DROP-IN SCHEDULE - ARENAS

Arenas Spring Schedule

Sun, Mar 30 to Sat, Jun 28 **Schedule is subject to change. Please check recreation.nanaimo.ca to confirm.**

Programs	SUN	MON	TUE	WED	THU	FRI	SAT
Everyone Welcome	3-4:30 pm McN			6:30-8 pm FCA *Moves to NIC starting May 21*		4:15-5:45 pm FCA *Moves to NIC starting May 30*	**DID YOU KNOW?** • Participants of all abilities are welcome to public skating sessions. • Strollers and wheelchairs are welcome on the ice.
Parent & Tot		10-11:30 am McN		12:30-1:30 pm McN			
Parent & Tot Dry Floor Play			10-11:30 am NIC		10-11:30 am NIC		
Adult Leisure Skate *(19+)*			10-11:45 am FCA *Moves to NIC starting May 27*		1:30-3:15 pm McN		
Adult Scrub Ice Hockey *(18+)*		11:45 am-1:15 pm FCA *Moves to NIC starting May 26*		11:45 am-1:15 pm FCA *Moves to NIC starting May 28*		11:45 am-1:15 pm FCA *Moves to NIC starting May 30*	
Senior Scrub *(60+)* & Scrub Hockey *(70+)*		8-9:15 am McN	10-11:15 am McN *70+ Seniors*	8-9:15 am McN	10-11:15 am McN *70+ Seniors*	8-9:15 am McN	
Stick 'n' Puck Children under 8 are to be accompanied onto the ice by an adult.	1:45-2:45 pm McN			1:45-3:15 pm McN		3:15-4:15 pm McN	

• **FCA - Frank Crane Arena** *(2300 Bowen Rd)* • **McN - Cliff McNabb Arena** *(2300 Bowen Rd)* • **NIC 1&2 - Nanaimo Ice Centre** *(750 Third St.)*

Arena Program Highlights - see Arenas Section for courses and lessons

Everyone Welcome - Designed for skaters of all ages and abilities. These sessions provide an excellent opportunity for all members of the community to get active! Helmets are strongly recommended. Look for our "Game Zone" at these sessions held at the far end of the ice surface using sponge pucks.

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

Adult Leisure Skate **(19+)** - A great addition to your fitness routine. Enjoy skating laps or practicing your skills in the designated areas. Helmets are strongly recommended. Guests with diverse abilities and their aides are welcome. Please see our Arena Section for Adult/Senior RecSkate lesson options.

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

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

GAME ZONE

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

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

SCHEDULE CHANGES

• No sessions on Apr 18, Apr 21 & May 19 (stat holidays) • No Adult Scrub on May 9, 21 & 23 • No Adult Leisure on May 20 • No Everyone Welcome on May 21 & 23

DROP-IN SCHEDULE - ARENAS

Arenas Summer Schedule

Sun, Jun 29 to Sat, Aug 30 **Schedule is subject to change. Please check recreation.nanaimo.ca to confirm.**

Programs	SUN	MON	TUE	WED	THU	FRI	SAT
Everyone Welcome	3-4:30 pm NIC		6-7:30 pm NIC	6:30-8 pm NIC			1-2:30 pm NIC
Adult Leisure Skate *(19+)*					1:30-3:15 pm McN		
Adult Scrub Ice Hockey *(18+)*		11:45 am-1:15 pm NIC		11:45 am-1:15 pm NIC		11:45 am-1:15 pm NIC	
Senior Scrub *(60+)* & Scrub Hockey *(70+)*		8-9:15 am NIC	12-1:15 pm NIC *70+ Seniors*	8-9:15 am NIC		8-9:15 am NIC	10-11:15 am NIC *70+ Seniors*
Stick 'n' Puck Children under 8 are to be accompanied onto the ice by an adult.	1:45-2:45 pm NIC			1:45-3:15 pm McN		3:15-4:15 pm McN	11:30 am-12:45 pm NIC

• **FCA - Frank Crane Arena** *(2300 Bowen Rd)* • **McN - Cliff McNabb Arena** *(2300 Bowen Rd)* • **NIC 1&2 - Nanaimo Ice Centre** *(750 Third St.)*

ATTENTION PLEASE!

The arenas schedules as shown in the Activity Guide are subject to change due to various circumstances, including Clipper play-offs.

Don't be disappointed! Check our online schedule to be sure before you come to a public drop-in session.

Schedules can be found at recreation.nanaimo.ca

SCHEDULE CHANGES

- No sessions on Jul 1 & Aug 4 (stat holidays)

Arena Programs

Welcome to Nanaimo RECSKATE

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

Boots to Blades 1 & 2

2 to 5 Years

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

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

RecSkate 1

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

RecSkate 2

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

RecSkate 3

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

RecSkate 4

At this level, participants master crossovers, inside edges and backwards stopping. Skaters will also work on side hops, mohawks and backward thrusts. This is an excellent level for hockey players to improve their basic skating skills.

RecSkate 5

Skills include forward outside edges, backward one-foot gliding, mohawks, backward crossovers, t-stops and one-foot jump transitions. This is great for skater agility, balance and strength.

RecSkate 6/7

RecSkate 6 is a challenging level which emphasizes balance, gliding and foot control skills. Skaters will also work on figure eight crossovers, jumping turns and other one-foot skills that increase balance, strength and agility.

RecSkate 7 is the final level of our RecSkate program. Backwards skills are emphasized, along with the introduction of two-foot full rotation jumps and one-foot outside edge stops. Backwards crossover figure eights and forward and backward pivot circles will be mastered. Skills taught at this level are demanding for all kinds of skaters, but the hard work will pay off!

Private RecSkate Lessons

One-on-one instruction. These are great for accelerating your learning, mastering that one problem skill or preparing for the next level. Our instructors will work from the RecSkate program material or address specific skills as needed. Skate rentals are included. See recreation.nanaimo.ca for availability.

RecFigure Skate - Child/Teen

6 to 16 Years

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

RecSkate - Pre-Teen/Teen

12 to 17 Years

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

Skating Lesson Information

For lesson information, please email arenaprograms@nanaimo.ca

SKATING EQUIPMENT

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

LESSON TIMES AND PRICES

LESSON	LENGTH OF LESSON	COST PER CLASS
Boots to Blades 1 & 2	30 minutes	$9
RecSkate (3-5 yrs)	30 minutes	$9
RecSkate (6-11 yrs)	45 minutes	$13
RecFigure Skate	45 or 60 minutes	$14/hr or $13 for 45 min
Various RecSkates (pre-teen/teen)	60 minutes	$14
Private RecSkate (all ages) *	30 minutes	$30

** For private RecSkate lessons, specific coach requests may be accommodated by calling 250-756-5215.*

CUSTOM PRIVATE SKATING LESSONS

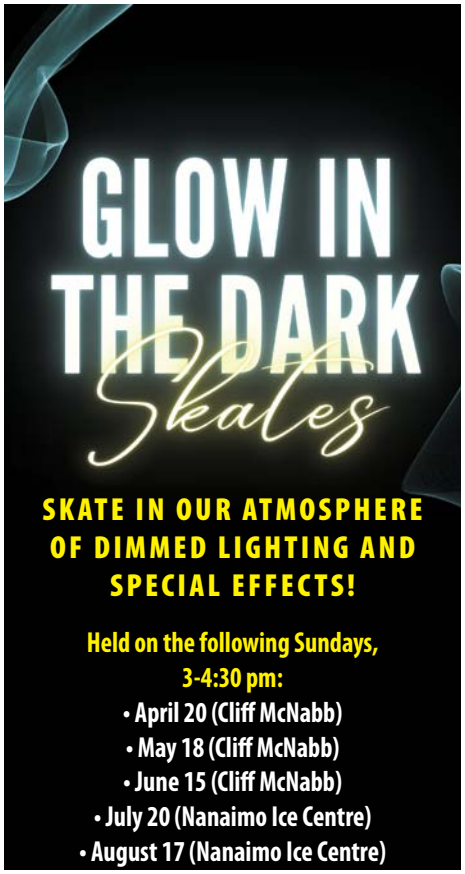
- Let us customize skating lessons to fit your schedule and your skill level. Cost is $30 for a 30-minute lesson. Call Alli, Arenas Coordinator, at 250-755-7536 for details.

DO YOU REQUIRE ADDITIONAL SUPPORT?

- If you require any accommodations or additional support, please contact our Arenas Coordinator at 250-755-7536.

DROP-IN SESSIONS

- Check out our drop-in options on page 14-15 or check our online schedule at **recreation.nanaimo.ca**.



RecSkate Homeschool

A great learn-to-skate option for children during daytime hours! Here you have the chance to learn skills from our popular RecSkate program in a supportive, group environment. Development of balance, agility and coordination is a great start to any ice sport. All levels of skaters will be accommodated. Parents are welcome to register with their child.

Mon, Mar 31-May 12 | 10:30-11:30 am | $84/6 | 139000
Wed, Apr 2-May 14 | 12:30-1:30 pm | $98/7 | 138995
Wed, May 21-Jun 25 | 12:30-1:30 pm | $84/6 | 138996
Mon, May 26-Jun 23 | 10:30-11:30 am | $70/5 | 139004
Cliff McNabb Arena

RecSkate Pre-Teen/Teen

12 to 17 Years

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

Mon, Mar 31-May 5 | 6:45-7:45 pm | $70/5 | 139031
Thu, Apr 3-May 8 | 5:30-6:30 pm | $84/6 | 139032
Sat, Apr 5-May 10 | 11:15 am-12:15 pm | $70/5 | 139034
Frank Crane Arena

Sat, May 24-Jun 28 | 11:15 am-12:15 pm | $84/6 | 139038
Cliff McNabb Arena

Mon, May 26-Jun 23 | 6:45-7:45 pm | $70/5 | 139040
Thu, May 29-Jun 26 | 5:30-6:30 pm | $70/5 | 139043
Mon, Jul 7-Aug 11 | 6:45-7:45 pm | $70/5 | 139042
Thu, Jul 10-Aug 14 | 6:15-7:15 pm | $84/6 | 139044
Nanaimo Ice Centre

Spring Skating Lessons - SET 1

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

Monday, Mar 31-May 5 • 5 lessons • Frank Crane Arena *(no lesson on Apr 21)*

3:30-4 pm	Boots 1 137744	Boots 2 137766	Rec 1 137809	Rec 2 137875	Rec 3 138259	Rec 4 138410	Private 138671
4-4:45 pm	Rec 1 137857	Rec 2 138215	Rec 3 138359	Rec 4 138599	Rec 5 138648	Private 4-4:30 pm 138674	
4:45-5:15 pm	Boots 1 137745	Boots 2 137771	Rec 1 137811	Rec 2 137923	Rec 3 138262	Rec 4 138412	Private 138675
5:15-6 pm	Rec 1 137859	Rec 2 138217	Rec 3 138360	Rec 4 138600	Rec 6/7 137767	RecFigure 139053	
6-6:30 pm	Boots 1 137746	Boots 2 137772	Rec 1 137812	Rec 2 137924	Private 138676	Private 138679	
6:45-7:45 pm	Teen 139031	Adult RS 139007	Private 6:45-7:15 pm 138680	Private 6:45-7:15 pm 138681	Private 6:45-7:15 pm 138682		
7:15-7:45 pm	Private 138683	Private 138688	Private 138690				

Thursday, Apr 3-May 8 • 6 lessons • Frank Crane Arena

3:30-4:15 pm	Hockey Ras 138882	Ev Can Play 138879					
4:15-4:45 pm	Boots 1 137753	Boots 2 137782	Rec 1 137826	Rec 2 137941	Rec 3 138269	Rec 4 138413	Private 138911
4:45-5:30 pm	Rec 1 137864	Rec 2 138235	Rec 3 138369	Rec 4 138613	Rec 5 138659	Rec 6/7 137774	
5:30-6:30 pm	Teen 139032	RecFigure 139058	Adult RS 139010	Private 5:30-6 pm 138912	Private 5:30-6 pm 138916	Private 6-6:30 pm 138917	Private 6-6:30 pm 138918

Friday, Apr 4-May 9 • 5 lessons • Frank Crane Arena *(no lesson on Apr 18)*

9:30-10 am	Boots 1 137756	Rec 1 137834	Rec 3 138274	Rec 4 138418	Ad. Practice 9:30-10:30 am 139024	Private 138944	
10-10:30 am	Boots 2 137785	Rec 2 137951	RS Adult 10:30-11:30 am 139012	RS Adult Adv 10:30-11:30 am 139047	Private 138945		

Saturday, Apr 5-May 10 • 5 lessons • Frank Crane Arena *(no lesson on Apr 19)*

9:15-9:45 am	Boots 1 137758	Boots 2 137787					
9-9:45 am	Rec 1 137867	Rec 2 138241	Rec 3 138398	Rec 4 138622	Rec 5 138662		
9:45-10:15 am	Boots 1 137759	Boots 2 137788	Rec 1 137842	Rec 2 137958	Rec 3 138276	Rec 4 138416	Private 138958
10:30-11:15 am	Rec 1 137868	Rec 2 138242	Rec 3 138399	Rec 4 138624	Rec 6/7 137796	RecFigure 139060	
11:15-11:45 am	Boots 1 137760	Boots 2 137789	Rec 1 137844	Rec 2 137960	Rec 3 138277	Rec 4 138419	Teen 11:15-12:15 139034
11:45 am-12:15 pm	Private 138961	Private 138962	Private 138963	Private 138964	Private 138965		

Oh, shoot!

We sometimes make mistakes or information changes.
Please check our online Activity Guide for the latest program information.

Spring Skating Lessons - SET 2

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

Monday, May 26-Jun 23 • 5 lessons • Nanaimo Ice Centre

3:30-4 pm	Boots 1 137747	Boots 2 137773	Rec 1 137813	Rec 2 137926	Rec 3 138263	Rec 4 138424	Private 138695
4-4:45 pm	Rec 1 137860	Rec 2 138225	Rec 3 138362	Rec 4 138601	Rec 5 138653	Private 4-4:30 pm 138696	
4:45-5:15 pm	Boots 1 137748	Boots 2 137775	Rec 1 137814	Rec 2 137933	Rec 3 138265	Rec 4 138425	Private 138699
5:15-6 pm	Rec 1 137861	Rec 2 138228	Rec 3 138365	Rec 4 138604	Rec 6/7 137768	RecFigure 139066	
6-6:30 pm	Boots 1 137749	Boots 2 137778	Rec 1 137815	Rec 2 137936	Private 138701	Private 138702	
6:45-7:45 pm	Teen 139040	Adult RS 139016	Private 6:45-7:15 pm 138704	Private 6:45-7:15 pm 138706	Private 6:45-7:15 pm 138707		
7:15-7:45 pm	Private 138708	Private 138709	Private 138710				

Thursday, May 29-Jun 26 • 5 lessons • Cliff McNabb Arena

3:30-4:15 pm	Hockey Ras 138883	Ev Can Play 138880					
4:15-4:45 pm	Boots 1 137754	Boots 2 137783	Rec 1 137831	Rec 2 137946	Rec 3 138270	Rec 4 138429	Private 138922
4:45-5:30 pm	Rec 1 137865	Rec 2 138232	Rec 3 138371	Rec 4 138614	Rec 5 138658	Rec 6/7 137776	
5:30-6:30 pm	Teen 139043	RecFigure 139158	Adult RS 139021	Private 5:30-6 pm 138923	Private 5:30-6 pm 138924	Private 6-6:30 pm 138927	Private 6-6:30 pm 138929

Friday, May 23-Jun 27 • 6 lessons • Cliff McNabb Arena

9:30-10 am	Boots 1 137757	Rec 1 137838	Rec 3 138275	Rec 4 138435	Ad. Practice 9:30-10:30 am 139027	Private 138946	
10-10:30 am	Boots 2 137786	Rec 2 137956	RS Adult 10:30-11:30 am 139014	RS Adult Adv 10:30-11:30 am 139049	Private 138951		

Saturday, May 24-Jun 28 • 6 lessons • Cliff McNabb Arena

9:15-9:45 am	Boots 1 137761	Boots 2 137790					
9-9:45 am	Rec 1 137869	Rec 2 138243	Rec 3 138400	Rec 4 138636	Rec 5 138667		
9:45-10:15 am	Boots 1 137762	Boots 2 137791	Rec 1 137850	Rec 2 137962	Rec 3 138355	Rec 4 138437	Private 138966
10:30-11:15 am	Rec 1 137870	Rec 2 138245	Rec 3 138401	Rec 4 138639	Rec 6/7 137797	RecFigure 139064	
11:15-11:45 am	Boots 1 137763	Boots 2 137792	Rec 1 137852	Rec 2 137963	Rec 3 138356	Rec 4 138438	Teen 11:15-12:15 139038
11:45 am-12:15 pm	Private 138968	Private 138970	Private 138971	Private 138972	Private 138973		

Say Cheese

Share a photo of you or your family members participating in our programs and it could be featured in our upcoming Activity Guide!

Email your submission to parksandrecreation@nanaimo.ca

RecFigure Skate - Beginner

6 to 16 Years

This is a small group lesson focusing on specific figure skating skills like jumps, spins and field moves, as well as continuing to develop the basics of skating. Lesson is taught on a portion of the ice shared with the RecSkate program. Skaters should have passed a minimum of RecSkate 5 before registering. Completion of RecSkate 7 or equivalent is preferred. Helmets are mandatory.

Mon, Mar 31-May 5 | 5:15-6 pm | $65/5 | 139053
Thu, Apr 3-May 8 | 5:30-6:30 pm | $84/6 | 139058
Sat, Apr 5-May 10 | 10:30-11:15 am | $65/5 | 139060
Frank Crane Arena

Sat, May 24-Jun 28 | 10:30-11:15 am | $78/6 | 139064
Cliff McNabb Arena

Mon, May 26-Jun 23 | 5:15-6:15 pm | $65/5 | 139066
Thu, May 29-Jun 26 | 5:30-6:30 pm | $70/5 | 139158
Mon, Jul 7-Aug 11 | 5:15-6 pm | $65/5 | 139156
Thu, Jul 10-Aug 14 | 6:15-7:15 pm | $84/6 | 139160
M-F, Aug 18-22 | 11-11:45 am | $65/5 | 139163
M-F, Aug 25-29 | 11-11:45 am | $65/5 | 139165
Nanaimo Ice Centre

RecFigure Skate Advanced

8 to 16 Years

This is a small group session for experienced RecFigure skaters focusing on developing specific figure skating skills, such as jumps, spins and field moves. Ice dance and synchronized skating skills may also be taught. Skaters should have passed a minimum of RecFigure Skate Level 2 or equivalent before registering.

Wed, Apr 2-May 7 | 5:15-6:15 pm | $84/6 | 139166
Frank Crane Arena

Wed, May 28-Jun 25 | 5:15-6:15 pm | $70/5 | 139167
Wed, Jul 9-Aug 13 | 5:15-6:15 pm | $84/6 | 141607
Nanaimo Ice Centre

RecFigure Skate - Teen & Adult (D)

13 Years +

Calling all figure skaters! Tired of skating around in circles? This session is for advanced skaters looking to learn or practice figure skating skills. The focus will be on edges, turns, figures and Ice Dance. Jumps and spins may be taught depending on interest and ability. Previous figure skating experience is strongly recommended (Drop-in fee is $13).

Wed, Apr 2-May 7 | 5:15-6:15 pm | $78/6 | 139168
Frank Crane Arena

Wed, May 28-Jun 25 | 5:15-6:15 pm | $65/5 | 139170
Wed, Jul 9-Aug 13 | 5:15-6:15 pm | $78/6 | 141605
Nanaimo Ice Centre

RecSkate Adult

A great program for new skaters who may need to brush up on their skills. We will introduce a variety of skating skills in a relaxed and enjoyable setting. Develop skills at your own pace, and work toward earning the bronze, silver and gold lapel pins if desired.

Mon, Mar 31-May 5 | 6:45-7:45 pm | $70/5 | 139007
Thu, Apr 3-May 8 | 5:30-6:30 pm | $84/6 | 139010
Fri, Apr 4-May 9 | 10:30-11:30 am | $70/5 | 139012
Frank Crane Arena

Fri, May 23-Jun 27 | 10:30-11:30 am | $84/6 | 139014
Cliff McNabb Arena

Mon, May 26-Jun 23 | 6:45-7:45 pm | $70/5 | 139016
Thu, May 29-Jun 26 | 5:30-6:30 pm | $70/5 | 139021
Mon, Jul 7-Aug 11 | 6:45-7:45 pm | $70/5 | 139019
Thu, Jul 10-Aug 14 | 6:15-7:15 pm | $84/6 | 139022
Nanaimo Ice Centre

RecSkate Adults Practice

This practice time is for those participants registered in any of our RecSkate Adult lessons. This is an excellent opportunity to work on your skills. This is a half-ice program.

Fri, Apr 4-May 9 | 9:30-10:30 am | $40/5| 139024
Frank Crane Arena
Fri, May 23-Jun 27 | 9:30-10:30 am | $48/6 | 139027
Cliff McNabb Arena

RecSkate Adults Advanced

This class is for experienced skaters with an emphasis on ice dance, figure skating and other advanced skills. Work towards earning your bronze, silver and gold level lapel pins if desired.

Fri, Apr 4-May 9 | 10:30-11:30 am | $70/5| 139047
Frank Crane Arena
Fri, May 23-Jun 27 | 10:30-11:30 am | $84/6 | 139049
Cliff McNabb Arena

Daytime Private RecSkate Lessons

One-on-one instruction. These are great for accelerating your learning, mastering that one problem skill or preparing for the next level. Our instructors will work from the RecSkate program material or address specific skills as needed. Skate rentals are included. Please see the grids for private lesson options.

Mon, Mar 31-May 12 | 10-10:30 am | $180/6 | 138673
Wed, Apr 2-23 | 12:30-1 pm | $120/4 | 138906
Wed, Apr 2-23 | 1-1:30 pm | $120/4 | 138907
Wed, Apr 30-May 21 | 12:30-1 pm | $120/4 | 139598
Wed, Apr 30-May 21 | 1-1:30 pm | $120/4 | 139601
Mon, May 26-Jun 23 |10-10:30 am | $150/5 | 138692
Wed, May 28-Jun 25 | 12:30-1 pm | $150/5 | 138908
Wed, May 28-Jun 25 | 1-1:30 pm | $150/5 | 138909
Cliff McNabb Arena

Summer Skating Lessons

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

Monday, Jul 7-Aug 11 • 5 lessons • Nanaimo Ice Centre *(no lesson on Aug 4)*

3:30-4 pm	Boots 1 137750	Boots 2 137779	Rec 1 137816	Rec 2 137938	Rec 3 138266	Rec 4 138426	Private 138713
4-4:45 pm	Rec 1 137862	Rec 2 138230	Rec 3 138366	Rec 4 138607	Rec 5 138656	Private 4-4:30 pm 138722	
4:45-5:15 pm	Boots 1 137751	Boots 2 137780	Rec 1 137820	Rec 2 137939	Rec 3 138268	Rec 4 138428	Private 138891
5:15-6 pm	Rec 1 137863	Rec 2 138231	Rec 3 138367	Rec 4 138609	Rec 6/7 137769	RecFigure 139156	
6-6:30 pm	Boots 1 137752	Boots 2 137781	Rec 1 137822	Rec 2 137940	Private 138892	Private 138893	
6:45-7:45 pm	Teen 139042	Adult RS 139019	Private 6:45-7:15 pm 138895	Private 6:45-7:15 pm 138900	Private 6:45-7:15 pm 138902		
7:15-7:45 pm	Private 138903	Private 138904	Private 138905				

Thursday, Jul 10-Aug 14 • 6 lessons • Nanaimo Ice Centre

3:30-4:15 pm	Hockey Ras 138884	Ev Can Play 138881					
4:15-5 pm	Rec 1 137866	Rec 2 138236	Rec 3 138372	Rec 4 138616	Rec 5 138660	Private 4:15-4:45 pm 138932	
5-5:30 pm	Boots 1 137755	Boots 2 137784	Rec 1 137833	Rec 2 137947	Rec 3 138271	Rec 4 138431	Private 138934
5:30-6:15 pm	Rec 2 138238	Rec 3 138378	Rec 4 138618	Rec 5 138661	Rec 6/7 137777	Private 5:30-6 pm 138935	
6:15-7:15 pm	Teen 139044	RecFigure 139160	RS Adult 139022	Private 6:15-6:45 pm 138936	Private 6:15-6:45 pm 138938	Private 6:45-7:15 pm 138941	Private 6:45-7:15 pm 138942

Week Long Summer Skating Lessons

Monday to Friday, Aug 18-22 • 5 lessons • Nanaimo Ice Centre

9-9:45 am	Rec 1 137871	Rec 2 138248	Rec 3 138405	Rec 4 138640	Rec 5 138664	Private 9-9:30 am 138976	
9:45-10:15 am	Boots 1 137764	Boots 2 137793	Rec 1 137853	Rec 2 137965	Rec 3 138357	Rec 4 138432	Private 138977
10:15-11 am	Rec 1 137872	Rec 2 138250	Rec 3 138407	Rec 4 138641	Rec 6/7 137798	Private 10:30-11 am 138978	
11-11:45 am	RecFigure 139163	Private 11-11:30 am 138980	Private 11-11:30 am 138981	Private 11-11:30 am 138982	Private 11-11:30 am 138983		

Monday to Friday, Aug 25-29 • 5 lessons • Nanaimo Ice Centre

9-9:45 am	Rec 1 137873	Rec 2 138251	Rec 3 138408	Rec 4 138643	Rec 5 138666	Private 9-9:30 am 138985	
9:45-10:15 am	Boots 1 137765	Boots 2 137794	Rec 1 137854	Rec 2 137966	Rec 3 138358	Rec 4 138433	Private 138986
10:15-11 am	Rec 1 137874	Rec 2 138254	Rec 3 138409	Rec 4 138645	Rec 6/7 137799	Private 10:30-11 am 138987	
11-11:45 am	RecFigure 139165	Private 11-11:30 am 138989	Private 11-11:30 am 138990	Private 11-11:30 am 138991	Private 11-11:30 am 138992		

Check out our Arena Summer Camps on page 39.

NHL (Novice Hockey League)

NHL is designed to introduce and develop the game of hockey to children looking to play for enjoyment and fitness. Skills are taught through comprehensive progressions and age/skill appropriate drills. No previous hockey experience is required, but players must be able to skate and stop well. We recommend skaters complete a minimum of RecSkate 2 prior to this course. Full gear is required.

4 to 6 Years

Sat, Apr 5-May 10 | 8:15-9 am | $65/5 | 138470
Sat, Apr 5-May 10 | 12:15-1 pm | $65/5 | 138478
Frank Crane Arena

Sat, May 24-Jun 28 | 8:15-9 am | $78/6 | 138479
Sat, May 24-Jun 28 | 12:15-1 pm | $78/6 | 138484
Cliff McNabb Arena

M-F, Aug 18-22 | 8:15-9 am | $65/5 | 138485
M-F, Aug 18-22 | 12:15-1 pm | $65/5 | 138486
Nanaimo Ice Centre

7 to 12 Years

Sat, Apr 5-May 10 | 8:15-9 am | $65/5 | 138487
Sat, Apr 5-May 10 | 12:15-1 pm | $65/5 | 138489
Frank Crane Arena

Sat, May 24-Jun 28 | 8:15-9 am | $78/6 | 138491
Sat, May 24-Jun 28 | 12:15-1 pm | $78/6 | 138490
Cliff McNabb Arena

M-F, Aug 18-22 | 8:15-9 am | $65/5 | 138506
M-F, Aug 18-22 | 12:15-1 pm | $65/5 | 138508
Nanaimo Ice Centre

Hockey Rascals

3 to 5 Years

This program focuses on hockey FUNdamentals, including skating, puck handling and shooting. You must supply your own helmet with face cage, stick and gloves. Full gear is recommended.

Thu, Apr 3-May 8 | 3:30-4:15 pm | $78/6 | 138882
Frank Crane Arena

Fri, Apr 4-May 16 | 4:15-5 pm | $78/6 | 138885
Fri, Apr 4-May 16 | 5:30-6:15 pm | $78/6 | 138886
Fri, May 23-Jun 27 | 4:15-5 pm | $78/6 | 138887
Fri, May 23-Jun 27 | 5:30-6:15 pm | $78/6 | 138888
Cliff McNabb Arena

Thu, May 29-Jun 26 | 3:30-4:15 pm | $65/5 | 138883
Thu, Jul 10-Aug 14 | 3:30-4:15 pm | $78/6 | 138884
Nanaimo Ice Centre

Hockey Programs

Everyone Can Play Hockey

7 to 12 Years

This is a great first-timer experience emphasizing the FUNdamentals of Canada's greatest game. We recommend a minimum of RecSkate 2 be completed. Please supply your own helmet with a face cage, stick and gloves. Full gear is not mandatory but is recommended.

Thu, Apr 3-May 8 | 3:30-4:15 pm | $78/6 | 138879
Frank Crane Arena

Thu, May 29-Jun 26 | 3:30-4:15 pm | $65/5 | 138880
Thu, Jul 10-Aug 14 | 3:30-4:15 pm | $78/6 | 138881
Nanaimo Ice Centre

Dry Floor Precision Puck Play - NEW! Learn to Pass, Shoot & Score

This off ice program will help to develop players' skills in puck handling, passing and shooting with a focus on accuracy and control. The program aims to improve players' ability to execute precise movements under pressure and enhance their overall hockey IQ by honing their ability to make quick, calculated decisions with the puck.

6 to 8 Years

Mon, Mar 31-May 12 | 3:30-4:30 pm | $60/6 | 138596
Mon, May 26-Jun 23 | 3:30-4:30 pm | $50/5 | 138694

9 to 11 Years

Mon, Mar 31-May 12 | 3:30-4:30 pm | $60/6 | 138703
Mon, May 26-Jun 23 | 3:30-4:30 pm | $50/5 | 138705
Nanaimo Ice Centre

Power Skating

This program is designed to develop strength, power, flexibility and endurance for hockey. Emphasis is on correct technique and body position. Full gear is required.

4 to 6 Years

Mon, Aug 11 | 3-4 pm | $14/1 | 138454
Tue, Aug 12 | 3-4 pm | $14/1 | 138455
Wed, Aug 13 | 3-4 pm | $14/1 | 138456
Thu, Aug 14 | 3-4 pm | $14/1 | 138457
Fri, Aug 15 | 3-4 pm | $14/1 | 138458

7 to 9 Years

Mon, Aug 11 | 4-5 pm | $14/1 | 138459
Tue, Aug 12 | 4-5 pm | $14/1 | 138460
Wed, Aug 13 | 4-5 pm | $14/1 | 138461
Thu, Aug 14 | 4-5 pm | $14/1 | 138462
Fri, Aug 15 | 4-5 pm | $14/1 | 138463

10 to 14 Years

Mon, Aug 11 | 5-6 pm | $14/1 | 138454
Tue, Aug 12 | 5-6 pm | $14/1 | 138466
Wed, Aug 13 | 5-6 pm | $14/1 | 138467
Thu, Aug 14 | 4-6 pm | $14/1 | 138468
Fri, Aug 15 | 5-6 pm | $14/1 | 138469
Nanaimo Ice Centre

STICK 'n' PUCK

ALL AGES

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

Space is limited, and session rules do apply. These sessions are for individuals looking to practice hockey skills - skating, passing, shooting, puck handling. These are unstructured practice times.

RULES

- Games and scrimmages are not permitted
- Goalies are welcome and free
- Limited to 30 skaters per session
- Children under 8 must be accompanied by an adult

EQUIPMENT REQUIREMENTS

- Helmets and gloves are mandatory (full face cage required for skaters 16 years and under)
- Shin guards are strongly recommended

See page 8 for admission & page 14-15 for schedule information.

For more information, contact the Arena Coordinator at 250-755-7536.

Elite Power Skating

Skaters of all abilities are introduced to skating techniques necessary to develop greater power and strength to improve their game. Full gear is required.

6 to 9 Years

Wed, Apr 2-May 7 | 7:30-8:15 am | $78/6 | 138513
Frank Crane Arena
Wed, May 28-Jun 25 | 7:30-8:15 am | $65/5 | 138569
Nanaimo Ice Centre

10 to 14 Years

Wed, Apr 2-May 7 | 7:30-8:15 am | $78/6 | 138570
Frank Crane Arena
Wed, May 28-Jun 25 | 7:30-8:15 am | $65/5 | 138571
Nanaimo Ice Centre

Custom Private Power Skating Lessons

These one-on-one private power skating lessons are perfect for individual skill development. These will help with speed, balance, agility and coordination. Small groups (2-3) are also welcome. Full gear is recommended.

Thu, Apr 3-May 8 | 3:30-4 pm | $204/6 | 139578
Sat, Apr 5-May 10 | 7:45-8:15 am | $170/5 | 139586
Frank Crane Arena

Thu, May 29-Jun 26 | 3:30-4 pm | $170/5 | 139579
Thu, Jul 10-Aug 14 | 3:30-4 pm | $204/6 | 139580
M-F, Aug 18-22 | 8:15-8:45 am | $170/5 | 141608
M-F, Aug 25-29 | 8:15-8:45 am | $170/5 | 141609
Nanaimo Ice Centre

Fri, Apr 4-May 2 | 5-5:30 pm | $136/4 | 139582
Fri, May 9-May 30 | 5-5:30 pm | $136/4 | 139583
Sat, May 24-Jun 28 | 7:45-8:15 am | $204/6 | 139590
Fri, Jun 6-27 | 5-5:30 pm | $136/4 | 139584
Cliff McNabb Arena

Advanced Stickhandling Skills (D)

12 to 17 Years

This program is for any player interested in challenging and advancing their stickhandling and puck control abilities. You will be introduced to skills and drills that will encourage more creative use of your stick in game-like settings. Full gear is required.

Mon, Mar 31-May 5 | 7:45-8:45 pm | $65/5 | 138733
Wed, Apr 2-May 7 | 8:15-9:30 pm | $78/6 | 138730
Frank Crane Arena

Mon, May 26-Jun 23 | 7:45-8:45 pm | $65/5 | 138736
Wed, May 28-Jun 25 | 8:15-9:30 pm | $65/5 | 138731
Mon, Jul 7-Aug 11 | 7:45-8:45 pm | $65/5 | 138737
Wed, Jul 2-Aug 27 | 8:15-9:30 pm | $117/9 | 138732
Nanaimo Ice Centre

Adult Stickhandling (D)

16 Years +

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. Full gear is required.

Mon, Mar 31-May 5 | 7:45-8:45 pm | $65/5 | 138740
Frank Crane Arena

Mon, May 26-Jun 23 | 7:45-8:45 pm | $65/5 | 138743
Mon, Jul 7-Aug 11 | 7:45-8:45 pm | $65/5 | 138746
Nanaimo Ice Centre

Adult Hockey Skills and Drills (D)

For the mature player with some experience, this high-tempo, co-ed session will consist of skill practice and game play. Focus will be on developing positional play and game improvement.

Wed, Apr 2-May 7 | 8:15-9:30 pm | $78/6 | 138724
Frank Crane Arena

Wed, May 28-Jun 25 | 8:15-9:30 pm | $65/5 | 138726
Wed, Jul 2-Aug 27 | 8:15-9:30 pm | $117/9 | 138727
Nanaimo Ice Centre

Adult Scrimmage (D)

This scrimmage program is for those interested in playing in an informal scrub setting. Session is monitored by an experienced hockey leader. This is a registered program, but drop-in is available.

Fri, Apr 4-May 9 | 9-10:30 pm | $78/6 | 138750
Fri, May 23-Jun 27 | 9-10:30 pm | $78/6 | 138752
Cliff McNabb Arena

Fri, Jul 4-Aug 29 | 9-10:30 pm | $117/9 | 138753
Nanaimo Ice Centre

Adaptive Hockey (D) ♿

This program will provide teens and adults with diverse abilities the skills required to play the game of hockey. The participants will have the opportunity to learn how to skate, pass and shoot while getting some great exercise in a safe and stimulating environment. No skating ability is required, but participants should be steady on their feet. Support workers are welcome, but independence is encouraged. Full gear is required.

Wed, Apr 2-May 7 | 9:45-11 am | $78/6 | 138889
Frank Crane Arena

Check out our Arena Summer Camps on page 39.

Custom Private Hockey Lessons

6 Years +

These one-on-one private lessons with our popular hockey instructors are perfect for individual skill development. Potential skill areas include power skating, shooting, stick handling, goal keeping, defensive development and others. Small groups (2-3) are also welcome. Full gear is recommended. We also offer private RecSkate lessons. Check out availability in our lesson grids.

Tue, Apr 1-May 6 | 3:15-3:45 pm | $204/6 | 139171
Tue, Apr 1-May 6 | 3:15-3:45 pm | $204/6 | 139176
Tue, Apr 1-May 6 | 3:15-3:45 pm | $204/6 | 139180
Tue, Apr 1-May 6 | 3:45-4:15 pm | $204/6 | 139181
Tue, Apr 1-May 6 | 3:45-4:15 pm | $204/6 | 139183
Tue, Apr 1-May 6 | 3:45-4:15 pm | $204/6 | 139185

Sat, Apr 5-May 10 | 7:45-8:15 am | $170/5 | 139223
Sat, Apr 5-May 10 | 7:45-8:15 am | $170/5 | 139227
Frank Crane Arena

Wed, Apr 2-23 | 3:15-3:45 pm | $136/4 | 139200
Wed, Apr 2-23 | 3:15-3:45 pm | $136/4 | 139202
Wed, Apr 2-23 | 3:15-3:45 pm | $136/4 | 139204
Wed, Apr 2-23 | 3:45-4:15 pm | $136/4 | 139205
Wed, Apr 2-23 | 3:45-4:15 pm | $136/4 | 139206
Wed, Apr 2-23 | 3:45-4:15 pm | $136/4 | 139208
Wed, Apr 2-23 | 4:15-4:45 pm | $136/4 | 139209
Wed, Apr 2-23 | 4:15-4:45 pm | $136/4 | 139210
Wed, Apr 2-23 | 4:15-4:45 pm | $136/4 | 139212

Tue, May 27-Jun 24 | 3:15-3:45 pm | $170/5 | 139186
Tue, May 27-Jun 24 | 3:15-3:45 pm | $170/5 | 139188
Tue, May 27-Jun 24 | 3:45-4:15 pm | $170/5 | 139189
Tue, May 27-Jun 24 | 3:45-4:15 pm | $170/5 | 139193
Tue, May 27-Jun 24 | 3:45-4:15 pm | $170/5 | 139194
Tue, May 27-Jun 24 | 3:45-4:15 pm | $170/5 | 139198
Nanaimo Ice Centre

Fri, Apr 4-May 2 | 5-5:30 pm | $136/4 | 139213
Fri, Apr 4-May 2 | 5-5:30 pm | $136/4 | 139214
Fri, May 9-30 | 5-5:30 pm | $136/4 | 139215
Fri, May 9-30 | 5-5:30 pm | $136/4 | 139218
Fri, Jun 6-27 | 5-5:30 pm | $136/4 | 139219
Fri, Jun 6-27 | 5-5:30 pm | $136/4 | 139221

Sat, May 24-Jun 28 | 7:45-8:15 am | $204/6 | 139240
Sat, May 24-Jun 28 | 7:45-8:15 am | $204/6 | 139236
Cliff McNabb Arena

Lacrosse

This program focusses on lacrosse FUNdamentals, including running, cradling the ball, catching, passing and shooting. You must supply your own helmet with face cage and gloves. We have a limited number of sticks available for use if needed. Full gear is not mandatory, but it is recommended.

Mini Lacrosse Rascals: 4 to 5 Years

Tue, Apr 1-May 6 | 3:30-4:15 pm | $60/6 | 138574
Thu, Apr 3-May 1 | 3:30-4:15 pm | $50/5 | 138576
Tue, May 13-Jun 24 | 3:30-4:15 pm | $70/7 | 138575
Thu, May 15-Jun 23 | 3:30-4:15 pm | $70/7 | 138577

Lacrosse Rascals: 6 to 7 Years

Tue, Apr 1-May 6 | 3:30-4:15 pm | $60/6 | 138579
Thu, Apr 3-May 1 | 3:30-4:15 pm | $50/5 | 138581
Tue, May 13-Jun 24 | 3:30-4:15 pm | $70/7 | 138580
Thu, May 15-Jun 23 | 3:30-4:15 pm | $70/7 | 138582

Lacrosse Skills & Drills: 8 to 9 Years

Tue, Apr 1-May 6 | 4:15-5 pm | $60/6 | 138583
Thu, Apr 3-May 1 | 4:15-5 pm | $50/5 | 138588
Tue, May 13-Jun 24 | 4:15-5 pm | $70/7 | 138584
Thu, May 15-Jun 23 | 4:15-5 pm | $70/7 | 138589

Lacrosse Skills & Drills: 10 to 11 Years

Tue, Apr 1-May 6 | 4:15-5 pm | $60/6 | 138590
Thu, Apr 3-May 1 | 4:15-5 pm | $50/5 | 138592
Tue, May 13-Jun 24 | 4:15-5 pm | $70/7 | 138591
Thu, May 15-Jun 23 | 4:15-5 pm | $70/7 | 138593
Nanaimo Ice Centre

Our kids are amazing skaters thanks to the RecSkate program! The staff are friendly, fun and are so good at teaching kids of all ages and abilities.

DROP-IN HOCKEY PROGRAMS (D)

When you see this symbol beside a program, it indicates that we accept drop-ins. The drop-in fee is $13. You can pre-register online, phone 250-756-5200 during office hours or pay a cashier in person (when scheduled) and present the on-ice staff member with your receipt. Our instructors will not accept payment.

Full Gear

Hockey Equipment Checklist:

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