

COMMUNITY CONNECTIONS

Water Polo

Join us for Junior Water Polo for ages 8 to 15 at Nanaimo Aquatic Centre!

THURSDAYS, 7-8 PM
OCTOBER 2 TO MID-DECEMBER

~NEW~ Water Polo for 16+
We are excited to offer a new water polo session for ages 16 years and over!

THURSDAYS, 8-9 PM
OCTOBER 2 TO MID-DECEMBER
NANAIMO AQUATIC CENTRE



Register online at the Nanaimo White Rapids website under fall/winter maintenance or call Adam at 250-739-3161.



TEAM AQUATIC SUPPLIES LTD

Lobby of Nanaimo Aquatic Centre

YOUR ONE STOP SWIM SHOP

Competitive Swimming - Aquafitness - Family - Fun



Swimwear - Equipment - Fins - Goggles - Gear

**PROUDLY
CANADIAN**

741 Third Street, Nanaimo, B.C. • 250-740-0372
On-line store: www.team-aquatic.com

DOUBLE CHECK
before you make the
TREK

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”)



cityofnainimo



prc_nanaimo (#ilovemyparksandrec)

COMMUNITY CONNECTIONS

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!

gather
get in
the Games here

- 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

We know there are still many ways needed to improve accessibility for our Parks, Recreation and Culture facilities, but we are working on it!
Here are some of the improvements we have made recently:

- 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 issues
- 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

COMMUNITY CONNECTIONS



PIANO LESSONS
WITH KRISTA ROGERS

30 YEARS OF TEACHING EXPERIENCE

Specialized in teaching young children of 3 to adult

“ I want to express my gratitude for the incredible impact you’ve had on my piano journey. I have always looked forward to your lessons and always leave noticeably improved. Thank you for sharing your knowledge and inspiring me to reach new musical heights! ”

(Shae McKeever)

250-713-9595 krogerstudio@gmail.com



VANCOUVER ISLAND MILITARY MUSEUM
Canadian Military History
On Nanaimo’s Dynamic Waterfront

*Come See,
Come Learn,
Come Experience
History*

at British Columbia’s most significant Military Museum

Downtown Nanaimo (next to the Port Theatre)
Tue - Fri 10am-3pm • Sat 11am-3pm
100 Cameron Rd. | 250-753-3914
vimilitarymuseum.ca



**Tobacco & Vaping
Nicotine Support**
Your Motivation is Here.

Group Sessions When we are motivated, we take action.

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

Youth Support 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

motivatem
Motivate. Support. Succeed.



NANAIMO CURLING CLUB

COME JOIN THE FUN!

Are you 18+ and looking for a fun new way to stay active? Join our Learn to Curl clinic where we will show you how to get started in one of Canada’s favorite sports. All equipment is supplied. Register at nanaimocurlingclub.ca

**Intro To
Curling**

Saturday, Sept. 20, 2025
10:00am - 12:00pm

Register online at: nanaimocurlingclub.ca

Registration deadline: Sept. 14th

COMMUNITY CONNECTIONS

2 WEEKS OF MARTIAL ARTS FOR JUST \$20!

Safe, FUN, Kids Martial Arts Classes!!

Your kids don't have to sit around playing video games! If you are looking for an activity your kids will have tons of FUN doing that will also improve their confidence, discipline, and listening this will be perfect!



Limited Time Offer!



TIGER
MARTIAL ARTS

778 674 8200
tigernanaimo@gmail.com

Unit C- 6439 Portsmouth Rd, Nanaimo, BC V2V 1R6
www.tigernanaimo.com

VANCOUVER ISLAND SYMPHONY

NOTEWORTHY KIDS!
Sing!



CHOIR SPONSOR

STEVE MARSHALL

LINCOLN

Join the VIS Noteworthy Kids Choir!

Open to kids ages 7 - 12. No experience necessary.

FALL/ WINTER SESSION: Oct. 1, 2025 - Feb. 11, 2026

REHEARSALS: Wednesdays • 3:45 - 4:45 pm

REGISTRATION FEE: \$249

PROGRAM INFORMATION & LOCATION DETAILS
250-754-0177 • office@vancouverislandsymphony.com

vancouverislandsymphony.com

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
Nanaimo Parks & Recreation

FUN activities first aid recreation
swimming activity guide yoga dancing recreation
outdoors CAMP games health arts & crafts education
wellness sports learning parks arenas cooking
LANGUAGE arts family COMMUNITY
250.756.200 PLAY active preschool
www.recreation.nanaimo.ca

New to Nanaimo?

Make sure you secure your child's spot in your catchment school before school begins!



NANAIMO LADYSMITH
PUBLIC SCHOOLS

www.sd68.bc.ca



cityofnanaimo



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COMMUNITY CONNECTIONS

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

NANAIMO
CERAMIC
ARTS
STUDIO & GALLERY

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 & Summer 2025 Activity Guide
April to August 2025



recreation.nanaimo.ca
250-756-5200
Registration starts on Wednesday, March 5 (April 1)
Wednesday, March 12 (all other programs)



NANAIMO PARKS, RECREATION & CULTURE
Fall 2025/Winter 2026 Activity Guide
September 2025 to March 2026



recreation.nanaimo.ca
250-756-5200
Registration starts on Wednesday, August 1 (April 1)
Wednesday, August 13 (all other programs)



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.**

COMMUNITY CONNECTIONS


Communauté Francophone Accueillante
 DE NANAIMO



UNE COMMUNAUTÉ FRANCOPHONE POUR VOUS ACCUEILLIR!

Financed par:  Immigration, Refugees and Citizenship Canada
 Funded by:  Immigration, Refugees and Citizenship Canada


Brigadoon
DANCE ACADEMY
 HIGHLAND on VANCOUVER ISLAND



Paul M. Williams

Come try our 4-week trial session at Oliver Woods Community Centre!
Recreation to Championship Level • Age 3 to Adult

To request more information:
brigadoondanceacademy@shaw.ca or 250-756-3661
Please leave the dancer's name, age & grade


 Brigadoon Dance Academy
  [brigadoon.dance.academy](https://www.instagram.com/brigadoon.dance.academy)




WE ARE HIRING!

Do you have a special skill
 or hobby you would like to
 share? Tell us about it!

Go to our website and search
"Program Proposals" for details.


MT. WASHINGTON
 Ski Club



Developing young athletes one turn at a time since 1982!
 Join our family-focused alpine ski racing community, where young skiers build skills, forge friendships, and discover a lifelong love for the sport. Registration for the 2025/2026 season open now. U10 and U12 program space available.
 Learn more at www.mwsc.ca

- One or two days a week options
- Nurturing environment for all ages
- Expert coaching & athlete development
- Programs grounded in Alpine Canada's Long Term Athlete Development
- Experience the thrill. Join the tradition.

Mt. Washington Ski Club—where champions grow!



cityofnanaimo



prc_nanaimo (#ilovemyparksandrec)

COMMUNITY CONNECTIONS

ADVERTISE WITH US!

NANAIMO PARKS, RECREATION & CULTURE
Spring & Summer 2025 Activity Guide
April to August 2025



recreation.nanaimo.ca
250-756-5200
Registration starts on Wednesday, August 6 (Aquatics)
Wednesday, March 12 (all other programs)



CITY OF NANAIMO
Parks, Recreation & Culture

NANAIMO PARKS, RECREATION & CULTURE
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Parks, Recreation & Culture

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.**



LEARN TO CURL

Juniors

Are you between the ages of 9 -17 and looking to try a new sport? We designed a Learn to Curl clinic just for you! Grab a friend and register online at: nanaimocurlingclub.ca

Saturday, October 4th,
2025

10:00am - 12:00pm

\$5.00 per person

All equipment supplied.

Register online at: nanaimocurlingclub.ca

Registration deadline: Sept. 28th



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



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City of Nanaimo Culture Partners



SEPT – MARCH ACTIVITIES

- Oct | Lantern Walking Tours, Brother XII Presentations & Halloween Fun!
- Oct 2025 – Feb 2026 | Winter Lights School Program (+ lots more!)
- Nov | Metis Heritage Celebration
- Nov 2025–Sep 2026 | Feature Exhibit: Grow Nanaimo + related activities
- Dec 2025 & Feb 2026 | I-Spy Themes
- Feb 13-14 | Family Day Weekend
- Mar 14-29 | Spring Break Program



Contact us:
250-753-1821



Visit our website for info:
WWW.NANAIMOMUSEUM.CA

LEARN MORE



City of Nanaimo Culture Partners



**Nanaimo
Art Gallery**

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.

NanaimoArtGallery.ca

Snuneymuxw Territory 150 Commercial Street, Nanaimo BC

City of Nanaimo Culture Partners



THE PORT THEATRE PRESENTS: **spotlight**SERIES 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'ŌL
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

**UPU - A JOURNEY THROUGH THE
HEARTBEAT OF PACIFIC POETRY**

**NETFLIX'S THE MAKING OF
LIFE ON OUR PLANET**

AFRIQUE EN CIRQUE

ALICE IN WONDERLAND
BALLET VICTORIA

**INTERNATIONAL
GUITAR NIGHT**

JULIET & ROMEO

**BEAR GREASE
THE MUSICAL**

CHOOSE
FROM A
VARIETY OF
UNIQUE,
BOLD,
& **EXCITING**
EVENTS

MORNING COFFEE CONCERTS
Tuesdays @ 10:30 am

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

TICKETS ON SALE **NOW!**

Check out **ALL** the shows

porttheatre.com/spotlight **250-754-8550**



THANK YOU to our Star Sponsors!



We're grateful for the opportunity to live, work, and celebrate the Arts on the traditional territory of the Snuneymuxw First Nation. hay ce:p q'a