

Arenas Summer Schedule

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



Lace Up Your Skates!

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.)							

SCHEDULE CHANGES

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

GLOW IN THE DARK Skates

SKATE IN OUR ATMOSPHERE OF DIMMED LIGHTING AND SPECIAL EFFECTS!

Held on the following Sundays, 3-4:30 pm:

- April 20 (Cliff McNabb)
- May 18 (Cliff McNabb)
- June 15 (Cliff McNabb)
- July 20 (Nanaimo Ice Centre)
- August 17 (Nanaimo Ice Centre)

STARLIGHT Skate

This is a great way to escape the hustle and bustle while enjoying lap skating with our soft light stars and passive LED lighting.

Regular admission rates apply.

Held on the following Wednesdays, 6:30-8 pm:

- April 2 (Frank Crane)
- May 7 (Frank Crane)
- June 4 (Nanaimo Ice Centre)
- July 2 (Nanaimo Ice Centre)
- August 6 (Nanaimo Ice Centre)

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

Nanaimo's arenas are the place to be to learn how to skate, play hockey, figure skate or just have fun at one of our public sessions.



Learn to Skate

Nanaimo's very own RecSkate is a progressive skating 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 of achievement for each level passed, and upon completion of Level 7, skaters will receive a medal.

Hockey Programs

Learn to play Canada's National Sport or join us for various registered or drop-in sessions. We have programs for children as young as 4 to adult.

Custom Private Lessons

Let us customize skating lessons to fit your schedule and skill level. Cost is \$32 for a 30-minute lessons. Call the Program Assistant at 250-755-7537 for details.

Clients with Diverse Abilities

Participants with diverse abilities are welcome to register for our programs and come to drop-in sessions. Please contact our Arenas Coordinator at 250-755-7536 for information.

Arena Rentals

Looking to for some extra practice time or some private time with friends and family? Book today by calling our Allocation Clerk at 250-756-5214.

School Bookings

Hey, teachers! How about bringing your class to the arena for skating lessons at either Frank Crane or Nanaimo Ice Centre? Sessions are 45 minutes consisting of a 30-minute less and 15 minutes of free time. For more information or to book, please call the Program Assistant at 250-755-7537.

Activity Guide

To see all of the arena programs available this season, please check out our online Activity Guide found at recreation.nanaimo.ca

Spring/Summer 2025

Arenas

SCHEDULE & GENERAL INFO



Scan to view the online skating schedule



CITY OF NANAIMO
THE HARBOUR CITY

recreation.nanaimo.ca
250-756-5200

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		6:30-8 pm NIC	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.

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
- Earth Hour Skate - Sat, Mar22, 1:15-2:45 pm at Frank Crane Arena



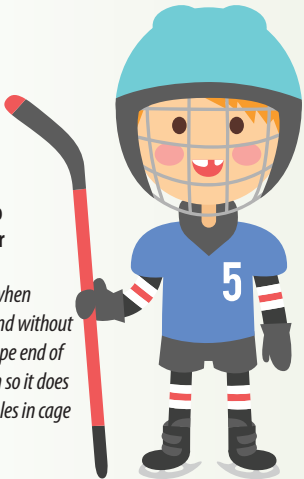
Look for our
“Game Zone” for all
Everyone Welcome
sessions!

(except Glow in the Dark & Starlight sessions or on busy sponsored free skates)

FULL GEAR Equipment Requirement 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
- Neck guard

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



Public Admissions SKATE, SWIM, WEIGHT ROOMS & GYM

General Admissions:

CHILD - 2 yrs & under	Free
CHILD - 3 to 12 yrs	\$3.85
YOUTH - 13 to 24 yrs	\$5.40
ADULT - 25 to 59 yrs	\$7.20
SENIOR - 60 to 79 yrs	\$5.40
SENIOR - 80+ yrs - Nanaimo residents only	Free
FAMILY - Max 2 adults & children from same family	14.40

10 Visit Pass (10 admissions):

CHILD - 12 yrs & under	\$30.90
YOUTH - 13 to 24 yrs	\$43.25
ADULT - 25 to 59 yrs	\$57.70
SENIOR - 60+ yrs	\$43.25

1 Month Active Pass:

CHILD	\$30.90
YOUTH / SENIOR	\$43.25
ADULT	\$57.70
FAMILY	\$115.35

12 Month Active Pass:

CHILD	\$278.10
YOUTH / SENIOR	\$389.35
ADULT	\$515.00
FAMILY	\$1028.95

Arena Skate Rentals:

CHILD / YOUTH / SENIOR	\$3.00
ADULT	\$3.75
FAMILY SKATE RENTAL	\$7.00
HELMETS	\$0.50
SKATE SHARPENING	\$6.00

Prices include tax and are subject to change.
All 10 visit and 20 visit cards expire three years from date of purchase.
All one month Active Passes are non refundable.

Arena Locations

CLIFF MCNABB ARENA (2300 Bowen Rd)

Has a NHL size ice sheet; 50 bleacher seats and a conference room.

FRANK CRANE ARENA (2300 Bowen Rd)

Has a NHL size ice sheet; 1200 seating on floor and 2445 seating in stands , a VIP Lounge.

NANAIMO ICE CENTRE (750 Third St)

Has 2 NHL size ice sheets and a lounge. NIC 1: seating for up to 400; NIC 2: seating for up to 186.