

NANAIMO PARKS, RECREATION & CULTURE

Fall 2022 Activity Guide

September-December 2022



recreation.nanaimo.ca
250-756-5200

Registration starts Wednesday, August 17.



CITY OF NANAIMO
THE HARBOUR CITY

PARKS, RECREATION & CULTURE

Welcome to Parks, Recreation & Culture!

After having many programs cancelled or modified over the last two years 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. The City just went through an in-depth process through Re-Imagine Nanaimo, and we heard how much this community values the services that are part of the Department of Parks, Recreation and Culture. It was a great reminder of why we do what we do, and we will continue to work hard to bring you a variety of ways to stay active that enhance the quality of life in Nanaimo.



Stay Connected with Us!

- Check our website (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](https://twitter.com/cityofnanaimo)).
- Follow us on Instagram (@[@prc_nanaimo](https://www.instagram.com/prc_nanaimo)).
- 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 three 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) 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
- **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. Interested in advertising in the next guide? Contact parksandrecreation@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 participants at our public swimming session at Nanaimo Aquatic Centre.



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**Parks, Recreation & Culture is
BACK on Instagram!**

@prc_nanaimo

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.



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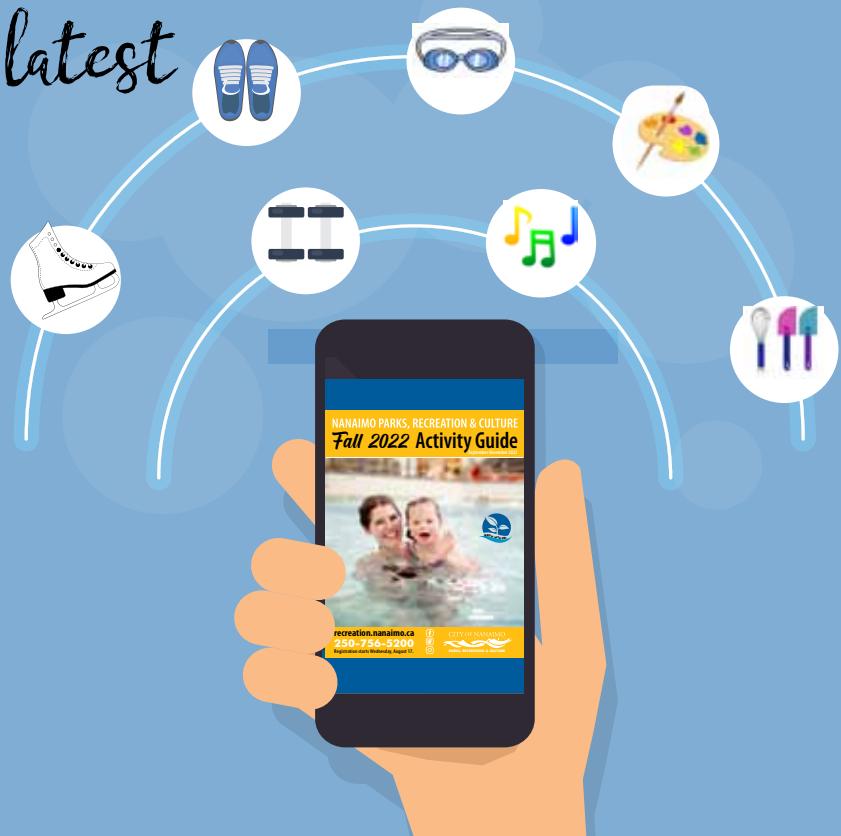
prc_nanaimo (#ilovemyparksandrec)

FALL ACTIVITY GUIDE

View online for the latest programs available

Waitlists, inclement weather, instructor availability and other factors lead to program and schedule changes. Be sure to check our online Activity Guide for the latest information.

recreation.nanaimo.ca
(click on Activity Guide)



THANK YOU FOR KEEPING everyone healthy and safe

We created a "Communicable Disease Plan" to keep you healthy and safe as you participate with us.
Please do your part.



Wash your hands with
soap & warm water



Wearing a mask
is optional



Stay home
if you are sick



Respect people's
comfort levels

Fall Special Events

VISIT OUR WEBSITE AT NANAIMO.CA OR OUR FACEBOOK PAGE FOR MORE INFORMATION.

SEPTEMBER

- | | | | |
|---------------------|------------|-----------------------------|------------------------|
| • Thu, Sep 1 | 4-8 pm | End of Summer Splash | Beban Park Pool |
| • Tue-Sun, Sep 6-11 | | Welcome Back Skates | Frank Crane Arena/NIC |
| • Tue, Sep 6 | 6:30-8 pm | Glow in the Dark Skate | Frank Crane Arena |
| • Sun, Sep 18 | 4-6 pm | Starlight Skate | Nanaimo Ice Centre |
| • Sun, Sep 25 | 11 am-3 pm | Rivers Day | Bowen Park |
| • Fri, Sep 30 | 12-4 pm | Nat. Truth & Rec. Day Swims | Nanaimo Aquatic Centre |

OCTOBER

- | | | | |
|---------------|--------------|------------------------------|-----------------------------|
| • Sat, Oct 1 | 6:30-8:30 pm | Nanaimo Bike Film Festival | Vancouver Island University |
| • Tue, Oct 4 | 6:30-8 pm | Glow in the Dark Skate | Frank Crane Arena |
| • Mon, Oct 10 | 1-3 pm | Thanksgiving Day Skate | Frank Crane Arena |
| • Sun, Oct 16 | 4-6 pm | Starlight Skate | Nanaimo Ice Centre |
| • Sun, Oct 30 | 9 am- 12 pm | Halloween Howl Swim | Beban Park Pool |
| • Mon, Oct 31 | 10-11:30 am | Halloween Parent & Tot Skate | Frank Crane Arena |

NOVEMBER

- | | | | |
|---------------|-----------|------------------------|--------------------|
| • Tue, Nov 1 | 6:30-8 pm | Glow in the Dark Skate | Frank Crane Arena |
| • Fri, Nov 11 | 1-3 pm | Remembrance Day Skate | Frank Crane Arena |
| • Sun, Nov 20 | 4-6 pm | Starlight Skate | Nanaimo Ice Centre |

DECEMBER

- | | | | |
|-----------------|----------------|-------------------------------|---------------------------------|
| • Tue, Dec 6 | 6:30-8 pm | Glow in the Dark Skate | Frank Crane Arena |
| • Sun, Dec 18 | 2-4 pm | Snowball Swim | Nanaimo Aquatic Centre |
| • Sun, Dec 18 | 4-6 pm | Starlight Skate | Nanaimo Ice Centre |
| • Wed, Dec 21 | 6:30-8 pm | Skate with Santa | Frank Crane Arena |
| • Thu, Dec 22 | 6:15-7:45 pm | Skate with Santa | Nanaimo Ice Centre |
| • Dec 24, 27-30 | | Winter Wonderland | Frank Crane Arena (see page 11) |
| • Sat, Dec 31 | 10:45-11:45 am | New Year's Eve Stick 'n' Puck | Frank Crane Arena |
| • Sat, Dec 31 | 12-2 pm | New Year's Eve Skate | Frank Crane Arena |
| • Sat, Dec 31 | 6-8 pm | New Year's Eve Swim | Nanaimo Aquatic Centre |
| • Sat, Dec 31 | 6-8 pm | New Year's Eve Skate | Frank Crane Arena |



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 all that Beban Pool has to offer! With warmer water and a quieter atmosphere, it's the perfect escape for wellness and fun in our busy lives! Be active and dive, play, float, jump, swim, and slide... or simply relax in one of the hot areas.

Leisure Swim: With its accessible beach and varying depths, the Leisure Pool is perfect to support those developing their swim skills or wanting to use water therapeutically for injury recovery. Float, walk or swim around the river, play in the spray features or practice your swim skills. The hot tub, steam room and sauna are open, in addition to the shallow, warm Teach Pool which is great for toddlers and preschoolers with their caregivers.

25 Metre Lanes: If fitness is what you are looking for, our 25m pool is available for swimming laps or water running!



AQUAFIT

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

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.

Shallow Water Aquafit Lite: Energize your body and social life when you participate in this modified cardio and strength workout done to music in shallow water.

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.

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.

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 - MONDAY, SEPTEMBER 26 TO SATURDAY, JANUARY 7

	SUN	MON	TUE	WED	THU	FRI	SAT
Facility Hours	6 am-9 pm						

Schedule subject to change. See page 8 for specific stat holiday closures. See 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 - MONDAY, SEPTEMBER 26 TO FRIDAY, JANUARY 6

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

>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)

Mon, Sep 26 to Sat, Jan 7 Schedule is subject to change. Please check recreation.nanaimo.ca to confirm.

PROGRAM	SUN	MON	TUE	WED	THU	FRI	SAT
Everyone Welcome	6 am-12 pm 1-9 pm	6 am-2 pm 2:45-9 pm	6 am-2 pm 2:45-9 pm	6 am-2 pm 2:45-9 pm	6 am-2 pm 2:45-9 pm	6 am-2 pm 2:45-9 pm	6 am-2 pm 2:45-9 pm 1-9 pm
BULKHEAD MOVE - POOL UNAVAILABLE		9-9:30 am	9-9:30 am	9-9:30 am	9-9:30 am	9-9:30 am	
50 Metre Lane Swim	6 am-12 pm		6-9 am		6-9 am		
25 Metre Lane Swim	1-9 pm	6 am-2 pm 2:45-9 pm	9:30 am-2 pm 2:45-9 pm	6 am-2 pm 2:45-9 pm	9:30 am-2 pm 2:45-9 pm	6 am-2 pm 2:45-9 pm	1-9 pm
Waves & Waterslides	1-8 pm	3:30-8 pm	3:30-8 pm	3:30-8 pm	3:30-8 pm	3:30-8 pm	1-8 pm
CLEANING CLOSURE - POOL UNAVAILABLE	12-1 pm	2-2:45 pm	2-2:45 pm	2-2:45 pm	2-2:45 pm	2-2:45 pm	
Weight Room	6 am-9 pm	6 am-9 pm	6 am-9 pm	6 am-9 pm	6 am-9 pm	6 am-9 pm	6 am-9 pm
AQUAFIT							
Therapy Aquafit (1 hr)		8:30-9:30 am		8:30-9:30 am		8:30-9:30 am	
Shallow Water Aquafit (45 min)		10:15-11 am		10:15-11 am		10:15-11 am	
Deep Water Aquafit (45 min)		7:15-8 pm	10:15-11 am	7:15-8 pm	10:15-11 am		

Please Note: Schedule is subject to change. For schedules, visit 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: • Fri, Sep 30, 12-4 pm (National Day for Truth and Reconciliation Day) • Mon, Oct 10, 12-5 pm (Thanksgiving)

• Fri, Nov 11, 1-5 pm (Remembrance Day)

POOL CLOSED: • Mon, Sep 5 (Labour Day) • Sun, Dec 25 (Christmas) • Sun, Jan 1 (New Years) • Mon, Dec 26 (Boxing Day)

SWIM MEETS: • Oct 22 • Oct 28-30 • Nov 26 (limited pool access; check our online schedule at recreation.nanaimo.ca)



Due to staffing challenges, there may be unforeseen and unscheduled pool closures and program cancellations. Please check our website (recreation.nanaimo.ca) or follow us on Facebook. We will post these changes as soon as we can to give you as much notice as possible.

ANNUAL SHUTDOWN DATES FOR NANAIMO AQUATIC CENTRE

Sunday, August 28 to Sunday, September 25 (opening on Monday, September 26)

DROP-IN SCHEDULE



Beban Pool Fall Schedule (2300 BOWEN RD)

Mon, Sep 26 to Fri, Jan 6 Schedule is subject to change. Please check recreation.nanaimo.ca to confirm.

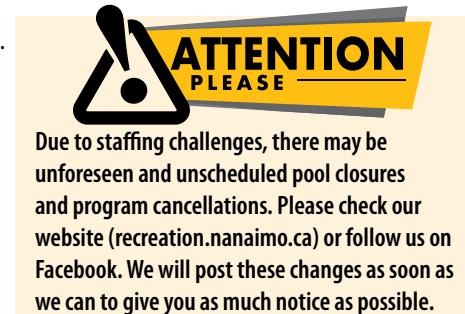
PROGRAM	SUN	MON	TUE	WED	THU	FRI	SAT
Everyone Welcome	9 am-12 pm					6:30-9 am 12-3 pm	Times in red are not available when "Swim to Survive" school sessions are scheduled. • Oct 25-Nov 10 • Nov 22-Dec 9
25 Metre Lane Swim		6:30-10 am 11:15 am-1:15 pm	6:30-8:30 am 1:45-2:45 pm 10:30 am-2:45 pm	6:30-10 am 11:15 am-1:15 pm	6:30-8:30 am 1:45-2:45 pm 10:30 am-2:45 pm		
Leisure Swim		6:30-8:30 am 11:15 am-2:45 pm	6:30-8:30 am 10:30 am-2:45 pm	6:30-8:30 am 11:15 am-2:45 pm	6:30-8:30 am 10:30 am-2:45 pm		
Waterslides	9 am-12 pm				Available upon request		
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	
AQUAFIT	SUN	MON	TUE	WED	THU	FRI	SAT
Therapy Aquafit (1 hr)		1:30-2:30 pm		1:30-2:30 pm			
Shallow Water Aquafit (45 min)			9-9:45 am		9-9:45 am		
Deep Water Aquafit (45 min)		10:15-11 am		10:15-11 am			
Shallow Water Aquafit Lite (45 min) <small>NEW!</small>			1:45-2:30 pm		1:45-2:30 pm		

Please Note: Schedule is subject to change. Check out 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: • Mon, Sep 5 (Labour Day) • Fri, Sep 30 (National Day for Truth & Reconciliation)
• Mon, Oct 10 (Thanksgiving) • Fri, Nov 11 (Remembrance Day) • Sun, Dec 25 (Christmas) • Mon, Dec 26 (Boxing Day) • Sun, Jan 1 (New Years)



NOTE:

*Additional times may be available depending on school bookings. Please call 250-756-5200 to confirm.



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DROP-IN SCHEDULE

Arena Schedule

Tue, Sep 6 to Fri, Dec 23, 2022 Schedule is subject to change. Please check recreation.nanaimo.ca to confirm.

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

FREE LIONS SKATE: Sundays, 12-1:30 pm, at Frank Crane Arena starting September 11 (includes admission, skate and helmet rentals). Please note that Oct 9, Dec 11, Jan 15 & Mar 12 sessions will be from 11:30 am-1 pm due to Clippers' Games and will be cancelled on February 5 & March 19.

Parent & Tot (6 years & under) - An excellent opportunity to introduce children to the ice or to work on skills learned in our RecSkate lessons. Come on the ice in shoes or skates and enjoy toys and hockey equipment. Helmets are mandatory for tots. Parents must accompany children on the ice. Free admission for child.

Family Skate - During this session, there will be an area setup with toys, as well as our regular laps skating area providing opportunities for all levels and ages. All children and teens must be accompanied on the ice by an adult. Helmets are strongly recommended. (Family Skate cancelled and Lion's Free Skate held instead on Oct 9, Dec 11, Jan 15 & Mar 12 and cancelled on Feb 5 & Mar 19).

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 diverse abilities and their aides are welcome. Please see our Arena Section for Adult/Senior RecSkate lesson options.

Adult/Senior/70+ Scrub (Adult 18+, Senior 60+) - These are fun, recreational drop-in sessions. Non-contact. Full hockey gear is required.



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

Welcome back to the arenas this fall! *Regular admission rates apply.*

- **Tue, Sep 6, 10-11:30 am:** Adult Leisure at FCA
- **Tue, Sep 6, 6:30-8 pm:** Glow in the Dark at FCA
- **Wed, Sep 7, 10-11:30 am:** Adult Leisure at NIC
- **Wed, Sep 7, 12:30-2 pm:** Parent & Tot at FCA
- **Wed, Sep 7, 6:30-8 pm:** Everyone Welcome at FCA
- **Thu, Sep 8, 6:15-7:45 pm:** Everyone Welcome at FCA
- **Fri, Sep 9, 3:45-5:15 pm:** Everyone Welcome at NIC
- **Sat, Sep 10, 1:15-2:45 pm:** Everyone Welcome at FCA
- **Sun, Sep 11, 10:45-11:45 am:** Family Skate at FCA

Special Stat Holiday Skates

• THANKSGIVING

Mon, Oct 10, 1-3 pm at FCA

• REMEMBRANCE DAY

Fri, Nov 11, 1-3 pm at FCA

Starlight Skates

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

- **Sep 18**
- **Oct 16**
- **Nov 20**
- **Dec 18**

Glow in the Dark Skates

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

- **Sep 6**
- **Oct 4**
- **Nov 1**
- **Dec 6**

Skates with Santa

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

- **Wed, Dec 21, 6:30-8 pm** at FCA
- **Thu, Dec 22, 6:15-7:45 pm** at NIC

New Year's Eve Skates

Spend some of the last moments of 2022 skating with us!

- **Sat, Dec 31, 10:45-11:45 am** at FCA (Stick 'n' Puck)
- **Sat, Dec 31, 12-2 pm** at FCA (Everyone Welcome)
- **Sat, Dec 31, 6-8 pm** at FCA (Everyone Welcome)



Winter Wonderland

December 24, 26-30

Sat, Dec 24 11:45 am - 4:15 pm
Mon, Dec 26 11:45 am - 4:45 pm
Tue, Dec 27 11:45 am - 4:45 pm 7:45 - 9:30 pm
Wed, Dec 28 11:45 am - 4:45 pm 7:45 - 9:30 pm
Thu, Dec 29 11:45 am - 4:45 pm 7:45 - 9:30 pm
Fri, Dec 30 11:45 am - 4:45 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 Alli at 250-755-7536.



PRE-REGISTERED DROP-IN SCHEDULE

Oliver Woods Community Centre Schedule

Tue, Sep 6 to Fri, Dec 30 (closed on all stat holidays)

Programs	SUN	MON	TUE	WED	THU	FRI	SAT
Badminton (16+)			8:45-10:45 am		8:45-10:45 am	11:30 am-1:30 pm	
Basketball (16+) Gym attendant on duty.	6:45-8:45 pm (ends Oct 30)	8:30-10:30 pm				8:30-10:30 pm	
Family Multi Sports Bring the family down for a variety of sports, such as basketball, pickleball and soccer.	11 am-12:30 pm						
Pickleball (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 am-1 pm		
Volleyball (16+) Gym attendant on duty.	7-9 pm (ends Oct 30)	8:15-10:15 pm				8:15-10:15 pm (ends Oct 30)	
Spare Blox Youth Drop-in (10-17 yrs) See page 31; please pre-register using barcode 81458.			6:15-7:45 pm (Sep 20-Dec 6)				

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 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

Tue, Sep 6 to Tue, Dec 20 (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
	12-3 pm	2:30-5:30 pm		12-3 pm 4-7 pm		9:30 am-12:30 pm

DROP-IN INFO

\$12 per session

- Pre-register up to 72 hours in advance at 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.*



cityofnanaimo



prc_nanaimo (#ilovemyparksandrec)

Low Co\$ 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 11 to March 26 from 12-1:30 pm at Frank Crane Arena.
See page 60.
- **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 31.
- **Youth Lounge** at Nanaimo Aquatic Centre is for ages 11 to 17 and is FREE. Enjoy music, gaming, snacks and more.
See page 31.
- **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 21.
- **Invasive Plant Work Parties** are a great way to meet new people and to make a difference in your community.
See page 40.
- **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!



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 per year.
- 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 or in-person at any City of Nanaimo recreation centre.
2. Include a copy of the following:
 - Prior year Notice of Assessment or proof of Income Assistance, GIS, CLBC, Refugee/Newcomer or Youth in Care
 - Photo ID for All Adults in the Household
 - Proof of Residency (if different from ID)

Apply for funding through the Canadian Tire Jumpstart program. Your child may be eligible for up to \$600 per year in funding. Apply online:
<https://jumpstart.canadiantire.ca/pages/individual-child-grants>

STATISTICS CANADA LOW INCOME GUIDELINES

Number of People in Household	Annual Household Income
1	\$18,656
2	\$22,706
3	\$28,274
4	\$35,274
5	\$40,167
6	\$44,546
7	\$48,925

* As Nanaimo is now over 100,000 people, the low income cutoffs (LICO) have been adjusted as per Statistics Canada.





Early Years & Children's

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

Gym Pals

1 to 5 Years

Hey, kids! Bring your parents and climb, jump and play! This parent participation program allows time for tots to explore and develop motor skills.

Wed, Sep 14-Oct 26 | 8:30-9:30 am | \$56/7 | [80784](#)

Wed, Sep 14-Oct 26 | 9:45-10:45 am | \$56/7 | [80794](#)

Wed, Sep 14-Oct 26 | 11 am-12 pm | \$56/7 | [80796](#)

Fri, Sep 16-Oct 28 | 8:30-9:30 am | \$56/7 | [80823](#)

Fri, Sep 16-Oct 28 | 9:45-10:45 am | \$56/7 | [80839](#)

Fri, Sep 16-Oct 28 | 11 am-12 pm | \$56/7 | [80847](#)

Wed, Nov 2-Dec 14 | 8:30-9:30 am | \$56/7 | [80787](#)

Wed, Nov 2-Dec 14 | 9:45-10:45 am | \$56/7 | [80795](#)

Wed, Nov 2-Dec 14 | 11 am-12 pm | \$56/7 | [80798](#)

Fri, Nov 4-Dec 16 | 8:30-9:30 am | \$56/7 | [80828](#)

Fri, Nov 4-Dec 16 | 9:45-10:45 am | \$56/7 | [80842](#)

Fri, Nov 4-Dec 16 | 11 am-12 pm | \$56/7 | [80851](#)

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 14-Dec 9 | 9:30-10:30 am | Free | [80555](#)

Kin Hut Activity Centre



Smart Moves Babies - Crawling to Standing

Come and have fun with your infant while becoming informed about physical activities that you can do at home to enhance your child's learning potential. Some topics and activities covered include the vestibular (balance) system, proprioception (awareness of the body in space), midline movements and vision. Each class will include fun songs and rhymes, baby yoga and tummy time games and crawling activities that are developmentally appropriate and strengthen your baby's physical, cognitive, social and emotional foundations for early learning.

Instructor: Robyn Mor

Mon, Oct 24-Dec 12 | 11-11:45 am | \$96/8 | [81695](#)

Mon, Oct 24-Dec 12 | 12:15-1 pm | \$96/8 | [81692](#)

Kin Hut Activity Centre

Holiday Storytime NEW!

1 to 5 Years

Enjoy a holiday-themed story and activity. We encourage you to wear your favourite holiday outfit. Parent participation is required.

Instructor: Olivia Zwick

Sat, Dec 17 | 10-10:45 am | \$10/1 | [81685](#)

Sat, Dec 17 | 11-11:45 am | \$10/1 | [81686](#)

Oliver Woods Community Centre

Spooktacular Storytime NEW!

1 to 5 Years

Enjoy a Halloween-themed story and activity. We encourage you to wear your costume. Parent participation is required.

Instructor: Olivia Zwick

Sat, Oct 29 | 10-10:45 am | \$10/1 | [81044](#)

Sat, Oct 29 | 11-11:45 am | \$10/1 | [81045](#)

Oliver Woods Community Centre



PLAY AND LEARN

Monthly Early Years Programs



for ages 3 to 5 (Crickets Program is 2 to 5 yrs)

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.

Crickets - Beban Park (NEW!)

Is your little one age 2 to 5 ready to try out our Play and Learn programs but not ready to go it alone? Would you like to experience these programs with your child or grandchild and meet and interact with other parents and grandparents? Take part in our traditional Play and Learn programming, such as circle time, stories, songs, crafts, play stations and tumble time together with your child. Younger siblings welcome for free if less than 1 year old. (Parent participation required.)

Mondays, 9-11 am

Sep: \$60 (#71386)	Feb: \$60 (#71393)
Oct: \$80 (#71387)	Mar: \$40 (#71394)
Nov: \$80 (#71388)	Apr: \$60 (#71395)
Dec: \$40 (#71389)	May: \$80 (#71396)
Jan: \$80 (#71390)	Jun: \$60 (#71397)

Beban Social Centre

Animal Crackers - Beban Park

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

Sep: \$100 (#69152)	Feb: \$160 (#69159)
Oct: \$160 (#69153)	Mar: \$100 (#69160)
Nov: \$180 (#69154)	Apr: \$160 (#69161)
Dec: \$100 (#69157)	May: \$180 (#69162)
Jan: \$180 (#69158)	Jun: \$140 (#69163)

Beban Social Centre

Animal Crackers - Beban Park

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

Sep: \$100 (#69164)	Feb: \$160 (#69174)
Oct: \$160 (#69165)	Mar: \$120 (#69175)
Nov: \$160 (#69167)	Apr: \$140 (#69176)
Dec: \$100 (#69170)	May: \$180 (#69177)
Jan: \$160 (#69172)	Jun: \$140 (#69178)

Beban Social Centre

Kinder Prep* - Beban Park

Tuesdays/Thursdays, 9-11 am

Sep: \$120 (#67770)	Feb: \$160 (#67775)
Oct: \$160 (#67771)	Mar: \$100 (#67776)
Nov: \$180 (#67772)	Apr: \$160 (#67777)
Dec: \$100 (#67773)	May: \$180 (#67778)
Jan: \$180 (#67774)	Jun: \$140 (#67779)

Beban Social Centre

Kinder Prep* - Beban Park

Wednesdays/Fridays, 9-11 am

Sep: \$100 (#68004)	Feb: \$160 (#68009)
Oct: \$160 (#68005)	Mar: \$120 (#68010)
Nov: \$160 (#68006)	Apr: \$140 (#68011)
Dec: \$100 (#68007)	May: \$180 (#68012)
Jan: \$160 (#68008)	Jun: \$140 (#68013)

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.

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

Sep: \$120 (#75919)	Feb: \$140 (#75928)
Oct: \$160 (#75922)	Mar: \$100 (#75930)
Nov: \$180 (#75924)	Apr: \$140 (#75932)
Dec: \$80 (#75926)	May: \$180 (#75934)
Jan: \$160 (#75927)	Jun: \$140 (#75935)

Bowen Park Complex

Kinder Prep* - Bowen Park

Mondays/Wednesdays, 9-11 am

Sep: \$120 (#67842)	Feb: \$140 (#67847)
Oct: \$160 (#67843)	Mar: \$100 (#67848)
Nov: \$180 (#67844)	Apr: \$140 (#67849)
Dec: \$80 (#67845)	May: \$180 (#67850)
Jan: \$160 (#67846)	Jun: \$120 (#67851)

Bowen Park Complex

Doodle Bugs - Oliver Woods

Please note that this is now an indoor-based program with the majority of the program being spent inside.

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

Sep: \$120 (#68234)	Feb: \$160 (#68239)
Oct: \$160 (#68235)	Mar: \$100 (#68240)
Nov: \$180 (#68236)	Apr: \$160 (#68241)
Dec: \$100 (#68237)	May: \$180 (#68242)
Jan: \$180 (#68238)	Jun: \$140 (#68243)

Oliver Woods Community Centre

Kinder Prep* - Oliver Woods

Tuesdays/Thursdays, 9-11 am

Sep: \$120 (#68067)	Feb: \$160 (#68072)
Oct: \$160 (#68068)	Mar: \$100 (#68073)
Nov: \$180 (#68069)	Apr: \$160 (#68074)
Dec: \$100 (#68070)	May: \$180 (#68075)
Jan: \$180 (#68071)	Jun: \$140 (#68076)

Oliver Woods Community Centre

Kinder Prep* - Oliver Woods

Mondays/Wednesdays, 9-11 am

Sep: \$120 (#67734)	Feb: \$140 (#67739)
Oct: \$160 (#67735)	Mar: \$100 (#67740)
Nov: \$180 (#67736)	Apr: \$140 (#67741)
Dec: \$80 (#67737)	May: \$180 (#67742)
Jan: \$160 (#67738)	Jun: \$120 (#67743)

Oliver Woods Community Centre

Kinder Prep* - Oliver Woods

Fridays, 9-11 am

Sep: \$40 (#68133)	Feb: \$80 (#68138)
Oct: \$80 (#68134)	Mar: \$60 (#68139)
Nov: \$60 (#68135)	Apr: \$60 (#68140)
Dec: \$60 (#68136)	May: \$80 (#68141)
Jan: \$80 (#68137)	Jun: \$80 (#68142)

Oliver Woods Community Centre

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

- *Kinder Prep is only for children entering Kindergarten in September of 2023. Animal Crackers, Teddy Bears & Doodle Bugs are for children 3 to 5 years; all children must be potty trained. Crickets is for those 2 to 5 years.
- 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.



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17



Children's Arts & Crafts

Fall Fun Art Exploration

5 to 10 Years

Learn a variety of artistic techniques, such as drawing, painting, colouring and much more in this fun fall-themed art class! In each class, you will get to take on a different themed art project, such as a Thanksgiving and a Halloween craft.

Instructor: Hailee McMillan

Mon, Sep 12-Oct 24 | 4:15-5:15 pm | \$60/6 | [80960](#)

Oliver Woods Community Centre



Holiday Fun Art Exploration

5 to 10 Years

Learn a variety of artistic techniques, such as drawing, painting, colouring and much more in this fun holiday-themed art class! In each class, you will get to take on a different project created by you.

Instructor: Hailee McMillan

Mon, Oct 31-Dec 12 | 4:15-5:15 pm | \$70/7 | [80963](#)

Oliver Woods Community Centre

Drawing and Painting

7 to 12 Years

Love drawing and painting? Develop your skills with pencils, pastels, paint and more while exploring different topics in each class, such as landscapes and animals. Projects can be modified to fit your individual skill level.

Instructor: Hailee McMillan

Mon, Sep 12-Oct 24 | 5:30-6:30 pm | \$60/6 | [80964](#)

Mon, Oct 31-Dec 12 | 5:30-6:30 pm | \$70/7 | [80968](#)

Oliver Woods Community Centre

Cartooning and Comics

7 to 12 Years

Do you love cartoons or comics? Then this class is for you! Learn how to create short comic strips, fun illustrations and characters. You will be encouraged to explore your own unique art style, as well as be inspired by the works of many prominent cartoonists and illustrators. Projects will be modified for your individual skill level.

Instructor: David Harvey

Sat, Sep 17-Oct 29 | 10-11 am | \$60/6 | [80969](#)

Sat, Nov 5-Dec 17 | 10-11 am | \$70/7 | [80970](#)

Oliver Woods Community Centre

Character Design

7 to 12 Years

Are you bursting with ideas for stories you can't wait to tell? With this class, we will be working on the skills to design interesting and engaging characters that will help bring your imagination to life. This course will cover skills, such as learning to draw with structure and how we can use colour, shape and fashion to tell the audience about our characters' personalities. By the end of this course, you will have the foundation to make fun and exciting characters. Projects will be modified for your individual skill level.

Instructor: David Harvey

Sat, Sep 17-Oct 29 | 11:15 am-12:15 pm | \$60/6 | [80971](#)

Sat, Nov 5-Dec 17 | 11:15 am-12:15 pm | \$70/7 | [80972](#)

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 12-Oct 3 | 4-5 pm | \$80/4 | [81122](#)

Mon, Oct 17-Nov 7 | 4-5 pm | \$80/4 | [81129](#)

Mon, Nov 14-Dec 5 | 4-5 pm | \$80/4 | [81134](#)

Bowen Pottery Studio





Children's Dance & Music

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 seasongstudio@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, Sep 21-Nov 23 | 9:15-10 am | \$125/10 | 81154

Wed, Sep 21-Nov 23 | 10:15-11 am | \$125/10 | 81155

Thu, Sep 22-Nov 24 | 9:15-10 am | \$125/10 | 81156

Thu, Sep 22-Nov 24 | 10:15-11 am | \$125/10 | 81157

Kin Hut Activity Centre

Jingle Jammie Jam

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 led through 45 minutes of musical fun from boisterous instrument play-a-longs to tender lullabies. Parent participation is required. Additional parents/grandparents/siblings welcome at no additional cost.

Instructor: Karita Sedun

Mon, Dec 12 | 5-5:45 pm | \$15/1 | 80561

Mon, Dec 12 | 6-6:45 pm | \$15/1 | 80287

Wed, Dec 14 | 5-5:45 pm | \$15/1 | 81518

Wed, Dec 14 | 6-6:45 pm | \$15/1 | 81519

Mon, Dec 19 | 5-5:45 pm | \$15/1 | 81520

Mon, Dec 19 | 6-6:45 pm | \$15/1 | 81521

Wed, Dec 21 | 5-5:45 pm | \$15/1 | 81522

Wed, Dec 21 | 6-6:45 pm | \$15/1 | 81523

Beban Park Social Centre

Kindermusik

0 to 5 Years

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 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

Tue, Sep 6-27 | 9:15-10 am | \$75/4 | 81158

Tue, Sep 6-27 | 10:15-11 am | \$75/4 | 81161

Tue, Sep 6-27 | 11:15 am-12 pm | \$75/4 | 81164

Tue, Oct 4-25 | 9:15-10 am | \$75/4 | 81159

Tue, Oct 4-25 | 10:15-11 am | \$75/4 | 81162

Tue, Oct 4-25 | 11:15 am-12 pm | \$75/4 | 81165

Tue, Nov 1-22 | 9:15-10 am | \$75/4 | 81160

Tue, Nov 1-22 | 10:15-11 am | \$75/4 | 81163

Tue, Nov 1-22 | 11:15 am-12 pm | \$75/4 | 81166

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.

Instructor: Bev Martyn from Kirkwood Academy

Tue, Sep 20-Oct 25 | 11:45 am-12:15 pm | \$48/6 | 81585

Tue, Nov 1-Dec 6 | 11:45 am-12:15 pm | \$48/6 | 81586

Beban Park Social Centre



REGISTER EARLY to avoid DISAPPOINTMENT!

(low registration may lead to course cancellation)



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Wiggles & Giggles

18 Months to 3 Years

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

Instructor: Bev Martyn from Kirkwood Academy

Tue, Sep 20-Oct 25 | 11-11:30 am | \$48/6 | 81591

Tue, Nov 1-Dec 6 | 11-11:30 am | \$48/6 | 81594

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.

Instructor: Bev Martyn from Kirkwood Academy

Tue, Sep 20-Oct 25 | 9:30-10 am | \$48/6 | 78832

Tue, Sep 20-Oct 25 | 10:15-10:45 am | \$48/6 | 82829

Tue, Nov 1-Dec 6 | 9:30-10 am | \$48/6 | 81579

Tue, Nov 1-Dec 6 | 10:45 am-12:15 pm | \$48/6 | 82830

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.

Instructor: Lauren Kite

Sat, Sep 17-Oct 29 | 11:30 am-12 pm | \$56/7 | 81121

Sat, Sep 17-Oct 29 | 1:45-2:15 pm | \$56/7 | 82894

Sat, Nov 5-Dec 17 | 11:30 am-12 pm | \$56/7 | 82893

Sat, Nov 5-Dec 17 | 1:45-2:15 pm | \$56/7 | 82895

Oliver Woods Community Centre

Baby Ballet - The Next Steps

3 to 5 Years

This is for little dancers who have already taken Baby Ballet. They will learn more steps and movement. Children should wear leotards, shorts and dance slippers if available. If not, then bare feet is acceptable.

Instructor: Lauren Kite

Sat, Sep 17-Oct 29 | 12:15-12:45 pm | \$56/7 | 82896

Sat, Nov 5-Dec 17 | 12:15-12:45 pm | \$56/7 | 82897

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.

Instructor: Lauren Kite

Sat, Sep 17-Oct 29 | 1-1:30 pm | \$56/7 | 82898

Sat, Nov 5-Dec 17 | 1-1:30 pm | \$56/7 | 82899

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 16-Oct 21 | 4-4:30 pm | \$60/6 | 81640

Fri, Oct 28-Dec 9 | 4-4:30 pm | \$60/6 | 81641

5 to 7 Years

Fri, Sep 16-Oct 21 | 4:45-5:30 pm | \$72/6 | 81658

Fri, Oct 28-Dec 9 | 4:45-5:30 pm | \$72/6 | 81672

8 to 11 Years

Fri, Sep 16-Oct 21 | 5:45-6:30 pm | \$72/6 | 81673

Fri, Oct 28-Dec 9 | 5:45-6:30 pm | \$72/6 | 81674

12 Years +

Fri, Sep 16-Oct 21 | 6:45-7:30 pm | \$72/6 | 81683

Fri, Oct 28-Dec 9 | 6:45-7:30 pm | \$72/6 | 81684

Vibrant Studios (Vibe)



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.

5 to 7 Years - Tartan Tigers

Sun, Sep 18-Oct 16 | 2-2:45 pm | \$50/4 | 82479

8 to 12 Years - Kilts & Hilts

Sun, Sep 18-Oct 16 | 3-3:45 pm | \$50/4 | 82840

Oliver Woods Community Centre

Rhythm Kids® NEW!

5 to 8 Years

Rhythm Kids® is designed specifically for early elementary students who will learn to compose, choreograph and conduct as they play with djembe drums, percussion instruments and the most important instruments of all, their voices and their bodies. The music and movement activities support growth in several key developmental areas while immersing kids in the musical language of many different cultures. Children (and their grownups) can enjoy practice sessions at home with a cd/app, a songbook and online play-along videos. For more program information, please contact Sea Song Studio (seasongstudio@gmail.com). Parent participation optional (though encouraged!). There is a \$50 material fee for this course (one material fee per family only).

Instructor: Karita Sedun

Mon, Sep 19-Nov 28 | 4-4:45 pm | \$125/10 | 81281

Mon, Sep 19-Nov 28 | 5-5:45 pm | \$125/10 | 81432

Kin Hut Activity 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 6-27 | 3:30-4 pm | \$88/4 | 80488

Tue, Sep 6-27 | 4:05-4:35 pm | \$88/4 | 80514

Tue, Sep 6-27 | 4:40-5:10 pm | \$88/4 | 80515

Tue, Sep 6-27 | 5:15-5:45 pm | \$88/4 | 80516

Tue, Sep 6-27 | 5:50-6:20 pm | \$88/4 | 80517

Tue, Oct 4-25 | 3:30-4 pm | \$88/4 | 80542

Tue, Oct 4-25 | 4:05-4:35 pm | \$88/4 | 80548

Tue, Oct 4-25 | 4:40-5:10 pm | \$88/4 | 80519

Tue, Oct 4-25 | 5:15-5:45 pm | \$88/4 | 80520

Tue, Oct 4-25 | 5:50-6:20 pm | \$88/4 | 80544

Tue, Nov 1-22 | 3:30-4 pm | \$88/4 | 80533

Tue, Nov 1-22 | 4:05-4:35 pm | \$88/4 | 80523

Tue, Nov 1-22 | 4:40-5:10 pm | \$88/4 | 80524

Tue, Nov 1-22 | 5:15-5:45 pm | \$88/4 | 80526

Tue, Nov 1-22 | 5:50-6:20 pm | \$88/4 | 80522

Tue, Nov 29-Dec 20 | 3:30-4 pm | \$88/4 | 80549

Tue, Nov 29-Dec 20 | 4:05-4:35 pm | \$88/4 | 80550

Tue, Nov 29-Dec 20 | 4:40-5:10 pm | \$88/4 | 80551

Tue, Nov 29-Dec 20 | 5:15-5:45 pm | \$88/4 | 80552

Tue, Nov 29-Dec 20 | 5:50-6:20 pm | \$88/4 | 80554

Bowen Park Complex





Children's Special Interest

Nature Time Chats with Pat - Cougar and Bear Awareness

Everyone Welcome

Join Pat for a lively discussion on preventing bear and cougar encounters and what to do if it happens - either in your backyard or the great outdoors. What clues do bears leave that they are in the area? How can you tell a curious bear from a predatory bear? Learn this and more.

Sun, Sep 11 | 12-1 pm | FREE | [80996](#)

Westwood Lake Second Beach

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? Explore 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.

Instructor: Judy Wickland

Sat, Sep 10 | 10-11:15 am | \$10 | [81257](#)

Pipers Lagoon Park (grassy area)

Living Water

3 to 6 Years

What lives in streams and rivers? We will learn about what lives in rivers. Come explore the Millstone River and see why it is important. Are plants important to a river? Come celebrate Rivers Day at this parent participation class.

Instructor: Judy Wickland

Sun, Sep 25 | 10-11:15 am | \$10 | [81258](#)

Bowen Park (Lower Picnic Shelter)

Bird Adaptations NEW!

3 to 6 Years

Birds have different adaptations that help them survive. We will do some experiments to learn how they eat and the different kinds of feet. Have you ever wondered what birds eat or how they eat? We will learn about different bird beaks through experimentation. Birds also have different types of feet depending on where they live. Can you picture an eagle with webbed feet? What are some other things that help birds survive?

Instructor: Judy Wickland

Sun, Oct 2 | 10-11:15 am | \$10 | [81260](#)

Miner's Cottage at Buttertubs Marsh

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. 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 29 | 10-11:15 am | \$10 | [81307](#)

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 13 | 10-11:15 am | \$10 | [81306](#)

Bowen Park (Lower Picnic Shelter)

Yoga for Kids

6 to 12 Years

Kids yoga assists children in their focus skills, teaches self-awareness, builds self-esteem, self-respect and is empowering. Yoga is great to pair with other sports such as hockey, basketball and soccer.

Instructor: Gypsy Hart

Wed, Sep 14-Oct 26 | 3:30-4:30 pm | \$56/7 | [80802](#)

Wed, Nov 2-Dec 14 | 3:30-4:30 pm | \$56/7 | [80804](#)

Oliver Woods Community Centre



cityofnanaimo



prc_nanaimo (#ilovemyparksandrec)



Children's Sports

Floor Hockey Tots NEW!

2 to 5 Years

This program is to introduce future hockey stars to Canada's favourite past time! This is a parent participation program.

Mon, Sep 12-Oct 24 | 1:15-2:15 pm | \$48/6 | [80698](#)

Mon, Oct 31-Dec 12 | 1:15-2:15 pm | \$56/7 | [80701](#)

Oliver Woods Community Centre

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 17-Oct 29 | 9-10 am | \$48/6 | [80900](#)

Sat, Sep 17-Oct 29 | 10:15-11:15 am | \$48/6 | [80904](#)

Sat, Nov 5-Dec 17 | 9-10 am | \$56/7 | [80902](#)

Sat, Nov 5-Dec 17 | 10:15-11:15 am | \$56/7 | [80906](#)

Oliver Woods Community Centre



Kam Soccer School

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. Includes a T-shirt!

3 to 5 Years

Sat, Sep 17-Oct 22 | 9-9:45 am | \$85/5 | [80785](#)

Sat, Sep 17-Oct 22 | 10-10:45 am | \$85/5 | [80789](#)

Sat, Sep 17-Oct 22 | 11-11:45 am | \$85/5 | [80790](#)

6 to 7 Years

Sat, Sep 17-Oct 22 | 12-1 pm | \$95/6 | [80809](#)

Bowen West Sports Fields

Indoor Soccer

6 to 12 Years

This is a co-ed program designed to develop basic soccer fundamentals, such as shooting, passing and dribbling. Gain leadership, team building and sportsmanship skills.

Fri, Sep 16-Oct 28 | 3:30-4:30 pm | \$40/5 | [80882](#)

Fri, Nov 4-Dec 16 | 3:30-4:30 pm | \$48/6 | [80887](#)

Oliver Woods Community Centre

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 22-Oct 27 | 4:30-5:30 pm | \$48/6 | [81699](#)

Thu, Nov 3-Dec 8 | 4:30-5:30 pm | \$48/6 | [81782](#)

Harewood Covered Sports Court

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 20-Oct 25 | 4:30-5:30 pm | \$48/6 | [81798](#)

Tue, Nov 1-Dec 6 | 4:30-5:30 pm | \$48/6 | [81801](#)

Harewood Covered Sports Court

Basketball Fundamental Movement Skills

Did you know basketball is one of the world's fastest-growing sports? Your coach will teach you the fundamental movements of basketball through teaching skills, such as footwork, dribbling, shooting mechanics and passing. Instructor: Will Properi-Porta

6 to 9 Years

Wed, Sep 14-Oct 26 | 4-5 pm | \$56/7 | [80744](#)

Wed, Nov 2-Dec 14 | 4-5 pm | \$56/7 | [80748](#)

8 to 12 Years

Tue, Sep 13-Oct 25 | 3:45-4:45 pm | \$56/7 | [80733](#)

Tue, Nov 1-Dec 13 | 3:45-4:45 pm | \$56/7 | [80735](#)

10 to 13 Years

Fri, Sep 16-Oct 28 | 4:45-5:45 pm | \$40/5 | [80755](#)

Fri, Nov 4-Dec 16 | 4:45-5:45 pm | \$48/6 | [80759](#)

Oliver Woods Community Centre



Children's Floor Hockey

6 to 10 Years

This program is designed to introduce you to the game of floor hockey while playing for enjoyment and fitness.

Tue, Sep 13-Oct 25 | 5-6 pm | \$56/7 | [80769](#)

Tue, Nov 1-Dec 13 | 5-6 pm | \$56/7 | [80772](#)

Oliver Woods Community Centre

Children's Multi Sport Mixer

6 to 10 Years

This program is perfect for those of you who want to try multiple sports. Each week you will play a different sport like European handball, dodgeball, floor hockey, soccer and football and will include development, practice time and a scrimmage.

Wed, Sep 14-Oct 26 | 4:30-5:30 pm | \$56/7 | [80811](#)

wed, Nov 2-Dec 14 | 4:30-5:30 pm | \$56/7 | [80812](#)

Oliver Woods Community Centre

Children's Volleyball

8 to 12 Years

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

Fri, Sep 16-Oct 28 | 4:45-5:45 pm | \$40/5 | [80889](#)

Fri, Nov 4-Dec 16 | 4:45-5:45 pm | \$48/6 | [80890](#)

Oliver Woods Community Centre

Junior Pickleball

8 to 13 Years

There's a new ball game in town. It's called pickleball and it's packed with fun! 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). Once you play a couple of times, you will want to play again and again.

Fri, Nov 4-Dec 16 | 3:30-4:30 pm | \$60/6 | [80899](#)

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 12-Oct 24 | 4-5 pm | \$48/6 | [80718](#)

Mon, Oct 31-Dec 12 | 4-5 pm | \$56/7 | [80723](#)

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

Wed, Sep 7-Oct 26 | 4-5 pm | \$144/8 | [81114](#)

Sun, Sep 11-Oct 23 | 3-4 pm | \$126/7 | [81115](#)

Sun, Oct 30-Dec 11 | 3-4 pm | \$126/7 | [81117](#)

Wed, Nov 2-Dec 14 | 4-5 pm | \$126/7 | [81118](#)

8 to 11 Years

Sun, Sep 11-Oct 23 | 4:30-5:30 pm | \$189/7 | [81119](#)

Sun, Oct 30-Dec 11 | 4:30-5:30 pm | \$189/7 | [81120](#)

Westwood Tennis Club

Junior Lifeguard Clubs

Are you interested in something more than swimming lessons? Do you have an interest in learning about water rescues, first aid skills, helping others and being a part of something bigger? Join us! You will develop new lifesaving skills and learn attitudes that could one day save your life or someone else's! This club focuses on fun, teamwork and skill development with games and a variety of activities themed around lifesaving, lifeguarding and first aid. A must for those of you who love the water but are looking for more than lessons.

8 to 12 Years

Tue, Oct 4-Dec 13 | 6:30-7:30 pm | \$105/11 | [79553](#)

13 to 15 Years

Thu, Oct 6-Dec 15 | 6:30-7:30 pm | \$105/11 | [79554](#)

Nanaimo Aquatic 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 14-Oct 26 | 5:15-6:15 pm | \$70/7 | [81407](#)

Wed, Nov 2-Dec 14 | 5:15-6:15 pm | \$70/7 | [81408](#)

Oliver Woods Community Centre

Karate

8 to 15 Years

Traditional karate is a fun activity that builds confidence and self-discipline. Have a great time studying this Japanese art of self-defence in a friendly, safe and positive environment. This class places an emphasis on leadership skills, respect and a healthy lifestyle while developing a strong foundation in basics.

Instructor: Mike Ciurka (6th degree black belt)

Tue, Sep 13-Oct 25 | 5:30-6:30 pm | \$49/6 | [79130](#)

Tue, Nov 1-Dec 6 | 5:30-6:30 pm | \$49/6 | [79131](#)

Bowen Park Complex

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 3-24 | 9:30-10:15 am | \$25/4 | [81376](#)

Fri, Sep 9-30 | 3:15-4 pm | \$25/4 | [81396](#)

Mon, Sep 12-Oct 3 | 4:30-5:15 pm | \$25/4 | [81391](#)

Sat, Oct 1-22 | 9:30-10:15 am | \$25/4 | [81397](#)

Tue, Oct 4-25 | 3:30-4:15 pm | \$25/4 | [81398](#)

Fri, Oct 7-28 | 3:15-4 pm | \$25/4 | [81399](#)

Wed, Nov 2-23 | 4:30-5:15 pm | \$25/4 | [81401](#)

Fri, Nov 4-25 | 4:15-5 pm | \$25/4 | [81402](#)

Sat, Nov 5-26 | 9:30-10:15 am | \$25/4 | [81400](#)

Thu, Dec 1-15 | 3:30-4:15 pm | \$19/3 | [81404](#)

Fri, Dec 2-16 | 4:15-5 pm | \$19/3 | [81405](#)

Sat, Dec 3-17 | 9:30-10:15 am | \$19/3 | [81403](#)

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 7-14 | 5:30-6:20 pm | \$18/3 | [81528](#)

M/W, Sep 19-28 | 3:30-4:20 pm | \$25/4 | [81529](#)

T/Th, Oct 4-13 | 3:30-4:20 pm | \$25/4 | [81531](#)

T/Th, Oct 18-27 | 4:30-5:20 pm | \$25/4 | [81532](#)

M/W, Nov 2-14 | 5:30-6:20 pm | \$25/4 | [81533](#)

M/W, Nov 16-28 | 3:30-4:20 pm | \$25/4 | [81534](#)

Shima Karate (3032 Barons Rd)



Taekwondo with Master Kim

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 10-17 | 10-10:40 am | \$19/2 | [81863](#)
M/W, Sep 12-19 | 4:15-4:50 pm | \$29/3 | [81858](#)
Sat, Oct 1-15 | 10-10:40 am | \$19/2 | [81864](#)
M/W, Oct 3-12 | 4:15-4:50 pm | \$29/3 | [81860](#)
Sat, Nov 5-12 | 10-10:40 am | \$19/2 | [81883](#)
M/W, Nov 7-14 | 4:15-4:50 pm | \$29/3 | [81861](#)
Sat, Dec 3-10 | 10-10:40 am | \$19/2 | [81884](#)
M/W, Dec 5-12 | 4:15-4:50 pm | \$29/3 | [81862](#)

8 to 12 Years

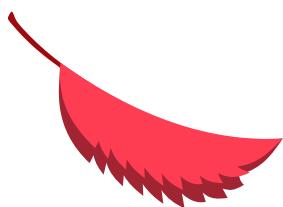
T/Th, Sep 13-20 | 4:15-5 pm | \$29/3 | [81885](#)
Fri, Sep 16-23 | 4:15-5 pm | \$19/2 | [81889](#)
Sat, Sep 17-24 | 10:50-11:30 am | \$19/2 | [81891](#)
Sat, Oct 1-15 | 10:50-11:30 am | \$19/2 | [81892](#)
T/Th, Oct 4-11 | 4:15-5 pm | \$29/3 | [81886](#)
Fri, Oct 7-14 | 4:15-5 pm | \$19/2 | [82603](#)
T/Th, Nov 1-8 | 4:15-5 pm | \$29/3 | [81887](#)
Sat, Nov 5-12 | 10:50-11:30 am | \$19/2 | [81893](#)
Fri, Dec 2-16 | 4:15-5 pm | \$29/3 | [81888](#)
Sat, Dec 3-10 | 10:50-11:30 am | \$19/2 | [81894](#)
World Taekwondo Academy (4300 Wellington Rd)

Taekwondo & 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 12-14 | 6:10-7 pm | \$27/2 | [81906](#)
M/W, Oct 3-5 | 6:10-7 pm | \$27/2 | [81907](#)
M/W, Nov 7-9 | 6:10-7 pm | \$27/2 | [81908](#)
M/W, Dec 5-7 | 6:10-7 pm | \$27/2 | [81909](#)
World Taekwondo Academy (4300 Wellington Rd)



Introduction to Lacrosse

6 to 12 Years

This program is designed to develop basic lacrosse fundamentals, such as shooting, passing and stick handling. This is the perfect program to gain lifelong skills, including leadership, team building and sportsmanship.

Fri, Sep 16-Oct 28 | 3:30-4:30 pm | \$40/5 | [82266](#)
Oliver Woods Community 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 7-28 | 4-6 pm | \$80/4 | [80776](#)
Wed, Oct 5-26 | 4-6 pm | \$80/4 | [80777](#)
Wed, Nov 2-23 | 4-6 pm | \$80/4 | [80778](#)
Romper Room Climbing Gym (4235 Boban Dr)

Intro to Curling

9 to 16 Years

This is a great opportunity to try out the game of curling with kids your own age. Dress warm and in layers. Bring gloves and carry in a clean pair of runners. All other equipment is provided.

Sat, Oct 15 | 10 am-12 pm | \$5/1 | [80962](#)
Nanaimo Curling Club

Learn to Curl

9 to 16 Years

Our NCCP certified instructors will introduce you the basics of game. Dress warm and in layers. Bring gloves and carry in a clean pair of runners. All other equipment is provided.

Thu, Oct 6-27 | 3:45-5:30 pm | \$40/4 | [80965](#)

Thu, Nov 3-24 | 3:45-5:30 pm | \$40/4 | [80966](#)

Nanaimo Curling Club

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, full functioning bike and basic riding skills. Bring a snack, water and weather appropriate clothing.

6 to 8 Years

Sat, Sep 24 | 1:30-4:30 pm | \$45/1 | [81017](#)

8 to 11 Years

Sat, Sep 24 | 9:30 am-12:30 pm | \$45/1 | [81018](#)
Beban Park Social Centre





Winter Break & Pro-D Day Camps

School's Out Pro-D Camp

6 to 11 Years

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

Fri, Oct 21 | 8:30 am-4:30 pm | \$44/1 | [81697](#)

Mon, Oct 24 | 8:30 am-4:30 pm | \$44/1 | [81698](#)

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 21 | 8:30 am-4:30 pm | \$44/1 | [80063](#)

Mon, Oct 24 | 8:30 am-4:30 pm | \$44/1 | [80073](#)

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 and activities. We recommend that skaters have passed a minimum of RecSkate 1. Please bring your own lunch and snacks.

Fri, Oct 21 | 8:30 am-5 pm | \$44/1 | [78545](#)

Mon, Oct 24 | 8:30 am-5 pm | \$44/1 | [78546](#)

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 21 | 8:30 am-5 pm | \$44/1 | [78550](#)

Mon, Oct 24 | 8:30 am-5 pm | \$44/1 | [78552](#)

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.

Mon, Dec 19 | 8:30 am-4:30 pm | \$44/1 | [82904](#)

Tue, Dec 20 | 8:30 am-4:30 pm | \$44/1 | [82905](#)

Wed, Dec 21 | 8:30 am-4:30 pm | \$44/1 | [82906](#)

Thu, Dec 22 | 8:30 am-4:30 pm | \$44/1 | [82907](#)

Fri, Dec 23 | 8:30 am-4:30 pm | \$44/1 | [82908](#)

Wed, Dec 28 | 8:30 am-4:30 pm | \$44/1 | [82909](#)

Thu, Dec 29 | 8:30 am-4:30 pm | \$44/1 | [82910](#)

Fri, Dec 30 | 8:30 am-4:30 pm | \$44/1 | [82912](#)

Beban Park Social Centre

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 and activities. We recommend that skaters have passed a minimum of RecSkate 1. Please bring your own lunch and snacks.

Mon, Dec 19 | 8:30 am-5 pm | \$44/1 | [78524](#)

Tue, Dec 20 | 8:30 am-5 pm | \$44/1 | [78526](#)

Wed, Dec 21 | 8:30 am-5 pm | \$44/1 | [78527](#)

Thu, Dec 22 | 8:30 am-5 pm | \$44/1 | [78529](#)

Fri, Dec 23 | 8:30 am-5 pm | \$44/1 | [78530](#)

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 sports and activities. Full gear is required. We recommend that skaters have passed a minimum of RecSkate 2. Please bring your own lunch and snacks.

Mon, Dec 19 | 8:30 am-5 pm | \$44/1 | [78523](#)

Tue, Dec 20 | 8:30 am-5 pm | \$44/1 | [78531](#)

Wed, Dec 21 | 8:30 am-5 pm | \$44/1 | [78532](#)

Thu, Dec 22 | 8:30 am-5 pm | \$44/1 | [78533](#)

Fri, Dec 23 | 8:30 am-5 pm | \$44/1 | [78535](#)

Cliff McNabb Arena

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COMMUNITY CONNECTIONS

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FOR MORE INFO
CONTACT US AT:

CLB@VIU.CA
236-628-1072



Canada

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COMMUNITY CONNECTIONS



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Nanaimo's MLA

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MARINERS
VOLLEYBALL CLUB



Programs for athletes grades 3 - 12 including:
Camps, development programs,
club volleyball, beach volleyball

More information:
www.marinersvolleyballclub.ca



Judo is a way of life.

Come and try this affordable martial arts training
to excel in competition, to stay in shape and to
develop self-confidence

- **BEGINNERS** (Age 7+)
Mon & Wed, 6:00-7:00 pm
- **JUNIORS** (Coloured Belts)
Tue & Thu, 6:00-7:00 pm
- **SENIORS** (Advanced Class)
Tue & Thu, 7:15-9:00 pm

Registration:
Sep 6-8
5:30-7:30 pm

Classes Start:
Mon, Sep 12

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





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 17 | 9 am-12 pm | \$47/1 | [81265](#)

Sat, Sep 17 | 1-4 pm | \$47/1 | [81179](#)

Sat, Oct 22 | 9 am-12 pm | \$47/1 | [81274](#)

Sat, Oct 22 | 1-4 pm | \$47/1 | [81267](#)

Sat, Nov 12 | 9 am-12 pm | \$47/1 | [81172](#)

Sat, Nov 12 | 1-4 pm | \$47/1 | [81268](#)

Sat, Dec 10 | 9 am-12 pm | \$47/1 | [81271](#)

Sat, Dec 10 | 1-4 pm | \$47/1 | [81273](#)

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, Oct 15 | 9 am-4:30 pm | \$60/1 | [81444](#)

Sat, Nov 5 | 9 am-4:30 pm | \$60/1 | [81445](#)

Sat, Nov 26 | 9 am-4:30 pm | \$60/1 | [81446](#)

Sun, Dec 11 | 9 am-4:30 pm | \$60/1 | [81447](#)

Beban Park Social Centre



Lifeguard Instructors Wanted

with the City of Nanaimo! You must be a minimum of 16 years old, hold a current CPR C, National Lifeguard Pool Certificate and a Lifesaving Swim Instructor Certification. Apply: employment.opportunities@nanaimo.ca

Dungeons & Dragons Club - Beginner

11 to 18 Years

Learn the basics of this fantasy role playing game, as well as support in building skills in storytelling and character development. You will complete a campaign with your group and the dungeon master. Please bring a snack, water, pencil and some dice. Presented in partnership with Literacy Central Vancouver Island.

Fri, Sep 23-Dec 9 | 2:30-4:30 pm | FREE | [81454](#)

Nanaimo Aquatic Centre

Dungeons & Dragons Club - Inter.

11 to 18 Years

For those who have completed the Dungeons and Dragons "Basics" class or have experience with the game. It will include a session dedicated to character development. You will complete a campaign with your group and the dungeon master. Please bring a snack, water, pencil and some dice. Presented in partnership with Literacy Central Vancouver Island.

Wed, Oct 5-Dec 7 | 3:30-5:30 pm | FREE | [81451](#)

Bowen Park Complex

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 12-Oct 24 | 5:15-6:15 pm | \$48/6 | [81132](#)

Mon, Oct 31-Dec 12 | 5:15-6:15 pm | \$56/7 | [81136](#)

Oliver Woods Community Centre

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!

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 12-Oct 24 | 4-5 pm | \$48/6 | [80718](#)

Mon, Oct 31-Dec 12 | 4-5 pm | \$56/7 | [80723](#)

Oliver Woods Community 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 18-Oct 23 | 3-4:30 pm | \$50/5 | [81048](#)

Sun, Nov 13-Dec 11 | 3-4:30 pm | \$50/5 | [81109](#)

Oliver Woods Community Centre

Karate

12 to 19 Years

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

M/W, Sep 7-19 | 6:30-7:25 pm | \$25/4 | [81558](#)

M/W, Oct 3-12 | 6:30-7:25 pm | \$25/4 | [81556](#)

M/W, Nov 7-16 | 6:30-7:25 pm | \$25/4 | [81560](#)

M/W, Dec 5-14 | 6:30-7:25 pm | \$25/4 | [81561](#)

Shima Karate (3032 Barons Rd)

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 15-Oct 27 | 5:15-6 pm | \$84/7 | [80236](#)

Thu, Nov 3-Dec 15 | 5:15-6 pm | \$84/7 | [80240](#)

Nanaimo Ice Centre

Sat, Sep 17-Oct 29 | 11:15 am-12:15 pm | \$91/7 | [80256](#)

Sat, Nov 5-Dec 17 | 11:15 am-12:15 pm | \$91/7 | [80258](#)

Frank Crane Arena

Intro to Curling

9 to 16 Years

This is a great opportunity to try out the game of curling with kids your own age. Dress warm and in layers. Bring gloves and carry in a clean pair of runners. All other equipment is provided.

Sat, Oct 15 | 10 am-12 pm | \$5/1 | [80962](#)

Nanaimo Curling Club

Learn to Curl

9 to 16 Years

Our NCCP certified instructors will introduce you the basics of game. Dress warm and in layers. Bring gloves and carry in a clean pair of runners. All other equipment is provided.

Thu, Oct 6-27 | 3:45-5:30 pm | \$40/4 | [80965](#)

Thu, Nov 3-24 | 3:45-5:30 pm | \$40/4 | [80966](#)

Nanaimo Curling Club

Taekwondo & 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 12-14 | 6:10-7 pm | \$27/2 | [81906](#)

M/W, Oct 3-5 | 6:10-7 pm | \$27/2 | [81907](#)

M/W, Nov 7-9 | 6:10-7 pm | \$27/2 | [81908](#)

M/W, Dec 5-7 | 6:10-7 pm | \$27/2 | [81909](#)

World Taekwondo Academy (4300 Wellington Rd)

Creative Writing and Book Club

11 to 14 Years

Anyone can be a writer! Get your creative juices flowing with writing prompts and exercises in this beginner level class. Each session will also feature a chance to share the book(s) you are currently reading with other participants allowing you to discover new authors. Participants will receive a journal to write in, but please bring your own pens.

Mon, Sep 19-Nov 14 | 5:30-7 pm | \$88/8 | [82111](#)

Nanaimo Aquatic Centre

Youth Drop-In

FREE!



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 20-Dec 6

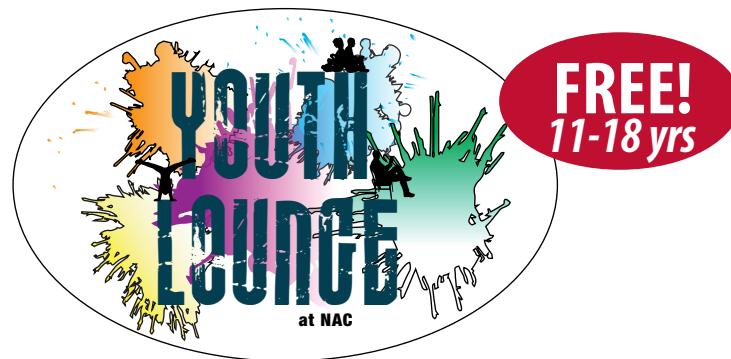
6:30-8 pm

Oliver Woods Community Centre

FREE (please pre-register using course ID #81458)



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.



Thursday, Sep 22 to Dec 8, 3-7 pm, Nanaimo Aquatic Centre

Please pre-register using course ID #81138

• XBOX • WII • FOOSBALL • AIR HOCKEY • CHARGING STATION • SNACKS

• MUSIC • BEAN BAG CHAIRS • FREE WIFI • MUCH MORE!



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

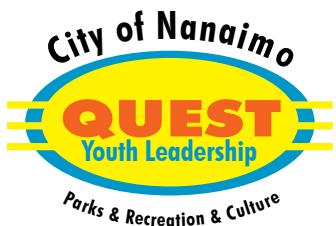
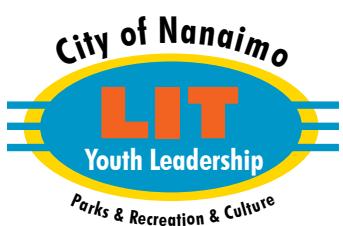
PLEASE NOTE: Program cancelled on pro-d days, statutory holidays or other school closures (i.e. snow days). Check our YOUTH Nanaimo Facebook page for other updates, changes or cancellations.



cityofnanaimo



prc_nanaimo (#ilovemy parksandrec)



YOUTH LEADERSHIP

Over 40 Years of Creating Community Leaders

LIT (Leaders in Training)

13-18 YEARS

(Must be at least 13 years old by December 31, 2022 and starting Grade 8 in September 2022)

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 using your new skills.

How to Join:

1. Register for LIT using barcode [81482](#). Cost is \$152 .
2. Register your parents for the [Free Parent Info Night](#) held on Wednesday, October 5, 6:30-7:30 pm (barcode [81484](#)) 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. If your child is registering, this is highly recommended.)
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 8, 11 am-3:30 pm at Beban Park Social Centre.
5. Submit [Placement Sign-up](#) to Program Coordinator between October 11 to 19.
6. Go to your [Placements](#) to volunteer, learn new skills, make new friends and have fun!

PARENTS: Check out our "Frequently Asked Questions" at www.nanaimo.ca/goto/LIT



- 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

• Tue, Oct 11

[81485](#)

On the Job 101

• Wed, Oct 12

[81486](#)

Clowning 101

• Thu, Oct 13

[81487](#)

Teamwork 101

• Fri, Oct 14

[81489](#)



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 [81481](#). Cost is \$152 .
 2. Attend Orientation on Saturday, October 8, 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. Submit [Placement Sign-up](#) to Program Coordinator between October 11 to 19.
 4. Go to your [Placements](#) to volunteer, learn new skills, make new friends and have fun!
- (Parents: if you have any questions about the Quest Program, please attend the Parent Information Night on Wednesday, October 5. Please pre-register using barcode [81484](#).)*

- 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 has helped me become more confident."

Kira

"LIT was a fun-filled experience. I enjoyed making new friends and learning leadership skills."

Anishka

"I loved the Quest program because it gave me the opportunity to build my values and meet new friends."

Aidan

"Quest helped me make lots of connections."

Jackson



cityofnanaimo



prc_nanaimo (#ilovemyparksandrec)



See page 13

**for Drop-In
Pottery Schedule**

Adult Arts & Crafts

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

Sun, Nov 6 | 10 am-4 pm | \$65/1 | [79565](#)

Beban Park Social Centre

Stained Glass Art

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

Tue, Sep 13-Oct 25 | 4-6 pm | \$112/7 | [81422](#)

Tue, Nov 1-Dec 13 | 4-6 pm | \$112/7 | [81423](#)

Oliver Woods Community Centre

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

Mon, Nov 21-Dec 5 | 1-3 pm | \$36/3 | [79510](#)

Mon, Nov 21-Dec 5 | 6:30-8:30 pm | \$36/3 | [79511](#)

Thu, Nov 24-Dec 8 | 12-2 pm | \$36/3 | [79512](#)

Beban Park Social Centre

Introduction to Watercolour

Explore basic techniques, including colour, washes and special effects in this introductory class. Please bring a pencil, eraser, note paper and a water container. All other supplies are provided.

Instructor: Helen Binns

Mon, Sep 19-Nov 14 | 1-3 pm | \$96/8 | [79505](#)

Beban Park Social Centre

Intermediate Watercolour

Further explore the watercolour medium with new and varied subject matter. We will introduce composition and design considerations and develop your artistic voice. Please pick up a supply list.

Instructor: Helen Binns

Wed, Sep 21-Nov 9 | 6:30-8:30 pm | \$96/8 | [79508](#)

Beban Park Social Centre

The Art of Paint - Studio 2

These classes provide an atmosphere of camaraderie where you can develop your own style with personal guidance. Each session begins with a challenge followed by studio time. Special emphasis will be given to "loosening up" and transforming those old habits into new exciting attitudes. Previous painting experience is suggested. Please bring any size canvas, brushes and your choice of acrylic paints. Supply list available. Easels provided.

Instructor: Marilyn Ridsdale

Thu, Sep 29-Nov 17 | 7-9 pm | \$120/8 | [81978](#)

Oliver Woods Community Centre

Introduction to Drawing

Explore your creative side. This will help you be comfortable using basic drawing techniques. Please bring an HB and 4B pencil, 2 erasers (kneaded and vinyl), a pencil sharpener and paper.

Instructor: Helen Binns

Mon, Sep 19-Nov 14 | 6:30-8:30 pm | \$96/8 | [79507](#)

Beban Park Social Centre

Drawing - Level 2

This class is an in-depth look at drawing. We will try different approaches to illustrating textures like glass, metal and fabric then take a more detailed look at figure drawing both people and animals.

Instructor: Helen Binns

Thu, Sep 22-Nov 10 | 6:30-8:30 pm | \$96/8 | [79509](#)

Beban Park Social 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.

Instructor: Nesta Phillips

Tue, Sep 6-Oct 11 | 6:30-9 pm | \$174/6 | [81097](#)

Tue, Oct 18-Nov 22 | 6:30-9 pm | \$174/6 | [81098](#)

Bowen Pottery Studio

Pottery Workshop - Hand Built Mug

You will make a mug without a pottery wheel.

You are encouraged to bring textures and other

materials to stamp into the clay to make it your own.

Instructor: Nesta Phillips

Tue, Nov 29-Dec 6 | 6:30-9 pm | \$55/2 | [81100](#)

Bowen Pottery Studio



Adult Cooking

Cooking for Well-Being through Ayurveda

Explore how this ancient science uses food as a healing tool. Support your mental and emotional well-being through discussion, demonstration and participation while learning simple, yet delicious methods for using foods and spices to keep you in balance and aligned with the rhythms of nature.

Recipes are included.

Instructor: Joanne Cooper

Tue, Nov 1-15 | 6-9 pm | \$95/3 | [81448](#)

Bowen Park Complex

Teas, Tonics and Spice Blends NEW!

According to Ayurveda, herbs and spices can stimulate our appetite, strengthen our digestion and have a beneficial effect on mind, body and spirit. We'll learn some healing properties of common herbs and spices and then apply this knowledge as you prepare your own personal rejuvenating tonic and a restorative spice blend.

Instructor: Joanne Cooper

Tue, Dec 6 | 6-9 pm | \$50/1 | [81450](#)

Bowen Park Complex

Mozza, 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, Sep 29 | 6-8 pm | \$100/1 | [78421](#)

Bowen Park Complex

Sat, Oct 22 | 10 am-12 pm | \$100/1 | [78836](#)

Sat, Oct 22 | 1-3 pm | \$100/1 | [78837](#)

Sat, Nov 5 | 10 am-12 pm | \$100/1 | [78840](#)

Sat, Nov 5 | 1-3 pm | \$100/1 | [78841](#)

Sat, Dec 10 | 10 am-12 pm | \$100/1 | [78842](#)

Beban Park Social Centre

Holiday Dips & Appies Using Fromage Blanc

Learn how to make your own holiday dips, spreads and appetizers. You will be working with a pre made curd to create both a savory and sweet appetizer to take home and impress your friends and family. Cultures and instructions to make your own at home are included in the class.

Instructor: Paula Maddison

Sat, Dec 10 | 1-3 pm | \$65/1 | [79149](#)

Beban Park Social Centre

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, Sep 14 | 7-9:30 pm | \$40/1 | [78863](#)

Wed, Oct 5 | 7-9:30 pm | \$40/1 | [78864](#)

Wed, Nov 9 | 7-9:30 pm | \$40/1 | [78866](#)

Wed, Dec 7 | 7-9:30 pm | \$40/1 | [78867](#)

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 28 | 7-9:30 pm | \$40/1 | [78868](#)

Wed, Oct 26 | 7-9:30 pm | \$40/1 | [78869](#)

Wed, Nov 30 | 7-9:30 pm | \$40/1 | [78870](#)

Wed, Dec 21 | 7-9:30 pm | \$40/1 | [78871](#)

Bowen Park Complex



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.



cityofnanaimo



prc_nanaimo (#ilovemyparksandrec)



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 6-Oct 25 | 6:30-8 pm | \$56/5 | [78422](#)

Tue, Nov 1-Dec 20 | 6:30-8 pm | \$64/6 | [78423](#)

Beban Park Social Centre



Ballroom & Latin Dance - Beginner

This class will cover the basics of social foxtrot, quickstep, cha cha and rumba. Make it a fun, social evening out while keeping your body agile. No previous dancing experience required. Couples and singles are welcome.

Instructor: Nelson Wong

Wed, Sep 7-Oct 19 | 8-9 pm | \$63/7 | [81442](#)

Wed, Oct 26-Dec 7 | 8-9 pm | \$63/7 | [81443](#)

Bowen Park Complex

Ballroom & Latin Dance -

Beginner's Continuation

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 12-Oct 24 | 7-8 pm | \$60/6 | [81436](#)

Mon, Oct 31-Dec 5 | 7-8 pm | \$60/6 | [81437](#)

Beban Park Social Centre

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 12-Oct 24 | 8-9 pm | \$60/6 | [81438](#)

Mon, Oct 31-Dec 5 | 8-9 pm | \$60/6 | [81439](#)

Beban Park Social Centre

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 7-Oct 19 | 7-8 pm | \$63/7 | [81440](#)

Wed, Oct 26-Dec 7 | 7-8 pm | \$63/7 | [81441](#)

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 or call us at 250-756-5200.

Emergency Child Care First Aid

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, Sep 10 | 9 am-5:30 pm | \$99/1 | [78981](#)

Beban Park Social Centre

Standard First Aid

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 prerequisite for lifeguard certification. Re-training is recommended every three years.

Sat/Sun, Oct 1 & 2 | 9 am-5:30 pm | \$118/2 | [78900](#)

Sat/Sun, Nov 26 & 27 | 9 am-5:30 pm | \$118/2 | [78901](#)

Beban Park Social Centre

Emergency First Aid with CPR C

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, Oct 1 | 9 am-5:30 pm | \$99/1 | [78891](#)

Sat, Nov 26 | 9 am-5:30 pm | \$99/1 | [78899](#)

Beban Park Social Centre



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Adult Outdoor & Sport

Nanaimo River Watershed & Water Treatment Plant Tour

Come see the amazing journey our drinking water takes from the mountains to our homes. Enjoy an exclusive guided tour of the Nanaimo River Drinking Watershed followed by a tour of Nanaimo's innovative Water Treatment Plant. Experts from City of Nanaimo and Mosaic will be on hand to discuss forestry, water quality, future plans and answer questions. Don't forget your camera!

Fri, Sep 23 | 9:30 am-4 pm | \$20/1 | [81022](#)

Meet at Bowen Park (parking lot off Wall St)

Trailblazers

The Nanaimo area is packed with amazing hiking trails! Spending time in nature can help clear the mind, reduce stress and keep the body healthy. Come enjoy the fresh air and great company while exploring different hiking trails around the Nanaimo area. Complete a 5- to 7-kilometre hike with balance work, plus before and after the hike stretches. Must wear good walking/hiking shoes and be in good physical health

Instructor: Laurah-Lee Christie

Tue, Nov 1-Dec 6 | 9-10:30 am | \$57/6 | [81473](#)

Meet at Nanaimo Ice Centre Lobby

Thu, Nov 3-Dec 8 | 9-10:30 am | \$57/6 | [81470](#)

Meet in Bowen Park Complex Lobby



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.

Sun, Sep 25 | 12:30-4:30 pm | \$40/1 | [81009](#)

Beban Park Centennial Building

Indoor Tennis Lessons

Participants will be work 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 8-Oct 27 | 8-9:30 pm | \$216/8 | [82600](#)

Thu, Nov 3-Dec 15 | 8-9:30 pm | \$216/8 | [82601](#)

Intermediate

Tue, Sep 6-Oct 25 | 8-9:30 pm | \$216/8 | [81103](#)

Thu, Sep 8-Oct 27 | 9:30-11 am | \$216/8 | [81105](#)

Tue, Nov 1-Dec 20 | 8-9:30 pm | \$216/8 | [81104](#)

Thu, Nov 3-Dec 15 | 9:30-11 am | \$189/7 | [81108](#)

North Island Tennis Academy

Fencing - All Levels

14 Years +

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). Challenge other fencers either using practice or electric equipment. All equipment is provided.

Instructor: Georgia Newsome

Wed, Sep 14-Oct 26 | 6:30-8 pm | \$91/7 | [81409](#)

Wed, Nov 2-Dec 14 | 6:30-8 pm | \$91/7 | [81410](#)

Oliver Woods Community Centre

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!



Taekwondo & 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 12-14 | 6:10-7 pm | \$27/2 | [81906](#)

M/W, Oct 3-5 | 6:10-7 pm | \$27/2 | [81907](#)

M/W, Nov 7-9 | 6:10-7 pm | \$27/2 | [81908](#)

M/W, Dec 5-7 | 6:10-7 pm | \$27/2 | [81909](#)

World Taekwondo Academy (4300 Wellington Rd)

Adult Taekwondo NEW!

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 12-14 | 6:10-7 pm | \$29/2 | [81897](#)

M/W, Oct 3-5 | 6:10-7 pm | \$29/2 | [81898](#)

M/W, Nov 7-9 | 6:10-7 pm | \$29/2 | [81903](#)

M/W, Dec 5-7 | 6:10-7 pm | \$29/2 | [81904](#)

World Taekwondo Academy (4300 Wellington Rd)

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 13-Oct 25 | 6:30-7:30 pm | \$49/6 | [79128](#)

Tue, Nov 1-Dec 6 | 6:30-7:30 pm | \$49/6 | [79129](#)

Bowen Park Complex

Karate for GenXers NEW!

Learn at a slower pace and ease into martial arts with no belts or gradings. Come to learn or relearn martial arts history and techniques with a great group of like-minded people.

Sun, Sep 11-25 | 9-10 am | \$18/3 | [81567](#)

Sun, Oct 2-23 | 9-10 am | \$18/3 | [81568](#)

Sun, Nov 6-27 | 9-10 am | \$25/4 | [81569](#)

Sun, Dec 4-18 | 9-10 am | \$18/3 | [81570](#)

Shima Karate (3032 Barons Rd)

Mom's Yoga/Karate

This program is geared for any moms or any women 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 14-28 | 6:15-7:15 pm | \$18/3 | [81563](#)

Fri, Nov 4-25 | 6:15-7:15 pm | \$18/3 | [81564](#)

Shima Karate (3032 Barons Rd)

Into to Tai Chi

This is for students with no or limited background in Tai Chi. This class teaches Tai Chi-related exercises and the mini set of Tai Chi comprising the first 17 moves of the long Tai Chi form based on the traditional Yang Style set. Sometimes called a moving meditation, this provides many health benefits.

Wed, Sep 14-Oct 26 | 7-8:30 pm | \$56/7 | [83092](#)

Beban Park Social Centre

Introduction to Curling

17 + Years

This workshop will cover the basics of how to deliver a curling rock, sweeping and rules of play. Please bring a clean pair of indoor runners, wear stretchy pants and dress warmly.

Instructor: Nanaimo Curling Club

Sun, Oct 2 | 1-3 pm | \$10/1 | [80950](#)

Tue, Oct 4 | 6:30-8:30 pm | \$10/1 | [80951](#)

Nanaimo Curling Club

Curling Basics

17 + Years

Ever wanted to try curling? This is the place to start. Each session begins with 30 minutes of theory and classroom instruction. This is followed by an hour and a half of on-ice practice in small groups with certified club coaches. The lessons focus on shot delivery, sweeping, basic rules and etiquette to get you started. Dress warmly, bring a clean pair of indoor running shoes. All equipment is provided.

Instructor: Nanaimo Curling Club

Tue, Oct 18-Nov 8 | 6:30-8:15 pm | \$95/4 | [80952](#)

Wed, Oct 19-Nov 9 | 7:30-9:15 pm | \$95/4 | [80953](#)

Tue, Nov 22-Dec 13 | 6:30-8:15 pm | \$95/4 | [80955](#)

Wed, Nov 23-Dec 14 | 7:30-9:15 pm | \$95/4 | [80958](#)

Nanaimo Curling Club



Curling - Beyond the Basics

17 + Years

Interested in a little more than the curling basics? Want to continue honing your skills, polish your delivery or improve your overall game? Learn more about game strategy, brushing techniques, ice reading and delivery analysis with certified club coaches. This program is for both new curlers who just finished the Curling Basics and for experienced curlers looking to learn a bit more about the game. Dress warmly, bring a clean pair of indoor running shoes. All equipment is provided.

Instructor: Nanaimo Curling Club

Tue, Nov 22-Dec 13 | 6:30-8:15 pm | \$95/4 | [80959](#)

Wed, Nov 23-Dec 14 | 7:30-9:15 pm | \$95/4 | [80961](#)

Nanaimo Curling Club





WORLD Rivers Day

COME AND CELEBRATE OUR RIVERS...
and their many benefits, such as clean water, spawning salmon, historic trade, exploration routes, connection with the Snuneymuxw First Nation Community and are a place to play.

- Community Info Booths
- Entertainment • Activities
- Registered Programs:
 - Watershed & Water Treatment Plant Tour (#81022)
 - Living Water (#81258)



free!

Sunday, September 25, 2022

11 am-3 pm at Bowen Park (Lower Picnic Shelter)

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 19 | 10 am-12 pm | 81476 (Ivy at Pipers Lagoon Park) |
| • Sat, Oct 15 | 10 am-12 pm | 81477 (Daphne removal at Diver Lake Park) |
| • Tue, Nov 1 | 10 am-12 pm | 81479 (Ivy at Pipers Lagoon Park) |
| • Sat, Nov 26 | 10 am-12 pm | 81478 (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.



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

- **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

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.

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





Adult Special Interest

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 get to sample.

Instructor: Connie Kuramoto

Sat, Sep 10 | 10 am-12 pm | \$20/1 | [80888](#)

Pine Street Community Gardens

Saving Your Own Seeds

Do you want to save a bit of money, develop locally adapted plants and care for your plants to the end of their natural life cycle? Saving your own seeds is the way to go. Join us to learn how and why to save all types of garden seeds, including those favourites that are hard to find.

Instructor: Connie Kuramoto

Sat, Sep 24 | 10 am-12 pm | \$20/1 | [80893](#)

Pine Street Community Gardens (271 Pine St)

Prepare Your Garden for Climate Change NEW!

Learn the best ways to prepare for different weather conditions like smoke, drought and cold, wet springs. Our facilitator will discuss cultivating drought resistant soil, water collection, irrigation, hardy varieties and tips for keeping plants and soil healthy in all conditions.

Instructor: Connie Kuramoto

Sat, Oct 8 | 10 am-12 pm | \$20/1 | [80896](#)

Pine Street Community Gardens (271 Pine St)

Gardening for Busy People NEW!

Get tips and tricks to take a lot of the work out of gardening. Feel like gardening is too much effort or you lack the time to spend in the garden? Join us for this fun and informative workshop to teach you how to work less and enjoy your garden more.

Instructor: Connie Kuramoto

Sat, Oct 29 | 10 am-12 pm | \$20/1 | [80979](#)

Beban Park Learning Garden

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, Oct 15 | 10 am-12 pm | \$20/1 | [80981](#)

Pine Street Community Gardens (271 Pine St)

Pruning to Shape Your Young Fruit Trees NEW!

You've planted new fruit trees. Now what? Young trees still need pruning and attention so they grow right for your space and maximize fruit production. Learn how to care for these little trees to keep them happy and start them off right. This is ideal for trees under five years old.

Instructor: Scott Wikserke

Sat, Nov 5 | 10 am-12 pm | \$20/1 | [80984](#)

Beaufort Park Food Forest

Wild & Natural Winter Woodland Wreaths

Let nature provide the creative inspiration for some eco-friendly holiday wildcrafting! We will tour a beautiful winter woodland garden and then warm up with a hot drink in the cozy outdoor classroom where we will arrange foliage, twigs, lichen 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

Sat, Dec 3 | 10 am-12:30 pm | \$39/1 | [80990](#)

Sun, Dec 4 | 10 am-12:30 pm | \$39/1 | [80991](#)

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!

Merlot Red Wine Soap Making NEW!

It's the great skin conditioner! From pre-blended vegan bases, learn the basics of creating red wine soap. Previous knowledge of cold process soap making is not necessary. Using merlot red wine, create a citrus and cedarwood soap batch. Explore different ingredients, methods and techniques that you can use to create exciting soaps. Learn about troubleshooting, history and packaging/decorating your soaps. Also receive a finished soap bar. Please bring a hand towel to class. Please come to class scent-free and bring an apron (or wear appropriate clothing).

Instructor: Cheryl Theilade, Scentimental Creations

Sat, Oct 22 | 9-11 am | \$40/1 | [76903](#)

Beban Park Social Centre

Natural Creams, Lotions and NEW!

Infused Body Oils

Making your own moisturizing creams and lotions is simple, fun and affordable. The beauty of making your own products is the knowing exactly what ingredients are being used and including in recipes ingredients that address your skin type and/or skin problem. Make and take home a vitamin-packed cream, an aloe vera moisturizer, rejuvenating facial oil and an herbal infused body oil. Bonus: Learn about an ingredient that can give you a sun-kissed look!

Instructor: Cheryl Theilade, Scentimental Creations

Sat, Oct 22 | 11:30 am-2 pm | \$40/1 | [76904](#)

Beban Park Social Centre

Face Value - A Skincare Regime NEW!

From acne to rosacea, create natural facial care - food for the skin. Customize face products to meet your needs. Take home a chamomile cleanser, an alpha hydroxy skin toner, a papaya oatmeal facial scrub and an aloe vera cream. Recipes for a hydrating facial spray and a wholesome facial mask are included.

Instructor: Cheryl Theilade, Scentimental Creations

Sat, Oct 22 | 2:30-4:30 pm | \$40/1 | [76943](#)

Beban Park Social Centre

Aromatherapy: The Art of Blending NEW!

Aromatic essences are derived from portions of plants. Discover this alternative form of healing. Learn 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. In class, make blends for lymphatic drainage, scarring, acne and other ailments. Create a personal synergy (blend), a roll-on, a massage oil, a solid scent perfume and an aromatherapy spray. Recipes and blends are provided.

Instructor: Cheryl Theilade, Scentimental Creations

Sat, Oct 22 | 5-7 pm | \$40/1 | [76958](#)

Beban Park Social 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 6-27 | 3:30-4 pm | \$88/4 | [80488](#)

Tue, Sep 6-27 | 4:05-4:35 pm | \$88/4 | [80514](#)

Tue, Sep 6-27 | 4:40-5:10 pm | \$88/4 | [80515](#)

Tue, Sep 6-27 | 5:15-5:45 pm | \$88/4 | [80516](#)

Tue, Sep 6-27 | 5:50-6:20 pm | \$88/4 | [80517](#)

Tue, Oct 4-25 | 3:30-4 pm | \$88/4 | [80542](#)

Tue, Oct 4-25 | 4:05-4:35 pm | \$88/4 | [80548](#)

Tue, Oct 4-25 | 4:40-5:10 pm | \$88/4 | [80519](#)

Tue, Oct 4-25 | 5:15-5:45 pm | \$88/4 | [80520](#)

Tue, Oct 4-25 | 5:50-6:20 pm | \$88/4 | [80544](#)

Tue, Nov 1-22 | 3:30-4 pm | \$88/4 | [80533](#)

Tue, Nov 1-22 | 4:05-4:35 pm | \$88/4 | [80523](#)

Tue, Nov 1-22 | 4:40-5:10 pm | \$88/4 | [80524](#)

Tue, Nov 1-22 | 5:15-5:45 pm | \$88/4 | [80526](#)

Tue, Nov 1-22 | 5:50-6:20 pm | \$88/4 | [80522](#)

Tue, Nov 29-Dec 20 | 3:30-4 pm | \$88/4 | [80549](#)

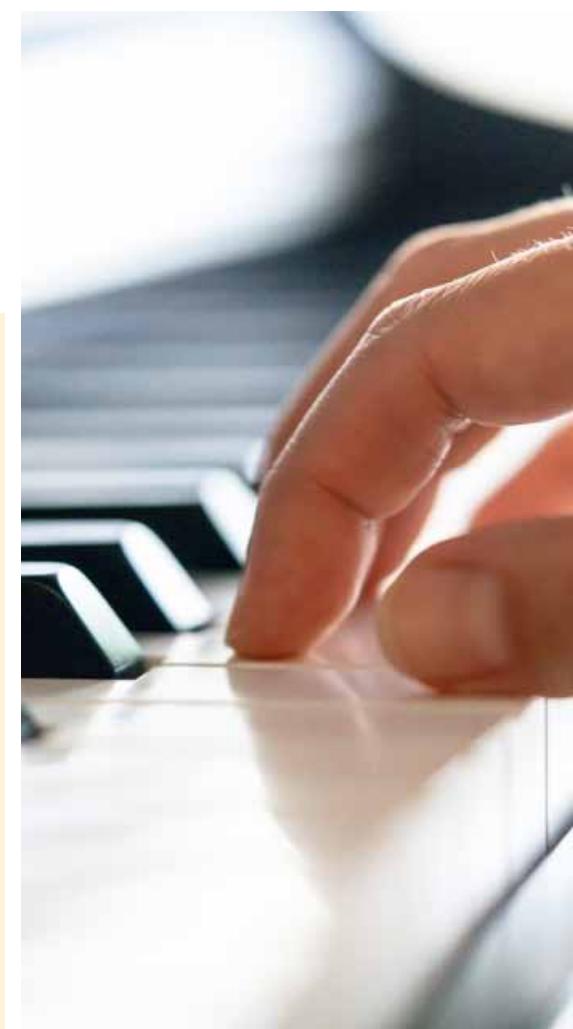
Tue, Nov 29-Dec 20 | 4:05-4:35 pm | \$88/4 | [80550](#)

Tue, Nov 29-Dec 20 | 4:40-5:10 pm | \$88/4 | [80551](#)

Tue, Nov 29-Dec 20 | 5:15-5:45 pm | \$88/4 | [80552](#)

Tue, Nov 29-Dec 20 | 5:50-6:20 pm | \$88/4 | [80554](#)

Bowen Park Complex



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 20-Nov 8 | 5:30-7 pm | \$96/8 | [79561](#)

Wed, Sep 21-Nov 9 | 7-8:30 pm | \$96/8 | [79262](#)

Bowen Park Complex

Spanish For Travelers - Beginners

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 20-Nov 8 | 7-8:30 pm | \$96/8 | [79563](#)

Bowen Park Complex

Spanish - Intermediate

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

Wed, Sep 21-Nov 9 | 5:30-7 pm | \$96/8 | [79564](#)

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

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: Heather Honey

Thu, Sep 8-Oct 27 | 5:30-6:30 pm | \$56/7 | [81296](#)

Thu, Nov 3-Dec 15 | 5:30-6:30 pm | \$56/7 | [81297](#)

Oliver Woods Community Centre

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 14-Oct 26 | 9-10 am | \$56/7 | [79673](#)

Wed, Nov 2-Dec 14 | 9-10 am | \$56/7 | [79675](#)

Bowen Park Complex

Fun and Functional Fitness NEW!

Finding time for fitness can be a chore if you don't find it entertaining. The purpose of this class is to set and achieve goals while enjoying the process. This fun and functional fitness class is about enjoying movement, getting stronger and forming connections in the community. Resistance and body weight training will be utilized, and numerous strategies will be discussed for how to build your own unique program.

Instructor: Dustin King

Wed, Sep 14-Oct 26 | 10:30-11:30 am | \$56/7 | [81916](#)

Wed, Nov 2-Dec 14 | 10:30-11:30 am | \$56/7 | [81917](#)

Oliver Woods Community Centre

Circuit Fusion NEW!

Join us in the gym for this fun and motivating bootcamp-style class that will include mobility, cardio and strength conditioning to give you a great workout. Train for life! All fitness levels are welcome.

Instructor: Jean Medley

Mon, Sep 12-Oct 17 | 9-10 am | \$56/7 | [82463](#)

Mon, Oct 31-Dec 12 | 9-10 am | \$56/7 | [82464](#)

Oliver Woods Community Centre



Total Body Fitness

All levels are welcome here. We incorporate fun exercises and equipment, such as free weights, medicine balls and more to keep the class exciting and challenging.

Instructor: Kim Ross

Mon, Sep 12-Oct 24 | 9-10 am | \$48/6 | [79687](#)

Mon, Oct 31-Dec 12 | 9-10 am | \$56/7 | [79688](#)

Rotary Field House

Thu, Sep 15-Oct 27 | 9-10 am | \$56/7 | [79680](#)

Thu, Nov 3-Dec 15 | 9-10 am | \$56/7 | [79683](#)

Bowen Park Complex

Rock Your Body Boot Camp

Finish your day with a workout that will leave you feeling energized. 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 12-Oct 24 | 5-6 pm | \$40/5 | [81285](#)

Wed, Sep 14-Oct 26 | 9-10 am | \$48/6 | [81288](#)

Mon, Oct 31-Dec 12 | 5-6 pm | \$56/7 | [81286](#)

Wed, Nov 2-Dec 14 | 9-10 am | \$56/7 | [81290](#)

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. This class also brings sculpting, toning and tightening with pilates, yoga stretches and meditation. Please bring your own yoga mat.

Instructor: Heidi Robinson

Fri, Sep 9-Oct 28 | 12:15-1:15 pm | \$48/6 | [81293](#)

Fri, Nov 4-Dec 16 | 12:15-1:15 pm | \$48/6 | [81294](#)

Oliver Woods Community Centre



cityofnanaimo



prc_nanaimo (#ilovemyparksandrec)

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 14-Oct 26 | 12:15-1:15 pm | \$56/7 | [79677](#)

Wed, Nov 2-Dec 14 | 12:15-1:15 pm | \$56/7 | [79678](#)

Rotary Field House

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 15-Oct 27 | 12:30-1:30 pm | \$56/7 | [79684](#)

Thu, Nov 3-Dec 15 | 12:30-1:30 pm | \$56/7 | [79686](#)

Nanaimo Ice Centre Lounge

Lunch Time Zumba Party NEW!

Join the party and pump up your lunch break with some high energy Zumba! Come out and enjoy this cardio workout featuring different rhythms of music. There is no wrong way to Zumba, so lace up your dancing shoes and come enjoy the party!

Instructor: Shandra Mayes

Tue, Sep 6-Oct 18 | 11:30 am-12:30 pm | \$56/7 | [81300](#)

Tue, Oct 25-Dec 6 | 11:30 am-12:30 pm | \$56/7 | [81301](#)

Oliver Woods Community Centre

Zumba

Ready for a high energy dance party? Come out and enjoy this cardio workout different rhythms of music. There is no wrong way to Zumba, so lace up your dancing shoes and come enjoy the party.

Instructor: Shandra Mayes

Tue, Sep 6-Oct 18 | 9-10 am | \$56/7 | [81298](#)

Tue, Oct 25-Dec 6 | 9-10 am | \$56/7 | [81299](#)

Oliver Woods Community Centre

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.

Instructor: Mary Keel

Mon, Oct 3-Nov 7 | 9:15-10:15 am | \$40/5 | [81283](#)

Mon, Nov 14-Dec 12 | 9:15-10:15 am | \$40/5 | [81284](#)

Oliver Woods Community Centre

Beginner Yoga NEW!

Join us for a yoga class designed for all levels of experience and for those wanting a slower placed and gentler practice. This class will focus on flexibility, relaxation, awareness, balance and strength. You must bring your own yoga mat.

Instructor: Jane Bockman

Mon, Sep 12-Oct 24 | 3:15-4:15 pm | \$48/6 | [81143](#)

Mon, Oct 31-Dec 12 | 3:15-4:15 pm | \$56/7 | [81144](#)

Oliver Woods Community Centre

Gentle Friday Yoga

Join this gentle and meditative yoga practice. Suitable for anyone wishing to practice a calming paced class. Everyone is welcome, and everyone can benefit from a gentle practice. Find freedom of movement, flexibility and mindfulness. Please bring your own yoga mat.

Instructor: Jane Bockman

Fri, Sep 9-Oct 28 | 9:30-10:30 am | \$56/7 | [81168](#)

Fri, Nov 4-Dec 16 | 9:30-10:30 am | \$48/6 | [81169](#)

Oliver Woods Community Centre

Gentle Yoga AM

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. You must bring your own yoga mat.

Instructor: Gypsy Hart

Mon, Sep 12-Oct 24 | 9:15-10:15 am | \$48/6 | [81131](#)

Mon, Oct 31-Dec 12 | 9:15-10:15 am | \$56/7 | [81135](#)

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: Karen Shortt

Mon, Sep 12-Oct 24 | 5:30-6:30 pm | \$48/6 | [80210](#)

Mon, Oct 31-Dec 12 | 5:30-6:30 pm | \$56/7 | [80212](#)

Rotary Field House

Instructor: Melissa Hill

Thu, Sep 8-Oct 27 | 11:15 am-12:15 pm | \$64/8 | [81192](#)

Thu, Nov 3-Dec 15 | 11:15 am-12:15 pm | \$56/7 | [81193](#)

Oliver Woods Community Centre

Please bring your own mat to fitness and yoga classes.

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 6-Oct 25 | 5:30-6:30 pm | \$56/7 | 81190

Tue, Nov 1-Dec 13 | 5:30-6:30 pm | \$56/7 | 81191

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 continuing students looking for a slower pace without inversions.

Instructor: Karen Shortt

Wed, Sep 14-Oct 26 | 5:30-6:30 pm | \$56/7 | 80192

Wed, Nov 2-Dec 14 | 5:30-6:30 pm | \$56/7 | 80207

Rotary Field House

Instructor: Amber Neuman-Brochez

Sat, Sep 10-Oct 22 | 10-11 am | \$56/7 | 81194

Sat, Nov 5-Dec 10 | 10-11 am | \$48/6 | 81195

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 13-Oct 25 | 5:15-6:15 pm | \$56/7 | 81173

Tue, Nov 1-Dec 13 | 5:15-6:15 pm | \$56/7 | 81174

Oliver Woods Community Centre

Mom's Yoga/Karate

This program is geared for any moms or any women 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 14-28 | 6:15-7:15 pm | \$18/2 | 81563

Fri, Nov 4-25 | 6:15-7:15 pm | \$18/2 | 81564

Shima Karate (3032 Barons Rd)

Pilates: Beginner NEW!

This class will focus on Pilates fundamentals - breath work, alignment, core stability and strengthening. Pilates exercises are tools to assist us in preventing back injuries and improve our core strength and posture. Suitable for all levels of fitness. Please bring your own yoga mat.

Instructor: Jane Bockman

Tue, Sep 6-Oct 25 | 2-3 pm | \$64/8 | 81149

Tue, Nov 1-Dec 13 | 2-3 pm | \$56/7 | 81150

Oliver Woods Community Centre

Mat Pilates - Level 1 NEW!

In this class we will focus on Pilates breath work, alignment of our spine, quality of movement and core support. These series of exercises will help you move with ease in your daily life.

Instructor: Jane Bockman

Fri, Sep 9-Oct 28 | 10:45-11:45 am | \$56/7 | 81170

Fri, Nov 4-Dec 16 | 10:45-11:45 am | \$48/6 | 81171

Oliver Woods Community Centre

Mat Pilates

A mixed levels mat Pilates class designed to strengthen your core, improve balance and posture. We will elongate our muscles and enhance our mind/body connection. Pilates is beneficial for all of our activities. Please bring your own yoga mat.

Instructor: Jane Bockman

Thu, Sep 8-Oct 27 | 6:30-7:30 pm | \$64/8 | 81151

Thu, Nov 3-Dec 15 | 6:30-7:30 pm | \$56/7 | 81152

Oliver Woods Community Centre

Yoga/Pilates Fusion NEW!

This class incorporates beginner Pilates exercises and accessible yoga asanas to improve flexibility, core strength, postural alignment, core awareness and stability. This class is a great option for all abilities! Please bring your own yoga mat.

Instructor: Jane Bockman

Tue, Sep 6-Oct 25 | 12:45-1:45 pm | \$64/8 | 81147

Tue, Nov 1-Dec 13 | 12:45-1:45 pm | \$56/7 | 81148

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

Wed, Sep 14-Oct 26 | 9:15-10:15 am | \$56/7 | 81181

Thu, Sep 15-Oct 27 | 5:15-6:15 pm | \$56/7 | 81184

Wed, Nov 2-Dec 14 | 9:15-10:15 am | \$56/7 | 81183

Thu, Nov 3-Dec 15 | 5:15-6:15 pm | \$56/7 | 81185

Oliver Woods Community Centre

SoulBody Barre Fitness NEW!

Utilizing the principles of Pilates, the philosophies of yoga, the grace of dance and the body-sculpting benefits of interval strength training, SoulBody Barre will engage all of the major muscle groups and increase your stamina while having fun in this high energy class!

Instructor: Shandra Mayes

Tue, Sep 6-Oct 18 | 10:15-11:15 am | \$56/7 | 82267

Tue, Oct 25-Dec 6 | 10:15-11:15 pm | \$56/7 | 82268

Oliver Woods Community Centre

Minds in Motion

Alzheimer Society Fitness & Social Program

This is a fitness and social program for people experiencing early stage memory loss. Clients must register and attend with a friend, family member or caregiver. A certified fitness instructor will lead a fitness portion of the class; an Alzheimer Society facilitator supports the social time for the program. One fee for both participants and guest.

Thu, Sep 15-Oct 13 | 10-11:30 am | \$40/5 | 81287

Thu, Sep 15-Oct 13 | 1-2:30 pm | \$40/5 | 81289

Thu, Nov 10-Dec 15 | 10-11:30 am | \$40/5 | 81292

Thu, Nov 10-Dec 15 | 1-2:30 pm | \$40/5 | 81295

Beban Park Social Centre





60+ Classes

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 9-Oct 7 | 9:30-10:30 am | \$32/4 | [78988](#)

Fri, Oct 21-Nov 18 | 9:30-10:30 am | \$32/4 | [81572](#)

Fri, Nov 25-Dec 23 | 9:30-10:30 am | \$40/5 | [81573](#)

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 6-Oct 4 | 9-10 am | \$40/5 | [78989](#)

Tue, Oct 18-Nov 15 | 9-10 am | \$40/5 | [81574](#)

Tue, Nov 22-Dec 20 | 9-10 am | \$40/5 | [81575](#)

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

Fri, Sep 9-Oct 28 | 10-11 am | \$56/7 | [78990](#)

Fri, Nov 4-Dec 23 | 10-11 am | \$56/7 | [81576](#)

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: Thommas Michaud, Yoga Master

Wed, Sep 7-Oct 19 | 10-11:30 am | \$56/7 | [78994](#)

Mon, Sep 12-Oct 24 | 10:30-12 pm | \$48/6 | [78993](#)

Wed, Oct 26-Dec 7 | 10-11:30 am | \$56/7 | [81580](#)

Mon, Oct 31-Dec 12 | 10:30-12 pm | \$56/7 | [81578](#)

Rotary Field House

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: Melanie Kirk

Mon, Sep 12-Oct 24 | 10:15-11:15 am | \$48/6 | [81269](#)

Mon, Nov 7-Dec 19 | 10:15-11:15 am | \$56/7 | [81802](#)

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: Melanie Kirk

Mon, Sep 12-Oct 24 | 11:45 am-12:45 pm | \$48/6 | [81272](#)

Mon, Nov 7-Dec 19 | 11:45 am-12:45 pm | \$56/7 | [81803](#)

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, Nov 26-Dec 17 | 9-10 am | \$32/4 | [79579](#)

Bowen Park Complex

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

Tue, Sep 6-Oct 4 | 12-1 pm | \$40/5 | [78984](#)

Tue, Oct 18-Nov 15 | 12-1 pm | \$40/5 | [81552](#)

Tue, Nov 22-Dec 20 | 12-1 pm | \$40/5 | [81553](#)

Bowen Park Complex

Cardio Fit

The class is designed for those wanting to improve their cardiovascular health through interval, low-impact exercises that are easy on the joints. Get your heart pumping and leave feeling invigorated.

Instructor: Shanan St. Louis

Mon, Sep 12-Oct 3 | 12-1 pm | \$32/4 | [78983](#)

Mon, Oct 17-Nov 14 | 12-1 pm | \$40/5 | [81546](#)

Mon, Nov 21-Dec 19 | 12-1 pm | \$40/5 | [81548](#)

Bowen Park Complex



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.

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 7-Oct 5 | 3:30-4:30 pm | \$40/5 | 78982

Wed, Oct 12-Nov 9 | 3:30-4:30 pm | \$40/5 | 81542

Wed, Nov 16-Dec 14 | 3:30-4:30 pm | \$40/5 | 81544

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

Tue, Sep 6-Oct 4 | 10:15-11:15 am | \$40/5 | 78985

Tue, Sep 6-Oct 4 | 11:30 am-12:30 pm | \$40/5 | 78986

Tue, Oct 18-Nov 15 | 10:15-11:15 am | \$40/5 | 81554

Tue, Oct 18-Nov 15 | 11:30 am-12:30 pm | \$40/5 | 81557

Tue, Nov 22-Dec 20 | 10:15-11:15 am | \$40/5 | 81555

Tue, Nov 22-Dec 20 | 11:30 am-12:30 pm | \$40/5 | 81559

Bowen Park Complex

Thu, Sep 8-Oct 6 | 10:15-11:15 am | \$32/4 | 78987

Thu, Oct 20-Nov 17 | 10:15-11:15 am | \$32/4 | 81565

Thu, Nov 24-Dec 22 | 10:15-11:15 am | \$40/5 | 81566

Beban Park Social Centre

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.



cityofnanaimo



prc_nanaimo (#ilovemyparksandrec)



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.)

END OF SUMMER SPLASH

Fun for the whole family! Join us in the water for the aqua joust, running mat, diving boards, slide, tropical summer-themed activities and much more!

Thursday, September 1 • 4-8 pm • Beban Park Pool



HALLOWEEN HOWL SWIM

Come celebrate a spooky, splashy time with creepy, fun decorations, tricks and treats...if you dare!

Sunday, October 30 • 9 am-12 pm • Beban Park Pool

SNOWBALL SWIM

Join us for a winter-themed swim complete with games, arts, crafts and more.

Sunday, December 18 • 2-4 pm • Nanaimo Aquatic Centre



Lifeguard Instructors Wanted with the City of Nanaimo!

You must be a minimum of 16 years old, hold a current CPR C, National Lifeguard Pool Certificate and a Lifesaving Swim Instructor Certification.

Apply: employment.opportunities@nanaimo.ca

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



Our swim lesson program is changing to Lifesaving "Swim for Life" program in January 2023. See our website later this year for more information.



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



Swimming Lesson Tips for Success

We are pleased to offer Red Cross swim lessons to highlight the importance of swimming and water safety skills. Swimming can be fun and is also a necessary life skill. Help your child start swimming 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. Tokens can be purchased from the pool cashier.
- Have your child go 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 stay home if not feeling well.
- 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 Choose your desired day of the week (Monday, Tuesday, etc.)

STEP 2 Select the lesson best suited for your swimmer (Sea Otter, Swim Kids 1, etc.)

STEP 3 View the time available for that lesson ("x" indicate available times)

STEP 4 Register in person, over the phone or online through recreation.nanaimo.ca

- Provide the clerk with the level and your choice of dates
- Search for swim lessons in recreation.nanaimo.ca using a key word(s) in the search field (Sea Otter, for example)



Fall Lessons

		MONDAYS - Beban Pool						TUESDAYS - Beban Pool					
		Oct 17 to Dec 12 (9 lessons)			NOTE: Private Lessons are split			Oct 11 to Dec 13 (10 lessons)			NOTE: Private Lessons are split		
		Oct 17-Nov 7 & Nov 21-Dec 12						Oct 11-Nov 8 & Nov 15-Dec 13					
School Ages Program (5-14 yrs)		45 Min.			Preschool Prog. (3-6 yrs)			Parent Participation			30 Min. Classes		
Starfish					8:30 am								
Duck						9:00 am							
Sea Turtle						9:30 am							
Sea Otter							10:00 am						
Salamander								10:30 am					
Sunfish								3:00 pm					
Crocodile/Whale									3:30 pm				
Swim Kids 1										3:45 pm			
Swim Kids 2										4:00 pm			
Swim Kids 3											4:30 pm		
Swim Kids 4											5:00 pm		
Privates											5:30 pm		
Swim Kids 5/6											6:00 pm		
Swim Kids 7/8											6:30 pm		
Swim Kids 9/10												3:00 pm	
													3:30 pm
													3:45 pm
													4:00 pm
													4:30 pm
													5:00 pm
													5:30 pm
													5:45 pm
													6:00 pm
													6:15 pm
													6:30 pm
													6:45 pm



		WEDNESDAYS - Beban Pool						THURSDAYS - Beban Pool					
		Oct 12 to Dec 14 (10 lessons)			NOTE: Private Lessons are split			Oct 13 to Dec 15 (10 lessons)			NOTE: Private Lessons are split		
		Oct 12-Nov 9 & Nov 16-Dec 14						Oct 13-Nov 10 & Nov 17-Dec 15					
School Ages Program (5-14 yrs)		45 Min.			Preschool Prog. (3-6 yrs)			Parent Participation			30 Min. Classes		
Starfish					8:30 am								
Duck					9:00 am								
Sea Turtle					9:30 am								
Sea Otter					10:00 am								
Salamander					10:30 am								
Sunfish					3:00 pm								
Crocodile/Whale					3:15 pm								
Swim Kids 1					3:30 pm								
Swim Kids 2					3:45 pm								
Swim Kids 3					4:00 pm								
Swim Kids 4					4:30 pm								
Privates					5:00 pm								
Swim Kids 5/6					5:30 pm								
Swim Kids 7/8					6:00 pm								
Swim Kids 9/10					6:30 pm								
						3:00 pm							
							3:30 pm						
								3:45 pm					
								4:00 pm					
									4:30 pm				
										5:00 pm			
										5:30 pm			
											5:45 pm		
											6:00 pm		
											6:15 pm		
											6:30 pm		
											7:15 pm		



Fall Lessons

		FRIDAYS - Beban Pool			SATURDAYS - Nanaimo Aqu. Ctr.			SUNDAYS - Beban Pool																											
		Oct 14 to Dec 16 (10 lessons) NOTE: Private Lessons are split Oct 14-Nov 4 & Nov 18-Dec 16 (No lesson on Nov 11)			Oct 15 to Dec 17 (9 lessons) NOTE: Private Lessons are split Oct 15-Nov 5 & Nov 19-Dec 17 (No lesson on Nov 12)			Oct 16 to Dec 11 (8 lessons) NOTE: Private Lessons are split Oct 16-Nov 6 & Nov 20-Dec 11 (No lesson on Nov 13)																											
		3:00 pm	3:30 pm	4:00 pm	4:30 pm	5:00 pm	5:30 pm	6:00 pm	6:30 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	1:45 pm	2:00 pm	2:30 pm	3:00 pm	3:15 pm	3:30 pm	4:00 pm	4:15 pm	4:30 pm					
Preschool Prog. (3-6 yrs)	Parent Participation	Starfish													x	x		x								x				x					
		Duck		x						x		x							x												x				
School Ages Program (5-14 yrs)	30 Min. Classes	Sea Turtle	x			x				x	x								x	x	x	x	x	x	x				x						
		Sea Otter	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x					
45 Min.		Salamander		x								x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x				
		Sunfish			x			x			x		x					x		x	x	x	x	x	x	x	x	x	x	x	x	x			
		Crocodile/Whale		x															x			x				x				x					
		Swim Kids 1	x	x		x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x					
		Swim Kids 2		x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x					
		Swim Kids 3	x			x		x	x	x		x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x				
		Swim Kids 4	x			x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x				
		Privates													x																				
		Swim Kids 5/6			x				x				x					x		x		x		x											
		Swim Kids 7/8								x					x											x						x			
		Swim Kids 9/10																						x											



Swimming Lessons are Changing in 2023

For several years, the City of Nanaimo has been offering swimming lessons and water safety education through the Canadian Red Cross (CRC). After December 31, the Canadian Red Cross will no longer be offering swimming lessons in Canada.

Beginning January 2023, the City of Nanaimo will be transitioning to the Swim for Life Program run by the Canadian Lifesaving Society. Watch for more information about these changes on the City's social media channels and website.

Lifesaving Swim Instructor training will be offered locally to increase advanced leadership opportunities within our community.



Become a Lifeguard and a Swimming Instructor

Become a Swimming Instructor

- Learn the knowledge, skills and attributes needed to teach swimming lessons and lifesaving programs
- Meet age requirement of 15 years
- Complete Bronze Cross (does not have to be current)

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)

NOTE:

To be employed as a lifeguard instructor with the City of Nanaimo, staff need to be a minimum of 16 years age and hold a current CPR C, National Lifeguard Pool Certificate and a Lifesaving Swim Instructor Certification. Apply today at employment.opportunities@nanaimo.ca.



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">• Wed, Oct 5-26• M-W, Dec 19-21	NAC NAC	3:30-9 pm 9 am-4:30 pm	79522 79521	\$185	13 years of age or completion of Bronze Star (Includes Canadian Lifesaving Manual)
	Lifesaving Society Bronze Cross	<ul style="list-style-type: none">• Wed, Nov 9-30• Tu-Fr, Dec 27-30	NAC NAC	3:30-9 pm 3:30-9 pm	79526 79525	\$145	Completion of Bronze Medallion (Canadian Lifesaving Manual can be purchased for an extra fee)
	Lifesaving Society National Lifeguard Certification	<ul style="list-style-type: none">• Th-Su, Dec 17-30	NAC	8 am-3 pm	79559	\$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 Swim Instructor	<ul style="list-style-type: none">• M-F, Aug 29-Sep 2	Beban	9 am-6 pm	82846	\$450	Completion of Bronze Cross and 15+ years of age

Junior Lifeguard Clubs

Are you interested in something more than swimming lessons? Do you have an interest in learning about water rescues, first aid skills, helping others and being a part of something bigger? Join us! You will develop new lifesaving skills and learn attitudes that could one day save your life or someone else's! This club focuses on fun, teamwork and skill development with games and a variety of activities themed around lifesaving, lifeguarding and first aid. A must for those of you who love the water but are looking for more than lessons.

8 to 12 Years

Tue, Oct 4-Dec 13 | 6-7:30 pm | \$105/11 | [79553](#)

13 to 15 Years

Thu, Oct 6-Dec 15 | 6-7:30 pm | \$105/11 | [79554](#)

Nanaimo Aquatic Centre



COMMUNITY CONNECTIONS



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parksandrecreation@nanaimo.ca

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WORK WITH US!

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We are always looking for new program ideas.
Do you have a talent, hobby or program idea?

**Share your program ideas and expertise by
submitting our “Program Proposal Form” found at
www.nanaimo.ca or call 250-756-5200.**

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for ad options available.



cityofnanaimo



prc_nanaimo (#ilovemyparksandrec)



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. See our schedule on the following pages.

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

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 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	\$8.50
RecSkate (3-5 yrs)	30 minutes	\$8.50
RecSkate (6-11 yrs)	45 minutes	\$12
RecFigure Skate	45 or 60 minutes	\$13/hr or \$12 for 45 min
Various RecSkates (pre-teen/teen)	60 minutes	\$13
Private RecSkate (all ages) *	30 minutes	\$28

*For private RecSkate lessons, specific 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 \$28 for a 30-minute lesson. Call Alli, Arenas Coordinator, at 250-755-7536 for details.



DO YOU REQUIRE ADDITIONAL SUPPORT?

- If you require any special accommodations or additional support, please contact our Arenas Coordinator at 250-755-7536.

DROP-IN SESSIONS

- Check out our drop-in options on page 10 or check our online schedule at 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 6 • October 4 • November 1
- December 6 • January 3
- February 7 • March 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 18 • October 16
- November 20 • December 18
- January 15 • February 19
- March 19



FOR FALL 2022

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 11 to March 26**

On Clipper game days held 11:30 am-1 pm
(Oct 9, Dec 11, Jan 15 & Mar 12)
Cancelled on Feb 5 & Mar 19

The Lions Club is pleased to be offering
FREE skating to Nanaimo residents.
Thank you to our program sponsors:



- Alexandra's Bistro
- Brechin Lanes
- BMO Nesbitt Burns
- Chris Martin, RE/MAX of Nanaimo
- Haarsma Waste Innovations
- Little Valley Restorations and Collision
- Nanaimo Hearing Clinic
- Roto Rooter
- Widsten Property Management Services

Skating Lessons

30 min lesson = 2-5 years • 45 min lesson = 6-11 years • 30 min private lessons

Monday, Sep 12 to Oct 24 • 6 lessons • Frank Crane Arena (no lesson Oct 10)

11:45 am-12:15 pm	Boots 1 77553	Boots 2 77809	Rec 3 80257	Rec 4 80678	Private 80583		
12:15-12:45 pm	Boots 1 77572	Boots 2 77810	Rec 1 78378	Rec 2 79513	Private 80585		
12:45-1:45 pm	Adult RS 80536	Private 12:45-1:15 pm 80586	Private 1:15-1:45 pm 80587				

Monday, Sep 12 to Oct 24 • 6 lessons • Nanaimo Ice Centre (no lesson Oct 10)

3:30-4 pm	Boots 1 77583	Boots 2 77811	Rec 1 78380	Rec 2 79516	Rec 3 80260	Rec 4 80685	Private 80596
4-4:45 pm	Rec 1 78381	Rec 2 79517	Rec 3 80262	Rec 4 80688	Rec 5 78738	Private 4-4:30 pm 80597	
4:45-5:15 pm	Boots 1 77586	Boots 2 77812	Rec 1 78382	Rec 2 79518	Rec 3 80267	Rec 4 80699	Private 80598
5:15-6 pm	Rec 2 79519	Rec 3 80278	Rec 4 80700	Rec 6/7 78461	RecFigure 5:15-6:15 pm 80560	Adult RS 5:15-6:15 pm 80161	
6:15-6:45 pm	Private 80599	Private 80600	Private 80601	Private 80602	Private 80603	Private 80604	

Thursday, Sep 15 to Oct 27 • 7 lessons • Nanaimo Ice Centre (no lesson Sep 29)

3:30-4 pm	Boots 1 77589	Boots 2 77813	Rec 1 78384	Rec 2 79584	Rec 3 80462	Rec 4 80713	Private 80626
4-4:45 pm	Rec 1 78385	Rec 2 79585	Rec 3 80463	Rec 4 80721	Rec 5 78739	Rec 6/7 78470	RecFigure 80564
4:45-5:15 pm	Boots 1 77591	Boots 2 77814	Rec 1 78386	Rec 2 79587	Rec 3 80464	Rec 4 80722	Private 80627
5:15-6 pm	RecFigure Ad 78451	Teen 80236	Adult RS 80167	Private 5:15-5:45 pm 80628	Private 5:15-5:45 pm 80629	Private 5:15-5:45 pm 80630	Private 5:15-5:45 pm 80631

Friday, Sep 16 to Oct 28 • 6 lessons • Frank Crane Arena (no lesson Sep 30)

9:30-10 am	Boots 1 77594	Rec 1 78387	Rec 3 80465	Rec 4 80730	Private 80654		
10-10:30 am	Boots 2 77815	Rec 2 79590	Private 80655				
3:30-4 pm	Boots 1 77761	Boots 2 77816	Rec 1 78388	Rec 2 79593	Rec 3 80567	Rec 4 80736	Private 80656
4-4:45 pm	Rec 1 78389	Rec 2 79592	Rec 3 80566	Rec 4 80745	Rec 5 78740	Private 4-4:30 pm 80567	
4:45-5:15 pm	Boots 1 77762	Boots 2 77997	Rec 1 78390	Rec 2 79594	Rec 3 80568	Rec 4 80750	Private 80658
5:15-6 pm	Rec 2 79596	Rec 3 80469	Rec 4 80753	Rec 5 78741	Rec 6/7 78473	RecFigure 80573	Private 5:15-5:45 pm 80659

Saturday, Sep 17 to Oct 29 • 7 lessons • Frank Crane Arena

9-9:45 am	Rec 1 78392	Rec 2 79601	Rec 3 80471	Rec 4 80756	Rec 5 78742	Private 9-9:30 am 80710	
9:15-9:45 am	Boots 1 77763	Boots 2 77998					
9:45-10:15 am	Boots 1 77764	Boots 2 77999	Rec 1 78393	Rec 2 79602	Rec 3 80472	Rec 4 80758	Private 80714
10:30-11:15 am	Rec 1 78394	Rec 2 79606	Rec 3 80473	Rec 4 80760	Rec 5 78481	RecFigure 80577	
11:15-11:45 am	Boots 1 77765	Boots 2 78000	Rec 1 78395	Rec 2 79608	Rec 3 80474	Rec 4 80763	Teen 11:15am-12:15p 80256
11:45 am-12:15 pm	Private 80715	Private 80716	Private 80717	Private 80719	Private 80720		

Skating Lessons

30 min lesson = 2-5 years • 45 min lesson = 6-11 years • 30 min private lessons

Monday, Oct 31 to Dec 12 • 7 lessons • Frank Crane Arena

11:45 am-12:15 pm	Boots 1 77766	Boots 2 78001	Rec 3 80475	Rec 4 800766	Private 80588		
12:15-12:45 pm	Boots 1 77767	Boots 2 78002	Rec 1 78522	Rec 2 79617	Private 80589		
12:45-1:45 pm	Adult RS 80539	Private 12:45-1:15 pm 80590	Private 1:15-1:45 pm 80591				

Monday, Oct 31 to Dec 12 • 7 lessons • Nanaimo Ice Centre

3:30-4 pm	Boots 1 77768	Boots 2 78012	Rec 1 78525	Rec 2 79615	Rec 3 80476	Rec 4 80779	Private 80605
4-4:45 pm	Rec 1 78528	Rec 2 79625	Rec 3 80477	Rec 4 80781	Rec 5 78743	Private 4:45-6 pm 80606	
4:45-5:15 pm	Boots 1 77769	Boots 2 78014	Rec 1 78534	Rec 2 79626	Rec 3 80478	Rec 4 80783	Private 80607
5:15-6 pm	Rec 2 79627	Rec 3 80479	Rec 4 80786	Rec 6/7 78465	RecFigure 5:15-6:15 pm 80562	Adult RS 5:15-6:15 pm 80163	
6:15-6:45 pm	Private 80609	Private 80610	Private 80611	Private 80613	Private 80614	Private 80615	

Thursday, Nov 3 to Dec 15 • 6 lessons • Nanaimo Ice Centre

3:30-4 pm	Boots 1 77770	Boots 2 78015	Rec 1 78538	Rec 2 79633	Rec 3 80480	Rec 4 80788	Private 80632
4-4:45 pm	Rec 1 78543	Rec 2 79646	Rec 3 80481	Rec 4 80791	Rec 5 78744	Rec 6/7 78471	RecFigure 80565
4:45-5:15 pm	Boots 1 77771	Boots 2 78016	Rec 1 78544	Rec 2 79649	Rec 3 80482	Rec 4 80797	Private 80633
5:15-6 pm	RecFigure Ad 78452	Teen 80240	Adult RS 80172	Private 5:15-5:45 pm 80634	Private 5:15-5:45 pm 80636	Private 5:15-5:45 pm 80638	Private 5:15-5:45 pm 80640

Friday, Nov 4 to Dec 16 • 6 lessons • Frank Crane Arena (no lesson Nov 11)

9:30-10 am	Boots 1 77772	Rec 1 78548	Rec 3 80492	Rec 4 80799	Private 80660		
10-10:30 am	Boots 2 78017	Rec 2 79650	Private 80661				
3:30-4 pm	Boots 1 77773	Boots 2 78020	Rec 1 78551	Rec 2 79652	Rec 3 80493	Rec 4 80801	Private 80662
4-4:45 pm	Rec 1 78555	Rec 2 79654	Rec 3 80494	Rec 4 80805	Rec 5 78745	Private 4:45-6 pm 80663	
4:45-5:15 pm	Boots 1 77774	Boots 2 78021	Rec 1 78556	Rec 2 79696	Rec 3 80495	Rec 4 80807	Private 80664
5:15-6 pm	Rec 2 79697	Rec 3 80496	Rec 4 80810	Rec 5 78746	Rec 6/7 78476	RecFigure 80574	Private 5:15-5:45 pm 80665

Saturday, Nov 5 to Dec 17 • 7 lessons • Frank Crane Arena

9-9:45 am	Rec 1 78579	Rec 2 79698	Rec 3 80498	Rec 4 80813	Rec 5 78747	Private 9:30 am 80724	
9:15-9:45 am	Boots 1 77775	Boots 2 78022					
9:45-10:15 am	Boots 1 77776	Boots 2 78023	Rec 1 78608	Rec 2 79706	Rec 3 80499	Rec 4 80816	Private 80725
10:30-11:15 am	Rec 1 78609	Rec 2 79707	Rec 3 80501	Rec 4 80821	Rec 6/7 78482	RecFigure 80578	
11:15-11:45 am	Boots 1 77777	Boots 2 78024	Rec 1 78610	Rec 2 79708	Rec 3 80502	Rec 4 80822	Teen 11:15am-12:15pm 80258
11:45 am-12:15 pm	Private 80726	Private 80727	Private 80728	Private 80729	Private 80731		

ReSkate 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 15-Oct 27 | 5:15-6 pm | \$84/7 | [80236](#)

Thu, Nov 3-Dec 15 | 5:15-6 pm | \$84/7 | [80240](#)

Nanaimo Ice Centre

Sat, Sep 17-Oct 29 | 11:15 am-12:15 pm | \$91/7 | [80256](#)

Sat, Nov 5-Dec 17 | 11:15 am-12:15 pm | \$91/7 | [80258](#)

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 12-Oct 24 | 5:15-6:15 pm | \$78/6 | [80560](#)

Thu, Sep 15-Oct 27 | 4-4:45 pm | \$84/7 | [80564](#)

Mon, Oct 31-Dec 12 | 5:15-6:15 pm | \$91/7 | [80562](#)

Thu, Nov 3-Dec 15 | 4-4:45 pm | \$84/7 | [80565](#)

Nanaimo Ice Centre

Fri, Sep 16-Oct 28 | 5:15-6 pm | \$72/6 | [80573](#)

Sat, Sep 17-Oct 29 | 10:30-11:15 am | \$84/7 | [80577](#)

Fri, Nov 4-Dec 16 | 5:15-6 pm | \$72/6 | [80574](#)

Sat, Nov 5-Dec 17 | 10:30-11:15 am | \$84/7 | [80578](#)

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 15-Oct 27 | 5:15-6 pm | \$84/7 | [78451](#)

Thu, Nov 4-Dec 16 | 5:15-6 pm | \$84/7 | [78452](#)

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). Held at Nanaimo Ice Centre.

RecSkate After School

Wed, Sep 14-Oct 26 | 3:15-4:15 pm | \$63/7 | [79605](#)
Wed, Nov 2-Dec 14 | 3:15-4:15 pm | \$63/7 | [79607](#)

RecHockey After School

Wed, Sep 14-Oct 26 | 3:15-4:15 pm | \$63/7 | [79612](#)
Wed, Nov 2-Dec 14 | 3:15-4:15 pm | \$63/7 | [79613](#)

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 12-Oct 24 | 10:30-11:30 am | \$78/6 | [79595](#)
Wed, Sep 14-Oct 26 | 12:30-1:30 pm | \$91/7 | [79597](#)
Mon, Oct 31-Dec 12 | 10:30-11:30 am | \$91/7 | [79598](#)
Wed, Nov 2-Dec 14 | 12:30-1:30 pm | \$91/7 | [79599](#)

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 12-Oct 24 | 12:45-1:45 pm | \$78/6 | [80536](#)
Fri, Sep 16-Oct 28 | 10:30-11:30 am | \$78/6 | [80183](#)

Mon, Oct 31-Dec 12 | 12:45-1:45 pm | \$91/7 | [80539](#)

Fri, Nov 4-Dec 16 | 10:30-11:30 am | \$78/6 | [80185](#)

Frank Crane Arena

Mon, Sep 12-Oct 24 | 5:15-6:15 pm | \$78/6 | [80161](#)

Thu, Sep 15-Oct 27 | 5:15-6 pm | \$84/7 | [80167](#)

Mon, Oct 31-Dec 12 | 5:15-6:15 pm | \$91/7 | [80163](#)

Thu, Nov 3-Dec 15 | 5:15-6 pm | \$84/7 | [80172](#)

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 16-Oct 28 | 9:30-10:30 am | \$45/6 | [79618](#)

Fri, Nov 4-Dec 16 | 9:30-10:30 am | \$45/6 | [79619](#)

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 16-Oct 28 | 10:30-11:30 am | \$78/6 | [80155](#)

Fri, Nov 4-Dec 16 | 10:30-11:30 am | \$78/6 | [80156](#)

Frank Crane Arena

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 and activities. We recommend that skaters have passed a minimum of RecSkate 1. Please bring your own lunch and snacks.

Fri, Oct 21 | 8:30 am-5 pm | \$44/1 | [78545](#)

Mon, Oct 24 | 8:30 am-5 pm | \$44/1 | [78546](#)

Cliff McNabb Arena

RecHockey Pro-D Camp

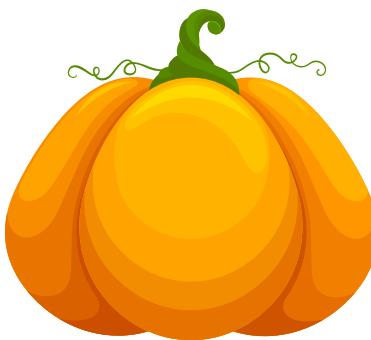
6 to 11 Years

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 21 | 8:30 am-5 pm | \$44/1 | [78550](#)

Mon, Oct 24 | 8:30 am-5 pm | \$44/1 | [78552](#)

Cliff McNabb Arena





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, Sep 14-Oct 26 | 9:45-11 am | \$81/7 | [77582](#)

Wed, Nov 2-Dec 14 | 9:45-11 am | \$81/7 | [77584](#)

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 16-Oct 28 | 4:15-5 pm | \$72/6 | [78430](#)

Fri, Sep 16-Oct 28 | 5:30-6:15 pm | \$72/6 | [78434](#)

Fri, Nov 4-Dec 16 | 4:15-5 pm | \$72/6 | [78431](#)

Fri, Nov 4-Dec 16 | 5:30-6:15 pm | \$72/6 | [78435](#)

Cliff McNabb Arena



Advanced Hockey Skills

6 to 11 Years

Learn taught proper shooting, passing and stickhandling techniques. Skaters will be placed into groups based on ability. Develop confidence with the puck and get taught the skills required to be successful in the game.

Mon, Sep 12-Oct 24 | 7-8 am | \$72/6 | [78438](#)

Wed, Sep 14-Oct 26 | 7-8 am | \$84/7 | [78441](#)

Fri, Sep 16-Oct 28 | 7-8 am | \$72/6 | [78446](#)

Mon, Oct 31-Dec 12 | 7-8 am | \$84/7 | [78439](#)

Wed, Nov 2-Dec 14 | 7-8 am | \$84/7 | [78442](#)

Fri, Nov 4-Dec 16 | 7-8 am | \$72/6 | [78447](#)

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 17-Oct 29 | 8:15-9 am | \$84/7 | [78030](#)

Sat, Sep 17-Oct 29 | 12:15-1 pm | \$84/7 | [78032](#)

Sat, Nov 5-Dec 17 | 8:15-9 am | \$84/7 | [78033](#)

Sat, Nov 5-Dec 17 | 12:15-1 pm | \$84/7 | [78034](#)

7 to 9 Years

Sat, Sep 17-Oct 29 | 8:15-9 am | \$84/7 | [78056](#)

Sat, Nov 5-Dec 17 | 8:15-9 am | \$84/7 | [78058](#)

7 to 12 Years

Sat, Sep 17-Oct 29 | 12:15-1 pm | \$84/7 | [78057](#)

Sat, Nov 5-Dec 17 | 12:15-1 pm | \$84/7 | [78029](#)

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 15-Oct 27 | 3:30-4:15 pm | \$84/7 | [77519](#)

Thu, Sep 15-Oct 27 | 4:15-5 pm | \$84/7 | [77532](#)

Thu, Nov 3-Dec 15 | 3:30-4:15 pm | \$84/7 | [77520](#)

Thu, Nov 3-Dec 15 | 4:15-5 pm | \$84/7 | [77533](#)

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 14-Oct 26 | 7-8 am | \$84/7 | [77536](#)

Fri, Sep 16-Oct 28 | 7-8 am | \$72/6 | [77540](#)

Wed, Nov 2-Dec 14 | 7-8 am | \$84/7 | [77537](#)

Fri, Nov 4-Dec 16 | 7-8 am | \$72/6 | [77541](#)

Frank Crane Arena

DROP-IN HOCKEY PROGRAMS

When you see this symbol beside a program, it indicates that we accept drop-ins. The drop-in fee is \$13. You can pre-register online or pay a cashier in person and present the on ice staff member with your receipt. Our instructors will not accept payment.



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 13-Oct 4 | 3:15-3:45 pm | \$128/4 | [80924](#)
Tue, Sep 13-Oct 4 | 3:15-3:45 pm | \$128/4 | [80925](#)
Tue, Sep 13-Oct 4 | 3:15-3:45 pm | \$128/4 | [80626](#)
Tue, Sep 13-Oct 4 | 3:45-4:15 pm | \$128/4 | [80927](#)
Tue, Sep 13-Oct 4 | 3:45-4:15 pm | \$128/4 | [80928](#)
Tue, Sep 13-Oct 4 | 3:45-4:15 pm | \$128/4 | [80929](#)
Tue, Sep 13-Oct 4 | 4:15-4:45 pm | \$128/4 | [80930](#)
Tue, Sep 13-Oct 4 | 4:15-4:45 pm | \$128/4 | [80931](#)
Tue, Sep 13-Oct 4 | 4:15-4:45 pm | \$128/4 | [80932](#)
Tue, Oct 11-Nov 8 | 3:15-3:45 pm | \$160/5 | [80983](#)
Tue, Oct 11-Nov 8 | 3:15-3:45 pm | \$160/5 | [80985](#)
Tue, Oct 11-Nov 8 | 3:15-3:45 pm | \$160/5 | [80986](#)
Tue, Oct 11-Nov 8 | 3:45-4:15 pm | \$160/5 | [80987](#)
Tue, Oct 11-Nov 8 | 3:45-4:15 pm | \$160/5 | [80988](#)
Tue, Oct 11-Nov 8 | 3:45-4:15 pm | \$160/5 | [80989](#)
Tue, Oct 11-Nov 8 | 4:15-4:45 pm | \$160/5 | [80992](#)
Tue, Oct 11-Nov 8 | 4:15-4:45 pm | \$128/4 | [80993](#)
Tue, Oct 11-Nov 8 | 4:15-4:45 pm | \$128/4 | [80994](#)
Tue, Nov 15-Dec 13 | 3:15-3:45 pm | \$160/5 | [81016](#)
Tue, Nov 15-Dec 13 | 3:15-3:45 pm | \$160/5 | [81019](#)
Tue, Nov 15-Dec 13 | 3:15-3:45 pm | \$160/5 | [81020](#)
Tue, Nov 15-Dec 13 | 3:45-4:15 pm | \$160/5 | [81021](#)
Tue, Nov 15-Dec 13 | 3:45-4:15 pm | \$160/5 | [81023](#)
Tue, Nov 15-Dec 13 | 3:45-4:15 pm | \$160/5 | [81024](#)
Tue, Nov 15-Dec 13 | 4:15-4:45 pm | \$160/5 | [81025](#)
Tue, Nov 15-Dec 13 | 4:15-4:45 pm | \$160/5 | [81026](#)
Tue, Nov 15-Dec 13 | 4:15-4:45 pm | \$160/5 | [81027](#)

Wednesdays at Nanaimo Ice Centre

Wed, Sep 14-Oct 5 | 3:15-3:45 pm | \$128/4 | [80933](#)
Wed, Sep 14-Oct 5 | 3:15-3:45 pm | \$128/4 | [80934](#)
Wed, Sep 14-Oct 5 | 3:15-3:45 pm | \$128/4 | [80935](#)
Wed, Sep 14-Oct 5 | 3:45-4:15 pm | \$128/4 | [80936](#)
Wed, Sep 14-Oct 5 | 3:45-4:15 pm | \$128/4 | [80937](#)
Wed, Sep 14-Oct 5 | 3:45-4:15 pm | \$128/4 | [80938](#)
Wed, Sep 14-Oct 5 | 4:15-4:45 pm | \$128/4 | [80939](#)
Wed, Sep 14-Oct 5 | 4:15-4:45 pm | \$128/4 | [80940](#)
Wed, Sep 14-Oct 5 | 4:15-4:45 pm | \$128/4 | [80941](#)
Wed, Oct 12-Nov 9 | 3:15-3:45 pm | \$160/5 | [80995](#)
Wed, Oct 12-Nov 9 | 3:15-3:45 pm | \$160/5 | [80997](#)
Wed, Oct 12-Nov 9 | 3:15-3:45 pm | \$160/5 | [80998](#)
Wed, Oct 12-Nov 9 | 3:45-4:15 pm | \$160/5 | [80999](#)
Wed, Oct 12-Nov 9 | 3:45-4:15 pm | \$160/5 | [81000](#)
Wed, Oct 12-Nov 9 | 3:45-4:15 pm | \$160/5 | [81003](#)
Wed, Oct 12-Nov 9 | 4:15-4:45 pm | \$160/5 | [81008](#)
Wed, Oct 12-Nov 9 | 4:15-4:45 pm | \$160/5 | [81010](#)
Wed, Oct 12-Nov 9 | 4:15-4:45 pm | \$160/5 | [81011](#)
Wed, Nov 16-Dec 14 | 3:15-3:45 pm | \$160/5 | [81028](#)
Wed, Nov 16-Dec 14 | 3:15-3:45 pm | \$160/5 | [81029](#)
Wed, Nov 16-Dec 14 | 3:15-3:45 pm | \$160/5 | [81030](#)
Wed, Nov 16-Dec 14 | 3:45-4:15 pm | \$160/5 | [81031](#)
Wed, Nov 16-Dec 14 | 3:45-4:15 pm | \$160/5 | [81032](#)
Wed, Nov 16-Dec 14 | 3:45-4:15 pm | \$160/5 | [81033](#)
Wed, Nov 16-Dec 14 | 4:15-4:45 pm | \$160/5 | [81034](#)
Wed, Nov 16-Dec 14 | 4:15-4:45 pm | \$160/5 | [81035](#)
Wed, Nov 16-Dec 14 | 4:15-4:45 pm | \$160/5 | [81036](#)

Fridays at Cliff McNabb Arena

Fri, Sep 16-Oct 14 | 5-5:30 pm | \$128/4 | [80977](#)
Fri, Sep 16-Oct 14 | 5-5:30 pm | \$128/4 | [80978](#)
Fri, Oct 21-Nov 18 | 5-5:30 pm | \$128/4 | [81012](#)
Fri, Oct 21-Nov 18 | 5-5:30 pm | \$128/4 | [81013](#)
Fri, Nov 25-Dec 16 | 5-5:30 pm | \$128/4 | [81037](#)
Fri, Nov 25-Dec 16 | 5-5:30 pm | \$128/4 | [81038](#)

Saturdays at Frank Crane Arena

Sat, Sep 17-Oct 8 | 7:45-8:15 am | \$128/4 | [80980](#)
Sat, Sep 17-Oct 8 | 7:45-8:15 am | \$128/4 | [80982](#)
Sat, Oct 15-Nov 12 | 7:45-8:15 am | \$160/5 | [81014](#)
Sat, Oct 15-Nov 12 | 7:45-8:15 am | \$160/5 | [81015](#)
Sat, Nov 19-Dec 17 | 7:45-8:15 am | \$160/5 | [81039](#)
Sat, Nov 19-Dec 17 | 7:45-8:15 am | \$160/5 | [81040](#)

SENIOR/ADULT PRIVATE RECSKATE LESSONS

For our seniors and adults, one-on-one instruction is available to accelerate learning to master a problem skill or just to improve confidence for your daily sessions. These lessons are offered during your Tuesday session at Frank Crane Arena and Thursday session at Nanaimo Ice Centre. 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.



REGISTER EARLY to avoid DISAPPOINTMENT!

(low registration may lead to course cancellation)

Adult Co-Ed Scrimmage

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.

Fri, Sep 6-Oct 28 | 9:45-11:15 pm | \$78/6 | [77590](#)

Fri, Nov 4-Dec 16 | 9:45-11:15 pm | \$78/6 | [77592](#)

Cliff McNabb Arena

Adult Stickhandling

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.

Mon, Sep 12-Oct 24 | 7-8 pm | \$72/6 | [77605](#)

Mon, Oct 31-Dec 12 | 7-8 pm | \$84/7 | [77610](#)

Nanaimo Ice Centre



**Look for our Game Zone™ for all
Everyone Welcome sessions!**
(except Glow in the Dark & Starlight sessions or on
busy sponsored free skates)

Adult Co-Ed Hockey League

This non competitive program is designed for players who want a fun night of hockey. Teams will be a mix of registrations and will be on rotation as needed to keep play fair and even skilled.

Women

Sun, Sep 11-Oct 23 | 9:30-10:45 pm | \$77/7 | [80814](#)

Sun, Oct 30-Dec 11 | 9:30-10:45 pm | \$77/7 | [80817](#)

Cliff McNabb Arena

Sat, Sep 17-Oct 29 | 7:45-9 pm | \$77/7 | [80824](#)

Sat, Nov 12-Dec 17 | 7:45-9 pm | \$66/6 | [80825](#)

Nanaimo Ice Centre

Men

Sun, Sep 11-Oct 23 | 9:30-10:45 pm | \$77/7 | [80834](#)

Sun, Oct 30-Dec 11 | 9:30-10:45 pm | \$77/7 | [80835](#)

Cliff McNabb Arena

Sat, Sep 17-Oct 29 | 7:45-9 pm | \$77/7 | [80843](#)

Sat, Nov 12-Dec 17 | 7:45-9 pm | \$66/6 | [80844](#)

Nanaimo Ice Centre

Goalie

Sun, Sep 11-Oct 23 | 9:30-10:45 pm | FREE | [80780](#)

Sun, Oct 30-Dec 11 | 9:30-10:45 pm | FREE | [80782](#)

Cliff McNabb Arena

Sat, Sep 17-Oct 29 | 7:45-9 pm | FREE | [80792](#)

Sat, Nov 12-Dec 17 | 7:45-9 pm | FREE | [80793](#)

Nanaimo Ice Centre

DROP-IN HOCKEY PROGRAMS

When you see this symbol beside a program, it indicates that we accept drop-ins. The drop-in fee is \$13. You can pre-register online or pay a cashier in person and present the on ice staff member with your receipt. Our instructors will not accept payment.



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

Neck guard

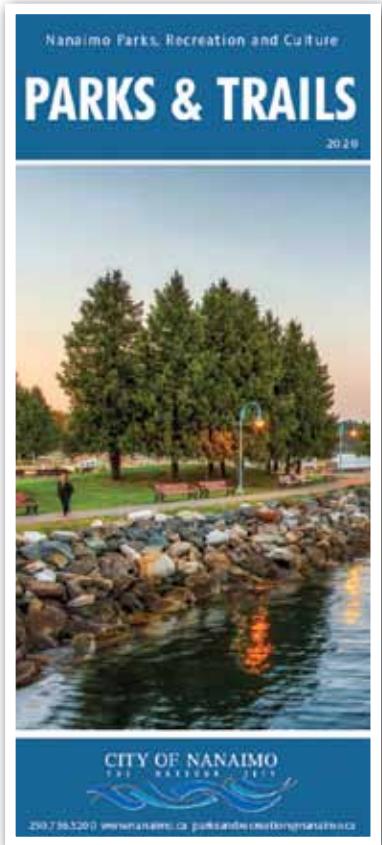




Parks, Trails & Facilities

No matter what the season, get out and explore your parks and trails!

- Go crabbing at the pier at [Maffeo Sutton Park](#).
- Skateboard at [May Richard Bennett Skate Park](#) or [Harewood Centennial Park](#).
- 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](#).
- 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](#).
- Discover the beach found at the bottom of the stairs at [Seabold Rotary Park](#).
- Play at the inclusive playground at [Maffeo Sutton Park](#) (Phase 2 coming soon).
- Build a driftwood fort at [Neck Point Park](#).
- Go biking at the [Steve Smith Bike Park](#) or [Beban Park Pump Track](#).
- Challenge your friends and family to a [Walking Challenge](#) on the many kilometres of trails found in the City.



Future Recreation Facilities... Growing with our Community



The City of Nanaimo is investing into facilities as our community grows.

- **STADIUM DISTRICT:** Located at the Larry McNabb Sports Zone, this “district” includes improvements to Serauxmen Stadium, Rotary Bowl, the artificial turf at NDSS and a common plaza area making this a world-class facility that will accommodate a variety of major sporting events. Rotary Bowl had the track replaced recently, and it is now classified as a “Class 2 Athletics Facility” which means that it can now host Olympic-qualifying events. Serauxmen Stadium has been upgraded with LED lighting and new fencing, backstop netting and bleacher seating. As this is a phased project that will take place over several years, look for more improvements coming soon.
- **ARTIFICIAL TURF FIELDS AT HAREWOOD CENTENNIAL PARK:** Coming in August 2023, these fields will be able to accommodate a variety of sports and will include lighting and spectator seating.
- **PHASE 2 OF MAFFEO SUTTON INCLUSIVE PLAYGROUND:** Will include additional inclusive play features, as well as more Noel Brown artwork, additional seating for parents and enhanced plantings for shade and beautification.
- **LOUDON PARK IMPROVEMENTS:** Will include an activity centre (boat house), improved parking, a tot lot and improved trails.
- **NECK POINT WASHROOMS:** This popular park will soon be home to a new building with accessible washrooms and a diving change area with a shower.

Raindrops slide down
a croton leaf
the sky, becomes
a microcosm.

Culture & Events

Fall Beckons

The sun slips behind the soaring pines and conifers,
a little bit early.
It no longer lingers.
Shadows flit across the fazed green grass,
they no longer lengthen.
Shades of darkness approach from the hollow cavern of the valley—
a little bit sooner.
The far cry of the raven
echoes across the braided hills,
in unison with the sighing day.
A thrush takes off from a shady corner with overgrown bramble bush,
visibly disturbed by the shrill cries of the warblers
returning home.
Puckered maple leaves scurry across bare pavements,
lit by circular pools of streetlight.
Naked willows dance in the cool breeze,
hillsides turn amber, then gold.
It is Fall.
The time to rake the leaves,
to sip cinnamon laced latte' and eat pumpkin pies,
as we embrace the wild smell of Autumn.

Kamal Parmar, Nanaimo Poet Laureate



CULTURE GRANTS

The City of Nanaimo proudly supports the activities of professional arts, culture and heritage organizations, as well as event initiatives that contribute to the cultural profile and economic vitality of Nanaimo and meet the objectives of the City's Corporate Strategic Plan through the provision of yearly grant funding.

Apply now for 2023 City of Nanaimo Culture Operating, Culture Project and Downtown Event Revitalization Fund Grants. See our website for details.

Deadline: October 19, 2022



SPECIAL EVENTS

You Won't Want to Miss in September!

Play On! Canada

• September 17-18

• Downtown Nanaimo

Spectator and athlete alike will be thrilled at the spectacle that is Play On! as Canada's largest street hockey festival visits the Harbour City for the first time! There will be something for everyone to enjoy with two days of ongoing tournaments, food and entertainment. Register to play at www.playon.ca



PUBLIC ART

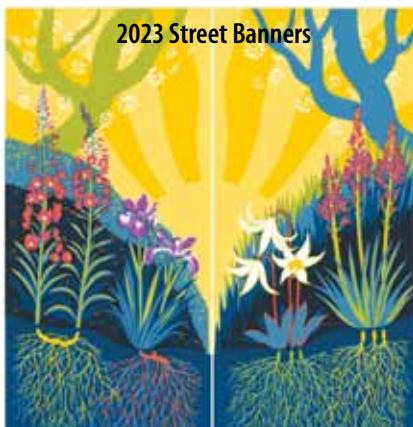
Around Town!

Get your steps in, and tour the new artworks enhancing our public spaces in 2022!

2023 Street Banners

Location: Found throughout Nanaimo

Artist: Urban Design Roster artist Roz MacLean



Surfacing

Location: Maffeo Sutton Park washroom mural

Artist: Curtis Van Charles Sorensen



Hidden Messages

Location: Found throughout Nanaimo, including Bowen Park and Departure Bay Walkway

Artist: A partnership project with Active Transportation, artists Kamal Parmar, Poet Laureate and Webb Creative



Follow us on Instagram @Culture_Nanaimo or visit the City of Nanaimo website to sign up for our bi-monthly "Love Arts Nanaimo" newsletter to stay up to date on the work of the Culture & Events team. See how we're building community through arts & culture by amplifying & championing local creativity.



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Culture_Nanaimo

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Honouring our Children On National Day for Truth and Reconciliation

Snuneymuxw First Nation, the City of Nanaimo and Nanaimo Ladysmith Public Schools invite you to honour our children and recognize a day of reflection for Truth and Reconciliation in our community together.

**FRIDAY, SEPTEMBER 30
10:00 AM - 4:00 PM
STADIUM DISTRICT
745 Third St, Nanaimo**

Join us in the morning to honour survivors and their families, followed by food vendors available at noon, FREE performances and activities for all.

Scan the QR code to find out more



CITY OF NANAIMO CULTURE PARTNERS

THE PORT THEATRE PRESENTS

spotlight SERIES 2022-23 SEASON

Showcasing artistic excellence & innovation,
there's truly something for everyone!

JOSEPHINE Oct 14, 2022

A burlesque cabaret dream play based on the life story of international superstar Josephine Baker.

INTERNATIONAL GUITAR NIGHT Jan 27, 2023

Four world-renowned guitarists: Jocelyn Gould, Jesus Guerrero, Stephanie Jones & Olli Soikkeli

ROYAL WINNIPEG BALLET NUTCRACKER Dec 6 & 7, 2022

Beloved winter favourite sparkles with charm & nostalgia as the Nutcracker springs to life!

JEREMY DUTCHER Sept 12, 2022

Classically trained operatic tenor & composer blends his Wolastoq First Nation roots into his music.

WINTER HARP Dec 10, 2022

Journey deep into the heart of Christmas with medieval carols that will have your heart singing

RED SKY PERFORMANCE MIIGIS Feb 7, 2023

Reveals the power of nature & prophecy through contemporary Indigenous dance

NELLA Apr 16, 2023

Winner of the 2019 Latin GRAMMY® Award for Best New Artist

DAKH DAUGHTERS Apr 26, 2023

Underground Ethno Punk Cabaret from the Ukraine

GET YOUR TICKETS

Become a Member and enjoy discounts on ALL Spotlight shows. Plus, get the seats you want!

MEMBERS PRE-SALE - AUG 10, 2022
PUBLIC SALE - AUG 17, 2022

Visit porttheatre.com/spotlight
or call 250-754-8550



NANAIMO



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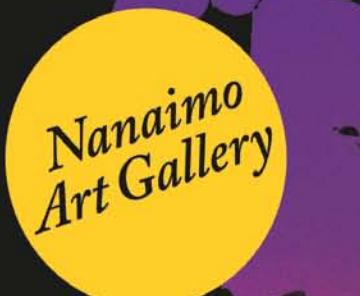


cityofnanaimo



prc_nanaimo (#ilovemyparksandrec)

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Nanaimo
Art Gallery

FALL TEEN PROGRAMS

TEEN ART DROP-IN

AGES 12-17

WEDNESDAYS, 4-7PM

\$10/SESSION, \$45/10 PUNCH CARD,

\$150/ANNUAL PASS

CØD3: YOUTH ART COLLECTIVE

AGES 15-19

THURSDAYS, 4-7PM

\$300 PER SEMESTER

BURSARIES AVAILABLE

150 Commercial St
Nanaimo, British Columbia
250.754.1750
NanaimoArtGallery.ca





Fall activities!

- School programming
 - I-spy in the gallery
 - Haunted Nanaimo Lantern Tours
 - Tales from the Pumpkin Patch mini exhibit
 - Holiday shopping in the gift shop
 - Student artwork in the Community Gallery



Visit www.nanaimomuseum.ca for details about our Fall programming and exhibits



Sustainable Takeout Guide

Product and purchasing guidelines for
Nanaimo's food services businesses



	REUSABLE IS BEST	GOOD	AVOID
CUPS Cold & Hot Beverages	<ul style="list-style-type: none"> Provide reusable cups for on-site dining Choose durable reusable cups that can be used and washed many times Choose reusable cups that can be recycled at end of life 	<p>Recyclable plastic</p> <ul style="list-style-type: none"> Choose products made from a single material Ask your supplier for products that meet the Association for Plastic Recyclers guidelines <p>Paper</p> <ul style="list-style-type: none"> Choose paper cups lined with recyclable plastic Choose recyclable plastic or paper lids Choose a paper sleeve made with high recycled content 	<p>Compostable plastic</p> <ul style="list-style-type: none"> Avoid cups and lids that look like plastic but are labeled as compostable or biodegradable <p>Foam</p> <ul style="list-style-type: none"> Avoid foam cups 
CONTAINERS Dry, Wet or Hot Foods	<ul style="list-style-type: none"> Provide reusable containers for on-site dining Choose durable reusable containers that can be used and washed many times Choose reusable containers that can be recycled at end of life 	<p>Recyclable plastic/compostable fiber</p> <ul style="list-style-type: none"> Choose single plastic materials Ask your supplier for products that meet the Association for Plastic Recyclers guidelines <p>Recyclable plastic or aluminum</p> <ul style="list-style-type: none"> Choose heat safe plastic Choose aluminum containers with a cardboard lid Ask your supplier for products that meet the Association for Plastic Recyclers guidelines 	<p>Compostable plastic</p> <ul style="list-style-type: none"> Avoid containers that look like plastic but are labeled as compostable or biodegradable <p>Foam</p> <ul style="list-style-type: none"> Avoid foam containers Avoid foam lids for use with aluminum containers 
UTENSILS	<ul style="list-style-type: none"> Provide reusable utensils for on-site dining 	<ul style="list-style-type: none"> Choose uncoated wood products over bamboo where possible Distribute only on request 	<ul style="list-style-type: none"> Avoid plastic utensils Avoid utensils that look like plastic but are labeled as compostable or biodegradable

QUICK FACTS

- Reusables are the most sustainable option and have the lowest environmental impacts
- Plastic containers and cups made from polyethylene terephthalate (PET) and polypropylene (PP) are easily recycled in BC
- Most paper products are compostable (with the exception of paper products coated with plastic)
- Plastics labelled as "compostable" are a challenge for composting and recycling programs – even when certified, many compostable plastics may not break down at regional composting facilities and are not recyclable

MUNICIPAL ELECTION 2022

Voting Day is October 15, 2022, 8 am-8 pm

Check our website at www.nanaimo.ca/elections

Requirements to Vote: To vote in the election, you must either be a **Resident Elector** or **Non-Resident Property Elector**.



Resident Electors:

- 18 years of age or older on general voting day.
- Canadian citizen.
- Have lived in BC for at least 6 months immediately before the day you vote (April 15, 2022).
- Have lived in Nanaimo for at least 30 days before the day you vote (September 15, 2022).
- Not be disqualified by law from voting.

Voting Day is Saturday, October 15, 8 am-8 pm at ANY of the following locations:

- Beban Park Auditorium, 2300 Bowen Road
- City of Nanaimo Service and Resource Centre, 411 Dunsmuir Street
- Protection Island Fire Hall, 26 Pirates Lane (open 10 am to 6 pm)
- Salvation Army Church, 505 8th Street
- Chase River Elementary School, 1503 Cranberry Avenue
- Dover Bay Secondary School, 6135 McGirr Road
- Georgia Avenue Elementary School, 625 Georgia Avenue
- Nanaimo District Secondary School, 355 Wakesiah Avenue
- Randerson Ridge Elementary School, 6021 Nelson Road
- Uplands Park Elementary School, 3821 Stronach Drive
- Wellington Secondary School, 3135 Mexicana Road
- Woodlands Secondary School, 1270 Strathmore Street

Advanced Voting:

Advanced voting dates are Wednesday, October 5 & 12, 8 am-8 pm at Beban Park (2300 Bowen Rd)

Non-Resident Property Electors:

- 18 years of age or older on general voting day.
- Canadian citizen.
- Have lived in BC for at least 6 months immediately before the day you vote (April 15, 2022).
- Have owned property in the City of Nanaimo for at least 30 days (September 15, 2022).
- Not be disqualified by law from voting.
- Have the written consent of the majority of the other property owner(s) to vote on their behalf. Only one non-resident property elector per property may vote, regardless of how many people own the property; and, the owner must have the written consent of a majority of the other property owner(s) to vote on their behalf. Corporations are not entitled to vote.

Mail Ballot Voting:

Mail Ballot voting is available for those expecting to be absent during the advanced polls and general voting day or who have a physical disability, illness or injury that affects their ability to vote in person. Applications will be available through the Legislative Services Department.

Nomination Packages:

Interested in becoming a candidate? Review information about becoming a candidate at www.nanaimo.ca and pick up a nomination package from City Hall at 455 Wallace Street during business hours (8:30 am to 4:30 pm). Deadline is 4 pm on Friday, September 9.

Nomination Period:

The period for filing nomination documents in order to become a candidate is Tuesday, August 30 until Friday, September 9.



For information regarding the upcoming election, visit
www.nanaimo.ca/elections or contact the
Legislative Services Department at 250-755-4405.

**SATURDAY,
OCTOBER 15!**



cityofnanaimo



prc_nanaimo (#ilovemyparksandrec)

WINTER

ACTIVITY GUIDE



**Look for your Winter Activity Guide online
starting Friday, November 18.**

**Winter program registration begins
Wednesday, November 23.**



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 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.

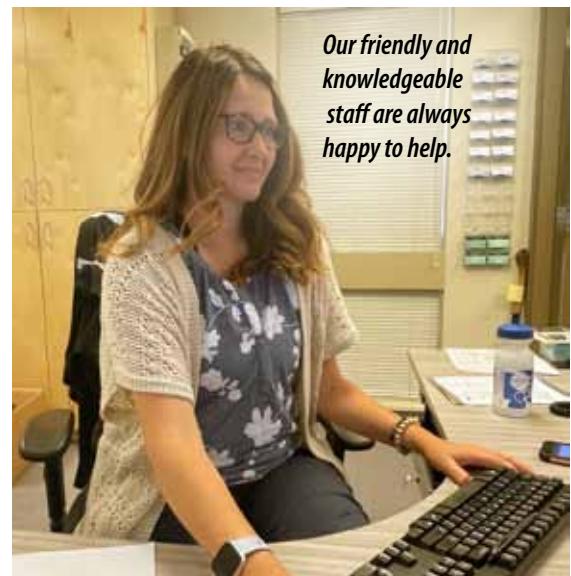
Payment is by credit card (card holder must be present).

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.



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?

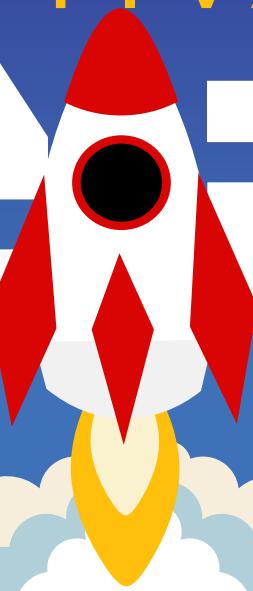
If you need to withdraw from a program because your plans change, please call 250-756-5200 at least 72 hours prior to the course start date for a full refund.



PARKS, RECREATION & CULTURE'S
1ST ANNUAL NEW YEAR'S DAY EVENT

ACTIVATE

2023



Swimming
Skating
Games
Crafts
Sports
Bouncy Castles
StoryWalk® on Ice
SO MUCH MORE!!

- Start 2023 off “actively” by
- “launching” into a variety of activities as a way to start the new year off right!



**SUNDAY, JANUARY 1
12-5 PM • BEBAN PARK**

Tickets available in advance at Beban Park or at the door
\$35 for a “Festive Five” package or \$10 for single

TICKETS GO ON SALE IN DECEMBER