Welcome to Nanaimo RECSKATE

RecSkate is a progressive skating skills training program for all ages and abilities necessary for life-long participation and the improvement of physical literacy as it relates to all sports. It provides the foundation for success in recreational hockey and figure skating. The program emphasis is on encouragement through comprehensive feedback. Participants receive a ribbon of achievement for each level passed, and upon completion of Level 7, skaters will receive a medallion of achievement.

Boots to Blades 1 & 2

2 to 5 Years

Boots 1 is a perfect intro for those who have never been on the ice before or for those who have yet to master standing in skates. Skaters get a feel for the ice wearing shoes or boots and then graduate to skates at the discretion of the instructor. Parent participation is required.

In Boots 2, skaters start the program wearing skates, as they will have had some experience but still need to learn the basics. The focus for both levels is getting skaters comfortable through play and practicing some basic skills. Parent participation is required.

RecSkate 1

This introductory level of skating will help skaters learn to fall safely and get up unassisted, skate across the ice by themselves without falling and work on basic balance and gliding skills. This is not a parent participation class.

RecSkate 2

This is when it all starts coming together! Skaters at this level will begin to gain strength and speed and will work on two-foot gliding, touching toes and will be introduced to backwards skating. Other skills taught in this level are stopping, scoops, turning and hops.

RecSkate 3

This level focuses on skills, such as skating on a curve, side stopping and transitions. Skaters will also be introduced to circle thrusts, backward stroking and forward slalom skating.

Private RecSkate Lessons (RecSkate)

One-on-one instruction. These are great for accelerating your learning, mastering that one problem skill or preparing for the next level. Our instructors will work from the RecSkate program material or address specific skills as needed. Skate rentals are included. Cost is $28/lesson/day. Check our grids for availability.

RecFigure Skate - Child/Teen

6 to 16 Years

A small group session focusing on developing specific figure skating skills, such as jumps, spins and field moves, as well as continuing to develop the basics of skating. Skaters should have passed a minimum of RecSkate 5 before registering. Completion of RecSkate program or equivalent is preferred. See grids for schedule.

RecSkate - Pre-Teen/Teen

12 to 17 Years

Skating and more! Join your friends at these lessons that teach all levels of skating skills. This program offers an introduction to arenas, including lesson teaching, skate patrol, safety and a facility tour. This is a great bridge to our LIT and Quest programs. (See grids for schedule or page 33 for list.)
Skating Lesson Information

**SKATING EQUIPMENT**
- Skate Rentals are $2 per pair per lesson (please pay for skate rentals at time of registration).
- Helmets, mitts/gloves are mandatory for all skaters. We do have helmets for you to use, but bring your own helmet if you have one, as we have a limited number available.

<table>
<thead>
<tr>
<th>LESSON TIME AND PRICES</th>
<th></th>
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<tbody>
<tr>
<td>Lesson</td>
<td>Length of Lesson</td>
<td>Cost per Class</td>
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*For private RecSkate lessons, specific lesson coach requests may be accommodated by calling 250-756-5215.

**CUSTOM PRIVATE SKATING LESSONS**
- Let us customize skating lessons to fit your schedule and your skill level. Cost is $32 for a 30-minute lesson. Call Gary Paterson, Arenas Coordinator, at 250-755-7536 for details.

**CLIENTS WITH SPECIAL NEEDS**
- Participants with special needs are welcome to register. Please contact our Arenas Coordinator at 250-755-7536 for information

**DROP-IN SESSIONS**
- Check out our drop-in options on page 10 or check our online schedule at recreation.nanaimo.ca.

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**GLOW in the dark skates**

**SKATE IN OUR ATMOSPHERE OF DIMMED LIGHTING AND SPECIAL EFFECTS!**
Held once a month on Tuesday evenings from 6:30-8 pm at Frank Crane Arena.
- Sep 3 • Oct 1
- Nov 5 • Dec 3 • Jan 7
- Feb 4 • Mar 3

Regular admission rates apply.

**Starlight Skate**

Our Starlight Skate is an opportunity to come out and enjoy our soft light “stars” and passive LED glow lights. This is a great time for couples and families after dinner or that “night out” with friends.

Regular admission rates apply.

Held on the following Saturdays, 7-9 pm at Nanaimo Ice Centre:
- Sep 14 • Oct 12 • Nov 16 • Dec 14
- Jan 18 • Feb 22 • Mar 21
What do you need? A love to skate! Our certified HIGH FIVE staff will be on hand to help you skate, play hockey, make friends and have fun! FREE skate and helmet rentals. Complete with a healthy snack and drink (ages 5 to 12).

RecSkate & RecSkate Hockey After School
Wednesdays 3-5:15 pm at NIC

* Set 1 • Sep 18 to Dec 18 • $112/14
  RecSkate (21514) or RecSkate Hockey (21515)

* Set 2 • Jan 8 to Mar 11 • $80/10
  RecSkate (21516) or RecSkate Hockey (21517)

* Set 3 • Apr 1 to Jun 24 • $104/13
  RecSkate (21518) or RecSkate Hockey (21519)

**FULL HOCKEY GEAR**
Equipment Checklist

- Helmet (CSA approved) with chin strap.
- Full-shield/cage facemask (CSA approved)
- Shoulder pads
- Elbow pads
- Shin guards
- Hockey pants
- Gloves
- Hockey socks
- Hockey jersey
- Skates
- Supporter & cup/pelvic protector
- Junior stick - Cut to nose level when standing on ground without skates on; then tape end of stick thick enough so it does not fit through holes in cage on face mask.
- Neck guard

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### RECKSKATE LESSONS - SET ONE

**Monday, Sep 16 - Oct 21**
- **5 lessons**
- **Frank Crane Arena**
- **No lesson Oct 14**

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<th>Rec 1</th>
<th>Rec 2</th>
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**Monday, Sep 16 - Oct 21**
- **5 lessons**
- **Nanaimo Ice Centre**
- **No lesson Oct 14**

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**Thursday, Sep 19 - Oct 24**
- **6 lessons**
- **Nanaimo Ice Centre**

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**Friday, Sep 20 - Oct 25**
- **6 lessons**
- **Frank Crane Arena**

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**Saturday, Sep 21 - Oct 26**
- **6 lessons**
- **Frank Crane Arena**

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Register online at recreation.nanaimo.ca  General Inquiries 250-756-5200
### RECKSKATE LESSONS - SET TWO

**Monday, Oct 28-Dec 16 • 7 lessons • Frank Crane Arena • No lesson Nov 11**

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**Monday, Oct 28-Dec 16 • 7 lessons • Nanaimo Ice Centre • No lesson Nov 11**

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**Thursday, Nov 7-Dec 12 • 6 lessons • Nanaimo Ice Centre**

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**Friday, Nov 1-Dec 13 • 7 lessons • Frank Crane Arena**

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**Saturday, Nov 2-Dec 14 • 7 lessons • Frank Crane Arena**

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### RecSkate Homeschool

**5 to 14 Years**

Here you have the chance to learn skills from our popular RecSkate program in a supportive group environment. Development of balance, agility and coordination is a great start to any ice sport. All levels will be accommodated, and parents are welcome to register, too. No class Oct 8, Nov 12 and Feb 18.

- Mon, Sep 16-Oct 21 10:30-11:30 am $60/5 22006
- Wed, Sep 18-Oct 23 12:30-1:30 pm $72/6 22007
- Mon, Oct 28-Dec 16 10:30-11:30 am $84/7 22008
- Wed, Oct 30-Dec 11 12:30-1:30 pm $84/7 22009
- Mon, Jan 6-Feb 3 10:30-11:30 am $60/5 22010
- Wed, Jan 8-Feb 5 12:30-1:30 pm $60/5 22011
- Mon, Feb 10-Mar 16 10:30-11:30 am $60/5 22012
- Wed, Feb 12-Mar 18 12:30-1:30 pm $72/6 22013

**Frank Crane Arena**

### RecSynchro Skate

**6 to 17 Years**

This is a non-competitive team learning basic group skating skills in a program set to music. Since this is a recreational program, we welcome skaters in both figure skates and hockey skates. Participants must have a minimum of RecSkate 4. (Drop-in fee is $13.)

- Thu, Sep 19-Oct 24 4-5 pm $72/6 21700
- Thu, Nov 7-Dec 12 4-5 pm $72/6 21701
- Thu, Jan 9-Feb 6 4-5 pm $60/5 21702
- Thu, Feb 13-Mar 19 4-5 pm $72/6 21704

**Nanaimo Ice Centre**

### RecFigureskate Advanced

**6 to 17 Years**

A group lesson for experienced RecFigure skaters who have completed a minimum of RecFigure Skate Level 3. This class consists of 30 minutes of freeskating skills followed by 30 minutes of ice dance. This session is designed to take the figure skating skills learned and put them into a full ice context. See grids for schedule. (Drop-in fee is $13.)
RecSkate Adult
For new skaters or those who may need to brush up on skills. We will introduce you to a variety of skating skills (both basic and challenging) in a relaxed and enjoyable setting. You will be able to develop skills at your own pace and work towards earning the bronze and silver pins if desired. No classes Oct 14, Nov 11 and Feb 17.
Mon, Sep 16-Oct 21  5:15-6:15 pm  $60/5   22842
Thu, Sep 19-Oct 24  5:15-6:15 pm  $66/6   22843
Mon, Oct 28-Dec 16  5:15-6:15 pm  $84/7   22848
Thu, Nov 7-Dec 12  5:15-6 pm   $66/6   22849
Mon, Jan 6-Feb 3  5:15-6 pm  $60/5   22851
Thu, Jan 9-Feb 6  5:15-6 pm  $55/5   22852
Mon, Feb 10-Mar 16  5:15-6 pm  $60/5   22857
Thu, Feb 13-Mar 19  5:15-6 pm  $66/6   22858
Nanaimo Ice Centre
Fri, Sep 20-Oct 25 10:30-11:30 am  $72/6  22844
Fri, Nov 1-Dec 13 10:30-11:30 am  $84/7  22850
Fri, Jan 10-Feb 7 10:30-11:30 am  $60/5  22854
Fri, Feb 14-Mar 20 10:30-11:30 am  $72/6  22860
Frank Crane Arena
RecSkate Adults Advanced
This class for experienced skaters will have an emphasis on ice dance, figure skating and other advanced skills. Work towards earning your bronze, silver and gold level lapel pins if desired.
Fri, Sep 20-Oct 25 10:30-11:30 am  $72/6  21706
Fri, Nov 1-Dec 13 10:30-11:30 am  $84/7  21707
Fri, Jan 10-Feb 7 10:30-11:30 am  $60/5  21709
Fri, Feb 14-Mar 20 10:30-11:30 am  $72/6  21710
Frank Crane Arena
RecSkate Adults Practice
This is an excellent opportunity to work on your RecSkate skills. This is a half ice program.
Fri, Sep 20-Oct 25 9:30-10:30 am  $45/6  22275
Fri, Nov 1-Dec 13 9:30-10:30 am  $53/7  22276
Fri, Jan 10-Feb 7 9:30-10:30 am  $38/5  22277
Fri, Feb 14-Mar 20 9:30-10:30 am  $45/6  22279
Frank Crane Arena

30 min lesson = 3-5 years  •  45 min lesson = 6-11 years  •  30 min private lesson = all ages

Monday, Jan 6-Feb 3  •  5 lessons •  Frank Crane Arena
11:45 am-12:15 pm  Boots 1  21610  Boots 2  21744  Rec 3  22712  Rec 4  22581  Private  23278
12:15-12:45 pm  Rec 1  221107  Rec 2  22366  Private  23279

Monday, Jan 6-Feb 3  •  5 lessons •  Nanaimo Ice Centre
3:30-4 pm  Boots 1  21611  Boots 2  21745  Rec 1  22109  Rec 2  22367  Rec 3  22713  Rec 4  22582  Private  23282
4-4:45 pm  Rec 1  22112  Rec 2  22368  Rec 3  22714  Rec 4  22583  Rec 5  21851  Private  4:430 pm  22383
4:45-5:15 pm  Boots 1  21612  Boots 2  21747  Rec 1  22113  Rec 2  22369  Rec 3  22715  Rec 4  22584  Private  23284
5:15-6 pm  Rec 2  22371  Rec 3  22716  Rec 4  22585  Rec 5  22495  RecFigure  5:15-6 pm  22942
6:15-6:45 pm  Private  23285  Private  23286  Private  23287  Private  23288  Private  23289  Private  23290

Thursday, Jan 9-Feb 6  •  5 lessons •  Nanaimo Ice Centre
3:30-4 pm  Boots 1  21613  Boots 2  21902  Rec 1  22154  Rec 2  22372  Rec 3  22717  Rec 4  22586  Private  23306
4-4:45 pm  Rec 1  22121  Rec 2  22373  Rec 3  22718  Rec 4  22587  Rec 5  21852  Rec 6/7  22496
4:45-5:15 pm  Boots 1  21614  Boots 2  21903  Rec 1  22122  Rec 2  22374  Rec 3  22719  Rec 4  22388  Private  23307
5:15-6 pm  RecFigure  22944  PreTeen/Teen  22888  Adult  22852  Private  5:15-5:45 pm  23309
6:15-6:45 pm  Private  23285  Private  23286  Private  23287  Private  23288  Private  23289  Private  23290

Friday, Jan 10-Feb 7  •  5 lessons •  Frank Crane Arena
9:30-10 am  Boots 1  21615  Rec 1  21554  Rec 3  22720  Rec 4  22589  Private  23232
10-10:30 am  Boots 2  21904  Rec 1  22375  Private  23237  Adult  1030-11:30am  22854
3:30-4 pm  Boots 1  21616  Boots 2  21905  Rec 1  22155  Rec 2  22376  Rec 3  22721  Rec 4  22590  Private  23240
4-4:45 pm  Rec 1  22156  Rec 2  22377  Rec 3  22722  Rec 4  22591  Rec 5  21853  Private  4-4:30 pm  23248
4:45-5:15 pm  Boots 1  21617  Boots 2  21906  Rec 1  22157  Rec 2  22378  Rec 3  22723  Rec 4  22592  Private  23251
5:15-6 pm  Rec 2  22379  Rec 3  22724  Rec 4  22593  Rec 6/7  22497  RecFigure  22945
5:15-5:45 pm  Private  23285  23294

Saturday, Jan 11-Feb 8  •  5 lessons •  Frank Crane Arena
9:45 am-10:15 am  Boots 1  21618  Boots 2  21908
9:45-10:15 am  Boots 1  21619  Boots 2  21909  Rec 1  22161  Rec 2  22381  Rec 3  22726  Rec 4  22595  Private  23260
10:30-11:15 am  Rec 1  22262  Rec 2  22382  Rec 3  22727  Rec 4  22596  Rec 6/7  22498
11:15-12:15 am  Boots 1  21620  Boots 2  21911  Rec 1  22163  Rec 2  22383  Rec 3  22728  Rec 4  22599
11:45-12:15 pm  Private  23267  Private  23268  Private  23269  Private  23270  Private  23271

Register online at recreation.nanaimo.ca  General Inquiries 250-756-5200
### RecSkate Lessons - Set Four

**30 min lesson = 3-5 years**  
**45 min lesson = 6-11 years**  
**30 min private lesson = all ages**

#### Monday, Feb 10 – Mar 16  •  5 lessons  
- **Frank Crane Arena**  
- **No lesson Feb 17**

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#### Monday, Feb 10 – Mar 16  •  5 lessons  
- **Nanaimo Ice Centre**  
- **No lesson Feb 17**

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- **Nanaimo Ice Centre**

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#### Friday, Feb 14 – Mar 20  •  6 lessons  
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#### Saturday, Feb 15 – Mar 21  •  6 lessons  
- **Frank Crane Arena**

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### Private RecSkate Lessons - Wednesdays

**All Ages**

One-on-one instruction. These lessons are great for increasing your learning and for mastering that one problem skill or preparing for the next level. Our instructors work from the RecSkate program material or address specific skills as needed. Skate rentals are included. Cost is $28/lesson. Please contact the Arenas Coordinator at 250-755-7536 for more information.

Wed, Sep 18-Oct 23  •  1:30-2 pm  •  $168/5  •  21980
Wed, Sep 18-Oct 23  •  1-1:30 pm  •  $168/6  •  21981
Wed, Oct 30-Dec 11  •  1-1:30 pm  •  $168/6  •  22211
Wed, Oct 30-Dec 11  •  11:30-11:45 am  •  $168/6  •  22222
Wed, Nov 2-Dec 11  •  11:30-11:45 am  •  $168/6  •  22224
Wed, Jan 8-Feb 5  •  11:30-11:45 am  •  $140/5  •  23300
Wed, Jan 8-Feb 5  •  1:30-2 pm  •  $140/5  •  23301
Wed, Jan 8-Feb 5  •  1:30-2 pm  •  $140/5  •  23302
Wed, Feb 12-Mar 18  •  11:30-11:45 am  •  $168/6  •  23303
Wed, Feb 12-Mar 18  •  1:30-2 pm  •  $168/6  •  23304
Wed, Feb 12-Mar 18  •  1:30-2 pm  •  $168/6  •  23305

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### See Pages 28-29 for Pro-D, Winter & Spring Break Skating & Hockey Camps!

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### FOR FALL 2019-2020

#### Teachers & Educators

**Skating Lessons for Your Class**

- Lessons available at Nanaimo Ice Centre and Frank Crane Arena September through June.
- Each lesson set is based on $5.50 per lesson. A 4-lesson set would cost $22 per student, and a 5-lesson set would cost $27.50.
- Skate and helmet rentals are included.
- Bookings are ongoing.

Contact our Arenas Program Assistant at 250-755-7537.
NEW!! DROP-IN CURLING
Join us on Sundays from 1 pm to 3 pm for coaching and games. Ages 9 and up. Bring clean running shoes and warm clothing.
1 for $15  2 for $25  3 for $35  4 for $40 pricing per sessions
OR # of players
More info at nanaimocurlingclub.ca/drop-curling
Or Call us at 250-753-3474

NANAIMO SKATING CLUB
ONLY THE BEST
can bring out their best
Canada’s best learn-to-skate program
Fun, focused skills for all skating sports
Nationally certified coaches
skatecanada.ca/canskate
REGISTRATION & DRESS/SKATE SALE
Wed, Sep 4 • 6-8 pm
Nanaimo Ice Centre Lobby
For more information or to register online, visit www.nanaimoskatingclub.com

FOR MORE INFORMATION
Contact Lorraine at andersok@telus.net
www.nanaimoislanders.ca

NANAIMO CASUAL HOCKEY LEAGUE
NCHL
No shot?
No Dangles?
Out of shape?
Wanna get off the couch?
No Problem
Find us on Facebook
nanaimocasualhockey.ca
nanaimohockey@gmail.com

REGISTER & DRESS/SKATE SALE
Wed, Sep 4 • 6-8 pm
Nanaimo Ice Centre Lobby
For more information or to register online, visit www.nanaimoskatingclub.com

REGISTRATIONS CURRENTLY BEING
ACCEPTED!
See our website for details.

Monday Night House League is for all levels in competitive & casual divisions
(basic skating skills required)
Intermediate & Veteran Teams play home & away games on the Island

FOR MORE INFORMATION
Contact Lorraine at andersok@telus.net
www.nanaimoislanders.ca

Register online at recreation.nanaimo.ca  General Inquiries 250-756-5200
RECSKATE Ice Hockey Programs

Based on the success of the RecSkate program, we have expanded these successful elements over to our hockey programs. RecSkate Hockey includes functional progressions, dynamic skill drills and easy, logical flow from program to program. RecSkate Hockey programs are designed for players of all ages and abilities, have an emphasis on engaged participation and are an excellent way to learn the fundamentals of hockey. Full gear required for hockey programs unless otherwise stated.

Hockey - Adaptive

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

- Wed, Sep 18-Oct 23 9:45-11 am $66/6 21511
- Wed, Oct 30-Dec 18 9:45-11 am $84/8 21512
- Wed, Jan 8-Mar 11 9:45-11 am $105/10 21513
Nanaimo Ice Centre

Hockey Rascals

4 to 5 Years
This program is designed to introduce the game of hockey to first timer youngsters. Fundamental hockey skills are taught through a play-based system using training pucks and building on physical literacy basics and fun. Children will work on skating, basic puck handling, passing and shooting with emphasis on participation. No previous hockey experience is required, but players must be able to skate. We recommend skaters complete a minimum of RecSkate 1 prior to this course. Helmet with full face cage required.

- Fri, Sep 20-Oct 25 4:15-5 pm $66/6 21960
- Fri, Sep 20-Oct 25 5:30-6:15 pm $66/6 21961
- Fri, Nov 1-Dec 13 4:15-5 pm $77/7 21962
- Fri, Nov 1-Dec 13 5:30-6:15 pm $77/7 21963
- Fri, Jan 10-Feb 7 4:15-5 pm $55/5 21964
- Fri, Jan 10-Feb 7 5:30-6:15 pm $55/5 21965
- Fri, Feb 14-Mar 20 4:15-5 pm $66/6 21966
- Fri, Feb 14-Mar 20 5:30-6:15 pm $66/6 21967
Cliff McIabb Arena

Advanced Hockey Skills

6 to 11 Years
Players will be taught proper shooting and passing techniques and learn some stickhandling tricks. Skaters will be placed into two groups based on ability. This program will help skaters develop confidence with the puck and get taught the skills required to be successful in their games.

- Mon, Sep 16-Oct 21 7-7:45 am $55/5 21781
- Wed, Sep 18-Oct 23 7-7:45 am $66/6 21785
- Mon, Oct 28-Dec 16 7-7:45 am $77/7 21782
- Wed, Oct 30-Dec 18 7-7:45 am $88/8 21784
- Mon, Jan 6-Feb 3 7-7:45 am $55/5 21783
- Wed, Jan 8-Feb 5 7-7:45 am $55/5 21784
- Mon, Feb 10-Mar 16 7-7:45 am $55/5 21785
- Wed, Feb 12-Mar 18 7-7:45 am $66/6 21786
Frank Crane Arena

NHL

Novice Hockey League (NHL) is designed to introduce and develop the game of hockey to children looking to play for enjoyment and fitness. We recommend skaters complete a minimum of RecSkate 2 prior to this course.

4 to 6 Years

- Sat, Sep 21-Oct 26 8:15-9 am $66/6 21944
- Sat, Nov 2-Dec 14 8:15-9 am $77/7 21948
- Sat, Nov 2-Dec 14 12:15-1 pm $77/7 21949
- Sat, Jan 11-Feb 8 8:15-9 am $55/5 21952
- Sat, Jan 11-Feb 8 12:15-1 pm $55/5 21953
- Sat, Feb 15-Mar 21 8:15-9 am $66/6 21956
- Sat, Feb 15-Mar 21 12:15-1 pm $66/6 21957
Frank Crane Arena

7 to 9 Years

- Sat, Sep 21-Oct 26 8:15-9 am $66/6 21945
- Sat, Nov 2-Dec 14 8:15-9 am $77/7 21950
- Sat, Jan 11-Feb 8 8:15-9 am $55/5 21954
- Sat, Feb 15-Mar 21 8:15-9 am $66/6 21958
Frank Crane Arena

7 to 12 Years

- Sat, Sep 21-Oct 26 12:15-1 pm $66/6 21947
- Sat, Nov 2-Dec 14 12:15-1 pm $77/7 21951
- Sat, Jan 11-Feb 8 12:15-1 pm $55/5 21955
- Sat, Feb 15-Mar 21 12:15-1 pm $66/6 21959
Frank Crane Arena

Look for our “Game Zone” for all Everyone Welcome sessions!
(except Glow in the Dark & Starlight sessions or on busy sponsored free skates)

Arenas

cityofnanaimo nanaimoparksandrec (#ilovemyparksandrec)

93
**STICK ‘n’ PUCK**

**ALL AGES**

New to the game of hockey or looking to improve on those skills? Just wanting to get on the ice in a non-game, recreational setting? Stick ‘n’ Puck is the answer and a great way to get on the ice. An on-ice leader is available to assist with skill development and answer questions.

**RULES**
- Please pay before entering ice surface
- Games and scrimmages are not permitted
- Goalies are welcome and free
- Limited to 30 skaters per session
- Children under 8 years old must be accompanied by an adult

**EQUIPMENT REQUIREMENTS**
- Helmets and gloves are mandatory (full face cage required for skaters 16 years and under)
- Shin guards are strongly recommended
- Skaters bring own pucks

**Tuesdays at Nanaimo Ice Centre**

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**Wednesdays at Nanaimo Ice Centre**

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<td>4:45-5:15 pm</td>
<td>$128/4</td>
<td>21916</td>
</tr>
</tbody>
</table>

**Custom Private Hockey Lessons**

These one-on-one private lessons with our popular hockey instructors are perfect for individual skill development. Potential skill areas include power skating, shooting, stick handling, goalkeeping, defensive development and others. Small groups (2-3) are also welcome. Full gear is recommended.

**Thursdays at Nanaimo Ice Centre**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Price</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thu, Sep 19-Oct 10</td>
<td>3:30-4:00 pm</td>
<td>$128/4</td>
<td>21928</td>
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<tr>
<td>Thu, Sep 19-Oct 10</td>
<td>4:30-5:00 pm</td>
<td>$128/4</td>
<td>21929</td>
</tr>
<tr>
<td>Thu, Oct 17-Nov 14</td>
<td>3:30-4:00 pm</td>
<td>$128/4</td>
<td>22293</td>
</tr>
<tr>
<td>Thu, Oct 17-Nov 14</td>
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<td>22294</td>
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</table>

**Fridays at Cliff McNabb**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Price</th>
<th>Code</th>
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</thead>
<tbody>
<tr>
<td>Fri, Sep 20-Oct 11</td>
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<td>6:00-7:00 pm</td>
<td>$128/4</td>
<td>21931</td>
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</table>

**Saturdays at Frank Crane Arena**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Price</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sat, Sep 21-Oct 12</td>
<td>7:45-8:15 am</td>
<td>$128/4</td>
<td>21934</td>
</tr>
<tr>
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<td>8:15-9:00 am</td>
<td>$128/4</td>
<td>21935</td>
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</tbody>
</table>

See page 6 for admission & page 10 for location information.

For more information, contact the Arena Coordinator at 250-755-7536.
Adult Hockey 101
This program is for adults and youth and is ideal for a great family hockey experience. Qualified instructors take you through the basics of holding a stick, stickhandling and passing and, of course, playing the game. Basic learn-to-skate ability is a requirement. Minimum gear requirement is helmet with cage, gloves and stick, but full gear is recommended. (Drop-in fee is $13; please purchase a drop-in ticket from our front desk staff at Beban Park or pre-purchase at any of our recreation centres.)

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
<th>Item Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fri, Sep 20-Oct 25</td>
<td>6:45-7:45 am</td>
<td>$72/6</td>
<td>21819</td>
</tr>
<tr>
<td>Fri, Nov 1-Dec 13</td>
<td>6:45-7:45 am</td>
<td>$84/7</td>
<td>21820</td>
</tr>
<tr>
<td>Fri, Jan 10-Feb 7</td>
<td>6:45-7:45 am</td>
<td>$60/5</td>
<td>21821</td>
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<tr>
<td>Fri, Feb 14-Mar 20</td>
<td>6:45-7:45 am</td>
<td>$72/6</td>
<td>21822</td>
</tr>
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</table>

Frank Crane Arena

Adult Stickhandling
You can always improve this important hockey skill set. Drills include correct hand positioning, top hand and bottom hand strengthening, toe control, faking, use of lines, cupping and reaching. (Drop-in fee is $13; please pre-purchase a drop-in ticket from our front desk staff.)

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
<th>Item Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon, Sep 16-Oct 21</td>
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<td>$60/5</td>
<td>21936</td>
</tr>
<tr>
<td>Mon, Oct 28-Dec 16</td>
<td>7-8 pm</td>
<td>$84/7</td>
<td>21937</td>
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<tr>
<td>Mon, Jan 6-Feb 3</td>
<td>7-8 pm</td>
<td>$60/5</td>
<td>21938</td>
</tr>
<tr>
<td>Mon, Feb 10-Mar 16</td>
<td>7-8 pm</td>
<td>$72/6</td>
<td>21939</td>
</tr>
</tbody>
</table>

Nanaimo Ice Centre

Go Ca$hless!
Don’t take your kids’ allowance money or go digging in the couch! User drop-in tickets for all of our Adult Hockey Programs. You can register for the complete set or pick up our drop-in tickets at our recreation facilities. Use your debit or credit card and keep your tickets in your wallet for when you’re ready. You can even share them with your friends! See our front desk staff for more information.

Adult Co-Ed Scrimmage
This scrimmage program is for adults 18 and over interested in playing in an informal scrub setting. Session is monitored by an experienced leader. This is a registered program, but is also drop-in accessible. (Drop-in fee is $13; please pre-purchase a drop-in ticket.)

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
<th>Item Code</th>
</tr>
</thead>
<tbody>
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<td>$55/5</td>
<td>21940</td>
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<tr>
<td>Fri, Feb 14-Mar 20</td>
<td>9:45-11:15 pm</td>
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</table>

Cliff McNabb Arena

FREE SKATES Courtes Avenue of Coast Capital Savings

LIONS FREE SKATE
Held Sundays at Frank Crane Arena

Held every Sunday, 12-1:30 pm
September 15 to March 22

On Clipper game days held 11:30 am- 1 pm
(Sep 15, 22, 29, Oct 27, Nov 3, Dec 15, Jan 12)

The Lions Club is pleased to be offering FREE skating to Nanaimo residents. Thank you to our program sponsors:

- Alexandra’s Bistro
- Chris Martin, Personal Real Estate Corporation, REMAX of Nanaimo
- GFL Environmental Inc. (formerly Haarsma Waste Innovations)
- Little Valley Restoration and Collision
- Nanaimo Hearing Clinic
- Roto Rooter
- Super You, Fitness & Nutrition
- Widsten Property Management Services

Go Ca$hless!
Don’t take your kids’ allowance money or go digging in the couch! User drop-in tickets for all of our Adult Hockey Programs. You can register for the complete set or pick up our drop-in tickets at our recreation facilities. Use your debit or credit card and keep your tickets in your wallet for when you’re ready. You can even share them with your friends! See our front desk staff for more information.

ADULT CUSTOM PRIVATE SKATING LESSONS
Let us customize skating lessons to fit your schedule and your skill level!

Call our Arenas Coordinator at 250-755-7536 for all the details.

FREE SKATES
Held on the following Fridays at Nanaimo Ice Centre from 3:45-5:15 PM:

- Sep 20 - Oct 25 - Nov 22
- Dec 20 (Skate with Santa)
- Jan 17 - Feb 14 - Mar 20

Skate & helmet rentals included