

City of Nanaimo, Parks & Recreation

ACTIVITY GUIDE

August 2017 to March 2018



Take a
MOMENT
to MOVE

www.nanaimo.ca • ireg.nanaimo.ca

250-756-5200

Registration starts Wednesday, August 23.



CITY OF NANAIMO
THE HARBOUR CITY



PARKS AND RECREATION



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Global Citizenship



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MOMENT
to MOVE

Advertising Disclaimer

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

The Nanaimo Parks & Recreation Activity Guide is produced twice a year by the City of Nanaimo (March & September). The guide is available online (www.nanaimo.ca). Interested in advertising?

Contact parksandrec@nanaimo.ca or 250-755-7510.

Some photography inside guide was supplied by Rachel Kirk Photography, Greg Howard Photography, Landon Sveinson Photography & Vivid Photography.

Cover photo by Rachel Kirk.

Photo of Zumba participants at Oliver Woods Community Centre.



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Welcome to Parks and Recreation!

The City of Nanaimo is pleased to bring you the new Fall and Winter Activity Guide. At Parks and Recreation, we love helping you stay or become active through the variety of programs and community events. We work hard to bring you the best programs in sports, arts and crafts, cooking, dancing, fitness, language, music, wellness and so much more. It is our goal to help you get moving and to be active which are essential components to leading a healthy lifestyle. This season, we hope you will "Take a Moment and Move" and discover all the amazing things our City has for you to participate in!



Stay Up-to-Date with Parks & Recreation

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

Advertise in the Activity Guide!

Did you know?

- There are 20,000 copies of the Activity Guide printed 2 times a year (August to March and March to August).
- The entire Activity Guide is posted online using "Turn Page" technology on the City of Nanaimo's website (www.nanaimo.ca).
- The Activity Guide is a publication for ALL AGES.
- The Activity Guide is a great community tool! It includes swimming and skating schedules, recreational programs and community resource information.
- Parks and Recreation clients tend to keep the Activity Guide in their homes and use it as a community resource.

For more information:

- www.nanaimo.ca
- parksandrecreation@nanaimo.ca
- 250-755-7510



Fall & Winter Special Events

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

September

- 5 (Tue) **Welcome Back "Glow in the Dark" Skate**
6:30-8 pm at Frank Crane Arena
- 16 (Sat) **Starlight Skate**
7-9 pm at Nanaimo Ice Centre
- 17 (Sun) **Terry Fox Run**
10 am start at Bowen Park
- 24 (Sun) **Nanaimo Rivers Day**
see page 73 for details

October

- 3 (Tue) **Glow in the Dark Skate**
6:30-8 pm at Frank Crane Arena
- 5 (Thu) **ParticiPACTION 150 Event**
Maffeo Sutton Park
- 21 (Sat) **Halloween Dive-In Movie**
3-5 pm at Nanaimo Aquatic Centre
- 21 (Sat) **Starlight Skate**
7-9 pm at Nanaimo Ice Centre
- 27 (Fri) **Halloween Howl**
4-7 pm at Beban Pool



Finale New Year's Eve Party

November

- 7 (Tue) **Glow in the Dark Skate**
6:30-8 pm at Frank Crane Arena
- 18 (Sat) **Star Wars Dive-In Movie/Games**
3-5 pm at Nanaimo Aquatic Centre
- 18 (Sat) **Starlight Skate**
7-9 pm at Nanaimo Ice Centre

December

- 5 (Tue) **Glow in the Dark Skate**
6:30-8 pm at Frank Crane Arena
- 16 (Sat) **Starlight Skate**
7-9 pm at Nanaimo Ice Centre
- 20 (Wed) **Skate with Santa**
6:30-8 pm at Frank Crane Arena
- 21 (Thu) **Skate with Santa**
6:15-7:45 pm at Nanaimo Ice Centre
- 23 (Sat) **Dunk with Santa**
3-5 pm at Nanaimo Aquatic Centre
- 26-30 (Tu-Sa) **Winter Wonderland**
see page 11 for details
- 31 (Sun) **Finale Family New Year's Eve Party**
5-10 pm at Beban Park

January

- 2 (Tue) **Glow in the Dark Skate**
6:30-8 pm at Frank Crane Arena
- 14 (Sun) **Super Hero Fun**
1:30-3:30 pm at Beban Pool
- 20 (Sat) **Starlight Skate**
7-9 pm at Nanaimo Ice Centre

February

- 6 (Tue) **Glow in the Dark Skate**
6:30-8 pm at Frank Crane Arena
- 11 (Sun) **Extended Gym Pals**
10 am-2 pm at Oliver Woods
- 12 (Mon) **"A Bug's Life" Dive-In Movie**
1-3 pm at Nanaimo Aquatic Centre
- 24 (Sat) **Starlight Skate**
7-9 pm at Nanaimo Ice Centre

March

- 6 (Tue) **Glow in the Dark Skate**
6:30-8 pm at Frank Crane Arena
- 17 (Sat) **Ryan Vending St. Patrick's Day Toonie Skate**
1:15-2:45 pm at Frank Crane Arena
- 22/29 (Thu) **Peculiarly Thrilling Thursday**
1-3 pm at Nanaimo Aquatic Centre
- 24 (Sat) **Starlight Skate**
7-9 pm at Nanaimo Ice Centre

See page 4 for some FREE or low cost swims and skates happening during the Fall & Winter season.



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LOW Cost or NO Cost Recreation

At Parks & Recreation, we understand how recreation experiences 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 Economy Cards (10 admission at once) and save 20 percent over regular admission. Want to save more? Consider purchasing our RecPass. See page 54.
- Beban Pool and Weight Room admission is only \$3 on Mondays and Wednesdays, 6:30-8:30 pm.
- \$3 admission to Nanaimo Aquatic Centre daily from 9-10 pm
- Lion's **FREE** Skates are held every Sunday from 12-1:30 pm at Frank Crane Arena. See page 95.
- Coast Capital Savings sponsor **FREE** swims at Beban Pool on the following Fridays from 7-9 pm:
 -September 15 -December 29
 -October 13 -January 26
 -November 24 -February 23
- Coast Capital Savings sponsor **FREE** skates at Nanaimo Ice Centre on the following Fridays from 3:45-5:15 pm:
 -September 22 -December 22 (Skate with Santa)
 -October 20 -January 19
 -November 17 -February 23
- "Winter Wonderland" at Frank Crane Arena from Tuesday, December 26 to Saturday, December 30 where skating sessions are only a loonie and skate rentals are **FREE**! See page 11.
- "St. Patrick's Everyone Welcome Toonie Skate" sponsored by Ryan Vending. Takes place on Saturday, March 17, 1:15-2:45 pm at Frank Crane Arena.



LOW COST RECREATION

- Youth, aged 12 to 17, are invited to our **FREE** Spare Blox program where youth can participate in gymnasium activities and more. New this season is our Spare Blox Arenas that takes place at Nanaimo Ice Centre before school. See page 39.
- Youth Lounge at Nanaimo Aquatic Centre is for ages 13 to 17 and is **FREE**. See page 39.
- Our "Grade 5 Active Pass" gives children born in 2007 **FREE** admission to swimming, skating and more from October 2017 to August 2018. We also have a "Grade 6 Pass", too! See page 35.
- From September to December 2017, celebrate Canada's 150th birthday with our promotional "Canada 150 Group Fitness Pass. This pass allows you to try a variety of classes at the same price as registering for one program. Get one month for \$52 or 4 months for only \$150! See page 57 for details.
- \$5 "Weight Room Orientations". A great investment to ensure you understand how to get the best out of your workout. See page 55 for dates.
- Attend our **FREE** "Discover Ballroom & Latin Dance" evening to learn how much fun this form of exercise can be. See page 51.
- Teens are invited to attend the **FREE** "Stop Worrying About Stress and Anxiety" - a fun, group course that teaches ways to deal with stress. Held at Nanaimo Aquatic Centre. See page 38.





High School Education in a University Setting

Why choose The High School at Vancouver Island University?

- A British Columbia curriculum enhanced with intercultural perspectives
- Flexibility of learning on a university campus
- Access to university courses in grade 12
- 1 to 1 Chromebook environment
- Small class sizes and personalized attention
- Family boarding for students from outside the Greater Nanaimo area

**Now accepting applications
for grades 10, 11 and 12.**

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Angelika

The High School at VIU, Grad 2017
Entering Bachelor of Business Administration

Contact:

high.school@viu.ca

250.740.6315



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**VANCOUVER ISLAND
UNIVERSITY**

THE HIGH SCHOOL

Public Swim Program Highlights

PLEASE LET POOL STAFF KNOW OF ANY MEDICAL CONDITIONS.

BEBAN POOL

Everyone Welcome: Enjoy this session for a swim, sauna, a soak in the hot tub, to relax in the steam room or to swim lengths.

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

Adult/Senior Swim (19+): Energize your body and social life when you participate in this modified cardio workout. Lap swimming is also available. Join us for an aquafit class.

NANAIMO AQUATIC CENTRE

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

50-Metre Swims: Our main tank is set up for 50-metre swimming on select days throughout the year. Please check schedule on page 8.

Wave Pool: Catch the waves! Check our schedule on page 8. Please note that waves are turned off for swimming lessons.

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.

Water Polo: Join us for this high-energy game! Held Sundays, 8-9 pm from October 1 to March 11 with sessions cancelled on October 29, December 24 and December 31.

AQUAFIT

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

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

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

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.

Core Strength Aquafit: Lower back pain? Try this low impact class to reduce pain and injury by improving posture, balance and core stability. Open to all levels of ability. It's a great way to get your day started!

Diaper Fit: Enjoy a 30-minute aquatic cardio workout with your baby in a float seat followed by 15 to 30 minutes of instructor-led play. Baby must be able to hold his or her head up and be willing to sit in the float seat for 30 minutes.



Public Admissions

SWIM, SKATE, WEIGHT ROOMS & GYM

General Admissions:

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

Economy Card (10 admissions):

Child - 12 yrs & under	\$30.00
Student - 13 to 18 yrs	\$42.00
Adult	\$56.00
Senior - 60+ yrs	\$42.00

3 Month RecPass:

Child	\$101.25
Student/Senior	\$141.75
Adult	\$189.00
Family	\$378.00

6 Month RecPass:

Child	\$180.00
Student/Senior	\$252.00
Adult	\$336.00
Family	\$672.00

12 Month RecPass:

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

Arena Skate Rentals:

Child/Student/Senior	\$3.00
Adult	\$3.75
Family Skate Rental	\$7.00
Helmets	\$0.50
Skate Sharpening	\$5.50
Skate Sharpening (10 Pack)	\$44.00

Shower:	\$3.75
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All prices include tax and subject to change.

CORPORATE RECPASSES AVAILABLE.

See page 54 for details.

Nanaimo Aquatic Centre & Beban Park Weight Rooms

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

Nanaimo Aquatic Centre Weight Room - STARTING SEPTEMBER 25, 2017

	SUN	MON	TUE	WED	THU	FRI	SAT
Facility Hours	7:30 am-10 pm	6 am-10 pm	6 am-10 pm	6 am-10 pm	6 am-10 pm	6 am-10 pm	7:30 am-10 pm
\$5 Weight Room Orientation <i>(Please pre-register using barcodes from page 55.)</i>		3:30-5 pm			6-7:30 pm		12:30-2 pm
Specialty Fitness			10:30-11:30 am		10:30-11:30 am		
SEP 18-24 SCHEDULE <i>(Weight Room & Washroom only. No child minding available.)</i>	8:30 am- 7 pm (Sep 18-24)	8:30 am- 7 pm (Sep 18-24)	8:30 am- 7 pm (Sep 18-24)	8:30 am- 7 pm (Sep 18-24)	8:30 am- 7 pm (Sep 18-24)	8:30 am- 7 pm (Sep 18-24)	8:30 am- 7 pm (Sep 18-24)

Schedule subject to change. See page 8 for specific stat holiday closures; NAC Weight Room is closed for annual maintenance from Tuesday, September 5 to Sunday, September 17 (re-opening on September 18 on a modified schedule).

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 250-756-5211.

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. See page 61 for orientation dates and times.

Youth in the Weight Room: Our weight rooms are available for use by persons 16 years and older. Teens (13-15) must complete a weight room 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.



Beban Weight Room - STARTING SEPTEMBER 5, 2017

	SUN	MON	TUE	WED	THU	FRI	SAT
Facility Hours	9:30 am-7 pm	6 am-8:30 pm	6 am-7 pm	6 am-8:30 pm	6 am-7 pm	6 am-7 pm	9:30 am-7 pm
Facility Hours (Sep 5-17)	7:30 am-7 pm	6 am-9 pm	6 am-9 pm	6 am-9 pm	6 am-9 pm	6 am-9 pm	8:30 am-9 pm
\$5 Weight Room Orientation <i>(Please pre-register using barcodes from page 55.)</i>				6-7:30 pm	9-10:30 am		

Schedule is subject to change. The Beban Weight Room is closed on all statutory holidays and closed for annual maintenance until Tuesday, September 5.



SEE PAGE 6 FOR ADMISSION RATES.

FOR UP-TO-DATE SCHEDULE TIMES,
VISIT WWW.NANAIMO.CA

WE HAVE A VARIETY OF EQUIPMENT
FOR SPECIAL NEEDS CLIENTS AT
NANAIMO AQUATIC CENTRE! 

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



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Aquatic Centre Fall/Winter Schedule (741 THIRD ST) SEP 25, 2017-MAR 18, 2018

PROGRAM	SUN	MON	TUE	WED	THU	FRI	SAT
Everyone Welcome	7:30 am-10 pm	6 am-10 pm, Monday to Friday					7:30 am-10 pm
50 M Lengths <i>Lane swimming</i>	7:30-9:45 am		6-10 am		6-10 am		7:30-9 am
25 M Lengths <i>Lane swimming</i>	10:15 am-10 pm	6-9 am 9:30 am-3 pm 3:30-10 pm	10:30 am-10 pm	6-9 am 9:30 am-3 pm 3:30-10 pm	10:30 am-10 pm	6 am-10 pm	9:30 am-10 pm
Waves <i>(May need to turn off periodically throughout the day)</i>	12-10 pm	Waves on intermittently 11 am-3:30 pm & 6:30-10 pm and during programs in the Wave Pool.					12-10 pm
Slides	1:30-9:30 pm	3:30-9:30 pm, Monday to Friday					1:30-9:30 pm
Drop-In Water Polo <i>(Starts Oct 1)</i>	8-9 pm	No water polo on Oct 29, Dec 24 & Dec 31					
\$3 Rate	9-10 pm daily						
AQUAFIT	SUN	MON	TUE	WED	THU	FRI	SAT
Core Strength Aquafit <i>(1 hr)</i>	9-10 am	7-8 am		7-8 am		7-8 am	
Therapy Aquafit <i>(1 hr)</i>		8:30-9:30 am	8:30-9:30 am	8:30-9:30 am	8:30-9:30 am	8:30-9:30 am	
Shallow Water Aquafit <i>(45 min)</i>		9:30-10:15 am	7-7:45 pm	9:30-10:15 am	7-7:45 pm	9:30-10:15 am	9:30-10:15 am
Deep Water Aquafit <i>(45 min)</i>		10:30-11:15 am	11:30am-12:15pm 8-8:45 pm	10:30-11:15 am	11:30am-12:15pm 8-8:45 pm	10:30-11:15 am	10:30-11:15 am

PLEASE NOTE: *Schedule is subject to change. For up-to-date schedules, visit www.nanaimo.ca*

- Lane(s) available at all times.
- Please inform staff of any medical conditions.
- All children 6 years and under must be accompanied in the water by a parent or guardian no less than 16 years of age.
- Ratio for children who are 6 years of age and under is 1 adult to 3 children.
- 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.
- Slides and/or diving boards may need to be closed periodically throughout the day. Please ask a lifeguard for schedule information.
- Waves may be turned on outside of the scheduled hours or for specialized swims scheduled in the wave pool.

PLEASE HELP US AVOID UNNECESSARY POOL CLOSURES

Children who are not potty trained are required to wear a swim diaper that can be purchased from the pool cashier. Please encourage children to use the washroom prior to swimming in order to avoid potential pool closures. All patrons must shower prior to entering the pool water.

STAT HOLIDAY SWIM HOURS: 12-4 pm (Nanaimo Aquatic Centre open)

- Mon, Oct 9 (Thanksgiving) • Sat, Nov 11 (Remembrance Day) • Tue, Dec 26 (Boxing Day)
- Mon, Jan 1 (New Year's Day) • Mon, Feb 12, 12-6 pm (Family Day)

POOL CLOSED: • Sun, Dec 24 (Christmas Eve closed at 4 pm) • Mon, Dec 25 (Christmas)

SWIM MEETS: • Oct 22 • Oct 28 & 29 • Nov 3-5 • Nov 26 • Dec 15 & 17 (limited length swimming available; check our online schedule).

SEE PAGE 6 FOR PROGRAM HIGHLIGHTS AND ADMISSION RATES.



POOL CLOSURE

Please note that Nanaimo Aquatic Centre is closed for annual maintenance from
Tuesday, September 5 to Sunday, September 24, 2017

(re-opening on Monday, September 25).

Beban Pool Fall/Winter Schedule (2300 BOWEN ROAD) SEP 25, 2017-MAR 17, 2018

PROGRAM	SUN	MON	TUE	WED	THU	FRI	SAT
Everyone Welcome	9:30 am-4 pm	6:15 am-1:30 pm 7-8:30 pm	6:15 am-1:30 pm	6:15 am-1:30 pm 7-8:30 pm	6:15-1:30 pm	6:15-9:15 am 10:30 am-1:30 pm	9:30 am-7 pm
Adult/Senior Swim (19+) <i>Leisure; lengths</i>		1:30-3 pm					
Leisure Only <i>Leisure pool and slide open; no lengths</i>	4-7 pm	3-7 pm					
AQUAFIT	SUN	MON	TUE	WED	THU	FRI	SAT
Shallow Water Aquafit	12:30-1:15 pm	7:15-8 pm	10:45-11:30 am 2-2:45 pm	7:15-8 pm	10:45-11:30 am 2-2:45 pm		
Therapy Aquafit		1:30-2:30 pm		1:30-2:30 pm		1:30-2:30 pm	
Deep Water				10:45-11:30 am			
Diaper Fit		10:45-11:45 am					
DROP-IN SWIMMING LESSONS <i>(see page 86)</i>	SUN	MON	TUE	WED	THU	FRI	SAT
Red Cross Adult Level 1	11-11:30 am (Oct 1-Dec 3 & Jan 7-Mar 11)						
Red Cross Adult Level 2	11:30 am-12 pm (Oct 1-Dec 3 & Jan 7-Mar 11)						



PLEASE NOTE: *Schedule is subject to change. For up-to-date schedules, visit www.nanaimo.ca*

- Please inform staff of any medical conditions.
- All children 6 years and under must be accompanied in the water by a responsible person no less than 16 years of age.
- Ratio for children who are 6 years of age and under is 1 adult to 3 children.

POOL FOULINGS: Help us prevent unnecessary pool closures. Children who are not potty trained are required to wear a swim diaper that can be purchased from the pool cashier. All patrons must shower prior to entering the pool water.

HOLIDAY SWIMS: *Beban Pool CLOSED on all statutory holidays.*

NEW! MONEY SAVER! \$3 admission on Mondays and Wednesdays, 6:30-8:30 pm!



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Arena Schedule SUN, SEP 10 TO SAT, DEC 23, 2017 & TUE, JAN 2 TO SAT, MAR 31, 2018

(All Hockey Scrub & Stick 'n Puck sessions start on Tuesday, September 5)

Schedule is subject to change. Please check www.nanaimo.ca to confirm. Please see page 6 for admission rates.

PROGRAM	SUN	MON	TUE	WED	THU	FRI	SAT
Everyone Welcome	12-1:30 pm Lions FREE Skate at FCA 4-6 pm NIC2		6:30-8 pm FCA		6:15-7:45 pm NIC2	3:45-5:15 pm NIC2	1:15-2:45 pm FCA 7-9 pm NIC2
Parent & Tot Skate Children 6 years & under & adult; see admission rates below.		10-11:30 am FCA		12:30-2 pm FCA	10-11:15 am NIC1	Swimming & Skating up-to-date public schedules: www.nanaimo.ca	
Family Skate Children must be accompanied by an adult onto the ice during session.	10:45-11:45 am FCA			6:30-8 pm FCA			
Adult Leisure Skates (19+)	Ask us about possible sponsorship opportunities for any of our public skating sessions!	10-11:30 am NIC2	10-11:30 am FCA Seniors only	10-11:30 am NIC2	10-11:30 am FCA		
Adult Scrub Hockey (18+)		11:45 am-1:15 pm NIC2		11:45 am-1:15 pm NIC2		11:45 am-1:15 pm NIC2	
Senior & 70+ Scrub Hockey		8-9:15 am NIC2 Seniors	10-11:15 am NIC1 70+	8-9:15 am NIC2 Seniors		8-9:15 am NIC2 Seniors 10:45 am-12 pm 70+ NIC1	
Stick 'n' Puck Children under 8 are to be accompanied onto the ice by an adult.	2:45-3:45 pm NIC2		11:45 am-1:15 pm NIC1	1:45-3:15 pm McN		3:15-4:15 pm McN	
Adult Scrimmage Hockey Registered Program: See page 100.	Helmet mandatory		9:45-11:15 pm FCA (co-ed)			9:45-11:15 pm McN (co-ed)	

• FCA - Frank Crane Arena (2300 Bowen Road)

• McN - Cliff McNabb Arena (2300 Bowen Road)

• NIC 1&2 - Nanaimo Ice Centre (750 Third Street)

Arena Program Highlights (see pages 90-101 for courses & lessons)

Everyone Welcome

Designed for skaters of all ages and abilities. Join us on a clean sheet of ice for laps only skating throughout the week. These sessions provide an excellent opportunity for all members of the community to get active! Helmets are strongly recommended for all participants.

Look for our "Game Zone" for fun hockey at all Everyone Welcome sessions except Lions Skate, Glow in the Dark and Starlight Skates.



FREE LIONS SKATE:

Sundays, 12-1:30 pm at Frank Crane Arena starting Sep 17 (includes admission, skate and helmet rentals)

Family Skate

A great session for the whole family. During this session, there will be an area set up with toys, as well as our regular laps skating area providing opportunities for all levels and ages of skaters. All children and teens must be accompanied on the ice by an adult. Helmets are strongly recommended for all participants.

Adult Leisure Skate

For skaters 19+ (60+ for Tuesday's Senior Leisure Skate). This is a great addition to your fitness routine. Enjoy skating laps or practicing your skills in the designated areas. Coffee will be served during the session. Helmets are strongly recommended for all participants.

Parent & Tot Skate (children 6 yrs & under)

This is an excellent opportunity to introduce children to the ice or to work on skills learned in our RecSkate lessons. Parents and tots can come on the ice in their shoes or skates. Toys and hockey equipment will be out for everyone to enjoy. Helmets are free and mandatory for tots. Parents must accompany children on the ice.

FREE SKATES

Courtesy of Coast Capital Savings



**HELD ON SELECT FRIDAYS
AT NANAIMO ICE CENTRE,
3:45-5:15 PM**

Public Skate Changes

• Mon, Oct 9 & Feb 12

Parent & Tot, Adult Leisure, Sr. Scrub, Adult Scrub cancelled

Note: Special schedule for Family Day

• Sat, Oct 21

Everyone Welcome cancelled at NIC

• Tue, Oct 31

Everyone Welcome cancelled at NIC

• Sat, Nov 11

All sessions cancelled

Holiday Everyone Welcome, 1:15-2:45 at FCA

• Fri, Feb 16

Everyone Welcome at NIC cancelled

• Sat, Feb 17

Everyone Welcome at NIC cancelled

• Wed, Oct 25, Nov 8 & 29, Jan 31, Feb 21

Family Skates cancelled for Clipper Games

• Sun, Oct 22, Dec 3, Jan 14, Feb 18

Family Skate at FCA cancelled; join us for the

Lions Free Skate from 10:45 am-12:30 pm at FCA

Parent & Tot Skating Admission

(during "Parent & Tot" sessions only)

Parent & Tot	\$5.00
Extra Parent	\$2.50
Extra Child	\$1.50
Parent & Tot Rental Adult	\$2.50
Parent & Tot Rental Child	\$1.50

2017-2018 Specialty & Holiday Skates

Fall "Welcome Back" Skates

Senior Leisure

• Tue, Sep 5 • 10-11:30 pm • FCA

Glow in the Dark Everyone Welcome

• Tue, Sep 5 • 6:30-8 pm • FCA

Parent & Tot

• Wed, Sep 6 • 12:30-2 pm • FCA

Family

• Wed, Sep 6 • 6:30-8 pm • FCA

Adult Leisure

• Thu, Sep 7 • 10-11:30 am • FCA

Everyone Welcome

• Thu, Sep 7 • 6:15-7:45 pm • NIC2

• Sat, Sep 9 • 1:15-2:45 pm • FCA

Everyone Welcome Toonie Skate (sponsored by Ryan Vending)

• Fri, Sep 8 • 3:45-5:15 pm • NIC2



Family

• Sun, Sep 10 • 10:45 am-12:15 pm • FCA

Pro-D Day Skates

• Fri, Oct 6 • 3:45-5:15 pm • NIC2

• Fri, Oct 20 • 3:45-5:15 pm • NIC2

• Mon, Feb 19 • 1:30-3 pm • NIC2

• Tue, Feb 20 • 12:30-2 pm • NIC2

Holiday and Special Event Skates

Thanksgiving Day - Mon, Oct 9

• Everyone Welcome • 1-3 pm • FCA

Remembrance Day - Sat, Nov 11

• Everyone Welcome • 1:15-2:45 pm • FCA

Skates with Santa

• Wed, Dec 20 • 6:30-8 pm • FCA

• Thu, Dec 21 • 6:15-7:45 pm • NIC

• Fri, Dec 22 • 3:45-5:15 pm • NIC*

(*FREE session sponsored by Coast Capital Savings)



Family Day - Mon, Feb 12

• Everyone Welcome • 12-1:30 pm • NIC

• Family Stick 'n' Puck • 12:15-1:15 pm • NIC

• Parent & Tot • 1:30-2:30 pm • NIC

• Everyone Welcome • 1:45-3:15 pm • NIC

• Family Stick 'n' Puck • 2:45-3:45 pm • NIC

St. Patrick's Day Everyone Welcome Toonie Skate (sponsored by Ryan Vending)

• Sat, Mar 17 • 1:15-2:45 pm • FCA



Christmas Holiday Schedule

* All regular drop-in sessions to December 23.

Wed, Dec 20

• Skate with Santa • 6:30-8 pm • FCA

Thu, Dec 21

• Skate with Santa • 6:15-7:45 pm • NIC2

Fri, Dec 22

• FREE Skate with Santa • 3:45-5:15 pm • NIC2

(sponsored by Coast Capital Savings)



Sun, Dec 24

• Everyone Welcome • 1-3 pm • NIC1

Tue, Dec 26 (Boxing Day)

• Winter Wonderland • 11:45 am-3 pm • FCA

Wed, Dec 27

• Sr. Scrub • 8-9:15 am • NIC2

• Holiday Parent & Tot • 10-11:30 am • FCA (8 yrs & under)

• Adult Scrub • 11:45-1:15 pm • NIC2

• Winter Wonderland • 11:45 am-4:45 pm • FCA

• Winter Wonderland • 7:45-9:30 pm • FCA

Thu, Dec 28

• Family Skate • 10-11:30 am • FCA

• Winter Wonderland • 11:45 am-4:45 pm • FCA

• Winter Wonderland • 7:45-9:30 pm • FCA

Fri, Dec 29

• Sr. Scrub • 8-9:15 am • McN

• Holiday Parent/Tot • 10-11:30 am • FCA (age 8 & under)

• 70+ Scrub • 10-11:15 am • McN

• Adult Scrub • 11:45 am-1:15 pm • McN

• Stick 'n' Puck • 3:15-4:15 pm • McN

• Winter Wonderland • 11:45 am-4:45 pm • FCA

• Winter Wonderland • 7:45-9:30 pm • FCA

Sat, Dec 30

• Family Skate • 10-11:30 am • FCA

• Stick 'n' Puck • 10:15-11:15 am • McN

• Winter Wonderland • 11:45 am-4:45 pm • FCA

• Winter Wonderland • 7:45-9:30 pm • FCA

Sun, Dec 31

• Stick 'n' Puck • 10:45-11:45 am • FCA

• Everyone Welcome • 12-2 pm • FCA

• Finale • 5-10 pm • FCA

Mon, Jan 1

• Everyone Welcome • 12-2 pm • FCA

Tue, Jan 2

See main schedule on page 10 for all times with the following changes:

• Wed, Jan 3 - Adult Scrub cancelled

• Thu, Jan 4 - Parent & Tot cancelled

• Thu, Jan 4 - Everyone Welcome cancelled

• Fri, Jan 5 - 70+ cancelled

WINTER WONDERLAND

Come to our annual "Winter Wonderland"!

This year, the arena will be transformed into a

FANTASY THEME!

This is a "loonie" skate session with all skate and helmet rentals free. Drop in during any of our public times or RENT the ice privately for your friends, family or co-workers.

Everyone is welcome!



Tue, Dec 26

11:45 am - 3 pm

Wed, Dec 27

11:45 am - 4:45 pm

7:45 - 9:30 pm

Thu, Dec 28

11:45 am - 4:45 pm

7:45 - 9:30 pm

Fri, Dec 29

11:45 am - 4:45 pm

7:45 - 9:30 pm

Sat, Dec 30

11:45 am - 4:45 pm

7:45 - 9:30 pm

There are great sponsorship opportunities for businesses or individuals for skating sessions and our Pancake Breakfast. Phone 250-756-5214 for details.



cityofnanaimo



nanaimoparksandrec (#ilovemyparksandrec)

Oliver Woods Gymnasium Drop-In Schedule (6000 OLIVER RD) SEP 5-APR 1

PROGRAMS	SUN	MON	TUE	WED	THU	FRI	SAT
Badminton 16+ Gym attendant on duty.	7-9 pm		Intermediate 9-1:30 am		Intermediate 9-1:30 am		
Basketball 16+ Gym attendant on duty.				8:30-10:30 pm			
Dodge Ball 16+ Gym attendant on duty.		9:30-10:30 pm					
Floor Hockey 16+ First two goalies play for free. Equipment provided. Personal equipment must be approved by attendant on duty.						6:30-8:30 pm	
Futsal 16+ Gym attendant on duty. Similar to indoor soccer with a low bounce ball and is played 5 players/side with 10 players on the floor.						8:30-10:30 pm	
Pickleball 16+ Tennis-like game played on a badminton court using a perforated, slow moving ball and paddle.		8:45-11 am (Gym1) 11:15 am-1:45 pm (Gym1)			11:45 am- 2:45 pm (Gym 1 & 2)		
Volleyball 16+ Gym attendant on duty. All abilities welcome. Come out and enjoy the fun!		8:15-10:30 pm					
Everyone Welcome Gym All ages welcome! Great time to organize a lunch time activity or sport. (Racquet sports not available.)			12-1:30 pm				
Family Sport All ages welcome!	1:30-3:30 pm						
Youth & Adult 13+ Drop in time to play multiple sports (racquet sports not included). Children under 13 years must be accompanied by an adult.		3:15-4 pm		7:30-8:30 pm			

GENERAL INFORMATION FOR DROP-IN SPORTS PROGRAMS

- Please sign in and pay prior to entering gym.
- No food/drink allowed in gyms.
- Only non-marking gym shoes allowed.
- Participants must be present at time of admission purchase.
- Space is limited; we operate on a first-come, first-served basis.

FACILITY CLOSURES/SCHEDULE CHANGES

- Facility closed on all statutory holidays.
- Gyms closed for re-surfacing from Dec 17-30.
- Tournament Sep 29-Oct 1 (programs may be cancelled).
- Check our online schedule for changes during Pro-D Days, Spring Break, events and other holidays.

DROP IN SPORT PROGRAMS:

Parks & Recreation is committed to offering recreational drop-in programs to 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
- play together regardless of skill level (beginner to advanced welcome)

What 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.

PRESCHOOL PROGRAMS	SUN	MON	TUE	WED	THU	FRI	SAT
Gym Pals 1-4 yrs Through climbing, riding, jumping and playing, this is a time for parents and tots to explore and develop motor skills. Drop in \$5/sibling \$1. Parent participation required.	11 am-1 pm (cancelled on Oct 1)					10:30 am-12:30 pm	
Tumble Bumble 2-4 yrs A fun, active time for tots to explore climbing. Games, sing-a-longs and other activities that develop motor skills and social interaction are also included. Parents are asked to participate in this semi-structured program. See page 14.		3:30-4:30 pm					
PJs & Play 1-4 yrs Bring mom & dad and make a craft, play parachute games, sing and dance. See page 14.			6-6:45 pm				



MS OFFICE TRAINING



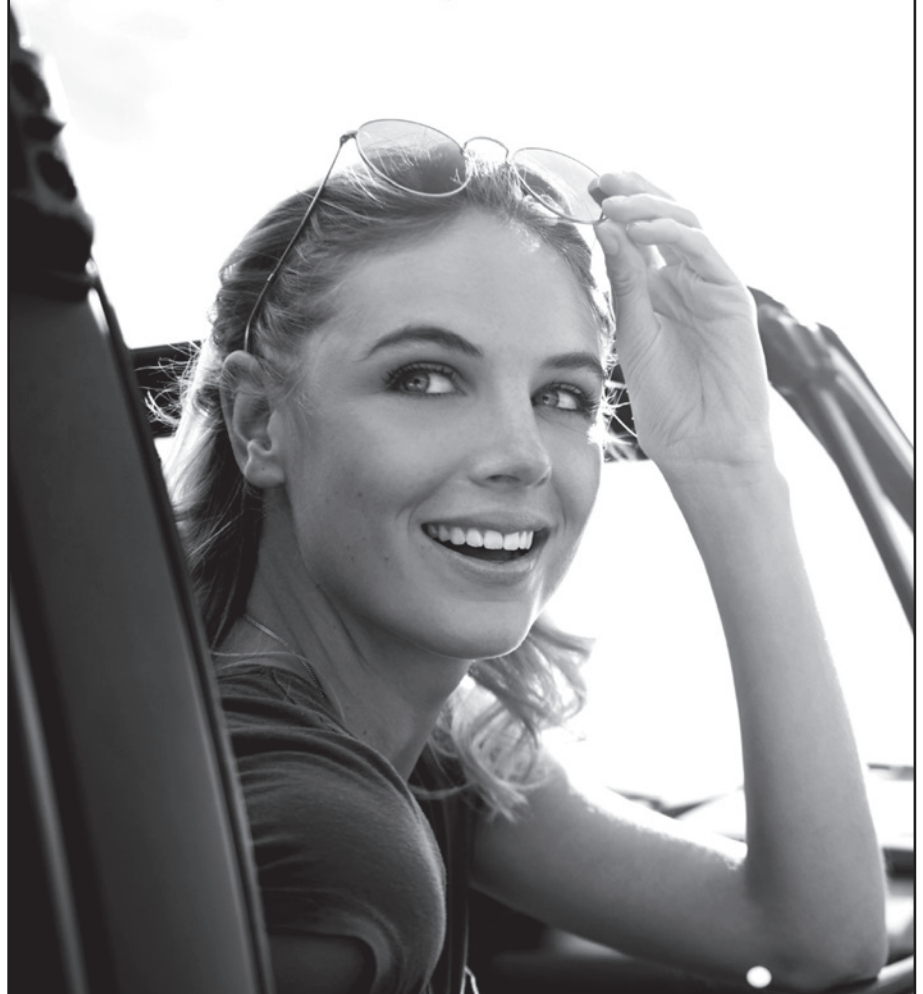
- Professional Master Instructor
- Curriculum tailored to your needs
- At your workplace
- Vancouver Island coverage
- Your equipment or laptops can be provided
- Reasonable rates for small groups (4+)

FOR MORE INFORMATION:

Call Janet Epps at
250.385.5260
janetepps@shaw.ca

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Early Years & Children's Activities

Early Years - Ages 6 Months to 5/6 Years

Children - 5/6 Years +



Playing in the leaves at Bowen Park is a great way to move!

Mother Goose

This program allows children to experience the pleasure and benefits of using rhymes, songs and stories in their daily activities. Join our specialized teachers for a morning of fun.

Birth to 12 Months

Thu, Sep 14-Nov 2	9:30-10:30 am	Free/8	158722
Thu, Jan 25-Mar 15	9:30-10:30 am	Free/8	158733

Harewood Activity Centre (195 Fourth St)

Birth to 12 Months

Wed, Sep 20-Nov 8	9:30-10:30 am	Free/8	158729
Wed, Jan 17-Feb 21	9:30-10:30 am	Free/6	158723

Oliver Woods Community Centre

PJs & Play

1 to 4 Years

Bring mom and dad and make a craft, play parachute games, sing and dance. Shake out those sillies before bedtime!

Tue, Sep 12-Oct 17	6-6:45 pm	\$30/6	152984
Tue, Oct 24-Nov 28	6-6:45 pm	\$30/6	152990
Tue, Jan 9-Feb 13	6-6:45 pm	\$30/6	152991
Tue, Feb 20-Mar 27	6-6:45 pm	\$30/6	152992

Oliver Woods Community Centre

Jumpin' Jellyfish NEW!

18 Months to 3 Years

A class to get your child moving and jumping with crafts, songs, free play, circle time and games.

Mon, Oct 2-Nov 6	9:30-11 am	\$49/5	158734
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Nanaimo Aquatic Centre

Sparkly Starfish NEW!

18 Months to 3 Years

Get your child burning off some energy with music, crafts, free play and fun games.

Wed, Oct 4-Nov 8	9:30-11 am	\$59/5	158736
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Nanaimo Aquatic Centre

Tumble Bumble

2 to 4 Years

A fun, active opportunity for tots to explore climbing equipment, mats and more. Games, sing-a-longs and other activities that develop motor skills and social interaction are also included. Parents are asked to participate in this semi-structured program.

Mon, Sep 11-Oct 23	3:30-4:30 pm	\$25/6	153004
Mon, Oct 30-Dec 4	3:30-4:30 pm	\$25/6	153005
Mon, Jan 8-Feb 5	3:30-4:30 pm	\$20/5	153011
Mon, Feb 26-Mar 19	3:30-4:30 pm	\$17/4	153012

Oliver Woods Community Centre



www.nanaimoearlyyears.org

Greater Nanaimo Early Years Partnership

Do you have children 6 years old or younger? Check out the Greater Nanaimo Early Years Partnership website for resources and services in the Greater Nanaimo area. Find links to the City of Nanaimo Activity Guide, family special events, programs, parent information and much more.



PLAY & LEARN

Monthly Early Years Programs

for ages 3 to 5

Our monthly "Play & Learn" early years programs, led by experienced and dedicated staff, will teach your child how enjoyable learning can be! Through interactive play, songs, stories, crafts and basic academic prep activities, your child will develop skills that will help prepare them for Kindergarten and for years to come.

Register now for classes from September 2017 to June 2018.

Early Years/Children

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

BEBAN

Busy Bees - Mon AM

9-11 AM • Inst: Julie Miller, ECE

Sep 154803	Feb 154808
Oct 154804	Mar 154809
Nov 154805	Apr 155342
Dec 154806	May 155343
Jan 154807	Jun 155344

BOWEN/KIN HUT

Teddy Bears - M/W AM (Bowen)

9:30-11:30 AM • Inst: Angela Vipond, ECE

Sep 154880	Feb 154885
Oct 154881	Mar 154886
Nov 154882	Apr 155363
Dec 154883	May 155364
Jan 154884	Jun 155365

OLIVER WOODS

Doodle Bugs - T/Th AM

9:30-11:30 AM • Inst: Cindy Cormons

Sep 153014	Feb 153019
Oct 153015	Mar 153020
Nov 153016	Apr 155046
Dec 153017	May 155047
Jan 153018	Jun 155048



Animal Crackers - T/Th AM

9:15-11:15 AM • Inst: Julie Miller, ECE

Sep 154821	Feb 154823
Oct 154813	Mar 154817
Nov 154811	Apr 155347
Dec 154812	May 155345
Jan 154818	Jun 155346

Pollywogs - M/W PM (Bowen)

12-2 PM • Inst: Angela Vipond, ECE

Please note that Pollywogs does include a component of Kinder Prep activities.

Sep 155526	Feb 155531
Oct 155527	Mar 155532
Nov 155528	Apr 155533
Dec 155529	May 155534
Jan 155530	Jun 155535

Kinder Prep - T/Th PM

12-2 PM • Inst: Cindy Cormons

Sep 153028	Feb 153033
Oct 153029	Mar 153034
Nov 153030	Apr 155060
Dec 153031	May 155061
Jan 153032	Jun 155062



Animal Crackers - W/F AM

9:15-11:15 AM • Inst: Julie Miller, ECE

Sep 154820	Feb 154816
Oct 154822	Mar 154815
Nov 154810	Apr 155348
Dec 154819	May 155350
Jan 154814	Jun 155349

Kinder Prep - T/Th AM (Kin Hut)

9:30-11:30 AM • Inst: Angela Vipond, ECE

Sep 154844	Feb 154832
Oct 154845	Mar 154834
Nov 154851	Apr 155357
Dec 154850	May 155358
Jan 154833	Jun 155360

Kinder Prep - M/W AM

9:30-11:30 AM • Inst: Cindy Cormons

Sep 153035	Feb 153048
Oct 153036	Mar 153232
Nov 153037	Apr 155063
Dec 153038	May 155064
Jan 153041	Jun 155065



Kinder Prep - T/Th PM

11:45 AM-1:45 PM • Inst: Julie Miller, ECE

Sep 154843	Feb 154848
Oct 154824	Mar 154835
Nov 154827	Apr 155353
Dec 154825	May 155354
Jan 154831	Jun 155355

Kinder Prep - Fri AM

9:30-11:30 AM • Inst: Cindy Cormons

Sep 153039	Feb 153046
Oct 153042	Mar 153047
Nov 153043	Apr 155066
Dec 153044	May 155067
Jan 153045	Jun 155068

Kinder Prep - W/F PM

11:45 AM-1:45 PM • Inst: Julie Miller, ECE

Sep 154874	Feb 154837
Oct 154847	Mar 154838
Nov 154826	Apr 155356
Dec 154839	May 155361
Jan 154836	Jun 155359

- Each class is \$13.75 so monthly costs vary.
- Ages 3 to 5 for these programs except Kinder Prep.
- Kinder Prep participants must be 3 years, 9 months to start or entering Kindergarten the following year; maximum age is 5 years, 5 months as of December 31, 2017.
- Child MUST be potty trained prior to starting these programs.
- We accept scheduled payments to hold your place.



cityofnanaimo



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Arts & Crafts

Family Clay Art

4+ Years

Create family treasures, and see how you can make handbuilt pieces both functional and ornamental. All clay, firing and glazes are included. At least one parent/adult must register and participate with the child(ren). Cost is per person (*holiday themed session).

Instructor: Maranne Ives

Thu, Sep 14-Oct 5	3:30-5 pm	\$69/4	157847
Thu, Nov 2-23 *	3:30-5 pm	\$69/4	157848
Thu, Feb 8-Mar 1	3:30-5 pm	\$69/4	157849

Bowen Pottery Studio

Mud Pies

3 to 6 Years

Little fingers stay busy playing in clay. Projects include name plates, handprints, animals and simple bowls and plates. Parent participation is required (*holiday themed session).

Instructor: Maranne Ives

Wed, Nov 1-22 *	1-2 pm	\$70/4	157844
Sun, Nov 12-Dec 3 *	10:30-11:30 am	\$70/4	157845
Sun, Jan 14-Feb 4	10:30-11:30 am	\$70/4	157846

Bowen Pottery Studio

Handbuilding for Children

7 to 12 Years

This pottery class is an introduction to both handbuilding and wheel throwing. On the pottery wheel, learn throwing, centering and trimming techniques. Please dress for mess. Cost includes clay, glaze and firing (*holiday themed session).

Instructor: Maranne Ives

Tue, Nov 14-Dec 5 *	3:30-5 pm	\$69/4	157851
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Bowen Pottery Studio

ArtWorks

2 to 3 Years

Join us and play, paint, squeeze and sculpt. Create a different art project and discover the world of art and creativity. Parent participation is required.

Fri, Sep 15-Oct 13	10-10:45 am	\$79/5	152981
Fri, Oct 27-Nov 24	10-10:45 am	\$79/5	153000
Fri, Jan 12-Feb 9	10-10:45 am	\$79/5	153001
Fri, Feb 16-Mar 16	10-10:45 am	\$79/5	161063

Creative Escape Art Studio (4750 Rutherford Rd)

Art Attack

6 to 12 Years

Let your artistic spirit soar as we examine different types of art and create our own modern day masterpieces. You bring the creativity and we'll supply everything else (*Christmas Creations).

Thu, Sep 28-Nov 2	4-5:30 pm	\$50/6	157578
Thu, Nov 9-Dec 21 *	4-5:30 pm	\$50/6	157580
Thu, Jan 18-Feb 22	4-5:30 pm	\$50/6	157579

Beban Social Centre

Exploring Great Artists

7 to 12 Years

Learn about the elements of art, including line, shape, colour, pattern, light and shade. Each session learn about a famous artist and create a piece in their style using a variety of media.

Wed, Nov 22-Dec 13	4-6 pm	\$70/4	157638
Wed, Feb 21-Mar 14	4-6 pm	\$70/4	157639

Beban Social Centre



Fun in the Fall

6 to 10 Years

Join us Saturday mornings and make a maple tree globe, leaf sensory bottle, fall candle jar, a scarecrow and yam pumpkins. You will take home a new craft each week.

Instructor: Alexa Wilson

Sat, Sep 9-Oct 14	10-11:15 am	\$40/6	152889
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Oliver Woods Community Centre

Happy Holidays

6 to 10 Years

Join us Saturday mornings and make snowflake slime, popsicle stick snowman, yarn and bead Christmas tree and Christmas crackers. You will take home a new craft each week.

Instructor: Alexa Wilson

Sat, Oct 21-Dec 2	10-11:15 am	\$40/6	161061
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Oliver Woods Community Centre

Under the Sea

6 to 10 Years

A craft-themed class where you will make an ocean aquarium, sea creatures, ocean slime, shell picture frames and tissue paper turtles. You will take home a new craft each week.

Instructor: Alexa Wilson

Sat, Jan 13-Feb 17	10-11:15 am	\$40/6	161069
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Oliver Woods Community Centre

Galaxy/Space Adventures

6 to 10 Years

A craft-themed class where you will make a glow in the dark galaxy jar, planet sun catchers, bouncy balls and make some space slime. You will take home a new craft each week.

Instructor: Alexa Wilson

Sat, Feb 24-Mar 31	10-11:15 am	\$40/6	161070
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Oliver Woods Community Centre

LIVE 5-2-1-0 PLAYBOX PROGRAM

Last year, Nanaimo Parks and Recreation and the Nanaimo Division of Family Practice launched the Live 5-2-1-0 Playbox Program. These Playboxes are remaining in our parks throughout the upcoming season and are full of fun activities for kids and families. Find them in four of our local parks. To access the codes to open the boxes, please register online at iReg.nanaimo.ca or call 250-756-5200.

• **Daynes Park** (161109) • **Country Hills** (161110) • **Janes Park** (161111) • **Protection Island** (161112)

See page 18 for information on LIVE 5-2-1-0.

Nanaimo Parent Participation



3's Tuesday & Thursday 9:00AM-11:30AM
4's Monday, Wednesday & Friday 9:00AM-12:30PM
Drop-ins 12:30PM-2:00PM Thursday's



Registration fees are \$95 per child
3's class fee is \$110 per month
4's class fee is \$190 per month

Starting in 1974 we are a
parent run, non profit and
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We have an excellent Early
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www.nanaimopreschool.com

www.facebook.com/nanaimopreschool

Malaspina Child Development Society



**Offering
Services In**

PRESCHOOL (#1311746)

Located at Fairview School (205 Howard).

AFTERSCHOOL CARE (#1311746)

Located at Fairview School, we offer arts,
crafts, games and field trips.

WEEKLY SUMMER CAMPS (#1311746)

Arts, crafts, games and field trips! Drop-ins
available when space is available.

250-753-6961

CHILDCARE CENTRE (#1312150)

Located at VIU, this is open year round for
ages 2 1/2 to 5 years.

250-753-6931

Please call for an information session
and registration package.



Childcare Group Ltd.

Where children
have the right to
play, laugh, learn
& be themselves!

Offering a variety of programs for children age 0 -to 12 years old!

At Kidz Kompany we offer children opportunities to learn through social interaction, exploration and fun! Our programs are child directed and strive to meet the unique needs of each child at their individual level of development. Our programs are inclusive of all children with varying abilities and focus on being active. The Kidz Kompany Team is full of uniquely qualified and experienced individuals, and we can't wait to meet your family!

Kidz Kompany - Small Fries

(License # TMGN-A5QQXN)

- offering full day child care and early learning programs for children -0 to 5 years old



Kidz Kompany - Harbourside

(License # TMGN-A5QQXN)

- offering preschool programs Monday to Friday, 9:30 am - 1pm for children 30 months to 5 years old
- offering before and afterschool care programs for school age children with pick up from Uplands, Rutherford, Cilaire & Departure Bay Elementary Schools
- offering school vacation camps for school age children



Before and After School Care On-site Locations

- **ECOLE HAMMOND BAY** (License # LSHP-6RUSUG)
- **MOUNTAIN VIEW ELEMENTARY** (License # LSHP-757V4S)
- **PLEASANT VALLEY ELEMENTARY** (License # LSHP-757VMX)
- **RANDERSON RIDGE ELEMENTARY** (License # KVMON-7HFGQV)



Main Office 250-729-4142

• Kidz Kompany Harbourside Cell 250-751-4415

• Small Fries 250-591-2778 • Hammond Bay 250-729-4176 • Pleasant Valley 250-667-1243
• Mountain View 250-667-1244 • Randerson Ridge 250-667-1242

melissa@kidzkompany.ca * www.kidzkompany.ca



cityofnanaimo



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Dance Programs

So Groovy Baby

A dance party for you and your baby (in a carrier or sling). The perfect exercise for the parent, grandparent or caregiver, and a great way to meet other families.

Tue, Sep 19-Oct 24	12:15-1 pm	\$42/6	158636
Tue, Nov 7-Dec 12	12:15-1 pm	\$35/5	158647
Tue, Jan 9-Feb 13	12:15-1 pm	\$42/6	158637

Beban Social Centre

Dance with Me

Babies will develop a love for music, movement and friendship through fun songs, simple actions and instruments. Parent participation is required.

6 to 18 Months

Tue, Sep 19-Oct 24	10-10:30 am	\$36/6	158648
Tue, Nov 7-Dec 12	10-10:30 am	\$30/5	158629
Tue, Jan 9-Feb 13	10-10:30 am	\$36/6	158683

18 Months to 3 Years

Tue, Sep 19-Oct 24	10:30-11 am	\$36/6	158651
Tue, Nov 7-Dec 12	10:30-11 am	\$30/5	158684
Tue, Jan 9-Feb 13	10:30-11 am	\$30/5	158685

Beban Social Centre

Tots Dance Mix

Energetic and upbeat! Move your body; move your feet! This class has a variety of dance styles to try, including jazz, tap, hip hop, disco, Latin and country line.

2 to 3 Years

Tue, Sep 19-Oct 24	11:15-11:45 am	\$36/6	158652
Tue, Nov 7-Dec 12	11:15-11:45 am	\$30/5	158646
Tue, Jan 9-Feb 13	11:15-11:45 am	\$36/6	158634

3 to 4 Years

Tue, Sep 19-Oct 24	11:45 am-12:15 am	\$36/6	158635
Tue, Nov 7-Dec 12	11:45 am-12:15 am	\$30/5	158633
Tue, Jan 9-Feb 13	11:45 am-12:15 am	\$36/6	158649

Beban Social Centre

Baby Ballet

3 to 5 Years

An introduction to ballet in a fun-filled environment. Develop balance and coordination while learning dance moves.

Thu, Sep 7-Oct 5	3:30-4 pm	\$27/5	152924
Sat, Sep 9-Oct 7	10-10:30 am	\$27/5	152931
Thu, Oct 12-Nov 9	3:30-4 pm	\$27/5	152926
Sat, Oct 21-Nov 25	10-10:30 am	\$27/5	152932
Thu, Nov 16-Dec 14	3:30-4 pm	\$27/5	152929
Thu, Jan 4-Feb 1	3:30-4 pm	\$27/5	152937
Sat, Jan 6-Feb 3	10-10:30 am	\$27/5	152935
Thu, Feb 8-Mar 8	3:30-4 pm	\$27/5	157698
Sat, Feb 10-Mar 10	10-10:30 am	\$27/5	152936

Oliver Woods Community Centre

Baby Ballet - Next Steps

3 to 5 Years

This is for those who have already taken Baby Ballet. In this level, little dancers will learn more music and advanced steps.

Thu, Sep 7-Oct 5	4-4:30 pm	\$27/5	152925
Thu, Oct 12-Nov 9	4-4:30 pm	\$27/5	152927
Thu, Nov 16-Dec 14	4-4:30 pm	\$27/5	152930
Sat, Jan 6-Feb 3	4-4:30 pm	\$27/5	152938
Sat, Feb 10-Mar 10	4-4:30 pm	\$27/5	157700

Oliver Woods Community Centre

Twinkletoes

2.5 to 4 Years

Does your little one enjoy twirling and prancing around? In this semi-structured class, they will learn ballet basics combined with creative play.

Tue, Sep 19-Oct 24	9:30-10 am	\$36/6	158631
Tue, Nov 7-Dec 12	9:30-10 am	\$30/5	158644
Tue, Jan 9-Feb 13	9:30-10 am	\$36/6	158632

Beban Social Centre

Musical Dance Theatre

5 to 6 Years

This program is focused on dancing, acting and singing where kids will learn proper dance fundamentals.

Sat, Sep 16-Oct 21	10:35 am-11:20 am	\$32/6	152912
Sat, Oct 28-Dec 9	10:35 am-11:20 am	\$32/6	152917
Sat, Jan 6-Feb 10	10:35 am-11:20 am	\$32/6	152918
Sat, Feb 17-Mar 24	10:35 am-11:20 am	\$32/6	152919

Oliver Woods Community Centre

Let's Dance NEW!

Try out a variety of different dance styles from the traditional to cultural styles from around the world. Learn the foundations and expand your horizons at the same time.

3 to 4 Years

Mon, Sep 11-Oct 23	4-4:30 pm	\$34/6	158639
Mon, Nov 6-Dec 11	4-4:30 pm	\$34/6	158744
Mon, Jan 15-Feb 26	4-4:30 pm	\$34/6	158746

5 to 6 Years

Mon, Sep 11-Oct 23	4:30-5 pm	\$34/6	158742
Mon, Nov 6-Dec 11	4:30-5 pm	\$34/6	158743
Mon, Jan 15-Feb 26	4:30-5 pm	\$34/6	158745

6 to 12 Years

Mon, Sep 11-Oct 23	5-5:45 pm	\$45/6	157243
Mon, Nov 6-Dec 11	5-5:45 pm	\$45/6	157244
Mon, Jan 15-Feb 26	5-5:45 pm	\$45/6	157245

Bowen Park Complex

Take a
MOMENT
to MOVE

What is LIVE 5-2-1-0?



Advice on proper nutrition and physical activity can be confusing, and at times, overwhelming. Live 5-2-1-0 simplifies this information into four simple guidelines that are easy to remember.

For more information, please visit www.scopebc.ca.

Dance Programs

Intro to Hip Hop

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

4 to 6 Years

Fri, Sep 15-Oct 20	5-5:45 pm	\$40/6	158654
Fri, Oct 27-Dec 1	5-5:45 pm	\$40/6	158650
Fri, Jan 12-Feb 16	5-5:45 pm	\$40/6	158627

7 to 10 Years

Fri, Sep 15-Oct 20	6-7 pm	\$48/6	158660
Fri, Oct 27-Dec 1	6-7 pm	\$34/5	158661
Fri, Jan 12-Feb 16	6-7 pm	\$48/6	158662

Vibrant (Vibe) Dance Studio (1969 Boxwood Rd)

Jazz & Hip Hop Combo

6 to 8 Years

Get into the dance moves with this upbeat class! This is great for dancers wanting to progress to other styles of urban dance.

Sat, Sep 16-Oct 21	11:30 am-12:15 pm	\$43/6	152913
Sat, Oct 28-Dec 16	11:30 am-12:15 pm	\$43/6	152914
Sat, Jan 6-Feb 10	11:30 am-12:15 pm	\$43/6	152915
Sat, Feb 17-Mar 24	11:30 am-12:15 pm	\$43/6	152916

Oliver Woods Community Centre

Hip Hop

11 to 18 Years

Ever wanted to pop and groove like the dancers in music videos? This will get you on your way! You'll be moving with confidence in no time.

Fri, Sep 15-Oct 20	7-8 pm	\$48/6	158656
Fri, Oct 27-Dec 1	7-8 pm	\$48/6	158657
Fri, Jan 12-Feb 9	7-8 pm	\$40/5	158658

Vibe Dance Studio (1969 Boxwood Rd)

Highland Dance

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

Instructor: Brigadoon Dance Academy

2 to 3 Years - Tartan Tots

Sun, Sep 24-Oct 15	4-4:30 pm	\$35/4	152952
Sun, Feb 4-25	4-4:30 pm	\$35/4	158756

4 to 6 Years - Brave Hearts

Sun, Sep 24-Oct 15	3-3:45 pm	\$40/4	152953
Sun, Feb 4-25	3-3:45 pm	\$40/4	158757

7 to 12 Years - Kilts and Hilts

Sun, Sep 24-Oct 15	2-2:45 pm	\$40/4	152920
Sun, Feb 4-25	2-2:45 pm	\$40/4	152921

Oliver Woods Community Centre



Are you looking for Drumming lessons? Want to try out the bagpipes?

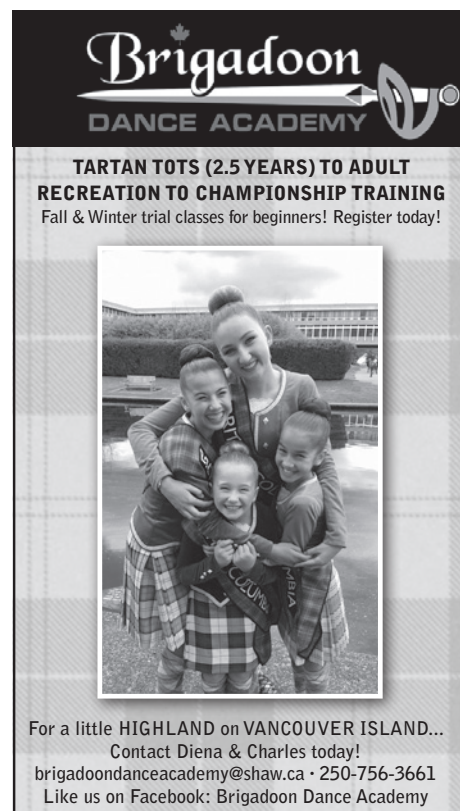
Join our Highland Dance Team!

PACIFIC GAEL PIPES AND DRUMS

Pacific Gael Pipes and Drums Youth Band practices Thursdays from 6:30-8:30 at Branch 256 of The Royal Canadian Legion on East Wellington Road, Nanaimo

Are you interested in learning to play the bagpipes or drums and playing in a pipe band? Learn to play snare drum, tenor drum or bass drum. Also learn Highland Dance performance.

More information at pacificgael.com



Brigadoon DANCE ACADEMY

TARTAN TOTS (2.5 YEARS) TO ADULT RECREATION TO CHAMPIONSHIP TRAINING

Fall & Winter trial classes for beginners! Register today!

For a little HIGHLAND on VANCOUVER ISLAND... Contact Dena & Charles today!
brigadoondanceacademy@shaw.ca • 250-756-3661
 Like us on Facebook: Brigadoon Dance Academy



cityofnanaimo



nanaimoparksandrec (#ilovemyparksandrec)

Music Programs

Kindermusik

0 to 5 Years

Each week we combine your child's natural love of music, storytelling, and imaginative play with age-appropriate activities that introduce early music concepts and foster independence, social and emotional skills, language growth and self-control. Wiggle and Grow for families brings adults and children of all ages together providing a dynamic and integrated musical learning experience for everyone. The Kindermusik@Home digital home materials bring the music, activities and each month's story everywhere you go.

Instructor: Nicole Arendt

Tue, Sep 5-26	11-11:45 am	\$60/4	157605
Wed, Sep 6-27	10:15-11 am	\$60/4	158546
Tue, Oct 3-24	11-11:45 am	\$60/4	157606
Wed, Oct 4-25	10:15-11 am	\$60/4	158547
Tue, Oct 31-Nov 21	11-11:45 am	\$60/4	157607
Wed, Nov 1-22	10:15-11 am	\$60/4	158548

Nanaimo Conservatory of Music (375 Selby St)

Headstart Suzuki

3 to 5 Years

This is a pre-instrumental class designed to introduce children to basic musical concepts and beginning Suzuki repertoire. This class requires 100% parent/guardian participation and involves listening regularly to selected good quality recordings. These listening examples will be loaned out for the duration of the class.

Instructor: Cindy Speelman

Tue, Sep 19-Nov 7	10-10:45 am	\$125/8	157603
Tue, Jan 9-Feb 27	10-10:45 am	\$125/8	157604

Nanaimo Conservatory of Music (375 Selby St)

Piano - Private Beginner Lessons

5 Years to Adult

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

Tue, Sep 5-26	3:30-4 pm	\$78/4	157246
Tue, Sep 5-26	4-4:30 pm	\$78/4	157247
Tue, Sep 5-26	4:30-5 pm	\$78/4	157248
Tue, Sep 5-26	5-5:30 pm	\$78/4	157249
Tue, Sep 5-26	5:30-6 pm	\$78/4	157250
Tue, Sep 5-26	6-6:30 pm	\$78/4	157251

Tue, Oct 3-24	3:30-4 pm	\$78/4	157252
Tue, Oct 3-24	4-4:30 pm	\$78/4	157253
Tue, Oct 3-24	4:30-5 pm	\$78/4	157254
Tue, Oct 3-24	5-5:30 pm	\$78/4	157255
Tue, Oct 3-24	5:30-6 pm	\$78/4	157256
Tue, Oct 3-24	6-6:30 pm	\$78/4	157257

Tue, Nov 7-28	3:30-4 pm	\$78/4	157258
Tue, Nov 7-28	4-4:30 pm	\$78/4	157259
Tue, Nov 7-28	4:30-5 pm	\$78/4	157260
Tue, Nov 7-28	5-5:30 pm	\$78/4	157261
Tue, Nov 7-28	5:30-6 pm	\$78/4	157262
Tue, Nov 7-28	6-6:30 pm	\$78/4	157263

Tue, Dec 5-19	3:30-4 pm	\$59/3	157264
Tue, Dec 5-19	4-4:30 pm	\$59/3	157265
Tue, Dec 5-19	4:30-5 pm	\$59/3	157266
Tue, Dec 5-19	5-5:30 pm	\$59/3	157267
Tue, Dec 5-19	5:30-6 pm	\$59/3	157268
Tue, Dec 5-19	6-6:30 pm	\$59/3	157269

Tue, Jan 9-30	3:30-4 pm	\$78/4	157270
Tue, Jan 9-30	4-4:30 pm	\$78/4	157271
Tue, Jan 9-30	4:30-5 pm	\$78/4	157272
Tue, Jan 9-30	5-5:30 pm	\$78/4	157273
Tue, Jan 9-30	5:30-6 pm	\$78/4	157274
Tue, Jan 9-30	6-6:30 pm	\$78/4	157275

Tue, Feb 6-27	3:30-4 pm	\$78/4	157276
Tue, Feb 6-27	4-4:30 pm	\$78/4	157277
Tue, Feb 6-27	4:30-5 pm	\$78/4	157278
Tue, Feb 6-27	5-5:30 pm	\$78/4	157279
Tue, Feb 6-27	5:30-6 pm	\$78/4	157280
Tue, Feb 6-27	6-6:30 pm	\$78/4	157281

Bowen Park Complex

Guitar - Private Lessons

3 to 9 Years

Yes! You can start guitar lessons as early as three years old! Our instructor is caring and nurturing, and he has had students at this very early age show much success with the guitar. Guitars may be available upon request and with permission of instructor for students who do not have one. If you need one, please call 250-754-4611.

Instructor: Patrick Olmsted

Tue, Sep 12-Oct 3	5:30-6 pm	\$110/4	157608
Tue, Sep 12-Oct 3	6-6:30 pm	\$110/4	157609
Tue, Oct 10-31	5:30-6 pm	\$110/4	157610
Tue, Oct 10-31	6-6:30 pm	\$110/4	157611
Tue, Nov 7-28	5:30-6 pm	\$110/4	157612
Tue, Nov 7-28	6-6:30 pm	\$110/4	157613
Tue, Jan 9-30	5:30-6 pm	\$110/4	157618
Tue, Jan 9-30	6-6:30 pm	\$110/4	157619
Tue, Feb 6-27	5:30-6 pm	\$110/4	157620
Tue, Feb 6-27	6-6:30 pm	\$110/4	157621

Nanaimo Conservatory of Music (375 Selby St)

Guitar - Private Lessons

10 Years to Adult

See page 66 for class dates and times.

String into Guitar

10 Years +

Ideal for youth and adults with less than two years of experience. This small group format makes learning music fun! You will discover three-string chords, play notes from popular seasonal melodies and much more. Please bring your own guitar and tuner.

Instructor: Dave Hart

Wed, Oct 25-Dec 13	6:30-7:30 pm	\$140/8	157417
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Oliver Woods Community Centre



Participating in music aids in a child's brain development.

ON SALE NOW

VIEW THE WHOLE SEASON:
porttheatre.com/spotlight

SPOTLIGHT
2017-2018 SEASON



BALLET BC

16+ A ROOM, SOLO ECHO, BILL

Saturday, September 23, 2017 at 7:30pm



CIRCUS SQUARED

AN EVENING OF WEST COAST
CONTEMPORARY CIRCUS

Sunday, October 15, 2017 at 7:30pm



TANYA TAGAQ

OPENING ACT: WILLIAM PRINCE

Wednesday, October 18, 2017 at 7:30pm



Ballet BC Photo by Michael Slobodian | Dancers Livona Ellis and Darren Devaney



Canadian
Heritage

Patrimoine
canadien



BRITISH
COLUMBIA



CALLING ALL YOUTH ages 14-25

Join The Port Theatre Youth Volunteer Program

Join us at The Port Theatre to experience the arts, gain a minimum of 30 hours of valuable work experience, take a peek behind-the-scenes at our theatre, and enjoy the benefits of giving back! **Applications for the September orientation accepted until Sept. 15, 2017.**

porttheatre.com/youth



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Nanaimo Science and Sustainability Society



**Kids experiment and
play in NS3's SCIENCE
programs!**

Visit the Science Studio

4355 Jingle Pot Rd, Nanaimo

Science Camps

Infant and Preschool
Classes

Birthday Parties

Lego Robotics

or DROP-IN and
explore our
interactive exhibits



Program schedules and registration at

www.nanaimoscience.org



[cityofnanaimo](https://www.facebook.com/cityofnanaimo)



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

Special Interest Programs

Under the Surface

3 to 6 Years

Did you know that there is a mysterious world living beneath the surface of our oceans and streams? Search for these critters and learn about the life surrounding the shoreline. This is a parent participation course and is great for home-schooled children.

Instructor: Judy Wickland

Sat, Sep 16	10-11 am	\$8/1	161052
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Neck Point

Trees & Fall Leaves **NEW!**

3 to 6 Years

Fall is a wonderful time to drink in the beauty of trees. Join us for fall crafts and learn why trees have leaves and why they change colours in the fall.

Instructor: Judy Wickland

Sun, Oct 22	10-11 am	\$8/1	161055
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Bowen Park Upper Picnic Shelter

Wiggling Worms

3 to 6 Years

Are worms really slimy? Have you wondered what they eat or which end is their head? Why do they come out in the rain. Learn with us through games, crafts and stories. Parent participation.

Instructor: Judy Wickland

Sun, Nov 19	10-11 am	\$8/1	161051
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Bowen Park (Lower Picnic Shelter)

Winter & How Plants/Animals **NEW!**

Survive

3 to 6 Years

Discover what happens to plants and animals over the winter months.

Instructor: Judy Wickland

Sat, Dec 2	10-11 am	\$8/1	161053
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Linley Valley Parking Lot

Forests and Who Lives There? **NEW!**

3 to 6 Years

Come discover the magical world of forest dwellers. Who makes the forest their home and how do they survive?

Instructor: Judy Wickland

Sun, Feb 4	10-11 am	\$8/1	161054
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Colliery Dam Park

Kids Get Cooking -

Flavour, Texture & Colour Fun!

6 to 8 Years

Enjoy a delicious adventure while developing kitchen skills, food knowledge and expanding your taste buds.

Tue, Sep 19-Oct 10	3:30-5:30 pm	\$60/4	158074
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Tue, Jan 9-30	3:30-5:30 pm	\$60/4	158076
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Nanaimo Food Share (271 Pine St)

Cheese Making - **NEW!**

Mozzarella Madness

7 to 12 Years

Learn how to make your own cheese.

Make mini mozzarella pizzas and learn the science of cheese making.

Tue, Nov 7	4-5:30 pm	\$35/1	157360
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Tue, Jan 23	4-5:30 pm	\$35/1	157362
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Beban Social Centre

Kids Get Cooking - Young Chef's

Academy

9 to 11 Years

Grilling, sautéing, roasting and steaming. Participants will learn different cooking techniques, knife skills and flavour combining to create exciting meals for the whole family.

Wed, Oct 4-25	3:30-5:30 pm	\$60/4	158075
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Wed, Jan 10-31	3:30-5:30 pm	\$60/4	158078
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Nanaimo Food Share (271 Pine St)

Teens Rule...The Kitchen

12 to 16 Years

Learn the skills, and build confidence to work independently in the kitchen. Classes will cover menu planning, portioning and basic nutrition. You will also develop a variety of cooking techniques and knife skills.

Tue, Oct 17-Nov 14	3:30-5:30 pm	\$60/4	158073
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Tue, Feb 6-27	3:30-5:30 pm	\$60/4	158077
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Nanaimo Food Share (271 Pine St)

Babysitter Training

11 to 15 Years

The Red Cross Babysitting course covers everything from managing difficult behaviours to essential content on leadership and professional conduct as a babysitter. This updated curriculum provides improved learning when it comes to first aid and giving the appropriate care in the event of an emergency.

Sat, Sep 23	9-4 pm	\$49/1	157405
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Sat, Oct 28	9-4 pm	\$49/1	157406
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Sun, Nov 26	9-4 pm	\$49/1	157407
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Sat, Dec 16	9-4 pm	\$49/1	157408
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Sat, Jan 20	9-4 pm	\$49/1	157409
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Sat, Feb 10	9-4 pm	\$49/1	157410
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Sat, Mar 10	9-4 pm	\$49/1	157413
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Beban Social Centre

Home Alone

9 to 12 Years

For the child who may be ready to be home alone. The format for this program includes establishing rules and routines, handling emergency situations, personal safety, basic first aid and much more. Price includes a student manual.

Mon, Sep 25	2-5 pm	\$38/1	157363
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Fairview Community School (205 Howard Ave)

Sat, Oct 7	9 am-12 pm	\$38/1	157370
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Sat, Oct 7	1-4 pm	\$38/1	157371
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Sat, Nov 4	9 am-12 pm	\$38/1	157372
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Sat, Nov 4	1-4 pm	\$38/1	157373
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Sat, Dec 2	9 am-12 pm	\$38/1	157374
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Sat, Dec 2	1-4 pm	\$38/1	157375
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Sat, Jan 27	9 am-12 pm	\$38/1	157379
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Sat, Jan 27	1-4 pm	\$38/1	157380
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Sat, Feb 17	9 am-12 pm	\$38/1	157381
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Sat, Feb 17	1-4 pm	\$38/1	157382
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Sat, Mar 3	9 am-12 pm	\$38/1	157391
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Sat, Mar 3	1-4 pm	\$38/1	157386
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Beban Social Centre

Mon, Dec 11	2-5 pm	\$38/1	157365
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Rock City Elementary School (3741 Departure Bay Rd)

Mon, Mar 12	2-5 pm	\$38/1	157392
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Bayview Elementary School (140 View St)



Special Interest Programs

Robotics - Level 1

10 to 14 Years

Heard about self-driving cars? What about the Mars rover? Automated vehicles and machines are now a thing of the present. Challenge yourself in the first level of our robotics world. Learn to build, program and control a robotic machine using the EV3 Mindstorms kits, inspire yourself and take your engineering skills to the next level.

Mon-Fri, Mar 19-23 10:45 am-12:15 pm \$140/5 157305

Beban Social Centre

Lego Robotics 2.0

7 to 9 Years

Dive into a hands-on learning experience with the latest technology from Lego. Create and program projects that will challenge you to think like a scientist and an engineer. These exciting new builds will come to life by using smart hubs, gears, motors and different sensors.

Mon-Fri, Mar 19-23 9-10:30 am \$130/5 157304

Mon-Fri, Mar 19-23 2:30-4 pm \$130/5 161137

Beban Social Centre

Minecraft 1.0

10 to 14 Years

Change the way you interact with the Minecraft world! Learn how to build and program modifications or "mods". With the right tools, you can learn how to integrate mini games and even make your own special characters!

Mon-Fri, Mar 19-23 12:45-2:15 pm \$140/5 157306

Beban Social Centre

Scratch Academy

7 to 12 Years

Scratch is a software program developed at MIT that allows users to program interactive stories, games and animations. Learn the basics, and be on your way to programming games. Please bring your own headphones to class.

Tue, Jan 16-Mar 6 4-6 pm \$140/8 157364

Island ConnectED (4355 Jinglepot Rd)

Spanish, Anyone?

7 to 12 Years

Learn to speak Spanish in a fun and active atmosphere. We will guide you through vocabulary, basic conversation, songs and activities.

Instructor: Martha Fortin

Tue, Oct 10-Nov 7 4-5 pm \$30/5 157601

Tue, Feb 20-Mar 20 4-5 pm \$30/5 157602

Bowen Park Complex

Kids Wood Build Anything

8 to 12 Years

Learn the proper techniques for using a hand saw, tape measure, square and hammer while creating small fun projects, such as a sword, stool, gym ball machine or even a catapult. Finish your creations with acrylic paint and take it home with pride. All supplies included.

Thu, Oct 12-Nov 16 4:15-5:30 pm \$92/6 157369

Thu, Oct 12-Nov 16 5:45-7 pm \$92/6 157377

Tue, Jan 9-Feb 13 4:15-5:30 pm \$92/6 157378

Tue, Jan 9-Feb 13 5:45-7 pm \$92/6 157671

Bowen Park Complex

Silly Inventors

7 to 10 Years

Silly science awaits! Join us for some weird and wonderful experiments.

Wed, Oct 4-Nov 8 4:30-5:30 pm \$36/6 157384

Wed, Jan 10-Feb 14 4:30-5:30 pm \$36/6 157385

Beban Social Centre

Mysteries of Science

8 to 14 Years

Explosions, gooey slime, disappearing colours, stinky smells! Welcome to the wonderful world of science where you will participate in activities using physics, biology and chemistry. Remember, it's not science fiction if you can prove it!

Mon-Fri, Mar 19-23 2:30-4 pm \$100/5 157307

Beban Social Centre

REGISTER USING IREG!

**Call 250-756-5200 to get your
online access information.**



cityofnanaimo



nanaimoparksandrec (#ilovemyparksandrec)

Sports Programs

Active Star

3 to 6 Years

This unique program provides an opportunity for kids and their parents to discover and enjoy different activities and sports together enhancing the development of coordination, gross motor skills, posture and balance while building confidence, leadership and imagination skills. Active Star corresponds with the Active Start stage of the Canadian Sport 4 Life model.

Parent participation is required.

Thu, Sep 28-Oct 26	6-7 pm	\$30/5	158388
Thu, Nov 9-Dec 7	6-7 pm	\$30/5	158389
Thu, Jan 18-Feb 22	6-7 pm	\$36/6	158390

Departure Bay Activity Centre (1415 Wingrove St)

Parent & Tot Floor Hockey

3 to 5 Years

Parents, grab a stick and play floor hockey with your toddler. Floor hockey is a fun way to introduce preschoolers to hockey. Basic skills will be taught using fun games and activities.

Tue, Sep 12-Oct 17	3-3:45 pm	\$29/6	153195
Tue, Oct 24-Nov 28	3-3:45 pm	\$29/6	153194
Tue, Jan 9-Feb 13	3-3:45 pm	\$29/6	153200
Tue, Feb 27-Apr 3	3-3:45 pm	\$29/6	153203

Oliver Woods Community Centre

Soccer Tots

3 to 5 Years

Run, kick, dodge and score! Play soccer through guided activities to get you moving. Activities will develop motor skills and social interaction. Parents are encouraged to participate.

Sat, Sep 9-Oct 28	10-10:45 am	\$29/6	153196
Sat, Sep 9-Oct 14	11-11:45 am	\$29/6	161131
Fri, Sep 15-Oct 27	3:30-4:15 pm	\$29/6	153192
Fri, Nov 3-Dec 8	3:30-4:15 pm	\$29/6	153193
Sat, Nov 4-Dec 16	10-10:45 am	\$29/6	153197
Sat, Nov 4-Dec 16	11-11:45 am	\$29/6	161132
Sat, Jan 6-Feb 10	10-10:45 am	\$29/6	153201
Sat, Jan 6-Feb 10	11-11:45 am	\$29/6	153207
Sat, Feb 17-Mar 24	10-10:45 am	\$29/6	153208
Sat, Feb 17-Mar 24	11-11:45 am	\$29/6	153202

Oliver Woods Community Centre

Take a
MOMENT
to MOVE

Indoor Soccer

6 to 9 Years

Kick, dribble, pass and score! Join us for some soccer, and learn the basics in this introductory class.

Thu, Nov 9-Dec 7	4:30-5:30 pm	\$30/5	157239
Thu, Feb 15-Mar 15	4:30-5:30 pm	\$30/5	157242

Fairview Community School (205 Howard Ave)

Soccer School

3 to 5 Years

Learn team play that encourages motor skill development and social interaction.

Dress for outdoor play. Parent participation is required.

Instructor: Ezra Soccer School Staff

Sat, Sep 9-Oct 21	9-9:45 am	\$55/6	158397
Sat, Sep 9-Oct 21	10-10:45 am	\$55/6	158398

Departure Bay Park

Sat, Sep 9-Oct 21	11:45 am-12:30 pm	\$55/6	158399
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Elaine Hamilton Field

Fundamental Soccer

6 to 8 Years

Learn the basics of soccer through fun games and enthusiastic coaching.

Groups are divided by age and skill.

Please dress for the weather.

Instructor: Ezra Soccer School Staff

Mon, Sep 11-Oct 23	4-5 pm	\$70/6	158400
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Beban Gyro Fields

Shima Karate

4 to 7 Years

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

Sat, Oct 7-Nov 11	10-10:45 am	\$29/6	153107
Sat, Jan 20-Feb 24	10-10:45 am	\$29/6	161058

Shima Karate School (3032 Barons Rd)

Yoga 4 Kids

4 to 10 Years

This class will assist children with their focus skills, teach self-awareness, build self-esteem and self-respect while having fun. Yoga promotes physical and mental well-being.

Instructor: Gypsy Hart

Wed, Sep 13-Oct 25	3:30-4:30 pm	\$56/7	158333
Wed, Nov 1-Dec 13	3:30-4:30 pm	\$56/7	158337
Wed, Mar 14-Apr 11	3:30-4:30 pm	\$40/5	158338

Oliver Woods Community Centre

Floor Hockey

Shoot, pass and score in this active program. Develop coordination, balance, agility and sportsmanship. You will play games and practice skills through drills.

6 to 8 Years

Fri, Sep 8-Oct 20	5-6 pm	\$30/6	153081
Tue, Sep 12-Oct 17	4-5 pm	\$30/6	153082
Fri, Oct 27-Dec 1	5-6 pm	\$30/6	153084
Tue, Oct 24-Nov 28	4-5 pm	\$30/6	153086
Fri, Jan 5-Feb 9	5-6 pm	\$30/6	153087
Tue, Jan 9-Feb 13	4-5 pm	\$30/6	153088
Tue, Feb 27-Mar 27	4-5 pm	\$25/5	153091
Fri, Mar 2-Apr 6	5-6 pm	\$25/5	158009

9 to 12 Years

Fri, Sep 8-Oct 20	5-6 pm	\$30/6	153089
Tue, Sep 12-Oct 17	5-6 pm	\$30/6	153095
Tue, Oct 24-Nov 28	5-6 pm	\$30/6	153096
Fri, Oct 27-Dec 1	5-6 pm	\$30/6	153090
Fri, Jan 5-Feb 9	5-6 pm	\$30/6	153093
Tue, Jan 9-Feb 13	5-6 pm	\$30/6	158010
Tue, Feb 27-Mar 27	5-6 pm	\$25/5	153094

Oliver Woods Community Centre

Tae Kwon Do

Our highly qualified 8th degree black belt Grand Master can help you become strong in mind, body and spirit. This teaches discipline, respect and self-confidence.

4 to 6 Years

Sat, Sep 9-30	10-10:30 am	\$35/4	153117
Sat, Oct 14-Nov 4	10-10:30 am	\$35/4	153118
Sat, Nov 11-Dec 2	10-10:30 am	\$35/4	153119
Sat, Jan 13-Feb 3	10-10:30 am	\$35/4	153121
Sat, Feb 17-Mar 10	10-10:30 am	\$35/4	158754

7 to 12 Years

Sat, Sep 9-30	10:40-11:20 am	\$35/4	153114
Sat, Oct 14-Nov 4	10:40-11:20 am	\$35/4	153115
Sat, Nov 11-Dec 2	10:40-11:20 am	\$35/4	153116
Sat, Jan 13-Feb 3	10:40-11:20 am	\$35/4	153120
Sat, Feb 17-Mar 10	10:40-11:20 am	\$35/4	158755

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



WHAT DID YOUR KIDS DO THIS SUMMER?

NANAIMO ARMY CADETS OFFERS:

- free summer camps and transport to the camps in Canada wide locations
- adventure training (climbing, snow shoeing & expeditions)
- camping (most equipment included)
- free band education
- outdoor education
- hiking
- mountain biking
- canoeing
- opportunity for international travel



Parade nights are Tuesday nights starting, September 12, 2017
at 6:30 pm at Nanaimo Military Camp (709 Nanaimo Lakes Rd)

www.nanaimoarmycadets.ca



WORLD

TAE-KWON-DO ACADEMY

GRAND MASTER YOUNG KIM TEACHES DIRECTLY

- 8th Degree Black Belt, Kukkiwon (official)
- Taekwondo Master Certification from Kukkiwon
 - National Team Coach Certification
- Masters of Science Degree in Martial Arts
- First Rank Promotion Examiner, Kukkiwon



- Children, Teen & Adult Classes
- Self-discipline & confidence
- Improved study habits
- **Birthday Parties!**

**FREE
Trial
Lesson**

Become strong in
mind, body & spirit.

250-760-0119

#307-4300 Wellington Rd (across from Long Lake)

www.wtfnanaimo.com
worldtkda@gmail.com



cityofnanaimo



nanaimoparksandrec (#ilovemyparksandrec)

Sports Programs

Gymnastics

2 to 3 Years - Jolly Jumpers

A recreational, non-competitive, playful course to introduce fundamental skills through circuit-based gymnastic movements. Parent participation is required.

Tue, Sep 5-Oct 3	10:30-11:15 am	\$58/5	158222
Wed, Sep 6-Oct 4	10:15-11 am	\$58/5	158260
Wed, Sep 6-Oct 4	11:15 am-12 pm	\$58/5	158302
Thu, Sep 7-Oct 5	10:30-11:15 am	\$58/5	158223
Fri, Sep 8-Oct 6	10:15-11 am	\$58/5	158256
Fri, Sep 8-Oct 6	11:15 am-12 pm	\$58/5	158257
Sat, Sep 9-Oct 7	9:30-10:15 am	\$58/5	158570
Sat, Sep 9-Oct 7	10:15-11 am	\$58/5	158314
Tue, Oct 10-Nov 7	10:30-11:15 am	\$58/5	158268
Wed, Oct 11-Nov 8	10:15-11 am	\$58/5	158308
Wed, Oct 11-Nov 8	11:15 am-12 pm	\$58/5	158228
Thu, Oct 12-Nov 9	10:30-11:15 am	\$58/5	158224
Fri, Oct 13-Nov 10	10:15-11 am	\$58/5	158229
Fri, Oct 13-Nov 10	11:15 am-12 pm	\$58/5	158225
Sat, Oct 14-Nov 4	9:30-10:15 am	\$47/4	158226
Tue, Nov 14-Dec 12	10:15-11 am	\$58/5	158261
Wed, Nov 15-Dec 13	10:15-11 am	\$58/5	158262
Wed, Nov 15-Dec 13	11:15 am-12 pm	\$58/5	158263
Thu, Nov 16-Dec 14	10:30-11:15 am	\$58/5	158264
Fri, Nov 17-Dec 15	10:15-11 am	\$58/5	158309
Sat, Nov 18-Dec 16	9:30-10:15 am	\$58/5	158265
Tue, Jan 9-Feb 6	10:30-11:15 am	\$58/5	158266
Wed, Jan 10-Feb 7	10:15-11 am	\$58/5	158267
Wed, Jan 10-Feb 7	11:15 am-12 pm	\$58/5	158258
Thu, Jan 11-Feb 8	10:30-11:15 am	\$58/5	158259
Fri, Jan 12-Feb 9	10:30-11:15 am	\$58/5	158269
Fri, Jan 12-Feb 9	11:15 am-12 pm	\$58/5	161056
Sat, Jan 13-Feb 10	9:30-10:15 am	\$58/5	158311
Tue, Feb 13-Mar 13	10:30-11:15 am	\$58/5	158228
Wed, Feb 14-Mar 14	10:15-11 am	\$58/5	158559
Wed, Feb 14-Mar 14	11:15 am-12 pm	\$58/5	158560
Thu, Feb 15-Mar 15	10:30-11:15 am	\$58/5	158561
Fri, Feb 16-Mar 16	9:30-10:15 am	\$58/5	158563
Fri, Feb 16-Mar 16	10:15-11 am	\$58/5	158562
Sat, Feb 17-Mar 17	11:15 am-12 pm	\$58/5	158564

Flipside Gymnastics (1911 Wilfert Rd)

Gymnastics

3 to 5 Years - Tumbling Tiggers

A recreational, playful course to introduce fundamental skills through circuit-based gymnastic movements.

Tue, Sep 5-Oct 3	9:30-10:15 am	\$58/5	158282
Tue, Sep 5-Oct 3	11:15 am-12 pm	\$58/5	158280
Wed, Sep 6-Oct 4	9:30-10:15 am	\$58/5	158310
Thu, Sep 7-Oct 5	9:30-10:15 am	\$58/5	158294
Thu, Sep 7-Oct 5	11:15 am-12 pm	\$58/5	158295
Fri, Sep 8-Oct 6	9:30-10:15 am	\$58/5	158296
Sat, Sep 9-Oct 7	11:15 am-12 pm	\$58/5	158297
Tue, Oct 10-Nov 7	9:30-10:15 am	\$58/5	158299
Tue, Oct 10-Nov 7	11:15 am-12 pm	\$58/5	158233
Wed, Oct 11-Nov 8	9:30-10:15 am	\$58/5	158271
Thu, Oct 12-Nov 9	9:30-10:15 am	\$58/5	158272
Thu, Oct 12-Nov 9	11:15 am-12 pm	\$58/5	158274
Fri, Oct 13-Nov 10	9:30-10:15 am	\$58/5	158273
Sat, Oct 14-Nov 4	10:30-11:15 am	\$47/4	158275
Sat, Oct 14-Nov 4	11:15 am-12 pm	\$47/4	158303
Tue, Nov 14-Dec 12	9:30-10:15 am	\$58/5	158304
Tue, Nov 14-Dec 12	11:15 am-12 pm	\$58/5	158277
Wed, Nov 15-Dec 13	9:30-10:15 am	\$58/5	158276
Thu, Nov 16-Dec 14	9:30-10:15 am	\$58/5	158278
Thu, Nov 16-Dec 14	11:15 am-12 pm	\$58/5	158227
Fri, Nov 17-Dec 15	9:30-10:15 am	\$58/5	158313
Fri, Nov 17-Dec 15	11:15 am-12 pm	\$58/5	158281
Sat, Nov 18-Dec 16	10:15-11 am	\$58/5	158293
Sat, Nov 18-Dec 16	11:15 am-12 pm	\$58/5	161107
Tue, Jan 9-Feb 6	9:30-10:15 am	\$58/5	158306
Tue, Jan 9-Feb 6	11:15 am-12 pm	\$58/5	158305
Wed, Jan 10-Feb 7	9:30-10:15 am	\$58/5	158234
Thu, Jan 11-Feb 8	9:30-10:15 am	\$58/5	158235
Thu, Jan 11-Feb 8	11:15 am-12 pm	\$58/5	158236
Fri, Jan 12-Feb 9	9:30-10:15 am	\$58/5	158237
Sat, Jan 13-Feb 10	10:30-11:15 am	\$58/5	158289
Sat, Jan 13-Feb 10	11:15 am-12 pm	\$58/5	158315
Tue, Feb 13-Mar 13	9:30-10:15 am	\$58/5	158290
Tue, Feb 13-Mar 13	11:15 am-12 pm	\$58/5	158291
Wed, Feb 14-Mar 14	9:30-10:15 am	\$58/5	158292
Thu, Feb 15-Mar 15	9:30-10:15 am	\$58/5	158312
Thu, Feb 15-Mar 15	11:15 am-12 pm	\$58/5	158300
Fri, Feb 16-Mar 16	11:15 am-12 pm	\$58/5	158307
Sat, Feb 17-Mar 17	9:30-10:15 am	\$58/5	158246
Sat, Feb 17-Mar 17	10:30-11:15 am	\$58/5	158245

Flipside Gymnastics (1911 Wilfert Rd)

Gymnastics

6 to 9 Years

Establish fundamental movement skills that are transferable to other sports. Gymnastics teaches balance, ability and coordination. Try our non competitive, non graded program where the focus is on fun.

Sat, Sep 9-Oct 7	12:30-1:30 pm	\$59/5	158207
Sat, Oct 14-Nov 4	12:30-1:30 pm	\$48/4	158210
Sat, Nov 18-Dec 16	12:30-1:30 pm	\$59/5	161136
Sat, Jan 13-Feb 10	12:30-1:30 pm	\$59/5	158211
Sat, Feb 17-Mar 17	10:30-11:15 am	\$59/5	158212

Flipside Gymnastics (1911 Wilfert Rd)

Parent & Tot Learn to Ski

2 to 5 Years

This is a parent participation program for you and your tot (skiers 2 to 5 years old or boarders 3 to 5 years old). Tot rentals are included. This is an introduction class. As your child becomes more comfortable, instructors will begin to pass on teaching tips so your tot can learn to slide and stop. Parents receive free ticket for the teaching carpet but should be dressed to ski or board with their child. Regular gear rental fees would apply.

Sun, Jan 7-Feb 4	10-11 am	\$69/5	158391
Sun, Feb 18-Mar 18	11:30 am-12:30 pm	\$69/5	158392

Mt. Washington Learning Centre

Mighty Tots Ski & Snowboard Club

3 to 6 Years

A great introduction to skiing or boarding for your little one. This program is designed with a focus on fun and development. Classes are small to ensure safety and allow your child to progress with the same instructor. Healthy snack included. Please check with Mt. Washington for rental packages if needed. Meet at Mt. Washington Ski Resort Learning Centre.

Sat, Jan 6-Feb 3	9:30 am-12 pm	\$139/5	158393
Sun, Jan 7-Feb 4	9:30 am-12 pm	\$139/5	158394
Sat, Feb 17-Mar 17	9:30 am-12 pm	\$139/5	158395
Sun, Feb 18-Mar 18	9:30 am-12 pm	\$139/5	158396

Mt. Washington Learning Centre

Free Ride Program NEW!

5 to 12 Years

This promotes the development of all mountain skiing and riding by combining elements of freestyle, race and general improvement strategies. Every week your child will be grouped with the same instructor to allow for skill progression and tons of fun. Lunch is supervised or can be purchased as an option along with rentals and tickets. Please check with Mt. Washington for rental packages if needed. Meet at Mt. Washington Ski Resort Learning Centre.

Sun, Jan 7-Mar 18	10 am-3:30 pm	\$399/10	158414
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Mt. Washington Learning Centre



Sports Programs

Curling Introduction

9 to 16 Years

If you are interested in trying curling, this is your chance. Meet some of our Junior Curlers and other youth who are trying it for the first time. Dress warm, carry in a clean pair of running shoes and bring gloves. Hot chocolate to follow.

Sat, Oct 14 10 am-12 pm \$5/1 157635
Curling Club (106 Wall St)

Rock Stars - Learn to Curl

9 to 16 Years

Let us introduce you to the game of curling. Our trained instructors will teach skills, such as shot delivery, brushing, rules and strategy. This program runs at the same time as our Junior program so you will meet other curlers.

Mon, Oct 23-Nov 13 3:45-5:15 pm \$40/4 157626
Mon, Jan 8-29 3:45-5:15 pm \$40/4 157627
Curling Club (106 Wall St)

Intro to Rock Climbing

6 to 12 Years

We provide the gear to introduce you to this exciting sport. No experience is necessary, but please bring a helmet.

Tue, Sep 5-26 4-6 pm \$60/4 153101
Thu, Oct 5-26 4-6 pm \$60/4 153102
Tue, Nov 7-28 4-6 pm \$60/4 153103
Tue, Jan 9-30 4-6 pm \$60/4 153104
Thu, Feb 1-22 4-6 pm \$60/4 153106
Romper Room Climbing Gym (4385 B Boban Dr)

Little Ninjas - Tae Kwon Do - Level 1

4 to 6 Years

Learn kicks, punches, blocks and self-defense skills through fun activities that develop coordination, balance, flexibility, strength and agility. Increase body awareness, focus, concentration and self-confidence. Parent participation.

Instructor: Master Moy, Kick High Martial Arts

Tue, Sep 19-Oct 24 4:30-5 pm \$42/6 158208
Tue, Nov 7-Dec 12 4:30-5 pm \$42/6 158218
Tue, Jan 16-Feb 20 4:30-5 pm \$42/6 158220

Bowen Park Complex

Thu, Sep 21-Oct 26 4:30-5 pm \$42/6 153122
Thu, Nov 9-Dec 14 4:30-5 pm \$42/6 158758
Thu, Jan 18-Feb 22 4:30-5 pm \$42/6 158761

Oliver Woods Community Centre

Little Ninjas - Tae Kwon Do - Level 2

4 to 6 Years

For those who have some experience with martial arts, Students will develop accuracy and strength with their kicks and punches, blocks and strikes. With 35 years of International Taekwondo experience, our instructor will help you build confidence and set goals while having fun!

Instructor: Master Moy, Kick High Martial Arts

Tue, Sep 19-Oct 24 5-5:30 pm \$42/6 158209
Tue, Nov 7-Dec 12 5-5:30 pm \$42/6 158219
Tue, Jan 16-Feb 20 5-5:30 pm \$42/6 158221

Bowen Park Complex

Little Tigers - Tae Kwon Do - Level 1

7 to 12 Years

Build self-confidence while learning different kicks, punches, stances and forms. Our instructor holds a 6th Dan Black Belt and is a certified Master and Referee. He will help you grow in flexibility, endurance, strength and focus while having fun.

Instructor: Master Moy, Kick High Martial Arts

Tue, Sep 19-Oct 24 5:30-6:15 pm \$48/6 158062
Tue, Nov 7-Dec 12 5:30-6:15 pm \$48/6 158064
Tue, Jan 16-Feb 20 5:30-6:15 pm \$48/6 158066

Bowen Park Complex

Thu, Sep 21-Oct 26 5-5:45 pm \$48/6 153123
Thu, Nov 9-Dec 14 5-5:45 pm \$48/6 158759
Thu, Jan 18-Feb 22 5-5:45 pm \$48/6 158762

Oliver Woods Community Centre

Little Tigers - Tae Kwon Do - Level 2

7 to 12 Years

For those who have some experience with martial arts. Students will develop accuracy and strength with their kicks, punches, blocks and strikes. Gain confidence in techniques becoming strong both mentally and physically while having fun earning different belt levels. There is a strong emphasis on life skills, such as respect, discipline, focus, integrity and perseverance.

Instructor: Master Moy, Kick High Martial Arts

Tue, Sep 19-Oct 24 6:15-7 pm \$48/6 158063
Tue, Nov 7-Dec 12 6:15-7 pm \$48/6 158065
Tue, Jan 16-Feb 20 6:15-7 pm \$48/6 158067

Bowen Park Complex

Thu, Sep 21-Oct 26 5:45-6:30 pm \$48/6 153124
Thu, Nov 9-Dec 14 5:45-6:30 pm \$48/6 158760
Thu, Jan 18-Feb 22 5:45-6:30 pm \$48/6 158763

Oliver Woods Community Centre



MASTER MOY

Certified from World Taekwondo Headquarters:

- 6th Dan Black Belt
- International Master
- Black Belt Examiner

- International Referee (W.T.F.)
- Krav Maga Instructor (USA)
- Diploma of P.E. with major in Taekwondo
- Bachelor of Education (VIU)



- Classes for children from 4 & up and teens & adults
- Anti-bullying strategies
- Real life-practical self-defense
- Let off steam & release stress
- Leadership & respect

250.714.8618

kickhighmartialarts@gmail.com



cityofnanaimo



nanaimoparksandrec (#ilovemyparksandrec)

Sports Programs

Progressive Tennis

This program uses the red ball which flies slower and bounces lower allowing children to develop hand-eye coordination and agility for fundamental tennis skills.

Instructor: North Island Tennis Academy

5 to 7 Years

Fri, Oct 13-Nov 10	3:30-4:30 pm	\$55/5	161101
Fri, Nov 17-Dec 15	3:30-4:30 pm	\$55/5	158410
Sun, Nov 19-Dec 17	2:15-3:15 pm	\$55/5	158411
Fri, Jan 12-Feb 9	3:30-4:30 pm	\$55/5	158412
Fri, Feb 16-Mar 16	3:30-4:30 pm	\$55/5	161103
Sun, Feb 18-Mar 18	2:15-3:15 pm	\$55/5	158413

Westwood Lake Tennis Club

8 to 10 Years

Thu, Oct 12-Nov 9	3:45-5 pm	\$69/5	161100
Thu, Nov 16-Dec 14	3:45-5 pm	\$69/5	158405
Sun, Nov 19-Dec 17	3:15-4:30 pm	\$69/5	158406
Thu, Jan 11-Feb 8	3:45-5 pm	\$69/5	158407
Thu, Feb 15-Mar 15	3:45-5 pm	\$69/5	161102
Sun, Feb 18-Mar 18	3:15-4:30 pm	\$69/5	158408

Westwood Lake Tennis Club (2367 Arbot Rd)

Tennis for Teens

11 to 15 Years

Come develop skills in a progressional approach. For beginners to intermediate.

Sun, Oct 15-Nov 12	4:30-6 pm	\$83/5	161065
Sun, Nov 19-Dec 17	4:30-6 pm	\$83/5	161066
Sun, Jan 14-Feb 11	4:30-6 pm	\$83/5	161067
Sun, Feb 18-Mar 18	4:30-6 pm	\$83/5	161068

Westwood Lake Tennis Club (2367 Arbot Rd)

Tennis in Your Own Neighbourhood

Let us bring progressive tennis lessons to you and introduce kids to tennis using lighter balls and smaller racquets. All equipment is provided.

Instructor: North Island Tennis Academy

5 to 7 Years

Wed, Sep 13-Oct 4	3:15-4:15 pm	\$44/4	158402
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Beban Park Tennis Courts

8 to 11 Years

Wed, Sep 13-Oct 4	4:15-5:30 pm	\$55/4	158403
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Beban Park Tennis Courts

Junior Badminton

10 to 15 Years

Get instruction and practice time for the beginner or intermediate player. The emphasis is on skill development and game play.

Instructor: Helen Binns

Mon, Sep 25-Oct 30	4:15-5:15 pm	\$35/5	153129
Wed, Sep 27-Nov 1	4:30-5:45 pm	\$53/6	153125
Mon, Nov 6-Dec 4	4:15-5:15 pm	\$35/5	153130
Wed, Nov 8-Dec 6	4:30-5:45 pm	\$44/5	153126
Mon, Jan 22-Mar 12	4:15-5:15 pm	\$49/7	153132
Wed, Jan 24-Feb 14	4:30-5:45 pm	\$35/4	153127
Wed, Feb 21-Mar 14	4:30-5:45 pm	\$35/4	153128

Oliver Woods Community Centre

Basketball Basics

6 to 9 Years

Learn to dribble, pass and shoot through fun games and some drills. Some of the rules and strategies will be covered, but the focus will be on having fun!

Thu, Oct 5-Nov 2	4:30-5:30 pm	\$30/5	157240
Thu, Jan 11-Feb 8	4:30-5:30 pm	\$30/5	157241

Fairview Community School (205 Howard Ave)

Beginner Basketball Drills & Skills

7 to 12 Years

This skills and drills clinic is a fun way to learn about basketball. We will focus on skill development, including ball handling, foot movement, passing and shooting.

Sat, Sep 23	1-3 pm	\$35/1	158363
Sat, Nov 18	1-3 pm	\$35/1	158737
Sat, Jan 13	1-3 pm	\$35/1	158738
Sat, Mar 10	1-3 pm	\$35/1	158739

Oliver Woods Community Centre

Basketball Skills and Drills Clinic

7 to 12 Years

This skills and drills clinic is a fun way to learn or continue playing basketball. We will focus on skill development, including ball handling, movement, passing and shooting. Players will have an opportunity to practice one-on-one and play a mini game or two. This program is a great option to brush-up on your skills before Steve Nash Basketball begins in the spring.

Sat, Oct 14	1-3 pm	\$35/1	158364
Sat, Dec 16	1-3 pm	\$35/1	158740
Sat, Feb 17	1-3 pm	\$35/1	158741

Oliver Woods Community Centre

On Guard! Fencing for Children

8 to 12 Years

This program is good for both beginner and continuing fencers. It focuses on developing skills through games, activities and drills. In addition to being an exciting sport, fencing challenges both the body and the mind.

Wed, Sep 13-Oct 18	5:15-6:15 pm	\$60/6	158360
Wed, Oct 25-Nov 29	5:15-6:15 pm	\$60/6	158361
Wed, Jan 17-Mar 7	5:15-6:15 pm	\$80/8	158362

Oliver Woods Community Centre



Tennis develops hand-eye coordination and agility.

MINI & ROOKIE RUGBY



SEPTEMBER TO APRIL

U8-U10-U12 divisions
boys & girls ages 5 to 11

TRAINING TIMES:

Wednesdays 5:30 - 6:30PM

GAME DAYS:

Sundays 10 - 11:30AM



CONTACT HANK

250-816-4265

hornetsminiandyouthrugby@gmail.com

nanaimohornetsrugby.info

2017 HEALTHY START FAIRS



Children (up to 6 years) & their families are invited!

Tue, Sep 19 • 11 am-2 pm

Nanaimo Child Dev. Centre (1135 Nelson)

Fri, Nov 17 • 10 am-1 pm

Fairview Community School (205 Howard)



Early Years
PARTNERSHIP

children's
HEALTH FOUNDATION
OF VANCOUVER ISLAND

Success By 6
helping all children succeed for life

- Family Resources
- Island Health Dental
- Vision Screening
- Healthy Eating
- Public Health Nursing
- Stories/Activities/Games
- Triple P Positive Parenting
- Giveaways

www.nanaimoearlyyears.org



Boys & Girls Clubs
of Central Vancouver Island

The BGCCVI is Vancouver Island's largest childcare provider and is trusted by more parents than any other.

Children, youth and families experience new opportunities, overcome barriers and build positive relationships, confidence, and skills for life in local programs.

Early Learning

- Daycare (0 to 5 years)
- Preschool

Middle Years

- Child Care (5-12 years)
- Girls Group
- Summer Day Camps

Youth

- South Side Teen Centre
- Full Throttle Dragon Boat Team

Family Resource

- Family Place Drop in
- Parent Education and Support



Great Futures Start Here!

Program & Registration information for all
12 Club locations:

250.754.3215 • reception@bgccvi.com

www.bgccvi.com



bandclubofcvi



@BGCCVI



Taekwondo helps develop flexibility,
endurance, strength and focus.



cityofnanaimo



nanaimoparksandrec (#ilovemyparksandrec)

Pro-D Camps & Winter Break

Sports N Play - Pro-D Fun

6 to 12 Years

Join your friends for a day of high energy sports and games fun!

Fri, Oct 6	8:30 am-5 pm	\$38/1	153050
Fri, Oct 20	8:30 am-5 pm	\$38/1	153051
Mon, Feb 19	8:30 am-5 pm	\$38/1	153053
Tue, Feb 20	8:30 am-5 pm	\$38/1	153054

Oliver Woods Community Centre

RecSkate Pro-D Camp

6 to 11 Years

This half-ice recreational skating camp includes three ice times for lessons, stations, games and free time. Camp includes other activities, a movie and a swim. We recommend that skaters have passed a minimum of RecSkate 1.

Fri, Oct 6	8:30 am-5 pm	\$38/1	154018
Fri, Oct 20	8:30 am-5 pm	\$38/1	154021
Mon, Feb 19	8:30 am-5 pm	\$38/1	154022
Tue, Feb 20	8:30 am-5 pm	\$38/1	154027

Cliff McNabb Arena

RecHockey Pro-D Camp

6 to 11 Years

This is a recreational, half-ice, hockey camp for participants of varying abilities. Emphasis is on the FUNdamentals of hockey with three ice times for skills, scrimmage and stations. Camp also includes other activities, a movie and a swim. Full gear is required. We recommend that skaters have passed a minimum of RecSkate 2.

Fri, Oct 6	8:30 am-5 pm	\$38/1	154019
Fri, Oct 20	8:30 am-5 pm	\$38/1	154023
Mon, Feb 19	8:30 am-5 pm	\$38/1	154024
Tue, Feb 20	8:30 am-5 pm	\$38/1	054028

Cliff McNabb Arena

Frosty Frolic Camp

6 to 10 Years

Play games, get crafty and make new friends. Register for the whole week or only the days you need.

Wed, Dec 27	8:30 am-5 pm	\$38/1	157282
Thu, Dec 28	8:30 am-5 pm	\$38/1	157283
Fri, Dec 29	8:30 am-5 pm	\$38/1	157284
Tue, Jan 2	8:30 am-5 pm	\$38/1	157285
Wed, Jan 3	8:30 am-5 pm	\$38/1	157287
Thu, Jan 4	8:30 am-5 pm	\$38/1	157288
Fri, Jan 5	8:30 am-5 pm	\$38/1	157289

Beban Social Centre

iLearn Winter Camp - Science & Robotics

Explore the world of science and technology in this camp. Create gooey slime, silly putty and fake snow and then build and program an EV3 Mindstorm Robot. There is something for everyone! No experience necessary. Take home something from every class.

7 to 9 Years

W-F, Dec 27-29	9 am-12 pm	\$120/3	158416
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10 to 14 Years

W-F, Dec 27-29	1-4 pm	\$120/3	158481
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Beban Social Centre

Mountain Kids Ski & Snowboard Camp

5 to 12 Years

A great way for your child to spend their holidays. Focus on skills development through games, exercises and fun in the snow. Includes a lesson, lunch and an afternoon at the Tube park. Call the mountain for rental and lift ticket specials. Meet at Mt. Washington Ski Report Learning Centre.

Wed-Fri, Dec 27-29	9:30 am-3:30 pm	\$199/3	158475
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Mt. Washington Learning Centre

Holiday Tennis Camp

8 to 15 Years

Finish Christmas break with some time in the bubble playing tennis. Players will be separated into groups based on levels and learn basic strokes, do drills and play friendly games in a non-competitive environment.

Instructor: North Island Tennis Academy Staff

W-F, Jan 3-5	2-5 pm	\$99/3	158477
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Westwood Tennis Club (2367 Arbut Rd)

Holiday RecSkate Camp **NEW!**

6 to 11 Years

This half-ice recreational skating camp includes three ice times for lessons, stations, games and free time. Camp also includes a other activities, a movie and a swim. We recommend that skaters have passed a minimum of RecSkate 1.

Tue, Jan 2	8:30 am-5 pm	\$38/1	153818
Wed, Jan 3	8:30 am-5 pm	\$38/1	153819
Thu, Jan 4	8:30 am-5 pm	\$38/1	153820
Fri, Jan 5	8:30 am-5 pm	\$38/1	153821

Cliff McNabb Arena

Holiday Hockey Camp **NEW!**

6 to 11 Years

This is a recreational half-ice camp for participants of varying abilities. Emphasis is on the FUNdamentals of hockey with three ice times for skills, scrimmages and stations. Camp also includes other activities, a movie and a swim. Full hockey gear is required. We recommend that skaters have passed a minimum of RecSkate 2.

Tue, Jan 2	8:30 am-5 pm	\$38/1	153822
Wed, Jan 3	8:30 am-5 pm	\$38/1	153823
Thu, Jan 4	8:30 am-5 pm	\$38/1	153824
Fri, Jan 5	8:30 am-5 pm	\$38/1	153825

Cliff McNabb Arena

Pro-D Day Skates

- Fri, Oct 6 • 3:45-5:15 pm • NIC 2
- Fri, Oct 20 • 3:45-5:15 pm • NIC 2
- Mon, Feb 19 • 1:30-3 pm • NIC 2
- Tue, Feb 20 • 12:30-2 pm • NIC 2





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"Established in 1997, SCL is an international non-profit organization that provides access to life-changing orthodontic treatment for children from families unable to afford the full cost of braces.

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ORTHODONTICS

Dr. F. Edward Murdoch



Nanaimo
(250) 390-1331
www.oeosmiles.com

The Parent-Child MOTHER GOOSE PROGRAM

These group sessions for parents and their babies and young children focus on the pleasure and power of using rhymes, songs and stories. Registration begins on August 23 by calling 250.756.5200.



Birth-12 Months Old at Harewood Act. Centre

Harewood Activity Centre
Thursday, Sep 14-Nov 2, 2017 &
Jan 25-Mar 15, 2018 • 9:30-10:30 am
For children birth to 12 months and
their parent(s) or caregiver.



Birth-12 Months Old at Oliver Woods



Oliver Woods Community Centre
Wednesday, Sep 20-Nov 8, 2017 &
Jan 17-Feb 21, 2018 • 9:30-10:30 am
For children birth to 12 months and
their parent(s) or caregiver.

For detailed information, contact Moire Porter at
250.756.2022 or mporter@pacific-care.bc.ca

REGISTRATION FOR THESE PROGRAMS BEGINS
AUGUST 23 BY CALLING 250.756.5200

Vancouver Island School of Early Childhood Education

(formerly North Nanaimo Early Learning Centre)

Come learn and play and
be school ready!

- We build on your child's learning
- We teach phonics, fine motor and creative thinking skills
- Full time and part time spaces available
- For ages 2.5 to 6 years old



"I want to let you know how impressed I am with your daycare. It is by far the best daycare I have taken my children to. I highly recommend you to anyone in need of child care. It is such a great place!"

-Audrey Gleadow-

Licence # KM0N-7MDSFK

Call for registration: 250.390.0701
www.nanaimoearlylearning.com



NANAIMO UNIQUE KIDS ORGANIZATION
is now offering a variety of programs
for children and youth with
neurological disabilities (aged 3 to 18).

Providing support academic,
recreation, social and behaviour
assistance for:

- Early Intervention
- Primary Learning
- School Ages

Visit www.nuko.ca or
call 250-585-6856 to see which
program is the fit for your child!

NUKO is a non-profit registered Canadian charity that has
been serving our community since 2005.

hand in hand, together we can



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Fall & Winter Events

- Brother XII Follower Tours
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- K-12 School Programs

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Quality licensed group child care...
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Competitive pricing includes:

- Spring, summer and winter daycamps
- Before and after school care
- Pro-d days
- Transportation
- Fun-filled field trips, indoor and outdoor activities with our qualified leaders
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250-739-8895 • suzie@zanyzone.ca
www.zanyzone.ca
Facebook: @zanyonechildcare



cityofnanaimo



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Spring Break Camps

Tree Frog Camp 3 to 5 Years

This is a daycamp for little people! The week will include games, music, arts and crafts. Come and join us for some great times!

M-F, Mar 19-23	9:30-11:30 am	\$69/5	154969
M-Th, Mar 26-29	9:30-11:30 am	\$55/4	154970

Oliver Woods Community Centre

Karate Camp 5 to 7 Years

Learn to perform simple karate moves and improve motor skills. Designed to teach discipline and courtesy and respect strongly emphasized.

M-F, Mar 19-23	1-2 pm	\$36/5	155000
M-Th, Mar 26-29	1-2 pm	\$45/4	155001

Shima Karate School (3032 Barons Rd)

Camp Firefly 6 to 10 Years

Join us for sports, games, arts and crafts and much more.

Mon, Mar 19	8:30 am-5 pm	\$38/1	157294
Tue, Mar 20	8:30 am-5 pm	\$38/1	157295
Wed, Mar 21	8:30 am-5 pm	\$38/1	157296
Thu, Mar 22	8:30 am-5 pm	\$38/1	157297
Fri, Mar 23	8:30 am-5 pm	\$38/1	157298
Mon, Mar 26	8:30 am-5 pm	\$38/1	157299
Tue, Mar 27	8:30 am-5 pm	\$38/1	157300
Wed, Mar 28	8:30 am-5 pm	\$38/1	157301
Thu, Mar 29	8:30 am-5 pm	\$38/1	157302

Beban Park Social Centre

Camp Action 8 to 12 Years

For children who love to be active! Play games, activities and sports. We also have fun out trips planned for bowling, karate, swimming, skating and more.

Mon, Mar 19	8:30 am-5 pm	\$38/1	158355
Tue, Mar 20	8:30 am-5 pm	\$38/1	158356
Wed, Mar 21	8:30 am-5 pm	\$38/1	158357
Thu, Mar 22	8:30 am-5 pm	\$38/1	158358
Fri, Mar 23	8:30 am-5 pm	\$38/1	158359
Mon, Mar 26	8:30 am-5 pm	\$38/1	158349
Tue, Mar 27	8:30 am-5 pm	\$38/1	158350
Wed, Mar 28	8:30 am-5 pm	\$38/1	158351
Thu, Mar 29	8:30 am-5 pm	\$38/1	158352

Oliver Woods Community Centre

Spring Break Tennis Camp 8 to 15 Years

Players will be separated into groups based on levels and learn basic strokes, drills and play games. All equipment is provided.

Instructor: North Island Tennis Academy Staff

W-F, Mar 21-23	2-5 pm	\$99/3	158542
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Westwood Tennis Club (2367 Arbot Rd)

Junior Lifeguard Club Camp 8 to 13 Years

This camp offers serious fun for kids who can swim at least 25 metres and tread water for two minutes. It provides an action-packed challenge for kids who love the water but who want more than "lessons". Basic components included in this program are water safety, lifeguarding, first aid and many other fun activities.

M-F, Mar 19-23	12-4 pm	\$125/5	161075
M-Th, Mar 26-29	12-4 pm	\$100/4	161076

Nanaimo Aquatic Centre

RecSkate Spring Break Camp 6 to 11 Years

This half-ice recreational skating camp includes three ice times for lessons, stations, games and free time. There is something for everyone! Camp also includes other activities, a movie and a swim. We recommend that skaters have passed a minimum of RecSkate 1.

Mon, Mar 19	8:30 am-5 pm	\$38/1	157641
Tue, Mar 20	8:30 am-5 pm	\$38/1	157655
Wed, Mar 21	8:30 am-5 pm	\$38/1	157656
Thu, Mar 22	8:30 am-5 pm	\$38/1	157657
Fri, Mar 23	8:30 am-5 pm	\$38/1	157659
Mon, Mar 26	8:30 am-5 pm	\$38/1	157663
Tue, Mar 27	8:30 am-5 pm	\$38/1	157664
Wed, Mar 28	8:30 am-5 pm	\$38/1	157665
Thu, Mar 29	8:30 am-5 pm	\$38/1	157667

Cliff McNabb Arena

RecHockey Spring Break Camp 6 to 11 Years

This is a recreational, half-ice, hockey camp for participants of varying abilities. Emphasis is on the FUNdamentals of hockey with three ice times for skills, scrimmage and stations. This camp also includes other activities, a movie and a swim. Full gear is required. We recommend that skaters have passed a minimum of RecSkate 2.

Mon, Mar 19	8:30 am-5 pm	\$38/1	157642
Tue, Mar 20	8:30 am-5 pm	\$38/1	157643
Wed, Mar 21	8:30 am-5 pm	\$38/1	157644
Thu, Mar 22	8:30 am-5 pm	\$38/1	157645
Fri, Mar 23	8:30 am-5 pm	\$38/1	157658
Mon, Mar 26	8:30 am-5 pm	\$38/1	157660
Tue, Mar 27	8:30 am-5 pm	\$38/1	157661
Wed, Mar 28	8:30 am-5 pm	\$38/1	157662
Thu, Mar 29	8:30 am-5 pm	\$38/1	157666

Cliff McNabb Arena



Spring Break Camps

Tae Kwon Do

Our 8th degree black belt Grand Master can help you become strong in mind, body and spirit. As an Olympic sport, Tae Kwon Do teaches discipline, respect and self-confidence.

4 to 6 Years

Mon/Wed, Mar 19-28 3:15-3:45 pm \$35/4 154986

7 to 12 Years

Tue/Thu, Mar 20-29 3:40-4:20 pm \$35/4 154985

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

Rock Climbing

6 to 12 Years

Climb the walls this spring break as you make new friends and learn from experienced leaders. We'll mix in some non-wall time to keep things interesting.

M-F, Mar 19-23 12-3 pm \$100/5 154980

M-Th, Mar 26-29 12-3 pm \$80/5 154984

Romper Room Climbing Gym (4235 Boban Dr)

Soccer School

6 to 12 Years

Experienced instructors will put you through the paces ending with a game each day. Groups are divided into specific age and skill levels.

Instructor: Ezra Soccer School Staff

M-F, Mar 19-23 9 am-12 pm \$110/5 158529

Merle Logan Field

Dance with Vibe Camp

An introduction to dance with the main focus on hip hop and styles of hip hop like grooving, old school, bboy, house, etc. Depending on interest of participants, we may touch on ballet, jazz and tap.

3 to 5 Years

M-F, Mar 19-23 12:15-2:15 pm \$75/5 158703

6 to 9 Years

M-F, Mar 19-23 9 am-12 pm \$105/5 158691

10+ Years

M-F, Mar 19-23 12:30-3:30 pm \$105/5 158692

Vibrant (Vibe) Dance Studio (1969 Boxwood Rd)

Gymnastics Camp

Our camps provide your child with the opportunity to experience gymnastics in a fun environment. Each day of the week we will have a theme. Please be sure to send your child with water and a snack.

Instructor: Flipside Gymnastics Staff

3 to 5 Years

M-F, Mar 19-23 9:30-11:30 am \$97/5 158596

M-F, Mar 26-30 9:30-11:30 am \$97/5 158614

6 to 12 Years

M-F, Mar 19-23 12:30-2:30 pm \$97/5 158582

M-F, Mar 26-30 12:30-2:30 pm \$97/5 158615

Flipside Gymnastics (1911 Wilfert Rd)

Mysteries of Science

8 to 14 Years

Explosions, gooey slime, disappearing colours, stinky smells! Participate in activities using physics, biology and chemistry. Remember, it's not science fiction if you can prove it!

Mon-Fri, Mar 19-23 2:30-4 pm \$100/5 157307

Beban Social Centre

Robotics - Level 1

10 to 14 Years

Heard about self-driving cars or the Mars rover? Automated vehicles and machines are now a thing of the present. Challenge yourself in the first level of our robotics world. Learn to build, program and control a robotic machine using the EV3 Mindstorms kits, inspire yourself and take your engineering skills to the next level.

Mon-Fri, Mar 19-23 10:45 am-12:15 pm \$140/5 157305

Beban Social Centre

Lego Robotics 2.0

7 to 9 Years

A hands-on learning experience with the latest technology from Lego. Create and program different projects that will challenge you to think like a scientist and an engineer. These exciting new builds will come to life by using smart hubs, gears, motors and different sensors.

Mon-Fri, Mar 19-23 9-10:30 am \$130/5 157304

Mon-Fri, Mar 19-23 2:30-4 pm \$130/5 161137

Beban Social Centre

Minecraft 1.0

10 to 14 Years

Change the way you interact with the Minecraft world! Learn how to build and program modifications or "mods". With the right tools, you can learn how to integrate mini games and even make your own special characters!

Mon-Fri, Mar 19-23 12:45-2:15 pm \$140/5 157306

Beban Social Centre

Mountain Kids Ski & Snowboard Camp

5 to 12 Years

A great way for your child to spend their holidays. Focus on skills development through games, exercises and fun in the snow. Includes a lesson, lunch and an afternoon at the Tube park. Call the mountain for rental and lift ticket specials. Meet at Mt. Washington Ski Report Learning Centre.

Tue-Thu, Mar 27-29 9:30 am-3:30 pm \$199/3 158540

Mt. Washington Learning Centre



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Family Activities

Parent & Tot Floor Hockey

3 to 5 Years

Parents, grab a stick and play floor hockey with your toddler. This is a fun way to introduce preschoolers to hockey.

Tue, Sep 12-Oct 17	3-3:45 pm	\$29/6	153195
Tue, Oct 24-Nov 28	3-3:45 pm	\$29/6	153194
Tue, Jan 9-Feb 13	3-3:45 pm	\$29/6	153200
Tue, Feb 27-Apr 3	3-3:45 pm	\$29/6	153203

Oliver Woods Community Centre

Family Clay Art

4+ Years

Make handbuilt pieces both functional and ornamental. All clay, firing and glazes are included. At least one parent/adult must register and participate with the child(ren). Cost is per person. (*Indicates a holiday themed session.)

Instructor: Maranne Ives

Thu, Sep 14-Oct 5	3:30-5 pm	\$69/4	157847
Thu, Nov 2-23 *	3:30-5 pm	\$69/4	157848
Thu, Feb 8-Mar 1	3:30-5 pm	\$69/4	157847

Bowen Pottery Studio

Family Yoga NEW!

This special yoga class creates a space where parents/caregivers and their child can share some special time together. Posture flows, partner poses and guided meditation help everyone relax, laugh and enjoy the moment. This class is designed for one parent and child aged 6 to 13 years. Only the parent pays the fee.

Instructor: Gypsy Hart

Tue, Sep 12-Oct 24	4:15-5:15 pm	\$56/7	157976
Tue, Oct 31-Dec 12	4:15-5:15 pm	\$56/7	158056
Tue, Jan 9-Feb 13	4:15-5:15 pm	\$48/6	158057
Tue, Feb 20-Mar 27	4:15-5:15 pm	\$48/6	158058

Oliver Woods Community Centre

Adult Hockey 101 D

This program is for adults and youth and is ideal for a great family hockey experience. Qualified instructors take you through the basics of holding a stick, stickhandling and passing and, of course, playing the game. Basic learn-to-skate ability is a requirement. Minimal gear requirement is helmet with cage, gloves and stick, but full gear is recommended. (Drop-in fee is \$13.)

Fri, Sep 22-Oct 27	6-7:15 am	\$72/6	153831
Fri, Nov 3-Dec 15	6-7:15 am	\$84/7	153832
Fri, Jan 12-Feb 16	6-7:15 am	\$72/6	153833
Fri, Feb 23-Mar 23	6-7:15 am	\$60/5	153843

Frank Crane Arena

“Take a Moment to Move” with Your Family

- Play a game of disc golf at Bowen Park.
- Ride your bikes together! Try riding on the Parkway or E&N Trail.
- Participate in one of the many Aquatic Special events happening at both Beban Pool and Nanaimo Aquatic Centre. See page 78 for details.
- Walk some of the more than 170 km of trails found in Nanaimo.
- Go geocaching at one of Nanaimo parks, including Neck Point, Maffeo Sutton, Departure Bay Beach or Pipers Lagoon.
- Attend one of the FREE skating or swimming sessions sponsored by Coast Capital Savings. See pages 10 and 78 for dates.
- Attend the Lions FREE Skate every Sunday at Frank Crane Arena. See page 95.



Families that play together
stay together!

Active Pass

Beginning October 1, 2017, children who attend school in Nanaimo and were born in the year **2007** are eligible to receive an **ACTIVE PASS** with Nanaimo Parks and Recreation!

What is an ACTIVE PASS?

A recreation pass that is valid from October 1, 2017 until August 31, 2018 allows a student born in the year **2007** FREE admission to:

- Public drop-in swimming at Beban Pool and Nanaimo Aquatic Centre
- Public drop-in skating at Frank Crane Arena, Cliff McNabb Arena and Nanaimo Ice Centre
- Public drop-in gymnasium sessions at Oliver Woods Community Centre

How do I get an ACTIVE PASS?

To receive your pass, please complete a form available at the front office of your school or come into one of our recreation centres to pick up the form. You will need to show the following information in order to acquire a pass:

- Birth certificate or passport showing birth year
- Homeschoolers must provide proof of Nanaimo residency (*adult driver's license or copy of a bill*). *These are photo ID cards so your child must be present.*

Call 250-756-5200 for more information.

STAY ACTIVE PASS

We want to encourage children who have participated in the ACTIVE Program to stay active by building on the foundation of creating healthy lifestyles at an age when independent choice of physical and social recreation activities is being explored.

How do I get a STAY ACTIVE PASS?

Bring in your ACTIVE PASS from last year, and we will load it with 12 visits to your choice of pools, arenas or public drop-in gymnasium sessions. If you were born in the year 2006 but did not participate in the program last year, come in and fill out the paper work, and we will load 12 visits onto your new card. It's that easy to get and stay active!

Birthday Parties PLANNING A PARTY?

We have the facility for you! Call the facility of your choice today. Rental rates vary for the different facilities and options.

BEBAN PARK (250-756-5202)

- Beban Social Centre Multi-Purpose Rooms
- Tennis Courts
- Altrusa Playground
- Centennial Building

BOWEN PARK COMPLEX (250-755-7517)

- Multi-Purpose Rooms
- Picnic Shelters
- Outdoor Playground
- Tennis Courts
- Disc Golf Course

NANAIMO AQUATIC CENTRE & BEBAN PARK POOL (250-755-7573)

- Multi-Purpose Rooms
- Pools
- Slides
- Lazy River
- Wave Pool

FRANK CRANE, CLIFF MCNABB & NANAIMO ICE CENTRE (250-756-5214)

- Multi-Purpose Rooms
- 4 Ice Surfaces

OLIVER WOODS COMMUNITY CENTRE (250-756-5282)

- Equipment Rentals
- Multi-Purpose Rooms
- Gymnasiums
- Outdoor Playground



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Youth Activities

Youth



#YouthNanaimo

Babysitter Training

11 to 15 Years

The Red Cross Babysitting course covers everything from managing difficult behaviours to essential content on leadership and professional conduct as a babysitter. This updated curriculum provides improved learning when it comes to first aid and giving the appropriate care in the event of an emergency.

Sat, Sep 23	9-4 pm	\$49/1	157405
Sat, Oct 28	9-4 pm	\$49/1	157406
Sun, Nov 26	9-4 pm	\$49/1	157407
Sat, Dec 16	9-4 pm	\$49/1	157408
Sat, Jan 20	9-4 pm	\$49/1	157409
Sat, Feb 10	9-4 pm	\$49/1	157410
Sat, Mar 10	9-4 pm	\$49/1	157413

Beban Social Centre

String into Guitar

10 Years +

Ideal for youth and adults with less than two years of experience. This small group format makes learning music fun! You will discover three-string chords, play notes from popular seasonal melodies and much more. Please bring your own guitar and tuner.

Instructor: Dave Hart

Wed, Oct 25-Dec 13	6:30-7:30 pm	\$140/8	157417
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Oliver Woods Community Centre

Teens Rule...The Kitchen

12 to 16 Years

Learn the skills and build confidence to work independently in the kitchen. Classes will cover menu planning, portioning and basic nutrition. You will also develop a variety of cooking techniques and knife skills.

Tue, Oct 17-Nov 14	3:30-5:30 pm	\$60/4	158073
Tue, Feb 6-27	3:30-5:30 pm	\$60/4	158077

Nanaimo Food Share (271 Pine St)

Tae Kwon Do & Hapkido NEW!

12 to 18 Years

Learn the Korean art of self-defense which places a strong emphasis on circular movement, re-direction and self-confidence. Grand Master Kim strives to maximize your potential by maintaining a traditional foundation based upon physical well-being and mental integrity.

M/W, Sep 18-27	7:30-8:20 pm	\$35/4	158034
M/W, Oct 16-25	7:30-8:20 pm	\$35/4	158040
M/W, Nov 6-20	7:30-8:20 pm	\$35/4	158041
M/W, Jan 15-24	7:30-8:20 pm	\$35/4	158042
M/W, Feb 5-19	7:30-8:20 pm	\$35/4	158043
M/W, Mar 5-14	7:30-8:20 pm	\$35/4	158044

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

TEENS WELCOME!

If you see a program that you would like to participate in found in other areas of this Activity Guide, give us a call and find out how we can include you.

Tae Kwon Do for Adults & Teens

13 Years +

Build self-confidence and release stress as you become strong in body and mind while learning different Taekwondo and self-defense techniques. Classes will provide a mix of physical activity, Tae Kwon Do forms and lots of kicking, blocking and striking! Black Belt Examiner and certified International Tae Kwon Do, Master Moy will make sure you have fun as he individualizes instruction based on your needs.

Instructor: Master Moy

Thu, Sep 14-Oct 26	7-8:15 pm	\$70/7	158577
Thu, Nov 2-Dec 14	7-8:15 pm	\$70/7	158579
Thu, Jan 11-Feb 15	7-8:15 pm	\$60/6	158580
Thu, Feb 22-Mar 29	7-8:15 pm	\$60/6	158581

Oliver Woods Community Centre

Hip Hop

11 to 18 Years

Ever wanted to pop and groove like the dancers in music videos? This will get you on your way! You'll be moving with confidence in no time.

Fri, Sep 15-Oct 20	7-8 pm	\$48/6	158656
Fri, Nov 3-Dec 8	7-8 pm	\$48/6	158657
Fri, Jan 12-Feb 9	7-8 pm	\$40/5	158658

Vibe Dance Studio (1969 Boxwood Rd)

Self-Defense for Teen Boys NEW!

13 to 19 Years

Increase your confidence and self-respect while improving your physical conditioning. Safely learn a variety of escapes, blocks and evasions that will help you navigate your life with more physical safety. Please wear strong, loose clothing. Program presented in partnership with NDSS Community School.

Instructor: Ryan Coffey

Thu, Sep 21-Oct 26 3:30-4:30 pm \$36/6 157688

Thu, Nov 2-Dec 7 3:30-4:30 pm \$36/6 157697

Nanaimo District Secondary School (355 Wakesiah Ave)

Self-Defense for Teen Girls

13 to 19 Years

Increase your confidence and self-respect while improving your physical conditioning. Safely learn a variety of escapes, blocks and evasions that will help you navigate your life with more physical safety. Please wear strong, loose clothing. Program presented in partnership with NDSS Community School.

Instructor: Ryan Coffey

Thu, Feb 1-Mar 8 3:30-4:30 pm \$36/6 157689

Nanaimo District Secondary School (355 Wakesiah Ave)

Youth Badminton

13 to 19 Years

Take your badminton skills to the next level! Players should have two years of experience in the Junior Badminton program (or equivalent).

Instructor: Helen Binns

Mon, Sep 25-Oct 30 5:15-6:15 pm \$35/5 157325

Mon, Nov 6-Dec 4 5:15-6:15 pm \$35/5 157326

Mon, Jan 22-Mar 12 5:15-6:15 pm \$49/7 157327

Oliver Woods Community Centre

Youth Floor Hockey

12 to 18 Years

Join us for a game of floor hockey and sneak in some fun fitness. A great place to meet some new friends.

Tue, Sep 19-Oct 24 6:30-7:30 pm \$30/6 157319

Tue, Nov 7-Dec 12 6:30-7:30 pm \$30/6 157320

Tue, Jan 23-Mar 13 6:30-7:30 pm \$40/8 157321

Oliver Woods Community Centre

Youth Basketball

12 to 18 Years

Come on out and burn off some energy. We will warm up by shooting some hoops and then get right into the game.

Tue, Sep 19-Oct 24 7:45-8:45 pm \$30/6 157322

Tue, Nov 7-Dec 12 7:45-8:45 pm \$30/6 157323

Tue, Jan 23-Mar 13 7:45-8:45 pm \$40/8 157324

Oliver Woods Community Centre

RecSkate Pre-Teen/Teen

12 to 17 Years

Join your friends at this lesson that teaches all levels of skating skills. This program offers 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 21-Oct 26* 5-6 pm \$66/6 154070

Sat, Sep 23-Oct 28 11:15 am-12:15 pm \$66/6 154071

Thu, Nov 2-Dec 14* 5-6 pm \$77/7 154072

Sat, Nov 4-Dec 16 11:15 am-12:15 pm \$66/6 154073

Thu, Jan 11-Feb 15* 5-6 pm \$66/6 154074

Sat, Jan 13-Feb 17 11:15 am-12:15 pm \$66/6 154075

Thu, Feb 22-Mar 22* 5-6 pm \$55/5 154076

Sat, Feb 24-Mar 24 11:15 am-12:15 pm \$55/5 154077

Frank Crane Arena/* Nanaimo Ice Centre

Tennis for Teens

11 to 15 Years

Come develop skills in a progressional approach. For beginners to intermediate.

Sun, Oct 15-Nov 12 4:30-6 pm \$83/5 161065

Sun, Nov 19-Dec 17 4:30-6 pm \$83/5 161066

Sun, Jan 14-Feb 11 4:30-6 pm \$83/5 161067

Sun, Feb 18-Mar 18 4:30-6 pm \$83/5 161068

Westwood Lake Tennis Club (2367 Arbot Rd)

Fencing - Teen & Adult

13 Years +

This program is for both beginner and experienced fencers. Beginner fencers receive weekly instruction of the basic skills of foil fencing and will have time to practice their new skills with other participants, as well as being introduced to sabre and epee. Experienced fencers receive instructions tailored to their needs in any of the three weapons (foil, sabre, epee). There will be plenty of opportunity to fence other fencers either using practice or electric equipment. All equipment is provided.

Instructor: Georgia Newsome

Wed, Sep 13-Oct 18 7-8:30 pm \$78/6 158380

Wed, Oct 25-Nov 29 7-8:30 pm \$78/6 158382

Wed, Jan 17-Mar 7 7-8:30 pm \$104/8 158383

Oliver Woods Community Centre

Take a
MOMENT
to MOVE



cityofnanaimo



nanaimoparksandrec (#ilovemyparksandrec)

CENTRAL ISLAND HEALTHY LIFESTYLES SHAPEDOWN BC



FREE & FUN

Embrace a healthier lifestyle for your family!

Free workshops and individual support **for kids 6-17** and their families. Together you can make positive changes to eating habits, activity levels and self-esteem.

250-755-7955

For more information, visit:
viha.ca/children/ci_lifestyles.htm



Shapedown
BC



island health

NANAIMO ROWING CLUB

Loudon Park, Long Lake



Have you ever wanted to try Rowing?
Here's your chance!

**High School Rowing starts in
September**

**School classes welcome
No experience necessary**

Rowing = FUN, FITNESS, SOCIAL

Our Club offers:

- Year round rowing for all ages
- Recreational and competitive rowing for juniors [ages 12-18]
- Learn to Row for juniors, students, adults
- Private and semi-private lessons

Come to the lake and see what it's all about!

Email: nanaimo.rowing@gmail.com

Web: www.nanaimorowingclub.com

Free Ride Program **NEW!**

13 to 18 Years

This promotes the development of all mountain skiing and riding by combining elements of freestyle, race and general improvement strategies. Every week you will be grouped with the same instructor to allow for skill progression and tons of fun. Lunch is supervised or can be purchased as an option along with rentals and tickets. Please check with Mt. Washington for rental packages if needed. Meet at Mt. Washington Ski Resort Learning Centre.

Sun, Jan 7-Mar 11 10 am-3:30 pm \$399/10 161133
Mt. Washington Learning Centre

Take a Moment to Move!

Physical activity is any type of bodily movement: playing, walking, chores or even gardening!

Robotics - Level 1

10 to 14 Years

Heard about self-driving cars or the Mars rover? Automated vehicles and machines are now a thing of the present. Challenge yourself in the first level of our robotics world. Learn to build, program and control a robotic machine using the EV3 Mindstorms kits, inspire yourself and take your engineering skills to the next level.

Mon-Fri, Mar 19-23 10:45 am-12:15 pm \$140/5 157305
Beban Social Centre

Lego Robotics 2.0

7 to 9 Years

A hands-on learning experience with the latest technology from Lego. Create and program different projects that will challenge you to think like a scientist and an engineer. These exciting new builds will come to life by using smart hubs, gears, motors and different sensors.

Mon-Fri, Mar 19-23 9-10:30 am \$130/5 157304
Beban Social Centre

Minecraft 1.0

10 to 14 Years

Change the way you interact with the Minecraft world! Learn how to build and program modifications or "mods". With the right tools, you can learn how to integrate mini games and even make your own special characters!

Mon-Fri, Mar 19-23 12:45-2:15 pm \$140/5 157306
Beban Social Centre

Mysteries of Science

8 to 14 Years

Explosions, gooey slime, disappearing colours, stinky smells! Participate in activities using physics, biology and chemistry. Remember, it's not science fiction if you can prove it!

Mon-Fri, Mar 19-23 2:30-4 pm \$100/5 157307
Beban Social Centre

Stop Worrying About Stress and Anxiety - For Teens

This fun group program teaches cognitive behavioural therapy (CBT) and other stress coping strategies. It uses media to teach key concepts. Come after school and check it out. Please pre-register.

Tue, Oct 3-24 3:30-4:30 pm FREE/4 161099
Nanaimo Aquatic Centre

Job Skills & Credits Towards High School Graduation

- **Aquatic Certification** - See page 89.
 - Bronze Medallion
 - Bronze Cross
 - Standard First Aid
 - National Lifeguard Award
- **First Aid classes** - See page 53.

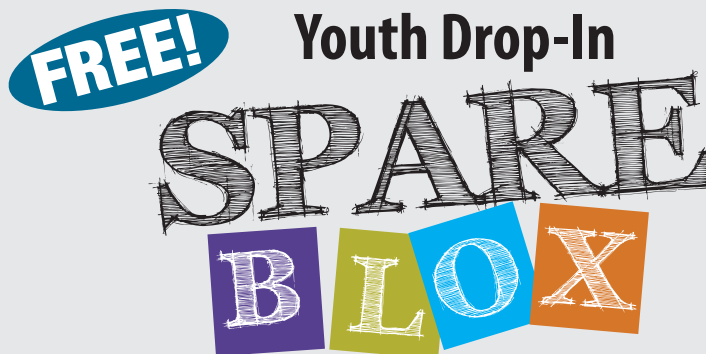


Youth in the Weight Rooms

13-15 Years

Safety in our weight rooms is very important to us. To help youth learn correct use of the equipment, youth must attend and complete a Weight Room Orientation in order to use our weight rooms. The cost is \$5.

See page 55 for all the details.



Spare Blox & Spare Blox Jr.

The ultimate place to have some fun on a week night! We offer regular gymnasium activities for youth in Nanaimo. Program is FREE, but you MUST register using barcodes below.

SPARE BLOX JR (11-14 YRS) -157238

Mondays, Sep 11-May 28, 7-8:30 pm @ Fairview Community School

SPARE BLOX (13-17 YRS) - 157237

Wednesdays, Sep 13-May 30, 8-9:30 pm @ John Barsby School

Spare Blox Arena NEW!

The newest edition of Spare Blox! This is a great way to start your day with a free open skating session and healthy snack before you hit the classroom. Program is FREE but please pre-register.

SPARE BLOX ARENAS (10-15 YRS) - 161059

Fridays, Sep 15-May 25, 7:15-8:15 am @ Nanaimo Ice Centre

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



Thursdays, 3-7 pm at Nanaimo Aquatic Centre

- XBOX • WII • FOOSEBALL • AIR HOCKEY • CHARGING STATION • SNACKS
- MUSIC • BEAN BAG CHAIRS • FREE WIFI • SWIMMING • SKATING



Boys & Girls Club of
Central Vancouver Island

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



cityofnanaimo



nanaimoparksandrec (#ilovemyparksandrec)

Youth

Leaders In Training (LIT) & Quest Youth Leadership

35 YEARS OF CREATING COMMUNITY LEADERS! Since 1982, the Leaders in Training (LIT) program has been helping youth in Nanaimo learn basic job skills and become volunteer leaders in the community. Throughout the program, LITs will participate in volunteer training and specialty workshops before heading into the community to volunteer between 50 and 90 hours at community events and within Parks and Recreation programs.

Youth



LIT (Leaders in Training)

13-18 YEARS

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, making balloon animals and basic resume writing and interview skills. Once you have completed training, you will choose from a variety of placement options around Nanaimo and will volunteer between 50 and 90 hours. You must be at least 13 by December 31, 2017 and starting grade 8 in September 2017.

- ★ 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
- ★ Practice for job interviews
- ★ Have the opportunity to work as a team
- ★ Meet other volunteers and make new friends



QUEST

14-18 YEARS

The Quest program is for volunteers who have successfully completed the Leaders in Training program. As a Quest volunteer, you take on additional responsibilities in your placements, as well as in training the LITs. You also have the option to specialize your skills in arena programs or aquatic programs if you so desire (see boxes below).

- ★ Further develop your leadership and on-the-job skills
- ★ Get the opportunity to assist with training the LIT volunteers
- ★ Have the chance to define your area of interest (community, arena or aquatics)
- ★ Take the opportunity to work with the Quest team and the program leader to plan a fun night event for the LITs
- ★ Get the first choice of volunteer placements



QUEST Community

Youth in the Quest Community program will focus their volunteer placements on community events and programs in addition to attending workshops and assisting with training the LIT volunteers. Prerequisite: successful completion of the LIT program.

QUEST Aquatics

Participants will receive specialized aquatic training and will get hands-on work experience assisting with swimming lessons, public swimming sessions and aquatic special events. Prerequisite: successful completion of the LIT program AND strong swimming skills.

QUEST Arenas

Youth in the Quest Arenas program will receive a specialized skate leader training session and will get hands-on work experience during skating lessons, public skating and arena special events. Prerequisite: successful completion of the LIT program AND strong skating skills.



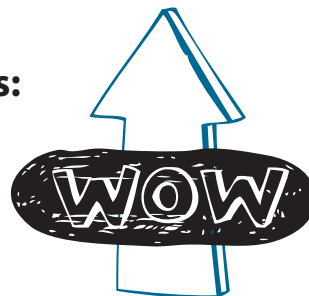
Want to Join? Here's How:

STEP #1

REGISTER for one of the 4 programs:



● LIT	#157329	\$99
● QUEST - Community	#157330	\$99
● QUEST - Arenas	#157332	\$99
● QUEST - Aquatics	#157333	\$99



STEP #2

SIGN UP for all 4 LIT University Workshops. You **MUST** be registered in one of the above programs to sign up for these workshops! No exceptions. (Held at Beban Social Centre.)



On the Job 101 Mon, Oct 16	6:30-8:30 pm	157334	Clowning 101 Wed, Oct 18	6:30-8:30 pm	157335
Teamwork 101 Tue, Oct 17	6:30-8:30 pm	157336	Children 101 Thu, Oct 19	6:30-8:30 pm	157337



STEP #3

ATTEND ORIENTATION on Saturday, October 14 at Beban Social Centre.

- LIT: 10:30 am-3 pm
- QUEST: 10:30 am-3 pm



STEP #4

ATTEND PLACEMENT SIGN-UP on Friday, October 20 at Beban Social Centre.

- LIT: 6:30-8 pm
- QUEST: 5:30-8 pm



STEP #5

Go to your placements and **VOLUNTEER!**



Hey Parents!
Find out all about LIT & Quest at our **FREE** parent information night held Wednesday, October 11, 7-8 pm at Beban Park. Please pre-register using barcode 157331.



Want more info? Check out www.nanaimo.ca/goto/LIT

Inclusive Programs

THE CITY OF NANAIMO IS COMMITTED TO OFFERING ACCESSIBLE AND EQUITABLE PROGRAMS AND EVENTS.

Many of our programs are suitable for all ages and abilities. If you are interested in taking part in any of our programs and have questions about accessibility, please call us to discuss how we can cater programs to suit your needs. If you require one-on-one support, your caregiver must attend classes with you. In most cases, aides attend at no charge.

Social Club

for Teens & Adults

MEET NEW FRIENDS &
PLAN ACTIVITIES!

- Games
- Movies
- Birthday Lunches
- Swimming
- Crafts
- More
- Curling
- Bingo



Please join us at our next planning meetings in Beban Social Centre

- Thursday, Sep 7, 1-3 pm
- Thursday, Jan 11, 1-3 pm

Contact Teresa at 250-755-7514 for more information.

Clay Time - Open

Designed specifically for clients with special needs. This class is loaded with handbuilding fun. Please bring your aide. All costs are included in the course fee. No drop-ins.

Tue, Feb 20-Mar 13 12:30-2 pm \$65/4 161057
Bowen Pottery Studio

Adaptive Hockey

13 + Years

This program provides teens and adults with cognitive or physical challenges the skills required to play the game of ice hockey, including learning how to skate, pass and shoot while getting some great exercise. No skating ability is required, but participants should be steady on their feet. Full gear is required.

Wed, Sep 20-Oct 25 9:45-11 am \$60/6 153828
Wed, Nov 1-Dec 13 9:45-11 am \$70/7 153829
Wed, Jan 10-Mar 14 9:45-11 am \$100/10 153830
Nanaimo Ice Centre

Wheelchair Curling

16 + Years

The development of the push stick has kept curlers with mobility issues in the game. If you are interested in participating in the sport of curling, please call the Nanaimo Curling Club at 250-753-3474.

Specialty Fitness

A supervised weight training program for people living with physical disabilities. Receive assistance getting onto machines, and learn weight training exercises suited to your needs.

Instructor: Jody Felker

T/Th, Sep 19-Oct 26 10:30-11:30 am \$56/12 157728
T/Th, Oct 31-Dec 21 10:30-11:30 am \$74/16 157729
T/Th, Jan 9-Mar 1 10:30-11:30 am \$74/16 157955

Nanaimo Aquatic Centre Weight Room

REGISTER TODAY!

See page 112 for all of our registration options!

Yoga - Open

15 + Years

Open to everyone, including those with a variety of needs. The pace and style of the class is adjusted according to the needs of the participants. Join us for some fun and stretching. Aides are welcome and recommended.

Instructor: Merron Booker

Mon, Sep 25-Nov 20	1:30-2:30 pm	\$64/8	157086
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Mon, Jan 8-Mar 5	1:30-2:30 pm	\$64/8	157088
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Beban Social Centre

Hip Hop - Open

Open to everyone but specifically designed for participants with mobility issues or cognitive or physical challenges. Each lesson will take you through a choreographed dance sequence. Dance like a star while improving your balance and coordination.

8 to 13 Years

Mon, Sep 11-Oct 23	2-2:45 pm	\$48/6	158663
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Mon, Oct 30-Dec 4	2-2:45 pm	\$48/6	158664
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Mon, Jan 8-Feb 12	2-2:45 pm	\$48/6	158665
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15 + Years

Mon, Sep 11-Oct 23	1:30-2:15 pm	\$48/6	158673
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Mon, Oct 30-Dec 4	1:30-2:15 pm	\$48/6	158670
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Mon, Jan 8-Feb 12	1:30-2:15 pm	\$48/6	158671
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Vibe Dance Studio (1969 Boxwood Rd)

Take a
MOMENT
to MOVE



Social Club - meet friends and participate in fun activities.

City of Nanaimo

LEAP

Leisure Economic Access Policy (LEAP)

The LEAP program provides access to the City of Nanaimo recreation facilities for families in FINANCIAL NEED that are living in the City of Nanaimo, City of Lantzville and the surrounding area, including Electoral Areas A (Cranberry, Cedar, South Wellington), B (Gabriola Island) and C (Extension, East Wellington).

Eligible LEAP cardholders are entitled to a 50 percent course fee discount (to a maximum of \$40) for four courses per year. (Some programs may not qualify for the discount). In addition, participants will be issued a Swim/Skate/Gym Pass for 50 FREE admissions throughout the year.

Find out if you qualify. Look for our LEAP form on our website (www.nanaimo.ca).



cityofnanaimo



nanaimoparksandrec (#ilovemyparksandrec)

Arts & Crafts

Decorative Painting NEW!

With liquid acrylic paints, learn how to decorate items using colour, background textures, basic brush strokes, dots, stripes, flowers and critters. Complete a wooden name plaque for yourself or as a gift! Please bring a pencil, plain white paper, ruler, three-ring binder, plastic lid to use as a palette and water container. All other supplies provided.

Instructor: Frances Manktelow

Wed, Oct 18-Nov 22 10:30 am-12 pm \$70/6 157435
Bowen Park Complex



Watercolour - Beginner

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

Instructor: Helen Binns

Wed, Sep 27-Nov 15 12:30-3 pm \$118/8 157430
Kin Hut Activity Centre (2730 Departure Bay Rd)
Thu, Feb 1-Mar 22 7-9 pm \$95/8 157436
Bowen Park Complex

Watercolour - Intermediate

Further explore the watercolour medium with new and varied subject matter. We will introduce compositional and design considerations and develop your artistic voice. Please pick up a supply list or print it off our website.

Instructor: Helen Binns

Thu, Sep 28-Nov 16 7-9 pm \$88/8 157431
Bowen Park Complex
Wed, Jan 31-Mar 21 12:30-3 pm \$110/8 157678
Kin Hut Activity Centre (2730 Departure Bay Rd)

Eastern Watercolour Painting Techniques

What happens when West (Helen Binns) meets and learns from masters of the East (Lien Zhen and Andy Loo)? This class will introduce techniques learned from these artists. What results is a unique fusion of eastern technique, traditional watercolour and unquestionable beauty. Please bring a pencil, note paper, eraser and water container. All other supplies provided.

Instructor: Helen Binns

Mon, Jan 29-Mar 26 7-9 pm \$95/8 157428
Beban Social Centre

Holiday Watercolour Cards NEW!

Learn to combine different watercolour techniques to complete original watercolour Christmas cards which your friends and family will treasure. All new images from last years class. No experience necessary. Bring a pencil, eraser, note pad and water container. All other supplies provided.

Instructor: Helen Binns

Wed, Nov 22-Dec 6 12:45-3 pm \$40/3 157433
Kin Hut Activity Centre (2730 Departure Bay Rd)
Thu, Nov 23-Dec 7 7-9:15 pm \$40/3 157432
Bowen Park Complex

DID YOU KNOW?

Most of our adult programs are available for youth to register in as well. This is a great opportunity for parents to sign up with their teen.
If a program doesn't specify an age and you are interested, please call us at 250-756-5200 to check availability.

The Art of Paint - Studio 2

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

Instructor: Marilyn Ridsdale

Thu, Sep 21-Nov 9	7-9 pm	\$110/8	158554
Thu, Jan 25-Mar 15	7-9 pm	\$110/8	158557

Oliver Woods Community Centre

The Art of Paint - Intro to Acrylics

Are you a beginner or someone who has been away from painting for some time? Take a moment to explore your artistic side with an introduction to acrylic painting. Be inspired by a relaxed and fun class that covers the basics of composition, design, colour mixing, brush use and techniques. Please bring a basic acrylic paint set, sketch book and a 16' x 20' canvas. Easels are provided and supply list available.

Instructor: Marilyn Ridsdale

Wed, Sep 20-Nov 8	1-3 pm	\$110/8	158571
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Oliver Woods Community Centre

The Art of Paint - Intermediate Acrylics

This class is for painters with some experience using acrylics and provides critical guidance and support. Each class will begin with an exercise to improve technique and style followed by studio time. Come and enjoy the company of those who wish to share their inspiration and love of painting. Please bring acrylic paint, brushes and any size canvas. A supply list will be provided.

Instructor: Marilyn Ridsdale

Wed, Sep 20-Nov 8	7-9 pm	\$110/8	158551
Thu, Sep 21-Nov 9	1-3 pm	\$110/8	158550
Wed, Jan 24-Mar 14	7-9 pm	\$110/8	158568
Thu, Jan 25-Mar 15	1-3 pm	\$110/8	158569

Oliver Woods Community Centre

Drawing - Level 1

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

Instructor: Helen Binns

Wed, Sep 27-Nov 15	7-9 pm	\$88/8	157429
Wed, Jan 31-Mar 21	7-9 pm	\$88/8	157438

Beban Social Centre

Drawing - Level 2

This class is an in-depth look at drawing. We will try different approaches to illustrating textures like glass, metal and fabric and then take a more detailed look at figure drawing both people and animals. Please bring an HB and 4B pencil, two erasers (kneaded and vinyl), a pencil sharpener and paper.

Instructor: Helen Binns

Mon, Sep 25-Nov 20	7-9 pm	\$88/8	157437
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Beban Social Centre

Texture and Stamped Bracelet NEW!

Come and learn to texture and stamp using letters, numbers and symbols. Forming and designing of a bracelet curr in copper or brass will be taught. There will be a \$50 material fee required on the first day and payable to the instructor.

Instructor: Cheryl Jacobs

Sat, Sep 16	9:30 am-4:30 pm	\$75/1	158556
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Oliver Woods Community Centre

Decorative Rivet Earrings NEW!

Take a moment to learn something new by creating some amazing earrings using decorative rivets as the focal point. Learn techniques that will take your riveting to the next level. There will be a \$50 material fee required on the day of the class payable to the instructor.

Instructor: Cheryl Jacobs

Sat, Oct 7	9:30 am-4:30 pm	\$75/1	158555
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Sat, Mar 10	9:30 am-4:30 pm	\$75/1	158553
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Oliver Woods Community Centre

Beachstones and Silver

Get inspired by natural beachstones polished to a shiny finish. Turn them into amazing pieces of jewelry combined with sterling silver. Learn to rivet, drill through stone, decorate with sterling silver embellishments and walk away with your own designed pieces. A \$50 material fee is required on the day of the class payable to the instructor.

Instructor: Cheryl Jacobs

Sat, Jan 13	9:30 am-4:30 pm	\$75/1	158552
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Oliver Woods Community Centre

Take a MOMENT



DID YOU KNOW?

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



cityofnanaimo



nanaimoparksandrec (#ilovemyparksandrec)

Bowen Park Pottery Studio

POTTERY CLASSES HELD AT THE BOWEN POTTERY STUDIO LOCATED IN Bowen Park Complex (500 BOWEN RD)

At the Bowen Park Pottery Studio, we have the tools, equipment and supplies available for the public to drop in and work independently. Children, accompanied by an adult, are welcome (both pay drop-in fees). No instruction is provided. Clay may be purchased for \$30 (including tax) per 22 pound bag and includes all firing and glazing fees.

DROP-IN RATES

- \$47.25 for 10-hour pass
- \$110.25 for 30-hour pass

Includes tax

DROP-IN SCHEDULE

September to June

Sun • 12-3 pm

Wed • 4-7 pm

Thu • 10 am-1 pm

Rates and schedule subject to change

Family Clay Art

4+ Years

Create family treasures, and see how you can make hand built pieces both functional and ornamental. All clay, firing and glazes are included. At least one parent/adult must register and participate with the child(ren). Cost is per person. (*Indicates a holiday themed session.)

Instructor: Maranne Ives

Thu, Sep 14-Oct 5	3:30-5 pm	\$69/4	157847
Thu, Nov 2-23 *	3:30-5 pm	\$69/4	157848
Thu, Feb 8-Mar 1	3:30-5 pm	\$69/4	157849

Bowen Pottery Studio

Mud Pies

3 to 6 Years

Little fingers stay busy playing in clay. Projects include name plates, handprints, animals and simple bowls and plates. Parent participation is required.

(*Indicates a holiday themed session.)

Instructor: Maranne Ives

Wed, Nov 1-22 *	1-2 pm	\$70/4	157844
Sun, Nov 12-Dec 3 *	10:30-11:30 am	\$70/4	157845
Sun, Jan 14-Feb 4	10:30-11:30 am	\$70/4	157846

Bowen Pottery Studio

**SEE PAGE 112 FOR
THREE WAYS TO REGISTER.**

Handbuilding for Children 7 to 12 Years

This pottery class is an introduction to both handbuilding and wheel throwing. On the pottery wheel, learn throwing, centering and trimming techniques. Please dress for mess. Cost includes clay, glaze and firing. (*Indicates a holiday themed session.)

Instructor: Maranne Ives

Tue, Nov 14-Dec 5 *	3:30-5 pm	\$69/4	157851
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Bowen Pottery Studio

Discover Clay 15 + Years

Surprise yourself! Discover your inner handbuilder with easy-to-learn techniques that will reward you with beautiful handmade clay pieces. All materials (clay, glaze and firing) are included in the cost. (*Indicates a holiday themed session.)

Instructor: Maranne Ives

Tue, Sep 5-26	12:30-2:30 pm	\$99/4	157829
Tue, Nov 7-28 *	12:30-2:30 pm	\$99/4	157830
Tue, Jan 16-Feb 6	12:30-2:30 pm	\$99/4	157831

Bowen Pottery Studio

Pottery Wheel - Adult Beginner

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

Instructor: Robert Bauer

Tue, Sep 5-Oct 17	6:30-9 pm	\$199/7	157832
Thu, Sep 7-Oct 19	6:30-9 pm	\$199/7	157835
Tue, Oct 24-Dec 5	6:30-9 pm	\$199/7	157833
Thu, Oct 26-Dec 7	6:30-9 pm	\$199/7	157836
Tue, Jan 2-Feb 13	6:30-9 pm	\$199/7	157834
Thu, Jan 4-Feb 15	6:30-9 pm	\$199/7	157837
Tue, Mar 13-Apr 24	6:30-9 pm	\$199/7	157828
Thu, Mar 15-Apr 26	6:30-9 pm	\$199/7	157854

Instructor: Linda Phillips

Fri, Jan 26-Mar 9	9-11:30 am	\$199/7	157841
Fri, Jan 26-Mar 9	1-3:30 pm	\$199/7	157842

Bowen Pottery Studio

Pottery Wheel - Adult Intermediate

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

Instructor: Robert Bauer

Wed, Sep 6-Oct 18	7-9:30 pm	\$210/7	157838
Wed, Oct 25-Dec 6	7-9:30 pm	\$210/7	157839
Wed, Jan 3-Feb 14	7-9:30 pm	\$210/7	157840
Wed, Mar 14-Apr 25	7-9:30 pm	\$210/7	157855

Bowen Pottery Studio

**You want it?
We'll do it!**



LogoWest
Promotional Products
250.585.4625
logowest.ca



Nanaimo Artwalk

www.nanaimoartwalk.com
December 2 & 3, 2017
10 am to 4 pm



cityofnanaimo



nanaimoparksandrec (#ilovemyparksandrec)

Cooking

Cooking



Basic Cooking **NEW!**

For those with little or no experience in the kitchen, learn hands-on cooking skills, such as chopping and sauteing. You will prepare simple, nutritious meals and develop a weekly menu. Topics include eggs, soups and salads, pasta and rice dishes, vegetables and simple dishes with meats. All food and recipes provided; just bring an apron.

Instructor: Jonathan Dean

Mon, Oct 16-Nov 13	5:30-7:30 pm	\$99/5	157451
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Bowen Park Complex



MEET YOUR INSTRUCTOR

Jonathan Dean

Jonathan's goal is to have people become comfortable in the kitchen and to cook nutritious food with enjoyment and confidence. Jonathan has been cooking for himself and others for over fifty years and finds that there is an amazing availability of fresh local foods on this Island. He hopes to pass his enthusiasm and skills onto those who have been wishing they were able to cook and who need encouragement in that area.

Cooking for Well-Being Through Ayurveda

Learn how India's 5,000 year old "Science of Life" uses food as a healing tool. Explore why a seasonal approach to diet can enhance your health. Each class will begin with a discussion offering insight into your unique body type. Develop awareness of Ayurvedic concepts and try hands-on meal preparation designed to help balance you and your family's health. Recipes are included.

Instructor: Joanne Cooper

Wed, Nov 1-15	5:30-8:30 pm	\$95/3	157455
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Mon, Feb 19-Mar 5	5:30-8:30 pm	\$95/3	157456
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Bowen Park Complex

Japanese Cooking

Merron lived in Japan for 14 years and would love to share what she has learned. On October 2, learn how to make chicken with daikon and greens, sesame spinach (gomae) and kinpira style vegetables. On February 5, discover easy beef bowl, flavoured rolled omelette and daikon salad with sesame-miso dressing. All recipes included, and ingredients bought locally.

Instructor: Merron Booker

Mon, Oct 2	6:30-8 pm	\$22/1	157443
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Mon, Feb 5	6:30-8 pm	\$22/1	157450
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Bowen Park Complex

Shiv's Kitchen - Punjabi Favourites

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

Instructor: Shiv Sharma

Wed, Oct 25	7-9:30 pm	\$37/1	157440
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Wed, Feb 21	7-9:30 pm	\$37/1	157453
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Bowen Park Complex

Shiv's Kitchen - Vegetarian Punjabi Favourites

Shiv's newest vegetarian offerings include chilli paneer, mixed veggies with ginger and garlic shahi paneer and curry served with roti.

Instructor: Shiv Sharma

Wed, Nov 29	7-9:30 pm	\$37/1	157439
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Bowen Park Complex

Thai Cooking

Authentic and tasty, try some new Thai dishes, including Stir Fry Prawn with curry powder, green curry beef, stir fry chicken with curry paste and prawn fried rice. Take home recipes of the excellent dishes and the instructor's memories and experiences of Thailand.

Instructor: Maytawee Shepherd

Mon, Sep 18 & 25	6-7:30 pm	\$43/2	157449
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Mon, Nov 20 & 27	6-7:30 pm	\$43/2	157446
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Mon Jan 22 & 29	6-7:30 pm	\$43/2	157448
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Bowen Park Complex

Please note three week days withdrawal notice required to receive a refund for all of our cooking classes.

CHEESE MAKING SERIES

Instructor, Paula Maddison, lives on Gabriola Island and has been teaching the lost art of cheese making for over four years. Her classes are comprehensive and fun. Paula not only shows you how to create cheese but also creative and unique ways to enjoy the cheese you make at home. All classes held in Bowen Park Complex.

Gruyere NEW!

Nutty and sharp, gruyere is a gorgeous cheese. Paula will demystify the science and process behind this delicious cheese.

Wed, Sep 13 6-8 pm \$65/1 157441

Parmesan

Who doesn't like parmesan cheese? Learn to make your own at home.

Wed, Oct 18 6-8 pm \$65/1 157442

Brie and Blooms NEW!

Learn how to make your own brie, camembert and cambozola cheese. Explore the bloom-y wonders of what makes these cheeses so delicious.

Wed, Nov 22 6-8 pm \$65/1 157454

Cheese Appetizers for the Holidays

Paula will have pre made curd called Fromage Blanc that we will infuse with herbs, spices, and botanicals to create delicious appetizers. Other appetizers will include Boursin and a layered Torta. Whether you are making your own cheeses for holiday entertaining or thinking of some hand crafted gift ideas, you'll leave with a lot of ideas, new skills and taste some amazing cheeses! Bring a container, as you'll be bringing home cheese.

Wed, Dec 6 6-8 pm \$65/1 157447

Emmental NEW!

This mild and savory Swiss cheese is not only delicious to eat straight up, but it is also used in gratins and fondues. Come and learn how to create your own at home!

Wed, Jan 17 6-8 pm \$65/1 157444

Blue Gouda NEW!

If you love Gouda, you'll think Blue Gouda is even better! Come and learn how to make both of these popular Dutch cheeses. You will receive a kit to take home plus instructions to make it on your own.

Wed, Feb 14 6-8 pm \$65/1 157457

Easy Raw Cuisine NEW!

Learn how easy it is to prepare tasty, raw vegan recipes that are gluten free, dairy free, soy free and guilt free. Enjoy samples, get the recipes and receive a whole ton of information. September menu includes almond and cashew cheeses, beet soup, curry and berry crumble. In January, learn how to make cinnamon rolls with caramel icing and almond milk, enchilada bites, vegetable pate, amazing avocados and wraps.

Instructor: Rose Vasile

Wed, Sep 27 6-8:30 pm \$35/1 158091

Wed, Jan 10 6-8:30 pm \$35/1 158340

Oliver Woods Community Centre

Breaking the Sugar Habit

Get serious about getting rid of sugar! You will learn about all of the kinds of sugars - natural, artificial and hidden. Find out what to look for on food labels, discover the effects of sugar on your health and find out how to deal with cravings. Re-train your taste buds and explore alternatives to sugar in your meal preparation. Recipes and opportunities to taste sugar free treats included.

Instructor: Tricia Pearson, Step Up to the Plate Nutrition

Wed, Mar 7 6:30-8:30 pm \$35/1 158094

Oliver Woods Community Centre

Serving Picky Eaters NEW!

Did your child use to be a great eater who now refuses all the healthy food you offer? Do you want your partner to enjoy a wider variety of food? Learn how to expand your child or partner's meal repertoire of food choices and decrease refusals and other mealtime problems to make mealtime a success! Handouts, snacks and recipes will be provided.

Instructor: Tricia Pearson, Step Up to the Plate Nutrition

Wed, Mar 14 6:30-8:30 pm \$35/1 158617

Oliver Woods Community Centre

Urban Foraging Walk

It's amazing how many edible plants are growing wild right where you live. Join a local wild foods expert for an afternoon walk to find seasonal wild foods in an urban setting. Learn to identify and harvest a surprising variety of plants, and get tips for cooking and preparing them.

Instructor: Nanaimo Food Share Staff

Sat, Oct 14 10 am-1 pm \$50/1 158151

Nanaimo Food Share (271 Pine St)

Dishing Up for Longevity NEW!

What is the best dietary approach to slow aging and maximize longevity? What should you eat to reduce inflammatory response? Take a moment to learn about nutrition and to explore its role in influencing gene expression, managing inflammation, premature aging and chronic disease. Handouts, snacks, and recipes will be provided.

Instructor: Tricia Pearson, Step Up to the Plate Nutrition

Wed, Oct 25 6:30-8:30 pm \$35/1 158616

Oliver Woods Community Centre



Redeem 200,000 of your
Q-Points and get a
\$20 Parks & Recreation voucher.

Good for

- Program Registration
- Economy Cards
- RecPasses • Facility Rentals



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nanaimoparksandrec (#ilovemyparksandrec)

Dance

Bollywood Dance NEW!

Inspired by Bollywood music and movies, this class combines classical Indian dance with Bollywood moves. Dance movements can be modified for all levels and incorporate rhythmic, full body movements. Dress in comfortable clothing. No dance shoes required; bare feet is best!

Instructor: Rolie Taylor

Mon, Oct 2-Nov 13	6-7 pm	\$42/6	157741
Mon, Jan 22-Mar 5	6-7 pm	\$42/6	157742

Departure Bay Activity Centre (1415 Wingrove St)

Adult Ballet - Beginner

A full body workout! This program will include all elements of a classical ballet class, including barre, floor work, centre work and a taste of choreography.

Instructor: Taylor Manns

Wed, Sep 20-Nov 8	6:30-7:30 pm	\$64/8	157491
Wed, Jan 10-Feb 28	6:30-7:30 pm	\$56/7	157498

Beban Social Centre

Jazz Dance

A fun way to work it out! This class involves good stretching and warm-up techniques, as well as learning new dances and getting comfortable with the body you have.

Instructor: Taylor Manns

Wed, Sep 20-Nov 8	7:45-8:45 pm	\$64/8	157492
Wed, Jan 10-Feb 28	7:45-8:45 pm	\$56/7	157486

Beban Social Centre

Tap Dance

Tap for beginners! No experience necessary, as we will learn simple basics and move on from there. Understanding the beat and mastering the moves will be the main objective for this class.

Instructor: Taylor Manns

Tue, Sep 19-Nov 7	6:30-7:30 pm	\$64/8	157487
Tue, Jan 9-Feb 27	6:30-7:30 pm	\$56/7	157489

Beban Social Centre

Modern Dance

Explore your body with this form of dance. Bare feet and grounded, this class is a full workout and incorporates breath with movement.

Instructor: Taylor Manns

Tue, Sep 19-Nov 7	7:45-8:45 pm	\$64/8	157485
Tue, Jan 9-Feb 27	7:45-8:45 pm	\$56/7	157490

Beban Social Centre

Belly Dance - The Basics

Have fun and get a workout while learning the rhythms, history and basics of this ancient dance art. No previous experience is needed. Please wear comfortable clothing and bring water.

Instructor: Taïssia

Tue, Sep 19-Oct 24	6:10-7:10 pm	\$48/6	157459
Tue, Oct 31-Dec 5	6:10-7:10 pm	\$48/6	157488
Tue, Jan 16-Mar 6	6:10-7:10 pm	\$64/8	157460

Departure Bay Activity Centre (1415 Wingrove St)

Belly Dance - Beyond the Basics

A step up from the basics. You will get a workout as we progress onto the next level of technique and skill. For those with some previous belly dance or other type of dance experience. Please bring water and a hip scarf.

Instructor: Genya

Wed, Sep 20-Oct 25	6-7 pm	\$48/6	157462
Wed, Nov 1-Dec 6	6-7 pm	\$48/6	157463
Wed, Jan 17-Mar 7	6-7 pm	\$64/8	157495

Departure Bay Activity Centre (1415 Wingrove St)

Belly Dance - Advanced

This is fast-paced with complex techniques and choreography for dancers with a minimum of two years of experience. Please wear comfortable clothing and bring water.

Instructor: Taïssia

Tue, Sep 19-Oct 24	7:20-8:20 pm	\$48/6	157461
Tue, Oct 31-Dec 5	7:20-8:20 pm	\$48/6	157493
Tue, Jan 16-Mar 6	7:20-8:20 pm	\$64/8	157494

Departure Bay Activity Centre (1415 Wingrove St)

So Groovy Baby

A dance party for you and your baby (in a carrier or sling). The perfect exercise for the parent, grandparent or caregiver, and a great way to meet other families.

Tue, Sep 19-Oct 24	12:15-1 pm	\$42/6	158636
Tue, Nov 7-Dec 12	12:15-1 pm	\$35/5	158647
Tue, Jan 9-Feb 13	12:15-1 pm	\$42/6	158637

Beban Social Centre

Take a Moment to Move!

Nervous about falling as you get older? Studies how that dancing improves balance...and it's fun!

Total Barre Fitness **D**

Take a moment to move with the music by checking our twist on fitness and getting into shape. Barre is an awesome workout that integrates the toning elements of ballet with strength and cardio. The toning power of plies, fun cardio music, push ups and plans get you barre fitness. No tutu required unless you want to wear one!

Instructor: Rolanda

Fri, Sep 15-Oct 27	9-10 am	\$46/7	157866
Wed, Sep 13-Oct 25	6:45-7:45 pm	\$46/7	158025
Fri, Nov 3-Dec 15	9-10 am	\$46/7	158022
Wed, Nov 1-Dec 13	6:45-7:45 pm	\$46/7	158026
Fri, Jan 12-Feb 9	9-10 am	\$33/5	158023
Wed, Jan 10-Feb 14	6:45-7:45 pm	\$39/6	158027
Fri, Feb 23-Mar 23	9-10 am	\$33/5	158024
Wed, Feb 21-Mar 28	6:45-7:45 pm	\$39/6	158028

Oliver Woods Community Centre

Square Dancing - Circles & Squares

This is a plus dance co-sponsored by Circles and Squares. A prerequisite for participating is at least one year of Plus Dancing lessons. Drop-in for a fun, social evening for \$6 per person.

Tue, Sep 26-Dec 12	7:30-10 pm	\$6 drop in
Tue, Jan 9-Apr 10	7:30-10 pm	\$6 drop in

Bowen Park Complex

Hip Hop - Adult Open

Don't just stand there, bust a move! Grab a friend and get ready to sweat, laugh and dance up a storm as you learn the basics of hip hop. Your kids will wonder when you got so cool! This class is open to everyone of all levels.

Mon, Sep 11-Oct 23	8:30-9:30 pm	\$48/6	158673
Mon, Oct 30-Dec 4	8:30-9:30 pm	\$48/6	158670
Mon, Jan 8-Feb 12	8:30-9:30 pm	\$48/6	158671

Vibe Dance Studio (1969 Boxwood Rd)

Hip Hop - Open

Open to everyone but specifically designed for participants with mobility issues or cognitive or physical challenges. Each lesson will take you through a choreographed dance sequence.

8 to 13 Years

Mon, Sep 11-Oct 23	2-2:45 pm	\$48/6	158663
Mon, Oct 30-Dec 4	2-2:45 pm	\$48/6	158664
Mon, Jan 8-Feb 12	2-2:45 pm	\$48/6	158665

15 + Years

Mon, Sep 11-Oct 23	1:30-2:15 pm	\$48/6	158673
Mon, Oct 30-Dec 4	1:30-2:15 pm	\$48/6	158670
Mon, Jan 8-Feb 12	1:30-2:15 pm	\$48/6	158671

Vibe Dance Studio (1969 Boxwood Rd)

Zumba

Join us for this Latin and international dance fitness class that will get you moving to a variety of music styles from reggae to rock and salsa to disco. Take a moment to groove with us!

Instructor: Angel Jones

Tue, Sep 12-Oct 3	10:45-11:45 am	\$26/4	157857
Thu, Sep 14-Oct 5	9:15-10:15 am	\$26/4	157937
Tue, Oct 10-Nov 7	10:45-11:45 am	\$33/5	157933
Thu, Oct 12-Nov 9	9:15-10:15 am	\$33/5	157938
Tue, Nov 14-Dec 12	10:45-11:45 am	\$33/5	157934
Thu, Nov 16-Dec 14	9:15-10:15 am	\$33/5	157939
Tue, Jan 9-Feb 13	10:45-11:45 am	\$40/6	157935
Thu, Jan 11-Feb 15	9:15-10:15 am	\$40/6	157940
Tue, Feb 20-Mar 27	10:45-11:45 am	\$40/6	157936
Thu, Feb 22-Mar 29	9:15-10:15 am	\$40/6	157941

Oliver Woods Community Centre

U-Jam Fitness **NEW!**

Let the music drive you to sweat and smile as you dance your way fit. This all-level, urban dance, fitness workout features funky world beats and an urban flavour. The easy-to-follow choreography allows everyone to get their JAM on.

U-Jam is bound to get your heart rate up and your body moving.

Instructor:

Thu, Oct 12-Nov 23	5:30-6:30 pm	\$46/7	157869
Thu, Jan 18-Mar 8	5:30-6:30 pm	\$56/8	158677

Oliver Woods Community Centre



Zumba Gold

Intended for those new to Zumba or those 60 years and older. Ditch the workout; join the party! Zumba is the hottest dance workout around. This basic Zumba class will focus on simpler Latin and international dances. The studio has an Olympic sprung floor that is easier on your joints.

Instructor: Northridge Staff

Fri, Sep 8-Oct 27	11:15 am-12:15 pm	\$79/8	152963
Fri, Jan 5-Feb 16	11:15 am-12:15 pm	\$79/8	152964

Northridge Health Performance Centre (#901-5800 Turner Rd)

Discover Ballroom & Latin Dance **NEW!**

If you haven't danced before or don't believe you can, then come and join us for this fun FREE evening. Meet our instructors and social dancers and discover what social dancing is all about. Enjoy some snacks and see some demos and get more information on available Ballroom, Latin and Swing classes.

Couples and singles welcome. This is free but please pre-register.

Instructor: Nelson Wong & Nanaimo Ballroom Dance Soc.

Wed, Sep 6	7:30-9 pm	FREE	158770
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Bowen Park Complex

Two Left Feet Ballroom Dance **NEW!**

A slow paced, fun session to get you started in social dancing for those who have never danced or would like a fresh start. Learn the Social Foxtrot at your own speed with plenty of guided practice time. Couples and singles are welcome.

Instructor: Nelson Wong & Nanaimo Ballroom Dance Soc.

Mon, Sep 11-Oct 16	6-7 pm	\$35/5	157479
Mon, Oct 23-Nov 27	6-7 pm	\$42/6	157480
Mon, Jan 8-Feb 5	6-7 pm	\$35/5	157481
Mon, Feb 19-Mar 26	6-7 pm	\$42/6	157482

Bowen Park Complex

Latin Fever - Beginner **NEW!**

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

Instructor: Nelson Wong & Nanaimo Ballroom Dance Soc.

Wed, Sep 13-Oct 18	8-9 pm	\$42/6	157471
Wed, Oct 25-Nov 29	8-9 pm	\$42/6	157472
Wed, Jan 10-Feb 14	8-9 pm	\$42/6	157478
Wed, Feb 21-Mar 28	8-9 pm	\$42/6	157469

Bowen Park Complex

Ballroom Fever - Beginner **NEW!**

Learn to ballroom dance with a certified instructor. Impress your friends on the dance floor with the elegant Waltz, Social Foxtrot and Quickstep. Make it a fun and social outing while keeping your body agile. No previous dancing experience is required. Couples and singles welcome.

Instructor: Nelson Wong & Nanaimo Ballroom Dance Soc.

Wed, Sep 13-Oct 18	9-10 pm	\$42/6	158766
Wed, Oct 25-Nov 29	9-10 pm	\$42/6	158767
Wed, Jan 10-Feb 14	9-10 pm	\$42/6	158768
Wed, Feb 21-Mar 28	9-10 pm	\$42/6	158769

Bowen Park Complex



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nanaimoparksandrec (#ilovemyparksandrec)

Two New Ways to Get Dancing!

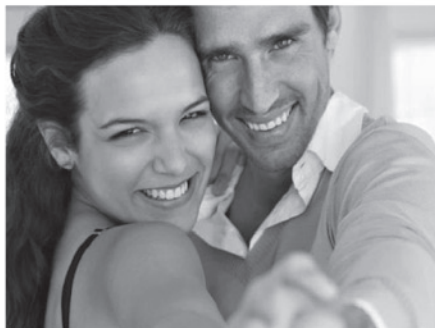


The Nanaimo Ballroom Dance Society is teaming up with long-time ballroom instructor Nelson Wong this fall to bring you two new ways to get started.

Discover Dance Night

Come find out what social dancing is all about and give it a try. Meet instructors, see demos, get more info on classes. All welcome, and it's free! Pre-registration required. Snacks and smiles provided.

Wednesday Sept 6 at 7:30 PM
See Activity Guide - Dance



Two Left Feet Classes

Slower paced and fun. Plenty of guided practice time. Easy to learn dances (like the Foxtrot, Cha Cha, Jive and Waltz). Couples and singles welcome. Experienced dancers are there to help. Get off the couch and on the dance floor!

Mondays 6 PM starting Sept 11
See Activity Guide - Dance



"Do you have this in nine wide, two left feet?"

Monthly Dances, Weekly Practices
Dinner Dances, Dance Camp
Dance Fest, Christmas Gala and
the spectacular Island Fantasy Ball!


www.ballroomnanaimo.ca

Ballroom & Latin Dance - Beginners Continuation

A quick review of basic techniques covered in the beginner class will be followed by more advanced variations. Try the Waltz, Tango, Foxtrot, Viennese Waltz, Quickstep, Samba 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 & Nanaimo Ballroom Dance Soc.

Mon, Sep 11-Oct 16	7-8 pm	\$40/5	157467
Mon, Oct 23-Nov 27	7-8 pm	\$48/6	157468
Mon, Jan 8-Feb 5	7-8 pm	\$40/5	157470
Mon, Feb 19-Mar 26	7-8 pm	\$48/6	157473

Bowen Park Complex

Ballroom & Latin Dance - Advanced

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

Instructor: Nelson Wong & Nanaimo Ballroom Dance Soc.

Mon, Sep 11-Oct 16	9-10 pm	\$40/5	157476
Mon, Oct 23-Nov 27	9-10 pm	\$48/6	157465
Mon, Jan 8-Feb 5	9-10 pm	\$40/5	157464
Mon, Feb 19-Mar 26	9-10 pm	\$48/6	157475

Bowen Park Complex

Jive & Swing - Beginner

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

Instructor: Nelson Wong & Nanaimo Ballroom Dance Soc.

Wed, Sep 13-Oct 18	7-8 pm	\$42/6	157474
Wed, Oct 25-Nov 29	7-8 pm	\$42/6	157477
Wed, Jan 10-Feb 14	7-8 pm	\$42/6	157466
Wed, Feb 21-Mar 28	7-8 pm	\$42/6	157458

Bowen Park Complex

Latin Formation Team **NEW!**

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

Instructor: Nelson Wong & Nanaimo Ballroom Dance Soc.

Mon, Sep 11-Oct 16	8-9 pm	\$40/5	157496
Mon, Oct 23-Nov 27	8-9 pm	\$48/6	157497
Mon, Jan 8-Feb 5	8-9 pm	\$40/5	158771
Mon, Feb 19-Mar 26	8-9 pm	\$48/6	158765

Bowen Park Complex

First Aid & CPR

Every year countless bystanders help in emergencies. You can make a difference! All courses below are operated in partnership with Canadian Red Cross and include a certificate upon successful completion. For more detailed information on each class and to learn about re-certification, please visit www.redcross.ca or call us at 250-756-5200.



Red Cross Emergency Child Care First Aid

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

Sat, Sep 16	9 am-5:30 pm	\$80	153712
Sat, Oct 21	9 am-5:30 pm	\$80	153713
Sat, Nov 25	9 am-5:30 pm	\$80	153714
Sat, Jan 13	9 am-5:30 pm	\$80	153715
Sat, Feb 17	9 am-5:30 pm	\$80	157398
Sat, Mar 17	9 am-5:30 pm	\$80	157399

Beban Social Centre

Red Cross CPR Level "C"

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

M/W, Sep 18 & 20	6:30-10:30 pm	\$65	155641
M/W, Oct 23 & 25	6:30-10:30 pm	\$65	155642
M/W, Nov 20 & 22	6:30-10:30 pm	\$65	155643
Tu/W, Jan 9 & 10	6:30-10:30 pm	\$65	155644
W/Th, Feb 21 & 22	6:30-10:30 pm	\$65	155645
M/Th, Mar 12 & 13	6:30-10:30 pm	\$65	157684

Beban Social Centre

Red Cross CPR C Recertification

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

Wed, Sep 27	9:30 am-1:30 pm	\$50	155647
Wed, Oct 11	9:30 am-1:30 pm	\$50	155648
Thu, Nov 9	6:30-10:30 pm	\$50	155649
Wed, Dec 6	9:30 am-1:30 pm	\$50	155650
Tue, Jan 16	6:30-10:30 pm	\$50	155651
Thu, Feb 15	9:30 am-1:30 pm	\$50	155652
Tue, Mar 6	6:30-10:30 pm	\$50	157679

Beban Social Centre

Red Cross Emergency First Aid

Approved by the Provincial Child Care Licensing Board, this Red Cross first aid course gives training in the skills necessary to deal with breathing and circulatory emergencies. It includes CPR C and instruction on the use of AED, as well as EpiPens and metred dose inhalers. Treatment for wounds, bleeding, unconsciousness and shock will also be covered. This is accepted by BCRPA for fitness professionals. Fee includes manual, a pocket mask to take home and certificate. Re-training is recommended every three years. Please visit www.redcross.ca for more information.

Sat, Sep 30	9 am-5:30 pm	\$90	153716
Sat, Nov 4	9 am-5:30 pm	\$90	153717
Sat, Dec 9	9 am-5:30 pm	\$90	153718
Sat, Jan 27	9 am-5:30 pm	\$90	153719
Sat, Mar 3	9 am-5:30 pm	\$90	157403

Beban Social Centre

Red Cross Standard First Aid

This course includes all of the Emergency First Aid and CPR C instruction on day one before covering head and spine injuries, bone and joint injuries, environmental conditions, poisons and sudden medical emergencies on day two. This is recognized by the Provincial Child Care Licensing Board, BCRPA and Alberta work sites. It is also a pre-requisite for lifeguard certification. Fee includes manual, a pocket mask to take home and certificate. Re-training is recommended every three years. Please visit www.redcross.ca for more information.

Sa/Su, Sep 30 & Oct 1	9 am-5:30 pm	\$165	153720
Sa/Su, Nov 4 & 5	9 am-5:30 pm	\$165	153721
Sa/Su, Dec 9 & 10	9 am-5:30 pm	\$165	153722
Sa/Su, Jan 27 & 28	9 am-5:30 pm	\$165	153723
Sa/Su, Mar 3 & 4	9 am-5:30 pm	\$165	157404

Beban Social Centre

First Aid

Why Learn CPR?

When a person has a cardiac arrest, survival depends on immediately getting CPR from someone nearby.



cityofnanaimo



nanaimoparksandrec (#ilovemyparksandrec)

City of Nanaimo RecPasses

The only pass that allows unlimited access to public swimming, skating, weight rooms and gymnasiums!

RECPASS

Purchase a 3, 6 or 12-month pass and get unlimited access to the following while saving money!

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

	Child	Student/ Senior	Adult	Family
3 Month Pass	\$102	\$142	\$189	\$378
6 Month Pass	\$180	\$252	\$336	\$672
12 Month Pass	\$270	\$378	\$500	\$999

prices subject to change and do not include tax



CORPORATE RECPASS

The City of Nanaimo's Corporate RecPasses assist businesses or organizations by enhancing their employee wellness programs through the purchase of annual passes for their employees at a discounted rate. We know physically active employees are happy, healthy employees with above average attendance records. Pass holders receive access to facility features during public hours (see list at left).

OPTIONS for Purchasing Corporate RecPasses:

The Corporate RecPass is offered at a discounted rate for businesses and organizations in the city of Nanaimo. Annual passes can be purchased at the following discounted rates:

- 10-20 RecPasses = 15% discount
- 21-50 RecPasses = 20% discount
- 51+ RecPasses = 30% discount

NOTE: Employees are welcome to upgrade to a Family RecPass and receive the same great discount!

EMPLOYER IMPLEMENTATION OPTIONS TO CONSIDER:

- Staff Purchase Pass 100%: **No cost to the employer**
- Employee/Employer partnership: **Cost share**
- Employer Purchase Pass 100%: **No cost to the employee**

For more information, contact the Business Services Supervisor at 250-756-5204.

Fitness - Weight Rooms

Weight training increases the strength of connective tissue, muscles and tendons.

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.

Mon, Oct 2	3:30-5 pm	\$5/1	157746
Thu, Oct 5	6-7:30 pm	\$5/1	157701
Sat, Oct 14	12:30-2 pm	\$5/1	157707
Thu, Nov 2	6-7:30 pm	\$5/1	157702
Sat, Nov 4	12:30-2 pm	\$5/1	157708
Mon, Nov 6	3:30-5 pm	\$5/1	157747
Sat, Dec 2	12:30-2 pm	\$5/1	155709
Mon, Dec 4	3:30-5 pm	\$5/1	157748
Thu, Dec 7	6-7:30 pm	\$5/1	157703
Thu, Jan 4	6-7:30 pm	\$5/1	157704
Sat, Jan 6	12:30-2 pm	\$5/1	157710
Mon, Jan 8	3:30-5 pm	\$5/1	157749
Thu, Feb 1	6-7:30 pm	\$5/1	157705
Sat, Feb 3	12:30-2 pm	\$5/1	157711
Mon, Feb 5	3:30-5 pm	\$5/1	157750
Thu, Mar 1	6-7:30 pm	\$5/1	157706
Sat, Mar 3	12:30-2 pm	\$5/1	157712
Mon, Mar 5	3:30-5 pm	\$5/1	157751

Nanaimo Aquatic Centre Weight Room

Wed, Oct 4	6-7:30 pm	\$5/1	157713
Thu, Oct 5	9-10:30 am	\$5/1	157752
Wed, Nov 1	6-7:30 pm	\$5/1	157714
Thu, Nov 2	9-10:30 am	\$5/1	157753
Wed, Dec 6	6-7:30 pm	\$5/1	157715
Thu, Dec 7	9-10:30 am	\$5/1	157754
Wed, Jan 3	6-7:30 pm	\$5/1	157716
Thu, Jan 4	9-10:30 am	\$5/1	157755
Thu, Feb 1	9-10:30 am	\$5/1	157756
Wed, Feb 7	6-7:30 pm	\$5/1	157717
Thu, Mar 1	9-10:30 am	\$5/1	157757
Wed, Mar 7	6-7:30 pm	\$5/1	157745

Beban Weight Room

PLEASE NOTE: Weight room orientation is MANDATORY for youth 13-15 years.

Youth in the Weight Rooms

Whether you are training for a specific sport or just want to improve your fitness, let Parks and Recreation guide you on your journey to becoming fitter, stronger and healthier!

Safe use of weight room equipment is important to us.

Youth ages 13-15 years interested in using our weight rooms must attend and complete a weight room orientation. The cost is \$5. Orientation schedules are listed to the right.

Upon completion, youth must go to the front desk to receive a Gym Use Teen Graduate Card. This will validate your safety training and must be presented to the front desk staff each time you train in one of our weight rooms. It permits youth to use the weight room facilities unaccompanied by an adult.



Fitness & Yoga



H.I.I.T. High Intensity Interval Training

This is a small group drop-in exercise class that challenges participants to work at their own pace through a variety of strength, cardio and core exercises. These circuit-style classes incorporate a variety of equipment, including kettle balls, bosu balls, slam balls, stability balls, dumbbells, battle ropes, TRX and more! This drop-in only class is for intermediate to advanced participants. Drop-in is \$7 for adult and \$5.25 for student/senior or purchase a Canada 150 Group Fitness Promotion Pass that is valid until December 31, 2017.

Instructor: Kim Ross

Mon, Sep 25-Dec 11	5:15-6:15 pm	drop-in only
Wed, Sep 27-Dec 13	5:15-6:15 pm	drop-in only
Mon, Jan 8-Mar 19	5:15-6:15 pm	drop-in only
Wed, Jan 10-Mar 14	5:15-6:15 pm	drop-in only

Nanaimo Aquatic Centre



H.I.I.T. to Fit

Do you like the idea of H.I.I.T. (high intensity interval training), but you are not sure if they are for you? This is the perfect introduction to this type of fitness training. Build your strength, skills and confidence here to advance to the evening H.I.I.T. class. Participation in this class requires the purchase of a Canada 150 Group Fitness Promotion Pass that is valid until December 31, 2017 (see page 57).

Instructor: Kim Ross

Thu, Sep 14-Dec 14 9:30-10:30 am Canada 150 Pass
Rotary Field House (850 Third St)

Super Circuit

Enjoy a high energy, circuit-style class that will challenge every part of your body. There will 17 to 20 stations with a minute at each to challenge and strengthen muscles and your cardiovascular system. Bring a water bottle and a towel with you. Participation in this class requires the purchase of a Canada 150 Group Fitness Promotion Pass that is valid until December 31, 2017 (see page 57).

Instructor: Kim Ross

Wed, Sep 13-Dec 20 9:30-10:30 am Canada 150 Pass
Beban Social Centre


Total Body Conditioning

Whether you are just starting out in fitness or are an advanced student, you are welcome here. Your fitness level will be challenged accordingly. We incorporate fun exercises and equipment, such as free weights, medicine balls and more to keep the class exciting and challenging. Participation in this class requires the purchase of a Canada 150 Group Fitness Promotion Pass that is valid until December 31, 2017 (see page 57).

Instructor: Kim Ross

Mon, Sep 11-Dec 18 9:30-10:30 am Canada 150 Pass
Rotary Field House (850 Third St)

Drop-in Options

Look for these symbols  in our Fitness & Yoga Section for drop-in program options. See page 57 for all the details.

CANADA 150 GROUP FITNESS PROMOTION

From September to December 2017, celebrate Canada's 150th birthday with our promotional "Canada 150 Group Fitness Pass" that rewards you for participating! This pass gives you the flexibility to drop-in to a variety of classes and times at the same price as registering for one program! The more classes you try each month, the better the value!

\$52 for one month or \$150 for 4 months!

Don't delay! Pick up your passes at Oliver Woods Community Centre, Nanaimo Aquatic Centre or Beban Park.



Choose from the following group classes to participate!


MON	TUE	WED	THU	FRI
TOTAL BODY CONDITIONING Sep 11-Dec 18 9:30-10:30 am Rotary Field House Kim Ross (see page 56)	TABATA TUESDAY 9:15-10:15 am Oliver Woods Community Centre Angel Jones (see page 58)	SUPER CIRCUIT Sep 13-Dec 20 9:30-10:30 am Beban Social Centre Kim Ross (see page 56)	EVENING CRUNCH CLASS 6:45-7:30 pm Oliver Woods Community Centre Brianna Tougas (see page 58)	TRX CIRCUIT 9:15-10:15 am Oliver Woods Community Centre Angel Jones (see page 58)
HIGH INTENSITY INTERVAL TRAINING (H.I.I.T.) 5:15-6:15 pm Nanaimo Aquatic Centre Kim Ross (see page 56)	EVENING CRUNCH CLASS 6:45-7:30 pm Oliver Woods Community Centre Brianna Tougas (see page 58)	HIGH INTENSITY INTERVAL TRAINING (H.I.I.T.) 5:15-6:15 pm Nanaimo Aquatic Centre Kim Ross (see page 56)		H.I.I.T. TO FIT Sep 14-Dec 14 9:30-10:30 am Rotary Field House Kim Ross (see page 56)

This promotion ends December 31, 2017. Drop-in without the Canada 150 Group Fitness pass is not permitted to these classes with the exception of H.I.I.T. on Mondays and Wednesdays, 5:15-6:15 pm, at Nanaimo Aquatic Centre.

Look for this symbol  in the Fitness/Yoga section for course descriptions.

Drop-in Fitness/Yoga Pass

FITNESS/YOGA SAMPLER PASS - \$105/10 Not sure which yoga or fitness class is for you? Do you have a busy schedule that changes frequently? Purchase a Sampler Pass and have your pick of various fitness or yoga classes. Pass does not expire. *Please call us at 250-756-5200 to confirm the class you are interested in attending is running. Class sizes are limited.*

- Classes available for drop-in have this symbol 
- Sampler pass must be purchased in advance at one of our front desks. No money can be exchanged in the class.
- 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 RecPass or Corporate RecPass packages.
- All participants must pay the established drop-in fitness rate. 2 for 1 or courtesy passes cannot be used for these drop-in programs.
- Without the pass, individual drop-in of \$11 is available when front desk staff is on duty to collect fee.

Look for this symbol  in the Fitness/Yoga section for applicable drop-in courses.



cityofnanaimo



nanaimoparksandrec (#ilovemyparksandrec)

Rookie Boot Camp

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

Instructor: Angel Jones

Mon, Sep 11-Oct 2	9:15-10:15 am	\$26/4	157887
Wed, Sep 13-Oct 4	9:15-10:15 am	\$26/4	157920
Mon, Oct 16-Nov 6	9:15-10:15 am	\$26/4	157916
Wed, Oct 11-Nov 1	9:15-10:15 am	\$26/4	157921
Mon, Nov 13-Dec 11	9:15-10:15 am	\$33/5	157917
Wed, Nov 8-Dec 13	9:15-10:15 am	\$40/6	157922
Mon, Jan 8-Feb 5	9:15-10:15 am	\$33/5	157918
Wed, Jan 10-Feb 14	9:15-10:15 am	\$40/6	157923
Mon, Feb 19-Mar 26	9:15-10:15 am	\$40/6	157919
Wed, Feb 21-Mar 28	9:15-10:15 am	\$40/6	157924

Oliver Woods Community Centre

Night Rookie Boot Camp

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

Instructor: Heather Honey

Mon, Sep 11-Oct 2	5:30-6:30 pm	\$26/4	157873
Wed, Sep 13-Oct 4	5:30-6:30 pm	\$26/4	158015
Mon, Oct 16-Nov 6	5:30-6:30 pm	\$26/4	158011
Wed, Oct 11-Nov 1	5:30-6:30 pm	\$26/4	158016
Mon, Nov 13-Dec 11	5:30-6:30 pm	\$33/5	158012
Wed, Nov 8-Dec 13	5:30-6:30 pm	\$40/6	158017
Mon, Jan 8-Feb 5	5:30-6:30 pm	\$33/5	158013
Wed, Jan 10-Feb 14	5:30-6:30 pm	\$40/6	158018
Mon, Feb 19-Mar 26	5:30-6:30 pm	\$40/6	158014
Wed, Feb 21-Mar 28	5:30-6:30 pm	\$40/6	158019

Oliver Woods Community Centre

Martial Arts Bootcamp

Activities will build strength, coordination, flexibility, speed, agility, endurance and balance through martial arts and self-defense moves. As a 6th Dan Black Belt Tae Kwon Do Master and Krav Maga instructor, Moy will get your heart pumping and your body sweating as you kick, punch, block and dodge.

Instructor: Master Moy, Kick High Martial Arts

Tue, Sep 12-Oct 24	7:30-8:30 pm	\$56/7	158376
Tue, Oct 31-Dec 12	7:30-8:30 pm	\$56/7	158776
Tue, Jan 9-Feb 6	7:30-8:30 pm	\$40/5	158777
Tue, Feb 20-Mar 27	7:30-8:30 pm	\$48/6	158778

Bowen Park Complex

Tabata

Tabata training is a type of high intensity interval training designed to get your heart rate up in that hard anaerobic zone for short periods of time. Take a moment to mix up your routine with Tabata training.

Instructor: Angel Jones

Tue, Sep 12-Oct 3	9:15-10:15 am	\$26/4	157900
Tue, Oct 10-Nov 7	9:15-10:15 am	\$33/5	157929
Tue, Nov 14-Dec 12	9:15-10:15 am	\$33/5	157930
Tue, Jan 9-Feb 13	9:15-10:15 am	\$40/6	157931
Tue, Feb 20-Mar 27	9:15-10:15 am	\$40/6	157932

Oliver Woods Community Centre

TRX Circuit Class

Try something new with TRX suspension trainers. This dynamic, fun and challenging suspension training circuit class incorporates bosus, medicine balls and more. This class is for all levels of fitness.

Instructor: Angel Jones

Fri, Sep 15-Oct 6	9:15-10:15 am	\$26/4	157896
Fri, Oct 13-Nov 10	9:15-10:15 am	\$33/5	157925
Fri, Nov 17-Dec 15	9:15-10:15 am	\$33/5	157926
Fri, Jan 12-Feb 16	9:15-10:15 am	\$40/6	157927
Fri, Feb 23-Mar 23	9:15-10:15 am	\$33/5	157928

Oliver Woods Community Centre

Evening Crunch Class

Take a moment to burn a lot of calories and boost your metabolism! This 45-minute H.I.I.T. class will maximize your workout with a variety of intervals.

Instructor: Brianna Tougas

Tue, Sep 12-Oct 24	6:45-7:30 pm	\$46/7	157871
Thu, Sep 14-Oct 26	6:45-7:30 pm	\$46/7	158621
Tue, Oct 31-Dec 12	6:45-7:30 pm	\$46/7	158618
Thu, Nov 2-Dec 14	6:45-7:30 pm	\$46/7	158622
Tue, Jan 9-Feb 6	6:45-7:30 pm	\$33/5	158619
Thu, Jan 11-Feb 8	6:45-7:30 pm	\$33/5	158623
Tue, Feb 13-Mar 13	6:45-7:30 pm	\$33/5	158620
Thu, Feb 15-Mar 15	6:45-7:30 pm	\$33/5	158624

Oliver Woods Community Centre

Rock Bottoms

Whether you were born with a flat-as-a-pancake fanny or a derriere that seems to drop with every decade, we've got the perfect posterior plan for you. This class targets the gluteus muscles from every angle to develop a perky, well-rounded shape. Improve balance and enable you to walk and climb with ease.

Instructor: John Curran

Fri, Oct 13-Nov 24	10:30-11:30 am	\$46/7	157870
Fri, Jan 19-Mar 9	10:30-11:30 am	\$56/8	158625

Oliver Woods Community Centre

Butts and Gutts



This is an energetic muscle toning class that focuses on the abs and glutes. You will learn to safely target each muscle group while you work on overall muscle balance. This class is great for all fitness levels, as exercises have variation for all abilities. A great complement to Rookie Boot Camp.

Instructor: John Curran

Tue, Sep 12-Oct 3	5:45-6:45 pm	\$26/4	157889
Tue, Oct 10-Nov 7	5:45-6:45 pm	\$33/5	157880
Tue, Nov 14-Dec 12	5:45-6:45 pm	\$33/5	157881
Tue, Jan 9-Feb 13	5:45-6:45 pm	\$40/6	158020
Tue, Feb 20-Mar 27	5:45-6:45 pm	\$40/6	158021

Oliver Woods Community Centre

Drop-in Options

Look for these symbols   in our Fitness & Yoga Section for drop-in program options. See page 57 for all the details.



Bellyfit

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

Instructor: Myah Rogerson

Mon, Sep 11-Oct 23	9:15-10:15 am	\$39/6	157901
Mon, Oct 30-Dec 11	9:15-10:15 am	\$46/7	157951
Mon, Jan 8-Feb 5	9:15-10:15 am	\$33/5	157952
Mon, Feb 19-Mar 26	9:15-10:15 am	\$39/6	157953

Oliver Woods Community Centre

Stretch & Tone

A 50-minute class that incorporates slow music with focused movements and positions using weights, bands, tubing and balls. Improves flexibility, toning, balance, core and strength. No floor work in this class.

Instructor: Tara McNeil

Wed, Sep 13-Oct 25	10:30-11:20 am	\$49/7	157877
Fri, Sep 15-Oct 27	10:45-11:35 am	\$49/7	157879
Wed, Nov 1-Dec 13	10:30-11:20 am	\$49/7	157945
Fri, Nov 3-Dec 15	10:45-11:35 am	\$49/7	157948
Wed, Jan 10-Feb 7	10:30-11:20 am	\$35/5	157946
Fri, Jan 12-Feb 9	10:45-11:35 am	\$35/5	157949
Wed, Feb 14-Mar 21	10:30-11:20 am	\$42/6	157947
Fri, Feb 16-Mar 23	10:45-11:35 am	\$42/6	157950

Oliver Woods Community Centre

Full Figure Fitness

Get into shape in a comfortable, relaxed setting with an instructor who is full figured herself! The classes have various levels, so you can work at your own pace. This class includes cardio, strength and flexibility components and is great for beginner to intermediate levels. Come have fun, feel good and get some exercise at the same time.

Instructor: Tara McNeil

Mon, Sep 11-Oct 30	10:30-11:20 am	\$49/7	157878
Mon, Nov 6-Dec 18	10:30-11:20 am	\$49/7	157942
Mon, Jan 8-Feb 5	10:30-11:20 am	\$35/5	157943
Mon, Feb 19-Mar 26	10:30-11:20 am	\$42/6	157944

Oliver Woods Community Centre

Pilates for Strength

A multi-level mat class that provides a challenging and revitalizing workout targeting core muscles. You will gain overall strength and flexibility while relieving tension, flattening the abdomen and improving posture.

Instructor: Angelina McNamee

Mon, Sep 25-Nov 27	5:30-6:30 pm	\$64/8	158072
Mon, Jan 29-Mar 19	5:30-6:30 pm	\$56/7	158079

Harewood Activity Centre (195 Fourth St)

Total Barre Fitness

Take a moment to move with the music by checking our twist on fitness and getting into shape. Barre is an awesome workout that integrates the toning elements of ballet with strength and cardio. The toning power of plies, fun cardio music, push ups and plans get you barre fitness. No tutu required unless you want to wear one!

Instructor: Rolanda

Fri, Sep 15-Oct 27	9-10 am	\$46/7	157866
Wed, Sep 13-Oct 25	6:45-7:45 pm	\$46/7	158025
Fri, Nov 3-Dec 15	9-10 am	\$46/7	158022
Wed, Nov 1-Dec 13	6:45-7:45 pm	\$46/7	158026
Fri, Jan 12-Feb 9	9-10 am	\$33/5	158023
Wed, Jan 10-Feb 14	6:45-7:45 pm	\$39/6	158027
Fri, Feb 23-Mar 23	9-10 am	\$33/5	158024
Wed, Feb 21-Mar 28	6:45-7:45 pm	\$39/6	158028

Oliver Woods Community Centre

Zumba

Join us for this Latin and international dance fitness class that will get you moving to a variety of music styles from reggae to rock and salsa to disco. Take a moment to groove with us!

Instructor: Angel Jones

Tue, Sep 12-Oct 3	10:45-11:45 am	\$26/4	157857
Thu, Sep 14-Oct 5	9:15-10:15 am	\$26/4	157937
Tue, Oct 10-Nov 7	10:45-11:45 am	\$33/5	157933
Thu, Oct 12-Nov 9	9:15-10:15 am	\$33/5	157938
Tue, Nov 14-Dec 12	10:45-11:45 am	\$33/5	157934
Thu, Nov 16-Dec 14	9:15-10:15 am	\$33/5	157939
Tue, Jan 9-Feb 13	10:45-11:45 am	\$40/6	157935
Thu, Jan 11-Feb 15	9:15-10:15 am	\$40/6	157940
Tue, Feb 20-Mar 27	10:45-11:45 am	\$40/6	157936
Thu, Feb 22-Mar 29	9:15-10:15 am	\$40/6	157941

Oliver Woods Community Centre

U-Jam Fitness

Let the music drive you to sweat and smile as you dance your way fit. This all-level, urban dance, fitness workout features funky world beats and an urban flavour. The easy-to-follow choreography allows everyone to get their JAM on.

U-Jam is bound to get your heart rate up and your body moving.

Instructor:

Thu, Oct 12-Nov 23	5:30-6:30 pm	\$46/7	157869
Thu, Jan 18-Mar 8	5:30-6:30 pm	\$56/8	158677

Oliver Woods Community Centre

Zumba Gold



Intended for those new to Zumba or those 60 years and older. Ditch the workout; join the party! Zumba is the hottest dance workout around. This basic Zumba class will focus on simpler Latin and international dances. The studio has an Olympic sprung floor that is easier on your joints.

Instructor: Northridge Staff

Fri, Sep 8-Oct 27	11:15 am-12:15 pm	\$79/8	152963
Fri, Jan 5-Feb 23	11:15 am-12:15 pm	\$79/8	152964

Northridge Health Performance Centre (#901-5800 Turner Rd)

Drop-in Options

Look for these symbols   in our Fitness & Yoga Section for drop-in program options. See page 57 for all the details.



REGISTER TODAY!

See page 112 for all of our registration options.



cityofnanaimo



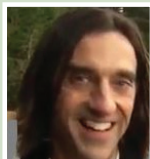
nanaimoparksandrec (#ilovemyparksandrec)

Lifestyle Choices

IMPROVING YOUR HEALTH



A partnership between the
City of Nanaimo & Island Health



These classes are taught by Dr. Derek Poteryko, a family physician with a special interest in preventative medicine and behaviour change. He is the Medical Director of Community Health in Nanaimo and is committed to help people live healthier and more fulfilling lives.

The Skinny on Weight Loss

Have you ever wondered what the best diet and plan is for sustained weight loss? This workshop will bust open some of the myths and show you the way to lose weight for life.

Wed, Nov 1 6-8 pm \$2/1 161083
Beban Social Centre

Don't Worry Be Happy

Learn skills that can help you live a healthier and happier life! Discover life hacks that can help you cope with stress and improve your well-being. Wear your sneakers to participate in a gentle activity.

Wed, Oct 4 6-8 pm \$2/1 161081
Beban Social Centre

Men's Health

In honour of Movember and prostate health, learn and discuss everything "below the waist" for men (women are welcome to attend).

Wed, Nov 29 6-8 pm \$2/1 161082
Beban Social Centre

How To Make Nanaimo Health Care Better

This will follow a town hall format where the community can come out to ask questions or comment on the state of health care in Nanaimo. We are interested in learning what we need to change and how to make it better.

Wed, Mar 7 6-8 pm FREE/1 161084
Beban Social Centre

Quit Smoking for Good

Weedless Wednesday is January 24 - a day dedicated for those who smoke to challenge themselves not to smoke. Learn new strategies to help you quit smoking for good! There is a \$10 guidebook available for this session. Please purchase from the instructor.

Wed, Jan 10 6-8 pm \$2/1 161085
Beban Social Centre

Advanced Care Planning

This workshop will cover what we sometimes have troubles talking about - end of life and wishes for care. Community clinicians who have considerable experience will be available for questions.

Wed, Feb 7 6-8 pm \$2/1 161086
Beban Social Centre

Walk with the Doc

Dr. Poteryko, Dr. Houghton and other healthcare professionals will help lead this FREE monthly health walk - rain or shine! Held the second Saturday of each month at 10 am. Please meet under the Spirit Square in Maffeo Sutton Park.

- Sep 9 (161087) • Jan 13 (161092)
- Oct 14 (161089) • Feb 10 (161093)
- Nov 11 (161090) • Mar 10 (161094)
- Dec 9 (161091)

walk with the
DOC



Minds in Motion

Alzheimer Society Fitness & Social Program

A fitness and social program for people experiencing early stage memory loss. Please 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.

Fee covers participant and guest.

Instructor: Brian Sugiyama

Tue, Sep 12-Oct 31	10 am-12 pm	\$50/8	157721
Tue, Sep 12-Oct 31	1-3 pm	\$50/8	157725
Tue, Nov 7-Dec 19	10 am-12 pm	\$38/6	157722
Tue, Nov 7-Dec 19	1-3 pm	\$38/6	157726
Tue, Jan 9-Feb 20	10 am-12 pm	\$44/7	158045
Tue, Jan 9-Feb 20	1-3 pm	\$44/7	158047
Tue, Feb 27-Apr 10	10 am-12 pm	\$44/7	158046
Tue, Feb 27-Apr 10	1-3 pm	\$44/7	158048

Beban Social Centre

Specialty Fitness

A supervised weight training program for people living with physical disabilities. Receive assistance getting onto machines, and learn weight training exercises suited to your needs.

Instructor: Jody Felker

T/Th, Sep 19-Oct 26	10:30-11:30 am	\$56/12	157728
T/Th, Oct 31-Dec 21	10:30-11:30 am	\$74/16	157729
T/Th, Jan 9-Mar 1	10:30-11:30 am	\$74/16	157955

Nanaimo Aquatic Centre Weight Room

Building Better Bones - Level 2

This is an ongoing program designed for people who are familiar with exercising and for those with osteoporosis. It strengthens muscles and improves balance and posture through safe exercise instruction helping improve functional ability, quality of life and reduce the risk of falls. Short discussions on healthy and active lifestyle included.

Instructor: Pascale Jallabert, Osteofit Certified

T/Th, Sep 12-Oct 12	1-2 pm	\$48/10	157723
T/Th, Oct 17-Nov 23	1-2 pm	\$48/10	157724
T/Th, Nov 30-Dec 14	1-2 pm	\$24/5	158565
T/Th, Jan 9-Feb 8	1-2 pm	\$48/10	158566
T/Th, Feb 20-Mar 22	1-2 pm	\$48/10	158567

Beban Social Centre

Flow NEW!

A perfect class for seniors. Begin with low impact flowing movements for mobility, including tai chi and dance, followed by strengthening and core work. Finish with a classical stretch.

Instructor: Madia Soufan

Tue, Oct 3-Nov 21	11:30 am-12:30 pm	\$79/8	152966
Tue, Jan 2-Feb 20	11:30 am-12:30 pm	\$79/8	158753

Northridge Health Performance Centre (#901-5800 Turner Rd)

Family Yoga NEW!

This special yoga class creates a space where a parent/caregiver and their child can share some special time together. Posture flows, partner poses and guided meditation help everyone relax, laugh and enjoy the moment. This class is designed for one parent and child aged 6 to 13 years. Only the parent pays the fee for this course.

Instructor: Gypsy Hart

Tue, Sep 12-Oct 24	4:15-5:15 pm	\$56/7	157976
Tue, Oct 31-Dec 12	4:15-5:15 pm	\$56/7	158056
Tue, Jan 9-Feb 13	4:15-5:15 pm	\$48/6	158057
Tue, Feb 20-Mar 27	4:15-5:15 pm	\$48/6	158058

Oliver Woods Community Centre

Yoga Hike

Explore Nanaimo's beautiful trails on a yoga hike. This combines trail walking and yoga breaks to improve cardiovascular health while you experience the sights, sounds and scents from nature and focus on cleansing breaths to clear the mind and release stress. A list of locations will be sent out prior to the first class. Dress for the weather, and bring a water bottle.

Instructor: Laurah-Lee Christie

Sun, Sep 10-Oct 8	9:30-10:30 am	\$40/5	158160
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First class meets in Bowen Park Lobby

Beginner Flow Yoga NEW!

New to yoga? This class is geared toward all level of yogis. Learn the basics of yoga poses and breath work as you stretch through any aches and pains.

Instructor: Chantal Bush

Tue, Sep 12-Oct 24	5:40-6:40 pm	\$56/7	157963
Tue, Oct 31-Dec 12	5:40-6:40 pm	\$56/7	158319
Tue, Jan 9-Feb 13	5:40-6:40 pm	\$48/6	158320
Tue, Feb 20-Mar 27	5:40-6:40 pm	\$48/6	158321

Oliver Woods Community Centre

Yoga 101

This class encourages a balance between flexibility, strength and endurance. It also emphasizes correct body alignment and precision while enjoying a sense of well-being and increased relaxation. This is a great class for all levels.

Instructor: Jackie Kirski

Tue, Sep 12-Oct 24	6:50-7:50 pm	\$56/7	157962
Tue, Oct 31-Dec 12	6:50-7:50 pm	\$56/7	158204
Tue, Jan 9-Feb 13	6:50-7:50 pm	\$48/6	158205
Tue, Feb 20-Mar 27	6:50-7:50 pm	\$48/6	158206

Oliver Woods Community Centre

Gentle Yoga Stretch D

Hatha-inspired yoga using basic poses and gentle stretches paired with breathing for relaxation. A great class for the inflexible or those new to yoga.

Instructor: Varenka Schwarz

Thu, Sep 21-Oct 26	6:30-7:30 pm	\$48/6	157732
Thu, Nov 2-Dec 7	6:30-7:30 pm	\$48/6	157959
Thu, Jan 11-Feb 15	6:30-7:30 pm	\$48/6	157960
Thu, Feb 22-Mar 29	6:30-7:30 pm	\$48/6	157961

Bowen Park Complex

Gentle Yoga D

This is a great introduction to yoga poses in a Hatha-based yoga class combined with core conditioning and stabilizing exercises to improve posture and alignment. Take a moment to move through some yoga poses and enjoy the benefits of increased flexibility and deep relaxation. Leave class feeling taller, leaner and more relaxed.

Instructor: Kathy McSweeney

Tue, Sep 12-Oct 24	9-10 am	\$56/7	157999
Tue, Oct 31-Dec 12	9-10 am	\$56/7	158195
Tue, Jan 9-Feb 13	9-10 am	\$48/6	158196
Tue, Feb 20-Mar 27	9-10 am	\$48/6	158197

Instructor: Jackie Kirski

Fri, Sep 15-Oct 27	10:15-11:15 am	\$56/7	157994
Fri, Nov 3-Dec 15	10:15-11:15 am	\$56/7	158198
Fri, Jan 12-Feb 9	10:15-11:15 am	\$40/5	158199
Fri, Feb 16-Mar 23	10:15-11:15 am	\$48/6	158200

Oliver Woods Community Centre

Gentle Evening Yoga NEW!

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

Instructor: Heather Cowley

Mon, Sep 11-Oct 23	7-8 pm	\$48/6	157980
Mon, Oct 30-Dec 11	7-8 pm	\$56/7	158192
Mon, Jan 8-Feb 5	7-8 pm	\$40/5	158193
Mon, Feb 19-Mar 26	7-8 pm	\$48/6	158194

Oliver Woods Community Centre

Relax & 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, and bare feet are preferred. Please bring a water bottle and blanket for the relaxation period.

Instructor: Laurah-Lee Christie

Wed, Oct 11-Nov 8	10-11 am	\$40/5	157733
Wed, Jan 24-Feb 21	10-11 am	\$40/5	157736

Beban Social Centre

Classical Yoga - Level 2

Gain proficiency in the basic asanas with more practice and the introduction of inversions.

Instructor: Rosalind Arscott

Tue, Sep 12-Oct 31	10-11:30 am	\$40/4	157734
Tue, Oct 24-Nov 21	10-11:30 am	\$40/4	157956
Tue, Jan 9-Feb 6	10-11:30 am	\$50/5	157957
Tue, Feb 20-Mar 20	10-11:30 am	\$50/5	157958

Beban Social Centre

Yoga for Stiff Joints

This gentle and mindful yoga practice is designed specifically for people living with stiff and/or sore joints. A gentle movement of the joints may help ease stiffness and mobility. Some exercises can be done in a chair. Suitable for all levels.

Instructor: Peggy Fok


Tue, Sep 26-Oct 31	5:45-6:45 pm	\$48/6	157735
Wed, Sep 27-Nov 1	11:15 am-12:15 pm	\$48/6	158005
Tue, Nov 7-Dec 19	5:45-6:45 pm	\$48/6	158002
Wed, Nov 8-Dec 20	11:15 am-12:15 pm	\$48/6	158006

Tue, Jan 9-Feb 13	5:45-6:45 pm	\$48/6	158003
Wed, Jan 10-Feb 14	11:15 am-12:15 pm	\$48/6	158007
Tue, Feb 20-Mar 27	5:45-6:45 pm	\$48/6	158004
Wed, Feb 21-Mar 28	11:15 am-12:15 pm	\$48/6	158008

Beban Social Centre



Drop-in Options

Look for these symbols D  in our Fitness & Yoga Section for drop-in program options. See page 57 for all the details.

Hatha Yoga

Gentle movements combine with breathing exercises and concentration to improve strength, balance and flexibility while relaxing the body and calming the mind. A great way to end your day. Please wear loose clothing, and bring extra layers or a blanket for relaxation.

Instructor: Angelina McNamee

Mon, Sep 25-Nov 27	6:45-8:15 pm	\$84/8	158068
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Mon, Jan 29-Mar 19	6:45-8:15 pm	\$73/7	158070
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Harewood Activity Centre (195 Fourth St)

Hatha Yoga Stretch

Release tension in muscles from everyday life and sports activities. Learn to breathe deeply while experiencing a flow of postures to stimulate the body both physically and mentally. Through this practice, you will enhance flexibility, increase muscle tone and concentration, detoxify the organs and feel relaxed.

Instructor: Melissa Hill

Thu, Sep 14-Oct 26	11 am-12 pm	\$56/7	157987
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Thu, Nov 2-Dec 14	11 am-12 pm	\$56/7	158059
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Thu, Jan 11-Feb 15	11 am-12 pm	\$48/6	158060
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Thu, Feb 22-Mar 29	11 am-12 pm	\$48/6	158061
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Oliver Woods Community Centre

Yoga Flow & Stretch

A Vinyasa-Hatha class combining a flow between yoga postures with gentle floor stretches to provide strength and length in one class. Attention is paid to body alignment, balance work, union of breath with movement and progressive relaxation. An understanding of basic yoga postures and planks is recommended.

Instructor: Jackie Kirski

Fri, Sep 15-Oct 27	9:05-10:05 am	\$56/7	157983
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Fri, Nov 3-Dec 15	9:05-10:05 am	\$56/7	158201
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Fri, Jan 12-Feb 9	9:05-10:05 am	\$40/5	158202
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Fri, Feb 16-Mar 23	9:05-10:05 am	\$48/6	158203
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Oliver Woods Community Centre

Vinyasa Flow

This is a fast-paced class that will get your heart rate up and get you sweating while flowing smoothly through a beautiful Vinyasa inspired yoga sequence. If you want to work on your balance, breath and core, this class is perfect for you. Ending with deep relaxation, you are sure to drift off for a good night's sleep.

Instructor: Chantal Bush

Wed, Sep 11-Oct 23	5:30-6:30 pm	\$48/6	157970
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Wed, Sep 13-Oct 25	5:30-6:30 pm	\$56/7	157971
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Mon, Oct 30-Dec 11	5:30-6:30 pm	\$56/7	158316
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Wed, Nov 1-Dec 13	5:30-6:30 pm	\$56/7	158322
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Mon, Jan 8-Feb 5	5:30-6:30 pm	\$40/5	158317
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Wed, Jan 10-Feb 14	5:30-6:30 pm	\$48/6	158323
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Mon, Feb 19-Mar 26	5:30-6:30 pm	\$48/6	158318
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Wed, Feb 21-Mar 28	5:30-6:30 pm	\$48/6	158324
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Oliver Woods Community Centre

Yoga for Strength

The core is your foundation for every movement. Learn how to find it, engage it and strengthen it while moving through classic yoga poses. Learn controlled movement and injury prevention by becoming more body aware.

Instructor: Alison O'Beirne

Wed, Sep 20-Oct 25	6:30-7:30 pm	\$48/6	157737
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Wed, Nov 15-Dec 13	6:30-7:30 pm	\$35/5	158049
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Wed, Jan 17-Feb 21	6:30-7:30 pm	\$48/6	158050
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Wed, Feb 28-Apr 4	6:30-7:30 pm	\$48/6	158051
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Bowen Park Complex

Power Yoga

This focuses on empowerment of yourself through the physical practice of Vinyasa and strengthening exercises. Whether you are new to yoga or already consider yourself a yogi, expect improved mind/body awareness and to be challenged. You will earn your Savasana (rest). Take a moment to try something new on your lunch break!

Instructor: Sarah Benson

Fri, Sep 15-Oct 27	12-1 pm	\$56/7	157966
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Fri, Nov 3-Dec 15	12-1 pm	\$56/7	158327
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Fri, Jan 12-Feb 9	12-1 pm	\$40/5	158328
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Fri, Feb 16-Mar 23	12-1 pm	\$48/6	158329
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Oliver Woods Community Centre

Kundalini Yoga

You do not need to know a single yoga pose to practice Kundalini. The kriya-based practice will flush toxins, burn off stress and have you smiling as your heart opens to joy. Strengthen your body, replenish your soul, sweat and smile. Join us for a joyful, exhilarating practice. Excellent for all fitness levels. Note: This class does enjoy some loud music.

Instructor: Sarah Benson

Wed, Sep 13-Oct 25	6:30-7:45 pm	\$56/7	157990
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Wed, Nov 1-Dec 13	6:30-7:45 pm	\$56/7	157979
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Wed, Jan 10-Feb 7	6:30-7:45 pm	\$40/5	158325
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Wed, Feb 14-Mar 14	6:30-7:45 pm	\$40/5	158326
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Oliver Woods Community Centre

Yogalates

In this class, we combine pilates and yoga for a total body workout focused on toning the glutes, thighs and stomach. Develop your core strength and stabilization, and improve your flexibility, muscular strength, posture and alignment. This workout even has breathing and relaxation exercises.

Instructor: Gypsy Hart

Thu, Sep 14-Oct 26	5:15-6:15 pm	\$56/7	157991
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Thu, Nov 2-Dec 14	5:15-6:15 pm	\$56/7	158330
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Thu, Jan 11-Feb 15	5:15-6:15 pm	\$48/6	158331
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Thu, Feb 22-Mar 29	5:15-6:15 pm	\$48/6	158332
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Oliver Woods Community Centre

Men's Yoga

Okay, guys, here is a yoga program just for you. Yoga improves your flexibility, core strength and balance. It will also help you improve your athletic performance, relieve pain and soreness from physical labour and reduce stress. No experience is required.

Instructor: Gypsy Hart

Tue, Sep 12-Dec 12	5:30-6:30 pm	\$56/7	157973
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Tue, Oct 31-Dec 12	5:30-6:30 pm	\$56/7	158053
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Tue, Jan 9-Feb 13	5:30-6:30 pm	\$48/6	158054
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Tue, Feb 20-Mar 27	5:30-6:30 pm	\$48/6	158055
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Oliver Woods Community Centre

Seated Yoga

If you have trouble getting down to/up from the floor, then this group class is for you. Enjoy all the benefits of yoga from a comfortable chair.



Instructor: Northridge Staff

Thu, Oct 5-Nov 23	11:30 am-12:30 pm	\$79/8	152967
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Thu, Jan 4-Feb 22	11:30 am-12:30 pm	\$79/8	152968
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Northridge Health Performance Centre (#901-5800 Turner Rd)

Drop-in Options

Look for these symbols   in our Fitness & Yoga Section for drop-in program options. See page 57 for all the details.

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Visit the website for times and locations.

\$25 / month or \$60 / 3 months or \$200 / 12 months
Provides access to all beginner classes and all other classes once prerequisites have been completed.

250.756.0070
nanaimotaichi.org

A Not For Profit Society

Language



Mandarin Chinese - Beginner

Prepare yourself for travel in China. This class will cover the most important aspects of pronunciation and basic vocabulary for daily life. You will be able to have a simple conversation in Chinese by the end of this class.

Instructor: Suhua Macilquham

Tue, Sep 26-Dec 5	6:30-7:30 pm	\$80/10	157516
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Beban Social Centre

Spanish - Beginner

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

Instructor: Martha Fortin

Tue, Sep 26-Nov 14	5:30-7:30 pm	\$111/8	157499
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Wed, Sep 27-Nov 15	6:30-8:30 pm	\$111/8	157500
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Thu, Sep 28-Nov 16	5-7 pm	\$111/8	157501
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Tue, Jan 30-Mar 20	5:30-7:30 pm	\$111/8	157509
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Wed, Jan 31-Mar 21	6:30-8:30 pm	\$111/8	157508
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Thu, Feb 1-Mar 22	5-7 pm	\$111/8	157510
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Bowen Park Complex

Spanish For Travelers - Beginners 2

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

Instructor: Martha Fortin

Tue, Sep 26-Nov 14	7:30-9 pm	\$83/8	157502
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Tue, Jan 30-Mar 20	7:30-9 pm	\$83/8	157511
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Bowen Park Complex

Spanish For Travelers - Intermediate

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

Instructor: Martha Fortin

Wed, Sep 27-Nov 15	5-6:30 pm	\$83/8	157503
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Wed, Jan 31-Mar 21	5-6:30 pm	\$83/8	157507
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Bowen Park Complex

Spanish Conversation

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

Instructor: Martha Fortin

Thu, Sep 28-Nov 16	7-8:30 pm	\$83/8	157504
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Thu, Feb 1-Mar 22	7-8:30 pm	\$83/8	157512
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Bowen Park Complex

Spanish on Saturday

An intense conversational course. Our instructor is a native Spanish speaker who will help you develop fluency as quickly as possible by using conversational exercises, games and films. Our small group size will give you a rewarding experience.

Instructor: Martha Fortin

LEVEL 1

Sat, Sep 30-Nov 25	10:30 am-12:30 pm	\$111/8	157505
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Sat, Feb 3-Mar 24	10:30 am-12:30 pm	\$111/8	157513
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LEVEL 2

Sat, Sep 30-Nov 25	1-3 pm	\$111/8	157506
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Sat, Feb 3-Mar 24	1-3 pm	\$111/8	157514
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Bowen Park Complex

Spanish in the Morning

Learn vocabulary and practical dialogue for everyday life and travel in Spanish speaking countries. You will have a chance to experience and practice the language in a friendly atmosphere.

Instructor: Martha Fortin

LEVEL 1

Tue, Sep 26-Nov 14	10:30 am-12:30 pm	\$111/8	157517
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Tue, Jan 30-Mar 20	10:30 am-12:30 pm	\$111/8	157520
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LEVEL 2

Wed, Sep 27-Nov 15	10:30 am-12:30 pm	\$111/8	157518
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Wed, Jan 31-Mar 21	10:30 am-12:30 pm	\$111/8	157521
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Beban Social Centre

Spanish in the Morning - Conversation

This course is designed to improve oral fluency through guided conversations and presentations in Spanish, expand vocabulary, familiarize with a variety of scenarios in the Hispanic World, as well as to provide a solid foundation for advanced courses in Spanish.

Instructor: Martha Fortin

Thu, Sep 28-Nov 16	10:15 am-12:15 pm	\$111/8	157515
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Thu, Feb 1-Mar 22	10:15 am-12:15 pm	\$111/8	157519
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Bowen Park Complex

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**VANCOUVER ISLAND
UNIVERSITY**

Music

Guitar - Private Lessons

10 Years to Adult

Learn to play guitar in a safe, fun and comfortable setting. All players will work on reading and playing tablature and notes, as well as learning chords in many styles. Some counting and letter recognition is involved. More advanced players will learn finger picking, singing while playing and duets. These lessons are suitable for the beginner and intermediate player. Please bring your own guitar. These are four, half-hour, private lessons. Held at Bowen Park Complex.

Instructor: Colin Foster

Mon, Sep 11-Oct 2	4-4:30 pm	\$75/4	157544
Mon, Sep 11-Oct 2	4:30-5 pm	\$75/4	157537
Mon, Sep 11-Oct 2	5-5:30 pm	\$75/4	157536
Mon, Sep 11-Oct 2	5:30-6 pm	\$75/4	157535
Mon, Sep 11-Oct 2	6-6:30 pm	\$75/4	157534

Wed, Sep 13-Oct 4	4-4:30 pm	\$75/4	157541
Wed, Sep 13-Oct 4	4:30-5 pm	\$75/4	157533
Wed, Sep 13-Oct 4	5-5:30 pm	\$75/4	157532
Wed, Sep 13-Oct 4	5:30-6 pm	\$75/4	157531
Wed, Sep 13-Oct 4	6-6:30 pm	\$75/4	157530

Wed, Oct 11-Nov 1	4-4:30 pm	\$75/4	157540
Wed, Oct 11-Nov 1	4:30-5 pm	\$75/4	157525
Wed, Oct 11-Nov 1	5-5:30 pm	\$75/4	157524
Wed, Oct 11-Nov 1	5:30-6 pm	\$75/4	157571
Wed, Oct 11-Nov 1	6-6:30 pm	\$75/4	157570

Mon, Oct 16-Nov 6	4-4:30 pm	\$75/4	157543
Mon, Oct 16-Nov 6	4:30-5 pm	\$75/4	157529
Mon, Oct 16-Nov 6	5-5:30 pm	\$75/4	157528
Mon, Oct 16-Nov 6	5:30-6 pm	\$75/4	157527
Mon, Oct 16-Nov 6	6-6:30 pm	\$75/4	157526

Wed, Nov 8-29	4-4:30 pm	\$75/4	157539
Wed, Nov 8-29	4:30-5 pm	\$75/4	157565
Wed, Nov 8-29	5-5:30 pm	\$75/4	157564
Wed, Nov 8-29	5:30-6 pm	\$75/4	157563
Wed, Nov 8-29	6-6:30 pm	\$75/4	157562

Mon, Nov 20-Dec 11	4-4:30 pm	\$75/4	157542
Mon, Nov 20-Dec 11	4:30-5 pm	\$75/4	157569
Mon, Nov 20-Dec 11	5-5:30 pm	\$75/4	157568
Mon, Nov 20-Dec 11	5:30-6 pm	\$75/4	157567
Mon, Nov 20-Dec 11	6-6:30 pm	\$75/4	157566

Mon, Jan 15-Feb 5	4-4:30 pm	\$75/4	157548
Mon, Jan 15-Feb 5	4:30-5 pm	\$75/4	157561
Mon, Jan 15-Feb 5	5-5:30 pm	\$75/4	157560
Mon, Jan 15-Feb 5	5:30-6 pm	\$75/4	157559
Mon, Jan 15-Feb 5	6-6:30 pm	\$75/4	157558

Wed, Jan 17-Feb 7	4-4:30 pm	\$75/4	157547
Wed, Jan 17-Feb 7	4:30-5 pm	\$75/4	157557
Wed, Jan 17-Feb 7	5-5:30 pm	\$75/4	157576
Wed, Jan 17-Feb 7	5:30-6 pm	\$75/4	157556
Wed, Jan 17-Feb 7	6-6:30 pm	\$75/4	157577

Mon, Feb 19-Mar 12	4-4:30 pm	\$75/4	157546
Mon, Feb 19-Mar 12	4:30-5 pm	\$75/4	157555
Mon, Feb 19-Mar 12	5-5:30 pm	\$75/4	157554
Mon, Feb 19-Mar 12	5:30-6 pm	\$75/4	157553
Mon, Feb 19-Mar 12	6-6:30 pm	\$75/4	157552

Wed, Feb 21-Mar 14	4-4:30 pm	\$75/4	157545
Wed, Feb 21-Mar 14	4:30-5 pm	\$75/4	157551
Wed, Feb 21-Mar 14	5-5:30 pm	\$75/4	157550
Wed, Feb 21-Mar 14	5:30-6 pm	\$75/4	157549
Wed, Feb 21-Mar 14	6-6:30 pm	\$75/4	157538

Bowen Park Complex

String into Guitar

10 Years +

Ideal for youth and adults with less than two years of experience. This small group format makes learning music fun! You will discover three-string chords, play notes from popular seasonal melodies and much more. Please bring your own guitar and tuner.

Instructor: Dave Hart

Wed, Oct 25-Dec 13	6:30-7:30 pm	\$140/8	157417
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Oliver Woods Community Centre

Piano - Private Beginner Lessons

5 Years to Adult

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

Instructor: A. Margarita Hillers

Tue, Sep 5-26	3:30-4 pm	\$78/4	157246
Tue, Sep 5-26	4-4:30 pm	\$78/4	157247
Tue, Sep 5-26	4:30-5 pm	\$78/4	157248
Tue, Sep 5-26	5-5:30 pm	\$78/4	157249
Tue, Sep 5-26	5:30-6 pm	\$78/4	157250
Tue, Sep 5-26	6-6:30 pm	\$78/4	157251

Tue, Oct 3-24	3:30-4 pm	\$78/4	157252
Tue, Oct 3-24	4-4:30 pm	\$78/4	157253
Tue, Oct 3-24	4:30-5 pm	\$78/4	157254
Tue, Oct 3-24	5-5:30 pm	\$78/4	157255
Tue, Oct 3-24	5:30-6 pm	\$78/4	157256
Tue, Oct 3-24	6-6:30 pm	\$78/4	157257

Tue, Nov 7-28	3:30-4 pm	\$78/4	157258
Tue, Nov 7-28	4-4:30 pm	\$78/4	157259
Tue, Nov 7-28	4:30-5 pm	\$78/4	157260
Tue, Nov 7-28	5-5:30 pm	\$78/4	157261
Tue, Nov 7-28	5:30-6 pm	\$78/4	157262
Tue, Nov 7-28	6-6:30 pm	\$78/4	157253

Tue, Dec 5-19	3:30-4 pm	\$59/3	157264
Tue, Dec 5-19	4-4:30 pm	\$59/3	157265
Tue, Dec 5-19	4:30-5 pm	\$59/3	157266
Tue, Dec 5-19	5-5:30 pm	\$59/3	157267
Tue, Dec 5-19	5:30-6 pm	\$59/3	157268
Tue, Dec 5-19	6-6:30 pm	\$59/3	157269

Tue, Jan 9-30	3:30-4 pm	\$78/4	157270
Tue, Jan 9-30	4-4:30 pm	\$78/4	157271
Tue, Jan 9-30	4:30-5 pm	\$78/4	157272
Tue, Jan 9-30	5-5:30 pm	\$78/4	157273
Tue, Jan 9-30	5:30-6 pm	\$78/4	157274
Tue, Jan 9-30	6-6:30 pm	\$78/4	157275

Tue, Feb 6-27	3:30-4 pm	\$78/4	157276
Tue, Feb 6-27	4-4:30 pm	\$78/4	157277
Tue, Feb 6-27	4:30-5 pm	\$78/4	157278
Tue, Feb 6-27	5-5:30 pm	\$78/4	157279
Tue, Feb 6-27	5:30-6 pm	\$78/4	157280
Tue, Feb 6-27	6-6:30 pm	\$78/4	157281

Bowen Park Complex

The courses below are in partnership with the
City of Nanaimo and the
Nanaimo Conservatory of Music (375 Selby St.)



Kindermusik

0 to 5 Years

Each week we combine your child's natural love of music, storytelling, and imaginative play with age-appropriate activities that introduce early music concepts and foster independence, social and emotional skills, language growth and self-control. Wiggle and Grow for families brings adults and children of all ages together providing a dynamic and integrated musical learning experience for everyone. The Kindermusik@Home digital home materials bring the music, activities and each month's story everywhere you go.

Instructor: Nicole Arendt

Tue, Sep 5-26	11-11:45 am	\$60/4	157605
Wed, Sep 6-27	10:15-11 am	\$60/4	158546
Tue, Oct 3-24	11-11:45 am	\$60/4	157606
Wed, Oct 4-25	10:15-11 am	\$60/4	158547
Tue, Oct 31-Nov 21	11-11:45 am	\$60/4	157607
Wed, Nov 1-22	10:15-11 am	\$60/4	158548

Nanaimo Conservatory of Music (375 Selby St)

Headstart Suzuki

3 to 5 Years

This is a pre-instrumental class designed to introduce children to basic musical concepts and beginning Suzuki repertoire. This class requires 100% parent/guardian participation and involves listening regularly to selected good quality recordings. These listening examples will be loaned out for the duration of the class.

Instructor: Cindy Speelman

Tue, Sep 19-Nov 7	10-10:45 am	\$125/8	157603
Tue, Jan 9-Feb 27	10-10:45 am	\$125/8	157604

Nanaimo Conservatory of Music (375 Selby St)

Guitar - Private Lessons

3 to 9 Years

Yes! You can start guitar lessons as early as three years old! Our instructor is caring and nurturing, and he has had students at this very early age show much success with the guitar. Guitars may be available upon request and with permission of instructor for students who do not have one. If you need one, please call 250-754-4611.

Instructor: Patrick Olmsted

Tue, Sep 12-Oct 3	5:30-6 pm	\$110/4	157608
Tue, Sep 12-Oct 3	6-6:30 pm	\$110/4	157609
Tue, Oct 10-31	5:30-6 pm	\$110/4	157610
Tue, Oct 10-31	6-6:30 pm	\$110/4	157611
Tue, Nov 7-28	5:30-6 pm	\$110/4	157612
Tue, Nov 7-28	6-6:30 pm	\$110/4	157613
Tue, Jan 9-30	5:30-6 pm	\$110/4	157618
Tue, Jan 9-30	6-6:30 pm	\$110/4	157619
Tue, Feb 6-27	5:30-6 pm	\$110/4	157620
Tue, Feb 6-27	6-6:30 pm	\$110/4	157621

Nanaimo Conservatory of Music (375 Selby St)

The Mighty Uke

15 + Years

Everybody's playing the ukulele! Join us for a fun and interactive class on this special little stringed instrument. No experience necessary. Ukuleles may be available for students who do not have one. If you need one, please contact the Conservatory at 250-754-4611.

Instructor: Patrick Olmsted

Tue, Sep 12-Nov 14	7-8 pm	\$100/10	157581
Tue, Jan 9-Mar 13	7-8 pm	\$100/10	157582

Nanaimo Conservatory of Music (375 Selby St)

Take a Moment to Move!

Participating in music has been linked to improved physical performance.

Give Yourself...
the Gift of Music

**Lessons starting at
\$24 per half-hour**

Guitar / Piano / Violin / Bass
Voice / Theory & More...

**Call (250) 618-7948
or visit tigermountain.ca**

Learn music in a working recording studio and be a part of our creative space. Our professional instructors can guide you through the learning process in our acoustically treated, air-conditioned studios and have you playing the music you love.

Located at #3 - 7221 Lantzville Rd, Lantzville
(Facilities are wheelchair accessible)

Pricing and conditions subject to change without notice.

Festival 2018 -

A Choral

Extravaganza!

Nanaimo Sings!

February 23-25, 2018

Mini-Concerts at

St. Paul's Anglican Church

80 Chapel St., Nanaimo

Eight concerts - February 23 & 24

Concert times TBA

Festival Passes will be available at

The Port Theatre OR at the door

Gala Concert at

The Port Theatre February 25, 7pm

With Willi Zwozdesky, MC &

Guest Conductor

TICKETS will be available at

The Port Theatre, November 2017.

Info: www.nanaimosings.com and
www.porttheatre.com



cityofnanaimo



nanaimoparksandrec (#ilovemyparksandrec)

Special Interest

Special Interest

Seed Saving NEW!

Do you want to try your hand at saving seeds from your garden to preserve a line of fabulous-tasting heritage vegetables or save money? Learn how to grow and select the right plants and how to save seeds from common vegetables from your garden.

Instructor: Connie Kuramoto

Sun, Sep 10 10 am-12 pm \$10/1 158090

Beban Park Community Garden

Seed Starting at Home NEW!

Think of the money you can save by growing your own vegetable starters. Learn about when to start and how to care for them in your home or backyard greenhouse. Community Gardens' own Master Gardener volunteer will show you how it's done in the new greenhouse at Beban Park.

Instructor: Dorothee Keiser

Sat, Jan 27 10 am-12 pm \$10/1 158086

Beban Park Community Garden

Basic Fruit Tree Pruning

This is the workshop to attend to get hands-on learning in basic pruning techniques. Our expert pruner will show you how to care for young and old fruit trees and grape vines.

Instructor: Scott Wiskerki

Sat, Nov 4 10 am-12 pm \$10/1 158087

Pine Street Community Garden (271 Pine St)

Advanced Fruit Tree Pruning

For those who have some experience, our expert pruner will show you how to tackle more difficult situations with hands-on learning. Also learn about pest control and dormant oil spraying. Please bring a lunch and your pruners.

Instructor: Scott Wiskerki

Sat, Feb 17 10 am-2 pm \$15/1 158088

Pine Street Community Garden (271 Pine St)

Grow Gorgeous Garlic

Learn to grow healthy, delicious garlic in your own backyard! We will discuss growing and harvesting techniques and share favourite recipes. We will also prepare and plant the garlic garden to mature next summer. Everyone will go home with a small supply of garlic to plant, eat and replant for years to come!

Instructor: Priscilla Brewer

Sat, Oct 14 10 am-12 pm \$24/1 158096

Fern & Feather Studio & Garden (3920 Yellowpoint Rd)

Landscaping with Nature NEW!

Discover a new approach to landscaping! Natural landscapes are relaxed and care free, easy to maintain and drought tolerant. Learn how to incorporate native plants and how to work with natural design features to create a wild and beautiful, yet functional, outdoor living space. Everyone will go home with a small selection of native plants.

Instructor: Priscilla Brewer

Sat, Sep 30 10 am-12 pm \$34/1 158081

Fern & Feather Studio & Garden (3920 Yellowpoint Rd)

Wild & Natural Winter Woodland Wreaths

Let nature provide the inspiration for some environmentally-friendly holiday decorating. We will tour a beautiful winter woodland garden then warm up with a hot drink in the studio where we will arrange foliage, twigs and berries into unique and gorgeous (100% compostable), woodland wreaths.

Instructor: Priscilla Brewer

Sat, Dec 2 10 am-12 pm \$39/1 158097

Fern & Feather Studio & Garden (3920 Yellowpoint Rd)

TEENS WELCOME!

If you see a program you would like to participate in found outside of the Youth Section, give us a call and find out how we can include you!



Facebook & Twitter: cityofnanaimo
Instagram: NanaimoParksandRec

Urban Foraging Walk

It's amazing how many edible plants are growing wild right where you live. Join a local wild foods expert for an afternoon walk to find seasonal wild foods in an urban setting. Learn to identify and harvest a surprising variety of plants, and get tips for cooking and preparing them.

Instructor: Nanaimo Food Share Staff

Sat, Oct 14 10 am-1 pm \$50/1 158151
Nanaimo Food Share (271 Pine St)

Daily Time Hacks **NEW!**

Always running out of time? In this workshop from "Captain Time", you will learn twenty powerful daily time hacks to get more done and take back your life. Time is more important than money, so this is the one skill that truly makes a difference in your life.

Instructor: Garland Coulson

Mon, Oct 2 6:30-8:30 pm \$25/1 157672
Bowen Park Complex

Improv - Level 1 **NEW!**

Introduce yourself to the basic concepts of improvisational comedy in a safe and supportive environment. Learn how to tell a shared story, hone your listening skills and create scenes on the spot. Perfect for those with no prior improv experience.

Instructor: Anna Bunce

Thu, Oct 19-Nov 9 6:30-8:30 pm \$50/4 157583
Thu, Jan 18-Feb 8 6:30-8:30 pm \$50/4 158735
Rotary Activity Centre (850 Third St)

Social Media 101 **NEW!**

Social media is the easiest way to keep in touch with your family and friends, but it can be intimidating at first. This beginners course is focused on the basics of Facebook. We'll cover account set-up, security settings and discuss usage fundamentals. You'll learn how to customize your feed, manage your friends lists and your news feed, share pictures and posts effectively and manage those pesky notifications. Please bring your own laptop.

Instructor: Lorrie Syms

Mon, Oct 16 & 23 2-4 pm \$50/2 157073
Mon, Oct 16 & 23 6-8 pm \$50/2 158772
Mon, Feb 19 & 26 2-4 pm \$50/2 158773
Mon, Feb 19 & 26 6-8 pm \$50/2 158774
Beban Social Centre

The Four Pillars of Creative Writing **NEW!**

Author and book coach, Suzanne Anderson, shares some of the secrets of writing interesting stories. This workshop includes point of view, narration, description, characters and dialogue. You will learn how to give your stories strong beginnings, believable conflict and satisfying endings. Please bring paper and pen.

Instructor: Suzanne Anderson

Wed, Oct 4-25 7-9 pm \$80/4 157067
Beban Social Centre

More Herbal Home Remedies **NEW!**

Come discover how to use herbs to treat everyday ailments, such as stiff joints, stress and anxiety, digestive disturbances, sleep issues, skin troubles and more. Learn about the many useful medicinal herbs growing in your own backyard and how to turn them into effective remedies for you and your family. This workshop includes hands-on medicine-making activities and a guided plant walk. All materials will be provided.

Instructor: Elizabeth Herman

Sat, Sep 23 1-5 pm \$40/1 157082
Bowen Park Complex

Herbal Cosmetics for Natural Beauty

Join us as we explore the various ways in which herbs and a few simple ingredients can be used to make natural, chemical-free cosmetics. In this hands-on class, we will make lip balm, moisturizing skin cream and a honey facial scrub. Discover how herbs can be taken internally to bring radiance to your skin, nails and hair. Go home with unique gift ideas for Christmas. All materials are provided.

Instructor: Elizabeth Herman

Sun, Dec 3 1-4 pm \$30/1 157087
Bowen Park Complex



Photography

Please note: These classes require equipment. For detailed information, go to iReg.nanaimo.ca.

Complete Guide Digital Photography

Learn how to use all the functions, settings and tools on a DSLR or point and shoot camera. A detailed powerpoint program will assist you in learning both the creative and technical aspects of photography.

Instructor: Randy O'Donnell, MPA F/PPABC

Thu, Sep 21-Oct 12 6:30-8:30 pm \$60/4 158082
Thu, Jan 18-Feb 8 6:30-8:30 pm \$60/4 158098
Oliver Woods Community Centre

Getting the Most From Your Digital SLR

With increasingly sophisticated and complex features, DSLR cameras can be intimidating. Learn how to use your DSLR in every type of situation and how to overcome common problems. We'll also explore some creative techniques used by top photographers and demonstrate some useful and free software.

Instructor: Randy O'Donnell, MPA F/PPABC

Wed, Oct 18-Nov 8 6:30-8:30 pm \$60/4 157071
Beban Social Centre

Photo Editing for Better Pictures

Learn how to effectively use the tools in most photo editing programs, including cropping, levels, cloning, healing and re-sizing. No equipment is needed, but you are welcome to bring your laptop with any editing software you have. We will discuss the use of free software, as well as Lightroom and PS Elements.

Instructor: Randy O'Donnell, MPA F/PPABC

Wed, Nov 22-Dec 6 6:30-8:30 pm \$45/3 157075
Beban Social Centre

High Dynamic Range (HDR) Photography

High Dynamic Range allows photographers to overcome the exposure limitations inherent in dramatic lighting situations. Learn how to use your DSLR camera to "automatically" shoot the multiple exposures required for HDR. Using a free trial version of PhotoMatix, you will learn how to use the settings to create stunning results.

Instructor: Randy O'Donnell, MPA F/PPABC

Wed, Feb 14-28 6:30-8:30 pm \$45/3 157077
Beban Social Centre



Sports & Outdoor

Take a MOMENT to MOVE



Sports & Outdoors

Yoga Hike

Explore Nanaimo's beautiful trails on a yoga hike. This combines trail walking and yoga breaks to improve cardiovascular health while you experience the sights, sounds and scents from nature and focus on cleansing breaths to clear the mind and release stress. A list of locations will be sent out prior to the first class. Dress for the weather, and bring a water bottle.

Instructor: Laurah-Lee Christie

Sat, Sep 10-Oct 8	9:30-10:30 am	\$40/5	158160
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First class meets in Bowen Park Lobby

Take a Hike - Mt. Benson

Climbing Mt. Benson is a challenging yet a rewarding hike. Join us for fitness or just to enjoy the scenery and great company. (You must wear comfortable hiking boots and be in reasonably good health. We go rain or shine.)

Mt. Benson - Third way up

Sat, Sep 16	9 am-1 pm	\$16/1	158148
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Mt. Benson - Half way up

Sat, Sep 30	9 am-1 pm	\$16/1	158177
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Mt. Benson - Right to the top

Sat, Oct 14	9 am-4 pm	\$24/1	158181
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Meet at Witchcraft Lake Parking Lot



Facebook & Twitter: cityofnanaimo
Instagram: NanaimoParksandRec

Trailblazers

Come enjoy fresh air while exploring some of the hiking trails around the Nanaimo area. Complete a five- to seven-kilometre hike with balance work and a good stretch. Locations vary.

Instructor: Pascale Jallabert

T/Th, Sep 12-Oct 26	9-10:30 am	\$78/14	158166
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Tue, Sep 12-Oct 24	9-10:30 am	\$42/7	158164
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Thu, Sep 14-Oct 26	9-10:30 am	\$42/7	158168
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First class meets in Nanaimo Ice Centre Lobby

T/Th, Oct 31-Dec 14	9-10:30 am	\$78/14	158167
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Tue, Oct 31-Dec 12	9-10:30 am	\$42/7	158154
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Thu, Nov 2-Dec 14	9-10:30 am	\$42/7	158155
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First class meets in Bowen Park Complex Lobby

T/Th, Jan 30-Mar 15	9-10:30 am	\$78/14	158158
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Tue, Jan 30-Mar 13	9-10:30 am	\$42/7	158156
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Thu, Feb 1-Mar 15	9-10:30 am	\$42/7	158157
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First class meets in Nanaimo Ice Centre Lobby

Take a Moment to Move!

Participants in Trailblazers will walk between five to seven kilometres. That's between 8,000 to 10,000 steps!

Take a Hike with a French Flair

Nanaimo offers spectacular hiking and wonderful scenery. Join us for friendship, fun and a great workout with a little French humour and "savoir faire". These moderate level hikes include a little climbing over ungroomed trails. (You must wear comfortable hiking boots and be in reasonably good health. We go rain or shine.) Please note that transportation is not included.

Instructor: Pascale Jallabert

Lantzville Foothills

Sat, Sep 23	9 am-1 pm	\$16/1	158159
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Meet in Oliver Woods Community Centre Lobby

Hardy Ridge

Sat, Oct 21	9 am-1 pm	\$16/1	158180
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Meet in Oliver Woods Community Centre Lobby

Ammonite Falls

Sat, Oct 28	9 am-1 pm	\$16/1	158178
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Meet in Nanaimo Ice Centre Lobby

A Taste of Kayaking

If you've never been in a kayak before, this tour is perfect for you. Our popular introductory tour includes a one-hour mini lesson on shore followed by a two-hour paddle on calm waters. All equipment is provided

Instructor: Alberni Outpost Staff

Sun, Sep 10	1-4 pm	\$40/1	158112
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Alberni Outpost Adventure Centre (#15-1840 Stewart Ave)

Discover Scuba Diving

Experience what it's like to breathe under water while meeting new friends. This is an introduction to the sport of scuba diving and can count towards the full open water scuba diving certification.

Instructor: Nanaimo Dive Outfitters Staff

Thu, Nov 23	7:30-9 pm	\$35/1	158132
Thu, Feb 22	7:30-9 pm	\$35/1	158133

Beban Pool

Tennis in Your Own Neighbourhood - Adult

Let us bring tennis lessons to you in your own neighbourhood! Participants will learn the basics of tennis, such as serving, returning, baseline to net play and rules of the game. Taught as a multi-level class. Please bring your own tennis racquet.

Instructor: North Island Tennis Academy Staff

Wed, Sep 13-Oct 4	5:30-6:30 pm	\$66/4	158135
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Beban Park Tennis Courts

Indoor Tennis Lessons - Adult

Learn and practice serving, ground strokes and net play, as well as learning the rules of tennis. Taught as a multi-level class. Please bring your own tennis racquet.

Instructor: North Island Tennis Academy Staff

BEGINNER

Thu, Oct 12-Nov 2	8-9:30 pm	\$78/4	158138
Thu, Nov 16-Dec 7	8-9:30 pm	\$78/4	158140
Thu, Jan 18-Feb 8	8-9:30 pm	\$78/4	158109
Thu, Feb 15-Mar 8	8-9:30 pm	\$78/4	158144
Thu, Mar 15-Apr 15	8-9:30 pm	\$78/4	158145

INTERMEDIATE

Mon, Sep 18-Oct 23	8-9:30 pm	\$115/6	158134
Mon, Oct 30-Dec 4	8-9:30 pm	\$115/6	158139
Mon, Jan 15-Feb 19	8-9:30 pm	\$115/6	158124
Mon, Feb 26-Apr 2	8-9:30 pm	\$115/6	158141

Westwood Tennis Club (2367 Arbot Rd)

Pickleball - Beginner Clinic

Learn this great court game that uses paddles and a whiffle ball on badminton courts. Pickleball is a game that anyone can play. Come out to this clinic and learn the basic skills and rules of the game.

Sat, Oct 21	12:30-2:30 pm	\$15/1	158368
Sat, Jan 6	12:30-2:30 pm	\$15/1	158369
Sat, Feb 17	12:30-2:30 pm	\$15/1	158370

Oliver Woods Community Centre

Adult Intro to Badminton Clinic

Come join in on our professional badminton instruction. Learn grip, serve, serve return, shot overhead, drop and smash. This course emphasizes skill development and game play.

Instructor: Helen Binns

Fri, Oct 13-27	6:30-8:30 pm	\$45/3	158374
Fri, Feb 16-Mar 2	6:30-8:30 pm	\$45/3	158384

Oliver Woods Community Centre

Fencing - Teen & Adult

13 Years +

This program is for both beginner and experienced fencers. Beginner fencers receive weekly instruction of the basic skills of foil fencing and will have time to practice their new skills with other participants, as well as being introduced to sabre and epee. Experienced fencers receive instructions tailored to their needs in any of the three weapons (foil, sabre, epee). There will be plenty of opportunity to fence other fencers either using practice or electric equipment. All equipment is provided.

Instructor: Georgia Newsome

Wed, Sep 13-Oct 18	7-8:30 pm	\$78/6	158380
Wed, Oct 25-Nov 29	7-8:30 pm	\$78/6	158382
Wed, Jan 17-Mar 7	7-8:30 pm	\$104/8	158383

Oliver Woods Community Centre

Fall Back to Basics - Golf NEW!

Have you lost your swing? Working on the basics is your best chance of reclaiming what you had. This session will help you work on your grip, stance, posture, alignment and ball position.

Instructor: Eaglequest Golf Staff

Tue, Sep 12	10-11 am	\$35/1	158119
Tue, Oct 10	10-11 am	\$35/1	158125
Tue, Mar 13	10-11 am	\$35/1	158121

Eaglequest Golf Course (1601 Thatcher Rd)

Learn to Curl

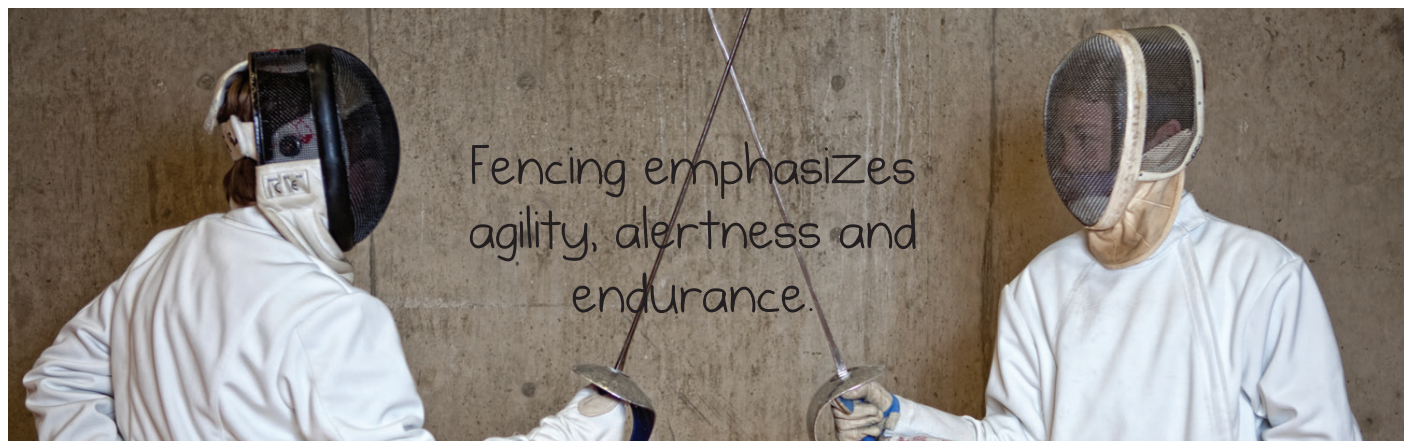
Learn the basic skills in shot delivery, brushing, rules and strategy to enable you to play in a league or game and feel confident in your skills. Brooms and sliders are provided. All you need are clean running shoes, stretchy pants and a positive attitude. Singles or groups are welcome.

Wed, Oct 4-Dec 6	7:30-9:30 pm	\$210/10	157600
Wed, Jan 10-Mar 14	7:30-9:30 pm	\$210/10	157636

Nanaimo Curling Club (106 Wall St)

Take a Moment to Move!

Challenge your friends to a fitness contest! See who can reach 10,000 steps per day for the most days in a row.



Salt Spring Island Ganges Market

Ganges Market and enjoy time for touring the Island. If you do not have a Gold Card, there is an extra ferry fee. This trip includes a fair amount of walking. Please bring food or money for meals. Four day withdrawal policy for a refund.

Instructor: Janie's Got a Bus Tour

Sat, Sep 9 8 am-5:30 pm \$70/1 157762

Meet in Bowen Park Complex Lobby

Bamfield/Frances Barkley Trip **NEW!**

Sail down the Alberni Channel to Bamfield. We make stops at different camps and cottages delivering supplies along the way. Spend an hour in Bamfield before heading back. Please bring food or money for meals. Four day withdrawal policy for a refund.

Instructor: Janie's Got a Bus Tour

Wed, Oct 4 6 am-7 pm \$75/1 157763

Meet in Bowen Park Complex Lobby

Tsawwassen Mills Trip **NEW!**

With over 200 stores, services and restaurants, there is something for you! Shop or meet up with family or friends. Please bring food or money for meals. Four day withdrawal policy for a refund.

Instructor: Janie's Got a Bus Tour

Mon, Nov 13 8:30 am-8:30 pm \$99/1 157827

Meet in Bowen Park Complex Lobby

Buchart Gardens Christmas Lights **NEW!**

Join us for this self-guided tour of beautiful Buchart Gardens. It will surely put you in the Christmas mood. Dress warm! Please bring food or money for meals. Four day withdrawal policy for a refund.

Instructor: Janie's Got a Bus Tour

Sat, Dec 9 2-9 pm \$65/1 157769

Meet in Bowen Park Complex Lobby

Tofino Storm Watch Day Trip

We will spend some time in Tofino where you can shop and have lunch. After lunch we will head to the beaches to see the waves. We will go into Ucluelet to the Amphitrite Point Lighthouse to see the beautiful rugged coastal view of the Wild Pacific Trail. Please bring food or money for meals. Four day withdrawal policy for a refund.

Instructor: Janie's Got a Bus Tour

Sat, Jan 6 8 am-8 pm \$65/1 157819

Meet in Bowen Park Complex Lobby

Victoria Day Trip

Spend the day poking through the shops and eating in one of the many restaurants, check out the museum or the IMAX, visit friends or family or try your luck at the casino. On the way home we will stop at one of the Farmers' Markets. Please bring food or money for meals. Four day withdrawal policy for a refund.

Instructor: Janie's Got a Bus Tour

Sat, Feb 10 8 am-5:30 pm \$35/1 157770

Meet in Bowen Park Complex Lobby

Granville Island Trip **NEW!**

Visit the Public Market and eat at one of the 47 small eateries in the food court, visit the Granville Island Brewery for a taste of their beer and take the little pickle boat ride around False Creek. We will leave Granville Island at 3:30 pm to catch the 5 pm ferry. If you do not have a Gold Card, an extra fee will apply for the ferry. Please bring food or money for meals. Four day withdrawal policy for a refund.

Instructor: Janie's Got a Bus Tour

Mon, Mar 19 7:45 am-7 pm \$99/1 157779

Meet in Bowen Park Complex Lobby

South Island Circle Tour

Enjoy a scenic day tour of the Pacific Marine route departing from Nanaimo to Victoria, around up to Sooke, Sooke to Port Renfrew and Port Renfrew to Lake Cowichan. This is one of the only circle driving tours on the Island. There will be many stops for breaks and photo opportunities. Please bring food or money for meals. Four day withdrawal policy for a refund.

Instructor: Tracks Outdoor Adventure Staff

Sat, Oct 14 8 am-6 pm \$79/1 158781

Meet in Beban Pool Lobby



Taking the Frances Barkley to Bamfield

Cowichan Valley Wine Tours

Ahh...for the love of wine. The Wine Islands is one of the fastest growing wine regions in Canada. You will visit four select vineyards for tasting and tour and meeting local wine masters. Tour includes all tasting fees, picnic, transportation and guide. Free time will be allotted in Cowichan Bay. October 21 is our "Harvest Tour" while December 9 is our "Christmas Tour".

Instructor: Tracks Outdoor Adventure Staff

Sat, Oct 21	10 am-4 pm	\$95/1	158782
Sat, Dec 9	10 am-4 pm	\$95/1	158783

Meet in Beban Pool Lobby

Wild Pacific Trail Hike - Ucluelet

Enjoy this guided walk along both sections of the trail with amazing views of the rugged West Coast shoreline. Please dress for the weather and bring lunch or lunch money. We will have free time in Ucluelet. Participants must be able to walk up to ten kilometres without difficulties. Four day withdrawal policy for a refund.

Instructor: Tracks Outdoor Adventure Staff

Sat, Dec 2	7:45 am-6 pm	\$79/1	158779
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Meet in Beban Pool Lobby



Snow Shoe Mt. Washington

If you can walk, you can snowshoe! Let's head up to Mt. Washington for fun in the snow with a moderate workout! Includes snowshoe rental, park pass and guided trek. Four day withdrawal policy for a refund.

Instructor: Tracks Outdoor Adventure Staff

Sat, Jan 20	8:30 am-5 pm	\$95/1	158780
Sat, Feb 3	8:30 am-5 pm	\$95/1	161060

Meet in Beban Pool Lobby

RIVERS DAY

Celebrate World Rivers Day on Sunday, September 24!

This event is in partnership with NALT and Nanaimo River Watershed Round Table to help honour our city's river heritage. Take in some of the tours listed below and then join us for the community event & BBQ in Bowen Park from 11 am-2:30 pm!

(Nanaimo River Watershed /Water Treatment Plant Tour on Friday, September 22)

Nanaimo River Watershed & Water Treatment Plant Tour

Please note that this program occurs the Friday before Rivers Day. Visit the local forestry operations of Island Timberlands and Timber West in the Nanaimo River Watershed, as well as the source of Nanaimo's vital water supply at Jump Lake Reservoir and our new Water Filtration Plant. Bring a lunch and suitable clothing and footwear. Be prepared to walk one kilometre on uneven or hilly ground.

Fri, Sep 22	9 am-3:30 pm	\$25/1	158788
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Meet at Bowen Park (Wall St Parking Lot)

Morden Colliery Historical Park Bus Tour

Tour the Island's last remaining coal mining head frame - one of only two such structures remaining in North America. The Friends of Morden Mine and NALT will tell the story of this fascinating part of our local coal mining heritage.

Instructor: Friends of Morden, John Hoffman

Sun, Sep 24	9-11:30 am	\$20/1	158784
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Meet at Bowen Park (Wall St Parking Lot)

Nanaimo River Estuary Walk

Explore the unique flora and fauna of Vancouver Island's largest estuary with members of the Nature Trust of BC. Learn about the natural beauty and values of this vital ecosystem. Don't forget your camera!

Sun, Sep 24	9:30-11 am	\$10/1	158785
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Meet at end of Raines Road in Cedar by 9:20 am

Vancouver Island's Largest Estuary by Raft

Explore the unique flora and fauna of Vancouver Island's largest estuary. A fun way to learn about the natural beauty and values of this vital ecosystem. Be prepared for a little paddling.

Instructor: Matt Kellow, VIU

Sun, Sep 24	9:30-11:30 am	\$15/1	158786
Sun, Sep 24	1-3 pm	\$15/1	158787

Meet at Living Forest Campground Boat Launch

Wild Play Adventure Centre Bus Tour

Discover treetop recreational activities for special events at Wild Play along the scenic Nanaimo River. Check out the bungy zone! Please wear suitable clothing and footwear for a moderate hike.

Sun, Sep 24	9 am-12 pm	\$20/1	158789
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Meet at Bowen Park (Wall St Parking Lot)

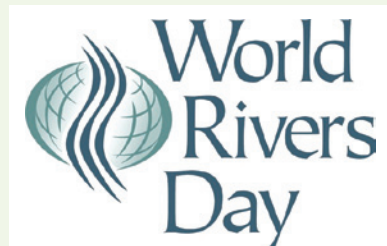
Nanaimo River Regional Park

Bus Tour & Eco-Walk

Join Dean Gaudry of NALT for a guided tour of lower Nanaimo River. This 56-hectare site is the last remaining protected riparian area on this beautiful and little known park. Wear suitable clothing and footwear for a moderate hike of approximately five kilometres.

Sun, Sep 24	9 am-12 pm	\$20/1	158790
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Meet at Bowen Park (Wall St Parking Lot)



cityofnanaimo



nanaimoparksandrec (#ilovemyparksandrec)

Wellness

Studies show that meditation changes brain psychology to slow aging.

Wellness

Thrive with Ayurveda Through the Seasons NEW!

Delving into Ayurveda, the ancient “science of life”, explore the relationship between your health and the seasons. Incorporating body-type (dosha) awareness, we will discuss how simple changes to diet, lifestyle and daily routine can help us rejuvenate and restore balance. Leave this class feeling uplifted and empowered.

Instructor: Joanne Cooper
Tue, Oct 17 & 24 6:30-8:30 pm \$40/2 157070
Bowen Park Complex

Cooking for Well-Being Through Ayurveda

Learn how India’s 5,000 year old “Science of Life” uses food as a healing tool. Explore why a seasonal approach to diet can enhance your health. Each class will begin with a discussion offering insight into your unique body type. Develop awareness of Ayurvedic concepts and try hands-on meal preparation designed to help balance you and your family’s health. Recipes are included.

Instructor: Joanne Cooper
Wed, Nov 1-15 5:30-8:30 pm \$95/3 157455
Mon, Feb 19-Mar 5 5:30-8:30 pm \$95/3 157456
Bowen Park Complex

Healing Mind, Body & Spirit NEW!

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

Instructor: John Steuermol
Mon, Oct 16-Nov 27 7-8:30 pm \$69/7 157074
Bowen Park Complex

Buddhist Meditation for Wellness & Transformation

Meditation is a powerful and creative tool for changing our experience of ourselves, others and our world. Learn the art of meditation and bring a sense of balance, peace and clarity into your life and your relationships.

Instructor: Gail Hill
Mon, Oct 23-Nov 27 7-8:15 pm \$60/6 157076
Bowen Park Complex

Buddhist Meditation for Happiness

Buddhist meditations on compassion provide a strong foundation for personal happiness and contentment. Our own mind and our relationships to others are transformed by these simple practices.

Instructor: Gail Hill
Mon, Jan 22-Feb 26 7-8:15 pm \$50/5 157072
Bowen Park Complex

Tae Kwon Do for Adults & Teens 13 Years +

Build self-confidence and release stress as you become strong in body and mind while learning different Taekwondo techniques. Classes will provide a mix of physical activity, Tae Kwon Do forms and lots of kicking, blocking and striking! Black Belt Examiner and certified International Tae Kwon Do, Master Moy, will make sure you have fun as he individualizes instruction based on your needs.

Instructor: Master Moy, Kick High Martial Arts
Thu, Sep 14-Oct 26 7-8:15 pm \$70/7 158577
Thu, Nov 2-Dec 14 7-8:15 pm \$70/7 158579
Thu, Jan 11-Feb 15 7-8:15 pm \$60/6 158580
Thu, Feb 22-Mar 29 7-8:15 pm \$60/6 158581
Oliver Woods Community Centre

REGISTER TODAY!

See page 112 for all of our registration options!

Martial Arts Bootcamp NEW!

If you are looking for a fun and challenging way to stay fit and release stress these, classes are for you! Activities will build strength, coordination, flexibility, speed, agility, endurance and balance through martial arts and self-defense moves. As a 6th Dan Black Belt Tae Kwon Do Master and Krav Maga instructor, Moy will get your heart pumping and your body sweating as you kick, punch, block and dodge.

Instructor: Master Moy, Kick High Martial Arts

Tue, Sep 12-Oct 24	7:30-8:30 pm	\$56/7	158376
Tue, Oct 31-Dec 12	7:30-8:30 pm	\$56/7	158776
Tue, Jan 9-Feb 6	7:30-8:30 pm	\$40/5	158777
Tue, Feb 20-Mar 27	7:30-8:30 pm	\$48/6	158778

Bowen Park Complex

Iaido

Learn the Japanese martial art of the Samurai sword. Iaido does not include direct contact or sparring of any kind. Because of this non-competitive aspect and Iaido's emphasis on precise, controlled, fluid motion, it is sometimes referred to as "moving Zen." Everyone 16 years and over is welcome.

Instructor: Peter Gunstone

Wed, Sep 6-Dec 13	7:30-9:30 pm	\$105/15	157083
Wed, Jan 10-Mar 28	7:30-9:30 pm	\$84/12	157084

Departure Bay Activity Centre (1415 Wingrove St)

Tai Chi

Learn the mini set of Tai Chi (first 17 moves) combined with the foundations of Tai Chi to improve balance, strength, flexibility, coordination and awareness. Relevant for beginners and anyone interested in improving their form.

Instructor: Mid-Island Tai Chi Club

Tue, Sep 12-Oct 24	7-8:30 pm	\$35/7	157079
Tue, Jan 30-Mar 13	7-8:30 pm	\$35/7	157080

Beban Social Centre

Relax & 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, and bare feet are preferred. Please bring a water bottle and blanket for the relaxation period.

Instructor: Laura-Lee Christie

Wed, Oct 11-Nov 8	10-11 am	\$40/5	157733
Wed, Jan 24-Feb 21	10-11 am	\$40/5	157736

Beban Social Centres

More Herbal Home Remedies NEW!

Come discover how to use herbs to treat everyday ailments, such as stiff joints, stress and anxiety, digestive disturbances, sleep issues, skin troubles and more. Learn about the many useful medicinal herbs growing in your own backyard and how to turn them into effective remedies for you and your family. This workshop includes hands-on medicine-making activities and a guided plant walk. All materials will be provided

Instructor: Elizabeth Herman

Sat, Sep 23	1-5 pm	\$40/1	157082
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Bowen Park Complex

Herbal Cosmetics for Natural Beauty

Join us as we explore the various ways in which herbs and a few simple ingredients can be used to make natural, chemical-free cosmetics. In this hands-on class, we will make lip balm, moisturizing skin cream and a honey facial scrub. Discover how herbs can be taken internally to bring radiance to your skin, nails and hair. Go home with unique gift ideas for Christmas. All materials are provided.

Instructor: Elizabeth Herman

Sun, Dec 3	1-4 pm	\$30/1	157087
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Bowen Park Complex



Come and Try Squash!

It's the Fastest Thinking Game on Two Feet!

\$15 drop-in fee for non members

HOURS:
Mon-Fri, 11 am-1 pm & after 5 pm
Club Members have 24/7 access

TRY OUR 30/30 OFFER!
30-day membership for only \$30 + tax

- Four squash courts • Fitness area
- Change rooms with sauna
- Special bi-weekly sessions for Junior & PeeWees
- Club Professional offers fitness training & lessons

250.754.3123
nanaimosquash.operations@gmail.com

The Nanaimo Family Life Association invites you to

EngAGE

with Seniors Connect.

This FREE program focuses on reducing social isolation of adults 55+ Enjoy activities & workshops; FREE drop in programs, outreach support services, and volunteer opportunities.



Check out the Seniors Connect Centre

150 B Wallace Street
www.nanaimoseniorsconnect.ca
Call 250-591-2924 to learn more.

This project is funded in part by the Government of Canada's New Horizons for Seniors Program





Take a Moment to Move!

Feeling stressed or depressed? Movement in any form is one of the best ways to reduce stress or depression.



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REC 60+

Parks & Recreation

Easy Morning Fitness

This entry level program consists of low impact aerobic movements that help build functional strength. Enhance your ability to move through flexibility exercises and balance training. We will use free-weights and resistance bands to safely strengthen muscles while increasing your cardiovascular endurance. Join this group for socializing in the lobby following the class.

Instructor: Brian Sugiyama or Julie Stewart

Tue, Sep 5-Oct 24	8-8:50 am	\$56/8	155728
Thu, Sep 7-Oct 26	8-8:50 am	\$56/8	157291
Tue, Oct 31-Dec 19	8-8:50 am	\$56/8	155729
Thu, Nov 2-Dec 21	8-8:50 am	\$56/8	157292
Tue, Jan 9-Feb 27	8-8:50 am	\$56/8	155730
Thu, Jan 11-Mar 1	8-8:50 am	\$56/8	157293
Tue, Mar 6-Apr 24	8-8:50 am	\$56/8	155731
Thu, Mar 8-Apr 26	8-8:50 am	\$56/8	157310

Bowen Park Complex

Fitness for Balance and Mobility

Learn how to maintain a healthy lifestyle. This fitness class will assist participants in improving balance. Instructor will lead you through easy exercises to improve stability and potentially prevent falls. The workouts assist in improving posture, muscle strength and speed, sharpening reflexes, expanding flexibility and firming your core. Instructor may also give tips for fall-proofing your home.

Instructor: Brian Sugiyama

Mon, Sep 11-Oct 30	10-11 am	\$49/7	155751
Mon, Sep 11-Oct 30	11 am-12 pm	\$49/7	155754
Mon, Nov 6-Dec 18	10-11 am	\$49/7	155752
Mon, Nov 6-Dec 18	11 am-12 pm	\$49/7	155755
Mon, Jan 8-Feb 19	10-11 am	\$42/6	155766
Mon, Jan 8-Feb 19	11 am-12 pm	\$42/6	155767
Mon, Feb 26-Mar 26	10-11 am	\$35/5	155753
Mon, Feb 26-Mar 26	11 am-12 pm	\$35/5	155756

Bowen Park Complex

Thu, Sep 7-Oct 12	2:15-3:15 pm	\$42/6	155768
Thu, Oct 19-Nov 23	2:15-3:15 pm	\$42/6	155769
Thu, Nov 30-Dec 28	2:15-3:15 pm	\$35/5	155776
Thu, Jan 4-Feb 8	2:15-3:15 pm	\$42/6	157311
Thu, Feb 15-Mar 22	2:15-3:15 pm	\$42/6	157312

Oliver Woods Community Centre

Sculpt and Tone

This class incorporates a warm-up, cardio with resistance training (using dumbbells, bands and bodyweight exercises) and cool down/stretching. This would benefit older adults for bone and joint health by developing lean muscle and increasing metabolism.

Instructor: Brian Sugiyama

Wed, Sep 6-Oct 11	9:30-10:30 am	\$42/6	155745
Wed, Sep 6-Oct 11	10:45-11:45 am	\$42/6	155740
Wed, Oct 18-Nov 22	9:30-10:30 am	\$42/6	155746
Wed, Oct 18-Nov 22	10:45-11:45 am	\$42/6	155741
Wed, Nov 29-Dec 27	9:30-10:30 am	\$35/5	155747
Wed, Nov 29-Dec 27	10:45-11:45 am	\$35/5	155742
Wed, Jan 3-Feb 7	9:30-10:30 am	\$42/6	155773
Wed, Jan 3-Feb 7	10:45-11:45 am	\$42/6	155743
Wed, Feb 14-Mar 21	9:30-10:30 am	\$42/6	157316
Wed, Feb 14-Mar 21	10:45-11:45 am	\$42/6	155744

Bowen Park Complex

Fri, Sep 8-Oct 13	10-11 am	\$42/6	155732
Fri, Oct 20-Nov 24	10-11 am	\$35/5	155757
Fri, Dec 1-29	10-11 am	\$35/5	155758
Fri, Jan 5-Feb 9	10-11 am	\$42/6	155738
Fri, Feb 16-Mar 23	10-11 am	\$35/5	155739

Beban Social Centre

Thu, Sep 7-Oct 12	1-2 pm	\$42/6	155764
Thu, Oct 19-Nov 23	1-2 pm	\$42/6	155765
Thu, Nov 30-Dec 28	1-2 pm	\$35/5	157313
Thu, Jan 4-Feb 8	1-2 pm	\$42/6	157314
Thu, Feb 15-Mar 22	1-2 pm	\$42/6	157315

Oliver Woods Community Centre

Yoga Qi Gong / Meditation

This is an ancient art incorporating movements, static poses, breath concentration and visualization to activate the flow of intrinsic life energy (Chi) in the body thus restoring and promoting vitality and balance of mind and body. Instructor, Thommas Michaud, is back after one year in India and Nepal where he received another Yoga Certification from the Ananda Yoga Nepal and studied under Master T.T. Tchoung in Taiwan.

Wed, Sep 13-Oct 25	9:30-10:45 am	\$70/7	157221
Wed, Nov 1-Dec 13	9:30-10:45 am	\$70/7	157222
Wed, Jan 10-Feb 21	9:30-10:45 am	\$70/7	157223
Wed, Feb 28-Apr 11	9:30-10:45 am	\$70/7	157224

Rotary Field House

Chair Yoga

This class is designed for people who experience difficulty doing floor exercises as it takes place in a chair. Yoga exercises have many benefits, including stretching, relaxing, opening up the joints and helping to feel energized.

Instructor: Russell McNeil

Wed, Sep 6-Oct 11	1:30-2:30 pm	\$48/6	157226
Mon, Sep 25-Nov 6	11:50 am-12:50 pm	\$48/6	157231
Wed, Oct 18-Nov 22	1:30-2:30 pm	\$48/6	157227
Mon, Nov 13-Dec 18	11:50 am-12:50 pm	\$48/6	157232
Wed, Nov 29-Jan 3	1:30-2:30 pm	\$48/6	157228
Mon, Jan 8-Feb 19	11:50 am-12:50 pm	\$48/6	157233
Wed, Jan 10-Feb 14	1:30-2:30 pm	\$48/6	157229
Wed, Feb 21-Mar 28	1:30-2:30 pm	\$48/6	157230
Mon, Feb 26-Apr 9	11:50 am-12:50 pm	\$48/6	157234

Bowen Park Complex

Stretch & Relax Yoga

This is a basic, classical hatha yoga class. It focuses on gentle stretches before each pose. Time is given to rest or relax briefly after anything that is strenuous. This is not a flow class.

Instructor: Shanti (Dorlean Peck)

Mon, Sep 11-Oct 23	11:30 am-12:30 pm	\$48/6	157213
Mon, Nov 6-Dec 11	11:30 am-12:30 pm	\$48/6	157214
Mon, Jan 8-Feb 19	11:30 am-12:30 pm	\$48/6	157215
Mon, Mar 5-Apr 16	11:30 am-12:30 pm	\$48/6	157216

Oliver Woods Community Centre

Fri, Sep 15-Oct 20	10-11 am	\$48/6	157217
Fri, Nov 10-Dec 22	10-11 am	\$52/7	157218
Fri, Jan 12-Feb 16	10-11 am	\$48/6	157219
Fri, Mar 9-Apr 20	10-11 am	\$48/6	157220

Rotary Field House (850 Third St)



ARE YOU 60+? WE HAVE PROGRAMS FOR EVERY INTEREST. TAKE UP AN EXISTING HOBBY OR TRY SOMETHING NEW!

**IF YOU OR YOUR PARTNER ARE 60 YEARS OR OLDER,
YOU QUALIFY FOR A NANAIMO HARBOUR CITY
SENIORS MEMBERSHIP!**



For an annual fee of \$41.45 (including tax), you get access to over 50 low cost Parks and Recreation programs and are eligible for many services. The Nanaimo Harbour City Seniors (NHCS) Board acts as a liaison between membership and Parks and Recreation. The NHCS Society exists to provide opportunities for senior citizens to lead more meaningful, active and complete lives by enabling them to participate in organized activities and to make new friends.

Program areas:

- ARTS & CRAFTS
- CARDS & GAMES
- DANCE CLASSES & SOCIALS
- FITNESS, YOGA & TAI CHI
- LANGUAGE
- MUSIC
- SPECIAL INTEREST
- SPORTS

Find out more about membership:

For more information, please call 250-755-7501, pick up our bi-monthly newsletter or view the newsletter online at www.nanaimo.ca or www.nanaimoharbourcityseniors.com.

The logo for Vancouver Island University, featuring a stylized leaf or tree icon above the text "VANCOUVER ISLAND UNIVERSITY".

The logo for ElderCollege, featuring the word "ElderCollege" in a script font above the tagline "Learning for Life!".

Are you 50 or better and interested in challenging your mind?

Stimulating topics ★ Inspiring instructors
No exams or grades

REGISTER TODAY!

1.866.734.6252

Courses in Nanaimo & Parksville

viu.ca/eldercollege

60+ Programs

Monthly Fitness - Levels 1 & 2

Our popular fitness classes will help you get fit or help you stay fit!

Our experienced instructors make fitness fun and functional!

- LEVEL 1:**
- Mondays, 10:15-11:15 am at Bowen Park
 - Wednesdays, 11:30 am-12:30 pm at Oliver Woods
 - Thursdays, 10:15-11:15 am at Bowen Park
 - Fridays, 1:30-2:30 pm at Oliver Woods
- LEVEL 2:**
- Mondays, 9-10 am at Bowen Park
 - Wednesdays, 10:15-11:15 am at Oliver Woods
 - Thursdays, 9-10 am at Bowen Park
 - Fridays, 9:30-10:30 am at Oliver Woods



Register by the month. Call 250-755-7501 for registration dates and prices.



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Aquatics

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.

Aquatic Special Events Join us for some fun for the whole family! (Regular admission applies.)

HALLOWEEN DIVE-IN MOVIE

Enjoy a Halloween-themed movie in the pool!
Saturday, October 21 • 3-5 pm • Nanaimo Aquatic Centre

HALLOWEEN HOWL

"Howl" at the moon at our Halloween extravaganza!
Friday, October 27 • 4-7 pm • Beban Pool

STAR WARS DIVE-IN MOVIE/GAMES

Feel the force while you watch one of the Star Wars movies in the warm waters of NAC.
Saturday, November 18 • 3-5 pm • Nanaimo Aquatic Centre

DUNK WITH SANTA

Show Santa how good you are at swimming...or show him how naughty you can be by trying to dunk him in the dunk tank!
Saturday, December 23 • 3-5 pm • Nanaimo Aquatic Centre

SUPER HERO FUN

Bring your super hero powers to the pool and help save "Planet Beban" from the enemy.
Sunday, January 14 • 1:30-3:30 pm • Beban Pool

"A BUG'S LIFE" DIVE-IN MOVIE

Bring the family to celebrate Family Day where you will find a big inflatable bug to play on while you enjoy the classic movie, "It's a Bug's Life".
Monday, February 12 • 1-3 pm • Nanaimo Aquatic Centre

SPRING BREAK - PECULIARY THRILLING THURSDAYS

Burn off some of that Spring Break energy with us!
Thursday, March 22 & 29 • 1-3 pm • Nanaimo Aquatic Centre

FREE SWIMS

Courtesy of Coast Capital Savings



HELD ON SELECT FRIDAYS AT
BEBAN POOL FROM 7-9 PM

- September 15
- October 13
- November 24
- December 29
- January 26
- February 23

*Admission to pool only;
weight room not included*

Learn-to-Swim Program Overview



STARFISH (\$6.50/lesson; 30 min; ratio 1:10)

- 4-12 months

DUCK (\$6.50/lesson; 30 min; ratio 1:10)

- 12-24 months

SEA TURTLE (\$6.50/lesson; 30 min; ratio 1:10)

- 24 months-3 years

PARENT & TOT LESSONS (ages 4 months-3 years)

- Parent participation is required
- Progression is based on age

PRESCHOOL LESSONS (ages 3-6 years)

- Progression is based on completion of level

SWIM KIDS LESSONS (ages 5-14 years)

- Progression is based on completion of level



SEA OTTER (\$6.50/lesson; 30 min; ratio 1:5)

- Front and back floats and glides with assistance
- 1 M swim with help

SALAMANDER (\$6.50/lesson; 30 min; ratio 1:5)

- Front and back floats and swims
- Roll-over swims
- 2 M swim

SUNFISH (\$6.50/lesson; 30 min; ratio 1:5)

- Front, back, roll-over and side swims
- Deep water activities
- 5 M swim

CROCODILE (\$6.50/lesson; 30 min; ratio 1:5)

- Front, back and side swims and basic front crawl
- Deep water swimming
- 10 M swim

WHALE (\$6.50/lesson; 30 min; ratio 1:5)

- 10 M front, back and side swims and basic front crawl
- Deep water swimming
- 15 M swim

SWIM KIDS 1 (\$6.50/lesson; 30 min; ratio 1:6)

- Front and back floats and swims
- Roll-over swims and basic front crawl
- 5 M swim

1

SWIM KIDS 6 (\$9.75/lesson; 45 min; ratio 1:8)

- 25 M front and back crawl
- 15 M elementary backstroke
- 75 M swim

6

SWIM KIDS 2 (\$6.50/lesson; 30 min; ratio 1:6)

- Side swims and basic front crawl
- Deep water activities
- 10 M swim

2

SWIM KIDS 7 (\$9.75/lesson; 45 min; ratio 1:10)

- 50 M front and back crawl
- 25 M elementary backstroke and whip kick on front and 150 M swim

7

SWIM KIDS 3 (\$6.50/lesson; 30 min; ratio 1:6)

- Front and back floats and swims
- Roll-over swims and basic front crawl
- 15 M swim

3

SWIM KIDS 8 (\$9.75/lesson; 45 min; ratio 1:10)

- 75 M front and back crawl
- 15 M breaststroke
- 300 M swim

8

SWIM KIDS 4 (\$6.50/lesson; 30 min; ratio 1:6)

- 15 M back swim
- 10 M front crawl
- 25 M swim

4

SWIM KIDS 9 (\$9.75/lesson; 45 min; ratio 1:10)

- 100 M front and back crawl
- 25 M breaststroke and side stroke
- 400 M swim

9

SWIM KIDS 5 (\$9.75/lesson; 45 min; ratio 1:8)

- 15 M front and back crawl
- Whip kick on back
- 50 M swim

5

SWIM KIDS 10 (\$9.75/lesson; 45 min; ratio 1:10)

- 100 M front and back crawl
- 50 M elementary backstroke, breaststroke and side stroke and 500 M swim

10



Aquatics

Private Lessons are Also Available!

Get one-on-one instruction to fit your needs and goals.

\$28 per 30-minute lesson (see grids on the following pages for options).



cityofnanaimo



nanaimoparksandrec (#ilovemyparksandrec)

Swimming Lesson Tips for Success

We are pleased to offer Red Cross lessons at our facilities, as this program highlights the importance of swimming and water safety skills. Swimming can be fun, but it's also a necessary life skill. Help your child start swimming lessons on the right foot!

- Evaluate your child's swim ability and choose a class level, date and time. Not sure of their ability? Stop by one of our pools during a public session and have one of the guards evaluate your child.
- Register for a class online or at one of our facilities. Classes fill quickly.
- Arrive early to check-in and familiarize your child with the facility. Please have your child ready for class at the start of the lesson time.
- Lockers are available and recommended. Tokens can be purchased from the pool cashier.
- Have your child go to the bathroom before lessons. Children who are not potty trained must wear a swim diaper (available for purchase at the front desk).
- All patrons must shower before entering the pool.
- Bring your child's towel onto the pool deck to keep your child warm before and after lessons.
- Please do not bring your child to swim lessons if they are ill.
- At the end of the set 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 on to a new level.



Shopping for Swim Lessons Using the "X" Grid

- STEP 1** Select a facility (Beban Pool or Nanaimo Aquatic Centre)
- STEP 2** Select day(s) of the week and dates wanted
- STEP 3** Select swim lesson level (Sea Otter, Swim Kids 1, etc.)
- STEP 4** Select available times (x's indicate available times)
- STEP 5** Register in person, over the phone or online through iReg
 - In-person or on the phone, provide the clerk with the level and your choice of location
 - Search for swim lessons in iReg using a key word(s) in the search field (Sea Otter, for example)



Beban Pool Fall/Winter Lessons



MONDAYS & WEDNESDAYS

• Set One: Oct 2-Nov 1 (9 lessons)

NOTE: During Set 1, Private Lessons are split Mondays and Wednesdays, Oct 2-30 and Oct 4-Nov 1

• Set Two: Nov 6-Dec 6 (10 lessons)

NOTE: During Set 2, Private Lessons are split Mondays and Wednesdays, Nov 6-Dec 4 and Nov 8-Dec 6

• Set Three: Jan 8-Feb 7 (10 lessons)

NOTE: During Set 3, Private Lessons are split Mondays and Wednesdays, Jan 8-Feb 5 and Jan 10-Feb 7

• Set Four: Feb 14-Mar 14 (9 lessons)

NOTE: During Set 4, Private Lessons are split Mondays and Wednesdays, Feb 19-Mar 12 and Feb 14-Mar 14

TUESDAYS & THURSDAYS

• Set One: October 3-November 2 (10 lessons)

NOTE: During Set 1, Private Lessons are split Tuesdays and Thursdays, Oct 3-31 and Oct 5-Nov 2

• Set Two: November 7-December 7 (10 lessons)

NOTE: During Set 2, Private Lessons are split Tuesdays and Thursdays, Nov 7-Dec 5 and Nov 9-Dec 7

• Set Three: January 9-February 8 (10 lessons)

NOTE: During Set 3, Private Lessons are split Tuesdays and Thursdays, Jan 9-Feb 6 and Jan 11-Feb 8

• Set Four: February 13-March 15 (10 lessons)

NOTE: During Set 4, Private Lessons are split Tuesdays and Thursdays, Feb 13-Mar 13 and Feb 15-Mar 15

			8:30 am	9:00 am	9:30 am	10:00 am	10:30 am	11:00 am	3:00 pm	3:30 pm	4:00 pm	4:30 pm	5:00 pm	5:30 pm	6:00 pm	6:30 pm	8:30 am	9:00 am	9:30 am	10:00 am	10:30 am	3:00 pm	3:30 pm	4:00 pm	4:30 pm	5:00 pm	5:15 pm	5:30 pm	6:00 pm	6:30 pm	
Parent Part.	Preschool Program (3-6 yrs)	Starfish		x											x			x													
		Duck			x															x										x	
Sea Turtle					x																				x						
Sea Otter					x					x	x		x	x		x				x		x	x	x				x			
Salamander				x						x			x	x		x		x			x			x			x		x		
Sunfish													x			x			x					x							
Crocodile												x											x								
Whale												x											x								
Swim Kids 1											x					x									x				x		
Swim Kids 2										x					x									x						x	
Swim Kids 3										x					x									x				x			
Swim Kids 4									x			x											x						x		
Privates		x				x	x	x	x	x	x	x	x	x			x			x	x			x	x				x		
Swim Kids 5/6										x																	x				
45 Min. Classes		Learning to swim is an important life skill!																													

Pricing for Swimming Lessons

30 minute lessons	7 session	\$45.50	45 minute lessons	7 session	\$68.25
	8 session	\$52.00		8 session	\$78.00
	9 session	\$58.50		9 session	\$87.75
	10 session	\$65.00		10 session	\$97.50

Private Swim Lesson Pricing

\$140 for 5 lessons
(\$28 per 30 minute lesson)
\$70 (\$14/lesson) to add
additional swimmer



Beban Pool Fall/Winter Lessons



SATURDAYS

- **Set One: October 7-December 9** (9 lessons)

NOTE: During Set 1, Private Lessons are split
Oct 7-Nov 4 and Nov 18-Dec 9

- **Set Two: January 13-March 17** (10 lessons)

NOTE: During Set 2, Private Lessons are split
Jan 13-Feb 10 & Feb 17-Mar 17

SUNDAYS

- **Set One: October 1-December 3** (10 lessons)

NOTE: During Set 1, Private Lessons are split
Oct 1-29 and Nov 5-Dec 3

- **Set Two: January 7-March 11** (10 lessons)

NOTE: During Set 2, Private Lessons are split
Jan 7-Feb 4 & Feb 11-Mar 11

			9:30 am	10:00 am	10:30 am	11:00 am	11:30 am	12:00 pm	12:30 pm	1:00 pm	1:30 pm	2:00 pm	2:30 pm	2:45 pm	3:00 pm	3:30 pm	9:30 am	10:00 am	10:30 am	11:00 am	11:30 am	11:45 am	12:00 pm	4:00 pm	4:30 pm	5:00 pm	5:30 pm	6:00 pm
Parent Part.	Preschool Program (3-6 yrs)	School Aged Program (5-13 yrs)	30 Minute Classes														Parent Part.	Preschool Program (3-6 yrs)	School Aged Program (5-13 yrs)	Parent Part.	Preschool Program (3-6 yrs)	School Aged Program (5-13 yrs)	Parent Part.	Preschool Program (3-6 yrs)	School Aged Program (5-13 yrs)	Parent Part.	Preschool Program (3-6 yrs)	School Aged Program (5-13 yrs)
			Starfish		x		x											x										
			Duck	x									x									x						
			Sea Turtle				x				x								x				x					
			Sea Otter	x				x	x	x		x				x	x	x					x				x	
			Salamander	x			x	x			x				x		x			x					x	x		
			Sunfish			x			x										x							x		
			Crocodile			x						x													x			
			Whale			x						x													x			
			Swim Kids 1			x						x					x							x				
			Swim Kids 2				x				x								x							x		
			Swim Kids 3		x								x								x						x	
			Swim Kids 4					x							x			x										
			Privates	x	x		x	x	x		x	x	x		x		x			x			x	x	x		x	
			Swim Kids 5/6			x												x										
			Swim Kids 7/8		x																	x						
			Swim Kids 9/10																x									

FRIDAYS

- **Set One: October 6-December 8** (9 lessons) NOTE: During Set 1, Private Lessons are split Oct 6-Nov 3 and Nov 10-Dec 8

- **Set Two: January 12-March 16** (10 lessons) NOTE: During Set 2, Private Lessons are split Jan 12-Feb 9 and Feb 16-Mar 16



			3:00 pm	3:30 pm	4:00 pm	4:30 pm	5:00 pm
Parent Part.	Preschool Program (3-6 yrs)	School Aged Program (5-14 yrs)	30 Minute Classes				
			Starfish				
			Duck		x		
			Sea Turtle	x			
			Sea Otter	x		x	
			Salamander		x		x
			Sunfish				
			Swim Kids 1			x	
			Swim Kids 2				x
			Privates			x	x
			Swim Kids 5/6				

Nanaimo Aquatic Centre Fall/Winter Lessons



MONDAYS	TUESDAYS	WEDNESDAYS
• Set One: Oct 2-Dec 4 (9 lessons) NOTE: During Set 1, Private Lessons are split Oct 2-30 and Nov 6-Dec 4	• Set One: Oct 3-Dec 5 (10 lessons) NOTE: During Set 1, Private Lessons are split Oct 4-31 and Nov 7-Dec 5	• Set One: Oct 4-Dec 6 (10 lessons) NOTE: During Set 1, Private Lessons are split Oct 4-Nov 1 and Nov 8-Dec 6
• Set Two: Jan 8-Mar 12 (9 lessons) NOTE: During Set 2, Private Lessons are split Jan 8-Feb 5 and Feb 19-Mar 12	• Set Two: Jan 10-Mar 14 (10 lessons) NOTE: During Set 2, Private Lessons are split Jan 9-Feb 6 and Feb 13-Mar 13	• Set Two: Jan 10-Mar 14 (10 lessons) NOTE: During Set 2, Private Lessons are split Jan 10-Feb 7 and Feb 14-Mar 14

			1:30 pm	2:00 pm	3:30 pm	4:00 pm	4:30 pm	4:45 pm	5:00 pm	9:00 am	9:30 am	10:00 am	3:30 pm	4:00 pm	4:30 pm	4:45 pm	5:00 pm	3:30 pm	4:00 pm	4:30 pm	4:45 pm	5:00 pm
Parent Part.		Starfish					x															
		Duck		x								x										
		Sea Turtle	x																			
Preschool Program (3-6 yrs)		Sea Otter	x		x		x			x	x	x		x				x				x
		Salamander		x	x				x	x			x						x			
		Sunfish	x				x			x		x							x			
School Aged Program (5-13 yrs)	30 Minute Classes	Crocodile/Whale		x	x					x			x					x				
		Swim Kids 1				x			x				x				x	x		x		
		Swim Kids 2				x			x				x				x	x		x		
		Swim Kids 3				x								x							x	
		Swim Kids 4			x									x							x	
	45 Min.	Privates											x			x		x	x			
		Swim Kids 5/6				x							x								x	
		Swim Kids 7/8						x														
		Swim Kids 9/10														x		x				

Swimming is one of the best ways to stay fit!



Nanaimo Aquatic Centre Fall/Winter Lessons



THURSDAYS

• Set One: Oct 5-Dec 7 (10 lessons)

NOTE: During Set 1, Private Lessons are split
Oct 5-Nov 2 and Nov 9-Dec 7

• Set Two: Jan 11-Mar 15 (10 lessons)

NOTE: During Set 2, Private Lessons are split
Jan 11-Feb 8 and Feb 15-Mar 15

FRIDAYS

• Set One: Oct 6-Dec 8 (10 lessons)

NOTE: During Set 1, Private Lessons are split
Oct 6-Nov 3 and Nov 10-Dec 8

• Set Two: Jan 12-Mar 16 (10 lessons)

NOTE: During Set 2, Private Lessons are split
Jan 12-Feb 9 and Feb 16-Mar 16

			9:00 am	9:30 am	10:00 am	3:30 pm	4:00 pm	4:30 pm	4:45 pm	5:00 pm										
Parent Part.	Preschool Prog (3-6 yrs)	School Aged Program (5-14 yrs)	Starfish			X		X												
			Duck																	
Preschool Prog (3-6 yrs)	30 Minute Classes	School Aged Program (5-14 yrs)	Sea Turtle		X															
			Sea Otter	X	X		X	X												
Preschool Prog (3-6 yrs)	30 Minute Classes	School Aged Program (5-14 yrs)	Salamander	X			X			X										
			Sunfish					X												
Preschool Prog (3-6 yrs)	30 Minute Classes	School Aged Program (5-14 yrs)	Crocodile/Whale			X	X													
			Swim Kids 1					X		X										
Preschool Prog (3-6 yrs)	30 Minute Classes	School Aged Program (5-14 yrs)	Swim Kids 2					X		X										
			Swim Kids 3					X												
Preschool Prog (3-6 yrs)	30 Minute Classes	School Aged Program (5-14 yrs)	Swim Kids 4				X													
			Privates																	
Preschool Prog (3-6 yrs)	45 Min.	School Aged Program (5-14 yrs)	Swim Kids 5/6					X												
			Swim Kids 7/8						X											
Preschool Prog (3-6 yrs)	45 Min.	School Aged Program (5-14 yrs)	Swim Kids 9/10																	
			Swim Kids 9/10																	
Homeschool Lessons	30 min	School Aged Program (5-14 yrs)	Beginner (1/2)																	
			Intermediate (3/4)																	
Homeschool Lessons	60 min	School Aged Program (5-14 yrs)	Advanced (Lv 5+)																	
			Advanced (Lv 5+)																	



Nanaimo Aquatic Centre Fall/Winter Lessons



SATURDAYS

- **Set One: Oct 7-Dec 9** (8 lessons)
NOTE: During Set 1, Private Lessons are split Oct 7-Nov 4 and Nov 18-Dec 9
- **Set Two: Jan 13-Mar 11** (10 lessons)
NOTE: During Set 2, Private Lessons are split Jan 13-Feb 10 and Feb 17-Mar 17

SUNDAYS

- **Set One: Oct 1-Dec 3** (8 lessons)
NOTE: During Set 1, Private Lessons are split Oct 1-22 and Nov 5-Dec 3
- **Set Two: Jan 7-Mar 11** (10 lessons)
NOTE: During Set 2, Private Lessons are split Jan 7-Feb 4 and Feb 11-Mar 11

			9:30 am	10:00 am	10:15 am	10:30 am	11:00 am				
Parent Part.		Starfish									
		Duck				x					
Preschool Prog. (3-6 yrs)	30 Minute Classes	Sea Turtle					x				
		Sea Otter					x				
		Salamander	x			x					
		Sunfish		x				x			
		Crocodile/Whale	x								
School Aged Program (5-13 yrs)	30 Minute Classes	Swim Kids 1		x				x			
		Swim Kids 2		x				x			
		Swim Kids 3				x				x	
		Swim Kids 4					x			x	
		Privates	x								
	45 Min.	Swim Kids 5/6			x			x			
		Swim Kids 7/8							x		
		Swim Kids 9/10	x								



SCOTT FLOOD
Head Coach

COMPETITIVE • LEARN TO SWIM

Development of competitive swimming skills
Stroke Development Fitness Training

BC's Largest Swim Team!

I CAN SWIM is an innovative learn-to-swim program of incredible quality developed by Swimming Canada.

Sessions available for 5 years and over.

STAGES 1, 2 & 3

FALL
September 25th to
December 18th

WINTER
January 8th to
March 17th

Promoting active, healthy, positive lifestyles through programs that encourage participation and fun.



REGISTER ONLINE OR THE
POOL OFFICE DECK

(Nanaimo Aquatic Centre
pool deck, Mon-Fri, 3-6:30 pm)

250-714-1800

Flexible days & times.
Complete schedule available at...
www.nanaimoriptides.com



ACTIVITY DROP IN SCHEDULES

Visit our website at
www.nanaimo.ca and look at
our **Public Schedules** for the
latest, most up-to-date times
for swimming, skating, weight
rooms and gymnasiums.



cityofnanaimo



nanaimoparksandrec (#ilovemyparksandrec)

Adult Drop-in Swimming Lessons at Beban

RED CROSS ADULT LEVEL 1: This program is designed to give flexibility to those wanting to take swimming lessons as an adult. Level One is designed to develop or increase swimmers' comfort in the water through basic floatation, movement and breathing skills and to foster the basic knowledge, skills and attitudes needed to stay safe in, on or around the water.

Lessons are offered Sundays, 11-11:30 am at Beban Pool from October 1 to December 3 and January 7 to March 11.

Admission rates apply, and course size is limited to eight people on a first-come, first-served basis each day.

RED CROSS ADULT LEVEL 2: In Level 2, swimmers will improve their stroke technique and swimming endurance.

Lessons are offered Sundays, 11:30 am-12 pm at Beban Pool from October 1 to December 3 and January 7 to March 11.

Admission rates apply, and course size is limited to eight people on a first-come, first-served basis each day.



YOUR ONE STOP SHOP FOR ALL OF YOUR AQUATIC FITNESS NEEDS

Competitive Swimming • Aqua Fitness • Waterpolo • Synchro



SWIM & FITNESS SHOP

Nanaimo Aquatic Center

Bring this coupon to

**SAVE
15% OFF**

the regular price of
any one item*

*See in store for details
Expires August 30, 2018

741 Third Street, Nanaimo, B.C. • 250-740-0372

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

Nanaimo Ebbitides Swim Club (19 yrs +)

- Want to get in shape?
- Want to swim further, faster and easier?
- Want great coaches and friends to encourage you?

Register online at
www.ebbitides.ca

• Swim Practices are
Mon/Wed, 7:30-8:30 pm
& Sat, 9:30-11 am at
Nanaimo Aquatic Centre

• September swims
outdoors at the Kin Pool
in Bowen Park



REGISTRATION:

Wed, Sep 6
5:30 pm at
Kin Pool or online at
www.ebbitides.ca

**For more information,
Dale: 250-668-2327 or
www.ebbitides.ca**



THESE ARE THE REASONS WHY EVERYBODY NEEDS TO SHOWER EACH TIME BEFORE YOU ENTER OUR POOLS:

- A thorough shower with soap helps remove perspiration, body oils, cosmetics and traces of urine and fecal matter on the body. Sending those substances down the shower drain goes a long way toward reducing the “yuck factor” for everyone who shares the pool.
- The pre-swim shower helps minimize the irritating, smelly substances formed in pool water when impurities introduced on the bodies of swimmers combine with chlorine. Many people identify the smell of chlorine as an indicator that the pool is clean. In fact, that stringent odor is not from chlorine but from irritants produced when chlorine reacts with impurities.
- When swimmers shower away impurities, they help reduce the risk of waterborne illnesses, such as diarrhea, swimmer’s ear and skin infections. Fecal matter, in particular, contains germs that may be ingested when swimmers swallow contaminated water.
- Taking a shower lessens the frequency of pool closures.

Be **SMART**. Do your **PART**.
SHOWER at the **START**.

Special Interest Aquatic Programs



LIFESAVING SOCIETY

Ideal for ages 8-14 years old

- Build lifeguarding skills
- Shadow lifeguards
- Participate in fun competitions
- Learn about first aid
- Participate in community events
- Develop leadership skills
- Meet new friends



Held at Nanaimo Aquatic Centre

Sat, Oct 7-Dec 9 • 1-2:30 pm
\$75/8 (161071)

Sat, Jan 13-Mar 17 • 1-2:30 pm
\$94/10 (161072)

Love to
Swim

Diaper Fit

Enjoy a 30 minute water workout with your baby in a float seat followed by 30 minutes of instructor-lead play. Register for the whole session or pay a single admission rate. (No class on Oct 9 & Feb 12.)

Mon, Oct 2-Dec 4	10:45-11:45 am	\$59/9	161044
Mon, Jan 8-Mar 12	10:45-11:45 am	\$59/9	161045

Beban Pool

Junior Lifeguard Club Camp 8 to 12 Years

The camp offers serious fun for kids who can swim at least 25 metres and tread water for two minutes. It provides an action-packed challenge for kids who love the water but who want more than "lessons". Basic components included in this program are water safety, lifeguarding, first aid and lots of other fun activities.

Sat, Oct 7-Dec 9	1-2:30 pm	\$75/8	161071
Sat, Jan 13-Mar 11	1-2:30 pm	\$94/10	161072
M-F, Mar 19-23	12-4 pm	\$125/5	161075
M-Th, Mar 26-29	12-4 pm	\$100/4	161076

Nanaimo Aquatic Centre

Drop-in Adult Swimming Lessons RED CROSS ADULT LEVEL 1:

This program is designed to give flexibility to those wanting to take swimming lessons as an adult. Level One is designed to develop or increase swimmers' comfort in the water through basic floatation, movement and breathing skills and to foster the basic knowledge, skills and attitudes needed to stay safe in, on or around the water. These are offered on a first-come, first-serve basis to a maximum of eight participants.

Sun, Oct 1-Dec 3	11-11:30 am	\$7 drop-in
Sun, Jan 7-Mar 11	11-11:30 am	\$7 drop-in

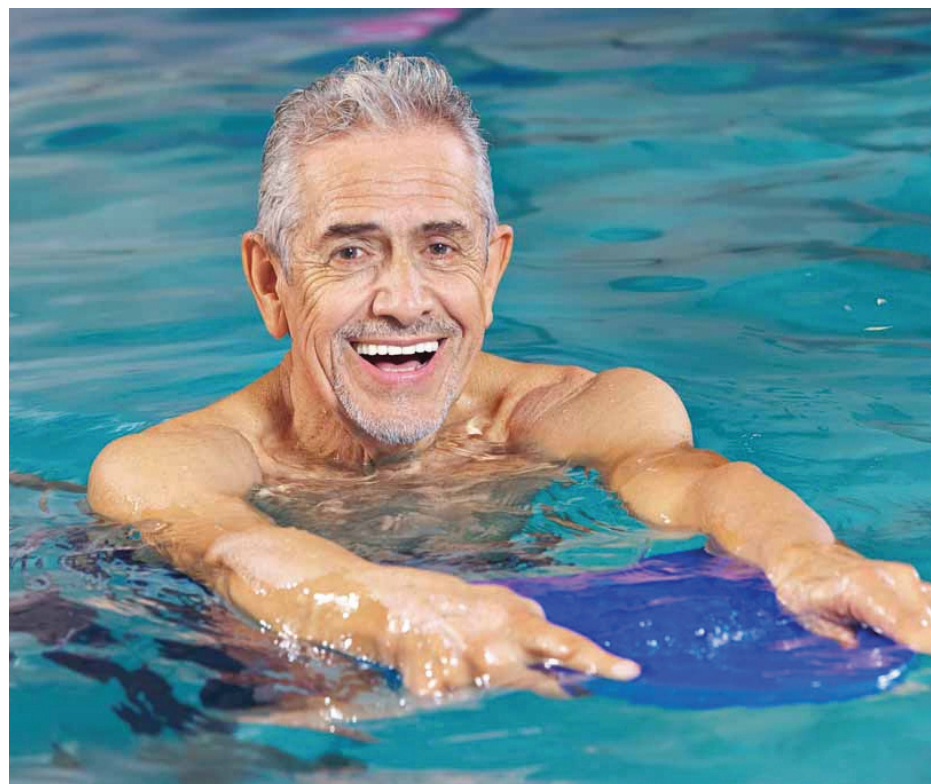
Beban Pool

Drop-in Adult Swimming Lessons RED CROSS ADULT LEVEL 2:

In Level 2, swimmers will improve their stroke technique and swimming endurance.

Sun, Oct 1-Dec 3	11:30 am-12 pm	\$7 drop-in
Sun, Jan 7-Mar 11	11:30 am-12 pm	\$7 drop-in

Beban Pool



Become a Lifeguard and a Swimming Instructor

Become a Water Safety Instructor










- Complete Red Cross Swim Level 10 (recommended)
- Complete Bronze Medallion and Bronze Cross
- Complete Water Safety Instructor (15 + years)
 - Complete WSI Component 1 (Strokes & First Aid Evaluation)
 - Complete WSI Component 2 (Pool/Classroom Session)
 - Online assignments & practice teaching
 - Complete WSI Component 3 (Final Pool/Classroom Session)

Become a Lifeguard

- Complete Bronze Medallion (13+ years)
- Complete Bronze Cross (completed Bronze Medallion)
- Complete Standard First Aid or Aquatic Emergency Care
- Complete National Lifeguard Award (16 + years)

Advanced Aquatic Leadership Courses

These courses focus on leadership and lifesaving skills development (100% attendance is mandatory).

	COURSE	DATES	LOCATION	TIME	BARCODE	COST	PREREQUISITE
	Lifesaving Society Bronze Medallion	<ul style="list-style-type: none"> • Oct 13, 14, 20, 21 • Jan 19, 20, 26, 27 	NAC NAC	Fri: 5:30-9:30 pm Sat: 10 am-6 pm	158826 158827	\$175	13 years of age or completion of Bronze Star (Includes Canadian Lifesaving Manual)
	Lifesaving Society Bronze Cross	<ul style="list-style-type: none"> • Nov 24, 25, Dec 1, 2 • Feb 23, 24, Mar 2, 3 	NAC NAC	Fri: 5:30-9:30 pm Sat: 10 am-6 pm	158824 158825	\$155	Bronze Medallion (Canadian Lifesaving Manual can be purchased for an extra fee)
	Lifesaving Society National Lifeguard Program-Pool Option	<ul style="list-style-type: none"> • Dec 27-30, Jan 3-5 • Mar 19-29 	NAC NAC	10 am-5:30 pm 11 am-5 pm	158830 159965	\$455	16 years of age, Bronze Cross and Standard First Aid (Includes alert manual, fanny pack with whistle and pocket mask)
	Water Safety Instructor Component 1	<ul style="list-style-type: none"> • Sun, Sep 24 	Beban	12-5 pm	159112	\$45	15 years of age and Bronze Cross
	Water Safety Instructor Component 2	<ul style="list-style-type: none"> • Sat, Sep 30 	Beban	12-6 pm	159114	\$230	Water Safety Instructor Component 1
	Water Safety Instructor Component 3	<ul style="list-style-type: none"> • Nov 25-26 & Dec 2-3 	Beban	9 am-3:15 pm	159116	\$150	Water Safety Instructor Component 2, practice teaching (minimum 8 hours) & online assignments course
	Lifesaving Society National Lifeguard Pool Option Re-Certification	<ul style="list-style-type: none"> • Sat, Sep 9 • Sat, Dec 16 • Sat, Mar 24 	Beban Beban Beban	9 am-6 pm	155794 155795 159967	\$120	Previous NLS certification, current CPR C recommended
	Red Cross Water Safety Instructor Re-Certification	<ul style="list-style-type: none"> • Sat, Sep 16 • Sun, Mar 18 	Beban Beban	2-7 pm	155796 160269	\$120	Previous WSI certification
	Lifesaving Society Instructor Re-Certification	<ul style="list-style-type: none"> • Sun, Sep 10 • Fri, Jan 5 	Beban Beban	3-7 pm	155798 155799	\$130	Previous LSI Certification

Arenas

Welcome to Nanaimo RECSKATE

RecSkate is a progressive skating skills training program for all ages and abilities necessary for life-long participation and the improvement of physical literacy as it relates to all sports. It provides the foundation for success in recreational hockey and figure skating. The program emphasis is on encouragement through comprehensive feedback. Participants receive a ribbon of achievement for each level passed, and upon completion of Level 7, skaters will receive a medallion of achievement.



Look for...

- Adult Hockey 100
- Birthday Opportunities 35
- Kids' Hockey 97-99
- Pre-Teen / Teen 37
- Private Lessons 92-95, 98
- Pro-D Skate Camps 99
- RecFigure Skate Advanced 92
- RecSkate Adult 93-94
- RecSkate Homeschool 93
- RecSynchro Skate 92
- Spring Break Skate Camps 32

Arenas

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 will still need to learn the basics. The focus for both levels is getting skaters comfortable through play and practicing some basic skills. Parent participation is required.

RecSkate 1

This introductory level of skating will help skaters learn to fall safely and get up unassisted, skate across the ice by themselves without falling and work on basic balance and gliding skills. This is not a parent participation class.

RecSkate 2

This is when it all starts coming together! Skaters at this level will begin to gain strength and speed and will work on two-foot gliding, touching toes and will be introduced to backwards skating. Other skills taught in this level are stopping, scoops, turning and hops.

RecSkate 3

This level focuses on skills, such as skating on a curve, side stopping and transitions. Skaters will also be introduced to circle thrusts, backward stroking and forward slalom skating.

RecSkate 4

At this level, participants master crossovers, inside edges and backwards stopping. Skaters will also work on side hops, mohawks and backward thrusts. This is an excellent level for hockey players to improve their basic skating skills.

RecSkate 5

Skills include forward outside edges, backward one-foot gliding, mohawks, backward crossovers, t-stops and one-foot jump transitions. This is great for skater agility, balance and strength.

RecSkate 6/7

RecSkate 6 is a challenging level which emphasizes balance, glide and foot control skills. Skaters will also work on figure eight crossovers, jumping turns and other one-foot skills that increase balance, strength and agility.

RecSkate 7 is the final level of our RecSkate program. Backwards skills are emphasized, along with the introduction of two-foot full rotation jumps and one-foot outside edge stops. Backwards crossover figure eights and forward and backward pivot circles will be mastered. Skills taught at this level are demanding for all kinds of skaters, but the hard work will pay off!

Private RecSkate Lessons (RecSkate)

One-on-one instruction. These are great for accelerating your learning, mastering that one problem skill or preparing for the next level. Our instructors will work from the RecSkate program material or address specific skills as needed. Skate rentals are included. Cost is \$26/lesson/day.

RecFigure Skate - Child/Teen

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. See grids for schedule.

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. (See page 37 for details and more information on youth programs.)

Skating Lesson Information

SKATING EQUIPMENT

- Skate Rentals are \$10 per lesson set (please pay for skate rentals at time of registration).
- Helmets, mitts/gloves are mandatory for all skaters. We do have helmets for you to use, but bring your own helmet if you have one, as we have a limited number available.

LESSON TIMES AND PRICES

LESSON	LENGTH OF LESSON	COST PER CLASS
Boots to Blades 1 & 2	30 minutes	\$7
RecSkate (3-5 yrs)	30 minutes	\$7
RecSkate (6-11 yrs)	45 minutes	\$10
RecFigure Skate & RecSkate (pre-teen/teen)	45 minutes	\$10
RecFigure Skate & RecSkate (pre-teen/teen)	60 minutes	\$11
Private RecSkate (all ages) *	30 minutes	\$26

* For private RecSkate lessons, specific lesson coach requests may be accommodated by calling 250-756-5215.

CUSTOM PRIVATE SKATING LESSONS

- Let us customize skating lessons to fit your schedule and your skill level. Cost is \$30 for a 30-minute lesson. Call Gary Paterson, Arenas Coordinator, at 250-755-7536 for details.

CLIENTS WITH SPECIAL NEEDS

- Participants with special needs are welcome to register.



DROP-IN SESSIONS

- Check out our great drop-in sessions on pages 92 and 100.



GLOW- IN-THE- DARK

skates

SKATE IN OUR ATMOSPHERE
OF DIMMED LIGHTING AND
SPECIAL EFFECTS!

Held once a month
on Wednesday evenings from
6:30 to 8 pm at Frank Crane Arena.

• Sep 5 • Oct 3 • Nov 7
• Dec 5 • Jan 2 • Feb 6 • Mar 6
Regular admission rates apply.

Starlight skate

Our **Starlight Skate** is an opportunity to come out and enjoy our soft light "stars" and passive LED glow lights. This is a great time for couples and families before dinner or that "night out" with friends. Regular admission rates apply.

Held on the following Saturdays, 7-9 pm at
Nanaimo Ice Centre:
• Sep 16 • Oct 21 • Nov 18 • Dec 16 • Jan 20
• Feb 24 • Mar 24

Arenas



cityofnanaimo



nanaimoparksandrec (#ilovemyparksandrec)

30 min lesson = 3-5 years • 45 min lesson = 6-11 years • 30 min private lesson = all ages

Monday, September 18-October 23 • 5 lessons • Frank Crane Arena • *No lesson October 9*

11:45 am-12:15 pm	Boots 1 153737	Boots 2 153777	Rec 3 154205	Rec 4 154274	Private 154393		
12:15-12:45 pm	Rec 1 154080	Rec 2 154136	Private 154394				

Monday, September 18-October 23 • 5 lessons • Nanaimo Ice Centre • *No lesson October 9*

3:30-4 pm	Boots 1 153738	Boots 2 153778	Rec 1 154083	Rec 2 154138	Rec 3 154208	Rec 4 154277	Private 154395
4-4:45 pm	Rec 1 154078	Rec 2 154135	Rec 3 154206	Rec 4 154273	Rec 5 154341	Private (4-4:30) 154396	
4:45-5:15 pm	Boots 1 153739	Boots 2 153779	Rec 1 154084	Rec 2 154140	Rec 3 154211	Rec 4 154279	Private 154397
5:15-6 pm	Rec 2 154137	Rec 3 154207	Rec 4 154275	Rec 6/7 154361	RecFigure (5:15-6:15) 154030		
6:15-6:45 pm	Private 154398	Private 154399	Private 154400	Private 154401	Private 154402	Private 154403	

Thursday, September 21-October 26 • 6 lessons • Nanaimo Ice Centre

3:30-4:15 pm	Rec 1 154079	Rec 2 154139	Rec 3 154209	Rec 4 154276	Rec 5 154342	Rec 6/7 154362	RecFig Adv (4-5 pm) 154035
4:15-4:45 pm	Boots 1 153740	Boots 2 153780	Rec 1 154085	Rec 2 154143	Rec 3 154214	Rec 4 154281	Private 154404
4:45-5:30 pm	Rec 2 154141	Rec 3 154210	Rec 4 154278	Rec 5 154343	Rec 6/7 154363	RecFigure (5-6 pm) 154031	Pre-Teen/Teen (5-6 pm) 154070
5:30-6 pm	Private 154405	Private 154406					

Friday, September 22-October 27 • 6 lessons • Frank Crane Arena

9:30-10 am	Boots 1 153741	Rec 1 154089	Rec 3 154217	Rec 4 154282	Private 157357		
10-10:30 am	Boots 2 153781	Rec 2 154144	Private 154407				
3:30-4 pm	Boots 1 153742	Boots 2 153782	Rec 1 154090	Rec 2 154146	Rec 3 154219	Rec 4 154283	Private 154408
4-4:45 pm	Rec 1 154081	Rec 2 154142	Rec 3 154212	Rec 4 154280	Rec 5 154344	Private (4-4:30 pm) 154409	
4:45-5:15 pm	Boots 1 153743	Boots 2 153783	Rec 1 154092	Rec 2 154147	Rec 3 154220	Rec 4 154284	Private 154410
5:15-6 pm	Rec 2 154145	Rec 3 154213	Rec 4 154287	Rec 6/7 154364	RecFigure 154032	Private (5:15-5:45 pm) 154411	

Saturday, September 23-October 28 • 6 lessons • Frank Crane Arena

9-9:45 am	Boots 1 (9:15-9:45 am) 153747 Boots 2 (9:15-9:45 am) 153787	Rec 1 154082	Rec 2 154148	Rec 3 154215	Rec 4 154288	Rec 5 154345	Private (9-9:30 am) 154412
9:45-10:15 am	Boots 1 153744	Boots 2 153784	Rec 1 154094	Rec 2 154149	Rec 3 154221	Rec 4 154285	Private 154413
10:30-11:15 am	Rec 1 154086	Rec 2 154152	Rec 3 154216	Rec 4 154290	Rec 6/7 154365	RecFigure 154033	
11:15-11:45 am	Boots 1 153745	Boots 2 153785	Rec 1 154096	Rec 2 154150	Rec 3 154222	Rec 4 154286	Pre-Teen/Teen (11:15-12:15) 154071
11:45 am-12:15 pm	Private 154414	Private 154415	Private 154416	Private 154417	Private 154418		

RecSynchro Skate

6 to 17 Years

This is a non-competitive team learning basic group skating skills in a program set to music. Since this is a recreational program, we welcome skaters in both figure skates and hockey skates. Participants must have a minimum of RecSkate 4. (Drop-in fee is \$12.)

Thu, Sep 21-Oct 26	4-5 pm	\$66/6	154500
Thu, Nov 2-Dec 14	4-5 pm	\$77/7	154501
Thu, Jan 11-Feb 15	4-5 pm	\$66/6	154502
Thu, Feb 22-Mar 22	4-5 pm	\$55/5	154503

Nanaimo Ice Centre

RecFigureskate Advanced

6 to 17 Years

A group lesson for experienced RecFigure skaters who have completed a minimum of RecFigure Skate Level 3. This class consists of 30 minutes of freeskating skills followed by 30 minutes of ice dance. This session is designed to take the figure skating skills learned and put them into a full ice context. (Drop-in fee is \$12.)

Thu, Sep 21-Oct 26	4-5 pm	\$66/6	154035
Thu, Nov 2-Dec 14	4-5 pm	\$77/7	154036
Thu, Jan 11-Feb 15	4-5 pm	\$66/6	154037
Thu, Feb 22-Mar 22	4-5 pm	\$55/5	154038

Nanaimo Ice Centre



RecSkate Homeschool

5 to 14 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 will be accommodated, and parents are welcome to register, too!

Mon, Sep 18-Oct 26	10:30-11:30 am	\$55/5	154389
Wed, Sep 20-Oct 25	12:30-1:30 pm	\$66/6	154381
Mon, Oct 30-Dec 11	10:30-11:30 am	\$77/7	154390
Wed, Nov 1-Dec 13	12:30-1:30 pm	\$77/7	154382
Mon, Jan 8-Feb 5	10:30-11:30 am	\$55/5	154391
Wed, Jan 10-Feb 14	12:30-1:30 pm	\$66/6	154383
Mon, Feb 19-Mar 26	10:30-11:30 am	\$66/6	154392
Wed, Feb 21-Mar 28	12:30-1:30 pm	\$66/6	154384

Frank Crane Arena

RecSkate Adult

For new skaters or those who may need to brush up on skills. We will introduce you to a variety of skating skills (both basic and challenging) in a relaxed and enjoyable setting. You will be able to develop skills at your own pace and work towards earning the bronze and silver pins if desired.

Mon, Sep 18-Oct 23	5:15-6:15 pm	\$55/5	154054
Thu, Sep 21-Oct 26	5-6 pm	\$66/6	154051
Fri, Sep 22-Oct 27*	10:30-11:30 am	\$66/6	154055
Mon, Oct 30-Dec 11	5:15-6:15 pm	\$77/7	154061
Thu, Nov 2-Dec 14	5-6 pm	\$77/7	154060
Fri, Nov 3-Dec 15*	10:30-11:30 am	\$77/7	154062
Mon, Jan 8-Feb 5	5:15-6:15 pm	\$55/5	154050
Thu, Jan 11-Feb 15	5-6 pm	\$66/6	154064
Fri, Jan 12-Feb 16*	10:30-11:30 am	\$66/6	154053
Mon, Feb 19-Mar 19	5:15-6:15 pm	\$55/5	154066
Thu, Feb 22-Mar 22	5-6 pm	\$55/5	154065
Fri, Feb 23-Mar 23*	10:30-11:30 am	\$55/5	154068

Nanaimo Ice Centre / Frank Crane Arena*



See page 39 for information on our Spare Blox program.

It's a before school youth drop-in time for skating and a healthy snack at Nanaimo Ice Centre.

30 min lesson = 3-5 years • 45 min lesson = 6-11 years • 30 min Private lesson = All ages

Monday, October 30-December 11 • 7 lessons • Frank Crane Arena

11:45 am-12:15 pm	Boots 1 153746	Boots 2 153786	Rec 3 154271	Rec 4 154298	Private 154419		
12:15-12:45 pm	Rec 1 154119	Rec 2 154202	Private 154420				

Monday, October 30-December 11 • 7 lessons • Nanaimo Ice Centre

3:30-4 pm	Boots 1 153748	Boots 2 153788	Rec 1 154098	Rec 2 154171	Rec 3 154236	Rec 4 154291	Private 154421
4-4:45 pm	Rec 1 154087	Rec 2 154163	Rec 3 154226	Rec 4 154304	Rec 5 154346	Private (4-4:30 pm) 154422	
4:45-5:15 pm	Boots 1 153749	Boots 2 153789	Rec 1 154088	Rec 2 154160	Rec 3 154225	Rec 4 154310	Private 154424
5:15-6 pm	Rec 2 154165	Rec 3 154227	Rec 4 154292	Rec 6/7 154366	RecFigure (5:15-6:15 pm) 154034		
6:15-6:45 pm	Private 154425	Private 154426	Private 154427	Private 154428	Private 154429	Private 154430	

Thursday, November 2-December 14 • 7 lessons • Nanaimo Ice Centre

3:30-4:15 pm	Rec 1 154091	Rec 2 154179	Rec 3 154229	Rec 4 154293	Rec 5 154347	Rec 6/7 154367	RecFig Adv (4-5pm) 154036
4:15-4:45 pm	Boots 1 153750	Boots 2 153790	Rec 1 154107	Rec 2 154151	Rec 3 154228	Rec 4 154323	Private 154431
4:45-5:30 pm	Rec 2 154185	Rec 3 154218	Rec 4 154299	Rec 5 154348	Rec 6/7 154368	RecFigure (5-6 pm) 154039	PreTeen/Teen (5-6 pm) 154072
5:30-6 pm	Private 154432	Private 154433					

Friday, November 3-December 15 • 7 lessons • Frank Crane Arena

9:30-10 am	Boots 1 153751	Rec 1 154108	Rec 3 154231	Rec 4 154294	Private 157358		
10-10:30 am	Boots 2 153791	Rec 2 154153	Private 154434				
3:30-4 pm	Boots 1 153752	Boots 2 153792	Rec 1 154100	Rec 2 154154	Rec 3 154254	Rec 4 154313	Private 154423
4-4:45 pm	Rec 1 154099	Rec 2 154155	Rec 3 154238	Rec 4 154300	Rec 5 154349	Private (4-4:30 pm) 154436	
4:45-5:15 pm	Boots 1 153753	Boots 2 153793	Rec 1 154102	Rec 2 154178	Rec 3 154237	Rec 4 154308	Private 154437
5:15-6 pm	Rec 2 154157	Rec 3 154232	Rec 4 154295	Rec 6/7 154369	RecFigure 154040	Private (5:15-5:45 pm) 154438	

Saturday, November 4-December 16 • 6 lessons • Frank Crane Arena • No lesson November 11

9-9:45 am	Rec 1 154103	Rec 2 154161	Rec 3 154233	Rec 4 154301	Rec 5 154350	Private (9-9:30 am) 154439	
9:15-9:45 am	Boots 1 153757	Boots 2 153797					
9:45-10:15 am	Boots 1 153754	Boots 2 153794	Rec 1 154113	Rec 2 154156	Rec 3 154223	Rec 4 154303	Private 154440
10:30-11:15 am	Rec 1 154095	Rec 2 154158	Rec 3 154249	Rec 4 154302	Rec 6/7 154370	RecFigure 154041	
11:15-11:45 am	Boots 1 153755	Boots 2 153795	Rec 1 154105	Rec 2 154159	Rec 3 154234	Rec 4 154289	PreTeen/Teen (11:15-12:15) 154073
11:45 am-12:15 pm	Private 154441	Private 154442	Private 154443	Private 154446	Private 154447		

Arenas



cityofnanaimo



nanaimoparksandrec (#ilovemyparksandrec)

30 min lesson = 3-5 years • 45 min lesson = 6-11 years • 30 min Private lesson = All ages

Monday, January 8-February 5 • 5 lessons • Frank Crane Arena

11:45 am-12:15 pm	Boots 1 153756	Boots 2 153796	Rec 3 154268	Rec 4 154319	Private 154448			
12:15-12:45 pm	Rec 1 154130	Rec 2 154203	Private 154449					

Monday, January 8-February 5 • 5 lessons • Nanaimo Ice Centre

3:30-4 pm	Boots 1 153759	Boots 2 153798	Rec 1 154106	Rec 2 154174	Rec 3 154239	Rec 4 154305	Private 154450	
4-4:45 pm	Rec 1 154097	Rec 2 154172	Rec 3 154251	Rec 4 154330	Rec 5 154351	Private (4-4:30 pm) 154451		
4:45-5:15 pm	Boots 1 153760	Boots 2 153799	Rec 1 154101	Rec 2 154164	Rec 3 154250	Rec 4 154317	Private 154452	
5:15-6 pm	Rec 2 154189	Rec 3 154241	Rec 4 154306	Rec 6/7 154371	RecFigure (5:15-6:15 pm) 154042			
6:15-6:45 pm	Private 154453	Private 154454	Private 154455	Private 154456	Private 154457	Private 154458		

Thursday, January 11-February 15 • 6 lessons • Nanaimo Ice Centre

3:30-4:15 pm	Rec 1 154093	Rec 2 154182	Rec 3 154243	Rec 4 154307	Rec 5 154352	Rec 6/7 154372	RecFig Adv (4-5pm) 154037	
4:15-4:45 pm	Boots 1 153761	Boots 2 153800	Rec 1 154121	Rec 2 154195	Rec 3 154242	Rec 4 154324	Private 154459	
4:45-5:30 pm	Rec 2 154188	Rec 3 154230	Rec 4 154327	Rec 5 154353	Rec 6/7 154373	RecFigure (5-6 pm) 154043	PreTeen/Teen (5-6pm) 154074	
5:30-6 pm	Private 154460	Private 154461						

Friday, January 12-February 16 • 6 lessons • Frank Crane Arena

9:30-10 am	Boots 1 153762	Rec 1 154120	Rec 3 154245	Rec 4 154296	Private 157359			
10-10:30 am	Boots 2 153801	Rec 2 154186	Private 154445					
3:30-4 pm	Boots 1 153763	Boots 2 153802	Rec 1 154109	Rec 2 154177	Rec 3 154269	Rec 4 154314	Private 154435	
4-4:45 pm	Rec 1 154111	Rec 2 154167	Rec 3 154255	Rec 4 154311	Rec 5 154354	Private (4-4:30 pm) 154464		
4:45-5:15 pm	Boots 1 153764	Boots 2 153803	Rec 1 154110	Rec 2 154197	Rec 3 154259	Rec 4 154312	Private 154465	
5:15-6 pm	Rec 2 154192	Rec 3 154246	Rec 4 154309	Rec 6/7 154374	RecFigure 154044	Private (5:15-5:45 pm) 154466		

Saturday, January 13-February 17 • 6 lessons • Frank Crane Arena

9-9:45 am	Boots 1 (9:15-9:45) 153758	Boots 2 (9:15-9:45) 153807	Rec 1 154112	Rec 2 154168	Rec 3 154247	Rec 4 154336	Rec 5 154355	Private (9-9:30 am) 154467
9:45-10:15 am	Boots 1 153765	Boots 2 153804	Rec 1 154124	Rec 2 154162	Rec 3 154224	Rec 4 154315	Private 154468	
10:30-11:15 am	Rec 1 154118	Rec 2 154166	Rec 3 154235	Rec 4 154331	Rec 6/7 154375	RecFigure 154045		
11:15-11:45 am	Boots 1 153766	Boots 2 153805	Rec 1 154126	Rec 2 154169	Rec 3 154262	Rec 4 154332	PreTeen/Teen (11:15-12:15 pm) 154075	
11:45 am-12:15 pm	Private 154469	Private 154470	Private 154471	Private 154472	Private 154473			

RecSkate Adult Practice

Practice time is for those participants registered in any of our Adult RecSkate lessons.

Fri, Sep 22-Oct 27	9:30-10:30 am	\$42/6	154056
Fri, Nov 3-Dec 15	9:30-10:30 am	\$49/7	154057
Fri, Jan 12-Feb 16	9:30-10:30 am	\$42/6	154058
Fri, Feb 23-Mar 24	9:30-10:30 am	\$35/5	154069

Frank Crane Arena

RecSkate Adult Advanced

This class will be participant driven with an emphasis on ice dance, figure skating and other advanced skills. Participants may work towards earning their silver or gold pins if desired.

Fri, Sep 22-Oct 27	10:30-11:30 am	\$66/6	154052
Fri, Nov 3-Dec 15	10:30-11:30 am	\$77/7	154059
Fri, Jan 12-Feb 16	10:30-11:30 am	\$66/6	154063
Fri, Feb 23-Mar 23	10:30-11:30 am	\$55/5	154067

Frank Crane Arena

Private RecSkate Lessons NEW!

All Ages

One-on-one instruction. These lessons are great for increasing your learning and for mastering that one problem skill or preparing for the next level. Our instructors work from the RecSkate program material or address specific skills as needed. Skate rentals are included. Cost is \$26/lesson. Please contact the Arenas Coordinator at 250-755-7536 for more information. You can find these listed in the grids. New this year are sets of lessons on Wednesdays during our Parent & Tot sessions.

Wed, Sep 20-Oct 25	12:30-1 pm	\$156/6	157345
Wed, Sep 20-Oct 25	1-1:30 pm	\$156/6	157346
Wed, Sep 20-Oct 25	1:30-2 pm	\$156/6	157347
Wed, Nov 1-Dec 13	12:30-1 pm	\$182/7	157348
Wed, Nov 1-Dec 13	1-1:30 pm	\$182/7	157349
Wed, Nov 1-Dec 13	1:30-2 pm	\$182/7	157350
Wed, Jan 10-Feb 14	12:30-1 pm	\$156/6	157351
Wed, Jan 10-Feb 14	1-1:30 pm	\$156/6	157352
Wed, Jan 10-Feb 14	1:30-2 pm	\$156/6	157353
Wed, Feb 21-Mar 21	12:30-1 pm	\$130/5	157354
Wed, Feb 21-Mar 21	1-1:30 pm	\$130/5	157355
Wed, Feb 21-Mar 21	1:30-2 pm	\$130/5	157356

Frank Crane Arena



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

(except Lions Free Skate, Glow in the Dark & Starlight sessions)

LIONS FREE SKATE



**Held Sundays at
Frank Crane
Arena**

**Held every Sunday, 12-1:30 pm
September 17 to March 25**

**On Clipper game days (Oct 22, Dec 3,
Jan 14, Feb 18) held 10:45 am-12:30 pm**

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



- Parks & Recreation
- Alexandra's Bistro • BMO Nesbitt Burns • Brechin Lanes
- Chris Martin Personal Real Estate Corp. - RE/MAX of Nanaimo
- Haarsma Waste Innovations • Little Valley Restoration & Collision, Ltd.
- Nanaimo Hearing Clinic
- Roto Rooter Sewer & Drain Cleaning Services
- Widsten Property Management

WINTER Wonderland 2017



December 26-30 at Frank Crane

**This December, take a moment
and escape to our annual
Winter Wonderland (fantasy theme).**

**Everyone Welcome, Family and
Holiday Parent & Tot.**

See page 11 for a detailed schedule.

30 min lesson = 3-5 years • 45 min lesson = 6-11 years • 30 min Private lesson = All ages

Monday, February 19-March 19 • 5 lessons • Frank Crane Arena

11:45 am-12:15 pm	Boots 1 153767	Boots 2 153806	Rec 3 154270	Rec 4 154321	Private 154474		
12:15-12:45 pm	Rec 1 154132	Rec 2 154204	Private 154475				

Monday, February 19-March 19 • 5 lessons • Nanaimo Ice Centre

3:30-4 pm	Boots 1 153768	Boots 2 153808	Rec 1 154114	Rec 2 154183	Rec 3 154240	Rec 4 154316	Private 154476
4-4:45 pm	Rec 1 154134	Rec 2 154193	Rec 3 154272	Rec 4 154333	Rec 5 154356	Private (4-4:30) 154477	
4:45-5:15 pm	Boots 1 153769	Boots 2 153809	Rec 1 154116	Rec 2 154184	Rec 3 154256	Rec 4 154325	Private 154478
5:15-6 pm	Rec 2 154200	Rec 3 154252	Rec 4 154329	Rec 6/7 154376	RecFigure (5:15-6:15 pm) 154046		
6:15-6:45 pm	Private 154479	Private 154480	Private 154481	Private 154482	Private 154483	Private 154484	

Thursday, February 22-March 22 • 5 lessons • Nanaimo Ice Centre

3:30-4:15 pm	Rec 1 154104	Rec 2 154190	Rec 3 154258	Rec 4 154326	Rec 5 154357	Rec 6/7 154377	RecFig Adv (4-5pm) 154038
4:15-4:45 pm	Boots 1 153770	Boots 2 153811	Rec 1 154129	Rec 2 154198	Rec 3 154253	Rec 4 154338	Private 154485
4:45-5:30 pm	Rec 2 154191	Rec 3 154244	Rec 4 154334	Rec 5 154358	Rec 6/7 154378	RecFigure (5-6 pm) 154047	PreTeen/Teen (5-6 pm) 154076
5:30-6 pm	Private 154486	Private 154487					

Friday, February 23-March 23 • 5 lessons • Frank Crane Arena

9:30-10 am	Boots 1 153771	Rec 1 154127	Rec 3 154257	Rec 4 154297	Private 157361		
10-10:30 am	Boots 2 153812	Rec 2 154187	Private 154462				
3:30-4 pm	Boots 1 153772	Boots 2 153813	Rec 1 154117	Rec 2 154181	Rec 3 154266	Rec 4 154318	Private 154463
4-4:45 pm	Rec 1 154122	Rec 2 154194	Rec 3 154265	Rec 4 154328	Rec 5 154359	Private (4-4:30 pm) 154490	
4:45-5:15 pm	Boots 1 153774	Boots 2 153814	Rec 1 154115	Rec 2 154199	Rec 3 154264	Rec 4 154320	Private 154491
5:15-6 pm	Rec 2 154196	Rec 3 154260	Rec 4 154335	Rec 6/7 154379	RecFigure 154048	Private (5:15-5:45 pm) 154492	

Saturday, February 24-March 24 • 5 lessons • Frank Crane Arena

9-9:45 am	Boots 1 -153773 Boots 2-153810 (9:15-9:45)	Rec 1 154125	Rec 2 154180	Rec 3 154261	Rec 4 154340	Rec 5 154360	Private (9-9:30 am) 154493
9:45-10:15 am	Boots 1 153775	Boots 2 153815	Rec 1 154131	Rec 2 154176	Rec 3 154248	Rec 4 154322	Private 154494
10:30-11:15 am	Rec 1 154123	Rec 2 154170	Rec 3 154263	Rec 4 154339	Rec 6/7 154380	RecFigure 154049	
11:15-11:45 am	Boots 1 153776	Boots 2 153816	Rec 1 154128	Rec 2 154175	Rec 3 154267	Rec 4 154337	PreTeen/Teen (11:15-12:15) 154077
11:45 am-12:15 pm	Private 154495	Private 154496	Private 154497	Private 154498	Private 154499		

SET FOUR

Arenas



cityofnanaimo



nanaimoparksandrec (#ilovemyparksandrec)

CITY OF NANAIMO
THE HARBOUR FACILITY

250.756.5200
www.nanaimo.ca

ACTIVITY DROP IN SCHEDULES

Visit our website at
www.nanaimo.ca
and look at our
**Public Schedules for the
latest, most up-to-date
times for swimming,
skating, weight rooms and
gymnasiums!**

NANAIMO SKATING CLUB



ONLY THE BEST can bring out their best

Canada's best learn-to-skate program
Fun, focused skills for all skating sports
Nationally certified coaches
skatecanada.ca/canskate

**REGISTRATION &
DRESS/SKATE SALE**
Wed, Aug 30 • 6-8 pm
Nanaimo Ice Centre Lobby

For more information or to register online, visit
www.nanaimoskatingclub.com

PRESENTING PARTNER:  SKATECANADA CANSKATE 

NANAIMO Islanders Ladies' Hockey

**Are you 19 or older?
Always wanted to try hockey or are
you an experienced player?
WE HAVE A TEAM FOR YOU!**

**Monday Night House
League** is for all levels in
competitive & casual divisions
(basic skating skills required)

**Intermediate & Veteran
Teams** play home & away
games on the Island



**REGISTRATIONS CURRENTLY BEING
ACCEPTED!**
See our website for details.

**FOR MORE INFORMATION
Contact Lorraine at andersok@telus.net
www.nanaimoislanders.ca**



Hockey is a sport that develops
many skills, including balance,
strength, coordination,
agility and endurance.

NANAIMO CURLING CENTRE

**Stop By! 106 Wall Street; Take a Look
Learn to Curl Novice Clinics**
Check out our website Mid-September
for times, dates and cost.
Phone to register
250-753-3474

JOIN NOW = FUN + FRIENDS + FITNESS

Friendly Five - Wednesday 6:15pm
Tutor/Doctor - Open League Friday 4:00pm
Investors Group Friday Mixed League - Friday 6:30/8:30pm
Sleeman Six-Pack League - Monday 6:00pm
CIBC Wood Gundy Senior Leagues - Men & Women
Benwick on the Lake Mixed Senior League
Evening Leagues - Men, Women, Open
Community Programs
Juniors; Litter Rockers; Wheelchair; Stick; Special Olympics

10 Week Adult Novice (Learn to Curl) League
Starts Wednesday October 11, 2017
7:30 pm - 9:00 pm
\$200.00 plus taxes

Please present this coupon for 1 free lesson
October - December 2017
Ask about Curling 101?
offered throughout the season
Must be booked through the office
250-753-3474
www.nanaimocurlingclub.ca



RECSKATE Ice Hockey Programs

Based on the success of the RecSkate program, we have expanded these successful elements over to our hockey programs.

RecSkate Hockey includes functional progressions, dynamic skill drills and easy, logical flow from program to program.

RecSkate Hockey programs are designed for players of all ages and abilities, have an emphasis on engaged participation and are an excellent way to learn the fundamentals of hockey.

Adaptive Hockey

13 + Years

This program gives participants with cognitive or physical challenges the skills required to play the game of ice hockey, including learning how to skate, pass and shoot. No skating ability is required, but participants should be steady on their feet. Full gear is required.

Wed, Sep 20-Oct 25	9:45-11 am	\$60/6	153828
Wed, Nov 1-Dec 13	9:45-11 am	\$70/7	153829
Wed, Jan 10-Mar 14	9:45-11 am	\$100/10	153830

Nanaimo Ice Centre

Hockey Rascals

4 to 5 Years

This program is designed to introduce the game of hockey to first timer youngsters. Fundamental hockey skills are taught through a play-based system using training pucks and building on physical literacy basics and fun. Children will work on skating, basic puck handling, passing and shooting with emphasis on participation. No previous hockey experience required, but players must be able to skate. We recommend skaters complete a minimum of RecSkate 1 prior to this course. Helmet with full face cage required.

Fri, Sep 22-Oct 27	4:15-5 pm	\$60/6	153855
Fri, Sep 22-Oct 27	5:30-6:15 pm	\$60/6	153865
Fri, Nov 3-Dec 15	4:15-5 pm	\$70/7	153861
Fri, Nov 3-Dec 15	5:30-6:15 pm	\$70/7	153867
Fri, Jan 12-Feb 16	4:15-5 pm	\$60/6	153862
Fri, Jan 12-Feb 16	5:30-6:15 pm	\$60/6	153869
Fri, Feb 23-Mar 23	4:15-5 pm	\$50/5	153864
Fri, Feb 23-Mar 23	5:30-6:15 pm	\$50/5	153870

Cliff McNabb Arena

Group Hockey Training

6 Years +

Focused training program to develop specific skills. Bring your group (up to 4 skaters) and your training needs to our instructor and get that extra edge to improve your game.

Thu, Sep 21-Oct 26	3:30-4 pm	\$66/6	153858
Thu, Nov 2-Dec 14	3:30-4 pm	\$77/7	153859
Thu, Jan 11-Feb 15	3:30-4 pm	\$66/6	153860
Thu, Feb 22-Mar 22	3:30-4 pm	\$55/5	153857

Nanaimo Ice Centre

Advanced Hockey Skills

6 to 11 Years

Players will be taught proper shooting and passing techniques and learn some stickhandling tricks. Skaters will be placed into two groups based on ability to help them develop confidence with the puck and get taught the skills required to be successful in their games.

Mon, Sep 18-Oct 23	7-7:45 am	\$50/5	153882
Wed, Sep 20-Oct 25	7-7:45 am	\$60/6	153886
Mon, Oct 30-Dec 11	7-7:45 am	\$70/7	153883
Wed, Nov 1-Dec 13	7-7:45 am	\$70/7	153887
Mon, Jan 8-Feb 5	7-7:45 am	\$50/5	153884
Wed, Jan 10-Feb 14	7-7:45 am	\$60/6	153888
Mon, Feb 19-Mar 19	7-7:45 am	\$50/5	153866
Wed, Feb 21-Mar 21	7-7:45 am	\$50/5	153877

Frank Crane Arena

NHL

Novice Hockey League (NHL) is designed to introduce and develop the game of hockey to children looking to play for enjoyment and fitness. We recommend skaters complete a minimum of RecSkate 2 prior to this course.

4 to 6 Years

Sat, Sep 23-Oct 28	8:15-9 am	\$60/6	153844
Sat, Sep 23-Oct 28	12:15-1 pm	\$60/6	153845
Sat, Nov 4-Dec 16	8:15-9 am	\$60/6	153846
Sat, Nov 4-Dec 16	12:15-1 pm	\$60/6	153847
Sat, Jan 13-Feb 17	8:15-9 am	\$60/6	153875
Sat, Jan 13-Feb 17	12:15-1 pm	\$60/6	153878
Sat, Feb 24-Mar 24	8:15-9 am	\$50/5	153879
Sat, Feb 24-Mar 24	12:15-1 pm	\$50/5	153880

Frank Crane Arena

7 to 9 Years

Sat, Sep 23-Oct 28	8:15-9 am	\$60/6	153850
Sat, Sep 23-Oct 28	12:15-1 pm	\$60/6	153848
Sat, Nov 4-Dec 16	8:15-9 am	\$60/6	153853
Sat, Nov 4-Dec 16	12:15-1 pm	\$60/6	153852
Sat, Jan 13-Feb 17	8:15-9 am	\$60/6	153863
Sat, Jan 13-Feb 17	12:15-1 pm	\$60/6	153854
Sat, Feb 24-Mar 24	8:15-9 am	\$50/5	153876
Sat, Feb 24-Mar 24	12:15-1 pm	\$50/5	153874

Frank Crane Arena

Take a
MOMENT
to MOVE

Full gear required for hockey programs unless otherwise stated.



cityofnanaimo



nanaimoparksandrec (#ilovemyparksandrec)



STICK 'n' PUCK

ALL AGES

New to the game of hockey or looking to improve on those skills? Just wanting to get on the ice in a non-game, recreational setting? Stick 'n' Puck is the answer and a great way to get on the ice. An on-ice leader is available to assist with skill development and answer questions. Space is limited, and session rules do apply.

These sessions are for individuals looking to practice hockey skills - skating, passing, shooting, puck handling. These are unstructured practice times.

RULES

- Please pay before entering ice surface
- Games and scrimmages are not permitted
- Goalies are welcome and free
- Limited to 30 skaters per session
- Children under 8 must be accompanied by an adult

EQUIPMENT REQUIREMENTS

- Helmets and gloves are mandatory (*full face cage required for skaters 16 years and under*)
- Shin guards are strongly recommended
- **Skaters bring own pucks**



Arenas

See page 6 for admission & page 10 for location information.

For more information, contact the Arena Coordinator at 250-755-7536.

Custom Private Hockey Lessons

These one-on-one private lessons with our popular hockey instructors are perfect for individual skill development. Potential skill areas include power skating, shooting, stick handling, goal keeping, defensive development and others. Small groups (2-3) are also welcome. Contact the Recreation Coordinator at 250-755-7536 for more information. Full gear is recommended.

Tuesdays at Nanaimo Ice Centre

Tue, Sep 19-Oct 10	3:15-3:45 pm	\$120/4	153893
Tue, Sep 19-Oct 10	3:15-3:45 pm	\$120/4	153970
Tue, Sep 19-Oct 10	3:45-4:15 pm	\$120/4	153894
Tue, Sep 19-Oct 10	3:45-4:15 pm	\$120/4	153895
Tue, Sep 19-Oct 10	4:15-4:45 pm	\$120/4	153892
Tue, Sep 19-Oct 10	4:15-4:45 pm	\$120/4	153896
Tue, Oct 17-Nov 14	3:15-3:45 pm	\$150/5	153905
Tue, Oct 17-Nov 14	3:15-3:45 pm	\$150/5	153906
Tue, Oct 17-Nov 14	3:45-4:15 pm	\$150/5	153907
Tue, Oct 17-Nov 14	3:45-4:15 pm	\$150/5	153908
Tue, Oct 17-Nov 14	4:15-4:45 pm	\$150/5	153909
Tue, Oct 17-Nov 14	4:15-4:45 pm	\$150/5	153910
Tue, Nov 21-Dec 19	3:15-3:45 pm	\$150/5	153919
Tue, Nov 21-Dec 19	3:15-3:45 pm	\$150/5	153920
Tue, Nov 21-Dec 19	3:45-4:15 pm	\$150/5	153921
Tue, Nov 21-Dec 19	3:45-4:15 pm	\$150/5	153922
Tue, Nov 21-Dec 19	4:15-4:45 pm	\$150/5	153923
Tue, Nov 21-Dec 19	4:15-4:45 pm	\$150/5	153924
Tue, Jan 9-30	3:15-3:45 pm	\$120/4	153933
Tue, Jan 9-30	3:15-3:45 pm	\$120/4	153934
Tue, Jan 9-30	3:45-4:15 pm	\$120/4	153935
Tue, Jan 9-30	3:45-4:15 pm	\$120/4	153936
Tue, Jan 9-30	4:15-4:45 pm	\$120/4	153937
Tue, Jan 9-30	4:15-4:45 pm	\$120/4	153938
Tue, Feb 6-27	3:15-3:45 pm	\$120/4	153947
Tue, Feb 6-27	3:15-3:45 pm	\$120/4	153948
Tue, Feb 6-27	3:45-4:15 pm	\$120/4	153949
Tue, Feb 6-27	3:45-4:15 pm	\$120/4	153950
Tue, Feb 6-27	4:15-4:45 pm	\$120/4	153951
Tue, Feb 6-27	4:15-4:45 pm	\$120/4	153952
Tue, Mar 6-20	3:15-3:45 pm	\$90/3	153962
Tue, Mar 6-20	3:15-3:45 pm	\$90/3	153963
Tue, Mar 6-20	3:45-4:15 pm	\$90/3	153964
Tue, Mar 6-20	3:45-4:15 pm	\$90/3	153965
Tue, Mar 6-20	4:15-4:45 pm	\$90/3	153966
Tue, Mar 6-20	4:15-4:45 pm	\$90/3	153967

Fridays at Cliff McNabb

Fri, Sep 22-Oct 13	5-5:30 pm	\$120/4	157200
Fri, Sep 22-Oct 13	5-5:30 pm	\$120/4	157201
Fri, Oct 20-Nov 17	5-5:30 pm	\$150/5	157202
Fri, Oct 20-Nov 17	5-5:30 pm	\$150/5	157203
Fri, Nov 24-Dec 15	5-5:30 pm	\$120/4	157204
Fri, Nov 24-Dec 15	5-5:30 pm	\$120/4	157205
Fri, Jan 12-Feb 2	5-5:30 pm	\$120/4	157206
Fri, Jan 12-Feb 2	5-5:30 pm	\$120/4	157207

Fri, Feb 9-Mar 2	5-5:30 pm	\$120/4	157208
Fri, Feb 9-Mar 2	5-5:30 pm	\$120/4	157209
Fri, Mar 9-23	5-5:30 pm	\$90/3	157210
Fri, Mar 9-23	5-5:30 pm	\$90/3	157211

Wednesdays at Nanaimo Ice Centre

Wed, Sep 20-Oct 11	3:15-3:45 pm	\$120/4	153897
Wed, Sep 20-Oct 11	3:15-3:45 pm	\$120/4	153898
Wed, Sep 20-Oct 11	3:45-4:15 pm	\$120/4	153899
Wed, Sep 20-Oct 11	3:45-4:15 pm	\$120/4	153900
Wed, Sep 20-Oct 11	4:15-4:45 pm	\$120/4	153901
Wed, Sep 20-Oct 11	4:15-4:45 pm	\$120/4	153902
Wed, Oct 18-Nov 15	3:15-3:45 pm	\$150/5	153911
Wed, Oct 18-Nov 15	3:15-3:45 pm	\$150/5	153912
Wed, Oct 18-Nov 15	3:45-4:15 pm	\$150/5	153913
Wed, Oct 18-Nov 15	3:45-4:15 pm	\$150/5	153914
Wed, Oct 18-Nov 15	4:15-4:45 pm	\$150/5	153915
Wed, Oct 18-Nov 15	4:15-4:45 pm	\$150/5	153916
Wed, Nov 22-Dec 20	3:15-3:45 pm	\$150/5	153925
Wed, Nov 22-Dec 20	3:15-3:45 pm	\$150/5	153926
Wed, Nov 22-Dec 20	3:45-4:15 pm	\$150/5	153927
Wed, Nov 22-Dec 20	3:45-4:15 pm	\$150/5	153928
Wed, Nov 22-Dec 20	4:15-4:45 pm	\$150/5	153929
Wed, Nov 22-Dec 20	4:15-4:45 pm	\$150/5	153930
Wed, Jan 10-31	3:15-3:45 pm	\$120/4	153939
Wed, Jan 10-31	3:15-3:45 pm	\$120/4	153940
Wed, Jan 10-31	3:45-4:15 pm	\$120/4	153941
Wed, Jan 10-31	3:45-4:15 pm	\$120/4	153942
Wed, Jan 10-31	4:15-4:45 pm	\$120/4	153943
Wed, Jan 10-31	4:15-4:45 pm	\$120/4	153944
Wed, Feb 7-28	3:15-3:45 pm	\$120/4	153953
Wed, Feb 7-28	3:15-3:45 pm	\$120/4	153954
Wed, Feb 7-28	3:45-4:15 pm	\$120/4	153955
Wed, Feb 7-28	3:45-4:15 pm	\$120/4	153956
Wed, Feb 7-28	4:15-4:45 pm	\$120/4	153957
Wed, Feb 7-28	4:15-4:45 pm	\$120/4	153958
Wed, Mar 7-21	3:15-3:45 pm	\$90/3	153968
Wed, Mar 7-21	3:15-3:45 pm	\$90/3	161142
Wed, Mar 7-21	3:45-4:15 pm	\$90/3	153971
Wed, Mar 7-21	3:45-4:15 pm	\$90/3	153969
Wed, Mar 7-21	4:15-4:45 pm	\$90/3	153972
Wed, Mar 7-21	4:15-4:45 pm	\$90/3	153961

Saturdays at Frank Crane Arena

Sat, Sep 23-Oct 14	7:45-8:15 am	\$120/4	153903
Sat, Sep 23-Oct 14	7:45-8:15 am	\$120/4	153904
Sat, Oct 21-Nov 18	7:45-8:15 am	\$120/4	153917
Sat, Oct 21-Nov 18	7:45-8:15 am	\$120/4	153918
Sat, Nov 25-Dec 16	7:45-8:15 am	\$120/4	153931
Sat, Nov 25-Dec 16	7:45-8:15 am	\$120/4	153932
Sat, Jan 13-Feb 17	7:45-8:15 am	\$180/6	153945
Sat, Jan 13-Feb 17	7:45-8:15 am	\$180/6	153946
Sat, Feb 24-Mar 24	7:45-8:15 am	\$150/5	153959
Sat, Feb 24-Mar 24	7:45-8:15 am	\$150/5	153960

Full gear required for hockey programs unless otherwise stated.

Hockey Scrimmage

This is all about non-competitive hockey and will consist of a warm up and then a scrimmage. Our leaders are on hand to organize and direct the play. Previous hockey experience is recommended. Full gear is required. Goalies are welcome.

5 to 8 Years

Wed, Sep 20-Oct 25	3:45-4:30 pm	\$60/6	153856
Wed, Nov 1-Dec 13	3:45-4:30 pm	\$70/7	153868
Wed, Jan 10-Feb 14	3:45-4:30 pm	\$60/6	153871
Wed, Feb 21-Mar 28	3:45-4:30 pm	\$60/6	153873

9 to 12 Years

Wed, Sep 20-Oct 25	4:30-5:15 pm	\$60/6	153872
Wed, Nov 1-Dec 13	4:30-5:15 pm	\$70/7	153881
Wed, Jan 10-Feb 14	4:30-5:15 pm	\$60/6	153885
Wed, Feb 21-Mar 28	4:30-5:15 pm	\$60/6	153889

Nanaimo Ice Centre

Holiday RecSkate Camp NEW!

6 to 11 Years

This half-ice recreational skating camp includes three ice times for lessons, stations, games and free time. Camp also includes other activities, a movie and a swim. We recommend that skaters have passed a minimum of RecSkate 1.

Tue, Jan 2	8:30 am-5 pm	\$38/1	153818
Wed, Jan 3	8:30 am-5 pm	\$38/1	153819
Thu, Jan 4	8:30 am-5 pm	\$38/1	153820
Fri, Jan 5	8:30 am-5 pm	\$38/1	153821

Cliff McNabb Arena

Holiday Hockey Camp NEW!

6 to 11 Years

This is a recreational half-ice camp for participants of varying abilities. Emphasis is on the FUNdamentals of hockey with three ice times for skills, scrimmages and stations. Camp also includes other activities, a movie and a swim. Full hockey gear is required. We recommend that skaters have passed a minimum of RecSkate 2.

Tue, Jan 2	8:30 am-5 pm	\$38/1	153822
Wed, Jan 3	8:30 am-5 pm	\$38/1	153823
Thu, Jan 4	8:30 am-5 pm	\$38/1	153824
Fri, Jan 5	8:30 am-5 pm	\$38/1	153825

Cliff McNabb Arena



SEE PAGE 32 FOR
SPRING BREAK
SKATING & HOCKEY CAMPS!

FREE SKATES

Courtesy of Coast Capital Savings

**HELD ON SELECT FRIDAYS AT
NANAIMO ICE CENTRE FROM
3:45-5:15 PM**

- September 22
- October 20 (Pro-D Day)
- November 17
- December 22 (Christmas break)
- January 19
- February 23

Skate & helmet rentals included

Pro-D Day in the Arenas

RecSkate Pro-D Camp

6 to 11 Years

This half-ice recreational skating camp includes three ice times for lessons, stations, games and free time. Camp includes other activities, a movie and a swim. We recommend that skaters have passed a minimum of RecSkate 1.

Fri, Oct 6	8:30 am-5 pm	\$38/1	154018
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Nanaimo Ice Centre

Fri, Oct 20	8:30 am-5 pm	\$38/1	154021
Mon, Feb 19	8:30 am-5 pm	\$38/1	154022
Tue, Feb 20	8:30 am-5 pm	\$38/1	154027

Cliff McNabb Arena



RecHockey Pro-D Camp

6 to 11 Years

This is a recreational, half-ice, hockey camp for participants of varying abilities. Emphasis is on the FUNdamentals of hockey with three ice times for skills, scrimmage and stations. Camp also includes other activities, a movie and a swim. Full gear is required. We recommend that skaters have passed a minimum of RecSkate 2.

Fri, Oct 6	8:30 am-5 pm	\$38/1	154019
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Nanaimo Ice Centre

Fri, Oct 20	8:30 am-5 pm	\$38/1	154023
Mon, Feb 19	8:30 am-5 pm	\$38/1	154024
Tue, Feb 20	8:30 am-5 pm	\$38/1	154028

Cliff McNabb Arena

Pro-D Day Skates

- Fri, Oct 6 • 3:45-5:15 pm • NIC 2
- Fri, Oct 20 • 3:45-5:15 pm • NIC 2
- Mon, Feb 19 • 1:30-3 pm • NIC 2
- Tue, Feb 20 • 12:30-2 pm • NIC 2

Arenas



cityofnanaimo



nanaimoparksandrec (#ilovemyparksandrec)

FOR FALL 2017-2018

Teachers & Educators

Skating Lessons for Your Class

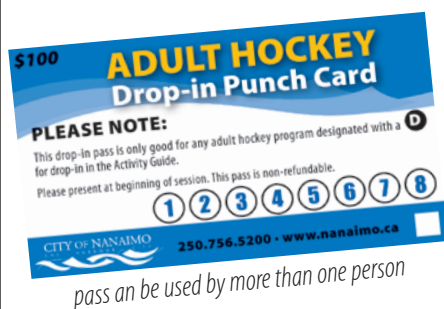
- Lessons available at Nanaimo Ice Centre and Frank Crane Arena September through March.
- Cost is \$22/4 weeks per child or \$27.50/5 weeks per child.
- Sessions are 45 minutes in duration consisting of a 30-minute lesson and 15 minutes of free time.
- Skate and helmet rentals are included.
- Bookings are ongoing.

Contact Grace at 250-755-7537 or
grace.bell@nanaimo.ca



PUNCH CARD

valid for all adult drop-in
 hockey programs



Get yours at Beban Park,
 Nanaimo Aquatic Centre or
 Nanaimo Ice Centre



GET ON THE EMAIL LIST!
 Receive emails about drop-in
 and registered hockey program
 by emailing
gary.paterson@nanaimo.ca.

Adult Hockey 101 **D**

This program is for adults and youth and is ideal for a great family hockey experience. Qualified instructors take you through the basics of holding a stick, stickhandling and passing and, of course, playing the game. Basic learn-to-skate ability is a requirement. Minimum gear requirement is helmet with cage, gloves and stick, but full gear is recommended. (Drop-in fee is \$13.)

Fri, Sep 22-Oct 27	6-7:15 am	\$72/6	153831
Fri, Nov 3-Dec 15	6-7:15 am	\$84/7	153832
Fri, Jan 12-Feb 16	6-7:15 am	\$72/6	153833
Fri, Feb 23-Mar 23	6-7:15 am	\$60/5	153843

Frank Crane Arena

Adult Co-ed Scrimmage **NEW!** **D**

This scrimmage program is for adults 18 and over interested in playing in an informal scrub setting. Session is monitored by an experienced hockey leader. This is a registered program, but is also drop-in accessible. (Drop-in fee is \$12 or use our drop-in punch card.)

Tue, Sep 19-Oct 24	9:45-11:15 pm	\$66/6	153839
Tue, Oct 31-Dec 12	9:45-11:15 pm	\$77/7	153840
Tue, Jan 9-Feb 13	9:45-11:15 pm	\$66/6	153841
Tue, Feb 20-Mar 27	9:45-11:15 pm	\$66/6	153842

Frank Crane Arena

Fri, Sep 22-Oct 27	9:45-11:15 pm	\$55/5	161077
Fri, Nov 3-Dec 15	9:45-11:15 pm	\$77/7	161078
Fri, Jan 12-Feb 16	9:45-11:15 pm	\$66/6	161079
Fri, Feb 23-Mar 23	9:45-11:15 pm	\$55/5	161080

Cliff McNabb Arena



Take a
MOMENT
 to MOVE

Adult Stickhandling **D**

For all skill levels, you can always improve this important hockey skill set. Drills include correct hand positioning, top hand and bottom hand strengthening, toe control, faking, use of lines, cupping and reaching. (Drop-in fee is \$12.)

Mon, Sep 18-Oct 23	7-8 pm	\$55/5	153835
Mon, Oct 30-Dec 11	7-8 pm	\$77/7	153836
Mon, Jan 8-Feb 5	7-8 pm	\$55/5	153837
Mon, Feb 19-Mar 19	7-8 pm	\$55/5	153838

Nanaimo Ice Centre

ADULT CUSTOM PRIVATE SKATING LESSONS

Let us customize skating lessons to fit your
 schedule and your skill level!

Call Gary Paterson, Arenas Coordinator, at
 250-755-7536 for all the details.

Full gear required for hockey programs
 unless otherwise stated.

FULL HOCKEY GEAR

Equipment Requirement Check List

When programs refer to "Full Gear", this is what it means:

- **Helmet** (CSA approved) with chin strap. *Always* buy this item new.
- **Full-shield/cage facemask** (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 when standing on ground without skates on; then tape end of stick thick enough so it does not fit through holes in cage of face mask.
- **Neck guard**

In addition to these items, you should also consider purchasing an equipment bag and some skate guards to protect your blades.



Check out our Full Gear video on the City of Nanaimo's YouTube Site.

Take a Moment to Move!

We hear you! You don't always have time to workout.

Life is busy, but here are some "sneaky" ways to incorporate movement into your day.

AT HOME:

1. Stand up and march during the commercials when watching your TV shows.
2. Take each family members laundry upstairs separately.
3. When talking on the phone to a friend, pace the floor, walk around the room, your house or your yard.
4. Do yard work: rake leaves, shovel snow, mow the lawn.
5. Start your day with 16 squats, 16 alternating lunges and 16 pushups.
6. Instead of sitting to read your book, buy it on your smartphone and walk on the treadmill or around your neighborhood while listening.
7. Turn on tunes and get your dance on while cleaning.

AT WORK:

1. Drink tons of water – you'll have to get up and go to the bathroom more often.
2. Get a standing workstation (or make a DIY).
3. Sit on a stability ball. Do a few ab crunches several times a day.
4. Take the stairs up to your office and back down at the end of the day.
5. Schedule moving meetings.
6. Set an alarm on your computer and get up once an hour to take a lap around the office.
7. Get a co-worker to be your workout buddy for the lunch hour.

WITH THE FAMILY:

1. Plan active dates with your significant other instead of always going out to eat. Walk, bike, hike, do yoga together.
2. Break out the active video games with your kids. Try the Wii or the Xbox.
3. Get out in the yard with the family and play frisbee, croquet, bocce ball. When it snows, build a snowman or go sledding.
4. Plan walks or hikes together to discover a new park or trail in the area.

WHILE DOING ERRANDS:

1. Walk to the store, the hair salon, the coffee store whenever possible.
2. Do bicep curls with your grocery bags or shopping bags.
3. Mall walk. Take a few extra laps when shopping.
4. When at the store, park farther away in the parking lot for some extra steps.

BONUS TIP:

Wear an activity tracker to be sure to get your 10,000 steps a day. Many fitness professionals say that wearing these devices make people more aware of their activity levels and that they encourage participants to achieve their daily step goals.



Nanaimo Recreation Facilities

Recreation Facility Bookings & Rentals

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

--MULTI-PURPOSE HALLS--

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

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

Outside Halls:

- **Departure Bay Activity Centre** (1415 Wingrove St)
- **Kin Hut Activity Centre** (2730 Departure Bay Rd)
- **Harewood Activity Centre** (195 Fourth St)
- **Rotary Activity Centre** (850 Third St)

--AQUATICS--

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
- **Nanaimo Ice Centre** (750 Third St)
2 NHL size ice sheets; NIC 1 seating for up to 400 and NIC 2 seating up to 186



ASK ABOUT OUR

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

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



Recreation Facility Addresses



City of Nanaimo Activity Centres

- a** Departure Bay Activity Centre - 1415 Wingrove Street
- b** Kin Hut Activity Centre - 2730 Departure Bay Road
- c** Harewood Activity Centre - 195 Fourth Street
- d** Rotary Field House Activity Centre - 850 Third Street (access off Jingle Pot Rd)

Parks & Trails



Did you know that Nanaimo is home to over 1400 hectares of parkland and over 170 kilometres of trails? Get moving this fall and winter! Go for a walk, get on your bike, play a game of tennis, try pickleball, visit a new playground - there's so much to do to keep you active right here in your own community.

Explore Your Parks and Move!

See how many activities you can check off the list this fall & winter:

- ☐ Play a game of disc golf at Bowen Park
- ☐ Participate in a workout at the outdoor Oliver Woods Wellness Park
- ☐ Visit Bowen Park and learn all about salmon and their lifestyle
- ☐ Take your four-legged friend to one of the off-leash areas
- ☐ Bird watch at Buttertubs Marsh
- ☐ Get a workout by climbing the stairs found at the end of Seabold Drive
- ☐ Roller blade along the E&N Trail
- ☐ Walk the waterfront and see the temporary art on display
- ☐ Take a bike ride on the Parkway Trail
- ☐ Seek out a new park or playground that you've never been to before
- ☐ Play a game of horseshoes at Bowen Park
- ☐ Do a circuit workout at Beban Park Participark
- ☐ Fly a kite at Pipers Lagoon Park
- ☐ Ride the leaves down the hills of Bowen Park
- ☐ Play a game of pickleball or basketball at the new multi-purpose surface at Beaufort Park
- ☐ Visit the fairy doors at Neck Point Park
- ☐ Discover the many trails at Linley Valley Park
- ☐ Mountain bike on the trails at Westwood Lake Park

Recent Park Improvements

- Check out the improvements at **Beaufort Park**. This park is well known for its dog off-leash park and community gardens, but a new multi-purpose surface has recently been installed for **pickleball, basketball and ball hockey** (69 Lorne Place).
- **Cottle Creek Park** (off Hammond Bay Rd) - playground installation complete.
- **Jesters Way Park** (1392 Jesters Way) - installation of playground equipment complete.
- **Linley Point Gyro Park** (5784 Linley Valley Dr) - installation of a new playground underway with a picnic shelter and multi-purpose court coming in the near future.

Coming Soon

- The City of Nanaimo and School District 68 are partners in building a new artificial turf field with lights. Construction is now underway. Look for it at Third Street between Serauxmen Stadium and Rotary Bowl.

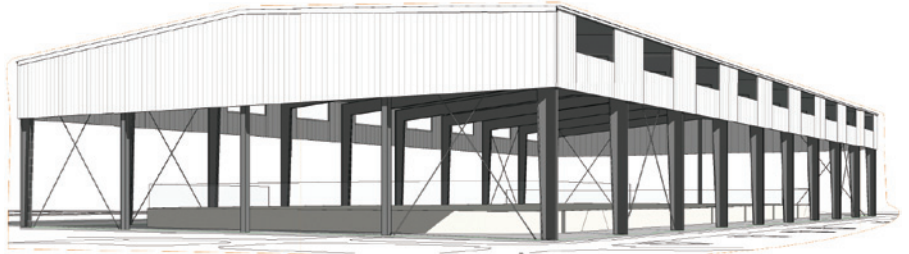
Nanaimo Parks & Trails Updates

Multi-Use Covered Space at Harewood Centennial Park

The City is now working to complete a multi-purpose covered space and community gathering place at Harewood Centennial Park that will be almost 24,000 square feet in size. This facility will be used by many sports and also serve as a gym and meeting space.

This \$2.4 million covered facility, similar to an unheated gymnasium, will be used and booked for multiple sports like lacrosse and for community events.

Construction is now underway and is scheduled to be complete this November. To book this space, please call us at 250-756-5200.



Multi-Use Covered Space at Harewood Centennial Park

Stevie Smith Bike Park NOW OPEN!

Stevie Smith was a highly respected professional downhill mountain bike racer who won multiple national titles, as well as the sport's biggest prize: the overall World Cup championship title. Sadly, he passed away at the young age of 26.

In his memory, a bike park was constructed located adjacent to the existing Marie Davidson BMX Track Park at Beban. It features:

- a dirt jump area with three lines of various difficulty levels
- a pump track
- a skills trail area (coming soon)

Be sure to stop by to see this world-class facility.

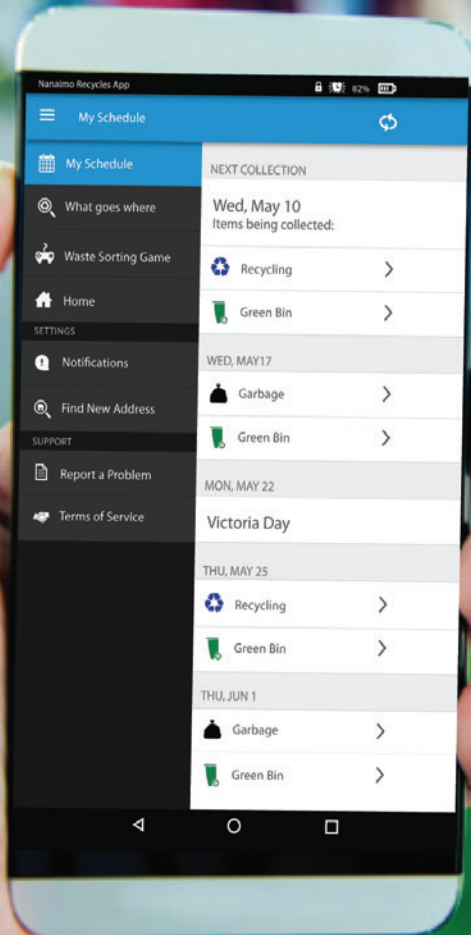


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Pick-Up Reminders & More!



Download our free app:

Nanaimo Recycles

NANAIMO
RECYCLES 
RECYCLE TODAY FOR A BETTER TOMORROW



Download on the
App Store



GET IT ON
Google Play



These tools are also available online at:
[www.nanaimo.ca/goto](http://www.nanaimo.ca/goto/NanaimoRecycles)
/NanaimoRecycles

AUTOMATED RESIDENTIAL WASTE COLLECTION

*begins in central Nanaimo in late fall
and to the rest of Nanaimo in summer 2018*

Automated collection:

- offers you a set of easy-to-use carts
- is safer and cleaner
- makes recycling more convenient
- allows you to include yard waste in with your kitchen waste
- offers cost-efficient service delivery

Carts - an important part of automated collection

Automated collection uses trucks with automated arms that lift the carts and empty them into the truck. Homes in Nanaimo will receive one set of three-wheeled carts — and a complete information kit — before automation collection begins.



**Tags can be purchased for extra waste bags. Maximum 2 containers or bags/collection day.*

Cart sizes & exchanges

Residents are asked to try the standard set of carts for the first three months of service. After this time, there will be a one-month period of “free cart exchanges” where residents can upsize the size of their carts without paying the standard \$25 change-out fee. (Please note: if you are upsizing your garbage cart, your garbage rates will increase. There is no fee to upsize your recycling cart, and there is no option at this time to upsize your organics cart.)

Extra bag collection

During the first three months of service, the City will continue to collect bagged “extra garbage” so long as it has a \$3 tag on it. After the three-month period, extra bags will no longer be accepted.

Collection schedule changes

Collection schedule will change when automated collection begins. A new calendar will be distributed.

Next steps for automated collection

Residents of the rest of Nanaimo will receive a set of three carts, an information package and automated collection in the summer of 2018.



nanaimo.ca
SortTossRoll@nanaimo.ca
SORT • TOSS • ROLL Hotline: 250.756.5390



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City Department Updates

Snow & Ice Control



Each winter season, Nanaimo Public Works is responsible for maintaining approximately 1,100 lane kilometres of city streets to keep them in a safe condition.

Priorities

- To plow and maintain major roads, including emergency routes during winter events.
- To plow and maintain through roads first and then cul-de-sacs and dead ends.

Residential areas will be plowed within 96 hours unless snow and icy conditions return crews back to major roads. Snow and ice control vehicles have assigned routes that they are required to maintain during snow falls.

Due to weather conditions and temperatures, the City can't always provide bare roads. When traffic has packed the snow, a salt and sand mixture is used to help traction. Salt is not effective below -6 Celsius, but at temperatures above -6 Celsius, the salt on the road will activate and melt the ice.

The City's snow and ice control priorities were developed from input with:

- City of Nanaimo Council and Staff
- RCMP
- Regional District of Nanaimo Transit
- Nanaimo Regional General Hospital
- Fire and Rescue Services
- Nanaimo/Ladysmith School District

Sidewalks

The City clears sidewalks around parks, bridges and major City facilities. When you consider the length of sidewalks in our community, it becomes too costly to perform this service for all areas.

City Bylaw 5000, Section 22 (1) requires snow to be removed from sidewalks within 24 hours by the property owner or occupant.

We understand that it can be difficult to remove the snow on your sidewalks. Our West Coast snow is often very heavy and wet, but by removing the snow, you are ensuring the safety of pedestrians. Be a good neighbour. If you notice your neighbour is having a difficult time clearing their sidewalks, why not offer to help if you can?

It can be frustrating when the plow driver deposits 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.

Other Points to Remember

- Listen to your local radio stations or check out the City's website and social media sites for updates during extreme weather conditions.
- The City does tow vehicles when required to ensure routes are clear for emergency and vehicular traffic during a snow event. To find out if your vehicle has been towed, call the RCMP at 250-754-2345.
- Help us maintain your streets. Where possible, park in your driveway to allow the street to be plowed to its whole width. Where this is not possible, try to 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.

Have questions or suggestions?

**Please contact the
Public Works Department at
public.worksinfo@nanaimo.ca or
250-758-5222**

City Department Updates

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 2017 awards must be completed in full and received no later than
Wednesday, September 27, 2017.*

Award recipients will be notified of awards ceremony date.

**To apply, contact
awards@nanaimo.ca**

GIFT CARDS

Give the Gift of
RECREATION!!

Gift cards are available in **\$20, \$50** and **\$100** denominations. Use them for program registrations, RecPasses, swim and skate admissions, economy cards and even facility rentals. They never expire, and gift cards are reloadable!



CITY OF NANAIMO
THE HARBOUR CITY

250.756.5200

www.nanaimo.ca

parksandrecreation@nanaimo.ca

WANTED...

People with special skills and
talents that like to teach!

Parks & Recreation is always looking for new, creative course ideas! If you are somebody that has a special skill or talent that you think would make a good class for our community, let us know by submitting a program proposal.



Find more details at www.nanaimo.ca
and search "Program Proposal Form".

CITY OF NANAIMO
THE HARBOUR CITY

250.756.5200

www.nanaimo.ca

parksandrecreation@nanaimo.ca

GRANT OPPORTUNITIES with Parks & Recreation

- **Travel Assistance Grant:**
assists amateur groups and individuals to travel to regional, national or international championships.
- **Community Program Development Grant:**
assists community groups to seed new programs or expand programs that provide increased opportunities for residents to participate and connect in the community.

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ACTIVITY DROP IN SCHEDULES

Visit our website at
www.nanaimo.ca and look at
our **Public Schedules** for the
latest, most up-to-date times
for swimming, skating, weight
rooms and gymnasiums.



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GetSet
NANAIMO

Working **SMOKE ALARMS** ***Save Lives***

Install.



Test.




Protect.



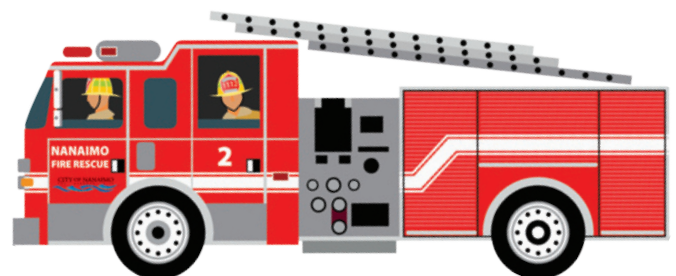
- **Install smoke alarms on every level of your home**
- **Test and vacuum smoke alarms monthly**
- **Working smoke alarms save lives**

For more information, call 250-753-7311
or visit www.nanaimo.ca

 @NanaimoFire

CITY OF NANAIMO
THE HARBOUR CITY

Fire Rescue Department



City Department Updates

Over 169 pieces of Public Art. Search the Public Art Inventory online @
www.nanaimo.ca/publicartinventory

Over 175 registered heritage buildings, sites & structures. Search the Heritage Register online @
www.nanaimo.ca/Heritage/search.aspx

Contact us @
cultureandheritage@nanaimo.ca
250-755-4483

Follow Culture & Heritage on Instagram @
www.instagram.com/cultureandheritage

Subscribe to Culture & Heritage eNews @
www.cnan.ca/1GYq2sN

NANAIMO
Culture & Heritage
IT'S WHO WE ARE

CITY HALL NEWS

For City of Nanaimo News and Council Meeting Summaries:

www.nanaimo.ca

Follow us on   [cityofnanaimo](https://twitter.com/cityofnanaimo)



LOOKING TO REPLACE THAT OLD, TIRED WASHING MACHINE?



BUY A HIGH-EFFICIENCY CLOTHES WASHER & RECEIVE A REBATE!

BC Hydro & The City of Nanaimo have partnered to offer City of Nanaimo residents a rebate for purchasing an energy and water efficient clothes washer.

- Rebates are \$100 or \$200 depending on level of efficiency
- Washers must be purchased between October 6 to November 17, 2017
- Other conditions apply

**We all save electricity and
conserve water; you save cash!**



Check out powersmart.ca for
program details!



[cityofnanaimo](https://www.facebook.com/cityofnanaimo)



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

3 Easy Ways to Register FOR YOUR NANAIMO PARKS & RECREATION PROGRAMS:

1. ON-LINE

iReg is the easiest way to register from the comfort of your home. Available 24/7 with a valid credit card!
Call us at **250-756-5200** to get your online login info.
iReg.nanaimo.ca or **www.nanaimo.ca**

2. IN PERSON

Pay for programs using cash, cheque, credit/debit card or gift cards at any of the locations listed below.
Phone 250-756-5200 to confirm hours.

- Beban Park (2300 Bowen Rd) • Nanaimo Ice Centre (750 Third St)
- Bowen Park (500 Bowen Rd) • Oliver Woods Community Centre (6000 Oliver Rd)
- Nanaimo Aquatic Centre (741 Third St)

3. BY PHONE

Call **250-756-5200** and leave your name & phone number.
We will call you back in the order calls are received.
Payment is by credit card.

PROGRAM CANCELLATIONS AND REFUNDS

Programs: Full refunds will be processed by contacting Reception a minimum of 3 working days (M-F) prior to program start date (less supply costs). Full refunds are issued when Nanaimo Parks and Recreation cancels a program or when program is not convenient due to course changes. Every effort is made to cancel in a timely manner (3 to 5 days prior to course start date). Some exceptions may apply.

Passes: Passes are non-transferable, and a \$5 replacement card fee applies if lost or stolen. Credits and refunds are not available for promotional passes. Extensions apply only to 6 or 12 month passes (Corporate RecPasses are exempt). 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, American Express 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. Pro-rated refunds may be granted at the discretion of the Program Coordinator for medical reasons, relocation outside of Nanaimo or course withdrawals requested after the first lesson. A fee will apply to NSF payments.

OH, NO! WE HAD TO CANCEL IT!

Sometimes programs get cancelled due to low registration because people wait until the last minute to register. Please try to register as early as possible to avoid disappointment.

SORRY, THAT COURSE IS FULL...

Many of our most popular classes fill up quickly. Please register early to avoid disappointment. Ask to be added to the waitlist free of charge.

CHANGE OF PLANS?

If you need to withdraw from a program, please call 250-756-5200 at least three weekdays (**Monday to Friday**) prior to the course start date for a full refund.

GRAND OPENING!

Wayland Sports is home to 6 GYMNASTICS centres across BC - our newest location is open in Nanaimo!



SATURDAY, SEPT 16TH!

Join the FUN at Wayland Sports'
Grand Opening!
Gymnastics Programs for
18 months-18+ years!

- TRY A FREE CLASS
- TOUR THE FACILITY
- REGISTER FOR FALL PROGRAMS
- TRY OUT FOR OUR ADVANCED RECREATIONAL TEAM

FREE TRIAL CLASS SCHEDULE

Participants must pre-register to participate. Space is limited. Please call 250-585-1455 to reserve your spot! (Please note that class times have been shortened to give you a quick sampling of our programs.)

GYMKIDS PROGRAM	TIME	AGES
Parent & Tot	10:00-10:30 am	Ages 1.5 to 3 yrs
3 All Me	10:45-11:15 am	Ages 3 to 4 yrs
Pre-school	11:30 am-12:15 pm	Ages 4 to 5 yrs
School Age Artistic Gymnastics (Beginner to Advanced Levels)	12:30-1:15 pm	Kindergarten to 14 yrs
School Age Tumbling	2:00-2:45 pm	Ages 8 & up
"Gymstars" Interclub Team Try Out	3:30-5:00 pm	Ages 6 & up

REGISTER NOW FOR FALL PROGRAMS!

(September 18-December 22, 2017)

Register on-line www.waylandsports.com or call 250-585-1455



- GYMNASTICS
- TUMBLING • SPECIAL NEEDS
- BIRTHDAY PARTIES
- FIELD TRIPS • CAMPS
- KIDS' NIGHT OUT
- MORE



Girls Advanced Recreational
(Interclub) Team Try Outs
"GymStars"

SAT, SEPT 16th, 3:30-5:00 PM

Calling all girls ages 6 & up! Would you like to be part of a team, work on routines to perform at fun meets around the province and train more hours to acquire more advanced gymnastics skills? If you answered, yes, then our "Gymstars" program is for you! Please come to our try outs to become part of this exciting program!

250-585-1455 • www.waylandsports.com • nanaimoinfo@waylandsports.com

#1 4906 Wellington Road, Nanaimo - BC's newest location!

Creating a lifelong love for fitness through fun, challenging gymnastics and movement activities since 2002.

Take a **MOMENT** to **MOVE**

At Parks and Recreation, we understand the benefits of a healthy lifestyle and that movement is critical for good health no matter what your age. Whether you dance, practice yoga, join a fitness class, swim, skate, play a racquet sport or walk - it all counts, and it's so good for you! We want to help you **MOVE!** Join our "MOVE MORE, SIT LESS" movement. Check inside our guide for moving opportunities and tips!



MOVE MORE! SIT LESS!