

Arena Schedule*

Mon, Jan 8 to Thu, Mar 28 *Some sessions begin Jan 2. Please check recreation.nanaimo.ca to confirm.

Programs	SUN	MON	TUE	WED	THU	FRI	SAT
Everyone Welcome	12-1:30 pm Lions FREE Skate at FCA 4-6 pm NIC2		6:30-8 pm FCA	6:30-8 pm FCA	6:15-7:45 pm NIC2	3:45-5:15 pm NIC2	1:15-2:45 pm FCA
Parent & Tot Skate		10-11:30 am FCA		12:30-2 pm FCA	9-10:15 am NIC1		
Family Skate	10:45-11:45 am FCA						<div>DID YOU KNOW?</div> <ul style="list-style-type: none">Participants of all abilities are welcome to public skating sessions.Strollers and wheelchairs are welcome on the ice.
Adult Leisure Skate (19+)		10-11:30 am NIC2	10-11:30 am FCA	10-11:30 am NIC2	1:30-3 pm NIC1		
Adult Scrub Hockey (18+)		11:45 am-1:15 pm NIC2		11:45 am-1:15 pm NIC2		11:45 am-1:15 pm NIC2	
Senior & 70 + Scrub Hockey		8-9:15 am NIC2	10-11:15 am NIC1 70+ Seniors	8-9:15 am NIC2		8-9:15 am NIC2 10:45 am-12 pm 70+ Seniors NIC1	
Stick 'n' Puck Children under 8 are to be accompanied onto the ice by an adult.	2:45-3:45 pm NIC2		11:45 am-1:15 pm NIC1	1:45-3:15 pm McN	11:45 am-1:15 pm NIC1	3:15-4:15 pm McN	
Adult Scrimmage Hockey Co-ed registered program.	9:30-10:45 pm NIC1					9:45-11:15 pm McN	

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 our Everyone Welcome sessions. (Skate sharpening is available at all Everyone Welcome sessions.) Cancelled on September 13 & November 1.

FREE LIONS SKATE – Held Sundays, 12-1:30 pm, at Frank Crane Arena until March 24 (includes admission, skate and helmet rentals). Please note that Mar 10 session will be from 11 am-12:30 pm due to a Clippers' Game.

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.

Family Skate – During this session, there will be an area setup with toys, as well as our regular laps skating area providing opportunities for all levels and ages. All children and teens must be accompanied on the ice by an adult. Helmets are strongly recommended. (Family Skate cancelled and Lion's Free Skate held instead on December 3).

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 – Whether you're new to the game of hockey or know the game and are looking to brush up on your 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.



Lace Up Your Skates!

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

Winter 2024
Arenas
SCHEDULE & GENERAL INFO



Scan to view
the online
skating
schedule



January 8, 2024



recreation.nanaimo.ca
250-756-5200



Winter Skating Events

Valentine's Day

• Tue, Feb 14, 6:30-8 pm at FCA (Everyone Welcome)

Family Day Skates

• Mon, Feb 19, 11:30 am-1 pm at FCA (Stick'n' Puck)
• Mon, Feb 19, 1:15-3:15 pm at FCA (Everyone Welcome)

St. Patrick's Day Starlight Skate

• Sun, Mar 17, 4-6 pm at NIC

Earth Hour Skate

• Sat, Mar 23, 1:15-2:45 pm at FCA

Good Friday Skates

• Fri, Mar 29, 10:30-11:30 am at NIC (Stick'n' Puck)
• Fri, Mar 29, 1:30-3 pm at NIC (Everyone Welcome)

Glow in the Dark Skates

Skate in our dimly lit arena with special effects, and glow sticks are available for purchase. Held on the first Tuesday of each month from 6:30-8 pm at Frank Crane Arena.

Regular admission rates apply.

• Jan 2
• Feb 6
• Mar 5

Starlight Skates

This is a great way to escape the hustle and bustle while enjoying lap skating with our soft light stars and passive LED lighting. Perfect time for couples and families to get some exercise with friends. Glow sticks are available for purchase. Held on the following Sundays, 4-6 pm at Nanaimo Ice Centre. *Regular admission rates apply.*

• Jan 14
• Feb 18
• Mar 17



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
- 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*
- Neck guard



Public Admissions SKATE, SWIM, WEIGHT ROOMS & GYM

General Admissions:

CHILD - 2 yrs & under	Free
CHILD - 3 to 12 yrs	\$3.75
YOUTH- 13 to 24 yrs	\$5.25
ADULT - 25 to 59 yrs	\$7.00
SENIOR - 60 to 79 yrs	\$5.25
SENIOR - 80+ yrs - Nanaimo residents only	Free
FAMILY - Max 2 adults & children from same family	\$14.00

10 Visit Pass (10 admissions):

CHILD - 12 yrs & under	\$30.00
YOUTH - 13 to 24 yrs	\$42.00
ADULT - 25 to 59 yrs	\$56.00
SENIOR - 60+ yrs	\$42.00

1 Month Active Pass:

CHILD	\$30.00
YOUTH / SENIOR	\$42.00
ADULT	\$56.00
FAMILY	\$112.00

12 Month Active Pass:

CHILD	\$270.00
YOUTH / SENIOR	\$378.00
ADULT	\$500.00
FAMILY	\$999.00

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.