Arts & Crafts

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.
Instructor: Helen Binns
Wed, Sep 25-Nov 13 12:30-3 pm $110/8 25007
Kin Hut Activity Centre (2730 Departure Bay Rd)
Thu, Jan 30-Mar 19 7-9 pm $88/8 25008
Bowen Park Complex

Eastern Watercolour Painting
What happens when West (Helen Binns) meets and learns from masters of the East (Lien Zhen and Andy Loo)? This class will introduce techniques learned from these artists. What results is a unique fusion of eastern technique, traditional watercolour and unquestionable beauty. Please bring a pencil, note paper, eraser and water container. All other supplies are provided.
Instructor: Helen Binns
Thu, Sep 26-Nov 14 7-9 pm $95/8 25010
Bowen Park Complex

The Art of Paint - Intro to Abstraction
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
Thu, Sep 26-Nov 14 1-3 pm $110/8 21640
Thu, Jan 23-Mar 12 1-3 pm $110/8 21641
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. 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-soluable oil paints. Easels are provided. Previous painting experience is recommended.
Instructor: Marilyn Ridsdale
Thu, Sep 26-Nov 14 7-9 pm $110/8 21642
Thu, Jan 23-Mar 12 7-9 pm $110/8 21643
Oliver Woods Community Centre

Silver Rings with Pearls  NEW!
Design and finish one pendant. Sawing and 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. You will be texturing, piercing, polishing, sawing and filing to create a one-of-a-kind quartz crystal pendant. A $50 material fee is required on the day of the class payable to the instructor.
Instructor: Cheryl Jacobs
Sat, Oct 19 9:30 am-4:30 pm $75/1 21607
Oliver Woods Community Centre

Drawing - Level 1
Explore your creative side and enjoy an evening of learning. This class will help you to be comfortable using basic drawing techniques. Please bring an HB and 4B pencil, two erasers (kneaded and vinyl), a pencil sharpener and paper.
Instructor: Helen Binns
Wed, Sep 25-Nov 13 7-9 pm $88/8 25011
Wed, Jan 29-Mar 18 7-9 pm $88/8 25012
Beban Park Social Centre

Interlocking Bracelet with Albalone & Mother of Pearl
Learn how to texture metal using the roller printer, and make an interlocking bracelet with riveted abalone and mother of pearl as the design element. Each student will design their own piece following a specific bracelet pattern using copper and adding silver as an embellishment and setting the stones as the clasp. A $50 material fee is required on the day of the class payable to the instructor.
Instructor: Cheryl Jacobs
Sat, Jan 4 9:30 am-4:30 pm $75/1 21606
Oliver Woods Community 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 people and animals.
Instructor: Helen Binns
Mon, Jan 27-Mar 16 7-9 pm $88/8 25011
Beban Park Social Centre

Beachstones and Silver - Advanced NEW!
Using soldered sterling silver wire, create unique beachstone earrings that are interconnected with hand manipulated silver balled wire. This takes the popular beachstone class to the next level of intricacy. A $50 material fee is required on the day of the class payable to the instructor
Instructor: Cheryl Jacobs
Sat, Sep 28 9:30 am-4:30 pm $75/1 21602
Sat, Oct 5 9:30 am-4:30 pm $75/1 21603
Oliver Woods Community Centre

Sacred Animal Jewelry NEW!
Animals guide us every day. If you have a special animal in your life, let’s replicate it into a wearable work of art. You will rivet, texture, colour and shape three metals. Foldforming techniques and roller printing texture will be incorporated as well. A $50 material fee is required on the day of the class payable to the instructor.
Instructor: Cheryl Jacobs
Sat, Sep 21 9:30 am-4:30 pm $75/1 21605
Oliver Woods Community Centre

Beachstones and Silver
Turn natural beachstones into amazing pieces of jewelry 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, Jan 18 9:30 am-4:30 pm $75/1 21604
Oliver Woods Community Centre

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.
Bowen Park Pottery Studio

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

At the Bowen Park Pottery Studio, we have the tools, equipment and supplies available for the public to drop in and work independently. Children, when accompanied by an adult, are welcome (both pay drop-in fees). No instruction is provided. Clay may be purchased for $32 (including tax) per 22 pound bag and includes all firing and glazing fees.

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, Sep 26-Oct 17 10-10:45 am $69/4 19574
Thu, Nov 7-28 10-10:45 am $69/4 19575
Thu, Jan 23-Feb 13 10-10:45 am $69/4 19576
Thu, Feb 20-Mar 12 10-10:45 am $69/4 19577
Bowen Pottery Studio

Handbuilding for Children
7 to 12 Years
Children will learn the basic handbuilding skills - coiling, pinching, slab building and sculpting through project making, and they will be encouraged to use their creativity to make each piece their own. Cost includes clay, glaze and firing. Dress for mess.
Thu, Sep 26-Oct 17 4-5 pm $75/4 20098
Thu, Nov 7-28 4-5 pm $75/4 20101
Thu, Jan 23-Feb 13 4-5 pm $75/4 20102
Thu, Feb 20-Mar 12 4-5 pm $75/4 20103
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.
Tue, Sep 10-Oct 22 6:30-9 pm $210/7 20107
Tue, Sep 12-Oct 24 6:30-9 pm $210/7 20113
Tue, Oct 29-Dec 10 6:30-9 pm $210/7 20108
Thu, Nov 7-Dec 19 6:30-9 pm $210/7 20114
Thu, Jan 7-Feb 18 6:30-9 pm $210/7 20109
Thu, Jan 9-Feb 20 6:30-9 pm $210/7 20115
Tue, Feb 25-Apr 7 6:30-9 pm $210/7 20111
Thu, Feb 27-Apr 9 6:30-9 pm $210/7 20116
Bowen Pottery Studio

Pottery Wheel - Teen
13 to 17 Years
For those with little or no previous experience working with clay. Learn the basic techniques that will help you create pots, vases, bowls and pretty much anything that can be thrown on a pottery wheel. Clay, glazes and firings are included in the cost.
Mon, Oct 21-Dec 9 5:30-7:30 pm $174/7 20117
Mon, Jan 20-Mar 9 5:30-7:30 pm $174/7 20118
Bowen Pottery Studio

DROP-IN INFO
$12 per session
• If you would like to use the Pottery Room during the drop-in time, you 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.

DROP-IN SCHEDULE
SEPTEMBER TO JUNE
Tue • 3:30-6:30 pm
Thu • 12-3 pm
Sat • 9 am-12 pm
Rates and schedule subject to change.

Take a MOMENT
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).
Cooking

Norwegian Christmas Favourites
Celebrate Christmas (Jul) like a Norwegian! Learn how to make Norwegian Jul favourites, including ribbe (pork ribs with crackling), lutefisk and sylterull (pork cold cut). One Christmas meal will be made each day with all the traditional fixings, including potatoes, cabbage, sausage, bacon and dried peas.
Instructor: Rosie Barlak, member of Sons of Norway
Wed, Nov 13 & 20 6:30-9 pm $89/2 20082
Bowen Park Complex

Mexican Salsa Sampler
NEW!
Come experience the distinct flavours of Mexico in this salsa sampler class. You will learn how to make a variety of salsas, including pico de gallo, salsa verde and salsa rojo.
Instructor: Claudia Smith
Mon, Sep 9 6-7:30 pm $15/1 29566
Bowen Park Complex

Mexican Salsa Sampler
NEW!
This workshop introduces participants to Chado (the way of tea). Chado, or Tea Ceremony, is an iconic tradition within the Japanese culture. Chado is based on a zen philosophy. Come and experience the spirit and tastes of Japanese culture.
Instructor: Naomi Satu
Mon, Feb 10 4-5:30 pm $25/1 29846
Bowen Park Complex

Eating is necessary, but cooking is an art.
Paneer, Ricotta & Queso Blanco
Easy to make and so delicious! Learn how to make three rapidly acidified cheeses, including paneer, quezo blanco and ricotta. Bring a container as you will be taking home some samples to share!
Instructor: Paula Maddison
Thu, Sep 26 6-8 pm $65/1 19602
Bowen Park Complex

Mozza, Burrata & Bocconcini
Learn how to make your own hand-stretched mozzarella cheese and more 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
Thu, Oct 24 6-8 pm $65/1 19603
Bowen Park Complex

Brie & Blooms
Learn how to make your own brie, camembert and cambozola cheese! Explore the bloom-y wonders of what makes these cheeses so delicious. Paula will walk you through the process of making and ripening these cheeses and show you some delicious ways to enjoy them once they are aged to perfection!
Instructor: Paula Maddison
Thu, Nov 21 6-8 pm $65/1 19604
Bowen Park Complex

Holiday Entertaining with Cheese
Paula will have pre-made curd called fromage blanc that we will infuse with herbs, spices and botanicals to create delicious appetizers. Other appetizers will include boursin and a layered torta. Whether you are making your own cheeses for holiday entertaining or thinking of some hand-crafted gift ideas, you will leave with a lot of ideas, new skills and taste some amazing cheeses! Bring a container as you will be bringing home cheese.
Instructor: Paula Maddison
Thu, Dec 19 6-8 pm $65/1 19606
Bowen Park Complex

Farmer’s Cheddar
This is a demonstration taste, touch and feel class where you will learn how to make your own farmer’s cheddar. Go home with ingredients and cultures to try making your own at home.
Instructor: Paula Maddison
Thu, Jan 30 6-8 pm $65/1 19607
Bowen Park Complex

Parmesan - The King of Cheese
This is a demonstration taste, touch and feel class where you will learn how to make your own popular and diverse parmesan.
Instructor: Paula Maddison
Thu, Feb 27 6-8 pm $65/1 19609
Bowen Park Complex

Asiago
Learn how to make this delicious cheese that the whole family will enjoy!
Instructor: Paula Maddison
Thu, Mar 26 6-8 pm $65/1 19610
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: Maytawee Shepherd
Wed, Sep 18 & 25 6-7:30 pm $58/2 29484
Wed, Jan 29 & Feb 5 6-7:30 pm $58/2 29485
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, Sep 11 7-9:30 pm $38/1 23524
Wed, Feb 12 7-9:30 pm $38/1 23525
Bowen Park Complex

Shiv’s Kitchen - Punjabi Favourites
Come experience Punjabi cooking and culture. Learn to make a variety of Punjabi foods, such as roti, paneer, pakora, prantha and puri. Sample what you make, and take the recipes home.
Instructor: Shiv Sharma
Wed, Oct 2 7-9:30 pm $38/1 23518
Wed, Mar 11 7-9:30 pm $38/1 23519
Bowen Park Complex

Shi’s Kitchen - Pho Tintin - Vietnamese Favourites
Come experience Vietnamese cooking and culture. Learn to make a variety of Vietnamese dishes, such as pho, spring rolls, salad rolls and bubble tea. Sample what you make, and take the recipes home.
Instructor: Pho Tintin
Thu, Nov 21 6-8 pm $65/1 19604
Bowen Park Complex

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
Dance & Performing Arts

Creating the Scene
Do you love to act? This 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, Sep 28 & Oct 5 12:30-3:30 pm  $50/2  23027
Bowen Park Complex

Light Cardio Dancing Mix
Come and have fun line dancing! Easy routines and progressive steps that build on each other will enable beginners and intermediate levels to have a great time moving and grooving to different types of music. Each week the dance routine will change, and we will dance to country, oldies and salsa beats.
Instructor: Tara McNeil
Wed, Sep 11-25 9:30-10:20 am  $21/3  21090
Wed, Oct 2-30 9:30-10:20 am  $35/5  21091
Wed, Nov 6-27 9:30-10:20 am  $28/4  21092
Wed, Dec 4-18 9:30-10:20 am  $21/3  21093
Wed, Jan 8-29 9:30-10:20 am  $28/4  21094
Wed, Feb 5-26 9:30-10:20 am  $28/4  21095
Wed, Mar 4-25 9:30-10:20 am  $28/4  21096
Oliver Woods Community Centre

Flamenco Moods and Moves
Experience the soulful music and songs of Flamenco through dance! You will learn Pasos (steps), Palos (rhythms), Palmas (rhythmic hand clapping) and more. Movements will be combined to create mini choreographies. Wear comfortable, smooth-soled shoes with a small heel.
Instructor: Heather Sandison
Tue, Sep 10-Oct 15 6:30-8 pm  $63/6  20958
Tue, Oct 22-Dec 17 6:30-8 pm  $84/8  20961
Tue, Jan 7-Feb 11 6:30-8 pm  $63/6  20963
Tue, Feb 18-Mar 24 6:30-8 pm  $63/6  20972
Beban Park Social Centre

Bollywood Dance
Inspired by Bollywood music and movies, this class combines classical Indian dance with jazz, funk and bhangra. Dance moves can be modified for all levels and incorporate rhythmic full body movements. No dance experience is required. Dress in comfortable clothing. No dance shoes required; bare feet are best!
Instructor: Rolie Taylor
Mon, Sep 9-Oct 7 9:30-10:30 am  $35/5  22911
Mon, Sep 9-Oct 7 7-8 pm  $35/5  22919
Thu, Oct 17-Nov 14 9:30-10:30 am  $35/5  22913
Thu, Oct 17-Nov 14 7-8 pm  $35/5  22918
Departure Bay Activity Centre (1415 Wingrove St)

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, Sep 13-Oct 18 6-7 pm  $59/6  29427
Fri, Oct 25-Nov 29 6-7 pm  $59/6  29431
Fri, Jan 10-Feb 14 6-7 pm  $59/6  29432
Fri, Feb 21-Mar 27 6-7 pm  $59/6  29433
Vibe Dance Studio (1969 Boxwood Rd)

Ballroom Bliss - Beginner
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 is required, and couples and singles are welcome.
Instructor: Nelson Wong
Wed, Sep 11-Oct 16 7:30-8:30 pm  $42/6  23098
Wed, Jan 8-Feb 19 7:30-8:30 pm  $49/7  23099
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
Wed, Oct 23-Nov 27 8:30-9:30 pm  $42/6  23105
Wed, Feb 26-Apr 1 8:30-9:30 pm  $42/6  23106
Bowen Park Complex

Dance is the hidden language of the soul.”  
(Martha Graham)

Facebook & Twitter:  
cityofnanaimolocalgovernment  
Instagram: NanaimoParksandRec

Register online at recreation.nanaimo.ca  
General Inquiries 250-756-5200
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
Wed, Sep 11-Oct 16 8:30-9:30 pm $42/6 23101
Wed, Jan 9-Feb 19 8:30-9:30 pm $49/7 23102
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, Sep 9-Oct 7 6:30-7:30 pm $40/5 23066
Mon, Oct 21-Nov 25 6:30-7:30 pm $40/5 23108
Mon, Jan 6-Feb 10 6:30-7:30 pm $48/6 23073
Mon, Feb 24-Mar 30 6:30-7:30 pm $48/6 23075
Bowen Park Complex

Ballroom Formation Team
This is a continuation session for the Ballroom Formation Team. You will work towards performing at larger events and competitions. You will also be expected to invest in a team costume and practice times outside of the regular session. New participants interested in joining are asked to contact the instructor.
Instructor: Nelson Wong
Mon, Sep 9-Oct 7 8:30-9:30 pm $40/5 23086
Mon, Oct 21-Nov 25 8:30-9:30 pm $40/5 23110
Mon, Jan 6-Feb 10 8:30-9:30 pm $48/6 23087
Mon, Feb 24-Mar 30 8:30-9:30 pm $48/6 23088
Bowen Park Complex

Latin Fever - Beginner
Impress your friends on the dance floor with the cha cha, rumba and samba. Make it a fun and social outing while keeping your body agile. No previous dancing experience is required. Couples and singles are welcome.
Instructor: Nelson Wong
Wed, Oct 23-Nov 27 7:30-8:30 pm $42/6 23103
Wed, Feb 26-Apr 1 7:30-8:30 pm $42/6 23104
Bowen Park Complex

Jive & Swing - Beginner
Learn the dance that rocked the world! Never jived? No problem! This class is for you. Partners are recommended, but singles are welcome.
Instructor: Nelson Wong
Wed, Sep 11-Oct 16 6:30-7:30 pm $42/6 23093
Wed, Oct 23-Nov 27 6:30-7:30 pm $42/6 23094
Wed, Jan 8-Feb 19 6:30-7:30 pm $49/7 23095
Wed, Feb 26-Apr 1 6:30-7:30 pm $42/6 23096
Bowen Park Complex
Lindy Hop - Beginner NEW!
This class will include the beautiful early forms of the waltz, schottische, quadrilles, polka and more. No previous dance experience is required. Singles and couples are welcome.
Instructor: Gordon Pascoe
Tue, Sep 3-Oct 8 7-8 pm $42/6 23012
Tue, Oct 15-Nov 19 7-8 pm $42/6 23013
Tue, Jan 14-Feb 18 7-8 pm $42/6 24363
Tue, Feb 25-Mar 31 7-8 pm $42/6 26486
Bowen Park Complex

Lindy Hop - The Next Steps NEW!
We will add to the basics of Lindy Hop with the charleston, balboa, blues and solo jazz. No previous dance experience is required. Singles and couples are welcome.
Instructor: Gordon Pascoe
Tue, Sep 3-Oct 8 9-10 pm $42/6 23008
Tue, Oct 15-Nov 19 9-10 pm $42/6 23010
Tue, Jan 14-Feb 18 9-10 pm $42/6 24362
Tue, Feb 25-Mar 31 9-10 pm $42/6 26487
Bowen Park Complex

Lindy Hop - Introduction
Have fun learning the basics of Lindy Hop using the joy of Big Band music. No previous dance experience is required. Singles and couples are welcome.
Instructor: Gordon Pascoe
Tue, Sep 3-Oct 8 8-9 pm $42/6 22999
Tue, Oct 15-Nov 19 8-9 pm $42/6 23002
Tue, Jan 14-Feb 18 8-9 pm $42/6 24360
Tue, Feb 25-Mar 31 8-9 pm $42/6 26485
Bowen Park Complex

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: Taisia
Tue, Sep 17-Nov 12 7:30-8:30 pm $74/9 29516
Tue, Jan 14-Mar 10 7:30-8:30 pm $74/9 29517
Departure Bay Activity Centre (1415 Wingrove St)

Belly Dance - The Basics
A full body workout! From basic ballet movement to flowing contemporary combos, this class will give you a well-rounded taste of ballet.
Instructor: Taylor Manns
Wed, Sep 21-Oct 23 6:30-7:30 pm $48/6 29554
Wed, Oct 30-Dec 11 6:30-7:30 pm $48/6 29555
Wed, Jan 14-Feb 12 6:30-7:30 pm $48/6 29556
Beban Park Social Centre

Ballet Contemporary Dance - Intro
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: Taisia
Tue, Sep 17-Nov 12 6:20-7:20 pm $74/9 29508
Tue, Jan 14-Mar 10 6:20-7:20 pm $74/9 29511
Departure Bay Activity Centre (1415 Wingrove St)
Every year countless bystanders help in emergencies. You can make a difference! All courses below are operated in partnership with Canadian Red Cross, and they include a manual, pocket mask, temporary certificate and access to a virtual certificate to print off after successful completion of the course. For more detailed information on each class and to learn about re-certification, please visit www.redcross.ca or call us at 250-756-5200.

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

Sat, Sep 14 9 am-5:30 pm $95 10759
Sun, Oct 20 9 am-5:30 pm $95 23122
Sat, Nov 16 9 am-5:30 pm $95 23123
Sat, Jan 11 9 am-5:30 pm $95 23124
Sat, Feb 8 9 am-5:30 pm $95 23125
Sat, Mar 14 9 am-5:30 pm $95 23126
Beban Park Social Centre

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

Sat, Aug 24 9 am-5:30 pm $92 10764
Sat, Sep 28 9 am-5:30 pm $92 10765
Sat, Nov 2 9 am-5:30 pm $92 23112
Sat, Jan 15 9 am-5:30 pm $92 23113
Sat, Feb 29 9 am-5:30 pm $92 23114
Beban Park Social Centre

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

Mon, Sep 23 5:45-10:45 pm $65 10820
Tue, Oct 22 5:45-10:45 pm $65 24772
Thu, Nov 28 5:45-10:45 pm $65 24989
Tue, Jan 21 5:45-10:45 pm $65 24990
Wed, Mar 18 5:45-10:45 pm $65 24992
Beban Park Social Centre

CPR C & AED 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, Sep 18 9:30 am-1:30 pm $50 10802
Wed, Oct 9 6:30-10:30 pm $50 24993
Thu, Nov 7 6:30-10:30 pm $50 24994
Wed, Dec 3 6:30-10:30 pm $50 24995
Thu, Jan 9 9:30 am-1:30 pm $50 24996
Thu, Feb 6 6:30-10:30 pm $50 24997
Wed, Mar 10 9:30 am-1:30 pm $50 24998
Beban Park Social Centre

First Aid & CPR

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

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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!
The greatest wealth is health.

NEW!

Introduction to
PERSONAL TRAINING
with Parks, Recreation & Culture

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, Recreation and Culture 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. Please note that you must register in advance by calling us at 250-756-5200.

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.

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Nanaimo Aquatic Centre Weight Room

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Thu, Sep 12 | 9-10:30 am | $5/1 | 21882
Wed, Oct 2  | 6-7:30 pm  | $5/1 | 21883
Wed, Nov 6  | 6-7:30 pm  | $5/1 | 21885
Wed, Dec 4  | 6-7:30 pm  | $5/1 | 21886
Wed, Jan 8  | 6-7:30 pm  | $5/1 | 21887
Wed, Feb 5  | 6-7:30 pm  | $5/1 | 21888
Wed, Mar 4  | 6-7:30 pm  | $5/1 | 21889
Fitness & Yoga

**Small Group Fitness**
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, Sep 10-Oct 29 5:30-6:30 pm $56/8 22236
- Tue, Nov 5-Dec 17 5:30-6:30 pm $49/7 22240
- Tue, Jan 7-Feb 18 5:30-6:30 pm $49/7 22243
- Tue, Feb 25-Mar 31 5:30-6:30 pm $42/6 22244
Bowen Park Complex

**Train & Stretch**
This fitness class incorporates 30 minutes of cardio/strength followed by a 30 minute s-t-r-e-t-c-h. The cardio/strength work will be done in circuit format so that all abilities can participate.
Instructor: Chelsie Trinkwon
- Tue, Sep 10-Oct 29 6:45-7:45 pm $56/8 22245
- Tue, Nov 5-Dec 17 6:45-7:45 pm $49/7 22301
- Tue, Jan 7-Feb 18 6:45-7:45 pm $49/7 22305
- Tue, Feb 25-Mar 31 6:45-7:45 pm $42/6 22308
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, Sep 11-25 9:15-10:15 am $21/3 22311
- Wed, Oct 2-30 9:15-10:15 am $35/5 22312
- Wed, Nov 6-27 9:15-10:15 am $28/4 22313
- Wed, Dec 4-11 9:15-10:15 am $14/2 22314
- Wed, Jan 8-29 9:15-10:15 am $28/4 22315
- Wed, Feb 5-26 9:15-10:15 am $28/4 22316
- Wed, Mar 4-25 9:15-10:15 am $28/4 22317
Nanaimo Aquatic Centre

**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

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Rotary Field House (850 Third St)

**HIIT 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

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Rotary Field House (850 Third St)

**HIIT - High Intensity Interval Training**
This is a group exercise class that challenges you to work at your 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 is for intermediate to advance level participants. Drop-in for $11 is available to the first five participants.

Instructor: Kim Ross

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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.

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Oliver Woods Community 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: Kim Ross

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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!

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Oliver Woods Community Centre

**Nanaimo Aquatic Centre**

**Fitness/Yoga**

**DROP-IN**
Look for this symbol for drop-in program options.
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

MONDAY EVENING
- Mon, Sep 9-30 5:30-6:30 pm $26/4 20190
- Mon, Oct 7-28 5:30-6:30 pm $20/3 20194
- Mon, Nov 4-25 5:30-6:30 pm $20/3 20196
- Mon, Dec 2-16 5:30-6:30 pm $20/3 20197
- Mon, Jan 13-27 5:30-6:30 pm $20/3 20198
- Mon, Feb 3-24 5:30-6:30 pm $20/3 20199

TUESDAY EVENING
- Wed, Sep 11-25 5:30-6:30 pm $20/3 20205
- Wed, Nov 6-27 5:30-6:30 pm $26/4 20207
- Wed, Dec 4-18 5:30-6:30 pm $20/3 20208
- Wed, Jan 8-29 5:30-6:30 pm $20/3 20209
- Wed, Feb 5-26 5:30-6:30 pm $26/4 20210
- Wed, Mar 4-25 5:30-6:30 pm $26/4 20211

WEDNESDAY EVENING
- Mon, Mar 2-30 5:30-6:30 pm $33/5 20201

Rookie Boot Camp

A high energy, whole body workout. This combines low impact aerobic activity, flexibility and strength training in a positive environment keeping you active and young at heart. Guaranteed every week…. you will work hard. Class is for beginner to intermediate fitness levels.

Instructor: Angel Jones

TUESDAY MORNING
- Tue, Sep 10-24 9:15-10:15 am $20/3 20281
- Tue, Oct 1-29 9:15-10:15 am $33/5 20282
- Tue, Nov 5-26 9:15-10:15 am $26/4 20283
- Tue, Dec 3-17 9:15-10:15 am $20/3 20284
- Tue, Jan 7-28 9:15-10:15 am $26/4 20287
- Tue, Feb 4-25 9:15-10:15 am $26/4 20288
- Tue, Mar 3-31 9:15-10:15 am $33/5 20289

WEDNESDAY MORNING
- Wed, Sep 11-25 9:15-10:15 am $20/3 20262
- Wed Oct 2-20 9:15-10:15 am $33/5 20263
- Wed, Nov 6-27 9:15-10:15 am $26/4 20266
- Wed, Dec 4-18 9:15-10:15 am $20/3 20267
- Wed, Jan 8-29 9:15-10:15 am $26/4 20268
- Wed, Feb 5-26 9:15-10:15 am $26/4 20269
- Wed, Mar 4-25 9:15-10:15 am $26/4 20273

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. Workouts will include cardio, strength training and core stability work using a variety of fun and dynamic exercises and drills.

Instructor: Angel Jones

Mon, Sep 13-27 9:15-10:15 am $20/3 20274
- Mon, Oct 4-25 9:15-10:15 am $26/4 20275
- Mon, Nov 2-29 9:15-10:15 am $33/5 20276
- Mon, Dec 6-30 9:15-10:15 am $20/3 20277
- Mon, Jan 10-31 9:15-10:15 am $26/4 20278
- Mon, Feb 7-28 9:15-10:15 am $26/4 20279
- Mon, Mar 6-27 9:15-10:15 am $26/4 20280

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 stretches and mindful meditation.

Instructor: Myah Rogerson

Wed, Sep 11-25 12-1 pm $20/3 23028
- Wed, Oct 2-30 12-1 pm $33/5 23029
- Wed, Nov 6-27 12-1 pm $26/4 23030
- Wed, Dec 4-18 12-1 pm $20/3 23031
- Wed, Jan 8-29 12-1 pm $26/4 23032
- Wed, Feb 5-26 12-1 pm $26/4 23033
- Wed, Mar 4-25 12-1 pm $26/4 23034

Functional Fitness

Prime’s Functional Fitness program is an introductory to intermediate program aimed at correcting dysfunctional movement patterns. It is designed to help you return to the training environment increasing healthy body composition, core strength, as well as cardiovascular endurance and capacity. Clients can expect a motivating and supportive environment led by coaches that combine athletic experience and cutting-edge science backed protocols.

Instructor: PrimeSport Performance & Therapy

Mon, Sep 30-Nov 25 6-7:15 pm $126/7 30799
- Mon, Dec 2-20 6-7:15 pm $90/5 30800
- Mon, Jan 6-27 6-7:15 pm $72/4 30801
- Mon, Feb 3-24 6-7:15 pm $72/4 30802

Prime Sport (1970 Island Diesel Way)
**Stretch & Tone**  
This is a 50-minute class that incorporates light cardio segments with focused movements and positions using weights, bands, tubing and balls. This improves flexibility, balance, core and strength. There is no floor work in this class.  
**Instructor: Tara McNeil, The Shape You’re In**  
- **Wed, Sep 11-25** 10:30-11:20 am $21/3 21051  
- **Fri, Sep 13-27** 10:45-11:35 am $21/3 21063  
- **Wed, Oct 2-20** 10:30-11:20 am $35/5 21057  
- **Fri, Oct 4-25** 10:45-11:35 am $28/4 21064  
- **Wed, Nov 6-27** 10:30-11:20 am $28/4 21058  
- **Fri, Nov 1-29** 10:45-11:35 am $35/5 21065  
- **Wed, Dec 4-18** 10:30-11:20 am $21/3 21059  
- **Fri, Dec 6-20** 10:45-11:35 am $21/3 21068  
- **Wed, Jan 8-29** 10:30-11:20 am $28/4 21066  
- **Fri, Jan 10-31** 10:45-11:35 am $28/4 21069  
- **Wed, Feb 5-26** 10:30-11:20 am $28/4 21061  
- **Fri, Feb 7-28** 10:45-11:35 am $28/4 21071  
- **Wed, Mar 4-25** 10:30-11:20 am $28/4 21062  
- **Fri, Mar 6-27** 10:45-11:35 am $28/4 21073  

**Oliver Woods Community Centre**

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**Balance, Mobility & Movement**  
Balance, mobility and movement are the three steps you need to maintain a healthy lifestyle. This fitness class will assist you in improving balance. The instructor will lead you through easy exercises to improve stability and potentially prevent falls. The workouts assist in improving posture, muscle strength and speed, sharpening reflexes, expanding flexibility and firming your core. The instructor may also give tips for fall-proofing your home.  
**Instructor: Tara McNeil, The Shape You’re In**  
- **Mon, Sep 14-30** 11:30 am-12:30 pm $26/4 21002  
- **Fri, Sep 17-27** 11:45 am-12:45 pm $20/3 21021  
- **Fri, Oct 1-25** 11:45 am-12:45 pm $26/4 21023  
- **Mon, Oct 7-28** 11:30 am-12:30 pm $20/3 21003  
- **Mon, Nov 4-25** 11:30 am-12:30 pm $20/3 21007  
- **Fri, Nov 1-29** 11:45 am-12:45 pm $33/5 21024  
- **Mon, Dec 2-16** 11:30 am-12:30 pm $20/3 21008  
- **Fri, Dec 6-20** 11:45 am-12:45 pm $20/3 21025  
- **Mon, Jan 6-27** 11:30 am-12:30 pm $26/4 21011  
- **Fri, Jan 10-31** 11:45 am-12:45 pm $26/4 21027  
- **Mon, Feb 3-24** 11:30 am-12:30 pm $20/3 21012  
- **Fri, Feb 7-28** 11:45 am-12:45 pm $26/4 21028  
- **Mon, Mar 2-30** 11:30 am-12:30 pm $33/5 21013  
- **Fri, Mar 6-27** 11:45 am-12:45 pm $26/4 21029  

**Oliver Woods Community Centre**

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**Full Figured 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, The Shape You’re In**  
- **Mon, Sep 9-30** 10:30-11:20 am $28/4 20988  
- **Mon, Oct 7-28** 10:30-11:20 am $21/3 20989  
- **Mon, Nov 4-25** 10:30-11:20 am $21/3 20995  
- **Mon, Dec 2-16** 10:30-11:20 am $21/3 20990  
- **Mon, Jan 6-27** 10:30-11:20 am $28/4 20991  
- **Mon, Feb 3-24** 10:30-11:20 am $21/3 20993  
- **Mon, Mar 2-30** 10:30-11:20 am $35/5 20994  

**Oliver Woods Community Centre**

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**Bump it Up - Full Figured Fitness**  
Ready for an intermediate cardio and strength class that is upbeat, changes weekly and has a great 10-minute “core on the floor” component? This has levels for your health and fitness needs and is taught with lots of cuing so you can pick the perfect level for you. You need to be able to go to the floor for the core and stretch components.  
**Instructor: Tara McNeil, The Shape You’re In**  
- **Tue, Sep 10-24** 9:30-10:20 am $21/3 21032  
- **Tue, Oct 1-31** 9:30-10:20 am $35/5 21033  
- **Tue, Nov 5-26** 9:30-10:20 am $28/4 21035  
- ** Tue, Dec 3-17** 9:30-10:20 am $21/3 21036  
- **Tue, Jan 7-28** 9:30-10:20 am $28/4 21037  
- **Tue, Feb 4-25** 9:30-10:20 am $28/4 21038  
- **Tue, Mar 3-31** 9:30-10:20 am $35/5 21040  

**Oliver Woods Community Centre**

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**Stretch, Balance & Build**  
Are you looking to be more flexible and build strength? Come join this weight workout routine that uses poses and positions that are fantastic for your balance as well. This is a combination of strength and yoga inspired moves that will take you to a relaxed and strong place. Class ends with a 20-minute focus on progressive stretches and relaxation. This is for intermediate to advanced levels, and participants need to be able to do mat/ floor work.  
**Instructor: Tara McNeil, The Shape You’re In**  
- **Thu, Sep 12-26** 9:30-10:20 am $21/3 21081  
- **Thu, Oct 3-31** 9:30-10:20 am $35/5 21082  
- ** Thu, Nov 7-28** 9:30-10:20 am $28/4 21088  
- **Thu, Dec 5-29** 9:30-10:20 am $21/3 21084  
- **Thu, Jan 9-30** 9:30-10:20 am $28/4 21085  
- **Thu, Feb 6-27** 9:30-10:20 am $28/4 21086  
- **Thu, Mar 5-26** 9:30-10:20 am $28/4 21087  

**Oliver Woods Community Centre**

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**TUESDAY’S SPECIAL OFFER**  
**NEW!**  
**AGING BACKWARDS Essentrics®**  
**Tuesdays at 9 am**  
**Thursdays at 9 am & 10:30 am**  
**Oliver Woods Community Centre (6000 Oliver Rd)**

**EASY CHAIR YOGA For Strength & Balance**  
**Tuesdays at 10:30 am**  
**Oliver Woods Community Centre (6000 Oliver Rd)**

**TO REGISTER:**  
Contact NADIA SOUFAN (Certified Essentrics Instructor)  
250-740-1470 • nsoufan@msn.com • www.Essentrics.com

**TURN YOUR PASSION INTO A CAREER — GET CERTIFIED**

**200-hour YOGA TEACHER TRAINING**  
Recognized by Yoga Alliance  
**Become a Certified Yoga Instructor by Summer!**  
An 8-weekend program starting in April 2020  
Early bird $2,200 + GST before Jan 1, 2020  
Regular price $2,550 + GST

**canskipro Certification**  
Get certified as a canskipro Fitness Instructor and/or Personal Trainer!  
**CIRCUS ARTS LEADER**  
Become a Certified Circus Arts Leader in ONE DAY!  
For more information and registration:  
www.choose2be.ca  
info@choose2be.ca  
Ph. 250-591-8524

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**60+ Fitness Programs**

*See page 74.*
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.

<table>
<thead>
<tr>
<th>Date Range</th>
<th>Time</th>
<th>Fee</th>
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<tr>
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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. This program is subsidized by the MS Society.

<table>
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<th>Date Range</th>
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<tr>
<td>Nanaimo Aquatic Centre Weight Room</td>
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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.

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Baby & Me Fitness
Come check out this mom and babe fitness class.
Wear your baby while you squat and lunge with an extra emphasis on building core strength. Please bring a baby carrier.

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

<table>
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<th>Date Range</th>
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Zumba Gold (in Chair)
Enjoy a lower-intensity Zumba workout while seated in a chair. Zumba is a Latin and international inspired dance-fitness class with easy-to-follow choreography that focuses on balance, range of motion and coordination.

<table>
<thead>
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<th>Fee</th>
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<td>Wed, Mar 4-25</td>
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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.

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<th>Date Range</th>
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<td>Mon, Mar 2-23</td>
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Instructor: Lorena Gonzalez Buetler

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.

<table>
<thead>
<tr>
<th>Date</th>
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<td>Mar 14</td>
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Walk with the Doc
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.

Instructor: Angel Jones

**TUESDAY MORNING**

Tue, Sep 10-24 10:45-11:45 am $20/3 20290
Tue, Oct 1-29 10:45-11:45 am $33/5 20294
Tue, Nov 5-26 10:45-11:45 am $26/4 20292
Tue, Dec 3-17 10:45-11:45 am $20/3 20293
Tue, Jan 7-Feb 18 10:45-11:45 am $26/4 20296
Tue, Feb 25-Mar 31 10:45-11:45 am $26/4 20296

Instructor: Lorena Gonzales Beutler

**MONDAY EVENING**

Mon, Sep 9-30 5:30-6:30 pm $26/4 20402
Mon, Oct 7-28 5:30-6:30 pm $20/3 20403
Mon, Nov 4-25 5:30-6:30 pm $20/3 20404
Mon, Dec 2-16 5:30-6:30 pm $20/3 20405
Mon, Jan 3-24 5:30-6:30 pm $26/4 20406
Mon, Feb 3-27 5:30-6:30 pm $20/3 20407
Mon, Mar 2-30 5:30-6:30 pm $33/5 20408

Oliver Woods Community Centre

**THURSDAY MORNING**

Thu, Sep 12-26 9:15-10:15 am $20/3 20298
Thu, Oct 3-31 9:15-10:15 am $33/5 20299
Thu, Nov 7-28 9:15-10:15 am $26/4 20300
Thu, Dec 5-19 9:15-10:15 am $26/4 20302
Thu, Jan 9-Feb 13 9:15-10:15 am $20/3 20301
Thu, Feb 6-27 9:15-10:15 am $26/4 20303
Thu, Mar 2-30 9:15-10:15 am $26/4 20305

Instructor: Nadia Soufan

**NEW!**

**Easy Flow & Energy Yoga**

Finally, ladies, this style of yoga is for you to build your strength, balance and flexibility by moving gracefully with easy dynamic sequence of postures that synchronizes your breath with movement. It will also relieve pain, reduce stress and keep you calm and energized for the whole day. No experience is required.

Instructor: Nadia Soufan

Wed, Sep 11-Oct 30 9-10 am $64/8 23922
Wed, Nov 6-Dec 18 9-10 am $56/7 23923
Wed, Jan 8-Feb 12 9-10 am $48/6 23924
Wed, Feb 19-Mar 25 9-10 am $48/6 23925

Oliver Woods Community Centre

**Restorative Yoga**

This yoga is a relaxing style intended to be healing, nurturing and help to relieve stress. We will hold poses for a longer period of time so that your muscles are allowed to relax deeply.

Instructor: Heather Honey

Tue, Sep 10-Oct 29 5:40-6:40 pm $64/8 21176
Tue, Nov 5-Dec 17 5:40-6:40 pm $56/7 21177
Tue, Jan 7-Feb 18 5:40-6:40 pm $56/7 21178
Tue, Feb 25-Mar 31 5:40-6:40 pm $48/6 21179

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, Sep 10-Oct 29 6:50-7:50 pm $64/8 21185
Tue, Nov 5-Dec 17 6:50-7:50 pm $56/7 21188
Tue, Jan 7-Feb 18 6:50-7:50 pm $56/7 21190
Tue, Feb 25-Mar 31 6:50-7:50 pm $48/6 21191

Oliver Woods Community Centre
**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. Please note that drop-in is not permitted on Saturdays.

Instructor: Heather Honey

**MONDAY EVENINGS**

- **Nanaimo Aquatic Centre**
  - Tue, Feb 18-Mar 24 5:30-6:30 pm  $48/6 22194
  - Tue, Jan 7-Feb 11 5:30-6:30 pm  $48/6 22192
  - Tue, Nov 5-Dec 17 5:30-6:30 pm  $56/7 22193
  - Tue, Oct 1-29 5:30-6:30 pm  $40/5 22191

Instructor: Karen Shortt

**FRIDAY MORNINGS**

- **Beban Park Social Centre**
  - Wed, Feb 19-Mar 25 9-10 am  $48/6 22320

Instructor: Laurah-Lee Christie

**SUNDAY MORNINGS**

- **Rotary Field House (850 Third St)**
  - Sat, Feb 22-Mar 28 8:50-9:50 am  $48/6 21146

Instructor: Jane Bockman

**SATURDAY EVENINGS**

- **Rotary Field House (850 Third St)**
  - Wed, Feb 24-Mar 30 7-8 pm  $48/6 22322

Instructor: Laurah-Lee Christie

**Intro to Vinyasa**

Vinyasa can also be called flow because of the smooth way that poses run together. This introductory class will focus on the basic movements and work on the foundation of yoga's classical flow from one pose to another.

Instructor: Karen Shortt

**NEW!**

**Hatha Yoga Stretch**

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

- **Nanaimo Aquatic Centre**
  - Thu, Sep 12-Oct 31 10:30-11:30 am  $64/8 21104
  - Thu, Nov 7-Dec 19 10:30-11:30 am  $64/8 21109
  - Thu, Jan 9-Feb 13 10:30-11:30 am  $64/8 21110

- **Beban Park Social Centre**
  - Wed, Feb 19-Mar 25 9-10 am  $48/6 22077

**Relax & Renew Yoga**

Learn the basic yoga poses (asanas) taught in Hatha yoga style. Each class focuses on alignment, posture and movement, and will work on the introduction of inversions. Please wear comfortable clothing, and bare feet are preferred. Please bring a water bottle and blanket for the relaxation period.

Instructor: Laurah-Lee Christie

**NEW!**

**Open Your Heart Yoga**

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

Instructor: Natalie DeBenedictis

**NEW!**

**Classical Yoga 2**

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

Instructor: Karen Shortt

**NEW!**

**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

**NEW!**

**Nanaimo Aquatic Centre**

**Yoga for Strength**

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

**NEW!**

**Relax & Renew Yoga**

Learn the basic yoga poses (asanas) taught in Hatha yoga style. Each class focuses on alignment, balance, strength, flexibility and breathing exercises concluding with a short relaxation and meditation period. Please wear comfortable clothing, and bare feet are preferred. Please bring a water bottle and blanket for the relaxation period.

Instructor: Laurah-Lee Christie

**NEW!**

**Open Your Heart Yoga**

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

Instructor: Natalie DeBenedictis

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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

- **Nanaimo Aquatic Centre**
  - Thu, Sep 12-Oct 31 10:30-11:30 am  $64/8 21104
  - Thu, Nov 7-Dec 19 10:30-11:30 am  $64/8 21109
  - Thu, Jan 9-Feb 13 10:30-11:30 am  $64/8 21110

- **Beban Park Social Centre**
  - Wed, Feb 19-Mar 25 9-10 am  $48/6 22077
Brain Strong Yoga & Meditation

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
Mon, Sep 9-Nov 4  10:30 am-12 pm  $64/8  22051
Mon, Nov 18-Dec 16  10:30 am-12 pm  $40/5  22052
Mon, Jan 6-Feb 10  10:30 am-12 pm  $48/6  22053
Mon, Feb 24-Mar 23  10:30 am-12 pm  $40/5  22054

Rotary Field House (850 Third St)

Men’s Yoga

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, Sep 10-Oct 29  5:30-6:30 pm  $64/8  21125
Tue, Nov 5-Dec 17  5:30-6:30 pm  $56/7  21129
Tue, Jan 7-Feb 18  5:30-6:30 pm  $56/7  21126
Tue, Feb 25-Mar 31  5:30-6:30 pm  $48/6  21127

Oliver Woods Community Centre

Yogalates

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

Instructor: Gypsy Hart
Thu, Sep 12-Oct 31  5:15-6:15 pm  $64/8  21130
Thu, Nov 7-Dec 19  5:15-6:15 pm  $56/7  21131
Thu, Jan 9-Feb 13  5:15-6:15 pm  $48/6  21133
Thu, Feb 20-Mar 26  5:15-6:15 pm  $48/6  21134

Oliver Woods Community Centre

Pilates

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

Instructor: Jane Bockman
Thu, Sep 12-Oct 31  6:30-7:30 pm  $64/8  21149
Thu, Nov 7-Dec 19  6:30-7:30 pm  $56/7  21157
Thu, Jan 9-Feb 13  6:30-7:30 pm  $48/6  21158
Thu, Feb 20-Mar 26  6:30-7:30 pm  $48/6  21161

Oliver Woods Community Centre

Restorative Mat Pilates

This class will strengthen, align and restore your whole body and mind while combining the fundamentals of pilates with yoga mindfulness. We will focus on calming breath work and guided relaxation. You will leave an improved sense of well being, toned muscles and flexibility. This class is open to all abilities.

Instructor: Jane Bockman
Wed, Sep 11-Oct 30  11:30 am-12:30 pm  $64/8  21329
Wed, Nov 6-Dec 18  11:30 am-12:30 pm  $56/7  21330
Wed, Jan 8-Feb 12  11:30 am-12:30 pm  $48/6  21332
Wed, Feb 19-Mar 25  11:30 am-12:30 pm  $48/6  21333

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 balance. Pilates increases your awareness of alignment and breath while creating greater flexibility in your joints and muscles. Modifications for all levels will be offered. Pilates is a great compliment to your existing classes, as it helps a wide range of individuals at all stages of life. It is a low impact, strengthening series of exercises that is easily adaptable for all levels and ages.

Instructor: Jane Bockman
Wed, Sep 11-Oct 30  11:30 am-12:30 pm  $64/8  21149
Wed, Nov 7-Dec 19  11:30 am-12:30 pm  $56/7  21157
Wed, Jan 9-Feb 13  11:30 am-12:30 pm  $48/6  21158
Wed, Feb 20-Mar 26  11:30 am-12:30 pm  $48/6  21161

Oliver Woods Community Centre

WANTED...

People with special skills and talents that like to teach!

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

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

GIFT CARDS

Give the Gift of RECREATION!

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

GIFT CARD

City of Nanaimo
Recreation Services
250.756.5200
www.recreation.nanaimo.ca
parksandrecreation@nanaimo.ca

DROP-IN

Look for this symbol for drop-in program options.

See page 52 for details.
Language

French - Beginner 1
You will learn essential phrases and vocabulary while learning how to read, write and speak. Improve your accent with the help from our expert instructor, and practice what you learn with other students.
Instructor: Nanaimo Language Centre Staff
Tue, Sep 17-Nov 5 5:30-7 pm $154/8 29490
Tue, Jan 21-Mar 10 5:30-7 pm $154/8 29492
Nanaimo Language Centre (Nanaimo North Town Centre)

French - Beginner 2
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 will be plenty of examples and explanations to illustrate how the language works to help build your confidence.
Instructor: Nanaimo Language Centre Staff
Tue, Sep 17-Nov 5 7:15-8:45 pm $154/8 29498
Tue, Jan 21-Mar 10 7:15-8:45 pm $154/8 29499
Nanaimo Language Centre (Nanaimo North Town Centre)

Beginner’s Chinese - Continuation
Join our instructor as she takes you on a cultural journey to China with language 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 MacIlquham
Tue, Oct 1-29 6:30-7:30 pm $45/5 23018
Beban Park Social Centre

Conversation Chinese
This course is designed for those who already have some knowledge of basic Chinese or those who have finished the beginner course. We will provide different scenes for you and your partner to role-play and practice the dialogues in Chinese.
Instructor: Swan MacIlquham
Tue, Nov 5-Dec 10 6:30-7:30 pm $45/5 23045
Beban Park Social Centre

Spanish - Beginner
Learn vocabulary, grammar, speaking skills and practical dialogue. Participants with no knowledge of Spanish should feel comfortable at this level.
Instructor: Martha Fortin
Tue, Sep 24-Nov 12 5:30-7:30 pm $120/8 23527
Wed, Sep 25-Nov 13 7-9 pm $120/8 23528
Thu, Sep 26-Nov 14 5-7 pm $120/8 23529
Tue, Jan 28-Mar 17 5:30-7:30 pm $120/8 23530
Wed, Jan 29-Mar 18 7-9 pm $120/8 23531
Thu, Jan 30-Mar 19 5-7 pm $120/8 23532
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, Sep 24-Nov 12 7:30-9 pm $99/8 23544
Tue, Jan 28-Mar 17 7:30-9 pm $99/8 23545
Bowen Park Complex

Spanish Intermediate for Travelers
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.
Instructor: Martha Fortin
Wed, Sep 25-Nov 13 5:30-7 pm $99/8 23546
Wed, Jan 29-Mar 18 5:30-7 pm $99/8 23547
Bowen Park Complex

Spanish Conversation
This course will emphasize listening and conversational skills. Participants should have prior experience with a beginner and intermediate level.
Instructor: Martha Fortin
Thu, Sep 26-Nov 14 7-8:30 pm $99/8 23549
Thu, Jan 30-Mar 19 7-8:30 pm $99/8 23551
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 Conversation Plus
This is an intermediate to advanced level course designed to improve communication and listening skills in our active and friendly environment.
Instructor: Martha Fortin
Thu, Sep 26 – Nov 14 7:30 pm - 8:30 pm $120/8 23552
Thu, Jan 30 – Mar 19 10:30 am - 12:30 pm $120/8 23553
Bowen Park Complex

Spanish at Beban Park
Learn vocabulary and practical dialogue for everyday life and travel in Spanish-speaking countries. You will have a chance to experience and practice the language in a friendly atmosphere.
Instructor: Martha Fortin
LEVEL 1
Thu, Sep 26 – Nov 14 7:30 pm - 8:30 pm $120/8 23552
Thu, Jan 30 – Mar 19 10:30 am - 12:30 pm $120/8 23553
LEVEL 2
Thu, Sep 26 – Nov 14 12:30 pm - 2:30 pm $99/8 23573
Thu, Jan 30 – Mar 19 12:30 pm - 2:30 pm $99/8 23576
Beban Park Social Centre

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
LEVEL 1
Wed, Sep 25 – Nov 13 10:30 am - 12:30 pm $120/8 23571
Wed, Jan 29 – Mar 18 10:30 am - 12:30 pm $120/8 23572
LEVEL 2
Wed, Sep 25 – Nov 13 12:30 pm - 2:30 pm $99/8 23573
Wed, Jan 29 – Mar 18 12:30 pm - 2:30 pm $99/8 23576
Beban Park Social Centre

Spanish on Saturday
This is an intense conversational course. Our instructor is a native Spanish speaker who will help you develop fluency as quickly as possible by using conversational exercises, games and films. Our small group size will give you a rewarding experience.
Instructor: Martha Fortin
LEVEL 1
Sat, Sep 28 – Nov 16 10:30 am - 12:30 pm $120/8 23558
Sat, Feb 1 – Mar 21 10:30 am - 12:30 pm $120/8 23559
LEVEL 2
Sat, Sep 28 – Nov 16 1-3 pm $120/8 23560
Sat, Feb 1 – Mar 21 1-3 pm $120/8 23561
Bowen Park Complex

Take a Moment
CITY OF NANAIMO
recreation.nanaimo.ca
parksandrecreation@nanaimo.ca
250.756.5200

Spanish at Beban Park
Learn vocabulary and practical dialogue for everyday life and travel in Spanish-speaking countries. You will have a chance to experience and practice the language in a friendly atmosphere.
Instructor: Martha Fortin
LEVEL 1
Thu, Sep 26 – Nov 14 7:30 pm - 8:30 pm $120/8 23552
Thu, Jan 30 – Mar 19 10:30 am - 12:30 pm $120/8 23553
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Beban Park Social Centre

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Instructor: Martha Fortin
LEVEL 1
Sat, Sep 28 – Nov 16 10:30 am - 12:30 pm $120/8 23558
Sat, Feb 1 – Mar 21 10:30 am - 12:30 pm $120/8 23559
LEVEL 2
Sat, Sep 28 – Nov 16 1-3 pm $120/8 23560
Sat, Feb 1 – Mar 21 1-3 pm $120/8 23561
Bowen Park Complex

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!

ONLINE PUBLIC DROP-IN SCHEDULES

Rotary Club of Nanaimo
Rotary Club of Nanaimo North
Rotary Club of Lantzville
Rotary Club of Nanaimo Daybreak
Rotary Club of Nanaimo Oceanside
Rotaract Club of Nanaimo (18yrs - 30)
Interact Club of Nanaimo (high school)

Visit www.rotaryinnanaimo.com for details

VANCOUVER ISLAND MILITARY MUSEUM
Canadian Military History
Celebrating Canadian Military History and honouring the service of our armed forces, RCMP and Merchant Navy past and present.

Come See, Come Learn, Come Experience History
100 Cameron Rd, Downtown Nanaimo (next to the Port Theatre)
10am-3pm, Monday-Friday
11am-3pm, Saturday
CLOSED, Sunday & Stat Holidays
250-753-3814 | www.vimms.ca
Music

“When words fail, music speaks.” (Hans Christian Andersen)

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, Sep 3-24 9-9:45 am $65/4 23804
Tue, Sep 3-24 10-10:45 am $65/4 23805
Tue, Sep 3-24 11-11:45 am $65/4 23795
Tue, Oct 1-22 9-9:45 am $65/4 23806
Tue, Oct 1-22 10-10:45 am $65/4 23807

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
Thu, Sep 12-Oct 3 10:15-11 am $65/4 23797
Thu, Oct 10-31 10:15-11 am $65/4 23801
Thu, Jan 9-30 10:15-11 am $65/4 23802
Thu, Feb 6-27 10:15-11 am $65/4 23803

Nanaimo Conservatory of Music (375 Selby St)

Cello- Private Lessons
NEW!
10 Years to Adult
Learn what an extraordinary instrument the cello is by combining mental and physical exercises in a structured way. You will be strengthening your memory, reading and math comprehension in a melodic way with these four, 30-minute lessons. Please bring your own cello or rent one from the Conservatory of Music.

Instructor: Brendan Millbank
Wed, Sep 4-25 5:30-6 pm $120/4 23812
Wed, Sep 4-25 6:30-7 pm $120/4 23814
Wed, Sep 4-25 7:30-8 pm $120/4 23816
Thu, Sep 5-26 5:30-6 pm $120/4 24044
Thu, Sep 5-26 6:30-7 pm $120/4 24046
Thu, Sep 5-26 7:30-8 pm $120/4 24048
Wed, Oct 2-23 5:30-6 pm $120/4 23819
Wed, Oct 2-23 6:30-7 pm $120/4 23821
Wed, Oct 2-23 7:30-8 pm $120/4 23823
Thu, Oct 3-24 5:30-6 pm $120/4 24051
Thu, Oct 3-24 6:30-7 pm $120/4 24053
Thu, Oct 3-24 7:30-8 pm $120/4 24055
Wed, Nov 6-27 5:30-6 pm $120/4 23824
Wed, Nov 6-27 6:30-7 pm $120/4 23826
Wed, Nov 6-27 7:30-8 pm $120/4 23828
Thu, Nov 7-28 5:30-6 pm $120/4 24057
Thu, Nov 7-28 6:30-7 pm $120/4 24062
Thu, Nov 7-28 7:30-8 pm $120/4 24064

Thu, Jan 9-30 5:30-6 pm $120/4 24065
Thu, Jan 9-30 6:30-7 pm $120/4 24068
Thu, Jan 9-30 7:30-8 pm $120/4 24069

Wed, Feb 5-26 5:30-6 pm $120/4 23837
Wed, Feb 5-26 6:30-7 pm $120/4 23839
Wed, Feb 5-26 7:30-8 pm $120/4 23841
Wed, Feb 5-26 7:30-8 pm $120/4 23842
Thu, Feb 6-27 5:30-6 pm $120/4 24070
Thu, Feb 6-27 6:30-7 pm $120/4 24073
Thu, Feb 6-27 7:30-8 pm $120/4 24074

Nanaimo Conservatory of Music (375 Selby St)
**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 (29158) or Saturday (29281) list. Individuals will be called in order if space opens.

_Instructor: A. Margarita Hillers_

Tue, Sep 3-24 3:30-4 pm $78/4 29153
Tue, Sep 3-24 4:4-30 pm $78/4 29156
Tue, Sep 3-24 4:30-5 pm $78/4 29161
Tue, Sep 3-24 5-5:30 pm $78/4 29162
Tue, Sep 3-24 5:30-6 pm $78/4 29165
Tue, Sep 3-24 6-6:30 pm $78/4 29166
Sat, Sep 7-28 9:30-10 am $78/4 29282
Sat, Sep 7-28 10:10-30 am $78/4 29283
Sat, Sep 7-28 10:30-11 am $78/4 29285
Sat, Sep 7-28 11-11:30 am $78/4 29286
Sat, Sep 7-28 11:30 am-12 pm $78/4 29287
Sat, Sep 7-28 12-12:30 pm $78/4 29288

Tue, Oct 1-22 3:30-4 pm $78/4 29167
Tue, Oct 1-22 4:4-30 pm $78/4 29168
Tue, Oct 1-22 4:30-5 pm $78/4 29170
Tue, Oct 1-22 5-5:30 pm $78/4 29171
Tue, Oct 1-22 5:30-6 pm $78/4 29177
Tue, Oct 1-22 6-6:30 pm $78/4 29178
Sat, Oct 5-26 9:30-10 am $78/4 29289
Sat, Oct 5-26 10:10-30 am $78/4 29290
Sat, Oct 5-26 10:30-11 am $78/4 29291
Sat, Oct 5-26 11-11:30 am $78/4 29292
Sat, Oct 5-26 11:30 am-12 pm $78/4 29293
Sat, Oct 5-26 12-12:30 pm $78/4 29294

Tue, Oct 29-Nov 19 3:30-4 pm $78/4 29235
Tue, Oct 29-Nov 19 4:4-30 pm $78/4 29238
Tue, Oct 29-Nov 19 4:30-5 pm $78/4 29240
Tue, Oct 29-Nov 19 5-5:30 pm $78/4 29241
Tue, Oct 29-Nov 19 5:30-6 pm $78/4 29242
Tue, Oct 29-Nov 19 6-6:30 pm $78/4 29243
Sat, Nov 2-23 9:30-10 am $78/4 29296
Sat, Nov 2-23 10:10-30 am $78/4 29298
Sat, Nov 2-23 10:30-11 am $78/4 29299
Sat, Nov 2-23 11-11:30 am $78/4 29300
Sat, Nov 2-23 11:30 am-12 pm $78/4 29303
Sat, Nov 2-23 12-12:30 pm $78/4 29308

Sat, Nov 26-Dec 17 3:30-4 pm $78/4 29252
Sat, Nov 26-Dec 17 4:4-30 pm $78/4 29253
Sat, Nov 26-Dec 17 4:30-5 pm $78/4 29255
Sat, Nov 26-Dec 17 5-5:30 pm $78/4 29256
Sat, Nov 26-Dec 17 5:30-6 pm $78/4 29257
Sat, Nov 26-Dec 17 6-6:30 pm $78/4 29258
Sat, Jan 7-28 3:30-4 pm $78/4 29259
Sat, Jan 7-28 4-4:30 pm $78/4 29260
Sat, Jan 7-28 4:30-5 pm $78/4 29262
Sat, Jan 7-28 5-5:30 pm $78/4 29263
Sat, Jan 7-28 5:30-6 pm $78/4 29264
Sat, Jan 7-28 6-6:30 pm $78/4 29265

**Bowen Park Complex**

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 250-755-7501.
**Guitar - Private Lessons**

**10 Years to Adult**

Learn to play the guitar in a fun and comfortable setting. Players can work on tuning, 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 (19629) or Wednesday (19631) list. Individuals will be called in order if space opens.

**Instructor:** Colin Foster

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**Bowen Park Complex**

**Holiday Music for Guitar**

**10+ Years**

Ideal for youth and adults with less than two years of experience. This small group format makes learning holiday music fun! Please bring your guitar and tuner.

**Instructor:** Dave Hart

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**Oliver Woods Community Centre**

See page 104 for details.
Preserving the Bounty  
Offered by the Gleaning Program, this short class will focus on various preserving methods. Topics will include jams, pickles, boiling water bath canning and dehydration. Produce will be supplied by the Gleaning Program.
Instructor: Connie Kuramoto
Sat, Sep 28  10 am-1 pm  $15/1  25510
Nanaimo Foodshare (271 Pine St)

Basic Fruit Tree Pruning 
Back by popular demand, our expert pruner will show you how to care for young and old fruit trees and grapevines in your yard. This is the workshop to attend to get hands-on learning on basic pruning techniques. Bring your pruners, a camera or notebook and questions for this workshop.
Instructor: Scott Wiskeri
Sat, Nov 16  10 am-12 pm  $15/1  25523
Pine Street Community Garden (271 Pine St)

Advanced Fruit Tree Pruning
For those who have some experience or have taken an earlier workshop, our expert pruner will show you how to tackle more difficult situations with hands-on learning. This workshop will cover pest control and dormant oil spraying.
Instructor: Scott Wiskeri
Sat, Feb 15  10 am-2 pm  $20/1  25524
Pine Street Community Garden (271 Pine St)

Heavenly Herbs  
Taste, touch and smell a wonderful variety of delicious and beautiful culinary and medicinal herbs. Herbs are tasty, drought tolerant, deer resistant and will attract beneficial insects to your garden. Tour an established herb garden while learning about growing, harvesting and making herbal tea blends. You will go home with a nice variety of favourite herbs to start your own herb/tea garden.
Instructor: Priscilla Brewer
Sat, Sep 21  10 am-12 pm  $39/1  29540
Fern & Feather Studio & Garden (3920 Yellowpoint Rd)

Autumn Forest Bathing
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 creativity. Come and soak in some autumn forest colours.
Instructor: Priscilla Brewer
Sat, Oct 5  10 am-12 pm  $24/1  29542
Fern & Feather Studio & Garden (3920 Yellowpoint Rd)

Preserving the Bounty  NEW!
Offered by the Gleaning Program, this short class will focus on various preserving methods. Topics will include jams, pickles, boiling water bath canning and dehydration. Produce will be supplied by the Gleaning Program.
Instructor: Connie Kuramoto
Sat, Sep 28  10 am-1 pm  $15/1  25510
Nanaimo Foodshare (271 Pine St)

Building Soil
If you want to garden on Vancouver Island, you will need to learn how to build your soil. Learn some easy ways to build soil in a sustainable way and about the microbes that can assist you in having the best garden ever. Soil is the foundation of a garden, and this class can help you mitigate dry, clay or sandy soils.
Instructor: Connie Kuramoto
Sat, Oct 26  10 am-12 pm  $15/1  25521
Beban Park Community Garden

The Lazy Gardener
Feel like gardening is too much effort or you lack the time to spend in the garden? Join us for this fun and informative workshop to teach you how to work less and enjoy your garden more.
Instructor: Connie Kuramoto
Sat, Nov 2  10 am-12 pm  $15/1  25522
Nanaimo Foodshare (271 Pine St)

Heavenly Herbs  NEW!
Taste, touch and smell a wonderful variety of delicious and beautiful culinary and medicinal herbs. Herbs are tasty, drought tolerant, deer resistant and will attract beneficial insects to your garden. Tour an established herb garden while learning about growing, harvesting and making herbal tea blends. You will go home with a nice variety of favourite herbs to start your own herb/tea garden.
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Instructor: Connie Kuramoto
Sat, Nov 2  10 am-12 pm  $15/1  25522
Nanaimo Foodshare (271 Pine St)
Natural Landscaping for Climate Change
Discover a new approach to landscaping. Wild and natural landscapes are relaxed and care free, biodiverse, drought tolerant and more resilient to climate change. Learn how to garden with native and low maintenance plants and how to incorporate natural design features to create beautiful, yet functional, outdoor living spaces. You will go home with a small selection of wild/native plants.
Instructor: Priscilla Brewer
Sat, Oct 19 10 am-12 pm $39/1 29538
Fern & Feather Studio & Garden (3920 Yellowpoint Rd)

Wild & Natural Winter Woodland Wreaths
Let nature provide the inspiration for some environmentally-friendly holiday decorating! We will tour a beautiful winter woodland garden and then warm up with a hot drink in the studio where we will arrange foliage, twigs and berries into unique and gorgeous, 100% compostable woodland wreaths to take home.
Instructor: Priscilla Brewer
Sat, Nov 23 10 am-12 pm $39/1 29537
Fern & Feather Studio & Garden (3920 Yellowpoint Rd)

Stocking Stuffer Skincare
Create luxurious and high quality products using nourishing organic butters, organic oils and botanical extracts without the high cost, and they make great stocking stuffers! Make and take home a papaya sugar scrub exfoliant, a detoxifying sea mud mask, a body butter, a vanilla cream milk bath, tub fizzers and a purse-sized aromatherapy roll-on! Please bring $28 to class (payable to the instructor) to cover supplies.
Instructor: Cheryl Theilade, Sentimental Creations
Sun, Dec 1 9 am-12 pm $40/1 29715
Bowen Park Complex

Pure & Simple Soap Making
Good, clean fun...and just in time for Christmas giving! From pre-blended vegan bases, learn the basics of cold process soap making from scratch, and explore how different ingredients and methods can be used to create various other soaps. Learn about troubleshooting, history and packaging/decorating your soaps. Leave with a bar of soap and recipes for a gourmet garden bar, pet soap, laundry soap and herbal shampoo. Please bring $25 to class (payable to the instructor) to cover supplies.
Instructor: Cheryl Theilade, Sentimental Creations
Sat, Nov 30 10 am-12:30 pm $40/1 29711
Bowen Park Complex

Creams, Lotions & Hair Creations
Make your own moisturizing creams and lotions! They are fun to make, affordable and make great gifts. The beauty of making your own products is knowing exactly what ingredients are being used and combining in recipes that address your skin type and/or skin problem. Take home a vitamin packed cream, an aloe vera moisturizer, rejuvenating facial oil and an herbal shampoo. Please bring $25 to class (payable to the instructor) to cover supplies.
Instructor: Cheryl Theilade, Sentimental Creations
Sat, Nov 30 1-3:30 pm $40/1 29713
Bowen Park Complex

Herbal Remedies for Colds & Flu
Learn how to use herbs to treat colds and flu safely and effectively. Topics to be discussed include preventative measures, simple kitchen remedies you can make at home and strategies for dealing with symptoms for coughs, congestion, sore throats and fevers. We will make herbal tea blends and an anti-viral, immune-enhancing syrup for you to take home. Come dressed to go for an outdoor herb walk. All materials are supplied.
Instructor: Elizabeth Herman
Sun, Sep 22 12-4 pm $40/1 20704
Bowen Park Complex

Herbal Cosmetics for Natural Beauty
Explore the various ways in which herbs and a few simple ingredients can be used to make natural, chemical-free cosmetics. In this hands-on class, we will make lip balm, moisturizing skin cream and a body scrub. Discover how herbs can be taken internally to bring radiance to your skin, nails and hair. Leave with unique gift ideas. All materials will be provided.
Instructor: Elizabeth Herman
Sun, Dec 1 12-4 pm $40/1 20703
Bowen Park Complex

Complete Guide to Digital Photography
Learn how to use all the functions, settings and tools on aDSLR or point and shoot camera. A detailed powerpoint program will assist you in learning both the creative and technical aspects of photography.
Instructor: Randy O’Donnell, MPA F/PPABC
Wed, Sep 11-Oct 2 6:30-8:30 pm $60/4 21646
Wed, Jan 8-29 6:30-8:30 pm $60/4 21647
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 will also explore some creative techniques used by top photographers and demonstrate some useful and free software.
Instructor: Randy O’Donnell, MPA F/PPABC
Tue, Sep 10-Oct 1 6:30-8:30 pm $60/4 23513
Tue, Jan 7-28 6:30-8:30 pm $60/4 23514
Beban Park Social Centre


Creating the Scene
Do you love to act? This 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, Sep 28-Oct 5 12:30-3:30 pm $50/2 23027
Beban Park Social Centre

How to Get Your Book Published
If you have finished writing your book, the next step is getting it published. You will learn how to find a publisher, craft a query, write a proposal and what an agent does. Suzanne Anderson is the co-owner of Half Acre Publishing and the author of three books.
Instructor: Suzanne Anderson
Sun, Oct 6 9-3 pm $80/1 22982
Beban Park Social Centre

Chado Tea Ceremony
This workshop introduces participants to Chado (the way of tea). Chado, or Tea Ceremony, is an iconic tradition within the Japanese culture. Chado is based on a zen philosophy. Come and experience the spirit and tastes of Japanese culture.
Instructor: Naomi Satu
Mon, Feb 10 4-5:30 pm $25/1 29846
Bown Park Complex

POW! Intro to Making Comics

12+ Years
Welcome to the art of making comics! Learn the basics of drawing comic book characters... from cartoony to heroic and from goofy to action-packed! You will learn techniques on figure proportion, facial expressions, action and movement, as well as location and perspective drawing techniques. No previous drawing experience is required. Please bring your own drawing supplies for this class.
Instructor: Emily Bourke
Thu, Oct 3-24 7-9 pm $75/4 29734
Beban Social Centre

WHAM! Intermediate Comics

12+ Years
You will learn how to develop ideas for a comic, create a script and illustrate a comic page, including panel and talk-bubble layout. The introductory class (POW!) is not a prerequisite for this course. You only need a passion for drawing characters and a desire to start creating a story around those characters.
Instructor: Emily Bourke
Thu, Feb 13-Mar 5 7-9 pm $75/4 29735
Beban Social Centre

Intro to Dog Parkour & Urban Agility
This is a great sport to boost confidence, build strength and enhance your relationships 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, Sep 10-Oct 1 5-6 pm $100/4 29638
Meet at the entrance to Beban Participark

Principles of Healthy Childhood Development

16+ Years
This training will help frontline leaders (anyone working with children aged 6 to 12 – i.e. camp counsellor, coaches, swim instructors) improve the quality of programs. It provides in-depth training in the HIGH FIVE Principles of healthy child development so frontline leaders understand what they need to do to ensure each child’s social, emotional and cognitive needs are met. Topics include bullying, conflict resolution, physical literacy, children’s mental health and moderate to vigorous physical activity.
Sat, Nov 2 8:30 am-4:30 pm $100/1 29767
Beban Social Centre

Mental Health

16+ Years
This training was developed in collaboration with Canadian Mental Health Association and will help anyone running children’s programs be more informed and prepared to support their staff in promoting positive mental health in children. Participants will learn the impact of stress and environment on a child’s ability to cope. This training will provide tools to use with staff to help improve their understanding and interactions with children who face challenges in their programs.
Sat, Feb 1 8:30 am-4:30 pm $130/1 29769
Beban Social Centre

SereneTea, ImmuneTea, ClariTea: Designing Herbal Tea Blends
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. All materials will be provided.
Instructor: Elizabeth Herman
Sun, Jan 26 12-4 pm $40/1 21327
Bown Park Complex

Developing Memorable Characters

Readers fall in love with story characters. Learn about the different types of characters, how to develop them and how to make them memorable. There will be in-class exercises to develop your characters. Suzanne presents writing workshops throughout BC.
Instructor: Suzanne Anderson
Sun, Sep 29 9 am-12 pm $40/1 22989
Beban Park Social Centre

Take a MOMENT
Sports, Outdoor & Trips

**Autumn Forest Bathing**
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 creativity. Come and soak in some autumn forest colours!

Instructor: Priscilla Brewer

Sat, Oct 5  
10 am-12 pm  $24/1  29542
Fern & Feather Studio & Garden (3920 Yellowpoint Rd)

**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.

Sun, Sep 15  
1-4 pm  $40/1  29535
Coastal Expression Adventure Centre (1840 Stewart Ave)

**Nanaimo River Watershed & Water Treatment Plant Tour**
Come see the amazing journey our drinking water takes from the mountains to our homes. Enjoy an exclusive guided tour of the Nanaimo River Drinking Watershed followed by a tour of Nanaimo’s innovative Water Treatment Plant. Experts will be on hand to discuss forestry, water quality, future plans and answer questions. Don’t forget your camera!

Instructor: Mosaic, RDN & City of Nanaimo

Fri, Sep 20  
9:30 am-4 pm  $20/1  29686
Meet at Bowen Park (Wall St Parking Lot)

**Nanaimo Estuary Float by Raft**
Explore the unique flora and fauna of Vancouver Island’s largest estuary by river raft with staff from VIU’s Outdoor Recreation Program. This is a fun way to learn about the natural beauty and values of this vital ecosystem. Be prepared for a little paddling.

Sat, Sep 21  
9:30-11:30 am  $20/1  29684
Sat, Sep 21  
1-3 pm  $20/1  29685
Entrance to Living Forest Campground (6 Maki Rd)

**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/Laurah-Lee Christie

Sat, Sep 7-Oct 26  
9-10:30 am  $42/7  29646
Thu, Sep 12-Oct 24  
9-10:30 am  $42/7  29645
First class meets in Nanaimo Ice Centre Lobby

Thu, Oct 31-Dec 12  
9-10:30 am  $42/7  29647
First class meets in Beban Pool Lobby

Tue, Feb 4-Mar 17  
9-10:30 am  $42/7  30354
Thu, Feb 6-Mar 19  
9-10:30 am  $42/7  29648
First class meets in Bowen Complex Lobby

**Discover Stand Up Paddle Boarding**
Learn the skills and strokes to feel safe and confident on the water in this certification course. No experience is necessary. We provide all the gear; you provide a keen attitude and a change of clothes.

Instructor: Coastal Expression Staff

Sun, Sep 8  
1-3 pm  $48/1  30357
Sat, Sep 14  
1-3 pm  $48/1  30358
Coastal Expression Adventure Centre (1840 Stewart Ave)

**Caves & Cravens of Jessie Island**
Every time you take the ferry to Horseshoe Bay, you pass by Jessie Island. Did you know there are caves and caverns on the other side of it? During high tide you can paddle around and thru them. We may even go by a group of seals soaking up the warm sun.

Instructor: Coastal Expression Staff

Sun, Sep 8  
4-6:30 pm  $55/1  30355
Coastal Expression Adventure Centre (1840 Stewart Ave)

For info on programs, parks and trails with the Regional District of Nanaimo, see the RDN Active Living Guide or visit www.rdn.bc.ca/recreation.
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, Oct 21 7:30-9 pm $35/1 29519
Mon, Feb 10 7:30-9 pm $35/1 29521
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, Sep 11-Oct 9 5:30-6:30 pm $75/5 29676
Beban 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, Oct 17-Nov 14 6:30-8 pm $113/5 29682
Thu, Jan 16-Feb 13 6:30-8 pm $113/5 29683
INTERMEDIATE
Mon, Oct 9-Oct 27 8-9:30 pm $113/5 29677
Mon, Oct 9-Nov 11 8-9:30 pm $113/5 29678
Mon, Nov 18-Dec 6 8-9:30 pm $113/5 29679
Mon, Jan 13-Feb 10 8-9:30 pm $113/5 29680
Mon, Feb 17-Mar 16 8-9:30 pm $113/5 29681
Westwood Tennis Club (2367 Arbot Rd)

Pickleball - Beginner Clinic
Learn this great court game that uses paddles and a whiffle ball on badminton courts. Pickleball is a game that anyone can play. Come out to this clinic and learn the basic skills and rules of the game.
Sat, Sep 14 11:05 am-12:55 pm $15/1 21650
Sat, Jan 11 11:05 am-12:55 pm $15/1 21651
Oliver Woods Community Centre

Fall Back to Basics - Golf
Have you lost your swing? Working on the basics is your best chance of reclaiming what you had. A 90-minute session working on grip, stance, posture, alignment and ball position will inevitably guide you back.
Tue, Sep 10 10-11:30 am $35/1 25552
Tue, Oct 8 10-11:30 am $35/1 25553
Eaglequest Golf Course (1601 Thatcher Rd)

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, Sep 23-Oct 28 6:30-8 pm $91/7 21655
Wed, Oct 27-Nov 24 6:30-8 pm $91/7 21657
Wed, Jan 15-Mar 11 6:30-8 pm $177/9 21658
Oliver Woods Community Centre

Learn to Curl - Mini Intro
17 Years +
If you are interested in trying curling, this is your chance! Meet some of our curlers and others who are trying it for the first time. Dress warm, bring gloves and clean pair of running shoes. All equipment is provided.
Instructor: Nanaimo Curling Club Staff
Sat, Oct 5 1-3 pm $10/1 22936
Wed, Oct 9 7:30-9:30 pm $10/1 22938
Nanaimo Curling Club (106 Wall St)

Fun Curl
17 Years +
Come and try this social winter sport! Dress warm, bring gloves and clean pair of running shoes. All equipment is provided.
Instructor: Nanaimo Curling Club Staff
Wed, Oct 16-Nov 6 7:30-9:30 pm $80/4 22940
Wed, Nov 13-Dec 4 7:30-9:30 pm $80/4 22943
Nanaimo Curling Club (106 Wall St)

Learn to Curl
17 Years +
Join in this 8-week progressive program. Curling is a very social and fun winter sport! Dress warm, bring gloves and clean pair of running shoes. All equipment is provided.
Instructor: Nanaimo Curling Club Staff
Wed, Oct 16-Dec 4 7:30-9:30 pm $150/8 22941
Nanaimo Curling Club (106 Wall St)

Bicycle Maintenance for Beginners
Do you like riding bikes but 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.
Sun, Oct 20 12:30-4:30 pm $40/1 29639
Sun, Feb 16 12:30-4:30 pm $40/1 29640
Departure Bay Activity Centre (1415 Wingrove St)

Street Smarts Commuter Cycling Skills
16 Years +
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
Sat, Sep 21 10 am-2 pm $50/1 29653
Sat, Feb 16 10 am-2 pm $50/1 29654
Beban Park

Pickleball - Beginner Clinic
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Have you lost your swing? Working on the basics is your best chance of reclaiming what you had. A 90-minute session working on grip, stance, posture, alignment and ball position will inevitably guide you back.
Tue, Sep 10 10-11:30 am $35/1 25552
Tue, Oct 8 10-11:30 am $35/1 25553
Eaglequest Golf Course (1601 Thatcher Rd)
Cowichan Valley Fall Wine Tour
Ahh... for the love of wine! The Cowichan Valley is one of the fastest growing wine regions in Canada. You will visit four select vineyards for tasting and tours. Price includes all tasting fees, transportation, picnic and guide.
Instructor: Tracks Outdoor Adventure Staff
Thu, Sep 26 10 am-4 pm $105/1 25546
Meet in Beban Pool Lobby

South Island Circle Tour
Enjoy a scenic day tour on the Pacific Marine Route departing Nanaimo to Victoria, Victoria to Sooke, Sooke to Port Renfrew and Port Renfrew to Lake Cowichan. This is one of the only circle driving tours on the Island. There will be many stops for breaks and photo opportunities.
Instructor: Tracks Outdoor Adventure Staff
Sat, Nov 16 8 am-6 pm $85/1 25545
Meet in Beban Pool Lobby

Snow Shoe at Mt. Washington
If you can walk, you can snowshoe! Let’s head up to Mount Washington for fun in the snow with a moderate workout in the great outdoors. Price includes transportation to the mountain, snowshoe rental, park pass and guided trek.
Please bring lunch and snacks or money for lunch and appropriate outdoor footwear.
Instructor: Tracks Outdoor Adventure Staff
Sat, Jan 18 8:30 am-5 pm $105/1 25542
Fri, Feb 7 8:30 am-5 pm $105/1 25543
Meet in Bowen Park Lobby

Salt Spring Ganges Market
Visit Ganges Market and a stop at the Salt Spring Cheese Factory before heading home for dinner.
Instructor: Janie’s Got a Bus Tour
Sat, Sep 7 8 am-5:30 pm $89/1 24707
Meet in Bowen Park Lobby

Cowichan Valley Wine Tasting
Join us in tasting at Unsworth and Enrico Vineyards followed by a lunch at Villa Eyrie on the Malahat.
Dinner is not included in cost.
Instructor: Janie’s Got a Bus Tour
Tue, Nov 12 9 am-5 pm $85/1 24709
Meet in Bowen Park Lobby

Bamfield/Frances Barkley
We will sail down the Alberni Channel to Bamfield making stops at different camps and cottages and delivering supplies along the way. We will spend an hour in Bamfield before heading back. Pack a lunch or eat on the boat.
Instructor: Janie’s Got a Bus Tour
Mon, Oct 7 6 am-7 pm $85/1 24708
Meet in Bowen Park Lobby

Butchart Gardens Christmas Lights
Let’s go enjoy the gardens! The Christmas lights are sure to help your Christmas mood.
Instructor: Janie’s Got a Bus Tour
Mon, Dec 9 2-9 pm $79/1 24710
Meet in Bowen Park Lobby

Tofino Storm Watch Day Trip
We will spend time in Tofino where you can shop and have lunch. Then we will head to the beaches to see the waves before going to Ucluelet to the Amphitrite Point Lighthouse and the beautiful rugged coastal view of the Wild Pacific Trail. Pack a lunch. On our way home, we will stop in Port Alberni for dinner. Dinner not included in cost.
Instructor: Janie’s Got a Bus Tour
Mon, Jan 6 8 am-8 pm $79/1 24711
Meet in Bowen Park Lobby

Tsawwassen Mills Mall
You will be picked up and taken to the ferry. We will walk on and take the shuttle from the ferry to the mall. Shop and explore in the Tsawwassen Mills Mall or meet up with family and friends for a nice lunch at one of the many restaurants. Ferry fare not included in cost.
Instructor: Janie’s Got a Bus Tour
Mon, Feb 10 8:30 am-8:30 pm $25/1 24712
Meet in Bowen Park Lobby

Granville Island
Visit the Public Market and eat at one of the 47 small eateries in the food court, stop at the Granville Island Brewery for a taste of their beer or take a little pickleboat ride around False Creek. Take your lunch and sit outside to listen to the buskers and do some people watching.
Instructor: Janie’s Got a Bus Tour
Mon, Mar 23 7:45 am-7 pm $99/1 24714
Meet in Bowen Park Lobby

Please note: We require four week days withdrawal notice to receive a refund for all of our trips and tours.
**Sports & Outdoor**

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**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

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**Nanaimo Ebbtides Swim Club (19 yrs +)**

- Want to get in shape?
- Want to swim further, faster and easier?
- Want great coaches and friends to encourage you?

Register online at www.ebbtides.ca

- Swim Practices are Mon/Wed, 7:30-8:30 pm & Sat, 9:30-11 am at Nanaimo Aquatic Centre
- September swims outdoors at the Kin Pool in Bowen Park

For more information, Christina: ebbtidesprez@shaw.ca or www.ebbtides.ca

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**WHAT DID YOUR KIDS DO THIS SUMMER?**

**NANAIMO ARMY CADETS OFFERS:**

- free summer camps and transport to the camps
- adventure training (climbing, snow shoeing & expeditions)
- camping (most equipment included)
- free band education
- outdoor education
- hiking
- international travel
- parachuting

Parade nights are Tuesday nights starting, September 10, 2019 at 6:30 pm at Nanaimo Military Camp (709 Nanaimo Lakes Rd)

www.nanaimoarmycadets.ca
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. Develop awareness of Ayurvedic concepts and your unique body type. Try hands-on meal preparation designed to help balance you and your family’s health. Recipes are included.
Instructor: Joanne Cooper
Mon, Sep 23-Oct 7 5:30-8:30 pm $114/3 22921
Wed, Feb 19-Mar 4 5:30-8:30 pm $114/3 22923
Bowen Park Complex

Chado Tea Ceremony
NEW!
This workshop introduces participants to Chado (the way of tea). Chado, or Tea Ceremony, is an iconic tradition within the Japanese culture. Chado is based on a zen philosophy. Come and experience the spirit and tastes of Japanese culture.
Instructor: Naomi Satu
Mon, Feb 10 4-5:30 pm $25/1 29846
Bowen Park Complex

SereniTea, ImmuniTea, ClariTea: Designing Herbal Tea Blends
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. All materials will be provided.
Instructor: Elizabeth Herman
Sun, Jan 26 12-4 pm $40/1 21327
Bowen Park Complex

Herbal Remedies for Colds & Flu
Learn how to use herbs to treat colds and flu safely and effectively. Topics to be discussed include preventative measures, simple kitchen remedies you can make at home and strategies for dealing with symptoms for coughs, congestion, sore throats and fevers. We will make herbal tea blends and an anti-viral, immune-enhancing syrup for you to take home. Please come dressed to go for an outdoor herb walk. All materials are supplied.
Instructor: Elizabeth Herman
Sun, Sep 22 12-4 pm $40/1 20704
Bowen Park Complex

Herbal Cosmetics for Natural Beauty
Explore the various ways in which herbs and a few simple ingredients can be used to make natural, chemical-free cosmetics. In this hands-on class, we will make lip balm, moisturizing skin cream and a body scrub. Discover how herbs can be taken internally to bring radiance to your skin, nails and hair. Leave with unique gift ideas. All materials will be provided.
Instructor: Elizabeth Herman
Sun, Dec 1 12-4 pm $40/1 20703
Bowen Park Complex

Healing Mind, Body & Spirit
Learn how to measure, move and balance the energies of the mind/body complex through better management of the meridians, chakras, aura (bio-field), rhythms and radiant energies of the body. Doing so will enhance your health and sense of wellness. Our instructor is an advanced energy medicine practitioner having studied Eden Energy Medicine, Thought Field Therapy, Body Talk, Hypnosis and more.
Instructor: John Steuernol
Mon, Oct 21-Dec 9 7-9:30 pm $84/7 19573
Bowen Park Complex

Register online at recreation.nanaimo.ca  General Inquiries 250-756-5200
Peace of Mind Meditation
Feel stressed, overwhelmed or distracted? Looking for mental peace? Simple Buddhist meditation practice focuses on positive mental habits like mindfulness and compassion that lead to a deeper sense of calm and well-being.
Instructor: Gail Hill
Sat, Nov 16-30 10-11:15 am $40/3 24357
Sat, Jan 11-25 10-11:15 am $40/3 24554
Beban Park Social Centre

Tai Chi - Beginner Workshop
This half-day workshop focuses on the building blocks that form the foundations of Tai Chi, including balance, coordination and awareness. The emphasis is not the “set” but rather the principles of movement. This class is suitable for those who have minimal experience with Tai Chi, such as the 17 move mini set.
Instructor: Mid-Island Tai Chi Club
Sat, Oct 26 10 am-3 pm $20/1 24276
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 your physical health and reverse the negative effects of stress. Sometimes called a “moving meditation,” Tai Chi provides many benefits, including cultivating awareness and improving concentration.
Instructor: Mid-Island Tai Chi Club
Wed, Sep 4-Oct 23 7-8:30 pm $40/8 24271
Wed, Jan 8-Feb 26 7-8:30 pm $40/8 24272
Beban Park Social Centre

Tai Chi - Introduction Part 2
This session will present the middle third of the 108 move Yang-style Tai Chi set. Participants should have some familiarity with 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
Wed, Oct 30-Dec 18 7-8:30 pm $35/7 24273
Wed, Mar 4-Apr 15 7-8:30 pm $35/7 24274
Beban Park Social Centre

Aiki Jo Flow
Aiki Jo Flow has its roots in the applied principles of integrated and coordinated movements learned in Aikido, “The Art of Peace”. Using the formal (kata) structure of Aiki Jo (your broomstick) as the foundation, participants will learn how to coordinate breathing and movement, develop greater core strength and cardio health while reducing stress.
Instructor: Floyd Blades
Tue, Sep 17-Oct 29 6:30-8 pm $49/7 29859
Tue, Nov 5-Dec 17 6:30-8 pm $49/7 29851
Tue, Jan 21-Mar 10 6:30-8 pm $56/8 29853
Bowen Park Complex

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, Sep 30-Oct 30 7:30-9:30 pm $56/8 19564
Wed, Nov 6-Dec 18 7:30-9:30 pm $49/7 19570
Wed, Jan 8-Feb 26 7:30-9:30 pm $56/8 19572
Departure Bay Activity Centre (1415 Wingrove St)

Karate
10 + Years
Shotokan Karate is a dynamic martial art that involves the whole body. Learn blocking, punching, striking and kicking while improving strength, balance, flexibility and overall fitness. Develop greater self-confidence, focus and skills in self-defense. These safe, fun classes are for all levels.
Instructor: Mike Ciurka (6th degree black belt)
Tue, Sep 24-Nov 26 6:45-7:45 pm $70/10 29541
Tue, Jan 14-Mar 17 6:45-7:45 pm $70/10 29547
Bowen Park Complex

Karate • Mom’s Class
This program is geared for any moms or any women that want to try a great combination of karate and yoga. It is a great way to get in shape while learning to defend yourself in a great atmosphere with other interested individuals.
Instructor: Shima Karate Staff
Fri, Sep 6-27 6:15-7:15 pm $25/4 28706
Fri, Oct 4-25 6:15-7:15 pm $25/4 28710
Fri, Nov 1-22 6:15-7:15 pm $25/4 28712
Fri, Jan 10-31 6:15-7:15 pm $25/4 28714
Fri, Feb 7-28 6:15-7:15 pm $25/4 28716
Fri, Mar 6-27 6:15-7:15 pm $25/4 28718
Shima Karate School (3032 Barons Rd)

Discover Your True Self
Effective In-Depth Counselling
• Childhood Adversity & Trauma
• Depression • Anxiety • Grief
• Life Transitions • Relationships

Informative & Interactive Talks!
• SEP 17: Inner World of Dreams
• OCT 8: Impact of Childhood Trauma
• NOV 12: Emotional Wellness

M.A. CCC Counsellor
250.586.7380
diane@corecounselling.ca
corecounselling.ca

CORE COUNSELLING

Wellness