Youth Activities

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. This curriculum provides first aid information and how to give 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

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

Stop Worrying About Stress & Anxiety
12 to 18 Years
This fun group program teaches cognitive behavioral therapy (CBT) and other stress coping strategies. It uses media to teach key concepts. Drop-in after school and check it out! Program is free, but please pre-register.
Tue, Sep 24-Oct 15 3:30-4:30 pm Free/4 29444
Tue, Nov 19-Dec 10 3:30-4:30 pm Free/4 29452
Tue, Jan 28-Feb 18 3:30-4:30 pm Free/4 29453
Nanaimo Aquatic 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 those characters.
Instructor: Emily Bourke
Thu, Feb 13-Mar 5 7-9 pm $75/4 29735
Beban Social Centre

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 29442
Mon, Dec 9 4:30-6 pm $35/1 29443
Mon, Feb 3 4:30-6 pm $35/1 29445
Beban Park Social Centre

Holiday Music for Guitar
10+ Years
Ideal for those 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
Wed, Oct 30-Dec 18 6:30-7:30 pm $140/8 29435
Oliver Woods Community Centre

Spring into Guitar
10+ Years
Ideal for those 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
Wed, Mar 4-Apr 22 6:30-7:30 pm $140/8 31212
Oliver Woods Community Centre

If you see a program you would like to participate in outside of the Youth Section, give us a call to find out how you can participate!
Basic Cooking
For those with little or no experience in the kitchen. This course will provide a hands-on approach to basic cooking techniques. Topics include eggs, soups and salads, pasta and rice dishes, vegetables and simple dishes with meats. All food and recipes are provided; just bring an apron.
Instructor: Jonathan Dean
Mon, Oct 21-Dec 2 5:30-7:30 pm $109/5 19562
Bowen Park Complex

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 29337
Nanaimo Foodshare (271 Pine St)

Pottery Wheel
13 to 17 Years
For those with little or no previous experience working with clay. Learn the basic techniques that will help you create pots, vases, bowls and pretty much anything that can be thrown on a pottery wheel. Clay, glazes and firings are included in cost.
Mon, Oct 21-Dec 9 5:30-7:30 pm $174/7 20117
Bowen Pottery Studio

Hip Hop
12 to 18 Years
Learn hip hop in a super fun environment! Learn new styles like grooving popping, b-boying and more! No previous experience is needed.
Instructor: Vibe Dance Staff
Fri, Sep 13-Oct 18 7-8 pm $49/6 29421
Fri, Oct 25-Nov 29 7-8 pm $49/6 29424
Fri, Jan 10-Feb 14 7-8 pm $49/6 29425
Fri, Feb 21-Mar 27 7-8 pm $49/6 29426
Vibe Dance Studio (1969 Boxwood Rd)

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

Fencing
14 Years +
This program is for both beginner and experienced fencers. Beginner fencers receive weekly instruction in the basic skills of foil fencing and will have time to practice their new skills with other participants, as well as being introduced to sabre and epee. Experienced fencers receive instructions tailored to their needs in any of the three weapons (foil, sabre, epee). There will be plenty of opportunity to fence other fencers either using practice or electric equipment. All equipment is provided.
Instructor: Jonathen Dean
Wed, Sep 11-Oct 23 6:30-8 pm $91/7 21656
Wed, Oct 30-Dec 11 6:30-8 pm $91/7 21657
Wed, Jan 15-Mar 11 6:30-8 pm $117/9 21658
Oliver Woods Community Centre

Karate for Teens & Adults
13 Years +
This program is geared for older kids and adults. Learn traditional karate training, including sparring and self-defense. Develop strength, development and flexibility.
Instructor: Georgia Newsome
Wed, Sep 11-Oct 23 6:30-8 pm $91/7 21656
Wed, Oct 30-Dec 11 6:30-8 pm $91/7 21657
Wed, Jan 15-Mar 11 6:30-8 pm $117/9 21658
Oliver Woods Community Centre

Discover Stand Up Paddle Boarding
Learn the skills and strokes to feel safe and confident on the water in this certification course. No experience is necessary. We provide all the gear; you provide a keen attitude and a change of clothes.
Instructor: Coastal Expression Staff
Sun, Sep 8 10 am-12 pm $48/1 31094
Sat, Sep 14 10 am-12 pm $48/1 31095
Coastal Expression Adventure Centre (1840 Stewart Ave)

RecSkate Pre-Teen/Teen
12 to 17 Years
Get 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 and is for all levels of skating.
Thu, Sep 19-Oct 24 5:15-6 pm $66/6 22884
Thu, Nov 7-Dec 12 5:15-6 pm $66/6 22886
Thu, Jan 9-Feb 6 5:15-6 pm $55/5 22888
Thu, Feb 13-Mar 19 5:15-6 pm $66/6 22890
Nanaimo Ice Centre
Sat, Sep 21-Oct 26 11:15 am-12:15 pm $72/6 22885
Sat, Nov 2-Dec 14 11:15 am-12:15 pm $64/7 22887
Sat, Jan 11-Feb 8 11:15 am-12:15 pm $55/5 22889
Sat, Feb 15-Mar 21 11:15 am-12:15 pm $72/6 22891
Frank Crane Arena

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. Please dress warmly, bring gloves and a pair of clean running shoes. All other equipment is provided.
Instructor: Nanaimo Curling Club Staff
Sat, Oct 5 10 am-12 pm $5/1 26493
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. Please dress warmly, bring gloves and a pair of clean running shoes. All other 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 30367
Nanaimo Curling Club (106 Wall St)
Bicycle Maintenance for Beginners
Learn how to fix a flat, repair your chain, and give your bike some love. We will cover gears, brakes, tires and more. Please bring a bike to work on.
Sun, Oct 20 12:30-4:30 pm  $40/1  29639
Rotary Field House Activity Centre (850 Third St)
Sun, Feb 16 12:30-4:30 pm  $40/1  29640
Departure Bay Activity Centre (1415 Wingrove St)

Street Smarts Commuter Cycling Skills
Learn basic bike maintenance, rules and regulations of the road, common cycling routes, rider visibility and safety, effective bike handling, proper braking, 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

Principles of Healthy Childhood Development
16 + Years
This training will help frontline leaders (anyone working with children aged 6 to 12 – i.e. camp counsellor, coaches, swim instructors) improve the quality of programs. It provides in-depth training in the HIGH FIVE Principles of healthy child development so frontline leaders understand what they need to do to ensure that each child’s social, emotional and cognitive needs are met.
Sat, Nov 2 8:30 am-4:30 pm  $100/1  29767
Beban Social Centre

Strengthening Children’s Mental Health
16 + Years
This training was developed in collaboration with Canadian Mental Health Association and will help anyone running children’s programs be more informed and prepared to support their staff in promoting positive mental health in children. Participants will learn the impact of stress and environment on a child’s ability to cope. This training will provide tools to use with staff to help improve their understanding and interactions with children who face challenges in their programs.
Sat, Feb 1 8:30 am-4:30 pm  $130/1  29769
Beban Social Centre
Youth in the Weight Rooms

13-15 Years

Safety in our weight rooms is very important to us. To help youth learn correct use of the equipment, youth must attend and complete a Weight Room Orientation in order to use our weight rooms. The cost is $5.

See page 51 for all the details.

Job Skills & Credits
Towards High School Graduation

- Aquatic Certification - See page 85.
  - Bronze Medallion
  - Bronze Cross
  - Standard First Aid
  - National Lifeguard Award

- First Aid classes - See page 49.

Spare Blox & Spare Blox Jr.
The ultimate place to have some fun on a week night! We offer regular gymnasium activities for youth in Nanaimo.

SPARE BLOX JR (11-14 YRS)
Mondays, September 9 to May 25, 7-8:30 pm @ Fairview Community School
NEW! Tuesdays, September 10 to March 10, 6:15-7:45 pm @ Oliver Woods Community Centre

SPARE BLOX (12-18 YRS)
Wednesdays, Sep 11 to May 27, 8-9:30 pm @ John Barsby School

PLEASE NOTE: Program cancelled on pro-d days, statutory holidays or other school closures (i.e. snow days).
Check our YOUTH Nanaimo Facebook page for other updates, changes or cancellations.

Youth Lounge

FREE!
13-17 yrs

Youth Lounge is proudly brought to you by the City of Nanaimo and Boys & Girls Club of Central Vancouver Island.

PLEASE NOTE: Program cancelled on pro-d days, statutory holidays or other school closures (i.e. snow days).
Check our YOUTH Nanaimo Facebook page for other updates, changes or cancellations.

Youth Drop-In

FREE!

Thursdays until June 18, 3-7 pm, Nanaimo Aquatic Centre

- XBOX
- WII
- FOOSEBALL
- AIR HOCKEY
- CHARGING STATION
- SNACKS
- MUSIC
- BEAN BAG CHAIRS
- FREE WIFI
- SWIMMING
- SKATING

Youth Lounge is proudly brought to you by the City of Nanaimo and Boys & Girls Club of Central Vancouver Island.

PLEASE NOTE: Program cancelled on pro-d days, statutory holidays or other school closures (i.e. snow days).
Check our YOUTH Nanaimo Facebook page for other updates, changes or cancellations.
Since 1982, the Leaders in Training program has been helping youth in Nanaimo learn about leadership and basic job skills while volunteering throughout our community.

**LIT (Leaders in Training)**

**13-18 YEARS**
*(Must be at least 13 years old by December 31, 2019 and starting Grade 8 in September 2019)*

Receive training on what it means to be a leader and have a job, as well as how to work with children. After completing the orientation, you will attend “LIT University” and delve into the specifics of leading games, working as a team, painting faces, making balloon animals and basic resume writing and interview skills. Once you have completed training, you will choose from a variety of placement options around Nanaimo and will volunteer between 50 and 90 hours between October to March.

- Earn hours towards high school graduation requirements
- Get hands-on work experience in a variety of different settings
- Develop your leadership skills
- Learn about creating an effective resume and cover letter
- Contribute to your community
- Have the opportunity to work as a team
- Meet other volunteers and make new friends

**Want to Join? Here’s How:**

**STEP #1**
Register for LIT using barcode 29140. The cost is $139.

**STEP #2**
Register your parents for the **FREE Parent Info Night** held on Wednesday, October 9, 7-8 pm (barcode 29149) at Beban Park. Your parents will find out about what you will be doing at this program and what the expectations are. *(If you are on the fence, we strongly recommend registering for LIT before you attend the Parent Information Night as the program fills up quickly.)*

**STEP #3**
Register for the **LIT University Workshops**. These are held at Beban Park Social Centre. You must attend all four - no exceptions. *(See box to left.)*

**STEP #4**
Attend **Orientation** on Saturday, October 19, 10 am-3 pm, at Beban Park Social Centre.

**STEP #5**
Attend **Placement Sign-Up** on Friday, October 25, 6-8 pm, at Beban Park Social Centre.

**STEP #6**
Go to your **Placements** to volunteer, learn new skills, make new friends and have fun!

**LIT Key Dates:**
- **Program runs** October to March
- **PARENT INFO NIGHT:** Wednesday, October 9 *(optional)*
- **ORIENTATION:** October 19 *(mandatory)*
- **LIT UNIVERSITY:** October 21-24 *(mandatory)*
- **PLACEMENT SIGN UP:** October 25 *(very important)*
- **VOLUNTEERING:** Begins October 25 and goes until March 31, 2020.

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**LIT University Workshops**

- **Children 101**
  - Mon, Oct 21
  - 6:30-8:30 pm
  - 29144

- **Clowning 101**
  - Tue, Oct 22
  - 6:30-8:30 pm
  - 29145

- **On the Job 101**
  - Wed, Oct 23
  - 6:30-8:30 pm
  - 29146

- **Teamwork 101**
  - Thu, Oct 24
  - 6:30-8:30 pm
  - 29147

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Register online at recreation.nanaimo.ca  General Inquiries 250-756-5200
QUEST PROGRAM
14-18 YEARS

Have you completed the Leaders in Training (LIT) program, and want to continue developing your leadership skills?
OUR QUEST PROGRAM IS FOR YOU!

★ Further develop your leadership skills
★ Get an opportunity to assist with training the LIT volunteers
★ Have more responsibility
★ Get your first choice at volunteer placement sign-up night
★ Have the chance to define your area of interest

Want to Join? Here’s How:

STEP #1
Register for a Quest (barcode 29143). The cost is $139.

ATTEND ORIENTATION on Friday, October 18, 5-9 pm, at Beban Social Centre. At orientation, you can choose to remain a Quest “Community” or specialize in Arenas or Aquatics.

STEP #3
Attend Placement Sign-Up on Friday, October 25, 5-9 pm, at Beban Social Centre.

STEP #4
Go to your Placements to volunteer, learn new skills, make new friends and have fun!
High School Education in a University Setting

Why choose The High School at Vancouver Island University?

- A British Columbia curriculum enhanced with intercultural perspectives
- Learning on a university campus
- Access to university courses
- Study Abroad opportunities
- Student teacher ratio of 12:1
- Family boarding for students from outside the Greater Nanaimo area

Now accepting applications for grades 10, 11 and 12.

#StartYourJourneyHere

Niki
The High School at VIU, Grad 2021

Contact:
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250.740.6315

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