

# NANAIMO PARKS, RECREATION & CULTURE

# *Fall 2023* Activity Guide

September to December 2023



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

**250-756-5200**

Registration starts on Wednesday, August 16.



CITY OF NANAIMO  
THE HARBOUR CITY



PARKS, RECREATION & CULTURE

# Welcome to Parks, Recreation & Culture!

This fall, we invite you to “Make a Move” with us! What does that mean? Maybe it’s signing up for a unique dance class, learning to cook something you’ve never prepared before, working out at a new fitness class, attending a cultural community event or walking in one of the many local parks and trails found all around us. We know how important it is to be active all year round, so we hope you will join us as we work hard to provide a variety of activities to keep you moving this fall season. “Make a Move, Nanaimo!”



## Stay Connected with Us!

- Check our website ([recreation.nanaimo.ca](http://recreation.nanaimo.ca)) for updates on programs, special events or severe weather cancellations.
- “Like” us on Facebook ([cityofnanaimolocalgovernment](https://www.facebook.com/cityofnanaimolocalgovernment)).
- Follow us on Twitter (@cityofnanaimo).
- Follow us on Instagram (@prc\_nanaimo & @cityofnanaimo).
- 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.



## FALL ACTIVITY GUIDE

View online for the latest details!

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](http://recreation.nanaimo.ca)  
(click on Activity Guide)

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## NOTE FOR OUR PATRONS

We are working very hard to bring you as many recreation opportunities as possible. We are, however, facing a number of challenges, including staff shortages and increased demand.

*Everyone has a responsibility for using appropriate words and actions when using the facilities and communicating with each other. Changes and cancellations can occur, so please be sure to check our schedules, website and social media channels for changes that could impact you. We will try hard to give as much notice as possible.*



**Winter program registration begins on  
Wednesday, November 22**

The Nanaimo Parks, Recreation and Culture Activity Guide is produced four times a year by the City of Nanaimo for each season. The guide is available online at [recreation.nanaimo.ca](http://recreation.nanaimo.ca). Interested in advertising in the next guide? Contact [parksandrecreation@nanaimo.ca](mailto: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 of Amber teaching a Aqua Zumba class at Nanaimo Aquatic Centre by Sabrina Patrice Photography.

### 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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# POOLS in NANAIMO

*So much more than public swimming*



## Did You Know?



- It takes 3 days to fill the pools at both Nanaimo Aquatic Centre and Beban Park.
- How much water does it take? For NAC it is 300,000 litres; Beban is 150,000 litres.
- The Nanaimo Aquatic Centre is home to one of the largest wave pools in Western Canada.
- The main pool at Nanaimo Aquatic Centre is olympic sized.
- The green slide at Nanaimo Aquatic Centre is 45 feet high and 345 feet long! FUN!

## All about... *Lifeguards*

- A lifeguard's primary job is safety and drowning prevention. They keep you safe in the water while you have fun.
- It takes 146 hours of training to become a lifeguard. What training? See page 63.
- Lifeguards also teach swimming lessons. In 2023, we are offering over 900 children's lessons in Nanaimo's pools.
- Swim lessons are a high priority because the more people who learn to swim, the safer we can keep our citizens in, on and round water.
- Many hands and eyes are needed to keep the pools open. Our ratio is 1 lifeguard to 40 swimmers.
- The City of Nanaimo has a lifeguard training program called "To the Rescue". See the back cover for information.
- Our goal is to rebuild staffing levels to pre-Covid numbers. We are engaged in a variety of recruitment approaches, and we appreciate your patience as we works towards this.



# Fall Special Events

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

## SEPTEMBER

- Thu, Aug 31 4-8 pm End of Summer Splash Beban Park Pool
- Tue, Sep 5 6:30-8 pm Glow in the Dark Skate Frank Crane Arena
- Sun, Sep 10 10 am-2 pm Open House Oliver Woods Community Centre
- Sun, Sep 17 4-6 pm Starlight Skate Nanaimo Ice Centre
- Sep 22-24 11 am-3 pm Rivers Day Celebration (see page 45)
- Sat, Sep 30 12-4 pm Nat. Truth & Rec. Day Swims Nanaimo Aquatic Centre
- Sat, Sep 30 11 am-4 pm Nat. Truth & Rec. Day Skates Nanaimo Ice Centre (see page 11 for session details)

## OCTOBER

- Tue, Oct 3 6:30-8 pm Glow in the Dark Skate Frank Crane Arena
- Mon, Oct 9 12-5 pm Thanksgiving Day Swim Nanaimo Aquatic Centre
- Mon, Oct 9 1-3 pm Thanksgiving Day Skate Frank Crane Arena
- Sun, Oct 15 4-6 pm Starlight Skate Nanaimo Ice Centre
- Oct 20-28 Family Fishing Challenge (see page 19)
- Sun, Oct 29 9 am- 12 pm Halloween Howl Swim Beban Park Pool
- Tue, Oct 31 6:30-8 pm Halloween Skate Frank Crane Arena

## NOVEMBER

- Tue, Nov 7 6:30-8 pm Glow in the Dark Skate Frank Crane Arena
- Sat, Nov 11 1-5 pm Remembrance Day Swim Nanaimo Aquatic Centre
- Sat, Nov 11 1-3 pm Remembrance Day Skate Frank Crane Arena
- Sun, Nov 19 4-6 pm Starlight Skate Nanaimo Ice Centre

## DECEMBER

- Tue, Dec 5 6:30-8 pm Glow in the Dark Skate Frank Crane Arena
- Sun, Dec 17 2-4 pm Snowball Swim Nanaimo Aquatic Centre
- Sun, Dec 17 4-6 pm Starlight Skate Nanaimo Ice Centre
- Wed, Dec 20 4:30-6:30 pm Light Up the Night Bike Ride start from Beban (see page 19)
- Wed, Dec 20 6:30-8 pm Skate with Santa Frank Crane Arena
- Thu, Dec 21 6:15-7:45 pm Skate with Santa Nanaimo Ice Centre
- Dec 24, 26-30 Winter Wonderland Frank Crane Arena (see page 11)
- Sun, Dec 31 10:45-11:45 am New Year's Eve Stick 'n' Puck Frank Crane Arena
- Sun, Dec 31 2:15-3:15 pm New Year's Eve Stick 'n' Puck Frank Crane Arena
- Sun, Dec 31 12-2 pm New Year's Eve Skate Frank Crane Arena
- Sun, Dec 31 3:30-5:30 pm New Year's Eve Skate Frank Crane Arena
- Sun, Dec 31 6-8 pm New Year's Eve Swim Nanaimo Aquatic Centre
- Mon, Jan 1 12-5 pm Activate 2024 Beban Park



**Oliver Woods Community Centre**  
**OPEN HOUSE**  
SUNDAY, SEPTEMBER 10  
10 AM-2 PM  
Come and see what Oliver Woods has to offer!  
There will be free classes, open gym time,  
food trucks and more!



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# Public Admissions

SWIM, SKATE, WEIGHT ROOMS & GYM

## General Admissions:

|        |  |           |
|--------|--|-----------|
| Child  | 2 yrs & under                                | Free      |
| Child  | 3 to 12 yrs                                  | \$3.75    |
| Youth  | 13 to 24 yrs                                 | \$5.25    |
| Adult  | 25 to 59 yrs                                 | \$7.00    |
| Senior | 60 to 79 yrs                                 | \$5.25    |
| Senior | 80+ yrs; Nanaimo residents only              | Free      |
| Family | Max 2 adults & children from the same family | ..\$14.00 |
| Shower |  | \$3.75    |

## 10 Visit Pass (10 admissions):

|        |                |         |
|--------|----------------|---------|
| Child  | 12 yrs & under | \$30.00 |
| Youth  | 13 to 24 yrs   | \$42.00 |
| Adult  | 25 to 59 yrs   | \$56.00 |
| Senior | 60 to 79 yrs   | \$42.00 |

## 1 Month Active Pass:

|              |  |          |
|--------------|--|----------|
| Child        |  | \$30.00  |
| Youth/Senior |  | \$42.00  |
| Adult        |  | \$56.00  |
| Family       |  | \$112.00 |

## 12 Month Active Pass:

|              |  |          |
|--------------|--|----------|
| Child        |  | \$270.00 |
| Youth/Senior |  | \$378.00 |
| Adult        |  | \$500.00 |
| Family       |  | \$999.00 |

## Arena Skate Rentals/Sharpening:

|                    |  |        |
|--------------------|--|--------|
| Child/Youth/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. Limited lanes available.

**Leisure Swim:** With its accessible beach entry at 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 25 metre pool is available for swimming laps or water running!

## AQUAFIT

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

**White Board Workout:** No instructor is available at this time but a workout will be provided on a white board for patrons to follow along. All equipment and pool space will be available during the scheduled time. Workouts are available anytime the pool is open.

**Shallow Water Aquafit:** This is a high intensity cardio workout without the impact of dry land aerobics. Open to all levels and abilities.

**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.

**Shallow/Deep Combo Aquafit:** This is designed for both shallow and deep water aquafit enthusiasts. Cardio training, strength training and stretching all together. Participants can choose to stay in the shallow water or participate in deep with an aquafit belt.

**Aqua Zumba:** This class is perfect for those looking to make a splash by adding low-impact, high energy aquatic exercise to their fitness routine. Aqua Zumba® blends the Zumba® philosophy with water resistance for a pool party you won't want to miss!

## NANAIMO AQUATIC CENTRE

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

**Leisure Swim:** Leisure pool, hot tub, sauna, and steam room are available for you therapeutic needs. No 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 - WEIGHT ROOMS

## 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 18 TO FRIDAY, JANUARY 6

|                | SUN       | MON       | TUE       | WED       | THU       | FRI       | SAT       |
|----------------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|
| Facility Hours | 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 |

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

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

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

**Weight Room Orientations:** These are designed to familiarize you with our facilities and give you an orientation of the basics of strength and functional training. An orientation is recommended before using our facilities. Please contact us to setup a time. Cost is \$5.25

**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.

**Weight Room Attire:** All weight room users must wear appropriate attire. This includes closed-toe shoes (runners), shorts or track/sweat pants (no jeans).



### Beban Weight Room - MONDAY, SEPTEMBER 18 TO FRIDAY, JANUARY 6

|                | SUN       | MON          | TUE          | WED          | THU          | FRI          | SAT       |
|----------------|-----------|--------------|--------------|--------------|--------------|--------------|-----------|
| Facility Hours | 9 am-4 pm | 6:30 am-7 pm | 6:30 am-7 pm | 6:30 am-7 pm | 6:30 am-7 pm | 6:30 am-7 pm | 9 am-4 pm |

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

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

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

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

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



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# DROP-IN SCHEDULE

## Nanaimo Aquatic Centre Fall Schedule (741 THIRD ST)

**Mon, Sep 18 to Fri, Jan 6** Schedule is subject to change. Please check [recreation.nanaimo.ca](http://recreation.nanaimo.ca) to confirm.

| PROGRAM  | SUN                  | MON                    | TUE                       | WED                    | THU                       | FRI                    | SAT        |
|--|----------------------|------------------------|---------------------------|------------------------|---------------------------|------------------------|------------|
| <b>Everyone Welcome</b>                                  | 6 am-12 pm<br>1-9 pm | 6 am-2 pm<br>2:45-9 pm | 6 am-2 pm<br>2:45-9 pm    | 6 am-2 pm<br>2:45-9 pm | 6 am-2 pm<br>2:45-9 pm    | 6 am-2 pm<br>2:45-9 pm | 1-9 pm     |
| <b>Leisure Swim</b>                                      |                      |                        |                           |                        |                           |                        | 6 am-12 pm |
| <b>BULKHEAD MOVE -<br/>POOL UNAVAILABLE</b>              |                      | 9-9:30 am              | 9-9:30 am                 | 9-9:30 am              | 9-9:30 am                 | 9-9:30 am              |            |
| <b>50 Metre Lane Swim</b>                                | 6 am-12 pm           |                        | 6-9 am                    |                        | 6-9 am                    |                        |            |
| <b>25 Metre Lane Swim</b>                                | 1-9 pm               | 6 am-2 pm<br>2:45-9 pm | 9:30 am-2 pm<br>2:45-9 pm | 6 am-2 pm<br>2:45-9 pm | 9:30 am-2 pm<br>2:45-9 pm | 6 am-2 pm<br>2:45-9 pm | 1-9 pm     |
| <b>Waves &amp; Waterslides</b>                           | 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     |
| <b>CLEANING CLOSURE -<br/>POOL UNAVAILABLE</b>           | 12-1 pm              | 2-2:45 pm              | 2-2:45 pm                 | 2-2:45 pm              | 2-2:45 pm                 | 2-2:45 pm              |            |
| <b>Weight Room</b><br><i>(proper attire required***)</i> | 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                               | SUN | MON                       | TUE         | WED          | THU         | FRI                       | SAT |
|---------------------------------------|-----|---------------------------|-------------|--------------|-------------|---------------------------|-----|
| <b>Therapy Aquafit (1 hr)</b>         |     | 8:30-9:30 am              |             | 8:30-9:30 am |             | 8:30-9:30 am              |     |
| <b>Shallow Water Aquafit (45 min)</b> |     | 10:45-11:30 am<br>(Cindy) |             |              |             |                           |     |
| <b>Deep Water Aquafit (45 min)</b>    |     |                           | 10:15-11 am |              | 10:15-11 am |                           |     |
| <b>Aqua Zumba (45 min)</b>            |     |                           |             |              |             | 10:30-11:15 am<br>(Amber) |     |

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

- Lanes available at all times except during the moving of the bulkheads in the main pool. The bulkheads in the competition pool move at different times throughout the week and may disrupt some lane swimming. Main pool will be closed to move the bulkheads.
- Please inform staff of any medical conditions.
- All children under 7 years old 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.
- \*\*\*All weight room users must wear appropriate attire. This includes closed-toe shoes (runners), shorts or track/sweat pants (no jeans).



Due to staffing challenges, there may be unforeseen and unscheduled pool closures and program cancellations. Please check our website ([recreation.nanaimo.ca](http://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.

### 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:** • Sat, Sep 30, 10 am-4 pm (National Day for Truth and Reconciliation Day) • Mon, Oct 9, 12-5 pm (Thanksgiving)  
• Sat, Nov 11, 1-5 pm (Remembrance Day) • Tue, Dec 26, 12-4 pm (Boxing Day)

**POOL CLOSED:** • Mon, Sep 4 (Labour Day) • Mon, Dec 25 (Christmas) • Mon, Jan 1 (New Year's Day)

**SWIM MEETS:** • Oct 28-30 • Nov 17-18 • Nov 25 • Dec 15-17 (limited pool access; check our online schedule at [recreation.nanaimo.ca](http://recreation.nanaimo.ca))





# DROP-IN SCHEDULE



## Beban Pool Fall Schedule (2300 BOWEN RD)

**Mon, Sep 18 to Fri, Jan 6** Schedule is subject to change. Please check [recreation.nanaimo.ca](http://recreation.nanaimo.ca) to confirm.

| PROGRAM  | SUN       | MON                         | TUE  | WED                         | THU  | FRI                         | SAT       |
|--|-----------|-----------------------------|--|-----------------------------|--|-----------------------------|-----------|
| Everyone Welcome                                   |           |                             |  |                             |  | 6:30 -9 am<br>12:30-2:45 pm | 1-4 pm    |
| 25 Metre Lane Swim                                 | 9-11 am   | 6:30-10:45 am<br>12-2:45 pm | 6:30-8:45 am<br><b>10 am-2:45 pm</b><br>1:45-2:45 pm   | 6:30-10:45 am<br>12-2:45 pm | 6:30-8:45 am<br><b>10 am-2:45 pm</b><br>1:45-2:45 pm   | 12:30-2:45 pm               |           |
| Leisure Swim                                       | 9-11 am   | 6:30 am-2:45 pm             | 6:30-9:45 am<br><b>9:45 am-1:45 pm</b><br>1:45-2:45 pm | 6:30 am-2:45 pm             | 6:30-9:45 am<br><b>9:45 am-1:45 pm</b><br>1:45-2:45 pm |                             | 1-4 pm    |
| Waterslides  |           | Available upon request      |  |                             |  |                             | 1-4 pm    |
| Weight Room<br><i>(proper attire required****)</i> | 9 am-4 pm | 6:30 am-7 pm                | 6:30 am-7 pm   | 6:30 am-7 pm                | 6:30 am-7 pm   | 6:30 am-7 pm                | 9 am-4 pm |
| AQUAFIT  | SUN       | MON                         | TUE  | WED                         | THU  | FRI                         | SAT       |
| Therapy Aquafit (45 min)                           |           | 11-11:45 am                 |  | 11-11:45 am                 |  |                             |           |
| Shallow/Deep Combo (45 min)                        |           |                             | 9-9:45 am  |                             | 9-9:45 am  |                             |           |

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

- Please inform staff of any medical conditions.
- All children under 7 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.
- \*\*\*\*All weight room users must wear appropriate attire. This includes closed-toe shoes (runners), shorts or track/sweat pants (no jeans).

**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 (Join us at Nanaimo Aquatic Centre):** • Mon, Sep 4 (Labour Day) • Sat, Sep 30 (National Day for Truth & Reconciliation)  
• Mon, Oct 9 (Thanksgiving) • Sat, Nov 11 (Remembrance Day) • Mon, Dec 25 (Christmas) • Tue, Dec 26 (Boxing Day) • Mon, Jan 1 (New Year's Day)

**STAT HOLIDAY SWIMS** • Mon, Jan 1, 12-2 pm & 3-5 pm (New Year's Day Swims for Activate Ticketholders )



Due to staffing challenges, there may be unforeseen and unscheduled pool closures and program cancellations. Please check our website ([recreation.nanaimo.ca](http://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.

### NOTE:

Times in red are not available when "Swim to Survive" school sessions are scheduled.  
• Oct 24-Nov 9  
• Nov 21-Dec 8



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# DROP-IN SCHEDULE

## Arena Schedule

**Tue, Sep 5 to Fri, Dec 22, 2023** Schedule is subject to change. Please check [recreation.nanaimo.ca](http://recreation.nanaimo.ca) to confirm.

| Programs  | SUN  | MON                      | TUE                                | WED                      | THU                      | FRI  | SAT   |
|---|--|--------------------------|------------------------------------|--------------------------|--------------------------|--|---|
| <b>Everyone Welcome</b>   | 12-1:30 pm<br>Lions FREE Skate<br>at FCA<br>4-6 pm<br>NIC2 |                          | 6:30-8 pm<br>FCA                   | 6:30-8 pm<br>FCA         | 6:15-7:45 pm<br>NIC2     | 3:45-5:15 pm<br>NIC2                                       | 1:15-2:45 pm<br>FCA   |
| <b>Parent &amp; Tot Skate</b>   |  | 10-11:30 am<br>FCA       |                                    | 12:30-2 pm<br>FCA        | 9-10:15 am<br>NIC1       |  |  |
| <b>Family Skate</b>   | 10:45-11:45 am<br>FCA                                      |                          |                                    |                          |                          |  |   |
| <b>Adult Leisure Skate</b> (19+)  |  | 10-11:30 am<br>NIC2      | 10-11:30 am<br>FCA                 | 10-11:30 am<br>NIC2      | 1:30-3 pm<br>NIC1        |  |   |
| <b>Adult Scrub Hockey</b> (18+)   |  | 11:45 am-1:15 pm<br>NIC2 |                                    | 11:45 am-1:15 pm<br>NIC2 |                          | 11:45 am-1:15 pm<br>NIC2                                   |   |
| <b>Senior &amp; 70+ Scrub Hockey</b>  |  | 8-9:15 am<br>NIC2        | 10-11:15 am<br>NIC1<br>70+ Seniors | 8-9:15 am<br>NIC2        |                          | 8-9:15 am<br>NIC2<br>10:45 am-12 pm<br>70+ Seniors<br>NIC1 |   |
| <b>Stick 'n' Puck</b><br>Children under 8 are to be accompanied onto the ice by an adult. | 2:45-3:45 pm<br>NIC2                                       |                          | 11:45 am-1:15 pm<br>NIC1           | 1:45-3:15 pm<br>McN      | 11:45 am-1:15 pm<br>NIC1 | 3:15-4:15 pm<br>McN  |   |
| <b>Adult Scrimmage Hockey</b><br>Co-ed registered program.                                | 9:30-10:45 pm<br>NIC1                                      |                          |                                    |                          |                          | 9:45-11:15 pm<br>McN                                       |   |

### DID YOU KNOW?

- Participants of all abilities are welcome to public skating sessions.
- Strollers and wheelchairs are welcome on the ice.

• 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.) Cancelled on September 13 & November 1.

**FREE LIONS SKATE:** Sundays, 12-1:30 pm, at Frank Crane Arena starting September 10 (includes admission, skate and helmet rentals). Please note that Dec 3 & Mar 10 sessions will be from 11 am-12:30 pm due to Clippers' Games.

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

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

**Adult Leisure Skate** (19+) - A great addition to your fitness routine. Enjoy skating laps or practicing your skills in the designated areas. Helmets are strongly recommended. Guests with diverse abilities and their aides are welcome. Please see our Arena Section for Adult/Senior RecSkate lesson options.

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

**Stick 'n' Puck** - Whether you're new to the game of hockey or know the game and are looking to brush up on your skills, Stick 'n' Puck is for you! Get on the ice in a non-game, recreational setting. Space is limited, and session rules do apply. Bring your own pucks. Children under 8 must have adult on the ice.



**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 except for the Lions Free Skate.*

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

### Special Stat Holiday Skates

These sessions replace the regular skating schedule.

#### • NATIONAL TRUTH & RECONCILIATION DAY

Sat, Sep 30 Everyone Welcome Skates at NIC

-11 am-12:30 pm, 12:45-2:15 pm, 2:30-4 pm

Sat, Sep 30 Stick 'n' Puck Skates at NIC

-11:15 am-12:15 pm, 12:30-1:30 pm, 1:45-2:45 pm, 3-4 pm

#### • THANKSGIVING

Mon, Oct 9, 1-3 pm at FCA

#### • REMEMBRANCE DAY

Sat, 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 17
- Oct 15
- Nov 19
- Dec 17

### 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 5
- Oct 3
- Nov 7
- Dec 5

### Skates with Santa

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

- Wed, Dec 20, 6:30-8 pm at FCA
- Thu, Dec 21, 6:15-7:45 pm at NIC

### New Year's Eve Skates

Spend some of the last moments of 2023 skating!

- Sun, Dec 31, 10:45-11:45 am at FCA (Stick 'n' Puck)
- Sun, Dec 31, 12-2 pm at FCA (Everyone Welcome)
- Sun, Dec 31, 2:15-3:15 pm at FCA (Stick 'n' Puck)
- Sun, Dec 31, 3:30-5:30 pm at FCA (Everyone Wel.)



## Winter Wonderland

Join us at the Frank Crane Arena where it will be transformed into a WINTER WONDERLAND! These FREE skate sessions include 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!

**December 24, 26-30**  
**Frank Crane Arena**

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.



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# PRE-REGISTERED DROP-IN SCHEDULE

## Oliver Woods Community Centre Schedule

Sun, Sep 3 to Fri, Dec 29 (closed on all stat holidays)



| Programs   | SUN                            | MON           | TUE  | WED | THU           | FRI              | SAT |
|--|--------------------------------|---------------|--|-----|---------------|------------------|-----|
| <b>Badminton</b> (16+ yrs)   |                                |               | 8:45-10:45 am  |     | 8:45-10:45 am | 11:30 am-1:30 pm |     |
| <b>Youth Hoops</b> (10-16 yrs)<br>Gym attendant on duty.   | <b>NEW!</b>                    |               |  |     |               | 3:30-4:30 pm     |     |
| <b>Basketball</b> (16+ yrs)<br>Gym attendant on duty.  | 6:45-8:45 pm<br>(until Oct 29) | 8:30-10:30 pm |  |     |               | 8:30-10:30 pm    |     |
| <b>Everyone Welcome Sports</b><br>13 years & younger need adult supervision. No racquet sports available.                    | 11 am-12:30 pm                 |               |  |     |               |                  |     |
| <b>Pickleball</b> (16+ yrs)<br>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    |                  |     |
| <b>Youth Volleyball</b> (10-16 yrs)<br>Gym attendant on duty.  | <b>NEW!</b>                    |               |  |     |               | 3:30-4:30 pm     |     |
| <b>Volleyball</b> (16+ yrs)<br>Gym attendant on duty.  | 7-9 pm                         | 8:15-10:15 pm |  |     |               | 8:15-10:15 pm    |     |
| <b>Spare Blox Youth Drop-in</b> (10-17 yrs)<br>See Youth Section; please pre-register using barcode 104145.                  |                                |               | 6:30-8 pm<br>(Sep 19-Dec 5)  |     |               |                  |     |

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

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

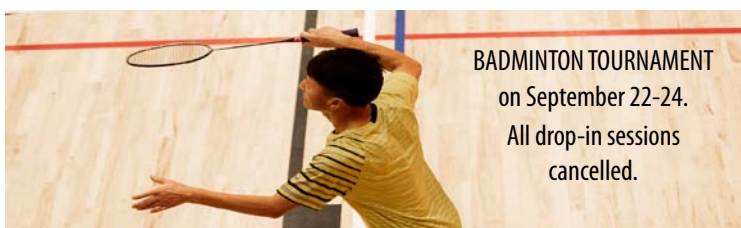
### FACILITY CLOSURES/SCHEDULE CHANGES

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

### DROP-IN SPORT PROGRAMS

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

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



**BADMINTON TOURNAMENT**  
on September 22-24.  
All drop-in sessions cancelled.

# PRE-REGISTERED DROP-IN SCHEDULE

## Bowen Park Pottery Studio

**Tue, Sep 5 to Tue, Dec 19** (closed on all stat holidays)

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 during the drop-in times. Clay may be purchased for \$35 (including tax) per 22 pound bag and includes all firing and glazing fees. It must be purchased during office hours Monday to Friday, 9 am to 4:30 pm in person or over the phone. Drop in cost is \$12 per session. Harbour City Seniors Members can access the starred \*drop in sessions for \$4 per session. Dress for mess; aprons are not provided.

| SUN | MON      | TUE          | WED               | THU                | FRI | SAT              |
|-----|----------|--------------|-------------------|--------------------|-----|------------------|
|     | 12-3 pm* | 2:30-5:30 pm | 1-4 pm*<br>5-8 pm | 12-3 pm*<br>4-7 pm |     | 9:30 am-12:30 pm |

### DROP-IN INFO

\$12 per session



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



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# Low Co\$t or Free Recreation

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

## Admission Savers

- **Buy a 10 or 20 Visit Pass** and save 20 percent over regular admission. Want to save more? Consider purchasing our Active Pass. **See page 6.**
- **Buy an Active Pass** for one month or one year and save admission to all public drop-in sessions. **See page 48.**
- **Lions FREE Skate** takes place every Sunday, 12-1:30 pm until March 24 at Frank Crane Arena. **See page 66.**

## Low Cost Recreation

- Youth, aged 10 to 17, are invited to our **FREE Spare Blox program** held at a variety of locations throughout the community or **Youth Lounge** at Nanaimo Aquatic Centre. **See page 36.**
- **Court Kids** is a program for children with their parents where they will play in the Outdoor Sports Court at Harewood Centennial Park. This program is free! **See page 25.**
- **Invasive Plant Work Parties** are a great way to meet new people and to make a difference in your community. **See page 47.**
- Join in on the **Family Fishing Challenge** this fall **See page 19.**
- **Dungeons and Dragons** is a program for youth held at Bowen Park Complex and is a partnership with Literacy Central Vancouver Island. **See page 33.**
- Learn about nature and our environment or participate in a StoryTime! **See pages 22-24.**
- Get on your bike with the whole family for our **Light Up the Night Holiday Bike Ride**. This is free. **See page 19.**
- Join in a fun, family-friendly **Holiday Bird Count** where you will learn about local birds and make a pine cone feeder for your own yard. **See page 19.**
- **See page 56** for low cost and free activities for those aged 60+.





# 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.
- Free entrance to the Nanaimo Art Gallery and Nanaimo Museum.

## DO I QUALIFY?

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

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

## HOW DO I APPLY?

1. Submit the LEAP application online at [www.nanaimo.ca](http://www.nanaimo.ca) or in-person at any City of Nanaimo recreation centre.
2. Include a copy of the following:
  - Prior year Notice of Assessment 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                             | \$19,283                |
| 2                             | \$23,469                |
| 3                             | \$29,224                |
| 4                             | \$36,459                |
| 5                             | \$47,516                |
| 6                             | \$46,042                |
| 7                             | \$50,568                |

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



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# Early Years & Children's

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



## Give the Gift of RECREATION!



**Parks, Recreation and Culture Gift Cards are available in any denomination. Use them for program registrations, Active Passes, admissions and facility rentals.**

Available at any Nanaimo recreation centre for purchase.

### 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 6-Oct 25 | 8:30-9:30 am | \$64/8 | [103768](#)
  - Wed, Sep 6-Oct 25 | 9:45-10:45 am | \$64/8 | [103776](#)
  - Wed, Sep 6-Oct 25 | 11am-12 pm | \$64/8 | [103777](#)
  - Fri, Sep 8-Oct 27 | 8:30-9:30 am | \$64/8 | [103785](#)
  - Fri, Sep 8-Oct 27 | 9:45-10:45 am | \$64/8 | [103786](#)
  - Fri, Sep 8-Oct 27 | 11am-12 pm | \$64/8 | [103787](#)
  - Wed, Nov 1-Dec 20 | 8:30-9:30 am | \$64/8 | [103782](#)
  - Wed, Nov 1-Dec 20 | 9:45-10:45 am | \$64/8 | [103783](#)
  - Wed, Nov 1-Dec 20 | 11am-12 pm | \$64/8 | [103784](#)
  - Fri, Nov 3-Dec 22 | 8:30-9:30 am | \$64/8 | [103790](#)
  - Fri, Nov 3-Dec 22 | 9:45-10:45 am | \$64/8 | [103791](#)
  - Fri, Nov 3-Dec 22 | 11 am-12 pm | \$64/8 | [103792](#)
- Oliver Woods Community Centre



### Smart Moves Babies

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, rhymes, baby yoga, tummy time games and crawling activities that are developmentally appropriate and will strengthen your baby's physical, cognitive, social and emotional foundations for early learning.

#### Instructor: Robyn Mor Infant Massage

- Tue, Sep 12-Oct 10 | 9:45-10:45 am | \$60/5 | [101171](#)
- Tue, Oct 24-Nov 21 | 9:45-10:45 am | \$60/5 | [101172](#)

#### Birth to Rolling

- Tue, Sep 12-Oct 17 | 11-11:45 am | \$72/6 | [101168](#)
- Tue, Oct 24-Nov 28 | 11-11:45 am | \$72/6 | [101169](#)

#### Crawling (or 6 months) to Standing

- Tue, Sep 12-Oct 17 | 12-12:45 pm | \$72/6 | [101028](#)
  - Tue, Oct 24-Nov 28 | 12-12:45 pm | \$72/6 | [101033](#)
- Kin Hut Activity Centre

### Parent-Child Mother Goose Program Birth to 12 Months

These group sessions for parents and their babies focus on the pleasure and power of using rhymes, songs and stories together. This is not a drop-in program.

Instructor: Moire Porter

- Mon, Oct 23-Dec 11 | 9:30-10:30 am | Free | [101204](#)
- Bowen Park Complex



# PLAY AND LEARN



## Monthly Early Years Programs

for ages 3 to 5 (Crickets 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.

**REGISTRATION FOR SEPTEMBER 2023 TO JUNE 2024 OPEN NOW!**

### Crickets - Beban Park

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 (#92393) | Feb: \$60 (#92400) |
| Oct: \$60 (#92394) | Mar: \$40 (#92401) |
| Nov: \$60 (#92395) | Apr: \$80 (#92403) |
| Dec: \$60 (#92397) | May: \$60 (#92406) |
| Jan: \$80 (#92399) | Jun: \$80 (#92407) |

Beban Social Centre

### Animal Crackers - Beban Park

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

|                     |                     |
|---------------------|---------------------|
| Sep: \$120 (#92409) | Feb: \$180 (#92414) |
| Oct: \$180 (#92410) | Mar: \$80 (#92582)  |
| Nov: \$180 (#92411) | Apr: \$180 (#92589) |
| Dec: \$120 (#92412) | May: \$180 (#92583) |
| Jan: \$140 (#92413) | Jun: \$160 (#92606) |

Beban Social Centre

### Animal Crackers - Beban Park

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

|                     |                     |
|---------------------|---------------------|
| Sep: \$120 (#92635) | Feb: \$160 (#92648) |
| Oct: \$160 (#92641) | Mar: \$80 (#92649)  |
| Nov: \$180 (#92644) | Apr: \$160 (#92650) |
| Dec: \$140 (#92646) | May: \$200 (#92651) |
| Jan: \$140 (#92647) | Jun: \$160 (#92652) |

Beban Social Centre

### Kinder Prep\* - Beban Park

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

|                     |                     |
|---------------------|---------------------|
| Sep: \$120 (#92653) | Feb: \$180 (#92672) |
| Oct: \$180 (#92667) | Mar: \$80 (#92674)  |
| Nov: \$180 (#92668) | Apr: \$180 (#92683) |
| Dec: \$120 (#92670) | May: \$180 (#92684) |
| Jan: \$140 (#92671) | Jun: \$160 (#92685) |

Beban Social Centre

### Kinder Prep\* - Beban Park

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

|                     |                     |
|---------------------|---------------------|
| Sep: \$120 (#92688) | Feb: \$160 (#92693) |
| Oct: \$160 (#92689) | Mar: \$80 (#92694)  |
| Nov: \$180 (#92690) | Apr: \$160 (#92699) |
| Dec: \$140 (#92691) | May: \$200 (#92700) |
| Jan: \$140 (#92692) | Jun: \$160 (#92701) |

Beban Social Centre



### Doodle Bugs - Oliver Woods

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

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

|                     |                     |
|---------------------|---------------------|
| Sep: \$120 (#92702) | Feb: \$180 (#92708) |
| Oct: \$180 (#92703) | Mar: \$80 (#92711)  |
| Nov: \$180 (#92704) | Apr: \$180 (#92715) |
| Dec: \$120 (#92705) | May: \$180 (#92736) |
| Jan: \$140 (#92707) | Jun: \$80 (#92740)  |

Oliver Woods Community Centre

### Kinder Prep\* - Oliver Woods

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

|                     |                     |
|---------------------|---------------------|
| Sep: \$120 (#92742) | Feb: \$180 (#92748) |
| Oct: \$180 (#92743) | Mar: \$80 (#92749)  |
| Nov: \$180 (#92744) | Apr: \$180 (#92750) |
| Dec: \$120 (#92745) | May: \$180 (#92751) |
| Jan: \$140 (#92747) | Jun: \$80 (#92752)  |

Oliver Woods Community Centre

### Kinder Prep\* - Oliver Woods

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

|                     |                     |
|---------------------|---------------------|
| Sep: \$120 (#92755) | Feb: \$140 (#92761) |
| Oct: \$140 (#92757) | Mar: \$80 (#92762)  |
| Nov: \$160 (#92758) | Apr: \$160 (#92763) |
| Dec: \$120 (#92759) | May: \$160 (#92765) |
| Jan: \$160 (#92760) | Jun: \$80 (#92766)  |

Oliver Woods Community Centre

### Kinder Prep\* - Oliver Woods

#### Fridays, 9-11 am

|                    |                     |
|--------------------|---------------------|
| Sep: \$60 (#92769) | Feb: \$80 (#92778)  |
| Oct: \$80 (#92772) | Mar: \$40 (#92781)  |
| Nov: \$80 (#92774) | Apr: \$80 (#92782)  |
| Dec: \$80 (#92775) | May: \$100 (#92784) |
| Jan: \$60 (#92776) | Jun: \$40 (#92785)  |

Oliver Woods Community Centre

- \*Kinder Prep is only for children entering Kindergarten in September of 2024. 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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# Children's Arts & Crafts

## Parent and Tot Art Adventures

**2 to 5 Years**

This fun art class will introduce your toddler to the wonderful world of art! You will work on crafts, such as colouring, painting, texture art and more.

Instructor: Lindsey Marshall

Mon, Sep 11-Oct 16 | 11:30 am-12:15 pm | \$50/5 | [104095](#)

Mon, Oct 23-Nov 20 | 11:30 am-12:15 pm | \$50/5 | [104099](#)

Mon, Nov 27-Dec 18 | 11:30 am-12:15 pm | \$40/4 | [104101](#)

Oliver Woods Community Centre

## Parent and Tot Muckin' and Messin' Around

**2 to 5 Years**

Join us to make a mess of the Tree Frog Room at Oliver Woods! Your toddler will explore painting, gluing, glitter, messy play and more in this fun and interactive parent and tot class. Each class will include a craft to take home.

Instructor: Lindsey Marshall

Mon, Sep 11-Oct 16 | 12:30-1:15 pm | \$50/5 | [104097](#)

Mon, Oct 23-Nov 20 | 12:30-1:15 pm | \$50/5 | [104100](#)

Mon, Nov 27-Dec 18 | 12:30-1:15 pm | \$40/4 | [104102](#)

Oliver Woods Community Centre



## Haunted Halloween Crafts & Games

**NEW!**

**2 to 5 Years**

Calling all ghouls and goblins! Get into the Halloween spirit and create a spooky craft with us or try your luck at one of our ghostly games. Parent participation is required.

Fri, Oct 27 | 10-11 am | \$12/1 | [105420](#)

Fri, Oct 27 | 11:15 am-12:15 pm | \$12/1 | [105553](#)

Bowen Park Complex

## Spooktacular Storytime

**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 28 | 10-10:45 am | \$12/1 | [103730](#)

Sat, Oct 28 | 11-11:45 am | \$12/1 | [103732](#)

Oliver Woods Community Centre

## Fall Art Splash

**NEW!**

**5 to 10 Years**

Learn a variety of artistic techniques, such as drawing, painting, colouring and much more in this bright and fun fall-themed art class! You will work on a seasonal project each class.

Instructor: Lindsey Marshall

Thu, Sep 7-Oct 12 | 4-4:45 pm | \$60/6 | [104103](#)

Thu, Oct 19-Nov 16 | 4-4:45 pm | \$50/5 | [104106](#)

Oliver Woods Community Centre

## Candy Cane Crafts & Games

**NEW!**

**2 to 5 Years**

It's almost the holidays which means it's the perfect time to create a holiday-themed craft! We will listen to some jingles, play games and have a merry old time. Parent participation is required.

Fri, Dec 15 | 10-11 am | \$12/1 | [105421](#)

Fri, Dec 15 | 11:15 am-12:15 pm | \$12/1 | [105552](#)

Bowen Park Complex

## Holiday Art Splash

**NEW!**

**5 to 10 Years**

Learn a variety of artistic techniques, such as drawing, painting, colouring and much more in this merry and joyful holiday-themed art class! You will work on a seasonal project each class.

Instructor: Lindsey Marshall

Thu, Nov 23-Dec 21 | 4-4:45 pm | \$50/5 | [104107](#)

Oliver Woods Community Centre

## Comic Book Art and Cartooning

**7 to 13 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 9-Oct 28 | 10-11 am | \$70/7 | [103723](#)

Sat, Nov 4-Dec 16 | 10-11 am | \$60/6 | [103724](#)

Oliver Woods Community Centre

## Creative Kids Art Class **NEW!**

7 to 12 Years

Young art lovers will have fun expressing your creativity through painting, drawing, collaging and more! You will develop your art skills through positive teaching and will work on a project each class.

Instructor: Lindsey Marshall

Thu, Sep 7-Oct 12 | 5-5:45 pm | \$60/6 | [104104](#)

Thu, Oct 19-Nov 16 | 5-5:45 pm | \$50/5 | [104108](#)

Thu, Nov 23-Dec 21 | 5-5:45 pm | \$50/5 | [104109](#)

Oliver Woods Community Centre

## Future Painting Stars **NEW!**

7 to 12 Years

Calling all young artists! Come and learn the different styles and techniques of the wonderful world of painting. You will develop your art skills through positive teaching and will work on a painting project each class.

Instructor: Lindsey Marshall

Thu, Sep 7-Oct 12 | 6-6:45 pm | \$60/6 | [104105](#)

Thu, Oct 19-Nov 16 | 6-6:45 pm | \$50/5 | [104110](#)

Thu, Nov 23-Dec 21 | 6-6:45 pm | \$50/5 | [104111](#)

Oliver Woods Community Centre

## Character Design for Kids

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 9-Oct 28 | 11:15 am-12:15 pm | \$70/7 | [103726](#)

Sat, Nov 4-Dec 16 | 11:15 am-12:15 pm | \$60/6 | [103729](#)

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.

Instructor: Bari Precious

Mon, Sep 11-Oct 2 | 4-5 pm | \$80/4 | [105898](#)

Mon, Oct 16-Nov 6 | 4-5 pm | \$80/4 | [105899](#)

Mon, Nov 13-Dec 4 | 4-5 pm | \$80/4 | [105900](#)

Mon, Dec 11-18 | 4-5 pm | \$40/2 | [105902](#)

Bowen Pottery Studio

# FAMILY PROGRAMS

## Stroll with a Pro - Amphibians

8 Years +

Come stroll with a pro and learn from one of our local biologist about amphibians and salamanders discussing their migrations, overwintering and road crossing issues. We will be turning over a few logs to see if we can find salamanders in this park.

Instructor: Elke Wind

Sun, Oct 22 | 9-10:30 am | FREE | [105909](#)

Morningside Park Trail

## Hug a Tree and Survive

9 to 12 Years

Children and their families love to explore the great outdoors. Sometimes, however, curiosity draws kids away from family and friends. This AdventureSmart presentation is delivered by volunteers from Nanaimo Search and Rescue to teach kids how to avoid getting lost in the woods and what to do if they do become lost.

Instructor: Nanaimo Search and Rescue

Sat, Oct 21 | 10 am-12 pm | FREE | [105890](#)

Oliver Woods Community Centre

## Intro to Fishing

12 Years +

Join Fishing for Fun to kick off our Fall Fishing Challenge and learn about the basics of freshwater fishing. You will get a fishing rod to use and take home.

Instructor: Fishing for Fun

Sun, Oct 22 | 11 am-12:30 pm | \$10/1 | [106336](#)

Sun, Oct 22 | 1-2:30 pm | \$10/1 | [106337](#)

Colliery Dam Park

Sat, Oct 28 | 11 am-12:30 pm | \$10/1 | [107538](#)

Sat, Oct 28 | 1-2:30 pm | \$10/1 | [107539](#)

Westwood Lake Park

## Intro to Fly Fishing

16 Years +

Join the Island Water Fly Fishers as part of our Fall Fishing Challenge and learn about the basics of fly fishing - fly tying demo and intro to casting techniques. Participants will get a sample of fishing flies to begin their journey into this sport.

Instructor: Island Waters Fly Fishers

Sat, Oct 28 | 11 am-12:30 pm | \$10/1 | [106338](#)

Sat, Oct 28 | 1-2:30 pm | \$10/1 | [106339](#)

Diver Lake Park

## Light Up the Night Holiday Bike Ride

8 Years +

Grab your bike, your helmet, your night lights and maybe a few more... decorate your bike with twinkle lights and holiday decorations for this fun family ride. We will go on a 6 km loop from Beban, along the E&N Trail and through the neighbourhood. Bike wheel lights included in fee. Kids under 12 must register with a parent.

Wed, Dec 20 | 4:30-6:30 pm | \$5/1 | [105915](#)

Meet at Beban Park in the Breezeway

## Holiday Bird Count

5 to 12 Years

Join in a fun, family-friendly bird watching event that gives kids an opportunity to help spot and identify birds and learn about the most common local species. Finish up with warm beverage at the Miner's Cottage and a pine cone feeder craft to take home. This is a parent participation class.

Thu, Dec 28 | 10-11:30 am | \$10/1 | [105914](#)

Meet at Miner's Cottage at Buttertubs Marsh



**NANAIMO FAMILY FISHING CHALLENGE**  
**OCTOBER 20-28**

Get outside and come fish with us! Join Fishing for Fun or Island Water Fly Fishers to learn tips and tricks of this sport - or head out on your own to see what you can catch in one of our local lakes.

Fish release, Friday, October 20, 12 noon at Colliery Dam Park.

For more information on great prizes, regulations and how to get involved, visit [GOTONANAIMOFALLFISHINGCHALLENGE.CA](http://GOTONANAIMOFALLFISHINGCHALLENGE.CA)



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# 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 app to help make music a joyful part of everyday life. For more information, please visit [www.seasonstudio.com](http://www.seasonstudio.com). Parent participation required. Siblings under 9 months may attend for free. There is a \$50 non-refundable program fee for this course (one program fee per family).

Instructor: Karita Sedun

Wed, Sep 27-Nov 29 | 9:15-10 am | \$125/10 | [98940](#)

Wed, Sep 27-Nov 29 | 10:15-11 am | \$125/10 | [98941](#)

Wed, Sep 27-Nov 29 | 11:15 am-12 pm | \$125/10 | [101160](#)

Thu, Sep 28-Nov 30 | 9:15-10 am | \$125/10 | [98942](#)

Thu, Sep 28-Nov 30 | 10:15-11 am | \$125/10 | [98943](#)

Thu, Sep 28-Nov 30 | 11:15 am-12 pm | \$125/10 | [101162](#)

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-alongs to tender lullabies. Parent participation is required. One registration per family. Additional family members are welcome at no additional cost.

Instructor: Karita Sedun

Mon, Dec 11 | 4-4:45 pm | \$15/1 | [101225](#)

Mon, Dec 11 | 5-5:45 pm | \$15/1 | [101226](#)

Wed, Dec 13 | 4-4:45 pm | \$15/1 | [101227](#)

Wed, Dec 13 | 5-5:45 pm | \$15/1 | [101228](#)

Mon, Dec 18 | 4-4:45 pm | \$15/1 | [101229](#)

Mon, Dec 18 | 5-5:45 pm | \$15/1 | [101230](#)

Wed, Dec 20 | 4-4:45 pm | \$15/1 | [101231](#)

Wed, Dec 20 | 5-5:45 pm | \$15/1 | [101232](#)

Beban Park Social Centre



**REGISTER EARLY to avoid DISAPPOINTMENT!**

*(low registration may lead to course cancellation)*



## 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 26-Oct 17 | 9:15-10 am | \$80/4 | [101198](#)

Tue, Sep 26-Oct 17 | 10:15-11 am | \$80/4 | [101199](#)

Tue, Sep 26-Oct 17 | 11:15 am-12 pm | \$80/4 | [101200](#)

Tue, Oct 24-Nov 14 | 9:15-10 am | \$80/4 | [101201](#)

Tue, Oct 24-Nov 14 | 10:15-11 am | \$80/4 | [101202](#)

Tue, Oct 24-Nov 14 | 11:15 am-12 pm | \$80/4 | [101203](#)

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 12-Oct 24 | 10-10:30 am | \$54/6 | [100991](#)

Tue, Sep 12-Oct 24 | 11:15 am-11:45 am | \$54/6 | [100993](#)

Tue, Oct 31-Dec 5 | 10-10:30 am | \$54/6 | [100992](#)

Tue, Oct 31-Dec 5 | 11:15 am-11:45 am | \$54/6 | [100994](#)

Beban Park Social Centre

## Wiggles & Giggles

### 18 Months to 3 Years

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

Instructor: Bev Martyn from Kirkwood Academy

Tue, Sep 12-Oct 24 | 10:30-11 am | \$54/6 | [100989](#)

Tue, Oct 31-Dec 5 | 10:30-11 am | \$54/6 | [100990](#)

**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 12-Oct 24 | 9:30-10 am | \$54/6 | [100995](#)

Tue, Sep 12-Oct 24 | 11:45 am-12:15 pm | \$54/6 | [100996](#)

Tue, Oct 31-Dec 5 | 9:30-10 am | \$54/6 | [100997](#)

Tue, Oct 31-Dec 5 | 11:45 am-12:15 pm | \$54/6 | [100998](#)

**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: Rachel Swanson

Sat, Sep 9-Oct 21 | 11:30 am-12 pm | \$48/6 | [103855](#)

Sat, Sep 9-Oct 21 | 1:45-2:15 pm | \$48/6 | [103858](#)

Sat, Nov 4-Dec 9 | 11:30 am-12 pm | \$40/5 | [103859](#)

Sat, Nov 4-Dec 9 | 1:45-2:15 pm | \$40/5 | [103863](#)

**Oliver Woods Community Centre**

## Baby Ballet - 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: Rachel Swanson

Sat, Sep 9-Oct 21 | 12:15-12:45 pm | \$48/6 | [103856](#)

Sat, Nov 4-Dec 9 | 12:15-12:45 pm | \$40/5 | [103860](#)

**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. 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: Rachel Swanson

Sat, Sep 9-Oct 21 | 1-1:30 pm | \$48/6 | [103857](#)

Sat, Nov 4-Dec 9 | 1-1:30 | \$40/5 | [103862](#)

**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 15-Oct 20 | 4-4:30 pm | \$65/6 | [101259](#)

Fri, Oct 27-Dec 1 | 4-4:30 pm | \$65/6 | [101260](#)

### 5 to 7 Years

Fri, Sep 15-Oct 20 | 4:45-5:30 pm | \$75/6 | [101261](#)

Fri, Oct 27-Dec 1 | 4:45-5:30 pm | \$75/6 | [101262](#)

### 8 to 11 Years

Fri, Sep 15-Oct 20 | 5:45-6:30 pm | \$75/6 | [101498](#)

Fri, Oct 27-Dec 1 | 5:45-6:30 pm | \$75/6 | [101499](#)

### 12 Years +

Fri, Sep 15-Oct 20 | 6:45-7:30 pm | \$75/6 | [101500](#)

Fri, Oct 27-Dec 1 | 6:45-7:30 pm | \$75/6 | [101501](#)

**Vibrant Studios (Vibe)**

## Kids Bhangra Fit

Learn various forms of Bhangra while getting a full body workout. We keep dancing and fitness exciting with this popular Indian dance workout - an intense, vibrant, joyful dance that elevates the heart rate and state of mind. The majority of the moves follow a folk dance pattern. Starting with the basics of Bhangra, learn different steps.

Instructor: Vancouver Island Bhangra

### 3 to 5 Years

Mon, Oct 16-Nov 27 | 4:15-4:45 pm | \$60/6 | [101247](#)

### 5 to 7 Years

Mon, Oct 16-Nov 27 | 5-5:45 pm | \$72/6 | [101250](#)

### 8 to 11 Years

Mon, Oct 16-Nov 27 | 6-6:45 pm | \$72/6 | [101252](#)

**Beban Park Social Centre**

## Highland Dance

Dance, sing and learn the Highland Fling with certified instructors from Brigadoon Dance Academy! Parent participation is required for Tartan Tots. Please wear shorts, t-shirt and bare feet.

### 3 to 5 Years - Tartan Tots

Sun, Sep 17-Oct 15 | 3-3:45 pm | \$50/4 | [103864](#)

### 6 to 12 Years - Kilts & Hilts

Sun, Sep 17-Oct 15 | 4-4:45 pm | \$50/4 | [103865](#)

**Oliver Woods Community Centre**

## Rhythm Kids®

Rhythm Kids® is designed for kids ages 4 to 8 who will build up musical confidence using djembe drums, percussion instruments and the most important instruments of all, their voices and their bodies. Each semester, a new animal song collection will introduce music inspired by the rhythms of many different cultures through singing, creative movement and musical games. Families can enjoy practice sessions at home with a cd/app, a songbook and online play-along videos. For more program information, please visit [www.seasonstudio.com](http://www.seasonstudio.com). Parent participation is required for level 1 and optional for level 2. There is a \$50 non-refundable program fee for this course (one program fee per family).

Instructor: Karita Sedun

### 4 to 5 Years - Level 1 (parent participation required)

Tue, Sep 26-Dec 5 | 4-4:45 pm | \$125/10 | [98944](#)

### 5 to 8 Years - Level 2 (parent participation optional)

Tue, Sep 26-Dec 5 | 5-5:45 pm | \$125/10 | [98945](#)

**Oliver Woods Community Centre**

## Piano - Private Beginner Lessons

### 5+ Years

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

Instructor: A. Margarita Hillers

Tue, Sep 5-26 | 3:30-4 pm | \$88/4 | [100704](#)

Tue, Sep 5-26 | 4:05-4:35 pm | \$88/4 | [100705](#)

Tue, Sep 5-26 | 4:40-5:10 pm | \$88/4 | [100706](#)

Tue, Sep 5-26 | 5:15-5:45 pm | \$88/4 | [100708](#)

Tue, Sep 5-26 | 5:50-6:20 pm | \$88/4 | [100709](#)

Tue, Oct 3-24 | 3:30-4 pm | \$88/4 | [100886](#)

Tue, Oct 3-24 | 4:05-4:35 pm | \$88/4 | [100888](#)

Tue, Oct 3-24 | 4:40-5:10 pm | \$88/4 | [100891](#)

Tue, Oct 3-24 | 5:15-5:45 pm | \$88/4 | [100894](#)

Tue, Oct 3-24 | 5:50-6:20 pm | \$88/4 | [100895](#)

Tue, Oct 31-Nov 21 | 3:30-4 pm | \$88/4 | [100905](#)

Tue, Oct 31-Nov 21 | 4:05-4:35 pm | \$88/4 | [100912](#)

Tue, Oct 31-Nov 21 | 4:40-5:10 pm | \$88/4 | [100913](#)

Tue, Oct 31-Nov 21 | 5:15-5:45 pm | \$88/4 | [100914](#)

Tue, Oct 31-Nov 21 | 5:50-6:20 pm | \$88/4 | [100915](#)

Tue, Nov 28-Dec 19 | 3:30-4 pm | \$88/4 | [100916](#)

Tue, Nov 28-Dec 19 | 4:05-4:35 pm | \$88/4 | [100917](#)

Tue, Nov 28-Dec 19 | 4:40-5:10 pm | \$88/4 | [100918](#)

Tue, Nov 28-Dec 19 | 5:15-5:45 pm | \$88/4 | [100922](#)

Tue, Nov 28-Dec 19 | 5:50-6:20 pm | \$88/4 | [100923](#)

**Bowen Park Complex**



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# Children's Special Interest & Outdoor

## Nature Tales

2 to 5 Years

Enjoy a nature-inspired story with your child before going on a guided nature adventure. All stories and adventuring will take place outside - rain or shine. Parent participation is required.

Instructor: Sarah Osborne

Thu, Sep 14 | 10-11:15 am | \$10/1 | [105895](#)

**Neck Point Park**

Thu, Sep 28 | 10-11:15 am | \$10/1 | [105896](#)

**Linley Valley Park**

Thu, Oct 12 | 10-11:15 am | \$10/1 | [105897](#)

**Bowen Park Amphitheatre**

Thu, Oct 26 | 10-11:15 am | \$10/1 | [105903](#)

**Miner's Cottage at Buttertubs Marsh**

## Holiday Storytime

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 16 | 10-10:45 am | \$12/1 | [103731](#)

Sat, Dec 16 | 11-11:45 am | \$12/1 | [103760](#)

**Oliver Woods Community Centre**

## Fairytales StoryTime **NEW!**

3 to 5 Years

Join us for this magical storytime where we read a different classic fairytale story each week and enjoy a craft or activity while meeting new friends. Parent participation is required.

Wed, Sep 13-Oct 11 | 9:15-10:15 am | \$48/4 | [105595](#)

**Vancouver Island Conference Centre**

## Stars & Space StoryTime **NEW!**

3 to 5 Years

Do you love stars, planets and space? Join us for this program where we will read a different story about things in the sky each week and enjoy an activity! Parent participation is required.

Wed, Nov 1-22 | 9:15-10:15 am | \$48/4 | [105577](#)

**Vancouver Island Conference Centre**

## Farmyard Friends StoryTime **NEW!**

3 to 5 Years

The farmyard is full of many delightful animals, and they make the amazing sounds! We will read different stories about the animals on the farm and enjoy an activity or craft. Get ready to cluck, moo, oink, and baa with us. Parent participation is required.

Wed, Nov 29-Dec 20 | 9:15-10:15 am | \$48/4 | [105576](#)

**Vancouver Island Conference Centre**

## Dino Detectives **NEW!**

3 to 5 Years

As a new Dino Detective, you will try to uncover the hidden secrets of dinosaurs from millions of years ago. Excavate fossils buried in the sand, listen to dino-tales, go on a scavenger hunt to find clues, create dino arts and crafts and so much more!

Mon, Sep 11-Oct 30 | 11 am-12 pm | \$54/6 | [104746](#)

Mon, Nov 6-Dec 18 | 11 am-12 pm | \$54/6 | [104747](#)

**Bowen Park Complex**



## Adventure at the Seashore **NEW!**

3 to 6 Years

The seashore is full of surprises and is always changing. Come explore and discover the critter life surrounding the shoreline. Find out what that slimy stuff is that gets stuck between your toes and much more. This is a parent participation class.

Instructor: Judy Wickland

Sun, Sep 10 | 10-11:15 am | \$10/1 | [105761](#)

**Pipers Lagoon Park (grassy area)**



**REGISTER EARLY to avoid DISAPPOINTMENT!**

*(low registration may lead to course cancellation)*



## Living Water

3 to 6 Years

Celebrate World Rivers Day with us and discover how our local waterways connect us all. Discover why it's important to protect and preserve our waterways while exploring the Millstone River and the creatures and plant life that depend on it for survival. This is a parent participation class.

Instructor: Judy Wickland

Sun, Sep 24 | 10-11:15 am | \$10/1 | [105762](#)

Bowen Park (Lower Picnic Shelter)

## Ants on Parade

3 to 6 Years

Have your kids ever wondered what the mounds of dirt are in the forest? Have they seen the ants moving on the mound? Have they ever watched ants marching or foraging. Join us for ant crafts, experiments and more. This is a parent participation class.

Instructor: Judy Wickland

Sun, Oct 1 | 10-11:15 am | \$10/1 | [105760](#)

Meet at the entrance to the Beban Participark



## 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 14 | 10-11:15 am | \$10/1 | [105748](#)

Colliery Dam Park

## Who's Invading Our Parks? **NEW!**

3 to 6 Years

We will learn how invasive plants have adapted so they compete with our native plants and how this impacts our natural ecosystem. We will play games to learn about these plants. This is a parent participation class.

Instructor: Judy Wickland

Sun, Nov 5 | 10-11:15 am | \$10/1 | [105764](#)

Bowen Park Picnic Shelter (by outdoor pool)



## 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

Sat, Nov 18 | 10-11:15 am | \$10/1 | [105743](#)

Bowen Park (Lower Picnic Shelter)

## Tracks? Who Goes There? **NEW!**

3 to 6 Years

Have you ever wondered if any animals live in the forest? How do you know if you do not see them? Animals leave signs behind. We will learn some tracks and other signs that animals have been there. This is a parent participation class.

Instructor: Judy Wickland

Sat, Dec 2 | 10-11:15 am | \$10/1 | [105742](#)

Colliery Dam Park

## Let's Learn About...the Ocean

7 to 12 Years

Learn about how tides work, how to use a tide chart, what animals are found at the seashore and how are they adapted to survive in this changing environment. We will play active games and do activities to learn about the importance of the ocean. This program would be great for homeschoolers.

Instructor: Judy Wickland

Tue, Sep 26 | 10 am-12 pm | \$18/1 | [105887](#)

Neck Point Park

## Let's Learn About...the Forest

7 to 12 Years

We will start with sensory wake up while enjoying the beautiful forest. We will make a journal of our observations. What is an ecosystem? What is a forest ecosystem? We will learn why fallen logs and dead trees are important to the forest, find out why forests are way more than just trees. This program would be great for homeschoolers.

Instructor: Judy Wickland

Wed, Oct 18 | 10 am-12 pm | \$18/1 | [105886](#)

Linley Valley Park

## Let's Learn About...Nature

7 to 12 Years

We will experience our environment by using our senses and playing games. You will get a chance to explore and experience the environment around you. This program would be great for homeschoolers.

Instructor: Judy Wickland

Wed, Nov 15 | 10 am-12 pm | \$18/1 | [105888](#)

Colliery Dam Park

## Hug a Tree and Survive

9 to 12 Years

Children and their families love to explore the great outdoors. Sometimes, however, curiosity draws kids away from family and friends. This AdventureSmart presentation is delivered by volunteers from Nanaimo Search and Rescue to teach kids how to avoid getting lost in the woods and what to do if they do become lost.

Instructor: Nanaimo Search and Rescue

Sat, Oct 21 | 10 am-12 pm | FREE | [105890](#)

Oliver Woods Community Centre

## Bats Aren't Just for Halloween **NEW!**

6 to 11 Years

Let's getting batty about bats! Join one of our experts and discover what makes bats such amazing creatures and how we can protect their habitat to help them survive in the future. You will go home with a cool batty craft you can use for Halloween.

Instructor: Linda Brooymans

Sat, Oct 28 | 10-11:30 am | \$10/1 | [106892](#)

Oliver Woods Community Centre



## Stroll with a Pro - Amphibians

8 Years +

Come stroll with a pro and learn from one of our local biologists about amphibians and salamanders. We will discuss their migrations, overwintering and road crossing issues. We will be turning over a few logs to see if we can find salamanders in this park.

Instructor: Elke Wind

Sun, Oct 22 | 9-10:30 am | FREE | [105909](#)

Morningside Park - Trail



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## Yoga for Kids

5 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 13-Oct 25 | 3:30-4:30 pm | \$56/7 | [103952](#)

Wed, Nov 1-Dec 20 | 3:30-4:30 pm | \$64/8 | [103954](#)

Oliver Woods Community Centre

## Let's Eat! Kids' Cooking **NEW!**

7 to 12 Years

Learn different cooking techniques, knife skills and flavour combos. You will gain confidence making healthy and delicious meals that you can share with the whole family.

Instructor: Nanaimo Foodshare

Tue, Sep 19-Oct 3 | 3:30-5:30 pm | \$100/3 | [104251](#)

Wed, Sep 20-Oct 4 | 5-7 pm | \$100/3 | [104564](#)

Wed, Nov 15-Nov 29 | 5-7 pm | \$100/3 | [105327](#)

Wed, Dec 6-20 | 3:30-5:30 pm | \$100/3 | [105906](#)

Beban Park Social Centre

## WonderGirls Club **NEW!**

8 to 12 Years

School's out for the day. Now what? This program is designed specifically for girls and will help girls explore their interests, foster new friendships and develop their skills through various crafts, outdoor activities, art, sports and team building in an inclusive, supportive environment.

Wed, Sep 13-Oct 25 | 5-6:15 pm | \$84/7 | [104887](#)

Wed, Nov 1-Dec 13 | 5-6:15 pm | \$84/7 | [104908](#)

Bowen Park Complex

## Light Up the Night Holiday Bike Ride

8 Years +

Grab your bike, your helmet, your night lights and maybe a few more... decorate your bike with twinkle lights and holiday decorations for this fun family night ride to celebrate the holiday season. We will go on a 6 km loop from Beban, along the E&N Trail and through the neighbourhood. Bike wheel lights included in registration. Kids under 12 must register with a parent.

Wed, Dec 20 | 4:30-6:30 pm | \$5/1 | [105915](#)

Meet at Beban Park in the Breezeway

## Holiday Bird Count

5 to 12 Years

Join in a fun, family-friendly bird watching event that gives kids an opportunity to help spot and identify birds and learn about the most common local species to be found in and around Nanaimo. Finish up with warm beverage at the Miner's Cottage and a pine cone feeder craft to take home. This is a parent participation class.

Thu, Dec 28 | 10-11:30 am | \$10/1 | [105914](#)

Meet at Miner's Cottage at Buttertubs Marsh



## Street-Smart 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.

Instructor: Thrills and Skills Cycling Staff

6 to 9 Years

Sat, Sep 9 | 9 am-12 pm | \$45/1 | [104584](#)

Sun, Oct 22 | 9 am-12 pm | \$45/1 | [104586](#)

10 to 13 Years

Sat, Sep 9 | 1-4 pm | \$45/1 | [104585](#)

Sun, Oct 22 | 1-4 pm | \$45/1 | [104587](#)

Beban Park Social Centre

## Youth Rippers: Intro to Mountain Biking

Join us for a great adventure! You will learn and practice various riding techniques, including body and pedal position, shifting, braking, climbing, descending and navigating minor obstacles. You will also review important communication skills and trail etiquette to keep multi-use trails safe for all users. Please bring lots of water and some snacks for fuel. Helmets are required, and gloves are recommended. Bikes should be fully operational, tires pumped, brakes working and chain shifting and lubricated.

Instructor: Thrills and Skills Cycling Staff

8 to 10 Years

Sun, Sep 17 | 9 am-12 pm | \$45/1 | [105694](#)

11 to 13 Years

Sun, Sep 17 | 1-4 pm | \$45/1 | [104615](#)

Colliery Dam Park







# Children's Sports

## Court Kids 1 to 5 Years

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

Tue, Sep 5-Dec 5 | 9-11 am | FREE | [100879](#)

Thu, Sep 7-Dec 7 | 9-11 am | FREE | [100876](#)

Harewood Covered Sports Court

## Li'l Ballers **NEW!** 3 to 5 Years

Introduce little ones to the world of basketball! Through engaging activities and age-appropriate drills, learn the FUNdamentals of the game. Shoot, pass, dribble and make new friends!

Fri, Sep 29-Oct 27 | 10-10:45 am | \$40/5 | [105538](#)

Fri, Nov 3-Dec 1 | 10-10:45 am | \$40/5 | [105539](#)

Harewood Covered Sports Court

## Mini Kicks **NEW!** 3 to 5 Years

Kick start your soccer journey! Through playful drills and interactive games, learn skills like running, kicking and coordination while building important life skills, including teamwork and sharing.

Mon, Sep 11-Oct 30 | 9:15-10 am | \$48/6 | [105536](#)

Mon, Nov 6-Dec 18 | 9:15-10 am | \$48/6 | [105537](#)

Harewood Covered Sports Court



## Soccer Tots 2 to 5 Years

Run, kick, dodge and score! Activities will develop motor skills and social interaction. This is a parent participation program.

Sat, Sep 9-Oct 28 | 9-10 am | \$48/6 | [103775](#)

Sat, Sep 9-Oct 28 | 10:15-11:15 am | \$48/6 | [103795](#)

Sat, Nov 4-Dec 16 | 9-10 am | \$48/6 | [103797](#)

Sat, Nov 4-Dec 16 | 10:15-11:15 am | \$48/6 | [103799](#)

Oliver Woods Community Centre

## KAM Soccer School

Get ready for soccer! You will be introduced to soccer through fun and structured activities. Get lots of ball contact and motorskill development with an emphasis on team play. Parent participation is required, and includes a t-shirt!

Instructor: Kam Soccer Coaches

### 3 to 5 Years

Sat, Sep 9-Oct 21 | 9-10 am | \$105/6 | [106975](#)

Sat, Sep 9-Oct 21 | 10:15-11:15 am | \$105/6 | [106977](#)

Sat, Sep 9-Oct 21 | 11:30 am-12:30 pm | \$105/6 | [106978](#)

### 6 to 8 Years

Sat, Sep 9-Oct 21 | 9-10 am | \$105/6 | [107174](#)

Sat, Sep 9-Oct 21 | 10:15-11:15 am | \$105/6 | [107175](#)

Sat, Sep 9-Oct 21 | 11:30 am-12:30 pm | \$105/6 | [107176](#)

Bowen West Field

## Indoor Soccer

### 6 to 10 Years

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

Wed, Nov 1-Dec 20 | 4:30-5:30 pm | \$64/8 | [103872](#)

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 21-Oct 26 | 4:45-5:45 pm | \$48/6 | [101942](#)

Thu, Nov 2-Dec 14 | 4:45-5:45 pm | \$56/7 | [101944](#)

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 19-Oct 24 | 4:45-5:45 pm | \$48/6 | [101947](#)

Tue, Nov 7-Dec 12 | 4:45-5:45 pm | \$48/6 | [101952](#)

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 fundamentals through footwork, dribbling, shooting mechanics and passing.

Instructor: Will Perperi-Porta

### 6 to 9 Years

Wed, Sep 6-Oct 25 | 4-5 pm | \$64/8 | [103769](#)

Wed, Nov 1-Dec 20 | 4-5 pm | \$64/8 | [103788](#)

### 8 to 11 Years

Tue, Sep 5-Oct 24 | 3:45-4:45 pm | \$64/8 | [103764](#)

Tue, Oct 31-Dec 19 | 3:45-4:45 pm | \$64/8 | [103765](#)

### 10 to 13 Years

Fri, Sep 8-Oct 27 | 4:45-5:45 pm | \$56/7 | [103772](#)

Fri, Nov 3-Dec 22 | 4:45-5:45 pm | \$64/8 | [103793](#)

Oliver Woods Community Centre



cityofnanaimo



prc\_nanaimo (#ilovemyparksandrec)

## 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 6-Oct 25 | 4:30-5:30 pm | \$64/8 | [103770](#)

Oliver Woods Community Centre

## Mixed Ball Sports Sampler **NEW!**

### 7 to 11 Years

These classes will keep you moving and engaged! You will go home with new skills from a different sport played each class. These well-rounded classes will introduce you to dodgeball, handball, kickball and more.

Tue, Sep 5-Oct 24 | 5-6 pm | \$64/8 | [103766](#)

Tue, Oct 31-Dec 19 | 5-6 pm | \$64/8 | [103767](#)

Oliver Woods Community Centre

## Children's Floor Hockey

### 7 to 10 Years

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

Mon, Sep 11-Oct 30 | 3:30-4:30 pm | \$56/7 | [104115](#)

Mon, Nov 6-Dec 18 | 3:30-4:30 pm | \$56/7 | [104119](#)

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 8-Oct 27 | 4:45-5:45 pm | \$56/7 | [103773](#)

Fri, Nov 3-Dec 22 | 4:45-5:45 pm | \$64/8 | [103794](#)

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.

Instructor: Alayna Jankovic

Mon, Sep 11-Oct 30 | 4-5 pm | \$56/7 | [104121](#)

Mon, Nov 6-Dec 18 | 4-5 pm | \$56/7 | [104122](#)

Oliver Woods Community Centre

## Progressive Tennis

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

### 5 to 7 Years

Wed, Sep 6-Oct 25 | 4-5 pm | \$144/8 | [105403](#)

Sun, Sep 10-Oct 29 | 3-4 pm | \$126/7 | [105404](#)

Wed, Nov 1-Dec 20 | 4-5 pm | \$144/8 | [105407](#)

Sun, Nov 5-Dec 17 | 3-4 pm | \$126/7 | [105408](#)

### 8 to 12 Years

Sun, Sep 10-Oct 29 | 4-5:30 pm | \$189/7 | [105405](#)

Sun, Nov 5-Dec 17 | 4-5:30 pm | \$189/7 | [105409](#)

Westwood Tennis Club

## On Guard! Fencing for Children

### 8 to 13 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 6-Oct 25 | 5:15-6:15 pm | \$80/8 | [103771](#)

Wed, Nov 1-Dec 13 | 5:15-6:15 pm | \$70/7 | [103789](#)

Oliver Woods Community Centre

## Junior Lifeguard Club

Are you interested in something more exciting 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 learn new lifesaving skills and develop 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 - Junior Lifeguard

Tue, Sep 19-Oct 24 | 6-7:30 pm | \$57/6 | [101263](#)

Tue, Nov 7-Dec 12 | 6-7:30 pm | \$57/6 | [101264](#)

### 13 to 15 Years - Lifesaving Sport

Thu, Sep 21-Oct 26 | 6-7:30 pm | \$57/6 | [101265](#)

Thu, Nov 9-Dec 14 | 6-7:30 pm | \$57/6 | [101266](#)

Nanaimo Aquatic Centre

## Youth Rippers: Intro to

### Mountain Biking

Join us for a great adventure! You will learn and practice various riding techniques, including body and pedal position, shifting, braking, climbing, descending and navigating minor obstacles.

You will also review important communication skills and trail etiquette to keep multi-use trails safe for all users. Please bring lots of water and some snacks for fuel. Helmets are required, and gloves are recommended. Bikes should be fully operational, tires pumped, brakes working and chain shifting and lubricated.

Instructor: Thrills and Skills Cycling Staff

### 8 to 10 Years

Sun, Sep 17 | 9 am-12 pm | \$45/1 | [105694](#)

### 11 to 13 Years

Sun, Sep 17 | 1-4 pm | \$45/1 | [104615](#)

Colliery Dam Park



## Karate

### 8 to 15 Years

Traditional karate is a fun and exciting 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. Karate can be enjoyed as a sport or for developing self-defence skills.

Instructor: Mike Cuirka

Tue, Sep 5-Oct 24 | 5:30-6:30 pm | \$64/8 | [100318](#)

Tue, Oct 31-Dec 19 | 5:30-6:30 pm | \$64/8 | [100319](#)

Bowen Park Complex

## Karate

### 4 to 7 Years

Kids learn basic karate moves. They will also learn self-discipline with courtesy and respect strongly emphasized. This is an introduction only. To continue after these classes, please register with dojo.

Sat, Sep 2-23 | 9:30-10:15 am | \$25/4 | [102833](#)

Fri, Sep 8-29 | 5:15-6 pm | \$25/4 | [102836](#)

Mon, Sep 11-25 | 4:30-5:15 pm | \$19/3 | [102835](#)

Tue, Oct 3-24 | 3:30-4:15 pm | \$25/4 | [102838](#)

Fri, Oct 6-27 | 3:15-4 pm | \$25/4 | [102839](#)

Sat, Oct 7-28 | 9:30-10:15 am | \$25/4 | [102837](#)

Wed, Nov 1-22 | 4:30-5:15 pm | \$25/4 | [102840](#)

Fri, Nov 3-24 | 4:15-5 pm | \$25/4 | [102841](#)

Fri, Dec 1-15 | 5:15-6 pm | \$19/3 | [102843](#)

Thu, Dec 7-21 | 3:30-4:15 pm | \$19/3 | [102842](#)

Shima Karate (3032 Barons Rd)

## Karate

### 8 to 12 Years

Kids will train twice a week where they will start learning katas, sparring and self-defense drills. Peer pressure and bullying are discussed. This is an introduction only. To continue after these classes, please register with dojo.

M/W, Sep 18-27 | 3:30-4:20 pm | \$25/4 | [102844](#)

M/W, Oct 16-25 | 3:30-4:20 pm | \$25/4 | [102845](#)

M/W, Nov 20-29 | 3:30-4:20 pm | \$25/4 | [102846](#)

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

Wed, Sep 6-13 | 4:15-5 pm | \$25/2 | [105357](#)

Mon, Sep 11-18 | 4:15-5 pm | \$25/2 | [105356](#)

Sat, Sep 16-23 | 10-10:40 am | \$25/2 | [105359](#)

Mon, Oct 2-16 | 4:15-5 pm | \$25/2 | [105361](#)

Wed, Oct 4-11 | 4:15-5 pm | \$25/2 | [105362](#)

Sat, Oct 14-21 | 10-10:40 am | \$25/2 | [105364](#)

Wed, Nov 1-8 | 4:15-5 pm | \$25/2 | [105366](#)

Sat, Nov 4-18 | 10-10:40 am | \$25/2 | [105368](#)

Mon, Nov 6-13 | 4:15-5 pm | \$25/2 | [105365](#)

Sat, Dec 2-9 | 10-10:40 am | \$25/2 | [105373](#)

Mon, Dec 4-11 | 4:15-5 pm | \$25/2 | [105369](#)

Wed, Dec 6-13 | 4:15-5 pm | \$25/2 | [105370](#)

### 8 to 12 Years

Tue, Sep 12-19 | 4:15-5 pm | \$25/2 | [105339](#)

Thu, Sep 14-21 | 4:15-5 pm | \$25/2 | [105340](#)

Fri, Sep 15-22 | 4:15-5 pm | \$25/2 | [105341](#)

Sat, Sep 16-23 | 10-10:40 am | \$25/2 | [105343](#)

Tue, Oct 3-10 | 4:15-5 pm | \$25/2 | [105344](#)

Thu, Oct 5-12 | 4:15-5 pm | \$25/2 | [105345](#)

Fri, Oct 13-20 | 4:15-5 pm | \$25/2 | [105346](#)

Sat, Oct 14-21 | 10:50-11:20 am | \$25/2 | [105347](#)

Thu, Nov 2-9 | 4:15-5 pm | \$25/2 | [105349](#)

Sat, Nov 4-18 | 10:50-11:20 am | \$25/2 | [105351](#)

Tue, Nov 7-14 | 4:15-5 pm | \$25/2 | [105348](#)

Fri, Nov 10-17 | 4:15-5 pm | \$25/2 | [105350](#)

Fri, Dec 1-8 | 4:15-5 pm | \$25/2 | [105354](#)

Sat, Dec 2-9 | 10:50-11:20 am | \$25/2 | [105355](#)

Tue, Dec 5-12 | 4:15-5 pm | \$25/2 | [105352](#)

Thu, Dec 7-14 | 4:15-5 pm | \$25/2 | [105353](#)

World Taekwondo Academy (4300 Wellington Rd)

## Taekwondo Ninjas **NEW!**

### 5 to 9 Years

This is an introduction to martial arts designed to build skills and have fun. Students will build self-confidence while learning different kicks, punches, blocks and self-defense techniques. They will learn anti-bullying strategies and increase mental and physical strength. There is an emphasis on life skills, such as respect, discipline, focus, integrity and perseverance.

Instructor: Master Moy, Kick High Martial Arts

Thu, Sep 21-Oct 12 | 4-4:30 pm | \$32/4 | [103868](#)

Thu, Oct 19-Nov 9 | 4-4:30 pm | \$32/4 | [103870](#)

Oliver Woods Community Centre

## Tigers Taekwondo **NEW!**

### 7 to 13 Years

This is an introduction to martial arts designed to build skills and have fun. Students will build self-confidence while learning different kicks, punches, blocks and self-defense techniques. They will learn anti-bullying strategies and increase mental and physical strength. There is an emphasis on life skills, such as respect, discipline, focus, integrity and perseverance.

Instructor: Master Moy, Kick High Martial Arts

Thu, Sep 21-Oct 12 | 4:30-5 pm | \$32/4 | [103869](#)

Thu, Oct 19-Nov 9 | 4:30-5 pm | \$32/4 | [103871](#)

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 6-27 | 4-6 pm | \$112/4 | [105734](#)

Fri, Sep 8-29 | 4-6 pm | \$112/4 | [105735](#)

Wed, Oct 4-25 | 4-6 pm | \$112/4 | [105736](#)

Fri, Oct 6-27 | 4-6 pm | \$112/4 | [105737](#)

Wed, Nov 1-22 | 4-6 pm | \$112/4 | [105738](#)

Fri, Nov 3-24 | 4-6 pm | \$112/4 | [105739](#)

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, bring gloves and carry in a clean pair of runners. No shorts, please. All other equipment provided.

Sat, Oct 7 | 10 am-12 pm | \$5/1 | [105481](#)

Nanaimo Curling Club

## Learn to Curl

### 9 to 16 Years

Our NCCP certified instructors will introduce you the basics of game. This program runs at the same time as our Junior Program. Bring gloves and a pair of clean runners. All other equipment is provided.

Thu, Oct 12-Nov 2 | 3:45-5:30 pm | \$40/4 | [105483](#)

Thu, Nov 9-30 | 3:45-5:30 pm | \$40/4 | [105491](#)

Nanaimo Curling Club



cityofnanaimo



prc\_nanaimo (#ilovemyparksandrec)



# Pro-D & Winter Break

## School's Out Pro-D Camp

5 to 11 Years

A classic day camp experience with lots of FUN!

Mon, Oct 2 | 8:30 am-5 pm | \$45/1 | [107321](#)

Fri, Oct 20 | 8:30 am-5 pm | \$45/1 | [100974](#)

**Beban Park Social Centre**

Fri, Nov 3 | 8:30 am-5 pm | \$45/1 | [100975](#)

**Bowen Park Complex**

## Sports Action - Pro-D Camp

6 to 11 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 activities.

Fri, Oct 20 | 8:30 am-5 pm | \$45/1 | [101678](#)

Fri, Nov 3 | 8:30 am-5 pm | \$45/1 | [101688](#)

**Oliver Woods Community Centre**

## RecSkate Pro-D & Winter 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. Rentals are free if needed.

### PRO-D CAMPS

Mon, Oct 2 | 8:30 am-5 pm | \$45/1 | [107449](#)

**Nanaimo Ice Centre**

Fri, Oct 20 | 8:30 am-5 pm | \$45/1 | [98950](#)

Fri, Nov 3 | 8:30 am-5 pm | \$45/1 | [98951](#)

### WINTER BREAK CAMPS

Tue, Jan 2 | 8:30 am-5 pm | \$45/1 | [98925](#)

Wed, Jan 3 | 8:30 am-5 pm | \$45/1 | [98926](#)

Thu, Jan 4 | 8:30 am-5 pm | \$45/1 | [98927](#)

Fri, Jan 5 | 8:30 am-5 pm | \$45/1 | [98928](#)

**Cliff McNabb Arena**

## RecHockey Pro-D & Winter 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 two ice times for skills, scrimmage and stations. Helmet with face cage and gloves are required. We recommend that skaters have passed a minimum of RecSkate 2. Please bring a lunch, snack and water bottle. Full gear is required.

### PRO-D CAMPS

Mon, Oct 2 | 8:30 am-5 pm | \$45/1 | [107448](#)

**Nanaimo Ice Centre**

Fri, Oct 20 | 8:30 am-5 pm | \$45/1 | [98948](#)

Fri, Nov 3 | 8:30 am-5 pm | \$45/1 | [98949](#)

### WINTER BREAK CAMPS

Tue, Jan 2 | 8:30 am-5 pm | \$45/1 | [98921](#)

Wed, Jan 3 | 8:30 am-5 pm | \$45/1 | [98922](#)

Thu, Jan 4 | 8:30 am-5 pm | \$45/1 | [98923](#)

Fri, Jan 5 | 8:30 am-5 pm | \$45/1 | [98924](#)

**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.

Wed, Dec 27 | 8:30 am-5 pm | \$45/1 | [100924](#)

Thu, Dec 28 | 8:30 am-5 pm | \$45/1 | [100925](#)

Fri, Dec 29 | 8:30 am-5 pm | \$45/1 | [100926](#)

Tue, Jan 2 | 8:30 am-5 pm | \$45/1 | [100927](#)

Wed, Jan 3 | 8:30 am-5 pm | \$45/1 | [100928](#)

Thu, Jan 4 | 8:30 am-5 pm | \$45/1 | [100929](#)

Fri, Jan 5 | 8:30 am-5 pm | \$45/1 | [100930](#)

**Beban Park Social Centre**

## Youth Winter Break Basketball D

Looking for a fun activity to enjoy during the holiday break? Come down and shoot some hoops at Oliver Woods! This is drop-in only, and registration opens up 72 hours before each session.

### 10 to 13 Years

Wed, Dec 27 | 12:30-2 pm | drop-in fee

Thu, Dec 28 | 9:30-11 am | drop-in fee

Fri, Dec 29 | 1:30-3 pm | drop-in fee

### 14 to 17 Years

Wed, Dec 27 | 4:30-6 pm | drop-in fee

Thu, Dec 28 | 11 am-12:30 pm | drop-in fee

Fri, Dec 29 | 3-4:30 pm | drop-in fee

**Oliver Woods Community Centre**

## Youth Winter Break Volleyball D

Looking for a fun activity to enjoy during the holiday break? Come down and play volleyball at Oliver Woods. Registration opens up 72 hours before each drop-in session.

### 10 to 13 Years

Wed, Dec 27 | 12:30-2 pm | drop-in fee

Thu, Dec 28 | 9:30-11 am | drop-in fee

Fri, Dec 29 | 2-3:30 pm | drop-in fee

### 14 to 17 Years

Wed, Dec 27 | 4:30-6 pm | drop-in fee

Thu, Dec 28 | 11 am-12:30 pm | drop-in fee

Fri, Dec 29 | 3:30-5 pm | drop-in fee

**Oliver Woods Community Centre**

## Let's Eat! Mini Cooking Camp NEW!

Keep the holiday spirit going with cozy meals and snacks with each day based on breakfast, lunch then dinner! Practice different cooking techniques, knife skills and flavour combos that will have you making these meals year-round.

Instructor: Nanaimo Foodshare

### 7 to 12 Years

W-F, Dec 27-29 | 1-3 pm | \$100/3 | [106713](#)

**Beban Park Social Centre**

### 10 to 16 Years

W-F, Jan 3-5 | 1-3 pm | \$100/3 | [105433](#)

**Bowen Park Complex**



# PARK & FACILITY UPDATES

## NANAIMO AQUATIC CENTRE BOAT REMOVED

After several years in operation, the beloved boat in the Nanaimo Aquatic Centre will be removed during the annual maintenance shutdown of the facility. The boat's interior has rusted substantially making it a safety concern for pool visitors. Don't worry! Plans are underway to replace it with another water feature in the future which will include a variety of accessible features.



*Proposed water feature for Nanaimo Aquatic Centre*

## LOBBY IMPROVEMENTS COMING THIS FALL TO NAC

This will improve the flow of people through the facility, allow quicker scanning options for membership pass holders and reduce wait times.



## NEW PLAYGROUNDS

This fall, check out two new playgrounds recently installed in the city. To see where other playgrounds are located, please see our website at [www.nanaimo.ca](http://www.nanaimo.ca) and go to our "Parks Search."

*Diver Lake Playground*



*McGirr Park Playground*



# COMMUNITY CONNECTIONS

*Nanaimo* CHAMBER ORCHESTRA 

## 2023 / 2024 SEASON

NOVEMBER 18 & 19  
MARCH 2 & 3  
JUNE 8 & 9

NANAIMOCHAMBERORCHESTRA.COM

VANCOUVER ISLAND SYMPHONY  
**NOTEWORTHY KIDS!**  
*Sing!*



Join the VIS Noteworthy Kids Choir!  
Open to kids ages 7 - 12. No experience necessary.  
FALL/ WINTER SESSION: October 11, 2023 - January 27, 2024  
REHEARSALS: Wednesdays • 3:45 - 4:45 pm  
REGISTRATION FEE: \$99  
PROGRAM INFORMATION & LOCATION DETAILS  
250-754-0177 • office@vancouverislandsymphony.com

[vancouverislandsymphony.com](http://vancouverislandsymphony.com)

## airhouse

Kids Lesson programs, daily Drop-In sessions, Holiday Camps!

drop-in   camps   lessons   events



LEARN MORE 

parkour skateboard freestyle trampoline  
gymnastics biking multi-sport

airhouse.ca



## VANCOUVER ISLAND MILITARY MUSEUM

Canadian Military History  
On Nanaimo's Dynamic Waterfront

*Come See,  
Come Learn,  
Come Experience  
History*

at British Columbia's most  
significant Military Museum

Downtown Nanaimo (next to the Port Theatre)  
For Hours of Operation, please call or visit our website  
100 Cameron Rd. | 250-753-3814  
[vimilitarymuseum.ca](http://vimilitarymuseum.ca)

# COMMUNITY CONNECTIONS



**Brigadoon**  
**DANCE ACADEMY**  
HIGHLAND on VANCOUVER ISLAND



Come try our 4-week trial session at Oliver Woods Community Centre!  
Recreation to Championship Level - Age 3 to Adult

To request more information:  
[brigadoondanceacademy@shaw.ca](mailto:brigadoondanceacademy@shaw.ca) or 250-756-3661

*\*Please leave the dancer's name, age & grade\**

 Brigadoon Dance Academy  [brigadoon.dance.academy](https://www.instagram.com/brigadoon.dance.academy)



**News Flash**

for women and girls  
who love to sing

**Island Bel Canto Singers**  
– the Central Island's premier women's choir – is welcoming new members, and starting the **Island Flora Girls' Choir** for singers aged 11 to 17.

Rehearsals for both choirs will begin Monday, September 11 in Nanaimo.

Information and registration:  
[islandbelcanto.ca](http://islandbelcanto.ca)



**ASPENGROVE**  
SCHOOL



**A SCHOOL WORTH GETTING EXCITED ABOUT**

**ACADEMIC EXCELLENCE | INNOVATIVE THINKING | GLOBAL CITIZENSHIP**

Nanaimo, BC | 250.390.2201 | [AspengroveSchool.com](http://AspengroveSchool.com)



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YOUthNanaimo

## 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!

# Youth Programs

## Creative Writing and Book Club 11 to 14 Years

Get your creative juices flowing with writing prompts and exercises in this beginner level class. Each session will feature a chance to share the book(s) you are currently reading with others allowing you to discover new authors. You will receive a journal, but please bring your own pens.

Mon, Sep 25-Dec 4 | 5:30-7 pm | \$110/10 | [104126](#)  
Nanaimo Aquatic Centre

## Home Alone 10 to 13 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.

Sun, Oct 21 | 9 am-12 pm | \$47/1 | [104175](#)  
Sun, Oct 22 | 1-4 pm | \$47/1 | [104172](#)  
Sun, Nov 26 | 9 am-12 pm | \$47/1 | [104181](#)  
Sun, Nov 26 | 1-4 pm | \$47/1 | [104178](#)  
Beban Park Social Centre

## Babysitter Training 11 to 15 Years

The Red Cross Babysitting Course covers everything from managing difficult behaviours to essential content on leadership and professional conduct. This curriculum provides first aid information and how to give appropriate care in the event of an emergency.

Sat, Sep 16 | 9 am-4:30 pm | \$60/1 | [104161](#)  
Sat, Oct 14 | 9 am-4:30 pm | \$60/1 | [104165](#)  
Sat, Nov 18 | 9 am-4:30 pm | \$60/1 | [104184](#)  
Sat, Dec 2 | 9 am-4:30 pm | \$60/1 | [104163](#)  
Beban Park Social Centre

## Pottery Wheel - Teen 12 to 17 Years

Dip your hands into something new! Learn the basic clay techniques that will help you create pots, vases, bowls and pretty much anything that can be thrown on a pottery wheel. Clay, glazes and firings are included.

Instructor: Selena Unger  
Sun, Sep 10-Oct 15 | 12-2 pm | \$150/6 | [105904](#)  
Sun, Oct 22-Nov 26 | 12-2 pm | \$150/6 | [105905](#)  
Bowen Park Pottery Studio

## Let's Eat! Teens Rule the Kitchen **NEW!** 10 to 16 Years

Learn the skills and build confidence to work independently in the kitchen from a passionate facilitator. You will practice flavour combinations, portioning, basic nutrition, a variety of cooking techniques and learn some new knife skills.

Instructor: Nanaimo Foodshare  
Tue, Sep 19-Oct 3 | 6:30-8:30 pm | \$100/3 | [104250](#)  
Wed, Oct 18-Nov 1 | 5-7 pm | \$100/3 | [104294](#)  
Tue, Nov 14-28 | 3:30-5:30 pm | \$100/3 | [105427](#)  
Beban Park Social Centre

## Let's Eat! Mini Cooking Camp **NEW!**

Keep the holiday spirit going! Practice different cooking techniques, knife skills and flavour combos that will have you making amazing breakfasts, lunches and dinner year-round.

Instructor: Nanaimo Foodshare  
**7 to 12 Years**  
W-F, Dec 27-29 | 1-3 pm | \$100/3 | [106713](#)  
Beban Park Social Centre  
**10 to 16 Years**  
W-F, Jan 3-5 | 1-3 pm | \$100/3 | [105433](#)  
Bowen Park Complex

## Youth Fitness **NEW!** 12 to 16 Years

This training class helps develop muscular strength, core strength, flexibility and power - all in a safe, fun and exciting way! High energy and a great workout will make this a class you will love. Please bring a water bottle and hand towel to class.

Sun, Sep 24-Dec 10 | 5:3-6:30 pm | \$144/12 | [105632](#)  
Beban Pool Fitness & Weight Room

## Youth Dodge Ball 13 to 17 Years

Do you love Dodgeball? If so, this is the perfect program for you! Each week our instructor will facilitate a variety of styles of dodgeball, such as Doctor, Change Team, Everyone's It and many more. No experience is necessary for this fun, team-orientated program.

Sat, Oct 7-Nov 4 | 1:30-3 pm | \$45/5 | [105436](#)  
Harewood Covered Sport Court

## Youth Floor Hockey 14 to 17 Years

Each session you will learn the fundamentals of floor hockey, play skill building games and finish the session with a shoot out or fun game. Participants will need to bring their own hockey stick.

Sat, Oct 7-Nov 4 | 3:30-5 pm | \$45/5 | [105437](#)  
Harewood Covered Sport Court



## Youth Badminton - Intermediate

### 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 11-Oct 16 | 5:15-6:15 pm | \$40/5 | [104158](#)

Mon, Nov 6-Dec 11 | 5:15-6:15 pm | \$48/6 | [104159](#)

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 10-Oct 15 | 3:30-5 pm | \$60/6 | [104154](#)

Sun, Nov 5-Dec 10 | 3:30-5 pm | \$60/6 | [104156](#)

Oliver Woods Community Centre

## RecSkate Pre-Teen/Teen

### 12 to 17 Years

Get an introduction to arenas, including lesson teaching, skate patrol, safety and a facility tour. This is a great bridge to our LIT and Quest programs and is for all levels of skating.

Thu, Sep 14-Oct 26 | 5:15-6 pm | \$84/7 | [101881](#)

Thu, Nov 2-Dec 14 | 5:15-6:15 pm | \$84/7 | [101884](#)

Nanaimo Ice Centre

Sat, Sep 16-Oct 28 | 11:15 am-12:15 pm | \$78/6 | [101893](#)

Sat, Nov 4-Dec 16 | 11:15 am-12:15 pm | \$78/6 | [101896](#)

Frank Crane Arena

## Fencing - All Levels

### 14 Years +

Beginner fencers receive 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 13-Oct 25 | 6:30-8 pm | \$91/7 | [103715](#)

Wed, Nov 1-Dec 13 | 6:30-8 pm | \$91/7 | [103716](#)

Oliver Woods Community Centre

## 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, bring gloves and carry in a clean pair of runners. No shorts, please. All other equipment provided.

Sat, Oct 7 | 10 am-12 pm | \$5/1 | [105481](#)

Nanaimo Curling Club

## Learn to Curl

### 9 to 16 Years

Our NCCP certified instructors will introduce you the basics of game. This program runs at the same time as our Junior Program. Bring gloves and a pair of clean runners. All other equipment is provided.

Thu, Oct 12-Nov 2 | 3:45-5:30 pm | \$40/4 | [105483](#)

Thu, Nov 9-30 | 3:45-5:30 pm | \$40/4 | [105491](#)

Nanaimo Curling Club

## Dungeons & Dragons Club - Beginner

This program will introduce you to the basics of this fantasy role playing game, as well as support you in building skills in storytelling, problem solving, reading, writing and math. You will build a character and complete a campaign with your group and the Dungeon Master. Snacks and supplies will be provided, just bring yourself and your sense of adventure! Program is proudly presented in partnership with Literacy Central Vancouver Island.

Fri, Sep 22-Dec 8 | 3-5 pm | FREE | [104352](#)

Nanaimo Aquatic Centre

## Karate for Teens & Adults

### 13 + Years

Learn traditional karate training. Sparring, self-defense, fitness, strength development and flexibility are part of the curriculum. This is an introduction only. To continue after these classes, please register with dojo.

Instructor: Shima Karate Staff

M/W, Sep 11-20 | 6:30-7:25 pm | \$25/4 | [102847](#)

M/W, Oct 2-11 | 6:30-7:25 pm | \$19/3 | [102848](#)

M/W, Nov 6-15 | 6:30-7:25 pm | \$25/4 | [102849](#)

M/W, Dec 4-13 | 6:30-7:25 pm | \$25/4 | [102850](#)

Shima Karate (3032 Barons Rd)

## Karate

### 8 to 15 Years

Traditional karate is a fun and exciting 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. Karate can be enjoyed as a sport or for developing self-defence skills.

Instructor: Mike Cuirka

Tue, Sep 5-Oct 24 | 6-7 pm | \$64/8 | [100318](#)

Tue, Oct 31-Dec 19 | 6-7 pm | \$64/8 | [100319](#)

Bowen Park Complex

## Taekwondo Self-Defense with Master Kim

### 12 to 18 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.

Instructor: World Tae Kwon Do Staff

Wed, Sep 6-13 | 6:10-7 pm | \$25/2 | [101350](#)

Mon, Sep 11-18 | 6:10-7 pm | \$25/2 | [101349](#)

Mon, Oct 2-16 | 6:10-7 pm | \$25/2 | [101352](#)

Wed, Oct 4-11 | 6:10-7 pm | \$25/2 | [101353](#)

Wed, Nov 1-8 | 6:10-7 pm | \$25/2 | [101355](#)

Mon, Nov 6-13 | 6:10-7 pm | \$25/2 | [101354](#)

Mon, Dec 4-11 | 6:10-7 pm | \$25/2 | [101357](#)

Wed, Dec 6-13 | 6:10-7 pm | \$25/2 | [101358](#)

World Taekwondo Academy (4300 Wellington Rd)

## Intro to Fly Fishing

### 16 Years +

Join the Island Water Fly Fishers as part of our Fall Fishing Challenge and learn about the basics of fly fishing - fly tying demo and intro to casting techniques. Participants will get a sample of fishing flies to begin their journey into this sport.

Instructor: Island Waters Fly Fishers

Sat, Oct 28 | 11 am-12:30 pm | \$10/1 | [106338](#)

Sat, Oct 28 | 1-12:30 pm | \$10/1 | [106338](#)

Diver Lake Park



## Intro to Fishing

### 12 Years +

Join Fishing for Fun to kick off our Fall Fishing Challenge and learn about the basics of freshwater fishing. You will get a fishing rod to use and take home.

Instructor: Fishing for Fun

Sun, Oct 22 | 11 am-12:30 pm | \$10/1 | [106336](#)

Sun, Oct 22 | 1-2:30 pm | \$10/1 | [106337](#)

Colliery Dam Park

Sat, Oct 28 | 11 am-12:30 pm | \$10/1 | [107538](#)

Sat, Oct 28 | 1-2:30 pm | \$10/1 | [107539](#)

Westwood Lake Park

## Lifeguard Instructors Wanted with the City of Nanaimo!

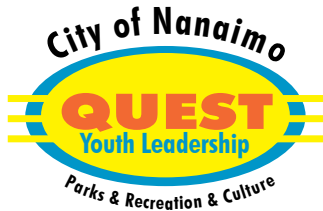
You must be a minimum of 16 years old, hold a current CPR C, National Lifeguard Pool Certificate and a Lifesaving Swim Instructor Certification. Apply: [employmentopportunities@nanaimo.ca](mailto:employmentopportunities@nanaimo.ca).



cityofnanaimo



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# YOUTH LEADERSHIP

Over 40 Years of Creating Community Leaders

## (Leaders in Training)

13-18 YEARS

(Must be at least 13 years old by December 31, 2023 and starting Grade 8 in September 2023)

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 a minimum of 60 hours. (Note: All volunteer placements must be completed by March 31, 2024.)

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



## How to Join:

1. Register for LIT using barcode 104387. Cost is \$160.
2. Register your parents for the Free Parent Info Night held on Monday, September 25, 6:30-7:30 pm (barcode 105475) at Beban Park. Your parents will find out what you will be doing at this program and what the expectations are. (If you are on the fence, we strongly recommend registering for LIT before the Parent Information Night as this program fills up quickly.)
3. Register for the LIT University Workshops. These are held at Beban Park Social Centre. You must register for all four - no exceptions (see box below).
4. Attend Orientation on Wednesday, October 4, 4:30-8:30 pm at Beban Park Social Centre.
5. View and sign up using the online Placement Sign-Up form starting on Saturday, October 14.
6. Go to your Placements to volunteer, learn new skills, make new friends and have fun!

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

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

**Children 101**  
• Tue, Oct 10

105454

**On the Job**  
• Wed, Oct 11

105456

**Clowning 101**  
• Thu, Oct 12

105459

**Teamwork 101**  
• Fri, Oct 13

105460



# 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!

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

- 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

## How to Join:

1. Register for Quest using barcode **104390**. Cost is \$160 .
2. Attend Orientation on Tuesday, October 3, 4:30-6:30 pm and Wednesday, October 4, 4:30-8:30 pm at Beban Park Social Centre. At Orientation, you can choose to remain in Quest Community or specialize in Arenas, Aquatics or Environment. In Quest Environment, you will help develop an environmental initiative team spearheading change in the community while completing some aspects of the traditional Quest Community program.
3. Attend 1-2 LIT University Sessions to help train the LITs. You don't have to pre-register, but please make note of the dates and ensure you have some evening availability on those weeks (see previous page for dates).
4. View and sign up using the online Placement Sign-Up form starting on Saturday, October 14.
5. Go to your Placements to volunteer, learn new skills, make new friends and have fun!

*The skills and confidence I gained from LIT and Quest have helped me a lot in my new job.*  
--Llyra--

*This program teaches teenagers about the importance of volunteering and giving back to the community.*  
--Aidan--



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**FREE!**

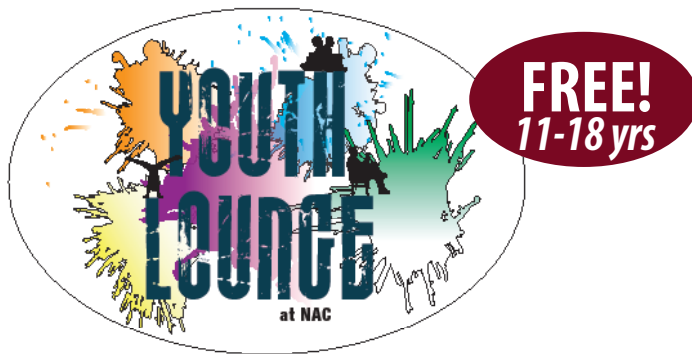
# Youth SPARE BLOX



The ultimate place to have some fun with other youth in your community. It's free, and you can get some exercise while meeting people and making friends. Four age groups to choose from. Please note that some require pre-registration, and drop-in space is first come, first serve. Space is limited.

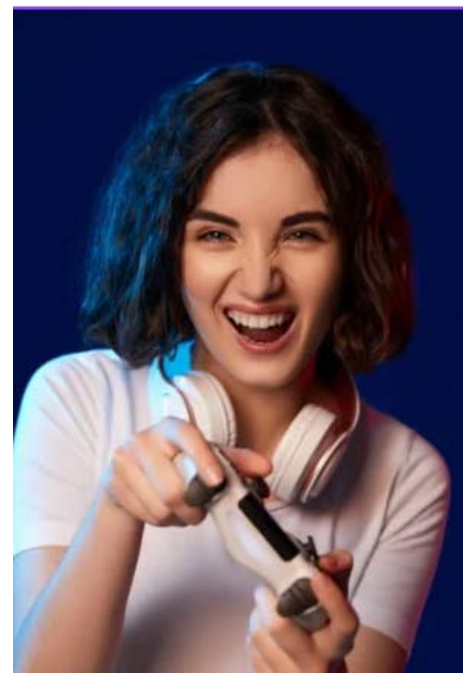
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| <b>AGE 10 TO 13</b><br>Mon, Sep 18-Dec 11<br>5-6:30 pm<br>Park Avenue Elem.<br>#104150<br>*Registration Only | <b>AGE 11 TO 14</b><br>Mon, Sep 18-Dec 11<br>7-8:30 pm<br>Fairview Comm. School<br>Drop-in Only | <b>AGE 10 TO 17</b><br>Tue, Sep 19 to Dec 5<br>6:30-8 pm<br>Oliver Woods<br>#104145<br>*Registration Only | <b>AGE 10 TO 13</b><br>Tue, Sep 19 to Dec 5<br>6-7:30 pm<br>Uplands Park Elem.<br>#104148<br>*Registration Only | <b>AGE 10 TO 13</b><br>Wed, Sep 20-Dec 6<br>6-7:30 pm<br>Pleasant Valley Elem.<br>#107323<br>*Registration Only | <b>AGE 11 TO 17</b><br>Wed, Sep 20-Dec 13<br>8:30-10 pm<br>John Barsby School<br>Drop-in Only | <b>AGE 10 TO 13</b><br>Thu, Sep 21-Dec 7<br>6-7:30 pm<br>Chase River School<br>#104141<br>*Registration Only | <b>AGE 11 TO 14</b><br>Fri, Sep 22-Dec 8<br>7-8:30 pm<br>McGirr Elem.<br>#107324<br>*Registration Only |
|--|---|---|---|---|---|--|--|

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



Thursday, Sep 21 to Dec 7, 3-6 pm, Nanaimo Aquatic Centre  
Please pre-register using course ID #104134

- NINTENDO SWITCH • XBOX • 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 or spring break). Check our YOUth Nanaimo Facebook page for other updates, changes or cancellations.

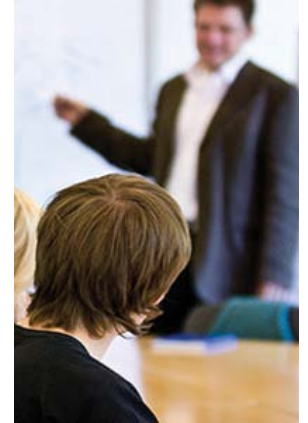
# RECREATION FACILITY BOOKINGS & RENTALS

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

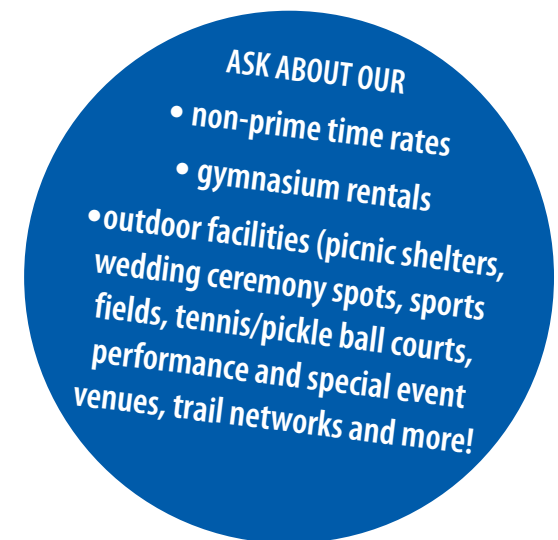
Our pools are available for training, private functions and special events. CALL 250-755-7573 FOR RENTAL INFORMATION.

- [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*

## 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*



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# Adult Arts & Crafts

## Shibori Tie Dying **NEW!**

In this class, we will explore the ancient Japanese art of shibori tie dying. You will receive a brief history of the art form, as well as see present day examples. Get introduced to the materials needed and have time to practice the basic techniques of folding, binding and clamping using multiple dye baths for immersion and surface painting.

Instructor: Maggie Wauterloo

Sun, Oct 15 | 12-3 pm | \$62/1 | [106007](#)

Bowen Park Complex

## Cartooning and Character Design Art **NEW!**

Learn the basics of penciling stick figures, animals, faces and more. Depending on skill level and interest, topics such as shading, perspective and basic story telling may also be covered. All skill levels welcome.

Instructor: David Harvey

Sat, Sep 9-Oct 28 | 12:30-1:30 pm | \$84/7 | [103719](#)

Sat, Nov 4-Dec 16 | 12:30-1:30 pm | \$72/6 | [103722](#)

Oliver Woods Community Centre

## Wet Felting

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

Instructor: Rosie Barlak

Sat, Nov 18 | 10 am-4 pm | \$90/1 | [101544](#)

Beban Park Social Centre

## Portrait Drawing **NEW!**

In this beginner drawing program, you will learn how to draw and work towards completing a portrait. Techniques will be introduced on how to shade, blend, use erasers and line weight to create shape/texture in your artwork. Some materials are required.

Instructor: Judy-Anne Wilson

Tue, Sep 12-Oct 17 | 11:30 am-12:30 pm | \$90/6 | [105765](#)

Tue, Nov 7-Dec 12 | 11:30 am-12:30 pm | \$90/6 | [105766](#)

Bowen Park Complex

## Art as Meditation **NEW!**

Take a moment for yourself and create artwork simply for the sake of making it. Let's take some time away from the idea that artwork must be for others to see and appreciate and move it into the realm of art, not only for art sake, but mostly for our own sake; our own self-awareness, peace of mind, spirit/soul growth and connection. Together, we will join lines, make marks, create patterns and use these acts as a means of self-reflection, mindfulness and meditation. There are no wrong ways to do this. Bring your own notebook and drawing materials (pens, crayons, coloured pencils, markers, etc.)

Instructor: Judy-Anne Wilson

Tue, Sep 12-Oct 17 | 1:30-2:30 pm | \$90/6 | [105815](#)

Sat, Sep 16-Oct 28 | 10:30-11:30 am | \$90/6 | [105763](#)

Tue, Nov 7-Dec 12 | 1:30-2:30 pm | \$90/6 | [105816](#)

Sat, Nov 4-Dec 16 | 10:30-11:30 am | \$90/6 | [105768](#)

Bowen Park Complex

## Acrylic Painting for Beginners

Learn acrylic painting in a fun, positive and relaxed atmosphere. You will gain knowledge in colour theory and perspective, along with the basics of composition. Learn step-by-step painting techniques, blending, mixing paint, using different brush types and palette knives.

Instructor: Kristina Birkhans

Tue, Sep 5-Oct 24 | 10 am-12 pm | \$160/8 | [103717](#)

Oliver Woods Community Centre

## Acrylic Painting - Intermediate

Further your exploration of acrylic painting. Building on previous knowledge, this intermediate level course encourages material, conceptual and technical experimentations while also expanding your knowledge of colour, composition, scale and subject matter. A supply list will be provided prior to the first class.

Instructor: Kristina Birkhans

Tue, Oct 31-Dec 19 | 10 am-12 pm | \$160/8 | [103720](#)

Oliver Woods Community Centre



## Acrylic Painting - Landscapes **NEW!**

Quick drying time and multiple textures make acrylics a great choice for beginners and intermediates. Learn painting basics, such as composition, colour and numerous painting techniques. Our instructor will guide you through creating different landscapes during this 6 week session.

Instructor: Kristina Birkhans

Sat, Oct 14-Nov 25 | 1-3 pm | \$120/6 | [105594](#)

Kin Hut Activity Centre

## Drawing - Level 1

If you can see it, you can draw it. You will be introduced to a step-by-step traditional drawing approach with an emphasis on developing good habits to use with any drawing. This program is ideal for both beginners and intermediate skill levels. Learn how to create a graphite under-drawing, render light and shadow, and explore a variety of drawing subjects from still life, portraits and landscapes.

Instructor: Kristina Birkhans

Tue, Sep 14-Oct 24 | 6-7:30 pm | \$96/6 | [105586](#)

Kin Hut Activity Centre

## Stained Glass Art for All Levels

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.

Instructor: Kristina Birkhans

Tue, Sep 5-Oct 24 | 12:30-2:30 pm | \$200/8 | [103718](#)

Tue, Oct 31-Dec 19 | 12:30-2:30 pm | \$200/8 | [103721](#)

Oliver Woods Community Centre

## Intro to Stained Glass **NEW!**

### Foiling Method

Get introduced to the tools and materials used in the art of stained glass. The tutorial will include lessons on how to construct patterns, different ways of cutting and breaking glass, grinding, methods of foiling, soldering, cleaning and finishing a completed project. All materials and tools are provided for the basic tutorial. The first three lessons are critical to be present for.

Instructor: Delores Gottenberg

Tue, Oct 10-Nov 21 | 6-9 pm | \$225/7 | [105832](#)

Bowen Park Complex

## Wheel Throwing - 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. Dress for mess. Aprons are not included.

Instructor: Nesta Morgan

Tue, Sep 5-Oct 10 | 6:30-9 pm | \$174/6 | [105893](#)

Sat, Sep 9-Oct 14 | 1:30-4 pm | \$109/5 | [105910](#)

Tue, Oct 17-Nov 21 | 6:30-9 pm | \$174/6 | [105894](#)

Sat, Oct 21-Nov 25 | 1:30-4 pm | \$109/5 | [105911](#)

Bowen Park Pottery Studio

## Pottery Wheel - Adult Intermediate

Designed for those who have mastered the basic skills in a beginner class and want to learn more complex items. Clay, glazes and firings are included in the cost. You must have completed a beginner class.

Instructor: Bari Precious

Mon, Sep 11-Oct 23 | 6-9 pm | \$174/6 | [105907](#)

Mon, Nov 6-Dec 18 | 6-9 pm | \$203/7 | [105908](#)

Bowen Park Pottery Studio

## Pottery Workshops - Butter Dish

You will make a butter dish without the use of a pottery wheel. You are encouraged to bring textures and other materials to stamp into the clay to make it your own. In the first class, you will learn how to construct the dish. The second class will be glazing.

Instructor: Nesta Morgan

Tue, Nov 28-Dec 5 | 6:30-9 pm | \$60/2 | [105912](#)

Bowen Park Pottery Studio

## Pottery Workshops - Mug

You will make a mug without the use of a pottery wheel. You are encouraged to bring textures and other materials to stamp into the clay to make it your own. In the first class, you will learn how to construct a mug. The second class will be glazing.

Instructor: Nesta Morgan

Sat, Dec 2-9 | 1:30-4 pm | \$60/2 | [105912](#)

Bowen Park Pottery Studio



See page 13 for Drop-In  
Pottery Schedule

Have you brought  
**PROVINCIAL,  
WESTERN  
CANADIAN,  
NATIONAL or  
INTERNATIONAL**  
recognition to our City?

**LET US  
CONGRATULATE  
YOU!**

Nanaimo City Council

presents certificates

of congratulations and

medallions to all

individuals, groups,

teams and clubs who

have brought recognition

for outstanding

achievement in sports or arts and culture

on a Provincial,

Western Canadian, National or

International level to our City by placing

**FIRST** or achieving highest standing

in their field of endeavor.

*Award recipients must be residents of Nanaimo.*

*Award recipients will be notified of awards ceremony date.*

To apply, email  
[awards@nanaimo.ca](mailto:awards@nanaimo.ca)

For more information, go to  
[www.nanaimo.ca/culture-environment/awards](http://www.nanaimo.ca/culture-environment/awards)



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# Adult Cooking

## Cheesemaking 101: Paneer, Rocotta, Queso Fresco & Mascarpone

This is a great introduction to making easy, rapidly acidified cheeses, including paneer, ricotta, mozzarella, burrata, bocconcini and mascarpone. These cheeses are easy and delicious to create which is sure to spark your inner cheese maker!

Instructor: Paula Maddison

Thu, Oct 5 | 6-8 pm | \$68/1 | [104048](#)

**Bowen Park Complex**

## Moza, Burrata & Bocconcini

Learn how to make your own hand-stretched mozzarella, burrata and bocconcini cheeses. In this demonstration, taste, touch and feel class, Paula will demystify the process and science behind the art of handcrafting cheese. Instructions and ingredients to make over four pounds of mozzarella at home are included.

Instructor: Paula Maddison

Thu, Sep 21 | 6-8 pm | \$68/1 | [104040](#)

**Bowen Park Complex**

## Greek Style Feta

This is a demonstration taste, touch and feel class where you will learn how to make your own feta cheese. Go home with ingredients and cultures to make your own at home.

Instructor: Paula Maddison

Thu, Dec 7 | 6-8 pm | \$68/1 | [104087](#)

**Bowen Park Complex**

## Farmer's Cheddar

Join us for this demonstration, taste, touch and feel cheese class. Go home with ingredients and cultures to make your own cheddar at home.

Instructor: Paula Maddison

Thu, Nov 2 | 6-8 pm | \$68/1 | [104053](#)

**Bowen Park Complex**

## Shiv's Punjabi Cooking

Come experience Punjabi cooking and culture. Learn to make a variety of dishes, such as roti, paneer, pakora and more.

Instructor: Shiv Sharma

### Shiv's Favourites

Wed, Sep 13 | 7-9:30 pm | \$40/1 | [104167](#)

Wed, Oct 11 | 7-9:30 pm | \$40/1 | [104170](#)

Wed, Nov 15 | 7-9:30 pm | \$40/1 | [104173](#)

Wed, Dec 13 | 7-9:30 pm | \$40/1 | [104174](#)

### Shiv's Vegetarian Favourites

Learn to make chilli paneer, mixed vegetables with ginger and garlic, shahi paneer and curry served with roti.

Wed, Sep 27 | 7-9:30 pm | \$40/1 | [104169](#)

Wed, Oct 25 | 7-9:30 pm | \$40/1 | [104177](#)

Wed, Nov 29 | 7-9:30 pm | \$40/1 | [104179](#)

**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.





# Adult Dance

## Flamenco - Moods & 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

Mon, Sep 18-Oct 30 | 6:30-8 pm | \$48/6 | [105513](#)

**Beban Park Social Centre**

## Flamenco Intermediate **NEW!**

This course will focus on strengthening footwork techniques, working and mastering arm and hand movements and developing turn technique. About half of the class will be technique, and the other spent on choreography. Wear comfortable smooth-soled shoes with a small heel.

Instructor: Heather Sandison

Tue, Sep 12-Oct 31 | 6:30-8 pm | \$64/8 | [105510](#)

Tue, Nov 7-Dec 12 | 6:30-8 pm | \$48/6 | [105511](#)

**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 13-Oct 18 | 7-8 pm | \$60/6 | [101163](#)

Wed, Oct 25-Nov 29 | 7-8 pm | \$60/6 | [106436](#)

**Bowen Park Complex**

## Ballroom & Latin Dance - Beginner

Learn international ballroom and Latin dancing with a certified instructor, including 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 13-Oct 18 | 8-9 pm | \$60/6 | [101159](#)

Wed, Oct 25-Nov 29 | 8-9 pm | \$60/6 | [106437](#)

**Bowen Park Complex**

## Ballroom & Latin Dance - Beginners Continuation

A quick review of basic techniques 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 are welcome.

Instructor: Nelson Wong

Wed, Sep 13-Oct 18 | 9-10 pm | \$60/6 | [101161](#)

Wed, Oct 25-Nov 29 | 9-10 pm | \$60/6 | [106438](#)

**Bowen Park Complex**

## Ballroom & Latin Dance - Intermediate

A quick review of basic techniques will be followed by more intermediate variations. Try the waltz, tango, foxtrot, Viennese waltz, quickstep, samba and more. At least one ballroom and Latin will be taught in each session.

Instructor: Nelson Wong

Mon, Sep 11-Oct 16 | 7-8 pm | \$50/5 | [101166](#)

Mon, Oct 23-Nov 27 | 7-8 pm | \$60/6 | [106439](#)

**Bowen Park Complex**

## Ballroom & Latin Dance - Advanced

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

Instructor: Nelson Wong

Mon, Sep 11-Oct 16 | 8-9 pm | \$50/5 | [101164](#)

Mon, Oct 23-Nov 27 | 8-9 pm | \$60/6 | [106441](#)

**Bowen Park Complex**

## Ballroom Formation Team

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

Instructor: Nelson Wong

Mon, Sep 11-Oct 16 | 9-10 pm | \$50/5 | [101167](#)

Mon, Oct 23-Nov 27 | 9-10 pm | \$60/6 | [106442](#)

**Bowen Park Complex**



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# Adult First Aid

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

## Emergency Child Care First Aid with CPR B

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 23 | 9 am-5:30 pm | \$99/1 | [101236](#)

Sat, Nov 4 | 9 am-5:30 pm | \$99/1 | [105502](#)

Sat, Dec 9 | 9 am-5:30 pm | \$99/1 | [101242](#)

**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 pre-requisite for lifeguard certification. Re-training is recommended every three years.

Sat/Sun, Sep 9 & 10 | 9 am-5:30 pm | \$177/2 | [101237](#)

Sat/Sun, Nov 25 & 26 | 9 am-5:30 pm | \$177/2 | [105503](#)

**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, Sep 9 | 9 am-5:30 pm | \$99/1 | [101235](#)

Sat, Nov 25 | 9 am-5:30 pm | \$99/1 | [105504](#)

**Beban Park Social Centre**





# Adult Outdoor & Sport

## 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 completing 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. Locations will vary.

Instructor: Lurah-Lee Christie

Tue, Sep 19-Oct 17 | 9-10:30 am | \$48/5 | [105823](#)

Meet at Nanaimo Ice Centre Lobby

Tue, Oct 31-Nov 28 | 9-10:30 am | \$48/5 | [105824](#)

Meet in Bowen Park Complex Lobby

## Walk & Talk **NEW!**

Come enjoy fresh air, good company and a walk around some of our local parks and greenspaces. A great opportunity to learn about Nanaimo, connect with other participants and enjoy some exercise breaks along the way finishing off with a good stretch. Must wear good walking/hiking shoes and be in good physical health. Locations will vary.

Instructor: Lurah-Lee Christie

Thu, Sep 21-Oct 19 | 9:30-10:30 am | \$35/5 | [105825](#)

Meet at Nanaimo Ice Centre Lobby

Thu, Oct 26-Nov 23 | 9-10:30 am | \$35/5 | [105826](#)

Meet in Bowen Park Complex Lobby

## Pickleball For Fun

### Orientation for Adults

This orientation will cover serving the ball, returning the serve, moving to and playing at the net. This is not instruction, but will help you know what to practice and have fun while you prepare for future instruction.

Instructor: Lee MacDonald

Mon, Sep 25-Oct 16 | 1:15-3:15 pm | \$75/3 | [103712](#)

Mon, Oct 30-Nov 13 | 1:15-3:15 pm | \$75/3 | [103713](#)

Mon, Nov 27-Dec 11 | 1:15-3:15 pm | \$75/3 | [103714](#)

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!

## Indoor Tennis Lessons

Participants will 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

Tue, Sep 5-Oct 24 | 9:30-11 am | \$228/8 | [105410](#)

Thu, Sep 7-Oct 26 | 8-9:30 pm | \$228/8 | [105413](#)

Tue, Oct 31-Dec 19 | 9:30-11 am | \$228/8 | [105414](#)

Thu, Nov 2-Dec 21 | 8-9:30 pm | \$228/8 | [105417](#)

### Intermediate

Tue, Sep 5-Oct 24 | 8-9:30 pm | \$228/8 | [105411](#)

Thu, Sep 7-Oct 26 | 9:30-11 am | \$228/8 | [105412](#)

Tue, Oct 31-Dec 19 | 8-9:30 pm | \$228/8 | [105415](#)

Thu, Nov 2-Dec 21 | 9:30-11 am | \$228/8 | [105416](#)

North Island Tennis Academy

## Bicycle Maintenance for Beginners

Do you like riding bikes but find you know nothing about how they work? Learn the ABCs of how to fix a flat, adjust your brakes and keep your chain running smooth. Please bring your own bike to tune up!

Instructor: Tyler Walker

Sun, Sep 24 | 12:30-4:30 pm | \$50/1 | [105892](#)

Beban Park Centennial Building



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## Taekwondo Self-Defense with Master Kim

13 Years +

This program emphasizes self-discipline, confidence and concentration. Grand Master Kim strives to maximize your potential by maintaining a traditional foundation of physical well-being and mental integrity. Become strong in mind, body and spirit.

Instructor: World Tae Kwon Do Staff

Wed, Sep 6-13 | 6:10-7 pm | \$25/2 | [101362](#)

Mon, Sep 11-18 | 6:10-7 pm | \$25/2 | [101361](#)

Mon, Oct 2-16 | 6:10-7 pm | \$25/2 | [101363](#)

Wed, Oct 4-11 | 6:10-7 pm | \$25/2 | [101364](#)

Wed, Nov 1-8 | 6:10-7 pm | \$25/2 | [101366](#)

Mon, Nov 6-13 | 6:10-7 pm | \$25/2 | [101365](#)

Mon, Dec 4-11 | 6:10-7 pm | \$25/2 | [101367](#)

Wed, Dec 6-13 | 6:10-7 pm | \$25/2 | [101368](#)

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 Czurka (6th degree black belt)

Tue, Sep 5-Oct 24 | 7-8 pm | \$64/8 | [100320](#)

Tue, Oct 31-Dec 19 | 7-8 pm | \$48/6 | [100321](#)

Bowen Park Complex

## Karate for Adults

In this introduction to karate, students learn traditional karate training, sparring and self-defense. Fitness, strength development and flexibility are also part of the curriculum. To continue after these classes, please register with dojo.

Instructor: Shima Karate Staff

M/W, Sep 11-20 | 6:30-7:25 pm | \$25/4 | [103347](#)

M/W, Oct 2-11 | 6:30-7:25 pm | \$19/3 | [103348](#)

M/W, Nov 6-15 | 6:30-7:25 pm | \$25/4 | [103349](#)

M/W, Dec 4-13 | 6:30-7:25 pm | \$25/4 | [103350](#)

Shima Karate (3032 Barons Rd)

## Karate for GenXers

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. To continue after these classes, please register with dojo.

Sun, Sep 10-24 | 9-10 am | \$19/3 | [103364](#)

Sun, Oct 1-22 | 9-10 am | \$25/4 | [103366](#)

Sun, Nov 5-26 | 9-10 am | \$25/4 | [103368](#)

Sun, Dec 3-17 | 9-10 am | \$19/3 | [103370](#)

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. To continue after these classes, please register with dojo.

Fri, Oct 13-27 | 6:15-7:15 pm | \$19/3 | [103356](#)

Fri, Nov 3-17 | 6:15-7:15 pm | \$19/3 | [103359](#)

Fri, Dec 1-15 | 6:15-7:15 pm | \$19/3 | [103360](#)

Shima Karate (3032 Barons Rd)

## Intensive Long Form Tai Chi **NEW!**

If you are ready to make the commitment to learning the entire 108-move long form, this is the course for you. Learn every discrete move and be able to complete the modified yang style long form from start to finish. The principles of tai chi, advanced tai chi exercises and energy cultivation will also be covered.

Instructor: Mid Island Tai Chi Club

Mon, Sep 11-Jan 22 | 7-8:30 pm | \$136/10 | [105581](#)

Beban Park Social Centre

## Intro 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.

Instructor: Mid Island Tai Chi Club

Wed, Sep 13-Oct 25 | 7-8:30 pm | \$56/7 | [105493](#)

Beban Park Social Centre

## RecSkate Adult

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 11-Oct 23 | 12:45-1:45 pm | \$78/6 | [102459](#)

Fri, Sep 15-Oct 27 | 10:30-11:30 am | \$91/7 | [102475](#)

Mon, Oct 30-Dec 11 | 12:45-1:45 pm | \$91/7 | [102461](#)

Fri, Nov 3-Dec 15 | 10:30-11:30 am | \$91/7 | [102476](#)

Frank Crane Arena

Mon, Sep 11-Oct 23 | 5:15-6:15 pm | \$78/6 | [102464](#)

Thu, Sep 14-Oct 26 | 5:15-6 pm | \$84/7 | [102468](#)

Mon, Oct 30-Dec 11 | 5:15-6:15 pm | \$91/7 | [102465](#)

Thu, Nov 2-Dec 14 | 5:15-6 pm | \$84/7 | [102469](#)

Nanaimo Ice Centre

## Ladies' Golf **NEW!**

Learn the fundamentals of the golf swing, including short game, long game and putting. On-course golf instruction and etiquette also included. Equipment is available if needed.

Instructor: Beban Park Golf Course Staff

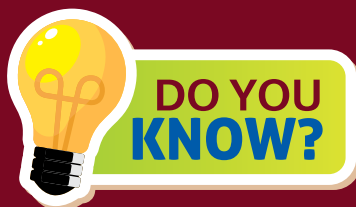
T/Th, Sep 12-21 | 10-11:30 am | \$199/4 | [107333](#)

W/F, Sep 13-22 | 10-11:30 am | \$199/4 | [107334](#)

Beban Park Golf Course



# All about... *Swimming Pools*



- TEMPERATURE at NAC (in Farenheit): Main Tank is 81; Leisure Pool is 90.
- TEMPERATURE at BEBAN (in Farenheit): Main Tank is 85; Leisure Pool is 90.
- DEPTH of NAC: Main Pool is 2.2-3.8M; Leisure Pool is 0-1.5M.
- DEPTH of BEBAN: Main Pool is 1-3.8m; Leisure Pool is 0-0.9M.
- NAC is 50 metres in length; Beban Pool is 25 metres in length.

## Fencing - All Levels

14 Years +

Beginner fencers receive 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 13-Oct 25 | 6:30-8 pm | \$91/7 | 103715

Wed, Nov 1-Dec 13 | 6:30-8 pm | \$91/7 | 103716

Oliver Woods Community Centre

**laido - NEW!**

## Intro to Japanese Sword Art

laido is a Japanese martial art with a long history. It is referred to as a "moving zen" because of its focus on precise, controlled fluid movements. In this non-competitive atmosphere, use the Samurai sword and laido's age-old techniques to experience and further develop your mind, body and spirit.

Instructor: Peter Gunstone

Mon, Sep 18-Oct 30 | 7:30-9:30 pm | \$66/6 | 101220

Beban Park Social Centre

## Introduction to Curling

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 1 | 1-3 pm | \$15/1 | 105472

Tue, Oct 3 | 6:30-8:30 pm | \$15/1 | 105474

Nanaimo Curling Club

## Learn to Curl

Are you new to curling or new to Nanaimo? Are you looking to grow your skill further within a game setting? Whatever your level, come out and learn to curl with experienced team members in our new dedicated Learn to Curl League. The league will pair you and another participant up with experienced skips and thirds to help you through each game while assisting with etiquette, sweeping and line of delivery calling, rules and general camaraderie. This is a great place to start for those new to the game and those looking to meet new people. Dress warmly and bring a clean pair of indoor running shoes. All necessary equipment will be provided during each game.

Instructor: Nanaimo Curling Club

Mon, Oct 2-Dec 18 | 7:30-9 pm | \$140/10 | 105492

Nanaimo Curling Club

## Stroll with a Pro - Amphibians

8 Years +

Come stroll with a pro and learn from one of our local biologists about amphibians and salamanders. We will discuss their migrations, overwintering and road crossing issues. We will be turning over a few logs to see if we can find salamanders in this park.

Instructor: Elke Wind

Sun, Oct 22 | 9-10:30 am | FREE | 105909

Morningside Park Trail

## Intro to Fishing

12 Years +

Join Fishing for Fun to kick off our Fall Fishing Challenge and learn about the basics of freshwater fishing. You will get a fishing rod to use and take home.

Instructor: Fishing for Fun

Sun, Oct 22 | 11 am-12:30 pm | \$10/1 | 106336

Sun, Oct 22 | 1-2:30 pm | \$10/1 | 106337

Colliery Dam Park

Sat, Oct 28 | 11 am-12:30 pm | \$10/1 | 107538

Sat, Oct 28 | 1-2:30 pm | \$10/1 | 107539

Westwood Lake Park

## Intro to Fly Fishing

16 Years +

Join the Island Water Fly Fishers as part of our Fall Fishing Challenge and learn about the basics of fly fishing - fly tying demo and intro to casting techniques. Participants will get a sample of fishing flies to begin their journey into this sport.

Instructor: Island Waters Fly Fishers

Sat, Oct 28 | 11 am-12:30 pm | \$10/1 | 106338

Sat, Oct 28 | 1-12:30 pm | \$10/1 | 106338

Diver Lake Park

## 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. Bring a lunch and wear suitable clothing and footwear for rugged ground and weather.

Fri, Sep 22 | 9 am-3:30 pm | \$20/1 | 105917

Meet in the Bowen Park Wall Street Parking Lot

## Nanaimo Watershed & River Walking Tour **NEW!**

Join local experts and stewardship volunteers to celebrate World Rivers Day on an interpretive walk along the Nanaimo River. This river is the spine of the Nanaimo watershed. Learn what makes it so significant and how we are connected to the health of this watershed.

Sat, Sep 23 | 10-11:30 am | FREE | 105972

Meet at Nanaimo Regional Park (1955 Frey Rd)



# WORLD RIVERS DAY

September 24

Come celebrate our rivers and their many benefits such as clean water, spawning grounds for salmon, historic trade and exploration routes, cultural significance with the Snuneymuxw First Nation and a place to recharge or play. Join us for one of our tours or programs (see above) to learn more about the waterways in your local watershed, or find out how to become better stewards of these vital areas.



Visit [www.worldriversday.com](http://www.worldriversday.com) for more information



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# Adult Special Interest

## Mom & Tot Tax Prep Tips **NEW!**

Are you a new mom or are planning to welcome a child and are curious about what you can write off during maternity leave? Perhaps you are curious as to how your taxes will change when you have children. Join us at this workshop brought to you by the CRA's Community Volunteer Income Tax and Benefits Outreach program to learn more about what you are eligible for as you file your taxes.

Wed, Oct 4 | 10-11:30 am | FREE | [105338](#)

Wed, Nov 15 | 10-11:30 am | FREE | [105342](#)

**Beban Park Social Centre**

## Creative Writing **NEW!**

Beginners and wordsmiths - learn how to bring your creative writing piece to life. Like a true writing workshop, you will learn literary techniques, peer review a classmate's work and receive constructive criticism on your work.

Instructor: Ange Frymire

Wed, Sep 13-Nov 1 | 6:30-8 pm | \$96/4 | [105820](#)

**Bowen Park Complex**

## Healing Mind, Body and Spirit **NEW!**

Learn how to measure, move and balance the energies of the mind/body complex through better management of the meridians, chakras, aura (bio-field), rhythms and radiant energies of the body. Doing so will enhance your health and sense of wellness. Our instructor is a certified Eden Energy Medicine Practitioner, Advanced Practitioner TFT and Master Hypnotist.

Instructor: John Stuernol

Wed, Sep 6-Oct 11 | 7:30-9 pm | \$72/6 | [106272](#)

**Rotary Field House**

## Intro to Conversational Punjabi **NEW!**

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

Instructor: Shiv Sharma

Mon, Sep 25-Nov 20 | 7-8:30 pm | \$96/8 | [104183](#)

**Bowen Park Complex**

## Prepare Your Garden for Winter

This workshop will focus on how to prepare your garden so you can overwinter crops, have an earlier start in the spring, extend your growing season and keep your soil healthy year-round. This is an excellent workshop for gardeners who are new to Vancouver Island and not used to our mild and wet winter climate. This workshop is also for those who have some gardening experience but need to hone their practices to take advantage of this climate. This workshop is outside, so please dress for the weather.

Instructor: Connie Kuramoto

Sat, Sep 16 | 10 am-12 pm | \$20/1 | [105695](#)

**Pine Street Community Garden**



## Practical Garden Witchery - **NEW!**

### Brews & Teas to Improve Your Garden

Learn how to make effective blends to improve the health of your soil and plants to improve yield and quality of your garden. These scientifically-proven methods can give your garden that boost it needs to survive another hot summer and deal with insect pests or other adverse conditions. If you know how to garden but aren't getting the results you think you should, this may be the course you need. This workshop is outside, so please dress for the weather.

Instructor: Connie Kuramoto

Sun, Sep 17 | 10 am-12 pm | \$20/1 | [105696](#)

**Pine Street Community Garden**

## Adapting Your Garden Plan **NEW!** for Climate Change

Come learn about some of the things you should be considering in your garden plan to help buffer the effects of climate change. Topics covered will be drought mitigation, dealing with temperature fluctuations and extreme heat or cold. This workshop is outside, so please dress for the weather.

Instructor: Connie Kuramoto

Sat, Sep 23 | 10 am-12 pm | \$20/1 | [105697](#)

**Pine Street Community Garden**

## Grow More, Work Less **NEW!**

Get tips and tricks to take a lot of the work out of gardening. Come learn about easy ways to build a new garden, improve your soil, develop a planting schedule and manage your crops. This fun and informative workshop will teach you how to work less and enjoy your garden more. Dress for the weather.

Instructor: Connie Kuramoto

Sun, Oct 1 | 10 am-12 pm | \$20/1 | [105698](#)

Beban Park Learning Garden

## Pruning Young Fruit Trees

So 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.

Instructor: Scott Wikserke

Sun, Oct 29 | 10 am-12 pm | \$20/1 | [105699](#)

Beaufort Park Food Forest

## Basic Fruit Tree Pruning

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 a camera or notebook and questions for this hands-on workshop. This workshop is outside, so please dress for the weather.

Instructor: Scott Wikserke

Sat, Nov 4 | 10 am-12 pm | \$20/1 | [105700](#)

Pine Street Community Garden (271 Pine St)

## Shibori Tie Dying **NEW!**

In this class, we will explore the ancient Japanese art of shibori tie dying. You will receive a brief history of the art form, as well as see present day examples. Get introduced to the materials needed and have time to practice the basic techniques of folding, binding and clamping using multiple dye baths for immersion and surface painting.

Instructor: Maggie Wauterloo

Sun, Oct 15 | 12-3 pm | \$62/1 | [106007](#)

Bowen Park Complex



# VOLUNTEERS in PARKS

Do you have an interest in learning about and protecting Nanaimo's parks and trails? Consider participating in our **Volunteers in Parks Program!**

There are three ways to participate:

- 1 PARK AMBASSADOR:** individuals who visit a park regularly and might help educate visitors, keep the park clean and observe and report issues in the park
- 2 ADOPT-A-PARK:** A group of volunteers help keep Nanaimo beautiful by choosing a park, trail or creek to adopt. The group's name gets a sign posted to recognize their service.
- 3 WORK PARTIES:** Help improve the biodiversity through restoration in many of our parks. We supply the tools, training and support you might need.

Gather a group for your own work party from your business, school group, club or organization or come to the these planned events:

- **Saturday, September 16, 10 am-12 pm**  
Invasive Plant Removal at Thunderbird Park (#105829)
- **Wednesday, September 20, 10 am-12 pm**  
Invasive Plant Removal at Bowen Park (#105828)
- **Saturday, October 21, 10 am-12 pm**  
Invasive Plant Removal at Country Club 2 Park (#105827)
- **Wednesday, October 11, 10 am-12 pm**  
Invasive Plant Removal at Pipers Lagoon Park (#105953)
- **Wednesday, November 8, 10 am-12 pm**  
Invasive Plant Removal at Bowen Park (#105954)
- **Saturday, November 18, 10 am-12 pm**  
Invasive Plant Removal at Diver Lake Park (#105952)

Let's  
all pull  
together  
to keep  
invasives  
out of  
Nanaimo!



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

Why  
participate?

The City of Nanaimo has over 1000 hectares of parks and open space and more than 180 kilometres of trails.

Help us care for and keep our community's parks and trails beautiful for everyone!



cityofnanaimo



prc\_nanaimo (#ilovemyparksandrec)

City of Nanaimo

# ACTIVE PASSES

*Get Fit & Save Money!*



**Get unlimited access to public swimming, skating, weight rooms and gymnasiums while saving money!**

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

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

*Prices subject to change and include tax.*

**ONE MONTH OR ONE YEAR OPTIONS**





**DROP-IN**  
 Look for this symbol **D** for drop-in program options.  
*See page 50 for details*

# Adult Yoga/Fitness & Wellness Programs

## Weight Room Orientations

Safe use of fitness equipment is important to us. Orientations are designed to familiarize you with our facility and give you an overview of the basics of strength training. An orientation is recommended before using our facilities. Teens (13-15 years) must complete an orientation. Upon completion of an orientation, teens will receive a "Gym Use Teen Graduate Card". This card permits youth to use our weight rooms unsupervised by an adult.

- Instructors: Cindy Gutierrez or Dustin King
- Thu, Sep 28 | 3:30-5 pm | \$5.25/1 | [101787](#)
  - Fri, Sep 29 | 3:30-5 pm | \$5.25/1 | [101768](#)
  - Fri, Oct 6 | 3:30-5 pm | \$5.25/1 | [101769](#)
  - Thu, Oct 12 | 3:30-5 pm | \$5.25/1 | [101788](#)
  - Fri, Oct 13 | 3:30-5 pm | \$5.25/1 | [101770](#)
  - Fri, Oct 20 | 3:30-5 pm | \$5.25/1 | [101771](#)
  - Thu, Oct 26 | 3:30-5 pm | \$5.25/1 | [101789](#)
  - Fri, Oct 27 | 3:30-5 pm | \$5.25/1 | [101772](#)
  - Fri, Nov 3 | 3:30-5 pm | \$5.25/1 | [101773](#)
  - Thu, Nov 9 | 3:30-5 pm | \$5.25/1 | [101790](#)
  - Fri, Nov 10 | 3:30-5 pm | \$5.25/1 | [101774](#)
  - Fri, Nov 17 | 3:30-5 pm | \$5.25/1 | [101775](#)
  - Thu, Nov 23 | 3:30-5 pm | \$5.25/1 | [101791](#)
  - Fri, Nov 24 | 3:30-5 pm | \$5.25/1 | [101776](#)
  - Fri, Dec 1 | 3:30-5 pm | \$5.25/1 | [101777](#)
  - Thu, Dec 7 | 3:30-5 pm | \$5.25/1 | [101792](#)
  - Fri, Dec 8 | 3:30-5 pm | \$5.25/1 | [101778](#)
  - Fri, Dec 15 | 3:30-5 pm | \$5.25/1 | [101779](#)
  - Thu, Dec 21 | 3:30-5 pm | \$5.25/1 | [101793](#)
- Nanaimo Aquatic Centre Weight Room

## Spin **D** **NEW!**

This 45-minute stationary workout will include intervals, hills, speed and endurance all set to great tunes to keep you motivated. Great exercise if you cannot do any impact cardio work.

- Instructor: Monique Huibregtse
- Wed, Sep 27-Nov 8 | 9-9:45 am | \$84/7 | [103960](#)
  - Wed, Nov 15-Dec 20 | 9-9:45 am | \$72/6 | [103961](#)
- Nanaimo Aquatic Centre

## Spin & Core **D** **NEW!**

Improve your cardio with this spin and core combo workout! Intervals, hills, speed and endurance work will be followed by 15 minutes of core set to great tunes to keep you motivated.

- Instructor: Jean Medley
- Mon, Sep 25-Nov 6 | 5:30-6:30 pm | \$72/6 | [103664](#)
  - Mon, Nov 13-Dec 18 | 5:30-6:30 pm | \$72/6 | [103665](#)

Instructor: Monique Huibregtse

- Wed, Sep 27-Nov 8 | 10-11 am | \$84/7 | [103958](#)
- Wed, Sep 27-Nov 8 | 5:30-6:30 pm | \$84/7 | [104190](#)
- Wed, Nov 15-Dec 20 | 10-11 am | \$72/6 | [103959](#)
- Wed, Nov 15-Dec 20 | 5:30-6:30 pm | \$84/7 | [104191](#)

Nanaimo Aquatic Centre

## Spin & Stretch **D** **NEW!**

Combine interval training, hills, speed and endurance work followed by a 15 minute stretch in this combo fitness class.

- Instructor: Jean Medley
- Mon, Sep 25-Nov 6 | 6:45-7:45 pm | \$72/6 | [103804](#)
  - Wed, Sep 27-Nov 8 | 6:45-7:45 pm | \$84/7 | [104192](#)
  - Mon, Nov 13-Dec 18 | 6:45-7:45 pm | \$72/6 | [103805](#)
  - Wed, Nov 15-Dec 20 | 6:45-7:45 pm | \$72/6 | [104193](#)
- Nanaimo Aquatic Centre

## Jump Rope & HIIT **NEW!**

Get your heart pumping and your muscles burning in this energizing fitness class. This combines jump rope with high-intensity interval training for a full-body workout that's both fun and effective.

- Instructor: Elise Visentin
- Mon, Oct 23-Dec 11 | 6-6:45 pm | \$64/8 | [102032](#)
- Oliver Woods Community Centre

## Jump Rope Skills **NEW!**

Jump into fitness with our jump rope skills class! Learn basic and intermediate tricks, improve coordination and boost cardiovascular endurance. Suitable for all fitness levels.

- Instructor: Elise Visentin
- Mon, Oct 23-Dec 11 | 7-8 pm | \$64/8 | [102035](#)
- Oliver Woods Community Centre



## Fitness Instructors Wanted with the City of Nanaimo!

Are you a certified fitness instructor? Email [parksandcreation@nanaimo.ca](mailto:parksandcreation@nanaimo.ca) to see how we can work with you to offer fitness classes to our community.



cityofnanaimo



prc\_nanaimo (#ilovemyparksandrec)

# DROP-IN Fitness & Yoga Classes

Looking for some flexibility in your fitness journey? Unable to register for an entire set of a class? Try out drop-in fitness class options. **D**

- Classes available for drop-in have this symbol **D**
- Drop-in fee is \$12 per class and must be paid on site to our front desk staff.
- We strongly suggest that all participants with pre-existing conditions or injuries seek medical clearance from their doctor prior to attending classes and should inform the instructor of any change in condition or injury.
- Drop-in classes are not included in the Active Pass package.
- All participants must pay the established drop-in fitness rate. 2 for 1 or courtesy passes cannot be used for these drop-in programs.
- Please note that class size is limited, so participation is on a first-come, first-served basis with our registered clients always having priority.

## Dance Jam Group Fitness

Ready for a high energy dance class with a great blend of dance and cardio? Dance Jam will explore multiple genres of music while taking you through a great workout! Dance Jam Fitness is a class for all fitness levels.

Instructor: Monique Huijbregtse

Tue, Sep 5-Oct 24 | 12-1 pm | \$64/8 | [101856](#)

Tue, Oct 31-Dec 19 | 12-1 pm | \$64/8 | [101862](#)

**Oliver Woods Community Centre**

## Zumba

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

Instructor: Fab Lethbridge

Mon, Sep 11-Oct 30 | 6:30-7:30 pm | \$56/7 | [103042](#)

Mon, Nov 6-Dec 18 | 6:30-7:30 pm | \$56/7 | [103043](#)

Instructor: Rika Carlson

Wed, Sep 6-Oct 25 | 6-7 pm | \$64/8 | [101879](#)

Wed, Nov 1-Dec 20 | 6-7 pm | \$64/8 | [101880](#)

Sat, Sep 9-Oct 28 | 11:30 am-12:30 pm | \$56/7 | [101906](#)

Sat, Nov 4-Dec 23 | 11:30 am-12:30 pm | \$56/7 | [101912](#)

**Oliver Woods Community Centre**

## Zumba Gold **D**

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

Instructor: Mary Keel

Mon, Sep 11-Oct 30 | 9-10 am | \$56/7 | [101820](#)

Wed, Sep 6-Oct 25 | 10:15-11:15 am | \$64/8 | [101877](#)

Mon, Nov 6-Dec 18 | 9-10 am | \$56/7 | [101829](#)

Wed, Nov 1-Dec 20 | 10:15-11:15 am | \$64/8 | [101878](#)

**Oliver Woods Community Centre**

Instructor: Tamara Graham

Fri, Sep 8-Oct 6 | 9-10 am | \$40/5 | [101436](#)

Fri, Oct 27-Dec 15 | 9-10 am | \$56/7 | [101437](#)

**Beban Park Social Centre**

## Dynamic Fit **D**

This is a cross training class that will include 15 minutes of dynamic stretching, 30 minutes of a full body workout following muscular endurance principles and ending with 15 minutes of static stretching. We will be utilizing free weights, resistance bands and stability balls. There is no cardio component.

Instructor: Jean Medley

Fri, Sep 8-Oct 27 | 9-10 am | \$64/8 | [101902](#)

Fri, Nov 3-Dec 22 | 9-10 am | \$64/8 | [101911](#)

**Oliver Woods Community Centre**

## Rock Your Body Boot Camp

This workout will leave you feeling energized and will include cardio, strength training and core stability work using a variety of fun and dynamic exercises and drills.

Instructor: Heidi Robinson

### AM **D**

Wed, Sep 13-Oct 25 | 9-10 am | \$56/7 | [101875](#)

Wed, Nov 1-Dec 20 | 9-10 am | \$64/8 | [101876](#)

### PM

Mon, Sep 11-Oct 30 | 5-6 pm | \$56/7 | [101843](#)

Mon, Nov 6-Dec 18 | 5-6 pm | \$56/7 | [101846](#)

**Oliver Woods Community Centre**

## HIIT

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

Instructor: Heather Honey

Thu, Sep 14-Oct 26 | 5:30-6:30 pm | \$56/7 | [101883](#)

Thu, Nov 2-Dec 21 | 5:30-6:30 pm | \$64/8 | [101885](#)

**Oliver Woods Community Centre**

## HIIT to Fit **D**

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 us for fun and fast-paced workouts consisting of a warm-up, repetitions of high-intensity exercises separated by medium intensity exercises for active recovery and a cool down.

Instructor: Kim Ross

Wed, Sep 6-27 | 9-10 am | \$32/4 | [107586](#)

Wed, Oct 11-Nov 15 | 9-10 am | \$48/6 | [101135](#)

Wed, Nov 22-Dec 20 | 9-10 am | \$40/5 | [101136](#)

Bowen Park Complex

## Barre X **D**

Enjoy a combination of ballet, pilates, strength and flexibility training exercises in this fun group fitness class! Barre X will include body weight and/or other weights and equipment. Be prepared to work your muscles with light weights. This is a great class for all abilities.

Instructor: Monique Huibregtse

Tue, Sep 5-Oct 24 | 10:45-11:45 am | \$64/8 | [101865](#)

Tue, Oct 31-Dec 19 | 10:45-11:45 am | \$64/8 | [101868](#)

Oliver Woods Community Centre

## Circuit Fusion **D**

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 11-Oct 23 | 9-10 am | \$48/6 | [101798](#)

Mon, Nov 6-Dec 18 | 9-10 am | \$56/7 | [101818](#)

Oliver Woods Community Centre

## Stretch, Balance, Build

Focus will be on balancing exercises and poses. We will add a weight component to allow for more challenging poses. Moves are slow and focused. There will be a chair available if needed. Please bring your own weights and mat if available.

Instructor: Kim Ross

Wed, Sep 6-27 | 12:15-1:15 pm | \$32/4 | [107587](#)

Wed, Oct 11-Nov 15 | 12:15-1:15 pm | \$48/6 | [101137](#)

Wed, Nov 22-Dec 20 | 12:15-1:15 pm | \$40/5 | [101138](#)

Rotary Field House



## Total Body Fitness

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

Instructor: Kim Ross

Thu, Sep 7-28 | 9-10 am | \$32/4 | [107588](#)

Mon, Sep 11-25 | 9-10 am | \$24/3 | [107584](#)

Thu, Oct 5-Nov 9 | 9-10 am | \$48/6 | [101139](#)

Mon, Oct 16-Nov 20 | 9-10 am | \$48/6 | [107050](#)

Thu, Nov 16-Dec 21 | 9-10 am | \$48/6 | [101140](#)

Mon, Nov 27-Dec 18 | 9-10 am | \$32/4 | [107051](#)

Rotary Field House

## Stretch & Tone

This class will focus on flexibility, balance, core and strength using weights and your body to improve all these areas. Many exercises will cover compound moves, and there will be a chair available 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 14-29 | 1-2 pm | \$24/3 | [1107585](#)

Thu, Oct 5-Nov 9 | 1-2 pm | \$48/6 | [101141](#)

Thu, Nov 16-Dec 21 | 1-2 pm | \$48/6 | [101142](#)

Oliver Woods Community Centre

## BellyFit

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

Instructor: Heidi Robinson

Fri, Sep 15-Oct 27 | 12:15-1:15 pm | \$56/7 | [101887](#)

Fri, Nov 3-Dec 22 | 12:15-1:15 pm | \$64/8 | [101895](#)

Oliver Woods Community Centre

## Bhangra Fit

Bhangra Fit is one of the trendiest of fitness and exercise routines and is fast merging as a popular alternative to regular aerobics. Keep fitness exciting with this popular Indian dance – an intense, vibrant, joyful movement that elevates your heart rate and state of mind. The majority of the moves follow the folk dance pattern, but have been reconditioned so that they can also provide a healthy cardio-vascular routine. This workout is designed to burn as many as 500 calories an hour and is safe for all age groups.

Instructor: Sukhi Sangha

Tue, Oct 17-Nov 28 | 6-6:45 pm | \$90/6 | [106712](#)

Beban Park Social Centre

## Yin Yoga

Yin Yoga is a slower paced, more meditative yoga. Poses are held longer and are designed to target connective tissues and ligaments rather than muscles. This class is great for all abilities.

Instructor: Cheryl Carew

Mon, Sep 11-Oct 30 | 5:30-6:30 pm | \$56/7 | [100327](#)

Mon, Nov 6-Dec 18 | 5:30-6:30 pm | \$48/6 | [100329](#)

Bowen Park Complex

## Yang Yoga **NEW!**

This mixed style yoga class for beginners and intermediates will stretch the muscles and help to build your core. Please bring your own your own yoga mat and block(s).

Instructor: Cheryl Carew

Mon, Sep 11-Oct 30 | 6:45-7:45 pm | \$56/7 | [101233](#)

Mon, Nov 6-Dec 18 | 6:45-7:45 pm | \$48/6 | [101234](#)

Bowen Park Complex

## Slow Flow Yoga **D** **NEW!** for Beginners

Slow flow yoga is a breath-based, mindful movement practice that brings us home to our body, breath and mind in the present moment. Think meditation in motion; a mindful flow that invites us to practice slowing down and moving with more awareness, balance and grace.

Instructor: Gypsy Hart

Thu, Sep 14-Oct 26 | 9-10 am | \$56/7 | [103942](#)

Thu, Nov 2-Dec 21 | 9-10 am | \$56/7 | [103944](#)

Oliver Woods Community Centre

## Slow Flow Gentle Evening Yoga **NEW!**

Experience a blend of gentle yoga poses and breath work to improve your physical and mental well-being. Finish your evening yoga class with relaxation techniques. This class is great for all ages and abilities.

Instructor: Jane Bockman

Tue, Sep 5-Oct 24 | 8-9 pm | \$64/8 | [102903](#)

Tue, Oct 31-Dec 19 | 8-9 pm | \$64/8 | [102917](#)

Oliver Woods Community Centre

**DROP-IN**

Look for this symbol **D** for drop-in program options.

See page 50 for details



cityofnanaimo



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## Gentle Friday Yoga D NEW!

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

Instructor: Jane Bockman

Fri, Sep 8-Oct 27 | 9-10 am | \$64/8 | [102907](#)

Fri, Nov 3-Dec 22 | 9-10 am | \$64/8 | [102922](#)

**Oliver Woods Community Centre**

## Flow & Form Yoga

This class encourages a balance between flexibility, strength and endurance. It emphasizes correct body alignment and precision while enjoying a sense of well-being and increased relaxation. Some yoga experience is recommended but not required.

Instructor: Heather Honey

Tue, Sep 12-Oct 24 | 5:30-6:30 pm | \$56/7 | [102895](#)

Tue, Oct 31-Dec 19 | 5:30-6:30 pm | \$64/8 | [102915](#)

**Oliver Woods Community Centre**

## Hatha Yoga

This rejuvenating class will release tension within your muscles from everyday life from sports activities to everyday life. 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.

Instructor: Karen Shortt

Mon, Sep 11-Oct 23 | 5:30-6:30 pm | \$48/6 | [101215](#)

Mon, Oct 30-Dec 18 | 5:30-6:30 pm | \$64/8 | [101216](#)

**Rotary Field House**

## Instructor: Melissa Hill D

Thu, Sep 7-Oct 26 | 10:15-11:15 am | \$64/8 | [102905](#)

Thu, Nov 2-Dec 21 | 10:15-11:15 am | \$64/8 | [102920](#)

**Oliver Woods Community Centre**

## Gentle Yoga AM D

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.

Instructor: Gypsy Hart

Mon, Sep 11-Oct 30 | 10:15-11:15 am | \$56/7 | [102890](#)

Mon, Nov 6-Dec 18 | 10:15-11:15 am | \$56/7 | [102911](#)

**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 6-Oct 25 | 5:30-6:30 pm | \$64/8 | [101217](#)

Wed, Nov 1-Dec 20 | 5:30-6:30 pm | \$64/8 | [101218](#)

**Rotary Field House**

Instructor: Amber Neuman-Brochez

Sat, Sep 9-Oct 7 | 10-11 am | \$32/4 | [102908](#)

Sat, Nov 4-Dec 16 | 10-11 am | \$48/6 | [102926](#)

**Oliver Woods Community Centre**

## Relax and Renew Yoga D

Learn the basic yoga poses (asanas) taught in hatha yoga style. Each class focuses on alignment, balance, strength, flexibility and breathing exercises concluding with a short relaxation and meditation period. Please wear comfortable clothing. Bare feet are preferred. Please bring a water bottle, yoga mat and a blanket for the relaxation portion of the class.

Instructor: Laurah-Lee Christie

Mon, Sep 18-Oct 30 | 9-10 am | \$48/6 | [103962](#)

Mon, Nov 6-Dec 11 | 9-10 am | \$40/5 | [103963](#)

**Bowen Park Complex**

## 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.

Instructor: Gypsy Hart

Tue, Sep 12-Oct 24 | 5:15-6:15 pm | \$56/7 | [102894](#)

Tue, Oct 31-Dec 19 | 5:15-6:15 pm | \$64/8 | [102914](#)

**Oliver Woods Community Centre**

## Pilates - All Levels

This is a mixed levels mat 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.

Instructor: Jane Bockman

Tue, Sep 5-Oct 24 | 6:45-7:45 pm | \$64/8 | [102901](#)

Tue, Oct 31-Dec 19 | 6:45-7:45 pm | \$64/8 | [102916](#)

**Oliver Woods Community Centre**

## Mat Pilates - Level 1 D

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 8-Oct 27 | 10:15-11:15 am | \$64/8 | [102902](#)

Fri, Nov 3-Dec 22 | 10:15-11:15 am | \$64/8 | [102924](#)

**Oliver Woods Community Centre**

## Yogalates D

This class is a cross between yoga and pilates for a total body workout focused on toning the glutes, thighs and stomach. Develop your core strength and stabilization through pilates poses, and improve your flexibility, muscular strength, posture and alignment through poses, breathing and relaxation. Please bring your own yoga mat. Please note that drop-in is only available for the Wednesday classes.

Instructor: Gypsy Hart

Wed, Sep 13-Oct 25 | 9-10 am | \$56/7 | [102904](#)

Thu, Sep 14-Oct 26 | 5:15-6:15 pm | \$56/7 | [102919](#)

Wed, Nov 1-Dec 20 | 9-10 am | \$64/8 | [102918](#)

Thu, Nov 2-Dec 21 | 5:15-6:15 pm | \$64/8 | [102921](#)

**Oliver Woods Community Centre**

## Chair Yogalates D

This gentle, yet effective class provides a complete practice for strengthening the whole body while seated safely in a chair. You will be surprised how challenged you can feel while preserving your safety, integrity and alignment. No experience is required.

Instructor: Gypsy Hart

Tue, Sep 12-Oct 24 | 9:30-10:30 am | \$56/7 | [102892](#)

Tue, Oct 31-Dec 19 | 9:30-10:30 am | \$64/8 | [102912](#)

**Oliver Woods Community Centre**

**DROP-IN**

Look for this symbol D for drop-in program options.

See page 50 for details

## 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.

Instructor: Jean Medley

Thu, Sep 14-Oct 12 | 10-11:30 am | \$40/5 | [100684](#)

Thu, Sep 14-Oct 12 | 1-2:30 pm | \$40/5 | [100685](#)

Thu, Nov 2-Dec 14 | 10-11:30 am | \$48/6 | [100686](#)

Thu, Nov 2-Dec 14 | 1-2:30 pm | \$48/6 | [100687](#)

**Beban Park Social Centre**

## Dance for the Mind **NEW!**

This class is designed for older adults with various stages of dementia or those with significant physical or cognitive challenges. It focuses on dance as a medium of non-verbal communication to enhance physical, mental and well-being. The connection to music is as important and relevant, as dance stimulates the brain and memories. The gentle movements are designed to promote pleasure, health and the enjoyment of sharing dance. Family members or personal support workers are required for this class.

Instructor: Ivana Ho

Thu, Nov 2-Dec 7 | 10:30-11:30 am | \$48/6 | [107047](#)

**Bowen Park Complex**



**REGISTER EARLY to avoid DISAPPOINTMENT!**

*(low registration may lead to course cancellation)*



## Improve Your Posture

### Introduction to the Alexander Technique

Do you find yourself slouching in a chair? Is it difficult for you to keep a good posture even if you try hard? Do you experience pain in your body at the end of the day? The Alexander Technique helps you increase body awareness, release muscle tension and move with more ease. Learn to find balance in sitting, standing, walking or any other activity – without strain and effort!

Instructor: Heike Walker

Mon, Oct 16 | 10:30 am-12:30 pm | \$25/1 | [101122](#)

**Bowen Park Complex**

## Relief for Chronic Pain

### Introduction to the Alexander Technique

Do you experience chronic back pain or joint stiffness? Are your neck and shoulders tight? Do you wake up in the morning with a rigid body? We often move unconsciously in harmful ways which may create compression of the spine, excess muscle tension and pain in the body. The Alexander Technique teaches you to change habitual posture and movement. Learn how to alleviate pain, reduce stress and find more ease and balance!

Instructor: Heike Walker

Sat, Nov 18 | 10:30 am-12:30 pm | \$25/1 | [101124](#)

**Bowen Park Complex**

## Intro to Cold Water Therapy **NEW!**

Bring your wellness journey to the next level. Cold water therapy can improve your circulation, deepen your sleep, spike your energy levels and reduce inflammation in your body. Join us to learn more about this practice and improve your own mental and physical well-being. Each participant will receive a towel. We will have a warm beverage after each class.

Instructor: Gina Villares

Sat, Sep 16-Oct 14 | 9-10 am | \$40/4 | [102002](#)

**Kin Hut Activity Centre**

## Soap Making & Aromatherapy

The perfect combo! Make soap with nourishing ingredients from veggie pre-blended bases in this hands-on class. You will also make and take home two different kinds of soaps plus a finished soap bar. Explore different ingredients, methods and techniques that you can use to create exciting soaps. Learn about troubleshooting, history and packaging/decorating your soaps. Plus make an aromatherapy body spray, a personalized roll on and a bath n' body oil. Recipes for pet soap, laundry soap and herbal shampoo are included. Please bring \$33 payable to the instructor for supply costs.

Instructor: Cheryl Theilade, Scentimental Creations

Sat, Oct 21 | 9 am-12:30 pm | \$40/1 | [101527](#)

**Bowen Park Complex**

## Organic Green Tea Skincare

The powerful antioxidant properties of green tea helps with anti-aging, scarring, stretch marks and skin elasticity. We will combine green tea plus additional ingredients to create your own products. You will make and take home a green tea restorative facial oil, carrot n' rosewood night cream, vitamin facial spray and a green tea n' ginseng body wash. Recipes for face masks and toners are included. Please bring \$29 to the instructor for course supplies.

Instructor: Cheryl Theilade, Scentimental Creations

Sat, Oct 21 | 1-3:30 pm | \$40/1 | [101536](#)

**Bowen Park Complex**

## Botanical Body Care

Exfoliate, hydrate and nourish your body! You will make and take home a ginger n' lime body polish, an aloe body spray, a hibiscus body wash and a tropical body butter. Recipes for liquid clay masks, stimulating nail salve and body oils are included. Please bring \$28 payable to the instructor for supply costs.

Instructor: Cheryl Theilade, Scentimental Creations

Sat, Oct 21 | 4-6 pm | \$40/1 | [101539](#)

**Bowen Park Complex**



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# 60+ Programs

## THURSDAY MUSICAL ENTERTAINMENT

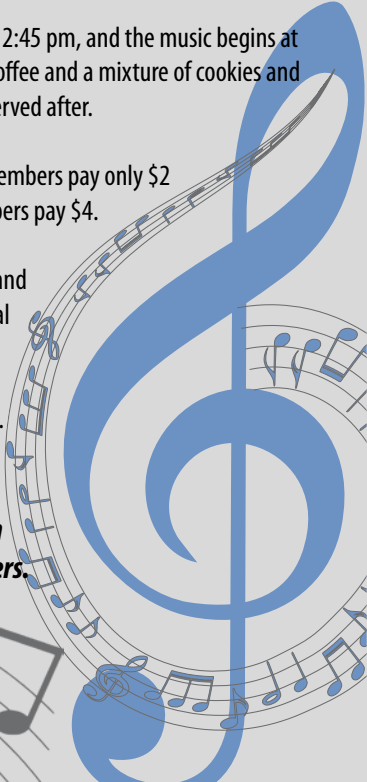
You're invited to listen to some local talent at Bowen Complex on select Thursdays throughout the year. There is no age restriction and no need to pre-register. Just drop-in and pay at the Bowen Park office before the event begins.

Doors open at 12:45 pm, and the music begins at 1:30 pm. Tea, coffee and a mixture of cookies and treats will be served after.

Harbour City Members pay only \$2 and non-members pay \$4.

Parking is free and there are several handicap spots available close to the entrance.

See page 56 for details on the performers.



### Chair Yoga

Designed for people who experience difficulty doing floor exercise. Enjoy the many benefits of this yoga class, including stretching, relaxing and helping you feel energized.

Instructor: Russell McNeil

Tue, Sep 5-26 | 9-10 am | \$32/4 | [105866](#)

Tue, Oct 3-31 | 9-10 am | \$40/5 | [105867](#)

Tue, Nov 7-28 | 9-10 am | \$32/4 | [105868](#)

Tue, Dec 5-19 | 9-10 am | \$24/3 | [105869](#)

**Bowen Park Complex**

### Gentle Yoga

This is a gentle hatha-style class that focuses on gentle stretches before each pose. This is not a flow class. Please bring your own yoga mat. (\*The September session takes place outdoors, so please dress appropriately.)

Instructor: Heather Honey

Fri, Sep 8-29 | 11 am-12 pm | \$32/4 | [105959\\*](#)

Fri, Oct 6-27 | 11 am-12 pm | \$32/4 | [105960](#)

Fri, Nov 3-24 | 11 am-12 pm | \$32/4 | [105961](#)

Fri, Dec 1-22 | 11 am-12 pm | \$32/4 | [105962](#)

**Bowen Park Complex**

### Sculpt & Tone

Get a warm up, cardio and resistance training, along with a cool down/stretch that benefits older adults for bone and joint health by developing lean muscle and increasing metabolism.

Instructor: Brian Sugiyama

Tue, Sep 5-26 | 10:30-11:30 am | \$32/4 | [105963](#)

Tue, Oct 3-24 | 10:30-11:30 am | \$32/4 | [105965](#)

Tue, Nov 7-21 | 10:30-11:30 am | \$24/3 | [106421](#)

**Bowen Park Complex**

Thu, Sep 7-28 | 10:30-11:30 am | \$32/4 | [106160](#)

Thu, Oct 12-Nov 23 | 10:30-11:30 am | \$40/5 | [106175](#)

**Beban Park Social Centre**

### 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 6-27 | 3-4 pm | \$32/4 | [105771](#)

Wed, Oct 4-25 | 3-4 pm | \$32/4 | [105772](#)

Wed, Nov 1-29 | 3-4 pm | \$40/5 | [105773](#)

Wed, Dec 6-20 | 3-4 pm | \$24/3 | [105798](#)

**Oliver Woods Community Centre**



## Yoga, Meditation, Pranayama

Teachings have been handed down for thousands of years and are still relevant today. With yoga, you open up the body and increase flexibility, strength, clarity of mind. Pranayama leads the breath with easy techniques to enhance (prana) subtle energy in body and mind.

Instructor: Thomas Michaud

Wed, Sep 6-Oct 11 | 10:30 am-12 pm | \$48/6 | [106181](#)

Wed, Oct 18-Nov 22 | 10:30 am-12 pm | \$48/6 | [106182](#)

Rotary Field House

## QiGong, Meditation

Using the body with mindful movements, static poses, breath, concentration, visualization and the Chi of internal energy (Qi) in the body, increase vitality, strength and clarity of mind.

Instructor: Thomas Michaud

Thu, Sep 7-Oct 12 | 11 am-12:15 pm | \$48/6 | [106177](#)

Thu, Oct 19-Nov 23 | 11 am-12:15 pm | \$48/6 | [106178](#)

Thu, Nov 30-Dec 21 | 11 am-12:15 pm | \$32/4 | [106180](#)

Oliver Woods Community Centre

## Dance for the Mind **NEW!**

This class is designed for older adults with various stages of dementia or those with significant physical or cognitive challenges. It focuses on dance as a medium of non-verbal communication to enhance physical, mental and well-being. The connection to music is as important and relevant, as dance stimulates the brain and memories. The gentle movements are designed to promote pleasure, health and the enjoyment of sharing dance. Family members or personal support workers are required for this class.

Instructor: Ivana Ho

Thu, Nov 2-Dec 7 | 10:30-11:30 am | \$48/6 | [107047](#)

Bowen Park Complex

## Dance Fitness

Get the 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, as well as those who want a higher intensity cardio workout. All stretches and flexibility work are designed for women.

Instructor: Mary Keel

Sat, Sep 9-Oct 14 | 9-10 am | \$40/5 | [107404](#)

Sat, Oct 28-Dec 9 | 9-10 am | \$48/6 | [107407](#)

Bowen Park Complex

## Intro to Afro Fusion Sharqi **NEW!** Dance™

This is a dance class where you will be introduced to AFSD™ movement and vocabulary, as they use space and learn rhythms from countries across Africa. The learning will be through execution, exploration, creation (aka improvisation), observation and reflection. We will work with concepts, such as Space, Time, Force and Body. We will also incorporate props. Dance is always an excellent form of exercise, and it allows you to express creatively while stimulating the brain. If you have balance concerns, chairs will be available so you can practice the movements at your own pace. Now, let's dance, shall we?

Instructor: Tania Amaral aka Pynsky Shell

Sat, Sep 16-Dec 9 | 10:30-11:45 am | \$88/11 | [106717](#)

Bowen Park Complex

## 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 11-Oct 23 | 10:15-11:15 am | \$40/5 | [105626](#)

Mon, Nov 6-Dec 11 | 10:15-11:15 am | \$48/6 | [105627](#)

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 11-Oct 23 | 11:30 am-12:30 pm | \$40/5 | [105681](#)

Mon, Nov 6-Dec 11 | 11:30 am-12:30 pm | \$48/6 | [105685](#)

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 the calendar year. Your membership provides you with access to several free programs with Parks, Recreation and Culture.**

Membership can be purchased at any of our recreation centres, and the annual membership fee is \$46.

### Program areas:

- ARTS & CRAFTS
- CARDS & GAMES
- MUSIC & SINGING
- DANCE CLASSES & SOCIALS
- FITNESS, YOGA & TAI CHI
- VARIETY OF SPORTS
- POTTERY



## Find out more about membership:

For more information, call  
250-755-7501, pick up the  
Harbour City Seniors Newsletter  
or view the newsletter online at  
[www.nanaimo.ca](http://www.nanaimo.ca).



## CHRISTMAS LUNCH on THURSDAY, DECEMBER 7



Join us for our annual Christmas lunch held at Bowen Park, and catered by Heaven Scent. Enjoy live background music while your taste buds sing. Members (\$27) and non-members (\$32) are welcome to attend this fun holiday event. A big thank you to our sponsor Berwick On The Lake Retirement Community. *You must register by Thursday, November 30 at 4 pm. (Course ID#106743)*



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# FREE (OR ALMOST FREE) PROGRAMS

## Especially for 60+ Participants

### Mobile Hearing Clinic

If you think you're dealing with hearing loss or need any assistance with adjusting or replacing your hearing aids, Ears to You care professionals can help you with quick, affordable diagnostic services and effective solutions. This is FREE, but please call us at 250-755-7501 to book an appointment.

Instructor: Ears to You

Tue, Sep 6 | 9:30 am-4 pm | FREE

Wed, Sep 7 | 9:30 am-4 pm | FREE

Bowen Park Complex



### Canada Revenue Session

Sign up for this FREE session. This is open to all ages, for those who qualify for benefits and for those wanting to know more for the future or even for aging parents. Topics covered include benefits and tax credits, Canada Pension Plan and Disability Benefits, Old Age Security/Guaranteed Income Supplement, ways to do your taxes, CRA's digital services and how to protect yourself from scams.

Wed, Oct 4 | 10-11:30 am | FREE | 106542

Sat, Oct 28 | 1-2:30 pm | FREE | 105973

Mon, Nov 13 | 5:30-7 pm | FREE | 106543

Bowen Park Complex



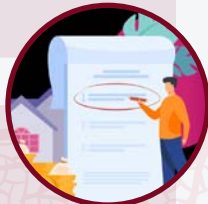
### Will & Estate Planning Seminar

During this FREE presentation, you will learn helpful hints about the preparation of wills and estate planning. This session is available to Harbour City Senior Members and non-members.

Instructor: Stuart Green, Lonsdale Funeral Group Inc.

Tue, Sep 12 | 5-7 pm | FREE | 106735

Bowen Park Complex



### Online Safety for Seniors

Learn more about the most common schemes online and over the phone and what you can do to avoid them. Several topics will be covered, including email theft, data breaches, social engineering, Facebook scams, online order scams and so much more.

Instructor: Joe Saunders, Magnox Technical Services

Wed, Sep 20 | 2-4 pm | \$15/1 | 106555

Wed, Oct 11 | 2-4 pm | \$15/1 | 106557

Tue, Oct 17 | 6-8 pm | \$15/1 | 106558

Wed, Nov 8 | 2-4 pm | \$15/1 | 106559

Tue, Nov 14 | 6-8 pm | \$15/1 | 106560

Bowen Park Complex



### Hello, Neighbour

Come have coffee, meet and greet other seniors who live near (but not limited to) the Oliver Woods Community Centre. This is open to Nanaimo Harbour City Members and non members for a chance to socialize and listen to short presentations. Coffee and goodies are provided. Please bring your own mug.

Members \$6; Non Members: \$10

Wed, Sep 6, Oct 4, Nov 8 & Dec 6 | 10-11 am | 106344

Oliver Woods Community Centre

### Seniors Open House

Come see what happens at Bowen Park! Drop in to learn about senior membership and all it has to offer. Some of our talented musical groups will perform on stage, craft groups will showcase their creations and coffee and tea will be provided.

Fri, Oct 20 | 1:30-3:30 pm | FREE

Bowen Park Complex



### Thursday Musical Entertainment

You're invited to listen to local talent from 1:30-3 pm. There is no age restriction and no need to pre-register. Just drop-in and pay at the Bowen Park office before the event begins. Doors open at 12:45 pm, the music begins at 1:30 pm. Tea, coffee and a mixture of cookies and treats will be served after. Harbour City Members pay only \$2, and non-members pay \$4. Parking is free, and there are several handicap spots available.

### SEP 7 "Oldies But Goodies"

Cliff Marcil draws on a repertoire of over 600 Golden hits from the 30's to the 70's. Programs are upbeat, nostalgic and sure to contain many favourites no matter your preference.

### SEP 21 & Nov 16 "Rick Haug"

Rick plays a mixture of country and rock n' roll songs from the 60's and 70's. Although he is just one person, he uses solid backup tracks to sound like a full band. Dancing is encouraged!

### OCT 5 "Island Highway"

Island Highway is a musical duo featuring Lesley Carter on vocals and guitar and Rick McDonough on piano and vocals. They play a wide variety of music from nostalgic favourites to current music (no Rap though!). You can expect to engage in sing-alongs, up-beat dance tunes, waltzes and country rock. Original material is included, and requests are welcomed.

### OCT 19 "Glen Foster Group"

Glen Foster is a Canadian songwriter and entertainer who has released 9 albums of his own music. He has been performing professionally for over 40 years. His recent song 'Friends Like That' was play-listed on the Cashbox Top 50 picks of 2021. Glen currently performs with The Glen Foster Group which includes his wife, Maggy.

### NOV 30 "Gold & Silver Band"

Anthony Seufert will kick off the holidays with traditional Christmas music mixed with ones that are lighter and fun to listen to. He plays multiple instruments, so you will likely enjoy a combination of accordion, piano, guitar and fiddle.

### DEC 7 "Christmas Lunch" (registration required)

Join us for our annual Bowen Christmas lunch, 1-3 pm, catered by Heaven Scent and sponsored by Berwick on the Lake. Enjoy live background music while your taste buds sing. Members (\$27); Non Members (\$32). Register by Nov 30 (#106743.)

### DEC 14 "Songsters Holiday Performance"

This talented group of performers have been practicing and excited to put on a Christmas performance and sing-a-long, guaranteed to get you into the holiday spirit.





# 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

Join us for a swim to celebrate the new fall season! There will be activities for the whole family.

Thursday, August 31 • 4-8 pm • Beban Park Pool

#### Halloween Howl Swim

Come howl with us at our Halloween-themed swim.

Sunday, October 29 • 9 am-12 pm • Beban Park Pool

#### Snowball Swim

Winter is almost here, but you can get a headstart on the snowy season with a winter-themed swim with us!

Sunday, December 17 • 2-4 pm • Nanaimo Aquatic Centre

#### Stat Holiday Swims

• Saturday, September 30, 12-4 pm at Nanaimo Aquatic Centre

• Monday, October 9, 12-5 pm at Nanaimo Aquatic Centre

• Saturday, November 11, 1-5 pm at Nanaimo Aquatic Centre

Pools closed on Labour Day, Christmas Day, Boxing Day and New Year's Day



**TEAM AQUATIC SUPPLIES LTD**

Lobby of Nanaimo Aquatic Centre

## YOUR ONE STOP SWIM & FITNESS SHOP

We carry a wide range of quality brand name equipment and apparel for the whole family



741 Third Street, Nanaimo, BC • Phone: 250-740-0372

On-line store: [www.team-aquatic.com](http://www.team-aquatic.com)



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# Swim for Life® Program Overview

*Swim for Life! Never too young to learn; never too old to start!*











## LEARN TO SWIM WITH US!

The City of Nanaimo is offering the Swim for Life Program designed by the Canadian Lifesaving Society. Please see the chart below and on the following page to be sure you register into the right level.

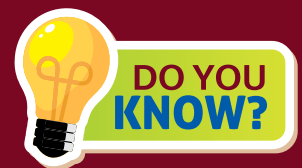
The Lifesaving Society Swim for Life® program is a comprehensive swim lesson program that focuses on the development of fundamental swim strokes and skills for learners of all ages and abilities. Instructors ensure swimmers get lots of in-water practice in every lesson. Swim for Life includes fun, hands-on activities that focus on teaching Water Smart education for the whole family; lessons that will last a lifetime!

## PARENT & TOT AND PRESCHOOL LESSONS

| If your child is...  | Previously in Red Cross Swim: | Register in Lifesaving Society:  |
|--|-------------------------------|--|
| 4 to 12 months old and ready to learn to enjoy the water with parent...  | Starfish                      | Parent & Tot 1 (Jellyfish)  |
| 12 to 24 months old and ready to learn to enjoy the water with parent...   | Duck                          | Parent & Tot 2 (Goldfish)   |
| 2 to 3 years old and ready to learn to enjoy the water with parent...  | Sea Turtle                    | Parent & Tot 3 (Seahorse)   |
| If your child is 5 years & younger...  | Previously in Red Cross Swim: | Register in Lifesaving Society:  |
| 3 to 5 years old and just starting out on his or her own...  | Sea Otter                     | Preschool 1 (Octopus)       |
| and can get in and out and jump into chest-deep water assisted; float and glide on front and back assisted for 3 seconds; blow bubbles and get face wet... | Salamander                    | Preschool 2 (Crab)          |
| and can jump into chest-deep water; submerge and exhale underwater; float on front and back without assistance for 5 seconds...                            | Sunfish                       | Preschool 3 (Orca)          |
| and can jump into deep water wearing a lifejacket; recover objects from the bottom; hold breath underwater; float, glide and kick on front and back...     | Crocodile                     | Preschool 4 (Sea Lion)      |
| and can do solo jumps into deep water; swim front crawl 5 M wearing a lifejacket and flutter kick on front, back and side...                               | Whale                         | Preschool 5 (Narwhal)       |

# SWIMMER LESSONS

| <b>If your child is 5 years &amp; older...</b>   | <b>Previously in Red Cross Swim:</b> | <b>Register in Lifesaving Society:</b> |
|--|--------------------------------------|--|
| is just starting out...  | Swim Kids 1                          | Swimmer 1                              |
| can jump into chest-deep water by themselves and into deep-water wearing a lifejacket; open eyes, hold breath and exhale underwater; float, kick and glide on front and back                                 | Swim Kids 2                          | Swimmer 2                              |
| can jump into deep water and do a sideways entry wearing a lifejacket; support self at the surface for 15 sec.; do whip kick in vertical position; swim 10 M on front and back...                            | Swim Kids 3                          | Swimmer 3                              |
| can tread for 30 sec.; do kneeling dives and front somersaults; 10 M whip kick on back; swim 15 M front crawl and back crawl...  | Swim Kids 4<br>Swim Kids 5           | Swimmer 4                              |
| can complete the Canadian Swim to Survive Standard: Roll - Tread (1 min.) - Swim (50 M); dive; swim underwater; 15 M whip kick on front; breaststroke arms with breathing; swim front and back crawl 15 M... | Swim Kids 6                          | Swimmer 5                              |
| can do shallow dives and cannonballs; eggbeater and scissor kick; swim 50 M front and back crawl; breaststroke for 25 M; sprint 25 M; interval training 4 x 40 M...  | Swim Kids 7                          | Swimmer 6                              |
| can do stride entries and compact jumps; legs-only surface support for 45 sec.; sprint 25 M breaststroke; swim 100 M of front crawl and back crawl and 300 M workout...                                      | Swim Kids 8                          | Swimmer 7/<br>Rookie Patrol            |
| completed Swim Kids 8, Swimmer 7 / Rookie Patrol   | Swim Kids 9                          | Swimmer 8/<br>Ranger Patrol            |
| completed Swim Kids 9, Swimmer 8 / Ranger Patrol   | Swim Kids 10                         | Swimmer 9/<br>Star Patrol              |
| completed Swim Kids 10, - Swimmer 9 / Star Patrol  |                                      | Bronze Star                            |



- The Swim to Survive Program is a partnership between the City of Nanaimo and Nanaimo Ladysmith Schools to teach water safety skills to elementary students.
- The goal is to have every student attending public school in Nanaimo to get this training.



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# Swimming Lesson Tips for Success

We are pleased to bring you the Lifesaving Society's Swim for Life Program 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 (based 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.



| Pricing for Swimming Lessons<br>(lesson prices are pro-rated for holidays & swim meets) |                                    |
|---|------------------------------------|
| 30 Minute Lessons   | \$70/10 lessons                    |
| 45 Minute Lessons   | \$110/10 lessons                   |
| 60 Minute Lessons   | \$140/10 lessons                   |
| 30 Minute Private Lessons<br>*add additional swimmer                                    | \$150/5 lessons<br>\$225/5 lessons |



- In 2023, we are offering 903 children's swimming lessons.
- Priority is given to lessons as a way to keep community members safe by teaching this important life skill.

## 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 (Jellyfish, Orca, Swimmer 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](https://recreation.nanaimo.ca)
  - Provide the clerk with the level and your choice of dates
  - Search for swim lessons in [recreation.nanaimo.ca](https://recreation.nanaimo.ca) using a key word(s) in the search field (Jellyfish, for example)



# Fall Lessons

## MONDAYS & WEDNESDAYS

- Beban Pool

**SET 1: Sep 11-Oct 4** (8 lessons)  
**SET 2: Oct 11-Nov 8** (9 lessons)  
**SET 3: Nov 13-Dec 6** (8 lessons)

## TUESDAYS & THURSDAYS

- Beban Pool

**SET 1: Sep 12-Oct 5** (8 lessons)  
**SET 2: Oct 10-Nov 9** (10 lessons)  
**SET 3: Nov 14-Dec 7** (8 lessons)

|                                |             | 9:00 am | 9:30 am | 10:00 am | 10:30 am | 3:00 pm | 3:30 pm | 3:45 pm | 4:00 pm | 4:30 pm | 5:00 pm | 5:30 pm | 6:00 pm | 6:30 pm | 7:00 pm |
|--------------------------------|-------------|---------|---------|----------|----------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|
| Parent Participation           | Jellyfish   |         |         |          |          |         |         |         |         | X       |         |         |         |         |         |
|                                | Goldfish    |         | X       |          |          | X       |         |         |         |         |         |         |         |         |         |
|                                | Seahorse    |         |         | X        |          |         |         |         |         |         |         |         |         |         |         |
| Preschool Prog. (3-5yrs)       | Octopus     | X       | X       | X        | X        | X       |         |         | X       | X       | X       |         | X       |         |         |
|                                | Crab        | X       | X       |          |          | X       |         |         |         |         |         | X       |         | X       |         |
|                                | Orca        | X       |         |          |          |         | X       |         | X       | X       |         | X       |         | X       |         |
|                                | Sea Lion    |         |         |          |          |         |         |         | X       |         |         |         |         | X       |         |
|                                | Narwhal     |         |         |          |          |         |         | X       |         |         |         |         |         |         |         |
| School Ages Program (5-13 yrs) | Swimmer 1   |         |         |          |          | X       |         |         |         |         | X       |         | X       | X       |         |
|                                | Swimmer 2   |         |         |          |          |         | X       |         |         |         |         | X       |         | X       |         |
|                                | Swimmer 3   |         |         |          |          |         |         | X       |         |         |         |         | X       |         |         |
|                                | Swimmer 4   |         |         |          |          |         |         | X       |         |         |         |         | X       |         |         |
|                                | Swimmer 5   |         |         |          |          |         |         | X       |         |         |         |         |         |         | X       |
|                                | Swimmer 6   |         |         |          |          | X       |         |         |         |         |         |         | X       |         | X       |
|                                | Swimmer 7   |         |         |          |          | X       |         |         |         |         |         |         |         |         |         |
|                                | Swimmer 8/9 |         |         |          |          | X       |         |         |         |         |         |         |         |         |         |



## Lifeguard Club

Are you interested in something more exciting 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 learn new lifesaving skills and develop 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 (Junior Lifeguard)

Tue, Sep 19-Oct 24 | 6-7:30 pm | \$57/6 | [101263](#)  
 Tue, Nov 7-Dec 12 | 6-7:30 pm | \$57/6 | [101264](#)

### 13 to 15 Years (Lifesaving Sport)

Thu, Sep 21-Oct 26 | 6-7:30 pm | \$57/6 | [101265](#)  
 Thu, Nov 9-Dec 14 | 6-7:30 pm | \$57/6 | [101266](#)

Nanaimo Aquatic Centre



cityofnanaimo



prc\_nanaimo (#ilovemyparksandrec)

# Fall Lessons

| <b>FRIDAYS</b><br>- Beban Pool   | <b>SATURDAYS</b><br>- Beban Pool  | <b>SUNDAYS</b><br>- Beban Pool                                   |
|--|---|--|
| <b>SET 1: Sep 15-Oct 27</b> (7 lessons)<br><b>SET 2: Nov 3-Dec 8</b> (6 lessons) | <b>Sep 16-Dec 9</b><br>(10 lessons)<br>no lessons Sep 30, Oct 7<br>& Nov 11 | <b>Sep 10-Dec 3</b> (11 lessons)<br>no lessons on Oct 8 & Nov 12 |

|                                       |                 | 3:00 pm | 3:30 pm | 4:00 pm | 4:30 pm | 5:00 pm | 5:15 pm | 5:30 pm | 5:45 pm | 6:00 pm | 6:15 pm | 6:30 pm | 6:45 pm | 9:00 am | 9:30 am | 10:00 am | 10:15 am | 10:30 am | 11:00 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 | 3:30 pm | 4:00 pm | 4:30 pm |  |
|---------------------------------------|-----------------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|----------|----------|----------|----------|----------|----------|----------|---------|---------|---------|---------|---------|---------|---------|---------|---------|--|
| <b>Parent Participation</b>           | Jellyfish       |         |         |         |         |         |         | X       |         |         |         |         |         |         |         |          |          |          | X        |          |          |          |         |         |         |         |         |         |         |         | X       |  |
|                                       | Goldfish        |         |         |         | X       |         |         |         |         |         |         |         |         | X       |         |          |          | X        |          | X        |          |          | X       |         |         |         |         |         |         | X       |         |  |
|                                       | Seahorse        |         | X       |         |         |         |         |         |         |         |         |         |         |         | X       | X        |          |          |          |          |          | X        | X       |         |         |         |         |         |         |         | X       |  |
| <b>Preschool Prog. (3-5 yrs)</b>      | 30 Min. Classes |         |         |         |         |         |         |         |         |         |         |         |         |         |         |          |          |          |          |          |          |          |         |         |         |         |         |         |         |         |         |  |
|                                       | Octopus         | X       |         |         |         | X       |         | X       |         | X       | X       |         |         | X       |         |          | X        |          | X        |          | X        | X        |         | X       |         | X       |         | X       |         |         |         |  |
|                                       | Crab            |         |         | X       |         | X       |         |         |         |         |         |         | X       | X       |         | X        |          |          | X        |          |          | X        |         | X       |         | X       |         | X       |         |         |         |  |
|                                       | Orca            |         |         |         |         |         |         | X       | X       |         |         |         |         | X       |         |          |          | X        |          |          |          |          | X       |         |         | X       |         |         |         |         |         |  |
|                                       | Sea Lion        |         |         |         |         |         |         |         |         |         |         | X       |         |         | X       |          |          | X        |          |          |          |          | X       |         |         |         |         |         |         |         |         |  |
| <b>School Ages Program (5-13 yrs)</b> | Narwhal         |         |         |         |         |         |         |         |         |         |         |         |         |         |         | X        |          |          |          |          |          |          |         |         |         |         |         |         |         |         |         |  |
|                                       | Swimmer 1       |         |         |         |         |         | X       |         |         |         | X       | X       |         | X       | X       |          |          |          | X        | X        |          | X        | X       |         | X       | X       | X       |         |         |         |         |  |
|                                       | Swimmer 2       |         |         |         |         |         |         | X       |         |         |         |         |         | X       | X       |          |          | X        | X        |          | X        | X        |         | X       | X       | X       |         | X       |         |         |         |  |
|                                       | Swimmer 3       |         |         |         |         |         |         |         |         |         | X       |         |         |         |         |          |          |          | X        |          |          | X        |         |         |         |         |         |         |         | X       |         |  |
|                                       | Swimmer 4       |         |         |         |         |         |         |         |         |         |         |         |         | X       |         |          |          |          |          |          |          | X        |         |         |         |         |         |         |         | X       |         |  |
|                                       | 45 Min.         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |          | X        |          |          |          |          |          | X       |         |         |         |         |         |         | X       |         |  |
|                                       | Swimmer 5       |         |         |         |         |         |         |         |         |         |         |         |         |         |         |          | X        |          |          |          |          |          | X       |         |         |         |         |         |         | X       |         |  |
|                                       | Swimmer 6       |         |         |         |         |         |         |         |         |         |         |         |         |         | X       |          |          |          |          |          |          |          |         | X       |         |         |         |         |         |         |         |  |
|                                       | 60 Min.         |         |         |         |         |         |         |         |         |         |         |         |         | X       |         |          |          |          |          |          |          |          |         |         | X       |         |         |         |         |         |         |  |
| Swimmer 7                             |                 |         |         |         |         |         |         |         |         |         |         |         |         | X       |         |          |          |          |          |          |          |          |         |         | X       |         |         |         |         |         |         |  |
| Swimmer 8                             |                 |         |         |         |         |         |         |         |         |         |         |         |         |         |         |          |          |          | X        |          |          |          |         |         |         |         |         |         |         |         |         |  |
| Swimmer 8/9                           |                 |         |         |         |         |         |         |         |         |         |         |         |         |         |         |          |          |          |          |          |          |          |         |         |         |         |         | X       |         |         |         |  |
| Swimmer 9                             |                 |         |         |         |         |         |         |         |         |         |         |         |         |         | X       |          |          |          |          |          |          |          |         |         |         |         |         |         |         |         |         |  |

## All about... Abby



**How long have you been a lifeguard?**

Two years with the City of Nanaimo.

**Why did you become a lifeguard?**

My dad brought me to the pool a lot as a kid, so I grew up around the water. Becoming a lifeguard was a good fit. The pool feels like home.

**What is the best part about the job?**

Teaching the National Lifeguard course. Watching someone go from a swimmer to a lifeguard is very rewarding.

**How has lifeguarding impacted your life?**

It has given me the opportunity to help others.

**If you could have 3 wishes as a lifeguard, what would they be?**

1. That everyone learns to swim
2. That more people would be interested in becoming a lifeguard
3. That everyone has a positive experience when they come to the pool

*"You don't need to be a professional swimmer to become a lifeguard. As long as you are willing to practice & learn, you can do it!"*

## All about... Christine



**How long have you been a lifeguard?**

15 years, but I just started with the City of Nanaimo.

**Why did you become a lifeguard?**

Because it has always been a positive place to be. You seldom see anyone angry. People are having fun.

**What is the best part about the job?**

Working with all the different types of people and watching the little kids light up when they learn something.

**How has lifeguarding impacted your life?**

My kids can swim, and our whole life revolves around water. My first aid skills are second nature.

**If you could have 3 wishes as a lifeguard, what would they be?**

1. That everyone is looking out for everyone else
2. That everyone is following the rules
3. That everyone has a chance to have fun at the pool

*"Junior Lifeguard is a great place to start if you want to be a lifeguard. Start early and work your way through the levels one course at a time."*

# Become a Lifeguard and a Swimming Instructor

## Become a Swimming Instructor

- Learn the knowledge and skills and develop the 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 with CPR C
- 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](mailto:employment.opportunities@nanaimo.ca)



## Advanced Pool Leadership Courses

These courses focus on leadership and lifesaving skills development (100% attendance is mandatory for completion).

PLEASE NOTE: Withdrawal with a full refund will only be provided for aquatic leadership courses with a minimum of 7 days advanced notice.

|   | COURSE                                  | DATES  | LOCATION                                  | TIME  | BARCODE                                       | COST  | PREREQUISITE   |
|---|---|--|---|---|---|-------|--|
|   | Bronze Medallion                        | • Oct 14-Nov 4<br>• Jan 13-Feb 3                       | Beban<br>Beban                            | 11:30 am-5 pm<br>11:30 am-5 pm                                | 101257<br>101278                              | \$195 | 13 years of age or completion of Bronze Star<br>(Includes Canadian Lifesaving Manual)  |
|  | Bronze Cross                            | • Nov 25-Dec 16<br>• Feb 17-Mar 9                      | Beban<br>Beban                            | 11:30 am-5 pm<br>11:30 am-5 pm                                | 101258<br>101277                              | \$155 | Completion of Bronze Medallion   |
|  | National Lifeguard Certification - Pool | • Dec 27-Jan 5<br>• Mar 11-22                          | NAC<br>NAC                                | 9 am-4 pm<br>12:30-5:30 pm                                    | 101219<br>101269                              | \$499 | 15 years of age, Completion of Bronze Cross and Standard First Aid<br>(Includes alert manual, fanny pack with whistle and pocket mask)   |
|  | Lifesaving Instructor                   | • Mar 15-17  | NAC                                       | 5-9 pm (Fri)<br>9 am-4 pm (Sat)<br>9 am-4 pm (Sun)            | 106451  | \$225 | Minimum of 15 years old (by the last day of the course), a Bronze Cross Certification (need not be current) and current LSS Swim Instructor Course (full course; not the WSI Transfer) |
|  | Swim Instructor                         | • Apr 7-May 12   | Beban                                     | 9 am-5 pm   | 101280  | \$450 | Completion of Bronze Cross and 15+ years of age by the end of the course   |
|  | Lifesaving Society Instructor - Recert  | • Sep 8<br>• Oct 13<br>• Oct 20<br>• Jan 19<br>• Mar 8 | Beban<br>Beban<br>Beban<br>Beban<br>Beban | 4:30-9 pm<br>4:30-9 pm<br>4:30-9 pm<br>4:30-9 pm<br>4:30-9 pm | 86731<br>101212<br>101213<br>101584<br>101585 | \$120 | Previous Lifesaving Society Instructor course  |
|  | National Lifeguard Pool Recert          | • Sep 23<br>• Dec 2<br>• Feb 3                         | NAC<br>NAC<br>NAC                         | 12-9 pm<br>12-9 pm<br>12-9 pm                                 | 86760<br>101214<br>101586                     | \$120 | Please bring proof of previous National Lifeguard Pool certification   |
|  | National Lifeguard Waterfront Recert    | • Sep 9  | Westwood Lake                             | 9 am-6 pm   | 86770   | \$120 | Please bring proof of previous National Lifeguard Pool certification   |





# 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, gliding 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](http://recreation.nanaimo.ca) for availability.

### RecFigure Skate - Child/Teen 6 to 16 Years

A small group session focusing on developing specific figure skating skills, such as jumps, spins and field moves, as well as continuing to develop the basics of skating. Skaters should have passed a minimum of RecSkate 5 before registering. Completion of RecSkate program or equivalent is preferred.

### RecSkate - Pre-Teen/Teen 12 to 17 Years

Skating and more! Join your friends at these lessons that teach all levels of skating skills. This program offers an introduction to arenas, including lesson teaching, skate patrol, safety and a facility tour. This is a great bridge to our LIT and Quest programs.





# Skating Lesson Information

## SKATING EQUIPMENT

- Skate Rentals are \$2 per pair per lesson (please pay for skate rentals at time of registration).
- Helmets, mitts/gloves are mandatory for all skaters. We do have helmets for you to use, but bring your own helmet if you have one, as we have a limited number available.

## LESSON TIMES AND PRICES

| LESSON                            | LENGTH OF LESSON | COST PER CLASS             |
|-----------------------------------|------------------|----------------------------|
| Boots to Blades 1 & 2             | 30 minutes       | \$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 10-11 or check our online schedule at [recreation.nanaimo.ca](http://recreation.nanaimo.ca).



# GLOW

## in the dark skates

**SKATE IN OUR ATMOSPHERE OF DIMMED LIGHTING AND SPECIAL EFFECTS!**

**Held once a month on Tuesday evenings from 6:30-8 pm at Frank Crane Arena.**

- September 5 • October 3 • November 7
- December 5 • January 2
- February 6 • March 5

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 17 • October 15
- November 19 • December 17
- January 14 • February 18
- March 17



cityofnanaimo



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## 2023/24 SCHOOL LESSONS

### 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  
until March 24

Held 11 am-12:30 pm on December 3 & March 10 due to  
Clippers' Hockey Games

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 11 to Oct 23 • 6 lessons • Frank Crane Arena (no lesson Oct 9)

|                   |                    |                                   |                                  |                 |                  |  |  |
|-------------------|--------------------|-----------------------------------|----------------------------------|-----------------|------------------|--|--|
| 11:45 am-12:15 pm | Boots 1<br>100533  | Boots 2<br>100593                 | Rec 3<br>103168                  | Rec 4<br>103337 | Private<br>99387 |  |  |
| 12:15-12:45 pm    | Boots 1<br>100534  | Boots 2<br>100594                 | Rec 1<br>101468                  | Rec 2<br>102630 | Private<br>99392 |  |  |
| 12:45-1:45 pm     | Adult RS<br>102459 | Private<br>12:45-1:15 pm<br>99567 | Private<br>1:15-1:45 pm<br>99568 |                 |                  |  |  |

Monday, Sep 11 to Oct 23 • 6 lessons • Nanaimo Ice Centre (no lesson Oct 9)

|              |                   |                   |                  |                   |                                     |                                    |                  |
|--------------|-------------------|-------------------|------------------|-------------------|-------------------------------------|------------------------------------|------------------|
| 3:30-4 pm    | Boots 1<br>100535 | Boots 2<br>100596 | Rec 1<br>101474  | Rec 2<br>102631   | Rec 3<br>103172                     | Rec 4<br>103351                    | Private<br>99571 |
| 4-4:45 pm    | Rec 1<br>102512   | Rec 2<br>102870   | Rec 3<br>103291  | Rec 4<br>103484   | Rec 5<br>100751                     | Private<br>4-4:30 pm<br>99576      |                  |
| 4:45-5:15 pm | Boots 1<br>100552 | Boots 2<br>100598 | Rec 1<br>101476  | Rec 2<br>102632   | Rec 3<br>103175                     | Rec 4<br>103352                    | Private<br>99578 |
| 5:15-6 pm    | Rec 2<br>102871   | Rec 3<br>103293   | Rec 4<br>103537  | Rec 6/7<br>100643 | RecFigure<br>5:15-6:15 pm<br>101780 | Adult RS<br>5:15-6:15 pm<br>102464 |                  |
| 6:15-6:45 pm | Private<br>99579  | Private<br>99581  | Private<br>99582 | Private<br>99583  | Private<br>99585                    | Private<br>99591                   |                  |

Thursday, Sep 14 to Oct 26 • 7 lessons • Nanaimo Ice Centre

|              |                        |                   |                    |                                  |                                  |                                  |                                  |
|--------------|------------------------|-------------------|--------------------|----------------------------------|----------------------------------|----------------------------------|----------------------------------|
| 3:30-4 pm    | Boots 1<br>100553      | Boots 2<br>100599 | Rec 1<br>101481    | Rec 2<br>102633                  | Rec 3<br>103183                  | Rec 4<br>103357                  | Private<br>99592                 |
| 4-4:45 pm    | Rec 1<br>102515        | Rec 2<br>102872   | Rec 3<br>103309    | Rec 4<br>103546                  | Rec 5<br>100752                  | Rec 6/7<br>100646                | RecFigure<br>101794              |
| 4:45-5:15 pm | Boots 1<br>100554      | Boots 2<br>100600 | Rec 1<br>101482    | Rec 2<br>102634                  | Rec 3<br>103184                  | Rec 4<br>103358                  | Private<br>99593                 |
| 5:15-6 pm    | RecFigure Ad<br>101761 | Teen<br>101881    | Adult RS<br>102468 | Private<br>5:15-5:45 pm<br>99594 | Private<br>5:15-5:45 pm<br>99595 | Private<br>5:15-5:45 pm<br>99596 | Private<br>5:15-5:45 pm<br>99604 |

Friday, Sep 15 to Oct 27 • 7 lessons • Frank Crane Arena

|              |                   |                   |                    |                  |                   |                               |                                  |
|--------------|-------------------|-------------------|--------------------|------------------|-------------------|-------------------------------|----------------------------------|
| 9:30-10 am   | Boots 1<br>100555 | Rec 1<br>101484   | Rec 3<br>103195    | Rec 4<br>103362  | Private<br>99628  |                               |                                  |
| 10-10:30 am  | Boots 2<br>100601 | Rec 2<br>102635   | Adult RS<br>102475 | Private<br>99629 |                   |                               |                                  |
| 3:30-4 pm    | Boots 1<br>100556 | Boots 2<br>100602 | Rec 1<br>101488    | Rec 2<br>102636  | Rec 3<br>103197   | Rec 4<br>103363               | Private<br>99630                 |
| 4-4:45 pm    | Rec 1<br>102520   | Rec 2<br>102873   | Rec 3<br>103313    | Rec 4<br>103547  | Rec 5<br>100753   | Private<br>4-4:30 pm<br>99631 |                                  |
| 4:45-5:15 pm | Boots 1<br>100557 | Boots 2<br>100603 | Rec 1<br>101492    | Rec 2<br>102637  | Rec 3<br>103198   | Rec 4<br>103367               | Private<br>99632                 |
| 5:15-6 pm    | Rec 2<br>102874   | Rec 3<br>103314   | Rec 4<br>103548    | Rec 5<br>100754  | Rec 6/7<br>100736 | RecFigure<br>101799           | Private<br>5:15-5:45 pm<br>99633 |

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

|                   |                   |                   |                  |                  |                   |                               |                                  |
|-------------------|-------------------|-------------------|------------------|------------------|-------------------|-------------------------------|----------------------------------|
| 9-9:45 am         | Rec 1<br>102524   | Rec 2<br>102875   | Rec 3<br>103322  | Rec 4<br>103551  | Rec 5<br>100757   | Private<br>9-9:30 am<br>99634 |                                  |
| 9:15-9:45 am      | Boots 1<br>100558 | Boots 2<br>100604 |                  |                  |                   |                               |                                  |
| 9:45-10:15 am     | Boots 1<br>100559 | Boots 2<br>100605 | Rec 1<br>101507  | Rec 2<br>102638  | Rec 3<br>103283   | Rec 4<br>103369               | Private<br>99635                 |
| 10:30-11:15 am    | Rec 1<br>102528   | Rec 2<br>102876   | Rec 3<br>103324  | Rec 4<br>103555  | Rec 6/7<br>100741 | RecFigure<br>101810           |                                  |
| 11:15-11:45 am    | Boots 1<br>100560 | Boots 2<br>100606 | Rec 1<br>101509  | Rec 2<br>102639  | Rec 3<br>103284   | Rec 4<br>103371               | Teen<br>11:15am-12:15p<br>101893 |
| 11:45 am-12:15 pm | Private<br>99637  | Private<br>99639  | Private<br>99640 | Private<br>99641 | Private<br>99642  |                               |                                  |

SET ONE

# Skating Lessons

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

Monday, Oct 30 to Dec 11 • 7 lessons • Frank Crane Arena

|                   |                    |                                   |                                  |                 |                  |  |  |
|-------------------|--------------------|-----------------------------------|----------------------------------|-----------------|------------------|--|--|
| 11:45 am-12:15 pm | Boots 1<br>100561  | Boots 2<br>100607                 | Rec 3<br>103169                  | Rec 4<br>103372 | Private<br>99698 |  |  |
| 12:15-12:45 pm    | Boots 1<br>100562  | Boots 2<br>100608                 | Rec 1<br>101510                  | Rec 2<br>102642 | Private<br>99699 |  |  |
| 12:45-1:45 pm     | Adult RS<br>102461 | Private<br>12:45-1:15 pm<br>99701 | Private<br>1:15-1:45 pm<br>99702 |                 |                  |  |  |

Monday, Oct 30 to Dec 11 • 7 lessons • Nanaimo Ice Centre

|              |                   |                   |                  |                   |                                     |                                    |                  |
|--------------|-------------------|-------------------|------------------|-------------------|-------------------------------------|------------------------------------|------------------|
| 3:30-4 pm    | Boots 1<br>100563 | Boots 2<br>100609 | Rec 1<br>101511  | Rec 2<br>102645   | Rec 3<br>103176                     | Rec 4<br>103373                    | Private<br>99703 |
| 4-4:45 pm    | Rec 1<br>102535   | Rec 2<br>102877   | Rec 3<br>103294  | Rec 4<br>103557   | Rec 5<br>100759                     | Private<br>4-4:30 pm<br>99704      |                  |
| 4:45-5:15 pm | Boots 1<br>100564 | Boots 2<br>100610 | Rec 1<br>101517  | Rec 2<br>102650   | Rec 3<br>103177                     | Rec 4<br>103374                    | Private<br>99705 |
| 5:15-6 pm    | Rec 2<br>102878   | Rec 3<br>103295   | Rec 4<br>103558  | Rec 6/7<br>100648 | RecFigure<br>5:15-6:15 pm<br>101781 | Adult RS<br>5:15-6:15 pm<br>102465 |                  |
| 6:15-6:45 pm | Private<br>99706  | Private<br>99707  | Private<br>99708 | Private<br>99709  | Private<br>99710                    | Private<br>99711                   |                  |

Thursday, Nov 2 to Dec 14 • 7 lessons • Nanaimo Ice Centre

|              |                        |                   |                    |                                  |                                  |                                  |                                  |
|--------------|------------------------|-------------------|--------------------|----------------------------------|----------------------------------|----------------------------------|----------------------------------|
| 3:30-4 pm    | Boots 1<br>100565      | Boots 2<br>100611 | Rec 1<br>101520    | Rec 2<br>102651                  | Rec 3<br>103185                  | Rec 4<br>103375                  | Private<br>99715                 |
| 4-4:45 pm    | Rec 1<br>102541        | Rec 2<br>102882   | Rec 3<br>103310    | Rec 4<br>103568                  | Rec 5<br>100761                  | Rec 6/7<br>100649                | RecFigure<br>101795              |
| 4:45-5:15 pm | Boots 1<br>100566      | Boots 2<br>100612 | Rec 1<br>101522    | Rec 2<br>102656                  | Rec 3<br>103186                  | Rec 4<br>103376                  | Private<br>99716                 |
| 5:15-6 pm    | RecFigure Ad<br>101763 | Teen<br>101884    | Adult RS<br>102469 | Private<br>5:15-5:45 pm<br>99807 | Private<br>5:15-5:45 pm<br>99809 | Private<br>5:15-5:45 pm<br>99812 | Private<br>5:15-5:45 pm<br>99814 |

Friday, Nov 3 to Dec 15 • 7 lessons • Frank Crane Arena

|              |                   |                   |                                     |                  |                   |                               |                                  |
|--------------|-------------------|-------------------|-------------------------------------|------------------|-------------------|-------------------------------|----------------------------------|
| 9:30-10 am   | Boots 1<br>100567 | Rec 1<br>101540   | Rec 3<br>103199                     | Rec 4<br>103377  | Private<br>99819  |                               |                                  |
| 10-10:30 am  | Boots 2<br>100613 | Rec 2<br>102657   | Adult RS<br>10:30-11:30am<br>102476 | Private<br>99820 |                   |                               |                                  |
| 3:30-4 pm    | Boots 1<br>100568 | Boots 2<br>100614 | Rec 1<br>101543                     | Rec 2<br>102658  | Rec 3<br>103200   | Rec 4<br>103378               | Private<br>99821                 |
| 4-4:45 pm    | Rec 1<br>102546   | Rec 2<br>102883   | Rec 3<br>103315                     | Rec 4<br>103570  | Rec 5<br>100762   | Private<br>4-4:30 pm<br>99822 |                                  |
| 4:45-5:15 pm | Boots 1<br>100569 | Boots 2<br>100615 | Rec 1<br>101545                     | Rec 2<br>102659  | Rec 3<br>103205   | Rec 4<br>103380               | Private<br>99823                 |
| 5:15-6 pm    | Rec 2<br>102887   | Rec 3<br>103316   | Rec 4<br>103571                     | Rec 5<br>100763  | Rec 6/7<br>100738 | RecFigure<br>101800           | Private<br>5:15-5:45 pm<br>99824 |

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

|                   |                   |                   |                  |                  |                   |                               |                                  |
|-------------------|-------------------|-------------------|------------------|------------------|-------------------|-------------------------------|----------------------------------|
| 9-9:45 am         | Rec 1<br>102549   | Rec 2<br>102891   | Rec 3<br>103325  | Rec 4<br>103572  | Rec 5<br>100764   | Private<br>9-9:30 am<br>99875 |                                  |
| 9:15-9:45 am      | Boots 1<br>100570 | Boots 2<br>100616 |                  |                  |                   |                               |                                  |
| 9:45-10:15 am     | Boots 1<br>100571 | Boots 2<br>100617 | Rec 1<br>101546  | Rec 2<br>102660  | Rec 3<br>103285   | Rec 4<br>103383               | Private<br>99876                 |
| 10:30-11:15 am    | Rec 1<br>102554   | Rec 2<br>102906   | Rec 3<br>103326  | Rec 4<br>103573  | Rec 6/7<br>100742 | RecFigure<br>101811           |                                  |
| 11:15-11:45 am    | Boots 1<br>100572 | Boots 2<br>100618 | Rec 1<br>101549  | Rec 2<br>102661  | Rec 3<br>103286   | Rec 4<br>103386               | Teen<br>11:15am-12:15p<br>101896 |
| 11:45 am-12:15 pm | Private<br>99877  | Private<br>99878  | Private<br>99910 | Private<br>99911 | Private<br>99912  |                               |                                  |

## RecSkate Pre-Teen/Teen

### 12 to 17 Years

Get an introduction to arenas, including lesson teaching, skate patrol, safety and a facility tour. This is a great bridge to our LIT and Quest programs and is for all levels of skating.

Thu, Sep 14-Oct 26 | 5:15-6 pm | \$84/7 | [101881](#)

Thu, Nov 2-Dec 14 | 5:15-6 pm | \$84/7 | [101884](#)

Nanaimo Ice Centre

Sat, Sep 16-Oct 28 | 11:15 am-12:15 pm | \$78/6 | [101893](#)

Sat, Nov 4-Dec 16 | 11:15 am-12:15 pm | \$78/6 | [101896](#)

Frank Crane Arena

## Private RecSkate Lessons - Daytime

One-on-one instruction. These are great for accelerating your learning and 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.

Wed, Sep 13-Oct 25 | 12:30-1 pm | \$196/7 | [102550](#)

Wed, Sep 13-Oct 25 | 1-1:30 pm | \$196/7 | [102551](#)

Wed, Sep 13-Oct 25 | 1:30-2 pm | \$196/7 | [102552](#)

Wed, Nov 1-Dec 13 | 12:30-1 pm | \$196/7 | [102553](#)

Wed, Nov 1-Dec 13 | 1-1:30 pm | \$196/7 | [102555](#)

Wed, Nov 1-Dec 13 | 1:30-2 pm | \$196/7 | [102556](#)

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.

Fri, Sep 15-Oct 27 | 5:15-6 pm | \$84/7 | [101799](#)

Sat, Sep 16-Oct 28 | 10:30-11:15 am | \$72/6 | [101810](#)

Fri, Nov 3-Dec 15 | 5:15-6 pm | \$84/7 | [101800](#)

Sat, Nov 4-Dec 16 | 10:30-11:15 am | \$72/6 | [101811](#)

Frank Crane Arena

Mon, Sep 11-Oct 23 | 5:15-6:15 pm | \$78/6 | [101780](#)

Thu, Sep 14-Oct 26 | 4-4:45 pm | \$84/7 | [101794](#)

Mon, Oct 30-Dec 11 | 5:15-6:15 pm | \$91/7 | [101781](#)

Thu, Nov 2-Dec 14 | 4-4:45 pm | \$84/7 | [101795](#)

Nanaimo Ice Centre



# SCHOOL BREAK ARENA CAMPS

## RecSkate Pro-D & Winter 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. Rentals are free if needed.

#### PRO-D CAMPS

Mon, Oct 2 | 8:30 am-5 pm | \$45/1 | [107449](#)

Nanaimo Ice Centre

Fri, Oct 20 | 8:30 am-5 pm | \$45/1 | [98950](#)

Fri, Nov 3 | 8:30 am-5 pm | \$45/1 | [98951](#)

#### WINTER BREAK CAMPS

Tue, Jan 2 | 8:30 am-5 pm | \$45/1 | [98925](#)

Wed, Jan 3 | 8:30 am-5 pm | \$45/1 | [98926](#)

Thu, Jan 4 | 8:30 am-5 pm | \$45/1 | [98927](#)

Fri, Jan 5 | 8:30 am-5 pm | \$45/1 | [98928](#)

Cliff McNabb Arena

## RecHockey Pro-D & Winter 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 two ice times for skills, scrimmage and stations. Helmet with face cage and gloves are required. We recommend that skaters have passed a minimum of RecSkate 2. Please bring a lunch, snack and water bottle. Full gear is required.

#### PRO-D CAMPS

Mon, Oct 2 | 8:30 am-5 pm | \$45/1 | [107448](#)

Nanaimo Ice Centre

Fri, Oct 20 | 8:30 am-5 pm | \$45/1 | [98948](#)

Fri, Nov 3 | 8:30 am-5 pm | \$45/1 | [98949](#)

#### WINTER BREAK CAMPS

Tue, Jan 2 | 8:30 am-5 pm | \$45/1 | [98921](#)

Wed, Jan 3 | 8:30 am-5 pm | \$45/1 | [98922](#)

Thu, Jan 4 | 8:30 am-5 pm | \$45/1 | [98923](#)

Fri, Jan 5 | 8:30 am-5 pm | \$45/1 | [98924](#)

Cliff McNabb Arena



## RecFigure Skate - Advanced

### 8 to 16 Years

A group lesson for experienced RecFigure skaters who have completed a minimum of RecFigure Skate level 3. This class will consist of freeskating skills, such as jumps and spins and will include an introduction to Ice Dance in a full-ice context.

Thu, Sep 14-Oct 26 | 5:15-6 pm | \$84/7 | [101761](#)

Thu, Nov 2-Dec 14 | 5:15-6 pm | \$84/7 | [101763](#)

Nanaimo Ice Centre

## 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 11-Oct 23 | 10:30-11:30 am | \$78/6 | [102822](#)

Wed, Sep 13-Oct 25 | 12:30-1:30 pm | \$91/7 | [102826](#)

Mon, Oct 30-Dec 11 | 10:30-11:30 am | \$91/7 | [102823](#)

Wed, Nov 1-Dec 13 | 12:30-1:30 pm | \$91/7 | [102827](#)

Frank Crane Arena

## RecSkate & RecHockey After School

### 5 to 12 Years

Our certified High Five staff will be on hand to help you skate, play hockey, make friends and have fun. Free skate and helmet rental included, as well as a healthy snack and drink.

#### RECSKATE

Wed, Sep 13-Oct 25 | 3:15-5:15 pm | \$70/7 | [98917](#)

Wed, Nov 1-Dec 13 | 3:15-5:15 pm | \$70/7 | [98918](#)

#### RECHOCKEY

Wed, Sep 13-Oct 25 | 3:15-5:15 pm | \$70/7 | [98919](#)

Wed, Nov 1-Dec 13 | 3:15-5:15 pm | \$70/7 | [98920](#)

Nanaimo Ice Centre



## RecSkate Adult

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 11-Oct 23 | 12:45-1:45 pm | \$78/6 | [102459](#)

Fri, Sep 15-Oct 27 | 10:30-11:30 am | \$91/7 | [102475](#)

Mon, Oct 30-Dec 11 | 12:45-1:45 pm | \$91/7 | [102461](#)

Fri, Nov 3-Dec 15 | 10:30-11:30 am | \$91/7 | [102476](#)

Frank Crane Arena

Mon, Sep 11-Oct 23 | 5:15-6:15 pm | \$78/6 | [102464](#)

Thu, Sep 14-Oct 26 | 5:15-6 pm | \$84/7 | [102468](#)

Mon, Oct 30-Dec 11 | 5:15-6:15 pm | \$91/7 | [105465](#)

Thu, Nov 2-Dec 14 | 5:15-6 pm | \$84/7 | [102469](#)

Nanaimo Ice Centre

## RecSkate Adult Advanced

This class is for experienced skaters with 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 15-Oct 27 | 10:30-11:30 am | \$91/7 | [101849](#)

Fri, Nov 3-Dec 15 | 10:30-11:30 am | \$91/7 | [101850](#)

Frank Crane Arena

## RecSkate Adult Practice

Practice time is for those participants registered in any of our RecSkate Adult lessons. This is an excellent opportunity to work on the skills that you are learning.

Fri, Sep 15-Oct 27 | 9:30-10:30 am | \$53/7 | [101913](#)

Fri, Nov 3-Dec 15 | 9:30-10:30 am | \$53/7 | [101915](#)

Frank Crane Arena



# Hockey Programs

## Hockey - Adaptive

### 10 + Years

This program will provide teens and adults with diverse abilities the skills required to play the game of hockey. The participants will have the opportunity to learn how to skate, pass and shoot while getting some great exercise in a safe and stimulating environment. No skating ability is required, but participants should be steady on their feet. Support workers are welcome, but independence is encouraged. Full gear is required.

Wed, Sep 13-Oct 25 | 9:45-11 am | \$84/7 | [98546](#)

Sat, Sep 16-Oct 28 | 7:45-9 pm | \$60/5 | [98548](#)

Wed, Nov 1-Dec 13 | 9:45-11 am | \$84/7 | [98547](#)

Sat, Nov 18-Dec 16 | 7:45-9 pm | \$60/5 | [98549](#)

Nanaimo Ice Centre

## Hockey Rascals

### 3 to 5 Years

This program focuses on hockey FUNDamentals, including skating, puck handing and shooting. You must supply your own helmet with face cage, stick and gloves. Full gear is recommended.

Fri, Sep 15-Oct 27 | 4:15-5 pm | \$84/7 | [98764](#)

Fri, Sep 15-Oct 27 | 5:30-6:15 pm | \$84/7 | [98766](#)

Fri, Nov 3-Dec 15 | 4:15-5 pm | \$84/7 | [98765](#)

Fri, Nov 3-Dec 15 | 5:30-6:15 pm | \$84/7 | [98767](#)

Cliff McNabb 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 16-Oct 28 | 8:15-9 am | \$72/6 | [98620](#)

Sat, Sep 16-Oct 28 | 12:15-1 pm | \$72/6 | [98621](#)

Sat, Nov 4-Dec 16 | 8:15-9 am | \$72/6 | [98622](#)

Sat, Nov 4-Dec 16 | 12:15-1 pm | \$72/6 | [98623](#)

### 7 to 12 Years

Sat, Sep 16-Oct 28 | 8:15-9 am | \$72/6 | [98626](#)

Sat, Sep 16-Oct 28 | 12:15-1 pm | \$72/6 | [98628](#)

Sat, Nov 4-Dec 16 | 8:15-9 am | \$72/6 | [98630](#)

Sat, Nov 4-Dec 16 | 12:15-1 pm | \$72/6 | [98631](#)

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.

## 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.

Thu, Sep 14-Oct 26 | 3:30-4:15 pm | \$84/7 | [98598](#)

Thu, Sep 14-Oct 26 | 4:15-5 pm | \$84/7 | [98600](#)

Thu, Nov 2-Dec 14 | 3:30-4:15 pm | \$84/7 | [98599](#)

Thu, Nov 2-Dec 14 | 4:15-5 pm | \$84/7 | [98602](#)

Nanaimo Ice Centre

## Elite Power Skating

Join our high level instructors 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.

### 6 to 9 Years

Mon, Sep 11-Oct 23 | 7-8 am | \$72/6 | [98614](#)

Wed, Sep 13-Oct 25 | 7-8 am | \$84/7 | [98616](#)

Fri, Sep 15-Oct 27 | 7-8 am | \$84/7 | [98618](#)

Mon, Oct 30-Dec 11 | 7-8 am | \$84/7 | [98615](#)

Wed, Nov 1-Dec 13 | 7-8 am | \$84/7 | [98617](#)

Fri, Nov 3-Dec 15 | 7-8 am | \$84/7 | [98619](#)

### 10 to 14 Years

Mon, Sep 11-Oct 23 | 7-8 am | \$72/6 | [98608](#)

Wed, Sep 13-Oct 25 | 7-8 am | \$84/7 | [98610](#)

Fri, Sep 15-Oct 27 | 7-8 am | \$84/7 | [98612](#)

Mon, Oct 30-Dec 11 | 7-8 am | \$84/7 | [98609](#)

Wed, Nov 1-Dec 13 | 7-8 am | \$84/7 | [98611](#)

Fri, Nov 3-Dec 15 | 7-8 am | \$84/7 | [98613](#)

Frank Crane Arena



cityofnanaimo



prc\_nanaimo (#ilovemyparksandrec)

## 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**



### Advanced Stickhandling Skills D

**12 to 17 Years**

This program is for any player interested in challenging and advancing their stickhandling and puck control abilities. Our excellent staff will introduce skills and drills that will encourage more creative use of your stick in game-like settings. Skaters will be placed into two groups based on ability to help them to develop the confidence with the puck and teach them the skills required to be successful in their games. Full gear is required.

Mon, Sep 11-Oct 23 | 7-8 pm | \$72/6 | [98762](#)

Mon, Oct 30-Dec 11 | 7-8 am | \$84/7 | [98763](#)

Nanaimo Ice Centre

### Adult Stickhandling D

Whether you are new to the sport or have been playing for years, you can always improve your hockey skill set. Learn these on-ice drills that can be taken off-ice and mastered. This includes correct hand positioning, dribbling skills, top hand and bottom hand strengthening, toe control, faking drills, use of lines, cupping drills and reaching drills. Full gear is required.

Mon, Sep 11-Oct 23 | 7-8 pm | \$72/6 | [98604](#)

Mon, Oct 30-Dec 11 | 7-8 am | \$84/7 | [98605](#)

Nanaimo Ice Centre

### Adult Hockey Scrimmage D

This scrimmage program is for adults 18 and over interested in playing in an informal scrub setting. Session is monitored by an experienced leader. This is a registered program, but is also drop-in accessible. Full gear is required.

Fri, Sep 15-Oct 27 | 9:45-11:15 pm | \$91/7 | [98560](#)

Fri, Nov 3-Dec 15 | 9:45-11:15 pm | \$91/7 | [98561](#)

Cliff McNabb Arena

Sun, Sep 10-Oct 22 | 9:30-10:45 pm | \$91/7 | [98563](#)

Sun, Oct 29-Dec 17 | 9:30-10:45 pm | \$91/7 | [98564](#)

Nanaimo Ice Centre



## 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. We also offer private RecSkate lessons.

### Tuesdays at Nanaimo Ice Centre

Tue, Sep 5-26 | 3:15-3:45 pm | \$128/4 | [98768](#)  
 Tue, Sep 5-26 | 3:15-3:45 pm | \$128/4 | [98769](#)  
 Tue, Sep 5-26 | 3:15-3:45 pm | \$128/4 | [98770](#)  
 Tue, Sep 5-26 | 3:45-4:15 pm | \$128/4 | [98771](#)  
 Tue, Sep 5-26 | 3:45-4:15 pm | \$128/4 | [98772](#)  
 Tue, Sep 5-26 | 3:45-4:15 pm | \$128/4 | [98773](#)  
 Tue, Sep 5-26 | 4:15-4:45 pm | \$128/4 | [98774](#)  
 Tue, Sep 5-26 | 4:15-4:45 pm | \$128/4 | [98775](#)  
 Tue, Sep 5-26 | 4:15-4:45 pm | \$128/4 | [98776](#)

Tue, Oct 3-24 | 3:15-3:45 pm | \$128/4 | [98777](#)  
 Tue, Oct 3-24 | 3:15-3:45 pm | \$128/4 | [98778](#)  
 Tue, Oct 3-24 | 3:15-3:45 pm | \$128/4 | [98779](#)  
 Tue, Oct 3-24 | 3:45-4:15 pm | \$128/4 | [98780](#)  
 Tue, Oct 3-24 | 3:45-4:15 pm | \$128/4 | [98781](#)  
 Tue, Oct 3-24 | 3:45-4:15 pm | \$128/4 | [98782](#)  
 Tue, Oct 3-24 | 4:15-4:45 pm | \$128/4 | [98783](#)  
 Tue, Oct 3-24 | 4:15-4:45 pm | \$128/4 | [98784](#)  
 Tue, Oct 3-24 | 4:15-4:45 pm | \$128/4 | [98785](#)

Tue, Oct 31-Nov 21 | 3:15-3:45 pm | \$128/4 | [98786](#)  
 Tue, Oct 31-Nov 21 | 3:15-3:45 pm | \$128/4 | [98787](#)  
 Tue, Oct 31-Nov 21 | 3:15-3:45 pm | \$128/4 | [98788](#)  
 Tue, Oct 31-Nov 21 | 3:45-4:15 pm | \$128/4 | [98789](#)  
 Tue, Oct 31-Nov 21 | 3:45-4:15 pm | \$128/4 | [98790](#)  
 Tue, Oct 31-Nov 21 | 3:45-4:15 pm | \$128/4 | [98791](#)  
 Tue, Oct 31-Nov 21 | 4:15-4:45 pm | \$128/4 | [98792](#)  
 Tue, Oct 31-Nov 21 | 4:15-4:45 pm | \$128/4 | [98793](#)  
 Tue, Oct 31-Nov 21 | 4:15-4:45 pm | \$128/4 | [98794](#)

Tue, Nov 28-Dec 19 | 3:15-3:45 pm | \$128/4 | [98799](#)  
 Tue, Nov 28-Dec 19 | 3:15-3:45 pm | \$128/4 | [98800](#)  
 Tue, Nov 28-Dec 19 | 3:15-3:45 pm | \$128/4 | [98801](#)  
 Tue, Nov 28-Dec 19 | 3:45-4:15 pm | \$128/4 | [98802](#)  
 Tue, Nov 28-Dec 19 | 3:45-4:15 pm | \$128/4 | [98803](#)  
 Tue, Nov 28-Dec 19 | 3:45-4:15 pm | \$128/4 | [98804](#)  
 Tue, Nov 28-Dec 19 | 4:15-4:45 pm | \$128/4 | [98805](#)  
 Tue, Nov 28-Dec 19 | 4:15-4:45 pm | \$128/4 | [98806](#)  
 Tue, Nov 28-Dec 19 | 4:15-4:45 pm | \$128/4 | [98807](#)



### Wednesdays at Nanaimo Ice Centre

Wed, Sep 6-27 | 3:15-3:45 pm | \$128/4 | [98808](#)  
 Wed, Sep 6-27 | 3:15-3:45 pm | \$128/4 | [98811](#)  
 Wed, Sep 6-27 | 3:15-3:45 pm | \$128/4 | [98812](#)  
 Wed, Sep 6-27 | 3:45-4:15 pm | \$128/4 | [98813](#)  
 Wed, Sep 6-27 | 3:45-4:15 pm | \$128/4 | [98814](#)  
 Wed, Sep 6-27 | 3:45-4:15 pm | \$128/4 | [98815](#)  
 Wed, Sep 6-27 | 4:15-4:45 pm | \$128/4 | [98816](#)  
 Wed, Sep 6-27 | 4:15-4:45 pm | \$128/4 | [98817](#)  
 Wed, Sep 6-27 | 4:15-4:45 pm | \$128/4 | [98818](#)

Wed, Oct 4-25 | 3:15-3:45 pm | \$128/4 | [98819](#)  
 Wed, Oct 4-25 | 3:15-3:45 pm | \$128/4 | [98820](#)  
 Wed, Oct 4-25 | 3:15-3:45 pm | \$128/4 | [98821](#)  
 Wed, Oct 4-25 | 3:45-4:15 pm | \$128/4 | [98822](#)  
 Wed, Oct 4-25 | 3:45-4:15 pm | \$128/4 | [98823](#)  
 Wed, Oct 4-25 | 3:45-4:15 pm | \$128/4 | [98824](#)  
 Wed, Oct 4-25 | 4:15-4:45 pm | \$128/4 | [98825](#)  
 Wed, Oct 4-25 | 4:15-4:45 pm | \$128/4 | [98826](#)  
 Wed, Oct 4-25 | 4:15-4:45 pm | \$128/4 | [98827](#)

Wed, Nov 1-22 | 3:15-3:45 pm | \$128/4 | [98828](#)  
 Wed, Nov 1-22 | 3:15-3:45 pm | \$128/4 | [98829](#)  
 Wed, Nov 1-22 | 3:15-3:45 pm | \$128/4 | [98830](#)  
 Wed, Nov 1-22 | 3:45-4:15 pm | \$128/4 | [98831](#)  
 Wed, Nov 1-22 | 3:45-4:15 pm | \$128/4 | [98832](#)  
 Wed, Nov 1-22 | 3:45-4:15 pm | \$128/4 | [98833](#)  
 Wed, Nov 1-22 | 4:15-4:45 pm | \$128/4 | [98834](#)  
 Wed, Nov 1-22 | 4:15-4:45 pm | \$128/4 | [98835](#)  
 Wed, Nov 1-22 | 4:15-4:45 pm | \$128/4 | [98836](#)

### Fridays at Cliff McNabb Arena

Fri, Sep 8-29 | 5-5:30 pm | \$128/4 | [98846](#)  
 Fri, Sep 8-29 | 5-5:30 pm | \$128/4 | [98847](#)

Fri, Oct 6-27 | 5-5:30 pm | \$128/4 | [98848](#)  
 Fri, Oct 6-27 | 5-5:30 pm | \$128/4 | [98849](#)

Fri, Nov 3-24 | 5-5:30 pm | \$128/4 | [98850](#)  
 Fri, Nov 3-24 | 5-5:30 pm | \$128/4 | [98851](#)

Fri, Dec 1-22 | 5-5:30 pm | \$128/4 | [98852](#)  
 Fri, Dec 1-22 | 5-5:30 pm | \$128/4 | [98853](#)

### Saturdays at Frank Crane Arena

Fri, Sep 16-Oct 28 | 7:45-8:15 am | \$192/6 | [98854](#)  
 Fri, Sep 16-Oct 28 | 7:45-8:15 am | \$192/6 | [98855](#)

Fri, Nov 4-Dec 16 | 7:45-8:15 am | \$192/6 | [98856](#)  
 Fri, Nov 4-Dec 16 | 7:45-8:15 am | \$192/6 | [98858](#)

# 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.

## ONLINE PUBLIC DROP-IN SCHEDULES

Visit our website at [recreation.nanaimo.ca](http://recreation.nanaimo.ca)

and look at our "Drop-in Schedules" for the most up-to-date times for swimming, skating, pottery, weight rooms and gymnasiums!



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"Gratitude" by  
Sebastian Abboud -  
2023 City of Nanaimo  
Banner Design



# Culture & Events

## CALLS FOR ARTISTS

Don't miss out on the chance to be part of our community's extraordinary and quickly growing public art scene!

Subscribe to our newsletter so you don't miss future calls to artists. (<https://www.nanaimo.ca/parks-recreation-culture/culture/love-arts-nanaimo-newsletter>)

### Street Banner Design

This program offers artists and designers an opportunity to submit proposals for original banner artwork that will be hung in Nanaimo's downtown area.



**DEADLINE:** Monday, October 23

**MORE INFO:** <https://www.nanaimo.ca/parks-recreation-culture/public-art/street-banner-design-program>

### Urban Design Roster

This program offers artists and designers an opportunity to be involved in civic urban design and small-scale artwork related to City infrastructure.



**DEADLINE:** Monday, November 13

**MORE INFO:** <https://www.nanaimo.ca/parks-recreation-culture/public-art/urban-design-roster-program>

## CULTURE GRANT INTAKE OPEN

Did you know that the City of Nanaimo supports over 30 arts and culture groups through its Grant Program?

The City is now accepting applications for funding assistance to support arts and culture activities and events in 2024. Funds are available in three streams:

- Culture Operating Grant
- Culture Project Grant
- Downtown Event Revitalization Fund

**MORE INFO:** <https://www.nanaimo.ca/your-government/grants>



## PUBLIC ART SPOTLIGHT

On June 21, 2023, Snuneymuxw First Nation and the City of Nanaimo marked the official opening of Fire Station 1 and National Indigenous Peoples Day with the unveiling of a welcome pole by Snuneymuxw Master Carver, Noel Brown (photo to right).

You can see this stunning artwork at the intersection of Fitzwilliam and Milton Streets.





**"Welcome Pole"** by Noel Brown  
located at Fire Station 1 along  
Fitzwilliam and Milton Streets



# Is it Fall?



Something seemed different,  
was it the deep blue of the Lapis lazuli sky?  
or the rush of frothy waves in the ocean ?  
I felt it in the air,  
I felt it echo across the cypress and pine furred hills.  
Is it Fall?

I heard your whisper amidst the boughs of the wispy willow  
and the tremulous dance of the maple leaves  
as they twirled like confetti over cushions of air  
turning from pale yellow to ochre.  
I saw you with your magic wand  
gently touching lush green valleys into burnished gold.  
Your Midas touch filling the air with wispy dandelions,  
as a ruddy faced moon hangs limp in the autumn twilight sky.  
I inhale your soft lavender-laced breath  
that gently ripples the still waters of winding streams,  
skirting creeks and rocky ridges.  
Peaches and apricots blush red  
and wild bushes bend double with juicy blackberries,  
as kids fill buckets, while fingers become sticky and purple.  
Nobody cares.

Shadows lengthen,  
gallop across blazing cornfields and pumpkin patches  
and the golden orb of the sun lingers no more.  
A veil of darkness wraps the dying day  
and the evening star beckons.  
Bull rushes nod hemming a still pond,  
while a family of quails calls it a day.  
It is Fall.

*Kamal Parmar,  
Nanaimo Poet Laureate*

## ARE YOU THE NEXT YOUTH POET LAUREATE?

The Youth Poet Laureate serves as a "young people's poet" raising awareness of poetry, the literary arts and the positive impact literature and poetry can have on community life.

**DEADLINE:** Monday, October 30



**LOVE  
ARTS  
NANAIMO**

Follow us on Instagram @prc\_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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# City of Nanaimo Culture Partners

THE PORT THEATRE PRESENTS:

## spotlight SERIES 2023-24 SEASON JUST ANNOUNCED!



Explore all  
the unique, bold,  
and exciting  
Spotlight shows  
this season!



## GET YOUR TICKETS

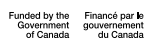
Become a Member and enjoy discounts on ALL Spotlight shows. Plus, get the seats you want!

MEMBERS PRE-SALE - JULY 19, 2023  
PUBLIC SALE - AUG 2, 2023

Visit [porttheatre.com/spotlight](http://porttheatre.com/spotlight)  
or call **250-754-8550**

### 2023-2024 SEASON LINE-UP

- THE FLAME: THE NANAIMO STORIES - September 24 @ 2pm
- BALLET KELOWNA - September 29 @ 7:30pm
- OKTOPUS - October 17 @ 7:30pm
- MIDDLE RAGED - October 27 @ 7:30pm
- sGaanaGwa - WINTER SOLSTICE - November 9 @ 7:30pm
- COFFEE CONCERT - SARAH HAGEN - November 14 @ 10:30am
- WINTER HARP - December 9 @ 3:30pm
- ANDREW ALLEN: ALL HEARTS COME HOME - December 21 @ 7:30pm
- INTERNATIONAL GUITAR NIGHT - January 28 @ 7:30pm
- COFFEE CONCERT - BUWA - February 13 @ 10:30am
- FLIP FABRIQUE - BLIZZARD - February 21 @ 7:30pm
- DIYET & THE LOVE SOLDIERS - March 6 @ 7:30pm
- ARTS CLUB PRODUCTION, MADE IN ITALY - March 27 @ 7:30pm
- COFFEE CONCERT - BERGMANN PIANO DUO - April 6 @ 10:30am
- BALLETS JAZZ MONTREAL - ESSENCE - April 24 @ 7:30pm
- SE:UM - May 5 @ 7:30pm



# City of Nanaimo Culture Partners



NANAIMO MUSEUM

## Fall & Winter Programs

- › FEATURE EXHIBIT:  
STEM A'LU' 'U' NI XE'XE  
- WHAT IS SACRED?  
ON UNTIL NOVEMBER 18
- › BROTHER XII  
PRESENTATIONS
- › HALLOWEEN  
PROGRAMMING
- › LANTERN TOURS
- › SCHOOLS & HOME  
LEARNERS



NM A1-32

[nanaimomuseum.ca](http://nanaimomuseum.ca) | Open Tues-Sat 10am-4pm | 250.753.1821

# City of Nanaimo Culture Partners

Nanaimo  
Art Gallery

Learn more about programs, camps and workshops at Nanaimo Art Gallery

[NanaimoArtGallery.ca](http://NanaimoArtGallery.ca)

**GUTTERS**  
ARE  
**ELASTIC**

JULY 15 to SEPTEMBER 24

Current Exhibition

250.754.1750  
[NanaimoArtGallery.ca](http://NanaimoArtGallery.ca)

150 Commercial St  
Nanaimo, British Columbia



# 3 Easy Ways to Register FOR YOUR NANAIMO PARKS, RECREATION & CULTURE PROGRAMS:

## 1. ONLINE

Register and view your transactions online.  
Available 24/7 with a valid credit card.



Go to [recreation.nanaimo.ca](http://recreation.nanaimo.ca) to create your account or to access your established account.

## 2. IN PERSON

Pay for programs using cash, cheque, credit/debit card or gift cards at any of the locations listed below.

Phone 250-756-5200 to confirm hours.

- Beban Park (2300 Bowen Rd) • Nanaimo Ice Centre (750 Third St)
- Bowen Park (500 Bowen Rd) • Oliver Woods Community Centre (6000 Oliver Rd)
- Nanaimo Aquatic Centre (741 Third St)

## 3. BY PHONE

Call 250-756-5200 and leave your name & phone number.

We will call you back in the order calls are received.

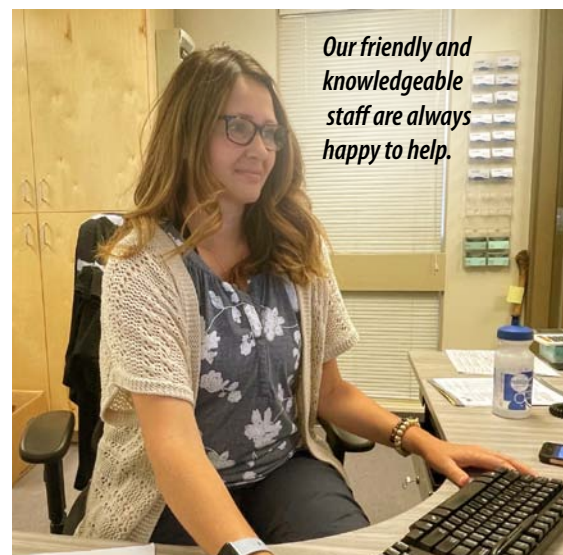
Payment is by credit card (card holder must be present).

## PROGRAM CANCELLATIONS AND REFUNDS

**Programs:** Full refunds will be processed by contacting Reception a minimum of 72 hours prior to program start date (less supply costs). Full refunds are issued when Nanaimo Parks, Recreation and Culture cancels a program or when program is not convenient due to course changes. Every effort is made to cancel in a timely manner (3 to 5 days prior to course start date). Some exceptions may apply.

**Passes:** Passes are non-refundable and non-transferable, and a \$2 replacement card fee applies if card is lost or stolen. Credits and refunds are not available for promotional passes. Check at the time of purchase for details. Occasionally, a facility may be unavailable due to special events, holidays and maintenance closures. In these cases, the pass holder will not be credited.

**Refunds:** Payments made by Visa, MasterCard or Debit will be credited to the original credit/debit card (some restrictions apply). All other refunds are refunded by cheque and processed within 10 working days. A fee will apply to NSF or incomplete payments.



### 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.



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This program provides opportunities to get Lifeguard and Swim Instructor Training, earn high school credits and learn life-long skills leading to potential employment with the City of Nanaimo. **APPLY TODAY!**

### WHAT IS THE PROGRAM?

The purpose of this program is to provide opportunity for Lifeguard and Swim Instructor training and the potential to obtain employment as a Lifeguard / Swim Instructor with the City of Nanaimo. The program offers individuals financial support to achieve leadership certifications required to become a Lifeguard/Swim Instructor. A program encompassing the seven core courses: Bronze Medallion, Bronze Cross, Standard First Aid/ CPR C (OFA Level 1 Equivalent), National Lifeguard and the Lifesaving Society Swim for Life Instructor certificates. Upon successful completion of the courses, you may be offered a position as a Lifeguard/Instructor with the City of Nanaimo.

### WHO IS ELIGIBLE TO APPLY?

To participate in our subsidized lifeguard training program applicants must be 16 years old by September 1, 2023, commit to the training courses and have excellent availability to work at the conclusion of the program.

### WHY APPLY FOR THE PROGRAM?

- Reimbursed training costs\*
- Casual employment with the City of Nanaimo
- Earn High School Credits
- Career Opportunities
- Gain transferable life skills (problem solving, responsibility, leadership & teamwork)
- Great introduction to a variety of work related fields (school teacher, nursing, paramedic, coast guard, fire rescue and other emergency responder)

### WHAT ARE THE COSTS?

There is a registration fee for each course. The registration fees will be reimbursed only after successful completion of probation. The probation period is 480 hours worked or one year from the first day of employment.

### WHAT IS THE APPLICATION DEADLINE?

Applications for the program must be received by the City of Nanaimo by **Sunday, October 1, 2023.**

### HOW DO I APPLY?

1. Fill out the "To the Rescue" program application form
  - a. Download the application from our website, <https://www.nanaimo.ca/parks-recreation-culture/to-the-rescue-program>
  - b. Pick up an application from the Customer Service Representatives at either Nanaimo Aquatic Centre or Beban Park Pool.
2. Submit a cover letter, application and resume by October 1, 2023.
  - a. By email to [kathy.gonzales@nanaimo.ca](mailto:kathy.gonzales@nanaimo.ca) (write "To the Rescue" Program).
  - b. Pick up an application from the customer service representatives at either Nanaimo Aquatic Centre or Beban Park Pool.



*Scan the QR code for more information and to apply!*

**Visit [recreation.nanaimo.ca](https://recreation.nanaimo.ca) for more information.**