

# NANAIMO PARKS, RECREATION & CULTURE

# *Fall 2021* Activity Guide

September-December 2021



[recreation.nanaimo.ca](https://recreation.nanaimo.ca)

**250-756-5200**

Registration starts Wednesday, August 18.



CITY OF NANAIMO  
THE HARBOUR CITY



PARKS, RECREATION & CULTURE

# Welcome to Parks, Recreation & Culture!

After having many programs cancelled or modified over the last year due to the pandemic, we are so excited to bring you our Fall Activity Guide. This recreation guide is full of programs we haven't been able to offer for awhile, as well as many new ones we are excited for you to try. At Parks, Recreation and Culture, we have a passion for helping you start and stay active with a variety of sport, fitness, art, cooking and outdoor activities, and we are very excited to plan activities that all community members can participate in. As you head into the shorter and cooler days of fall, we hope you will join us at programs or events that enhance and enrich our community.



## Stay Connected with Us!

- Check our website ([recreation.nanaimo.ca](http://recreation.nanaimo.ca)) for updates on programs, special events or severe weather cancellations.
- "Like" us on Facebook ([cityofnanaimolocalgovernment](https://www.facebook.com/cityofnanaimolocalgovernment)).
- Follow us on Twitter (@cityofnanaimo).
- Follow us on Instagram (@nanaimoparksandrec).
- Listen to local radio stations for updates that need immediate communication, including information on severe weather closures or cancellations (106.9 WOLF, 102.3 WAVE, 91.7 COAST).
- Please ensure we have up-to-date contact information for you, including your email in case we need to contact you.



## Advertise in the Activity Guide!

**\*\* Available in the Winter 2022 Activity Guide! \*\* (Jan to Mar 2022)**

### Did you know?

- There are four Activity Guides produced each year (Fall, Winter, Spring, Summer).
- The entire Activity Guide is posted online using "Turn Page" technology on the City of Nanaimo's website ([recreation.nanaimo.ca](http://recreation.nanaimo.ca)) with links to businesses and community organization web pages who advertise within the guide.
- The Activity Guide is a publication for all ages.
- The Activity Guide is a great community tool. It includes swimming and skating schedules, recreation programs and community resource information.
- Parks, Recreation and Culture clients tend to refer to the Activity Guide as a helpful community resource.



**For more information about advertising in the Activity Guide:**

• [parksandrecreation@nanaimo.ca](mailto:parksandrecreation@nanaimo.ca)  
• 250-755-7510



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The Nanaimo Parks, Recreation and Culture Activity Guide is produced four times a year by the City of Nanaimo for each season. The guide is available online at [recreation.nanaimo.ca](http://recreation.nanaimo.ca). Interested in advertising in the next guide? Contact [parksandrec@nanaimo.ca](mailto:parksandrec@nanaimo.ca) or 250-755-7510.

Some photography inside guide was supplied by Rachel Kirk Photography, Greg Howard Photography and Sabrina Patrice Photography.

Cover photo by Sabrina Patrice Photography.  
Photo of participant at our public skating session at Nanaimo Ice Centre.

### Advertising Disclaimer

The City of Nanaimo reserves the right to accept or reject any advertisement submitted for publication in its publications and on its websites. The City of Nanaimo does not investigate claims made in advertisements appearing in publications or on its websites. Advertisements in City of Nanaimo publications and websites in no way implies an endorsement or approval by the City of Nanaimo of any advertising claims or of the advertiser, its products or services. The City of Nanaimo disclaims any liability in connection with advertising appearing in publications or on its website.



[cityofnanaimo](http://cityofnanaimo)



[nanaimoparksandrec \(#ilovemyparksandrec\)](https://www.instagram.com/nanaimoparksandrec)

# KEEPING YOU SAFE

*while you participate with us*



**STOP  
COVID-19**

We have created a “Communicable Disease” plan that was required by the Province of BC to keep you healthy and safe this fall season as you participate with us.



**Please do not come to our buildings or  
participate in programs if you:**



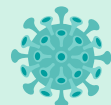
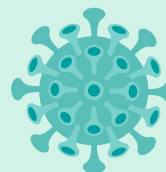
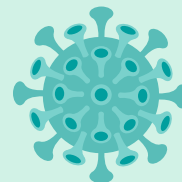
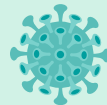
• Have any of the following symptoms:

- Fever
- Chills
- New or worsening cough
- Shortness of breath
- New muscle aches or headache
- Sore throat



• Have travelled outside of Canada within the last 14 days

• Are a close contact of a person who tested positive for COVID-19



**Follow the latest BC Provincial Health Guidelines at**

<https://www2.gov.bc.ca/gov/content/covid-19/info/response> or scan the QR Code:



**PLEASE NOTE:**

Some programs may have to be cancelled or delayed due to restrictions from Provincial Health Orders.

All changes will be communicated to participants, and fees will be adjusted if necessary.



# Fall Special Events

VISIT OUR WEBSITE AT [NANAIMO.CA](http://NANAIMO.CA) OR OUR FACEBOOK PAGE FOR MORE INFORMATION.

## SEPTEMBER

- |               |               |                        |                    |
|---------------|---------------|------------------------|--------------------|
| • Sep 7-12    | various times | Welcome Back Skates    | Frank Crane Arena  |
| • Tue, Sep 7  | 6:30-8 pm     | Glow in the Dark Skate | Frank Crane Arena  |
| • Sun, Sep 19 | 4-6 pm        | Starlight Skate        | Nanaimo Ice Centre |

## OCTOBER

- |               |                |                            |                    |
|---------------|----------------|----------------------------|--------------------|
| • Tue, Oct 5  | 6:30-8 pm      | Glow in the Dark Skate     | Frank Crane Arena  |
| • Mon, Oct 11 | 1-3 pm         | Thanksgiving Day Skate     | Frank Crane Arena  |
| • Sun, Oct 24 | 4-6 pm         | Starlight Skate            | Nanaimo Ice Centre |
| • Sat, Oct 30 | 1-4 pm         | Halloween Swim             | Beban Park Pool    |
| • Sun, Oct 31 | 10:45-11:45 am | Halloween Family Skate     | Frank Crane Arena  |
| • Sun, Oct 31 | 12-1:30 pm     | Halloween Lions Free Skate | Frank Crane Arena  |

## NOVEMBER

- |               |           |                        |                    |
|---------------|-----------|------------------------|--------------------|
| • Tue, Nov 2  | 6:30-8 pm | Glow in the Dark Skate | Frank Crane Arena  |
| • Thu, Nov 11 | 1-3 pm    | Remembrance Day Skate  | Frank Crane Arena  |
| • Sun, Nov 21 | 4-6 pm    | Starlight Skate        | Nanaimo Ice Centre |
| • Tue, Nov 30 | 6:30-8 pm | Glow in the Dark Skate | Frank Crane Arena  |

## DECEMBER

- |                 |              |                        |                                 |
|-----------------|--------------|------------------------|---------------------------------|
| • Tue, Dec 7    | 6:30-8 pm    | Glow in the Dark Skate | Frank Crane Arena               |
| • Wed, Dec 15   | 6:30-8 pm    | Skate with Santa       | Frank Crane Arena               |
| • Thu, Dec 16   | 6:15-7:45 pm | Skate with Santa       | Nanaimo Ice Centre              |
| • Sat, Dec 18   | 9 am-5 pm    | Swim with Santa        | Nanaimo Aquatic Centre          |
| • Sun, Dec 19   | 9 am-5 pm    | Swim with Santa        | Beban Park Pool                 |
| • Sun, Dec 19   | 4-6 pm       | Starlight Skate        | Nanaimo Ice Centre              |
| • Dec 24, 27-30 |              | Winter Wonderland      | Frank Crane Arena (see page 11) |
| • Fri, Dec 31   | 6-8 pm       | Finale Swim            | Nanaimo Aquatic Centre          |



# Public Admissions

SWIM, SKATE, WEIGHT ROOMS & GYM

## General Admissions:

Child	2 yrs & under	Free
Child	3 to 12 yrs	\$3.75
Student	13 to 18 yrs	\$5.25
Adult	19 to 59 yrs	\$7.00
Senior	60 to 79 yrs	\$5.25
Senior	80+ yrs; Nanaimo residents only	Free
Family	Max 2 adults & 3 children or 4 children, 1 adult	\$14.00
Shower		\$3.75

## 10 Visit Pass (10 admissions):

Child	12 yrs & under	\$30.00
Student	13 to 18 yrs	\$42.00
Adult	19 to 59 yrs	\$56.00
Senior	60 to 79 yrs	\$42.00

## 1 Month Active Pass

Child		\$30.00
Student/Senior		\$42.00
Adult		\$56.00
Family		\$112.00

## 12 Month Active Pass

Child		\$270.00
Student/Senior		\$378.00
Adult		\$500.00
Family		\$999.00

## Arena Skate Rentals/Sharpening

Child/Student/Senior		\$3.00
Adult		\$3.75
Family		\$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.



# Public Swim Program Highlights

PLEASE LET POOL STAFF KNOW OF ANY MEDICAL CONDITIONS.

## BEBAN POOL

**Everyone Welcome:** Enjoy this session for a swim, sauna, a soak in the hot tub, to relax in the steam room or to swim lengths. The waterslides are open, too!

**Leisure Swim:** The leisure pool, slide, saunas, steam room and hot tub are open. The 25-metre and teaching pools are unavailable. No lengths or diving boards available.

**25 Metre Swims:** Our main tank is set up for 25-metre swimming.

## NANAIMO AQUATIC CENTRE

**Everyone Welcome:** Swim, sauna, soak in the hot tub or relax in the steam room. Limited lane swimming available.

**25 & 50 Metre Swims:** Our main tank is set up for length swimming. Please check schedule on page 8.

**Wave Pool:** Catch the waves! Check our schedule on page 8. Please note that waves may be turned off for various, unforeseen circumstances.

**Diving Boards:** Both 1-metre and 3-metre diving boards are available at select times. Please call us to find out the day's schedule.



## AQUAFIT

Join us at either pool for a variety of aquatic fitness programs. Refer to pages 8 and 9 for class times.

**Core Aquafit:** This low impact class is designed to reduce pain and injury by improving posture, balance and core stability. Open to all levels and abilities. This is a great way to start your day!

**Therapy Aquafit:** Improve your mobility with this low impact class. The focus is on movement, range of motion, balance, strength and stretching. Water therapy is highly recommended for people with arthritis, joint replacements, pre and post surgery and those with limited mobility.

**Shallow Water Aquafit:** This is a high intensity cardio workout without the impact you'd find with dry land aerobics. Open to all levels of ability. Feel free to ask the instructor for modifications.

**Deep Water Aquafit:** Strengthen and tone your body with this zero impact class. You'll achieve excellent cardio and strength training using water as resistance. Classes are done in deep water wearing a floatation belt.

# DROP-IN SCHEDULE

## Nanaimo Aquatic Centre & Beban Park Weight Rooms

DEVELOP YOUR STRENGTH, AGILITY AND CARDIOVASCULAR FITNESS IN ONE OF OUR WEIGHT ROOMS.

### Nanaimo Aquatic Centre Weight Room - STARTING SEPTEMBER 12

	SUN	MON	TUE	WED	THU	FRI	SAT
Facility Hours	6 am-10 pm	6 am-10 pm	6 am-10 pm	6 am-10 pm	6 am-10 pm	6 am-10 pm	6 am-10 pm

Schedule subject to change. See page 8 for specific stat holiday closures. See [recreation.nanaimo.ca](http://recreation.nanaimo.ca) for up-to-date information.

**Weight Room Attendants:** Our qualified attendants are ready to show you new exercises, teach you how to use the equipment and answer your questions. They work on-site to care for weight room equipment and enforce safe weight room practices. Daily schedules are posted at each location.

**Weight Room Policy:** Personal trainers, kinesiologists and physiotherapists, etc. not employed or authorized by the City of Nanaimo may not train clients within the weight rooms. For more information, contact the Weight Room Supervisor at 250-756-5200.

**Weight Room Orientations:** These are designed to familiarize you with our facilities and give you an orientation of the basics of strength and functional training. An orientation is recommended before using our facilities. Please contact us to setup a time. Cost is \$5.

**Weight Room Personal Training Sessions:** Work one-on-one with a trainer to develop a workout program that works for you, to follow up and assess your progress or to create a new program that challenges you on your fitness journey. Whatever your health and fitness goals are, our personal trainers can help! Each session includes access to the facility on the day of the training session. Cost is \$48 for one hour. Please book your session in advance.

**Youth in the Weight Room:** Our weight rooms are available for use by persons 16 years and older. Teens (13-15) wishing to use the weight room for fitness training must complete an orientation. Once completed, they will receive a "Gym Use Graduate Card". This card will permit teens to use the weight room without a parent or guardian's supervision.



### Beban Weight Room - STARTING OCTOBER 18

	SUN	MON	TUE	WED	THU	FRI	SAT
Facility Hours	9 am-5 pm	6:30 am-7 pm	6:30 am-7 pm	6:30 am-7 pm	6:30 am-7 pm	6:30 am-7 pm	9 am-5 pm

Schedule is subject to change. The Beban Weight Room is closed on all statutory holidays.

**PLEASE NOTE:** Schedule is subject to change.

For up-to-date schedules, visit [recreation.nanaimo.ca](http://recreation.nanaimo.ca)

 We have a variety of equipment for special needs clients at Nanaimo Aquatic Centre!

- Nustep Bike - easy access for wheelchairs
- Active Passive Trainer
- Cybex Total Access - strength and cardio machines



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# DROP-IN SCHEDULE

## Aquatic Centre Fall Schedule (741 THIRD ST) Sunday, September 12 to Friday, December 31

PROGRAM	SUN	MON	TUE	WED	THU	FRI	SAT
<b>Everyone Welcome</b>	6 am-1 pm 1:45-10 pm	6 am-2 pm 2:45-10 pm	6 am-2 pm 2:45-10 pm	6 am-2 pm 2:45-10 pm	6 am-2 pm 2:45-10 pm	6 am-2 pm 2:45-10 pm	6 am-1 pm 1:45-10 pm
<b>50 Metre Lane Swim</b>	6 am-1 pm		6 am-2 pm		6 am-2 pm		
<b>25 Metre Lane Swim</b>	1:45-10 pm	6 am-2 pm 2:45-10 pm	2:45-10 pm	6 am-2 pm 2:45-10 pm	2:45-10 pm	6 am-2 pm 2:45-10 pm	6 am-1 pm 1:45-10 pm
<b>Waves</b>	11 am-1 pm 1:45-10 pm	3:30-10 pm	3:30-10 pm	3:30-10 pm	3:30-10 pm	3:30-10 pm	11 am-1 pm 1:45-10 pm
<b>Waterslides</b> <small>*Reduced waves on Mon &amp; Wed in September</small>	11 am-1 pm 1:45-10 pm	*3:30-10 pm	3:30-10 pm	*3:30-10 pm	3:30-10 pm	3:30-10 pm	11 am-1 pm 1:45-10 pm
<b>CLEANING CLOSURE - POOL UNAVAILABLE</b> <small>NEW!</small>	1-1:45 pm	2-2:45 pm	2-2:45 pm	2-2:45 pm	2-2:45 pm	2-2:45 pm	1-1:45 pm
<b>Weight Room</b>	6 am-10 pm	6 am-10 pm	6 am-10 pm	6 am-10 pm	6 am-10 pm	6 am-10 pm	6 am-10 pm
AQUAFIT	SUN	MON	TUE	WED	THU	FRI	SAT
<b>Therapy Aquafit (1 hr)</b>	7-8 am	8:30-9:30 am		8:30-9:30 am		8:30-9:30 am	7-8 am
<b>Shallow Water Aquafit (45 min)</b>		10:15-11 am		10:15-11 am		10:15-11 am	
<b>Deep Water Aquafit (45 min)</b>		7:15-8 pm	10:15-11 am	7:15-8 pm	10:15-11 am	7:15-8 pm	

**Please Note:** Schedule is subject to change. For schedules, visit [recreation.nanaimo.ca](http://recreation.nanaimo.ca). See page 6 for admission rates and program highlights.

- Lanes available at all times except during the moving of the bulkheads in the main pool. The bulkheads in the competition pool move at different times throughout the week and may disrupt some lane swimming. Main pool will be closed to move the bulkheads.
- Please inform staff of any medical conditions.
- All children through 6 years of age must be under the direct supervision and within arm's reach of a guardian. Guardian must be in the water and must be 16 years of age or older.
- Ratio for children who are 6 years of age and under is 1 adult to 3 children.
- Slides, waves and/or diving boards may need to be closed periodically throughout the day. Please ask a lifeguard for schedule information.
- Life jackets are available for public use.

### Please Help Us Avoid Unnecessary Pool Closures:

Anyone not toilet trained must wear protective, water-resistant swim wear. Children's swim diapers are available for purchase from the pool cashier. Children should use the washroom prior to swimming in order to avoid potential pool closures. All patrons must thoroughly shower prior to entering the pool.

**STAT HOLIDAY SWIMS FROM 12-5 PM:** • Mon, Oct 11 (Thanksgiving) • Thu, Nov 11 (Remembrance Day) • Sun, Dec 26 (Boxing Day)

**POOL CLOSED:** • Mon, Sep 6 (Labour Day) • Thu, Sep 30 (Truth and Reconciliation Day) • Sat, Dec 25 (Christmas) • Sat, Jan 1 (New Years)

**SWIM MEETS:** • Oct 23 & 24 • Nov 27 • Dec 12 (limited pool access; check our online schedule at [recreation.nanaimo.ca](http://recreation.nanaimo.ca))



# DROP-IN SCHEDULE

## Beban Pool Fall Schedule (2300 BOWEN RD)

Monday, October 25\* to Friday, December 31 (\*pending opening)

PROGRAM	SUN	MON	TUE	WED	THU	FRI	SAT
Everyone Welcome	9 am-12 pm						12:30-5 pm
25 Metre Lane Swim		8-10 am 11:15 am-1:15 pm	6:30-8:30 am	8-10 am 11:15 am-1:15 pm	6:30-8:30 am	6:30-9 am 12-3 pm	
Leisure Swim		6:30-8 am 11:15 am-3 pm	6:30-8:30 am	6:30-8 am 11:15 am-3 pm	6:30-8:30 am	6:30-9 am 1:45-3 pm	
Waterslides	9 am-12 pm	Available upon request					12:30-5 pm
Weight Room	9 am-5 pm	6:30 am-7 pm	6:30 am-7 pm	6:30 am-7 pm	6:30 am-7 pm	6:30 am-7 pm	9 am-5 pm
AQUAFIT	SUN	MON	TUE	WED	THU	FRI	SAT
Core Aquafit (1 hr)		7-8 am		7-8 am			
Therapy Aquafit (1 hr)		1:30-2:30 pm		1:30-2:30 pm			
Shallow Water Aquafit (45 min)			8:45-9:30 am		8:45-9:30 am		
Deep Water Aquafit (45 min)		10:15-11 am		10:15-11 am		10:15-11 am	

**Please Note:** Schedule is subject to change. Check out [recreation.nanaimo.ca](http://recreation.nanaimo.ca). See page 6 for rates and program highlights.

- Please inform staff of any medical conditions.
- All children through 6 years of age must be under the direct supervision and within arm's reach of a guardian. Guardian must be in the water and must be 16 years of age or older.
- Ratio for children who are 6 years of age and under is 1 adult to 3 children.

**Pool Foulings:** Help us prevent unnecessary pool closures. Anyone not toilet trained must wear protective, water-resistant swim wear. Children's swim diapers are available for purchase from the pool cashier. Children should use the washroom prior to swimming in order to avoid potential pool closures. All patrons must thoroughly shower prior to entering the pool.

**POOL CLOSED:** • Thu, Nov 11 (Remembrance Day) • Sat, Dec 25 (Christmas) • Sun, Dec 26 (New Years Day) • Sat, Jan 1 (New Years)



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# DROP-IN SCHEDULE

## Arena Schedule

Tuesday, September 7 to Thursday, December 23, 2021

Programs	SUN	MON	TUE	WED	THU	FRI	SAT
<b>Everyone Welcome</b>	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
<b>Parent &amp; Tot Skate</b>		10-11:30 am FCA		12:30-2 pm FCA	10-11:15 am NIC1		
<b>Youth Skate</b> (11-18 yrs) <b>NEW!</b>							7-9 pm NIC2
<b>Family Skate</b>	10:45 -11:45 am FCA	 PARTICIPANTS WITH SPECIAL NEEDS ARE WELCOME TO PUBLIC SKATING SESSIONS!					
<b>Adult Leisure Skate</b> (19+)		10-11:30 am NIC2	10-11:30 am FCA	10-11:30 am NIC2	10-11:30 am FCA		
<b>Adult Scrub Hockey</b> (18+)		11:45 am-1:15 pm NIC2		11:45 am-1:15 pm NIC2		11:45 am-1:15 pm NIC2	
<b>Senior &amp; 70+ Scrub Hockey</b>		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	
<b>Stick 'n' Puck</b> 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	11:30 am-1 pm NIC1 Women Only	3:15-4:15 pm McN	
<b>Adult Scrimmage Hockey</b> Registered program.						9:45-11:15 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 our Everyone Welcome sessions.

**FREE LIONS SKATE:** Sundays, 12-1:30 pm, at Frank Crane Arena starting September 12 (includes admission, skate and helmet rentals).

**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, as well as a fun story time. Helmets are mandatory for tots. Parents must accompany children on the ice. Free admission for child.

**Youth Skate\*** (11-18 years) **NEW!** - During this session, skates and helmets are free complete with recreational hockey and the "Game Zone"!

**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.

**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.

**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 special needs 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.



Look for our  
"Game Zone" for all  
Everyone Welcome  
sessions!

(except Glow in the Dark,  
Starlight sessions or at busy  
sponsored free skates)



# DROP-IN SCHEDULE

## Fall Skating Events

### Welcome Back Skates

Come to our Welcome Back sessions from September 7-14. To fully participate, get a "Welcome Back" Passport. Get 4 stamps and receive a free Courtesy Pass good for any session. In addition, drop off your pass for a chance to win a deluxe Hockey Pass Package good for Clippers, Buccaneers and VIU Mariners games! For our Scrub Hockey and Stick 'n' Puck programs, complete an entry form every time you play for a chance to win a second Hockey Pass Package.

### 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. Held on the following Sundays, 4-6 pm at Nanaimo Ice Centre. *Regular admission rates apply.*

- **September 19**
- **October 24**
- **November 21**
- **December 19**

### Glow in the Dark Skates

Skate in our dimly lit arena with special effects on the first Tuesday of each month from 6:30-8 pm at Frank Crane Arena. *Regular admission rates apply.*

- **September 7**
- **October 5**
- **November 2**
- **December 7**

### Pro-D Skates

- **Fri, Oct 22**, 3:45-5:15 pm at NIC
- **Mon, Oct 25**, 1:30-3 pm at NIC

### Special Stat Holiday Skates

- **THANKSGIVING**  
Mon, Oct 11, 1-3 pm at FCA
- **REMEMBRANCE DAY**  
Thu, Nov 11, 1-3 pm at FCA

### Skates with Santa

Skate with Santa and get the chance to tell him how good you've been this year!

- **Wed, Dec 15**, 6:30-8 pm at FCA
- **Thu, Dec 16**, 6:15-7:45 pm at NIC

## Winter Wonderland December 24, 26-30

**Fri, Dec 24**

11:45 am - 3 pm

**Sun, Dec 26**

11:45 am - 4:45 pm

**Mon, Dec 27**

11:45 am - 4:45 pm

7:45 - 9:30 pm

**Tue, Dec 28**

11:45 am - 4:45 pm

7:45 - 9:30 pm

**Wed, Dec 29**

11:45 am - 4:45 pm

7:45 - 9:30 pm

**Thu, Dec 30**

11:45 am - 4:45 pm

7:45 - 9:30 pm

Join us at the Frank Crane Arena where

it will be transformed into a

### SNOW GLOBE!

These "loonie" skate sessions include free skate and helmet rentals. Drop in during any of our public times or rent the ice privately for your friends, family or co-workers.

Everyone is welcome!



Want to sponsor a Winter Wonderland session? Let us tell you about how it works. For more information, please call Gary at 250-755-7536.



cityofnanaimo



nanaimoparksandrec (#ilovemyparksandrec)

# PRE-REGISTERED DROP-IN SCHEDULE

## Oliver Woods Community Centre Schedule

Tuesday, September 7 to Thursday, December 23 (closed on all stat holidays)

Programs	SUN	MON	TUE	WED	THU	FRI	SAT
<b>Badminton</b> (16 +) Gym attendant on duty.	7-9 pm		8:45-10:45 am		8:45-10:45 am		
<b>Basketball</b> (16 +) Gym attendant on duty.		8:30 - 10:30 pm				8:15-10:15 pm 8:30 -10:30 pm	
<b>Everyone Welcome</b> All ages welcome! Great time to organize a lunch time activity or sport. (Racquet sports not available.)			11 am- 12:30 pm				
<b>Family Multi Sports</b> Bring the family down for a variety of sports, such as basketball, pickleball and soccer.	11 am- 12:30 pm						
<b>Pickleball</b> (16 +) Tennis-like game played on a badminton court using a perforated, slow moving ball and paddle.		8:45-10:45 am			11 am -1 pm	11:30 am- 1:30 pm	
<b>Volleyball</b> (16 +) Gym attendant on duty.		8:15-10:15 pm					
<b>Spare Blox Youth Drop-in</b> (10-17 yrs) See page 25; please pre-register.			6:15-7:45 pm (Sep 14-Dec 14)				

### GENERAL INFORMATION FOR PRE-REGISTERED DROP-IN SPORTS PROGRAMS

- Pre-registration available 72 hours prior to program start. Drop-ins available on site if space permits. Please check with registration desk upon arrival.
- No food/drink allowed in gyms.
- Only non-marking gym shoes allowed.
- Participants must be present at time of admission purchase.
- Space is limited; we operate on a first-come, first-served basis.

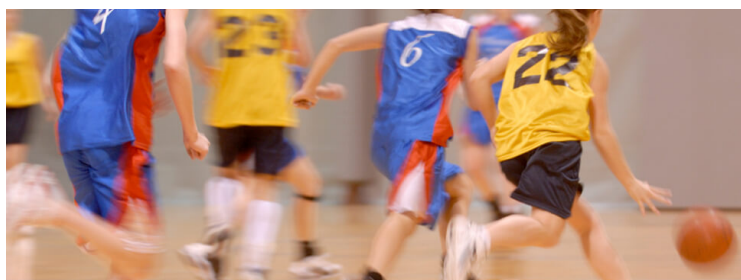
### FACILITY CLOSURES/SCHEDULE CHANGES

- Facility closed on all statutory holidays.
- Check our online schedule for changes during pro-d days, school breaks, events and other holidays.
- Schedule is subject to change. Please visit [recreation.nanaimo.ca](http://recreation.nanaimo.ca) for the most up-to-date information.

### DROP-IN SPORT PROGRAMS

Parks, Recreation & Culture is committed to offering recreational drop-in programs for the community. Our drop-in programs are designed to create an inclusive environment where participants can learn a new skill, be social, be active, share their sport with others and play together regardless of skill level (beginner to advanced welcome). Recreational drop-in programs are NOT about winning, competitive or aggressive play.

For more information on competitive or league play, please ask our front desk staff.



# PRE-REGISTERED DROP-IN SCHEDULE

## Bowen Park Pottery Studio

**Tuesday, September 7 to Thursday, December 23** *(closed on all stat holidays)*

Formally "Drop-in Pottery", all participants will be able to register a maximum of 3 days in advance for each session. The Bowen Park Pottery Studio has the tools, equipment and supplies available for the public to work independently. Children, when accompanied by an adult, are welcome (both must register). No instruction is provided. Clay may be purchased for \$32 (including tax) per 22 pound bag and includes all firing and glazing fees. Space is limited. Cost is \$12 per session.

SUN	MON	TUE	WED	THU	FRI	SAT
		2:30-5:30 pm		9:30-11:30 am* (Harbour City Seniors only*)  12-3 pm		9 am-12 pm

### DROP-IN INFO

**\$12 per session**

- Pre-register up to 72 hours in advance at [recreation.nanaimo.ca](http://recreation.nanaimo.ca)
- Pottery room tickets are no longer available



*\*If you are over the age of 60, you can join the Nanaimo Harbour City Seniors and take part in several programs for a nominal fee.  
For more information, please call 250-755-7501 or visit [www.nanaimo.ca](http://www.nanaimo.ca).*



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# Low Co\$t or Free Recreation

At Parks, Recreation and Culture, we understand how recreation experiences can enrich our lives. Here are a few activities that you can participate in...even if the budget's a bit tight at the moment.

## *Admission Savers*

- **Buy a 10 or 20 Visit Pass** and save 20 percent over regular admission. Want to save more? Consider purchasing our annual Active Pass.  
**See page 6.**
- **Lion's Sponsored FREE Skates** are held every Sunday from September 12 to March 27 from 12-1:30 pm at Frank Crane Arena.  
**See page 52.**
- **Winter Wonderland** happens on December 24 and then from December 26-30 at Frank Crane Arena. Skating sessions are only \$1 with skate and helmet rentals free.  
**See page 11.**

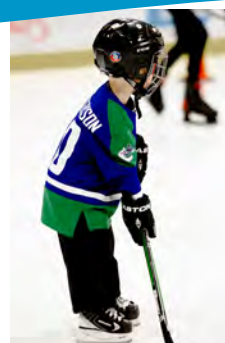
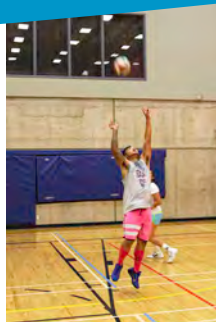


## *Low Cost Recreation*

- Youth, aged 10 to 17, are invited to our **FREE Spare Blox program** where youth can participate in gymnasium activities and more at Oliver Woods Community Centre.  
**See page 25.**
- **Youth Lounge** at Nanaimo Aquatic Centre is for ages 11 to 17 and is FREE. Enjoy music, gaming, snacks and more.  
**See page 25.**
- **Mother Goose** is a program for children up to 12 months where they experience the pleasure and benefits of music, stories and activities.  
**See page 16.**
- **Nature Chat with Pat** is a program for everyone. In the fall session, she will be talking all things bears. This program is free!  
**See page 20.**
- **Invasive Plant Work Parties** are a great way to meet new people and to make a difference in your community.  
**See page 33.**
- **StoryWalks** will take place throughout the community this fall. This is a great way to get outdoors and read a great book in one of our local parks. Check our website and social media posts for the latest opportunities. These are free!
- Look for details on our Winter Break **Frosty Bucket Challenge** on our website and on social media where you will search for a park in Nanaimo based on some clues for a chance to win some great prizes.



# LEISURE ECONOMIC ACCESS PASS



## WHAT IS LEAP?

The City of Nanaimo LEAP program supports families in financial need to access Parks, Recreation & Culture programs and services.

## WHAT CAN LEAP BE USED FOR?

- 50 free admissions to drop-in swimming, skating, weight rooms and drop-in gymnasium programs.
- 50% off registered programs (maximum up to \$40) for all family members up to four times per year per person.

## DO I QUALIFY?

1. Resident of City of Nanaimo, District of Lantzville or Regional District of Nanaimo Electoral Areas A, B or C.
2. Family household income is below Statistics Canada Low Income Guidelines (see right).

*Please note: Post secondary students are not eligible for LEAP.*

## HOW DO I APPLY?

1. Submit the LEAP application online at [www.nanaimo.ca](http://www.nanaimo.ca) or in-person at any City of Nanaimo recreation centre.
2. Include a copy of the following:
  - Prior year Notice of Assessment
  - Photo ID
  - Proof of Residency (if different from ID)

## STATISTICS CANADA LOW INCOME GUIDELINES

Number of People in Household	Annual Household Income
1	\$18,520
2	\$22,540
3	\$28,068
4	\$35,017
5	\$39,874
6	\$44,221
7	\$48,568



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# Early Years & Children's

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

## Gym Pals

1 to 4 Years

Hey, kids! Bring your mom or dad and climb, jump and play! This parent participation program allows time for tots to explore and develop motor skills. Only one caregiver per participant please.

Wed, Sep 15-Oct 27 | 9:30-10:30 am | \$56/7 | 62381  
 Wed, Sep 15-Oct 27 | 10:45-11:45 am | \$56/7 | 62394  
 Fri, Sep 17-Oct 29 | 10-11 am | \$56/7 | 62390  
 Fri, Sep 17-Oct 29 | 11:15 am-12:15 pm | \$48/6 | 62392  
 Wed, Nov 3-Dec 8 | 9:30-10:30 am | \$48/6 | 62389  
 Wed, Nov 3-Dec 8 | 10:45-11:45 am | \$48/6 | 62395  
 Fri, Nov 5-Dec 10 | 10-11 am | \$48/6 | 62391  
 Fri, Nov 5-Dec 10 | 11:15 am-12:15 pm | \$48/6 | 62393  
**Oliver Woods Community Centre**

## Parent-Child Mother Goose

Birth to 12 Months

These group sessions for parents and their babies focus on the pleasure and power of using rhymes, songs and stories.

Instructor: Moire Porter

Fri, Oct 8-Dec 10 | 9:30-10:30 am | Free | 58535  
 Fri, Oct 8-Dec 10 | 11:30 am-12:30 pm | Free | 58536  
**Kin Hut Activity Centre**



## Children's Arts & Crafts

### Fun in the Fall - Art Exploration NEW!

6 to 12 Years

Learn a variety of artistic techniques, such as drawing, painting, colouring and much more in this fun fall-themed art class! Each class you will make and take home an art project.

Instructor: Kristina Birkhans

Mon, Sep 13-Oct 25 | 4-5:30 pm | \$60/6 | 62655

**Oliver Woods Community Centre**

### Winter Wonderland -

#### Art Exploration NEW!

6 to 12 Years

Learn a variety of artistic techniques, such as drawing, painting, colouring and much more in this fun winter-themed art class! Each class you will get make and take home an art project.

Instructor: Kristina Birkhans

Mon, Nov 1-Dec 6 | 4-5:30 pm | \$60/6 | 62656

**Oliver Woods Community Centre**

### Handbuilding for Children

7 to 12 Years

Children will learn basic handbuilding skills - coiling, pinching, slab building and sculpting through project making. They will be encouraged to use their creativity to make each piece their own. Cost includes clay, glaze and firing. Dress for mess.

Mon, Sep 13-Oct 4 | 4-5 pm | \$75/4 | 61606

Mon, Nov 8-29 | 4-5 pm | \$75/4 | 61607

**Bowen Pottery Studio**





# PLAY AND LEARN

## 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. Please send your child dressed appropriately for all weather conditions. For your safety while participating in our programs, COVID-19 safety protocols are in place.

### Busy Bees - Beban Park

Please note that this is an outdoor-based program with the majority of the program being spent outside.

#### Mondays, 9-11 am

Sep: \$40 (#55014)	Feb: \$60 (#55030)
Oct: \$60 (#55016)	Mar: \$40 (#55032)
Nov: \$100 (#55021)	Apr: \$60 (#55033)
Dec: \$40 (#55025)	May: \$80 (#55034)
Jan: \$80 (#55028)	Jun: \$40 (#55035)

Beban Social Centre

### Animal Crackers - Beban Park

#### Tuesdays/Thursdays, 11:30 am-1:30 pm

Sep: \$100 (#55052)	Feb: \$160 (#55057)
Oct: \$160 (#55053)	Mar: \$120 (#55058)
Nov: \$160 (#55054)	Apr: \$160 (#55059)
Dec: \$100 (#55055)	May: \$180 (#55060)
Jan: \$160 (#55056)	Jun: \$100 (#55061)

Beban Social Centre

### Animal Crackers - Beban Park

#### Wednesdays/Fridays, 11:30 am-1:30 pm

Sep: \$80 (#55066)	Feb: \$160 (#55080)
Oct: \$180 (#55067)	Mar: \$100 (#55081)
Nov: \$160 (#55077)	Apr: \$160 (#55082)
Dec: \$120 (#55078)	May: \$160 (#55083)
Jan: \$160 (#55079)	Jun: \$120 (#55084)

Beban Social Centre

### Kinder Prep\* - Beban Park

#### Tuesdays/Thursdays, 9-11 am

Sep: \$100 (#55113)	Feb: \$160 (#55126)
Oct: \$160 (#55114)	Mar: \$120 (#55127)
Nov: \$160 (#55115)	Apr: \$160 (#55128)
Dec: \$100 (#55120)	May: \$180 (#55129)
Jan: \$160 (#55121)	Jun: \$100 (#55130)

Beban Social Centre

### Kinder Prep\* - Beban Park

#### Wednesdays/Fridays, 9-11 am

Sep: \$80 (#55131)	Feb: \$160 (#55137)
Oct: \$160 (#55132)	Mar: \$100 (#55138)
Nov: \$160 (#55133)	Apr: \$160 (#55139)
Dec: \$120 (#55134)	May: \$160 (#55141)
Jan: \$160 (#55135)	Jun: \$120 (#55142)

Beban Social Centre

### Teddy Bears - Bowen Park

Please note that this is an outdoor-based program with the majority of the program being spent outside. Note new time starting in September.

#### Mondays/Wednesdays, 11:30 am-1:30 pm

Sep: \$120 (#55036)	Feb: \$140 (#55041)
Oct: \$140 (#55037)	Mar: \$100 (#55042)
Nov: \$180 (#55038)	Apr: \$140 (#55043)
Dec: \$100 (#55039)	May: \$160 (#55044)
Jan: \$160 (#55040)	Jun: \$100 (#55045)

Bowen Park Complex

### Kinder Prep\* - Bowen Park NEW!

#### Mondays/Wednesdays, 9-11 am

Sep: \$120 (#58093)	Feb: \$140 (#58098)
Oct: \$140 (#58094)	Mar: \$100 (#58099)
Nov: \$180 (#58095)	Apr: \$140 (#58100)
Dec: \$100 (#58096)	May: \$160 (#58101)
Jan: \$160 (#58097)	Jun: \$100 (#58102)

Bowen Park Complex

### Doodle Bugs - Oliver Woods

Please note that this is an outdoor-based program with the majority of the program being spent outside.

#### Tuesdays/Thursdays, 11:30 am-1:30 pm

Sep: \$120 (#55098)	Feb: \$160 (#55106)
Oct: \$160 (#55099)	Mar: \$120 (#55107)
Nov: \$160 (#55100)	Apr: \$160 (#55108)
Dec: \$100 (#55101)	May: \$180 (#55109)
Jan: \$160 (#55102)	Jun: \$100 (#55110)

Oliver Woods Community Centre

### Kinder Prep\* - Oliver Woods

#### Tuesdays/Thursdays, 9-11 am

Sep: \$120 (#55236)	Feb: \$160 (#55245)
Oct: \$160 (#55237)	Mar: \$120 (#55246)
Nov: \$160 (#55239)	Apr: \$160 (#55250)
Dec: \$100 (#55241)	May: \$180 (#55254)
Jan: \$160 (#55243)	Jun: \$100 (#55258)

Oliver Woods Community Centre

### Kinder Prep\* - Oliver Woods

#### Mondays/Wednesdays, 9-11 am

Sep: \$120 (#55259)	Feb: \$140 (#55285)
Oct: \$140 (#55277)	Mar: \$100 (#55286)
Nov: \$180 (#55280)	Apr: \$120 (#55287)
Dec: \$100 (#55283)	May: \$160 (#55288)
Jan: \$160 (#55284)	Jun: \$100 (#55289)

Oliver Woods Community Centre

### Kinder Prep\* - Oliver Woods

#### Fridays, 9-11 am

Sep: \$40 (#55290)	Feb: \$80 (#55297)
Oct: \$100 (#55291)	Mar: \$40 (#55299)
Nov: \$80 (#55294)	Apr: \$80 (#55300)
Dec: \$60 (#55295)	May: \$80 (#55301)
Jan: \$80 (#55296)	Jun: \$60 (#55302)

Oliver Woods Community Centre

\*Kinder Prep is only for children entering Kindergarten in September of 2022. Busy Bees, Animal Crackers, Teddy Bears & Doodle Bugs are for children 3 to 5 years; all children must be potty trained.

There will be no refunds after the first class has started. Withdrawals can be made up to 72 hours prior to the first class for a full refund. If withdrawal is made less than 72 hours prior to the first class, but before the first class has started, you will be charged for the first class.

**MOVE! ENGAGE! EXPLORE!**  
**DISCOVER! LEARN! PLAY!**



cityofnanaimo



nanaimoparksandrec (#ilovemyparksandrec)



# Children's Dance & Music

## Jingle Jammie Jam NEW!

### Newborn to 5 Years (Parent Participation)

Join us in your coziest pjs for some festive singing, dancing and jingle jamming! Families with children ages 0-5 will be lead through 30 minutes of musical fun from boisterous instrument play-a-longs to tender lullabies. Parent participation is required. Additional parent/grandparent/siblings welcome at no additional cost.

Instructor: Karita Sedun

Wed, Dec 15 | 6-6:30 pm | \$10/1 | 60900

Wed, Dec 22 | 6-6:30 pm | \$10/1 | 60901

Beban Park Social Centre

## Music Together

### Newborn to 5 Years (Parent Participation)

Music Together® is an early childhood music and movement program filled with fun songs and confidence building musical activities that will get you and your child singing, dancing, playing and learning together! Families will take home a beautifully illustrated songbook and can use the CD or the "Hello Everybody" app to help make music a joyful part of everyday life. For more program information, please contact Sea Song Studio at [seasonstudio@gmail.com](mailto:seasonstudio@gmail.com). Parent participation required. Siblings under 9 months may attend for free. There is a \$50 material fee for this course (one material fee per family only).

Instructor: Karita Sedun

Wed, Oct 6-Dec 1 | 9:15-10 am | \$104/9 | 59223

Thu, Oct 7-Dec 9 | 9:15-10 am | \$104/9 | 59224

Thu, Oct 7-Dec 9 | 10:30-11:15 am | \$104/9 | 59225

Kin Hut Activity Centre

## Kindermusik

From dancing with your baby to hearing the notes of your child's first composition, Kindermusik is that one special place where you and your child can play, sing, dance and giggle together. A trained, licensed Kindermusik educator joyfully guides the class from one activity to the next and helps you understand what your child is learning musically, cognitively and developmentally. This is a parent participation program.

Instructor: Nicole Arendt

### 0 to 1 Years

Tue, Sep 7-28 | 9-9:45 am | \$75/4 | 62317

Tue, Oct 5-26 | 9-9:45 am | \$75/4 | 62318

Tue, Nov 2-23 | 9-9:45 am | \$75/4 | 62320

### 2 to 3 Years

Tue, Sep 7-28 | 10-10:45 am | \$75/4 | 62321

Tue, Oct 5-26 | 10-10:45 am | \$75/4 | 62322

Tue, Nov 2-23 | 10-10:45 am | \$75/4 | 62323

### 3 to 5 Years

Tue, Sep 7-28 | 11-11:45 am | \$75/4 | 62325

Tue, Oct 5-26 | 11-11:45 am | \$75/4 | 62326

Tue, Nov 2-23 | 11-11:45 am | \$75/4 | 62327

Nanaimo Conservatory of Music (375 Selby St)

## Wiggles & Giggles

### 6 to 18 Months

Babies and toddlers will develop a love for music, movement and building friendships through fun songs, simple actions and toy props. Parent participation is required.

Tue, Sep 21-Oct 26 | 10:15-10:45 am | \$48/6 | 57987

Tue, Nov 2-Dec 14 | 10:15-10:45 am | \$48/6 | 57988

Beban Park Social Centre

## Wiggles & Giggles

### 18 Months to 3 Years

Geared towards the active toddler who loves to move to music while learning some fundamentals of dance class skills. This is a parent participation program.

Tue, Sep 21-Oct 26 | 11-11:30 am | \$48/6 | 57990

Tue, Nov 2-Dec 14 | 11-11:30 am | \$48/6 | 57991

Beban Park Social Centre

## Tiny Toes

### 2.5 to 4 Years

Does your child enjoy twirling, leaping and bouncing around the house? In this semi-structured class, they will learn the basic foundations of ballet movement combined with creative play. This is a parent participation program.

Tue, Sep 21-Oct 26 | 9:30-10 am | \$48/6 | 57985

Tue, Nov 2-Dec 14 | 9:30-10 am | \$48/6 | 57986

Beban Park Social Centre

## Dance Tots Mix

### 2.5 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. This is a parent participation program.

Tue, Sep 21-Oct 26 | 11:45 am-12:15 pm | \$48/6 | 57992

Tue, Nov 2-Dec 14 | 11:45 am-12:15 pm | \$48/6 | 57993

Beban Park Social Centre

## Baby Ballet

### 3 to 5 Years

This can be your child's first introduction to ballet in a fun-filled environment. Children will develop balance and coordination while learning simple dance moves to music! Children should wear leotards, shorts and dance slippers if available. If not, then bare feet is acceptable. This is a parent participation program.

Sat, Sep 18-Oct 23 | 10:10-30 am | \$42/6 | 62316

Sat, Sep 18-Oct 23 | 12:15-12:45 pm | \$42/6 | 62328

Sat, Nov 6-Dec 11 | 10:10-30 am | \$42/6 | 62329

Sat, Nov 6-Dec 11 | 12:15-12:45 pm | \$42/6 | 62324

Oliver Woods Community Centre

## Baby Ballet - The Next Steps

### 3 to 5 Years

This is a class for little dancers who have already taken Baby Ballet. This is a continuation of level one, including more steps, music and movement. Children should wear leotards, shorts and dance slippers if available. If not, then bare feet is acceptable.

Sat, Sep 18-Oct 23 | 11:30 am-12 pm | \$42/6 | 62331

Sat, Sep 18-Oct 23 | 1:45-2:15 pm | \$42/6 | 62337

Sat, Nov 6-Dec 11 | 11:30 am-12 pm | \$42/6 | 62336

Sat, Nov 6-Dec 11 | 1:45-2:15 pm | \$42/6 | 62338

Oliver Woods Community Centre

## Junior Ballet

### 5 to 8 Years

This is a class for those dancers who are a bit older or who have taken Baby Ballet in the past and wish to continue their dancing. Children will be led in fun, engaging dance steps and movement to some energetic music. Children should wear leotards, shorts and dance slippers if available. If not, then bare feet is acceptable.

Sat, Sep 18-Oct 23 | 2:30-3 pm | \$42/6 | 62332

Sat, Nov 6-Dec 11 | 2:30-3 pm | \$42/6 | 62339

Oliver Woods Community Centre



## Musical Dance Theatre

### 3 to 5 Years

Time to get theatrical! This program is based on dancing, acting and singing. Children will learn proper dance fundamentals. Children should wear leotards, shorts and dance slippers if available. If not, then bare feet is acceptable.

Sat, Sep 18-Oct 23 | 10:45-11:15 am | \$42/6 | 62330

Sat, Sep 18-Oct 23 | 1-1:30 pm | \$42/6 | 62334

Sat, Nov 6-Dec 11 | 10:45-11:15 am | \$42/6 | 62333

Sat, Nov 6-Dec 11 | 1-1:30 pm | \$42/6 | 62335

Oliver Woods Community Centre

## Intro to Hip Hop with Vibe

Touch on the basics of hip hop and learn new styles like grooving, popping and more.

### 3 to 4 Years

Fri, Sep 17-Oct 22 | 3:30-4 pm | \$60/6 | 58004

Fri, Oct 29-Dec 3 | 3:30-4 pm | \$60/6 | 58005

### 5 to 7 Years

Fri, Sep 17-Oct 22 | 4:15-5 pm | \$72/6 | 58006

Fri, Oct 29-Dec 3 | 4:15-5 pm | \$72/6 | 58008

### 8 to 11 Years

Fri, Sep 17-Oct 22 | 5:15-6 pm | \$72/6 | 58010

Fri, Oct 29-Dec 3 | 5:15-6 pm | \$72/6 | 58011

Vibe Dance Studios

## Hip Hop Dance NEW!

### Integrative Dance®

### 6 to 12 Years

This hip hop dance and rhythms class is geared towards dancers with different learning abilities and physical challenges. Our goal is to engage in strength building activities, motor skill activities and cognitive activities all while making friends and having fun! Your dancer will look forward to the rhythm lessons, a good dance warmup, hip hop choreography and fun games each week. Everyone is welcome.

Mon, Oct 25-Nov 29 | 4-4:45 pm | \$72/6 | 65164

Beban Park Social Centre

## Jazz with Harbour Dance Studio NEW!

Focusing on fun, high-energy music and the foundational techniques of jazz dance, learn the basics incorporating stretching and high energy movements. Great for exercise and meeting new friends. No previous experience required.

### 6 to 8 Years

Thu, Sep 23-Oct 28 | 4-4:45 pm | \$60/5 | 61033

Thu, Nov 4-Dec 16 | 4-4:45 pm | \$60/5 | 61034

### 9 + Years

Mon, Sep 20-Nov 1 | 4:45-5:30 pm | \$72/6 | 61030

Mon, Nov 8-Dec 13 | 4:45-5:30 pm | \$72/6 | 61032

Harbour Dance Studio

## Tap with Harbour Dance Studio NEW!

Focusing on fun and the foundational techniques of tap dance, learn the basics and work your way up. Great for exercise and meeting new friends. No previous experience necessary, but tap shoes are required.

### 6 to 8 Years

Thu, Sep 23-Oct 28 | 4:45-5:30 pm | \$72/6 | 61037

Thu, Nov 4-Dec 16 | 4:45-5:30 pm | \$72/6 | 61119

### 9 + Years

Mon, Sep 20-Nov 1 | 5:30-6:15 pm | \$72/6 | 61036

Mon, Nov 8-Dec 13 | 5:30-6:15 pm | \$72/6 | 61117

Harbour Dance Studio

## 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, t-shirt and bare feet.

### 3 to 5 Years - Tartan Tots

Sun, Sep 19-Oct 10 | 5-5:45 pm | \$50/4 | 62342

### 6 to 7 Years - Brave Hearts

Sun, Sep 19-Oct 10 | 6-6:45 pm | \$50/4 | 62343

### 8 to 12 Years - Kilts & Hirts

Sun, Sep 19-Oct 10 | 7-7:45 pm | \$50/4 | 62344

Oliver Woods Community Centre

## Piano - Private Beginner Lessons

### 5+ Years

Cover the basics, and learn to play songs right away in a fun and private atmosphere.

Instructor: A. Margarita Hillers

Tue, Sep 7-28 | 3:30-4 pm | \$88/4 | 57856

Tue, Sep 7-28 | 4:05-4:35 pm | \$88/4 | 57864

Tue, Sep 7-28 | 4:40-5:10 pm | \$88/4 | 57865

Tue, Sep 7-28 | 5:15-5:45 pm | \$88/4 | 57867

Tue, Sep 7-28 | 5:50-6:20 pm | \$88/4 | 57870

Tue, Oct 5-26 | 3:30-4 pm | \$88/4 | 57858

Tue, Oct 5-26 | 4:05-4:35 pm | \$88/4 | 57871

Tue, Oct 5-26 | 4:40-5:10 pm | \$88/4 | 57872

Tue, Oct 5-26 | 5:15-5:45 pm | \$88/4 | 57873

Tue, Oct 5-26 | 5:50-6:20 pm | \$88/4 | 57874

Tue, Nov 2-23 | 3:30-4 pm | \$88/4 | 57860

Tue, Nov 2-23 | 4:05-4:35 pm | \$88/4 | 57876

Tue, Nov 2-23 | 4:40-5:10 pm | \$88/4 | 57877

Tue, Nov 2-23 | 5:15-5:45 pm | \$88/4 | 57934

Tue, Nov 2-23 | 5:50-6:20 pm | \$88/4 | 57935

Tue, Nov 30-Dec 21 | 3:30-4 pm | \$88/4 | 57862

Tue, Nov 30-Dec 21 | 4:05-4:35 pm | \$88/4 | 57936

Tue, Nov 30-Dec 21 | 4:40-5:10 pm | \$88/4 | 57937

Tue, Nov 30-Dec 21 | 5:15-5:45 pm | \$88/4 | 57938

Tue, Nov 30-Dec 21 | 5:50-6:20 pm | \$88/4 | 57939

Bowen Park Complex



cityofnanaimo



nanaimoparksandrec (#ilovemyparksandrec)





# Children's Special Interest

## 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 and much more. This is a parent participation class. Stay for a picnic after class.

Instructor: Judy Wickland

Sat, Sep 18 | 10-11:15 am | \$10 | 62293

Sat, Sep 18 | 11:30 am-12:45 pm | \$10 | 62294

Pipers Lagoon Park (grassy area)

## Falling 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

Sat, Oct 30 | 10-11:15 am | \$10 | 62296

Sat, Oct 30 | 11:30 am-12:45 pm | \$10 | 64546

Bowen Park (Upper Picnic Shelter)

## 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.

Instructor: Judy Wickland

Sun, Nov 14 | 10-11:15 am | \$10 | 62295

Sun, Nov 14 | 11:30 am-12:45 pm | \$10 | 64547

Bowen Park (Lower 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? Come find out. This is a parent participation class.

Instructor: Judy Wickland

Sat, Jan 22 | 10-11:15 am | \$10 | 62291

Sat, Jan 22 | 11:45 am-1 pm | \$10 | 62569

Linley Valley Park (parking lot off Rock City Rd)

## Living Water NEW!

Have you ever wondered about water? Where else can you find water? Is water important for all life? We are going to explore and learn where water is. We will do some experiments and look for what lives in lake or streams. Come celebrate Rivers Day with us at this parent participation class.

Instructor: Judy Wickland

**3 to 6 Years**

Sun, Sep 26 | 10-11:15 am | \$10 | 62457

Sun, Sep 26 | 11:30 am-12:45 pm | \$10 | 62681

Bowen Park (Lower Picnic Shelter)

## Yarrow - Warrior Herb NEW!

**6 to 12 Years**

Join us for an adventure into the world of plants! Come and meet the warrior plant Yarrow. It's Latin name, Achillea, is from the Greek hero Achilles who relied upon this plant to heal the wounds of his soldiers. Steeped in mythical tales, it has many practical uses for health and wellness today and is a great introductory plant for those interested in connecting with plants and nature.

Instructor: Sarah Dafoe

Sat, Oct 16 | 10-11:30 am | \$15 | 62868

Beaufort Park Food Forest

## Nature Time Chat with Pat - Bears NEW!

**All Ages Welcome**

How many species of bears do we have in Canada? What colour are black bears? (Hint: it's not what you might think.) Are there differences between Mainland and Island black bears? "Bear Aware" -- dangers of feeding and acclimating bears to the presence of humans and so much more will be talked about. Everyone is welcome to attend these chats.

Sun, Sep 12 | 12-1 pm | FREE | 63512

Westwood Lake Park





# Children's Sports

## Soccer Tots

### 2 to 5 Years

Run, kick, dodge and score! Let's play soccer through carefully guided activities to get your child moving. Activities will develop motor skills and social interaction. This is a parent participation program.

Sat, Sep 18-Oct 30 | 9:15-10:15 am | \$48/6 | 62416

Sat, Nov 6-Dec 11 | 9:15-10:15 am | \$48/6 | 62418

Oliver Woods Community Centre

## Kam Soccer School

### 3 to 5 Years

Ready! Set! Time for soccer! Children are introduced to soccer through fun and structured activities. Lots of ball contact and an emphasis on team play encourages motor skill development and social interaction. Parent participation is required. Dress for outdoor play.

Sat, Sep 18-Oct 23 | 9-9:45 am | \$75/5 | 62619

Sat, Sep 18-Oct 23 | 10-10:45 am | \$75/5 | 62620

Sat, Sep 18-Oct 23 | 11:15 am-12 pm | \$75/5 | 62621

Bowen West Field

## Soccer Skills and Drills

### 6 to 9 Years

Kick, dribble, pass and score! Join us for some soccer, and learn the basics in this introductory class where the focus is FUN!

Thu, Sep 23-Oct 28 | 4:30-5:30 pm | \$40/5 | 57994

Thu, Nov 4-Dec 16 | 4:30-5:30 pm | \$48/6 | 57995

Harewood Covered Sports Court

## Children's Futsal NEW!

### 6 to 12 Years

Children's futsal or indoor soccer is a co-ed program designed to develop basic futsal fundamentals, such as shooting, passing and dribbling. This is the perfect program to gain life long skills, including leadership, team building and sportsmanship.

Tue, Sep 14-Oct 19 | 3:45-4:45 pm | \$48/6 | 62380

Oliver Woods Community Centre

## Basketball Skills and Drills

### 6 to 9 Years

Dribble, bounce and shoot! Join us for some basketball, and learn the basics in this introductory class where the focus is FUN!

Tue, Sep 21-Oct 26 | 4:30-5:30 pm | \$48/6 | 57996

Tue, Nov 2-Dec 14 | 4:30-5:30 pm | \$56/7 | 57997

Harewood Covered Sports Court

## Basketball Fundamental Movement Skills

### 6 to 10 Years

Did you know basketball is one of the worlds fastest growing sports? Come find out why during this fun and educational program. Your coach will teach you the fundamental movements of basketball through teaching skills, such as footwork, dribbling, shooting mechanics and passing.

Fri, Sep 17-Oct 29 | 4:30-5:30 pm | \$48/6 | 62385

Fri, Nov 5-Dec 10 | 4:30-5:30 pm | \$48/6 | 62386

Oliver Woods Community Centre

## Olympic Style 3-On-3 Basketball NEW!

### 7 to 12 Years

This type of basketball is emerging as one of the most popular variations of the game and is a more inclusive style of basketball which allows everyone to touch the ball more often and to play in a smaller court.

Fri, Sep 17-Oct 29 | 3:15-4:15 pm | \$48/6 | 62407

Fri, Nov 5-Dec 10 | 3:15-4:15 pm | \$48/6 | 62408

Oliver Woods Community Centre

## On Guard! Fencing for Children

### 8 to 12 Years

This program is suitable for both beginner and continuing fencers. Focus will be on developing skills through activities and drills. Fencing challenges both the body and the mind.

Instructor: Georgia Newsome

Wed, Sep 22-Oct 27 | 5:15-6:15 pm | \$60/6 | 62419

Wed, Nov 3-Dec 15 | 5:15-6:15 pm | \$70/7 | 62420

Oliver Woods Community Centre

## Junior Lifeguard Club

### 8 to 11 Years

For youth interested in something more than swimming lessons who have an interest in learning about water rescues, first aid skills, helping others and being a part of something bigger. The club focuses on fun, teamwork and skill development with games and a variety of activities themed around lifesaving, lifeguarding and first aid.

Tue, Sep 21-Dec 14 | 6-7:30 pm | \$124/13 | 62715

Nanaimo Aquatic Centre



cityofnanaimo



nanaimoparksandrec (#ilovemyparksandrec)



## Junior Pickleball **NEW!**

### 8 to 13 Years

There's a new ball game in town! Pickleball is played on a badminton-sized court with ping pong type rectangular racquets, a wiffle-type ball and tennis-like rules. It can be played as a singles game (with two players) or a doubles game (with four players).

Fri, Sep 17-Oct 29 | 3:15-4:15 pm | \$48/6 | 62409

Fri, Nov 5-Dec 10 | 3:15-4:15 pm | \$48/6 | 62410

Oliver Woods Community Centre

## Junior Badminton

### 8 to 13 Years

Boost your techniques and skills for this awesome, fun game. Program includes drills, games, singles and double play. This is recommended for beginner to intermediate players.

Mon, Sep 13-Oct 25 | 4-5 pm | \$48/6 | 62375

Wed, Sep 15-Oct 27 | 4:30-5:30 pm | \$56/7 | 62378

Mon, Nov 1-Dec 6 | 4-5 pm | \$48/6 | 62376

Wed, Nov 3-Dec 8 | 4:30-5:30 pm | \$48/6 | 62379

Oliver Woods Community Centre

## Progressive Tennis

Learn tennis in a fun team environment using smaller racquets, lighter balls and smaller courts. All equipment provided. Please wear clean gym shoes.

### 5 to 7 Years

Sun, Sep 12-Oct 3 | 2:30-3:30 pm | \$72/4 | 62602

Sun, Oct 17-Nov 14 | 2:30-3:30 pm | \$90/5 | 62601

Sun, Nov 21-Dec 19 | 2:30-3:30 pm | \$90/5 | 62600

### 8 to 11 Years

Sun, Sep 12-Oct 3 | 3:30-4:45 pm | \$90/4 | 62603

Sun, Oct 17-Nov 14 | 3:30-4:45 pm | \$113/5 | 64025

Sun, Nov 21-Dec 19 | 3:30-4:45 pm | \$113/5 | 64030

Westwood Tennis Club

## Intro to Volleyball **NEW!**

### 8 to 13 Years

Bump! Pass! Spike! Learn the techniques and skills of volleyball through drills and games. This program is recommended for beginner to intermediate leveled players.

Fri, Sep 17-Oct 29 | 4:45-5:45 pm | \$48/6 | 62411

Fri, Nov 5-Dec 10 | 4:45-5:45 pm | \$48/6 | 62415

Oliver Woods Community Centre

## NHL: Notice Hockey League **NEW!**

### Ball Hockey

This program is designed to introduce and develop the game of ball hockey. This parent participation class is the ball hockey adaption of our popular ice hockey program.

### 2 to 5 Years

Mon, Sep 13-Oct 25 | 1:15-2:15 pm | \$48/6 | 62309

Mon, Nov 1-Dec 6 | 1:15-2:15 pm | \$48/6 | 62312

### 6 to 10 Years

Tue, Sep 14-Oct 26 | 5-6 pm | \$56/6 | 62313

Tue, Nov 2-Dec 7 | 5-6 pm | \$56/6 | 62314

Oliver Woods Community Centre

## Taekwondo

Gain self-discipline, confidence and concentration. Grand Master Kim strives to maximize your potential by maintaining traditional foundation based upon physical well being and mental integrity. Our highly qualified 8th degree black belt Grand Master can help you become strong in mind, body, and spirit.

### 4 to 7 Years

Sat, Sep 11-25 | 10-10:35 am | \$29/3 | 62765

Sat, Oct 16-30 | 10-10:35 am | \$29/3 | 62766

Sat, Nov 13-27 | 10-10:35 am | \$29/3 | 62767

### 8 to 12 Years

Sat, Sep 11-25 | 10:45-11:20 am | \$29/3 | 62768

Sat, Oct 16-30 | 10:45-11:20 am | \$29/3 | 62769

Sat, Nov 13-27 | 10:45-11:20 am | \$29/3 | 62770

World Tae Kwon Do Academy (4300 Wellington Rd)

## Tae Kwon Do & Hapkido

### 12 Years +

Learn the Korean art of self-defense which places a strong emphasis on circular movement, redirection and self-confidence. Our highly qualified 8th degree black belt, Grand Master Kim, strives to maximize your potential by maintaining a traditional foundation based upon physical well being and mental integrity.

M/W, Sep 13-20 | 6:10-7 pm | \$35/3 | 62771

M/W, Oct 18-25 | 6:10-7 pm | \$35/3 | 62772

M/W, Nov 8-15 | 6:10-7 pm | \$35/3 | 62773

World Tae Kwon Do Academy (4300 Wellington Rd)

## Karate

### 4 to 7 Years

Learn to perform basic karate moves and improve motor skills. Designed to teach self-discipline with courtesy and respect strongly emphasized.

Sat, Sep 4-25 | 9:30-10:15 am | \$25/4 | 64063

Fri, Sep 10-Oct 1 | 5:15-5:55 pm | \$25/4 | 62659

Mon, Sep 13-Oct 4 | 4:30-5:10 pm | \$25/4 | 62658

Sat, Oct 2-23 | 9:30-10:15 am | \$25/4 | 64064

Tue, Oct 5-26 | 3:30-4:10 pm | \$25/4 | 62660

Fri, Oct 8-29 | 4:15-4:55 pm | \$25/4 | 62661

Wed, Nov 3-24 | 4:30-5:10 pm | \$25/4 | 62662

Fri, Nov 5-26 | 5:15-5:55 pm | \$25/4 | 62663

Sat, Nov 6-27 | 9:30-10:15 am | \$25/4 | 64065

Thu, Dec 2-16 | 3:30-4:10 pm | \$18/3 | 62664

Fri, Dec 3-17 | 4:15-4:55 pm | \$18/3 | 62665

Sat, Dec 4-18 | 9:30-10:15 am | \$18/3 | 64066

Shima Karate (3032 Barons Rd)

## Karate

### 8 to 12 Years

Now kids move into the older program training twice a week where they will start learning katas and have anti-bullying discussions.

M/W, Sep 13-22 | 5:30-6:10 pm | \$25/4 | 62666

M/W, Sep 20-29 | 3:30-4:10 pm | \$25/4 | 62667

T/Th, Oct 5-14 | 4:30-5:10 pm | \$25/4 | 62668

T/Th, Oct 19-28 | 4:30-5:10 pm | \$25/4 | 62669

M/W, Nov 1-10 | 5:30-6:10 pm | \$25/4 | 62671

M/W, Nov 15-24 | 3:30-4:10 pm | \$25/4 | 62672

T/Th, Dec 7-17 | 4:30-5:10 pm | \$25/4 | 62674

Shima Karate (3032 Barons Rd)

## Street Smarts Commuter Cycling Skills

Learn basic bike maintenance, rules and regulations of the road, and have fun gaining confidence through cycling games and much more. All participants must have a certified biking helmet, fully functioning bike and basic riding skills.

### 6 to 8 Years

Sun, Sep 26 | 1:30-4:30 pm | \$40/1 | 62464

Sat, Mar 5 | 9:30 am-12:30 pm | \$40/1 | 62467

### 8 to 11 Years

Sun, Sep 26 | 9:30 am-12:30 pm | \$40/1 | 62465

Sat, Mar 5 | 1:30-4:30 pm | \$40/1 | 62466

Beban Park Social Centre

## Rock Climbing

### 6 to 12 Years

Come out and give indoor rock climbing a try. We provide all the gear and staff to introduce kids to the exciting sport of rock climbing. No experience necessary. Do it for the fitness and the fun!

Wed, Sep 8-29 | 4-6 pm | \$80/4 | 62596

Wed, Oct 6-27 | 4-6 pm | \$80/4 | 62597

Wed, Nov 3-24 | 4-6 pm | \$80/4 | 62599

Romper Room Climbing Gym (4235 Boban Dr)

## Youth Rock Curling - Mini Intro

### 9 to 16 Years

If you are interested in trying curling, this is your chance. Meet some other youth who are trying it for the first time. Dress warm, bring gloves and carry in a clean pair of running shoes. All equipment provided.

Sat, Oct 2 | 11 am-1 pm | \$5/1 | 63641

Nanaimo Curling Club

## Rockstars 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. Dress warm, bring gloves and a clean pair of running shoes. All equipment provided.

Thu, Oct 7-28 | 3:45-5:15 pm | \$40/4 | 63655

Thu, Nov 18-Dec 9 | 3:45-5:15 pm | \$40/4 | 63661

Nanaimo Curling Club

## Junior Curling Club

### 9 to 16 Years

Gain new skills and strategies with the leadership and coaching of our staff. Please dress warmly and bring a pair of clean running shoes. All other equipment is provided.

Mon, Oct 4-Mar 7 | 3:45-5:15 pm | \$120/19 | 63662

Thu, Oct 7-Mar 10 | 3:45-5:15 pm | \$120/19 | 63663

Mon & Thu, Oct 4-Mar 10 | 3:45-5:15 pm | \$170/38 | 63664

Nanaimo Curling Club



# Pro-D & Winter Break Camps



## Pro-D Camp 6 to 11 Years

A classic day camp experience with lots of games, activities, crafts and FUN!

Fri, Oct 22 | 8:30 am-4:30 pm | \$42/1 | 60251  
Mon, Oct 25 | 8:30 am-4:30 pm | \$42/1 | 60252  
**Beban Park Social Centre**

## Sports Action - Pro-D Camp 6 to 12 Years

Join us for an exciting multi-sport camp that blends gym sports, crafts and outdoor play! Camp leaders will teach the fundamentals of physical literacy while also incorporating fun and exciting activities.

Fri, Oct 22 | 8:30 am-4:30 pm | \$42/1 | 61634  
Mon, Oct 25 | 8:30 am-4:30 pm | \$42/1 | 61640  
**Oliver Woods Community Centre**

## 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 22 | 8:30 am-5 pm | \$42/1 | 59320  
Mon, Oct 25 | 8:30 am-5 pm | \$42/1 | 59322  
**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 includes games and other activities. Full gear is required. We recommend that skaters have passed a minimum of RecSkate 2. Please bring your own lunch and snacks.

Fri, Oct 22 | 8:30 am-5 pm | \$42/1 | 59318  
Mon, Oct 25 | 8:30 am-5 pm | \$42/1 | 59321  
**Cliff McNabb Arena**

## 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 using barcode 61125.

Mon, Dec 20 | 8:30 am-5 pm | \$42/1  
Tue, Dec 21 | 8:30 am-5 pm | \$42/1  
Wed, Dec 22 | 8:30 am-5 pm | \$42/1  
Thu, Dec 23 | 8:30 am-5 pm | \$42/1  
Wed, Dec 29 | 8:30 am-5 pm | \$42/1  
Thu, Dec 30 | 8:30 am-5 pm | \$42/1  
**Beban Park Social Centre**

## Merfolk Adventures NEW! 8 to 13 Years

Do you enjoy the water so much that you feel like you belong to the merfolk people? Join others in this fun adventure as you transform your two legs into a monofin and swim like a dolphin. Who says dreams have to stay dreams? Come channel your desire to join the life under the sea! Enjoy creating new treasures and playing games with our fun aquatic leaders. Participants must be at a Swim Kids 4 or higher to register.

M-F, Dec 27-31 | 12:30-4:30 pm | \$150/5 | 63447  
**Beban Park Pool**

## Survivor Skills Challenge 8 to 13 Years

Young castaways will embark on an incredible journey in an effort to outwit, outplay and outlast one another. Compete for the ultimate prize and bragging rights. Join us for a week of challenges in, on and around the water. This program includes one hour of swimming lessons each day. Participants must be at a Swim Kids 4 or higher to register.

M-F, Dec 20-24 | 12:30-4:30 pm | \$150/5 | 63444  
**Beban Park Pool**

## 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.

Mon, Dec 20 | 8:30 am-5 pm | \$42/1 | 59328  
Tue, Dec 21 | 8:30 am-5 pm | \$42/1 | 59330  
Wed, Dec 22 | 8:30 am-5 pm | \$42/1 | 59332  
Thu, Dec 23 | 8:30 am-5 pm | \$42/1 | 59334  
Mon, Dec 27 | 8:30 am-5 pm | \$42/1 | 59336  
Tue, Dec 28 | 8:30 am-5 pm | \$42/1 | 59338  
Wed, Dec 29 | 8:30 am-5 pm | \$42/1 | 59340  
Thu, Dec 30 | 8:30 am-5 pm | \$42/1 | 59342  
**Cliff McNabb Arena**

## Holiday RecHockey 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, Dec 20 | 8:30 am-5 pm | \$42/1 | 59327  
Tue, Dec 21 | 8:30 am-5 pm | \$42/1 | 59329  
Wed, Dec 22 | 8:30 am-5 pm | \$42/1 | 59331  
Thu, Dec 23 | 8:30 am-5 pm | \$42/1 | 59333  
Mon, Dec 27 | 8:30 am-5 pm | \$42/1 | 59335  
Tue, Dec 28 | 8:30 am-5 pm | \$42/1 | 59337  
Wed, Dec 29 | 8:30 am-5 pm | \$42/1 | 59339  
Thu, Dec 30 | 8:30 am-5 pm | \$42/1 | 59341  
**Cliff McNabb Arena**

## Fall Pro-D Day "Everyone Welcome" Skates

• Fri, Oct 22 • 3:45-5:15 pm • Nanaimo Ice Centre  
• Mon, Oct 25 • 1:30-3 pm • Nanaimo Ice Centre



cityofnanaimo



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# Youth Programs

## Home Alone

### 10 to 12 Years

For children who may be ready to be home alone. The program includes establishing rules and routines, handling emergency situations, personal safety, basic first aid and much more.

Sat, Sep 18 | 9 am-12 pm | \$45/1 | 62736

Sat, Sep 18 | 1-4 pm | \$45/1 | 62737

Sat, Oct 23 | 9 am-12 pm | \$45/1 | 62738

Sat, Oct 23 | 1-4 pm | \$45/1 | 62740

Sat, Nov 6 | 9 am-12 pm | \$45/1 | 62741

Sat, Nov 6 | 1-4 pm | \$45/1 | 62742

Sat, Dec 11 | 9 am-12 pm | \$45/1 | 62743

Sat, Dec 11 | 1-4 pm | \$45/1 | 62744

**Beban Park Social Centre**

## Babysitter Training

### 11 to 15 Years

The 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.

Sat, Sep 25 | 9 am-4:30 pm | \$60/1 | 62729

Sat, Oct 16 | 9 am-4:30 pm | \$60/1 | 62730

Sat, Nov 27 | 9 am-4:30 pm | \$60/1 | 62732

Sat, Dec 18 | 9 am-4:30 pm | \$60/1 | 62735

**Beban Park Social Centre**

*See page 53*

**For Pre-Teen & Teen  
Skating Lessons**

## Comic & Graphic Novel Creation

### 11 to 18 Years

Have you ever wanted to create your own comic or graphic novel, but you were unsure where to begin? This course will teach you the fundamentals ranging from character design, how to plan your comic, creating page layouts and more!

Tue, Oct 5-Nov 30 | 4:30-6 pm | \$106/8 | 62807

**Beban Park Social Centre**

## Dungeons & Dragons Club

### 11 to 18 Years

Explore a fantasy world of Dungeons and Dragons and let your imagination roam. You can be an all-knowing wizard, a hulking Viking or a mischievous gnome! Outwit enemies, solve puzzles or save a town from a dragon. Please bring a snack, water, pencil and some dice.

Thu, Oct 7-Nov 4 | 5:30-7:30 pm | \$45/5 | 62886

Thu, Nov 18-Dec 16 | 5:30-7:30 pm | \$45/1 | 62888

**Nanaimo Aquatic Centre**

## 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, Sep 13-Nov 1 | 5:30-7:30 pm | \$175/4 | 61506

Mon, Nov 8-Dec 20 | 5:30-7:30 pm | \$175/4 | 61507

**Bowen Pottery Studio**

## Youth Dodgeball

### 11 to 17 Years

Each week our instructor will facilitate a variety of styles of dodgeball, such as Doctor, Change Team, Everyone's It and more! No experience is necessary for this fun new team-orientated program.

Thu, Sep 16-Oct 21 | 5-6 pm | \$45/6 | 62762

Thu, Oct 28-Dec 2 | 5-6 pm | \$45/6 | 62763

**Departure Bay Activity Centre**

## Youth Basketball

### 11 to 18 Years

Our coach will teach the fundamentals through fun active games and free play! Please arrive to the program in active gear and indoor sports shoes.

Sun, Sep 19-Oct 24 | 3-4:30 pm | \$40/4 | 62760

Sun, Nov 7-Dec 5 | 3-4:30 pm | \$50/5 | 62761

**Oliver Woods Community Centre**

## Youth Floor Hockey

### 11 to 17 Years

Each session participants will learn the fundamentals of floor hockey, play skill building games and finish the session with a shoot out or fun game. Please bring your own hockey stick.

Tue, Sep 14-Oct 12 | 5-6 pm | \$45/5 | 62809

Tue, Oct 19-Nov 16 | 5-6 pm | \$45/5 | 62810

Tue, Nov 23-Dec 14 | 5-6 pm | \$36/4 | 62811

**Departure Bay Activity 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). Players must bring their own racquet.

Mon, Sep 13-Oct 25 | 5:15-6:15 pm | \$48/6 | 62757

Mon, Nov 1-Dec 6 | 5:15-6:15 pm | \$48/6 | 62758

Oliver Woods Community Centre

## Youth Strength & Conditioning

12 to 18 Years

This training class helps develop muscular strength, core strength and flexibility - all in a safe, fun and exciting way! This type of training involves repeated rounds of high intensity effort followed by varied recovery times. This class will use equipment, such as free weights, medicine balls and resistance bands. Fun music and high energy makes this a class you will love! Please bring a water bottle and hand towel to class.

Instructor: Kim Ross

Sat, Sep 18-Oct 23 | 1-2 pm | \$40/5 | 62803

Sat, Nov 6-Dec 4 | 1-2 pm | \$40/5 | 62804

Departure Bay Activity Centre

## Karate

12 to 19 Years

Get traditional karate training, sparring and self-defense. Fitness, strength development and flexibility are part of the curriculum.

M/W, Sep 13-22 | 6:30-7:25 pm | \$25/4 | 62679

M/W, Sep 27-Oct 6 | 6:30-7:25 pm | \$25/4 | 62680

M/W, Oct 13-25 | 6:30-7:25 pm | \$25/4 | 62682

M/W, Oct 27-Nov 8 | 6:30-7:25 pm | \$25/4 | 62683

M/W, Nov 10-22 | 6:30-7:25 pm | \$25/4 | 62684

M/W, Nov 24-Dec 6 | 6:30-7:25 pm | \$25/4 | 62687

Shima Karate (3032 Barons Rd)

## Tae Kwon Do & Hapkido

12 Years +

Learn the Korean art of self-defense which places a strong emphasis on circular movement, redirection and self-confidence. Our highly qualified 8th degree black belt, Grand Master Kim, strives to maximize your potential by maintaining a traditional foundation based upon physical well being and mental integrity.

M/W, Sep 13-20 | 6:10-7 pm | \$35/3 | 62771

M/W, Oct 18-25 | 6:10-7 pm | \$35/3 | 62772

M/W, Nov 8-15 | 6:10-7 pm | \$35/3 | 62773

World Tae Kwon Do Academy (4300 Wellington Rd)

# Teens Welcome

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!

# FREE! Youth Drop-In



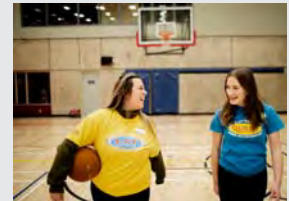
The ultimate place to have some fun on a Tuesday night! It is free, and you can get some exercise while meeting people and making friends. For ages 10 to 17.

Tuesdays, Sep 14-Dec 14

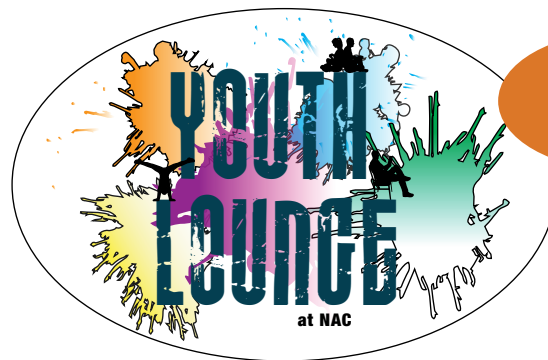
6:15-7:45 pm

Oliver Woods Community Centre

FREE (please pre-register using course ID #62759)



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.



FREE!  
11-18 yrs

Wednesday, Sep 15 to Dec 15, 3-7 pm, Nanaimo Aquatic Centre  
Please pre-register using course ID #62728

• XBOX • WII • FOOSEBALL • AIR HOCKEY • CHARGING STATION • SNACKS  
• MUSIC • BEAN BAG CHAIRS • FREE WIFI • MUCH MORE!

CITY OF NANAIMO  
THE HARBOUR CITY  
PARKS, RECREATION & CULTURE



Boys & Girls Club of  
Central Vancouver Island

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.

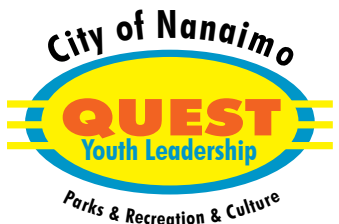


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# YOUTH LEADERSHIP

Over 39 Years of Creating Community Leaders

## LIT (Leaders in Training)

13-18 YEARS

(Must be at least 13 years old by December 31, 2021 and starting Grade 8 in September 2021)

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 and basic resume writing and interview skills. Once you have completed training, you will choose from a variety of placement options and volunteer.

PARENTS: Check out our "Frequently Asked Questions" at [www.nanaimo.ca/goto/LIT](http://www.nanaimo.ca/goto/LIT)



### How to Join:

1. Register for LIT using barcode 62746. Cost is \$152.
2. Register your parents for the [Free Parent Info Night](#) held on Wednesday, October 20, 6:30-7:30 pm (barcode 62745) at Beban Park. Your parents will find out 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 the Parent Information Night as this program fills up quickly.)
3. Register for the [LIT University Workshops](#). These are held at Beban Park Social Centre. You must register for all four - no exceptions (see box below).
4. Attend [Orientation](#) on Saturday, October 23, 11 am-3:30 pm at Beban Park Social Centre.
5. Attend [Placement Sign-up](#) on Friday, October 29, 5:30-8:30 pm at Beban Park Social Centre.
6. Go to your [Placements](#) to volunteer, learn new skills, make new friends and have fun!

- 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

### LIT University Workshops (all take place 6:30-8:30 pm):

#### Children 101

• Mon, Oct 23 62747

#### On the Job 101

• Tue, Oct 24 62748

#### Clowning 101

• Wed, Oct 27 62749

#### Teamwork 101

• Thu, Oct 28 62750



## QUEST 14-18 YEARS

Have you completed the Leaders in Training (LIT) Program and want to continue developing your leadership skills. If so, our Quest program is for you!

### How to Join:

1. [Register](#) for Quest using barcode 62756. Cost is \$152 .
2. Attend [Orientation](#) on Saturday, October 23, 9 am-3:30 pm at Beban Park Social Centre. At Orientation, you can choose to remain in Quest Community or specialize in Arenas, Aquatics or Environment. In Quest Environment, you will help develop an environmental initiative team spearheading change in the community while completing some aspects of the traditional Quest Community program.
3. Attend [Placement Sign-up](#) on Friday, October 29, 5:30-8:30 pm at Beban Park Social Centre.
4. Go to your [Placements](#) to volunteer, learn new skills, make new friends and have fun!

- 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

*LIT was so much fun! I learned so much and met so many new friends.*  
(Grace)

*Quest has given me the opportunities and tools I need to get ready for work.*  
(Braxton)

*I loved volunteering as an LIT. I got to make lots of new friends and gained a ton of skills!*  
(Aidan)



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# Adult Arts/Crafts

## Holiday Watercolour Cards

Learn to combine different watercolour techniques to create your own unique holiday cards that your family and friends will treasure. New images will be used from previous years' classes. No experience is necessary. Please bring a pencil, eraser, note pad and water container. All other supplies provided.

Instructor: Helen Binns

Wed, Nov 18 | 6-8:15 pm | \$40/1 | 62857

Beban Park Social Centre

## Wet Felting

Learn how to turn raw wool into useful felted creations, such as slippers, a purse or a tea cozy. Take your completed creation home at the end of class. Wet felting uses wool, soap, warm water and agitation. All materials provided.

Instructor: Rosie Barlak

Sat, Nov 20 | 10 am-4 pm | \$60/1 | 63667

Bowen Park Complex

## Introduction to Stained Glass NEW!

In this 6-week course, you will learn the basics of stained glass making, including cutting the glass, grinding, soldering, copper foil and use of tools. In a relaxed atmosphere of fun and creativity, you will learn the basics of colour theory design and proportion. You will finish your own first glass project. (There is a \$60 material fee payable to the instructor).

Instructor: Kristina Birkhans

Mon, Sep 13-Oct 25 | 6-8 pm | \$90/6 | 62652

Mon, Nov 1-Dec 6 | 6-8 pm | \$90/6 | 62654

Oliver Woods Community Centre

## The Art of Paint - Intro to Acrylics

Are you a beginner or someone who has been away from painting for some time? Take a moment to explore your artistic side with an introduction to acrylic painting. Be inspired by the relaxed and fun class that covers the basics of composition, design, color mixing, brush use and techniques.

Please bring a basic acrylic paint set, sketch book, and 16' x 20' canvas. Easels are provided and supply list is available.

Instructor: Marilyn Ridsdale

Wed, Sep 15-Nov 3 | 1-3 pm | \$120/8 | 62041

Wed, Sep 15-Nov 3 | 7-9 pm | \$120/8 | 62044

Oliver Woods Community Centre

## The Art of Paint - Studio 1 & 2

This class provides an atmosphere of camaraderie where you can develop your personal style with guidance. Special emphasis will be on "loosening up" and transforming those old habits into new, exciting attitudes. Please bring any size canvas, brushes and either acrylic or water soluble oil paints. Easels are provided. Previous painting experience is recommended.

Instructor: Marilyn Ridsdale

Thu, Sep 16-Nov 4 | 1-3 pm | \$105/8 | 62101

Thu, Sep 16-Nov 4 | 7-9 pm | \$105/8 | 62102

Oliver Woods Community Centre



## Pottery Wheel - Adult Beginner

For those with little or no previous experience working with clay. Dip your hands into something new. Learn basic techniques that will help you create pots, vases, bowls and much more. Clay, glazes and firings are included in the cost.

Tue, Sep 7-Oct 19 | 6:30-9 pm | \$199/7 | 61500

Tue, Oct 26-Dec 7 | 6:30-9 pm | \$199/7 | 61501

Bowen Pottery Studio

## Pottery Wheel - Adult Intermediate

Designed for those who have mastered the basic skills in a beginner class and want to learn more.

Clay, glazes and firings are included in the cost.

Participants must have completed a beginner class.

Wed, Sep 8-Oct 27 | 6:30-9 pm | \$210/7 | 59808

Wed, Nov 3-Dec 22 | 6:30-9 pm | \$210/7 | 59811

Bowen Pottery Studio

*See page 13*

for Drop-In  
Pottery Schedule





# Adult Cooking

## Cheesemaking 101 NEW!

This is a great introduction into four easy, rapidly acidified cheeses, including paneer, ricotta, mozzarella, burrata and bocconcini along with mascarpone. These cheeses are easy and delicious to create, and this class is sure to spark your inner cheese maker!

Instructor: Paula Maddison

Thu, Sep 9 | 6-8 pm | \$65/1 | 62884

Departure Bay Activity Centre

## Mozzarella, Burrata and Bocconcini

Learn how to make your own hand-stretched mozzarella cheese in this demonstration, taste, touch and feel class. Instructions and ingredients to make over four pounds of mozzarella at home are included.

Instructor: Paula Maddison

Thu, Oct 14 | 6-8 pm | \$65/1 | 62891

Bowen Park Complex

## Brie and Blooms Workshop NEW!

Learn how to make your own brie, camembert and cambozola cheese! Explore the bloom-y wonders of what makes these cheeses so delicious. Paula will walk you through the process of making and ripening these cheeses and show you some delicious ways to enjoy them once they are aged to perfection.

Instructor: Paula Maddison

Thu, Nov 18 | 6-8 pm | \$65/1 | 62894

Rotary Field House

## Dips, Spreads & Holiday Appetizers

Using pre-made curd, you will create your own savoury and sweet dessert cheeses using fromage blanc. Paula will show you other delicious ideas using this tasty and easy to make cheese.

Instructor: Paula Maddison

Thu, Dec 16 | 6-8 pm | \$65/1 | 62895

Bowen Park Complex

## Shiv's Punjabi Vegetarian Favourites

Shiv's newest vegetarian offerings include chilli paneer, mixed veggies with ginger and garlic, shahi panner and curry served with roti. Join him in this evening class for wonderful food, music and culture.

Instructor: Shiv Sharma

Wed, Sep 29 | 7-9:30 pm | \$40/1 | 63471

Wed, Nov 18 | 7-9:30 pm | \$40/1 | 62894

Bowen Park Complex

## Shiv's Punjabi Favourites

Come experience Punjabi cooking and culture. Learn to make a variety of Punjabi foods, such as roti, paneer, pakora, prantha and puri. Sample what you make and take the recipes home.

Instructor: Shiv Sharma

Wed, Oct 6 | 7-9:30 pm | \$40/1 | 63469

Wed, Nov 24 | 7-9:30 pm | \$40/1 | 63470

Bowen Park Complex



## Teens Welcome

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!

## Did You Know?

Many of our adult programs are suitable for all abilities. If you are interested in taking part and have any concerns about accessibility, please call us at 250-756-5200, and we can discuss how we can cater the program to suit your needs.



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# Adult Dance

## Flamenco Moods and Moves

Experience the soulful music and songs of Flamenco through dance! You will learn Pasos (steps), Palos (rhythms), Palmas (rhythmic hand clapping) and more. Movements will be combined to create mini choreographies. Wear comfortable, smooth-soled shoes with a small heel.

**Instructor:** Heather Sandison

Tue, Sep 21-Oct 26 | 6:30-8 pm | \$53/5 | 62855

Tue, Nov 2-Dec 7 | 6:30-8 pm | \$53/5 | 62856

**Beban Park Social Centre**

## Ballroom Bliss - Beginner

Learn to ballroom dance with a certified instructor. Try the elegant waltz, social foxtrot and quickstep. Make it a fun evening out trying a new activity and maintaining your agility. No previous dance experience required. Couples and singles welcome.

**Instructor:** Nelson Wong

Wed, Sep 15-Oct 27 | 8:30-9:30 pm | \$63/7 | 62853

Wed, Nov 3-Dec 1 | 8:30-9:30 pm | \$45/5 | 62854

**Bowen Park Complex**

## Ballroom & Latin Dance - Intermediate

A quick review of basic techniques covered in the beginner class will be followed by more advanced variations. Try the waltz, tango, foxtrot, Viennese waltz, quickstep and more. At least one ballroom and one Latin dance will be taught in each session. Partners are recommended but singles welcome.

**Instructor:** Nelson Wong

Mon, Sep 13-Oct 25 | 6:30-7:30 pm | \$60/6 | 62638

Mon, Nov 1-29 | 6:30-7:30 pm | \$50/5 | 62639

**Bowen Park Complex**

## Ballroom & Latin Dance - Advanced

A continuous technique class for those who wish to learn more on the ten International Ballroom and Latin American dances where at least one ballroom and one Latin dance will be taught in each class. Partners are recommended, but singles are welcome.

**Instructor:** Nelson Wong

Mon, Sep 13-Oct 25 | 7:30-8:30 pm | \$60/6 | 62640

Mon, Nov 1-29 | 7:30-8:30 pm | \$50/5 | 62641

**Bowen Park Complex**

## Ballroom Formation Team

This is a continuation session for the Ballroom Formation Team. You will work towards performing at larger events and competitions. You will also be expected to invest in a team costume and practice times outside of the regular session. New participants interested in joining are asked to contact the instructor.

**Instructor:** Nelson Wong

Mon, Sep 13-Oct 25 | 8:30-9:30 pm | \$60/6 | 62642

Mon, Nov 1-29 | 8:30-9:30 pm | \$50/5 | 62643

**Bowen Park Complex**

## Latin Fever - Beginner

Impress your friends on the dance floor with the cha cha, rumba and samba. Make it a fun and social outing while keeping your body agile. No previous dancing experience is required. Couples and singles are welcome.

**Instructor:** Nelson Wong

Wed, Sep 15-Oct 27 | 6:30-7:30 pm | \$63/7 | 62851

Wed, Nov 3-Dec 1 | 6:30-7:30 pm | \$45/5 | 62645

**Bowen Park Complex**

## Jive & Swing - Beginner

Learn the dance that rocked the world! Never jived? No problem! This class is for you. Partners are recommended, but singles are welcome.

**Instructor:** Nelson Wong

Wed, Sep 15-Oct 27 | 7:30-8:30 pm | \$63/7 | 62646

Wed, Nov 3-Dec 1 | 7:30-8:30 pm | \$45/5 | 62852

**Bowen Park Complex**







# Adult First Aid

Every year countless bystanders help in emergencies. You can make a difference! All courses below are operated in partnership with Canadian Red Cross, and they include a manual, pocket mask, temporary certificate and access to a virtual certificate to print off after successful completion of the course. For more detailed information on each class and to learn about re-certification, please visit [www.redcross.ca](http://www.redcross.ca) or call us at 250-756-5200.

## Emergency Child Care First Aid, CPR B/AED

This Red Cross first aid course is designed for parents and caregivers of children. Approved by the Provincial Child Care Licensing Board, this class covers CPR B and AED for children and infants, as well as other skills, including choking, breathing emergencies and wound care. Fee includes a manual, a pocket mask to take home and virtual certificate. Re-training is recommended every three years.

Sat, Oct 16 | 9 am-5:30 pm | \$99/1 | 62648

Sat, Nov 27 | 9 am-5:30 pm | \$99/1 | 62649

**Beban Park Social Centre**

## Standard First Aid, CPR C/AED

This Red Cross First Aid course includes all of the Emergency First Aid and CPR C instruction on day one before covering head and spine injuries, bone and joint injuries, environmental conditions, poisons and sudden medical emergencies on day two. This is recognized by the Provincial Child Care Licensing Board, BCRPA and Alberta work sites as OFA Level 1 (WorkSafe approved). It is also a pre-requisite for lifeguard certification.

Re-training is recommended every three years.

Sa/Su, Sep 25 & 26 | 9 am-5:30 pm | \$177/2 | 62844

Sa/Su, Oct 30 & 31 | 9 am-5:30 pm | \$177/2 | 62845

Sa/Su, Dec 11 & 12 | 9 am-5:30 pm | \$177/2 | 62846

**Beban Park Social Centre**

## Emergency First Aid, CPR C/AED

This Red Cross first aid course gives training in the skills necessary to deal with breathing and circulatory emergencies. It includes CPR C and instruction on the use of AED, as well as EpiPens and metered dose inhalers. Treatment for wounds, bleeding, unconsciousness and shock will also be covered. This is accepted by BCRPA for fitness professionals and WorkSafe OFA Level 1. Fee includes manual, a pocket mask to take home and virtual certificate. Re-training is recommended every three years.

Sat, Sep 25 | 9 am-5:30 pm | \$98/1 | 62841

Sat, Oct 30 | 9 am-5:30 pm | \$98/1 | 62842

Sat, Dec 11 | 9 am-5:30 pm | \$98/1 | 62843

**Beban Park Social Centre**



## CPR C/AED (Adult, Child, Infant)

This Red Cross CPR course is for general knowledge, first responders, workplace teams, lifeguards, nurses, nursing students or any student requiring this for further training or entry into a school program. The content includes adult, child and infant CPR, as well as AED training. Conscious and unconscious choking will also be covered. Fee includes a manual, a pocket mask to take home and a virtual certificate. Re-training is recommended every three years.

Wed, Oct 6 | 5:45-10:45 pm | \$65/1 | 62847

Wed, Nov 24 | 5:45-10:45 pm | \$65/1 | 62848

**Beban Park Social Centre**

## CPR C & AED Recertification

This Red Cross CPR course is designed for those who want to recertify their Basic Rescuer CPR C certificate. The course covers CPR skills for infant, child and adult, choking emergencies (conscious and unconscious) and airway management techniques. Certification includes AED training. Fee includes pocket mask and a virtual certificate to take home. Please bring proof of CPR C award current within three years.

Wed, Oct 20 | 6:30-10:30 pm | \$50/1 | 62849

Wed, Dec 8 | 6:30-10:30 pm | \$50/1 | 62850

**Beban Park Social Centre**



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# Adult Outdoor/Sport

## Bicycle Maintenance for Beginners

Do you like riding bikes, but you find you know nothing about how they work? Learn the ABCs of how to fix a flat, repair your chain and give your bike some love! We will cover gears, brakes, tires and more! Please bring your own bike to tune up.

Instructor: Tyler Walker

Sun, Sep 26 | 12:30-4:30 pm | \$40/1 | 62461

Sun, Feb 20 | 12:30-4:30 pm | \$40/1 | 62462

Departure Bay Activity Centre

## Bicycle Maintenance for Intermediates

16 Years +

Do you have some basic knowledge of bike repair, but would like to dive into things a little deeper? In this class we will dive into derailleurs, brakes, cable replacement and brake pad replacement. Please bring your own bike to tune up and your own tools if you have some.

Instructor: Tyler Walker

Sun, Feb 27 | 12:30-4:30 pm | \$40/1 | 62463

Departure Bay Activity Centre



## Street Smarts Commuter Cycling Skills for E-Bike Riders NEW!

18 Years +

Are you wanting to feel comfortable riding your E-bike to work or school? Learn basic bike maintenance, rules and regulations of the road, common cycling routes, rider visibility, safety and more. Gain confidence through cycling activities and real-life scenarios. All participants must have a certified biking helmet, full functioning bike and basic riding skills. Bring a snack, water and weather appropriate clothing.

Instructor: Thrills & Skills Cycling Co.

Sat, Sep 25 | 9:30 am-12:30 pm | \$40/1 | 62858

Beban Park Social Centre

## Street Smarts Commuter Cycling Skills NEW!

18 Years +

Are you wanting to feel comfortable riding your bike to work or school? Learn basic bike maintenance, rules and regulations of the road, common cycling routes, rider visibility, safety and more. Gain confidence through cycling activities and real-life scenarios. All participants must have a certified biking helmet, full functioning bike and basic riding skills. Bring a snack, water and weather appropriate clothing.

Instructor: Thrills & Skills Cycling Co.

Sat, Sep 25 | 1:30-4:30 pm | \$40/1 | 62699

Beban Park Social Centre

## Trails Smarts Mountain Bike Skills NEW!

18 Years +

Would you like to hone your skills and build your confidence when you ride on cross country trails? The goal is to help you develop a wider range of skills to keep you safe and having fun on the trails. Start the day off with some basic bike maintenance. Proper trail etiquette, effective bike handling, understanding gearing and hills, front wheel lifts to help overcome obstacles, roll downs, bumps and burms. All participants must have a certified mountain biking helmet, full functioning bike and basic riding skills. Bring lunch, water and weather appropriate clothing.

Instructor: Thrills & Skills Cycling Co.

Sat, Oct 30 | 1:30-4:30 pm | \$40/1 | 62859

Colliery Dam Park

## Trailblazers

Come enjoy fresh air and good company while exploring some of the hiking trails around the Nanaimo area. Complete a 5-7 km hike with balance work and a good stretch. Must wear good walking/hiking shoes and be in good physical health. Locations will vary.

Instructor: Laurah-Lee Christie

Tue, Sep 21-Oct 26 | 9-10:30 am | \$48/6 | 62403

Thu, Sep 23-Oct 28 | 9-10:30 am | \$48/6 | 62443

Meet at Nanaimo Ice Centre Lobby

Tue, Nov 2-Dec 7 | 9-10:30 am | \$48/6 | 62444

Thu, Nov 4-Dec 9 | 9-10:30 am | \$48/6 | 62445

Meet at Bowen Complex Lobby



## Indoor Tennis

Participants will continue to work on their tennis skills focusing on technique and game strategy. Please bring your own tennis racquet, water bottle and clean court shoes.

Instructor: North Island Tennis Academy Staff

### Beginner

Thu, Sep 9-Oct 21 | 6:30-8 pm | \$189/7 | 64034  
Thu, Oct 28-Dec 16 | 6:30-8 pm | \$189/7 | 64035

### Intermediate

Thu, Sep 9-Oct 21 | 8-9:30 pm | \$189/7 | 64032  
Thu, Oct 28-Dec 16 | 8-9:30 pm | \$189/7 | 62604  
North Island Tennis Academy

## Fencing

### 14 Years +

This program is for all levels. Beginner fencers receive weekly instruction in the basic skills of foil fencing and will be 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 challenge other fencers either using practice or electric equipment. All equipment is provided.

Instructor: Georgia Newsome

Wed, Sep 22-Oct 27 | 6:30-8 pm | \$78/6 | 62283  
Wed, Nov 3-Dec 15 | 6:30-8 pm | \$91/7 | 62284  
Oliver Woods Community Centre

## Tae Kwon Do & Hapkido

### 12 Years +

Learn the Korean art of self-defense which places a strong emphasis on circular movement, redirection and self-confidence. Our highly qualified 8th degree black belt, Grand Master Kim, strives to maximize your potential by maintaining a traditional foundation based upon physical well being and mental integrity.

M/W, Sep 13-20	6:10-7 pm	\$35/3	55589
M/W, Oct 18-25	6:10-7 pm	\$35/3	62772
M/W, Nov 8-15	6:10-7 pm	\$35/3	64432

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

## Tai Chi - Introduction Part 1

Specially designed for beginners, this class teaches the first third of the 108 move Tai Chi set based on the Traditional Yang style set. Tai Chi practice can improve your physical health and reverse the negative effects of stress. Sometimes called a "moving meditation", Tai Chi provides many benefits, including cultivating awareness and improving concentration.

Instructor: Mid-Island Tai Chi Club

Wed, Oct 6-Nov 24 | 7-8:30 pm | \$40/8 | 62892  
Beban Park Social Centre

## Karate

### 16 + Years

Join this fun martial arts class with other like-minded adults. Learn new skills, improve your fitness and promote a healthy lifestyle. No experience is necessary, as the classes are tailored for each individual's ability. You will learn basic karate techniques, partner work, self-defense and the traditional forms called Kata.

Instructor: Mike Ciurka (6th degree black belt)

Tue, Sep 21-Oct 26 | 6:30-7:30 pm | \$42/6 | 62872  
Tue, Nov 2-Dec 7 | 6:30-7:30 pm | \$42/6 | 62873  
Bowen Park Complex



**REGISTER EARLY to avoid DISAPPOINTMENT!**

*(low registration may lead to course cancellation)*



## Hurry Hard - Adult Intro to Curling

### 17 + Years

This clinic is for any new curlers who are interested in getting into a league this season. We provide all of the equipment and teach you the basics of rock delivery, sweeping, rules and etiquette so that you are ready for league play this fall.

Instructor: Nanaimo Curling Club

Mon-Thu, Sep 13-16 | 6:45-9 pm | \$90/4 | 64040  
Nanaimo Curling Club

## Learn to Curl - Mini Intro

### 17 + Years

If you are interested in trying curling, this is your chance. Meet some of our curlers and others who are trying it for the first time. Dress warm, bring gloves and carry in a clean pair of running shoes. All equipment provided.

Instructor: Nanaimo Curling Club

Sat, Sep 25 | 1-3 pm | \$10/1 | 63643  
Wed, Sep 29 | 6:30-8:30 pm | \$10/1 | 63644  
Nanaimo Curling Club

## Fun Curl

### 17 + Years

Come try this social winter sport! Dress warm, bring gloves and carry in a clean pair of running shoes. All equipment provided.

Instructor: Nanaimo Curling Club

Wed, Oct 20-Nov 10 | 7:15-9:15 pm | \$90/4 | 63645  
Wed, Nov 17-Dec 8 | 7:15-9:15 pm | \$90/4 | 63647  
Nanaimo Curling Club

## Learn to Curl

### 17 + Years

Join us for this progressive learn to curl program. Come try this social winter sport! Dress warm, bring gloves and carry in a clean pair of running shoes. All equipment provided.

Instructor: Nanaimo Curling Club

Wed, Oct 20-Dec 8 | 7:15-9:15 pm | \$170/8 | 63648  
Nanaimo Curling Club

# INVASIVE PLANT WORK PARTIES

## Keeping Nanaimo's Parks and Open Spaces Beautiful

Join like-minded individuals and tackle invasive plants during one of our work parties.

Your efforts really make a difference in improving our environment's health. All equipment and training are provided.

- |               |             |   |
|---------------|-------------|---|
| • Mon, Sep 20 | 10 am-12 pm | 62906 (Ivy at Pipers Lagoon Park)         |
| • Sat, Oct 16 | 10 am-12 pm | 62907 (Daphne removal at Diver Lake Park) |
| • Tue, Nov 2  | 10 am-12 pm | 62908 (Ivy at Pipers Lagoon Park)         |
| • Sat, Nov 27 | 10 am-12 pm | 62910 (Daphne removal at Diver Lake Park) |

*If you would like to organize a work party in your neighbourhood, please contact us at 250-756-5200 or [parksandrecreation@nanaimo.ca](mailto:parksandrecreation@nanaimo.ca).*



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# Adult Special Interest

## Building Soil

If you want to garden on Vancouver Island, you will need to learn how to build your soil. Join us to learn some easy ways to build soil in a sustainable way and about the microbes who can assist you in having the best garden ever. Soil is the foundation of a garden, and this class can help you mitigate dry, clay or sandy soils. This will help your garden retain water, reduce plant stress and mitigate any difficult conditions your location may have.

Instructor: Connie Kuramoto  
Sat, Sep 4 | 1-3 pm | \$15/1 | 62271  
Pine Street Community Gardens (271 Pine St)

## Preserving the Bounty

As food costs rise, many of us realize we don't have the skills required to preserve the food we grow or can buy locally. This class will focus on various preserving methods. Topics will include jams, pickles, boiling water bath canning, freezing, dehydration and overwintering some crops. You will not make anything in class but will sample various products.

Instructor: Connie Kuramoto  
Sat, Sep 11 | 1-3 pm | \$15/1 | 62266  
Beban Park Learning Garden



## Xeriscaping/Gardening to Conserve Water

Those of us living on Vancouver Island have realized that water may be the next crisis in gardening. Our facilitator will discuss cultivating drought resistant soil, water collection facts and water saving ideas. This will include irrigation ideas, both landscaping, food production and trees and bushes.

Instructor: Connie Kuramoto  
Sun, Sep 12 | 1-3 pm | \$15/1 | 62282  
Pine Street Community Gardens (271 Pine St)

## Basic Fruit Tree Pruning

Back by popular demand, our expert pruner will show you how to care for young and old fruit trees and grape vines in your yard. This is the workshop to attend to get hands-on learning in basic pruning techniques. Bring your pruners, a camera or notebook and questions for this workshop.

Instructor: Scott Wikserke  
Sat, Nov 20 | 10 am-12 pm | \$15/1 | 62280  
Sat, Feb 26 | 10 am-12 pm | \$15/1 | 63513  
Pine Street Community Gardens (271 Pine St)

## Advanced Fruit Tree Pruning

For those who have some experience or have taken an earlier workshop, our expert pruner will show you how to tackle more difficult situations with hands-on learning. This workshop will cover pest control and dormant oil spraying. This is an excellent follow-up to the Basic Fruit Tree Pruning Workshop.

Instructor: Scott Wikserke  
Sat, Mar 12 | 10 am-12 pm | \$15/1 | 62281  
Pine Street Community Gardens (271 Pine St)

## Wild & Natural Winter Woodland Wreaths

Let nature provide the inspiration for some environmentally friendly holiday decorating! We will tour a beautiful winter woodland garden, then warm up with a hot drink in the studio where we will arrange foliage, twigs, and berries into unique and gorgeous, 100% compostable woodland wreaths to take home. Please dress warmly, and bring gloves and garden clippers (if you have).

Instructor: Priscilla Brewer, Fern & Feather  
Sat, Dec 4 | 10 am-12:30 pm | \$39/1 | 62290  
Fern & Feather Studio

## Teens Welcome

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!



### Solid Scent Perfumes & Sprays

Aromatic essences are derived from portions of plants. Discover the alternative form of healing by working with the top ten essential oils, their therapeutic properties and how to safely and effectively use them everyday. Discuss creating your own essential oil medicine cabinet. Create blends for sleep, concentration, lymphatic drainage, scarring, acne and other ailments. Make a personal synergy (blend), a roll-on, massage oil, a solid scent perfume and a perfume spray. Recipes and blends are provided. (There is a fee of \$28 for supplies payable to the instructor.)

Instructor: Cheryl Theilade, Scentimental Creations

Sat, Nov 13 | 9-11:30 am | \$40/1 | 62896

Beban Park Social Centre

### Soap Making Pure & Simple **NEW!**

Make high quality, vegetable-based soaps for all skin types from scratch. Participants will make and take home two different kinds of soaps plus a finished bar of soap. Recipes for pet soap, laundry soap and herbal shampoo are included. Please bring hand towel to class. (There is a fee of \$28 for supplies payable to the instructor.)

Instructor: Cheryl Theilade, Scentimental Creations

Sat, Nov 13 | 12-2:30 pm | \$40/1 | 62897

Beban Park Social Centre

### Organic Hemp Body Care

Discover the amazing properties of hemp seed oil! This exceptionally rich oil is high in essential omega fatty acids and proteins, absorbs well into the skin and is very healing and rejuvenating. Participants will make and take home a hemp body lotion, hemp seed body exfoliant, heavenly hemp bath and body oil and a hemp seed soap. (There is a fee of \$28 for supplies payable to the instructor.)

Instructor: Cheryl Theilade, Scentimental Creations

Sat, Nov 13 | 3-5 pm | \$40/1 | 62898

Beban Park Social Centre

### Bath Bliss **NEW!**

Shower fanatics will convert in this hands-on class! Make six different bath bombs in a variety of scents and shapes, two different bath salts and a bath 'n' body oil. Recipes on tub tea, vanilla cream milk bath and body polish are included. Please bring a shoe box to class. (There is a fee of \$28 for supplies payable to the instructor.)

Instructor: Cheryl Theilade, Scentimental Creations

Sat, Nov 13 | 5:30-7:30 pm | \$40/1 | 62899

Beban Park Social Centre



### Principles of Healthy Childhood Development

This training will help frontline leaders (anyone working with children aged 6 to 12 like camp counsellors, coaches, etc.) 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. Topics include bullying, conflict resolution, physical literacy, children's mental health and moderate to vigorous physical activity.

Instructor: Gary Paterson

Sat, Nov 6 | 8:30-4:30 pm | \$100/1 | 63906

Bowen Park Complex

*See page 19*

**for Piano  
Lessons**

## SPANISH CLASSES WITH MARTHA FORTIN

### Spanish For Travelers - Beginners

Learn vocabulary, grammar, speaking skills and practical dialogue. Participants with no knowledge of Spanish should feel comfortable at this level.

Tue, Sep 21-Nov 9 | 5:30-7 pm | \$99/8 | 62720

Wed, Sep 22-Nov 10 | 6:30-8 pm | \$99/8 | 62721

Thu, Sep 23-Nov 4 | 5:30-7 pm | \$75/6 | 62734

Bowen Park Complex

### Spanish For Travelers - Beginners 2

For those who have taken a beginner level or have previous knowledge of Spanish. The emphasis is on practical situations useful for traveling to Spanish-speaking countries.

Tue, Sep 21-Nov 9 | 7-8:30 pm | \$99/8 | 62739

Bowen Park Complex

### Spanish For Travelers - Intermediate

This conversational course concentrates on Spanish culture, tenses, idiomatic expressions and practical situations. It is an excellent way to prepare for traveling and for everyday communication.

Previous Spanish study in level 2 or equivalent knowledge is essential to participate in this course.

Wed, Sep 22-Nov 10 | 5-6:30 pm | \$99/8 | 62880

Bowen Park Complex

### Spanish Conversation

This course will emphasize listening and conversational skills. Participants should have prior experience with a beginner and intermediate level.

Thu, Sep 23-Nov 4 | 7-8:30 pm | \$75/6 | 62882

Bowen Park Complex

### Spanish in the Morning - Conversation

This course is designed to give you easy access to practice conversation, help you increase your vocabulary and assist you in the structure of the language in an active and friendly environment.

Thu, Sep 23-Nov 4 | 10:30 am-12:30 pm | \$90/6 | 62881

Bowen Park Complex



# ACTIVE PASSES

**City of Nanaimo Active Passes allow unlimited access to public swimming, skating, weight rooms and gymnasiums!**

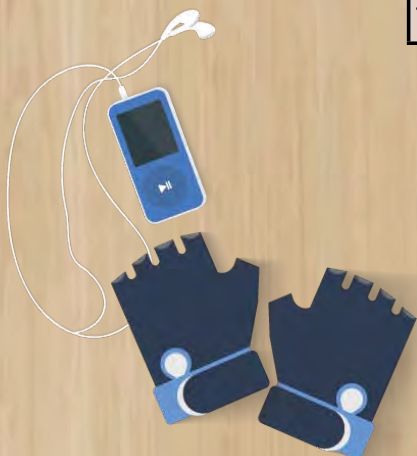
## Active Passes

Purchase a one month or one year Active Pass and get unlimited access to the following while saving money on regular admission.

- Public/Length Swimming
- Public Skating
- Aquafit
- Weight Rooms (16 yrs & up)
- Saunas & Steam Rooms
- Hot Tubs & Water Slides
- Drop-in Public Sports at Oliver Woods Recreation Centre

	Child	Student/ Senior	Adult	Family
1 Month Pass	\$30	\$42	\$56	\$112
1 Year Pass	\$270	\$378	\$500	\$999

*Prices subject to change and include tax.*







# Adult Yoga/Fitness

## Muscle Madness Group Fitness NEW!

This class is designed to build muscle and burn calories. Improve muscle tone and definition while improving cardiovascular fitness with this FUN, no jump, low-impact class. We will be using free weights and resistance bands with a focus on core strength. Let's chisel and burn with super effective strength training moves that build firm, lean muscle which is key in boosting metabolism.

**Instructor:** Heather Honey

Thu, Sep 16-23 | 4-5 pm | \$16/2 | 62027

Thu, Oct 7-28 | 4-5 pm | \$32/4 | 62612

Thu, Nov 4-25 | 4-5 pm | \$24/3 | 62613

Thu, Dec 2-16 | 4-5 pm | \$24/3 | 62614

**Oliver Woods Community Centre**

## Absolute Abs NEW!

Enjoy this pilates based super workout! We will focus on strengthening the core, back and neck. We will stretch and strengthen the whole body while building endurance, flexibility and balance - all while grooving to great music!

**Instructor:** Jane Bockman

Tue, Sep 7-28 | 1:15-2:15 pm | \$32/4 | 61975

Tue, Oct 5-26 | 1:15-2:15 pm | \$32/4 | 61976

Tue, Nov 2-30 | 1:15-2:15 pm | \$40/5 | 61977

Tue, Dec 7-21 | 1:15-2:15 pm | \$24/3 | 61978

**Oliver Woods Community Centre**

## Bosu Cardio NEW!

This quick 45-minute cardio class will challenge your core and get your heart rate up. After a quick warm up, we will power through using the bosu ball for 30 minutes of cardio which will challenge our core and improve our strength, balance and stability. Class will end with a cool down and stretch.

**Instructor:** Angel Jones

Wed, Sep 8-29 | 10:15-11 am | \$32/4 | 61988

Wed, Oct 6-27 | 10:15-11 am | \$32/4 | 61989

Wed, Nov 3-24 | 10:15-11 am | \$32/4 | 61990

Wed, Dec 1-15 | 10:15-11 am | \$24/3 | 61991

**Oliver Woods Community Centre**

## Cardio Kickboxing NEW!

This aerobic fitness class with kickboxing moves is sure to get your heart rate up. Come work on your coordination and cardiovascular endurance as you shadow box your frustrations away.

**Instructor:** Angel Jones

Wed, Sep 8-29 | 11:15 am-12 pm | \$32/4 | 61992

Wed, Oct 6-27 | 11:15 am-12 pm | \$32/4 | 61993

Wed, Nov 3-24 | 11:15 am-12 pm | \$32/4 | 61994

Wed, Dec 1-15 | 11:15 am-12 pm | \$24/3 | 61995

**Oliver Woods Community Centre**

## Tabata

Want to push your fitness level? Want a challenge? This class will have you sweating. A series of exercises make you work hard for a period of time with short bursts of recovery usually over four-minute intervals.

**Instructor:** Angel Jones

Fri, Sep 10-24 | 9-10 am | \$24/3 | 62028

Fri, Oct 1-29 | 9-10 am | \$40/5 | 62029

Fri, Nov 5-26 | 9-10 am | \$32/4 | 62030

Fri, Dec 3-17 | 9-10 am | \$24/3 | 62031

**Oliver Woods Community Centre**

## HIIT

High-intensity interval training (HIIT) is a form of interval training, a cardiovascular exercise strategy alternating short periods of intense anaerobic exercise with less intense recovery periods. Join the group for fast-paced and fun workouts that generally consist of a warm-up period followed by repetitions of high-intensity exercises separated by medium intensity exercises for active recovery and then a cool down period.

**Instructor:** Holly Monaghan

Thu, Sep 16-23 | 5:30-6:30 pm | \$16/2 | 62021

Thu, Oct 7-28 | 5:30-6:30 pm | \$32/4 | 62022

Thu, Nov 4-25 | 5:30-6:30 pm | \$24/3 | 62023

Thu, Dec 2-16 | 5:30-6:30 pm | \$24/3 | 62024

**Oliver Woods Community Centre**

## PLEASE NOTE:

Some programs may have to be cancelled or delayed due to restrictions from Provincial Health Orders. All changes will be communicated to participants, and fees will be adjusted if necessary.



cityofnanaimo



nanaimoparksandrec (#ilovemyparksandrec)



## HIIT to Fit

Get Fit with HIIT! High intensity interval training (HIIT) is a form of interval training - a cardiovascular exercise strategy alternating short periods of intense anaerobic exercise with less intense recovery periods. Join the group for fast-paced and fun workouts that generally consist of a warm-up period followed by repetitions of high-intensity exercises separated by medium intensity exercises for active recovery followed by a cool down period.

Instructor: Kim Ross

Wed, Sep 15-Oct 20 | 9-10 am | \$48/6 | 62797

Wed, Oct 27-Dec 1 | 9-10 am | \$48/6 | 62798

Wed, Dec 8-22 | 9-10 am | \$24/3 | 62799

**Bowen Park Complex**

## Total Body Fitness

Whether you are just starting out in fitness or are an advanced student, you are welcome here. Your fitness level will be challenged. We incorporate fun exercises and equipment, such as free weights, medicine balls and more to keep the class exciting and challenging.

Instructor: Kim Ross

Thu, Sep 16-Oct 21 | 9-10 am | \$48/6 | 62802

Thu, Oct 28-Dec 2 | 9-10 am | \$48/6 | 62812

**Departure Bay Activity Centre**

Mon, Dec 6-20 | 9-10 am | \$24/3 | 62794

**Rotary Field House**

## Rookie Boot Camp

This is a fun and challenging morning fitness class that incorporates cardio, strength and flexibility with various levels so you can work at your own pace and get a great workout! Variations of circuit training, boot camp, traditional aerobics and dance combinations will keep your body moving and improving. This class is for beginner to intermediate levels.

Instructor: Angel Jones

Mon, Sep 13-27 | 9-10 am | \$24/3 | 61937

Wed, Sep 8-29 | 9-10 am | \$32/4 | 61942

Mon, Oct 4-25 | 9-10 am | \$24/3 | 61938

Wed, Oct 6-27 | 9-10 am | \$32/4 | 61943

Mon, Nov 1-29 | 9-10 am | \$40/5 | 61940

Wed, Nov 3-24 | 9-10 am | \$32/4 | 61944

Mon, Dec 6-13 | 9-10 am | \$16/2 | 61941

Wed, Dec 1-15 | 9-10 am | \$24/3 | 61945

**Oliver Woods Community Centre**

## Rock Your Body Boot Camp

Finish your day with a workout that will leave you feeling energized and rejuvenated. Workouts will include cardio, strength training and core stability work using a variety of fun and dynamic exercises and drills.

Instructor: Heidi Robinson

Mon, Sep 13-27 | 5-6 pm | \$24/3 | 61958

Wed, Sep 15-29 | 5-6 pm | \$24/3 | 61996

Mon, Oct 4-25 | 5-6 pm | \$24/3 | 61959

Wed, Oct 6-27 | 5-6 pm | \$32/4 | 61997

Mon, Nov 1-29 | 5-6 pm | \$40/5 | 61960

Wed, Nov 3-24 | 5-6 pm | \$32/4 | 61998

Mon, Dec 6-20 | 5-6 pm | \$24/3 | 61961

Wed, Dec 1-15 | 5-6 pm | \$24/3 | 61999

**Oliver Woods Community Centre**

## BellyFit

This is a holistic fitness experience that blends the body, mind and spirit to offer an extraordinary exercise experience. Scorch calories in a fun and easy cardio and dance infused workout. The second half of the class brings sculpting, toning and tightening with pilates, yoga stretches and mindful meditation. You must bring your own yoga mat.

Instructor: Heidi Robinson

Fri, Sep 10-24 | 12:30-1:30 pm | \$24/3 | 62032

Fri, Oct 1-29 | 12:30-1:30 pm | \$40/5 | 62033

Fri, Nov 5-26 | 12:30-1:30 pm | \$32/4 | 62034

Fri, Dec 3-17 | 12:30-1:30 pm | \$24/3 | 62035

**Oliver Woods Community Centre**

## BellyFit Flow NEW!

Get fired up and feel the slow burn with this fun, flowing, low-impact, strength building class inspired by yoga and fitness! Choreographed entirely on a yoga mat to an incredible, inspiring soundtrack. Bellyfit Flow will get your energy and sweat flowing from start to finish.

Instructor: Heidi Robinson

Thu, Sep 16-23 | 10-11 am | \$16/2 | 62000

Thu, Oct 7-28 | 10-11 am | \$32/4 | 62001

Thu, Nov 4-25 | 10-11 am | \$24/3 | 62002

Thu, Dec 2-16 | 10-11 am | \$24/3 | 62003

**Oliver Woods Community Centre**

## Baby & Me Fitness

A relaxed full body fitness class for baby and you. Come interact with other new parents and babies as we work through a series of fitness activities, geared toward strength and light cardio. Please bring baby carrier to class.

Instructor: Angel Jones

Mon, Sep 13-27 | 10:15-11:15 am | \$24/3 | 61950

Tue, Sep 7-28 | 10:15-11:15 am | \$32/4 | 61971

Mon, Oct 4-25 | 10:15-11:15 am | \$24/3 | 61951

Tue, Oct 5-26 | 10:15-11:15 am | \$32/4 | 61972

Mon, Nov 1-29 | 10:15-11:15 am | \$40/5 | 61953

Tue, Nov 2-30 | 10:15-11:15 am | \$40/5 | 61973

Mon, Dec 6-13 | 10:15-11:15 am | \$16/2 | 61954

Tue, Dec 7-14 | 10:15-11:15 am | \$16/2 | 61974

**Oliver Woods Community Centre**

## Stretch, Balance, Build

Focus will be on balancing exercises and poses. We will add a weight component for strength to allow the poses to be more challenging. Moves are slow and focused, and there will be a chair available if you need. Please bring your own weights if you have them and your own mat if you want to go to the floor.

Instructor: Kim Ross

Wed, Sep 15-Oct 20 | 12:15-1 pm | \$42/6 | 62823

**Oliver Woods Community Centre**

Wed, Nov 3-Dec 8 | 12:15-1 pm | \$42/6 | 62825

**Departure Bay Activity Centre**

## Stretch & Tone

This class has two light cardio segments, and the rest of the class will focus on flexibility, balance, core and strength. We will use weights and your body to improve all these areas. Many exercises will cover compound moves, and there will be a chair to help with balance if needed. Bring your own weights if you have them, but they are not necessary. Beginner to intermediate levels. No floor work in this class.

Instructor: Kim Ross

Thu, Sep 16-Oct 21 | 12:30-1:30 pm | \$48/6 | 62829

**Departure Bay Activity Centre**

Thu, Oct 28-Dec 2 | 12:30-1:30 pm | \$48/6 | 62830

**Bowen Park Complex**

## Zumba

Ditch the workout and join the party! This Latin and international dance-based fitness class that will get you moving to a variety of music styles from reggae to disco to salsa.

Instructor: Tamara Graham

Mon, Sep 13-27 | 5:15-6:16 pm | \$24/3 | 62909

Mon, Oct 4-25 | 5:15-6:16 pm | \$24/3 | 62615

Mon, Nov 1-29 | 5:15-6:16 pm | \$40/5 | 62911

Mon, Dec 6-13 | 5:15-6:16 pm | \$16/2 | 62912

**Oliver Woods Community Centre**

Instructor: Angel Jones

Tue, Sep 7-28 | 9-10 am | \$32/4 | 61962

Tue, Oct 5-26 | 9-10 am | \$32/4 | 61963

Tue, Nov 2-30 | 9-10 am | \$40/5 | 61965

Tue, Dec 7-14 | 9-10 am | \$16/2 | 61967

**Oliver Woods Community Centre**

Instructor: Angel Jones

Thu, Sep 16-Oct 21 | 9-10 am | \$40/5 | 64014

Thu, Oct 21-Dec 2 | 9-10 am | \$40/5 | 64015

**Rotary Field House**

## Zumba Gold

Intended for those new to Zumba or those 60 +. Ditch the workout and join the party! This Latin and international dance-based fitness class that will get you moving to a variety of music styles from reggae to disco to salsa.

Mon, Sep 13-27 | 9-10 am | \$24/3 | 61946

Mon, Oct 4-25 | 9-10 am | \$24/3 | 61947

Mon, Nov 1-29 | 9-10 am | \$40/5 | 61948

Mon, Dec 6-20 | 9-10 am | \$24/3 | 61949

**Oliver Woods Community Centre**



## Kundalini Yoga

Kundalini yoga is an uplifting, energizing and transformative type of yoga that uses physical postures, powerful breath work, audible chants or “mantras” and hand gestures or “mudras” to produce full body awareness and personal empowerment. You must bring your own yoga mat.

**Instructor:** Myah Rogerson

Tue, Sep 7-28 | 6:30-7:45 pm | \$40/4 | 62212

Tue, Oct 5-26 | 6:30-7:45 pm | \$40/4 | 62215

Tue, Nov 2-30 | 6:30-7:45 pm | \$50/5 | 62216

Tue, Dec 7-14 | 6:30-7:45 pm | \$20/2 | 62217

**Oliver Woods Community Centre**

## Gentle Yoga AM NEW!

Gentle yoga is perfect for people who want to try yoga for the first time or for those who are looking for a softer approach to their practice. In this class, we will combine gentle yoga poses with breathing exercises and restorative postures to stretch and strengthen the body, reduce stress and calm the mind. Please bring your own yoga mat.

**Instructor:** Gypsy Hart

Wed, Sep 8-29 | 9:15-10:15 am | \$32/4 | 62203

Wed, Oct 6-27 | 9:15-10:15 am | \$32/4 | 62204

Wed, Nov 3-24 | 9:15-10:15 am | \$32/4 | 62205

Wed, Dec 1-15 | 9:15-10:15 am | \$24/3 | 62206

**Oliver Woods Community Centre**

## Gentle Yoga

This program is a great introduction to yoga poses in a Hatha-based yoga class combined with core conditioning and stabilizing exercises to improve posture and alignment. You will enjoy the benefits of increased flexibility and deep relaxation. Leave feeling taller, leaner and more relaxed. You must bring your own yoga mat.

**Instructor:** Jane Bockman

Fri, Sep 10-24 | 9:30-10:30 am | \$24/3 | 62261

Fri, Oct 1-29 | 9:30-10:30 am | \$32/4 | 62262

Fri, Nov 5-26 | 9:30-10:30 am | \$32/4 | 62263

Fri, Dec 3-17 | 9:30-10:30 am | \$24/3 | 62264

**Oliver Woods Community Centre**

**Instructor:** Amber Neuman-Brochez

Sat, Sep 11-25 | 9-10 am | \$24/3 | 62270

Sat, Oct 2-30 | 9-10 am | \$40/5 | 62273

Sat, Nov 6-27 | 9-10 am | \$32/4 | 62274

Sat, Dec 4-18 | 9-10 am | \$24/3 | 62276

**Oliver Woods Community Centre**



## Gentle Yoga Stretch

Join this slower paced yoga practice. You will stretch, flex, breathe and focus on our gentle yoga asanas (poses). We will take the time to hold poses, explore with mindfulness and breathe deeply to fully restore ourselves. You will leave feeling more centred, relaxed and flexible. We welcome all levels!

**Instructor:** Jane Bockman

Mon, Sep 13-27 | 3:15-4:15 pm | \$24/3 | 62152

Mon, Oct 4-25 | 3:15-4:15 pm | \$24/3 | 62153

Mon, Nov 1-29 | 3:15-4:15 pm | \$40/5 | 62155

Mon, Dec 6-20 | 3:15-4:15 pm | \$24/3 | 63490

**Oliver Woods Community Centre**

## Hatha Yoga

This rejuvenating class will release tension from the muscles from everyday life and sports activities. Learn to breathe deeply while experiencing a flow of postures to stimulate the body physically and mentally. Through this practice you enhance flexibility, increase muscle tone and concentration, detoxify the organs and feel a deep state of relaxation. You must bring your own yoga mat.

**Instructor:** Melissa Hill

Thu, Sep 9-23 | 11:15 am-12:15 pm | \$24/3 | 62223

Thu, Oct 7-28 | 11:15 am-12:15 pm | \$32/4 | 62224

Thu, Nov 4-25 | 11:15 am-12:15 pm | \$24/3 | 62226

Thu, Dec 2-16 | 11:15 am-12:15 pm | \$24/3 | 62227

**Oliver Woods Community Centre**

Mon, Sep 13-Oct 25 | 5:30-6:30 pm | \$56/7 | 64809

Mon, Nov 1-Dec 13 | 5:30-6:30 pm | \$56/7 | 64809

**Bowen Park Complex**

## Flow and Form Yoga

Flow and Form Yoga encourages a balance between flexibility, strength and endurance. Emphasizing correct body alignment and precision while enjoying a sense of well-being and increased relaxation. Some yoga experience is recommended but not required. Please bring your own yoga mat.

**Instructor:** Heather Honey

Tue, Sep 7-28 | 5:30-6:30 pm | \$32/4 | 62195

Tue, Oct 5-26 | 5:30-6:30 pm | \$32/4 | 62199

Tue, Nov 2-30 | 5:30-6:30 pm | \$40/5 | 62200

Tue, Dec 7-21 | 5:30-6:30 pm | \$24/3 | 62201

**Oliver Woods Community Centre**

## Vinyasa Yoga

Vinyasa Yoga (also known as flow) links breath to movement using Hatha poses in a gently flowing sequence interspersed with static poses. You can expect to build strength, endurance, flexibility, balance and cardiovascular ability. This class builds a foundation for beginners and is also a great option for those looking for a slower pace.

**Instructor:** Karen Shortt

Wed, Oct 8-Dec 13 | 5:30-6:30 pm | \$48/6 | 64489

Wed, Oct 20-Nov 24 | 5:30-6:30 pm | \$48/6 | 64490

**Departure Bay Activity Centre**

## Light Vinyasa Yoga

Vinyasa Yoga (also known as flow) links breath to movement using Hatha poses in a gently flowing sequence, interspersed with static poses. Students can expect to build strength, endurance, flexibility, balance and cardiovascular ability. This class builds a foundation for beginners and is also a great option for continuing students looking for a slower pace without inversions. You must bring your own yoga mat.

**Instructor:** Amber Neuman-Brochez

Sat, Sep 11-25 | 10:15-11:15 am | \$24/3 | 62272

Sat, Oct 2-30 | 10:15-11:15 am | \$40/5 | 62277

Sat, Nov 6-27 | 10:15-11:15 am | \$32/4 | 62278

Sat, Dec 4-18 | 10:15-11:15 am | \$24/3 | 62279

**Oliver Woods Community Centre**

## Men's Yoga

Men, here is a yoga program only for you. Yoga will improve your flexibility, core strength and balance. Yoga will help you improve your athletic performance, relieve pain and soreness from physical labour and reduce stress. Yoga has become a mainstream activity with proven benefits to overall health and well-being. No experience required. You must bring your own yoga mat.

**Instructor:** Gypsy Hart

Tue, Sep 7-28 | 5:15-6:15 pm | \$32/4 | 62194

Tue, Oct 5-26 | 5:15-6:15 pm | \$32/4 | 62196

Tue, Nov 2-30 | 5:15-6:15 pm | \$40/5 | 62197

Tue, Dec 7-21 | 5:15-6:15 pm | \$24/3 | 62198

**Oliver Woods Community Centre**

## Mom's Yoga/Karate

This program is geared for any moms or any woman that wants to try a combination of yoga and karate. It is a great way to get in shape while learning to defend yourself in a great atmosphere with other interested individuals.

Fri, Oct 8-29 | 6:15-7:15 pm | \$25/4 | 62677

Fri, Nov 5-26 | 6:15-7:15 pm | \$25/4 | 62678

**Shima Karate (3032 Barons Rd)**

## Family Yoga NEW!

This family-oriented program creates a space where parents/caregivers and their children can share some special time together. Posture flows, partner poses and guided meditation help everyone relax, laugh and enjoy the moment! The whole family is welcome! Price is per person.

**Instructor:** Gypsy Hart

Mon, Sep 13-27 | 3:30-4:30 pm | \$24/3 | 62186

Mon, Oct 4-25 | 3:30-4:30 pm | \$24/3 | 62187

Mon, Nov 1-29 | 3:30-4:30 pm | \$40/4 | 62188

Mon, Dec 6-20 | 3:30-4:30 pm | \$24/3 | 62189

**Oliver Woods Community Centre**



## Pilates - Level 1 NEW!

Not ready for a full Pilates all levels class? This course will prepare and teach you the fundamentals for an all levels class and beyond. You can also continue to learn at a slower pace to perfect your form. Mat Pilates will strengthen your core, reduce back pain, improve balance and make you feel taller, stronger and more confident.

Instructor: Jane Bockman

Fri, Sep 10-24 | 10:45-11:45 am | \$24/3 | 62265

Fri, Oct 1-29 | 10:45-11:45 am | \$32/4 | 62267

Fri, Nov 5-26 | 10:45-11:45 am | \$32/4 | 62268

Fri, Dec 3-17 | 10:45-11:45 am | \$24/3 | 62269

Oliver Woods Community Centre

## Pilates

Mat Pilates offers you an effective series of exercises to strengthen and tone your core. You will create long and lean muscles and improve your posture and balance. Pilates increases your awareness of alignment and breath while creating greater flexibility in your joints and muscles. Modifications for all levels will be offered. Pilates is a great compliment to your existing classes. It helps a wide range of individuals at all stages of life. It is a low impact, strengthening series of exercises that is easily adaptable for all levels of ability and age. Please bring your own yoga mat.

Instructor: Jane Bockman

Thu, Sep 9-30 | 6:30-7:30 pm | \$24/3 | 62232

Thu, Oct 7-28 | 6:30-7:30 pm | \$32/4 | 62233

Thu, Nov 4-25 | 6:30-7:30 pm | \$24/3 | 62234

Thu, Dec 2-16 | 6:30-7:30 pm | \$24/3 | 62235

Oliver Woods Community Centre

## Gentle Yogalates NEW!

Are you interested in strengthening your core? If so, this class is for you! A stronger core and flexible spine can reduce lower back pain, improve balance and posture. You will learn pilates and yoga exercises that are gentle and effective requiring no experience. This class combines yoga mindfulness, stretching and relaxation. You must bring your own yoga mat.

Instructor: Jane Bockman

Tue Sep 7-28 | 12-1 pm | \$32/4 | 62190

Tue, Oct 5-26 | 12-1 pm | \$32/4 | 62191

Tue, Nov 2-30 | 12-1 pm | \$40/5 | 62192

Tue, Dec 7-21 | 12-1 pm | \$24/3 | 62193

Oliver Woods Community Centre

## Yogalates

A cross between Yoga and Pilates, this will combine Pilates and Yoga for a total body workout focused on toning the glutes, thighs and stomach. This low-impact workout will increase your fitness level. Develop your core strength and stabilization through Pilates poses, and improve your flexibility, muscular strength, posture and alignment through Yoga/Pilates poses, breathing and relaxation.

Please bring your own yoga mat.

Instructor: Gypsy Hart

Thu, Sep 9-23 | 5:15-6:15 pm | \$24/3 | 62228

Thu, Oct 7-28 | 5:15-6:15 pm | \$32/4 | 62229

Thu, Nov 4-25 | 5:15-6:15 pm | \$24/3 | 62230

Thu, Dec 2-16 | 5:15-6:15 pm | \$24/3 | 62231

Oliver Woods Community Centre

## Bhangra Aerobics NEW!

Bhangra Aerobics is one of the trendiest of fitness and exercise routines. It is quickly emerging as a popular alternative to regular aerobics. Keep fitness exciting with this popular Indian dance that is intense, vibrant and joyful. It will elevate your heart rate and state of mind. The majority of the moves follow the folk dance pattern but have been reconditioned so that they can also provide a healthy cardiovascular routine. This workout is designed to burn as many as 500 calories an hour. Since the workout is a derivative of a folk dance, it is safe for all age groups and abilities.

Instructor: Sukhbir Sangha

Mon, Oct 18-Nov 8 | 6-7 pm | \$40/4 | 63665

Tue, Oct 26-Nov 30 | 6-7 pm | \$40/4 | 63666

Beban Park Social Centre





# Recreation Facility Bookings & Rentals

Check out our reasonably priced City operated facilities! We offer room rentals that can accommodate small to large groups. Contact the facility Allocations Clerk to discuss your event and find out what options we have. Call 250-756-5200.

## Multi-Purpose Halls

We can accommodate events from 2 to 800 people with a variety of room sizes to choose from. Whether you're organizing a trade show, special event, family function or a meeting, we want to ensure your day is a memorable one. CALL 250-756-5200 FOR RENTAL INFORMATION.

- **Beban Park Social Centre** (2300 Bowen Rd)
- **Bowen Park Complex** (500 Bowen Rd)
- **Oliver Woods Community Centre** (6000 Oliver Rd)



## Outside Halls

- **Departure Bay Activity Centre** (1415 Wingrove St)
- **Kin Hut Activity Centre** (2730 Departure Bay Rd)
- **Rotary Activity Centre** (850 Third St)

## Pools

Our pools are available for training, private functions and special events. CALL 250-755-7573 FOR RENTAL INFORMATION.

- **Beban Pool** (2300 Bowen Rd)  
*25 metre pool, leisure pool*
- **Nanaimo Aquatic Centre** (741 Third St)  
*50 metre pool, wave pool, seating for 900, meeting rooms*

## Arenas

Ice time and dry floor is available to the public, recreation teams and leagues for sport, trade shows or special events. CALL 250-756-5214 FOR RENTAL INFORMATION.

- **Cliff McNabb Arena** (2300 Bowen Rd)  
*NHL size ice sheet; 50 bleacher seats; conference room*
- **Frank Crane Arena** (2300 Bowen Rd)  
*NHL size ice sheet; 1200 seating on floor and 2445 seating in stands; VIP Lounge*
- **Nanaimo Ice Centre** (750 Third St)  
*2 NHL size ice sheets; NIC 1 seating for up to 400 and NIC 2 seating up to 186; lounge*
- **Outdoor Sports Court at Harewood Centennial Park**  
*fully covered and lit 200' x 85' concrete slab with full dasher board system; basketball hoop available*

ASK ABOUT OUR

- non-prime time rates
- gymnasium rentals
- outdoor facilities (picnic shelters, wedding ceremony spots, sports fields, tennis/pickle ball courts, performance and special event venues, trail networks and more!

Visit our website for virtual tours of some of our facilities.



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# 60+ Fitness Classes

## Tap Dance - Level 1

For those new to tap dance or looking for a refresher, Come join the fun and advance at your own pace. (Tap shoes are required).

Instructor: Stacey Butterworth

Tue, Sep 7-Oct 26 | 11:30 am-12:30 pm | \$48/6 | 61964

Tue, Nov 2-Dec 21 | 11:30 am-12:30 pm | \$48/6 | 61966

**Bowen Park Complex**

## Tap Dance - Level 2

For those proficient in Tap Dance, this program is for you. Beginner dancers can be accommodated. (Tap shoes are required).

Instructor: Stacey Butterworth

Tue, Sep 7-Oct 26 | 12:45-1:45 pm | \$48/6 | 61969

Tue, Nov 2-Dec 21 | 12:45-1:45 pm | \$48/6 | 61970

**Bowen Park Complex**

## Dance Fitness

Get that blood flowing with this easy to follow choreographed class set to music. Open to those who want a fitness course where you can go at your own pace and those who want a higher intensity cardio workout. All stretches and flexibility work are designed for women.

Instructor: Maria Elena Jitton Pothorin

Sat, Oct 9-30 | 9-10 am | \$32/4 | 62513

Sat, Nov 6-20 | 9-10 am | \$24/3 | 62514

Sat, Dec 4-18 | 9-10 am | \$24/3 | 62515

**Bowen Park Complex**

## Low Flo Fusion NEW!

This class includes a combination of exercises intended to improve strength and move us forward gracefully in body, mind and spirit. Smooth transitioning between east and west includes low impact/low to mid-tempo choreography and strength, including core and beautiful basic yoga postures for alignment and balance. Our class will end with light stretching and peaceful savasana. Safe, effective and fun. Mat, comfortable clothing and running shoes with good support are required.

Instructor: Liz Moore

Wed, Sep 8-29 | 10:30-11:30 am | \$32/4 | 62083

Wed, Oct 6-27 | 10:30-11:30 am | \$32/4 | 62084

Wed, Nov 3-24 | 10:30-11:30 am | \$32/4 | 62085

Wed, Dec 1-29 | 10:30-11:30 am | \$40/5 | 62086

**Oliver Woods Community Centre**

## Bellyfit

This women's specific holistic fitness experience blends the body, mind and spirit to offer an extraordinary exercise experience. Scorch calories in a fun and easy cardio and dance infused workout. The second half of the class brings sculpting, toning and tightening with Pilates, yoga stretches and mindful meditation.

Instructor: Maria Elena Jitton Pothorin

Thu, Oct 21-28 | 10:15-11:15 am | \$16/2 | 62510

Thu, Nov 4-25 | 10:15-11:15 am | \$24/3 | 62511

**Bowen Park Complex**

## Balance & Mobility

Balance, movement and mobility - the three steps you need to maintain a healthy lifestyle. This class will assist participants in improving balance. The instructor will lead you through easy exercises to improve stability and potentially prevent falls. The workouts assist in improving posture, muscle strength, speed, sharpening reflexes, expanding flexibility and firming your core. The instructor may give tips for fall proofing your home.

Instructor: Russell McNeil

Wed, Sep 15-29 | 3:30-4:30 pm | \$24/3 | 62077

Wed, Oct 6-27 | 3:30-4:30 pm | \$32/4 | 62078

Wed, Nov 3-24 | 3:30-4:30 pm | \$32/4 | 62079

Wed, Dec 1-29 | 3:30-4:30 pm | \$40/5 | 62080

**Oliver Woods Community Centre**

## Sculpt & Tone

This class incorporates a warm up, cardio, resistance training and a cool down/stretch. This would benefit older adults for bone and joint health by developing lean muscle and increasing metabolism.

Instructor: Brian Sugiyama

Thu, Sep 2-23 | 10:15-11:15 am | \$24/3 | 62399

**Bowen Park Auditorium**

Thu, Oct 7-28 | 10:15-11:15 am | \$32/4 | 62400

Thu, Nov 4-25 | 10:15-11:15 am | \$16/2 | 62401

Thu, Dec 9-30 | 10:15-11:15 am | \$32/4 | 62402

**Beban Park Social Centre**

Tue, Sep 7-28 | 10:15-11:15 am | \$32/4 | 62404

Tue, Oct 5-26 | 10:15-11:15 am | \$32/4 | 62424

Tue, Nov 2-30 | 10:15-11:15 am | \$40/5 | 62425

Tue, Dec 7-21 | 10:15-11:15 am | \$24/3 | 62426

**Bowen Park Complex**



## Gentle Yoga

This is a gentle Hatha style class that focuses on gentle stretches before each pose. Time is given to rest or relax briefly after anything that is strenuous. This is not a flow class. Please bring your own yoga mat.

Instructor: Heather Honey

Fri, Sep 3-24 | 11:15 am-12:15 pm | \$32/4 | 63479

Fri, Oct 1-29 | 11:15 am-12:15 pm | \$40/5 | 62435

Fri, Nov 5-26 | 11:15 am-12:15 pm | \$32/4 | 62436

Fri, Dec 3-17 | 11:15 am-12:15 pm | \$24/3 | 62437

Bowen Park Clubhouse

## Chair Yoga

This class is designed for people who experience difficulty doing floor exercise. Yoga exercises have many benefits, including stretching, relaxing and helping you to feel energized.

Instructor: Russell McNeil

Tue, Sep 7-28 | 9-10 am | \$32/4 | 61314

Tue, Oct 5-26 | 9-10 am | \$32/4 | 61315

Tue, Nov 2-30 | 9-10 am | \$40/5 | 61316

Tue, Dec 7-21 | 9-10 am | \$24/3 | 61321

Bowen Park Complex

## Stretch & Relax Yoga

This is a basic classical Hatha yoga class. It focuses on gentle stretches before each pose. Time is given to rest or relax briefly after anything that is strenuous. This is not a flow class. You must bring your own yoga mat.

Instructor: Shanti (Dorlean) Peck

Mon, Sep 20-Oct 25 | 11:30 am-12:30 pm | \$40/5 | 62498

Mon, Nov 8-Dec 13 | 11:30 am-12:30 pm | \$48/6 | 62500

Oliver Woods Community Centre

Fri, Sep 24-Oct 29 | 10-11 am | \$48/6 | 62501

Fri, Nov 12-Dec 17 | 10-11 am | \$48/6 | 62502

Bowen Park Complex

## Yoga Qi Gong/Meditation

This is an ancient art incorporating movements, static poses, breath concentration and visualization to activate the flow of intrinsic life energy (chi) in the body, restoring and promoting vitality and balance of mind and body. You must bring your own yoga mat.

Instructor: Thomas Michaud, Yoga Master

Wed, Sep 8-Oct 27 | 10-11:30 am | \$64/8 | 61578

Thu, Sep 9-Oct 28 | 10:30-12 pm | \$56/7 | 62351

Wed, Nov 3-Dec 22 | 10-11:30 am | \$64/8 | 61579

Thu, Nov 4-Dec 23 | 10:30-12 pm | \$56/7 | 62352

Rotary Field House



# Nanaimo Harbour City Seniors

## MEMBERSHIP INFORMATION

**A Nanaimo Harbour City Seniors' Membership is open to those 60 years and older and is valid for one year from date of purchase.**

**Your membership provides you with access to several free programs with Parks, Recreation and Culture.**

Membership can be purchased in person or over the phone (payment required by credit card, MC/Visa Debit or American Express over the phone). The information you will need to provide includes your name, address, phone number, birthdate and an emergency contact. The annual membership is \$45 per person.

### Program areas:

- ARTS & CRAFTS
- CARDS & GAMES
- DANCE CLASSES & SOCIALS
- FITNESS, YOGA & TAI CHI
- LANGUAGE
- MUSIC
- SPECIAL INTEREST
- SPORTS



## Find out more about membership:

For more information, call 250-755-7501, pick up the Harbour City Seniors Newsletter or view the newsletter online at [www.nanaimo.ca](http://www.nanaimo.ca).



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# Pool Programs

## SWIM LESSONS • LIFEGUARDING • FITNESS • TRAINING

With a variety of swim lessons, aquatic training and water sports for children, youth and adults, we make swimming easy and fun. Our trained aquatics staff will assist you in choosing the right program to meet your needs.

### Pool Special Events

Join us for some fun for the whole family!  
(Regular admission applies.)

#### HALLOWEEN HOWL

"Howl" at the moon at our Halloween extravaganza!  
Saturday, October 30 • 1-4 pm • Beban Pool

#### SWIM WITH SANTA

Show Santa how good you've been all year as you swim with him in the pool. I wonder if he will take a dive off the board?  
Saturday, December 18 • 9 am-5 pm • Nanaimo Aquatic Centre  
Sunday, December 19 • 9 am-5 pm • Beban Pool

#### FINALE SWIM

Finish the year with a splash!  
Friday, December 31 • 6-8 pm • Nanaimo Aquatic Centre





# Learn-to-Swim Program Overview



## PARENT & TOT LESSONS

Age 4 months to 3 years

Parent participation required

### STARFISH (30 min; ratio 1:10)

- 4 to 12 months



### DUCK (30 min; ratio 1:10)

- 12 to 24 months



### SEA TURTLE (30 min; ratio 1:10)

- 24 months to 3 years



## PRESCHOOL LESSONS

Age 3 to 6 years

Progression is based on completion of level (Sea Otter to Whale)

### SEA OTTER (30 min; ratio 1:5)

- Front and back floats and glides with assistance
- 1 M swim with help



### SALAMANDER (30 min; ratio 1:5)

- Front and back floats and swims
- Roll-over swims
- 2 M swim



### SUNFISH (30 min; ratio 1:5)

- Front, back, roll-over and side swims
- Deep water activities
- 5 M swim



### CROCODILE (30 min; ratio 1:5)

- Front, back and side swims and basic front crawl
- Deep water swimming
- 10 M swim



### WHALE (30 min; ratio 1:5)

- 10 M front, back and side swims and basic front crawl
- Deep water swimming
- 15 M swim



## SWIM KIDS LESSONS

Age 5 to 14 years

Progression is based on completion of level

### SWIM KIDS 1 (30 min; ratio 1:6)

- Front and back floats and swims
- Roll-over swims and basic front crawl
- 5 M swim

1

### SWIM KIDS 6 (45 min; ratio 1:8)

- 25 M front and back crawl
- 15 M elementary backstroke
- 75 M swim

6

### SWIM KIDS 2 (30 min; ratio 1:6)

- Side swims and basic front crawl
- Deep water activities
- 10 M swim

2

### SWIM KIDS 7 (45 min; ratio 1:10)

- 50 M front and back crawl
- 25 M elementary backstroke and whip kick on front and 150 M swim

7

### SWIM KIDS 3 (30 min; ratio 1:6)

- Front and back floats and swims
- Roll-over swims and basic front crawl
- 15 M swim

3

### SWIM KIDS 8 (45 min; ratio 1:10)

- 75 M front and back crawl
- 15 M breaststroke
- 300 M swim

8

### SWIM KIDS 4 (30 min; ratio 1:6)

- 15 M back swim
- 10 M front crawl
- 25 M swim

4

### SWIM KIDS 9 (45 min; ratio 1:10)

- 100 M front and back crawl
- 25 M breaststroke and side stroke
- 400 M swim

9

### SWIM KIDS 5 (45 min; ratio 1:8)

- 15 M front and back crawl
- Whip kick on back
- 50 M swim

5

### SWIM KIDS 10 (45 min; ratio 1:10)

- 100 M front and back crawl
- 50 M elementary backstroke, breaststroke and side stroke and 500 M swim

10



## Pricing for Swimming Lessons

(lesson prices are pro-rated for holidays & swim me)

30 Minute Lessons	\$67.50/10 lessons
45 Minute Lessons	\$102.50/10 lessons
30 Minute Private Lessons *add additional swimmer	\$150/5 lessons \$225/5 lessons



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# Swimming Lesson Tips for Success

We are pleased to offer Red Cross lessons at our facilities, as this program highlights the importance of swimming and water safety skills. Swimming can be fun, but it's also a necessary life skill. Help your child start swimming lessons on the right foot.

- Evaluate your child's swim ability and choose a class level, date and time. Not sure of their ability? Stop by one of our pools during an "Everyone Welcome" swim session and have one of the lifeguards evaluate your child (depending on staff availability).
- Register for a class online or at one of our facilities early, as classes fill up quickly.
- Arrive early to check-in and familiarize your child with the facility. Please have your child ready for class at the start of the lesson time.
- Lockers are available and recommended. Token can be purchased from the pool cashier.
- Have your child to the bathroom before lessons. Children who are not potty trained must wear a swim diaper (available for purchase at the front desk).
- All patrons must shower before entering the pool.
- Bring your child's towel onto the pool deck to keep your child warm before and after lessons.
- Please do not bring your child to swim lessons if they are ill.
- At the end of lessons, your instructor will recommend the appropriate level for the next set of lessons. Levels are frequently repeated to allow students to master skills and feel successful before moving onto a new level.



## Shopping for Swim Lessons Using the "X" Grid

**STEP 1** Select a facility (Beban Pool or Nanaimo Aquatic Centre)

**STEP 2** Select day(s) of the week and dates wanted

**STEP 3** Select swim lesson level (Sea Otter, Swim Kids 1, etc.)

**STEP 4** Select available times ("x" indicate available times)

**STEP 5** Register in person, over the phone or online through [recreation.nanaimo.ca](https://recreation.nanaimo.ca)

- In-person or on the phone, provide the clerk with the level and your choice of location
- Search for swim lessons in [recreation.nanaimo.ca](https://recreation.nanaimo.ca) using a key word(s) in the search field (Sea Otter, for example)





# Beban Pool Fall Lessons

				<div>MONDAYS</div> <div>• Oct 18 to Dec 13 (9 lessons)</div> <div>NOTE: Private Lessons are split</div> <div>Oct 18-Nov 15 &amp; Nov 22-Dec 13</div>												<div>TUESDAYS</div> <div>• Oct 19 to Dec 14 (9 lessons)</div> <div>NOTE: Private Lessons are split</div> <div>Oct 19-Nov 16 &amp; Nov 23-Dec 14</div>											
				9:00 am	9:30 am	10:00 am	10:30 am	3:00 pm	3:30 pm	3:45 pm	4:00 pm	4:30 pm	5:00 pm	5:30 pm	6:00 pm	6:30 pm	8:30 am	9:00 am	3:00 pm	3:30 pm	4:00 pm	4:30 pm	5:00 pm	5:30 pm	6:00 pm	6:30 pm	
Parent Part.		Starfish	Duck				X				X							X			X						
									X													X					
						X					X							X						X			
Preschool Prog. (3-6 yrs)	30 Min. Classes	Sea Otter	X	X		X	X				X		X	X			X	X	X	X	X	X		X			
		Salamander	X		X		X			X		X				X	X	X	X		X		X	X	X		
		Sunfish	X					X			X						X			X		X	X				
		Crocodile		X																							
		Whale		X																							
School Aged Prog. (5-14 yrs)	45 Min.	Swim Kids 1					X				X				X			X			X			X			
		Swim Kids 2					X				X				X			X			X			X			
		Swim Kids 3						X					X				X			X							
		Swim Kids 4								X				X						X			X	X			
		Privates		X	X	X		X		X	X	X	X	X	X	X	X		X	X	X	X	X	X	X		
		Swim Kids 5/6					X		X										X						X		
		Swim Kids 7/8					X												X								
		Swim Kids 9/10							X																		

				<div>WEDNESDAYS</div> <div>• Oct 20 to Dec 15 (9 lessons)</div> <div>NOTE: Private Lessons are split</div> <div>Oct 20-Nov 17 &amp; Nov 24-Dec 15</div>												<div>THURSDAYS</div> <div>• Oct 21 to Dec 16 (8 lessons)</div> <div>NOTE: Private Lessons are split</div> <div>Oct 21-Nov 18 &amp; Nov 25-Dec 16</div>											
				9:00 am	9:30 am	10:00 am	10:30 am	3:00 pm	3:30 pm	3:45 pm	4:00 pm	4:30 pm	5:00 pm	5:30 pm	6:00 pm	6:30 pm	8:30 am	9:00 am	3:00 pm	3:30 pm	4:00 pm	4:30 pm	5:00 pm	5:30 pm	6:00 pm	6:30 pm	
Parent Part.		Starfish	Duck																		X						
						X					X						X				X						
											X																
Preschool Prog. (3-6 yrs)	30 Min. Classes	Sea Otter	X	X		X	X	X			X		X	X			X	X	X	X		X	X	X			
		Salamander	X		X		X			X		X				X	X	X	X		X		X	X	X		
		Sunfish	X					X			X						X			X		X	X				
		Crocodile		X								X											X				
		Whale		X								X											X				
School Aged Prog. (5-14 yrs)	45 Min.	Swim Kids 1					X				X				X			X			X			X			
		Swim Kids 2					X				X				X			X			X			X			
		Swim Kids 3						X					X				X			X							
		Swim Kids 4								X				X						X			X	X			
		Privates		X	X	X		X		X	X	X	X	X	X	X	X		X	X	X	X	X	X	X		
		Swim Kids 5/6					X		X										X						X		
		Swim Kids 7/8					X												X								
		Swim Kids 9/10							X																		



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# Beban Pool Fall Lessons

			FRIDAYS									SATURDAYS									SUNDAYS									
			• Oct 22 to Dec 17 (9 lessons) NOTE: Private Lessons are split Oct 22-Nov 19 & Nov 26-Dec 17									• Oct 23 to Dec 18 (9 lessons) NOTE: Private Lessons are split Oct 23-Nov 20 & Nov 27-Dec 18									• Oct 17 to Dec 12 (9 lessons) NOTE: Private Lessons are split Oct 17-Nov 14 & Nov 21-Dec 12									
			3:00 pm	3:30 pm	4:00 pm	4:30 pm	5:00 pm	5:30 pm	5:45 pm	6:00 pm	6:45 pm	9:00 am	9:30 am	10:00 am	10:30 am	10:45 am	11:00 am	11:15 am	11:30 am	12:00 pm	12:30 pm	1:00 pm	1:30 pm	2:00 pm	2:30 pm	3:00 pm	3:15 pm	3:30 pm	4:00 pm	4:30 pm
Parent Part.		Starfish																	X									X		
		Duck				X						X																		X
Preschool Prog. (3-6 yrs)	30 Min. Classes	Sea Turtle			X								X							X									X	
		Sea Otter	X	X	X	X	X				X		X	X	X						X	X		X	X		X			X
	30 Min. Classes	Salamander		X						X	X				X				X	X		X		X		X				X
		Sunfish			X		X								X						X				X					
	30 Min. Classes	Crocodile				X								X					X				X		X					
		Whale				X									X					X			X		X					
	30 Min. Classes	Swim Kids 1						X				X		X					X	X		X		X					X	X
		Swim Kids 2						X					X	X		X					X		X		X			X		
	30 Min. Classes	Swim Kids 3										X				X			X		X			X						
		Swim Kids 4												X		X		X					X							
	30 Min. Classes	Privates										X	X	X	X		X											X	X	X
		Swim Kids 5/6					X								X								X		X					
	45 Min.	Swim Kids 7/8															X					X			X					
		Swim Kids 9/10							X																		X			

## Nanaimo Aquatic Centre Fall Lessons

			<b>SUNDAYS</b> • Sep 12 to Oct 3 (4 lessons)					<b>MONDAYS</b> • Sep 13 to Oct 4 (4 lessons)							<b>WEDNESDAYS</b> • Sep 15 to Oct 6 (4 lessons)						
			9:30 am	10:00 am	10:30 am	11:00 am	11:30 am	3:30 pm	4:00 pm	4:30 pm	5:00 pm	5:30 pm	6:00 pm	6:30 pm	3:30 pm	4:00 pm	4:30 pm	5:00 pm	5:30 pm	6:00 pm	6:30 pm
All Ages	30 Minute Classes	Starfish				X															
		Duck			X																
		Sea Turtle		X																	
		Private	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X



*See page 23*  
**for Winter Break Aquatic Camps!**



# Become a Lifeguard and a Swimming Instructor

## Become a Water Safety Instructor

- Complete Red Cross Swim Level 10 (recommended)
- Complete Bronze Medallion and Bronze Cross
- Complete Water Safety Instructor (15 + years)
  - includes strokes & first aid evaluation, pool/classroom session, online assignments & practice teaching and final pool/classroom session

**NOTE:** Most employers require a current WSI plus NL Pool Certification, minimum of 16 years of age to be eligible for employment.


## Become a Lifeguard

- Complete Bronze Medallion (13+ years)
- Complete Bronze Cross (completed Bronze Medallion)
- Complete Standard First Aid or Aquatic Emergency Care
- Complete National Lifeguard Award (15 + years)



## Advanced Pool Leadership Courses

These courses focus on leadership and lifesaving skills development (100% attendance is mandatory for completion).

	COURSE	DATES	LOCATION	TIME	BARCODE	COST	PREREQUISITE
	Lifesaving Society Bronze Medallion	<ul style="list-style-type: none"> <li>• Oct 16-Nov 6</li> <li>• Mar 14-17</li> <li>• Mar 14-17</li> </ul>	Beban NAC Beban	9 am-2:30 pm 9 am-2:30 pm 9 am-2:30 pm	62701 62713 62702	\$185	13 years of age or completion of Bronze Star (Includes Canadian Lifesaving Manual)
	Lifesaving Society Bronze Cross	<ul style="list-style-type: none"> <li>• Nov 13-Dec 4</li> <li>• Mar 21-24</li> <li>• Mar 21-24</li> </ul>	Beban NAC Beban	9 am-2:30 pm 9 am-2:30 pm	62703 62710 62705	\$145	Completion of Bronze Medallion (Canadian Lifesaving Manual can be purchased for an extra fee)
	Lifesaving Society National Lifeguard-Pool Option	<ul style="list-style-type: none"> <li>• Jan 8-Mar 5</li> </ul>	Beban	9 am-5 pm	62700	\$455	15 years of age, Completion of Bronze Cross and Standard First Aid (Includes alert manual, fanny pack with whistle and pocket mask)
	Lifesaving Society National Lifeguard-Pool Re-Certification	<ul style="list-style-type: none"> <li>• Dec 11</li> </ul>	Beban	9:30 am-6 pm	62670	\$120	Previous NLS certification, current CPR C recommended
	Water Safety Instructor	<ul style="list-style-type: none"> <li>• Oct 24-Nov 28</li> <li>• Mar 14-25</li> </ul>	Beban Beban	8:30 am-3 pm 9 am-5 pm	62724 62727	\$380	15 years of age and Bronze Cross
	Water Safety Instructor - Re-Certification	<ul style="list-style-type: none"> <li>• Dec 18</li> </ul>	Beban	9:30 am-2:30 pm	63230	\$120	Previous WSI certificate
	Lifesaving Society Instructor Re-Certification	<ul style="list-style-type: none"> <li>• Dec 19</li> </ul>	Beban	8:30 am-12:30 pm	62673	\$120	Previous LSI Certification, completion of online recert component and assignments

## Junior Lifeguard Clubs

### Junior Lifeguard Club 8 to 11 Years

For youth interested in something more than swimming lessons who have an interest in learning about water rescues, first aid skills, helping others and being a part of something bigger. The club focuses on fun, teamwork and skill development with games and a variety of activities themed around lifesaving, lifeguarding and first aid.

Tue, Sep 21-Dec 14 | 6-7:30 pm | \$124/13 | 62715  
Nanaimo Aquatic Centre



### Junior Lifeguard Club & Lifesaving Sport **NEW!** 12 to 15 Years

The program builds on the learn-to-swim skills for kids and compliments other Lifesaving Society programs to keep those who have completed Bronze Medallion or Cross engaged until they are able to participate in their National Lifeguard Pool Certification. Continue to learn about lifesaving, lifeguarding and first aid while improving swim skills in a fun environment. A great way to learn about a future career.

Thu, Sep 23-Dec 16 | 6-7:30 pm | \$105/11 | 62717  
Nanaimo Aquatic Centre



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# Arena Programs

## Welcome to Nanaimo RECSKATE



**RecSkate is a progressive skating skills 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 medallion of achievement.**

### Boots to Blades 1 & 2

#### 2 to 5 Years

**Boots 1** is a perfect intro for those who have never been on the ice before or for those who have yet to master standing in skates. Skaters get a feel for the ice wearing shoes or boots and then graduate to skates at the discretion of the instructor. Parent participation is required.

In **Boots 2**, skaters start the program wearing skates, as they will have had some experience but still need to learn the basics. The focus for both levels is getting skaters comfortable through play and practicing some basic skills. Parent participation is required.

#### RecSkate 1

This introductory level of skating will help skaters learn to fall safely and get up unassisted, skate across the ice by themselves without falling and work on basic balance and gliding skills. This is not a parent participation class.

#### RecSkate 2

This is when it all starts coming together! Skaters at this level will begin to gain strength and speed and will work on two-foot gliding, touching toes and will be introduced to backwards skating. Other skills taught in this level are stopping, scoops, turning and hops.

### RecSkate 3

This level focuses on skills, such as skating on a curve, side stopping and transitions. Skaters will also be introduced to circle thrusts, backward stroking and forward slalom skating.

### RecSkate 4

At this level, participants master crossovers, inside edges and backwards stopping. Skaters will also work on side hops, mohawks and backward thrusts. This is an excellent level for hockey players to improve their basic skating skills.

### RecSkate 5

Skills include forward outside edges, backward one-foot gliding, mohawks, backward crossovers, t-stops and one-foot jump transitions. This is great for skater agility, balance and strength.

### RecSkate 6/7

**RecSkate 6** is a challenging level which emphasizes balance, glide and foot control skills. Skaters will also work on figure eight crossovers, jumping turns and other one-foot skills that increase balance, strength and agility.

**RecSkate 7** is the final level of our RecSkate program. Backwards skills are emphasized, along with the introduction of two-foot full rotation jumps and one-foot outside edge stops. Backwards crossover figure eights and forward and backward pivot circles will be mastered. Skills taught at this level are demanding for all kinds of skaters, but the hard work will pay off!

### Private RecSkate Lessons (RecSkate)

One-on-one instruction. These are great for accelerating your learning, mastering that one problem skill or preparing for the next level. Our instructors will work from the RecSkate program material or address specific skills as needed. Skate rentals are included. See [recreation.nanaimo.ca](http://recreation.nanaimo.ca) for availability.

### RecFigure Skate - Child/Teen 6 to 16 Years

A small group session focusing on developing specific figure skating skills, such as jumps, spins and field moves, as well as continuing to develop the basics of skating. Skaters should have passed a minimum of RecSkate 5 before registering. Completion of RecSkate program or equivalent is preferred.

### RecSkate - Pre-Teen/Teen 12 to 17 Years

Skating and more! Join your friends at these lessons that teach all levels of skating skills. This program offers 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.



# Skating Lesson Information

## SKATING EQUIPMENT

- Skate Rentals are \$2 per pair per lesson (please pay for skate rentals at time of registration).
- Helmets, mitts/gloves are mandatory for all skaters. We do have helmets for you to use, but bring your own helmet if you have one, as we have a limited number available.

## LESSON TIMES AND PRICES

LESSON	LENGTH OF LESSON	COST PER CLASS
Boots to Blades 1 & 2	30 minutes	\$7.50
RecSkate (3-5 yrs)	30 minutes	\$7.50
RecSkate (6-11 yrs)	45 minutes	\$11
RecFigure Skate	45 minutes	\$11
Various RecSkates (pre-teen/teen)	60 minutes	\$12
Private RecSkate (all ages) *	30 minutes	\$28

\* For private RecSkate lessons, specific lesson coach requests may be accommodated by calling 250-756-5215.

## CUSTOM PRIVATE SKATING LESSONS

- Let us customize skating lessons to fit your schedule and your skill level. Cost is \$32 for a 30-minute lesson. Call Gary Paterson, Arenas Coordinator, at 250-755-7536 for details.

## CLIENTS WITH SPECIAL NEEDS

- Participants with special needs are welcome to register. Please contact our Arenas Coordinator at 250-755-7536 for information




## DROP-IN SESSIONS

- Check out our drop-in options on page 10 or check our online schedule at [recreation.nanaimo.ca](http://recreation.nanaimo.ca).



## GLOW

### in the dark skates\*



**SKATE IN OUR ATMOSPHERE  
OF DIMMED LIGHTING AND  
SPECIAL EFFECTS!**

**Held once a month on Tuesday evenings  
from 6:30-8 pm at Frank Crane Arena.**

- September 7
- October 5
- November 2
- December 7

Regular admission rates apply.

## 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. Perfect time for couples and  
families to get some exercise  
with friends.**

Regular admission rates apply.

**Held on the following Sundays,  
4-6 pm at Nanaimo Ice Centre:**

- September 19 • October 24
- November 21 • December 19



cityofnanaimo



nanaimoparksandrec (#ilovemyparksandrec)

## FOR FALL 2021

### Teachers & Educators

#### Skating Lessons for Your Class

- Lessons available at Nanaimo Ice Centre and Frank Crane Arena September through March.
- Sessions are 45 minutes in duration consisting of a 30-minute lesson and 15 minutes of free time.
- Skate and helmet rentals are included.
- Bookings are ongoing.

Contact our Arenas Program Assistant at  
250-755-7537.



## LIONS FREE SKATE



Held Sundays at  
Frank Crane  
Arena

Held every Sunday, 12-1:30 pm  
September 12 to March 27

On Clipper game days held 11:30 am-1 pm  
(Dec 5 & 12, Jan 23, Feb 6, Mar 6 & 20)

The Lions Club is pleased to be offering  
FREE skating to Nanaimo residents.  
Thank you to our program sponsors:



- Alexandra's Bistro
- Chris Martin, Personal Real Estate Corporation, RE/MAX of Nanaimo
- GFL Environmental Inc. (formerly Haarsma Waste Innovations)
- Little Valley Restoration and Collision
- Nanaimo Hearing Clinic
- Roto Rooter
- Widsten Property Management Services

## Skating Lessons

30 min lesson = 2-5 years • 45 min lesson = 6-17 years • 30 min private lessons

Monday, Sep 13 to Oct 25 • 6 lessons • Frank Crane Arena (no lesson Oct 11)

11:45 am-12:15 pm	Boots 1 58431	Boots 2 59883	Rec 3 60587	Rec 4 59866	Private 59537		
12:15-12:45 pm	Boots 1 58457	Boots 2 59884	Rec 1 58684	Rec 2 60266	Private 59538		
12:45-1:45 pm	Adult RS 58793	Private 12:45-1:15 pm 59539	Private 1:15-1:45 pm 63473				

Monday, Sep 13 to Oct 25 • 6 lessons • Nanaimo Ice Centre (no lesson Oct 11)

3:30-4 pm	Boots 1 58509	Boots 2 59885	Rec 1 58685	Rec 2 60269	Rec 3 60588	Rec 4 59867	Private 59540
4-4:45 pm	Rec 1 58687	Rec 2 60443	Rec 3 60589	Rec 4 59868	Rec 5 58773	Private 4-4:30 pm 59541	
4:45-5:15 pm	Boots 1 58510	Boots 2 59886	Rec 1 58686	Rec 2 60444	Rec 3 60590	Rec 4 59869	Private 59542
5:15-6 pm	Rec 2 60445	Rec 3 60591	Rec 4 59870	Rec 6/7 59140	RecFigure 5:15-6:15 pm 59256	Adult RS 5:15-6:15 pm 58794	
6:15-6:45 pm	Private 59543	Private 59544	Private 59545	Private 59546	Private 59547	Private 59548	

Thursday, Sep 16 to Oct 28 • 6 lessons • Nanaimo Ice Centre (no lesson Sep 30)

3:30-4 pm	Boots 1 58511	Boots 2 59887	Rec 1 58688	Rec 2 60446	Rec 3 60592	Rec 4 59871	Private 59549
4-4:45 pm	Rec 1 58689	Rec 2 60447	Rec 3 60593	Rec 4 59872	Rec 5 58774	Rec 6/7 59141	RecFigure 59257
4:45-5:15 pm	Boots 1 58512	Boots 2 59888	Rec 1 58690	Rec 2 60448	Rec 3 60594	Rec 4 59873	Private 59550
5:15-6 pm	RecFigure Ad 59212	Teen 59196	Adult RS 58795	Private 5:15-5:45 pm 59551	Private 5:15-5:45 pm 59552	Private 5:15-5:45 pm 59553	Private 5:15-5:45 pm 59559

Friday, Sep 17 to Oct 29 • 7 lessons • Frank Crane Arena

9:30-10 am	Boots 1 58513	Rec 1 58692	Rec 3 60595	Rec 4 59874	Private 59560		
10-10:30 am	Boots 2 59889	Rec 2 60449	Private 59561				
3:30-4 pm	Boots 1 58514	Boots 2 59890	Rec 1 58693	Rec 2 60451	Rec 3 60596	Rec 4 59875	Private 59562
4-4:45 pm	Rec 1 58695	Rec 2 60454	Rec 3 60597	Rec 4 59876	Rec 5 58775	Private 4-4:30 pm 59563	
4:45-5:15 pm	Boots 1 58515	Boots 2 59891	Rec 1 58694	Rec 2 60460	Rec 3 60598	Rec 4 59877	Private 59564
5:15-6 pm	Rec 2 60464	Rec 3 60599	Rec 4 59878	Rec 5 58776	Rec 6/7 59142	RecFigure 59258	Private 5:15-5:45 pm 59566

Saturday, Sep 18 to Oct 30 • 7 lessons • Frank Crane Arena

9-9:45 am	Rec 1 58696	Rec 2 60475	Rec 3 60601	Rec 4 59879	Rec 5 58777	Private 9-9:30 am 59567	
9:15-9:45 am	Boots 1 58516	Boots 2 59892					
9:45-10:15 am	Boots 1 58517	Boots 2 59893	Rec 1 58699	Rec 2 60478	Rec 3 60600	Rec 4 59880	Private 59568
10:30-11:15 am	Rec 1 58698	Rec 2 60479	Rec 3 60602	Rec 4 59881	Rec 6/7 59143	RecFigure 59259	
11:15-11:45 am	Boots 1 58518	Boots 2 59894	Rec 1 58700	Rec 2 60480	Rec 3 60603	Rec 4 59882	Teen 11:15am-12:15p 59197
11:45 am-12:15 pm	Private 59569	Private 59570	Private 59571	Private 59572	Private 59573		

# Skating Lessons

30 min lesson = 2-5 years • 45 min lesson = 6-11 years • 30 min private lessons

Monday, Nov 1 to Dec 13 • 7 lessons • Frank Crane Arena

11:45 am-12:15 pm	Boots 1 59156	Boots 2 59895	Rec 3 60604	Rec 4 59959	Private 59575		
12:15-12:45 pm	Boots 1 59157	Boots 2 59896	Rec 1 58702	Rec 2 60481	Private 59576		
12:45-1:45 pm	Adult RS 58797	Private 12:45-1:15 pm 59577	Private 1:15-1:45 pm 63474				

Monday, Nov 1 to Dec 13 • 7 lessons • Nanaimo Ice Centre

3:30-4 pm	Boots 1 59158	Boots 2 59897	Rec 1 58703	Rec 2 60482	Rec 3 60605	Rec 4 59960	Private 59579
4-4:45 pm	Rec 1 58704	Rec 2 60483	Rec 3 60606	Rec 4 59961	Rec 5 58778	Private 4-4:30 pm 59580	
4:45-5:15 pm	Boots 1 59159	Boots 2 59898	Rec 1 58705	Rec 2 60484	Rec 3 60607	Rec 4 59962	Private 59581
5:15-6 pm	Rec 2 60485	Rec 3 60608	Rec 4 59963	Rec 6/7 59144	RecFigure 5:15-6:15 pm 59260	Adult RS 5:15-6:15 pm 59798	
6:15-6:45 pm	Private 59582	Private 59583	Private 59584	Private 59585	Private 59586	Private 59587	

Thursday, Nov 4 to Dec 16 • 6 lessons • Nanaimo Ice Centre (no lesson Nov 11)

3:30-4 pm	Boots 1 59160	Boots 2 59899	Rec 1 58706	Rec 2 60486	Rec 3 60609	Rec 4 59964	Private 59588
4-4:45 pm	Rec 1 58707	Rec 2 60490	Rec 3 60610	Rec 4 59965	Rec 5 58779	Rec 6/7 59145	RecFigure 59261
4:45-5:15 pm	Boots 1 59161	Boots 2 59900	Rec 1 58708	Rec 2 60489	Rec 3 60611	Rec 4 59966	Private 59589
5:15-6 pm	RecFigure Ad 59213	Teen 59201	Adult RS 58799	Private 5:15-5:45 pm 59590	Private 5:15-5:45 pm 59591	Private 5:15-5:45 pm 59592	Private 5:15-5:45 pm 59706

Friday, Nov 5 to Dec 17 • 7 lessons • Frank Crane Arena

9:30-10 am	Boots 1 59162	Rec 1 58709	Rec 3 60612	Rec 4 59967	Private 59707		
10-10:30 am	Boots 2 59901	Rec 2 60491	Private 59708				
3:30-4 pm	Boots 1 59163	Boots 2 59902	Rec 1 58710	Rec 2 60492	Rec 3 60613	Rec 4 59968	Private 59709
4-4:45 pm	Rec 1 58711	Rec 2 60493	Rec 3 60614	Rec 4 59969	Rec 5 58780	Private 4-4:30 pm 59710	
4:45-5:15 pm	Boots 1 59164	Boots 2 59903	Rec 1 58712	Rec 2 60494	Rec 3 60615	Rec 4 59970	Private 59711
5:15-6 pm	Rec 2 60495	Rec 3 60616	Rec 4 59971	Rec 5 58781	Rec 6/7 59146	RecFigure 59262	Private 5:15-5:45 pm 59712

Saturday, Nov 6 to Dec 18 • 6 lessons • Frank Crane Arena

9-9:45 am	Rec 1 58713	Rec 2 60496	Rec 3 60617	Rec 4 59972	Rec 5 58782	Private 9-9:30 am 59713	
9:15-9:45 am	Boots 1 59165	Boots 2 59904					
9:45-10:15 am	Boots 1 59166	Boots 2 59905	Rec 1 58714	Rec 2 60497	Rec 3 60618	Rec 4 59973	Private 59714
10:30-11:15 am	Rec 1 58716	Rec 2 60498	Rec 3 60619	Rec 4 59974	Rec 6/7 59147	RecFigure 59263	
11:15-11:45 am	Boots 1 59167	Boots 2 59906	Rec 1 58715	Rec 2 60499	Rec 3 60620	Rec 4 59975	Teen 11:15am-12:15p 59198
11:45 am-12:15 pm	Private 59715	Private 59716	Private 59717	Private 59718	Private 59719		

## RecSkate Pre-Teen/Teen

### 12 to 17 Years

Get an introduction to arenas, including lesson teaching, skate patrol, safety and facility tour. This is a great bridge to our LIT and Quest programs and is for all levels of skating.

Thu, Sep 16-Oct 28 | 5:15-6 pm | \$66/6 | 59196

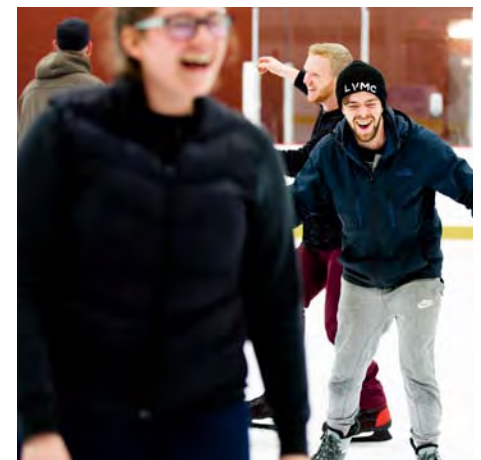
Thu, Nov 4-Dec 16 | 5:15-6 pm | \$66/6 | 59201

Nanaimo Ice Centre

Sat, Sep 18-Oct 30 | 11:15 am-12:15 pm | \$84/7 | 59197

Sat, Nov 6-Dec 18 | 11:15 am-12:15 pm | \$84/7 | 59198

Frank Crane Arena



## RecFigure Skate - Beginner

### 6 to 16 Years

This is a small group session focusing on developing specific figure skating skills like jumps, spins and field moves, as well as continuing to develop the basics of skating. Children's progress is monitored through the use of a progress card. Lesson is taught on a portion of the ice shared with the RecSkate program. Skaters should have passed a minimum of RecSkate 5. Completion of the RecSkate program or equivalent is preferred. Helmets are mandatory.

Mon, Sep 13-Oct 25 | 5:15-6:15 pm | \$72/6 | 59256

Thu, Sep 16-Oct 28 | 4-4:45 pm | \$66/6 | 59257

Mon, Nov 1-Dec 13 | 5:15-6:15 pm | \$84/7 | 59260

Thu, Nov 4-Dec 16 | 4-4:45 pm | \$66/6 | 59261

Nanaimo Ice Centre

Fri, Sep 17-Oct 29 | 5:15-6 pm | \$77/7 | 59258

Sat, Sep 18-Oct 30 | 10:30-11:15 am | \$77/7 | 59259

Fri, Nov 5-Dec 17 | 5:15-6 pm | \$77/7 | 59262

Sat, Nov 6-Dec 18 | 10:30-11:15 am | \$77/7 | 59263

Frank Crane Arena

## RecFigure Skate - Advanced

### 6 to 17 Years

This will consist of freeskating skills, such as jumps and spins of a minimum. Participants should have completed RecFigure Skate level 3.

Thu, Sep 16-Oct 28 | 5:15-6 pm | \$66/6 | 59212

Thu, Nov 4-Dec 16 | 5:15-6 pm | \$66/6 | 59213

Nanaimo Ice Centre





What do you need? A love to skate! Our certified HIGH FIVE staff will be on hand to help you

skate, play hockey, make friends and have fun! FREE skate and helmet rentals. Complete with a healthy snack and drink (ages 5 to 12).

### RecSkate & RecSkate Hockey After School

Wednesday, Sep 15 to Dec 15

3:15-5:15 pm

\$112/14

NIC

RecSkate (59623)

RecSkate Hockey (59622)

### RecSkate Homeschool

Learn skills from our RecSkate program. Develop balance, agility and coordination. All levels of skaters will be accommodated. Parents are welcome to register with their child. Helmets are mandatory.

Mon, Sep 13-Oct 25 | 10:30-11:30 am | \$72/6 | 59204

Wed, Sep 15-Oct 27 | 12:30-1:30 pm | \$60/5 | 59205

Mon, Nov 1-Dec 13 | 10:30-11:30 am | \$84/7 | 59206

Wed, Nov 3-Dec 15 | 12:30-1:30 pm | \$72/6 | 59207

Frank Crane Arena

### RecSkate Adults

For new skaters or those who may need to brush up on skills. Skaters will be able to develop skills at their own pace and work towards earning the bronze, silver and gold lapel pins if desired.

Mon, Sep 13-Oct 25 | 12:45-1:45 pm | \$72/6 | 58793

Fri, Sep 17-Oct 29 | 10:30-11:30 am | \$84/7 | 58796

Mon, Nov 1-Dec 13 | 12:45-1:45 pm | \$60/5 | 58797

Fri, Nov 5-Dec 17 | 10:30-11:30 am | \$84/7 | 58800

Frank Crane Arena

Mon, Sep 13-Oct 25 | 5:15-6:15 pm | \$72/6 | 58794

Thu, Sep 16-Oct 28 | 5:15-6 pm | \$66/6 | 58795

Mon, Nov 1-Dec 13 | 5:15-6:15 pm | \$60/5 | 58798

Thu, Nov 4-Dec 16 | 5:15-6 pm | \$66/6 | 58799

Nanaimo Ice Centre

### RecSkate Adults Practice

Practice time is for those participants registered in any of our RecSkate Adult lessons. This is an excellent opportunity to work on your skills. This is a half ice program.

Fri, Sep 17-Oct 29 | 9:30-10:30 am | \$53/7 | 59192

Fri, Nov 5-Dec 17 | 9:30-10:30 am | \$53/7 | 59193

Frank Crane Arena

### RecSkate Adults Advanced

This class for experienced skaters will have an emphasis on ice dance, figure skating and other advanced skills. Work towards earning your bronze, silver and gold level lapel pins if desired.

Fri, Sep 17-Oct 29 | 10:30-11:30 am | \$84/7 | 58809

Fri, Nov 5-Dec 17 | 10:30-11:30 am | \$84/7 | 58810

Nanaimo Ice Centre

### 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 22 | 8:30 am-5 pm | \$421 | 59320

Mon, Oct 25 | 8:30 am-5 pm | \$421 | 59322

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 includes games and other activities. Full gear is required. We recommend that skaters have passed a minimum of RecSkate 2. Please bring your own lunch and snacks.

Fri, Oct 22 | 8:30 am-5 pm | \$421 | 59318

Mon, Oct 25 | 8:30 am-5 pm | \$421 | 59321

Cliff McNabb Arena



**See page 23**

**for Winter Break  
Camps**



# Hockey Programs

## Hockey - Adaptive

### 13 + Years

This program provides teens and adults with cognitive or physical challenges the skills required to play the game of ice hockey. No skating ability is required, but participants should be steady on their feet. Full gear is required. Drop-in fee is \$13.

Wed, Oct 6-Nov 3 | 9:45-11 am | \$53/5 | 59216

Wed, Nov 10-Dec 15 | 9:45-11 am | \$63/6 | 59217

Nanaimo Ice Centre

## Hockey Rascals

### 4 to 6 Years

Looking to get your little hockey player ready for the fall? This program focuses on hockey FUNDamentals, including skating, puck handling and shooting. You must supply your own helmet with face cage, stick and gloves, and full gear is recommended.

Fri, Sep 17-Oct 29 | 4:15-5 pm | \$77/7 | 59368

Fri, Sep 17-Oct 29 | 5:30-6:15 pm | \$77/7 | 59369

Fri, Nov 5-Dec 17 | 4:15-5 pm | \$77/7 | 59370

Fri, Nov 5-Dec 17 | 5:30-6:15 pm | \$77/7 | 59371

Cliff McNabb Arena



## Advanced Hockey Skills

### 6 to 11 Years

Players will be taught proper shooting and passing techniques and learn some stickhandling tricks. Skaters will be placed into two groups based on ability. This program will help skaters develop confidence with the puck and get taught the skills required to be successful in their games.

Mon, Sep 13-Oct 25 | 7-7:45 am | \$66/6 | 59394

Wed, Sep 15-Oct 27 | 7-7:45 am | \$77/7 | 59395

Mon, Nov 1-Dec 13 | 7-7:45 am | \$77/7 | 59396

Wed, Nov 3-Dec 15 | 7-7:45 am | \$77/7 | 59397

Frank Crane Arena

## NHL

Novice Hockey League (NHL) is designed to introduce and develop the game of hockey to children looking to play for enjoyment and fitness. Skills are taught through comprehensive progressions and age/skill appropriate drills. No previous hockey experience is required, but players must be able to skate and stop well. We recommend skaters complete a minimum of RecSkate 2 prior to this course. Full gear is required.

### 4 to 6 Years

Sat, Sep 18-Oct 30 | 8:15-9 am | \$77/7 | 59378

Sat, Sep 18-Oct 30 | 12:15-1 pm | \$77/7 | 59379

Sat, Nov 6-Dec 18 | 8:15-9 am | \$77/7 | 59382

Sat, Nov 6-Dec 18 | 12:15-1 pm | \$77/7 | 59383

### 7 to 9 Years

Sat, Sep 18-Oct 30 | 8:15-9 am | \$77/7 | 59380

Sat, Nov 6-Dec 18 | 8:15-9 am | \$77/7 | 59384

### 7 to 12 Years

Sat, Sep 18-Oct 30 | 12:15-1 pm | \$77/7 | 59381

Sat, Nov 6-Dec 18 | 12:15-1 pm | \$77/7 | 59385

Frank Crane Arena

## Power Skating Basics

### 6 to 12 Years

Get introduced to skating techniques necessary to develop greater power and strength to improve your game. This will help with speed, balance, agility and coordination. Full gear is required.

Thu, Sep 16-Oct 28 | 3:30-4:15 pm | \$66/6 | 59296

Thu, Sep 16-Oct 28 | 4:15-5 pm | \$66/6 | 59300

Thu, Nov 4-Dec 16 | 3:30-4:15 pm | \$66/6 | 59298

Thu, Nov 4-Dec 16 | 4:15-5 pm | \$66/6 | 59303

Nanaimo Ice Centre

## Elite Power Skating

### 10 to 16 Years

Join our high level instructor in learning advanced skating skills in a game context. Get introduced to skating techniques necessary to develop greater power, edges and agility to improve your game. Full gear required.

Wed, Sep 15-Oct 27 | 7-8 am | \$84/7 | 62834

Wed, Nov 3-Dec 15 | 7-8 am | \$84/7 | 62835

Frank Crane Arena



Look for our "Game Zone" for all

Everyone Welcome sessions!

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



cityofnanaimo



nanaimoparksandrec (#ilovemyparksandrec)



# STICK 'n' PUCK

## ALL AGES

**New to the game of hockey or looking to improve on those skills? Just wanting to get on the ice in a non-game, recreational setting? Stick 'n' Puck is the answer and a great way to get on the ice. An on-ice leader is available to assist with skill development and answer questions.**

Space is limited, and session rules do apply. These sessions are for individuals looking to practice hockey skills - skating, passing, shooting, puck handling. These are unstructured practice times.

### RULES

- Games and scrimmages are not permitted
- Goalies are welcome and free
- Limited to 30 skaters per session
- Children under 8 must be accompanied by an adult

### EQUIPMENT REQUIREMENTS

- Helmets and gloves are mandatory (full face cage required for skaters 16 years and under)
- Shin guards are strongly recommended
- Skaters bring own pucks



**See page 6 for admission & page 10 for location information.**

**For more information, contact the Arena Coordinator at 250-755-7536.**

# Custom Private Hockey Lessons

These one-on-one private lessons with our popular hockey instructors are perfect for individual skill development. Potential skill areas include power skating, shooting, stick handling, goal keeping, defensive development and others. Small groups (2-3) are also welcome. Full gear is recommended.

## Tuesdays at Nanaimo Ice Centre

Tue, Sep 14-Oct 5 | 3:45-4:15 pm | \$128/4 | 59404  
Tue, Sep 14-Oct 5 | 3:45-4:15 pm | \$128/4 | 59405  
Tue, Sep 14-Oct 5 | 4:15-4:45 pm | \$128/4 | 59406  
Tue, Sep 14-Oct 5 | 4:15-4:45 pm | \$128/4 | 59407  
Tue, Sep 21-Oct 5 | 3:15-3:45 pm | \$96/3 | 59402  
Tue, Sep 21-Oct 5 | 3:15-3:45 pm | \$96/3 | 59403  
Tue, Oct 12-Nov 9 | 3:15-3:45 pm | \$160/5 | 59418  
Tue, Oct 12-Nov 9 | 3:15-3:45 pm | \$160/5 | 59419  
Tue, Oct 12-Nov 9 | 3:45-4:15 pm | \$160/5 | 59420  
Tue, Oct 12-Nov 9 | 3:45-4:15 pm | \$160/5 | 59421  
Tue, Oct 12-Nov 9 | 4:15-4:45 pm | \$160/5 | 59422  
Tue, Oct 12-Nov 9 | 4:15-4:45 pm | \$160/5 | 59423  
Tue, Nov 16-Dec 14 | 3:15-3:45 pm | \$160/5 | 59434  
Tue, Nov 16-Dec 14 | 3:15-3:45 pm | \$160/5 | 59435  
Tue, Nov 16-Dec 14 | 3:45-4:15 pm | \$160/5 | 59436  
Tue, Nov 16-Dec 14 | 3:45-4:45 pm | \$160/5 | 59437  
Tue, Nov 16-Dec 14 | 4:15-4:45 pm | \$160/5 | 59438  
Tue, Nov 16-Dec 14 | 4:15-4:45 pm | \$160/5 | 59439

## Wednesdays at Nanaimo Ice Centre

Wed, Sep 15-Oct 6 | 3:45-4:15 pm | \$128/4 | 59410  
Wed, Sep 15-Oct 6 | 3:45-4:15 pm | \$128/4 | 59411  
Wed, Sep 15-Oct 6 | 4:15-4:45 pm | \$128/4 | 59412  
Wed, Sep 15-Oct 6 | 4:15-4:45 pm | \$128/4 | 59413  
Wed, Sep 22-Oct 6 | 3:15-3:45 pm | \$96/3 | 59408  
Wed, Sep 22-Oct 6 | 3:15-3:45 pm | \$96/3 | 59409  
Wed, Oct 13-Nov 10 | 3:15-3:45 pm | \$160/5 | 59424  
Wed, Oct 13-Nov 10 | 3:15-3:45 pm | \$160/5 | 59425  
Wed, Oct 13-Nov 10 | 3:45-4:15 pm | \$160/5 | 59426  
Wed, Oct 13-Nov 10 | 3:45-4:15 pm | \$160/5 | 59427  
Wed, Oct 13-Nov 10 | 4:15-4:45 pm | \$160/5 | 59428  
Wed, Oct 13-Nov 10 | 4:15-4:45 pm | \$160/5 | 59429  
Wed, Nov 17-Dec 15 | 3:15-3:45 pm | \$160/5 | 59440  
Wed, Nov 17-Dec 15 | 3:15-3:45 pm | \$160/5 | 59441  
Wed, Nov 17-Dec 15 | 3:45-4:15 pm | \$160/5 | 59442  
Wed, Nov 17-Dec 15 | 3:45-4:15 pm | \$160/5 | 59443  
Wed, Nov 17-Dec 15 | 4:15-4:45 pm | \$160/5 | 59444  
Wed, Nov 17-Dec 15 | 4:15-4:45 pm | \$160/5 | 59445

## Fridays at Cliff McNabb Arena

Fri, Sep 17-Oct 8 | 5:5-5:30 pm | \$128/4 | 59414  
Fri, Sep 17-Oct 8 | 5:5-5:30 pm | \$128/4 | 59415  
Fri, Oct 15-Nov 12 | 5:5-5:30 pm | \$160/5 | 59430  
Fri, Oct 15-Nov 12 | 5:5-5:30 pm | \$160/5 | 59431  
Fri, Nov 19-Dec 17 | 5:5-5:30 pm | \$160/5 | 59446  
Fri, Nov 19-Dec 17 | 5:5-5:30 pm | \$160/5 | 59447

## Saturdays at Frank Crane Arena

Sat, Sep 18-Oct 9 | 7:45-8:15 am | \$128/4 | 59416  
Sat, Sep 18-Oct 9 | 7:45-8:15 am | \$128/4 | 59417  
Sat, Oct 16-Nov 13 | 7:45-8:15 am | \$160/5 | 59432  
Sat, Oct 16-Nov 13 | 7:45-8:15 am | \$160/5 | 59433  
Sat, Nov 20-Dec 18 | 7:45-8:15 am | \$160/5 | 59448  
Sat, Nov 20-Dec 18 | 7:45-8:15 am | \$160/5 | 59449

## Senior/Adult Private RecSkate Lessons

For our senior zoomers and adults, one-on-one instruction to acceleration learning to master a problem skill or just to improve confidence for your daily sessions. These lessons are offered during your Tuesday and Thursday sessions at Frank Crane Arena. The instructors will work from our proven RecSkate program material or address specific skills as needed. Skate rentals are included. Cost is \$28/30 minute lesson and are perfect for sharing!

**Contact the Arenas Recreation Coordinator at 250-755-7536 for more information.**





## Adult Hockey 101 D

This program is for adults and youth and is ideal for a great family hockey experience. Qualified instructors take you through the basics of holding a stick, stickhandling and passing and, of course, playing the game. Basic learn-to-skate ability is a requirement. Minimum gear requirement is helmet with cage, gloves and stick, but full gear is recommended. (Drop-in fee is \$13; please pre-purchase a drop-in ticket.)

Fri, Sep 17-Oct 29 | 6:45-7:45 am | \$77/7 | 59219

Fri, Nov 5-Dec 17 | 6:45-7:45 am | \$77/7 | 59220

Frank Crane Arena

## Adult Co-Ed Scrimmage D

This scrimmage program is for adults 18 and over interested in playing in an informal scrub setting. Session is monitored by an experienced leader. This is a registered program, but is also drop-in accessible. (Drop-in fee is \$13; please pre-purchase a drop-in ticket.)

Fri, Sep 10-Oct 29 | 9:45-11:15 pm | \$88/8 | 59931

Fri, Nov 5-Dec 17 | 9:45-11:15 pm | \$77/7 | 59932

Cliff McNabb Arena

## Adult Stickhandling D

You can always improve this important hockey skill set. Drills include correct hand positioning, top hand and bottom hand strengthening, toe control, faking, use of lines, cupping and reaching. (Drop-in fee is \$13; please pre-purchase a drop-in ticket from our front desk staff.)

Mon, Sep 13-Oct 25 | 7-8 pm | \$66/6 | 59229

Mon, Nov 1-Dec 13 | 7-8 pm | \$77/7 | 59230

Nanaimo Ice Centre



**REGISTER EARLY to avoid DISAPPOINTMENT!**

*(low registration may lead to course cancellation)*



# FULL GEAR

## Equipment 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*



## GIFT CARDS

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.



CITY OF NANAIMO  
Parks & Recreation

250.756.5200

recreation.nanaimo.ca

parksandrecreation@nanaimo.ca



cityofnanaimo



nanaimoparksandrec (#ilovemyparksandrec)



# Parks & Trails

**No matter what the season, get out and explore your parks and trails!**

- Learn about salmon and their lifecycle at **Bowen Park**. You may even see a spawning fish!
- Check out the **Georgia Greenway** located between Sixth and Seventh Street.
- Take your four-legged friend to one of the City's **off-leash dog areas**.
- Play a round of disc golf at **Bowen Park**.
- Do a circuit workout at the **Oliver Woods Outdoor Wellness Park** or **Beban Park Participark**.
- Take a selfie at the Nanaimo Sign at **Maffeo Sutton Park**.
- Ride the leaves down the hills of **Bowen Park**.
- Go mountain biking in **Linley Valley Park** or **Westwood Lake Park**.
- Skateboard at **May Richard Bennett Skate Park** or **Harewood Centennial Park**.
- Try out the new stairs at **Seabold Rotary Park**.
- Play at the inclusive playground at **Maffeo Sutton Park**.
- Build a driftwood fort at **Neck Point Park**.
- Go biking at the **Steve Smith Bike Park** or **Beban Park Pump Track**.
- Visit the **Rotary Garden** at **Maffeo Sutton Park** for stunning views of the waters in Nanaimo's waterfront.



**For even more park options,  
pick up a copy of  
"Explore Our Parks and Trails"  
available at all recreation facilities.**



# MEET NANAIMO'S POET LAUREATE:

## Kamal Parmar

At the beginning of August, Nanaimo-based poet Kamal Parmar began a two-year term as the City of Nanaimo's Poet Laureate. In this role, Kamal aims to raise the profile of poetry in Nanaimo and activate poetry as a tool for healing and increased connection between people of all ages. She says that she "firmly believes that each of us has some subtle form of poetry in us, which needs to be explored."

## Summer is Passing

Sky, not a deep blue but mottled with cloud.

Every time I look, they change from wispy silver to curling grey.

A week back, a burnt-orange sun hung in the coppery bowl of the sky  
and the evening star, late coming.

The sea shimmered like lapis lazuli,

now ruffled, strong waves toss,

fill the air with spray that tickles my cheek.

The waning pulse of the day,

as darkness closes in, much before lights on.

The church bell tolls for evening vespers.

Summer passes.

The breeze, empty of honeysuckle

claps through arbutus and maple leaves,

risers and falls among the willow.

No longer is there the mundane crescendo of the honey-bee

nor the rasp of crickets or cicadas,

echoing from overgrown bramble bush.

Feathery dandelions dance in the breeze,

children shout and run, chasing butterflies.

as summer is passing—

and children won't let go.

In dark lakes and moors, ringed with oak and willow,

the swallow and skylark stop and listen

to the first drizzle of rain.

The air laced with juniper.



*This poem is my humble tribute to the wonderful City of Nanaimo, whose breathtaking beauty touches the heart and soul of every resident. Thank you, Nanaimo.*

Kamal



For an audio recording of Kamal Parmar reading this poem, scan this QR code:



LOVE  
ARTS  
NANAIMO



cityofnanaimo



Culture\_Nanaimo



Our City, Our Choices.

# What kind of city will Nanaimo be in 25 years?

Phase 2 of **REIMAGINE NANAIMO** is now underway.  
This is where we confirm our goals, test possible directions, and discuss the big ideas.

**Have your say on shaping our City's future right now!**



Complete the  
online feedback  
form



Sign up for the  
workshop series



Sign up for  
project updates



[getinvolvednanaimo.ca](http://getinvolvednanaimo.ca)



[reimagine@nanaimo.ca](mailto:reimagine@nanaimo.ca)



250.755.4464





## 3 Easy Ways to Register FOR YOUR NANAIMO PARKS, RECREATION & CULTURE PROGRAMS:

### 1. ONLINE

Register and view your transactions online.  
Available 24/7 with a valid credit card.

Go to [recreation.nanaimo.ca](http://recreation.nanaimo.ca) to create your account or  
to access your established account.

### 2. IN PERSON

Pay for programs using cash, cheque, credit/debit card or  
gift cards at any of the locations listed below.

Phone 250-756-5200 to confirm hours.

- Beban Park (2300 Bowen Rd) • Nanaimo Ice Centre (750 Third St)
- Bowen Park (500 Bowen Rd) • Oliver Woods Community Centre (6000 Oliver Rd)
- Nanaimo Aquatic Centre (741 Third St)

### 3. BY PHONE

Call 250-756-5200 and leave your name & phone number.

We will call you back in the order calls are received.

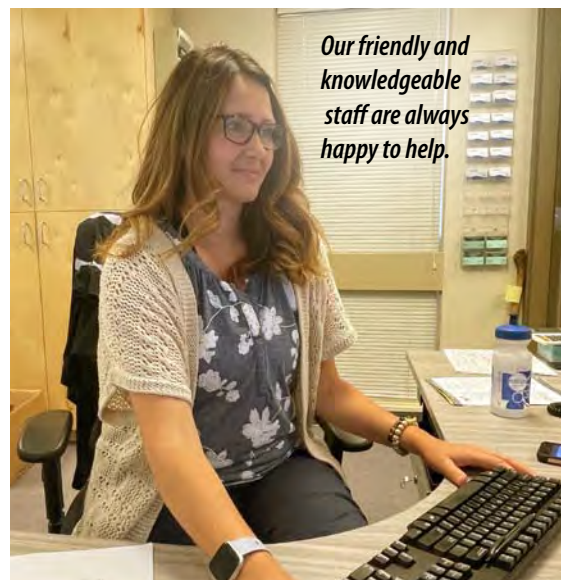
Payment is by credit card (card holder must be present).

## PROGRAM CANCELLATIONS AND REFUNDS

**Programs:** Full refunds will be processed by contacting Reception a minimum of 72 hours prior to program start date (less supply costs). Full refunds are issued when Nanaimo Parks, Recreation and Culture cancels a program or when program is not convenient due to course changes. Every effort is made to cancel in a timely manner (3 to 5 days prior to course start date). Some exceptions may apply.

**Passes:** Passes are non-refundable and non-transferable, and a \$2 replacement card fee applies if card is lost or stolen. Credits and refunds are not available for promotional passes. Check at the time of purchase for details. Occasionally, a facility may be unavailable due to special events, holidays and maintenance closures. In these cases, the pass holder will not be credited.

**Refunds:** Payments made by Visa, MasterCard or Debit will be credited to the original credit/debit card (some restrictions apply). All other refunds are refunded by cheque and processed within 10 working days. A fee will apply to NSF or incomplete payments.



*Our friendly and knowledgeable staff are always happy to help.*

### OH, NO! WE HAD TO CANCEL IT!

Sometimes programs get cancelled due to low registration because people wait until the last minute to register. Please try to register as early as possible to avoid disappointment.

### SORRY, THAT COURSE IS FULL...

Many of our most popular classes fill up quickly. Please register early to avoid disappointment. Ask to be added to the waitlist free of charge.

### CHANGE OF PLANS?

If you need to withdraw from a program because your plans change, please call 250-756-5200 at least 72 hours prior to the course start date for a full refund.



cityofnanaimo



nanaimoparksandrec (#ilovemyparksandrec)



# Welcome Back!

**YOU HAVE BEEN MISSED!**

We look forward to providing many recreation experiences for you this fall season.