

NANAIMO PARKS, RECREATION & CULTURE

Fall 2025/Winter 2026 Activity Guide

September 2025 to March 2026



recreation.nanaimo.ca
250-756-5200

Registration starts on Wednesday, August 6 (Aquatics);
Wednesday, August 13 (all other programs)



CITY OF NANAIMO
THE HARBOUR CITY

PARKS, RECREATION & CULTURE



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Table of Contents

GENERAL INFORMATION

- Active Passes..... 69
- Advertising in the Activity Guide..... 3
- Clubs & Organizations www.nanaimo.ca
- Facility Rentals 33
- Gift Cards 37
- LEAP (Leisure Economic Access Pass) 17
- Public Drop-in Admission Rates 8
- **Registration Information..... 103**
- Special Events 5, 13, 76, back cover

PROGRAMS BY AGE GROUP

- Early Years & Children 19-39**
- Monthly “Play & Learn” 20
 - School Break Camps 34-35

- Youth..... 40-45**
- Programs 40-44
 - Leaders in Training (LIT)/Quest/Quest2 42-43
 - Youth Drop-in Programs 44
 - Youth in the Weight Rooms 9

- Adult 46-75**
- Arts & Crafts..... 46-48
 - Cooking 50-51
 - Dance 52-53
 - First Aid 53
 - Outdoor, Sport & Wellness 54-56
 - Special Interest 57-61
 - Yoga & Fitness..... 62-70

- 60+ Classes 71-75**
- Nanaimo Harbour City Seniors 71

PROGRAMS BY CATEGORY

- Pools 76-83**
- Public Swimming Schedules..... 10-11
 - Swimming Lesson Descriptions 77-78
 - Swimming Lesson Grids (Schedules) 79-81
 - Aquatic Leadership Courses..... 82-83

- Arenas 84-93**
- Public Skating Schedules 12-13
 - Skating Lessons & Ice Hockey Programs 84-93

- Activity Drop-In Schedules 8-15
- Culture and Events Updates 96-97
- Oliver Woods Gymnasium Schedule..... 14
- Pottery Studio Schedule 15
- Registration Information 103
- Skating Schedules 12-13
- Swimming Schedules 10-11
- Weight Rooms Info & Schedules..... 9



The Nanaimo Parks, Recreation and Culture Activity Guide is produced three times a year by the City of Nanaimo for each season. The guide is available online at recreation.nanaimo.ca. Interested in advertising in the next guide? Contact parksandrecreation@nanaimo.ca or 250-755-7510.

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

Cover photo of children participating at the BMX Track at Beban Park.

Advertising Disclaimer

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Welcome to the Fall & Winter Activity Guide!

Parks, Recreation and Culture is passionate about creating quality programs for all ages. We are also excited about the many parks and trails found throughout the community, and we are proud of the many improvements that have been made to a number of facilities in our City. Over the last few years, we have built many new places for play, including artificial turf fields at Harewood Centennial Park, an improved Marie Davidson BMX Track, pickleball courts at Beban Park, improvements to the Rotary Bowl, the creation of the Stadium District and enhancements to Westwood Lake Park - to name a few! Oh, and a new recreation centre is in the works (see page 101)! Our community is growing and so are our City's amenities!



Stay Connected

- Check our website (recreation.nanaimo.ca) for updates on programs, special events or severe weather cancellations.
- "Like" us on Facebook ([cityofnanaimolocalgovernment](https://www.facebook.com/cityofnanaimolocalgovernment)).
- Follow us on X (Twitter) (@cityofnanaimo).
- Follow us on Instagram (@prc_nanaimo).
- Sign up to receive weekly E-News (MyCity Newsletter) through our website.
- Listen to local radio stations for updates that require 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 and phone number in case we need to contact you.

FALL & WINTER 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

(click on Activity Guide)

Fall & Winter Special Events

See recreation.nanaimo.ca for more details.

SEPTEMBER

- Tue, Sep 2 **Glow in the Dark Skate**
6:30-8 pm at Frank Crane Arena
- Sun, Sep 14 **Terry Fox Run**
9 am at Bowen Park
- Sun, Sep 21 **Starlight Skate**
4-6 pm at Nanaimo Ice Centre
- Tue, Sep 30 **Nat. Day for Truth & Reconciliation**
10 am-4 pm at Oliver Woods
12-5 pm: Everyone Welcome Swim at NAC
10-11:45 am: Everyone Welcome Skate at NIC
12-1:45 pm: Everyone Welcome Skate at NIC
2-4 pm: Everyone Welcome Skate at NIC

DECEMBER

- Tue, Dec 2 **Glow in the Dark Skate**
6:30-8 pm at Frank Crane Arena
- Sun, Sep 21 **Starlight Skate**
4-6 pm at Nanaimo Ice Centre
- Wed, Dec 17 **Skate with Santa**
6:30-8 pm at Frank Crane Arena
- Thu, Dec 18 **Skate with Santa**
6:15-7:45 pm at Nanaimo Ice Centre
- Sun, Dec 21 **Snowball Swim**
1-3 pm at Beban Park Pool
- Dec 24, 26-31 **Winter Wonderland**
Frank Crane Arena (see page 13)

MARCH

- Tue, Mar 3 **Glow in the Dark Skate**
6:30-8 pm at Frank Crane Arena
- Sun, Mar 15 **Starlight Skate**
4-6 pm at Nanaimo Ice Centre
- Fri, Mar 20 **Super Hero Swim**
12-2 pm at Nanaimo Aquatic Centre
- Mar 22-Apr 22 **Water to Earth Month**
see back page for more details.
- Sat, Mar 21 **Earth Hour Skate**
1:15-2:45 pm at Frank Crane Arena
- Fri, Mar 27 **Super Hero Swim**
12-2 pm at Nanaimo Aquatic Centre

OCTOBER

- Tue, Oct 7 **Glow in the Dark Skate**
6:30-8 pm at Frank Crane Arena
- Mon, Oct 13 **Thanksgiving Day Swim**
12-5 pm at Nanaimo Aquatic Centre
- Mon, Oct 13 **Thanksgiving Day Skate**
1-3 pm at Nanaimo Ice Centre
- Sun, Oct 19 **Starlight Skate**
4-6 pm at Nanaimo Ice Centre
- Oct 19-26 **Family Fishing Challenge**
(see back page)
- Sun, Oct 26 **Halloween Howl Swim**
9 am-12 pm at Beban Park Pool

JANUARY

- Thu, Jan 1 **Activate 2026**
12-5 pm at Beban Park
- Sat, Jan 3 **Holiday Bird Count Event**
10-11:30 am at Oliver Woods
- Tue, Jan 6 **Glow in the Dark Skate**
6:30-8 pm at Frank Crane Arena
- Sun, Jan 18 **Starlight Skate**
4-6 pm at Nanaimo Ice Centre

FEBRUARY

- Sun, Feb 1 **World Wetlands Day**
- Tue, Feb 3 **Glow in the Dark Skate**
6:30-8 pm at Frank Crane Arena
- Sun, Feb 15 **Starlight Skate**
4-6 pm at Nanaimo Ice Centre
- Mon, Feb 16 **Family Day Fam Jam**
9 am-2:30 pm at Oliver Woods Community Centre
- Mon, Feb 16 **Family Day Stick 'n' Puck**
10:15-11:15 am at Frank Crane Arena
- Mon, Feb 16 **Family Day Everyone Welcome Skate**
11:30 am-1:30 pm at Frank Crane Arena
- Mon, Feb 16 **Family Day Swim**
12-5 pm at Nanaimo Aquatic Centre

NOVEMBER

- Tue, Nov 4 **Glow in the Dark Skate**
6:30-8 pm at Frank Crane Arena
- Tue, Nov 11 **Remembrance Day Swim**
1-5 pm at Nanaimo Aquatic Centre
- Sun, Nov 16 **Starlight Skate**
4-6 pm at Nanaimo Ice Centre



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FACILITIES AND AMENITIES: Growing with Our Community

Stadium District: The Stadium District, located on Third Street, consists of a baseball stadium (Serauxmen), a multi-purpose sports stadium with an artificial turf field, the Rotary Bowl Track and field stadium and a plaza and common area. The overall creation of this area has been in the works for a few years now and will continue to see improvements in the coming years making this a true sports zone where major sports and community celebrations can take place.

Westwood Lake: One of Nanaimo's premier park destinations has seen some major improvements over the last couple of years. Upgrades include increased accessibility, shade trees, improved recreation space, an expanded beach area, updated washrooms/changerooms, enhanced pedestrian and bike connections, an upgraded boat launch, the addition of seating and tables, green stormwater infrastructure and new public art.

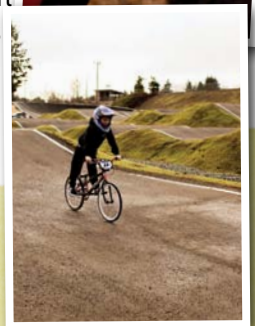
BMX Track: The Marie Davidson BMX Track has been improved in partnership with the Nanaimo BMX Association. The new facility features a new safety barrel start gate, a 5 metre start hill, as well as an amateur and professional race track. These improvements have made this Nanaimo gem one of the top destination race tracks in North America, and everyone is welcome to ride on it.

Neck Point Park: Visitors to Neck Point Park may notice a shadier landscape thanks to recent restoration efforts. Over 45 new trees and 300 plants have been added near the parking lot and washroom building. This new vegetation is part of an ongoing initiative to restore the forest understory which has been impacted by off-trail foot traffic. Nestled among the newly planted areas is a whimsical Fairy "Welcome Tree" that replaces the beloved "Giving Tree" lost in a windstorm last year. Several fairy and gnome homes have also been refreshed with new walking paths made from windstorm debris. To help preserve the park's natural beauty and environmental integrity, visitors are asked not to leave new fairy homes on trails or add non-organic materials such as glitter, plastic or artificial decorations to existing ones. This fall, the parking lot will be paved.

Harewood Centennial Park: If you haven't been to Harewood Centennial Park lately, you will hardly recognize it. Over the last few years, there have been upgrades to the playground, the addition of a skateboard park, a covered sport court and walking trails added, and most recently, the building of two artificial turf fields with new public art murals. This area has something for everyone!

Beaufort Park: Basketball lovers will enjoy the renovated Beaufort Park sport courts. Accessed off Chelsea Street, these courts have been resurfaced with new sport amenities to attract youth and youth-at-heart to play.

E&N Trail Expansion: South Nanaimo residents have likely noticed an expansion of the E & N Trail in the Fifth Street neighbourhood. Additional sections of soft surface trail are expected in the future to help connect neighbourhoods safely. This project is being completed as a partnership between South Rail, the Island Corridor Foundation and City of Nanaimo.



COMMUNITY CONNECTIONS

Water Polo

Join us for Junior Water Polo for ages
8 to 15 at Nanaimo Aquatic Centre!

THURSDAYS, 7-8 PM
OCTOBER 2 TO MID-DECEMBER

~NEW~ Water Polo for 16+
We are excited to offer a new
water polo session for ages 16
years and over!

THURSDAYS, 8-9 PM
OCTOBER 2 TO MID-DECEMBER
NANAIMO AQUATIC CENTRE



Register online at the Nanaimo White Rapids
website under fall/winter maintenance or
call Adam at 250-739-3161.



TEAM AQUATIC SUPPLIES LTD

Lobby of Nanaimo Aquatic Centre

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On-line store: www.team-aquatic.com

DOUBLE CHECK before you make the TREK

The online public schedules listed in this Activity Guide for swimming, skating, gymnasium sports and pottery are subject to change. Avoid being disappointed. Check our online schedules before you come to be sure.



recreation.nanaimo.ca (click on "Drop-In Schedules")



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Public Admissions

SWIM, SKATE, WEIGHT ROOMS & GYM

General Admissions:

Child	2 yrs & under	Free
Child	3 to 12 yrs	\$3.85
Youth	13 to 24 yrs	\$5.40
Adult	25 to 59 yrs	\$7.20
Senior	60 to 79 yrs	\$5.40
Senior	80+ yrs; Nanaimo residents only	Free
Family	Max 2 adults & children from the same family ..	\$14.40
Shower	\$3.75

10 Visit Pass (10 admissions):

Child	12 yrs & under	\$30.90
Youth	13 to 24 yrs	\$43.25
Adult	25 to 59 yrs	\$57.70
Senior	60 to 79 yrs	\$43.25

1 Month Active Pass:

Child	\$30.90
Youth/Senior	\$43.25
Adult	\$57.70
Family	\$115.35

12 Month Active Pass:

Child	\$278.10
Youth/Senior	\$389.35
Adult	\$515.00
Family	\$1028.95

Arena Skate Rentals/Sharpening:

Child/Youth/Senior	\$3.00
Adult	\$3.75
Family	\$7.00
Helmets	\$0.50
Skate Sharpening	\$6.00

PLEASE NOTE:

- All 10 visit and 20 visit passes 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: With warmer water and a quieter atmosphere, Beban Pool is the perfect escape for wellness and fun! Be active and dive, play, float, jump, swim and slide. . . or simply relax in one of the hot areas.

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

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 pool schedules.

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

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.

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 one pool party you shouldn't miss! (Instructor: Amber Bruner)

Shallow/Deep Combo: This is designed for both shallow and deep water aquafit enthusiasts. Enjoy the benefits of training your cardio, strength and flexibility in this water fitness class. Participants can choose to stay in the shallow water or participate in deep water with an aquafit floatation belt. Some session at Beban Park Pool require pre-registration. (Instructor: Katherine Winge)

Thu, Sep 11-Oct 30 | 7:30-8:15 pm | \$49/8 | [148757](#)
 Sun, Sep 14-Nov 2 | 8:15-9 am | \$49/8 | [148753](#)
 Thu, Nov 6-Dec 18 | 7:30-8:15 pm | \$43/7 | [148758](#)
 Sun, Nov 9-Dec 21 | 8:15-9 am | \$43/7 | [148754](#)

Thu, Jan 8-Feb 12 | 7:30-8:15 pm | \$37/6 | [148759](#)
 Sun, Jan 11-Feb 15 | 8:15-9 am | \$37/6 | [148755](#)
 Thu, Feb 19-Mar 26 | 7:30-8:15 pm | \$37/6 | [148760](#)
 Sun, Feb 22-Mar 29 | 8:15-9 am | \$37/6 | [148756](#)

Aqua Yoga: This is a fun and gentle form of stretching and strengthening performed in a warm pool where joints are supported, range of motion is maximized and resistance helps strengthen muscles. Pre-registration required. Held at Beban Park Pool.

Sat, Sep 6-Oct 11 | 8-9 am | \$48/6 | [148888](#)
 Sat, Oct 25-Nov 29 | 8-9 am | \$48/6 | [148889](#)
 Sat, Jan 10-Feb 14 | 8-9 am | \$48/6 | [148890](#)

NANAIMO AQUATIC CENTRE

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

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

Wave Pool: Catch the waves! 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 - Tue, Sep 2 to Sat, Mar 28

	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 Aquatic Schedules for stat holiday closures. See recreation.nanaimo.ca for up-to-date information.

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

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

Weight Room Orientations: These are designed to familiarize you with our facilities and give you an orientation of the basics of strength and functional training. An orientation is recommended before using our facilities. Please contact us to set up a time or see our Fitness/Yoga section for scheduled sessions. Cost is \$5.

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

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.



Beban Weight Room - Tue, Sep 2 to Sat, Mar 28

	SUN	MON	TUE	WED	THU	FRI	SAT
Facility Hours	8 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	8 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

 We have a variety of equipment for diverse abilities 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 - POOLS

Nanaimo Aquatic Centre Fall & Winter Schedule (741 THIRD ST)

Tue, Sep 2 to Sat, Mar 28 Schedule is subject to change. Please check recreation.nanaimo.ca to confirm.

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

Please Note: Schedule is subject to change. For schedules, visit recreation.nanaimo.ca. See page 8 for admission rates and program details.

- 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 is 1 adult to 3 children under the age of 7 years.
- 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.

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: • Tue, Sep 30, 10 am-4 pm (National Day for Truth and Reconciliation) • Mon, Oct 13, 12-5 pm (Thanksgiving)

• Tue, Nov 11, 1-5 pm (Remembrance Day) • Fri, Dec 26, 12-4 pm (Boxing Day) • Mon, Feb 16, 12-5 pm (Family Day)

Pool Closed: • Mon, Sep 1 (Labour Day) • Thu, Dec 25 (Christmas) • Thu, Jan 1 (New Year's Day; join us at Beban Pool for Activate 2026)

Swim Meets: • Oct 18, 25-26 • Nov 22 • Dec 12-14 • Feb 20-22 (limited pool access; check our online schedule at recreation.nanaimo.ca)

DROP-IN SCHEDULE - POOLS



Beban Pool Fall & Winter Schedule (2300 BOWEN RD)

Tue, Sep 2 to Sat, Mar 28 Schedule is subject to change. Please check recreation.nanaimo.ca to confirm.

PROGRAM	SUN	MON	TUE	WED	THU	FRI	SAT
Everyone Welcome							12-4 pm
25 Metre Lane Swim	9:15 am-12 pm	6:30-10:45 am 12-2:45 pm	6:30-8:45 am 1-2:45 pm	6:30-10:45 am 12-2:45 pm	6:30-8:45 am 1-2:45 pm	6:30-9:30 am 12-2:45 pm	
Leisure Swim	8 am-12 pm	6:30 am-2:45 pm	6:30-9:45 am 1-2:45 pm	6:30 am-2:45 pm	6:30-9:45 am 1-2:45 pm	6:30-9:30 am 11 am-2:45 pm	12-4 pm
Waterslides	Available upon request						
Hot Tub, Sauna, Steam Room	8 am-12 pm	6:30 am-2:45 pm	6:30-9:45 am 1-2:45 pm	6:30 am-2:45 pm	6:30-9:45 am 1-2:45 pm	6:30-9:30 am 11 am-2:45 pm	12-4 pm
Weight Room	8 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	8 am-4 pm
AQUAFIT	SUN	MON	TUE	WED	THU	FRI	SAT
Therapy Aquafit (45 min)		11-11:45 am		11-11:45 am		11-11:45 am	
Shallow/Deep Combo (45 min)	8:15-9 am* (*pre-registration required)		8:45-9:30 am		8:45-9:30 am 7:30-8:15 pm* (*pre-registration required)		
Aqua Yoga (1 hr; pre-registration required)							8-9 am* (pre-registration required) Katherine

Please Note: Schedule is subject to change. Check out recreation.nanaimo.ca. See page 8 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 is 1 adult to 3 children under the age of 7 years.
- ***All weight room users must wear appropriate attire. This includes closed-toe shoes (runners), shorts or track/sweat pants.

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

Pool Closed: • Mon, Sep 1 (Labour Day) • Tue, Sep 30 (National Day for Truth & Reconciliation) • Mon, Oct 13 (Thanksgiving)

• Tue, Nov 11 (Remembrance Day) • Thu, Dec 25 (Christmas) • Fri, Dec 26 (Boxing Day) Join us at Nanaimo Aquatic Centre on Sep 30, Oct 13, Nov 11 & Dec 26



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DROP-IN SCHEDULE - ARENAS

Arenas Fall & Winter Schedule

Sun, Sep 14 to Sat, Dec 20 & Mon, Jan 5 to Sat, Mar 28 (Special Schedule from Tue, Sep 2 to Sat, Sep 13)

Programs	SUN	MON	TUE	WED	THU	FRI	SAT
Everyone Welcome	12-1:30 pm Lions Free Skate  FCA 4-6 pm NIC		6:30-8 pm FCA	6:30-8 pm FCA	6:15-7:45 pm NIC	3:45-5:15 pm NIC	1:15-2:45 pm FCA
Parent & Tot		10-11:45 am FCA		12:30-2 pm FCA	9-10:15 am NIC		DID YOU KNOW? • Participants of all abilities are welcome to public skating sessions. • Strollers and wheelchairs are welcome on the ice.
Family	10:45-11:45 am FCA						
Adult Leisure Skate (19+)		10-11:30 am NIC	10-11:45 am FCA	10-11:30 am NIC	1:30-3 pm NIC		
Adult Scrub Hockey (18+)		11:45 am-1:15 pm NIC		11:45 am-1:15 pm NIC		11:45 am-1:15 pm NIC	
Senior Scrub (60+) & Scrub Hockey (70+)		8-9:15 am NIC 60+ Seniors	10-11:15 am NIC 70+ Seniors	8-9:15 am NIC 60+ Seniors		8-9:15 am NIC 60+ Seniors 10:45 am-12 pm NIC 70+ Seniors	
Stick 'n' Puck Children under 8 are to be accompanied onto the ice by an adult.	2:45-3:45 pm NIC		11:45 am-1:15 pm NIC	1:45-3:15 pm McN	11:45 am-1:15 pm NIC	3:15-4:15 pm McN	
• FCA - Frank Crane Arena (2300 Bowen Rd) • McN - Cliff McNabb Arena (2300 Bowen Rd) • NIC 1&2 - Nanaimo Ice Centre (750 Third St.)							

Arena Program Highlights - see Arenas Section for courses and lessons

Everyone Welcome - Designed for skaters of all ages and abilities. These sessions provide an excellent opportunity for all members of the community to get active! Helmets are strongly recommended. Look for our "Game Zone" at these sessions held at the far end of the ice surface using sponge pucks.

Parent & Tot (6 years & under) - An excellent opportunity to introduce children to the ice or to work on skills learned in our RecSkate lessons. Come on the ice in shoes or skates and enjoy toys and hockey equipment, as well as a fun story time. Helmets are mandatory for tots. Parents must accompany children on the ice. Free admission for child (up to three kids per adult.)

Family Skate - Bring the entire family out for some great fun and exercise. Children must be accompanied by an adult onto the ice during this session.

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

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

Stick 'n' Puck - If you're new to the game or want to brush-up on skills, Stick 'n' Puck is for you! Get on the ice in a non-game, recreational setting. Space is limited, and session rules do apply. Bring your own pucks. Children under 8 must have adult on the ice. Helmets with cages required for those 16 years and under.

ARENA CANCELLATIONS AND CHANGES:

- Oct 13 (Thanksgiving), Nov 11 (Remembrance Day), Dec 25 (Christmas): all sessions cancelled
- Tue, Sep 30 (National Truth & Reconciliation Skate) & Feb 16 (Family Day): special skating schedule
- Wed, Nov 19: Everyone Welcome cancelled
- Sun, Oct 26, Nov 23, Jan 25 & Feb 22: Everyone Welcome and Stick 'n' Puck cancelled at NIC
- Sat, Jan 24: Everyone Welcome cancelled at FCA
- Sun, Jan 25: Family Skate and Lions Free Skate cancelled
- Fri, Feb 6: Adult Scrub, 70+ Scrub and Everyone Welcome cancelled at NIC
- Wed, Mar 18; Thu, Mar 19; Wed, Mar 25: Stick 'n' Puck cancelled at Cliff McNabb
- Sun, Mar 22: Family Skate cancelled and Lions Free Skate res-scheduled to 11:30 am-1 pm.

CHECK BEFORE YOU TREK

The arenas schedule as shown in the Activity Guide is subject to change due to various circumstances. Don't be disappointed! Check our online schedule to be sure before you come to a public drop-in session.

Schedules can be found at recreation.nanaimo.ca



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

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

DROP-IN SCHEDULE - ARENAS

Fall & Winter Skating Events

Welcome Back Skates

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

- Tue, Sep 2, 10-11:45 am: Adult Leisure at FCA
- Tue, Sep 2, 6:30-8 pm: Glow in the Dark at FCA
- Wed, Sep 3, 10-11:30 am: Adult Leisure at NIC
- Wed, Sep 3, 12:30-2 pm: Parent & Tot at FCA
- Wed, Sep 3, 6:30-8 pm: Everyone Welcome at FCA
- Thu, Sep 4, 6:15-7:45 pm: Everyone Welcome at NIC
- Fri, Sep 5 3:45-5:15 pm: Everyone Welcome at NIC
- Sat, Sep 6, 1:15-2:45 pm: Everyone Welcome at FCA

Special Stat Holiday Skates

These Everyone Welcome sessions replace the regular skating schedule. These sessions are FREE!

• NATIONAL TRUTH & RECONCILIATION DAY at NIC

- Tue, Sep 30, 10-11:30 am
- Tue, Sep 30, 11:45 am-1:15 pm
- Tue, Sep 30, 1:30-3 pm

• FAMILY DAY at FRANK CRANE ARENA

- Mon, Feb 16, 10:15-11:15 am - Stick 'n' Puck
- Mon, Feb 16, 11:30 am-1:30 pm - Everyone Welcome

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

- Sep 21
- Oct 19
- Nov 16
- Jan 18
- Feb 15
- Mar 15



Glow in the Dark Skates

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

- Sep 2
- Oct 7
- Nov 4
- Dec 2
- Jan 6
- Feb 3
- Mar 3

Skates with Santa

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

- Wed, Dec 17, 6:30-8 pm at FCA
- Thu, Dec 18, 6:15-7:45 pm at NIC



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, 26-31
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.



cityofnanaimo




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DROP-IN SCHEDULE - OWCC

Oliver Woods Community Centre Schedule

Tue, Sep 2 to Sun, Mar 29 (closed on all stat holidays)



Programs	SUN	MON	TUE	WED	THU	FRI	SAT
Badminton (16 +)			8:45-10:45 am	9:30-11:30 am	8:45-10:45 am	11:30 am-1:30 pm	
Basketball for Youth (10-16 yrs)						3:30-4:30 pm (Sep 5-Dec 19)	
Volleyball for Youth (10-16 yrs)						3:30-4:30 pm (Sep 5-Dec 19)	
Basketball (16 +)	7:30-9:30 pm	8:30 - 10:30 pm				8:30-10:30 pm	
Everyone Welcome Sports Drop-In 13 years & younger need adult supervision. No racquet sports available.	11 am- 12:30 pm						
Pickleball (16 +) Tennis-like game played on a badminton court using a perforated, slow moving ball and paddle.		8-10 am 8:45-10:45 am	11 am -1 pm	7:15-9:15 am	11 am -1 pm	7:15-9:15 am 8-10 am	
Volleyball (16 +)	7:15-9:15 pm	8:15-10:15 pm				8:15 -10:15 pm	
Spare Blox Youth Drop-in (10-17 yrs) Pre-registration is not required.			6:30-8 pm				

GENERAL INFORMATION

- 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.
- Gym Attendant on duty.

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.
- Please visit recreation.nanaimo.ca for the most up-to-date schedule 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.



DROP-IN SCHEDULE - POTTERY

Bowen Park Pottery Studio Schedule

Tue, Sep 2 to Sat, Mar 28 (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). Teens who have taken a pottery class are welcome to work independently on projects. No instruction, but some guidance, 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 pm in person or over the phone. Drop in cost is \$14 per session. (Harbour City Seniors Members can access the starred drop in sessions for \$7 per session.) Dress for mess; aprons are not provided.



DROP-IN INFO \$14 per session

- Pre-registration can be done in advance at recreation.nanaimo.ca, by phoning 250-756-5200 or in person during office hours noted above
- Clay must be purchased from Bowen
- We are only able to fire projects made within the Bowen Park Pottery Studio
- Pop-Up Demo Days - follow us online to join these special drop-in sessions



SUN	MON	TUE	WED	THU	FRI	SAT
1-4 pm	12-3 pm *	10:30 am-1:30 pm 2:30-5:30 pm*	1-4 pm * 5-8 pm	9:30 am-12:30 pm		9:30 am-12:30 pm

MEET YOUR Pottery Instructors:



Bari Precious



Gillian Hall



Nesta Morgan



Selena Unger



cityofnanaimo



prc_nanaimo (#ilovemyparksandrec)

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. **See page 8.**
- **Active Passes** offer unlimited access to all public drop-in sessions (swimming, skating, weight rooms and sports programs at Oliver Woods Community Centre). If you are a frequent user, you will want to save big by getting our Active Pass. **See page 69.**
- **Stock up** and save on your 10 or 20 Visit Passes.
- **Lions Free Skates** take place every Sunday from September 14 to March 19, 12-1:30 pm at Frank Crane Arena. **See page 89.**
- **Winter Wonderland** take place on December 24 and 26-31 and offers free admission and skate rentals thanks to local sponsorship. **See page 13.**
- **Family Day Celebrations** on Monday, February 16 will include free admission to a variety of activities. See details in the new year.
- **The Culture Awards** take place on Tuesday, April 14 at The Port Theatre. Tickets are FREE! **See page 97.**

Low Cost Recreation

- Youth are invited to our free **Spare Blox program** where they can participate in gymnasium activities at various locations or come to our **Youth Lounge** at Nanaimo Aquatic Centre. **See page 44.**
- Visit some new **temporary public art** in town. **See page 97.**
- **Court Kids** is a free program for ages 1-5 to run, jump, and play that is held at Beban Park. **See page 19.**
- **Invasive Plant Work Parties** are a great way to meet new people and to make a difference in your community. **See page 59.**
- We are offering a variety of FREE (or nearly free) programs for those **60 years and over**. **See page 74.**
- **Stroll with a Pro** and learn about local birds. These sessions are only \$5! **See page 27.**
- **Bird Count** is a free event for the whole family. Learn about bird watching and make a craft. **See page 27.**
- Check out the free programs offered at **Park Avenue Farm**. **See page 19.**
- **Hug a Tree and Survive** is a program in partnership with Nanaimo Search and Rescue Outreach to help teach kids to avoid getting lost in the woods when out exploring. **See page 27.**
- **Learn How to Ride the Bus** with staff from the Regional District of Nanaimo. This program is free and is great for anyone wanting to know how the local transit system works. **See page 28.**



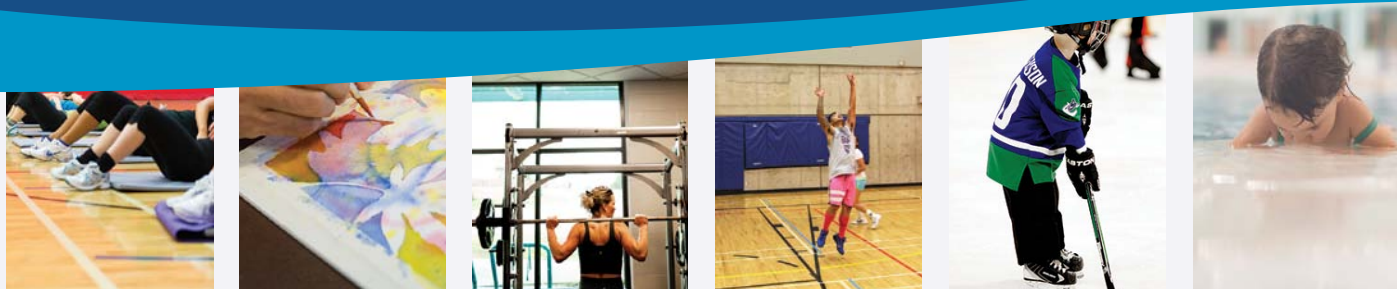
SOCIAL PRESCRIBING

Talk to your primary healthcare provider about getting a referral to City recreation programs.





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 admission to Nanaimo Art Gallery and Nanaimo Museum.

DO I QUALIFY?

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

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

HOW DO I APPLY?

1. Submit the LEAP application online at www.nanaimo.ca or in-person at any City of Nanaimo recreation centre.
2. Include a copy of the following:
 - Prior year Notice of Assessment or proof of Income Assistance, GIS, CLBC, Refugee through the refugee protection program/ 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	\$26,290
2	\$32,727
3	\$40,234
4	\$48,851
5	\$55,404
6	\$62,488
7	\$69,571

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



cityofnanaimo



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COMMUNITY CONNECTIONS

Volunteers Needed

Nanaimo 2025 55+ BC Games | September 9 - 13, 2025



VOLUNTEER TODAY!

There are lots of opportunities to volunteer before and during the Games!

gather
get in
the Games here

- Sports Events
- Transportation
- Finance & Admin
- Special Events
- Operations
- Data Entry
- Photography
- First-Aid / Medical
- Fundraising
- Hosts at Venues
- Medals/Results
- Volunteer Management



LEARN MORE OR SIGN UP

EMAIL: volunteer@55plusgames.ca

ONLINE: www.55plusbcgames.org/nanaimo



ACCESSIBILITY IMPROVEMENTS

Thanks to SPARC BC & The Rick Hansen Foundation for helping fund some of these upgrade initiatives

We know there are still many ways needed to improve accessibility for our Parks, Recreation and Culture facilities, but we are working on it!
Here are some of the improvements we have made recently:

- Installed raised text and symbols to improve access to washrooms and offices for those who may have reduced vision
- Incorporated assistive hearing devices in all recreation centres
- Purchased new mobi mats to add to various beaches to enhance access to the water



- Added visual fire alarms for those with hearing issues
- Replaced knob-style door handles with lever type
- Installed additional wayfinding signage both inside and outside of our facilities
- Incorporated additional markings at glazed doors to reduce glare and improve identification

Tiny Tales & Tunes NEW!

0 to 12 Months

This joyful and engaging class is designed for parents and babies to bond through interactive rhymes and songs. For the babies, we will focus on early language development and social skills while also enhancing guidance, support and socializing for parents during these important early months. Class is for parent/caregiver and registered child.

Instructor: Moire Porter

Mon, Nov 10-Dec 15 | 9:30-10 am | \$24/6 | [149229](#)

Mon, Nov 10-Dec 15 | 10:30-11 am | \$24/6 | [149230](#)

Mon, Jan 5-Feb 9 | 9:30-10 am | \$24/6 | [149231](#)

Mon, Jan 5-Feb 9 | 10:30-11 am | \$24/6 | [149232](#)

Beban Park Social Centre

Parent-Child Mother Goose

0 to 12 Months

Join PacificCARE CCRR Childcare consultants in an interactive program for parents and their young children. Together we will focus on the pleasure of oral rhymes, songs and stories. This is not a drop-in program and is meant for children under the age of 1 year old.

Thu, Oct 16-Dec 4 | 9:30-10:30 am | FREE/8 | [146974](#)

Thu, Jan 22-Mar 12 | 9:30-10:30 am | FREE/8 | [146975](#)

Bowen Park Clubhouse

Gym Pals D

1 to 5 Years

Hey, kids! Bring your parents and climb, jump and play. This parent participation program allows time for you to explore and develop motor skills. A drop-in fee of \$10/child is available depending on space.

Fri, Sep 19-Oct 31 | 9:45-10:45 am | \$48/6 | [149636](#)

Fri, Sep 19-Oct 31 | 11 am-12 pm | \$48/6 | [149640](#)

Fri, Nov 7-Dec 19 | 9:45-10:45 am | \$48/6 | [149637](#)

Fri, Nov 7-Dec 19 | 11 am-12 pm | \$48/6 | [149641](#)

Fri, Jan 9-Feb 20 | 9:45-10:45 am | \$56/7 | [149638](#)

Fri, Jan 9-Feb 20 | 11 am-12 pm | \$56/7 | [149642](#)

Fri, Feb 27-Mar 27 | 9:45-10:45 am | \$40/5 | [149639](#)

Fri, Feb 27-Mar 27 | 11 am-12 pm | \$40/5 | [149643](#)

Oliver Woods Community Centre

Jingle Bell Jamboree NEW!

2 to 6 Years

This action-packed, Christmas-themed gym program will be filled with festive fun, joyful movements and creative arts and crafts. Celebrate the season while staying active and having a blast! Parent participation is required.

Mon, Dec 15 | 1:30-3 pm | \$12/1 | [150954](#)

Mon, Dec 22 | 1:15-2:45 | \$12/1 | [150955](#)

Oliver Woods Community Centre



Early Years & Children

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

Court Kids

1 to 5 Years

A free, fun, safe space to introduce your child to unstructured physical activity. Your child will get to play, move, climb, jump, slide and have a blast on a variety of gym equipment. Parent/caregiver participation is required.

Tue, Sep 16-Dec 2 | 9-11 am | FREE/10 | [145680](#)

Tue, Jan 6-Mar 10 | 9-11 am | FREE/10 | [145683](#)

Beban Park Social Centre

Community Farm Drop-in D

All Ages

Have fun, meet people, take home some harvest, enjoy nature, learn new skills and help a charity. If you have any questions or want to know about our private fun field trips experiences, please email jennie.wharton@nanaimofoodshare.ca. No pre-registration required.

Fri, Sep 5-Oct 31 | 10 am-2 pm | \$5 per person

Fri, Feb 20-Mar 27 | 10 am-2 pm | \$5 per person

Park Avenue Farm (945 Park Ave)



Farmer Family Play Group

All Ages

Inviting guardians and children to explore the farm together in a safe, fun and educational outdoor setting. Each session includes relaxed nature-based learning, games and a chance to harvest and take home seasonal farm produce.

Wed, Sep 3 | 12-2 pm | \$15 per family | [151779](#)

Wed, Sep 10 | 12-2 pm | \$15 per family | [151780](#)

Wed, Sep 17 | 12-2 pm | \$15 per family | [151781](#)

Wed, Sep 24 | 10 am-12 pm | \$15 per family | [151783](#)

Wed, Oct 1 | 10 am-12 pm | \$15 per family | [151785](#)

Wed, Mar 25 | 10 am-12 pm | \$15 per family | [151787](#)

Park Avenue Farm (945 Park Ave)



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PLAY & LEARN



Early Years Programs for Ages 18 Months to 5 Years

Our "Play & Learn" early years programs, led by experienced, fun and dedicated staff, will teach your child how enjoyable learning can be! Through interactive play, arts and crafts, stories, tumble time and basic academic prep activities, your child will develop skills that will help prepare them for kindergarten and all of the milestones to follow.

Crickets 18 Months to 3 Years

Mon | 9:30-11:30 am | Beban Park

This interactive and engaging parent participation class encourages group play and to explore basic movements through circle time, stories, songs, crafts, play stations and tumble time. Younger siblings welcome for free if less than 1 year old.

Sep: \$80/4 (#145574)	Feb: \$60/3 (#145586)
Oct: \$60/3 (#145580)	Mar: \$40/2 (#145587)
Nov: \$80/4 (#145581)	Apr: \$60/3 (#145589)
Dec: \$60/3 (#145583)	May: \$60/3 (#145594)
Jan \$80/4 (#145584)	Jun: \$60/3 (#145597)

Crickets 2 to 4 years

Wed | 11:30 am-1:30 pm | Oliver Woods

Sep: \$60/3 (#145598)	Feb: \$80/4 (#145603)
Oct: \$100/5 (#145599)	Mar: \$40/2 (#145604)
Nov: \$80/4 (#145600)	Apr: \$100/5 (#145605)
Dec: \$60/3 (#145601)	May: \$80/4 (#145606)
Jan \$80/4 (#145602)	Jun: \$60/3 (#145607)

Busy Bees 3 to 5 Years

Wed | 9-11 am | Beban Park

Welcome to Busy Bees, where your child will be buzzing around having fun learning about themselves and the world around them! Children will be encouraged to be curious, try new activities, meet new friends and engage with their community through hands-on experiences and playful learning.

Sep: \$60/3 (#150236)	Feb: \$80/4 (#150241)
Oct: \$100/5 (#150237)	Mar: \$40/2 (#150242)
Nov: \$80/4 (#150238)	Apr: \$100/5 (#150243)
Dec: \$60/3 (#150239)	May: \$80/4 (#150245)
Jan \$80/4 (#150240)	Jun: \$60/3 (#150246)

Animal Crackers 3 to 5 Years

Tue/Thu | 11:30 am-1:30 pm | Beban Park

Through monthly themes and a diverse range of activities, you can expect your child to experience music and movement, arts and crafts, gym time, and active-based games to help them develop fundamental motor skills, learn new social skills and explore their creative side and imagination in a fun, supportive environment.

Sep: \$120/6 (#150248)	Feb: \$160/8 (#150253)
Oct: \$180/9 (#150249)	Mar: \$80/4 (#150254)
Nov: \$140/7 (#150250)	Apr: \$180/9 (#150255)
Dec: \$120/6 (#150251)	May: \$160/8 (#150256)
Jan \$160/8 (#150252)	Jun: \$120/6 (#150257)

Doodle Bugs 3 to 5 Years

Tue/Thu | 9-11 am | Oliver Woods

This class has a little bit of everything for young learners! Through a diverse range of activities like music and movement, arts and crafts and active-based games, children will develop fundamental motor skills, learn new social skills and explore their creative side and imagination in a fun, supportive environment.

Sep: \$120/6 (#146877)	Feb: \$160/8 (#146882)
Oct: \$180/9 (#146878)	Mar: \$80/4 (#146883)
Nov: \$140/7 (#146879)	Apr: \$180/9 (#146884)
Dec: \$120/6 (#146880)	May: \$160/8 (#146885)
Jan \$160/8 (#146881)	Jun: \$120/6 (#146886)

(Please note: 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, you will be charged for the first class.

Kinder Prep (Active Shorts) 4 to 5 Years

Mon | 9-11 am | Oliver Woods

This class is a blend of the traditional Kinder Prep class where we focus on academic prep skills, socials skills and preparing your child to enter kindergarten but with an active based sport twist!

Sep: \$80/4 (#146631)	Feb: \$60/3 (#146637)
Oct: \$60/3 (#146633)	Mar: \$40/2 (#146638)
Nov: \$80/4 (#146634)	Apr: \$60/3 (#146640)
Dec: \$60/3 (#146635)	May: \$60/3 (#146645)
Jan \$80/4 (#146636)	Jun: \$60/3 (#146646)

Kinder Prep (Culinary Kids) 4 to 5 Years

Wed | 9-11 am | Oliver Woods

This class is a blend of the traditional Kinder Prep class where we focus on academic prep skills, socials skills and preparing your child to enter kindergarten but with a culinary twist!

Sep: \$60/3 (#146655)	Feb: \$80/4 (#146661)
Oct: \$100/5 (#146656)	Mar: \$40/2 (#146662)
Nov: \$80/4 (#146657)	Apr: \$100/5 (#146663)
Dec: \$60/3 (#146658)	May: \$80/4 (#146664)
Jan \$80/4 (#146659)	Jun: \$60/3 (#146665)

Kinder Prep 4 to 5 Years

Tue/Thu | 9-11 am | Beban Park

Designed to help set the groundwork for a positive transition for your child to kindergarten by providing both the academic and social tools. Children will spend their time moving, creating, playing and learning about themselves through activities like show and tell, gym time, tumble time, circle time, the ABCs and 1,2,3s!

Sep: \$120/6 (#145544)	Feb: \$160/8 (#145549)
Oct: \$180/9 (#145545)	Mar: \$80/4 (#145551)
Nov: \$140/7 (#145546)	Apr: \$180/9 (#145553)
Dec: \$120/6 (#145547)	May: \$160/8 (#145554)
Jan \$160/8 (#145548)	Jun: \$120/6 (#145556)

Tue/Thu | 11:30 am-1:30 pm | Oliver Woods

Sep: \$120/6 (#151995)	Feb: \$160/8 (#152007)
Oct: \$180/9 (#151997)	Mar: \$80/4 (#152008)
Nov: \$140/7 (#151998)	Apr: \$180/9 (#152009)
Dec: \$120/6 (#152003)	May: \$160/8 (#152010)
Jan \$160/8 (#152006)	Jun: \$120/6 (#152011)

Mudpies - Pottery

3 to 5 Years

This class is designed to keep little hands busy while pinching, rolling and squeezing clay. Basic handbuilding skills will be utilized as children have fun working on and creating each unique ceramic piece. Parent participation is recommended. Dress for mess!

Instructor: Selena Unger

Tue, Sep 2-23 | 9:15-10 am | \$72/4 | [152916](#)

Tue, Oct 7-Nov 4 | 9:15-10 am | \$90/5 | [152917](#)

Tue, Nov 18-Dec 16 | 9:15-10 am | \$90/5 | [152918](#)

Tue, Jan 6-27 | 9:15-10 am | \$72/4 | [152919](#)

Tue, Feb 3-24 | 9:15-10 am | \$72/4 | [152920](#)

Tue, Mar 3-24 | 9:15-10 am | \$72/4 | [152921](#)

Bowen Pottery Studio

Handbuilding for Children - Pottery

6 to 12 Years

Children will learn basic pottery handbuilding skills like 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 or Selena Unger

Mon, Sep 8-29 | 4-5 pm | \$82/4 | [152160](#)

Mon, Oct 6-Nov 3 | 4-5 pm | \$82/4 | [152161](#)

Mon, Nov 10-Dec 1 | 4-5 pm | \$82/4 | [152162](#)

Mon, Jan 5-26 | 4-5 pm | \$82/4 | [152163](#)

Mon, Feb 2-Mar 2 | 4-5 pm | \$82/4 | [152164](#)

Mon, Mar 9-30 | 4-5 pm | \$82/4 | [152165](#)

Bowen Pottery Studio

Haunted Halloween Crafts & Games

2 to 5 Years

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

Fri, Oct 24 | 9:30-10:30 am | \$12/1 | [144081](#)

Fri, Oct 24 | 10:45-11:45 am | \$12/1 | [144082](#)

Beban Park Social Centre

Candy Cane Crafts & Games

2 to 5 Years

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

Fri, Dec 5 | 9:30-10:30 am | \$12/1 | [144083](#)

Fri, Dec 5 | 10:45-11:45 am | \$12/1 | [144084](#)

Beban Park Social Centre



Children's Arts & Crafts

Cupid's Craft & Play

2 to 5 Years

It's Valentine's Day which means it's the perfect time to explore your creative side with a love-themed craft and then play on our fun, interactive equipment after. Parent participation is required.

Fri, Feb 13 | 9:30-10:30 am | \$12/1 | [145685](#)

Fri, Feb 13 | 10:45-11:45 am | \$12/1 | [145687](#)

Beban Park Social Centre

Prehistoric Pals

2 to 5 Years

Join us for an exciting journey as we travel back in time. Kids will have a blast creating dinosaur-themed crafts, playing with fun dino toys, digging for fossils and learning all about dinosaurs!. Parent participation is required.

Fri, Sep 26 | 9:30-10:45 am | \$12/1 | [151988](#)

Fri, Jan 23 | 9:30-10:45 am | \$12/1 | [151989](#)

Kin Hut Activity Centre

Paint the Fall: **NEW!**

A Colourful Autumn Adventure

5 to 10 Years

Using simple and exciting materials like paint, crayons and real leaves, you will get to make your very own masterpiece inspired by the magic of fall. Whether we're printing leaves, finger-painting trees or making collages, each project will be a unique and fun way to express the beauty of autumn. This class is for all abilities.

Thu, Sep 18-Oct 9 | 4-4:45 pm | \$40/4 | [151422](#)

Thu, Oct 23-Nov 13 | 4-4:45 pm | \$40/4 | [151423](#)

Oliver Woods Community Centre

Season of Joy: **NEW!**

Creative Art Adventures

5 to 10 Years

Using bright paints, glittery materials, stamps and more, we will make one-of-a-kind creations that capture the warmth and magic of the holidays. From making snowmen and reindeer to designing beautiful winter scenes, each project will help you get into the spirit of joy and creativity. This class is for all abilities.

Thu, Nov 20-Dec 18 | 4-4:45 pm | \$50/5 | [151424](#)

Oliver Woods Community Centre



cityofnanaimo



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Winter Wonders: NEW!
Exploring the Magic of Winter
5 to 10 Years

Explore the beauty of the season through hands-on art projects, storytelling and imagination. Designed for the curious and creative artist. This encourages self-expression, builds artistic skills and celebrates everything that makes winter wonderful. There's snowy magic waiting for everyone! This class is for all abilities.

Thu, Jan 15-Feb 12 | 4-4:45 pm | \$50/5 | [151425](#)
Oliver Woods Community Centre

Spring Sprouts: NEW!
Celebrating the Beauty of Spring
5 to 10 Years

This is a joyful art class where you dig into the beauty of spring through paint, paper and imagination! As flowers begin to blossom and gardens come to life, you will explore the wonders of nature through hands-on, garden-inspired art projects. Perfect if you love to draw, paint and explore. This class nurtures artistic growth while celebrating the fresh, vibrant spirit of spring. This class is for all abilities.

Thu, Feb 19-Mar 19 | 4-4:45 pm | \$50/5 | [151426](#)
Oliver Woods Community Centre

Discovering Canadian Art: NEW!
Inspired by Emily
6 to 12 Years

Explore the bold landscapes and wild imagination of a legendary Canadian artist! You will dive into the world of expressive art inspired by the beauty of forests, animals and the Pacific Coast. Learn about a pioneering artist's connection to nature and experiment with painting and drawing techniques to create your own original masterpieces using a variety of materials

Instructor: Michele Collins

Mon, Oct 6-Dec 1 | 4:30-6:30 pm | \$96/8 | [152097](#)
Mon, Jan 12-Mar 9 | 4:30-6:30 pm | \$84/7 | [152098](#)
Beban Park Social Centre

Masterpiece Makers: A Mixed NEW!
Media Journey

7 to 11 Years

This class is all about combining different materials like paint, paper and fabric to create vibrant, textured and one-of-a-kind masterpieces. Through fun, hands-on projects, you will learn how to use various tools and materials to express your unique ideas. Whether you're painting, gluing, stamping or layering, every piece of art will be an adventure in creativity. There are no rules - just have fun as you bring your vision to life! This class is for all abilities.

Thu, Sep 18-Oct 9 | 5-5:45 pm | \$40/4 | [151429](#)
Thu, Jan 15-Feb 12 | 5-5:45 pm | \$50/5 | [151430](#)
Oliver Woods Community Centre

Colour Quest: Exploring the NEW!
World of Art
7 to 11 Years

In this class, we will explore how different colours can create moods, tell stories and bring our wildest ideas to life. Whether we're painting, drawing or using fun materials like markers, crayons and pastels, you will discover how powerful colour can be in the world of art. This class is for all abilities.

Thu, Oct 23-Nov 13 | 5-5:45 pm | \$40/4 | [151431](#)
Thu, Feb 19-Mar 19 | 5-5:45 pm | \$50/5 | [151432](#)
Oliver Woods Community Centre

Comic Book Development
7 to 13 Years

We will delve into the art of crafting comic strips, creating delightful illustrations and developing captivating characters. Students will be motivated to discover their own style while drawing inspiration from the masterpieces of renowned cartoonists and illustrators. The projects will be adjusted to accommodate the skill level of each participant.

Instructor: David Harvey

Sat, Sep 13-Oct 11 | 10-11 am | \$40/5 | [151406](#)
Sat, Oct 18-Nov 15 | 10-11 am | \$40/5 | [151409](#)
Sat, Nov 22-Dec 20 | 10-11 am | \$40/5 | [151411](#)
Sat, Jan 10-Feb 14 | 10-11 am | \$48/6 | [151414](#)
Sat, Feb 21-Mar 28 | 10-11 am | \$48/6 | [151415](#)

Oliver Woods Community Centre

Character Design Art
7 to 12 Years

Through lessons on drawing techniques, colour theory, shape manipulation and fashion design, you will learn how to effectively convey your characters' personalities to your audience. You will learn how to use the essential tools to craft compelling and memorable characters. Project assignments will be tailored to accommodate your skill level.

Instructor: David Harvey

Sat, Sep 13-Oct 11 | 11:15 am-12:15 pm | \$40/5 | [151407](#)
Sat, Oct 18-Nov 15 | 11:15 am-12:15 pm | \$40/5 | [151416](#)
Sat, Nov 22-Dec 20 | 11:15 am-12:15 pm | \$40/5 | [151417](#)
Sat, Jan 10-Feb 14 | 11:15 am-12:15 pm | \$48/6 | [151418](#)
Sat, Feb 21-Mar 28 | 11:15 am-12:15 pm | \$48/6 | [151419](#)

Oliver Woods Community Centre



Music Together®

0 to 5 Years

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. Parent participation required. Siblings under 9 months may attend for free. There is a \$55 program fee for this course, which is non-refundable after the first class (siblings will receive a \$55 refund).

Instructor: Karita Sedun

Wed, Sep 24-Nov 26 | 9:15-10 am | \$130/10 | [146475](#)

Wed, Sep 24-Nov 26 | 10:15-11 am | \$130/10 | [146476](#)

Wed, Sep 24-Nov 26 | 11:15 am-12 pm | \$130/10 | [146477](#)

Thu, Sep 25-Nov 27 | 9:15-10 am | \$130/10 | [146479](#)

Thu, Sep 25-Nov 27 | 10:15-11 am | \$130/10 | [146480](#)

Thu, Sep 25-Nov 27 | 11:15 am-12 pm | \$130/10 | [146481](#)

Wed, Jan 7-Mar 11 | 9:15-10 am | \$130/10 | [146482](#)

Wed, Jan 7-Mar 11 | 10:15-11 am | \$130/10 | [146483](#)

Wed, Jan 7-Mar 11 | 11:15 am-12 pm | \$130/10 | [146484](#)

Thu, Jan 8-Mar 12 | 9:15-10 am | \$130/10 | [146485](#)

Thu, Jan 8-Mar 12 | 10:15-11 am | \$130/10 | [146486](#)

Thu, Jan 8-Mar 12 | 11:15 am-12 pm | \$130/10 | [146487](#)

Kin Hut Activity Centre

Boogie Babies

6 to 18 Months

In this interactive class, babies and their caregivers will explore the world of music and movement together. Grown ups will enjoy stretching, dancing and playful exercises that keep both them and their babies moving. The class encourages bonding, physical activity and helps babies develop a love for music.

Instructor: Miss Jules

Tue, Sep 16-Oct 28 | 11-11:30 am | \$48/6 | [147000](#)

Thu, Sep 25-Nov 13 | 11-11:30 am | \$64/8 | [151788](#)

Tue, Nov 4-Dec 16 | 11-11:30 am | \$48/6 | [147001](#)

Tue, Jan 13-Feb 24 | 11-11:30 am | \$56/7 | [147002](#)

Thu, Jan 15-Feb 26 | 11-11:30 am | \$48/6 | [147003](#)

Beban Park Social Centre



Children's Dance & Music

Movin' with My Mini

18 Months to 2.5 Years

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

Instructor: Miss Jules

Tue, Sep 16-Oct 28 | 10:15-10:45 am | \$48/6 | [146996](#)

Thu, Sep 25-Nov 13 | 10:15-10:45 am | \$64/8 | [147016](#)

Tue, Nov 4-Dec 16 | 10:15-10:45 am | \$48/6 | [146997](#)

Tue, Jan 13-Feb 24 | 10:15-10:45 am | \$56/7 | [146998](#)

Thu, Jan 15-Feb 26 | 10:15-10:45 am | \$48/6 | [147018](#)

Beban Park Social Centre

Shimmy & Shake

2.5 to 4 Years

Does your child enjoy twirling, leaping and bouncing around the house and perhaps you do, too? Children get to enjoy simple routines, interactive movements and shake all the energy and wiggles out. This can be a grown up participation program or, if they are ready, let them show you their moves!

Instructor: Miss Jules

Tue, Sep 16-Oct 28 | 9:30-10 am | \$48/6 | [146984](#)

Tue, Sep 16-Oct 28 | 11:45 am-12:15 pm | \$48/6 | [147004](#)

Thu, Sep 25-Nov 13 | 9:30-10 am | \$64/8 | [147011](#)

Tue, Nov 4-Dec 16 | 9:30-10 am | \$48/6 | [146985](#)

Tue, Nov 4-Dec 16 | 11:45 am-12:15 pm | \$48/6 | [147005](#)

Tue, Jan 13-Feb 24 | 9:30-10 am | \$56/7 | [146986](#)

Tue, Jan 13-Feb 24 | 11:45 am-12:15 pm | \$56/7 | [147006](#)

Thu, Jan 15-Mar 10 | 9:30-10 am | \$48/6 | [147013](#)

Beban Park Social Centre

Jazzy Jivers **NEW!**

3 to 4 Years

Get ready to jump, jive and move! This high-energy class is perfect for kids who love to groove. With upbeat music, playful steps and lots of wiggles, little dancers build coordination, rhythm and confidence one jazzy move at a time. This is not a parent participation program.

Instructor: Miss Jules

Thu, Sep 25-Nov 13 | 11:45 am-12:15 pm | \$56/7 | [152035](#)

Thu, Jan 15-Feb 26 | 11:45 am-12:15 pm | \$48/6 | [151981](#)

Beban Park Social Centre

Baby Ballet

3 to 5 Years

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

Sat, Sep 13-Nov 1 | 11:30 am-12 pm | \$64/8 | [149684](#)

Sat, Nov 8-Dec 20 | 11:30 am-12 pm | \$56/7 | [149685](#)

Sat, Jan 10-Feb 21 | 11:30 am-12 pm | \$56/7 | [149686](#)

Sat, Feb 28-Mar 28 | 11:30 am-12 pm | \$40/5 | [149687](#)

Oliver Woods Community Centre



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Tots in Tights Dance Sampler **NEW!**

3 to 5 Years

For dancers eager to explore everything! Each week, we will dedicate time to both the elegant, technical fundamentals of ballet and the vibrant, fast-paced styles of jazz and hip hop.

Sat, Sep 13-Nov 1 | 12:15-12:45 pm | \$64/8 | [149688](#)

Sat, Nov 8-Dec 20 | 12:15-12:45 pm | \$56/7 | [149690](#)

Sat, Jan 10-Feb 21 | 12:15-12:45 pm | \$56/7 | [149691](#)

Sat, Feb 28-Mar 28 | 12:15-12:45 pm | \$40/5 | [149692](#)

Oliver Woods Community Centre

Preschool Hip Hop Dance **NEW!**

3 to 5 Years

Energetic, upbeat music combined with lively movements will undoubtedly delight participants in this engaging intro to hip hop class!

Sat, Sep 13-Nov 1 | 1-1:30 pm | \$64/8 | [149695](#)

Sat, Nov 8-Dec 20 | 1-1:30 pm | \$56/7 | [149696](#)

Sat, Jan 10-Feb 21 | 1-1:30 pm | \$56/7 | [149698](#)

Sat, Feb 28-Mar 28 | 1-1:30 pm | \$40/5 | [149700](#)

Oliver Woods Community Centre

Dance Collection for Aspiring **NEW!**

Young Dancers

5 to 9 Years

For dancers eager to explore a variety of dance styles! Each week, we will dedicate time to learn a different style of dance, such as of ballet, jazz and hip hop.

Sat, Sep 13-Nov 1 | 1:45-2:15 pm | \$64/8 | [149702](#)

Sat, Nov 8-Dec 20 | 1:45-2:15 pm | \$56/7 | [149703](#)

Sat, Jan 10-Feb 21 | 1:45-2:15 pm | \$56/7 | [149705](#)

Sat, Feb 28-Mar 28 | 1:45-2:15 pm | \$40/5 | [149706](#)

Oliver Woods Community Centre

Highland Dance

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

Instructor: Brigadoon Dance Academy

3 to 6 Years - Tartan Tots

Sun, Sep 7-28 | 3-3:45 pm | \$55/4 | [150987](#)

Sun, Feb 1-22 | 3-3:45 pm | \$55/4 | [150988](#)

6 to 12 Years - Kilts & Hilt

Sun, Sep 7-28 | 4-4:45 pm | \$55/4 | [150989](#)

Sun, Feb 1-22 | 4-4:45 pm | \$55/4 | [150990](#)

Oliver Woods Community Centre

B-Fit Bhangra & Bollywood Dance

Get ready to feel the rhythm and energy of B-Fit! This high-energy class brings together the vibrant beats of Bhangra and the lively, colourful movements of Bollywood dance for a workout experience like no other. It's more than just fitness - it's a celebration of culture, music and movement.

Instructor: Vancouver Island Bhangra

3 to 6 Years

Tue, Oct 7-28 | 4:30-5 pm | \$60/4 | [150926](#)

Tue, Feb 3-24 | 4:30-5 pm | \$60/4 | [150927](#)

7 to 13 Years

Tue, Oct 7-28 | 5:15-6 pm | \$80/4 | [150928](#)

Tue, Feb 3-24 | 5:15-6 pm | \$80/4 | [150929](#)

Beban Park Social Centre

Zumba Kids

Zumba® Kids classes feature kid-friendly routines based on original Zumba® choreography. We break down the steps, add games, activities and cultural exploration elements into the class.

Instructor: Shelby Holt

4 to 6 Years

Sat, Sep 20-Oct 18 | 10:15-11 am | \$50/5 | [150369](#)

Sat, Oct 25-Nov 22 | 10:15-11 am | \$50/5 | [150370](#)

Sat, Jan 17-Feb 21 | 10:15-11 am | \$60/6 | [150371](#)

7 to 11 Years

Sat, Sep 20-Oct 18 | 9:15-10 am | \$50/5 | [150365](#)

Sat, Oct 25-Nov 22 | 9:15-10 am | \$50/5 | [150366](#)

Sat, Jan 17-Feb 21 | 9:15-10 am | \$60/6 | [150384](#)

Oliver Woods Community Centre

Intro to Hip Hop

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

Instructor: Vibe Staff

4 to 5 Years

Fri, Sep 19-Oct 24 | 4-4:30 pm | \$72/6 | [146949](#)

Fri, Nov 7-Dec 12 | 4-4:30 pm | \$72/6 | [146950](#)

Fri, Jan 9-Feb 13 | 4-4:30 pm | \$72/6 | [146951](#)

Fri, Feb 20-Mar 13 | 4-4:30 pm | \$48/4 | [146952](#)

6 to 7 Years

Fri, Sep 19-Oct 24 | 4:45-5:15 pm | \$72/6 | [146954](#)

Fri, Nov 7-Dec 12 | 4:45-5:15 pm | \$72/6 | [146955](#)

Fri, Jan 9-Feb 13 | 4:45-5:15 pm | \$72/6 | [146957](#)

Fri, Feb 20-Mar 13 | 4:45-5:15 pm | \$48/4 | [146958](#)

8 to 11 Years

Fri, Sep 19-Oct 24 | 5:30-6:15 pm | \$84/6 | [146960](#)

Fri, Nov 7-Dec 12 | 5:30-6:15 pm | \$84/6 | [146961](#)

Fri, Jan 9-Feb 13 | 5:30-6:15 pm | \$84/6 | [146962](#)

Fri, Feb 20-Mar 13 | 5:30-6:15 pm | \$56/4 | [146963](#)

12+ Years

Fri, Sep 19-Oct 24 | 6:30-7:15 pm | \$84/6 | [146968](#)

Fri, Nov 7-Dec 12 | 6:30-7:15 pm | \$84/6 | [146966](#)

Fri, Jan 9-Feb 13 | 6:30-7:15 pm | \$84/6 | [146967](#)

Fri, Feb 20-Mar 13 | 6:30-7:15 pm | \$56/4 | [146965](#)

Vibrant Studios LTD (1969 Boxwood Rd)



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. Parent participation is required for level one and optional for level 2. There is a \$55 program fee for this course, which is non-refundable after the first class (siblings will receive a \$55 refund).

Instructor: Karita Sedun

4 to 6 Years (Level 1; parent participation required)

Tue, Sep 16-Dec 2 | 4:15-5 pm | \$130/10 | [146039](#)

Tue, Jan 6-Mar 10 | 4:15-5 pm | \$130/10 | [146488](#)

5 to 8 Years (Level 2; parent participation optional)

Tue, Sep 16-Dec 2 | 5:15-6 pm | \$130/10 | [146489](#)

Tue, Jan 6-Mar 10 | 5:15-6 pm | \$130/10 | [146490](#)

Oliver Woods Community Centre

Piano - Private Beginner Lessons

5 Years +

Unlock your musical potential with our private piano lessons! Cover the basics of piano while gaining confidence and learning to play songs.

Instructor: Liam Pistor

Wed, Sep 17-Oct 8 | 3:30-4 pm | \$96/4 | [149985](#)

Wed, Sep 17-Oct 8 | 4:10-4:40 pm | \$96/4 | [149986](#)

Wed, Sep 17-Oct 8 | 4:50-5:20 pm | \$96/4 | [149988](#)

Wed, Sep 17-Oct 8 | 5:30-6 pm | \$96/4 | [149989](#)

Thu, Sep 18-Oct 9 | 3:30-4 pm | \$96/4 | [149990](#)

Thu, Sep 18-Oct 9 | 4:10-4:40 pm | \$96/4 | [149992](#)

Thu, Sep 18-Oct 9 | 4:50-5:20 pm | \$96/4 | [149993](#)

Tue, Sep 18-Oct 9 | 5:30-6 pm | \$96/4 | [150091](#)

Wed, Oct 15-Nov 5 | 3:30-4 pm | \$96/4 | [150092](#)

Wed, Oct 15-Nov 5 | 4:10-4:40 pm | \$96/4 | [150093](#)

Wed, Oct 15-Nov 5 | 4:50-5:20 pm | \$96/4 | [150094](#)

Wed, Oct 15-Nov 5 | 5:30-6 pm | \$96/4 | [150096](#)

Thu, Oct 16-Nov 6 | 3:30-4 pm | \$96/4 | [150097](#)

Thu, Oct 16-Nov 6 | 4:10-4:40 pm | \$96/4 | [150099](#)

Thu, Oct 16-Nov 6 | 4:50-5:20 pm | \$96/4 | [150158](#)

Thu, Oct 16-Nov 6 | 5:30-6 pm | \$96/4 | [150159](#)

Wed, Nov 12-Dec 3 | 3:30-4 pm | \$96/4 | [150170](#)

Wed, Nov 12-Dec 3 | 4:10-4:40 pm | \$96/4 | [150172](#)

Wed, Nov 12-Dec 3 | 4:50-5:20 pm | \$96/4 | [150173](#)

Wed, Nov 12-Dec 3 | 5:30-6 pm | \$96/4 | [150174](#)

Thu, Nov 13-Dec 4 | 3:30-4 pm | \$96/4 | [150175](#)

Thu, Nov 13-Dec 4 | 4:10-4:40 pm | \$96/4 | [150176](#)

Thu, Nov 13-Dec 4 | 4:50-5:20 pm | \$96/4 | [150177](#)

Thu, Nov 13-Dec 4 | 5:30-6 pm | \$96/4 | [150178](#)

Wed, Jan 14-Feb 4 | 3:30-4 pm | \$96/4 | [150180](#)

Wed, Jan 14-Feb 4 | 4:10-4:40 pm | \$96/4 | [150181](#)

Wed, Jan 14-Feb 4 | 4:50-5:20 pm | \$96/4 | [150182](#)

Wed, Jan 14-Feb 4 | 5:30-6 pm | \$96/4 | [150183](#)

Thu, Jan 15-Feb 5 | 3:30-4 pm | \$96/4 | [150184](#)

Thu, Jan 15-Feb 5 | 4:10-4:40 pm | \$96/4 | [150185](#)

Thu, Jan 15-Feb 5 | 4:50-5:20 pm | \$96/4 | [150186](#)

Thu, Jan 15-Feb 5 | 5:30-6 pm | \$96/4 | [150187](#)

Wed, Feb 11-Mar 4 | 3:30-4 pm | \$96/4 | [150188](#)

Wed, Feb 11-Mar 4 | 4:10-4:40 pm | \$96/4 | [150190](#)

Wed, Feb 11-Mar 4 | 4:50-5:20 pm | \$96/4 | [150191](#)

Wed, Feb 11-Mar 4 | 5:30-6 pm | \$96/4 | [150192](#)

Thu, Feb 12-Mar 5 | 3:30-4 pm | \$96/4 | [150188](#)

Thu, Feb 12-Mar 5 | 4:10-4:40 pm | \$96/4 | [150190](#)

Thu, Feb 12-Mar 5 | 4:50-5:20 pm | \$96/4 | [150191](#)

Thu, Feb 12-Mar 5 | 5:30-6 pm | \$96/4 | [150192](#)

Bowen Park Complex

Magical Melodies: **NEW!**

A Joyful Introduction to Music

This playful and engaging early childhood music program is designed to introduce babies, toddlers and young learners to the joys of music. Each class invites children to explore rhythm, movement, hand coordination, singing, dancing and a variety of musical instruments while learning through play.

Instructor: Miss Jennifer from Nanaimo Cons. of Music

6 Months to 2 Years

Wed, Sep 17-Oct 22 | 9:15-10 am | \$84/6 | [147161](#)

Wed, Jan 7-Feb 11 | 9:15-10 am | \$84/6 | [147165](#)

3 to 5 Years

Wed, Sep 17-Oct 22 | 10:15-11 am | \$84/6 | [153019](#)

Wed, Jan 7-Feb 11 | 10:15-11 am | \$84/6 | [153021](#)

Homeschool: 5 to 7 Years

Wed, Sep 17-Oct 22 | 10:15-11 am | \$84/6 | [153020](#)

Wed, Jan 7-Feb 11 | 10:15-11 am | \$84/6 | [153022](#)

Nanaimo Conservatory of Music



cityofnanaimo



prc_nanaimo (#ilovemyparksandrec)



Children's Special Interest/Outdoor

Haunted Halloween Crafts & Games

2 to 5 Years

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

Fri, Oct 24 | 9:30-10:30 am | \$12/1 | [144081](#)

Fri, Oct 24 | 10:45-11:45 am | \$12/1 | [144082](#)

Beban Park Social Centre

Candy Cane Crafts & Games

2 to 5 Years

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

Fri, Dec 5 | 9:30-10:30 am | \$12/1 | [144083](#)

Fri, Dec 5 | 10:45-11:45 am | \$12/1 | [144084](#)

Beban Park Social Centre

Once Upon a Crafty Storytime **NEW!**

3 to 5 Years

Step into a world of wonder with Once Upon a Crafty Storytime! Each week, little ones will enjoy magical stories followed by hands-on crafts. This program blends imagination, creativity and early literacy into one enchanting adventure.

Instructor: Lynn Macaulay

Fri, Oct 3 | 9:30-10:30 am | \$8/1 | [153287](#)

Fri, Nov 7 | 9:30-10:30 am | \$8/1 | [153288](#)

Fri, Dec 5 | 9:30-10:30 am | \$8/1 | [153289](#)

Fri, Jan 16 | 9:30-10:30 am | \$8/1 | [153290](#)

Fri, Feb 27 | 9:30-10:30 am | \$8/1 | [153291](#)

Kin Hut Activity Centre

Astro Kids **NEW!**

3 to 5 Years

Blast off into space and discover the wonders of the universe through creative play, hands-on crafts, active games and imaginative activities. This is an independent program.

Instructors: Pam Brugge & Traci Boas

Mon, Sep 15-Oct 27 | 10-11:30 am | \$72/6 | [149311](#)

Mon, Feb 23-Mar 16 | 10-11:30 am | \$48/4 | [151987](#)

Kin Hut Activity Centre

Dino Detectives

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. This is an independent program.

Instructors: Pam Brugge & Traci Boas

Mon, Nov 3-Dec 8 | 10-11:30 am | \$72/6 | [149304](#)

Mon, Jan 12-Feb 9 | 10-11:30 am | \$60/5 | [149306](#)

Kin Hut Activity Centre

Adventure at the Seashore

3 to 6 Years

Join us for a fun and educational low-tide adventure as we explore the ever-changing seashore! Each visit reveals fascinating sea creatures, unique seaweeds and hidden treasures waiting to be discovered. Look closely and you will be amazed by what you find. This is a parent participation program.

Instructor: Judy Wickland

Sat, Sep 6 | 10-11:15 am | \$10/1 | [148855](#)

Pipers Lagoon Park

Wetland Wigglers

Explore the acrobats and strange swimmers, and learn what they can tell us about healthy wetlands. Look for frogs, great blue herons, ducks and more. This is a parent participation class.

Instructor: Judy Wickland

3 to 6 Years

Sun, Sep 21 | 10-11:15 am | \$10/1 | [148868](#)

All Ages (World Wetlands Day)

Sun, Feb 1 | 10-11:15 am | \$10/1 | [148869](#)

Brookwood Park

The Magic of Trees & Falling Leaves

3 to 6 Years

Come into the forest and discover the secret world of trees. Learn about our own temperate rainforests and the animals that live here. A tree is much more than it seems. This is a parent participation class.

Instructor: Judy Wickland

Sun, Oct 5 | 10-11:15 am | \$10/1 | [148860](#)

Bowen Park

Who's Been Here? Discovering Animal Tracks and Signs

3 to 6 Years

Have you ever wondered which animals live in the forest even when you don't see them? Animals leave clues like tracks and other signs that tell their stories. Join us to learn how to read these natural messages and uncover the hidden residents of the forest. This is a parent participation program.

Instructor: Judy Wickland

Sat, Oct 25 | 10-11:15 am | \$10/1 | [148874](#)

Colliery Dam Park

A Salmon's Journey

3 to 6 Years

Follow the journey of the Pacific Salmon from stream to sea and back again through all their life stages. We will discover how salmon grow, survive and shape their ecosystems. This is a parent participation class.

Instructor: Judy Wickland

Sat, Nov 8 | 10-11:15 am | \$10/1 | [148871](#)

Bowen Park (meet at the Duck Pond)



The Underground World

3 to 6 Years

Discover the hidden world beneath the soil where worms wiggle and microbes squirm. Explore the amazing life that thrives below the earth's surface, and learn why it's so important. This is a parent participation program.

Instructor: Judy Wickland

Sat, Nov 22 | 10-11:15 am | \$10/1 | [148873](#)

Bowen Park (lower picnic shelter)

Bowen Afterschool Nature Club

5 to 11 Years

Join us this fall and winter to go on adventures, make discoveries and enjoy the changing of the seasons at Bowen Park. Monthly themes include nature observations, animal behaviours and welcoming each season. Exploration focused walks, crafts and activities are part of this club!

Mon, Sep 15-Dec 15 | 3-5 pm | \$180/12 | [147719](#)

Mon, Jan 5-Mar 30 | 3-5 pm | \$135/9 | [147720](#)

Bowen Park Complex

Intro to Fishing

8 Years +

Join Fishing for Fun to kick off our Fall Fishing Challenge and learn about the basics of freshwater fishing. The City of Nanaimo has covered the fishing license for this program for those over 16 years (no fishing license needed to partake).

Instructor: Fishing for Fun

Sun, Oct 19 | 11 am-12:30 pm | \$10/1 | [151970](#)

Sun, Oct 19 | 1-2:30 pm | \$10/1 | [151971](#)

Colliery Dam Park

Sun, Oct 26 | 11 am-12:30 pm | \$10/1 | [151972](#)

Sun, Oct 26 | 1-2:30 pm | \$10/1 | [151973](#)

Westwood Lake Park (First Beach)

Hug a Tree and Survive

9 to 12 Years

Children and their families love to explore the great outdoors by hiking, camping, biking and more. Sometimes curiosity draws kids away from family and friends. This AdventureSmart presentation will teach kids how to avoid getting lost in the woods and what to do if they do get lost.

Instructor: Nanaimo Search and Rescue Outreach

Sat, Oct 18 | 10-11:30 am | FREE | [151467](#)

Bowen Park Complex

Bird Count

5 to 12 Years

Join the Nanaimo Area Land Trust and Nanaimo Parks, Recreation and Culture for a fun, family-friendly birdwatching event. Spot and identify local birds, enjoy a warm drink and make a pine cone feeder to take home. Pre-registration is not required.

Sat, Jan 3 | 10-11:30 am | FREE |

Oliver Woods Community Centre

Stroll with the Pro - Birding

Walk with one of our local biologists and discover birds in our area. Dress for the weather and bring binoculars/a camera if you have one. This is a great program for all ages.

Tue, Sep 2 | 6-7:30 pm | \$5/1 | [148840](#)

Sat, Jan 10 | 9-10:30 am | \$5/1 | [148841](#)

Buttertubs Marsh (meet at Miner's Cottage)

Sat, Oct 18 | 9-10:30 am | \$5/1 | [148843](#)

Sat, Mar 7 | 9-10:30 am | \$5/1 | [148844](#)

Diver Lake Park

Sat, Nov 15 | 9-10:30 am | \$5/1 | [148852](#)

Sat, Feb 7 | 9-10:30 am | \$5/1 | [148853](#)

Neck Point Park (Finn Beach)

WildSafe Adventures NEW!

Learn how to stay safe while enjoying the outdoors with WildSafeBC. Discover practical tips to prevent human-wildlife conflicts, including bear behaviour, attractant management and what to do during an encounter. Perfect for families, hikers and nature enthusiasts of all ages. This is a free event, but registration is required.

Sat, Sep 13 | 3:30-4:30 pm | FREE | [151798](#)

Sat, Oct 25 | 3:30-4:30 pm | FREE | [151799](#)

Westwood Lake (second beach)

Twilight Time NEW!

5 to 9 Years

This is the perfect way for kids to wind down their day with a mix of games, crafts and creative activities in a relaxed and social setting. It also provides parents with time in the evening to spend on themselves. Join us to connect, create and burn off the last bit of energy before bedtime!

Wed, Oct 15 | 5:30-8 pm | \$15/1 | [152084](#)

Wed, Nov 19 | 5:30-8 pm | \$15/1 | [152088](#)

Wed, Dec 3 | 5:30-8 pm | \$15/1 | [152089](#)

Wed, Dec 10 | 5:30-8 pm | \$15/1 | [152090](#)

Wed, Jan 21 | 5:30-8 pm | \$15/1 | [152091](#)

Wed, Feb 25 | 5:30-8 pm | \$15/1 | [152092](#)

Beban Park Social Centre

Dive-In Movie: Holiday Edition

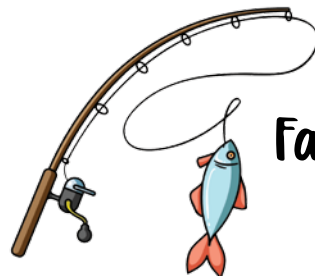
8 to 12 Years

Join us for a dive-in movie where you will enjoy a fun swim with games and activities led by our games leaders. We will then settle in for a magical holiday movie. Parents, this means you will have a couple hours to start your holiday shopping.

Fri, Dec 5 | 5-8:30 pm | \$36/1 | [149753](#)

Fri, Dec 19 | 5-8:30 pm | \$36/1 | [149852](#)

Nanaimo Aquatic Centre



Family Fishing Challenge

OCTOBER 19-26

See our back page for info.



cityofnanaimo



prc_nanaimo (#ilovemyparksandrec)

Yoga for Kids

5 to 12 Years

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

Instructor: Gypsy Hart

Wed, Sep 17-Oct 29 | 3:30-4:30 pm | \$56/7 | [149395](#)

Wed, Nov 5-Dec 17 | 3:30-4:30 pm | \$56/7 | [149396](#)

Wed, Jan 7-Feb 18 | 3:30-4:30 pm | \$56/7 | [149397](#)

Wed, Feb 25-Mar 25 | 3:30-4:30 pm | \$40/5 | [149398](#)

Oliver Woods Community Centre

Kids' Fall Cooking Workshop **NEW!**

7 to 13 Years

Join us for a hands-on workshop! Led by our passionate farm facilitators, you will learn the basics of growing food, harvest it fresh from the field and discover how to prepare it in our beautiful outdoor kitchen. You will even get to take home some of the harvest.

Instructor: Nanaimo Foodshare

Tue, Sep 23 | 3:30-5:30 pm | \$35/1 | [151739](#)

Park Avenue Farm (945 Park Ave)

Let's Eat! Kids' Cooking

7 to 13 Years

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

Instructor: Nanaimo Foodshare

Wed, Sep 10-24 | 3:30-5:30 pm | \$135/3 | [151732](#)

Nanaimo Foodshare (271 Pine St)

Tue, Oct 7-21 | 3:30-5:30 pm | \$135/3 | [151743](#)

Wed, Oct 29-Nov 12 | 3:30-5:30 pm | \$135/3 | [151749](#)

Tue, Oct 28-Nov 18 | 3:30-5:30 pm | \$135/3 | [151748](#)

Wed, Nov 26-Dec 10 | 3:30-5:30 pm | \$135/3 | [151750](#)

Tue, Jan 6-20 | 3:30-5:30 pm | \$135/3 | [151755](#)

Tue, Jan 27-Feb 10 | 3:30-5:30 pm | \$135/3 | [151756](#)

Wed, Jan 28-Feb 11 | 3:30-5:30 pm | \$135/3 | [151757](#)

Wed, Feb 18-Mar 4 | 3:30-5:30 pm | \$135/3 | [151758](#)

Bowen Park Complex

Madd Edible Science

8 to 15 Years

Hey! Come and learn all about changing a liquid into an edible, stretchy yummy cheese. Paula will show you how to make homemade mozzarella cheese while you learn about chemistry and history. Bring an additional \$10 for a kit to make 4 pounds of mozzarella at home.

Instructor: Paula Maddison

Sat, Nov 15 | 2-3 pm | \$30/1 | [147272](#)

Sat, Mar 21 | 1-2 pm | \$30/1 | [149198](#)

Bowen Park Complex

Community Farm Drop-in **D**

All Ages

Have fun, meet people, take home some harvest, enjoy nature, learn new skills and help a charity. If you have any questions or want to know about our private fun field trips experiences, please email jennie.wharton@nanaimofoodshare.ca. No pre-registration required.

Fri, Sep 5-Oct 31 | 10 am-2 pm | \$5 per person

Fri, Feb 20-Mar 27 | 10 am-2 pm | \$5 per person

Park Avenue Farm (945 Park Ave)

Farmer Family Play Group

All Ages

Inviting guardians and children to explore the farm together in a safe, fun and educational outdoor setting. Each session includes relaxed nature-based learning, games and a chance to harvest and take home seasonal farm produce.

Wed, Sep 3 | 12-2 pm | \$15 per family | [151779](#)

Wed, Sep 10 | 12-2 pm | \$15 per family | [151780](#)

Wed, Sep 17 | 12-2 pm | \$15 per family | [151781](#)

Wed, Sep 24 | 10 am-12 pm | \$15 per family | [151783](#)

Wed, Oct 1 | 10 am-12 pm | \$15 per family | [151785](#)

Wed, Mar 25 | 10 am-12 pm | \$15 per family | [151787](#)

Park Avenue Farm (945 Park Ave)

Get the Story **NEW!**

9 to 12 Years

Be part of a kids' online news show written for kids by kids! Skills taught include interviewing, reporting, recording video and using a green screen. The focus is on developing confidence, telling true-life stories drawn from your own experiences and working as part of a team. At the end of the term, you will debut your online news show featuring the work of you as a young reporter.

Instructor: Zoe Henderson

Tue, Sep 16-Nov 18 | 4:30-5:30 pm | \$176/8 | [151605](#)

Beban Park Social Centre

Learn How to Ride the Bus

Are you feeling confused or unsure of how to get around on transit? Join us for a fun and FREE group session. Learn everything you need to know to be confident riding the bus. We will show you how to read the transit maps and schedules, how to buy passes and how it works for scooters, walkers, wheelchairs, bikes and more. We will bring a bus to the session so you can get hands-on experience. Pre-registration is required. All ages welcome; children must be accompanied by an adult.

Sun, Oct 19 | 1-2:30 pm | FREE | [151587](#)

Sun, Oct 19 | 4-5:30 pm | FREE | [151588](#)

Beban Park Parking Lot



Court Kids

1 to 5 Years

A free, fun, safe space to introduce your child to unstructured physical activity. Your child will get to play, move, climb, jump, slide and have a blast while burning off some energy on a variety of gym equipment. Parent/caregiver participation is required.

Tue, Sep 16-Dec 2 | 9-11 am | FREE/10 | [145680](#)

Tue, Jan 6-Mar 10 | 9-11 am | FREE/10 | [145683](#)

Beban Park Social Centre

Gym Pals

1 to 5 Years

Hey, kids! Bring your parents and climb, jump and play. This parent participation program allows time for you to explore and develop motor skills. A drop-in fee of \$10/child is available depending on space.

Fri, Sep 19-Oct 31 | 9:45-10:45 am | \$48/6 | [149636](#)

Fri, Sep 19-Oct 31 | 11 am-12 pm | \$48/6 | [149640](#)

Fri, Nov 7-Dec 19 | 9:45-10:45 am | \$48/6 | [149637](#)

Fri, Nov 7-Dec 19 | 11 am-12 pm | \$48/6 | [149641](#)

Fri, Jan 9-Feb 20 | 9:45-10:45 am | \$56/7 | [149638](#)

Fri, Jan 9-Feb 20 | 11 am-12 pm | \$56/7 | [149642](#)

Fri, Feb 27-Mar 27 | 9:45-10:45 am | \$40/5 | [149639](#)

Fri, Feb 27-Mar 27 | 11 am-12 pm | \$40/5 | [149643](#)

Oliver Woods Community Centre

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 20-Nov 1 | 9-10 am | \$48/6 | [149670](#)

Sat, Sep 20-Nov 1 | 10:15-11:15 am | \$48/6 | [149678](#)

Sat, Nov 8-Dec 20 | 9-10 am | \$56/7 | [149672](#)

Sat, Nov 8-Dec 20 | 10:15-11:15 am | \$56/7 | [149680](#)

Sat, Jan 10-Feb 21 | 9-10 am | \$56/7 | [149673](#)

Sat, Jan 10-Feb 21 | 10:15-11:15 am | \$56/7 | [149681](#)

Sat, Mar 7-28 | 9-10 am | \$32/4 | [149675](#)

Sat, Mar 7-28 | 10:15-11:15 am | \$32/4 | [149682](#)

Oliver Woods Community Centre

Soccer Sprouts

5 to 7 Years

Through playful drills and creative games, learn basic soccer skills like dribbling and passing while having so much fun!

Thu, Sep 25-Oct 30 | 3:15-3:45 pm | \$42/6 | [146031](#)

Thu, Feb 12-Mar 12 | 3:15-3:45 pm | \$35/5 | [146034](#)

Harewood Outdoor Sports Court



Children's Sports

Indoor Soccer

6 to 10 Years

This program helps to cultivate essential soccer skills like shooting, passing and dribbling and helps to develop valuable life skills, including leadership, teamwork and sportsmanship.

Wed, Feb 25-Mar 25 | 4:30-5:30 pm | \$40/5 | [149635](#)

Oliver Woods Community Centre

Soccer Skills & Drills

8 to 11 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 25-Oct 30 | 4-4:45 pm | \$48/6 | [146036](#)

Thu, Feb 12-Mar 12 | 4-4:45 pm | \$40/5 | [146037](#)

Harewood Outdoor Sports Court

Basketball Fundamental Movement Skills

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

6 to 9 Years

Wed, Sep 17-Oct 29 | 4-5 pm | \$56/7 | [149628](#)

Wed, Nov 5-Dec 17 | 4-5 pm | \$56/7 | [149629](#)

Wed, Jan 7-Feb 18 | 4-5 pm | \$56/7 | [149630](#)

Wed, Feb 25-Mar 25 | 4-5 pm | \$40/5 | [149631](#)

8 to 11 Years

Tue, Sep 9-Oct 28 | 3:45-4:45 pm | \$56/7 | [149384](#)

Tue, Nov 4-Dec 16 | 3:45-4:45 pm | \$48/6 | [149386](#)

Tue, Jan 6-Feb 17 | 3:45-4:45 pm | \$56/7 | [149387](#)

Tue, Feb 24-Mar 31 | 3:45-4:45 pm | \$48/6 | [149388](#)

Oliver Woods Community Centre

On Guard! Into to Fencing

8 to 12 Years

During this children's beginner fencing program, participants will learning the basics of foil and sabre fencing. Once they have taken a session of classes in foil and a session of classes in sabre, they will be able to move up to the continuing fencing program (see page 55).

Instructor: Georgia Newsome

Wed, Sep 17-Oct 29 | 5:15-6:15 pm | \$80/7 | [151066](#)

Wed, Nov 5-Dec 17 | 5:15-6:15 pm | \$80/7 | [151067](#)

Wed, Jan 7-Feb 11 | 5:15-6:15 pm | \$69/6 | [151068](#)

Wed, Feb 18-Mar 25 | 5:15-6:15 pm | \$69/6 | [151069](#)

Oliver Woods Community Centre



Historical Fencing

9 to 12 Years

Experience historical swordplay in a fast-paced, game-driven environment. Using padded swords, you will play high-energy group games, learn basic skills and end with dueling practice. This class is all about fun, movement and friendly competition.

Sun, Oct 12-Dec 14 | 1:30-2:15 pm | \$150/10 | [150165](#)

Sun, Jan 4-Mar 29 | 1:30-2:15 pm | \$195/13 | [150166](#)

Beban Park Centennial Building



cityofnanaimo



prc_nanaimo (#ilovemyparksandrec)

Floor Hockey

7 to 10 Years

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

Mon, Sep 8-Oct 27 | 3:30-4:30 pm | \$56/7 | [149363](#)

Mon, Nov 3-Dec 15 | 3:30-4:30 pm | \$56/7 | [149367](#)

Mon, Jan 5-Feb 9 | 3:30-4:30 pm | \$48/6 | [149369](#)

Mon, Feb 23-Mar 30 | 3:30-4:30 pm | \$48/6 | [149370](#)

Oliver Woods Community Centre

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. Each class will include development skills, practice time and a scrimmage.

Tue, Sep 9-Oct 28 | 5-6 pm | \$56/7 | [149390](#)

Tue, Jan 6-Feb 17 | 5-6 pm | \$56/7 | [149392](#)

Tue, Feb 24-Mar 31 | 5-6 pm | \$48/6 | [149393](#)

Oliver Woods Community Centre

Junior Volleyball

8 to 12 Years

Master the essential techniques and skills of the game. This program offers comprehensive instruction, engaging drills and exciting games. It's designed for players at beginner to intermediate levels.

Wed, Sep 17-Oct 29 | 4:30-5:30 pm | \$56/7 | [149632](#)

Wed, Nov 5-Dec 17 | 4:30-5:30 pm | \$56/7 | [149633](#)

Wed, Jan 7-Feb 18 | 4:30-5:30 pm | \$56/7 | [149634](#)

Oliver Woods Community Centre

Junior Volleyball

9 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 19-Oct 31 | 4:45-5:45 pm | \$48/6 | [149645](#)

Fri, Nov 7-Dec 19 | 4:45-5:45 pm | \$56/7 | [149647](#)

Fri, Jan 9-Feb 20 | 4:45-5:45 pm | \$56/7 | [149649](#)

Fri, Feb 27-Mar 27 | 4:45-5:45 pm | \$40/5 | [149650](#)

Oliver Woods Community Centre

Active Together Saturdays NEW!

4 Years +

Join us for a dynamic and inclusive program where participants of all ages can enjoy physical activity at their own pace. Each session is designed to build physical literacy through a variety of fun and engaging games and activities that support the development of fundamental movement skills. Whether you're moving, playing or exploring new ways to be active, there's something for everyone!

Sat, Oct 18-Dec 13 | 11 am-12:30 pm | \$80/5 | [147829](#)

Sat, Jan 10-Mar 7 | 11 am-12:30 pm | \$80/5 | [147830](#)

Oliver Woods Community Centre

Junior Lifeguard Club

8 to 12 Years

Are you interested in a pause from swimming lessons? This program emphasizes fun and aquatic skill development based on personal-best achievement. Building on skills you have from swimming lessons, you will work to develop and improve swimming and other aquatic skills with an emphasis on swim and lifesaving knowledge, leadership and teamwork, community education, competition and personal fitness. This is serious fun!

Prerequisites: Ability to meet the Swim to Survive Standard (roll into deep water, tread water for one minute, swim 50m).

Wed, Sep 17-Oct 22 | 6:30-7:30 pm | \$84/6 | [149338](#)

Thu, Sep 18-Oct 23 | 3:30-4:30 pm | \$84/6 | [149335](#)

Wed, Oct 29-Dec 3 | 6:30-7:30 pm | \$84/6 | [149339](#)

Thu, Oct 30-Dec 4 | 3:30-4:30 pm | \$84/6 | [149336](#)

Wed, Jan 14-Feb 11 | 6:30-7:30 pm | \$70/5 | [149341](#)

Thu, Jan 15-Feb 12 | 3:30-4:30 pm | \$70/5 | [149345](#)

Wed, Feb 18-Mar 11 | 6:30-7:30 pm | \$56/4 | [149342](#)

Thu, Feb 19-Mar 12 | 3:30-4:30 pm | \$56/4 | [149346](#)

Nanaimo Aquatic Centre



Intro to Synchro

8 to 12 Years

Explore artistic swimming (formerly known as synchronized swimming) in a fun, supportive environment.

Instructor: Nanaimo Diamonds

Thu, Oct 2-Dec 11 | 6-7:30 pm | \$154/11 | [148898](#)

Thu, Jan 8-Mar 12 | 6-7:30 pm | \$140/10 | [148899](#)

Beban Park Pool

Aqua Go

5 to 12 Years

AquaGo is an introduction to artistic swimming. Athletes will learn the basics of safe entry, floating, breathing and body positions. All abilities and genders are welcome. Athletes new to swimming can register in the AquaGo Level 1-2; athletes with some experience (Swimmer 3 and above) can join AquaGo Level 3-4.

Instructor: Nanaimo Diamonds

AquaGo 1-2

Sun, Oct 5-Dec 14 | 9-10 am | \$110/11 | [148894](#)

Sun, Jan 11-Mar 15 | 9-10 am | \$100/10 | [148895](#)

AquaGo 3-4

Sun, Oct 5-Dec 14 | 10-11 am | \$110/11 | [148896](#)

Sun, Jan 11-Mar 15 | 10-11 am | \$100/10 | [148897](#)

Beban Park Pool

Junior Badminton

8 to 13 Years

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

Mon, Sep 8-Oct 27 | 4-5 pm | \$56/7 | [149372](#)

Mon, Nov 3-Dec 15 | 4-5 pm | \$56/7 | [149375](#)

Mon, Feb 23-Mar 30 | 4-5 pm | \$48/6 | [149376](#)

Oliver Woods Community Centre

Paddle Pals - Pickleball NEW!

8 to 13 Years

The program covers essential paddle techniques, including forehand and backhand taps, volleys and smashes along with singles and doubles game play.

Tue, Nov 4-Dec 16 | 5-6 pm | \$48/6 | [149381](#)

Mon, Jan 5-Feb 9 | 4-5 pm | \$48/6 | [149382](#)

Oliver Woods Community Centre

Is your account information current?

Have you moved? Did you get a new email address? Please make sure you let us know so we can ensure your account is correct so we can keep you updated on waitlists or other information you need to know.

Progressive Tennis

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

5 to 7 Years

Sun, Sep 7-Oct 26 | 3-4 pm | \$154/7 | [149792](#)

Tue, Sep 9-Oct 28 | 4-5 pm | \$176/8 | [149800](#)

Sun, Nov 2-Dec 14 | 3-4 pm | \$154/7 | [149802](#)

Tue, Nov 4-Dec 16 | 4-5 pm | \$154/7 | [149804](#)

Sun, Jan 11-Mar 8 | 3-4 pm | \$176/8 | [149827](#)

Tue, Jan 13-Mar 10 | 4-5 pm | \$198/9 | [149829](#)

8 to 11 Years

Sun, Sep 7-Oct 26 | 4-5:30 pm | \$231/7 | [149806](#)

Mon, Sep 8-Oct 27 | 4-5:30 pm | \$231/7 | [149810](#)

Sun, Nov 2-Dec 14 | 4-5:30 pm | \$231/7 | [149814](#)

Mon, Nov 3-Dec 15 | 4-5:30 pm | \$231/7 | [149815](#)

Sun, Jan 11-Mar 8 | 4-5:30 pm | \$264/8 | [149823](#)

Mon, Jan 12-Mar 9 | 4-5:30 pm | \$264/8 | [149824](#)

12 to 16 Years

Fri, Sep 5-Oct 10 | 3:30-5 pm | \$198/6 | [149720](#)

Fri, Oct 17-Nov 14 | 3:30-5 pm | \$165/5 | [149782](#)

Fri, Nov 21-Dec 19 | 3:30-5 pm | \$165/5 | [149784](#)

Fri, Jan 16-Mar 13 | 3:30-5 pm | \$297/9 | [149833](#)

North Island Tennis Academy (2367 Arbot Rd)

Taekwondo with Master Kim

Gain self-discipline, confidence and concentration. Our qualified 9th degree black belt, Grand Master Kim, strives to maximize your potential by improving your physical well-being and mental integrity.

4 to 7 Years

Wed, Sep 10 & 17 | 4:15-5 pm | \$25/2 | [151108](#)

Sat, Sep 13 & 20 | 10:10-10:40 am | \$25/2 | [151110](#)

Sat, Oct 4 & 18 | 10:10-10:40 am | \$25/2 | [151116](#)

Wed, Oct 8 & 15 | 4:15-5 pm | \$25/2 | [151113](#)

Sat, Nov 1 & 8 | 10:10-10:40 am | \$25/2 | [151118](#)

Wed, Nov 5 & 12 | 4:15-5 pm | \$25/2 | [151117](#)

Wed, Dec 3 & 10 | 4:15-5 pm | \$25/2 | [151119](#)

Sat, Jan 10 & 17 | 10:10-10:40 am | \$25/2 | [151121](#)

Wed, Jan 14 & 21 | 4:15-5 pm | \$25/2 | [151120](#)

Wed, Feb 4 & 11 | 4:15-5 pm | \$25/2 | [151122](#)

Sat, Feb 7 & 21 | 10:10-10:40 am | \$25/2 | [151123](#)

Wed, Mar 4 & 11 | 4:15-5 pm | \$25/2 | [151124](#)

Sat, Mar 7 & 14 | 10:10-10:40 am | \$25/2 | [151125](#)

8 to 12 Years

Tue, Sep 9 & 16 | 4:15-5 pm | \$25/2 | [151126](#)

Sat, Sep 13 & 20 | 10:50-11:20 am | \$25/2 | [151127](#)

Sat, Oct 4 & 18 | 10:50-11:20 am | \$25/2 | [151130](#)

Tue, Oct 7 & 14 | 4:15-5 pm | \$25/2 | [151128](#)

Sat, Nov 1 & 8 | 10:50-11:20 am | \$25/2 | [151132](#)

Tue, Nov 4 & 18 | 4:15-5 pm | \$25/2 | [151131](#)

Tue, Dec 2 & 9 | 4:15-5 pm | \$25/2 | [151133](#)

Sat, Jan 10 & 17 | 10:50-11:20 am | \$25/2 | [151137](#)

Tue, Jan 13 & 20 | 4:15-5 pm | \$25/2 | [151136](#)

Sat, Feb 7 & 21 | 10:50-11:20 am | \$25/2 | [151139](#)

Tue, Feb 10 & 17 | 4:15-5 pm | \$25/2 | [151138](#)

Sat, Mar 3 & 10 | 4:15-5 pm | \$25/2 | [151140](#)

Sat, Mar 7 & 14 | 10:50-11:20 am | \$25/2 | [151141](#)

World Taekwondo Academy (4300 Wellington Rd)

Taekwondo & Self-Defense with Master Moy

This is an introductory program designed to build skills and have fun. Gain self-confidence while learning different kicks, strikes, blocks and self-defense techniques through activities that develop coordination, balance, flexibility, strength and agility. Upon completion, you will be well equipped for higher levels.

Instructor: Master Moy, Kick High Martial Arts

5 to 9 Years

Thu, Sep 18-Oct 2 | 4-4:30 pm | \$18/3 | [150962](#)

Thu, Oct 9-30 | 4-4:30 pm | \$24/4 | [150965](#)

Thu, Nov 6-27 | 4-4:30 pm | \$24/4 | [150966](#)

Thu, Jan 8-29 | 4-4:30 pm | \$24/4 | [150967](#)

Thu, Feb 5-26 | 4-4:30 pm | \$24/4 | [150968](#)

Thu, Mar 5-26 | 4-4:30 pm | \$24/4 | [150969](#)

Oliver Woods Community Centre

Sun, Sep 28-Oct 19 | 11-11:30 am | \$24/4 | [150958](#)

Sun, Nov 2-23 | 11-11:30 am | \$24/4 | [150959](#)

Sun, Jan 11-25 | 11-11:30 am | \$18/3 | [150961](#)

Sun, Feb 1-22 | 11-11:30 am | \$24/4 | [150963](#)

Sun, Mar 1-22 | 11-11:30 am | \$24/4 | [150964](#)

Bowen Park Complex

8 to 13 Years

Thu, Sep 18-Oct 2 | 4:30-5 pm | \$18/3 | [150970](#)

Thu, Oct 9-30 | 4:30-5 pm | \$24/4 | [150971](#)

Thu, Nov 6-27 | 4:30-5 pm | \$24/4 | [150972](#)

Thu, Jan 8-29 | 4:30-5 pm | \$24/4 | [150973](#)

Thu, Feb 5-26 | 4:30-5 pm | \$24/4 | [150974](#)

Thu, Mar 5-26 | 4:30-5 pm | \$24/4 | [150975](#)

Oliver Woods Community Centre

Sun, Sep 28-Oct 19 | 11:30 am-12 pm | \$24/4 | [150977](#)

Sun, Nov 2-23 | 11:30 am-12 pm | \$24/4 | [150978](#)

Sun, Jan 11-25 | 11:30 am-12 pm | \$24/4 | [150979](#)

Sun, Feb 1-22 | 11:30 am-12 pm | \$24/4 | [150991](#)

Sun, Mar 1-22 | 11:30 am-12 pm | \$24/4 | [150980](#)

Bowen Park Complex



Karate

4 to 7 Years

Kids learn basic karate moves. They will also learn self-discipline with courtesy and respect emphasized. This is an introduction only.

Wed, Sep 3-24 | 4:30-5:15 pm | \$25/4 | [150672](#)

Fri, Sep 5-26 | 3:15-4 pm | \$25/4 | [150673](#)

Mon, Sep 8-29 | 4:30-5:15 pm | \$25/4 | [150671](#)

Fri, Oct 3-24 | 4:15-5 pm | \$25/4 | [150678](#)

Mon, Oct 6-Nov 3 | 4:30-5:15 pm | \$25/4 | [150676](#)

Wed, Oct 8-29 | 4:30-5:15 pm | \$25/4 | [150677](#)

Tue, Nov 4-Dec 2 | 3:30-4:15 pm | \$25/4 | [150679](#)

Thu, Nov 6-27 | 3:30-4:15 pm | \$25/4 | [150680](#)

Fri, Nov 7-28 | 5:15-6 pm | \$25/4 | [150681](#)

Mon, Dec 1-15 | 4:30-5:15 pm | \$19/3 | [150682](#)

Wed, Dec 3-17 | 4:30-5:15 pm | \$19/3 | [150683](#)

Sat, Dec 6-20 | 9:30-10:15 am | \$19/3 | [150684](#)

Tue, Jan 6-27 | 3:30-4:15 pm | \$25/4 | [150685](#)

Thu, Jan 8-29 | 3:30-4:15 pm | \$25/4 | [150687](#)

Fri, Jan 9-30 | 3:15-4 pm | \$25/4 | [150688](#)

Mon, Feb 2-23 | 4:30-5:15 pm | \$25/4 | [150690](#)

Wed, Feb 4-25 | 4:30-5:15 pm | \$25/4 | [150691](#)

Fri, Feb 6-27 | 4:15-5 pm | \$25/4 | [150692](#)

Mon, Mar 2-23 | 4:30-5:15 pm | \$25/4 | [150693](#)

Wed, Mar 4-25 | 4:30-5:15 pm | \$25/4 | [150695](#)

Fri, Mar 6-27 | 5:15-6 pm | \$25/4 | [150696](#)

Shima Karate (3032 Barons Rd)

Karate

Kids will start learning katas, sparring and self-defense drills. Peer pressure and bullying are discussed. Learn self-discipline with courtesy and respect strongly emphasized. To continue with this program, register at the dojo.

8 to 12 Years

Sat, Sep 6-27 | 10:30-11:20 am | \$25/4 | [150706](#)

M/W, Sep 8-17 | 3:30-4:20 pm | \$25/4 | [150704](#)

Sat, Oct 4-25 | 10:30-11:20 am | \$25/4 | [150714](#)

M/W, Oct 8-22 | 3:30-4:20 pm | \$25/4 | [150709](#)

T/Th, Nov 4-18 | 4:30-5:20 pm | \$25/4 | [150716](#)

Sat, Nov 8-29 | 10:30-11:20 am | \$25/4 | [150719](#)

M/W, Dec 1-10 | 3:30-4:20 pm | \$25/4 | [150721](#)

M/W, Jan 5-14 | 3:30-4:20 pm | \$25/4 | [150722](#)

M/W, Feb 2-11 | 3:30-4:20 pm | \$25/4 | [150723](#)

Sat, Feb 7-28 | 10:30-11:20 am | \$25/4 | [150726](#)

T/Th, Mar 3-12 | 4:30-5:20 pm | \$25/4 | [150727](#)

Shima Karate (3032 Barons Rd)



cityofnanaimo



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Family Paddling

6 Years +

Introduce your family to a great activity and a welcoming community on the water. Learn about water and boating safety, paddling strokes, and experience the diverse paddling opportunities with the local canoe and kayak club.

Instructor: Nanaimo Canoe & Kayak Club

Sat, Sep 13 | 10 am-12 pm | \$40 per family | [151812](#)

Sat, Sep 20 | 10 am-12 pm | \$40 per family | [151810](#)

Sat, Sep 27 | 10 am-12 pm | \$40 per family | [151811](#)

Long Lake/Loudon Park

Junior Paddler Adventure

6 to 8 Years

Dive into the world of water sports! Our program is a perfect blend of skill-building, teamwork and outdoor fun. Glide through the waters in our big canoes, paddle boards, canoes and kayaks mastering the art of paddling while forging friendships and staying fit.

Instructor: Nanaimo Canoe & Kayak Club

Sat, Sep 13-Oct 18 | 9-10 am | \$84/6 | [151979](#)

Long Lake/Loudon Park

Intro to Paddling

8 to 12 Years

This program will introduce you to the wonderful world of paddle sports in a fun and supportive environment. Learn the three FUNdamental sport skills of balance, steering and propulsion in a variety of human-powered watercraft, including kayaks, canoes and paddleboards.

Instructor: Nanaimo Canoe & Kayak Club

Thu, Sep 11-Oct 16 | 4-5:30 pm | \$108/6 | [151802](#)

Long Lake/Loudon Park

Paddling - Intro to Jr. NEW!

Development Team

11 Years +

For those looking to develop more advanced paddling skills and build fitness, strength and meet new friends. Paddlers will use the Olympic sprint kayaks and canoes to develop balance, propulsion and boat control in single, double, and four-person kayaks and canoes.

Instructor: Nanaimo Canoe & Kayak Club

Tue, Sep 9-Oct 21 | 4-5:30 pm | \$108/6 | [151808](#)

Long Lake/Loudon Park

Tumbling Tots Gymnastics

2 to 3 Years

This is a recreational, non competitive, playful course to introduce fundamental skills through circuit-based gymnastic movements. This is a parent participation course.

Instructor: Flipside Gymnastics

Tue, Sep 9-Oct 7 | 9-10 am | \$80/4 | [151609](#)

Fri, Sep 12-Oct 3 | 9-10 am | \$80/4 | [151616](#)

Fri, Oct 10-31 | 9-10 am | \$80/4 | [151618](#)

Tue, Oct 14-Nov 4 | 9-10 am | \$80/4 | [151610](#)

Fri, Nov 14-Dec 12 | 9-10 am | \$100/5 | [151619](#)

Tue, Nov 18-Dec 16 | 9-10 am | \$100/5 | [151612](#)

Tue, Jan 6-27 | 9-10 am | \$80/4 | [151623](#)

Fri, Jan 9-30 | 9-10 am | \$80/4 | [151630](#)

Tue, Feb 3-24 | 9-10 am | \$80/4 | [151624](#)

Fri, Feb 6-27 | 9-10 am | \$80/4 | [151631](#)

Tue, Mar 3-24 | 9-10 am | \$80/4 | [151625](#)

Fri, Mar 6-27 | 9-10 am | \$80/4 | [151632](#)

Flipside Gymnastics (1911 Wilfert Rd)

Kinder Stars

3 to 5 Years

This is a recreational, non competitive, playful course to introduce fundamental skills through circuit-based gymnastic movements. Parent participation is not required.

Instructor: Flipside Gymnastics

Tue, Sep 9-Oct 7 | 10:05-11:20 am | \$90/4 | [151613](#)

Fri, Sep 12-Oct 3 | 10:05-11:20 am | \$90/4 | [151620](#)

Fri, Oct 10-31 | 10:05-11:20 am | \$90/4 | [151621](#)

Tue, Oct 14-Nov 4 | 10:05-11:20 am | \$90/4 | [151614](#)

Fri, Nov 14-Dec 12 | 10:05-11:20 am | \$113/5 | [151622](#)

Tue, Nov 18-Dec 16 | 10:05-11:20 am | \$113/5 | [151615](#)

Tue, Jan 6-27 | 10:05-11:20 am | \$90/4 | [151627](#)

Fri, Jan 9-30 | 10:05-11:20 am | \$90/4 | [151626](#)

Tue, Feb 3-24 | 10:05-11:20 am | \$90/4 | [151628](#)

Fri, Feb 6-27 | 10:05-11:20 am | \$90/4 | [151633](#)

Tue, Mar 3-24 | 10:05-11:20 am | \$90/4 | [151629](#)

Fri, Mar 6-27 | 10:05-11:20 am | \$90/4 | [151634](#)

Flipside Gymnastics (1911 Wilfert Rd)

Kids Climbing

6 to 12 Years

Join us to learn new skills and make new friends while we introduce you to the world of roped climbing. No experience necessary.

Wed, Sep 3-24 | 4-6 pm | \$120/4 | [150217](#)

Fri, Sep 5-26 | 4-6 pm | \$120/4 | [150220](#)

Sat, Sep 6-27 | 12-2 pm | \$120/4 | [150223](#)

Wed, Oct 1-22 | 4-6 pm | \$120/4 | [150218](#)

Fri, Oct 3-24 | 4-6 pm | \$120/4 | [150221](#)

Sat, Oct 4-25 | 12-2 pm | \$120/4 | [150224](#)

Wed, Nov 5-26 | 4-6 pm | \$120/4 | [150219](#)

Fri, Nov 7-28 | 4-6 pm | \$120/4 | [150222](#)

Sat, Nov 8-29 | 12-2 pm | \$120/4 | [150225](#)

Wed, Jan 7-28 | 4-6 pm | \$120/4 | [150229](#)

Fri, Jan 9-30 | 4-6 pm | \$120/4 | [150231](#)

Sat, Jan 10-31 | 12-2 pm | \$120/4 | [150233](#)

Wed, Feb 4-25 | 4-6 pm | \$120/4 | [150230](#)

Fri, Feb 6-27 | 4-6 pm | \$120/4 | [150232](#)

Sat, Feb 7-28 | 12-2 pm | \$120/4 | [150234](#)

Romper Room Indoor Rock Climbing Centre (4385B Boban)

Belay Course NEW!

12 Years+

Let us teach you the ropes with appropriate knots, belay skills, basic climbing moves and all the procedures to confidently belay indoors.

Sat, Sep 6 | 5:30-8 pm | \$75/1 | [150660](#)

Sat, Oct 4 | 5:30-8 pm | \$75/1 | [150661](#)

Sat, Nov 1 | 5:30-8 pm | \$75/1 | [150665](#)

Sat, Dec 6 | 5:30-8 pm | \$75/1 | [150666](#)

Sat, Jan 10 | 5:30-8 pm | \$75/1 | [150667](#)

Sat, Feb 7 | 5:30-8 pm | \$75/1 | [150668](#)

Romper Room Indoor Rock Climbing Centre (4385B Boban)



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.

Multi-Purpose Venues

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 have options for you.

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 Facilities

- **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
- **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 for 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

CHECK AVAILABILITY ONLINE!



Go online to
cityofnanaimo.perfectmind.com
to check availability of the following
facilities:

- Picnic Shelters • Fields
- Oliver Woods Gymnasiums
- Sand Volleyball Courts

ASK ABOUT OUR

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



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School Break Camps

School's Out Pro-D Camp

5 to 9 Years

Try a little bit of everything! Experience a variety of cooperative games, activities, arts and crafts, sports and so much more!

Fri, Oct 24 | 8:30 am-5 pm | \$47/1 | [132863](#)
 Mon, Nov 10 | 8:30 am-5 pm | \$47/1 | [132865](#)
 Fri, Dec 5 | 8:30 am-5 pm | \$47/1 | [132866](#)
 Mon, Feb 9 | 8:30 am-5 pm | \$48/1 | [145674](#)

Beban Park Social Centre

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 and exciting activities.

Fri, Oct 24 | 8:30 am-5 pm | \$47/1 | [148525](#)
 Mon, Nov 10 | 8:30 am-5 pm | \$47/1 | [148526](#)
 Fri, Dec 5 | 18:30 am-5 pm | \$47/1 | [148527](#)
 Mon, Feb 9 | 8:30 am-5 pm | \$48/1 | [148528](#)
 Tue, Feb 10 | 18:30 am-5 pm | \$48/1 | [148529](#)

Oliver Woods Community Centre

Outdoor Explorers - Pro-D Camp NEW!

7 to 12 Years

Discover an exciting new outdoor camp! Participants will have the opportunity to explore local beaches and parks while participating in field games and various camp activities.

Fri, Oct 24 | 8:30 am-5 pm | \$47/1 | [148532](#)
 Mon, Nov 10 | 8:30 am-5 pm | \$47/1 | [148533](#)
 Fri, Dec 5 | 18:30 am-5 pm | \$47/1 | [148554](#)
 Mon, Feb 9 | 8:30 am-5 pm | \$48/1 | [148555](#)
 Tue, Feb 10 | 18:30 am-5 pm | \$48/1 | [148559](#)

Hammond Bay Elementary School (1025 Morningside Dr)

Junior Lifeguard - Pro-D Camp NEW!

8 to 12 Years

The camp focuses on fun, teamwork and skill development with games and a variety of activities themed around lifesaving, lifeguarding and first aid. This is a must for those youth who love the water but are looking for more than lessons. Participants must be at a level Swimmer 4 ability or have successfully completed the Swim to Survive Challenge (roll into deep water, tread water for 1 minute and swim 50m).

Fri, Oct 24 | 10 am-2 pm | \$45/1 | [149683](#)
 Mon, Nov 10 | 10 am-2 pm | \$45/1 | [149734](#)
 Fri, Dec 5 | 10 am-2 pm | \$45/1 | [149735](#)
 Mon, Feb 9 | 10 am-2 pm | \$48/1 | [149738](#)

Nanaimo Aquatic Centre

Frosty Frolic Camp

5 to 9 Years

Just because it's chilly doesn't mean we can't get silly! Play games, get crafty and make new friends.

Mon, Dec 22 | 8:30 am-5 pm | \$47/1 | [145638](#)
 Tue, Dec 23 | 8:30 am-5 pm | \$47/1 | [145640](#)
 Wed, Dec 24 | 8:30 am-5 pm | \$47/1 | [145641](#)
 Mon, Dec 29 | 8:30 am-5 pm | \$47/1 | [145643](#)
 Tue, Dec 30 | 8:30 am-5 pm | \$47/1 | [145644](#)
 Wed, Dec 31 | 8:30 am-5 pm | \$47/1 | [145645](#)
 Fri, Jan 2 | 8:30 am-5 pm | \$47/1 | [145646](#)

Beban Park Social Centre

RecSkate Camp

6 to 11 Years

This half-ice recreational skating camp includes two 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 Camp

Fri, Oct 24 | 8:30 am-5 pm | \$47/1 | [145434](#)
 Mon, Nov 10 | 8:30 am-5 pm | \$47/1 | [145435](#)
 Fri, Dec 5 | 8:30 am-5 pm | \$47/1 | [145436](#)
 Mon, Feb 9 | 8:30 am-5 pm | \$48/1 | [145437](#)
 Tue, Feb 10 | 8:30 am-5 pm | \$48/1 | [145438](#)

Nanaimo Ice Centre

Spring Break

Mon, Mar 16 | 8:30 am-5 pm | \$48/1 | [152753](#)
 Tue, Mar 17 | 8:30 am-5 pm | \$48/1 | [152754](#)
 Wed, Mar 18 | 8:30 am-5 pm | \$48/1 | [152756](#)
 Thu, Mar 19 | 8:30 am-5 pm | \$48/1 | [152759](#)
 Fri, Mar 20 | 8:30 am-5 pm | \$48/1 | [152761](#)
 Mon, Mar 23 | 8:30 am-5 pm | \$48/1 | [152763](#)
 Tue, Mar 24 | 8:30 am-5 pm | \$48/1 | [152764](#)
 Wed, Mar 25 | 8:30 am-5 pm | \$48/1 | [152766](#)
 Thu, Mar 26 | 8:30 am-5 pm | \$48/1 | [152767](#)
 Fri, Mar 27 | 8:30 am-5 pm | \$48/1 | [152769](#)

Cliff McNabb Arena

RecHockey Camp

6 to 11 Years

This is a recreational, half-ice hockey camp for participants of varying abilities. Emphasis is on the FUNDamentals of hockey with two ice times for skills, scrimmage and stations. 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 Camp

Fri, Oct 24 | 8:30 am-5 pm | \$47/1 | [145429](#)
 Mon, Nov 10 | 8:30 am-5 pm | \$47/1 | [145430](#)
 Fri, Dec 5 | 8:30 am-5 pm | \$47/1 | [145431](#)
 Mon, Feb 9 | 8:30 am-5 pm | \$48/1 | [145432](#)
 Tue, Feb 10 | 8:30 am-5 pm | \$48/1 | [145433](#)

Nanaimo Ice Centre

Spring Break

Mon, Mar 16 | 8:30 am-5 pm | \$48/1 | [152736](#)
 Tue, Mar 17 | 8:30 am-5 pm | \$48/1 | [152738](#)
 Wed, Mar 18 | 8:30 am-5 pm | \$48/1 | [152739](#)
 Thu, Mar 19 | 8:30 am-5 pm | \$48/1 | [152740](#)
 Fri, Mar 20 | 8:30 am-5 pm | \$48/1 | [152741](#)
 Mon, Mar 23 | 8:30 am-5 pm | \$48/1 | [152742](#)
 Tue, Mar 24 | 8:30 am-5 pm | \$48/1 | [152743](#)
 Wed, Mar 25 | 8:30 am-5 pm | \$48/1 | [152744](#)
 Thu, Mar 26 | 8:30 am-5 pm | \$48/1 | [152745](#)
 Fri, Mar 27 | 8:30 am-5 pm | \$48/1 | [152746](#)

Cliff McNabb Arena

Holiday Cooking Mini Camp **NEW!**

7 to 12 Years

Celebrate the season with this festive holiday cooking camp! Guided by enthusiastic facilitators, you will learn fun cooking techniques, explore holiday-inspired flavours and gain confidence making delicious, nourishing meals to share with your family at home.

Instructor: Nanaimo Foodshare

Fri, Mon, Tue, Dec 19-23 | 3:30-5:30 | \$135/3 | [151761](#)

Bowen Park Complex

Tree Frog - Spring Break Camp

3 to 5 Years

Join us for some springtime fun designed just for little ones! This week will be filled with hands-on activities, creative crafts, play and engaging games that spark imagination and support early learning.

M-F, Mar 16-20 | 9:30-11:30 am | \$100/5 | [145617](#)

M-F, Mar 23-27 | 9:30-11:30 am | \$100/5 | [145618](#)

Oliver Woods Community Centre

Camp Firefly - Spring Break Camp

5 to 9 Years

March break means it's time to play! Join us for sports, games, arts and crafts and much more. Dress prepared for indoor and outdoor fun.

Mon, Mar 16 | 8:30 am-5 pm | \$48/1 | [145630](#)

Tue, Mar 17 | 8:30 am-5 pm | \$48/1 | [145632](#)

Wed, Mar 18 | 8:30 am-5 pm | \$48/1 | [145634](#)

Thu, Mar 19 | 8:30 am-5 pm | \$48/1 | [145635](#)

Fri, Mar 20 | 8:30 am-5 pm | \$48/1 | [145636](#)

Mon, Mar 23 | 8:30 am-5 pm | \$48/1 | [145624](#)

Tue, Mar 24 | 8:30 am-5 pm | \$48/1 | [145625](#)

Wed, Mar 25 | 8:30 am-5 pm | \$48/1 | [145626](#)

Thu, Mar 26 | 8:30 am-5 pm | \$48/1 | [145628](#)

Fri, Mar 27 | 8:30 am-5 pm | \$48/1 | [145629](#)

Beban Park Social Centre

Sports Action - Spring Break Camp

8 to 12 Years

Get in on the action! Sports Action is an awesome camp for kids who love to be active. Children will have the opportunity to take part in fun games, activities and sports in this full day of camp.

Mon, Mar 16 | 8:30 am-5 pm | \$48/1 | [148538](#)

Tue, Mar 17 | 8:30 am-5 pm | \$48/1 | [148540](#)

Wed, Mar 18 | 8:30 am-5 pm | \$48/1 | [148541](#)

Thu, Mar 19 | 8:30 am-5 pm | \$48/1 | [148542](#)

Fri, Mar 20 | 8:30 am-5 pm | \$48/1 | [148543](#)

Mon, Mar 23 | 8:30 am-5 pm | \$48/1 | [148544](#)

Tue, Mar 24 | 8:30 am-5 pm | \$48/1 | [148545](#)

Wed, Mar 25 | 8:30 am-5 pm | \$48/1 | [148546](#)

Thu, Mar 26 | 8:30 am-5 pm | \$48/1 | [148548](#)

Fri, Mar 27 | 8:30 am-5 pm | \$48/1 | [148550](#)

Oliver Woods Community Centre

Pee Wee Putters - Spring Break Camp

5 to 7 Years

Pee Wee's will learn the fundamentals of the golf swing and the short game. Equipment is available if needed. We have a 6 to 1 student to coach ratio.

Mon-Thu, Mar 16-19 | 11 am-12 pm | \$225/4 | [151991](#)

Beban Park Golf Course

Junior Golf Camp - Spring Break Camp

8 to 12 Years

Juniors will learn the fundamentals of golf, including on-course scoring and etiquette. Equipment is available if needed. We have a 6 to 1 student to coach ratio.

Mon-Thu, Mar 16-19 | 12:30-2:30 pm | \$325/4 | [151992](#)

Beban Park Golf Course

Grow Food, Get Cooking - Spring Break Camp

7 to 13 Years

Explore the full farm-to-fork experience. Guided by passionate farm facilitators, you will learn food growing basics, outdoor ecology, environmental stewardship and cooking skills. Activities include nature art, games and preparing meals in a beautiful outdoor kitchen using fresh farm harvest.

Mon-Thu, Mar 16-19 | 9:30 am-1:30 pm | \$240/4 | [151762](#)

Park Avenue Farm (945 Park Ave)



Play Creation - **NEW!**

Spring Break Camp

With the guidance of the instructor, you will collaborate to create an original show based on a theme or idea using scenes, monologues, music and movement. There will be an informal performance on the last day for family and friends.

9 to 12 Years

M-F, Mar 16-20 | 9 am-12 pm | \$290/5 | [151580](#)

12 to 15 Years

M-F, Mar 23-27 | 1-4 pm | \$290/5 | [151581](#)

Beban Park Social Centre

Rock Climbing - Spring Break Camp

6 to 12 Years

Join us for a week of supervised climbing activities, fun and games while making new friends and learning about knots, harnesses and top rope climbing.

M-F, Mar 16-20 | 9 am-4 pm | \$400/5 | [150244](#)

M-F, Mar 23-27 | 9 am-4 pm | \$400/5 | [150247](#)

Romper Room Indoor Climbing Gym

Youth Creative Writing **NEW!**

Boot Camp

11 to 18 Years

This will be a space for young writers to capture their creativity, build confidence and explore the power of their own voice. Whether they are bursting with ideas or looking for inspiration, this boot camp offers the spark to fuel their storytelling journey.

M-F, Mar 23-27 | 9 am-12 pm | \$125/5 | [148906](#)

Bowen Park Complex

Dungeons & Dragons Club **NEW!**

Beginner - Spring Break

11 to 18 Years

This program will introduce you to the basics of this fantasy role playing game, as well as support you in building skills in literacy and problem solving. Over the course, you will complete a campaign with your group and the dungeon master. Snacks and supplies will be provided. This program is proudly presented in partnership with Literacy Central Vancouver Island.

M-F, Mar 16-27 | 1-4 pm | FREE | [152112](#)

Bowen Park Complex



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COMMUNITY CONNECTIONS



PIANO LESSONS
WITH KRISTA ROGERS

30 YEARS OF TEACHING EXPERIENCE

Specialized in teaching young children of 3 to adult

“ I want to express my gratitude for the incredible impact you’ve had on my piano journey. I have always looked forward to your lessons and always leave noticeably improved. Thank you for sharing your knowledge and inspiring me to reach new musical heights! ”
(Shae McKeever)

250-713-9595 krogerstudio@gmail.com



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Come Learn,
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Tue - Fri 10am-3pm • Sat 11am-3pm
100 Cameron Rd. | 250-753-3914
vimilitarymuseum.ca



**Tobacco & Vaping
Nicotine Support**
Your Motivation is Here.

Group Sessions When we are motivated, we take action.

One-on-One It is possible to reduce or quit tobacco, vaping & nicotine.

Youth Support Let's get started.

**Fall 2025 & Winter 2026
Group Sessions Registration Open!**

Karen Alden
Motivational Health Consultant
Nanaimo, B.C. Canada
motivatemekaren@gmail.com
250.667.3121 | motivateme.ca

motivatem
Motivate. Support. Succeed.



NANAIMO CURLING CLUB

COME JOIN THE FUN!

Are you 18+ and looking for a fun new way to stay active? Join our Learn to Curl clinic where we will show you how to get started in one of Canada's favorite sports. All equipment is supplied. Register at nanaimocurlingclub.ca

**Intro To
Curling**

Saturday, Sept. 20, 2025
10:00am - 12:00pm

Register online at: nanaimocurlingclub.ca

Registration deadline: Sept. 14th

COMMUNITY CONNECTIONS

2 WEEKS OF MARTIAL ARTS FOR JUST \$20!

Safe, FUN, Kids Martial Arts Classes!!

Your kids don't have to sit around playing video games! If you are looking for an activity your kids will have tons of FUN doing that will also improve their confidence, discipline, and listening this will be perfect!



Limited Time Offer!



SCAN ME



TIGER
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778 674 8200
tigernanaimo@gmail.com

Unit C- 6439 Portsmouth Rd, Nanaimo, BC V2V 1R6
www.tigernanaimo.com

VANCOUVER ISLAND SYMPHONY

NOTEWORTHY KIDS!
Sing!



CHOIR SPONSOR

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Join the VIS Noteworthy Kids Choir!

Open to kids ages 7 - 12. No experience necessary.

FALL/ WINTER SESSION: Oct. 1, 2025 - Feb. 11, 2026

REHEARSALS: Wednesdays • 3:45 - 4:45 pm

REGISTRATION FEE: \$249

PROGRAM INFORMATION & LOCATION DETAILS
250-754-0177 • office@vancouverislandsymphony.com

vancouverislandsymphony.com

GIVE THE GIFT OF

Recreation!

Gift Cards are available in any denomination.

Use them for program registrations,

Active Passes, swim and skate admissions and even facility rentals.

GIFT CARD

CITY OF NANAIMO
Nanaimo Parks & Recreation

FUN activities yoga first aid recreation
swimming activity guide dancing FITNESS
outdoors CAMP games health arts & crafts education
wellness sports learning parks arenas cooking
LANGUAGE arts family COMMUNITY
250.756.200 PLAY active preschool
www.recreation.nanaimo.ca

New to Nanaimo?

Make sure you secure your child's spot in your catchment school before school begins!



NANAIMO LADYSMITH
PUBLIC SCHOOLS

www.sd68.bc.ca



cityofnanaimo



prc_nanaimo (#ilovemyparksandrec)

COMMUNITY CONNECTIONS

ART & POTTERY CLASSES



8 weeks led by professional artists, all materials are included

- Beginner Wheel Throwing
- Intermediate Wheel Throwing
- Handbuilding With Clay
- Creative Art Journaling
- Drawing Explorations
- Painting Foundations

STARTING SEPTEMBER 8, 2025

These courses are geared towards adults, must be 16+ to participate

NANAIMO
CERAMIC
ARTS
STUDIO & GALLERY

Learn More and Register - See Website
115 CHAPEL ST. 250-754-8377
WWW.NANAIMOCERAMICARTS.COM



*Providing quality gymnastics instruction with
maximum activity level in a well-structured,
fun and safe environment*

**Ongoing
Registration
Throughout
the Year!**



**| BIRTHDAY PARTIES | DROP-IN | DAYCARES
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YOUR DESTINATION for all things GYMNASTICS!

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(250) 756-9102 | admin@flipsidegymnastics.ca
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ADVERTISE WITH US!

NANAIMO PARKS, RECREATION & CULTURE
Spring & Summer 2025 Activity Guide
April to August 2025



recreation.nanaimo.ca
250-756-5200
Registration starts on Wednesday, March 5 (April 1)
Wednesday, March 12 (all other programs)



NANAIMO PARKS, RECREATION & CULTURE
Fall 2025/Winter 2026 Activity Guide
September 2025 to March 2026



recreation.nanaimo.ca
250-756-5200
Registration starts on Wednesday, August 1 (April 1)
Wednesday, August 13 (all other programs)



The City of Nanaimo produces two Activity Guides per year and provides
a great way to promote your community organization or business.

**Check out our website,
email parksandrecreation@nanaimo.ca
or call 250-755-7510 for
ad options available.**

COMMUNITY CONNECTIONS


Communauté Francophone Accueillante
 DE NANAIMO



UNE COMMUNAUTÉ FRANCOPHONE POUR VOUS ACCUEILLIR!

Financed par:  Immigration, Refugees and Citizenship Canada
 Funded by:  Immigration, Refugees and Citizenship Canada


Brigadoon
DANCE ACADEMY
 HIGHLAND on VANCOUVER ISLAND



Paul M. Williams

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 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)




WE ARE HIRING!

Do you have a special skill
 or hobby you would like to
 share? Tell us about it!

Go to our website and search
"Program Proposals" for details.


MT. WASHINGTON
 Ski Club



Developing young athletes one turn at a time since 1982!
 Join our family-focused alpine ski racing community, where young skiers build skills, forge friendships, and discover a lifelong love for the sport. Registration for the 2025/2026 season open now. U10 and U12 program space available.
 Learn more at www.mwsc.ca

- One or two days a week options
- Nurturing environment for all ages
- Expert coaching & athlete development
- Programs grounded in Alpine Canada's Long Term Athlete Development
- Experience the thrill. Join the tradition.

Mt. Washington Ski Club—where champions grow!



cityofnanaimo



prc_nanaimo (#ilovemyparksandrec)



Youth Programs

Learn How to Ride the Bus

Are you feeling confused or unsure of how to get around on transit? Join us for a fun and FREE group session. Learn everything you need to know to be confident riding the bus. We will show you how to read the transit maps and schedules, how to buy passes and how it works for scooters, walkers, wheelchairs, bikes and more. We will bring a bus to the session so you can get hands-on experience. Pre-registration is required. All ages welcome; children must be accompanied by an adult.

Sun, Oct 19 | 1-2:30 pm | FREE | [151587](#)

Sun, Oct 19 | 4-5:30 pm | FREE | [151588](#)

Beban Park Parking Lot

Vibe & Play NEW!

11 to 18 Years

Looking for a place to hang out, get creative and have fun with others your age? Vibe & Play is all about trying new things. Think small group games, cool crafts and chill activities led by awesome program leaders who are there to support you. This program is specially designed for youth with diverse abilities with a 3:1 participant to leader ratio to help everyone feel comfortable and included.

Wed, Sep 17-Dec 3 | 3-5 pm | \$180/12 | [147860](#)

Nanaimo Aquatic Centre

Artistic Expressions: Cartooning

16 + Years

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

Instructor: David Harvey

Sat, Sep 13-Oct 11 | 12:30-1:30 pm | \$50/5 | [151401](#)

Sat, Oct 18-Nov 15 | 12:30-1:30 pm | \$50/5 | [151402](#)

Sat, Nov 22-Dec 20 | 12:30-1:30 pm | \$50/5 | [151403](#)

Sat, Jan 10-Feb 14 | 12:30-1:30 pm | \$60/6 | [151404](#)

Sat, Feb 21-Mar 28 | 12:30-1:30 pm | \$60/6 | [151405](#)

Oliver Woods Community Centre

Youth Badminton

11 to 18 Years

Take your badminton skills to the next level! You should have two years of experience in the Junior Badminton program (or equivalent). Please bring your own racquet.

Mon, Sep 15-Oct 20 | 5:15-6:15 pm | \$55/5 | [148816](#)

Mon, Nov 3-Dec 1 | 5:15-6:15 pm | \$55/5 | [148817](#)

Mon, Jan 5-Feb 2 | 5:15-6:15 pm | \$55/5 | [149462](#)

Oliver Woods Community Centre

Youth Basketball

11 to 18 Years

Learn the fundamentals through fun, active games and free play. Please arrive to the program in active gear and indoor sports shoes.

Sun, Sep 14-Oct 19 | 3-4:30 pm | \$55/5 | [148629](#)

Sun, Nov 2-30 | 3-4:30 pm | \$55/5 | [148630](#)

Sun, Jan 4-Feb 8 | 3-4:30 pm | \$55/5 | [148632](#)

Sun, Feb 22-Mar 22 | 3-4:30 pm | \$55/5 | [148633](#)

Oliver Woods Community Centre

Junior Volleyball

12 to 15 Years

Players get comprehensive instruction, engaging drills and exciting games. This is designed for beginner to intermediate level players.

Fri, Sep 19-Oct 31 | 4:45-5:45 pm | \$48/6 | [149653](#)

Fri, Nov 7-Dec 19 | 4:45-5:45 pm | \$56/7 | [149655](#)

Fri, Jan 9-Feb 20 | 4:45-5:45 pm | \$56/7 | [149657](#)

Fri, Feb 27-Mar 27 | 4:45-5:45 pm | \$40/5 | [149658](#)

Oliver Woods Community Centre

Youth Tennis

12 to 16 Years

Intro to tennis using progressive age-appropriate balls with fun games mixed in. Clean gym shoes are required.

Fri, Sep 5-Oct 10 | 3:30-5 pm | \$198/6 | [149720](#)

Fri, Oct 17-Nov 14 | 3:30-5 pm | \$165/5 | [149782](#)

Fri, Nov 21-Dec 19 | 3:30-5 pm | \$165/5 | [149784](#)

Fri, Jan 16-Mar 13 | 3:30-5 pm | \$297/9 | [149833](#)

North Island Tennis Academy (2367 Arbot Rd)

RecSkate Pre-Teen/Teen

12 to 17 Years

Join your friends at this lesson that teaches all levels of skating skills. You will also get an introduction to arenas, including lesson teaching, skate patrol, safety and facility tour. This is a great bridge to our LIT and QUEST programs.

Thu, Sep 18-Oct 30 | 5:15-6 pm | \$91/7 | [145608](#)

Thu, Nov 6-Dec 11 | 5:15-6 pm | \$78/6 | [145609](#)

Thu, Jan 8-Feb 5 | 5:15-6 pm | \$65/5 | [145610](#)

Thu, Feb 12-Mar 12 | 5:15-6 pm | \$65/5 | [145611](#)

Nanaimo Ice Centre

Sat, Sep 20-Nov 1 | 11:15 am-12:15 pm | \$98/7 | [145613](#)

Sat, Nov 8-Dec 13 | 11:15 am-12:15 pm | \$84/6 | [145614](#)

Sat, Jan 10-Mar 14 | 11:15 am-12:15 pm | \$126/9 | [145615](#)

Frank Crane Arena

Babysitter Training

11 to 15 Years

This Red Cross 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 an emergency.

Sat, Sep 20 | 9 am-4:30 pm | \$60/1 | [151433](#)

Sat, Jan 17 | 9 am-4:30 pm | \$60/1 | [151436](#)

Sat, Feb 21 | 9 am-4:30 pm | \$60/1 | [151437](#)

Vancouver Island Conference Centre

Sat, Oct 25 | 9 am-4:30 pm | \$60/1 | [151435](#)

Sat, Nov 15 | 9 am-4:30 pm | \$60/1 | [151434](#)

Hammond Bay Elem. School

Sun, Mar 15 | 9 am-4:30 pm | \$60/1 | [151438](#)

Beban Park Social 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.

Sat, Sep 27 | 9 am-12 pm | \$48/1 | [148666](#)

Sat, Sep 27 | 1-4 pm | \$48/1 | [148667](#)

Sat, Oct 18 | 9 am-12 pm | \$48/1 | [148668](#)

Sat, Oct 18 | 1-4 pm | \$48/1 | [148669](#)

Sat, Nov 1 | 9 am-12 pm | \$48/1 | [148671](#)

Sat, Nov 1 | 1-4 pm | \$48/1 | [148672](#)

Sat, Dec 6 | 9 am-12 pm | \$48/1 | [148673](#)

Sat, Dec 6 | 1-4 pm | \$48/1 | [148674](#)

Sat, Jan 17 | 9 am-12 pm | \$48/1 | [148675](#)

Sat, Jan 17 | 1-4 pm | \$48/1 | [148676](#)

Sun, Feb 8 | 9 am-12 pm | \$48/1 | [148677](#)

Sun, Feb 8 | 1-4 pm | \$48/1 | [148678](#)

Sat, Mar 14 | 9 am-12 pm | \$48/1 | [148679](#)

Sat, Mar 14 | 1-4 pm | \$48/1 | [148680](#)

Beban Park Social Centre

Spanish Beginners NEW!

12 to 16 Years

Planning a vacation to Mexico or just want to learn something new and practical? This beginner-friendly Spanish program is designed for teens with no prior experience. Participants will explore basic vocabulary and phrases through interactive games, tech-based tools and verbal practice. A great intro to the language in a relaxed, engaging environment by a native Spanish speaker!

Mon, Oct 20-Nov 17 | 5-6:30 pm | \$75/5 | [153253](#)

Bowen Park Complex

HOLA

Dungeons & Dragons Club

11 to 18 Years

Play this game while building on problem-solving, reading, writing and math skills. Snacks and supplies will be provided. This program is in partnership with Literacy Central Vancouver Island.

Beginner

Fri, Sep 12-Dec 12 | 3:15-7:15 pm | FREE | [150840](#)

Intermediate

Fri, Jan 9-Mar 13 | 3:15-7:15 pm | FREE | [150846](#)

Advanced

Wed, Sep 17-Dec 17 | 3:30-7:30 pm | FREE | [150859](#)

Wed, Jan 7-Mar 11 | 3:30-7:30 pm | FREE | [151318](#)

Bowen Park Complex

Let's Eat! Teens Rule the Kitchen

13 to 17 Years

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

Instructor: Nanaimo Foodshare

Wed, Oct 8-22 | 3:30-5:30 pm | \$135/3 | [151744](#)

Tue, Nov 25-Dec 9 | 5-7 pm | \$135/3 | [151745](#)

Wed, Jan 7-21 | 5-7 pm | \$135/3 | [151746](#)

Tue, Feb 17-Mar 3 | 5-7 pm | \$135/3 | [151747](#)

Bowen Park Complex

Intro Pottery Wheel

11 to 15 Years

This intro to pottery wheel offers a shorter session for beginners or for those looking for a quick refresh of basic throwing skills and the clay process from start to finish.

Instructor: Gillian Hall or NESTA Morgan

Thu, Sep 4-25 | 4-6 pm | \$140/4 | [152975](#)

Thu, Oct 2-23 | 4-6 pm | \$140/4 | [152977](#)

Thu, Oct 30-Nov 20 | 4-6 pm | \$140/4 | [152978](#)

Thu, Nov 27-Dec 18 | 4-6 pm | \$140/4 | [152979](#)

Thu, Jan 8-29 | 4-6 pm | \$140/4 | [152981](#)

Thu, Feb 5-26 | 4-6 pm | \$140/4 | [152984](#)

Thu, Mar 5-26 | 4-6 pm | \$140/4 | [152986](#)

Bowen Park Pottery Studio

Taekwondo and Self-Defense

13 to 19 Years

Learn the Korean art of self-defense which places a strong emphasis on circular movement, redirection and self-confidence. Our highly qualified 9th 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: Master Kim, World Taekwondo Academy

Wed, Sep 10 & 17 | 6:10-7 pm | \$25/2 | [151143](#)

Wed, Oct 8 & 15 | 6:10-7 pm | \$25/2 | [151145](#)

Wed, Nov 5 & 12 | 6:10-7 pm | \$25/2 | [151146](#)

Wed, Dec 3 & 10 | 6:10-7 pm | \$25/2 | [151147](#)

Wed, Jan 14 & 21 | 6:10-7 pm | \$25/2 | [151149](#)

Wed, Feb 4 & 11 | 6:10-7 pm | \$25/2 | [151151](#)

Wed, Mar 4 & 11 | 6:10-7 pm | \$25/2 | [151152](#)

World Taekwondo Academy (4300 Wellington Rd)

Teens Welcome

If you see a program you would like to participate in outside of the Youth Section, give us a call to find out how you can participate!

Taekwondo with Master Kim

13 Years +

This program emphasizes 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 9th degree black belt Grand Master can help you become strong in mind, body and spirit.

Instructor: Master Kim, World Taekwondo Academy

Wed, Sep 10 & 17 | 6:10-7 pm | \$25/2 | [151144](#)

Wed, Oct 8 & 15 | 6:10-7 pm | \$25/2 | [151158](#)

Wed, Nov 5 & 12 | 6:10-7 pm | \$25/2 | [151160](#)

Wed, Dec 3 & 10 | 6:10-7 pm | \$25/2 | [151161](#)

Wed, Jan 14 & 21 | 6:10-7 pm | \$25/2 | [151162](#)

Wed, Feb 4 & 11 | 6:10-7 pm | \$25/2 | [151163](#)

Wed, Mar 4 & 11 | 6:10-7 pm | \$25/2 | [151165](#)

World Taekwondo Academy (4300 Wellington Rd)

Taekwondo & Self-Defense NEW!

with Master Moy

13 Years +

Looking for a fun and exciting way to stay active and build confidence? Join our introductory Taekwondo classes with Master Moy, a 7th Dan black belt with global experience. Master Moy will guide you through the basics of taekwondo, helping to develop strength, focus, discipline, and leadership skills. Whether learning self-defence, making new friends or just having fun, our classes are the perfect way to get started on your martial arts journey.

Instructor: Master Moy

Sun, Sep 28-Oct 19 | 12-12:45 pm | \$32/4 | [150982](#)

Sun, Nov 2-23 | 12-12:45 pm | \$32/4 | [150984](#)

Sun, Jan 11-25 | 12-12:45 pm | \$24/3 | [150985](#)

Sun, Feb 1-22 | 12-12:45 pm | \$32/4 | [150992](#)

Sun, Mar 1-22 | 12-12:45 pm | \$32/4 | [150986](#)

Bowen Park Complex

Blue Space - Happy Place

16 Years +

Experience a variety of canoes and kayaks offered by the local club. Paddle individually and experience your zen or as part of a crew and feel the excitement of paddling as a unified team. Find your happy place on the water as you learn new skills, meet new friends and embark on a new hobby and sport. No experience necessary. All equipment provided; just bring yourself!

Instructor: Nanaimo Canoe & Kayak Club

Thu, Sep 11-Oct 16 | 5:45-7:15 pm | \$108/6 | [151800](#)

Long Lake/Loudon Park



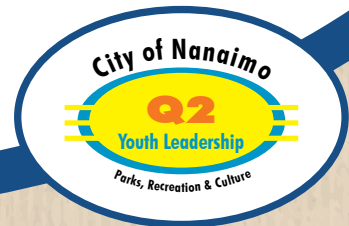
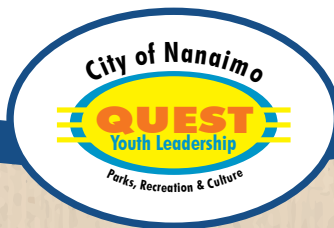
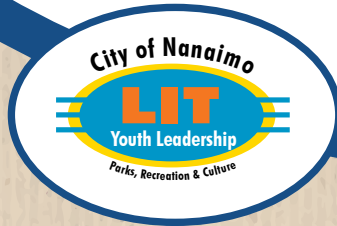
cityofnanaimo



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YOUTH LEADERSHIP

Over 40 Years of Creating Community Leaders



LIT (Leaders in Training) 13-18 YEARS

*(Must be at least 13 years old by December 31, 2025 and
starting Grade 8 in September 2025)*

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.

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



How to Join:

1. **Register** for LIT using barcode **146819**. Cost is \$170.
2. Register your parents for the **Free Parent Info Night** held on Monday, September 22, 6:30-7:30 pm (barcode **146805**) OR if unable to make it, receive our new informational video from our LIT Coordinator. This is where 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**. You must register for all four - no exceptions (see box below).
4. Attend **Orientation** on Wednesday, October 1, 4:30-8:30 pm at Beban Park Social Centre.
5. **Placement Sign-Up** will be communicated during **Orientation**.
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 (take place at Beban Park):

Children 101

• Mon, Oct 6, 6:30-8:30 pm **146823**

Teamwork 101

• Tue, Oct 7, 6:30-8:30 pm **146827**

On the Job 101

• Wed, Oct 8, 6:30-8:30 pm **146824**

Clowning 101

• Thu, Oct 9, 6:30-8:30 pm **146825**



QUEST 14-18 YEARS

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

How to Join:

1. **Register** for Quest using barcode **146812**. Cost is \$170.
2. Attend BOTH the **Quest Orientation** on Monday, September 29, 4:30-6:30 pm at Beban Park and attend **LIT Orientation** on Wednesday, October 1, 4:30-8:30 at Beban Park.
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. **Placement Sign-Up** will be communicated during **Orientation**.
5. Go to your **Placements** to volunteer, learn new skills, make new friends and have fun!

- Further develop your leadership skills
- Get an opportunity to assist with training the LIT volunteers
- Have more responsibility
- Get your first choice at volunteer placement sign-up
- Define your area of interest



14-19 years

- Further develop your leadership skills
- Engage in professional development; take away various certifications
- Lead a passion project close to your heart and make a real impact
- Create a plan for your future
- Receive guidance from industry experts to shape your future
- Network with professionals and peers in your field of interest
- Learn about community engagement

Are you ready to take your leadership skills to the next level?

Join our transformative youth leadership program where you will embark on a journey of personal and professional growth like never before!

How to Apply:

1. Please visit the Q2 website at nanaimo.ca/goto/Q2Leadership.
2. Complete the **Application Form** (scroll down to the "Apply Now" section. Under Step 1 - Complete Application, fill in all required fields).
3. Upload your **Resume** (be sure to include relevant experiences, skills and interests).
4. Submit your **Reference Letter** (your reference can be a teacher, coach, mentor or someone who knows you in a leadership or volunteer capacity).

Once your application is reviewed, you will receive an offer letter if selected or be provided with waitlist details. If accepted, your offer letter will include registration barcodes and payment instructions. Offer letters will be sent within 10 business days after the application deadline.



cityofnanaimo



prc_nanaimo (#ilovemyparksandrec)

FREE!

Youth

SPARE BLOX



Spare Blox is brought to the community as a partnership between the City of Nanaimo and Nanaimo Ladysmith Public Schools.



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 all sites are drop-in and are on a first come, first serve basis. Space is limited. No pre-registration required.

AGE 10 TO 14

Mon, Sep 8-Mar 9
5-6:30 pm
Park Avenue Elem.

AGE 11 TO 15

Mon, Sep 8-Mar 9
7-8:30 pm
Fairview Comm. School

AGE 10 TO 14

Tue, Sep 9-Mar 10
6-7:30 pm
Uplands Elem. School

AGE 10 TO 17

Tue, Sep 2-Mar 10
6:30-8 pm
Oliver Woods

AGE 13 TO 17

Wed, Sep 10-Mar 11
8:30-10 pm
John Barsby School

AGE 10 TO 14

Thu, Sep 11-Mar 12
6-7:30 pm
Chase River School

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.

FREE!
11-18 yrs



Hang out at Nanaimo Aquatic Centre!

Thursdays, September 18-June 25, 3-7 pm (#150669)

Fridays, September 19-June 26, 2-9 pm (#150670) *

- PLAY STATION 5 • VIRTUAL REALITY STATIONS • CHARGING STATION • 3D PRINTER
- PIZZA & SNACKS • MUSIC • SWIMMING & SKATING • FREE WIFI • MUCH MORE!



**Friday Youth Lounge is proudly supported through the NYRS & BSC funding.*



Youth Lounge is proudly brought to you by the City of Nanaimo and BGC 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.

Dates are subject to change. Please ask leaders for the most up-to-date schedule.

COMMUNITY CONNECTIONS

ADVERTISE WITH US!

NANAIMO PARKS, RECREATION & CULTURE
Spring & Summer 2025 Activity Guide
April to August 2025



recreation.nanaimo.ca
250-756-5200

Registration starts on Wednesday, August 6 (August 13)
Wednesday, March 12 (all other programs)



NANAIMO PARKS, RECREATION & CULTURE
Fall 2025/Winter 2026 Activity Guide
September 2025 to March 2026



recreation.nanaimo.ca
250-756-5200

Registration starts on Wednesday, August 6 (August 13)
Wednesday, March 12 (all other programs)



The City of Nanaimo produces two Activity Guides per year and provides a great way to promote your community organization or business.

**Check out our website,
email parksandrecreation@nanaimo.ca
or call 250-755-7510 for
ad options available.**



LEARN TO CURL

Juniors

Are you between the ages of 9 -17 and looking to try a new sport? We designed a Learn to Curl clinic just for you! Grab a friend and register online at: nanaimocurlingclub.ca

Saturday, October 4th,
2025

10:00am - 12:00pm

\$5.00 per person

All equipment supplied.

Register online at: nanaimocurlingclub.ca

Registration deadline: Sept. 28th



You could host an international high school student

and help them fulfill their dream of
studying in Canada!

HOMESTAY@SD68.BC.CA
250-751-0147

studyvancouverisland.ca



[cityofnanaimo](https://www.cityofnanaimo.ca)



[#ilovemyparksandrec](https://www.prc_nanaimo.ca)



Arts & Crafts

See page 15 for
Drop-In Pottery Schedule

Pottery Wheel - Beginner

Calling teens to adults 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 firing costs are included.

Instructor: Selena Unger or Gillian Hall

Tue, Sep 2-Oct 14 | 6:30-9 pm | \$210/6 | [152880](#)
 Fri, Sep 5-Oct 10 | 12:30-3 pm | \$210/6 | [151867](#)
 Sat, Sep 6-Oct 11 | 1:30-4 pm | \$210/6 | [151838](#)
 Sun, Sep 7-Oct 12 | 9:30 am-12 pm | \$210/6 | [151833](#)
 Fri, Oct 17-Nov 14 | 12:30-3 pm | \$175/5 | [151869](#)
 Sun, Oct 19-Nov 23 | 9:30 am-12 pm | \$210/6 | [151834](#)
 Tue, Oct 21-Dec 2 | 6:30-9 pm | \$175/5 | [152881](#)
 Sat, Nov 1-Dec 6 | 1:30-4 pm | \$210/6 | [151839](#)
 Fri, Nov 21-Dec 19 | 12:30-3 pm | \$175/5 | [151999](#)
 Fri, Jan 2-Feb 6 | 12:30-3 pm | \$210/6 | [152000](#)
 Sat, Jan 3-Feb 7 | 1:30-4 pm | \$210/6 | [151853](#)
 Sun, Jan 4-Feb 8 | 9:30 am-12 pm | \$210/6 | [151835](#)
 Tue, Jan 6-Feb 10 | 6:30-9 pm | \$210/6 | [152882](#)
 Fri, Feb 13-Mar 20 | 12:30-3 pm | \$210/6 | [152001](#)
 Sat, Feb 14-Mar 21 | 1:30-4 pm | \$210/6 | [151854](#)
 Sun, Feb 15-Mar 22 | 9:30 am-12 pm | \$210/6 | [151836](#)

Bowen Park Pottery Studio

Pottery Wheel - Level 2

This is designed for teens and adults with some previous experience working with clay but who are not quite ready for the intermediate level. Build on the basic techniques to create pots, vases, bowls and pretty much anything that can be thrown on a pottery wheel. Clay, glazes and firings are included. Dress for mess; aprons are not included.

Instructor: Nesta Morgan or Gillian Hall

Thu, Sep 4-Oct 23 | 6:45-9:15 pm | \$280/8 | [152988](#)
 Fri, Sep 5-Oct 10 | 4-6:30 pm | \$210/6 | [152002](#)
 Fri, Oct 17-Nov 14 | 4-6:30 pm | \$175/5 | [152025](#)
 Thu, Oct 30-Dec 18 | 6:45-9 pm | \$280/8 | [152990](#)
 Fri, Nov 21-Dec 19 | 4-6:30 pm | \$175/5 | [152047](#)
 Fri, Jan 2-Feb 6 | 4-6:30 pm | \$210/6 | [152048](#)
 Thu, Jan 8-Feb 12 | 6:45-9 pm | \$210/6 | [152991](#)
 Fri, Jan 2-Feb 6 | 4-6:30 pm | \$210/6 | [152048](#)
 Fri, Feb 13-Mar 20 | 4-6:30 pm | \$210/6 | [152049](#)

Bowen Park Pottery Studio



Pottery Wheel - Intermediate

Designed for teens and adults who have mastered the basic skills in a beginner class and want to learn how to create more complex items. Clay, glazes and firings are included in the cost. Must have completed a beginner class first to participate.

Instructor: Selena Unger

Mon, Sep 8-Oct 27 | 6-8:30 pm | \$245/7 | [152166](#)
 Mon, Nov 3-Dec 15 | 6-8:30 pm | \$245/7 | [152167](#)
 Mon, Jan 5-Feb 9 | 6-8:30 pm | \$210/6 | [152168](#)
 Mon, Feb 23-Mar 30 | 6-8:30 pm | \$210/6 | [152169](#)

Bowen Park Pottery Studio

Pottery Workshops - Handbuilt Butter Dish

14 + Years

Learn to craft a functional and beautiful butter dish from start to finish. Perfect for beginners and enthusiasts alike, this session covers key handbuilding techniques. By the end of the workshop, you'll have a unique butter dish ready for glazing and firing. You are invited to bring any textures and other materials to stamp into the clay to make it your own special creation.

Instructor: Selena Unger or Nesta Morgan

Sat, Oct 18 & 25 | 1:30-4 pm | \$70/2 | [151840](#)

Bowen Park Pottery Studio

Pottery Workshops - Handbuilt Mug

14 + Years

Build a mug without the use of a pottery wheel. Bring textures and other materials to stamp into the clay to make it your own. You can even theme it! In the first class, you will learn how to construct a mug. The second class will be for glazing the item and getting it ready for firing.

Instructor: Selena Unger or Nesta Morgan

Tue, Dec 9 & 16 | 6:30-9 pm | \$70/2 | [152912](#)

Bowen Park Pottery Studio

Pottery Workshops - Handbuilt Dishes

14 + Years

Join us for a creative pottery workshop where you will learn how to make your own custom dishes! Whether you're new to clay or looking to expand your skills, this hands-on class will guide you through the process of forming functional ceramic dishes, such as plates, bowls or small serving trays using handbuilding techniques.

Instructor: Selena Unger or Nesta Morgan

Sat, Dec 13 & 20 | 1:30-4 pm | \$70/2 | [151841](#)

Bowen Park Pottery Studio

Sculpting with Clay

14 + Years

This course will cover techniques and methods of sculpting with clay. Participants will learn how to bring to life their own artistic visions or may follow a prompt from the instructor. Demonstrations will include how to create base structures, incorporate complex designs, sgraffito decoration and glazing techniques. This course is open to all skill levels.

Instructor: Selena Unger

Tue, Sep 9-Dec 4 | 5:30-8 pm | \$280/8 | [152119](#)

Bowen Park Pottery Studio

Fine Ring Stacking Workshop NEW!

Learn to size your finger, develop basic silversmith and soldering skills and become familiar with studio safety, torch use, texturing and finishing techniques. All supplies, including silver, are included in the cost. You will leave with two stunning rings that you crafted yourself!

Instructor: Angela Scorer

Sat, Nov 8 | 10:30 am-12:30 pm | \$75/1 | [152153](#)

Sat, Jan 31 | 10:30 am-12:30 pm | \$75/1 | [152155](#)

Sat, Mar 14 | 10:30 am-12:30 pm | \$75/1 | [152157](#)

Bowen Park Complex

Wide Ring Stacking Workshop NEW!

Learn to size your finger, develop basic silversmith and soldering skills and become familiar with studio safety, torch use, texturing and finishing techniques. All supplies, including silver, are included in the cost. You will leave with a stunning wide hammered ring and a fine stacking ring that you crafted yourself!

Instructor: Angela Scorer

Sat, Nov 8 | 1-4 pm | \$85/1 | [152154](#)

Sat, Jan 31 | 1-4 pm | \$85/1 | [152156](#)

Sat, Mar 14 | 1-4 pm | \$85/1 | [152158](#)

Bowen Park Complex



Wire Wrapped Earrings NEW!

Learn the art of wire wrapping to create your own unique, handmade earrings. In this class, you will craft beautiful, personalized designs using wire and your choice of beads or stones.

Instructor: Alicia Meek

Wed, Oct 1 | 6:30-8:30 pm | \$45/1 | [149347](#)

Tue, Mar 17 | 6:30-8:30 pm | \$45/1 | [152138](#)

Bowen Park Complex

Wire Wrapped Jewelry - Hammered

Take your wire wrapping skills to the next level with hammered techniques in this intermediate jewelry making class. Learn how to create unique, textured pieces using wire and a hammer for stunning results. Previous experience is not required.

Instructor: Alicia Meek

Tue, Oct 21 | 6:30-8:30 pm | \$45/1 | [149353](#)

Wed, Mar 4 | 6:30-8:30 pm | \$45/1 | [152135](#)

Bowen Park Complex

Wire Wrapping Ring and Crystal Pendants NEW!

Learn a variety of techniques for making wire wrapped jewelry, including several rings, crystal wrapping, pendant making and chain making. Each participant will make and take home many completed items. All supplies are included. This is perfect for beginners.

Instructor: Alicia Meek

Sat, Nov 15 | 11 am-2 pm | \$79/1 | [149362](#)

Sun, Feb 15 | 11:30 am-2:30 pm | \$79/1 | [152133](#)

Sat, Mar 28 | 11:30 am-2:30 pm | \$79/1 | [152139](#)

Bowen Park Complex

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.

*All applications for the Fall 2025 awards must be
completed in full and received no later than
Monday, September 22, 2025.*

**To apply, email
awards@nanaimo.ca**

*For more information, go to
www.nanaimo.ca/culture-environment/awards*



cityofnanaimo



prc_nanaimo (#ilovemyparksandrec)

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 are provided.

Instructor: Rosie Barlak

Sat, Nov 15 | 10 am-4 pm | \$90/1 | [143699](#)

Bowen Park Complex

Hanging Planter Weaving NEW! with English Ivy

Learn the art of weaving with English Ivy to create a beautiful, sustainable hanging planter. This hands-on workshop will guide you in crafting a unique piece for your home or garden.

Instructor: Alicia Meek

Sat, Oct 4 | 11 am-1 pm | \$39/1 | [149349](#)

Bowen Park Complex

Art & Decor with Foraged Plants NEW!

Create beautiful art and decor using foraged plants in this hands-on workshop. Explore natural materials to make unique pieces that bring the outdoors into your home.

Instructor: Alicia Meek

Sun, Oct 26 | 11 am-1 pm | \$45/1 | [149354](#)

Wed, Feb 25 | 6:30-8:30 pm | \$45/1 | [152134](#)

Bowen Park Complex

Wild Ink: Making and Painting NEW! with Plants

Discover the natural colours around you by creating plant-based inks. In this hands-on workshop, you will learn how to extract pigments from common plants and use them to paint simple, expressive art.

Instructor: Alicia Meek

Sun, Nov 9 | 11 am-1:30 pm | \$39/1 | [149361](#)

Sat, Feb 14 | 11:30 am-2 pm | \$39/1 | [152132](#)

Bowen Park Complex

Holiday Wreath with Foraged NEW! Materials

Create a beautiful, nature-inspired holiday wreath using foraged materials. In this hands-on workshop, you will craft a unique wreath to bring seasonal charm to your home.

Instructor: Alicia Meek

Tue, Nov 25 | 11 am-1 pm | \$55/1 | [149364](#)

Bowen Park Complex

Holiday Gift Crafting NEW!

Join us for a fun workshop where you will create simple, handmade gifts using herbs, preserves, wire, plants and basic crafting techniques. This is perfect for adding a personal touch to your holiday presents.

Instructor: Alicia Meek

Sat, Dec 6 | 11 am-2 pm | \$89/1 | [149366](#)

Bowen Park Complex

Journal Making Workshop NEW!

Make one-of-a-kind journals! We will make two signature journals using vintage book pages, maps, music pages, lace, envelopes plus a wide variety of "found" papers to write on. The journal will be theme based. You choose 1 out of 6 samples on the first night. Inside we will add pockets, flips, tags and journaling cards. Use your imagination to personalize your unique journal.

Instructor: Brenda Gaw

Sat, Sep 27-Oct 25 | 11:30 am-1 pm | \$65/5 | [149611](#)

Sat, Feb 7-Mar 7 | 11:30 am-1 pm | \$65/5 | [152140](#)

Bowen Park Complex

Mixed Media Art NEW!

Come and explore and learn a variety of art techniques, including intuitive painting, collage, stamping and more. If you are looking for an introduction to art, craving some fun and lightness and/or you are wanting to move through your fear of making art, this class is for you. We will create a few art pieces imbuing them with your own personal meaning. A supply list will be given at the first class.

Instructor: Soleila Erickson

Sat, Sep 13-Oct 18 | 2:30-4:30 pm | \$120/6 | [152147](#)

Sat, Nov 8-Dec 13 | 2:30-4:30 pm | \$120/6 | [152148](#)

Sat, Jan 17-Feb 21 | 2:30-4:30 pm | \$120/6 | [152149](#)

Sat, Mar 7-Apr 11 | 2:30-4:30 pm | \$120/6 | [152150](#)

Bowen Park Complex

Artistic Expressions: Cartooning 16 + Years

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

Instructor: David Harvey

Sat, Sep 13-Oct 11 | 12:30-1:30 pm | \$50/5 | [151401](#)

Sat, Oct 18-Nov 15 | 12:30-1:30 pm | \$50/5 | [151402](#)

Sat, Nov 22-Dec 20 | 12:30-1:30 pm | \$50/5 | [151403](#)

Sat, Jan 10-Feb 14 | 12:30-1:30 pm | \$60/6 | [151404](#)

Sat, Feb 21-Mar 28 | 12:30-1:30 pm | \$60/6 | [151405](#)

Oliver Woods Community Centre

Basic Drawing - Level 1

This program is focused on basic beginner drawing skills and techniques. Discover new ways of seeing, working with shape, shadow and perspective. This class is a prerequisite for all other drawing classes with Judy-Anne Wilson. No supplies are required.

Instructor: Judy-Anne Wilson

Wed, Sep 17-Oct 8 | 11 am-1 pm | \$92/4 | [150353](#)

Bowen Park Complex

Basic Drawing - Level 2

This program is a continuation of Basic Drawing Level 1 and is open to anyone who has taken Basic Level 1 or a Portrait Drawing class with Judy-Anne Wilson. Shading, perspective and composition will be explored more deeply.

Instructor: Judy-Anne Wilson

Wed, Oct 22-Nov 12 | 11 am-1 pm | \$92/4 | [150354](#)

Bowen Park Complex

Portrait Drawing

This class will teach you how to see and draw portraits of people and is open to anyone who has taken both a Basic Level 1 and 2 drawing class from Judy-Anne Wilson.

Instructor: Judy-Anne Wilson

Wed, Nov 26-Dec 17 | 11 am-1 pm | \$92/4 | [150355](#)

Bowen Park Complex

Watercolour Painting - Level 1

This is a beginner level watercolor class which requires no prior knowledge of painting. Watercolor painting techniques and an understanding of light, composition and perspective will be explored. No supplies are required.

Instructor: Judy-Anne Wilson

Wed, Jan 7-28 | 12:30-3 pm | \$132/4 | [150919](#)

Bowen Park Complex

Watercolour Painting - Level 2

Watercolour Level 1 is required as a prerequisite for this class. During each class, we will paint a different subject and explore composition, light and the creation of perspective.

Instructor: Judy-Anne Wilson

Wed, Feb 18-Mar 11 | 12:30-3 pm | \$132/4 | [150956](#)

Bowen Park Complex

Teens Welcome

If you see a program you would like to participate in outside of the Youth Section, give us a call to find out how you can participate!

Parks and Facilities Improvement Updates



cityofnanaimo



prc_nanaimo (#ilovemyparksandrec)



Cooking

Farm to Fork Harvest & Cooking NEW!

Join us for a hands-on workshop led by our passionate farm facilitators. You will learn the basics of growing produce, harvest it from the field and discover how to prepare and preserve them in our outdoor kitchen. You'll even get to take home some of the harvest!

Cucumbers

Wed, Sep 3 | 3:30-5:30 pm | \$35/1 | [151729](#)

Tomatoes

Tue, Sep 9 | 3:30-5:30 pm | \$35/1 | [151733](#)

Tue, Sep 16 | 3:30-5:30 pm | \$35/1 | [151734](#)

Cabbage

Wed, Oct 1 | 3:30-5:30 pm | \$35/1 | [151735](#)

Park Avenue Farm (945 Park Ave)

Cheesemaking 101 NEW!

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

Instructor: Paula Maddison

Thu, Sep 25 | 6-8 pm | \$68/1 | [144091](#)

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

Sat, Oct 25 | 2-4 pm | \$68/1 | [144098](#)

Bowen Park Complex

Mozzarella, Burrata and Bocconcini

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

Instructor: Paula Maddison

Sat, Oct 25 | 11 am-1 pm | \$68/1 | [144097](#)

Sat, Nov 15 | 11 am-1 pm | \$68/1 | [144101](#)

Sat, Dec 13 | 10 am-12 pm | \$68/1 | [144107](#)

Sat, Jan 24 | 10 am-12 pm | \$68/1 | [147274](#)

Sat, Feb 21 | 10 am-12 pm | \$68/1 | [147276](#)

Sat, Mar 21 | 10 am-12 pm | \$68/1 | [149197](#)

Bowen Park Complex

Teens Welcome

If you see a program you would like to participate in outside of the Youth Section, give us a call to find out how you can participate!

Farmer's Cheddar

Join Paula for this demonstration, taste, touch and feel class where you will learn how to make your own farmer's cheddar cheese. Go home with ingredients and cultures to make your own at home.

Instructor: Paula Maddison

Sat, Dec 13 | 1-3 pm | \$68/1 | [147273](#)

Bowen Park Complex

Gouda Cheese Making

Extend your basic knowledge of cheese making and explore all the varieties of cultures used in making hard-pressed cheeses like gouda. Instructions and cultures are included.

Instructor: Paula Maddison

Sat, Jan 24 | 1-3 pm | \$68/1 | [147275](#)

Bowen Park Complex

Brie & Blooms Workshop

In this workshop, you will learn how to make and care for your own handcrafted brie while exploring other bloomy-type cheeses. Class includes instructions and cultures to make your own brie at home.

Instructor: Paula Maddison

Sat, Feb 21 | 1-3 pm | \$68/1 | [147277](#)

Bowen Park Complex



Forage, Eat & Craft with Trees

This workshop combines the art of foraging with hands-on creativity. Learn to forage local edible and medicinal tree parts, prepare a delicious dish with these wild ingredients and craft your very own herbal medicine. Plus, you'll create a unique crafting project using natural materials leaving with a deeper connection to nature.

Instructor: Alicia Meek

Sat, Nov 8 | 11:30 am-2:30 pm | \$89/1 | [149360](#)

Sun, Mar 1 | 11:30 am-2:30 pm | \$89/1 | [152173](#)

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.

Sauerkraut **NEW!**

Learn how to make your own probiotic-rich sauerkraut at home. This hands-on class covers the basics of fermentation, its health benefits and simple steps to start fermenting at home. You will leave with a jar of sauerkraut and the confidence to keep making your own.

Instructor: Alicia Meek

Sat, Nov 1 | 1-2:30 pm | \$39/1 | [149356](#)

Wed, Feb 11 | 6:30-8 pm | \$39/1 | [152131](#)

Bowen Park Complex

Herbal Infusions and Mocktails **NEW!**

Explore the world of herbal infusions and refreshing mocktails in this hands-on class. Learn how to blend herbs into delicious, alcohol-free drinks for any occasion.

Instructor: Alicia Meek

Tue, Nov 4 | 6:30-8:30 pm | \$39/1 | [149359](#)

Bowen Park Complex

Shiv's Kitchen - Punjabi Favourites

Experience the authentic taste of Punjabi cooking and culture with Shiv while learning to make a variety of foods, such as roti, paneer, pakora, prantha and puri. Sample the delicious foods made in class and take home the recipes.

Instructor: Shiv Sharma

Wed, Sep 17 | 7-9:30 pm | \$45/1 | [149483](#)

Wed, Oct 29 | 7-9:30 pm | \$45/1 | [149488](#)

Wed, Feb 11 | 7-9:30 pm | \$45/1 | [149503](#)

Wed, Mar 25 | 7-9:30 pm | \$45/1 | [149505](#)

Bowen Park Complex

Shiv's Kitchen - Vegetarian Punjabi Favourites

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

Instructor: Shiv Sharma

Wed, Oct 8 | 7-9:30 pm | \$45/1 | [149486](#)

Wed, Nov 19 | 7-9:30 pm | \$45/1 | [149489](#)

Wed, Jan 21 | 7-9:30 pm | \$45/1 | [149502](#)

Wed, Mar 4 | 7-9:30 pm | \$45/1 | [149504](#)

Bowen Park Complex

PLEASE NOTE:

Registration for Fall & Winter Aquatic programs begins on Wednesday, August 6 at 6 am.

Registration for all other programs begins on Wednesday, August 13 at 6 am.

SOCIAL CLUB

The Social Club is a gathering focused on fostering social connections and community spirit for individuals with diverse abilities. Participants will have the opportunity to participate in a variety of indoor and outdoor activities, including creative arts and crafts, collaborative games and enjoying the beauty of community together.



• Games • Swimming • Lunches • Movies • Crafts • Bingo

The Club meets Thursdays, 12-3 pm, at Beban Social Centre.

Please call 250-756-5200 for an activity calendar and more information.

Active Together Saturdays **NEW!**

4 Years +

Join us for a dynamic and inclusive program where participants of all ages can enjoy physical activity at their own pace. Each session is designed to build physical literacy through a variety of fun and engaging games and activities that support the development of fundamental movement skills.

Sat, Oct 18-Dec 13 | 11 am-12:30 pm | \$80/5 | [147829](#)

Sat, Jan 10-Mar 7 | 11 am-12:30 pm | \$80/5 | [147830](#)

Oliver Woods Community Centre

Vibe & Play **NEW!**

11 to 18 Years

Looking for a place to hang out, get creative and have fun with others your age? Think small group games, cool crafts and chill activities led by awesome program leaders who are there to support you. This program is specially designed for youth with diverse abilities with a 3:1 participant to leader ratio to help everyone feel comfortable and included.

Wed, Sep 17-Dec 3 | 3-5 pm | \$180/12 | [147860](#)

Nanaimo Aquatic Centre

Adaptive Hockey **D**

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 17-Oct 29 | 9:45-11 am | \$91/7 | [145021](#)

Wed, Nov 5-Dec 10 | 9:45-11 am | \$78/6 | [145022](#)

Wed, Jan 7-Feb 4 | 9:45-11 am | \$65/5 | [145025](#)

Wed, Feb 11-Mar 11 | 9:45-11 am | \$65/5 | [145027](#)

Nanaimo Ice Centre



cityofnanaimo



prc_nanaimo (#ilovemyparksandrec)



Dance

Modern Social Square Dance - **NEW!** Beginners & Returning Dancers

Be part of a community, get your steps in, lose yourself in something and have fun. Square dancing is the perfect form of dance for people who don't consider themselves to be dancers - all you have to do is step in time to the music to do the move that the caller tells you to do. Singles or couples are welcome.

Instructor: Mike Munro

Thu, Sep 18-Dec 18 | 1-3:15 pm | \$105/11 | [149612](#)

Beban Park Social Centre

Modern Social Square Dance **NEW!**

This is designed for those who have participated in our beginner program or for those who have previously square danced and wish to pick up their skills and re-join the square dancing community. Singles or couples are welcome.

Instructor: Mike Munro

Thu, Jan 8-Apr 9 | 1-3 pm | \$95/10 | [149613](#)

Beban Park Social Centre

Flamenco - Basics

This introduction is for those with little to no flamenco dance experience. Learn basic footwork, upper body movements and palmas. Wear comfortable, low heel shoes.

Instructor: Heather Sandison

Tue, Sep 16-Oct 28 | 6:30-7:15 pm | \$48/6 | [149227](#)

Tue, Nov 4-Dec 16 | 6:30-7:15 pm | \$40/5 | [149228](#)

Tue, Jan 13-Feb 17 | 6:30-7:15 pm | \$48/6 | [149247](#)

Tue, Feb 24-Mar 31 | 6:30-7:15 pm | \$48/6 | [149253](#)

Beban Park Social Centre

Flamenco

This is suitable for those with previous flamenco dance experience. Longer choreographies will be learned on a continuous basis over multiple sessions. Technique, compas, interpretation and improvisation will be emphasized.

Instructor: Heather Sandison

Tue, Sep 16-Oct 28 | 6:30-8 pm | \$90/6 | [149225](#)

Tue, Nov 4-Dec 16 | 6:30-8 pm | \$75/5 | [149226](#)

Tue, Jan 13-Feb 17 | 6:30-8 pm | \$90/6 | [149244](#)

Tue, Feb 24-Mar 31 | 6:30-8 pm | \$90/6 | [149249](#)

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 17-Oct 29 | 7-8 pm | \$56/7 | [149208](#)

Wed, Nov 5-Dec 17 | 7-8 pm | \$56/7 | [149215](#)

Wed, Jan 7-Feb 18 | 7-8 pm | \$56/7 | [150291](#)

Wed, Feb 25-Apr 1 | 7-8 pm | \$48/6 | [150306](#)

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 is required. Couples and singles are welcome.

Instructor: Nelson Wong

Wed, Sep 17-Oct 29 | 8-9 pm | \$56/7 | [149209](#)

Wed, Nov 5-Dec 17 | 8-9 pm | \$56/7 | [149217](#)

Wed, Jan 7-Feb 18 | 8-9 pm | \$56/7 | [150295](#)

Wed, Feb 25-Apr 1 | 8-9 pm | \$48/6 | [150307](#)

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 17-Oct 29 | 9-10 pm | \$56/7 | [149211](#)

Wed, Nov 5-Dec 17 | 9-10 pm | \$56/7 | [149218](#)

Wed, Jan 7-Feb 18 | 9-10 pm | \$56/7 | [150299](#)

Wed, Feb 25-Apr 1 | 9-10 pm | \$48/6 | [150309](#)

Bowen Park Complex

Ballroom & Latin Dance - Intermediate

A quick review of basic techniques covered in the beginner class 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 15-Oct 27 | 7-8 pm | \$48/6 | [149205](#)

Mon, Nov 3-Dec 15 | 7-8 pm | \$56/7 | [149212](#)

Mon, Jan 5-Feb 9 | 7-8 pm | \$48/6 | [150264](#)

Mon, Feb 23-Mar 30 | 7-8 pm | \$48/6 | [150302](#)

Bowen Park Complex

Ballroom & Latin Dance - Advanced

A continuous technique class for those who wish to learn more of 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 15-Oct 27 | 8-9 pm | \$48/6 | [149206](#)

Mon, Nov 3-Dec 15 | 8-9 pm | \$56/7 | [149213](#)

Mon, Jan 5-Feb 9 | 8-9 pm | \$48/6 | [150265](#)

Mon, Feb 23-Mar 30 | 8-9 | \$48/6 | [150303](#)

Bowen Park Complex



Ballroom & Latin 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 attend extra practice times. New participants need to contact the instructor through Parks, Recreation and Culture before registering.

Instructor: Nelson Wong

Mon, Sep 15-Oct 27 | 9-10 pm | \$48/6 | [149207](#)

Mon, Nov 3-Dec 15 | 9-10 pm | \$56/7 | [149214](#)

Mon, Jan 5-Feb 9 | 9-10 pm | \$48/6 | [150266](#)

Mon, Feb 23-Mar 30 | 9-10 pm | \$48/6 | [150305](#)

Bowen Park Complex

B-Fit - Bhangra & Bollywood Dance

Get ready for B-Fit! This is a high-energy class combining the vibrant beats of Bhangra and lively Bollywood dance. Led by Sukhi Sangha from Vancouver Island Bhangra, you will master fun dance steps while getting fit. It's not just a workout. It's a celebration of culture, music and movement.

Instructor: Sukhi Sangha

Tue, Apr 1-29 | 6:15-7 pm | \$80/4 | [151062](#)

Beban Park Social Centre



First Aid

All courses below are operated in partnership with Canadian Red Cross, and they include a manual, pocket mask and access to an online comprehensive guide. For more detailed information on each class and to learn about re-certification, please visit www.redcross.ca or call 250-756-5200.

Emergency Childcare First Aid

This course is designed for parents and caregivers of children. Approved by the Provincial Childcare Licensing Board, this covers CPR B (Child & Infant) and AED training for children and infants and first aid skills, including choking, breathing emergencies and wound care. Retraining is recommended every three years.

Sat, Sep 13 | 9 am-5:30 pm | \$99/1 | [151101](#)

Sat, Oct 18 | 9 am-5:30 pm | \$99/1 | [151142](#)

Sat, Jan 17 | 9 am-5:30 pm | \$99/1 | [151210](#)

Sat, Feb 28 | 9 am-5:30 pm | \$99/1 | [151214](#)

Beban Park Social Centre

Emergency First Aid with CPR/AED Level C

Basic one-day course offering lifesaving first aid and CPR skills for the workplace or home. Course meets legislation requirements for provincial/territorial worker safety and insurance boards and includes the latest first aid and CPR guidelines. This course is considered an equivalent to Work Safe BC Basic First Aid. Fees include a manual, a pocket mask and access to a virtual certificate upon successful course completion.

Sat, Sep 27 | 9 am-5:30 pm | \$99/1 | [151099](#)

Sat, Nov 1 | 9 am-5:30 pm | \$99/1 | [151102](#)

Sat, Jan 10 | 9 am-5:30 pm | \$99/1 | [151155](#)

Sat, Feb 7 | 9 am-5:30 pm | \$99/1 | [151168](#)

Sat, Mar 14 | 9 am-5:30 pm | \$99/1 | [151182](#)

Beban Park Social Centre

Standard First Aid & CPR C/AED

This comprehensive two-day course offers first aid CPR skills for those who need training due to work requirements or who want more knowledge to respond to emergencies at home. Course meets legislation requirements for provincial/territorial worker safety and insurance boards and includes the latest first aid and CPR guidelines. This course is considered an equivalent to Work Safe BC Intermediate First Aid. Fees include a manual, a pocket mask and access to a virtual certificate upon successful course completion.

Sat/Sun, Sep 27 & 28 | 9 am-5:30 pm | \$177/2 | [151100](#)

Sat/Sun, Nov 1 & 2 | 9 am-5:30 pm | \$177/2 | [151103](#)

Sat/Sun, Jan 10 & 11 | 9 am-5:30 pm | \$177/2 | [151157](#)

Sat/Sun, Feb 7 & 8 | 9 am-5:30 pm | \$177/2 | [151175](#)

Sat/Sun, Mar 14 & 15 | 9 am-5:30 pm | \$177/2 | [151196](#)

Beban Park Social Centre



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Outdoor, Sport & Wellness

Self-Care Circle **NEW!**

Join us for a nurturing self-care circle that includes light stretching, meditation, sound healing and journaling to help you reconnect and recharge.

Instructor: Alicia Meek

Wed, Oct 8 | 6:30-8:30 pm | \$35/1 | [149351](#)

Bowen Park Complex

Intro to Cold Water Therapy

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 for a cold water dip and to learn more about this practice and improve your own mental and physical well-being.

Instructor: Gina Villares

Sat, Sep 20 | 9 am-12 pm | \$12/1 | [144212](#)

Sat, Jan 3 | 9 am-12 pm | \$12/1 | [149166](#)

Sat, Apr 4 | 9 am-12 pm | \$12/1 | [149168](#)

Kin Hut Activity Centre/Departure Bay Beach

Trail Running - Intro

Is it true that trail runners have more fun? Join us and find out! You will run with an experienced leader that will cover trail running techniques, gear, hydration, navigation, safety and much more. Please wear good running/trail shoes and be in good physical health. Locations will vary.

Instructor: Sarah Worden

Wed, Sep 17-Oct 22 | 9:30-11 am | \$65/6 | [151985](#)

First Class: Westwood Lake First Beach

Trail Running - Intermediate **NEW!**

This intermediate program is for runners looking to explore trail running with guidance from an experienced leader. Learn about techniques, gear, hydration and safety while enjoying varied local trails.

Instructor: Sarah Worden

Fri, Sep 19-Oct 24 | 9:30-11 am | \$65/6 | [151986](#)

First Class: Westwood Lake First Beach

Table Tennis **NEW!**

Enjoy the thrill and fast pace of this sport in our registered recreation sessions. This is open to all skill levels and is a great opportunity to enjoy casual matches, meet new players, boost your skills and stay active.

Sun, Sep 28-Dec 14 | 7-9 pm | \$88/11 | [151331](#)

Mon, Sep 29-Dec 15 | 7:30-9:30 pm | \$88/11 | [151287](#)

Sun, Jan 4-Mar 22 | 7-9 pm | \$96/12 | [153401](#)

Mon, Jan 5-Mar 23 | 7:30-9:30 pm | \$88/11 | [153402](#)

Beban Park Centennial Building

Indoor Tennis Lessons - Beginner

Beginner 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

Tue, Sep 9-Oct 18 | 9:30-11 am | \$288/8 | [149689](#)

Wed, Sep 10-Oct 29 | 11 am-12:30 pm | \$288/8 | [149693](#)

Thu, Sep 11-Oct 30 | 8-9:30 pm | \$288/8 | [149694](#)

Tue, Nov 4-Dec 16 | 9:30-11 am | \$252/7 | [149697](#)

Wed, Nov 5-Dec 17 | 11 am-12:30 pm | \$252/7 | [149699](#)

Thu, Nov 6-Dec 18 | 8-9:30 pm | \$252/7 | [149701](#)

Tue, Jan 13-Mar 10 | 9:30-11 am | \$324/9 | [149841](#)

Wed, Jan 14-Mar 11 | 11-12:30 pm | \$324/9 | [149842](#)

Thu, Jan 15-Mar 12 | 8-9:30 pm | \$324/9 | [149843](#)

North Island Tennis Academy (2367 Arbot Rd)

Indoor Tennis Lessons - Intermediate

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

Instructor: North Island Tennis Academy Staff

Sun, Sep 7-Oct 26 | 1:30-3 pm | \$252/7 | [149644](#)

Tue, Sep 9-Oct 28 | 8-9:30 pm | \$288/8 | [149646](#)

Wed, Sep 10-Oct 29 | 9:30-11 am | \$288/8 | [149669](#)

Thu, Sep 11-Oct 30 | 9:30-11 am | \$288/8 | [149671](#)

Sun, Nov 2-Dec 14 | 1:30-3 pm | \$252/7 | [149674](#)

Tue, Nov 4-Dec 16 | 8-9:30 pm | \$252/7 | [149676](#)

Wed, Nov 5-Dec 17 | 9:30-11 am | \$252/7 | [149677](#)

Thu, Nov 6-Dec 18 | 9:30-11 am | \$252/7 | [149679](#)

Sun, Jan 11-Mar 8 | 1:30-3 pm | \$288/8 | [149837](#)

Tue, Jan 13-Mar 10 | 8-9:30 pm | \$324/9 | [149838](#)

Wed, Jan 14-Mar 11 | 9:30-11 am | \$324/9 | [149839](#)

Thu, Jan 15-Mar 12 | 9:30-11 am | \$324/9 | [149840](#)

North Island Tennis Academy (2367 Arbot Rd)

Introduction to Pickleball

Learn to Play

This program offers a solid foundation to enhance your pickleball skills. It caters to participants of all levels acting as an introductory guide to the sport. You will learn serving, returning serves and refining your net play. The emphasis is on skill development and enjoying the process. Upon finishing this workshop, you will be well-prepared to engage in more advanced lessons.

Instructor: Lee MacDonald

Mon, Sep 8-22 | 1:15-3:15 pm | \$84/3 | [150942](#)

Mon, Sep 29-Oct 20 | 1:15-3:15 pm | \$84/3 | [150943](#)

Mon, Oct 27-Nov 17 | 1:15-3:15 pm | \$84/3 | [150944](#)

Mon, Nov 24-Dec 8 | 1:15-3:15 pm | \$84/3 | [150945](#)

Mon, Jan 5-19 | 1:15-3:15 pm | \$84/3 | [150946](#)

Mon, Jan 26-Feb 23 | 1:15-3:15 pm | \$84/3 | [150947](#)

Mon, Mar 2-16 | 1:15-3:15 pm | \$84/3 | [150948](#)

Oliver Woods Community Centre



Belay Course **NEW!**

12 Years+

Let us teach you the ropes with appropriate knots, belay skills, basic climbing moves and all the procedures to confidently belay indoors.

Sat, Sep 6 | 5:30-8 pm | \$75/1 | [150660](#)

Sat, Oct 4 | 5:30-8 pm | \$75/1 | [150661](#)

Sat, Nov 1 | 5:30-8 pm | \$75/1 | [150665](#)

Sat, Dec 6 | 5:30-8 pm | \$75/1 | [150666](#)

Sat, Jan 10 | 5:30-8 pm | \$75/1 | [150667](#)

Sat, Feb 7 | 5:30-8 pm | \$75/1 | [150668](#)

Romper Room Indoor Rock Climbing Centre (4385B Boban)

Stroll with the Pro

Walk with one of our local biologists and discover birds in our area. Dress for the weather and bring binoculars/ a camera if you have one. This is a great program for all ages.

Birding at Buttertubs

Tue, Sep 2 | 6-7:30 pm | \$5/1 | [148840](#)

Sat, Jan 10 | 9-10:30 am | \$5/1 | [148841](#)

Buttertubs Marsh (meet at Miner's Cottage)

Birding at Diver Lake

Sat, Oct 18 | 9-10:30 am | \$5/1 | [148843](#)

Sat, Mar 7 | 9-10:30 am | \$5/1 | [148844](#)

Diver Lake Park

Birding at Neck Point

Sat, Nov 15 | 9-10:30 am | \$5/1 | [148852](#)

Sat, Feb 7 | 9-10:30 am | \$5/1 | [148853](#)

Neck Point Park (Finn Beach)

WildSafe Adventures NEW!

Learn how to stay safe while enjoying the outdoors with WildSafeBC. Discover practical tips to prevent human-wildlife conflicts, including bear behaviour, attractant management and what to do during an encounter. Perfect for families, hikers and nature enthusiasts of all ages. This is a free event, but registration is required.

Sat, Sep 13 | 3:30-4:30 pm | FREE | [151798](#)

Sat, Oct 25 | 3:30-4:30 pm | FREE | [151799](#)

Westwood Lake (second beach)



Blue Space - Happy Place

16 Years +

Experience a variety of canoes and kayaks offered by the local club. Paddle individually and experience your Zen or as part of a crew and feel the excitement of paddling as a unified team. Find your happy place on the water as you learn new skills, meet new friends and embark on a new hobby and sport. No experience necessary. All equipment provided; just bring yourself!

Instructor: Nanaimo Canoe & Kayak Club

Thu, Sep 11-Oct 16 | 5:45-7:15 pm | \$108/6 | [151800](#)

Long Lake/Loudon Park

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 17-Oct 29 | 6:30-8 pm | \$105/7 | [151070](#)

Wed, Nov 5-Dec 17 | 6:30-8 pm | \$105/7 | [151071](#)

Wed, Jan 7-Feb 11 | 6:30-8 pm | \$90/6 | [151072](#)

Wed, Feb 18-Mar 25 | 6:30-8 pm | \$90/6 | [151073](#)

Oliver Woods Community Centre

Historical Fencing - Intro

16 Years +

Perfect for newcomers, this class focuses on foundational techniques in a safe, controlled environment with low intensity. Students will get hands-on experience with singlestick, longsword, messer, and rapier and dagger, along with exposure to sword and shield, rondel dagger, grappling and quarterstaff. Whether you're exploring a new hobby or aiming for serious study, this is the ideal starting point.

Sun, Oct 12-Dec 14 | 10-11 am | \$130/10 | [150146](#)

Sun, Jan 4-Mar 29 | 10-11 am | \$169/13 | [150147](#)

Beban Park Centennial Building

Historical Fencing - Core D

16 Years +

Build upon your fundamentals with higher-intensity warm-ups and sparring. Students will progress from padded to stick and synthetic and eventually steel weapons at a personalized pace. Club gear is available, but we encourage collecting personal equipment with our guidance. Core students gain access to an additional coached sparring session during the week. A cup, if needed, is required for sparring.

Sun, Oct 12-Dec 14 | 11:15 am-1:15 pm | \$170/10 | [150151](#)

Sun, Jan 4-Mar 29 | 11:15 am-1:15 pm | \$221/13 | [150156](#)

Beban Park Centennial Building

Core Historical Fencing D

For those with experience and/or have completed the introductory or HEMA program, drop-in to practice your skills. Registration starts one week prior to each session.

Sun, Oct 12-Mar 29 | 11:15 am-1:15 pm | \$25/session

Beban Park Centennial Building

Tenkara Fly Fishing NEW!

This is a beginner-friendly, hands-on class for women seeking connection with nature, others and themselves. Rooted in Japanese tradition, tenkara is a simple, elegant form of fly fishing using just a rod, line and fly. Learn casting, fly tying, reading water and mindful fishing in a supportive, empowering setting. Whether you're new or returning, come slow down and enjoy the peaceful rhythm of tenkara.

Instructor: Island Fly Fishers

Wed, Sat, Sep 17-Oct 11 | 7-9 pm | \$85/4 | [153317](#)

Bowen Park Complex

Introduction to Tai Chi

This is for students with no or limited background and teaches tai chi-related exercises and the mini set of tai chi comprised of 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, including stress relief and improved concentration.

Instructor: Mid Island Tai Chi Club

Wed, Sep 17-Oct 29 | 7-8:30 pm | \$63/7 | [144300](#)

Wed, Nov 5-Dec 17 | 7-8:30 pm | \$63/7 | [144301](#)

Wed, Jan 7-Feb 18 | 7-8:30 pm | \$63/7 | [145506](#)

Wed, Mar 11-Apr 22 | 7-8:30 pm | \$63/7 | [145507](#)

Beban Park Social Centre

Intensive Long Form Tai Chi

This intensive tai chi course will explore the building blocks and principles of advanced exercises, as well as energy cultivation while learning the yang-style tai chi 108-move long form.

Instructor: Mid Island Tai Chi Club

Tue, Sep 9-Jan 13 | 7-8:30 pm | \$135/15 | [144299](#)

Tue, Jan 20-Apr 28 | 7-8:30 pm | \$135/15 | [145505](#)

Beban Park Social Centre

Mindful Movements Qigong

Qigong is a moving meditation based on the ancient theory that the intentionally guided flow of energy through the body holistically restores vitality and regulates the functions of the mind, body and breath. Standing and walking qigong will help to reduce stress and increase muscular stability.

Instructor: Monica Lux

Wed, Sep 17-Oct 8 | 4:45-5:45 pm | \$48/4 | [144285](#)

Wed, Oct 15-Nov 12 | 4:45-5:45 pm | \$60/5 | [144372](#)

Wed, Nov 19-Dec 17 | 4:45-5:45 pm | \$60/5 | [144291](#)

Wed, Jan 7-Feb 4 | 4:45-5:45 pm | \$60/5 | [144295](#)

Wed, Feb 18-Mar 25 | 4:45-5:45 pm | \$72/6 | [144296](#)

Beban Park Social Centre



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Iaido - Intro to Japanese Sword Art

Iaido 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 iaido’s age-old techniques to experience and further develop your mind, body and spirit.

Instructor: Peter Gunstone

Mon, Sep 15-Dec 15 | 7:30-9:30 pm | \$143/13 | [143625](#)

Mon, Jan 5-Mar 30 | 7:30-9:30 pm | \$121/11 | [144298](#)

Beban Park Social Centre

Shotokan Karate

Caution! Enrolment in this program can lead to increased levels of fitness and a desire to do pushups. There is no room for couch potatoes in the dynamic martial art of Shotokan Karate. This art of self-defence strengthens all aspects of health and fitness. Whether you are a beginner or returning to training, the benefits remain the same. Make new friends while you develop your karate skills in this safe and positive training environment.

Instructor: Mike Cioruka (6th degree black belt)

Tue, Sep 9-Oct 21 | 6:30-7:30 pm | \$48/6 | [149185](#)

Tue, Oct 28-Dec 16 | 6:30-7:30 pm | \$56/7 | [149186](#)

Tue, Jan 6-Feb 17 | 6:30-7:30 pm | \$56/7 | [149187](#)

Tue, Feb 24-Mar 31 | 6:30-7:30 pm | \$84/6 | [149188](#)

Bowen Park Complex

Taekwondo with Master Kim

13 Years +

This program emphasizes 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 9th degree black belt Grand Master can help you become strong in mind, body and spirit.

Instructor: Master Kim, World Taekwondo Academy

Wed, Sep 10 & 17 | 6:10-7 pm | \$25/2 | [151144](#)

Wed, Oct 8 & 15 | 6:10-7 pm | \$25/2 | [151158](#)

Wed, Nov 5 & 12 | 6:10-7 pm | \$25/2 | [151160](#)

Wed, Dec 3 & 10 | 6:10-7 pm | \$25/2 | [151161](#)

Wed, Jan 14 & 21 | 6:10-7 pm | \$25/2 | [151162](#)

Wed, Feb 4 & 11 | 6:10-7 pm | \$25/2 | [151163](#)

Wed, Mar 4 & 11 | 6:10-7 pm | \$25/2 | [151165](#)

World Taekwondo Academy (4300 Wellington Rd)

Taekwondo & Self-Defense NEW! with Master Moy

13 Years +

Looking for a fun and exciting way to stay active and build confidence? Join our introductory Taekwondo classes with Master Moy, a 7th Dan Black belt with global experience. Master Moy will guide you through the basics of taekwondo, helping to develop strength, focus, discipline, and leadership skills. Whether learning self-defence, making new friends or just having fun, our classes are the perfect way to get started on your martial arts journey.

Instructor: Master Moy

Sun, Sep 28-Oct 19 | 12-12:45 pm | \$32/4 | [150982](#)

Sun, Nov 2-23 | 12-12:45 pm | \$32/4 | [150984](#)

Sun, Jan 11-25 | 12-12:45 pm | \$24/3 | [150985](#)

Sun, Feb 1-22 | 12-12:45 pm | \$32/4 | [150992](#)

Sun, Mar 1-22 | 12-12:45 pm | \$32/4 | [150986](#)

Bowen Park Complex

Karate for Adults

In this introduction to karate, students learn traditional karate training, sparring and self-defence. Fitness, strength development and flexibility are also part of the curriculum.

Instructor: Shima Karate Staff

M/W, Oct 8-22 | 6:30-7:30 pm | \$25/4 | [150780](#)

M/W, Dec 1-10 | 6:30-7:30 pm | \$25/4 | [150782](#)

M/W, Feb 2-11 | 6:30-7:30 pm | \$25/4 | [150784](#)

Shima Karate (3032 Barons Rd)



Shima Karate - HIIT the Ground NEW! Running Fitness Class

An adults-only fitness class designed for parents ready to reconnect with their bodies. This class blends high-intensity interval training, karate-inspired movement and deep stretching. This is perfect for those returning to fitness after parenting, work or time away.

Instructor: Shima Karate Staff

T/Th, Sep 2-11 | 12:15-1 pm | \$25/4 | [150915](#)

T/Th, Nov 4-13 | 12:15-1 pm | \$25/4 | [150916](#)

T/Th, Jan 6-15 | 12:15-1 pm | \$25/4 | [150917](#)

Shima Karate (3032 Barons Rd)

Shima Karate - Stillness & NEW! Strength Class

This unique class blends elements of Japanese and Chinese martial arts, yoga and meditation to awaken both body and mind. Through breathing, stretching, martial movement and internal energy work, you will build strength, focus and calmness. Open to all fitness levels; no martial arts experience required.

Instructor: Shima Karate Staff

Sat, Sep 6-27 | 7:30-8:45 am | \$25/4 | [150911](#)

Sat, Nov 1-22 | 7:30-8:45 am | \$25/4 | [150912](#)

Sat, Jan 3-24 | 7:30-8:45 am | \$25/4 | [150913](#)

Sat, Mar 7-28 | 7:30-8:45 am | \$25/4 | [150914](#)

Shima Karate (3032 Barons Rd)

Ladies Golf Clinic

Learn the fundamentals of the golf swing, including short game, long game and putting. On-course golf instruction and etiquette is also included. Equipment is available if needed. This class has a 6 to 1 student to coach ratio.

Instructor: Beban Park Golf Course Staff

Thu, Sep 4-25 | 1-3 pm | \$225/4 | [151635](#)

Beban Park Golf Course



Joyful Harmony Singing Workshop

Do you miss singing with others just for the joy of it? Bring your voice out of the shower and experience the magic and connection of singing in harmony, imperfectly. Sing uplifting pop songs, chants, rounds, world music and more. Simple harmonies are taught by ear without sheet music with room for creativity and movement. All voices are welcome; this is community singing!

Instructor: Sylvia Humble

Fri, Sep 12 | 1:30-3 pm | \$20/1 | [151372](#)

Rotary Field House

Joyful Harmony Singing

Bring your voice out of the shower and share the love of singing in harmony! Sing uplifting pop songs, world music, call and response and sea shanties with simple harmonies taught by ear without sheet music. All voices are welcome regardless of experience. Sylvia Humble is a local community song leader and member of the Ubuntu Choirs Network which believes singing is a universal, human birthright.

Instructor: Sylvia Humble

Fri, Sep 19-Oct 24 | 1:30-3 pm | \$96/6 | [151376](#)

Rotary Field House

Songs of Love and Light - **NEW!** Harmony Singing Workshop

This Valentine's week, join Sylvia Humble (community song leader, Ubuntu Choirs Network) to sing songs celebrating love and the returning of the light as the days grow longer. Learn simple harmonies by ear without sheet music. Singing relieves stress, strengthens the heart and lungs, enhances mood and creates social cohesion. All voices are welcome.

Instructor: Sylvia Humble

Fri, Feb 13 | 1:30-3 pm | \$20/1 | [151373](#)

Rotary Field House

Joyful Harmony - **NEW!** Singing in the New Year

Do you want to sing in harmony but not in a formal choir? Join us and sing songs celebrating resilience and rejuvenation of the coming spring season. Learn to sing in harmony by ear without sheet music, and get creative. No experience or talent is necessary; this is community singing!

Instructor: Sylvia Humble

Fri, Feb 20-Mar 27 | 1:30-3 pm | \$96/6 | [151379](#)

Rotary Field House



Special Interest

Ukulele for Adults - Beginner **NEW!**

Participants will explore both the casual sing-and-strum style of playing, as well as picking melodies using standard music notation and ukulele tablature. The goal is to use the ukulele as both a solo instrument and (if desired) as a way to accompany one's own singing.

Wed, Sep 10-Oct 22 | 6:30-7:30 pm | \$140/7 | [151561](#)

Wed, Jan 7-Feb 18 | 6:30-7:30 pm | \$140/7 | [151573](#)

Roundabout Community Arts Centre (3255 Stephenson Pt)

Public Speaking

Embrace your inner storyteller! Reel in the tips and tricks to speak like a professional. Taught by a veteran communications expert who learned on her feet as a broadcaster, reporter, professor and company spokesperson for over 25 years. Check out the exercises to take the fur balls out of your mouth and stop your stuttering. Speak with confidence and sound like a pro. You don't need to be a seasoned speaker; you just need to dive in and find your best voice! It's in there, and these classes will bring it out.

Instructor: Ange Frymire

Fri, Oct 17 | 12:30-4:30 pm | \$48/1 | [149274](#)

Sat, Nov 22 | 9 am-1 pm | \$48/1 | [149275](#)

Sat, Jan 24 | 9 am-1 pm | \$48/1 | [149276](#)

Fri, Mar 20 | 12:30-4:30 pm | \$48/1 | [149277](#)

Bowen Park Complex

Creative Writing Level 1

Do you have a memoir or story bubbling inside? Bring your creative writing piece to life. Classes are fun, interactive and results-driven. Work with a partner or solo. Solid, constructive feedback given each week will improve your skills and ignite your passion. Taught by a communications expert, storyteller and former journalist who has published three collaborative books, one textbook and hundreds of articles for newsletters, newspapers and magazines.

Instructor: Ange Frymire

Mon, Sep 8-Oct 27 | 6-9 pm | \$168/7 | [149259](#)

Mon, Jan 12-Mar 9 | 6-9 pm | \$192/8 | [149264](#)

Bowen Park Complex

Creative Writing Circle

This is goal-driven to improve your drafts and encourage your imagination to excel. Weekly writing prompts can complement or stimulate your "works of art," whether you're writing short stories, memoirs, novels, novellas, flash fiction or poetry. Feedback is compassionate and honest to help polish your writing further. The course environment is non-judgmental, safe and confidential. Vulnerability, authenticity and excellence in writing is curated by you, along with your writing partner's observations and the facilitator's knowledge of editing, revamping and reimagining. NOTE: A strong awareness of writing fundamentals is needed and can help you go from "ok" to "fantastic" in a few weeks.

Instructor: Ange Frymire

Mon, Nov 3-Dec 15 | 6-9 pm | \$168/7 | [149260](#)

Bowen Park Complex



See page 25 for private piano lessons.



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Conversation Spanish - Beginners

This course provides an introduction to spoken Spanish. Speak and hear Spanish from the first day as you quickly gain basic conversation skills to communicate information about yourself, your family and friends, your work and your daily life. Learn pronunciation, expressions and vocabulary that allow you to function in everyday settings. Perfect for anyone looking to learn or refresh their knowledge of Spanish and immerse themselves in a new culture.

Instructor: Laura Griffin

Tue, Sep 9-Oct 21 | 6-8 pm | \$90/6 | [152141](#)

Tue, Nov 4-Dec 16 | 6-8 pm | \$90/6 | [152142](#)

Tue, Jan 6-Feb 10 | 6-8 pm | \$90/6 | [152143](#)

Tue, Feb 17-Mar 24 | 6-8 pm | \$90/6 | [152144](#)

Bowen Park Complex

Conversation Spanish - Intermediate

This intermediate course is designed to help you strengthen and expand upon the foundational language skills that you acquired in beginner Spanish. This program focuses on improving listening, speaking, reading and writing abilities while also deepening your understanding of grammar, vocabulary and cultural context.

Instructor: Ruy Diaz

Thu, Sep 11-Oct 16 | 6-8 pm | \$90/6 | [143781](#)

Thu, Oct 30-Dec 4 | 6-8 pm | \$90/6 | [143782](#)

Instructor: Laura Griffin

Thu, Jan 8-Feb 12 | 6-8 pm | \$90/6 | [152145](#)

Thu, Feb 19-Mar 26 | 6-8 pm | \$90/6 | [152146](#)

Bowen Park Complex

Sigil Making

Used for thousands of years, a sigil has been a special symbol drawn and created with intention that assists with manifestation, spells or energy alignment. In this workshop, we will learn all about them and make one to take home. All materials will be provided.

Instructor: Queen Bee Tarot

Tue, Sep 16 | 6-8 pm | \$48/1 | [151268](#)

Tue, Oct 28 | 6-8 pm | \$48/1 | [151269](#)

Bowen Park Complex

Learn to Read Tarot

In this 4-part workshop designed for beginners, learn the ancient art of divination using the Rider-Waite-Smith deck (which will be available for purchase).

Instructor: Queen Bee Tarot

Tue, Feb 3-24 | 6-8 pm | \$150/4 | [151281](#)

Bowen Park Complex

Tarot - Level 2

For those ready to expand their tarot practice. Read with confidence for yourself and others moving beyond the book and into intuitive fluency. Using the Rider-Waite-Smith deck, we will explore card relationships, patterns in spreads and practical ways to trust what you see and feel.

Instructor: Queen Bee Tarot

Tue, Oct 7-21 | 6-8 pm | \$111/3 | [151271](#)

Bowen Park Complex

Becoming Psychic: **NEW!**

Psychic Development Level 1

Everyone is psychic, and in this three-class series, you will learn how to access and strengthen your intuition. All are welcome.

Instructor: Queen Bee Tarot

Tue, Nov 18-Dec 2 | 6-8 pm | \$111/3 | [151275](#)

Bowen Park Complex

Astrology: Read Your Birth Chart

Explore your cosmic blueprint! You will get a copy of your birth chart and a booklet to keep as we work through our planetary placements and your personal astrology.

Instructor: Queen Bee Tarot

Tue, Jan 6-27 | 6-8 pm | \$150/4 | [151279](#)

Bowen Park Complex

Scented Soy Candle Making **NEW!**

Create six custom soy candles in this hands-on class. Choose your favourite colours and scents and then pour a set of candles in a mix of elegant glass jars and petite tins perfect for gift giving or enjoying at home. All materials are included; no experience is needed.

Sat, Dec 13 | 12-2 pm | \$75/1 | [153412](#)

Sat, Mar 28 | 12-2 pm | \$75/1 | [153437](#)

Bowen Park Complex

Soap Making Workshop **NEW!**

Learn the art of cold process soap making in this fun and beginner-friendly workshop! You will be guided through each step of crafting your own natural soap from scratch using skin-loving oils, lye and nourishing additives. You will customize your soap with your choice of colours and scents and then pour it into a reusable cardboard mold. Each batch makes 10 to 12 bars of soap, ideal for gifting or stocking up your own bathroom. We will cover all the essentials, so you leave feeling confident and inspired. No experience is necessary, and all tools and materials are provided.

Instructor: Angela Scorer

Sat, Dec 13 | 3-5 pm | \$75/1 | [153413](#)

Sat, Mar 28 | 3-5 pm | \$75/1 | [153438](#)

Bowen Park Complex

Soaps to Spirit **NEW!**

Using stout beer and merlot red wine, create cedarwood and lemongrass soap batches. Explore different ingredients, methods and techniques that you can use to create exciting soaps on your own. Learn about troubleshooting, history and packaging/decorating. Please bring an apron (or wear appropriate clothing).

Instructor: Cheryl Theilade

Sat, Oct 25 | 9-11:30 am | \$40/1 | [143368](#)

Bowen Park Complex

Teens Welcome

If you see a program you would like to participate in outside of the Youth Section, give us a call to find out how you can participate!



The Magic of Magnesium NEW!

Are you battling insomnia or struggling with restless leg syndrome, age-related sleep changes or joint pain? If so, this class is for you. Join us in this fun and informative class on the miracle mineral Magnesium Chloride! We will combine magnesium along with additional botanicals and essential oils to create relaxing products that will assist in a restful night's sleep.

Instructor: Cheryl Theilade

Sat, Oct 25 | 12-2 pm | \$40/1 | [143394](#)

Bowen Park Complex

Face Value - A Skincare Regime NEW!

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

Instructor: Cheryl Theilade

Sat, Oct 25 | 2:30-4:30 pm | \$40/1 | [143395](#)

Bowen Park Complex

Goat and Oat Milk Soap Making NEW!

Learn to make goat milk soap using fresh, raw, unprocessed milk from a local farm. In class, you will learn the delicate process of incorporating this perishable ingredient into soap while maintaining the benefits of the lactic acid. Goat milk contains alpha-hydroxy acids which help remove dead skin cells from your skin's surface.

Instructor: Cheryl Theilade

Sat, Feb 7 | 9-11:30 am | \$40/1 | [149937](#)

Bowen Park Complex

Creams, Lotions & Infused Body Oil

Do you struggle with eczema, psoriasis or rosacea? Customize your own creams and lotions that address your skin type and/or skin problems. Making your own creams and lotions using organic oils, butters and botanicals is fun, affordable and effective. The beauty of making your own products is knowing exactly what ingredients are being used for healthy and hydrated skin. Make and take home a vitamin packed cream, an aloe vera moisturizer, a rejuvenating facial oil and an herbal infused body oil.

Instructor: Cheryl Theilade

Sat, Feb 7 | 12-2:30 pm | \$40/1 | [149938](#)

Bowen Park Complex

Kiss & Make Up - Mineral Cosmetics

Create mineral makeup for a fraction of the cost using earth elements, butters, oils, waxes and pre-blended bases. Make a lip gloss, lipstick, mineral eye shadow and a mineral eye liner. Learn alternatives to toxic chemicals that are in mainstream cosmetics. Discussions on blending colours, mineral make up benefits and ingredient knowledge is also included.

Instructor: Cheryl Theilade

Sat, Feb 7 | 3-5 pm | \$40/1 | [149939](#)

Bowen Park Complex

Nanaimo River Watershed & Water Treatment Plant Bus Tour

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

Fri, Sep 26 | 9 am-3:30 pm | \$20/1 | [149889](#)

Fri, Mar 20 | 9 am-3:30 pm | \$20/1 | [149892](#)

South Fork Water Treatment Centre (2500 South Fork Rd)

Wellsmart Workshop NEW!

Join representatives from Island Health and the Ministry of Water, Land and Natural Resource Stewardship for this informative session on private well water care. Learn about well maintenance, source protection, water testing and treatment options and strategies for managing during drought conditions.

Thu, Oct 30 | 6-8 pm | FREE | [151361](#)

Beban Park Social Centre

Winter Plant Protection

Learn simple, budget-friendly ways to protect your garden from extreme winter weather. This class covers cold frames, cloches and other techniques to help vegetables and tender plants thrive through unpredictable Island winters. It will also include follow-up resources for continued learning. This workshop is outside, so please dress for the weather.

Instructor: Connie Kuramoto

Sun, Oct 5 | 1-3 pm | \$20/1 | [151792](#)

Pine Street Community Garden



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. Dress for the weather.

Instructor: Scott Wiskerke

Sun, Oct 19 | 10 am-12 pm | \$20/1 | [151786](#)

Beaufort Food Forest (St. George St or Beaufort Dr)

Sat, Oct 25 | 10 am-12 pm | \$20/1 | [151789](#)

Pine Street Community Garden

Advanced Fruit Tree Pruning

If you have some pruning experience or have taken an earlier class, this workshop can show you how to work on pest control, dormant oil spraying and other more complex tree care. There will be plenty of time for your questions.

Instructor: Scott Wiskerke

Sun, Nov 2 | 10 am-12 pm | \$20/1 | [151794](#)

Beaufort Food Forest (St. George St or Beaufort Dr)

Sat, Nov 8 | 10 am-12 pm | \$20/1 | [151793](#)

Pine Street Community Garden

Composting Made Easy

Learn how to compost successfully without attracting pests or creating a mess. This hands-on workshop covers what to compost, how to layer materials and tips for turning food and yard waste into rich soil. It also includes alternatives for small spaces and a handout for reference. This workshop is outside, so please dress for the weather.

Instructor: Connie Kuramoto

Sun, Oct 19 | 1-3 pm | \$20/1 | [151791](#)

Pine Street Community Garden

Let's Propagate More Plants

Did you know that fall can be the ideal time to propagate some of our favourite food plants? Come and learn the techniques to take cuttings of grapes, currants, blueberries, thornless blackberries and more. You will take home a few packs of cuttings with instructions for their ongoing care. We will provide you with propagation media and pots, as well as plant materials to take cuttings from, but feel free to bring your own plant materials as well. Please bring secateurs.

Instructor: Connie Kuramoto

Sun, Oct 26 | 1-3 pm | \$20/1 | [151782](#)

Beban Learning Gardens



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Winter Sowing

Start your spring garden in the heart of winter with no lights or heating required. Learn how to grow cool-loving crops using simple outdoor methods. You will sow flower and veggie seeds to take home. Please bring a clean plastic milk or vinegar jug; seeds and a follow-up handout are provided.

Instructor: Connie Kuramoto

Sun, Nov 2 | 1-3 pm | \$20/1 | [151795](#)

Beban Learning Gardens

Broom Making with Scotch Broom

Learn the traditional art of broom making using the invasive yet abundant Scotch broom plant. In this hands-on workshop, you will craft your own functional and beautiful broom to take home.

Instructor: Alicia Meek

Sat, Oct 4 | 1:30-3:30 pm | \$55/1 | [149164](#)

Bowen Park Complex

Foraging in Fall - Roots, Mushrooms and More

Join us for a seasonal foraging adventure exploring fall's edible treasures from roots and mushrooms to wild herbs. This class is part outdoor walk, part indoor workshop focused on safe identification, sustainable harvesting and practical uses. Perfect for beginners and nature lovers alike!

Instructor: Alicia Meek

Sun, Oct 5 | 11 am-1 pm | \$39/1 | [149137](#)

Bowen Park Complex

Fall Mushroom Foraging

Join us for an indoor session focused on fall mushroom foraging. Learn how to identify and safely harvest seasonal mushrooms with tips on where to find them and how to prepare and use your finds.

Instructor: Alicia Meek

Tue, Oct 7 | 6:30-8:30 pm | \$34/1 | [149162](#)

Beban Park Social Centre

Fall Forage & Flavour

Join us for a guided fall plant walk to discover seasonal edible and medicinal plants in the wild. Afterward, head indoors for a hands-on session where we will transform fall foraged finds into delicious herbal and culinary creations to taste and enjoy.

Instructor: Alicia Meek

Sat, Oct 18 | 1:30-3:30 pm | \$39/1 | [149167](#)

Bowen Park Complex

Plant ID for Foraging

Learn how to identify edible and medicinal wild plants in this presentation-style class. Perfect for both beginners and seasoned foragers, you will gain the skills to safely recognize useful plants in nature and begin your foraging journey with confidence.

Instructor: Alicia Meek

Sat, Oct 18 | 11 am-1 pm | \$34/1 | [149165](#)

Sat, Feb 7 | 11 am-1 pm | \$34/1 | [151961](#)

Bowen Park Complex

Foundations of Foraging

Get started on your foraging journey with this beginner-friendly class designed to build confidence and awareness in the field. You will learn the core principles of ethical wild harvesting, including how to forage responsibly, where it's safe (and legal) to forage and where to avoid.

Instructor: Alicia Meek

Sat, Feb 7 | 1:30-3:30 pm | \$34/1 | [151963](#)

Bowen Park Complex

Mushroom Foraging and ID

Join us for an indoor presentation on mushroom foraging. Learn how to identify and safely harvest mushrooms during the season with tips on where to find them and how to use them.

Instructor: Alicia Meek

Sun, Feb 8 | 1-3 pm | \$34/1 | [151958](#)

Bowen Park Complex

Wed, Mar 25 | 6:30-8:30 pm | \$34/1 | [151959](#)

Beban Park Social Centre

Intro to Wild Foraging

This workshop is partially indoors and partially outdoors. Inside, you will learn essential plant identification skills and important pieces of foraging knowledge to help you forage safely and confidently. Then, we will take a guided outdoor walk to practice identifying and harvesting wild edibles and medicinal plants. Each participant will also create their own foraged product to take home.

Instructor: Alicia Meek

Sat, Mar 21 | 11:30 am-2:30 pm | \$64/1 | [151965](#)

Bowen Park Complex

Plant & Foraging Walk

Take a guided walk to closely look at, touch and smell local West Coast plants. Learn to identify edible, medicinal, useful and invasive species while building practical foraging skills and a deeper connection to nature.

Instructor: Alicia Meek

Sun, Mar 29 | 11:30 am-1:30 pm | \$34/1 | [151967](#)

Bowen Park Complex

Fire Cider NEW!

Learn to make your own fiery, immune-boosting herbal tonic! In this hands-on class, we will combine ingredients like garlic, ginger, apple cider vinegar and much more to create a traditional remedy that supports digestion and immunity. Take home your own jar and the recipe to keep making it all season long.

Instructor: Alicia Meek

Sat, Nov 1 | 11 am-12:30 pm | \$39/1 | [149355](#)

Tue, Mar 10 | 6:30-8 pm | \$39/1 | [152137](#)

Bowen Park Complex

Herbal First Aid Kit

Take home a bounty of natural remedies from this practical, hands-on workshop. You will learn to prepare and use a variety of herbs and herbal medicines for common ailments and emergencies. By the end of the session, you will leave with a collection of your own products. This workshop is perfect for those who want to bring holistic, herbal care into their everyday lives.

Instructor: Alicia Meek

Sat, Mar 7 | 11:30 am-2:30 pm | \$89/1 | [152136](#)

Bowen Park Complex

Teens Welcome

If you see a program you would like to participate in outside of the Youth Section, give us a call to find out how you can participate!





VOLUNTEERS in PARKS

Are you passionate about the parks and trails that Nanaimo has to offer?
Consider participating in our **Volunteers in Parks** Program!

There are three ways to participate:

- 1 PARK AMBASSADOR:** As a Park Ambassador, you'll weave a vibrant tapestry of education and stewardship by visiting your chosen park regularly. Help fellow visitors embrace the beauty of nature while actively keeping the park clean. With your keen eye, you can observe the park's dynamic ecosystem and be the critical communicator reporting any issues and driving efforts for a sustainable environment.
- 2 ADOPT-A-PARK:** Gather your friends, family, or colleagues and form a volunteer group dedicated to keeping Nanaimo beautiful! By choosing a park, trail or creek to adopt, you'll take covenant of a cherished area. Together, you will implement clean-up initiatives, planting days, maintenance work and forging bonds with the land and each other while replenishing our local ecosystems.
- 3 WORK PARTIES:** Dive deep into nature's intricate web by participating in our Work Parties! Join a spirited crew dedicated to enhancing biodiversity in our parks and trails. These group efforts focus on native species restoration, invasives removal, and habitat preservation putting actions to your good intentions. Be part of a transformative journey for Nanaimo's ecosystems while teaming up with fellow conservation enthusiasts and making a tangible difference.

Gather a group for your own work party from your business, school group, club or organization or come to the these planned events:

- | | |
|---|--|
| • Sat, Sep 27, 10 am-12 pm
Invasive Plant Removal at Bowen Park (149377) | • Sat, Dec 6, 10 am-12 pm
Invasive Plant Removal at Rock City Park (150801) |
| • Sat, Oct 18, 10 am-12 pm
Invasive Plant Removal at Buttertubs Marsh (149378) | • Tue, Feb 3, 10 am-12 pm
Invasive Plant Removal at Buttertubs Marsh (150802) |
| • Tue, Oct 28, 10 am-12 pm
Invasive Plant Removal at Colliery Dam Park (150774) | • Sat, Feb 21, 10 am-12 pm
Invasive Plant Removal at Brookwood Park (150806) |
| • Sat, Nov 15, 10 am-12 pm
Invasive Plant Removal at Richard's Marsh (150775) | • Tue, Mar 10, 10 am-12 pm
Invasive Plant Removal Richard's Marsh (150808) |
| • Tue, Nov 25, 10 am-12 pm
Invasive Plant at Piper's Lagoon Park (150797) | • Sat, Mar 21, 10 am-12 pm
Invasive Plant Removal at Piper's Lagoon for World Water Day (150810) |

If you would like to organize a work party in your neighborhood, please call 250-756-5200,
email parksandrecreation@nanaimo.ca or check out our website (search work party).

*Why
participate?*

Being part of the Volunteers in Parks Program not only fosters community spirit but enriches your life with purpose and connection to nature. Disconnect from screens and reconnect with the awe-inspiring beauty of our surroundings. Your involvement can help cultivate a brighter, more sustainable future for Nanaimo's enchanting green spaces.



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PERSONAL TRAINING Options

NEW!

TRAINING GOAL ASSESSMENT

Led by one of our certified trainers, this 1 to 1 evaluation is designed to help you define your fitness goals, assess your current level and identify obstacles. This is recommended to complete before registering for personal training sessions.

Cost is \$25 for 30 minutes.

STAFF

Meet our Personal Trainers! See page 67.

✓ TRANSFORM ✓ STRENGTHEN ✓ ACHIEVE ✓ IMPROVE

New to fitness? Intimidated by the equipment? Tired of the same workout routine? Need some encouragement and extra motivation to reach your goals?

REGISTER FOR PERSONAL TRAINING SESSIONS!

Our certified and motivational personal trainers can design a comprehensive and highly effective exercise program that is customized for you. Every session is unique to your body type, needs, goals and designed to work toward achieving results. Choose either private or semi-private at either Nanaimo Aquatic Centre or Beban Park from the following pricing options:

All sessions are one hour	PRIVATE	SEMI PRIVATE (1 other family or friend)
Goal Assessment	\$25	
1 session	\$58	\$44 per person
3 sessions	\$157	\$119 per person
5 sessions	\$247	\$187 per person
10 sessions	\$464	\$384 per person



Scan the QR code to take you to our online intake form.



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 Jessica Kimbral

Fri, Sep 5 | 2:30-3:15 pm | \$5/1 | [148294](#)

Thu, Sep 11 | 3:30-5:15 pm | \$5/1 | [148606](#)

Fri, Sep 12 | 2:30-3:15 pm | \$5/1 | [148295](#)

Fri, Sep 19 | 2:30-3:15 pm | \$5/1 | [148325](#)

Thu, Sep 25 | 3:30-4:15 pm | \$5/1 | [148608](#)

Fri, Sep 26 | 2:30-3:15 pm | \$5/1 | [148327](#)

Fri, Oct 3 | 2:30-3:15 pm | \$5/1 | [148329](#)

Thu, Oct 9 | 3:30-4:15 pm | \$5/1 | [148609](#)

Fri, Oct 10 | 2:30-3:15 pm | \$5/1 | [148330](#)

Fri, Oct 17 | 2:30-3:15 pm | \$5/1 | [148333](#)

Thu, Oct 23 | 3:30-4:15 pm | \$5/1 | [148612](#)

Fri, Oct 24 | 2:30-3:15 pm | \$5/1 | [148334](#)

Fri, Oct 31 | 2:30-3:15 pm | \$5/1 | [148337](#)

Thu, Nov 6 | 3:30-4:15 pm | \$5/1 | [148613](#)

Fri, Nov 7 | 2:30-3:15 pm | \$5/1 | [148340](#)

Fri, Nov 14 | 2:30-3:15 pm | \$5/1 | [148341](#)

Thu, Nov 20 | 3:30-4:15 pm | \$5/1 | [148614](#)

Fri, Nov 21 | 2:30-3:15 pm | \$5/1 | [148342](#)

Fri, Nov 28 | 2:30-3:15 pm | \$5/1 | [148343](#)

Thu, Dec 4 | 3:30-4:15 pm | \$5/1 | [1148615](#)

Fri, Dec 5 | 2:30-3:15 pm | \$5/1 | [148344](#)

Fri, Dec 12 | 2:30-3:15 pm | \$5/1 | [148345](#)

Thu, Dec 18 | 3:30-4:15 pm | \$5/1 | [148616](#)

Thu, Jan 8 | 3:30-4:15 pm | \$5/1 | [148617](#)

Fri, Jan 9 | 2:30-3:15 pm | \$5/1 | [148390](#)

Fri, Jan 16 | 2:30-3:15 pm | \$5/1 | [148391](#)

Thu, Jan 22 | 3:30-4:15 pm | \$5/1 | [148618](#)

Fri, Jan 23 | 2:30-3:15 pm | \$5/1 | [148392](#)

Fri, Jan 30 | 2:30-3:15 pm | \$5/1 | [148393](#)

Thu, Feb 5 | 3:30-4:15 pm | \$5/1 | [148619](#)

Fri, Feb 6 | 2:30-3:15 pm | \$5/1 | [148394](#)

Fri, Feb 13 | 2:30-3:15 pm | \$5/1 | [148395](#)

Thu, Feb 19 | 3:30-4:15 pm | \$5/1 | [148620](#)

Fri, Feb 20 | 2:30-3:15 pm | \$5/1 | [148396](#)

Fri, Feb 27 | 2:30-3:15 pm | \$5/1 | [148397](#)

Thu, Mar 5 | 3:30-4:15 pm | \$5/1 | [148624](#)

Fri, Mar 6 | 2:30-3:15 pm | \$5/1 | [148400](#)

Fri, Mar 13 | 2:30-3:15 pm | \$5/1 | [148401](#)

Thu, Mar 19 | 3:30-4:15 pm | \$5/1 | [148626](#)

Fri, Mar 20 | 2:30-3:15 pm | \$5/1 | [148402](#)

Fri, Mar 27 | 2:30-3:15 pm | \$5/1 | [148403](#)

Nanaimo Aquatic Centre Weight Room



Adult Yoga/Fitness

Early Start Spin

This stationary bike workout will include intervals, hills, speed and endurance all set to great tunes to keep you motivated. A great exercise if you cannot do any impact cardio work.

Instructor: Gillian Goerzen

Thu, Sep 18-Oct 30 | 6:30-7:15 am | \$70/7 | [148477](#)

Thu, Nov 6-Dec 18 | 6:30-7:15 am | \$70/7 | [148480](#)

Thu, Jan 8-Feb 12 | 6:30-7:15 am | \$60/6 | [148483](#)

Thu, Feb 19-Mar 26 | 6:30-7:15 am | \$60/6 | [148486](#)

Nanaimo Aquatic Centre

Spin Fit D

Join us for a low-impact, high-intensity ride designed to boost strength, endurance and aerobic capacity. You will power through hill climbs, speed bursts and drills - with some singing and lots of fun along the way! All fitness levels are welcome. Work at your own pace, break a sweat, and leave feeling strong, inspired and excited for your next ride.

Instructor: Cindy Kruger

Sat, Sep 20-Nov 15 | 9-10 am | \$84/7 | [148769](#)

Sat, Jan 10-Feb 14 | 9-10 am | \$72/6 | [148788](#)

Sat, Feb 21-Mar 28 | 9-10 am | \$72/6 | [148789](#)

Nanaimo Aquatic Centre

Ride & Restore D

Combine interval training, hills, speed and endurance work followed by a 15-minute stretch to bring everything back down.

Instructor: Heather Honey

Mon, Sep 15-Oct 27 | 6:45-7:45 pm | \$72/6 | [148437](#)

Mon, Nov 3-Dec 15 | 6:45-7:45 pm | \$84/7 | [148439](#)

Mon, Jan 5-Feb 9 | 6:45-7:45 pm | \$72/6 | [148441](#)

Mon, Feb 23-Mar 30 | 6:45-7:45 pm | \$72/6 | [148448](#)

Nanaimo Aquatic Centre

Lunchtime Spin Sprint D

This 45-minute stationary workout will include intervals, hills, speed and endurance all set to great tunes to keep you motivated. A great exercise if you cannot do any impact cardio work.

Instructor: Shelley Howlett

Fri, Sep 26-Oct 31 | 12-12:45 pm | \$60/6 | [148531](#)

Fri, Nov 14-Dec 19 | 12-12:45 pm | \$60/6 | [148533](#)

Fri, Jan 9-Feb 13 | 12-12:45 pm | \$60/6 | [148534](#)

Fri, Feb 20-Mar 27 | 12-12:45 pm | \$50/5 | [148537](#)

Nanaimo Aquatic Centre

Spin & Core D

Improve your cardio with this spin and core combo workout! Intervals, hills, speed and endurance work will be followed by core work set to great tunes to keep you motivated.

Instructor: Jean Medley

Mon, Sep 15-Oct 27 | 5:30-6:30 pm | \$72/6 | [151012](#)

Mon, Nov 3-Dec 15 | 5:30-6:30 pm | \$84/7 | [151013](#)

Mon, Jan 12-Mar 2 | 5:30-6:30 pm | \$96/8 | [151014](#)

Nanaimo Aquatic Centre

Oh, shoot!

We sometimes make mistakes or information changes.

Please check our online Activity Guide for the latest program information.



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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.

Spin & Stretch **D**

Combine interval training, hills, speed and endurance work followed by a 15 minute stretch in this combo fitness class.

Instructor: Jean Medley

Wed, Sep 17-Oct 29 | 5:30-6:30 pm | \$84/7 | [151040](#)

Wed, Nov 5-Dec 17 | 5:30-6:30 pm | \$84/7 | [151044](#)

Wed, Jan 14-Mar 4 | 5:30-6:30 pm | \$96/8 | [151046](#)

Nanaimo Aquatic Centre

HIIT & Strength

Challenge your body with high energy interval cardio combined with strength training. This fun, full body workout will make you sweat and leave you feeling invigorated.

Instructor: Maki Kristiansen

Wed, Sep 17-Oct 29 | 5-6 pm | \$56/7 | [149192](#)

Wed, Nov 5-Dec 17 | 5-6 pm | \$56/7 | [149193](#)

Wed, Jan 7-Feb 18 | 5-6 pm | \$56/7 | [149194](#)

Wed, Feb 25-Mar 25 | 5-6 pm | \$40/5 | [149195](#)

Bowen Park Complex

HIIT Hustle

High-intensity interval training (HIIT) involves alternating short bursts of intense anaerobic exercise with less intense recovery periods. Participants can expect fast-paced and enjoyable workouts that typically include a warm-up, high-intensity exercises and medium intensity exercises for recovery and a cool down.

Instructor: Heather Honey

Thu, Sep 18-Oct 23 | 5:30-6:30 pm | \$48/6 | [149869](#)

Thu, Oct 30-Dec 18 | 5:30-6:30 pm | \$64/8 | [149873](#)

Thu, Jan 8-Feb 19 | 5:30-6:30 pm | \$56/7 | [149874](#)

Thu, Feb 26-Mar 26 | 5:30-6:30 pm | \$40/5 | [149876](#)

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 period followed by repetitions of high-intensity exercises separated by medium intensity exercises for active recovery followed by a cool down period.

Instructor: Kim Ross

Wed, Sep 17-Oct 29 | 9-10 am | \$56/7 | [150762](#)

Wed, Nov 5-Dec 17 | 9-10 am | \$56/7 | [150763](#)

Wed, Jan 7-Feb 11 | 9-10 am | \$48/6 | [150764](#)

Wed, Feb 18-Mar 25 | 9-10 am | \$48/6 | [150765](#)

Bowen Park Complex

Rock Your Body Boot Camp

This workout that 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 17-Oct 22 | 9-10 am | \$48/6 | [150629](#)

Wed, Oct 29-Dec 17 | 9-10 am | \$64/8 | [150630](#)

Wed, Jan 7-Feb 18 | 9-10 am | \$56/7 | [150631](#)

Wed, Feb 25-Mar 25 | 9-10 am | \$40/5 | [150632](#)

PM

Mon, Sep 8-Oct 27 | 5-6 pm | \$56/7 | [150625](#)

Mon, Nov 3-Dec 15 | 5-6 pm | \$56/7 | [150626](#)

Mon, Jan 5-Feb 9 | 5-6 pm | \$48/6 | [150627](#)

Mon, Feb 23-Mar 30 | 5-6 pm | \$48/6 | [150628](#)

Oliver Woods Community Centre

Please bring your own mat to fitness and yoga classes.



Total Body Fitness

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

Instructor: Kim Ross

Mon, Sep 8-Oct 27 | 9-10 am | \$56/7 | [150800](#)

Thu, Sep 11-Oct 23 | 9-10 am | \$56/7 | [150770](#)

Mon, Nov 3-Dec 15 | 9-10 am | \$56/7 | [150805](#)

Thu, Oct 30-Dec 18 | 9-10 am | \$64/8 | [150771](#)

Mon, Jan 5-Feb 9 | 9-10 am | \$48/6 | [150842](#)

Thu, Jan 8-Feb 12 | 9-10 am | \$48/6 | [150772](#)

Mon, Feb 23-Mar 30 | 9-10 am | \$48/6 | [150843](#)

Thu, Feb 19-Mar 26 | 9-10 am | \$48/6 | [150773](#)

Rotary Field House

Cardio Core

End your day right with strength and cardio conditioning that will leave you feeling exhilarated. Plenty of modifications will be available for different fitness levels.

Instructor: Maki Kristiansen

Tue, Sep 16-Oct 28 | 5-6 pm | \$48/6 | [149233](#)

Tue, Nov 4-Dec 16 | 5-6 pm | \$48/6 | [149234](#)

Tue, Jan 6-Feb 17 | 5-6 pm | \$56/7 | [149242](#)

Tue, Feb 24-Mar 31 | 5-6 pm | \$48/6 | [149243](#)

Bowen Park Complex

BFit

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.

Instructor: Heidi Robinson

Fri, Sep 12-Oct 24 | 12:15-1:15 pm | \$56/7 | [150633](#)

Fri, Oct 31-Dec 19 | 12:15-1:15 pm | \$64/8 | [150635](#)

Fri, Jan 9-Feb 20 | 12:15-1:15 pm | \$56/7 | [150636](#)

Fri, Feb 27-Mar 27 | 12:15-1:15 pm | \$40/5 | [150637](#)

Oliver Woods Community Centre

Barre X

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 9-Oct 21 | 10:45-11:45 am | \$48/6 | [151089](#)

Tue, Nov 4-Dec 16 | 10:45-11:45 am | \$48/6 | [151090](#)

Tue, Jan 6-Feb 17 | 10:45-11:45 am | \$56/7 | [151091](#)

Tue, Feb 24-Mar 31 | 10:45-11:45 am | \$48/6 | [151092](#)

Oliver Woods Community Centre

Dynamic Fit

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 12-Oct 31 | 9-10 am | \$48/6 | [151049](#)

Fri, Jan 9-Feb 27 | 9-10 am | \$56/7 | [151050](#)

Beban Park Social Centre

Stretch, Balance, Build

This class is designed for anyone wanting to increase balance, flexibility and strength in a calm and welcoming setting. It will combine a series of targeted exercises to enhance the body's long-term flexibility and balance while building strength using light weights. The stretches and range of motion movements benefit your muscles, tendons and fascia flexibility.

Instructor: Kim Ross

Wed, Sep 10-Oct 22 | 12:15-1:15 pm | \$56/7 | [150766](#)

Wed, Oct 29-Dec 17 | 12:15-1:15 pm | \$64/8 | [150767](#)

Wed, Jan 7-Feb 11 | 12:15-1:15 pm | \$48/6 | [150768](#)

Wed, Feb 18-Mar 25 | 12:15-1:15 pm | \$48/6 | [150769](#)

Rotary Field House

Stretch & Tone

This is a large group setting where the social side seems to be as fun as the class. A variety of exercises are done with the use of body weight, light weights and resistance tubing. There is a focus on balance and flexibility. A chair is provided to assist balance and is used in some of the strength exercises. No mat work is included in this class making it a nice option for those with mobility issues.

Instructor: Kim Ross

Thu, Sep 11-Oct 23 | 12:30-1:30 pm | \$56/7 | [150788](#)

Thu, Oct 30-Dec 18 | 12:30-1:30 pm | \$64/8 | [150789](#)

Thu, Jan 8-Feb 12 | 12:30-1:30 pm | \$48/6 | [150791](#)

Thu, Feb 19-Mar 26 | 12:30-1:30 pm | \$48/6 | [150792](#)

Oliver Woods Community Centre

B-Fit - Bhangra & Bollywood Dance

This high-energy class brings together the vibrant beats of Bhangra and the lively, colourful movements of Bollywood dance for a workout experience like no other. It's more than just fitness- it's a celebration of culture, music and movement.

Instructor: Sukhi Sangha

Tue, Oct 7-28 | 6:15-7 pm | \$80/4 | [151062](#)

Tue, Feb 3-24 | 6:15-7 pm | \$80/4 | [151064](#)

Beban Park Social Centre

Dance Jam 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! Great for all levels.

Instructor: Monique Huibregtse

Tue, Sep 9-Oct 28 | 12-1 pm | \$56/7 | [151093](#)

Tue, Nov 4-Dec 16 | 12-1 pm | \$48/6 | [151094](#)

Tue, Jan 6-Feb 17 | 12-1 pm | \$56/7 | [151095](#)

Tue, Feb 24-Mar 31 | 12-1 pm | \$48/6 | [151097](#)

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 8-Oct 27 | 6:30-7:30 pm | \$56/7 | [150872](#)

Mon, Jan 5-Feb 9 | 6:30-7:30 pm | \$48/6 | [150893](#)

Mon, Feb 23-Mar 30 | 6:30-7:30 pm | \$48/6 | [150894](#)

Instructor: Rika Carlson

Wed, Sep 3-Oct 22 | 6-7 pm | \$64/8 | [149924](#)

Wed, Oct 29-Dec 17 | 6-7 pm | \$64/8 | [149925](#)

Wed, Jan 7-Feb 18 | 6-7 pm | \$56/7 | [149926](#)

Wed, Feb 25-Mar 25 | 6-7 pm | \$40/5 | [149927](#)

Oliver Woods Community Centre

Weekend Zumba Party

Are you looking for a high-energy, thrilling weekend activity? Come work out for an hour at Oliver Woods while listening to a range of upbeat musical rhythms. Put on your dancing shoes and join the celebration. No prior experience is required.

Instructor: Rika Carlson

Sat, Sep 6-Oct 25 | 11:30 am-12:30 pm | \$64/8 | [149931](#)

Sat, Nov 1-Dec 20 | 11:30 am-12:30 pm | \$64/8 | [149933](#)

Sat, Jan 10-Feb 14 | 11:30 am-12:30 pm | \$48/6 | [149934](#)

Sat, Feb 21-Mar 28 | 11:30 am-12:30 pm | \$48/6 | [149936](#)

Oliver Woods Community Centre

Zumba Gold

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

Instructor: Mary Keel

Mon, Sep 8-Oct 27 | 9-10 am | \$56/7 | [150335](#)

Mon, Nov 3-Dec 15 | 9-10 am | \$56/7 | [150337](#)

Mon, Jan 5-Feb 9 | 9-10 am | \$48/6 | [150338](#)

Mon, Feb 23-Mar 30 | 9-10 am | \$48/6 | [150340](#)

Wed, Sep 10-Oct 22 | 10:15-11:15 am | \$56/7 | [150344](#)

Wed, Oct 29-Dec 17 | 10:15-11:15 am | \$64/8 | [150345](#)

Wed, Jan 7-Feb 18 | 10:15-11:15 am | \$56/7 | [150347](#)

Wed, Feb 25-Mar 25 | 10:15-11:15 am | \$40/5 | [150348](#)

Oliver Woods Community Centre



Zumba Gold + Chair **NEW!**

This is perfect for those with mobility or balance issues, young or old, as it is done in a chair. The design of the classes introduces easy-to-follow choreography that has been brilliantly adapted for chair exercise. Each class is different, as it is adapted to fit the ability and range of motion of the participants. There will be some standing options for a few songs; however, the entire class can be done while seated.

Instructor: Fab Lethbridge

Tue, Sep 9-Oct 28 | 8:30-9:30 am | \$56/7 | [150890](#)

Tue, Nov 25-Dec 16 | 8:30-9:30 am | \$32/4 | [150994](#)

Tue, Jan 6-Feb 3 | 8:30-9:30 am | \$40/5 | [150995](#)

Tue, Feb 17-Mar 31 | 8:30-9:30 am | \$40/5 | [150996](#)

Oliver Woods Community Centre

Deep Stretch and Flow Fitness **D**

Picture an entire hour dedicated to stretching every muscle in your body. Fundamental stretches and yoga positions will be performed, maintained and later incorporated into sequences that will flow and repeat to soothing music. Participating in this course will lead to stronger stabilizer muscles and improved balance.

Instructor: Monique Huibregtse

Tue, Sep 2-Oct 28 | 9:30-10:30 am | \$64/8 | [151085](#)

Tue, Nov 4-Dec 16 | 9:30-10:30 am | \$48/6 | [151086](#)

Tue, Jan 6-Feb 17 | 9:30-10:30 am | \$56/7 | [151087](#)

Tue, Feb 24-Mar 31 | 9:30-10:30 am | \$48/6 | [151088](#)

Oliver Woods Community Centre

Calm Flow Yoga **D** **NEW!**

Unwind and reconnect with this deeply nurturing and gentle yoga class - perfect for all levels. Designed to soothe the nervous system and restore inner balance, each session blends slow, mindful movement, calming breathwork and guided meditation.

Instructor: Krista Rogers

Wed, Sep 17-Oct 8 | 9-10 am | \$32/4 | [151075](#)

Wed, Oct 22-Nov 26 | 9-10 am | \$48/6 | [151076](#)

Wed, Jan 21-Mar 11 | 9-10 am | \$56/7 | [151077](#)

Oliver Woods Community Centre

Slow Flow Yoga

Discover tranquility from within and permit your body, mind and spirit to decelerate and unwind. This serene and gentle session incorporates breath exercises and meditative movements designed to soothe the mind. It is appropriate for participants of all skill levels. Please bring your yoga mat and a blanket.

Instructor: Krista Rogers

Tue, Sep 16-Oct 21 | 6:30-7:30 pm | \$40/5 | [150009](#)

Tue, Nov 4-Dec 16 | 6:30-7:30 pm | \$48/6 | [150010](#)

Tue, Jan 20-Feb 24 | 6:30-7:30 pm | \$48/6 | [150011](#)

Tue, Mar 3-24 | 6:30-7:30 pm | \$32/4 | [150012](#)

Hammond Bay Elementary School (1025 Morningside Dr)

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 is not required.

Instructor: Heather Honey

Tue, Sep 16-Oct 28 | 5:30-6:30 pm | \$48/6 | [149863](#)

Tue, Nov 4-Dec 16 | 5:30-6:30 pm | \$48/6 | [149865](#)

Tue, Jan 6-Feb 17 | 5:30-6:30 pm | \$56/7 | [149866](#)

Tue, Feb 24-Mar 31 | 5:30-6:30 pm | \$48/6 | [149867](#)

Oliver Woods Community Centre

Yin Yoga

Yin Yoga is slower paced and more meditative. 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 29-Nov 3 | 5:30-6:30 pm | \$40/5 | [150138](#)

Thu, Oct 2-30 | 5:30-6:30 pm | \$40/5 | [150141](#)

Thu, Nov 13-Dec 18 | 5:30-6:30 pm | \$48/6 | [150143](#)

Mon, Nov 17-Dec 22 | 5:30-6:30 pm | \$48/6 | [150139](#)

Mon, Jan 12-Mar 2 | 5:30-6:30 pm | \$56/7 | [150140](#)

Thu, Jan 15-Mar 5 | 5:30-6:30 pm | \$64/8 | [150144](#)

Bowen Park Complex

Yang Yoga

This mixed style yoga class for beginners and intermediates will stretch the muscles and help to build your core.

Instructor: Cheryl Carew

Mon, Sep 29-Nov 3 | 6:45-7:45 pm | \$40/5 | [150167](#)

Thu, Oct 2-30 | 6:45-7:45 pm | \$40/5 | [150198](#)

Thu, Nov 13-Dec 18 | 6:45-7:45 pm | \$48/6 | [150200](#)

Mon, Nov 17-Dec 22 | 6:45-7:45 pm | \$48/6 | [150169](#)

Mon, Jan 12-Mar 2 | 5:30-6:30 pm | \$56/7 | [150179](#) time?

Thu, Jan 15-Mar 5 | 6:45-7:45 pm | \$64/8 | [150203](#)

Bowen Park Complex

Yin-Inspired Restorative Yoga

This is a gentle candlelit meditative approach to releasing connective tissues, fascia and muscle tightness. Ease into calmness and relaxation in preparation for sleep. Bolsters and blocks are provided. Please wear comfortable clothing.

Instructor: Jane Bockman

Tue, Sep 9-Oct 28 | 7:45-8:45 pm | \$56/7 | [149896](#)

Tue, Nov 4-Dec 16 | 7:45-8:45 pm | \$48/6 | [149897](#)

Tue, Jan 6-Feb 3 | 7:45-8:45 pm | \$40/5 | [149902](#)

Tue, Feb 24-Mar 31 | 7:45-8:45 pm | \$48/6 | [149905](#)

Oliver Woods Community Centre

Gentle Friday Yoga **D**

Join this gentle and meditative yoga practice. It is suitable for anyone wishing to practice a calming paced class. Everyone is welcome, and everyone can benefit from a gentle practice. Find freedom of movement, flexibility and mindfulness.

Instructor: Jane Bockman

Fri, Sep 5-Oct 31 | 9-10 am | \$64/8 | [149906](#)

Fri, Nov 7-Dec 19 | 9-10 am | \$56/7 | [149907](#)

Fri, Jan 9-Feb 6 | 9-10 am | \$40/5 | [149910](#)

Fri, Feb 27-Mar 27 | 9-10 am | \$40/5 | [149911](#)

Oliver Woods Community Centre

Please bring your own mat to fitness and yoga classes.

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!



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.

Gentle Yoga AM

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

Instructor: Gypsy Hart

Mon, Sep 15-Oct 27 | 10:15-11:15 am | \$48/6 | [149778](#)

Mon, Nov 3-Dec 15 | 10:15-11:15 am | \$56/7 | [149779](#)

Mon, Jan 5-Feb 9 | 10:15-11:15 am | \$48/6 | [149780](#)

Mon, Feb 23-Mar 30 | 10:15-11:15 am | \$48/6 | [149781](#)

Oliver Woods Community Centre

Relax and Renew Yoga

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 8-Nov 3 | 9-10 am | \$64/8 | [150935](#)

Mon, Nov 10-Dec 15 | 9-10 am | \$48/6 | [150936](#)

Mon, Jan 5-Feb 9 | 9-10 am | \$48/6 | [150937](#)

Mon, Feb 23-Mar 30 | 9-10 am | \$48/6 | [150938](#)

Bowen Park Complex

Hatha Yoga

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

Instructor: Karen Shortt

Mon, Sep 8-Oct 27 | 5:30-6:30 pm | \$56/7 | [148586](#)

Thu, Sep 11-Oct 23 | 5-6 pm | \$56/7 | [148579](#)

Thu, Oct 30-Dec 18 | 5-6 pm | \$64/8 | [148582](#)

Mon, Nov 3-Dec 15 | 5:30-6:30 pm | \$56/7 | [148587](#)

Mon, Jan 5-Feb 9 | 5:30-6:30 pm | \$48/6 | [148588](#)

Thu, Jan 8-Feb 12 | 5-6 pm | \$48/6 | [148583](#)

Thu, Feb 19-Mar 26 | 5-6 pm | \$48/6 | [148585](#)

Mon, Feb 23-Mar 30 | 5:30-6:30 pm | \$48/6 | [148590](#)

Rotary Field House

Instructor: Melissa Hill

Thu, Sep 4-Oct 23 | 10:15-11:15 am | \$64/8 | [149826](#)

Thu, Oct 30-Dec 18 | 10:15-11:15 am | \$64/8 | [149828](#)

Thu, Jan 8-Feb 19 | 10:15-11:15 am | \$56/7 | [149830](#)

Thu, Feb 26-Mar 26 | 10:15-11:15 am | \$40/5 | [149831](#)

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 10-Oct 22 | 5-6 pm | \$56/7 | [148557](#)

Wed, Oct 29-Dec 17 | 5-6 pm | \$64/8 | [148563](#)

Wed, Jan 7-Feb 11 | 5-6 pm | \$48/6 | [148564](#)

Wed, Feb 18-Mar 25 | 5-6 pm | \$48/6 | [148566](#)

Rotary Field House

Instructor: Amber Neuman-Brochez

Sat, Sep 6-Nov 1 | 10-11 am | \$56/7 | [149832](#)

Sat, Nov 15-Dec 20 | 10-11 am | \$48/6 | [149834](#)

Sat, Jan 10-Feb 7 | 10-11 am | \$40/5 | [149835](#)

Sat, Feb 28-Mar 28 | 10-11 am | \$40/5 | [149836](#)

Oliver Woods Community Centre

Happy Hips Yoga Series

Have tight hips? Spend a lot of time sitting? Want to give your hips some extra love? Each week we will integrate one compartment of the hip into a full body and mind yoga practice. You will leave each class with open and happy hips.

Instructor: Heidi Robinson

Wed, Sep 17-Oct 29 | 10:15-11:15 am | \$56/7 | [150640](#)

Oliver Woods Community Centre

Finding Balance Yoga Series

Blending strength and flexibility with focus and breath, this series of classes will help improve your balance. Each class will incorporate a full body and mind practice building key skills to confidently practice balance poses.

Instructor: Heidi Robinson

Wed, Nov 5-Dec 17 | 10:15-11:15 am | \$56/7 | [150641](#)

Oliver Woods Community Centre



MEET YOUR Personal Trainers

NINA DOSDALL:

Personal Trainer

Nina was a total newbie to fitness in her early adulthood but liked it so much she became a coach. Now with 17+ years of experience, she's trained hundreds of clients. She loves helping make the gym less intimidating and more empowering. She has extensive experience teaching proper lifting technique, how to work out effectively and making the whole process fun. When she's not at the gym you can find her performing stand-up comedy and walking local trails.



JESSICA KIMBALL:

Personal Trainer/Weight Room Attendant

Hello! My name is Jess! I really love learning, and people in the gym teach me more than any book! I am certified with NASM (National Academy of Sports Medicine), as well as corrective training and Performance Enhancement with Kettle Bell training certification on the way! I really just want to help people move better.



I practice Olympic lifting when I'm not working, and if I'm not doing that, I'm probably lost in a cave out in the mountains. I believe in working out in a way that supports your lifestyle. There are so many ways to exercise; we will find something you like to help you progress. I look forward to seeing you in the gym!

CINDY GUTIERREZ:

Personal Trainer/Weight Room Attendant

Cindy grew up playing many sports and has been lucky enough to have turned her passion for health and fitness into her career. When you don't see Cindy around the gym, she is most likely creating new healthy recipes or hiking with her dog.



Cindy is certified in a number of areas and has instructed a variety of fitness classes, such as circuit training, group fitness, HIIT and seniors focused classes. Whether your goal is to lose body fat, gain strength, help alleviate chronic pain, or just overall fitness, Cindy has the guidance, motivation and knowledge to customize a program to help you reach your goals.



cityofnanaimo



prc_nanaimo (#ilovemyparksandrec)

Yoga for Self-Care **NEW!** **D**

Start the new year by doing something just for you! This self-care series explores self awareness, shifting tension, grounding and centering yourself. Enjoy this practice to release stress, lighten your mood and feel good in your body.

Instructor: Heidi Robinson

Wed, Jan 7-Feb 4 | 10:15-11:15 am | \$40/5 | [150642](#)

Oliver Woods Community Centre

Yoga from the Ground Up **NEW!** **D**

This series of classes focuses on the major joints and muscles of your body from the ground up, including feet, knees, hips, spine, shoulders, arms and neck. Each class will focus on strengthening and stretching while being mindful of posture and alignment.

Instructor: Heidi Robinson

Wed, Feb 11-Mar 11 | 10:15-11:15 am | \$40/5 | [150643](#)

Oliver Woods Community Centre

Men's Yoga

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

Instructor: Gypsy Hart

Tue, Sep 16-Oct 28 | 5:15-6:15 pm | \$48/6 | [149788](#)

Tue, Nov 4-Dec 16 | 5:15-6:15 pm | \$48/6 | [149789](#)

Tue, Jan 6-Feb 17 | 5:15-6:15 pm | \$56/7 | [149790](#)

Tue, Feb 24-Mar 31 | 5:15-6:15 pm | \$48/6 | [149791](#)

Oliver Woods Community Centre

Chair Yogalates **D**

This soothing, yet powerful class offers a comprehensive workout to strengthen your entire body while comfortably seated in a chair. You may be amazed at the level of challenge you can experience while ensuring your safety, integrity and proper alignment. No prior experience is necessary.

Instructor: Gypsy Hart

Tue, Sep 16-Oct 28 | 9:30-10:30 am | \$48/6 | [149783](#)

Tue, Nov 4-Dec 16 | 9:30-10:30 am | \$48/6 | [149785](#)

Tue, Jan 6-Feb 17 | 9:30-10:30 am | \$56/7 | [149786](#)

Tue, Feb 24-Mar 31 | 9:30-10:30 am | \$48/6 | [149787](#)

Oliver Woods Community Centre

Chair Yogalates - 50+ **D** **NEW!**

This fitness program is designed for all levels focusing on gentle seated/standing movements, mindful breathing and a variety of poses to improve flexibility, strength, balance and range of motion while also reducing stress and overall well-being. There will be modifications for all poses to accommodate different levels of experience and physical abilities.

Instructor: Gypsy Hart

Thu, Sep 18-Oct 30 | 9-10 am | \$56/7 | [149798](#)

Thu, Nov 6-Dec 18 | 9-10 am | \$56/7 | [149801](#)

Thu, Jan 8-Feb 19 | 9-10 am | \$56/7 | [149803](#)

Thu, Feb 26-Mar 26 | 9-10 am | \$40/5 | [149805](#)

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.

Drop-in is available for morning classes only.

Instructor: Gypsy Hart

Wed, Sep 17-Oct 29 | 9-10 am | \$56/7 | [149793](#)

Wed, Nov 5-Dec 17 | 9-10 am | \$56/7 | [149794](#)

Wed, Jan 7-Feb 18 | 9-10 am | \$56/7 | [149795](#)

Wed, Feb 25-Mar 25 | 9-10 am | \$40/5 | [149796](#)

Thu, Sep 18-Oct 30 | 5:15-6:15 pm | \$56/7 | [149817](#)

Thu, Nov 6-Dec 18 | 5:15-6:15 pm | \$56/7 | [149818](#)

Thu, Jan 8-Feb 19 | 5:15-6:15 pm | \$56/7 | [149819](#)

Thu, Feb 26-Mar 26 | 5:15-6:15 pm | \$40/5 | [149820](#)

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 9-Oct 28 | 6:30-7:30 pm | \$56/7 | [149886](#)

Tue, Nov 4-Dec 16 | 6:30-7:30 pm | \$48/6 | [149890](#)

Tue, Jan 6-Feb 3 | 6:30-7:30 pm | \$40/5 | [149893](#)

Tue, Feb 24-Mar 31 | 6:30-7:30 pm | \$48/6 | [149894](#)

Oliver Woods Community Centre

Mat Pilates & Stretch - Level 1 **D**

Whether you're just starting with pilates or looking to enhance your existing practice, this course will build a strong foundation consisting of exercises designed to boost your core strength, balance, posture, focus and alignment. For those advancing from level one, modifications and variations will be provided.

Instructor: Jane Bockman

Fri, Sep 5-Oct 31 | 10:15-11:15 am | \$64/8 | [149916](#)

Fri, Nov 7-Dec 19 | 10:15-11:15 am | \$56/7 | [149917](#)

Fri, Jan 9-Feb 6 | 10:15-11:15 am | \$40/5 | [149918](#)

Fri, Feb 27-Mar 27 | 10:15-11:15 am | \$40/5 | [149919](#)

Oliver Woods Community Centre

Aqua Yoga

This is a fun and gentle form of stretching and strengthening performed in a warm pool where joints are supported, range of motion is maximized and resistance helps strengthen muscles. Pre-registration is required.

Instructor: Katherine Winge

Sat, Sep 6-Oct 11 | 8-9 am | \$48/6 | [148888](#)

Sat, Oct 25-Nov 29 | 8-9 am | \$48/6 | [148889](#)

Sat, Jan 10-Feb 14 | 8-9 am | \$48/6 | [148890](#)

Beban Park Pool

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. The fee is for both participants.

Instructor: Jean Medley

Thu, Sep 11-Oct 16 | 10-11:30 am | \$40/5 | [147809](#)

Thu, Sep 11-Oct 16 | 1-2:30 pm | \$40/5 | [147810](#)

Thu, Oct 30-Dec 4 | 10-11:30 am | \$40/5 | [147811](#)

Thu, Oct 30-Dec 4 | 1-2:30 pm | \$40/5 | [147812](#)

Thu, Jan 15-Feb 19 | 10-11:30 am | \$48/6 | [150132](#)

Thu, Jan 15-Feb 19 | 1-2:30 pm | \$48/6 | [150133](#)

Thu, Mar 12-Apr 16 | 10-11:30 am | \$48/6 | [150134](#)

Thu, Mar 12-Apr 16 | 1-2:30 pm | \$48/6 | [150135](#)

Beban Park Social Centre

Please bring your own mat
to fitness and yoga classes.



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	Youth/ Senior	Adult	Family
1 Month Pass	\$30.90	\$43.25	\$57.70	\$115.35
1 Year Pass	\$278.10	\$389.35	\$515	\$1028.95

Prices subject to change and include tax.

ONE MONTH OR ONE YEAR OPTIONS

FAME (Fitness & Mobility ^{NEW!} Exercise Program)

FAME (Fitness and Mobility Exercise) is a group exercise program developed for people who have had a stroke or other neuro-protective needs like Parkinsons and MS and who have some standing and walking ability. The program aims to improve mobility, cardiovascular fitness and arm and hand function. A physical therapist will facilitate various exercises with the goal of improving neuro-fitness.

Instructor: Jean Medley

Tu/F, Sep 9-Oct 24 | 11:30 am-12:30 pm | \$120/10 | [147915](#)

Tu/F, Oct 28-Dec 9 | 11:30 am-12:30 pm | \$120/10 | [147916](#)

Tu/F, Jan 6-Feb 17 | 11:30 am-12:30 pm | \$156/13 | [148598](#)

Beban Park Social Centre

The Strength Session ^{NEW!}

Build strength, stability and confidence in this fun and functional group fitness class designed for adults 65 and older. Using dumbbells, resistance bands, and bodyweight exercises, including safe core work on the floor, this class will focus on strength training and will help improve balance and everyday movement. You will also support bone and cardiovascular health, boost your energy and enhance your ability to stay active and independent. Participants must be able to get up and down from the floor.

Instructor: Meaghan Mounce

Wed, Sep 3-24 | 3:45-4:30 pm | \$28/4 | [149996](#)

Wed, Oct 1-29 | 3:45-4:30 pm | \$35/5 | [150002](#)

Wed, Nov 5-26 | 3:45-4:30 pm | \$28/4 | [150003](#)

Wed, Dec 3-17 | 3:45-4:30 pm | \$21/3 | [150005](#)

Wed, Jan 7-28 | 3:45-4:30 pm | \$28/4 | [150006](#)

Wed, Feb 4-25 | 3:45-4:30 pm | \$28/4 | [150007](#)

Wed, Mar 4-25 | 3:45-4:30 pm | \$28/4 | [150008](#)

Bowen Park Complex

Please bring your own mat to fitness and yoga classes.

Oh, shoot!

We sometimes make mistakes or information changes.

Please check our online Activity Guide for the latest program information.

Walking Better ^{NEW!}

Using the Alexander Technique

Do aches, stiffness or strain make walking uncomfortable? The Alexander Technique helps you move with ease by improving body awareness, releasing tension and changing harmful movement habits. Learn to walk with better posture, balance and a natural spring in your step.

Instructor: Heike Walker

Mon, Oct 20 & Nov 3 | 3:30-5:30 pm | \$50/2 | [148783](#)

Bowen Park Complex

Restore Balance & Overcome ^{NEW!} Fear of Falling

Using the Alexander Technique

Do you lose balance easily, feel stiff or are afraid of falling? Fear of falling can affect your independence, well-being, and quality of life. The Alexander Technique is a gentle body-mind method that improves posture, coordination and movement. By increasing body awareness and releasing excess tension, it helps you move with greater ease, stability and confidence - reducing the risk of falls and injury.

Instructor: Heike Walker

Mon, Nov 17 & 24 | 3:30-5:30 pm | \$50/2 | [148785](#)

Bowen Park Complex

From Tension to Ease - Support ^{NEW!} Nervous System Balance

Using the Alexander Technique

Chronic stress often leaves lingering tension in the body leading to anxiety, fatigue and disconnection. The Alexander Technique offers a gentle, embodied way to unwind these patterns and support nervous system regulation. In this two-class series, you will learn to release habitual tension, move and breathe with ease, and support recovery from stress or burnout. Perfect for anyone seeking calm, clarity and balance.

Instructor: Heike Walker

Mon, Feb 2 & 9 | 3:30-5:30 pm | \$50/2 | [148786](#)

Bowen Park Complex

Finding Ease in the Body ^{NEW!} for Pain Management & Recovery

Using the Alexander Technique

Chronic pain, tension and fatigue often feed into each other. The Alexander Technique offers a gentle way to break that cycle by improving posture, reducing strain and increasing body awareness. This two-class series is ideal for those with back pain, repetitive strain or fatigue offering tools to move with greater ease, support and clarity.

Instructor: Heike Walker

Mon, Mar 2 & 9 | 3:30-5:30 pm | \$50/2 | [148787](#)

Bowen Park Complex

Improve Posture, Change Movement Habits

Exploring the Alexander Technique

Improve posture, reduce stress and expand your awareness. This is a hands-on class where we explore the body's naturally efficient design for movement and understand how we interfere with it through ingrained habits. We will use practical experiments to learn how to notice tightening, release muscle tension, re-establish better balance and move with ease. We will use visual, verbal and kinaesthetic (hands-on) cues to teach better movement. Participants should be able to do gentle movements of walking, sitting and lying on a mat.

Instructor: Heather Walker

Thu, Nov 6-Dec 4 | 3:30-5 pm | \$100/5 | [153002](#)

Wed, Feb 18-Mar 18 | 3:30-5 pm | \$100/5 | [153003](#)

Bowen Park Complex





60+ Classes: no membership required (page 72-74)

Nanaimo Harbour City Seniors

MEMBERSHIP INFORMATION

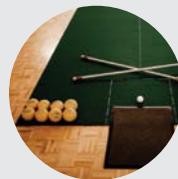
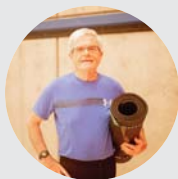
A Nanaimo Harbour City Seniors' Membership is open to those 60 years and older and is valid for the calendar year.

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 \$47.

Program areas:

- ARTS & CRAFTS
- CARDS & GAMES
- MUSIC & SINGING
- DANCE CLASSES & SOCIALS
- FITNESS
- YOGA & TAI CHI
- SPORTS
- POTTERY



For more information, call 250-755-7501, pick up the Harbour City Seniors Newsletter or view online at www.nanaimo.ca.



cityofnanaimo



prc_nanaimo (#ilovemyparksandrec)

Gentle Yoga

This is a gentle hatha-style class that focuses on gentle stretches before each pose. Time is given to rest or relax briefly after anything that is strenuous. This is not a flow class. Participants please provide your own equipment (mats, blocks, straps, etc.) for class.

Instructor: Heather Honey

Fri, Sep 5-26 | 10:30-11:30 am | \$40/5 | [147245](#)

Bowen Park Tennis Wall (outdoors)

Fri, Oct 3-31 | 10:30-11:30 am | \$32/4 | [147243](#)

Fri, Nov 7-28 | 10:30-11:30 am | \$32/4 | [147247](#)

Fri, Dec 5-19 | 10:30-11:30 am | \$24/3 | [147248](#)

Fri, Jan 5-30 | 10:30-11:30 am | \$40/5 | [147251](#)

Fri, Feb 6-27 | 10:30-11:30 am | \$32/4 | [147252](#)

Fri, Mar 6-27 | 10:30-11:30 am | \$32/4 | [147253](#)

Bowen Park Complex

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 and clarity of mind. Pranayama leads the breath with easy techniques to enhance (prana) subtle energy in both body and mind.

Instructor: Thomas Michaud

Wed, Sep 10-Oct 22 | 10:45 am-12 pm | \$56/7 | [147259](#)

Wed, Nov 5-Dec 17 | 10:45 am-12 pm | \$56/7 | [147261](#)

Wed, Jan 7-Feb 11 | 10:45 am-12 pm | \$48/6 | [147263](#)

Wed, Feb 18-Mar 25 | 10:45 am-12 pm | \$48/6 | [147264](#)

Rotary Field House

Gentle Chair Fitness

This class incorporates gentle fitness movements, yoga and stretching while primarily sitting in a chair. Some movements to standing and balance work will be done with the chair for stability. Stretch, relax, open the joints, release tensions, energize and revitalize.

Instructor: Heather Walker

Tue, Sep 2-23 | 9-10 am | \$32/4 | [149879](#)

Tue, Oct 7-28 | 9-10 am | \$32/4 | [149941](#)

Tue, Nov 4-25 | 9-10 am | \$24/3 | [149945](#)

Tue, Dec 2-30 | 9-10 am | \$40/5 | [149946](#)

Tue, Jan 6-27 | 9-10 am | \$32/4 | [149948](#)

Tue, Feb 3-24 | 9-10 am | \$32/4 | [149955](#)

Tue, Mar 3-31 | 9-10 am | \$40/5 | [149956](#)

Bowen Park Complex

Active Chair & Fitness Flow **NEW!**

This entry level class incorporates chair fitness activities for half the time with gentle movement, range of motion and stretching. The other half of the class is gentle standing flow, coordination and balance activities. It is a good level to try out to lead up to fitness level 1 or for anyone looking for a gentler, slower workout.

Instructor: Heather Walker

Wed, Sep 3-24 | 9-10 am | \$32/4 | [149963](#)

Wed, Oct 1-29 | 9-10 am | \$40/5 | [149967](#)

Wed, Nov 5-26 | 9-10 am | \$32/4 | [149969](#)

Wed, Dec 3-31 | 9-10 am | \$40/5 | [149972](#)

Wed, Jan 7-28 | 9-10 am | \$32/4 | [149974](#)

Wed, Feb 4-25 | 9-10 am | \$32/4 | [149976](#)

Wed, Mar 4-25 | 9-10 am | \$32/4 | [149978](#)

Bowen Park Complex

Nordic Walking - Beginner

Nordic walking is an activity that is suitable for people of all ages, abilities and skills. Learn how to make the most of those poles while you walk. Please bring your own set if you have them, or some can be borrowed upon request.

Instructor: Kiki

Senior

Sat, Sep 13-27 | 10:30 am-12 pm | \$42/3 | [152836](#)

Sat, Mar 14-28 | 10:30 am-12 pm | \$42/3 | [152837](#)

Adult

Sat, Sep 13-27 | 11:45-1:15 on | \$42/3 | [152808](#)

Sat, Mar 14-28 | 11:45-1:15 on | \$42/3 | [152810](#)

Beban Park Social Centre

Deep Stretch

This class is designed for anyone who spends long hours sitting experiencing tightness in their hips, shoulders and lower back. If you are looking to improve flexibility and mobility, this is for you! No prior experience is required; suitable for all fitness levels and abilities.

Instructor: Maki Kristiansen

Mon, Sep 8-29 | 2-3 pm | \$24/4 | [151826](#)

Mon, Oct 6-27 | 2-3 pm | \$18/3 | [152800](#)

Mon, Nov 3-24 | 2-3 pm | \$24/4 | [152801](#)

Mon, Dec 1-29 | 2-3 pm | \$30/5 | [152802](#)

Mon, Jan 5-26 | 2-3 pm | \$24/4 | [151827](#)

Mon, Feb 2-23 | 2-3 pm | \$18/3 | [152803](#)

Mon, Mar 2-30 | 2-3 pm | \$30/5 | [152807](#)

Bowen Park Complex

The Strength Session **NEW!**

Build strength, stability and confidence in this fun and functional group fitness class designed for adults 65 and older. Using dumbbells, resistance bands, and bodyweight exercises, including safe core work on the floor, this class will focus on strength training and will help improve balance and everyday movement. You will also support bone and cardiovascular health, boost your energy and enhance your ability to stay active and independent. Participants must be able to get up and down from the floor.

Instructor: Meaghan Mounce

Wed, Sep 3-24 | 3:45-4:30 pm | \$28/4 | [149996](#)

Wed, Oct 1-29 | 3:45-4:30 pm | \$35/5 | [150002](#)

Wed, Nov 5-26 | 3:45-4:30 pm | \$28/4 | [150003](#)

Wed, Dec 3-17 | 3:45-4:30 pm | \$21/3 | [150005](#)

Wed, Jan 7-28 | 3:45-4:30 pm | \$28/4 | [150006](#)

Wed, Feb 4-25 | 3:45-4:30 pm | \$28/4 | [150007](#)

Wed, Mar 4-25 | 3:45-4:30 pm | \$28/4 | [150008](#)

Bowen Park Complex

QiGong, Meditation

With mindful movements, moving meditation, static poses, breath, concentration, visualization, the Chi (Qi) in the body is circulating and accumulates and brings about relaxation, vitality, strength, and clarity of mind. Some short tai chi movements will also be introduced.

Instructor: Thomas Michaud

Thu, Sep 18-Oct 30 | 11 am-12:15 pm | \$56/7 | [147271](#)

Thu, Nov 6-Dec 18 | 11 am-12:15 pm | \$56/7 | [150362](#)

Thu, Jan 8-Feb 12 | 11 am-12:15 pm | \$48/6 | [150363](#)

Thu, Feb 19-Mar 26 | 11 am-12:15 pm | \$48/6 | [150364](#)

Oliver Woods Community Centre

Yoga, QiGong & Meditation

Using the body with mindful movements, static poses, breath, concentration and visualization, the Chi of internal energy (Qi) in the body experiences increased vitality, strength and clarity of mind when this exercise is practiced.

Instructor: Thomas Michaud

Thu, Sep 18-Oct 30 | 2:15-3:30 pm | \$56/7 | [147266](#)

Thu, Nov 6-Dec 18 | 2:15-3:30 pm | \$56/7 | [147267](#)

Thu, Jan 8-Feb 12 | 2:15-3:30 pm | \$48/6 | [147269](#)

Thu, Feb 19-Mar 26 | 2:15-3:30 pm | \$48/6 | [147270](#)

Oliver Woods Community Centre

Just breathe

Balance & Mobility

The instructor will lead you through a variety of exercises to improve stability and confidence to perform day-to-day activities. The workout may include cardiovascular components, lower and upper body strength training (using weights and bands), balancing exercises and yoga-inspired techniques. The exercises are designed to improve posture, build muscle strength and speed, sharpen reflexes, expand flexibility and strengthen the core.

Instructor: Christine Kondo

Wed, Sep 10-24 | 3-4 pm | \$24/3 | [151818](#)

Wed, Oct 1-29 | 3-4 pm | \$40/5 | [151819](#)

Wed, Nov 5-26 | 3-4 pm | \$32/4 | [151820](#)

Wed, Dec 3-17 | 3-4 pm | \$24/3 | [151822](#)

Wed, Jan 7-28 | 3-4 pm | \$32/4 | [151823](#)

Wed, Feb 4-25 | 3-4 pm | \$32/4 | [151824](#)

Wed, Mar 4-25 | 3-4 pm | \$32/4 | [151825](#)

Oliver Woods Community Centre

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 6-27 | 9-10 am | \$32/4 | [147214](#)

Sat, Oct 4-25 | 9-10 am | \$32/4 | [147215](#)

Sat, Nov 1-Dec 13 | 9-10 am | \$56/7 | [147238](#)

Sat, Jan 3-Feb 7 | 9-10 am | \$48/6 | [147240](#)

Sat, Feb 21-Mar 28 | 9-10 am | \$48/6 | [147242](#)

Bowen Park Complex

Argentine Tango

Argentine Tango is a very romantic dance suitable for all ages. Most Tuesdays, a local instructor will teach from 6:30-7:15 pm (for a small additional fee). You may come at 7:15 pm if you'd like to skip the instruction. Once in a while, an international guest instructor will be invited where you have the option of attending (for an additional fee). Members may attend as part of their membership (excluding instruction fees). Non-members can attend for a small registration fee (excluding instruction fees).

Tue, Sep 2-Dec 16 | 6:30-9 pm | \$26/13 | [151844](#)

Tue, Jan 6-Mar 31 | 6:30-9 pm | \$26/13 | [151847](#)

Bowen Park Complex

Zumba Gold

Intended for those new to Zumba or those 60 plus. 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. Drop-in available. See page 64 for details.

Instructor: Mary Keel

Mon, Sep 8-Oct 27 | 9-10 am | \$56/7 | [150335](#)

Mon, Nov 3-Dec 15 | 9-10 am | \$56/7 | [150337](#)

Mon, Jan 5-Feb 9 | 9-10 am | \$48/6 | [150338](#)

Mon, Feb 23-Mar 30 | 9-10 am | \$48/6 | [150340](#)

Wed, Sep 10-Oct 22 | 10:15-11:15 am | \$56/7 | [150344](#)

Wed, Oct 29-Dec 17 | 10:15-11:15 am | \$64/8 | [150345](#)

Wed, Jan 7-Feb 18 | 10:15-11:15 am | \$56/7 | [150347](#)

Wed, Feb 25-Mar 25 | 10:15-11:15 am | \$40/5 | [150348](#)

Oliver Woods Community Centre

Zumba Gold + Chair

This is perfect for those with mobility or balance issues, young or old, as it is done in a chair. The design of the classes introduces easy-to-follow choreography that has been brilliantly adapted for chair exercise. Each class is different, as it is adapted to fit the ability and range of motion of the participants. There will be some standing options for a few songs; however, the entire class can be done while seated.

Instructor: Fab Lethbridge

Tue, Sep 9-Oct 28 | 8:30-9:30 am | \$56/7 | [150890](#)

Tue, Nov 25-Dec 16 | 8:30-9:30 am | \$32/4 | [150994](#)

Tue, Jan 6-Feb 3 | 8:30-9:30 am | \$40/5 | [150995](#)

Tue, Feb 17-Mar 31 | 8:30-9:30 am | \$40/5 | [150996](#)

Oliver Woods Community Centre

Improve Posture, Change Movement Habits

Exploring the Alexander Technique

Improve posture, reduce stress and expand your awareness. This is a hands-on class where we explore the body's naturally efficient design for movement and understand how we interfere with it through ingrained habits. We will use practical experiments to learn how to notice tightening, release muscle tension, re-establish better balance and move with ease. We will use visual, verbal and kinaesthetic (hands-on) cues to teach better movement. Participants should be able to do gentle movements of walking, sitting and lying on a mat.

Instructor: Heather Walker

Thu, Nov 6-Dec 4 | 3:30-5 pm | \$100/5 | [153002](#)

Wed, Feb 18-Mar 18 | 3:30-5 pm | \$100/5 | [153003](#)

Bowen Park Complex



Please bring your own mat to fitness and yoga classes and wear clean indoor shoes.



cityofnanaimo



prc_nanaimo (#ilovemyparksandrec)

FREE (OR ALMOST FREE) PROGRAMS

Especially for 60+ Participants

Mobile Hearing Clinic

Ears To You Mobile Hearing Clinic offers mobile hearing tests to people in Nanaimo helping treat and diagnose hearing issues. If you think you're dealing with hearing loss or need any assistance with adjusting or replacing your hearing aids, our ear care professionals can help you with quick, affordable diagnostic services and effective solutions. This is FREE, but please call 250-755-7501 for an appointment.

Instructor: Ears to You

Tue, Aug 12 9 am-12 pm	Tue, Aug 16 9 am-12 pm
Tue, Sep 9 9 am-12 pm	Tue, Sep 23 9 am-12 pm
Tue, Oct 7 9 am-12 pm	Tue, Oct 21 9 am-12 pm
Tue, Nov 4 9 am-12 pm	Tue, Nov 18 9 am-12 pm
Tue, Dec 2 9 am-12 pm	Tue, Dec 9 9 am-12 pm
Tue, Jan 13 9 am-12 pm	Tue, Jan 20 9 am-12 pm
Tue, Feb 3 9 am-12 pm	Tue, Feb 17 9 am-12 pm
Tue, Mar 3 9 am-12 pm	Tue, Mar 17 9 am-12 pm

Bowen Park Complex **Oliver Woods Comm. Centre**



Bowen Park Library

Those interested in borrowing books at no charge are welcome to visit our library. Please bring them back to share with others. Limit two books per visit.

M-F | 8:30 am-4:30 pm | FREE

Bowen Park Complex



Get Your Benefits & Credits

The Canada Revenue Agency (CRA) and Service Canada are here sharing info about the GST/HST Credit, Canada Worker's Benefit, ways to do your taxes and how to be scam smart.

Wed, Oct 1 | 1:30-3 pm | [153366](#) | FREE

Bowen Park Complex



Smart Phone Workshops

Join us for two free workshops designed for seniors to help master their smart phones. We will review phoning, messaging and camera functions. We'll also explore downloading and using apps, discuss security and online safety.

Wed, Oct 22 & 29 | 1:30-3:30 pm | \$10/2 | [146995](#)

Bowen Park Complex



MAiD - History

Learn about the history of Medical Assistance in Dying in Canada, local statistics and the application process from the perspective of a Nanaimo physician.

This event is hosted by Butterfly House Society of Vancouver Island.

Wed, Oct 19 | 2-3:30 pm | FREE | [151367](#)

Bowen Park Complex



MAiD - 5 Myths

This presentation will address the top 5 myths surrounding Medical Assistance in Dying in Canada by a VIU researcher who has completed several studies on the topic. This event is hosted by Butterfly House Society of Vancouver Island.

Sun, Nov 23 | 2-3:30 pm | FREE | [151368](#)

Bowen Park Complex

Workshops with Kamal Parmar

These are led by Ms. Kamal Parmar, former Poet Laureate and a Functional Medicine practitioner. She is also certified in Chronic Pain Self-management Program from the University of Victoria.

Managing Arthritis and Joint Pain

Wed, Sep 17 | 2-3 pm | FREE | [148365](#)

Understanding Women's Heart Health

Wed, Oct 15 | 2-3 pm | FREE | [148366](#)

Bone Health and Osteoporosis

Wed, Dec 3 | 2-3 pm | FREE | [148367](#)

Bowen Park Complex



Nanaimo Community Health Services

Learn about the many health services available to you right in our own community.

Wed, Oct 8 | 2-3 pm | FREE | [145984](#)

Bowen Park Complex



Advance Planning Care

Learn the what, why, who, when and how of planning for your care. We'll discuss the importance how to talk with others so they know what matters most to you and review how decisions are made when you aren't able to make them for yourself. Presented by Judy Cook, a Medical Advocate & End of Life Support Specialist - Graceful Journeys.

Wed, Nov 19 | 2-3 pm | FREE | [150045](#)

Bowen Park Complex



Learn About Elderdog

Elderdog provides free, volunteer services to seniors who have dogs and require assistance in order to maintain that relationship. Services include dog walking, pick up and delivery of pet food, transportation to veterinary or grooming care and temporary fostering during hospitalization or other reasons.

Wed, Nov 26 | 2-3 pm | FREE | [150056](#)

Bowen Park Complex



Dental Care Plan

The Canadian Dental Care Plan (CDCP) is making the cost of dental care more affordable for eligible Canadian residents. Eligible seniors, children under 18 and adults with a valid Disability Tax Credit Certificate can have part of their dental visits paid under this plan. This presentation is by Harbour City Dental, and they will help you learn more about the plan and answer your questions.

Wed, Sep 3 | 2-3 pm | FREE | [145916](#)

Bowen Park Complex



Will & Estate Planning

This free course is available to anyone. During this presentation, helpful hints will be shared on the preparation of wills and estate planning.

Instructor: Stuart Green, Lonsdale Funeral Group Inc.

Wed, Sep 24 | 1:30-3:30 pm | FREE | [148384](#)

Wed, Nov 12 | 1:30-3:30 pm | FREE | [148385](#)

Bowen Park Complex



TRIPS with JANIE'S BUS

Relax...and let Janie do the driving! These trips are for all ages. Great for yourself or bring the family along!
Meal are not included, and some trips have extra fees to cover ferry or admission costs.

Dining Out!

Discover some local cuisine! Meals are not included; walker accessible.

BLACK BIRD SCHNITZEL HOUSE IN QUALICUM

Tue, Oct 28 | 3-8 pm | \$35/1 | [152082](#)

MAST HEAD IN COWICHAN BAY

Fri, Nov 7 | 4-8 pm | \$35/1 | [152079](#)

FRENCH CREEK PUB

Tue, Jan 6 | 3:30-8 pm | \$35/1 | [152086](#)

GENOA BAY CAFE IN MAPLE BAY

Sun, Mar 29 | 3:30-9 pm | \$35/1 | [152087](#)

Meet at Bowen Park

Thrift Shop Hop - Campbell River

Travel up to Campbell River and discover treasures in the local thrift stores. We will make it to as many stores as we can. This program is walker accessible.

Fri, Sep 12 | 8 am-5:30 pm | \$45/1 | [152053](#)

Wed, Nov 12 | 8 am-5:30 pm | \$45/1 | [152054](#)

Mon, Jan 12 | 8 am-5:30 pm | \$45/1 | [152055](#)

Thu, Mar 12 | 8 am-5:30 pm | \$45/1 | [152056](#)

Meet at Bowen Park

Victoria

Spend the day shopping, dining, strolling through a museum, meeting up with friends/family, gambling or catching an IMAX show.

Mon, Sep 15 | 8 am-5:30 pm | \$65/1 | [152060](#)

Sat, Nov 15 | 8 am-5:30 pm | \$65/1 | [152062](#)

Mon, Dec 15 | 8 am-5:30 pm | \$65/1 | [152063](#)

Sun, Feb 15 | 8 am-5:30 pm | \$65/1 | [152064](#)

Sun, Mar 15 | 8 am-5:30 pm | \$65/1 | [152065](#)

Meet at Bowen Park

Ucluelet & Tofino

Spend time at the beach eating lunch (pack your own or go into Tofino for lunch and do some shopping). We will go to Ucluelet to the Amphitrite Point Lighthouse and take in the rugged coastal view of the Wild Pacific Trail. Bring your camera as the photo opportunities are endless!

Sat, Sep 20 | 8 am-8 pm | \$75/1 | [152066](#)

Mon, Oct 20 | 8 am-8 pm | \$75/1 | [152067](#)

Thu, Nov 20 | 8 am-8 pm | \$75/1 | [152069](#)

Tue, Jan 20 | 8 am-8 pm | \$75/1 | [152070](#)

Fri, Feb 20 | 8 am-8 pm | \$75/1 | [152071](#)

Fri, Mar 20 | 8 am-8 pm | \$75/1 | [152073](#)

Meet at Bowen Park

South Island Nursery Hop

The nurseries we will visit are Blenkinsop Garden Works, Elk Lake, Patio Garden Centre, Dinter Nursery and Klein Nursery.

Tue, Sep 30 | 8 am-5 pm | \$50/1 | [151870](#)

Meet at Bowen Park

Port Renfrew

Visit Botanical Beach and have lunch at the Port Renfrew Pub.

Tue, Oct 7 | 8 am-5 pm | \$95/1 | [151873](#)

Meet at Bowen Park

Sidney by the Sea

Learn about the different sea creatures that live in the Salish Sea at the Shaw Discovery Centre (not included). Take a walk along the water front and check out the local shops. This program is self-guided and walker accessible.

Fri, Oct 10 | 8 am-5:30 pm | \$65/1 | [152057](#)

Wed, Dec 10 | 8 am-5:30 pm | \$65/1 | [152058](#)

Tue, Feb 10 | 8 am-5:30 pm | \$65/1 | [152059](#)

Meet at Bowen Park

Taylor River -

Port Alberni Salmon Run

We will check out the Taylor River Sockeye Run and stop at Stamp Falls for the chinook and coho. October is a very camera perfect time of year.

Wed, Oct 15 | 8 am-5:30 pm | \$65/1 | [151871](#)

Meet at Bowen Park

Cowichan Wine Tour & Lunch

Enjoy touring three vineyards in the Cowichan Valley, including Rocky Creek, Emandare, Alderlee and Enrico. We will stop at the Rock Cod in Cowichan Bay for lunch. The price includes wine tastings. This program is walker accessible.

Sun, Sep 7 | 9:30 am-5:30 pm | \$125/1 | [152080](#)

Sun, Mar 8 | 9:30 am-5:30 pm | \$125/1 | [152081](#)

Meet at Bowen Park

See the Harbour City Seniors Newsletters for more trip options. Meals are not included, and some trips have extra fees to cover ferry or admission costs.



Cedar Christmas Craft Tour

Come and enjoy island-produced creativity and take in a unique Christmas experience. Artisans welcome you to enjoy the wonderful setting that they have created for you at their farms, studios and shops. Lunch will be at the Crow and Gate.

Sun, Nov 16 | 9:30 am-5:30 pm | \$45/1 | [151983](#)

Fri, Nov 21 | 9:30 am-5:30 pm | \$45/1 | [151984](#)

Meet at Bowen Park

Ladysmith Light-Up

Enjoy the lights, parade, fireworks, crafts and more. Dress warmly for the cool night air. We will park right beside the parade route. Please bring a chair if you want. This trip is self-guided and walker accessible.

Thu, Nov 27 | 3:30-9 pm | \$55/1 | [152015](#)

Meet at Bowen Park

Nanaimo Christmas Light Tour

Spend the evening getting into the Christmas spirit taking in Nanaimo's beautiful Christmas lights with Janie and friends.

Sun, Dec 21 | 4-8 pm | \$30/1 | [152093](#)

Sun, Dec 22 | 4-8 pm | \$30/1 | [152094](#)

Meet at Bowen Park

Bird Watch Eagles: Comox

Salmon will be running at the estuary and other popular eagles and bird hangouts. We will see if the eagles are at Lazo Beach playing in the wind turbulences. We will stop for lunch at Black Fin, or feel free to pack your own. Remember to bring your camera.

Sat, Jan 31 | 8 am-5:30 pm | \$55/1 | [152017](#)

Meet at Bowen Park



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PLEASE NOTE:
**Registration for Fall
& Winter Aquatic
programs begins on
Wednesday, August 6!**

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 unless otherwise indicated.)

Halloween Howl

Join us for a haunted slide tower, pumpkin dunks, snakes in the river, spooky sensory station and fun pool games.

Sunday, October 26 • 9 am-12 pm • Beban Pool

Dive-In Movie: Holiday Edition

8 to 12 Years

Join us for a dive-in movie where you will enjoy a fun swim with games and activities led by our games leaders. We will then settle in for a magical holiday movie. Parents, this means you'll have a couple hours to start your holiday shopping.

Fri, Dec 5 | 5-8:30 pm | \$36/1 | [149753](tel:149753) | Nanaimo Aquatic Centre

Fri, Dec 19 | 5-8:30 pm | \$36/1 | [149852](tel:149852) | Nanaimo Aquatic Centre

Snowball Swim

There won't be snowballs made of snow, but it will be a fun winter-themed swim for everyone to enjoy!

Sunday, December 21 • 1-3 pm • Beban Pool

Super Hero Swims

Join our super hero staff for some super hero-themed activities.

Friday, Mar 20 • 12-2 pm • Nanaimo Aquatic Centre

Friday, Mar 27 • 12-2 pm • Nanaimo Aquatic Centre



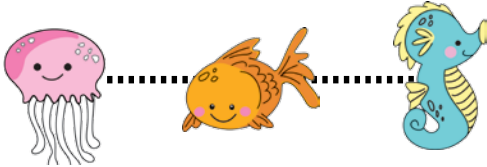
Lifeguard Instructors wanted with the City of Nanaimo!

You must be a minimum of 16 years old, hold a current CPR C, National Lifeguard Pool Certificate and a Lifesaving Swim Instructor Certification. Apply: employment.opportunities@nanaimo.ca. See pages 82-83 for details.

PARENT & TOT LESSONS

Ages 4-36 months

Caregiver participation is required. Progression is based on age.



Jellyfish

4-12 months

Goldfish

13-24 months

Seahorse

25-36 months

PRESCHOOL LESSONS

Ages 3-5 years

Progression is based on completion of level.



Octopus

- Blowing bubbles with face in water
- Front and back floats and glides with instructor help



Crab

- Front and back floats and glides with buoyant aid
- Roll-over floats
- 5M back swim with buoyant aid



Orca

- Front, back and roll-over floats and glides
- 5M swims on front and back



Sea Lion

- Basic front crawl and side glides
- Deep-water activities
- 7M swim on front and back



Narwhal

- Deep-water swimming
- 5M front and back crawl
- 4 x 5M swim on back

To advance to Swimmer Lessons, your child must be 5 years old on the first day of lessons. If they have completed Narwhal, they will advance to Swimmer 2. All other preschool swimmers will benefit from gaining more experience in Swimmer 1.

Swim for Life® Program Overview

SWIMMER LESSONS

Progression is based on completion of level. **Ages 5-14 years**



Swimmer 1

- Front and back floats and swims
- Roll-over swims and basic front crawl
- 5M swim on front and back



Swimmer 2

- Deep-water activities
- Front, back and side swims
- 10M front and back crawl



Swimmer 3

- Front and back floats and swims
- Roll-over swims and basic front crawl
- 15M swim on front and back



Swimmer 4

- Tread water for 1 minute
- Basic breaststroke
- 25M front and back crawl
- Swim to Survive Standard



Swimmer 5

- Eggbeater for 30 seconds
- 25M breaststroke
- 50M front and back crawl



Swimmer 6

- 50M breaststroke
- 100M front and back crawl
- 300M distance swim



Swimmer 7: Canadian Swim Patrol - Rookie

- Front and back crawl and breaststroke mastery
- Lifesaving: victim recognition and ready position
- First Aid: primary assessment and calling EMS



Swimmer 8: Canadian Swim Patrol - Ranger

- Eggbeater kick and object support
- First Aid: obstructed airway, checking breathing; shock
- Removing conscious victim



Swimmer 9: Canadian Swim Patrol - Star

- First Aid: bone, joint injuries, asthma, allergic reactions
- Support and removal of unconscious victim
- 300M swim in 9 minutes

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 (depending on staff availability).
- Register for a class online or at one of our facilities early, as classes fill up quickly.
- Arrive no more than 10 minutes 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 our front desk staff.
- 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

(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 *add additional swimmer	\$150/5 lessons \$225/5 lessons

Waitlists for Swimming

Is a swimming class full? Put your child's name on the waitlist for the specific class you want. If a spot comes up, we will contact you. If there is enough interest in a particular level, we will do our best to create a new class and contact you to see if it works for your schedule.

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



Fall/Winter - Beban Pool

**Note: Due to high demand of swimming lessons, last minute withdrawals may impact course offerings.
Please provide as much notice as possible if a withdrawal from a swim lesson is required.*



MON & WED

Beban Pool

Sep 15-Oct 15 (9 lessons; no lesson Oct 13)

Oct 20-Nov 19 (10 lessons)

Nov 24-Dec 17 (8 lessons)

Jan 12-Feb 4 (8 lessons)

Feb 9-Mar 11 (9 lessons; no lesson Feb 16)

Private lessons run once weekly - either Mon or Wed

TUE & THU

Beban Pool

Sep 16-Oct 16 (9 lessons; no lesson Sep 30)

Oct 21-Nov 20 (9 lessons; no lesson Nov 11)

Nov 25-Dec 18 (8 lessons)

Jan 13-Feb 5 (8 lessons)

Feb 10-Mar 14 (10 lessons)

Parent Participation	30 Min. Classes	Jellyfish	x														x																		
		Goldfish		x															x																
Seahorse				x	x									x																					
Octopus		x			x					x	x	x								x															
Crab			x									x			x	x	x	x					x												
Orca					x			x						x		x	x								x	x									
Sea Lion		x						x				x			x											x									
Narwhal				x			x									x																			
Private			x	x		x														x															
School Ages Program (6-13 yrs)		45 Min.	Swimmer 1										x			x	x		x	x					x										
	Swimmer 2										x					x	x									x									
	Swimmer 3						x							x																					
	Swimmer 4								x																										
	Swimmer 5								x																										
	Swimmer 6																																		
	Swimmer 7/8/9							x																											
14+																	x																		
Teen/Adult 1/2																																			

PLEASE NOTE:

Registration for Fall & Winter Aquatic programs begins on Wednesday, August 6!



cityofnanaimo




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Fall/Winter Lessons - Beban Pool

**Note: Due to high demand of swimming lessons, last minute withdrawals may impact course offerings.
Please provide as much notice as possible if a withdrawal from a swim lesson is required.*





		FRI Beban Pool													SAT Beban Pool													SUN Beban Pool												
		Sep 26-Dec 5 (10 lessons; no lesson Oct 31) Jan 16-Mar 13 (9 lessons)													Sep 27-Nov 29 (10 lessons) Jan 10-Mar 14 (10 lessons)													Sep 28-Nov 30 (10 lessons) Jan 11-Mar 8 (9 lessons)												
		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	7:00 pm	8:30 am	9:00 am	9:15 am	9:30 am	9:45 am	10:00 am	10:30 am	10:45 am	11:00 am	11:15 am	11:30 am	12:00 pm	12:30 pm	12:45 pm	1:00 pm	1:30 pm	1:45 pm	2:00 pm	2:30 pm	3:00 pm	3:15 pm	3:30 pm	4:00 pm	4:15 pm	4:30 pm	
Parent Participation	30 Min. Classes	Jellyfish														x							x				x					x								
		Goldfish																			x				x			x						x						
Seahorse																x		x							x									x		x				
Octopus		x				x				x						x			x				x					x			x					x				
Crab			x	x		x									x				x			x			x									x						
Orca				x	x					x					x							x							x					x						
Sea Lion			x									x					x			x											x									
School Ages Program (6-13 yrs)	Private	Narwhal				x														x									x											
		Swimmer 1						x						x		x				x			x	x						x	x			x						
		Swimmer 2	x						x		x							x			x				x		x		x				x				x			
	45 Min.	Swimmer 3						x				x				x	x														x				x					
		Swimmer 4							x							x			x										x						x					
		Swimmer 5						x												x	x					x						x								
		Swimmer 6											x										x	x			x								x					
	60 Min.	Swimmer 7								x						x										x						x								
		Swimmer 8									x									x									x											
Swimmer 9									x														x						x											
14 yrs +	Teen/Adult 1											x					x			x														x						
	Teen/Adult 2											x		x																										

Junior Lifeguard Club

8 to 12 Years

Are you interested in a pause from swimming lessons? This program emphasizes fun and aquatic skill development based on personal-best achievement. Building on skills you have from swimming lessons, you will work to develop and improve swimming and other aquatic skills with an emphasis on swim and lifesaving knowledge, leadership and teamwork, community education, competition and personal fitness. This is serious fun!

Prerequisites: Ability to meet the Swim to Survive Standard (roll into deep water, tread water for one minute, swim 50m).

Wed, Sep 17-Oct 22 | 6:30-7:30 pm | \$84/6 | [149338](#)

Thu, Sep 18-Oct 23 | 3:30-4:30 pm | \$84/6 | [149335](#)

Wed, Oct 29-Dec 3 | 6:30-7:30 pm | \$84/6 | [149339](#)

Thu, Oct 30-Dec 4 | 3:30-4:30 pm | \$84/6 | [149336](#)

Wed, Jan 14-Feb 11 | 6:30-7:30 pm | \$70/5 | [149341](#)

Thu, Jan 15-Feb 12 | 3:30-4:30 pm | \$70/5 | [149345](#)

Wed, Feb 18-Mar 11 | 6:30-7:30 pm | \$56/4 | [149342](#)

Thu, Feb 19-Mar 12 | 3:30-4:30 pm | \$56/4 | [149346](#)

Nanaimo Aquatic Centre



PLEASE NOTE:
Registration for Fall & Winter Aquatic programs begins on Wednesday, August 6!

Fall & Winter Lessons - Nanaimo Aquatic Centre

**Note: Due to high demand of swimming lessons, last minute withdrawals may impact course offerings.
Please provide as much notice as possible if a withdrawal from a swim lesson is required.*



MON Nanaimo Aquatic Centre					TUE Nanaimo Aquatic Centre					WED Nanaimo Aquatic Centre					THU Nanaimo Aquatic Centre						
SET 1: Sep 22-Nov 24 SET 2: Jan 12-Mar 9					SET 1: Sep 23-Nov 25 SET 2: Jan 13-Mar 10					SET 1: Sep 24-Nov 26 SET 2: Jan 14-Mar 11					SET 1: Sep 25-Nov 27 SET 2: Jan 15-Mar 12						
No lessons on Oct 13 & Feb 16					No lessons on Sep 30 & Nov 11																
6:30 am	7:00 am	7:30 am	8:00 am		8:00 am	8:30 am	9:00 am		6:30 am	7:00 am	7:15 am	7:30 am	8:00 am		8:00 am	8:30 am	9:00 am				
																x					
																			x		
															x						
			x									x									



Shallow/Deep Combo

This is designed for both shallow and deep water aquafit enthusiasts. Enjoy the benefits of training your cardio, strength and flexibility in this water fitness class. Participants can choose to stay in the shallow water or participate in deep water with an aquafit floatation belt.

Thu, Sep 11-Oct 30 | 7:30-8:15 pm | \$49/8 | [148757](#)

Sun, Sep 14-Nov 2 | 8:15-9 am | \$49/8 | [148753](#)

Thu, Nov 6-Dec 18 | 7:30-8:15 pm | \$43/7 | [148758](#)

Sun, Nov 9-Dec 21 | 8:15-9 am | \$43/7 | [148754](#)

Thu, Jan 8-Feb 12 | 7:30-8:15 pm | \$37/6 | [148759](#)

Sun, Jan 11-Feb 15 | 8:15-9 am | \$37/6 | [148755](#)

Thu, Feb 19-Mar 26 | 7:30-8:15 pm | \$37/6 | [148760](#)

Sun, Feb 22-Mar 29 | 8:15-9 am | \$37/6 | [148756](#)

Beban Park Pool

Aqua Yoga

This is a fun and gentle form of stretching and strengthening performed in a warm pool where joints are supported, range of motion is maximized and resistance helps strengthen muscles. Pre-registration is required.

Instructor: Katherine Winge

Sat, Sep 6-Oct 11 | 8-9 am | \$48/6 | [148888](#)

Sat, Oct 25-Nov 29 | 8-9 am | \$48/6 | [148889](#)

Sat, Jan 10-Feb 14 | 8-9 am | \$48/6 | [148890](#)

Beban Park Pool

Intro to Synchro

8 to 12 Years

Explore artistic swimming (formerly known as synchronized swimming) in a fun, supportive environment.

Instructor: Nanaimo Diamonds

Thu, Oct 2-Dec 11 | 6-7:30 pm | \$154/11 | [148898](#)

Thu, Jan 8-Mar 12 | 6-7:30 pm | \$140/10 | [148899](#)

Beban Park Pool

Aqua Go

5 to 12 Years

AquaGo is an introduction to artistic swimming. Athletes will learn the basics of safe entry, floating, breathing and body positions. All abilities and genders are welcome. Athletes new to swimming can register in the AquaGo Level 1-2; athletes with some experience (Swimmer 3 and above) can join AquaGo Level 3-4.

Instructor: Nanaimo Diamonds

AquaGo 1-2

Sun, Oct 5-Dec 14 | 9-10 am | \$110/11 | [148894](#)

Sun, Jan 11-Mar 15 | 9-10 am | \$100/10 | [148895](#)

AquaGo 3-4

Sun, Oct 5-Dec 14 | 10-11 am | \$110/11 | [148896](#)

Sun, Jan 11-Mar 15 | 10-11 am | \$100/10 | [148897](#)

Beban Park Pool



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PLEASE NOTE:
**Registration for Fall
& Winter Aquatic
programs begins on
Wednesday, August 6!**

Join the Team! Become a Lifeguard!

BUILD THE FOUNDATION FOR SUCCESS!

Lifeguards prevent drowning, teach water safety and provide leadership in our community. Consult one of our Aquatic Coordinators at 250-756-5200 to help plan your lifeguard training.



RECOMMENDED PATH:

- 1** **Bronze courses** develop lifesaving fitness and decision-making skills.
- 2** **Standard First Aid** provides practical skills to handle emergency response situations.
- 3** **National Lifeguard** promotes prevention of drowning and aquatic-related injuries.
- 4** **Instructor Training** prepares you to teach swimming lessons and lifesaving skills.



CAREER OPPORTUNITIES:

www.nanaimo.ca/your-government/careers/job-postings

START HERE!

Bronze Medallion

prerequisite: 13 years or Bronze Star

Bronze Cross

prerequisite: Bronze Medallion

Standard First Aid (SFA)

prerequisite: 15 years

National Lifeguard







prerequisites: 15 years, Bronze Cross, SFA

Swim for Life Instructor



prerequisites: 15 years, Bronze Cross

LIFEGUARD!

Advanced Aquatic Courses

Course	Dates	Day	Time	Fee	Location	Course ID	
Bronze Medallion	Oct 19-Nov 9	Sun	11 am-4:30 pm	\$220	Beban	149477	
	Mar 16-20	M-F	12:30-4:30 pm	\$220	Beban	149481	
	Oct 3-24	Fri	9 am-2 pm	\$220	NAC	149484	
	Judgement, knowledge, skill and fitness will be evaluated. Students acquire the assessment and problem-solving skills needed to make good decisions in, on and around the water. Prerequisites: 13 years of age (by last day of course) or Bronze Star (does not have to be current). 100% attendance is mandatory for completion.						
Bronze Cross	Nov 16-Dec 7	Sun	11 am-4:30 pm	\$200	Beban	149492	
	Mar 23-27	M-F	12:30-4:30 pm	\$200	Beban	149499	
	Nov 7-28	Fri	9 am-2 pm	\$200	NAC	149536	
	Students begin transitioning from lifesaving to lifeguarding and prepare for assistant lifeguard responsibilities. Students begin to strengthen and expand their lifesaving skills and apply active surveillance principles and techniques in aquatic facilities. The importance of teamwork and communication are emphasized in this course. Prerequisites: Bronze Medallion (does not have to be current). 100% attendance is mandatory for completion. See our First Aid Section for more options.						
Standard First Aid	Sep 27 & 28	Sat & Sun	9 am-5:30 pm	\$177	Beban	151100	
	Nov 1 & 2	Sat & Sun	9 am-5:30 pm	\$177	Beban	151103	
	Jan 10 & 11	Sat & Sun	9 am-5:30 pm	\$177	Beban	151157	
	Feb 7 & 8	Sat & Sun	9 am-5:30 pm	\$177	Beban	151175	
	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. Prerequisites: 13 years of age is recommended. 100% attendance is mandatory for completion.						
National Lifeguard - Pool	Dec 21-23, 28-30	Sun-Tue	8 am-4:30 pm	\$499	NAC	149430	
	Jan 9-Mar 6	Fri	9 am-2:30 pm	\$499	NAC	149433	
	Mar 16-19, 23-26	Mon-Thu	10 am-4:30 pm	\$499	NAC	149438	
	This is the national standard for lifeguards in Canada. Candidates develop the fundamental values, judgement, knowledge, skills and fitness required by lifeguards. Prerequisites: 15 years of age (by last day of course), Bronze Cross (does not have to be current), Standard First Aid (does not have to be current; Emergency First Aid is not sufficient). 100% attendance is mandatory for completion.						
Swim for Life Instructor	Oct 18-Nov 22	Sat	8:30 am-4 pm	\$499	Beban	149547	
Students will be certified to teach the Lifesaving Society's programs, such as Swim for Life and Canadian Swim Patrol. Prerequisites: 15 years of age (by last day of course), Bronze Cross (does not have to be current). 100% attendance is required.							
Lifesaving Instructor	Jan 10-Feb 14	Sat	8:30 am-3:30 pm	\$450	Beban	149618	
The lifesaving Instructor course prepares candidates to teach and evaluate a variety of programs including Bronze Star, Bronze Medallion, Bronze Cross and Junior Lifeguard Club.							

Recertification Courses

Course	Dates	Day	Time	Fee	Location	Course ID	
National Lifeguard - Pool	Sep 20	Sat	9 am-6 pm	\$120	Beban	149470	
	Nov 29	Sat	9 am-6 pm	\$120	Beban	149471	
	Proof of previous certifications: NL Pool, CPR C and AMOA (need not be current)						
Swim for Life Instructor	Oct 4	Sat	9:30 am-3 pm	\$120	Beban	149616	
	Mar 8	Sun	9:30 am-3 pm	\$120	Beban	149617	
Lifesaving Inst.	Dec 6	Sat	9:30 am-2 pm	\$120	NAC	149619	

NOTE: All candidates are required to present their original certification at the start of the recertification clinic. 100% attendance is mandatory for completion. **REFUND POLICY:** Withdrawals with refund will only be provided for Aquatic Leadership courses with a minimum of **seven days advanced notice**. Withdrawals within seven days of start date are refunded at 50%. No refunds on or after start date.



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Arena Programs



Welcome to Nanaimo RECSKATE

RecSkate is a progressive skating skills training program for all ages and abilities necessary for life-long participation and the improvement of physical literacy as it relates to all sports. It provides the foundation for success in recreational hockey and figure skating. The program emphasis is on encouragement through comprehensive feedback. Participants receive a ribbon 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 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

For lesson information, please email arena_programs@nanaimo.ca

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	\$9
RecSkate (3-5 yrs)	30 minutes	\$9
RecSkate (6-11 yrs)	45 minutes	\$13
RecFigure Skate	45 or 60 minutes	\$14/hr or \$13 for 45 min
Various RecSkates (pre-teen/teen)	60 minutes	\$14
Private RecSkate (all ages) *	30 minutes	\$30

* 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 \$30 for a 30-minute lesson. Call Alli, Arenas Coordinator, at 250-755-7536 for details.

DO YOU REQUIRE ADDITIONAL SUPPORT?



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

DROP-IN SESSIONS

- Check out our drop-in options on page 12-13 or check our online schedule at recreation.nanaimo.ca.



GLOW IN THE DARK Skates

SKATE IN OUR ATMOSPHERE OF DIMMED LIGHTING AND SPECIAL EFFECTS!

Held on the following Tuesdays, 6:30-8 pm at Frank Crane Arena:

- September 2
- October 7 • November 4
- December 2 • January 6
- February 3 • March 3

STARLIGHT Skate

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

Held on the following Sundays, 4-6 pm at Nanaimo Ice Centre:

- September 21 • October 19
- November 16 • January 18
- February 15 • March 15



cityofnanaimo



prc_nanaimo (#ilovemyparksandrec)



5 Years+

A great learn-to-skate option for children during daytime hours. Here you have the chance to learn skills from our popular RecSkate program in a supportive, group environment. Development of balance, agility and coordination is a great start to any ice sport. All levels of skaters will be accommodated. Parents are welcome to register with their child.

Mon, Sep 15-Oct 27 | 10:30-11:30 am | \$84/6 | [145030](#)

Wed, Sep 17-Oct 29 | 12:30-1:30 pm | \$98/7 | [145042](#)

Mon, Nov 3-Dec 8 | 10:30-11:30 am | \$84/6 | [145031](#)

Wed, Nov 5-Dec 10 | 12:30-1:30 pm | \$84/6 | [145043](#)

Mon, Jan 5-Mar 9 | 10:30-11:30 am | \$126/9 | [145036](#)

Wed, Jan 7-Feb 4 | 12:30-1:30 pm | \$70/5 | [145044](#)

Wed, Feb 11-Mar 11 | 12:30-1:30 pm | \$70/5 | [145045](#)

Frank Crane Arena



RecSkate Pre-Teen/Teen

12 to 17 Years

Join your friends at this lesson that teaches all levels of skating skills. You will also get an introduction to arenas, including lesson teaching, skate patrol, safety and facility tour. This is a great bridge to our LIT and QUEST programs.

Thu, Sep 18-Oct 30 | 5:15-6 pm | \$91/7 | [145608](#)

Thu, Nov 6-Dec 11 | 5:15-6 pm | \$78/6 | [145609](#)

Thu, Jan 8-Feb 5 | 5:15-6 pm | \$65/5 | [145610](#)

Thu, Feb 12-Mar 12 | 5:15-6 pm | \$65/5 | [145611](#)

Nanaimo Ice Centre

Sat, Sep 20-Nov 1 | 11:15 am-12:15 pm | \$98/7 | [145613](#)

Sat, Nov 8-Dec 13 | 11:15 am-12:15 pm | \$84/6 | [145614](#)

Sat, Jan 10-Mar 14 | 11:15 am-12:15 pm | \$126/9 | [145615](#)

Frank Crane Arena

Fall Skating Lessons - SET 1

Monday, Sep 15-Oct 27 • 6 lessons • **Frank Crane Arena** (no lesson on Oct 13)

11:45 am-12:15 pm	RS Homesc 10:30-11:30 am 145030	Boots 1 145616	Boots 2 145889	Rec 3 146834	Rec 4 146412	Private 145767	
12:15-12:45 pm	Boots 1 145619	Boots 2 145890	Rec 1 146209	Rec 2 146322			
12:45-1:45 pm	RS Adult 145639	Private 12:45-1:15 pm 145768	Private 1:15-1:45 pm 145770				

Monday, Sep 15-Oct 27 • 6 lessons • **Nanaimo Ice Centre** (no lesson on Oct 13)

3:30-4 pm	Boots 1 145623	Boots 2 145891	Rec 1 146210	Rec 2 146323	Rec 3 147119	Rec 4 146397	Private 145660
4-4:45 pm	Rec 1 145963	Rec 2 146619	Rec 3 146753	Rec 4 146432	Rec 5 145844	Private 4-4:30 pm 145662	
4:45-5:15 pm	Boots 1 145633	Boots 2 145892	Rec 1 146211	Rec 2 146324	Rec 3 147121	Rec 4 146398	Private 145663
5:15-6 pm	Rec 2 146620	Rec 3 146754	Rec 4 146433	Rec 6/7 145509	RecFigure 5:15-6:15 pm 145536	RS Adult 5:15-6:15 pm 145627	
6:15-6:45 pm	Private 145689	Private 145690	Private 145691	Private 145692	Private 145693	Private 145694	

Wednesday, Sep 17-Oct 29 • 7 lessons • **Frank Crane Arena**

12:30-1:30 pm	RS Homesc 145042	Private 12:30-1 pm 145771	Private 1-1:30 pm 145772	Private 1:30-2 pm 145773			
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Wednesday, Sep 17-Oct 29 • 7 lessons • **Nanaimo Ice Centre**

3:30-4 pm	Boots 1 145647	Boots 2 145894	Rec 1 146212	Private 145751			
4-4:45 pm	Rec 1 145694	Rec 2 146621	Private 4-4:30 pm 145754				
4:45-5:15 pm	Boots 1 145651	Boots 2 145895	Rec 2 146325	Private 145755			

Thursday, Sep 18-Oct 30 • 7 lessons • **Nanaimo Ice Centre**

3:30-4 pm	Boots 1 145654	Boots 2 145896	Rec 1 146213	Rec 2 146334	Rec 3 147122	Rec 4 146404	Private 145715
4-4:45 pm	Rec 1 145965	Rec 2 146622	Rec 3 146755	Rec 4 147299	Rec 5 146383	Rec 6/7 145513	
4:45-5:15 pm	Boots 1 145658	Boots 2 145898	Rec 1 146214	Rec 2 146336	Rec 3 147123	Rec 4 146405	Private 145716
5:15-6 pm	Teen 145608	RecFigure 145539	RS Adult 145653	Private 5:15-5:45 pm 145717	Private 5:15-5:45 pm 145718	Private 5:15-5:45 pm 145719	Private 5:15-5:45 pm 145720

Friday, Sep 19-Oct 31 • 7 lessons • **Frank Crane Arena**

9:30-10 am	Boots 1 145659	Rec 1 146215	Rec 3 146835	Rec 4 146415	Private 145774		
10-10:30 am	Boots 2 145900	Rec 2 146345	Private 145776	Ad. RecPract. 9:30-10:30 am 145620			
10:30-11:30 am	RS Adult 145649	RS Ad. Adv. 145564					
3:30-4 pm	Boots 1 145661	Boots 2 145901	Rec 1 146216	Rec 2 146352	Rec 3 146837	Rec 4 146418	Private 145777
4-4:45 pm	Rec 1 145966	Rec 2 146641	Rec 3 146813	Rec 4 147310	Rec 5 146389	Private 4-4:30 pm 145779	
4:45-5:15 pm	Boots 1 145664	Boots 2 145902	Rec 1 146217	Rec 2 146353	Rec 3 146840	Rec 4 146419	Private 145781
5:15-6 pm	Rec 2 146642	Rec 3 146814	Rec 4 147311	Rec 6/7 145519	RecFigure 145550	Private 5:15-5:45 pm 145782	

Saturday, Sep 20-Nov 1 • 7 lessons • **Frank Crane Arena**

9-9:45 am	Boots 1 9:15-9:45 am 145665	Boots 2 9:15-9:45 am 145903	Rec 1 145968	Rec 2 146643	Rec 3 146815	Rec 4 147312	Rec 5 146393
9:45-10:15 am	Boots 1 145666	Boots 2 145905	Rec 1 146218	Rec 2 146354	Rec 3 146841	Rec 4 146426	Private 145784
10:30-11:15 am	Rec 1 145969	Rec 2 146644	Rec 3 146816	Rec 4 147343	Rec 6/7 145524	RecFigure 145558	
11:15-11:45 am	Boots 1 145667	Boots 2 145908	Rec 1 146219	Rec 2 146355	Rec 3 146842	Rec 4 146427	Teen 11:15am-12:15p 145613
11:45 am-12:15 pm	Private 145785	Private 145787	Private 145788	Private 145789	Private 145790		

30 min lesson = 3-5 years • 45 min lesson = 6-17 years • 30 min private lessons

Fall Skating Lessons - SET 2

Monday, Nov 3-Dec 8 • 6 lessons • **Frank Crane Arena**

11:45 am-12:15 pm	RS Homesc 10:30-11:30 am 145031	Boots 1 145668	Boots 2 145909	Rec 3 146844	Rec 4 146413	Private 145791	
12:15-12:45 pm	Boots 1 145669	Boots 2 145910	Rec 1 146254	Rec 2 146356			
12:45-1:45 pm	RS Adult 145642	Private 12:45-1:15 pm 145792	Private 1:15-1:45 pm 145793				

Monday, Nov 3-Dec 8 • 6 lessons • **Nanaimo Ice Centre**

3:30-4 pm	Boots 1 145670	Boots 2 145911	Rec 1 146255	Rec 2 146357	Rec 3 147159	Rec 4 146400	Private 145695
4-4:45 pm	Rec 1 145970	Rec 2 146651	Rec 3 146756	Rec 4 147305	Rec 5 146384	Private 4-4:30 pm 145696	
4:45-5:15 pm	Boots 1 145671	Boots 2 145915	Rec 1 146258	Rec 2 146359	Rec 3 147166	Rec 4 146401	Private 145697
5:15-6 pm	Rec 2 146652	Rec 3 146757	Rec 4 147306	Rec 6/7 145510	RecFigure 5:15-6:15 pm 145537	RS Adult 5:15-6:15 pm 145631	
6:15-6:45 pm	Private 145698	Private 145699	Private 145700	Private 145701	Private 145702	Private 145703	

Wednesday, Nov 5-Dec 10 • 6 lessons • **Frank Crane Arena**

12:30-1:30 pm	RS Homesc 145043	Private 12:30-1 pm 145797	Private 1-1:30 pm 145799	Private 1:30-2 pm 145801			
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Wednesday, Nov 5-Dec 10 • 6 lessons • **Nanaimo Ice Centre**

3:30-4 pm	Boots 1 145672	Boots 2 145917	Rec 1 146259	Private 145756			
4-4:45 pm	Rec 1 145971	Rec 2 146653	Private 4-4:30 pm 145757				
4:45-5:15 pm	Boots 1 145673	Boots 2 145918	Rec 2 146363	Private 145758			

Thursday, Nov 6-Dec 11 • 6 lessons • **Nanaimo Ice Centre**

3:30-4 pm	Boots 1 145675	Boots 2 145919	Rec 1 146260	Rec 2 146364	Rec 3 147176	Rec 4 146406	Private 145721
4-4:45 pm	Rec 1 145972	Rec 2 146654	Rec 3 146758	Rec 4 147300	Rec 5 146385	Rec 6/7 145514	
4:45-5:15 pm	Boots 1 145678	Boots 2 145920	Rec 1 146261	Rec 2 146365	Rec 3 147178	Rec 4 146407	Private 145722
5:15-6 pm	Teen 145609	RecFigure 145540	RS Adult 145655	Private 5:15-5:45 pm 145723	Private 5:15-5:45 pm 145724	Private 5:15-5:45 pm 145725	Private 5:15-5:45 pm 145728

Friday, Nov 7-Dec 12 • 7 lessons • **Frank Crane Arena**

9:30-10 am	Boots 1 145679	Rec 1 146262	Rec 3 146846	Rec 4 146420	Private 145802		
10-10:30 am	Boots 2 145921	Rec 2 146366	Private 145804	Ad. RecPract. 9:30-10:30 am 145621			
10:30-11:30 am	RS Adult 145650	RS Ad. Adv. 145566					
3:30-4 pm	Boots 1 145681	Boots 2 145922	Rec 1 146263	Rec 2 146448	Rec 3 146847	Rec 4 146421	Private 145805
4-4:45 pm	Rec 1 145973	Rec 2 146647	Rec 3 146817	Rec 4 147353	Rec 5 146390	Private 4-4:30 pm 145806	
4:45-5:15 pm	Boots 1 145682	Boots 2 145923	Rec 1 146284	Rec 2 146450	Rec 3 146848	Rec 4 146422	Private 145807
5:15-6 pm	Rec 2 146648	Rec 3 146818	Rec 4 147373	Rec 6/7 145523	RecFigure 145552	Private 5:15-5:45 pm 145808	

Saturday, Nov 8-Dec 13 • 6 lessons • **Frank Crane Arena**

9-9:45 am	Boots 1 9:15-9:45 am 145684	Boots 2 9:15-9:45 am 145924	Rec 1 145974	Rec 2 146649	Rec 3 146820	Rec 4 147385	Rec 5 146394
9:45-10:15 am	Boots 1 145686	Boots 2 145925	Rec 1 146270	Rec 2 146451	Rec 3 146849	Rec 4 146428	Private 145810
10:30-11:15 am	Rec 1 145975	Rec 2 146650	Rec 3 146821	Rec 4 147409	Rec 6/7 145525	RecFigure 145559	
11:15-11:45 am	Boots 1 145688	Boots 2 145926	Rec 1 146271	Rec 2 146452	Rec 3 146850	Rec 4 146429	Teen 11:15am-12:15p 145614
11:45 am-12:15 pm	Private 145811	Private 145812	Private 145813	Private 145814	Private 145815		

RecFigure Skate - Beginner

6 to 16 Years

This group lesson will focus on developing specific figure skating skills, such as jumps, spins and field moves, as well as continuing to develop the basics of skating. Lesson is taught on a portion of the ice shared with the RecSkate program. Skaters should have passed a minimum of RecSkate 5 before registering. Completion of RecSkate 7 or equivalent is preferred. Helmets are mandatory.

Fri, Sep 19-Oct 31 | 5:15-6 pm | \$91/7 | [145550](#)

Sat, Sep 20-Nov 1 | 10:30-11:15 am | \$91/7 | [145558](#)

Fri, Nov 7-Dec 12 | 5:15-6 pm | \$78/6 | [145552](#)

Sat, Nov 8-Dec 13 | 10:30-11:15 am | \$78/6 | [145559](#)

Fri, Jan 9-Mar 13 | 5:15-6 pm | \$117/9 | [145555](#)

Sat, Jan 10-Mar 14 | 10:30-11:15 am | \$117/9 | [145560](#)

Frank Crane Arena

Mon, Sep 15-Oct 27 | 5:15-6:15 pm | \$84/6 | [145536](#)

Thu, Sep 18-Oct 30 | 5:15-6 pm | \$91/7 | [145539](#)

Mon, Nov 3-Dec 8 | 5:15-6:15 pm | \$84/6 | [145537](#)

Thu, Nov 6-Dec 11 | 5:15-6 pm | \$78/6 | [145540](#)

Mon, Jan 5-Mar 9 | 5:15-6:15 pm | \$126/9 | [145538](#)

Thu, Jan 8-Feb 5 | 5:15-6 pm | \$65/5 | [145541](#)

Thu, Feb 12-Mar 12 | 5:15-6 pm | \$65/5 | [145542](#)

Nanaimo Ice Centre



30 min lesson = 3-5 years • 45 min lesson = 6-11 years • 30 min private lessons



cityofnanaimo



prrc_nanaimo (#ilovemyparksandrec)

RecSkate Adult

A great program for new skaters or anyone looking to brush up on their skills. We will introduce you to a variety of skating skills (both basic and challenging) in a relaxed and enjoyable setting. Develop skills at your own pace and improve your skating.

Mon, Sep 15-Oct 27 | 12:45-1:45 pm | \$84/6 | [145639](#)

Fri, Sep 19-Oct 31 | 10:30-11:30 am | \$98/7 | [145649](#)

Mon, Nov 3-Dec 8 | 12:45-1:45 pm | \$84/6 | [145642](#)

Fri, Nov 7-Dec 12 | 10:30-11:30 am | \$84/6 | [145650](#)

Mon, Jan 5-Mar 9 | 12:45-1:45 pm | \$126/9 | [145648](#)

Fri, Jan 9-Mar 13 | 10:30-11:30 am | \$126/9 | [145652](#)

Frank Crane Arena

Mon, Sep 15-Oct 27 | 5:15-6:15 pm | \$84/6 | [145627](#)

Thu, Sep 18-Oct 30 | 5:15-6 pm | \$91/7 | [145653](#)

Mon, Nov 3-Dec 8 | 12:45-1:45 pm | \$84/6 | [145642](#)

Thu, Nov 6-Dec 11 | 5:15-6:15 pm | \$78/6 | [145655](#)

Mon, Jan 5-Mar 9 | 12:45-1:45 pm | \$126/9 | [145637](#)

Thu, Jan 8-Feb 5 | 5:15-6:15 pm | \$65/5 | [145656](#)

Thu, Feb 12-Mar 12 | 5:15-6 pm | \$65/5 | [145657](#)

Nanaimo Ice Centre

RecSkate Adults Practice

This practice time is for those participants registered in any of our RecSkate Adult lessons. This is an excellent opportunity to work on your skills. This is a half-ice program.

Fri, Sep 19-Oct 31 | 9:30-10:30 am | \$98/7 | [145620](#)

Fri, Nov 7-Dec 12 | 9:30-10:30 am | \$84/6 | [145621](#)

Fri, Jan 9-Mar 13 | 9:30-10:30 am | \$126/9 | [145622](#)

Frank Crane Arena

RecSkate Adults Advanced

This class is for experienced skaters with an emphasis on ice dance, figure skating and other advanced skills.

Fri, Sep 19-Oct 31 | 10:30-11:30 am | \$98/7 | [145564](#)

Fri, Nov 7-Dec 12 | 10:30-11:30 am | \$84/6 | [145560](#)

Fri, Jan 9-Mar 13 | 10:30-11:30 am | \$126/9 | [145567](#)

Frank Crane Arena

I am finally learning to skate as an adult! Grateful to the amazing staff for helping me get the skills to give me confidence on the ice.

Winter Skating Lessons - SET 3

Monday, Jan 5-Mar 9 • 9 lessons • **Frank Crane Arena** (no lesson on Feb 16)

11:45 am-12:15 pm	RS Homesc 10:30-11:30 am 145036	Boots 1 145746	Boots 2 145927	Rec 3 147183	Rec 4 146414	Private 145817	
12:15-12:45 pm	Boots 1 145747	Boots 2 145928	Rec 1 146285	Rec 2 146454			
12:45-1:45 pm	RS Adult 145648	Private 12:45-1:15 pm 145819	Private 1:15-1:45 pm 145820				

Monday, Jan 5-Mar 9 • 9 lessons • **Nanaimo Ice Centre** (no lesson on Feb 16)

3:30-4 pm	Boots 1 145752	Boots 2 145929	Rec 1 146289	Rec 2 146464	Rec 3 147278	Rec 4 146402	Private 145704
4-4:45 pm	Rec 1 145976	Rec 2 146666	Rec 3 146759	Rec 4 147307	Rec 5 146386	Private 4-4:30 pm 145705	
4:45-5:15 pm	Boots 1 145753	Boots 2 145930	Rec 1 146290	Rec 2 146465	Rec 3 147279	Rec 4 146403	Private 145706
5:15-6 pm	Rec 2 146667	Rec 3 146760	Rec 4 147309	Rec 6/7 145511	RecFigure 5:15-6:15 pm 145538	RS Adult 5:15-6:15 pm 145637	Private 145713
6:15-6:45 pm	Private 145707	Private 145708	Private 145709	Private 145711	Private 145712	Private 145713	

Wednesday, Jan 7-Feb 4 • 5 lessons • **Frank Crane Arena**

12:30-1:30 pm	RS Homesc 145044	Private 12:30-1 pm 145822	Private 1-1:30 pm 145823	Private 1:30-2 pm 145824			
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Wednesday, Jan 7-Feb 4 • 5 lessons • **Nanaimo Ice Centre**

3:30-4 pm	Boots 1 145759	Boots 2 145931	Rec 1 146291	Private 145760			
4-4:45 pm	Rec 1 145977	Rec 2 146669	Private 4-4:30 pm 145761				
4:45-5:15 pm	Boots 1 145763	Boots 2 145932	Rec 2 146466	Private 145762			

Thursday, Jan 8-Feb 5 • 5 lessons • **Nanaimo Ice Centre**

3:30-4 pm	Boots 1 145769	Boots 2 145933	Rec 1 146292	Rec 2 146467	Rec 3 147280	Rec 4 146408	Private 145732
4-4:45 pm	Rec 1 145978	Rec 2 146671	Rec 3 146761	Rec 4 147301	Rec 5 146387	Rec 6/7 145515	
4:45-5:15 pm	Boots 1 145780	Boots 2 145934	Rec 1 146293	Rec 2 146468	Rec 3 147281	Rec 4 146409	Private 145733
5:15-6 pm	Teen 145610	RecFigure 145541	RS Adult 145656	Private 5:15-5:45 pm 145734	Private 5:15-5:45 pm 145735	Private 5:15-5:45 pm 145736	Private 5:15-5:45 pm 145737

Friday, Jan 9-Mar 13 • 9 lessons • **Frank Crane Arena** (no lesson on Jan 23)

9:30-10 am	Boots 1 145798	Rec 1 146294	Rec 3 147290	Rec 4 146423	Private 145828		
10-10:30 am	Boots 2 145935	Rec 2 146459	Private 145830	Ad. RecPract. 9:30-10:30 am 145622			
10:30-11:30 am	RS Adult 145652	RS Ad. Adv. 145567					
3:30-4 pm	Boots 1 145800	Boots 2 145936	Rec 1 146311	Rec 2 146460	Rec 3 147293	Rec 4 146424	Private 145831
4-4:45 pm	Rec 1 145979	Rec 2 146673	Rec 3 146822	Rec 4 147414	Rec 5 146392	Private 4-4:30 pm 145832	
4:45-5:15 pm	Boots 1 145803	Boots 2 145937	Rec 1 146321	Rec 2 146461	Rec 3 147294	Rec 4 146425	Private 145833
5:15-6 pm	Rec 2 146674	Rec 3 146826	Rec 4 147429	Rec 6/7 145522	RecFigure 145555	Private 5:15-5:45 pm 145834	

Saturday, Jan 10-Mar 14 • 9 lessons • **Frank Crane Arena** (no lesson on Jan 24)

9-9:45 am	Boots 1 9:15-9:45 am 145809	Boots 2 9:15-9:45 am 145938	Rec 1 145980	Rec 2 146675	Rec 3 146828	Rec 4 147433	Rec 5 146395
9:45-10:15 am	Boots 1 145816	Boots 2 145939	Rec 1 146313	Rec 2 146462	Rec 3 147295	Rec 4 146430	Private 145835
10:30-11:15 am	Rec 1 145981	Rec 2 146676	Rec 3 146831	Rec 4 147437	Rec 6/7 145526	RecFigure 145560	
11:15-11:45 am	Boots 1 145821	Boots 2 145940	Rec 1 146314	Rec 2 146463	Rec 3 147297	Rec 4 146431	Teen 11:15am-12:15p 145615
11:45 am-12:15 pm	Private 145837	Private 145838	Private 145839	Private 145840	Private 145841		

30 min lesson = 3-5 years • 45 min lesson = 6-17 years • 30 min private lessons

Winter Skating Lessons - SET 4

Wednesday, Feb 11-Mar 11 • 5 lessons • **Frank Crane Arena**

12:30-1:30 pm	RS Homesc 145045	Private 12:30-1 pm 145825	Private 1-1:30 pm 145826	Private 1:30-2 pm 145827			
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Wednesday, Feb 11-Mar 11 • 5 lessons • **Nanaimo Ice Centre**

3:30-4 pm	Boots 1 145829	Boots 2 145941	Rec 1 146316	Private 145764			
4-4:45 pm	Rec 1 145982	Rec 2 146670	Private 4-4:30 pm 145765				
4:45-5:15 pm	Boots 1 145836	Boots 2 145942	Rec 2 146470	Private 145766			

Thursday, Feb 12-Mar 12 • 5 lessons • **Nanaimo Ice Centre**

3:30-4 pm	Boots 1 145842	Boots 2 145943	Rec 1 146317	Rec 2 146471	Rec 3 147288	Rec 4 146410	Private 145738
4-4:45 pm	Rec 1 145983	Rec 2 146672	Rec 3 146762	Rec 4 147304	Rec 5 146388	Rec 6/7 145517	
4:45-5:15 pm	Boots 1 145843	Boots 2 145944	Rec 1 146318	Rec 2 146472	Rec 3 147289	Rec 4 146411	Private 145740
5:15-6 pm	Teen 145611	RecFigure 145542	RS Adult 145657	Private 5:15-5:45 pm 145742	Private 5:15-5:45 pm 145743	Private 5:15-5:45 pm 145744	Private 5:15-5:45 pm 145745

30 min lesson = 3-5 years • 45 min lesson = 6-11 years • 30 min private lessons

Say Cheese

Share a photo of you or your family members participating in our programs and it could be featured in our upcoming Activity Guide!

Email your submission to parksandrecreation@nanaimo.ca



2026 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
until March 29
12-1:30 pm

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

save on foods

- Alexandra's Bistro
- GFL
- Little Valley Restorations and Collision
- London Drugs
- Nanaimo Hearing Clinic
- Roto Rooter
- Trish Turnbull, RE/MAX of Nanaimo
- Widsten Property Management Services



cityofnanaimo



prc_nanaimo (#ilovemyparksandrec)



Hockey Programs

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 20-Nov 1 | 8:15-9 am | \$91/7 | [145412](#)
 Sat, Sep 20-Nov 1 | 12:15-1 pm | \$91/7 | [145413](#)
 Sat, Nov 8-Dec 13 | 8:15-9 am | \$78/6 | [145415](#)
 Sat, Nov 8-Dec 13 | 12:15-1 pm | \$78/6 | [145416](#)
 Sat, Jan 10-Mar 14 | 8:15-9 am | \$117/9 | [145417](#)
 Sat, Jan 10-Mar 14 | 12:15-1 pm | \$117/9 | [145418](#)
Frank Crane Arena

7 to 12 Years

Sat, Sep 20-Nov 1 | 8:15-9 am | \$91/7 | [145405](#)
 Sat, Sep 20-Nov 1 | 12:15-1 pm | \$91/7 | [145406](#)
 Sat, Nov 8-Dec 13 | 8:15-9 am | \$78/6 | [145407](#)
 Sat, Nov 8-Dec 13 | 12:15-1 pm | \$78/6 | [145408](#)
 Sat, Jan 10-Mar 14 | 8:15-9 am | \$117/9 | [145409](#)
 Sat, Jan 10-Mar 14 | 12:15-1 pm | \$117/9 | [145410](#)
Frank Crane Arena



PLEASE NOTE: Rental skates are not available for programs that require full gear.

Hockey Rascals

3 to 5 Years

This program focuses on hockey FUNDamentals, including skating, puck handling and shooting. You must supply your own helmet with face cage, stick and gloves. Full gear is recommended.

Fri, Sep 19-Oct 31 | 4:15-5 pm | \$91/7 | [145046](#)
 Fri, Sep 19-Oct 31 | 5:30-6:15 pm | \$91/7 | [145050](#)
 Fri, Nov 7-Dec 12 | 4:15-5 pm | \$78/6 | [145047](#)
 Fri, Nov 7-Dec 12 | 5:30-6:15 pm | \$78/6 | [145051](#)
 Fri, Jan 9-Feb 6 | 4:15-5 pm | \$65/5 | [145048](#)
 Fri, Jan 9-Feb 6 | 5:30-6:15 pm | \$65/5 | [145052](#)
 Fri, Feb 13-Mar 13 | 4:15-5 pm | \$65/5 | [145049](#)
 Fri, Feb 13-Mar 13 | 5:30-6:15 pm | \$65/5 | [145053](#)

Cliff McNabb Arena

Power Skating Basics

6 to 12 Years

Get introduced to skating techniques necessary to develop greater power and strength to improve your game. This will help with speed, balance, agility and coordination. Full gear is required.

Thu, Sep 18-Oct 30 | 3:30-4:15 pm | \$91/7 | [145459](#)
 Thu, Sep 18-Oct 30 | 4:15-5 pm | \$91/7 | [145460](#)
 Thu, Nov 6-Dec 11 | 3:30-4:15 pm | \$78/6 | [145461](#)
 Thu, Nov 6-Dec 11 | 4:15-5 pm | \$78/6 | [145462](#)
 Thu, Jan 8-Feb 5 | 3:30-4:15 pm | \$65/5 | [145463](#)
 Thu, Jan 8-Feb 5 | 4:15-5 pm | \$65/5 | [145464](#)
 Thu, Feb 12-Mar 12 | 3:30-4:15 pm | \$65/5 | [145465](#)
 Thu, Feb 12-Mar 12 | 4:15-5 pm | \$65/5 | [145466](#)

Nanaimo Ice Centre

Elite Power Skating

Skaters of all abilities are introduced to skating techniques necessary to develop greater power and strength to improve their game. Speed, balance, agility and coordination are covered in each session. Full gear required.

6 to 9 Years

Mon, Sep 15-Oct 27 | 7-8 am | \$78/6 | [145467](#)
 Wed, Sep 17-Oct 29 | 7-8 am | \$91/7 | [145470](#)
 Fri, Sep 19-Oct 31 | 7-8 am | \$91/7 | [145474](#)
 Mon, Nov 3-Dec 8 | 7-8 am | \$78/6 | [145468](#)
 Wed, Nov 5-Dec 10 | 7-8 am | \$78/6 | [145471](#)
 Fri, Nov 7-Dec 12 | 7-8 am | \$78/6 | [145475](#)
 Mon, Jan 5-Mar 9 | 7-8 am | \$117/9 | [145469](#)
 Wed, Jan 7-Feb 4 | 7-8 am | \$65/5 | [145472](#)
 Fri, Jan 9-Mar 13 | 7-8 am | \$117/6 | [145476](#)
 Wed, Feb 11-Mar 11 | 7-8 am | \$65/5 | [145473](#)

Frank Crane Arena

10 to 14 Years

Mon, Sep 15-Oct 27 | 7-8 am | \$78/6 | [145477](#)
 Wed, Sep 17-Oct 29 | 7-8 am | \$91/7 | [145480](#)
 Fri, Sep 19-Oct 31 | 7-8 am | \$91/7 | [145484](#)
 Mon, Nov 3-Dec 8 | 7-8 am | \$78/6 | [145478](#)
 Wed, Nov 5-Dec 10 | 7-8 am | \$78/6 | [145481](#)
 Fri, Nov 7-Dec 12 | 7-8 am | \$78/6 | [145485](#)
 Mon, Jan 5-Mar 9 | 7-8 am | \$117/9 | [145479](#)
 Wed, Jan 7-Feb 4 | 7-8 am | \$65/5 | [145482](#)
 Fri, Jan 9-Mar 13 | 7-8 am | \$117/9 | [145486](#)
 Wed, Feb 11-Mar 11 | 7-8 am | \$65/5 | [145483](#)

Frank Crane Arena



Advanced Youth Skills & Drills D

12 to 17 Years

This program is for those interested in challenging and advancing their stickhandling and puck control abilities. You will be introduced to skills and drills that will encourage more creative use of your stick. Full gear is required.

Mon, Sep 15-Oct 27 | 7-8 pm | \$78/6 | [145498](#)

Mon, Nov 3-Dec 8 | 7-8 pm | \$78/6 | [145499](#)

Mon, Jan 5-Mar 9 | 7-8 pm | \$117/9 | [145500](#)

Nanaimo Ice Centre

Adult Hockey Skills & Drills D

18 Years+

This program will help players with their skill development and situational game play. Instructors will focus on developing positional play and improving passing, shooting and puck handling skills. Session is instructed by an experienced hockey leader. Full gear is required.

Mon, Sep 15-Oct 27 | 7-8 pm | \$78/6 | [145493](#)

Mon, Nov 3-Dec 8 | 7-8 pm | \$78/6 | [145494](#)

Mon, Jan 5-Mar 9 | 7-8 pm | \$117/9 | [145497](#)

Nanaimo Ice Centre

Female Focused Hockey Skills D

18 Years+

Instructors will focus on developing positional play and improving passing, shooting and puck handling. Session is instructed by an experienced female hockey leader. Full gear is required.

Sun, Sep 14-Oct 26 | 9:30-10:45 pm | \$91/7 | [145488](#)

Sun, Nov 2-Dec 14 | 9:30-10:45 pm | \$91/7 | [145489](#)

Sun, Jan 11-Feb 8 | 9:30-10:45 pm | \$65/5 | [145490](#)

Sun, Feb 15-Mar 8 | 9:30-10:45 pm | \$52/4 | [145491](#)

Nanaimo Ice Centre

Adult Hockey Scrimmage D

18 Years +

This scrimmage program is for those 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 19-Oct 31 | 9:45-11:15 pm | \$91/7 | [145419](#)

Fri, Nov 7-Dec 12 | 9:45-11:15 pm | \$78/6 | [145420](#)

Fri, Jan 9-Feb 6 | 9:45-11:15 pm | \$65/5 | [145421](#)

Fri, Feb 13-Mar 13 | 9:45-11:15 pm | \$65/5 | [145422](#)

Cliff McNabb Arena

Adaptive Hockey D

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 17-Oct 29 | 9:45-11 am | \$91/7 | [145021](#)

Wed, Nov 5-Dec 10 | 9:45-11 am | \$78/6 | [145022](#)

Wed, Jan 7-Feb 4 | 9:45-11 am | \$65/5 | [145025](#)

Wed, Feb 11-Mar 11 | 9:45-11 am | \$65/5 | [145027](#)

Nanaimo Ice Centre

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



DROP-IN HOCKEY PROGRAMS D

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, phone 250-756-5200 during office hours or pay a cashier in person (when scheduled) and present the on-ice staff member with your receipt. Our instructors will not accept payment.



cityofnanaimo



prc_nanaimo (#ilovemyparksandrec)

STICK 'n' PUCK

ALL AGES

New to the game of hockey or looking to improve 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



See page 8 for admission & page 12 for schedule information.

For more information, contact the Arena Coordinator at 250-755-7536.

Custom Private Power Skating Lessons

These one-on-one private power skating lessons are perfect for individual skill development. These will help with speed, balance, agility and coordination. Small groups (2-3) are also welcome. Full gear is recommended.

Nanaimo Ice Centre

Wed, Sep 17-Oct 15 | 3:15-3:45 pm | \$170/5 | [145343](#)
Wed, Sep 17-Oct 15 | 3:15-3:45 pm | \$170/5 | [145344](#)
Wed, Sep 17-Oct 15 | 3:45-4:15 pm | \$170/5 | [145345](#)
Wed, Sep 17-Oct 15 | 3:45-4:15 pm | \$170/5 | [145348](#)
Wed, Sep 17-Oct 15 | 4:15-4:45 pm | \$170/5 | [145349](#)
Wed, Sep 17-Oct 15 | 4:15-4:45 pm | \$170/5 | [145350](#)
Wed, Sep 17-Oct 15 | 4:45-5:15 pm | \$170/5 | [145351](#)
Wed, Sep 17-Oct 15 | 4:45-5:15 pm | \$170/5 | [145352](#)

Wed, Oct 22-Nov 19 | 3:15-3:45 pm | \$170/5 | [145353](#)
Wed, Oct 22-Nov 19 | 3:15-3:45 pm | \$170/5 | [145354](#)
Wed, Oct 22-Nov 19 | 3:45-4:15 pm | \$170/5 | [145355](#)
Wed, Oct 22-Nov 19 | 3:45-4:15 pm | \$170/5 | [145356](#)
Wed, Oct 22-Nov 19 | 4:15-4:45 pm | \$170/5 | [145357](#)
Wed, Oct 22-Nov 19 | 4:15-4:45 pm | \$170/5 | [145358](#)
Wed, Oct 22-Nov 19 | 4:45-5:15 pm | \$170/5 | [145359](#)
Wed, Oct 22-Nov 19 | 4:45-5:15 pm | \$170/5 | [145360](#)

Wed, Nov 26-Dec 17 | 3:15-3:45 pm | \$136/4 | [145361](#)
Wed, Nov 26-Dec 17 | 3:15-3:45 pm | \$136/4 | [145362](#)
Wed, Nov 26-Dec 17 | 3:45-4:15 pm | \$136/4 | [145363](#)
Wed, Nov 26-Dec 17 | 3:45-4:15 pm | \$136/4 | [145364](#)
Wed, Nov 26-Dec 17 | 4:15-4:45 pm | \$136/4 | [145365](#)
Wed, Nov 26-Dec 17 | 4:15-4:45 pm | \$136/4 | [145366](#)
Wed, Nov 26-Dec 17 | 4:45-5:15 pm | \$136/4 | [145367](#)
Wed, Nov 26-Dec 17 | 4:45-5:15 pm | \$136/4 | [145368](#)

Wed, Jan 7-Feb 4 | 3:15-3:45 pm | \$170/5 | [145369](#)
Wed, Jan 7-Feb 4 | 3:15-3:45 pm | \$170/5 | [145370](#)
Wed, Jan 7-Feb 4 | 3:45-4:15 pm | \$170/5 | [145371](#)
Wed, Jan 7-Feb 4 | 3:45-4:15 pm | \$170/5 | [145372](#)
Wed, Jan 7-Feb 4 | 4:15-4:45 pm | \$170/5 | [145373](#)
Wed, Jan 7-Feb 4 | 4:15-4:45 pm | \$170/5 | [145374](#)
Wed, Jan 7-Feb 4 | 4:45-5:15 pm | \$170/5 | [145375](#)
Wed, Jan 7-Feb 4 | 4:45-5:15 pm | \$170/5 | [145376](#)

Nanaimo Ice Centre

Wed, Nov 26-Dec 17 | 3:15-3:45 pm | \$136/4 | [145361](#)
Wed, Nov 26-Dec 17 | 3:15-3:45 pm | \$136/4 | [145362](#)
Wed, Nov 26-Dec 17 | 3:45-4:15 pm | \$136/4 | [145363](#)
Wed, Nov 26-Dec 17 | 3:45-4:15 pm | \$136/4 | [145364](#)
Wed, Nov 26-Dec 17 | 4:15-4:45 pm | \$136/4 | [145365](#)
Wed, Nov 26-Dec 17 | 4:15-4:45 pm | \$136/4 | [145366](#)
Wed, Nov 26-Dec 17 | 4:45-5:15 pm | \$136/4 | [145367](#)
Wed, Nov 26-Dec 17 | 4:45-5:15 pm | \$136/4 | [145368](#)

Wed, Feb 11-Mar 11 | 3:15-3:45 pm | \$170/5 | [145377](#)
Wed, Feb 11-Mar 11 | 3:15-3:45 pm | \$170/5 | [145379](#)
Wed, Feb 11-Mar 11 | 3:45-4:15 pm | \$170/5 | [145380](#)
Wed, Feb 11-Mar 11 | 3:45-4:15 pm | \$170/5 | [145381](#)
Wed, Feb 11-Mar 11 | 4:15-4:45 pm | \$170/5 | [145382](#)
Wed, Feb 11-Mar 11 | 4:15-4:45 pm | \$170/5 | [145383](#)
Wed, Feb 11-Mar 11 | 4:45-5:15 pm | \$170/5 | [145384](#)
Wed, Feb 11-Mar 11 | 4:45-5:15 pm | \$170/5 | [145385](#)

Cliff McNabb Arena

Fri, Sep 19-Oct 17 | 5-5:30 pm | \$170/5 | [145386](#)
Fri, Oct 24-Nov 14 | 5-5:30 pm | \$136/4 | [145387](#)
Fri, Nov 21-Dec 12 | 5-5:30 pm | \$136/4 | [145388](#)
Fri, Jan 9-Feb 6 | 5-5:30 pm | \$170/5 | [145389](#)
Fri, Feb 13-Mar 13 | 5-5:30 pm | \$170/5 | [145390](#)



Custom Private Hockey Lessons

6 Years +

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. Check out availability in our lesson grids.

Nanaimo Ice Centre

Tue, Sep 16-Oct 14 | 3:15-3:45 pm | \$134/6 | [145055](#)
Tue, Sep 16-Oct 14 | 3:15-3:45 pm | \$134/6 | [145056](#)
Tue, Sep 16-Oct 14 | 3:15-3:45 pm | \$134/6 | [145057](#)
Tue, Sep 16-Oct 14 | 3:15-3:45 pm | \$134/6 | [145059](#)
Tue, Sep 16-Oct 14 | 3:45-4:15 pm | \$134/6 | [145064](#)
Tue, Sep 16-Oct 14 | 3:45-4:15 pm | \$134/6 | [145065](#)
Tue, Sep 16-Oct 14 | 3:45-4:15 pm | \$134/6 | [145066](#)
Tue, Sep 16-Oct 14 | 3:45-4:15 pm | \$134/6 | [145069](#)
Tue, Sep 16-Oct 14 | 4:15-4:45 pm | \$134/6 | [145074](#)
Tue, Sep 16-Oct 14 | 4:15-4:45 pm | \$134/6 | [145075](#)
Tue, Sep 16-Oct 14 | 4:15-4:45 pm | \$134/6 | [145077](#)
Tue, Sep 16-Oct 14 | 4:15-4:45 pm | \$134/6 | [145078](#)

Wed, Sep 17-Oct 15 | 3:15-3:45 pm | \$170/5 | [145157](#)
Wed, Sep 17-Oct 15 | 3:15-3:45 pm | \$170/5 | [145458](#)
Wed, Sep 17-Oct 15 | 3:15-3:45 pm | \$170/5 | [145159](#)
Wed, Sep 17-Oct 15 | 3:15-3:45 pm | \$170/5 | [145162](#)
Wed, Sep 17-Oct 15 | 3:45-4:15 pm | \$170/5 | [145163](#)
Wed, Sep 17-Oct 15 | 3:45-4:15 pm | \$170/5 | [145171](#)
Wed, Sep 17-Oct 15 | 3:45-4:15 pm | \$170/5 | [145179](#)
Wed, Sep 17-Oct 15 | 3:45-4:15 pm | \$170/5 | [145184](#)
Wed, Sep 17-Oct 15 | 4:15-4:45 pm | \$170/5 | [145185](#)
Wed, Sep 17-Oct 15 | 4:15-4:45 pm | \$170/5 | [145186](#)
Wed, Sep 17-Oct 15 | 4:15-4:45 pm | \$170/5 | [145187](#)
Wed, Sep 17-Oct 15 | 4:15-4:45 pm | \$170/5 | [145188](#)

Tue, Oct 21-Nov 18 | 3:15-3:45 pm | \$136/4 | [145082](#)
Tue, Oct 21-Nov 18 | 3:15-3:45 pm | \$136/4 | [145084](#)
Tue, Oct 21-Nov 18 | 3:15-3:45 pm | \$136/4 | [145085](#)
Tue, Oct 21-Nov 18 | 3:15-3:45 pm | \$136/4 | [145086](#)
Tue, Oct 21-Nov 18 | 3:45-4:15 pm | \$136/4 | [145087](#)
Tue, Oct 21-Nov 18 | 3:45-4:15 pm | \$136/4 | [145088](#)
Tue, Oct 21-Nov 18 | 3:45-4:15 pm | \$136/4 | [145091](#)
Tue, Oct 21-Nov 18 | 3:45-4:15 pm | \$136/4 | [145092](#)
Tue, Oct 21-Nov 18 | 4:15-4:45 pm | \$136/4 | [145093](#)
Tue, Oct 21-Nov 18 | 4:15-4:45 pm | \$136/4 | [145096](#)
Tue, Oct 21-Nov 18 | 4:15-4:45 pm | \$136/4 | [145097](#)
Tue, Oct 21-Nov 18 | 4:15-4:45 pm | \$136/4 | [145101](#)

Wed, Oct 22-Nov 19 | 3:15-3:45 pm | \$170/5 | [145189](#)
Wed, Oct 22-Nov 19 | 3:15-3:45 pm | \$170/5 | [145190](#)
Wed, Oct 22-Nov 19 | 3:15-3:45 pm | \$170/5 | [145191](#)
Wed, Oct 22-Nov 19 | 3:15-3:45 pm | \$170/5 | [145192](#)
Wed, Oct 22-Nov 19 | 3:45-4:15 pm | \$170/5 | [145193](#)
Wed, Oct 22-Nov 19 | 3:45-4:15 pm | \$170/5 | [145194](#)
Wed, Oct 22-Nov 19 | 3:45-4:15 pm | \$170/5 | [145195](#)
Wed, Oct 22-Nov 19 | 3:45-4:15 pm | \$170/5 | [145197](#)
Wed, Oct 22-Nov 19 | 4:15-4:45 pm | \$170/5 | [145200](#)
Wed, Oct 22-Nov 19 | 4:15-4:45 pm | \$170/5 | [145204](#)
Wed, Oct 22-Nov 19 | 4:15-4:45 pm | \$170/5 | [145214](#)
Wed, Oct 22-Nov 19 | 4:15-4:45 pm | \$170/5 | [145216](#)

Tue, Nov 25-Dec 16 | 3:15-3:45 pm | \$136/4 | [145102](#)
Tue, Nov 25-Dec 16 | 3:15-3:45 pm | \$136/4 | [145103](#)
Tue, Nov 25-Dec 16 | 3:15-3:45 pm | \$136/4 | [145104](#)
Tue, Nov 25-Dec 16 | 3:15-3:45 pm | \$136/4 | [145105](#)
Tue, Nov 25-Dec 16 | 3:45-4:15 pm | \$136/4 | [145106](#)
Tue, Nov 25-Dec 16 | 3:45-4:15 pm | \$136/4 | [145107](#)
Tue, Nov 25-Dec 16 | 3:45-4:15 pm | \$136/4 | [145108](#)
Tue, Nov 25-Dec 16 | 3:45-4:15 pm | \$136/4 | [145109](#)
Tue, Nov 25-Dec 16 | 4:15-4:45 pm | \$136/4 | [145113](#)
Tue, Nov 25-Dec 16 | 4:15-4:45 pm | \$136/4 | [145114](#)
Tue, Nov 25-Dec 16 | 4:15-4:45 pm | \$136/4 | [145115](#)
Tue, Nov 25-Dec 16 | 4:15-4:45 pm | \$136/4 | [145116](#)

Wed, Nov 26-Dec 17 | 3:15-3:45 pm | \$136/4 | [145217](#)
Wed, Nov 26-Dec 17 | 3:15-3:45 pm | \$136/4 | [145218](#)
Wed, Nov 26-Dec 17 | 3:15-3:45 pm | \$136/4 | [145219](#)
Wed, Nov 26-Dec 17 | 3:15-3:45 pm | \$136/4 | [145220](#)
Wed, Nov 26-Dec 17 | 3:45-4:15 pm | \$136/4 | [145221](#)
Wed, Nov 26-Dec 17 | 3:45-4:15 pm | \$136/4 | [145222](#)
Wed, Nov 26-Dec 17 | 3:45-4:15 pm | \$136/4 | [145223](#)
Wed, Nov 26-Dec 17 | 3:45-4:15 pm | \$136/4 | [145224](#)
Wed, Nov 26-Dec 17 | 4:15-4:45 pm | \$136/4 | [145225](#)
Wed, Nov 26-Dec 17 | 4:15-4:45 pm | \$136/4 | [145226](#)
Wed, Nov 26-Dec 17 | 4:15-4:45 pm | \$136/4 | [145227](#)
Wed, Nov 26-Dec 17 | 4:15-4:45 pm | \$136/4 | [145228](#)

Tue, Jan 6-Feb 3 | 3:15-3:45 pm | \$170/5 | [145117](#)
Tue, Jan 6-Feb 3 | 3:15-3:45 pm | \$170/5 | [145118](#)
Tue, Jan 6-Feb 3 | 3:15-3:45 pm | \$170/5 | [145119](#)
Tue, Jan 6-Feb 3 | 3:15-3:45 pm | \$170/5 | [145120](#)
Tue, Jan 6-Feb 3 | 3:45-4:15 pm | \$170/5 | [145121](#)
Tue, Jan 6-Feb 3 | 3:45-4:15 pm | \$170/5 | [145122](#)
Tue, Jan 6-Feb 3 | 3:45-4:15 pm | \$170/5 | [145123](#)
Tue, Jan 6-Feb 3 | 3:45-4:15 pm | \$170/5 | [145125](#)
Tue, Jan 6-Feb 3 | 4:15-4:45 pm | \$170/5 | [145126](#)
Tue, Jan 6-Feb 3 | 4:15-4:45 pm | \$170/5 | [145127](#)
Tue, Jan 6-Feb 3 | 4:15-4:45 pm | \$170/5 | [145128](#)
Tue, Jan 6-Feb 3 | 4:15-4:45 pm | \$170/5 | [145129](#)

Wed, Jan 7-Feb 4 | 3:15-3:45 pm | \$170/5 | [145283](#)
Wed, Jan 7-Feb 4 | 3:15-3:45 pm | \$170/5 | [145284](#)
Wed, Jan 7-Feb 4 | 3:15-3:45 pm | \$170/5 | [145285](#)
Wed, Jan 7-Feb 4 | 3:15-3:45 pm | \$170/5 | [145288](#)
Wed, Jan 7-Feb 4 | 3:45-4:15 pm | \$170/5 | [145293](#)
Wed, Jan 7-Feb 4 | 3:45-4:15 pm | \$170/5 | [145294](#)
Wed, Jan 7-Feb 4 | 3:45-4:15 pm | \$170/5 | [145295](#)
Wed, Jan 7-Feb 4 | 3:45-4:15 pm | \$170/5 | [145297](#)
Wed, Jan 7-Feb 4 | 4:15-4:45 pm | \$170/5 | [145299](#)
Wed, Jan 7-Feb 4 | 4:15-4:45 pm | \$170/5 | [145300](#)
Wed, Jan 7-Feb 4 | 4:15-4:45 pm | \$170/5 | [145301](#)
Wed, Jan 7-Feb 4 | 4:15-4:45 pm | \$170/5 | [145302](#)

Tue, Feb 10-Mar 10 | 3:15-3:45 pm | \$170/5 | [145130](#)
Tue, Feb 10-Mar 10 | 3:15-3:45 pm | \$170/5 | [145131](#)
Tue, Feb 10-Mar 10 | 3:15-3:45 pm | \$170/5 | [145132](#)
Tue, Feb 10-Mar 10 | 3:15-3:45 pm | \$170/5 | [145135](#)
Tue, Feb 10-Mar 10 | 3:45-4:15 pm | \$170/5 | [145137](#)
Tue, Feb 10-Mar 10 | 3:45-4:15 pm | \$170/5 | [145138](#)
Tue, Feb 10-Mar 10 | 3:45-4:15 pm | \$170/5 | [145139](#)
Tue, Feb 10-Mar 10 | 3:45-4:15 pm | \$170/5 | [145140](#)
Tue, Feb 10-Mar 10 | 4:15-4:45 pm | \$170/5 | [145145](#)
Tue, Feb 10-Mar 10 | 4:15-4:45 pm | \$170/5 | [145146](#)
Tue, Feb 10-Mar 10 | 4:15-4:45 pm | \$170/5 | [145150](#)
Tue, Feb 10-Mar 10 | 4:15-4:45 pm | \$170/5 | [145156](#)

Wed, Feb 11-Mar 11 | 3:15-3:45 pm | \$170/5 | [145303](#)
Wed, Feb 11-Mar 11 | 3:15-3:45 pm | \$170/5 | [145304](#)
Wed, Feb 11-Mar 11 | 3:15-3:45 pm | \$170/5 | [145305](#)
Wed, Feb 11-Mar 11 | 3:15-3:45 pm | \$170/5 | [145306](#)
Wed, Feb 11-Mar 11 | 3:45-4:15 pm | \$170/5 | [145307](#)
Wed, Feb 11-Mar 11 | 3:45-4:15 pm | \$170/5 | [145308](#)
Wed, Feb 11-Mar 11 | 3:45-4:15 pm | \$170/5 | [145309](#)
Wed, Feb 11-Mar 11 | 3:45-4:15 pm | \$170/5 | [145310](#)
Wed, Feb 11-Mar 11 | 4:15-4:45 pm | \$170/5 | [145311](#)
Wed, Feb 11-Mar 11 | 4:15-4:45 pm | \$170/5 | [145312](#)
Wed, Feb 11-Mar 11 | 4:15-4:45 pm | \$170/5 | [145313](#)
Wed, Feb 11-Mar 11 | 4:15-4:45 pm | \$170/5 | [145314](#)

Cliff McNabb Arena

Fri, Sep 19-Oct 17 | 5-5:30 pm | \$170/5 | [145315](#)
Fri, Sep 19-Oct 17 | 5-5:30 pm | \$170/5 | [145316](#)
Fri, Oct 24-Nov 14 | 5-5:30 pm | \$136/4 | [145317](#)
Fri, Oct 24-Nov 14 | 5-5:30 pm | \$136/4 | [145320](#)
Fri, Nov 21-Dec 12 | 5-5:30 pm | \$136/4 | [145322](#)
Fri, Nov 21-Dec 12 | 5-5:30 pm | \$136/4 | [145323](#)
Fri, Jan 9-Feb 6 | 5-5:30 pm | \$170/5 | [145324](#)
Fri, Jan 9-Feb 6 | 5-5:30 pm | \$170/5 | [145325](#)
Fri, Feb 13-Mar 13 | 5-5:30 pm | \$170/5 | [145326](#)
Fri, Feb 13-Mar 13 | 5-5:30 pm | \$170/5 | [145327](#)

Frank Crane Arena

Sat, Sep 20-Oct 18 | 7:45-8:15 am | \$170/5 | [145328](#)
Sat, Sep 20-Oct 18 | 7:45-8:15 am | \$170/5 | [145329](#)
Sat, Sep 20-Oct 18 | 7:45-8:15 am | \$170/5 | [145330](#)
Sat, Oct 25-Nov 15 | 7:45-8:15 am | \$136/4 | [145331](#)
Sat, Oct 25-Nov 15 | 7:45-8:15 am | \$136/4 | [145332](#)
Sat, Oct 25-Nov 15 | 7:45-8:15 am | \$136/4 | [145333](#)
Sat, Nov 22-Dec 13 | 7:45-8:15 am | \$136/4 | [145334](#)
Sat, Nov 22-Dec 13 | 7:45-8:15 am | \$136/4 | [145335](#)
Sat, Nov 22-Dec 13 | 7:45-8:15 am | \$136/4 | [145336](#)
Sat, Jan 10-Feb 7 | 7:45-8:15 am | \$136/4 | [145337](#)
Sat, Jan 10-Feb 7 | 7:45-8:15 am | \$136/4 | [145338](#)
Sat, Jan 10-Feb 7 | 7:45-8:15 am | \$136/4 | [145339](#)
Sat, Feb 14-Mar 14 | 7:45-8:15 am | \$170/5 | [145340](#)
Sat, Feb 14-Mar 14 | 7:45-8:15 am | \$170/5 | [145341](#)
Sat, Feb 14-Mar 14 | 7:45-8:15 am | \$170/5 | [145342](#)



cityofnanaimo



prc_nanaimo (#ilovemyparksandrec)

SNOW & ICE CONTROL



in the City of Nanaimo

The City of Nanaimo prioritizes snow and ice removal to keep you safe.
You can help, too, when winter makes an appearance.

ROADS



The City's priority is to plow and maintain emergency routes during winter events. After that, we plow major through roads, cul-de-sacs and dead ends.

SIDEWALKS



The City also clears sidewalks around major City facilities, parks and bridges.

A City Bylaw requires snow to be removed from sidewalks within 24 hours by the property owner or occupant.

CITY FACILITIES/PARKS



The City clears City facility parking lots, walkways, commuter trails and stairs.

Things to Remember:



- Listen to your local radio stations or check the City's website and social media sites for updates during extreme weather conditions. **This includes program and facility closure updates.**
- The City tows vehicles when required to ensure routes are clear for emergency traffic during a snow event.
- Help us maintain your streets. Park in your driveway to allow the street to be plowed to its whole width. Where this is not possible, park on the odd numbered side of the street on odd days and the even numbered side of the street on even days. Keep your vehicle as close to the side of the road as you can to allow equipment to make it by your vehicle.
- We understand that it can be difficult to remove the snow from your sidewalks. Our West Coast snow is often very heavy and wet. By removing the snow, you are ensuring the safety of pedestrians. If you notice your neighbour is having a difficult time clearing their sidewalks, why not offer to help?
- It can be frustrating when the plow pushes snow into your freshly shoveled area. Please keep in mind that the plow cannot be lifted or stopped at each driveway as it passes. You can help cut down the amount of snow in the roadway by not shoveling or blowing your snow into the street. Try to keep the snow to the sides of your driveway.



QUESTIONS ABOUT SNOW & ICE CONTROL?

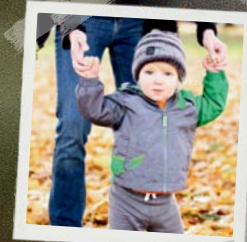
- Roads: **Public Works** - public.worksinfo@nanaimo.ca or 250-758-5222
- Sidewalks, City Facilities, Parks and Trails: **Parks, Recreation & Culture** - parksandrecreation@nanaimo.ca or 250-756-5200

EXPLORE

Your Parks & Trails

Nanaimo is home to over 1000 hectares of parkland and protected open space and over 180 kilometres of trails!

Discover it all this Fall & Winter!





Harewood Artificial Turf Murals by
Kristen Elkow of Elkplan Design Inc.

Culture & Events

CALL TO ARTISTS & POETS

This fall there are multiple opportunities to become engaged with our City's cultural programs - from contributing to urban design, to recognizing extraordinary individuals and organizations for their achievements, to sharing a love of poetry and more!



*Urban Design Roster projects
designed by Anaïs Lera,
Sebastian Abboud
and Mauro Dalla Costa*

STREET BANNERS 2026 - Call to Youth

The City of Nanaimo is seeking art from youth (ages 19 and under) for its 2026 Street Banners. Check our website under "Street Banners" for info.

Deadline for Submissions: September 28, 2025

URBAN DESIGN ROSTER 2026-2028

The City of Nanaimo is seeking artists for the 2026-2028 Urban Design Roster which offers artists and designers an opportunity to be involved in urban design that can be integrated into civic infrastructure. See our website for additional details.

Deadline for Submissions: October 12, 2025

YOUTH POET LAUREATE 2026-2028

The City of Nanaimo is seeking nominations for our next Youth Poet Laureate (ages 13-24) who will serve as a literary ambassador, creating opportunities for the community to appreciate strong youth voices. See our website to apply.

Deadline for Submissions: October 19, 2025

TEMPORARY PUBLIC ART 2026

The City of Nanaimo is seeking proposals for Temporary Public Art to be initiated in 2025 and realized in 2026. See our website for details.

Deadline for Submissions: October 26, 2025

ART IN PUBLIC SPACES WORKING GROUP 2026-2028

The City of Nanaimo seeks applications for membership on its Art in Public Spaces Working Group which consists of individuals who serve as knowledgeable volunteers helping to advance the City's public art program.

Deadline for Submissions: January 25, 2026

Coming Soon

The Culture & Events team has many exciting projects and events coming this Fall & Winter including ongoing cultural events and the unveiling of more public art projects!

LOVE
ARTS
NANAIMO

Follow us on [prc_nanaimo](#) on Instagram or subscribe to the “Love Arts Nanaimo” newsletter through our website at [nanaimo.ca](#)

2026 CULTURE AWARDS

Call open for nominations

The Culture Awards recognize outstanding organizations, groups or individuals in the arts & culture fields. This is your opportunity to recognize people and groups that you believe have made a significant contribution to making Nanaimo a culturally vibrant city.

The 2026 Culture Awards will take place at the Port Theatre on Tuesday, April 14, 2026.

Deadline for Nominations: December 1, 2025



2025 Culture Awards
(photo by Sean Fenzl Photography | @fenzlstudio)



NEW PUBLIC ART

Histogram Histories by Kiranjot Kaur

The City of Nanaimo is proud to announce the unveiling of Histogram Histories, a striking new temporary public art installation by multi-disciplinary artist Kiranjot Kaur.

Located in the lobby of Oliver Woods Community Centre, this innovative artwork turns data into art, transforming historical statistics about Nanaimo into an eye-catching hanging sculpture that encourages the public to see Nanaimo through a new lens.

Histogram Histories is composed of colourful “graphs” that invite viewers to look through time with each line of fabric cylinders representing one of seven metrics tracing change in Nanaimo over time. Input from people in the community can be seen in the form of fabric strips displaying names and arrival years encircling the Arrival Patterns graph. The artwork reflects Kaur’s unique blend of artistry, engineering and lived experience. By visualizing data in a tangible, beautiful artistic form, the installation fosters reflection, dialogue and connection within the community.

Histogram Histories is an invitation to explore how statistics can tell the story of place, not only through numbers but through colour, shape, and form.



2026 CULTURE & EVENT GRANTS

Intake opens this fall!

Did you know the City of Nanaimo supports over 40 arts and culture groups through our Grant program? Culture & Events have three available grants: Culture Operating Grant, Culture Project Grant, Downtown Event Revitalization Fund.

These grants are essential in supporting the activities of the professional and community-based arts and culture organizations who contribute to the cultural, social and economic vitality of Nanaimo.

To learn more about our Grants and to see the organizations, programming and events being supported by this program, visit our website (search “Grants”).



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City of Nanaimo Culture Partners



SEPT – MARCH ACTIVITIES

- Oct | Lantern Walking Tours, Brother XII Presentations & Halloween Fun!
- Oct 2025 – Feb 2026 | Winter Lights School Program (+ lots more!)
- Nov | Metis Heritage Celebration
- Nov 2025–Sep 2026 | Feature Exhibit: Grow Nanaimo + related activities
- Dec 2025 & Feb 2026 | I-Spy Themes
- Feb 13-14 | Family Day Weekend
- Mar 14-29 | Spring Break Program



Contact us:
250-753-1821



Visit our website for info:
WWW.NANAIMOMUSEUM.CA

LEARN MORE



City of Nanaimo Culture Partners



**Nanaimo
Art Gallery**

Art Lab Sunday *Weekly, 1–4 pm*

Drop-in for a fun hands-on art activity with family and friends.

Visit our website for more information on exhibitions, programs for kids & teenagers, adult workshops and special events.

NanaimoArtGallery.ca

Snuneymuxw Territory 150 Commercial Street, Nanaimo BC

City of Nanaimo Culture Partners



THE PORT THEATRE PRESENTS: **spotlight**SERIES 2025-2026 SEASON

2025-2026 SPOTLIGHT SEASON

AFRIQUE EN CIRQUE Kalabanté
Friday, October 3, 2025 – 7:30pm

OPERA & DANCE
Celebrating the Music of
Leonard Cohen
Wednesday, October 29, 2025 – 7:30pm

PISUWIN Atlantic Ballet of Canada
Friday, November 14, 2025 – 7:30pm

THE LIGHTFOOT BAND
Tuesday, November 11, 2025 – 8pm

BEAR GREASE The Musical
Saturday, December 6, 2025 – 7:30pm

WINTER HARP
Saturday, December 13, 2025 – 3:30pm

INTERNATIONAL GUITAR NIGHT
Friday, January 30, 2026 – 7:30pm

CARMINA BURANA & T'ŌL
Royal Winnipeg Ballet
Friday, February 6, 2026 – 7:30pm

**UPU A Journey Through the
Heartbeat of Pacific Poetry**
Tuesday, February 24, 2026 – 7:30pm

MIXED REPERTOIRE
Ballet Kelowna
Friday, March 20, 2026 – 7:30pm

**NETFLIX'S THE MAKING OF
LIFE ON OUR PLANET**
Sunday, April 12, 2026 – 7:30pm

JULIET & ROMEO Lost Dog
Wednesday, May 6, 2026 – 7:30pm

ALICE IN WONDERLAND
Ballet Victoria
Wednesday, May 20, 2026 – 7:30pm

**UPU - A JOURNEY THROUGH THE
HEARTBEAT OF PACIFIC POETRY**

**NETFLIX'S THE MAKING OF
LIFE ON OUR PLANET**

AFRIQUE EN CIRQUE

ALICE IN WONDERLAND
BALLET VICTORIA

**INTERNATIONAL
GUITAR NIGHT**

JULIET & ROMEO

CARMINA BURANA & T'ŌL
ROYAL WINNIPEG BALLET

CHOOSE
FROM A
VARIETY OF
UNIQUE,
BOLD,
& **EXCITING**
EVENTS

MORNING COFFEE CONCERTS
Tuesdays @ 10:30 am

POCKET SYMPHONIES – October 7
TY KOCH – November 25
SARAH HAGEN – March 3
CHENG² DUO – April 21

TICKETS ON SALE **NOW!**

Check out **ALL** the shows

porttheatre.com/spotlight **250-754-8550**

**BEAR GREASE
THE MUSICAL**



THANK YOU to our Star Sponsors!



We're grateful for the opportunity to live, work, and celebrate the Arts on the traditional territory of the Snuneymuxw First Nation. hay ce:p q'a

Exciting NEWS!



Land has been purchased in the Chase River neighbourhood for a future community centre! This new facility could include:

- community “living room” • indoor walking track • fitness room • performing arts and culture space
- functional art • double gymnasium • spectator zone • children’s area • multi-purpose rooms • changerooms
- kitchen • café • indoor play area • partnership spaces such as a library or health care space

Watch for more details on this exciting project in the near future!

Thanks to the Province of British Columbia’s Growing Community Fund for their contribution of \$2.5 million towards this property purchase.



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Ласкаво просимо **स्वागत)** جی آیات نوٹ

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WELC  **OME**

soo dhawaada **karibu** 어서오세요

بنه راغلاست **chào mừng**

bienvenidos **欢迎** خوش آمدید

bem-vindos **እንኳን ደህን መፀ**



Fall & Winter Registration



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 or
with your account credit.

Go to recreation.nanaimo.ca to login and/or
create your 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 Comm. 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)
or with your account credit.

**On Registration Day,
the following hours of
operation will be in effect
to serve you better!**

- Beban Park
6 am-8 pm
- Bowen Park
6 am-4:30 pm
- Nanaimo Aquatic Centre
6 am-9 pm
- Nanaimo Ice Centre
6 am-2:30 pm
- Oliver Woods Community Centre
6 am-4:30 pm

**Aquatic/Pool Registration:
Wed, August 6**

**All Other Programs:
Wed, August 13**

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 where applicable). Full refunds are issued when Nanaimo Parks, Recreation and Culture cancels a program or when a program is not convenient due to course changes. Every effort is made to cancel in a timely manner (3 to 5 days prior to course start date). Some exceptions may apply.

Passes: Passes are non-refundable and non-transferable, and a \$2 replacement card fee applies if card is lost or stolen. Credits and refunds are not available for promotional passes. Check at the time of purchase for details. Occasionally, a facility may be unavailable due to special events, holidays and maintenance closures. In these cases, the pass holder will not be credited.

Refunds: Payments made by Visa, MasterCard or Debit will be credited to the original credit/debit card (some restrictions apply). All other refunds are refunded by cheque and processed within 10 working days. A fee will apply to NSF or incomplete payments.



*Our friendly and knowledgeable
staff are always happy to help.*

OH, NO! WE HAD TO CANCEL IT!

Sometimes programs get cancelled due to low
registration because people wait until the last
minute to register. Please try to register as early
as possible to avoid disappointment.

SORRY, THAT COURSE IS FULL...

Many of our most popular classes fill up quickly.
Please register early to avoid disappointment.
Ask to be added to the waitlist free of charge.

CHANGE OF PLANS?

If you need to withdraw from a program
because your plans change, please call
250-756-5200 at least 72 hours prior to the
course start date for a full refund.



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Fall & Winter EVENTS

FAMILY FISHING CHALLENGE

October 19-26

Get outside and go fishing! Join our Fishing for Fun programs 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. There will be a fish release on Friday, October 24, 12 noon at Colliery Dam Park.

WINTER WONDERLAND

December 24, 26-31

Frank Crane Arena

Join us for our annual "West Coast Winter Wonderland"! This multi-day event offers free skating thanks to the generous support of local businesses and community organizations. See our website in December for session times and sponsors.

ACTIVATE 2026

January 1

Beban Park

Bring in the new year with swimming, skating and more.
See our website in December for all the details.

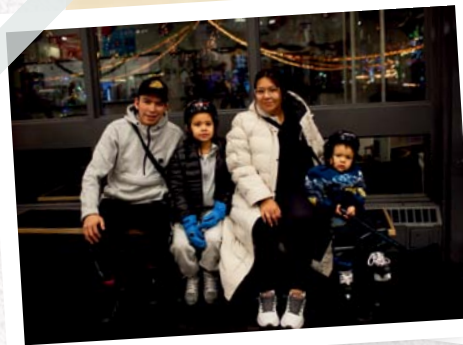
BIRD COUNT

January 3

Oliver Woods Community Centre

Join the Nanaimo Area Land Trust and Nanaimo Parks, Recreation and Culture for a fun, family-friendly birdwatching event.

Spot and identify local birds, enjoy a warm drink and make a pine cone feeder to take home. This event is free!



FAMILY DAY

February 16

We will have a variety of free events for all ages from open gym time, swimming, skating, arts, crafts and more - all taking place at Oliver Woods Community Centre, Nanaimo Aquatic Centre and Frank Crane Arena.
See our web page in the new year for more details.

LUMINOUS PATHS

Coming this Winter

Maffeo Sutton Park

This free winter art festival is a celebration of light, art and community featuring a variety of temporary light-based public art pieces.
See our website in the new year for details.

WATER TO EARTH MONTH

March 22 to April 22

Activities and events to celebrate both World Water Day and Earth Day! This is a partnership between the City of Nanaimo and Regional District of Nanaimo.
Go to getinvolved.rdn.ca/team-watersmart for event details this spring.

See page 5 for more Fall and Winter special events.