Early Years & Children’s Activities

Early Years - Ages 6 Months to 5/6 Years
Children - 5/6 Years +

Join us for fun, friendship & fitness!

Mother Goose
Birth to 12 Months
This program allows children to experience the pleasure and benefits of using rhymes, songs and stories in their daily activities. Join our specialized teachers for a morning of fun.
Fri, Oct 18-Nov 15  9:30-10:30 am Free 30057
Fri, Jan 17-Mar 13  9:30-10:30 am Free 30058
Oliver Woods Community Centre

PJ’s & Play
1 to 4 Years
Bring mom and dad and make a craft, play parachute games, sing and dance. Shake out those sillies before bedtime!
Tue, Sep 10-Oct 15  6-6:45 pm $30/6 22192
Tue, Oct 22-Nov 26  6-6:45 pm $30/6 22193
Tue, Jan 7-Feb 11  6-6:45 pm $30/6 22194
Tue, Feb 24-Mar 30  6-6:45 pm $30/6 22195
Oliver Woods Community Centre

Tumble Bumble
2 to 4 Years
A fun, active opportunity for tots to explore climbing equipment, mats and more. Games and other activities are planned to develop motor skills and social interaction. Parents are asked to participate in this semi-structured program.
Mon, Sep 9-Oct 21  3:30-4:30 pm $30/6 22196
Mon, Oct 28-Dec 9  3:30-4:30 pm $30/6 22197
Mon, Jan 6-Feb 10  3:30-4:30 pm $30/6 22198
Mon, Feb 24-Mar 30  3:30-4:30 pm $30/6 22199
Oliver Woods Community Centre

Let’s Play!
Discover a play through play! Theatre games and improv will be the name of the game as we bring a story to life. Bring your love of fairy tales to life as we work on creating a short piece that can be performed for your families at the last class.
Instructor: Carolyn Thomas
5 to 7 Years
Sat, Sep 28-Nov 9  10-11 am $54/6 23024
8 to 12 Years
Sat, Sep 28-Nov 9  11:15 am -12:15 pm $54/6 23025
Bowen Park Complex

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.
Fri, Sep 13-27 10:30-11:30 am $20/3 19440
Fri, Oct 4-25 10:30-11:30 am $26/4 19441
Fri, Nov 1-29 10:30-11:30 am $33/5 19442
Fri, Dec 6-20 10:30-11:30 am $20/3 19443
Fri, Jan 10-31 10:30-11:30 am $26/4 19444
Fri, Feb 7-28 10:30-11:30 am $26/4 19450
Fri, Mar 6-27 10:30-11:30 am $26/4 19453
Oliver Woods Community Centre

See page 104 for details.
Monthly Early Years Programs
for ages 3 to 5

Our monthly “Play & Learn” early years programs, led by experienced and dedicated staff, will teach your child how enjoyable learning can be! Through interactive play, songs, stories, crafts and basic academic prep activities, your child will develop skills that will help prepare them for Kindergarten and for years to come.

Register now for classes from September 2019 to June 2020.

**BEBAN**

**Busy Bees**
Mon, 9-11 AM
Inst: Julie Miller, ECE
Sep 11551 Jan 11550 May 11621
Oct 11552 Feb 11572 Jun 11622
Nov 11553 Mar 11577
Dec 11556 Apr 11617

**BOWEN**

**Teddy Bears**
Mon/Wed, 9:30-11:30 AM
Inst: Angela Vipond, ECE
Sep 11880 Jan 12053 May 12072
Oct 12045 Feb 14809 Jun 12083
Nov 12049 Mar 12063
Dec 12055 Apr 12071

**OLIVER WOODS**

**Doodle Bugs**
Tue/Thu, 9:30-11:30 AM
Inst: Cindy Cormons
Sep 10822 Jan 10828 May 14399
Oct 10823 Feb 10829 Jun 11091
Nov 10826 Mar 14397
Dec 10827 Apr 11090

**Animal Crackers**
Tue/Thu, 9-11 AM
Inst: Julie Miller, ECE
Sep 11623 Jan 11519 May 11625
Oct 11516 Feb 11504 Jun 11626
Nov 11517 Mar 11520
Dec 16085 Apr 11523

**Pollywogs**
Mon/Wed, 12-2 PM
Inst: Angela Vipond, ECE
Sep 15279 Jan 15293 May 15298
Oct 15282 Feb 15294 Jun 15299
Nov 15283 Mar 15296
Dec 15284 Apr 15297

**Animal Crackers**
Wed/Fri, 9-11 AM
Inst: Julie Miller, ECE
Sep 11546 Jan 14794 May 14807
Oct 11549 Feb 18589 Jun 14008
Nov 11591 Mar 11842
Dec 11518 Apr 11933

**Kinder Prep**
Tue/Thu, 11:30 am-1:30 pm
Inst: Julie Miller, ECE
Sep 11853 Jan 11859 May 11845
Oct 11855 Feb 11840 Jun 11847
Nov 11856 Mar 11839
Dec 11857 Apr 11844

**Kinder Prep**
Mon/Wed, 11:30 am-1:30 pm
Inst: Julie Miller, ECE
Sep 11828 Jan 16074 May 11848
Oct 11836 Feb 15881 Jun 11849
Nov 11550 Mar 16078
Dec 11838 Apr 14806

- Each class is $14, so monthly costs vary.
- Ages 3 to 5 for these programs (except Kinder Prep).
- Kinder Prep participants must be 3 years, 9 months to start and entering Kindergarten the following year; maximum age is 5 years, 5 months as of December 31, 2020.
- Child MUST be potty trained prior to starting these programs.
- We accept monthly scheduled payments to hold your place in the program.
Arts & Crafts Programs

**Art Attack!**
**6 to 12 Years**
Let your artistic spirit soar as we examine different types of art and create our own modern-day masterpieces. You bring the creativity, and we will supply everything else.
- Thu, Sep 26-Oct 24 2:45-3:45 pm $35/5 29569
- Thu, Nov 7-Dec 12 2:45-3:45 pm $42/6 29570
Brechin School (510 Millstone Ave)

**Artworks**
**2 to 3 Years**
Join us on Friday mornings and be creative. Play, paint, squeeze and sculpt. Each week children will create a different art project and discover the world of art and creativity. Parent participation is required.
- Fri, Sep 6-Oct 4 10-10:45 am $89/5 22449
- Fri, Oct 25-Nov 29 10-10:45 am $89/5 22450
- Fri, Jan 10-Feb 7 10-10:45 am $89/5 22451
Creative Escape Art Studio (4750 Rutherford Rd)

**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 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

**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 your characters.
Instructor: Emily Bourke
- Thu, Feb 13-Mar 5 7-9 pm $75/4 29735
Beban Social Centre
# Dance Programs

## Dance with Me
Babies and toddlers will develop a love for music, movement building friendships through fun songs, simple actions and instruments. Parent participation is required.

**Instructor:** Chiara Ackerman

**6 to 18 Months**

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**18 Months to 3 Years**

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**Beban Park Social Centre**

## Tots Dance Mix
**3 to 4 Years**

Energetic and upbeat! Move your body; move your feet! This class has a variety of dance styles to try, including jazz, tap, hip hop, disco, latin and country line.

**Instructor:** Chiara Ackerman

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**Beban Park Social Centre**

## Musical Dance Theatre
**3 to 5 Years**

This program is focused on dancing, acting and singing where kids will learn proper dance fundamentals.

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**Oliver Woods Community Centre**

## Baby Ballet
**3 to 5 Years**

An introduction to ballet in a fun-filled environment. Develop balance and coordination while learning dance moves.

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**Beban Park Social Centre**

## Baby Ballet - Next Steps
**3 to 5 Years**

This is for those who have already taken Baby Ballet. In this level, little dancers will learn more music and advanced steps.

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**Oliver Woods Community Centre**

## Lets Dance
Try out a variety of different dance styles - both traditional and cultural from around the world. Learn the foundations, and expand your horizons at the same time.

**3 to 4 Years**

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**5 to 6 Years**

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**6 to 10 Years**

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**Bowen Park Complex**

## Twinkletoes
**2.5 to 4 Years**

Does your little one enjoy twirling and prancing around? In this semi-structured class, they will learn ballet basics combined with creative play.

**Instructor:** Chiara Ackerman

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**Beban Park Social Centre**
Dance Programs

Intro to Hip Hop
Touch on the basics of hip hop, and learn new styles like grooving, popping, b-Boying and more.

3 to 4 Years
Fri, Sep 13-Oct 18 3:30-4 pm $40/6 29383
Fri, Oct 25-Nov 29 3:30-4 pm $40/6 29386
Fri, Jan 10-Feb 14 3:30-4 pm $40/6 29387
Fri, Feb 21-Mar 27 3:30-4 pm $40/6 29388

5 to 7 Years
Fri, Sep 13-Oct 18 4:05-5 pm $40/6 29384
Fri, Oct 25-Nov 29 4:05-5 pm $40/6 29387
Fri, Jan 10-Feb 14 4:05-5 pm $40/6 29388
Fri, Feb 21-Mar 27 4:05-5 pm $40/6 29389

8 to 11 Years
Fri, Sep 13-Oct 18 4:55-5:55 pm $49/6 29390
Fri, Oct 25-Nov 29 4:55-5:55 pm $49/6 29391
Fri, Jan 10-Feb 14 4:55-5:55 pm $49/6 29392
Fri, Feb 21-Mar 27 4:55-5:55 pm $49/6 29393

12 to 18 Years
Fri, Sep 13-Oct 18 7-8 pm $49/6 29394
Fri, Oct 25-Nov 29 7-8 pm $49/6 29395
Fri, Jan 10-Feb 14 7-8 pm $49/6 29396
Fri, Feb 21-Mar 27 7-8 pm $49/6 29397

Highland Dance
Dance, sing and learn the Highland Fling with certified instructors from Brigadoon Dance Academy. Parent participation is required for Tartan Tots. Please wear shorts, a t-shirt and bare feet.

2 to 3 Years - Tartan Tots
Sun, Oct 27 2-2:45 pm $45/4 29329
Sun, Feb 23 2-2:45 pm $45/4 29334

4 to 6 Years - Brave Hearts
Sun, Oct 27 3-3:45 pm $45/4 29333
Sun, Feb 23 3-3:45 pm $45/4 29336

7 to 13 Years - Kilts and Hilts
Sun, Oct 27 4-4:45 pm $45/4 29338
Sun, Feb 23 4-4:45 pm $45/4 29339

Oliver Woods Community Centre

Zumba for Kids
These classes feature kid-friendly routines based on original zumba choreography. We break down the steps, add games, activities and cultural exploration elements into the class structure. This helps develop a healthy lifestyle and incorporates fitness as a natural part of children’s lives by making fitness fun.

Instructor: Shandra Mayes

4 to 6 Years
Tue, Sep 17-Oct 22 3:30-4:15 pm $39/6 21415
Tue, Jan 14-Feb 18 3:30-4:15 pm $39/6 21541

7 to 11 Years
Tue, Oct 29-Dec 3 3:30-4:15 pm $39/6 21542

Oliver Woods Community Centre

Vibe Dance Studio (1969 Boxwood Rd)

We Like to Move It, Move It!

6 to 10 Years
Ready to burn off some after-school energy? We’ll explore different styles of dance and music in this just-for-fun class.

Wed, Jan 15-Feb 26 5:30-6:30 pm $49/7 29759
Brechin Elementary School (510 Millstone Ave)
Music Programs

Musical Monkeys NEW!
This program teaches a foundation of music with hands-on experience with various musical instruments. Children will learn songs, musical terms, rhythm, pitch and the scale through singing, playing and dancing! All supplies are included. Instructor is ECE certified and has 10 years experience as a professional musician and music educator.
Instructor: Christina Gradanti

1 to 2 Years - Parent Participation Required

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3 to 5 Years

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Oliver Woods Community Centre

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

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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

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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

<table>
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Bowen Park Complex

NEW!
### Music / Special Interest Programs

#### 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 playing 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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#### Spring into 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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### Bowen Park Complex

#### Bowen Park Complex

**Bowen Park Complex**

**Spring into Guitar**

**NEW**

Ideal for youth and adults with less than two years of experience. This small group format makes learning music on the guitar fun! You will discover three-string chords, play notes from popular melodies and more! Please bring your own guitar and tuner.

**Instructor:** Dave Hart

<table>
<thead>
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<th>Time</th>
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### ANNE WARREN

**The Sewing Room**

**250.758.2807**

**annewarrensews@gmail.com**

**Adult classes also available!**

---

**NANAIMO MUSEUM**

**MAKE A DISCOVERY!**

**Lantern Tour Series:**
- Haunted Nanaimo
- Crime & Punishment

Select Fri & Sat evenings in Oct
Visit our website for tickets!

**Brother XII Presentation**

October 11 (Fri) & 19 (Sat)

**Haunted Coal Mine**

October 26: 10am - 3pm

Find out More:

100 Museum Way • 250.753.1821

www.nanaimomuseum.ca

facebook.com/NanaimoMuseum
Special Interest Programs

Under the Surface
3 to 6 Years
Come explore with us and learn about the life surrounding and beneath the shoreline. Discover what that slimy stuff is that gets stuck between your toes. This is a parent participation class. Meet at the picnic tables, and stay for a picnic after class.
Instructor: Judy Wickland
Sat, Sep 14 10:30-11:45 am  $10/1  29553
Sat, Sep 14 12-1:15 pm  $10/1  30797
Pipers Lagoon Park

Fun in the Fall
6 to 10 Years
Make a new craft each week, including a button apple, pumpkin candle jars, monster slime, popsicle stick scarecrow, tie dye turkeys and leaf sun catchers.
Sat, Sep 7-Oct 12  10 am-12:15 pm  $40/6  22437
Oliver Woods Community Centre

Wiggling Worms
3 to 6 Years
Are worms really slimy? Have you ever wondered what a worm eats or which end is their head? Come learn through games, crafts and stories. This is a parent participation class.
Sat, Nov 16 10-11 am  $8/1  29548
Bowen Park Lower Picnic Shelter

Silly Inventors
7 to 10 Years
Silly science awaits! Join us for some weird and wonderful science experiments.
Wed, Oct 9-Nov 13  4:30-5:30 pm  $36/6  29700
Beban Park Social Centre

Trees and Leaves
3 to 6 Years
Fall is a wonderful time to drink in the beauty of trees - especially those whose leaves change colour. Join us for fall crafts and learn why trees have leaves and why they change colours in the fall. This is a parent participation class.
Sun, Oct 13 10-11 am  $8/1  29549
Bowen Park Upper Picnic Shelter

Winter - How Plants & Animals Survive
3 to 6 Years
Have you ever wondered what happens to the plants and animals over the winter months when it’s cold outside? Meet at the top of the stairs across from the parking lot off Rock City Road to find out. This is a parent participation class.
Sun, Jan 19 10-11 am  $8/1  29543
Linley Valley Parking Lot

Under the Sea
6 to 10 Years
Make an ocean aquarium, sea creatures, ocean slime, shell picture frames and tissue paper turtles. Take home a new craft each week.
Sat, Jan 11-Feb 15  10 am-12:15 pm  $40/6  22439
Oliver Woods Community Centre

Make a new craft each week, including a button apple, pumpkin candle jars, monster slime, popsicle stick scarecrow, tie dye turkeys and leaf sun catchers.
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Linley Valley Parking Lot

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Sat, Jan 11-Feb 15  10 am-12:15 pm  $40/6  22439
Oliver Woods Community Centre
**Special Interest**

**Kids Cupcake Fun**  
6 to 10 Years  
Decorate a different themed cupcake each week! You will even learn how to make cupcakes look like animals! Try basic decorating techniques, and get inspired in creating edible art. All supplies are included.  
Instructor: Antonio Nugent  
Sat, Sep 28-Oct 19 1-2 pm $60/4 29440  
Sat, Jan 11-Feb 1 1-2 pm $60/4 29444  
Oliver Woods Community Centre

**Kids Get Cooking - Chef’s in The Kitchen**  
9 to 11 Years  
Grilling, sautéing, roasting and steaming. Learn different cooking techniques, knife skills and flavour combining to create exciting meals for the whole family.  
Tue, Oct 22-Nov 12 3:30-5:30 pm $120/4 29344  
Nanaimo Foodshare (271 Pine St)

**Kids Get Cooking - Flavour, Texture & Colour Fun**  
6 to 8 Years  
Inspire interest in the kitchen and foods by creating and eating a delicious adventure. You’ll develop kitchen skills, food knowledge and expand your taste buds.  
Tue, Sep 17-Oct 8 3:30-5:30 pm $120/4 29358  
Wed, Nov 20-Dec 11 3:30-5:30 pm $120/4 29359  
Nanaimo Foodshare (271 Pine St)

**Cheese Making - Mozzarella Madness**  
7 to 12 Years  
Come and learn how to make your own cheese. You will be also make mozzarella mini pizzas. An optional 4 pound cheese kit is available for $5 paid to the instructor on the day of the class.  
Thu, Oct 24 4-5 pm $30/1 29722  
Thu, Jan 30 4-5 pm $30/1 29723  
Bowen Complex

**Makeup - The Basics**  
9 to 14 Years  
This workshop, taught by a professional makeup artist, will cover proper skin care, fun and age-appropriate makeup application techniques and how to properly clean your makeup brushes. Participants supply their own makeup/tools for this workshop. Simply bring what you’re using (and your questions) to class.  
Mon, Nov 4 4:30-6 pm $35/1 29722  
Mon, Dec 9 4:30-6 pm $35/1 29443  
Mon, Feb 3 4:30-6 pm $35/1 29445  
Beban Park Social Centre

**Teens Rule...The Kitchen**  
12 to 16 Years  
Learn the skills and build confidence to work independently in the kitchen. You will learn a variety of cooking techniques and knife skills. Learn to cook the foods you like, and impress your friends and family with cool foods you create.  
Wed, Jan 15-Feb 5 3:30-5:30 pm $120/4 29344  
Nanaimo Foodshare (271 Pine St)

**Home Alone**  
9 to 12 Years  
This is designed for children who may be ready to be home alone. The new format for this program includes establishing rules and routines, handling emergency situations, personal safety, basic first aid and much more. Price includes a student manual.  
Mon, Sep 30 2-5 pm $42/1 29559  
Breachin School (510 Millstone Ave)  
Mon, Dec 2 2-5 pm $42/1 29562  
Fairview Community School (205 Howard Ave)  
Mon, Dec 9 2-5 pm $42/1 29563  
Bayview School (140 View St)  
Sat, Sep 21 9 am-12 pm $42/1 29500  
Sat, Sep 21 1-4 pm $42/1 29501  
Sat, Oct 5 9 am-12 pm $42/1 29502  
Sat, Oct 5 1-4 pm $42/1 29503  
Sat, Nov 2 9 am-12 pm $42/1 29504  
Sat, Nov 2 1-4 pm $42/1 29505  
Sat, Nov 30 9 am-12 pm $42/1 29506  
Sat, Nov 30 1-4 pm $42/1 29507  
Sat, Dec 14 9 am-12 pm $42/1 29509  
Sat, Dec 14 1-4 pm $42/1 29510  
Sat, Jan 25 9 am-12 pm $42/1 29512  
Sat, Jan 25 1-4 pm $42/1 29514  
Sat, Feb 22 9 am-12 pm $42/1 29518  
Sat, Feb 22 1-4 pm $42/1 29533  
Sat, Mar 7 9 am-12 pm $42/1 29535  
Sat, Mar 7 1-4 pm $42/1 29536  
Beban Park Social Centre

**Babysitter Training**  
11 to 15 Years  
This Red Cross Babysitting Course covers everything from managing difficult behaviours to essential content on leadership and professional conduct as a babysitter. This updated curriculum provides improved learning when it comes to first aid and giving the appropriate care in the event of an emergency.  
Sun, Sep 22 9 am-4:30 pm $55/1 29481  
Sun, Oct 27 9 am-4:30 pm $55/1 29491  
Sun, Nov 17 9 am-4:30 pm $55/1 29493  
Sun, Dec 8 9 am-4:30 pm $55/1 29494  
Sun, Jan 26 9 am-4:30 pm $55/1 29495  
Sun, Feb 9 9 am-4:30 pm $55/1 29496  
Sun, Mar 8 9 am-4:30 pm $55/1 29497  
Beban Park Social Centre
Sports Programs

Taekwondo
Our highly qualified 8th degree belt Grand Master Kim can help your child become strong in mind, body and spirit. We will emphasize teaching discipline, courtesy, respect and self-confidence.

4 to 7 Years
Sat, Sep 14-28 10-10:35 am $29/3 29208
Sat, Oct 5-19 10-10:35 am $29/3 29209
Sat, Nov 16-30 10-10:35 am $29/3 29210
Sat, Jan 11-25 10-10:35 am $29/3 29211
Sat, Feb 8-22 10-10:35 am $29/3 29212
Sat, Mar 14-28 10-10:35 am $29/3 29213

8 to 12 Years
Sat, Sep 14-28 10:40-11:15 am $29/3 29214
Sat, Oct 5-19 10:40-11:15 am $29/3 29215
Sat, Nov 16-30 10:40-11:15 am $29/3 29216
Sat, Jan 11-25 10:40-11:15 am $29/3 29217
Sat, Feb 8-22 10:40-11:15 am $29/3 29218
Sat, Mar 14-28 10:40-11:15 am $29/3 29219

Little Ninjas - Tae Kwon Do
4 to 6 Years
Kids will learn kicks, punches, blocks and self-defense skills through fun activities that develop coordination, balance, flexibility, strength and agility. Increase body awareness, focus, concentration and self-confidence. Parent participation is required.
Instructor: Master Moy, Kick High Martial Arts
Thu, Sep 19-Oct 10 3:45-4:15 pm $20/4 21662
Thu, Oct 17-Nov 5 3:45-4:15 pm $20/4 21663
Thu, Nov 14-Dec 5 3:45-4:15 pm $20/4 21664
Thu, Jan 16-Feb 6 3:45-4:15 pm $20/4 21665
Thu, Feb 13-Mar 4 3:45-4:15 pm $20/4 30640
Oliver Woods Community Centre

Little Tigers - Tae Kwon Do
7 to 13 Years
Students will build self-confidence while learning different kicks, punches, blocks and self-defense skills. They will learn anti-bullying strategies and increase mental and physical strength. There is a strong emphasis on life skills, such as respect, discipline, focus, integrity and perseverance.
Instructor: Master Moy, Kick High Martial Arts
Thu, Sep 14-Oct 28 10-10:35 am $29/3 29208
Thu, Oct 5-Nov 19 10-10:35 am $29/3 29209
Thu, Nov 16-Dec 30 10-10:35 am $29/3 29210
Thu, Jan 11-Feb 25 10-10:35 am $29/3 29211
Thu, Feb 8-Mar 22 10-10:35 am $29/3 29212

World Tae Kwon Do Academy (307-4300 Wellington Rd)

Take a Moment

Grand Master Young Kim Teaches Directly
• 8th Degree Black Belt, Kukkiwon (official)
• Taekwondo Master Certification from Kukkiwon
• National Team Coach Certification
• Masters of Science Degree in Martial Arts
• First Rank Promotion Examiner, Kukkiwon
• Member of BC Taekwondo Federation

Birthday Parties!
Become strong in mind, body & spirit.

250-760-0119
#307-4300 Wellington Rd
www.wtfnanaimo.com
worldtkda@gmail.com

Children, Teen & Adult Classes
Self-discipline, confidence & respect
Leadership & improved study habits

Free Trial Lesson!
Sports Programs

**Soccer Tots**
3 to 5 Years
Kick, run, dodge and score! This class will get you moving and help you develop some great soccer skills. Parents are encouraged to participate.
Fri, Sep 13-Oct 25 3:30-4:15 pm $33/6 22434
Sat, Sep 14-Oct 26 10-10:45 am $33/6 22426
Sat, Sep 14-Oct 26 11-11:45 am $33/6 22430
Fri, Oct 25-Nov 29 3:30-4:15 pm $33/6 22435
Sat, Nov 2-Dec 7 10-10:45 am $33/6 22427
Sat, Nov 2-Dec 7 11-11:45 am $33/6 22431
Sat, Jan 11-Feb 15 10-10:45 am $33/6 22428
Sat, Jan 11-Feb 15 11-11:45 am $33/6 22432
Sat, Feb 22-Mar 28 10-10:45 am $33/6 22429
Sat, Feb 22-Mar 28 11-11:45 am $33/6 22433
**Oliver Woods Community Centre**

**Indoor Soccer**
6 to 9 Years
Kick, dribble, pass and score! Join us indoors for some fun introductory soccer.
Thu, Sep 26-Oct 24 4:30-5:30 pm $25/5 29761
Thu, Jan 16-Mar 12 4:30-5:30 pm $45/9 29762
**Fairview Community School (205 Howard Ave)**

**Yoga 4 Kids**
7 to 12 Years
Yoga helps kids learn to focus, teaches self-awareness, builds self-esteem, self-respect and is overall empowering.
Instructor: Gypsy Hart
Wed, Sep 11-Oct 30 4-5 pm $64/8 21162
Wed, Nov 6-Dec 18 4-5 pm $56/7 21163
Wed, Jan 8-Feb 18 4-5 pm $48/6 21164
Wed, Feb 19-Mar 25 4-5 pm $48/6 21165
**Oliver Woods Community Centre**

**Karate**
4 to 7 Years
Learn to perform simple karate moves and skills. The program is designed to teach self-discipline with courtesy and respect strongly emphasized.
Instructor: Shima Karate Staff
Wed, Sep 4-25 3:30-4:15 pm $25/4 28603
Fri, Sep 6-27 5:15-6 pm $25/4 28604
Mon, Sep 9-30 3:30-4:15 pm $25/4 28600
Tue, Oct 1-22 3:30-4:15 pm $25/4 28605
Thu, Oct 3-24 3:30-4:15 pm $25/4 28606
Mon, Nov 4-Dec 2 3:30-4:15 pm $25/4 28611
Wed, Nov 6-27 3:30-4:15 pm $25/4 28616
Fri, Nov 8-29 5:15-6 pm $25/4 28626
Sat, Jan 7-28 3:30-4:15 pm $25/4 28629
Thu, Jan 9-30 3:30-4:15 pm $25/4 28630
Mon, Feb 3-Mar 2 3:30-4:15 pm $25/4 28632
Wed, Feb 5-26 3:30-4:15 pm $25/4 28638
Fri, Feb 7-28 5:15-6 pm $25/4 28640
Tue, Mar 3-24 3:30-4:15 pm $25/4 28641
Thu, Mar 5-26 3:30-4:15 pm $25/4 28643
**Shima Karate School (3032 Barons Rd)**

**Karate**
8 to 12 Years
Kids will now move into the training twice a week and start learning katas, sparring and self-defense drills. We will discuss peer pressure and bullying.
Instructor: Shima Karate Staff
M/W, Sep 4-16 5:30-6:25 pm $25/4 28649
M/W, Sep 18-30 5:30-6:25 pm $25/4 28650
M/W, Oct 2-16 5:30-6:25 pm $25/4 28663
M/W, Oct 21-30 5:30-6:25 pm $25/4 28669
M/W, Nov 4-18 5:30-6:25 pm $25/4 28675
M/W, Nov 19-27 5:30-6:25 pm $25/4 28684
M/W, Jan 6-15 5:30-6:25 pm $25/4 28687
M/W, Jan 20-29 5:30-6:25 pm $25/4 28693
M/W, Feb 3-12 5:30-6:25 pm $25/4 28694
M/W, Feb 19-Mar 2 5:30-6:25 pm $25/4 28697
M/W, Mar 2-11 5:30-6:25 pm $25/4 28701
M/W, Mar 16-25 5:30-6:25 pm $25/4 28704

**Judo**

*Judo is a way of life.*
Come and try this affordable martial arts training to excel in competition, to stay in shape and to develop self-confidence.

- **BEGINNERS** (Age 7+)
  Mon & Wed, 6:00-7:15 pm
- **Juniors** (Coloured Belts)
  Tue & Thu, 6:00-7:15 pm
- **Seniors** (Advanced Class)
  Tue & Thu, 7:15-9:00 pm
- **Registration:** (Sept 3-5, 5:30-7:30 pm)
  Classes Begin Mon Sep 9th

110 Machleary St.
250-754-1444
nanaimojudoclub@hotmail.com

**Karate**
8 to 12 Years
Kids will now move into the training twice a week and start learning katas, sparring and self-defense drills. We will discuss peer pressure and bullying.
Instructor: Shima Karate Staff

**Karate for All**
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.
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

**Floor Hockey**
Shoot, pass and score in this active program. Develop coordination, balance, agility and sportsmanship. You will play games and practice skills through drills.
6 to 8 Years
Tue, Sep 10-Oct 15 4-5 pm $30/6 23081
Tue, Sep 10-Oct 15 5-6 pm $30/6 23085
Fri, Sep 13-Oct 25 5-6 pm $30/6 23067
Tue, Oct 22-Nov 26 4-5 pm $30/6 23082
Tue, Oct 22-Nov 26 5-6 pm $30/6 23089
Fri, Oct 25-Nov 29 5-6 pm $30/6 23069
Fri, Jan 10-Feb 14 4-5 pm $30/6 23070
Tue, Jan 14-Feb 18 4-5 pm $30/6 23083
Tue, Jan 14-Feb 18 5-6 pm $30/6 23090
Fri, Feb 21-Mar 27 5-6 pm $30/6 23071
Tue, Feb 25-Mar 31 4-5 pm $30/6 23084
Tue, Feb 25-Mar 31 5-6 pm $30/6 23091
9 to 12 Years
Fri, Sep 13-Oct 25 5-6 pm $30/6 23072
Fri, Nov 1-Dec 6 5-6 pm $30/6 23074
Fri, Jan 10-Feb 14 5-6 pm $30/6 23076
Fri, Feb 21-Mar 27 5-6 pm $30/6 23077
**Oliver Woods Community Centre**

**Bowen Park Complex**
Gymnastics
2 to 3 Years - Jolly Jumpers
A recreational, non-competitive, playful course to introduce fundamental skills through circuit-based gymnastic movements. Parent participation is required.

- Tue, Sep 3-Oct 1: 10:15-11 am $66/5 28158
- Wed, Sep 4-Oct 2: 9:30-10:15 am $66/5 28185
- Wed, Sep 4-Oct 2: 11:15 am-12 pm $66/5 28195
- Thu, Sep 5-Oct 3: 10:15-11 am $66/5 28196
- Fri, Sep 6-Oct 4: 9:30-10:15 am $66/5 28197
- Fri, Sep 6-Oct 4: 11:15 am-12 pm $66/5 28206
- Sat, Sep 7-Oct 5: 9:30-10:15 am $66/5 28212
- Tue, Oct 8-Nov 5: 10:15-11 am $66/5 28222
- Wed, Oct 9-Nov 6: 9:30-10:15 am $66/5 28225
- Wed, Oct 9-Nov 6: 11:15 am-12 pm $66/5 28231
- Thu, Oct 10-Nov 7: 9:30-10:15 am $66/5 28233
- Fri, Oct 11-Nov 8: 9:30-10:15 am $66/5 28240
- Fri, Oct 11-Nov 8: 11:15 am-12 pm $66/5 28244
- Sat, Oct 12-Nov 9: 9:30-10:15 am $66/5 28245
- Tue, Nov 19-Dec 17: 10:15-11 am $66/5 28552
- Wed, Nov 20-Dec 18: 9:30-10:15 am $66/5 28559
- Wed, Nov 20-Dec 18: 11:15 am-12 pm $66/5 28569
- Thu, Nov 21-Dec 19: 10:15-11 am $66/5 28570
- Fri, Nov 22-Dec 20: 9:30-10:15 am $66/5 28573
- Fri, Nov 22-Dec 20: 11:15 am-12 pm $66/5 28576
- Sat, Nov 23-Dec 21: 9:30-10:15 am $66/5 28578

Flipside Gymnastics (1911 Wilfert Rd)

Gymnastics Junior
6 to 9 Years
Learning gymnastics helps improve flexibility, balance and overall fitness. Join us for a recreational, non-competitive, playful course to introduce fundamental skills through circuit-based gymnastic movements. Parent participation is not required.

- Sat, Sep 7-Oct 5: 12:30-1:30 pm $75/5 29139
- Sat, Oct 12-Nov 9: 12:30-1:30 pm $75/5 29141
- Sat, Nov 23-Dec 21: 12:30-1:30 pm $75/5 29142

Flipside Gymnastics (1911 Wilfert Rd)

Basketball 101
7 to 11 Years
Join us for skill development and fun on the court.

- Thu, Nov 7-Dec 12: 4:30-5:30 pm $30/6 29763
Fairview Community School (205 Howard Ave)

Rock Climbing
6 to 12 Years
We provide the gear to introduce you to this exciting sport. No experience is required, but please bring a helmet and a sense of adventure.

- Wed, Sep 4-Oct 2: 4-6 pm $60/4 29312
- Wed, Oct 2-23: 4-6 pm $60/4 29314
- Wed, Nov 6-7: 4-6 pm $60/4 31002
- Wed, Feb 5-26: 4-6 pm $60/4 31003

Romper Room Climbing Gym (4385 B Boban Dr)

On Guard! Fencing for Children
8 to 12 Years
This program is good for both beginner and continuing fencers. It focuses on developing skills through games, activities and drills. In addition to being an exciting sport, fencing challenges both the body and the mind.

- Wed, Sep 11-Oct 23: 5:15-6:15 pm $70/7 21659
- Wed, Oct 30-Dec 11: 5:15-6:15 pm $70/7 21660
- Wed, Jan 15-Mar 11: 5:15-6:15 pm $90/9 21661
Oliver Woods Community Centre

Register Today! See page 104 for details.

KICK HIGH MARTIAL ARTS
Be Active! Build Confidence! Have Fun!

MASTER MOY
Certified from World Taekwondo Headquarters:
- 6th Dan Black Belt
- International Master
- Black Belt Examiner
- International Referee (W.T.F.)
- Krav Maga Instructor (USA)
- Diploma of P.E. with major in Taekwondo
- Bachelor of Education (VIU)
- 6th Dan Black Belt
- Leadership & respect

250.714.8618 kickhighmartialarts@gmail.com

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- Wed, Feb 5-26: 4-6 pm $60/4 31003

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- Bachelor of Education (VIU)
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- Leadership & respect

250.714.8618 kickhighmartialarts@gmail.com
Sports Programs

Youth Rock Curling - Mini Intro
9 to 16 Years
If you are interested in trying curling, this is your chance! Meet some of our junior curlers and other youth who are trying it for the first time. Dress warm, bring gloves and a clean pair of running shoes. All equipment is provided.
Sat, Oct 5 10 am-12 pm $5/1 26493
Nanaimo Curling Club (106 Wall St)

Rock Stars - Learn to Curl
9 to 16 Years
Let us introduce you to the game of curling. Our trained instructors will teach skills such as rock sweeping and rules of play. This program runs at the same time as our junior program so you will meet other curlers. Dress warm, bring gloves and a clean pair of running shoes. All equipment is provided.
Thu, Oct 3-31 3:45-5:15 pm $40/4 26491
Thu, Nov 7-28 3:45-5:15 pm $40/4 26492
Nanaimo Curling Club (106 Wall St)

Junior Curling
9 to 16 Years
Gain new skills and strategies with the leadership and coaching by our staff. Dress warm, bring gloves and a clean pair of running shoes. All equipment is provided.
Thu, Oct 3-Mar 12 3:45-5:15 pm $212/22 30368
M/Thu, Oct 7-Mar 12 3:45-5:15 pm $247/38 26494
Mon, Oct 21-Mar 9 3:45-5:15 pm $197/18 26493
Nanaimo Curling Club (106 Wall St)

Junior Badminton
10 to 15 Years
Get instruction and practice time for the beginner or intermediate player. The emphasis is on skill development and game play.
Instructor: Helen Binns
Mon, Sep 23-Oct 21 4:15-5:15 pm $28/4 22002
Wed, Sep 25-Oct 23 4:30-5:45 pm $42/6 22111
Mon, Oct 28-Dec 9 4:15-5:15 pm $42/6 22205
Wed, Oct 30-Dec 4 4:30-5:45 pm $52/6 22213
Mon, Jan 27-Mar 9 4:15-5:15 pm $52/6 22216
Wed, Jan 29-Mar 11 4:30-5:45 pm $61/7 22215
Oliver Woods Community Centre

Youth Badminton
12 to 19 Years
Take your badminton skills to the next level. Players should have two years of experience in the Junior Badminton program (or equivalent).
Instructor: Helen Binns
Mon, Sep 23-Oct 21 5:15-6:15 pm $28/4 29370
Mon, Oct 28-Dec 2 5:15-6:15 pm $35/5 29379
Mon, Jan 27-Mar 9 5:15-6:15 pm $42/6 29396
Oliver Woods Community Centre

Progressive Tennis
This program uses the red ball which flies slower and bounces lower allowing children to develop hand-eye coordination and agility for fundamental tennis skills. No previous tennis experience is necessary.
Instructor: North Island Tennis Academy
5 to 11 Years
Sun, Sep 29-Nov 10 1:30-2:30 pm $70/5 29659
Fri, Oct 11-Nov 8 3:30-4:30 pm $70/5 29658
Fri, Nov 15-Dec 13 3:30-4:30 pm $70/5 29665
Sun, Nov 17-Dec 15 1:30-2:30 pm $70/5 29663
Fri, Jan 10-Feb 7 3:30-4:30 pm $70/5 29666
Sun, Jan 12-Feb 9 1:30-2:30 pm $70/5 29670
Fri, Feb 14-Mar 13 3:30-4:30 pm $70/5 29665
Sun, Feb 16-Mar 15 1:30-2:30 pm $70/5 29671
Westwood Lake Tennis Club
8 to 11 Years
Sun, Sep 29-Nov 10 2:30-3:45 pm $88/5 29660
Thu, Oct 6-Nov 7 3:45-5 pm $88/5 29661
Thu, Nov 14-Dec 12 3:45-5 pm $88/5 29660
Sun, Nov 17-Dec 15 3:45-5 pm $88/5 29661
Thu, Jan 9-Feb 6 3:45-5 pm $88/5 29668
Sun, Jan 12-Feb 9 2:30-3:45 pm $88/5 29672
Thu, Feb 13-Mar 12 3:45-5 pm $88/5 29669
Sun, Feb 16-Mar 15 2:30-3:45 pm $88/5 29670
Westwood Lake Tennis Club (2367 Arbor Rd)

Tennis in Your Own Neighbourhood
Let us bring progressive lessons to you and introduce kids to tennis using lighter balls and smaller racquets. All equipment is provided.
Instructor: North Island Tennis Academy
5 to 8 Years
Wed, Sep 11-Oct 9 4:30-5:30 pm $70/5 29674
Beban Tennis Courts
9 to 12 Years
Wed, Sep 11-Oct 9 3:30-4:30 pm $70/5 29675
Beban Tennis Courts

Introduction to Motocross
5 to 12 Years
Here’s to the next generation of motocross riders. Junior Red Riders is a complete experience designed for kids who dream of riding. Come out to a Honda sponsored riding location and learn how to ride in an environment that is designed to be safe, fun and community focused. Bikes and full gear are supplied. Arrive early to fill out necessary forms.
Sat, Oct 9 10-11 am $60/1 29641
Sat, Oct 9 11 am-12 pm $60/1 29642
Sat, Oct 9 1-2 pm $60/1 29643
Sat, Oct 9 2-3 pm $60/1 29644
Sat, Oct 9 3-4 pm $60/1 30806
Wastelands Motocross Track (Weigles Rd)

Street Smarts Commuter Cycling Skills
Learn basic bike maintenance, rules and regulations of the road and much more. All participants must have a certified bike helmet, a fully functioning bike and basic riding skills.
Instructor: Thrills & Skills Cycling Co. Staff
6 to 10 Years
Sat, Sep 28 10 am-2 pm $40/1 29649
Sat, Feb 8 10 am-2 pm $40/1 29650
11 to 15 Years
Sat, Oct 5 10 am-2 pm $40/1 29651
Sat, Feb 15 10 am-2 pm $40/1 29652
Beban Park Social Centre

Mighty Tots Ski Club
3 to 6 Years
A great introduction to skiing that focuses on fun and development. Classes are small to ensure safety and allow your child to progress with the same instructor. A healthy snack is included. Please check with Mt. Washington for rental packages if needed. Meet at Mt. Washington Ski Resort.
Sat, Jan 11-Feb 8 1-3:30 pm $169/5 29567
Sun, Feb 23-Mar 22 1-3:30 pm $169/5 29568
Mt. Washington Learning Centre

Mighty Tots Snowboard Club
3 to 6 Years
A great introduction to snowboarding that focuses on fun and skill development. Classes are small to ensure safety and allow your child to progress with the same instructor. A healthy snack included. Please check with Mt. Washington for rental packages if needed. Meet at Mt. Washington Ski Resort.
Sat, Jan 11-Feb 8 1-3:30 pm $169/5 29558
Sun, Feb 23-Mar 22 1-3:30 pm $169/5 29565
Mt. Washington Learning Centre
Pro-D & Winter Break Camps

Sports N Play - Pro-D Fun
6 to 12 Years
Register with friends for a day filled with high-energy sports and games in the gym and outdoors.
Fri, Oct 11 8:30 am-5 pm $38/1 22218
Fri, Oct 25 8:30 am-5 pm $38/1 22219
Mon, Feb 24 8:30 am-5 pm $38/1 22220
Tue, Feb 25 8:30 am-5 pm $38/1 22221
Oliver Woods Community Centre

Pro-D Day “Everyone Welcome” Skates
- Fri, Oct 11 • 3:45-5:15 pm • Nanaimo Ice Centre
- Fri, Oct 25 • 3:45-5:15 pm • Nanaimo Ice Centre
- Mon, Feb 24 • 1:30-3 pm • Nanaimo Ice Centre
- Tue, Feb 25 • 1:30-3 pm • Nanaimo Ice Centre

Frosty Frolic Camp
5 to 10 Years
Play games, get crafty and make new friends.
Register for the whole week or only the days you need.
Mon, Dec 23 8:30 am-5 pm $38/1 29736
Tue, Dec 24 8:30 am-5 pm $38/1 29737
Fri, Dec 27 8:30 am-5 pm $38/1 29738
Mon, Dec 30 8:30 am-5 pm $38/1 29739
Thu, Jan 2 8:30 am-5 pm $38/1 29740
Fri, Jan 3 8:30 am-5 pm $38/1 27941

RecSkate Pro-D Camp
6 to 11 Years
This half-ice recreational skating camp includes three ice times for lessons, stations, games and free time. Camp also includes other sports activities and a movie. We recommend that skaters have passed a minimum of RecSkate 1. Please bring your own lunch and snacks.
Fri, Oct 11 8:30 am-5 pm $42/1 21586
Fri, Oct 25 8:30 am-5 pm $42/1 21588
Mon, Feb 24 8:30 am-5 pm $42/1 21593
Tue, Feb 25 8:30 am-5 pm $42/1 21594
Cliff McNabb Arena

Holiday RecSkate Camp
6 to 11 Years
This half-ice recreational skating camp includes three ice times for lessons, stations, games and free time. Camp also includes other sports activities and a movie. We recommend that skaters have passed a minimum of RecSkate 1. Please bring your own lunch and snacks.
Thu, Jan 2 8:30 am-5 pm $42/1 22271
Fri, Jan 3 8:30 am-5 pm $42/1 22274
Cliff McNabb Arena

Holiday Hockey Camp
6 to 11 Years
This is a recreational, half-ice, hockey camp for participants of varying abilities. Emphasis is on the FUNdamentals of hockey with three ice times for skills, scrimmage and stations. Camp also includes other sport activities and a movie. Full gear is required. We recommend that skaters have passed a minimum of RecSkate 2. Please bring your own lunch and snacks.
Thu, Jan 2 8:30 am-5 pm $42/1 22270
Fri, Jan 3 8:30 am-5 pm $42/1 22272
Cliff McNabb Arena

RecHockey Pro-D Camp
6 to 11 Years
This is a recreational, half-ice, hockey camp for participants of varying abilities. Emphasis is on the FUNdamentals of hockey with three ice times for skills, scrimmage and stations. Camp also includes other sport activities and a movie. Full gear is required. We recommend that skaters have passed a minimum of RecSkate 2. Please bring your own lunch and snacks.
Fri, Oct 11 8:30 am-5 pm $42/1 21585
Fri, Oct 25 8:30 am-5 pm $42/1 21587
Mon, Feb 24 8:30 am-5 pm $42/1 21592
Tue, Feb 25 8:30 am-5 pm $42/1 21594
Cliff McNabb Arena

Mountain Kids Ski Camp
4 to 12 Years
This camp focuses on skill development through fun, games and exercises. Mornings are spent working on skills, while the afternoon consists of games and fun activities on the snow. Please check with Mt. Washington for rental or lift package info. Meet at Mt. Washington Ski Resort Learning Centre.
M-W, Dec 30-Jan 1 9:30 am-3:30 pm $254/3 29581
Mt. Washington Learning Centre

Mountain Kids Snowboard Camp
4 to 12 Years
This camp focuses on skill development through fun, games and exercises. Mornings are spent working on skills, while the afternoon consists of games and fun activities on the snow. Please check with Mt. Washington for rental or lift package info. Meet at Mt. Washington Ski Resort Learning Centre.
M-W, Dec 30-Jan 1 9:30 am-3:30 pm $254/3 29579
Mt. Washington Learning Centre

Mountain Kids Snowboard Camp
4 to 12 Years
This camp focuses on skill development through fun, games and exercises. Mornings are spent working on skills, while the afternoon consists of games and fun activities on the snow. Please check with Mt. Washington for rental or lift package info. Meet at Mt. Washington Ski Resort Learning Centre.
M-W, Dec 30-Jan 1 9:30 am-3:30 pm $254/3 29579
Mt. Washington Learning Centre

Nanaimo Parks and Recreation is on Instagram!
@nanaimoparksandrec
Spring Break Camps & Programs

**Tree Frog Camp**  
3 to 5 Years  
This is a day camp for little ones who want to go to camp, too! The week will include games, music, arts and crafts. Come and join us for some great times!  
M-F, Mar 16-20 9:30-11:30 am $70/5 29788  
M-F, Mar 23-27 9:30-11:30 am $70/5 29222  
Oliver Woods Community Centre

**Camp Firefly**  
5 to 10 Years  
This camp is designed for those of you who like a variety of activities, as we switch things up every day! We’ll spend the time making crafts, playing games and exploring all that Beban Park has to offer. We might even go on a field trip! Be sure to bring water, lunch, comfy shoes and warm clothes every day. Please note: this camp does not swim.  
Mon, Mar 16 8:30 am-5 pm $38/1 29572  
Tue, Mar 17 8:30 am-5 pm $38/1 29574  
Wed, Mar 18 8:30 am-5 pm $38/1 29576  
Thu, Mar 19 8:30 am-5 pm $38/1 29578  
Fri, Mar 20 8:30 am-5 pm $38/1 29580  
Mon, Mar 23 8:30 am-5 pm $38/1 29582  
Tue, Mar 24 8:30 am-5 pm $38/1 29584  
Wed, Mar 25 8:30 am-5 pm $38/1 29586  
Thu, Mar 26 8:30 am-5 pm $38/1 29588  
Fri, Mar 27 8:30 am-5 pm $38/1 29588  
Beban Park Social Centre

**RecSkate Spring Break Camp**  
6 to 11 Years  
This half-ice recreational skating camp includes three ice times for lessons, stations, games and free time. Camp also includes other sports activities and a movie. We recommend that skaters have passed a minimum of RecSkate 1. Please bring your own lunch and snacks.  
Mon, Mar 16 8:30 am-5 pm $42/1 22903  
Tue, Mar 17 8:30 am-5 pm $42/1 22904  
Wed, Mar 18 8:30 am-5 pm $42/1 22905  
Thu, Mar 19 8:30 am-5 pm $42/1 22906  
Fri, Mar 20 8:30 am-5 pm $42/1 22907  
Mon, Mar 23 8:30 am-5 pm $42/1 22909  
Tue, Mar 24 8:30 am-5 pm $42/1 22910  
Wed, Mar 25 8:30 am-5 pm $42/1 22911  
Thu, Mar 26 8:30 am-5 pm $42/1 22912  
Fri, Mar 27 8:30 am-5 pm $42/1 22913  
Cliff McNabb Arena

**RecHockey Spring Break Camp**  
6 to 11 Years  
This is a recreational, half-ice, hockey camp for participants of varying abilities. Emphasis is on the FUNdamentals of hockey with three ice times for skills, scrimmage and stations. Camp also includes other sport activities and a movie. Full gear is required. We recommend that skaters have passed a minimum of RecSkate 2. Please bring your own lunch and snacks.  
Mon, Mar 16 8:30 am-5 pm $42/1 22900  
Tue, Mar 17 8:30 am-5 pm $42/1 22901  
Wed, Mar 18 8:30 am-5 pm $42/1 22902  
Thu, Mar 19 8:30 am-5 pm $42/1 22903  
Fri, Mar 20 8:30 am-5 pm $42/1 22904  
Mon, Mar 23 8:30 am-5 pm $42/1 22906  
Tue, Mar 24 8:30 am-5 pm $42/1 22907  
Wed, Mar 25 8:30 am-5 pm $42/1 22908  
Thu, Mar 26 8:30 am-5 pm $42/1 22909  
Fri, Mar 27 8:30 am-5 pm $42/1 22910  
Nanaimo Ice Centre

**Junior Lifeguard Spring Break Camp**  
8 to 12 Years  
Want to learn some lifeguarding skills while having fun and making new friends? Check out this program for Spring Break! Learn first aid, build on your swimming and earn stickers in the JLC Water Log book. This camp is ideal for those that can swim at least 25 metres comfortably and tread water for one minute without struggle.  
M-F, Mar 16-20 12-4 pm $150/5 27731  
M-F, Mar 23-27 12-4 pm $150/5 27732  
Nanaimo Aquatic Centre

**Camp Action**  
8 to 12 Years  
If you have lots of energy and like to move and play, this camp is for you! With access to the gymnasium and playground at Oliver Woods, you will jump, run, kick and swing through a variety of action-packed games and sports.  
Mon, Mar 16 8:30 am-5 pm $38/1 21672  
Tue, Mar 17 8:30 am-5 pm $38/1 21673  
Wed, Mar 18 8:30 am-5 pm $38/1 21674  
Thu, Mar 19 8:30 am-5 pm $38/1 21675  
Fri, Mar 20 8:30 am-5 pm $38/1 21676  
Mon, Mar 23 8:30 am-5 pm $38/1 21677  
Tue, Mar 24 8:30 am-5 pm $38/1 21678  
Wed, Mar 25 8:30 am-5 pm $38/1 21679  
Thu, Mar 26 8:30 am-5 pm $38/1 21680  
Fri, Mar 27 8:30 am-5 pm $38/1 21681  
Oliver Woods Community Centre

**Register Today!**  
See page 104 for details.
Spring Break Camps & Programs

Spring Break Tennis Camp
8 to 15 Years
Players will be separated into groups based on levels and learn basic strokes, drills and play games. All equipment is provided.
Instructor: North Island Tennis Academy Staff
T-Th, Mar 17-19 1:30-4:30 pm $126/3 30392
Westwood Tennis Club (2367 Arbot Rd)

Rock Climbing
Climb the walls as you make new friends and learn techniques from experienced leaders. We’ll mix in some fun non-wall time, too! No previous experience is necessary.
6 to 12 Years
M-F, Mar 16-20 12-3 pm $125/5 29322
M-F, Mar 23-27 12-3 pm $125/5 29325
Romper Room Climbing Gym (4235 Boban Dr)

Junior Learn, Practice Golf Camp
7 to 13 Years
Work on your swing, putting and pitching skills at the short game area, and put your new skills to work on the 9 hole par 3 golf course. Our CPga professionals are well-trained to work with you while keeping the emphasis on having fun. All equipment supplied if needed.
M-FW Mar 16-18 9 am-12 pm $109/3 25556
M-FW Mar 23-25 9 am-12 pm $109/3 25557
Eaglequest Golf Centre (1601 Thatcher Rd)

Mountain Kids Ski Camp
4 to 12 Years
This camp focuses on skill development through fun, games and exercises. Mornings are spent working on skills, while the afternoon consists of games and fun activities on the snow. Meet at Mt. Washington Ski Resort Learning Centre.
Tue-Thu, Mar-24-26 9:30 am-3:30 pm $254/3 29584
Mt. Washington Learning Centre

Mountain Kids Snowboard Camp
4 to 12 Years
This camp focuses on skill development through fun, games and exercises. Mornings are spent working on skills, while the afternoon consists of games and fun activities on the snow. Please check with Mt. Washington for rental or lift package info. Meet at Mt. Washington Ski Resort Learning Centre.
Tue-Thu, Mar-24-26 9:30 am-3:30 pm $254/3 29586
Mt. Washington Learning Centre

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Spring Break
Active Pass - for Children Born in 2009 & 2008

Beginning October 1, 2019, children who attend school in Nanaimo and were born in the year 2009 are eligible to receive an ACTIVE PASS with Nanaimo Parks, Recreation and Culture!

What is an ACTIVE PASS?
A recreation pass that is valid from October 1, 2019 until August 31, 2020 allows a student born in the year 2009 FREE admission to:

- Public drop-in swimming at Beban Pool and Nanaimo Aquatic Centre
- Public drop-in skating at Frank Crane Arena, Cliff McNabb Arena and Nanaimo Ice Centre
- Public drop-in gymnasium sessions at Oliver Woods Community Centre

How do I get an ACTIVE PASS?
To receive your pass, please complete a form available at the front office of your school or come into one of our recreation centres to pick up the form. You will need to show the following information in order to acquire a pass:

- Birth certificate or passport showing birth year
- Homeschoolers must provide proof of Nanaimo residency (adult driver's license or copy of a bill). These are photo ID cards so your child must be present.

Call 250-756-5200 for more information.

STAY ACTIVE PASS
We want to encourage children who have participated in the ACTIVE Program to stay active by building on the foundation of creating healthy lifestyles at an age when independent choice of physical and social recreation activities is being explored.

How do I get a STAY ACTIVE PASS?
Bring in your ACTIVE PASS from last year, and we will load it with 12 visits to your choice of pools, arenas or public drop-in gymnasium sessions. If you were born in the year 2008 but did not participate in the program last year, come in and fill out the paper work, and we will load 12 visits onto your new card. It's that easy to get and stay active!

Birthday Parties

We have the facility for you! Call the facility of your choice today. Rental rates vary for the different facilities and options.

**BEBAN PARK** (250-756-5202)
- Beban Park Social Centre Multi-Purpose Rooms
- Tennis Courts
- Altrusa Playground
- Centennial Building

**FIELDS, TRAILS, OUTDOOR FACILITIES** (250-755-7517)
- Picnic Shelters
- Parks, Trails & Outdoor Amenities
- Tennis Courts
- Disc Golf Course

**OLIVER WOODS COMMUNITY CENTRE & BOWEN PARK COMPLEX** (250-756-5282)
- Equipment Rentals
- Multi-Purpose Rooms
- Gymnasiums
- Outdoor Playground

**NANAIMO AQUATIC CENTRE** (250-755-7573)
- Multi-Purpose Rooms
- Pools
- Slides
- Lazy River
- Wave Pool

**FRANK CRANE, CLIFF McNABB & NANAIMO ICE CENTRE & HAREWOOD OUTDOOR SPORTS COURT** (250-756-5214)
- Multi-Purpose Rooms
- 4 Ice Surfaces

Please ask about on-ice assistance.
Family Programs

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.

Fri, Sep 13-27 10:30-11:30 am $20/3 19440
Fri, Oct 1-25 10:30-11:30 am $26/4 19441
Fri, Nov 1-29 10:30-11:30 am $33/5 19442
Fri, Dec 6-20 10:30-11:30 am $20/3 19443
Fri, Jan 10-31 10:30-11:30 am $26/4 19444
Fri, Feb 7-28 10:30-11:30 am $26/4 19447
Fri, Mar 6-27 10:30-11:30 am $26/4 19450
Oliver Woods Community Centre

Parent & Tot at Mt. Washington
This is a parent participation program for you and your tot (skiers 2 to 3 years old). Tot rentals are included. This one-hour program allows you to introduce your tot to the alpine environment. As your child becomes more comfortable, instructors will begin to pass on teaching tips so your child can learn to slide and stop. Please check with Mt. Washington for rental or lift package info. Meet at Mt. Washington Ski Resort Learning Centre.

LEARN TO SNOWBOARD
Sun, Jan 12-Feb 9 11:30 am-12:30 pm $84/5 29573
Sun, Feb 23-Mar 22 10-11 am $84/5 29575

LEARN TO SKI
Sun, Jan 12-Feb 9 10-11 am $84/5 29571
Sun, Feb 23-Mar 22 11:30 am-12:30 pm $84/5 29577
Mt. Washington Learning Centre

Karate for All
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. Join instructor, Mike Ciurka (6th degree black belt) in these safe, fun classes for all levels.

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
Oliver Woods Community Centre

Wiggling Worms
3 to 6 Years
Are worms really slimy? Have you ever wondered what a worm eats or which end is their head? Why do they come out in the rain? Come learn with us, through games, crafts and stories. This is a parent participation class.

Sat, Nov 16 10-11 am $8/1 29548
Bowen Park Lower Picnic Shelter

Under the Surface
3 to 6 Years
Did you know that there is a mysterious world living just beneath the surface of our oceans and streams? Come explore with us in search of these critters and learn about the life surrounding the shoreline. Discover what that slimy stuff is that gets stuck between your toes. This is a parent participation class. Meet at the picnic tables, bring a picnic and stay for a picnic after class.
Instructor: Judy Wickland
Sat, Sep 14 10:30-11:45 am $10/1 29553
Sat, Sep 14 12-1:15 pm $10/1 30797
Pipers Lagoon Park

Trees and Leaves
3 to 6 Years
Fall is a wonderful time to drink in the beauty of trees - especially those whose leaves change colour and drop to the ground. Every child loves to walk through and play in fallen leaves. Join us for fall crafts and to learn about why trees have leaves and why they change colours in the fall. This is a parent participation class.
Instructor: Judy Wickland
Sun, Oct 13 10-11 am $8/1 29549
Bowen Park Upper Picnic Shelter

Winter - How Plants & Animals Survive
3 to 6 Years
Have you ever wondered what happens to the plants and animals over the winter months when it’s cold outside? Meet at the top of the stairs across from the parking lot off Rock City Road. This is a parent participation class.
Instructor: Judy Wickland
Sun, Jan 19 10-11 am $8/1 29543
Linley Valley Parking Lot