



before you make the

call Adam at 250-739-3161.



The online public schedules listed in this Activity Guide for swimming, skating, gymnasium sports and pottery are subject to change. Avoid being disappointed. Check our online schedules before you come to be sure.

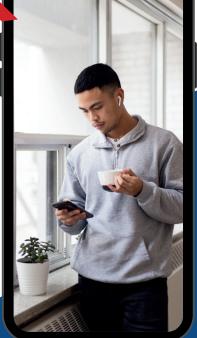








recreation.nanaimo.ca (click on "Drop-In Schedules")





Volunteers Needed

Nanaimo 2025 55+ BC Games | September 9 - 13, 2025



VOLUNTEER TODAY!

There are lots of opportunities to volunteer before and during the Games!



- Sports Events
- Transportation
- Finance & Admin
- Special Events
- Operations
- Data Entry

- Photography
- · First-Aid / Medical
- Fundraising
- Hosts at Venues
- Medals/Results
- · Volunteer Management



LEARN MORE OR SIGN UP

EMAIL: volunteer@55plusgames.ca ONLINE: www.55plusbcgames.org/nanaimo











ACCESSIBILITY IMPROVEMENTS

Thanks to SPARC BC & The Rick Hansen Foundation for helping fund some of these upgrade initiatives





- Installed raised text and symbols to improve access to washrooms and offices for those who may have reduced vision
- Incorporated assistive hearing devices in all recreation centres
- Purchased new mobi mats to add to various beaches to enhance access to the water



- Added visual fire alarms for those with hearing issuess
- Replaced knob-style door handles with lever type
- Installed additional wayfinding signage both inside and outside of our facilities
- Incorporated additional markings at glazed doors to reduce glare and improve identification







Your Motivation is Here.

Group Sessions

One-on-One

Youth Support

When we are motivated, we take action.

It is possible to reduce or quit tobacco, vaping & nicotine.

Let's get started.



Fall 2025 & Winter 2026
Group Sessions Registration Open!

Karen Alden Motivational Health Consultant

Nanaimo, B.C. Canada motivatemekaren@gmail.com 250.667.3121 | motivateme.ca



metivateme





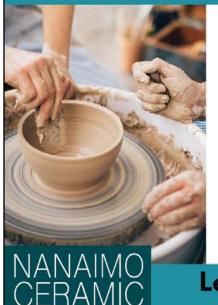








ART & POTTERY CLASSES



8 weeks led by professional artists, all materials are included

- Beginner Wheel Throwing
- Intermediate Wheel Throwing
- Handbuilding With Clay
- Creative Art Journaling
- Drawing Explorations
- **Painting Foundations**

STARTING SEPTEMBER 8, 2025

These courses are geared towards adults, must be 16+ to participate

Learn More and Register - See Website **115 CHAPEL ST. 250-754-8377** WWW.NANAIMOCERAMICARTS.COM



Providing quality gymnastics instruction with maximum activity level in a well-structured, fun and safe environment

Ongoing Registration **Throughout** the Year!



| BIRTHDAY PARTIES | DROP-IN | DAYCARES PRIVATE LESSONS | CALL FOR DETAILS

YOUR DESTINATION for all things GYMNASTICS!

1911 WILFERT ROAD, NANAIMO (250) 756-9102 | admin@flipsidegymnastics.ca www.flipsidegymnastics.ca

ADVERTISE WITH US!

NANAIMO PARKS, RECREATION & CULTURE Spring & Gummer 2025 Activity Guide







The City of Nanaimo produces two Activity Guides per year and provides a great way to promote your community organization or business.

Check out our website, email parksandrecreation@nanaimo.ca or call 250-755-7510 for ad options available.









brigadoon.dance.academy





F Brigadoon Dance Academy

ADVERTISE WITH US!







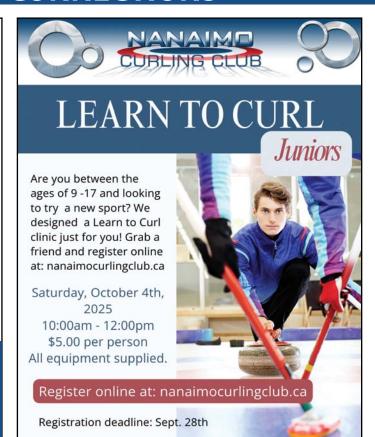


250-756-5200



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You could host an international high school student

and help them fulfill their dream of studying in Canada!

HOMESTAY@SD68.BC.CA 250-751-0147

studyvancouverisland.ca











City of Nanaimo Culture Partners



City of Nanaimo Culture Partners



Art Lab Sunday Weekly, 1-4 pm

Drop-in for a fun hands-on art activity with family and friends.

Visit our website for more information on exhibitions, programs for kids & teenagers, adult workshops and special events.

City of Nanaimo Culture Partners



THE PORT THEATRE PRESENTS: spotlightseries 2025-2026 SEASON

2025-2026 SPOTLIGHT SEASON

AFRIQUE EN CIRQUE Kalabanté Friday, October 3, 2025 - 7:30pm

OPERA & DANCE Celebrating the Music of Leonard Cohen

Wednesday, October 29, 2025 - 7:30pm

PISUWIN Atlantic Ballet of Canada Friday, November 14, 2025 - 7:30pm

THE LIGHTFOOT BAND

Tuesday, November 11, 2025 - 8pm

BEAR GREASE The Musical Saturday, December 6, 2025 - 7:30pm

WINTER HARP

Saturday, December 13, 2025 - 3:30pm INTERNATIONAL GUITAR NIGHT Friday, January 30, 2026 - 7:30pm

CARMINA BURANA & T'ƏL

Royal Winnipeg Ballet Friday, February 6, 2026 - 7:30pm

UPU A Journey Through the Heartbeat of Pacific Poetry Tuesday, February 24, 2026 - 7:30pm

MIXED REPERTOIRE

Ballet Kelowna

Friday, March 20, 2026 - 7:30pm

NETFLIX'S THE MAKING OF LIFE ON OUR PLANET

Sunday, April 12, 2026 - 7:30pm

JULIET & ROMEO Lost Dog Wednesday, May 6, 2026 - 7:30pm

ALICE IN WONDERLAND

Ballet Victoria

Wednesday, May 20, 2026 - 7:30pm

MORNING COFFEE CONCERTS Tuesdays @ 10:30 am

POCKET SYMPHONIES - October 7 TY KOCH - November 25 SARAH HAGEN - March 3 CHENG² DUO - April 21















