7:30 pm	\$140/8	12795
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Oliver Woods Community Centre

Register Today!

See page 112 for details.

Piano - Private Beginner Lessons 5 Years to Adult

Cover the basics and learn to play songs right away in a fun and private atmosphere. Please note we no longer have separate waitlists for each time slot. If spaces are full, please add yourself to the Tuesday (15374) or Saturday (15376) list. Individuals will be called in order if space opens.

Instructor: A. Margarita Hillers

Tue, Apr 2-23	3:30-4 pm	\$78/4	13211
Tue, Apr 2-23	4-4:30 pm	\$78/4	13212
Tue, Apr 2-23	4:30-5 pm	\$78/4	13213
Tue, Apr 2-23	5-5:30 pm	\$78/4	13214
Tue, Apr 2-23	5:30-6 pm	\$78/4	13215
Tue, Apr 2-23	6-6:30 pm	\$78/4	13216
Sat, Apr 6-27	9-9:30 am	\$78/4	13448
Sat, Apr 6-27	9:30-10 am	\$78/4	13450
Sat, Apr 6-27	10-10:30 am	\$78/4	13451
Sat, Apr 6-27	10:30-11 am	\$78/4	13452
Sat, Apr 6-27	11-11:30 am	\$78/4	13454
Sat, Apr 6-27	11:30 am-12 pm	\$78/4	13457
Tue, Apr 30-May 21	3:30-4 pm	\$78/4	13217
Tue, Apr 30-May 21	4-4:30 pm	\$78/4	13218
Tue, Apr 30-May 21	4:30-5 pm	\$78/4	13219
Tue, Apr 30-May 21	5-5:30 pm	\$78/4	13220
Tue, Apr 30-May 21	5:30-6 pm	\$78/4	13221
Tue, Apr 30-May 21	6-6:30 pm	\$78/4	13223
Sat, May 4-25	9-9:30 am	\$78/4	13458
Sat, May 4-25	9:30-10 am	\$78/4	13460
Sat, May 4-25	10-10:30 am	\$78/4	13463
Sat, May 4-25	10:30-11 am	\$78/4	13465
Sat, May 4-25	11-11:30 am	\$78/4	13468
Sat, May 4-25	11:30 am-12 pm	\$78/4	13470
Tue, May 28-Jun 18	3:30-4 pm	\$78/4	13224
Tue, May 28-Jun 18	4-4:30 pm	\$78/4	13225
Tue, May 28-Jun 18	4:30-5 pm	\$78/4	13226
Tue, May 28-Jun 18	5-5:30 pm	\$78/4	13227
Tue, May 28-Jun 18	5:30-6 pm	\$78/4	13228
Tue, May 28-Jun 18	6-6:30 pm	\$78/4	13229
Sat, Jun 1-22	9-9:30 am	\$78/4	13473
Sat, Jun 1-22	9:30-10 am	\$78/4	13475
Sat, Jun 1-22	10-10:30 am	\$78/4	13477
Sat, Jun 1-22	10:30-11 am	\$78/4	13479
Sat, Jun 1-22	11-11:30 am	\$78/4	13482
Sat, Jun 1-22	11:30 am-12 pm	\$78/4	13486

Bowen Complex



Facebook & Twitter:
cityofnanaimocalgovernment
Instagram: NanaimoParksandRec

Kindermusik 0 to 5 Years

In this calming class, we combine your child's natural love of music, storytelling and imaginative play with age-appropriate activities that introduce early music concepts, foster independence, social and emotional skills, language growth and self-control. We also connect you with other parents who share in the wonder of parenting. The Kindermusik@home digital materials bring the music and activities everywhere you go. This is a parent participation program.

Instructor: Nicole Arendt

Tue, Apr 23-May 14	11-11:45 am	\$60/4	11128
Wed, Apr 24-May 15	9:30-10:15 am	\$60/4	15289
Wed, Apr 24-May 15	10:30-11:15 am	\$60/4	15290
Tue, May 21-Jun 11	11-11:45 am	\$60/4	11131
Wed, May 22-Jun 12	9:30-10:15 am	\$60/4	15291
Wed, May 22-Jun 12	10:30-11:15 am	\$60/4	15292
M-Th, Jul 22-25	9:30-10:15 am	\$60/4	15475
M-Th, Jul 22-25	10:30-11:15 am	\$60/4	15476

Nanaimo Conservatory of Music (375 Selby St)

Headstart Suzuki

3 to 5 Years

This is a pre-instrumental program designed to introduce children to basic musical concepts and beginning Suzuki repertoire. Emphasis is on rhythm, singing, motor development and aural training aided by the playing of percussion instruments.

Instructor: Cindy Speelman

Tue, Apr 9-30	10-10:45 am	\$60/4	11121
Tue, May 7-28	10-10:45 am	\$60/4	11122
M-F, Aug 12-16	9-9:45 am	\$75/5	11124

Nanaimo Conservatory of Music (375 Selby St)



Thursday Musical Entertainment

DID YOU KNOW?

Every Thursday, 1:30-3 pm, in Bowen Complex Auditorium there is a musical performance taking place? **You are invited!**

Admission is only:

\$2 for Nanaimo Harbour City Seniors Members

\$4 for non members

(admission price subject to change)



After the performance, stay for light refreshments while meeting new friends.

See recreation.nanaimo for schedule of entertainers or call 250-755-7201.

Take a MOMENT

Music



cityofnanaimo



nanaimoparksandrec (#ilovemyparksandrec)

Special Interest

Invasive Plant Work Parties

Join like-minded individuals to bust some broom at one of our work parties. Your efforts really make a difference in improving our environment's health.

All equipment and training are provided.

Work Party & BBQ at Pipers Lagoon Park with Bill's Place

Thu, Apr 25 10 am-12 pm 13602

Broombuster at Linley Valley Park

Sat, May 4 10 am-12 pm 13590

Broombuster at Serauxmen Fields

Fri, May 10 10 am-12 pm 13626

Work Party Bowen Park

Sat, Jun 1 10 am-12 pm 13593

For more information on work parties in your neighbourhood, please visit www.broombusters.org.

Invasive Plant Drop Zones

Saturday, May 4, 10 am-2 pm
Linley Gyro Park

Saturday, June 1, 10 am-2 pm
Bowen Park (off Wall St)



Greenhouse Growing 101

Are you interested in starting seedlings from scratch in a greenhouse? Join us at the new Beban Park greenhouse to learn how and what to seed for your garden, greenhouse growing of food plants and various considerations for greenhouses.

Instructor: Connie Kuramoto

Sat, Mar 30 10 am-12 pm \$10/1 11819

Beban Park Community Garden

Growing Fruit in Your Backyard **NEW!**

Whether you just have room for some strawberries and blueberries or you want to have an entire mini orchard in your yard, this workshop will help you learn what will grow best in our climate. Children welcome when accompanied by a paying adult.

Instructor: Connie Kuramoto

Sat, Apr 13 10 am-12 pm \$10/1 11815

Beban Park Community Garden

Watersmart Workshop Day **NEW!**

Watersmart Workshop Day includes four workshops, a catered lunch and a free native plant from NALT (Nanaimo Area Land Trust). Workshops include Water Wise Gardening (10 am), Lawn Alternatives (11 am), Efficient Irrigation (1 pm) and Rainwater Harvesting (2 pm).

Instructor: RDN Team Watersmart

Sun, Apr 14 10 am-3 pm \$15/1 11658

Beban Park Social Centre

Forest Bathing **NEW!**

Our instructor is a naturalist, permaculturist, landscape designer and an educator. She will guide you into the sublime art of forest bathing. You will weave through various "forest stations" that are designed to deepen your relaxation, enlighten your senses and inspire your creative side. Come and soak in some nature!

Instructor: Priscilla Brewer

Sat, Jun 8 10 am-12 pm \$24/1 12299

Fern & Feather Studio & Garden (3920 Yellowpoint Rd)

Summer Fruit Tree Pruning

Pruning is not just a winter activity! Besides being able to prune in short sleeves, your trees can get many benefits from a summer shearing, including less sucker growth and possibility of disease. Bring your pruners and your questions.

Instructor: Scott Wiskeri

Sat, Jul 20 10 am-12 pm \$10/1 11817

Pine Street Community Garden (271 Pine St)

TEENS WELCOME!

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

Starting From Seed

Learn the basics of starting your own vegetables, herbs and flowers from seed in this hands-on workshop. Everyone will go home with a nice selection of seeds, starter pots and soil. Nurture your new plants to maturity, and collect your own seeds for future plant generations.

Instructor: Priscilla Brewer

Sat, Apr 6 10 am-12 pm \$29/1 11826
Fern & Feather Studio & Garden (3920 Yellowpoint Rd)

Edible Landscaping

Be inspired to grow some of the many food plants that thrive in our climate, are highly ornamental and provide beauty and interest in your garden, as well as on your dinner plate! Get some great ideas on how to integrate vegetables, fruits, herbs and edible flowers into your landscape. Get some great recipe ideas, too! Everyone will go home with a small selection of edible/ornamental plants.

Instructor: Priscilla Brewer

Sat, May 4 10 am-12 pm \$39/1 11827
Fern & Feather Studio & Garden (3920 Yellowpoint Rd)

Wild & Natural West Coast Container Garden NEW!

After a short forage in the forest, you will create and take home a beautiful and unique West Coast-style bonsai garden or a miniature mossy forest garden that can be enjoyed for years to come. This is a great Mother's Day activity or gift. You will choose from a fun selection of perennial plants, mosses and upcycled containers (or bring your own container).

Instructor: Priscilla Brewer

Sat, May 11 10 am-12 pm \$49/1 11835
Fern & Feather Studio & Garden (3920 Yellowpoint Rd)

Introduction to Permaculture NEW!

Permaculture is so much more than a form of organic gardening. It is an act of consciously designing landscapes that mimic the patterns and relationships found in nature while yielding an abundance of food, fibres and crafts. We will tour a productive forest garden as we discuss the most important permaculture principles for beginners.

Instructor: Priscilla Brewer

Sat, May 25 10 am-12 pm \$24/1 11837
Fern & Feather Studio & Garden (3920 Yellowpoint Rd)



Facebook & Twitter: cityofnanaimo
Instagram: NanaimoParksandRec

Urban Foraging Walk

It's quite amazing how many edible plants grow in the wild right where we 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, Apr 27 10 am-12 pm \$50/1 12783
Sat, May 4 10 am-12 pm \$50/1 12784
Sat, May 11 10 am-12 pm \$50/1 12785
Nanaimo Foodshare (271 Pine St)

Makeup: From Daytime to Date Night NEW! 16+ Years

Ever wanted to ask a professional makeup artist for some tips? Here's your chance! Master your daytime look then learn some tricks for transitioning to an evening look. Proper skin care will be discussed, too, and there will be lots of time for practice and questions. Participants must supply their own makeup/brushes for this class.

Instructor: Danyelle Loyer

Mon, Apr 29 7-8:30 pm \$35/1 13176
Beban Park Social Centre

Herbal Cosmetics for Natural Beauty

Join us as we 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 three natural cosmetic products for you to take home. Discover how herbs can be taken internally to bring radiance to your skin, nails and hair. This course also includes an outdoor herb walk, so please dress for the weather. Go home with unique gift ideas for Mother's Day or register with your mother. All materials are provided.

Instructor: Elizabeth Herman

Sun, May 5 1-5 pm \$40/1 11117
Bowen Park Complex



Photography

Please note: These classes require equipment.
For detailed information, go to recreation.nanaimo.ca

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

Tue, Mar 26-Apr 9 6:30-8:30 pm \$45/3 11223
Beban Park Social Centre

Complete Guide to 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, Mar 27-Apr 17 6:30-8:30 pm \$60/4 13389
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, Apr 24-May 15 6:30-8:30 pm \$60/4 11219
Beban Park 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 Adobe Lightroom and Photoshop Elements.

Instructor: Randy O'Donnell, MPA F/PPABC

Tue, Apr 16-30 6:30-8:30 pm \$45/3 11222
Beban Park Social Centre



cityofnanaimo



nanaimoparksandrec (#ilovemyparksandrec)



Come and Try Squash!

It's the Fastest Thinking Game on Two Feet!

\$15 drop-in fee for non members

HOURS:

Mon-Fri, 11 am-1 pm & after 5 pm

Club Members have 24/7 access



TRY OUR 30/30 OFFER!

30-day membership for only \$30 + tax



- Four squash courts • Fitness area
- Change rooms with sauna
- Special bi-weekly sessions for Junior & Peewees
- Club Professional offers fitness training & lessons

250.754.3123

nanaimosquash.operations@gmail.com



250-751-1561 (Shirley) • 500 Bowen Rd

A healthy outdoor sport activity suitable
for individuals, families and for all ages
from youth to seniors.

SPRING OPEN HOUSES:

Sat, April 13, 20, 27 - 1-4 pm

NATIONAL BOWLS DAY OPEN HOUSE:

Saturday, June 8 - 10 am-3 pm



www.nanaimolawnbowling.com

Writing Your Memoir

Everyone has a unique story to tell, and memoir is the fastest growing form of literature today. Come out and learn how to structure your personal experiences into a story. Learn where to begin, what experiences to choose and how to start writing.

Instructor: Suzanne Anderson

Sun, Apr 7 9 am-12 pm \$45/1 11181

Bowen Park Complex

Publish an E-Book **NEW!**

For writers who want to get their stories published but don't have a lot of funds, there are still ways to self-publish your book. You will learn how to publish on several platforms, including Amazon, Smashwords and Good Reads. Discover ways you can turn your e-book into a print book.

Our instructor is an award-winning author and publishing consultant.

Instructor: Suzanne Anderson

Sun, Apr 7 1-4 pm \$45/1 11182

Bowen Park Complex

K9 Scent Detection **NEW!**

In this course, dogs learn how to search for a specific scent. Police dogs search for bombs and drugs, airport dogs search for food, search and rescue dogs search for people, and we can teach our dogs to search, too! We will use a scent called wintergreen! Dogs easily burn mental and physical energy doing searches while building confidence.

Tue, May 7-28 6-7 pm \$100/4 11887

Meet at the Agriplex at Beban Park

Intro to Dog Parkour & **NEW!** Urban Agility

This is a great sport to boost confidence, build strength and enhance your relationship with your dog. Using trees, benches, walls, logs, stairs and more, you will challenge your dog with jumping, climbing and balancing during this fun and interactive class. Bring your dog's favourite treats with you for encouragement.

Tue, May 7-28 7:30-8:30 pm \$100/4 11895

Meet at the entrance to Beban Participark



Fishing Rod Building Workshop

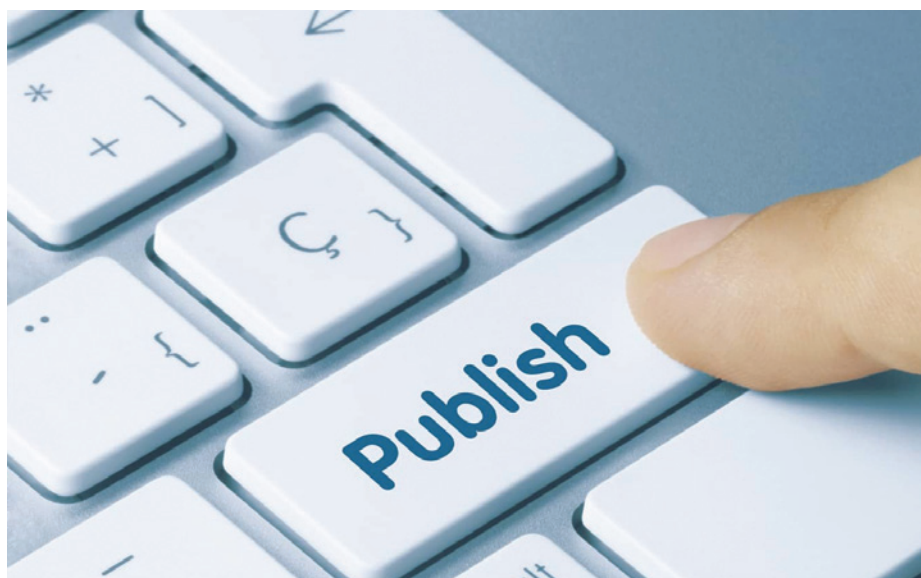
10+ Years

Join us as we take you on a fun experience to build your own fishing rod. 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 and proper wrapping techniques to ensure it will last your lifetime. Parent participation is required for participants under 12 years.

Instructor: Fishing for Fun

Sat/Sun, May 4 & 5 10 am-3 pm \$99/2 13518

Beban Park Social Centre



Water to Earth Month 2019



For more details on the listed events & to register:
getinvolved.rdn.ca/team-watersmart

#water2earth



250.756.5200



Drinking Water & Watershed
Protection Program
250.390.6560



250.714.1990

Schedule of Events

** Please register in advance*

2019 Water Day

March 22, 2019

**Focusing on Endangered
Species & Ecosystems**

Saturday/Sunday, March 16 & 17

- Streamkeepers Course (NALT)

Friday, March 22

- Nanaimo River Watershed & Water Treatment Plant Tour *

Sunday, March 24

- Little Qualicum Streamwalk *

Monday, March 25

- Everyone Welcome Swim (Ravensong Pool)

Tuesday, March 26

- VIU Water Film Night

Saturday, March 30

- Earth Hour Starlight Skate (Nanaimo Ice Centre)

Tuesday to Thursday, April 2 to 4

- Tour, Workshop & Symposium *
"Water Stewardship in a Changing Climate"

Saturday, April 6

- Departure Creek Streamwalk *

Sunday, April 14

- WaterSmart Workshop Day (Beban Park) *

Thursday, April 25

- Nanaimo Rafting: Estuary (am) & River (pm) *

Saturday, April 27

- Earth Day Community Celebration (John Barsby Community School)
- Dive-in Movie (Nanaimo Aquatic Centre)

2019 Earth Day

April 22, 2019



Timberland Manager for TimberWest ISLAND



cityofnanaimo



nanaimoparksandrec (#ilovemyparksandrec)

Sports & Outdoor

Forest Bathing **NEW!**

Our instructor is a naturalist, permaculturist, landscape designer and an educator. She will guide you into the sublime art of forest bathing. You will weave through various "forest stations" that are designed to deepen your relaxation, enlighten your senses and inspire your creative side. Come and soak in some nature!

Instructor: Priscilla Brewer

Sat, Jun 8	10 am-12 pm	\$24/1	12299
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Fern & Feather Studio & Garden (3920 Yellowpoint Rd)

Yoga Hike

Explore Nanaimo's beautiful trails on a yoga hike. This combines trail walking and yoga breaks to improve cardiovascular health while you experience the sights, sounds and scents from nature and focus on cleansing breaths to clear the mind and release stress. A list of locations will be sent out prior to the first class. Dress for the weather, and bring a water bottle.

Instructor: Laurah-Lee Christie

Sun, May 26-Jun 23	9:30-10:30 am	\$40/5	12314
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First class meets in Bowen Park Lobby

Take a Hike -Ammonite Falls

This area 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. Participants must have comfortable hiking boots and be in reasonably good health. We go rain or shine. Sorry, no dogs.

Instructor: Pascale Jallabert

Sat, Mar 30	9 am-1 pm	\$16/1	11902
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Meet at Oliver Woods Community Centre

Take a Hike - Mt. Benson

Climbing Mt. Benson is a challenging yet rewarding hike. Join us for fitness or to just enjoy the scenery and great company. You must wear comfortable hiking boots and be in reasonably good health. We go rain or shine. Sorry, no dogs.

Instructor: Pascale Jallabert

Mt. Benson - Half Way Up

Sat, May 25	8:30 am-12:30 pm	\$16/1	11903
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Mt. Benson - Full Loop

Sat, Jun 22	8:30 am-3:30 pm	\$29/1	11904
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Meet at Witchcraft Lake Parking Lot

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

Mon, Apr 1-May 13	9-10:30 am	\$36/6	11897
Fri, Apr 5-May 17	9-10:30 am	\$36/6	11896
Sat, Apr 6-May 4	9-10:30 am	\$24/4	11900

First class meets in Nanaimo Ice Centre Lobby

Fri, May 24-Jun 28	9-10:30 am	\$36/6	11899
Mon, May 27-Jun 1	9-10:30 am	\$36/6	11898
Sat, Jun 5-26	6-7:30 pm	\$24/4	11901

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 lesson on shore followed by a two-hour paddle on calm waters. All equipment is provided.

Wed, Apr 10	6-9 pm	\$40/1	12367
Wed, May 15	6-9 pm	\$40/1	12368
Wed, Jun 12	6-9 pm	\$40/1	12369
Wed, Jul 17	6-9 pm	\$40/1	12370
Wed, Aug 14	6-9 pm	\$40/1	12371

FOR WOMEN

Thu, Apr 11	6-9 pm	\$40/1	12372
Thu, May 16	6-9 pm	\$40/1	12373
Thu, Jun 13	6-9 pm	\$40/1	12402
Thu, Jul 18	6-9 pm	\$40/1	12405
Thu, Aug 15	6-9 pm	\$40/1	12406

Coastal Expression Adventure Centre (1840 Stewart Ave)



For more outdoor program opportunities, check out the
Regional District of Nanaimo Active Living Guide at
www.rdn.bc.ca/recreation.

Family Night Paddles

How about a fun evening with the little ones. Let's pull them away from the TV and get outdoors on the water having fun. Spend the evening in stable recreation single or double kayaks enjoying the protected waters of Newcastle Island. All paddling equipment provided.

Thu, Jun 20 5:30-8:30 pm \$49/1 12151
Coastal Expressions Adventure Centre (1840 Stewart Ave)

Full Moon Paddle

Paddle by the light of the full moon. Experience the still beauty of the night and see the magical phosphorescence. All equipment is provided.

Mon, Apr 29 7-10 pm \$60/1 12441
Thu, Jun 27 8-11 pm \$60/1 12442

Coastal Expression Adventure Centre (1840 Stewart Ave)

Mother's Day Lunch Tour

Take mom out for a leisurely paddle and lunch on her special day. Paddle around Newcastle Island and explore the beach while our guides do all the work. Equipment and lunch are provided.

Sun, May 12 10 am-2 pm \$70/PP 12365
Coastal Expression Adventure Centre (1840 Stewart Ave)

Father's Day Lunch Tour

Celebrate dad with a leisurely paddle around Newcastle Island. Explore the beach at Kanaka Bay while the guide prepares a delicious lunch. Equipment and lunch included.

Sun, Jun 16 10 am-2 pm \$70/PP 12366
Coastal Expression Adventure Centre (1840 Stewart Ave)

Nanaimo Bar Sunset Paddle

Spend an evening on the water relaxing and enjoying what our ocean has to offer us. We will take a short break on a sandy beach to enjoy a delicious Nanaimo bar as we continue to relax and enjoy the spectacular scenery around us.

Fri, Apr 26 6-9:30 pm \$60/1 12443
Fri, May 31 6-9:30 pm \$60/1 12444
Fri, Jul 19 6-9:30 pm \$60/1 12445
Fri, Aug 16 6-9:30 pm \$60/1 12446
Coastal Expression Adventure Centre (1840 Stewart Ave)

Caves of Jesse Island Paddle NEW!

Every time you take the ferry to Horseshoe Bay, you pass by Jessie Island - an island at the mouth of Departure Bay. Did you know there are caves and caverns on the other side of it? During high tide, you can paddle around and thru them. If we are lucky, we will see a group of seals soaking up the warm sun on the rocks nearby.

Sat, May 4 6-9 pm \$55/1 12447
Tue, Jun 4 6-9 pm \$55/1 12449
Coastal Expression Adventure Centre (1840 Stewart Ave)

Gulf Islands Day Paddle

Launching from picturesque Cedar by the Sea, you'll spend the day exploring the beautiful and historic Gulf Islands Archipelago. Sand beaches, dramatic shorelines, honey combed sandstone cliffs and marine life await you. Equipment and lunch are provided.

Instructor: Coastal Expression Staff
Sat, Jul 6 9 am-3 pm \$130/1 12450
Sat, Aug 10 9 am-3 pm \$130/1 12451
Meet at Cedar Boat Ramp (3070 Nelson Rd)

Stream Walk - Departure Creek NEW!

Walk along Departure Creek to learn about the value of this urban stream. Explore what native plants and aquatic species thrive here and the restoration success of this area from an expert biologist.

Instructors: Dave Clough, Fisheries Biologist
Sat, Apr 6 11 am-1 pm FREE/1 12331
Meet at Woodstream Park (1555 Bay St)

Nanaimo River Watershed & Water Treatment Plant Tour

See the amazing journey our drinking water takes from the mountains to your home! Enjoy an exclusive guided tour of the Nanaimo River Drinking Watershed and the Water Treatment Plant. Experts will be on hand to discuss forestry, water quality and more.

Instructors: TimberWest, Island Timberlands & City of Nanaimo
Fri, Mar 22 9:30 am-4 pm \$20/1 12328
Meet at Bowen Park (Wall St. Parking Lot)

Nanaimo Estuary Float by Raft NEW!

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.

Instructor: VIU Rec Staff
Thu, Apr 25 10 am-12 pm \$20/1 12329
Meet outside Living Forest Campground on Maki Rd

Easy White Water Raft Experience NEW!

Experience the rich history and natural beauty aboard a guided rafting tour of the Nanaimo River. Dress warm, and bring a snack and water.

Instructor: VIU Rec Staff
Thu, Apr 25 1-4 pm \$30/1 12330
Meet at corner of Raines Rd & Cedar Rd by the bridge

River Kayaking - Introduction

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 is provided. Come prepared to get wet. Kayak experience is recommended but not necessary. Bring a lunch.

Instructor: Brackish Adventure Staff
Sat, May 11 10 am-4 pm \$99/1 11850
Meet at Nanaimo River Rest Area (195 Island Hwy)



Photo from www.bcmarinetrails.org
Newcastle Island

Discover River Stand Up Paddle Boarding - Nanaimo River

This course will focus on the fundamentals of river stand-up paddling and water safety. Learn how to navigate through small rapids and get introduced to surf standing waves. All equipment is provided (boots, wetsuits, helmets and paddling jacket). Come prepared to get wet, and bring your lunch.

Instructor: Brackish Adventure Staff

Sat, May 18	10 am-4 pm	\$99/1	11854
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Meet at Nanaimo River Rest Area (195 Island Hwy)

Discover Stand Up Paddle Boarding

Learn the skills and strokes to feel safe and confident on the water in this certification course. No experience necessary. We provide all the gear; you provide a keen attitude and a change of clothes.

Instructor: Brackish Adventure Staff

Sun, Jul 7	9-11 am	\$48/1	11858
Sat, Jul 20	9-11 am	\$48/1	11860
Sun, Aug 11	9-11 am	\$48/1	11861
Sat, Aug 24	9-11 am	\$48/1	11862

Westwood Lake Park (first beach)

Sunrise Paddle Boarding

A great way to start the day is with a morning paddle enjoying the sunshine and a hot beverage. No experience is necessary; we provide all the gear.

Instructor: Brackish Adventure Staff

Sat, Jul 13	5:30-7:30 am	\$48/1	11869
Sat, Aug 10	5:30-7:30 am	\$48/1	11872

Morningside Park

Sunset Paddle Boarding

Grab a friend and come enjoy the last light of the day on a paddle board touring along the shoreline of North Nanaimo. No experience is necessary. We provide all the gear; you provide a keen attitude and a change of clothes.

Instructor: Brackish Adventure Staff

Fri, Jun 14	7:30-9:30 pm	\$48/1	11866
Fri, Jul 12	7-9 pm	\$48/1	11867
Fri, Aug 16	6:30-8:30 pm	\$48/1	11868

Pipers Lagoon Park

Discover Rowing

Come out and see what rowing is all about. Rowing club staff will introduce you to the equipment, water safety and get you out on the water.

Instructor: Nanaimo Rowing Club

12 to 18 Years

Sun, Jun 2	11 am-12:30 pm	\$10/1	13455
Sun, Jun 2	1:30-3 pm	\$10/1	13456

19 + Years

Sun, Jun 2	11 am-12:30 pm	\$10/1	13509
Sun, Jun 2	1:30-3 pm	\$10/1	13510

Loudon Park

Learn to Row

Rowing is a low impact sport that is great for aerobic fitness and strength. You will learn technique, water safety, boat handling and teamwork.

Instructor: Nanaimo Rowing Club Staff

M/W, May 13-Jun 5	6:30-8 pm	\$150/7	13500
M/W, Jun 10-Jul 3	6:30-8 pm	\$150/7	13505

Loudon Park (Long Lake)

Discover Scuba Diving

Experience what it's like to breathe under water. 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, Apr 15	7:30-9 pm	\$35/1	12352
Mon, Jun 10	7:30-9 pm	\$35/1	12355

Nanaimo Aquatic Centre

Tennis in Your Own Neighbourhood

Let us bring tennis lessons to you in your own neighbourhood! Participants will learn the basics of tennis, such as serving, returning, baseline to net play and rules of the game. Taught as a multi-level class. Please bring your own tennis racquet.

Instructor: North Island Tennis Academy Staff

Wed, May 1-22	5:30-7 pm	\$78/4	12310
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Beban Park Tennis Courts

Wed, Jun 5-26	5:30-7 pm	\$78/4	12312
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Cinnabar Valley Park Tennis Courts

Wed, Jul 3-24	5:30-7 pm	\$78/4	12313
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Bowen Park Tennis Courts

Indoor Tennis Lessons

Learn and practice serving, ground strokes and net play, as well as learning the rules of tennis. This is taught as a multi-level class. Please bring your own tennis racquet.

Instructor: North Island Tennis Academy Staff

BEGINNER

Thu, Apr 11-May 9	8-9:30 pm	\$98/5	12306
Thu, May 16-Jun 13	8-9:30 pm	\$98/5	12307
Thu, Jun 20-Jul 18	8-9:30 pm	\$98/5	12308
Thu, Jul 25-Aug 22	8-9:30 pm	\$98/5	12309

INTERMEDIATE

Mon, Apr 8-May 6	8-9:30 pm	\$98/5	12302
Mon, May 13-Jun 10	8-9:30 pm	\$98/5	12303
Mon, Jun 17-Jul 15	8-9:30 pm	\$98/5	12304
Mon, Jul 22-Aug 19	8-9:30 pm	\$98/5	12305

Westwood Tennis Club (2367 Arbot Rd)



Facebook & Twitter: cityofnanaimo
Instagram: NanaimoParksandRec

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, Apr 27	11:05 am-12:55 pm	\$15/1	13434
Sat, Jun 29	11:05 am-12:55 pm	\$15/1	13437

Oliver Woods Community Centre

Ladies' Golf

Learn the fundamentals of the golf swing, including short game, long game and putting. On-course golf instruction and etiquette is also included. Equipment is available if needed.

Tu & Thu, Apr 30-May 9	10-11 am	\$149/4	12301
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Beban Park Golf Course

Fencing

14 Years +

This program is for both beginner and experienced fencers. Beginner fencers receive weekly instruction in 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, Apr 10-May 15	6:30-8 pm	\$78/6	13417
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Oliver Woods Community Centre



Fishing Rod Building Workshop

10+ Years

Join us as we take you on a fun experience to build your own fishing rod. 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 and proper wrapping techniques to ensure it will last your lifetime. Parent participation is required for participants under 12 years.

Instructor: Fishing for Fun

Sat/Sun, May 4 & 5 10 am-3 pm \$99/2 13518
Beban Park Social Centre

Bicycle Maintenance NEW!

Do you like riding bikes, but you know little about how they work? Learn the ABCs of how to fix a flat, repair your chain, and give your bike some love! We will cover gears, brakes, tires and more! Please bring a bike to work on.

Instructor: Apex Bikes' Staff

Sun, Apr 14 1:30-5:30 pm \$40/1 12901
Harewood Activity Centre (195 Fourth St)

Street-Smarts Commuter Cycling NEW!

Learn to feel comfortable riding your bike to work or school and become a street-smart bicycle commuter. Find out about basic bike maintenance, rules and regulations of the road, common cycling routes, rider safety, effective bike handling, proper braking and more! All participants must have a certified biking helmet, fully functioning bike and have basic riding skills.

Instructor: Thrills & Skills Cycling Co. Staff

Sun, May 19 12-4 pm \$50/1 12557
Beban Park

Trail-Smarts Mountain Bike Skills NEW!

Hone your skills and build your confidence when you ride on cross country trails. The goal is to help you develop a wider range of skills to keep you safe and having fun on the trails. Start the day off with some basic bike maintenance, and then learn about proper trail etiquette, effective bike handling, understanding gearing and hills, front wheel lifts to help overcome obstacles, roll downs, bumps and berms.

Instructor: Thrills & Skills Cycling Co. Staff

Sat, Jun 15 10 am-2 pm \$60/1 12559
Beban Park

South Spring Circle Tour

Visit the only Island circle tour: Nanaimo-Victoria-Port Renfrew-Lake Cowichan-Nanaimo. This is a must see! We will allow time for stops, photo opportunities and meal/coffee breaks. Includes guided tour and transportation. Please bring a lunch and snacks or money for lunch.

Instructor: Tracks Outdoor Adventure Staff

Sat, Mar 23 8:30 am-6 pm \$85/1 12325
Meet in Beban Pool Lobby

Cowichan Valley Wine Tours & Smoked Salmon Picnic

Our most popular tour! Taste the fine award-winning red, white and sparkling wines of the Cowichan Valley, including the famous blackberry dessert wine. We will be stopping at three vineyards for a tour and tasting. Includes all transportation, all tasting fees and a guided tour. Enjoy smoked salmon snacks on a vineyard patio and a souvenir wine glass.

Instructor: Tracks Outdoor Adventure Staff

Fri, Apr 26 10 am-4:30 pm \$105/1 12326
Meet in Beban Pool Lobby

Saanich Peninsula Wine & Distillery Tour

We will drive to the beautiful Saanich area to taste the wines of the Peninsula countryside at two wineries and a distillery located on the waterfront of Sidney by the Sea. Includes transportation, all tour group tasting fees at each venue, guided tour, smoked salmon picnic snacks on the vineyard patio and a souvenir wine glass.

Instructor: Tracks Outdoor Adventure Staff

Fri, May 3 9 am-5 pm \$105/1 12327
Meet in Beban Pool Lobby

Salt Spring Market NEW!

Visit Salt Spring's Saturday market where the motto is "Make It, Bake It, Grow It!"

Instructor: Janie's Got a Bus Tour

Sat, Apr 27 8 am-6 pm \$85/1 11492
Meet in Bowen Park Lobby

Clayoquot Island /Stubbs Island NEW!

Tofino

Take a water taxi to the island and stroll around the original site of Tofino. You will see a beautiful garden and long sandy beaches. There will be time in Tofino for lunch and to explore the beach.

Instructor: Janie's Got a Bus Tour

Sat, May 18 8 am-8 pm \$65/1 11493
Meet in Bowen Park Lobby

Quadra Island

We start the tour with a visit to the Nuyumbalees Cultural Centre Museum with lunch at the Tsa Kwa Lutan Lodge. We will stop at the Cape Mudge Lighthouse and then out to Rebecca Spit for a stroll on the beach. We will also visit some of the artisans and the vineyard and then stop into the Herriot Bay Resort for a refreshment. Dinner will be in Campbell River on the way home.

Instructor: Janie's Got a Bus Tour

Sat, Jun 29 7:30 am-8 pm \$75/1 11494
Meet in Bowen Park Lobby

Butchart Gardens & Fireworks

Let's go enjoy the gardens and the fireworks! Bring a chair, pack a lunch or eat there. This is a great way to enjoy the beauty and splendor of these world-famous gardens!

Instructor: Janie's Got a Bus Tour

Sat, Aug 17 2-11:30 pm \$70/1 11496
Meet in Bowen Park Lobby

Please note four week days withdrawal notice required to receive a refund for all of our trips and tours.



Wellness

Wellness

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, May 22-Jun 5 5:30-8:30 pm \$95/3 10942
Bowen Park Complex

SereniTea, ImmuniTea, ClariTea:

Designing Herbal Tea Blends NEW!

Join us as we explore the use of dried herbs and tea blends for many common health conditions. Learn how to choose herbs that are right for you and blend them into delicious and soothing teas. You will have the opportunity to experiment with the large selection of dried herbs provided and make up your own personalized tea bags. We will also go for an outdoor herb walk, so please dress for the weather. All materials will be provided.

Instructor: Elizabeth Herman

Sun, Apr 14 1-5 pm \$40/1 11118
Bowen Park Complex

Herbal Cosmetics for Natural Beauty

Join us as we 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 three natural cosmetic products for you to take home. Discover how herbs can be taken internally to bring radiance to your skin, nails and hair. This course also includes an outdoor herb walk, so please dress for the weather. Go home with unique gift ideas for Mother's Day or register with your mother. All materials are provided.

Instructor: Elizabeth Herman

Sun, May 5 1-5 pm \$40/1 11117
Bowen Park Complex

Buddhist Meditation: Letting Go of Stress & Anxiety

The busyness of our modern world provides lots of opportunities to experience negative states of mind like stress, anxiety or anger. Ancient Buddhist meditation practices offer a practical way to cultivate powerful antidotes to these disturbing mental habits. Get practical strategies and useful meditation techniques to improve your mental well-being.

Instructor: Gail Hill

Sat, May 18-Jun 1 1-2:30 pm \$45/3 11116
Bowen Park Complex

Foundations of Tai Chi Workshop

This half-day workshop focuses 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. This class is suitable for those who have had some experience, including intermediate beginners and continuing students.

Instructor: Mid-Island Tai Chi Club

Sat, Mar 9 10 am-3 pm \$20/1 02015
Beban Park Social 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 improve one's physical health and reverse the negative effects of stress. Sometimes called a "moving meditation," Tai Chi provides many benefits, including cultivating awareness and improving concentration.

Instructor: Mid-Island Tai Chi Club

Tue, Mar 26-May 14 1-2:30 pm \$40/8 11794
Tue, Mar 26-May 14 7-8:30 pm \$40/8 11795
Beban Park Social Centre

Tai Chi - Introduction Part 2 NEW!

This session will present the middle third of the 108 move Yang-style Tai Chi set. Participants should have some familiarity with this set and/or have completed the Tai Chi - Introduction Part 1. Tai Chi practice can help improve one's physical health and help 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, May 21-Jul 2 7-8:30 pm \$30/6 11796
Beban Park Social Centre

Iaido

16 + Years

Iaido is a Japanese martial art with a long history. It is referred to as a "moving zen" because of its focus on precise, controlled, fluid movements. In this non-competitive atmosphere, use the Samurai sword and Iaido's age-old techniques to experience and further develop your mind, body and spirit.

Instructor: Peter Gunstone

Wed, Apr 3-Jul 31 7:30-9:30 pm \$126/18 11813
Departure Bay Activity Centre (1415 Wingrove St)



Karate NEW!

This program is geared for older kids and adults. Get traditional karate training. Sparring and self-defense will also be taught as you improve your fitness, strength and flexibility.

M & W, Apr 1-10	6:35-7:30 pm	\$25/4	13604
M & W, Apr 15-29	6:35-7:30 pm	\$25/4	13608
M & W, May 1-13	6:35-7:30 pm	\$25/4	13609
M & W, May 15-29	6:35-7:30 pm	\$25/4	13610
M & W, Jul 3-15	6:35-7:30 pm	\$25/4	13612
M & W, Jul 17-29	6:35-7:30 pm	\$25/4	13613
M & W, Aug 7-19	6:35-7:30 pm	\$25/4	13614
M & W, Aug 21-Sep 4	6:35-7:30 pm	\$25/4	13615

Shima Karate School (3032 Barons Rd)

Karate for All NEW!

10 + Years

Shotokan Karate is a dynamic martial art that involves blocking, punching, striking and kicking. It involves the whole body, so it improves strength, balance, flexibility and overall fitness. It also develops self-confidence, focus and character along with self-defense. Great for all levels and for everybody over 10 years of age.

Instructor: Mike Ciurka (6th degree black belt)

Tue, Apr 23-Jun 25 6:45-7:45 pm \$70/10 11816
Tue, Jul 2-Sep 3 7:30-8:30 pm \$70/10 11818
Bowen Park Complex

Karate NEW!

50 + Years

Join this fun martial arts class with other 50-, 60- and 70-year-olds. Learn new skills, improve your fitness and promote a healthy lifestyle. No experience is necessary, as the classes are tailored for each individual's ability. You will learn basic karate techniques, partner work, self-defense and the traditional forms called Kata.

Instructor: Mike Ciurka (6th degree black belt)

Tue, Apr 23-Jun 25 8-9 pm \$70/10 12013
Bowen Park Complex

Register Today!

See page 112 for details.

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

Wellness

Walk with the Docs: 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.

• Apr 13 (13154) • May 11 (13155) • Jun 8 (14076)

Nanaimo Association

Beginner Classes Start in January, May and September.
Visit the website for times and locations.
Membership: \$10 / year.
Activity fees: \$60 / 3 months or \$200 / Year
Provides access to all beginner classes and all other classes once prerequisites have been completed.

250.756.0070
nanaimotaichi.org

A Not For Profit Society



cityofnanaimo



nanaimoparksandrec (#ilovemyparksandrec)

FITNESS-60+

Parks & Recreation

Fitness 60+

Stretch & Relax Yoga

This is basic classical Hatha yoga. 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, Apr 8-May 27 11:30am-12:30pm \$39/6 10463

Oliver Woods Community Centre

Fri, Apr 12-May 24 10-11 am \$39/6 10461

Rotary Field House (850 Third St)

Fitness for Balance and Mobility

Learn how to maintain a healthy lifestyle. This fitness class will assist participants in improving balance. The instructor will lead you through easy exercises to improve stability and potentially prevent falls. These workouts assist in improving posture, muscle strength and speed, sharpening reflexes, expanding flexibility and firming your core. Instructor may also give tips for fall-proofing your home.

Instructor: Charlene Deluca

Mon, Apr 1-29 10-11 am \$26/4 10404

Mon, Apr 1-29 11 am-12 pm \$26/4 10419

Mon, May 6-27 10-11 am \$20/3 10413

Mon, May 6-27 11 am-12 pm \$20/3 10420

Mon, Jun 3-24 10-11 am \$26/4 10415

Mon, Jun 3-24 11 am-12 pm \$26/4 10421

Mon, Jul 8-29 10-11 am \$26/4 10417

Mon, Jul 8-29 11 am-12 pm \$26/4 10422

Mon, Aug 12-26 10-11 am \$20/3 10418

Mon, Aug 12-26 11 am-12 pm \$20/3 10423

Bowen Park Complex

Instructor: Andrea Leclair

Thu, Apr 4-25 2:15-3:15 pm \$26/4 10430

Thu, May 2-30 2:15-3:15 pm \$33/5 10431

Thu, Jun 6-27 2:15-3:15 pm \$26/4 10432

Thu, Jul 4-25 2:15-3:15 pm \$26/4 10433

Thu, Aug 1-29 2:15-3:15 pm \$33/5 10434

Oliver Woods Community Centre

Sculpt and Tone

This class incorporates a warm up, cardio, resistance training (using dumbbells, bands and body weight exercises) and cool down/stretching. This would benefit older adults for bone and joint health by developing lean muscle and increasing metabolism.

Instructor: Brian Sugiyama

Wed, Apr 3-24 9:30-10:30 am \$26/4 10440

Wed, Apr 3-24 10:45-11:45 am \$26/4 10445

Wed, May 1-29 9:30-10:30 am \$33/5 10441

Wed, May 1-29 10:45-11:45 am \$33/5 10447

Wed, Jun 5-26 9:30-10:30 am \$26/4 10442

Wed, Jun 5-26 10:45-11:45 am \$26/4 10448

Wed, Jul 3-31 9:30-10:30 am \$33/5 10443

Wed, Jul 3-31 10:45-11:45 am \$33/5 10449

Wed, Aug 7-28 9:30-10:30 am \$26/4 10444

Wed, Aug 7-28 10:45-11:45 am \$26/4 10450

Bowen Park Complex

Fri, Apr 5-26 10-11 am \$20/3 10451

Fri, May 3-31 10-11 am \$33/5 10452

Fri, Jun 7-28 10-11 am \$20/3 10453

Fri, Jul 5-26 10-11 am \$26/4 10454

Fri, Aug 2-30 10-11 am \$33/5 10455

Beban Park 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, 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, May 1-Jun 19 9:30-10:45 am \$60/8 10459

Rotary Field House (850 Third St)

Chair Fitness

This class is designed for people who are in chairs and are beginning to exercise again. Some standing using the chair for support will be incorporated into the class. You will learn the proper techniques for using resistance bands and body weight to increase your cardio, balance, strength, flexibility and joint mobility. This is an entry level fitness class.

Instructor: Charlene Deluca

Tue, Apr 2-30 10-11 am \$33/5 10435

Tue, May 7-28 10-11 am \$26/4 10436

Tue, Jun 4-25 10-11 am \$26/4 10437

Tue, Jul 2-30 10-11 am \$33/5 10438

Tue, Aug 6-27 10-11 am \$26/4 10439

Bowen Park Complex

Chair Yoga

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

Instructor: Russell McNeil

Mon, Apr 1-29 11:50 am-12:50 pm \$26/4 10467

Mon, Apr 1-29 1:15-2:15 pm \$26/4 10510

Mon, May 6-27 11:50 am-12:50 pm \$20/3 10506

Mon, May 6-27 1:15-2:15 pm \$20/3 10511

Mon, Jun 3-24 11:50 am-12:50 pm \$26/4 10507

Mon, Jun 3-24 1:15-2:15 pm \$26/4 10512

Mon, Jul 8-29 11:50 am-12:50 pm \$26/4 10508

Mon, Jul 8-29 1:15-2:15 pm \$26/4 10514

Mon, Aug 12-26 11:50 am-12:50 pm \$20/3 10509

Mon, Aug 12-26 1:15-2:15 pm \$20/3 10515

Bowen Park Complex

Please note:

The programs on this page do not require a Nanaimo Harbour City Seniors Membership.

60 + MEMBERSHIP PROGRAMS...

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 ARE ELIGIBLE 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. The Nanaimo Harbour City Seniors (NHCS) Board acts as an advisory board to Parks and Recreation. The NHCS Society exists to provide opportunities for senior citizens to lead more meaningful, active and social lives.

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 newsletter or view the newsletter online at www.nanaimo.ca.



60 + Programs

Monthly Fitness Programs

Our popular fitness classes will help you get fit or help you stay fit!

Our experienced instructors make fitness fun and functional!

- | | |
|----------------------|---|
| EASY MORNING: | <ul style="list-style-type: none">• Tuesdays, 8-8:55 am at Bowen Park• Thursdays, 8-8:55 am at Bowen Park |
| LEVEL 1: | <ul style="list-style-type: none">• 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 |
| LEVEL 2: | <ul style="list-style-type: none">• 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: | <ul style="list-style-type: none">• Saturdays, 11 am-12 noon 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.

Aquatic Special Events

Join us for some fun for the whole family! (Regular admission applies.)

"MARVEL"OUS MONDAYS (Spring Break)

Burn off some of that spring break energy with us with games, contests and much more!

Mondays, March 18 & 25 • 1-3 pm • Nanaimo Aquatic Centre

EASTER EGGSTRAVAGANZA POOL PARTY

Who says the Easter Bunny doesn't like to swim? Join us for Easter-themed aquatic fun! Sponsored by the Lions Club.

Sunday, April 21 • 2-3:30 pm • Beban Pool

DIVE-IN MOVIE FOR EARTH WEEK

Celebrate Earth Week by joining us in the pool for the movie "Jumanji 2: Welcome to the Jungle." Fun for the whole family!

Saturday, April 27 • 3-5 pm • Nanaimo Aquatic Centre

YOUTH WEEK DIVE-IN MOVIE

Celebrate Youth Week by watching the movie "Spiderman: Into the Universe" in the pool. Everyone (especially the youth) are welcome. Regular admission rates apply.

Saturday, May 4 • 3-5 pm • Nanaimo Aquatic Centre

NATIONAL LIFE JACKET DAY

Learn how to use a life jacket safely, and enter your name for a chance to win yourself a new life jacket.

Thursday, May 16 • 7-8 pm • Nanaimo Aquatic Centre

NATIONAL DROWNING PREVENTION WEEK KICK-OFF

Swimmers will get a chance to participate in our Swim to Survive challenge and other water safety-related activities.

Sunday, July 14 • 1-3 pm • Westwood Lake

SILLY SUMMER SATURDAYS

Bring your silly and funny side to the pool for summer-themed games and other silly and funny events.

Saturdays, July 6 to August 24 • 3-5 pm • Nanaimo Aquatic Centre

SUPER SUMMER SUNDAYS

Superior summertime Sunday swimming! Join us, as it will be a blast!

Sundays, July 7 to August 25 • 3-5 pm • Nanaimo Aquatic Centre

HAWAIIAN HOLIDAZE

Who needs a tropical getaway when we have our very own Westwood Lake? Enjoy a wide variety of tropical-themed games and activities for the whole family at Nanaimo's most popular summer destination.

Friday, August 9 • 1-3 pm • Westwood Lake



FREE LIONS SWIM:

**Sundays, 2-3:30 pm at
Beban Pool from April 7 to June 30.**

Learn-to-Swim Program Overview



STARFISH (\$6.75/lesson; 30 min; ratio 1:10)

- 4 to 12 months

DUCK (\$6.75/lesson; 30 min; ratio 1:10)

- 12 to 24 months

SEA TURTLE (\$6.75/lesson; 30 min; ratio 1:10)

- 24 months to 3 years

PARENT & TOT LESSONS (ages 4 months to 3 years)

- Parent participation is required
- Progression is based on age

PRESCHOOL LESSONS (ages 3 to 6 years)

- Progression is based on completion of level

SWIM KIDS LESSONS (ages 5 to 14 years)

- Progression is based on completion of level



SEA OTTER (\$6.75/lesson; 30 min; ratio 1:5)

- Front and back floats and glides with assistance
- 1 M swim with help

SALAMANDER (\$6.75/lesson; 30 min; ratio 1:5)

- Front and back floats and swims
- Roll-over swims
- 2 M swim

SUNFISH (\$6.75/lesson; 30 min; ratio 1:5)

- Front, back, roll-over and side swims
- Deep water activities
- 5 M swim

CROCODILE (\$6.75/lesson; 30 min; ratio 1:5)

- Front, back and side swims and basic front crawl
- Deep water swimming
- 10 M swim

WHALE (\$6.75/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 (\$6.75/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 (\$10.25/lesson; 45 min; ratio 1:8)

- 25 M front and back crawl
- 15 M elementary backstroke
- 75 M swim

6

SWIM KIDS 2 (\$6.75/lesson; 30 min; ratio 1:6)

- Side swims and basic front crawl
- Deep water activities
- 10 M swim

2

SWIM KIDS 7 (\$10.25/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 (\$6.75/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 (\$10.25/lesson; 45 min; ratio 1:10)

- 75 M front and back crawl
- 15 M breaststroke
- 300 M swim

8

SWIM KIDS 4 (\$6.75/lesson; 30 min; ratio 1:6)

- 15 M back swim
- 10 M front crawl
- 25 M swim

4

SWIM KIDS 9 (\$10.25/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 (\$10.25/lesson; 45 min; ratio 1:8)

- 15 M front and back crawl
- Whip kick on back
- 50 M swim

5

SWIM KIDS 10 (\$10.25/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!

See lesson grids for schedule and page 87 for pricing.



cityofnanaimo



nanaimoparksandrec (#ilovemyparksandrec)

Swimming Lesson Tips for Success

We are pleased to offer Red Cross lessons at our facilities, as this program highlights the importance of swimming and water safety skills. Swimming can be fun, but it's also a necessary life skill. Help your child start swimming lessons on the right foot!

- Evaluate your child's swim ability and choose a class level, date and time. Not sure of their ability? Stop by one of our pools during an "Everyone Welcome" swim session and have one of the 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.



Swimming is a great family activity!

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 in recreation.nanaimo.ca using a key word(s) in the search field (Sea Otter, for example)





Beban Pool Spring Lessons

MONDAYS & WEDNESDAYS

• Set One: April 8-May 8 (10 lessons)

NOTE: During Set 1, Private Lessons are split
Mondays and Wednesdays, Apr 8-May 6 and Apr 10-May 8

• Set Two: May 13-June 12 (9 lessons)

* No lesson May 20

NOTE: During Set 2, Private Lessons are split
Mondays and Wednesdays, May 13-Jun 10 and May 15-Jun 12

TUESDAYS & THURSDAYS

• Set One: April 9-May 9 (10 lessons)

NOTE: During Set 1, Private Lessons are split
Tuesdays and Thursdays, Apr 9-May 7 and Apr 11-May 9

• Set Two: May 14-June 13 (10 lessons)

NOTE: During Set 2, Private Lessons are split
Tuesdays and Thursdays, May 14-Jun 11 and May 16-Jun 13

			9:00 am	9:30 am	10:00 am	10:30 am	3:00pm	3:30 pm	4:00pm	4:30 pm	5:00 pm	5:30 pm	6:00 pm	6:30 pm
Parent Part.	30 Minute Classes	Starfish	x										x	
		Duck		x										
Sea Turtle				x										
Sea Otter				x			x	x		x	x		x	
Salamander			x				x			x	x		x	
Sunfish										x			x	
Crocodile									x					
Whale									x					
Swim Kids 1								x					x	
Swim Kids 2						x						x		
Swim Kids 3							x						x	
Swim Kids 4						x			x					
Privates		x			x	x	x	x						
45 Min.	Swim Kids 5/6							x						
	Swim Kids 7/8										x			

9:00 am	9:30 am	10:00 am	10:30 am	3:00 pm	3:30 pm	4:00pm	4:30 pm	5:00pm	5:15 pm	5:30 pm	6:00pm	6:30 pm
		x									x	
x		x			x	x	x			x		
x				x			x			x		x
	x					x						
					x							
						x						
					</							



Pricing for Swimming Lessons

30 minute lessons	7 session	\$47.25	45 minute lessons	7 session	\$71.75
	8 session	\$54.00		8 session	\$82.00
	9 session	\$60.75		9 session	\$92.25
	10 session	\$67.50		10 session	\$102.50

Private Swim Lesson Pricing

\$150 for 5 lessons
(\$30 per 30 minute lesson)

\$75 (\$15/lesson) to add
additional swimmer




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Beban Pool Spring Lessons



		SATURDAYS													SUNDAYS														
		• Set One: April 13-June 15 (10 lessons) NOTE: During Set 1, Private Lessons are split Apr 13-May 18 and May 25-Jun 15													• Set One: April 7-June 9 (10 lessons) NOTE: During Set 1, Private Lessons are split Apr 7-May 5 and May 12-Jun 9														
		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	3:30 pm	4:00 pm	4:30 pm	5:00 pm	5:30 pm	6:00 pm	6:30 pm
School Aged Program (6-14 yrs)	30 Minute Classes	Parent Part.	Starfish		x												x												
		Duck	x										x										x						
		Sea Turtle				x					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												x								x	
		Crocodile			x				x																		x		
		Whale			x				x																		x		
	45 Min.	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											
		Privates	x	x		x	x	x		x		x				x	x				x			x	x	x			x
Swim Kids 5/6				x									x				x												
Swim Kids 7/8		x																		x									
Swim Kids 9/10																		x											

		FRIDAYS													• Set One: April 13-June 14 (10 lessons) NOTE: During Set 1, Private Lessons are split Apr 12-May 10 & May 17-Jun 14												
Parent Part.	Preschool Program (3-6 yrs)	Starfish																									
		Duck																									
		Sea Turtle	x																								
		Sea Otter	x																								
		Salamander																									
		Sunfish																									
		Swim Kids 1																									
		Swim Kids 2																									
School Aged Program (6-14 yrs)	30 Minute Classes	Privates																									

LOOKING FOR PUBLIC SWIMMING SCHEDULES? CHECK OUT OUR WEBSITE!

All of our activity drop-in schedules are found at the beginning of this guide and online at recreation.nanaimo.ca. Find skating, swimming, weight room schedules and more!

A young girl with long brown hair, wearing a bright pink one-piece swimsuit, stands next to a young boy with short brown hair, wearing blue and yellow plaid swim trunks. They are both smiling and looking at the camera. The girl has her hand on her hip, and the boy is giving a thumbs-up. They are standing on a white background.

- Set One: April 8-June 10

NOTE: During Set 1, Private Lessons are split

Apr 8-May 6 and May 13-Jun 10

- **Set One: April 9-June 11**

(10 lessons)

NOTE: During Set 1, Private Lessons are split

Apr 9-May 7 and May 14-Jun 11

- Set One: April 10-June 12

(10 lessons)

NOTE: During Set 1, Private Lessons are split

Apr 10-May 8 and May 15-Jun 12

School Aged Program (6-14 yrs)		Preschool Program (3-6 yrs)		Parent Part.			
45 Min.		30 Minute Classes		Starfish		1:00 pm	
				Duck		1:30 pm	
				Sea Turtle		2:00 pm	
				Sea Otter		2:30 pm	
				Salamander		3:30 pm	
				Sunfish		4:00 pm	
				Crocodile		4:30 pm	
				Whale		4:45 pm	
				Swim Kids 1		5:00 pm	
				Swim Kids 2			
				Swim Kids 3			
				Swim Kids 4			
				Privates			
				Swim Kids 5/6			
				Swim Kids 7/8			
				Swim Kids 9/10			

Swimming is so much fun!



Nanaimo Aquatic Centre Spring Lessons



THURSDAYS

• Set One: April 11-June 13 (10 lessons)

NOTE: During Set 1, Private Lessons are split
Apr 11-May 9 and May 16-Jun 13

FRIDAYS

• Set One: April 12-June 14 (10 lessons)

NOTE: During Set 1, Private Lessons are split
Apr 12-May 10 and May 17-Jun 14

			9:00 am	9:30 am	10:00 am	3:30 pm	4:00 pm	4:30 pm	4:45 pm	5:00 pm
Parent Part.	Preschool Program (3-6 yrs)	30 Minute Classes	Starfish			X	X			
			Duck							
Sea Turtle				X						
Sea Otter				X		X		X		
Salamander			X				X		X	
Sunfish			X				X			
Crocodile					X	X				
Whale					X	X				
School Aged Program (5-14 yrs)	45 Min.	Swim Kids 1					X			X
		Swim Kids 2					X			X
		Swim Kids 3					X			
		Swim Kids 4				X				
		Privates								
		Swim Kids 5/6					X			
		Swim Kids 7/8							X	
		Swim Kids 9/10								
Homeschool Lessons	30 min	Beginner (1/2)								
	45 min <td>Advanced (Lv 5+)</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td>	Advanced (Lv 5+)								

9:00 am	9:30 am	10:00 am	12:45 pm	1:30 pm	2:00 pm	3:30 pm	4:00 pm	4:30 pm	4:45 pm	5:00 pm
		X								
	X	X				X		X		
X						X				
	X					X				
X						X				
							X			X
							X			X
								X		
								X		
							X			X
									X	
				X						
					X					
		X								



Nanaimo Aquatic Centre Spring Lessons



SATURDAYS

• Set One: April 20-June 15
(7 lessons; no lessons on
May 18 & June 8)

NOTE: Private Lessons are not
split

SUNDAYS

• Set One: April 7-June 2
(7 lessons; no lessons on
May 19 & June 9)

NOTE: Private Lessons are not
split

			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
School Aged Program (5-14 yrs)	Preschool Program (3-6 yrs)	Parent Part.	Starfish						x				
			Duck	x									
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		
			Swim Kids 2		x						x		
			Swim Kids 3				x			x			
			Swim Kids 4					x	x				
45 Min.			Swim Kids 5/6			x				x			
			Swim Kids 7/8									x	
			Swim Kids 9/10	x									

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

LIONS FREE SWIM



Held Sundays at
**Beban Park
Pool**

Held every Sunday,
2-3:30 pm
April 7 to June 30

The Lions Club and Nanaimo
Parks and Recreation are pleased
to be offering **FREE** swimming to
Nanaimo residents.

THANK YOU TO OUR SPONSORS:

- Country Grocer
- Chris Martin, Remax
- GFL Environmental Inc.
- Little Valley Restoration & Collision
- Nanaimo Hearing Clinic
- Simply You Fitness & Nutrition
- Roto Rooter
- Widsten Property Management Services



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Summer Lessons - Beban Pool/Westwood Lake



MONDAY TO FRIDAY AT BEBAN PARK POOL

- **Set One: July 2-12** (9 lessons)
NOTE: During Set 1, Private Lessons are split
Jul 2-5 and July 8-12
- **Set Two: July 15-26** (10 lessons)
NOTE: During Set 2, Private Lessons are split
Jul 15-19 and Jul 22-26

TUESDAYS & THURSDAYS AT WESTWOOD LAKE PARK

- **Set One: July 2-25**
(8 lessons)
- **Set Two: July 30-Aug 2**
(8 lessons)

			9:00 am 9:30 am 10:00 am 10:30 am 11:00 am 11:30 am 12:00 pm 12:30 pm 3:00 pm 3:30 pm 4:00 pm 4:15 pm 4:30 pm 5:00 pm 5:30 pm																10:45 am 11:15 am	
School Aged Program (5-14 yrs)	Preschool Program (3-6 yrs)	Parent Part.	30 Minute Classes																	
			Starfish	Duck	Sea Turtle	Sea Otter	Salamander	Sunfish	Crocodile	Whale	Swim Kids 1	Swim Kids 2	Swim Kids 3	Swim Kids 4	Privates	Swim Kids 5	Swim Kids 6	Swim Kids 7/8	Swim Kids 9/10	
			45 Min. Classes																	



Nanaimo Aquatic Centre Summer Lessons



MONDAY TO FRIDAY

- Set One: July 2-12 (9 lessons)
- Set Two: July 15-26 (10 lessons)
- Set Three: July 29-August 9 (9 lessons)
- Set Four: August 12-23 (10 lessons)

NOTE: During summer Private Lessons are split weekly.

WEDNESDAYS

- Set One: July 3-August 21 (8 lessons)

• NOTE: During Set 1, Private Lessons are split Jul 3-24 and Jul 31-21

SATURDAYS

- Set One: July 6-August 24 (7 lessons; no lesson on August 3)

• NOTE: During Set 1, Private Lessons are not split

			9:30 am	10:00 am	10:30 am	11:00 am	11:15 am	11:30 am																9:30 am	10:00 am	10:30 am	11:00 am	11:30 am																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																													
Parent Part.	Preschool Program (3-6 yrs)	30 Minute Classes	Starfish	x																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																					

Adult Drop-in Swimming Lessons at Beban

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.

Lessons are offered Sundays, 11-11:30 am at Beban Pool from April 7 to June 9. Admission rates apply, and course size is limited to eight people on a first-come, first-served basis each day.

RED CROSS ADULT LEVEL 2: In Level 2, swimmers will improve their stroke technique and swimming endurance.

Lessons are offered Sundays, 11:30 am-12 pm at Beban Pool from April 7 to June 9. Admission rates apply, and course size is limited to eight people on a first-come, first-served basis each day.



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Special Interest Aquatic Programs



NANAIMO Riptides SWIMMING

I CAN SWIM I CAN SWIM is an innovative learn-to-swim program of incredible quality developed by Swimming Canada®
Stages 1, 2, & 3 Spring Session:
Apr 1-Jun 17

RIPTIDES RACING

- Professional Coaching
- Technique Instruction
- Competitive & Non-Competitive Programs
- Ages 5 & Over

REGISTER ONLINE AT NANAIMORIPTIDES.COM

Flexible days & times. Complete schedule available at www.NANAIMORIPTIDES.COM

250-714-1800

Junior Lifeguard Club

8 to 12 Years

Want to try out lifeguarding while having fun? Participants will get a taste of what it is like to be a lifeguard and will learn first aid skills, water rescues and will complete the Swim to Survive challenge. Great for kids that can swim 25 metres and tread water for two minutes. No sessions on May 18 & June 8.

Sat, Apr 20-Jun 15	1-2:30 pm	\$60/7	13041
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Nanaimo Aquatic Centre

Junior Lifeguard Summer Camp

8 to 12 Years

Want to try out lifeguarding while having fun? Participants will get a taste of what it is like to be a lifeguard and will learn first aid skills, water rescues and will complete the Swim to Survive challenge. Participants need to be at Swim Kids 4 or higher to register.

M-F, Aug 12-16	12:30-4:30 pm	\$125/5	12638
M-F, Aug 26-30	12:30-4:30 pm	\$125/5	12639

Nanaimo Aquatic Centre/Westwood Lake Park

Mermaid Camp

8 to 12 Years

Born to be a mermaid? Who says dreams have to stay dreams? Channel your inner Ariel by transforming your feet into fins while exploring the depths of the Westwood Sea! Participants need to be at Swim Kids 4 or higher to register.

M-F, Jul 29-Aug 2	12:30-4:30 pm	\$125/5	12645
M-F, Aug 19-23	12:30-4:30 pm	\$125/5	12646

Westwood Lake Park

Survivor Camp

8 to 12 Years

Young castaways will embark on an incredible journey in an effort to outwit, outplay and outlast one another. Compete for the ultimate prize, bragging rights and completion of the Swim to Survive challenge. Participants need to be at a Swim Kids Level 4 or higher to register.

Tu-F, Aug 6-9	12:30-4:30 pm	\$100/4	12641
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Westwood Lake Park



CAMP S
by NANAIMO Riptides SWIMMING

Want to have a *splash* this summer?

This camp includes coaching from experienced competitive swimmers. Each day is packed with activities!

Cost: \$175 per week

JULY: THREE 1-WEEK LONG CAMPS
AUGUST: THREE 1-WEEK LONG CAMPS
Check our website for dates

REGISTER at:
NANAIMORIPTIDES.COM

250-714-1800



TEAM AQUATIC SUPPLIES LTD
Lobby of Nanaimo Aquatic Centre

YOUR ONE STOP SWIM & FITNESS SHOP

We carry a wide range of quality brand name equipment and apparel for the whole family



741 Third Street, Nanaimo, BC • Phone: 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 Aquatic Leadership Courses

These courses focus on leadership and lifesaving skills development (100% attendance is mandatory).

	COURSE	DATES	LOCATION	TIME	BARCODE	COST	PREREQUISITE
	Junior Lifeguard Club	• Sat, Apr 20-Jun 15	NAC	1-2:30 pm	13041	\$60/7	Recommended for ages 8 to 12 years; must be able to swim 25 metres and tread water for two minutes
	Lifesaving Society Bronze Medallion	• Apr 26, 27 & May 3, 4 • Jul 29-Aug 2	NAC NAC	Fri: 5:30-9:30 pm; Sat 10:30 am-5:30 pm M-F, 12-4:30 pm	13019 13021	\$175	13 years of age or completion of Bronze Star (Includes Canadian Lifesaving Manual)
	Lifesaving Society Bronze Cross	• May 24, 25, 31 & Jun 1 • Aug 6-9	NAC NAC	Fri: 5:30-9:30 pm Sat: 10:30 am-5:30 pm Tue-Fri, 11:30 am-5 pm	13014 13015	\$155	Must have completed Bronze Medallion (Please bring your Canadian Lifesaving Manual or purchase at our pools.)
	Lifesaving Society National Lifeguard-Pool Option	• Mar 18-29 (M-F for two weeks) • Aug 12-23 (M-F for two weeks)	NAC NAC	11:30 am-5 pm 11:30 am-5 pm	03516 13023	\$455	16 years of age, Bronze Cross and Standard First Aid (Includes alert manual, fanny pack with whistle and pocket mask)
	Lifesaving Society National Lifeguard -Waterfront Option	• Sat, Jun 16	NAC & Westwood	9 am-6 pm	12653	\$120	Please bring proof of previous waterfront certification
	Lifesaving Society National Lifeguard Pre/Recertification - Pool Option	• Sat, Sep 7	Beban	9 am-6 pm	12631	\$120	Please bring proof of previous National Lifeguard certification
	LSI Lifesaving Instructor Recertification	• Sun, Sep 8	Beban	3-7 pm	12632	\$120	Please bring proof of previous LSI certification
	Water Safety Instructor Recertification	• Sat, Sep 14	Beban	2-7 pm	12634	\$120	Please bring proof of previous WSI certification
	Water Safety Instructor Component 1	• Sat, Apr 6	Beban	12-5 pm	12648	\$45	15 years of age and Bronze Cross
	Water Safety Instructor Component 2	• Sun, Apr 7	Beban	12-6 pm	12649	\$230	Water Safety Instructor Component 1 (includes course package)
	Water Safety Instructor Component 3	• May 25, 26 & Jun 1, 2	Beban	9 am-3:15 pm	12651	\$150	Water Safety Instructor Component 2, practice teaching (minimum 8 hours) & completion of online assignments

Arenas

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 102
- Birthday Opportunities 30
- Kids' Hockey 101-103
- Pre-Teen / Teen 99
- Private Lessons 98-100
- Pro-D Skate Camps 103
- RecFigure Skating 100
- RecSkate Adult 99
- RecSkate Homeschool 100
- RecSynchro Skate 100
- Summer Camps 103

Arenas

Boots to Blades 1 & 2

2 to 5 Years

BOOTS 1 is a perfect introduction 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. Please see the grids on the following pages for times.

Wed, Apr 3-24	12:30-1 pm	\$104/4	14499
Wed, Apr 3-24	1-1:30 pm	\$104/4	14500
Wed, May 1-29	12:30-1 pm	\$104/4	14715
Wed, May 1-29	1-1:30 pm	\$104/4	14727
Wed, Jun 5-26	12:30-1 pm	\$104/4	14730
Wed, Jun 5-26	1-1:30 pm	\$104/4	14733

Cliff McNabb Arena

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.

Skating Lesson Information

SKATING EQUIPMENT

- Skate Rentals are \$2 per pair per lesson (please pay for skate rentals at time of registration).
- Helmets, mitts/gloves are mandatory for all skaters. We do have helmets for you to use, but bring your own helmet if you have one, as we have a limited number available.

LESSON TIMES AND PRICES

LESSON	LENGTH OF LESSON	COST PER CLASS
Boots to Blades 1 & 2	30 minutes	\$7.50
RecSkate (3-5 yrs)	30 minutes	\$7.50
RecSkate (6-11 yrs)	45 minutes	\$11
RecFigure Skate	45 minutes	\$11
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 Gary Paterson, Arenas Coordinator, at 250-755-7536, for details.

CLIENTS WITH SPECIAL NEEDS

- Participants with special needs are welcome to register.



DROP-IN SESSIONS

- Check out our drop-in options on page 12 or check our online schedule at recreation.nanaimo.ca.



GLOW in the dark skates

**SKATE IN OUR ATMOSPHERE
OF DIMMED LIGHTING AND
SPECIAL EFFECTS!**

**Held once a month on Sunday afternoons
from 3-4:30 pm.**

• **Apr 21** (Cliff McNabb) • **May 19** (Cliff McNabb)
• **Jun 23** (Cliff McNabb)
• **Jul 21** (NIC) • **Aug 18** (NIC)

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 Wednesdays,
6:30-8 pm at Nanaimo Ice Centre:**
• Apr 3 • May 1 • Jun 5 • Jul 3 • Aug 7

FOR FALL 2019

Teachers & Educators

Skating Lessons for Your Class

- Lessons available at Nanaimo Ice Centre and Frank Crane Arena September through March.
- Sessions are 45 minutes in duration consisting of a 30-minute lesson and 15 minutes of free time.
- Skate and helmet rentals are included.
- Bookings are ongoing.

Contact our Arenas Program Assistant at 250-756-5200.



RecSkate After School

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, April to June
3-5:15 pm
Nanaimo Ice Centre
\$39/13 • 04157



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

30 min lesson = 2-5 years • 45/60 min lesson = 6-11 years • 30 min private lessons

Monday, April 1-May 13 • 6 weeks • Nanaimo Ice Centre • (No lesson Apr 22)

3:30-4 pm	Boots 1 13222	Boots 2 13651	Rec 1 13671	Rec 2 14448	Rec 3 14627	Rec 4 14648	Private 14456
4-4:45 pm	Rec 1 13675	Rec 2 14454	Rec 3 14625	Rec 4 14728	Rec 5 14501	Private 4-4:30 pm 14457	
4:45-5:15 pm	Boots 1 13230	Boots 2 13653	Rec 1 13672	Rec 2 14449	Rec 3 14628	Rec 4 14650	Private 14458
5:15-6 pm	Rec 1 13677	Rec 2 14455	Rec 3 14665	Rec 4 14731	Rec 6/7 14467	ReFigure 13395	
6-6:30 pm	Boots 1 13231	Boots 2 13655	Rec 1 13673	Rec 2 14450	Private 14459	Private 14460	
6:45-7:45 pm	Pre-Teen/Teen 14096	Adult 13300	Private 6:45-7:15 pm 14461	Private 6:45-7:15 pm 14462	Private 6:45-7:15 pm 14463		
7:15-7:45 pm	Private 14464	Private 14465	Private 14466				

Thursday, April 4-May 16 • 7 weeks • Nanaimo Ice Centre

3:30-4:15 pm	Rec 1 13688	Rec 2 14624	Rec 3 14677	Rec 4 14746	Rec 5 14504	Rec 6/7 14470		
4:15-4:45 pm	Boots 1 13238	Boots 2 14102	Rec 1 14571	Rec 2 14600	Rec 3 14646	Rec 4 14694	Private 14737	
5:30-6:30 pm	Pre-Teen/ Teen 14117	Adult 13306	Private 5:30-6 pm 14641	Private 5:30-6 pm 14741	Private 6-6:30 pm 14747	Private 6-6:30 pm 14750		

Friday, April 5-May 17 • 7 weeks • Cliff McNabb Arena

9:30-10 am	Boots 1 13241	Rec 1 14578	Rec 3 14651	Rec 4 14709	Adult Pract. 9:30-10:30 am 13388			
10-10:30 am	Boots 2 14128	Rec 2 14607	Private 14863	Adult 10:30-11:30 am 13367	Adult Adv. 10:30-11:30 am 13294			

Saturday, April 6-May 11 • 6 weeks • Cliff McNabb Arena

9-9:45 am	Boots 1 9:15-9:45 am 13244	Boots 2 9:15-9:45 am 14162	Rec 1 13695	Rec 2 14631	Rec 3 14682	Rec 4 14764	Rec 5 14507	Private 9-9:30 am 14865
9:45-10:15 am	Boots 1 13247	Boots 2 14168	Rec 1 14584	Rec 2 14610	Rec 3 14658	Rec 4 14712	Private 14866	
10:30-11:15 am	Rec 1 13696	Rec 2 14633	Rec 3 14683	Rec 4 14767	Rec 6/7 14473	ReFigure 13410	Private 10:30-11 am 14867	
11:15-11:45 am	Boots 1 13248	Boots 2 14169	Rec 1 14586	Rec 2 14611	Rec 3 14659	Rec 4 14714	Pre-Teen/Teen 11:15 am-12:15 pm 14127	
11:45 am- 12:15 pm	Private 14868	Private 14869	Private 14870	Private 14871	Private 14872			



30 min lesson = 2-5 years • 45/60 min lesson = 6-11 years • 30 min private lessons

Monday, May 27-June 24 • 5 weeks • Nanaimo Ice Centre • (first two lessons at Cliff McNabb)

3:30-4 pm	Boots 1 13232	Boots 2 13656	Rec 1 13674	Rec 2 14451	Rec 3 14630	Rec 4 14652	Private 14477
4-4:45 pm	Rec 1 13678	Rec 2 14618	Rec 3 14667	Rec 4 14732	Rec 5 14502	Private 4-4:30 pm 14478	
4:45-5:15 pm	Boots 1 13233	Boots 2 13657	Rec 1 14419	Rec 2 14452	Rec 3 14632	Rec 4 14654	Private 14479
5:15-6 pm	Rec 1 13680	Rec 2 14619	Rec 3 14670	Rec 4 14734	Rec 6/7 14468	RecFigure 13396	
6-6:30 pm	Boots 1 13234	Boots 2 14087	Rec 1 14438	Rec 2 14453	Private 14480	Private 14481	
6:45-7:45 pm	Pre-Teen/Teen 14100	Adult 13301	Private 6:45-7:15 pm 14482	Private 6:45-7:15 pm 14483	Private 6:45-7:15 pm 14484		
7:15-7:45 pm	Private 14485	Private 14486	Private 14487				

Thursday, May 23-June 27 • 6 weeks • Nanaimo Ice Centre • (first two lessons at Cliff McNabb)

3:30-4:15 pm	Rec 1 13689	Rec 2 14626	Rec 3 14679	Rec 4 14748	Rec 5 14505	Rec 6/7 14471		
4:15-4:45 pm	Boots 1 13239	Boots 2 14106	Rec 1 14572	Rec 2 14602	Rec 3 14647	Rec 4 14703	Private 14752	
5:30-6:30 pm	Pre-Teen/ Teen 14123	Adult 13307	Private 5:30-6 pm 14756	Private 5:30-6 pm 14759	Private 6-6:30 pm 14763	Private 6-6:30 pm 14768		

Friday, May 24-June 28 • 6 weeks • Cliff McNabb Arena

9:30-10 am	Boots 1 13243	Rec 1 14580	Rec 3 14653	Rec 4 14711	Adult Pract. 9:30-10:30 am 13390			
10-10:30 am	Boots 2 14130	Rec 2 14609	Private 14864	Adult 10:30-11:30 am 13368	Adult Adv. 10:30-11:30 am 13295			

Saturday, May 25-June 22 • 5 weeks • Cliff McNabb Arena

9-9:45 am	Boots 1 9:15-9:45 pm 13250	Boots 2 9:15-9:45 pm 14170	Rec 1 13697	Rec 2 14634	Rec 3 14684	Rec 4 14769	Rec 5 14508	Private 9-9:30 pm 14873
9:45-10:15 am	Boots 1 13251	Boots 2 14171	Rec 1 14587	Rec 2 14612	Rec 3 14660	Rec 4 14716	Private 14874	
10:30-11:15 am	Rec 1 13701	Rec 2 14636	Rec 3 14685	Rec 4 14770	Rec 6/7 14474	RecFigure 13416	Private 10:30-11:30 am 14875	
11:15-11:45 am	Boots 1 13253	Boots 2 14172	Rec 1 14588	Rec 2 14614	Rec 3 14661	Rec 4 14717	Pre-Teen/ Teen 11:15 am-12:15 pm 14135	Pre-Teen/ Teen 11:15 am-12:15 pm 14150
11:45 am- 12:15 pm	Private 14876	Private 14878	Private 14879	Private 14880	Private 14881			

RecSkate Pre-Teen/Teen

12 to 17 Years

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

Mon, Apr 1-May 13 *	6:45-7:45 pm	\$72/6	14096
Sat, Apr 6-May 11	11:15 am-12:15 pm	\$72/6	14127
Thu, Apr 4-May 16 *	5:30-6:30 pm	\$84/7	14117
Thu, May 23-Jun 27**	5:30-6:30 pm	\$72/6	14123
Sat, May 25-Jun 22	11:15 am-12:15 pm	\$60/5	14135
Mon, May 27-Jun 24**	6:45-7:45 pm	\$60/5	14100
Thu, Jul 4-Aug 15 *	6:15-7:15 pm	\$84/7	14126
Mon, Jul 8-Aug 12 *	6:45-7:45 pm	\$60/5	14109

Cliff McNabb Arena / Nanaimo Ice Centre * (both locations)**

RecSkate Adults

For new skaters or those who may need to brush up on skills. Skaters will be able to develop skills at their own pace and work towards earning the bronze, silver and gold lapel pins if desired.

Mon, Apr 1-May 13	6:45-7:45 pm	\$72/6	13300
Thu, Apr 4-May 16	5:30-6:30 pm	\$84/7	13306
Thu, May 23-Jun 27	5:30-6:30 pm	\$72/6	13307
Mon, May 27-Jun 24	6:45-7:45 pm	\$60/5	13301
Thu, Jul 4-Aug 15	6:15-7:15 pm	\$84/7	13366
Mon, Jul 8-Aug 12	6:45-7:45 pm	\$60/5	13305

Nanaimo Ice Centre

Fri, Apr 5-May 17	10:30-11:30 am	\$84/7	13367
Fri, May 24-Jun 28	10:30-11:30 am	\$72/6	13368

Cliff McNabb Arena

RecSkate Adults Advanced

This class for experienced skaters will have an emphasis on ice dance, figure skating and other advanced skills. Work towards earning your bronze, silver and gold level lapel pins if desired. Drop-in for \$13 for the July 2 to August 27 sessions.

Fri, Apr 5-May 17	10:30-11:30 am	\$84/7	13294
Fri, May 24-Jun 28	10:30-11:30 am	\$72/6	13295
Tue, Jul 2-Aug 27	6-7:30 pm	\$117/9	13296

Nanaimo Ice Centre

RecSkate Adults Practice

Practice time is for those participants registered in any of our RecSkate Adult lessons. This is an excellent opportunity to work on your skills. This is a half ice program.

Fri, Apr 5-May 17	9:30-10:30 am	\$52.50/7	13388
Fri, May 24-Jun 28	9:30-10:30 am	\$45/6	13390

Cliff McNabb Arena

Take a
MOMENT
to MOVE



RecFigure Skate - Beginner

6 to 12 Years

This is a small group session focusing on developing specific figure skating skills like jumps, spins and field moves, as well as continuing to develop the basics of skating. Skaters are encouraged to work independently at their own pace. Children's progress is monitored through the use of a progress card. Lesson is taught on a portion of the ice shared with the RecSkate program. Skaters should have passed a minimum of RecSkate 5. Completion of the RecSkate program or equivalent is preferred. Helmets are mandatory.

Mon, Apr 1-May 13	5:15-6 pm	\$66/6	13395
Sat, Apr 6-May 11 *	10:30-11:15 am	\$66/6	13410
Sat, May 25-Jun 22 *	10:30-11:15 am	\$55/5	13416
Mon, May 27-Jun 24	5:15-6 pm	\$55/5	13396
Thu, Jul 4-Aug 15	5:15-6 pm	\$77/7	13424
Mon, Jul 8-Aug 12	5:15-6 pm	\$55/5	13401
M-F, Aug 19-23	11-11:45 am	\$55/5	13432

Nanaimo Ice Centre / Cliff McNabb Arena *

RecFigure Skate - Advanced

6 to 17 Years

A group lesson for experienced RecFigure Skaters who have completed a minimum of RecFigure Skate Level 3. This will consist of freeskating skills, such as jumps and spins and an introduction to ice dance in a full ice context. Drop-in: \$12.

Wed, Apr 3-May 15	5:15-6:15 pm	\$84/7	13289
Wed, May 22-Jun 26	5:15-6:15 pm	\$72/6	13290

Nanaimo Ice Centre

RecSynchro Skate

6 to 17 Years

A fun introduction for girls and boys. This will be 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. Must have completed a minimum of RecSkate 4. Drop-in: \$12.

Wed, Apr 3-May 15	5:15-6:15 pm	\$84/7	13291
Wed, May 22-Jun 26	5:15-6:15 pm	\$72/6	13292

Nanaimo Ice Centre

RecSkate Homeschool

Learn skills from our RecSkate program. Develop balance, agility and coordination. All levels of skaters will be accommodated. Parents are welcome to register with their child. Helmets are mandatory.

Mon, Apr 1-May 13	10:30-11:30 am	\$72/6	13287
Wed, Apr 3-May 15	12:30-1:30 pm	\$84/7	13285
Wed, May 22-Jun 26	12:30-1:30 pm	\$72/6	13286
Mon, May 27-Jun 24	10:30-11:30 am	\$60/5	13288

Cliff McNabb Arena

30 min lesson = 2-5 years • 45/60 min lesson = 6-11 years • 30 min private lessons

Monday, July 8-Aug 12 • 5 lessons • Nanaimo Ice Centre • (No lesson August 5)

3:30-4 pm	Boots 1 13235	Boots 2 14097	Rec 1 14562	Rec 2 14595	Rec 3 14635	Rec 4 14656	Private 14488
4-4:45 pm	Rec 1 13682	Rec 2 14622	Rec 3 14674	Rec 4 14739	Rec 5 14503	Private 4:15-4:45 pm 14490	Private 4-4:30 pm 14489
4:45-5:15 pm	Boots 1 13236	Boots 2 14098	Rec 1 14564	Rec 2 14597	Rec 3 14637	Rec 4 14657	
5:15-6 pm	Rec 1 13685	Rec 2 14623	Rec 3 14675	Rec 4 14742	Rec 6/7 14469	RecFigure 13401	
6-6:30 pm	Boots 1 13237	Boots 2 14099	Rec 1 14568	Rec 2 14598	Private 14491	Private 14492	
6:45-7:45 pm	PreTeen/ Teen 14109	Adult 13305	Private 6:45-7:15 pm 14493	Private 6:45-7:15 pm 14494	Private 6:45-7:15 pm 14495		
7:15-7:45 pm	Private 14496	Private 14497	Private 14498				

Thursday, July 4-August 15 • 7 lessons • Nanaimo Ice Centre

3:45-4:15 pm	Boots 1 13240	Boots 2 14118	Rec 1 14575	Rec 2 14605	Private 14855		
4:15-5 pm	Rec 1 13690	Rec 2 14629	Rec 3 14681	Rec 4 14755	Rec 5 14506		
5:15-5:45 pm	Rec 3 14649	Rec 4 14707	Rec 6/7 5:15-6 pm 14472	RecFigure 5:15-6 pm 13424	Private 5:45-6:15 pm 14857	Private 4:45-5:15 pm 14856	
6:15 - 7:15 pm	PreTeen/ Teen 14126	Adult 13366	Private 6:15-6:45 pm 14858	Private 6:15-6:45 pm 14859			
6:45-7:15 pm	Private 14861	Private 14862					

Mon to Fri, August 19-23 • 5 lessons • Nanaimo Ice Centre • Free Rentals

9-9:45 am	Rec 1 13703	Rec 2 14638	Rec 3 14686	Rec 4 14771	Rec 5 14509	Private 9-9:30 am 14882	
9:45-10:15 am	Boots 1 13254	Boots 2 14174	Rec 1 14592	Rec 2 14615	Rec 3 14662	Rec 4 14720	Private 14883
10:15-11 am	Rec 1 13723	Rec 2 14641	Rec 3 14687	Rec 4 14772	Rec 6/7 14475	Private 10:30-11 am 14885	
11-11:45 am	RecFigure 13432	Private 11-11:30 14886	Private 11-11:30 am 14887	Private 11-11:30 am 14888	Private 11-11:30 am 14889		

Mon to Fri, August 26-30 • 5 lessons • Nanaimo Ice Centre • Free Rentals

9-9:45 am	Rec 1 13727	Rec 2 14642	Rec 3 14688	Rec 4 14773	Rec 5 14510	Private 9-9:30 am 14890	
9:45-10:15 am	Boots 1 13255	Boots 2 14175	Rec 1 14594	Rec 2 14617	Rec 3 14663	Rec 4 14722	Private 14891
10:15-11 am	Rec 1 13728	Rec 2 14645	Rec 3 14689	Rec 4 14775	Rec 6/7 14476	Private 10:30-11 am 14892	
11-11:30 am	Private 14893	Private 14894	Private 14895	Private 14896			

See our drop-in symbol beside a program? 
It means that you can drop-in to this program.

Hockey Rascals

4 to 6 Years

Looking to get your little hockey player ready for the fall? This program focuses on hockey FUNDamentals, including skating, puck handling and shooting. You must supply your own helmet with face cage, stick and gloves, but full gear is recommended.

Thu, Apr 4-May 16	4:45-5:30 pm	\$77/7	13606
Thu, May 23-Jun 27	4:45-5:30 pm	\$66/6	13611
Thu, Jul 4-Aug 15	5:30-6:15 pm	\$77/7	13654

Nanaimo Ice Centre

NHL

Novice Hockey League (NHL) is designed to introduce and develop the game of hockey to children looking to play for enjoyment and fitness. Skills are taught through comprehensive progressions and age/skill appropriate drills. No previous hockey experience is required, but players must be able to skate and stop well. We recommend skaters complete a minimum of RecSkate 2 prior to this course. Full gear is required.

4 to 6 Years

Sat, Apr 6-May 11	8:15-9 am	\$66/6	13266
Sat, Apr 6-May 11	12:15-1 pm	\$66/6	13268
Sat, May 25-Jun 22	8:15-9 am	\$55/5	13267
Sat, May 25-Jun 22	12:15-1 pm	\$55/5	13269

Cliff McNabb Arena

M-F, Aug 19-23	8:15-9 am	\$55/5	13274
M-F, Aug 26-30	8:15-9 am	\$55/5	13275

Nanaimo Ice Centre

7 to 9 Years

Sat, Apr 6-May 11	8:15-9 am	\$66/6	13270
Sat, May 25-Jun 22	8:15-9 am	\$55/5	13271

Cliff McNabb Arena

M-F, Aug 19-23	8:15-9 am	\$55/5	13276
M-F, Aug 26-30	8:15-9 am	\$55/5	13277

Nanaimo Ice Centre

7 to 12 Years

Sat, Apr 6-May 11	12:15-1 pm	\$66/6	13272
Sat, May 25-Jun 22	12:15-1 pm	\$55/5	13273

Cliff McNabb Arena

Hockey Scrimmage D

This is all about non-competitive hockey. Our leaders are on the ice to organize and direct the play. Previous hockey experience is recommended. Full gear is required. Goalies are welcome.

Drop-in: \$12.

5 to 8 Years

Wed, Apr 3-May 15	3:30-4:15 pm	\$77/7	13596
Wed, May 22-Jun 26	3:30-4:15 pm	\$66/6	13600

9 to 12 Years

Wed, Apr 3-May 15	4:15-5 pm	\$77/7	13578
Wed, May 22-Jun 26	4:15-5 pm	\$66/6	13581

Nanaimo Ice Centre

Everyone Can Play Hockey

7 to 11 Years

This is a great first-timer experience emphasizing the FUNDamentals of Canada's greatest game. We recommend a minimum of RecSkate 2 be completed. Please supply your own helmet with a face cage, stick and gloves, but full gear is recommended.

Thu, Apr 4-May 16	4:45-5:30 pm	\$77/7	13297
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Thu, May 23-Jun 27	4:45-5:30 pm	\$66/6	13298
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Nanaimo Ice Centre

Beginner Hockey Skills

7 to 12 Years

This is the perfect introduction to Canada's favourite sport covering skating stance to stick positioning and puck control. Participants must be able to skate forwards, backwards and be able to stop well. Full gear is required.

M-F, Aug 12-16	10:30-11:30 am	\$60/5	13299
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Nanaimo Ice Centre

PLEASE NOTE:

Our public drop-in schedules are subject to change. Please see recreation.nanaimo.ca for the latest information.

Look for our

"Game Zone" for all Everyone
Welcome sessions!

(except Glow in the Dark & Starlight sessions
or on busy sponsored free skates)



Full gear required for hockey programs unless otherwise stated.

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



Arenas

See page 6 for admission & page 12 for location information.

For more information, contact the Arena Coordinator at 250-755-7536.



cityofnanaimo




nanaimoparksandrec (#ilovemyparksandrec)

NCHL
NANAIMO CASUAL HOCKEY LEAGUE

No shot?
No Dangles?
Out of shape?
Wanna get off the couch?

No Problem

 Find us on Facebook

nanaimocasualhockey.ca
nanaimohockey@gmail.com

NANAIMO MINOR HOCKEY



**REGISTRATION FOR
MALE & FEMALE
PLAYERS AGES 5-20**

250-754-5010
Nanaimomha@shaw.ca
www.hockeynanaimo.com

Power Skating

This program is designed to develop strength, power, flexibility and endurance for hockey. Emphasis is on correct technique and body position. Full gear is required.

Peanut: 4 to 6 Years

M-F, Aug 12-16	2:45-3:30 pm	\$55/5	14384
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6 to 7 Years

Recommended for first or second year hockey players.

M-F, Aug 12-16	3:30-4:15 pm	\$55/5	14385
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8 to 9 Years

An intermediate level program with a minimum of two full years of hockey experience.

M-F, Aug 12-16	4:15-5 pm	\$55/5	14386
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10 to 14 Years

Designed for advanced level skaters. We recommend all players have a minimum of four to five years of hockey experience.

M-F, Aug 12-16	5-5:45 pm	\$55/5	14387
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Nanaimo Ice Centre

Pre-Season Hockey

A pre-season session time to get a jump start on the upcoming hockey season. Ice time will consist of skills and drills, as well as a short scrimmage. This is a co-ed program. Please register early, as this fills up quickly. Full gear is required.

Initiation

M-F, Aug 19-23	12:45-1:45 pm	\$60/5	14362
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Novice

M-F, Aug 19-23	1:45-3 pm	\$65/5	14368
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Atom

M-F, Aug 19-23	2-3:15 pm	\$65/5	14366
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Peewee/Bantam

M-F, Aug 19-23	3:15-4:45 pm	\$70/5	14369
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Girls Only (4 to 9 Years)

M-F, Aug 19-23	3:30-5 pm	\$70/5	14367
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Nanaimo Ice Centre

Adult Intro to Hockey

Specifically designed for the casual hockey player. Co-ed sessions will consist of skill practice and game play. Focus will be on skill development and positional play. Drop-in: \$13.

Wed, Apr 3-May 15	8:15-9:30 pm	\$91/7	13279
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Wed, May 22-Jun 26	8:15-9:30 pm	\$78/6	13280
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Wed, Jul 3-Aug 21	8:15-9:30 pm	\$104/8	13281
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Nanaimo Ice Centre

Adult Hockey Skills

For the mature player with some experience.

Sessions will consist of skill practice and game play. Focus on developing positional play and improving your game. Drop-in: \$13.

Sun, Apr 7-May 26	7:30-8:45 pm	\$104/8	13278
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Nanaimo Ice Centre

Adult Stickhandling 101

Whether new to the game or playing since you could walk, you can always improve your skills. Learn skills that can be taken off-ice and mastered. Includes correct hand positioning, dribbling, toe control, faking skills and much more. Full gear is required. Drop-in: \$13.

Mon, Apr 1-May 13	8-9 pm	\$72/6	13282
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Mon, May 27-Jun 24	8-9 pm	\$60/5	13283
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Mon, Jul 8-Aug 12	8-9 pm	\$60/5	13284
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Nanaimo Ice Centre

Adult Co-Ed Scrimmage

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 you can also drop in. Drop-in: \$13.

Fri, Apr 5-May 17	9:45-11:15 pm	\$84/7	16053
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Fri, May 24-Jun 28	9:45-11:15 pm	\$60/5	16054
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Cliff McNabb Arena

Hockey - Adaptive

This program will provide teens and adults with cognitive or physical challenges the skills required to play the game of ice hockey, including learning how to skate, pass and shoot while getting some great exercise. No skating ability is required, but participants should be steady on their feet. Full gear is required. Drop-in: \$13.

Wed, Apr 3-May 15	10:15-11:30 am	\$74/7	13293
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Nanaimo Ice Centre



Full gear required for hockey programs unless otherwise stated.

ARENA CAMPS

RecSkate Pro-D Camp

6 to 11 Years

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

Fri, May 10 8:30 am-5 pm \$42/1 13519
Nanaimo Ice Centre

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

Fri, May 10 8:30 am-5 pm \$42/1 13520
Nanaimo Ice Centre

Cool Kids Skate Camp

6 to 11 Years

Enjoy a line-up of activities, including a daily skating lesson, hockey for fun, a movie and various outdoor activities. We recommend all participants complete a minimum of RecSkate 1 prior to participation. Helmets are mandatory. Cost is \$38/day.

Mon, Jul 22	8:30 am-5 pm	14301
Tue, Jul 23	8:30 am-5 pm	14305
Wed, Jul 24	8:30 am-5 pm	14309
Thu, Jul 25	8:30 am-5 pm	14311
Fri, Jul 26	8:30 am-5 pm	14314
Mon, Jul 29	8:30 am-5 pm	14317
Tue, Jul 30	8:30 am-5 pm	14320
Wed, Jul 31	8:30 am-5 pm	14323
Thu, Aug 1	8:30 am-5 pm	14325
Fri, Aug 2	8:30 am-5 pm	14328
Tue, Aug 6	8:30 am-5 pm	14330
Wed, Aug 7	8:30 am-5 pm	14332
Thu, Aug 8	8:30 am-5 pm	14334
Fri, Aug 9	8:30 am-5 pm	14338

Nanaimo Ice Centre

Adventure Ice Hockey Camp

6 to 12 Years

Hockey lovers will enjoy this camp packed with games and activities built around drills, skill training and a scrimmage time. Full gear is required. Cost is \$18 per session.

Tue, Jul 2	8:30 am-12:30 pm	14388
Tue, Jul 2	1-5 pm	14389
Wed, Jul 3	8:30 am-12:30 pm	14390
Wed, Jul 3	1-5 pm	14391
Thu, Jul 4	8:30 am-12:30 pm	14392
Thu, Jul 4	1-5 pm	14393
Fri, Jul 5	8:30 am-12:30 pm	14394
Fri, Jul 5	1-5 pm	14395
Mon, Jul 8	8:30 am-12:30 pm	14412
Mon, Jul 8	1-5 pm	14413
Tue, Jul 9	8:30 am-12:30 pm	14416
Tue, Jul 9	1-5 pm	14417
Wed, Jul 10	8:30 am-12:30 pm	14418
Wed, Jul 10	1-5 pm	14420
Thu, Jul 11	8:30 am-12:30 pm	14421
Thu, Jul 11	1-5 pm	14422
Fri, Jul 12	8:30 am-12:30 pm	14423
Fri, Jul 12	1-5 pm	14424
Mon, Jul 15	8:30 am-12:30 pm	14425
Mon, Jul 15	1-5 pm	14426
Tue, Jul 16	8:30 am-12:30 pm	14427
Tue, Jul 16	1-5 pm	14428
Wed, Jul 17	8:30 am-12:30 pm	14432
Wed, Jul 17	1-5 pm	14433
Thu, Jul 18	8:30 am-12:30 pm	14434
Thu, Jul 18	1-5 pm	14436
Fri, Jul 19	8:30 am-12:30 pm	14437
Fri, Jul 19	1-5 pm	14439

Nanaimo Ice Centre

Camp ParadiCE

6 to 16 Years

A day camp for recreational figure skaters (minimum RecSkate 4). Learn skills at your own pace with an emphasis on fun and participation. Each day will include three ice times and other fun off-ice activities and a movie time.

M-F, Aug 26-30 8:45 am-3 pm \$150/5 13530
Nanaimo Ice Centre



FULL GEAR - Equipment Requirement Checklist

- Helmet (CSA approved) with chin strap.
- Full-shield/cage face mask (CSA approved)
- Shoulder pads
- Elbow pads
- Shin guards
- Hockey pants
- Gloves
- Hockey socks
- Hockey jersey
- Skates
- Supporter & cup/pelvic protector
- Junior stick - Cut to nose level when standing on ground without skates on; then tape end of stick thick enough so it does not fit through holes in cage on face mask.
- Neck guard



Arenas



Facebook & Twitter: cityofnanaimo
Instagram: NanaimoParksandRec



cityofnanaimo



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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. 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)

--AQUATICS--

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
- **Outdoor Sports Court at Harewood Centennial Park**
fully covered and lit 200' x 85' concrete slab with full dasher board system



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.



Nanaimo Recreation Facilities

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)



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Parks, Trails & Facilities

Nanaimo is home to many amazing parks and trails and popular facilities. These amenities are what make Nanaimo such a great place to call home! Take a look below at some of the improvement coming to parks and facilities near you!

Take a MOMENT

Pickle Ball in the City

With the popularity of pickle ball in Nanaimo, Parks and Recreation has created outdoor courts at Cinnabar Park, Beban Park and Beaufort Park.

Nanaimo's Floral Emblem

Did you know that Nanaimo's official flower is the Lotus Pinnatus? Look for it at a park named after it (100 Lotus Pinnatus Drive).



Outdoor Sports Court

Located at Harewood Centennial Park, Nanaimo's newest sports venue is fully covered and lit. This spring, look for a new pitching tunnel to be installed! Call 250-756-5214 to reserve this facility.

Improvements to NAC

In phase 2 of this HUGE project, Nanaimo Aquatic Centre is getting the rest of its roof replaced that started last year. Don't worry, it will happen during its annual maintenance shutdown, so you won't have to miss one swim! Did you know that the roof is a whopping 61,000 square feet?

Also, during the maintenance shutdown, the dry sauna is getting completely renovated with new cedar and a new door. AHHH! That sounds relaxing.

New Chiller at Frank Crane

Although this doesn't seem like a big deal at first, this new chiller will be more energy efficient saving money and will be safer for the public because should there ever be an ammonia incident, the ammonia will be contained within the plant.

Beban Complex Painting

In phase 1 of 2 to start this fall, all of the brown metal siding at Beban Park Complex will be re-painted giving the whole facility a brighter, refreshed look. Phase 2 happens next year.

Youth Health Hub at NAC

In a pilot project between Island Health, SD68 and the City of Nanaimo, a youth health centre will open in late spring at Nanaimo Aquatic Centre.

Serauxmen Stadium

In the first of a two-year project, Serauxmen Stadium will get lights making it Nanaimo's first ever lit ball field. This should be completed by the spring of 2020.

Inclusive Playground

Inclusive playground improvements at one of Nanaimo's busiest playgrounds located in Maffeo Sutton Park are scheduled to begin this fall.

New Skateboard Park

Phase 1 of a new and highly anticipated skateboard park located at Harewood Centennial Park is scheduled to begin construction this fall. See the image below.



GetSet

NANAIMO

EMERGENCY PREPAREDNESS WEEK

May 5 to 11, 2019



Would you be ready for an **EARTHQUAKE** if it were to strike?

Do you have an **EMERGENCY KIT** ready?

What do you do **DURING** and **AFTER** an **EARTHQUAKE**?

During Emergency Preparedness Week,
The City of Nanaimo encourages all residents
to make a **7-DAY EMERGENCY KIT**
for their home.

KNOW the risks! **MAKE** an emergency plan!

PREPARE an emergency kit!

Are **YOU**
prepared?

For more information, visit the
Emergency Management
section at www.nanaimo.ca.



City of Nanaimo Emergency Program
250-753-7311

emergency.program@nanaimo.ca

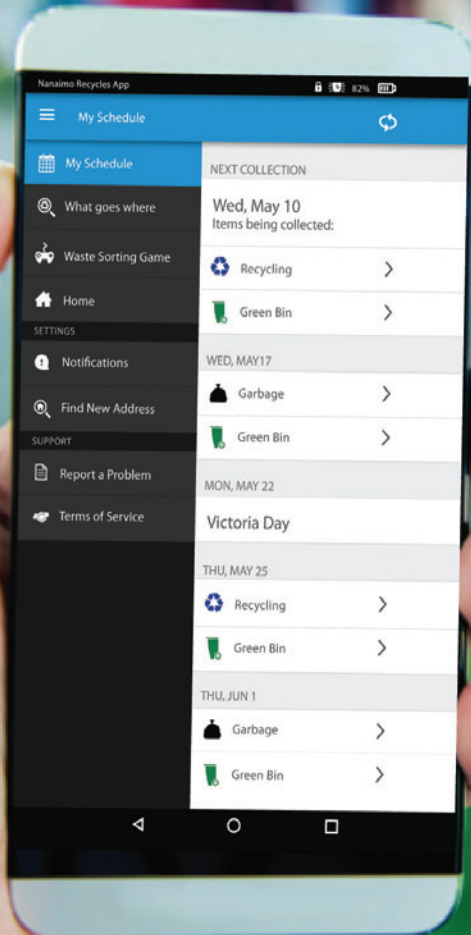


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[nanaimoparksandrec](https://www.instagram.com/nanaimoparksandrec) (#ilovemyparksandrec)

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

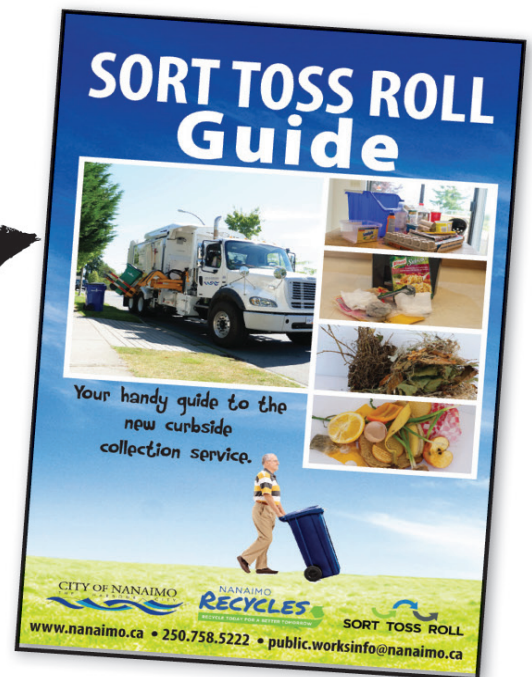
SORT TOSS ROLL *is here!*

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

Contact us @ cultureandheritage@nanaimo.ca 250-755-4483

Subscribe to Culture & Heritage eNews @ [www.nanaimo.ca/GetInvolved > Culture & Heritage Newsletter](http://www.nanaimo.ca/GetInvolved/Culture%20HeritageNewsletter)

NANAIMO Culture & Heritage
IT'S WHO WE ARE

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 April 5 and May 31, 2019
- Other conditions apply

We all save electricity and conserve water; you save cash!



Check out powersmart.ca for program details!










DISCOVER THE POSSIBILITIES...



TRAFFIC SERVICE PERSON CUSTODIAN FIREFIGHTER BUYER
LIFEGUARD / INSTRUCTOR FLEET MANAGER GIS TECHNOLOGIST
BYLAW OFFICER ACCOUNTANT WATER METER READER TAX CLERK
SURVEYOR PARKS LABOURER EQUIPMENT OPERATOR
PLANNER TRAFFIC SERVICEPERSON ENGINEER WATER OPERATOR

Contact the City of Nanaimo Human Resources Department
employment.opportunities@nanaimo.ca • apply online at www.nanaimo.ca

REGION-WIDE WATERING RESTRICTIONS

WATERING RESTRICTION STAGE		1	2	3	4
Frequency		Any Day	Every Other Day: Even# Houses – Even# Days Odd# Houses – Odd# Days	 Voluntary Reductions on top of Stage 2 	SPRINKLING BAN: Lawn Watering NOT PERMITTED
Watering Times		Between 7pm and 7am	Between 7-10am or 7-10pm for 2 hrs MAX		
Hand-watering, drip irrigation, micro irrigation		ANYTIME	ANYTIME		Between 7-10am or 7-10pm
Washing vehicles, boats, houses (siding)		ANYTIME	ANYTIME		NOT PERMITTED
Filling fountains, pools, hot tubs		ANYTIME	ANYTIME		NOT PERMITTED
New lawn permits		Can apply for a permit	Can apply for a permit		NO PERMITS ISSUED
Pressure washing walkways, driveways, siding		ANYTIME	ANYTIME		ONLY prior to application of paint, preservative, stucco, or sealant
Vegetable gardens and fruit trees are exempt from all watering restrictions, even Stage 4.					

For more information or for ways to conserve water, please visit teamwatersmart.ca



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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.

Go to recreation.nanaimo.ca to create your account or
to access your established account.

2. IN PERSON

Pay for programs using cash, cheque, credit/debit card or
gift cards at any of the locations listed below.

Phone 250-756-5200 to confirm hours.

- Beban Park (2300 Bowen Rd) • Nanaimo Ice Centre (750 Third St)
- Bowen Park (500 Bowen Rd) • Oliver Woods Community Centre (6000 Oliver Rd)
- Nanaimo Aquatic Centre (741 Third St)

3. BY PHONE

Call **250-756-5200** and leave your name & phone number.

We will call you back in the order calls are received.

Payment is by credit card (card holder must be present).

PROGRAM CANCELLATIONS AND REFUNDS

Programs: Full refunds will be processed by contacting Reception a minimum of 72 hours prior to program start date (less supply costs). Full refunds are issued when Nanaimo Parks and Recreation cancels a program. 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 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 for medical reasons, relocation outside of Nanaimo, course withdrawals requested after the first lesson or at the discretion of the Program Coordinator. A fee will apply to NSF or incomplete payments.



Our friendly and knowledgeable staff are always happy to help.

OH, NO! WE HAD TO CANCEL IT!

Sometimes programs get 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.

The Nanaimo Ballroom Dance Society presents the 27th Annual

*Spectacular World Class
Ballroom & Latin
Dance Showcases
Gourmet Buffet Dinner*

Errol & Ami Williamson
Aarhus, Denmark
Ballroom & Latin Champions
at 2018 Island Fantasy Ball

Photo by Nelson Wong

Island Fantasy Ball

May 25 & 26, 2019 • Beban Park Social Centre • Nanaimo

Tickets Now on Sale through the Port Theatre (250) 754-8550

www.IslandFantasyBall.com

Find the Golden Bucket

From May to July, follow the Golden Bucket by watching for clues on our website, Facebook, Twitter and Instagram. A new park will be featured each week!

Water Parks

Open June to September

(weather depending)

9 am-8 pm

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

Family Fishing Day

Friday, June 14

3:30-7:30 pm

Colliery Dam Park

- learn to fish • make crafts
- play games • help with a trout release

Lifeguards on Duty

Westwood Lake

June 24 to September 2

12-6 pm

(weather depending; including Canada Day, BC Day & Labour Day)

Canada Day Celebrations

Monday, July 1

11 am-3:30 pm

Maffeo Sutton Park



Concerts in the Park

Wednesday Evenings

July 3-August 28

6-7:30 pm

July at Bowen Amphitheatre

August in Maffeo Sutton Park

Tuesday Lunch Hours

July 2-August 27

12:30-1:30 pm

July in Maffeo Sutton Park

August at Bowen Amphitheatre

(Look on our website starting June 30 for schedule of entertainers.)

Playground Program

July 3-August 28

Hey, kids! Drop in to one of our neighbourhood playgrounds this summer and join in for FREE family fun! Activities could include games, arts, crafts and sports!

Monday-Friday, 10 am-3:30 pm

- HAREWOOD CENTENNIAL PARK
- MANSFIELD PARK

Monday-Wednesday, 10 am-3:30 pm

- GROVELAND PARK (6273 Groveland Dr)
- COUNTRY HILLS PARK (1899 White Blossom Way)

Thursday & Friday, 10 am-3:30 pm

- WESTDALE/LESLIE PARK (5409 Westdale Rd)
- HAWTHORNE PARK (620 Sarum Rise Way)

Family Fun Nights

4-7 pm

- Thursday, June 27 - DEPARTURE BAY PARK
- Thursday, July 25 - MANSFIELD PARK
- Thursday, August 29 - HAREWOOD PARK

See page 3 for more Parks & Recreation events happening this Spring and Summer
or visit recreation.nanaimo.ca