

NANAIMO PARKS, RECREATION & CULTURE

Spring 2022 Activity Guide

March-June 2022



recreation.nanaimo.ca
250-756-5200

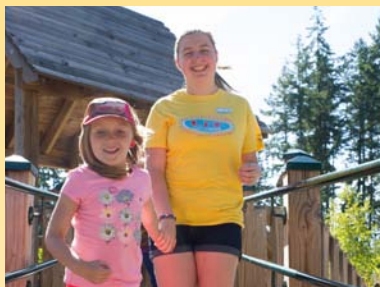
Registration starts on Wednesday, March 2.



CITY OF NANAIMO
THE HARBOUR CITY
PARKS, RECREATION & CULTURE

Welcome to Parks, Recreation & Culture!

This year we are celebrating 40 years of our Leaders in Training (LIT) program which is a youth leadership training opportunity for teens ages 13 to 18. Over the years, we have worked with thousands of future leaders by mentoring, providing volunteer placements throughout the community and helping to build skills that help participants get jobs that many times lead to successful life-long careers. Team building, resume writing, making new friends and hands-on learning in a variety of settings are just some of the benefits of this program. This season, the tradition continues. If you are a teen looking to improve your leadership experiences, join us! See the Youth Section for details on the program.



Stay Connected with Us!

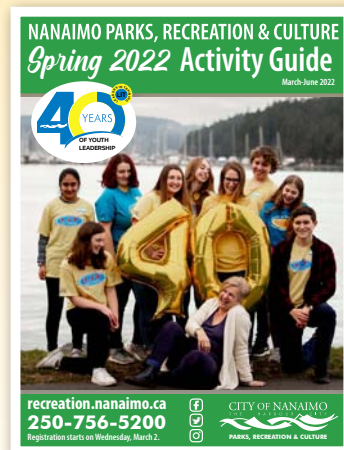
- Check our website (recreation.nanaimo.ca) for updates on programs, special events or severe weather cancellations.
- "Like" us on Facebook ([cityofnanaimolocalgovernment](https://www.facebook.com/cityofnanaimolocalgovernment)).
- Follow us on Twitter (@cityofnanaimo).
- Follow us on Instagram (@culture_nanaimo).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

Advertise in the Activity Guide!

**** Available in the Summer Activity Guide! ** (Jul & Aug)**

Did you know?

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



For more information about advertising in the Activity Guide:

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

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

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

Cover photo of Leaders in Training, including Amy Morrisey, who started the program 40 years ago (photo by Sabrina Patrice Photography).

Advertising Disclaimer

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



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

SPRING ACTIVITY GUIDE

View online for the latest programs available

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

recreation.nanaimo.ca

(click on Activity Guide)



KEEPING YOU SAFE

while you participate with us

We created a "Communicable Disease Plan" and are following the latest Provincial Health Orders to keep you healthy and safe as you participate with us.

As health orders change, so will our requirements.

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

- Have any of the following symptoms:
 - Fever
 - Chills
 - New or worsening cough
 - Shortness of breath
 - New muscle aches or headache
 - Sore throat
- Are a close contact of a person who tested positive for COVID-19



**STOP
COVID-19**

Follow the latest BC Provincial Health Guidelines at

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



SPRING SPECIAL EVENTS

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



MARCH

- | | | | |
|---------------|--------------|-------------------------|--------------------|
| • Thu, Mar 17 | 6:15-7:45 pm | St. Patrick's Day Skate | Nanaimo Ice Centre |
| • Sun, Mar 20 | 4-6 pm | Starlight Skate | Nanaimo Ice Centre |
| • Tue, Mar 22 | | World Water Day | (see page 52) |
| • Sat, Mar 26 | 1:15-2:45 pm | Earth Hour Skate | Frank Crane Arena |
| • Wed, Mar 30 | 6:30-8 pm | Starlight Skate | Nanaimo Ice Centre |

APRIL

- | | | | |
|--------------------------------------------------------------------------------------------------------------|------------|------------------------|--------------------------------------|
| • Thu, Apr 7 | 4-6 pm | Ready, Set, Learn | Linley Point Gyro Park (see page 16) |
| • Sat, Apr 16 is World Leisure Day - stay tuned for activities planned for that day throughout our community | | | |
| • Sun, Apr 17 | 9 am-12 pm | Easter Egg Hunt & Swim | Beban Park Pool |
| • Sun, Apr 17 | 3-4:30 pm | Glow in the Dark Skate | Frank Crane Arena |
| • Thu, Apr 21 | 4-6 pm | Ready, Set, Learn | Mansfield Park (see page 16) |
| • Fri, Apr 22 | | Earth Day | (see page 52) |



MAY

- | | | | |
|-------------------------------------------------------------------------------------------------|------------|----------------------------|------------------------------------|
| • May is Invasive Species Removal Month (see our website and social media for more information) | | | |
| • May 1-7 | various | Youth Week Activities | (see page 39) |
| • Wed, May 4 | 6:30-8 pm | Starlight Skate Youth Week | Nanaimo Ice Centre |
| • Sat, May 7 | 10 am-2 pm | Family Fishing Day | Colliery Dam Park |
| • Sun, May 8 | 3-4:30 pm | Mother's Day Skate | Cliff McNabb Arena |
| • Thu, May 12 | 4-6 pm | Ready, Set, Learn | Deverill Square Park (see page 16) |
| • Sun, May 15 | 3-4:30 pm | Glow in the Dark Skate | Cliff McNabb Arena |

JUNE

- | | | | |
|---------------|-----------|--------------------|--------------------|
| • Wed, Jun 1 | 6:30-8 pm | Starlight Skate | Nanaimo Ice Centre |
| • Wed, Jun 8 | | World Oceans Day | |
| • Sun, Jun 19 | 3-4:30 pm | Father's Day Skate | Cliff McNabb Arena |



The Golden Bucket Search will be back this May, June & July. Look for information on our website starting in April.



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Public Admissions

SWIM, SKATE, WEIGHT ROOMS & GYM

General Admissions:

Child	2 yrs & underFree
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 onlyFree
Family	Max 2 adults & 3 children or 4 children, 1 adult\$14.00
Shower	\$3.75

10 Visit Pass (10 admissions):

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

1 Month Active Pass:

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

12 Month Active Pass:

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

Arena Skate Rentals/Sharpening:

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

Prices include tax and are subject to change.

All 10 visit and 20 visit cards expire three years from date of purchase.

All one month Active Passes are non refundable.



Public Swim Program Highlights

PLEASE LET POOL STAFF KNOW OF ANY MEDICAL CONDITIONS.

BEBAN POOL

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

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

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

NANAIMO AQUATIC CENTRE

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

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

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

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



AQUAFIT

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

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

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

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

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

DROP-IN SCHEDULE

Nanaimo Aquatic Centre & Beban Park Weight Rooms

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

Nanaimo Aquatic Centre Weight Room Thu, Mar 31 to Sun, Jun 26

	SUN	MON	TUE	WED	THU	FRI	SAT
Facility Hours *	6 am-5 pm	6 am-10 pm	6 am-10 pm	6 am-10 pm	6 am-10 pm	6 am-10 pm	6 am-10 pm

Schedule subject to change. See page 8 for specific stat holiday closures. Participants must be fully vaccinated to use gyms.

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

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

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

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

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



Beban Weight Room Thu, Mar 31 to Sun, Jun 26

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

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

PLEASE NOTE: Schedule is subject to change.

For up-to-date schedules, visit recreation.nanaimo.ca

 We have a variety of equipment for diverse abilities clients at Nanaimo Aquatic Centre!

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



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DROP-IN SCHEDULE

Nanaimo Aquatic Centre Schedule (741 THIRD ST)

Sun, Mar 27 to Sat, Jul 2 Schedule is subject to change. Please check recreation.nanaimo.ca to confirm.

PROGRAM	SUN	MON	TUE	WED	THU	FRI	SAT
Everyone Welcome	6 am-5 pm	6 am-2 pm 2:45-10 pm	6 am-2 pm 2:45-10 pm	6 am-2 pm 2:45-10 pm	6 am-2 pm 2:45-10 pm	6 am-2 pm 2:45-10 pm	6 am-1 pm 1:45-10 pm  Lions Free Swim 2-3:30 pm (Apr 9, 16, & Apr 30-Jun 25)
Leisure Only lane pool unavailable							6 am-12 pm
50 Metre Lanes	6 am-11:30 am		6 am-2 pm		6 am-2 pm		
25 Metre Lanes *Bulkheads moved from 9-9:30 am on Mondays & Wednesdays; no lanes available.	12-5 pm	6 am-2 pm* 2:45-10 pm	2:45-10 pm	6 am-2 pm* 2:45-10 pm	2:45-10 pm	6 am-2 pm 2:45-10 pm	12-10 pm
Waves & Waterslides	12-4:45 pm	3:30-9 pm	3:30-9 pm	3:30-9 pm	3:30-9 pm	3:30-9 pm	12-9 pm
CLEANING CLOSURE - POOL UNAVAILABLE		2-2:45 pm	2-2:45 pm	2-2:45 pm	2-2:45 pm	2-2:45 pm	
Weight Room	6 am-5 pm	6 am-10 pm	6 am-10 pm	6 am-10 pm	6 am-10 pm	6 am-10 pm	6 am-10 pm
AQUAFIT	SUN	MON	TUE	WED	THU	FRI	SAT
Therapy Aquafit (1 hr)		8:30-9:30 am		8:30-9:30 am		8:30-9:30 am	
Shallow Water Aquafit (45 min)		10:15-11 am		10:15-11 am		10:15-11 am	
Deep Water Aquafit (45 min)		7:15-8 pm	10:15-11 am	7:15-8 pm	10:15-11 am	7:15-8 pm	

Please Note: Schedule is subject to change. For schedules, visit recreation.nanaimo.ca. See page 6 for admission rates and program highlights.

- Lanes available at all times except during the moving of the bulkheads in the main pool. The bulkheads in the competition pool move at different times throughout the week and may disrupt some lane swimming. Main pool will be closed to move the bulkheads.
- Please inform staff of any medical conditions.
- All children through 6 years of age must be under the direct supervision and within arm's reach of a guardian. Guardian must be in the water and must be 16 years of age or older.
- Ratio for children who are 6 years of age and under is 1 adult to 3 children.
- Slides, waves and/or diving boards may need to be closed periodically throughout the day. Please ask a lifeguard for schedule information.
- Life jackets are available for public use.
- All pool participants and spectators over the age of 12 must show proof of vaccination. Those over 18 years must also show government issued photo ID (expected to end April 8, 2022).
- Please stay at home if you are experiencing any illness or COVID-related symptoms.

Please Help Us Avoid Unnecessary Pool Closures:

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

STAT HOLIDAY SWIMS FROM 12-5 PM: • Fri, Apr 15 (Good Friday) • Mon, Apr 18 (Easter Monday) • Mon, May 23 (Victoria Day)

SWIM MEETS: • Apr 22-24 (limited pool access; check our online schedule at recreation.nanaimo.ca)

All participants 12 years and older are required to present proof of vaccination upon entry into the facility (expected to end April 8, 2022).

DROP-IN SCHEDULE

Beban Pool Schedule (2300 BOWEN RD)

Thu, Mar 31 to Sat, Jul 2 Schedule is subject to change. Please check recreation.nanaimo.ca to confirm.

PROGRAM	SUN	MON	TUE	WED	THU	FRI	SAT
Everyone Welcome	9 am-12 pm					6:30 am-2:30 pm	Lions Free Swim 2-3:30 pm (Apr 23) Pool closed on Saturdays except for Apr 23
25 Metre Lanes		6:30-10 am 11:15 am-1:15 pm	6:30-8:30 am 10:30 am-2:30 pm	6:30-10 am 11:15 am-1:15 pm	6:30-8:30 am 10:30 am-2:30 pm		
Leisure Swim		6:30-8:30 am 11:15 am-2:30 pm	6:30-8 am 10:30 am-2:30 pm	6:30-8:30 am 11:15 am-2:30 pm	6:30-8 am 10:30 am-2:30 pm		
Waterslides	9 am-12 pm	Available upon request					
Weight Room	9 am-5 pm	6:30 am-7 pm	6:30 am-7 pm	6:30 am-7 pm	6:30 am-7 pm	6:30 am-7 pm	
AQUAFIT	SUN	MON	TUE	WED	THU	FRI	SAT
Core Aquafit (1 hr)		7-8 am		7-8 am			
Therapy Aquafit (1 hr)		1:30-2:30 pm		1:30-2:30 pm			
Deep Water Aquafit (45 min)		10:15-11 am		10:15-11 am			
Shallow Water Aquafit (45 min)			10:15-11 am		10:15-11 am		

Please Note: Schedule is subject to change. Check out recreation.nanaimo.ca. See page 6 for rates and program highlights.

- Please inform staff of any medical conditions.
- All children through 6 years of age must be under the direct supervision and within arm's reach of a guardian. Guardian must be in the water and must be 16 years of age or older.
- Ratio for children who are 6 years of age and under is 1 adult to 3 children.
- All pool participants and spectators over the age of 12 must show proof of vaccination. Those over 18 years must also show government issued photo ID.

Please Help Us Avoid Unnecessary Pool Closures:

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

POOL CLOSED: • Fri, Apr 15 (Good Friday) • Mon, Apr 18 (Easter Monday) • Mon, May 23 (Victoria Day) • All Saturdays except Apr 23.





LIONS FREE SWIM

Held Saturdays, 2-3:30 pm
at Beban Park Pool or Nanaimo Aquatic Centre

- Apr 2 - Beban Pool
- Apr 9 & 16 - Nanaimo Aquatic Centre
- Apr 23 - Beban Pool
- Apr 30-Jun 25 - Nanaimo Aquatic Centre



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DROP-IN SCHEDULE

Arenas Schedule

Monday, March 28 to Thursday, June 30 (no sessions on stat holidays - Apr 18 & May 23)

Programs	SUN	MON	TUE	WED	THU	FRI	SAT
Everyone Welcome	3-4:30 pm FCA			6:30-8 pm NIC		4:15-5:45 pm NIC	
Parent & Tot Skate		10-11:30 am FCA		12:30-1:30 pm FCA	10-11:15 am NIC		
Adult Leisure Skate (19 +)		10-11:30 am NIC	10-11:45 am FCA		10-11:45 am FCA		
Adult Scrub Hockey (19 +)		11:45 am-1:15 pm NIC		11:45 am-1:15 pm NIC		11:45 am-1:15 pm NIC	
Senior Scrub (60 +) & Scrub Hockey (70 +)		8:30-9:45 am FCA	10:15-11:30 am NIC 70+ Seniors	8:30-9:45 am NIC		8:30-9:45 am 60+ Seniors NIC 10:15-11:30 pm 70+ Seniors NIC	
Stick 'n' Puck Children under 8 are to be accompanied onto the ice by an adult.	1:45-2:45 pm FCA		11:45 am-1:15 pm NIC	1:45-3:15 pm FCA	11:30 am-1 pm NIC Women Only	3:15-4:15 pm FCA	
Adult Co-ed Scrimmage Drop-in for \$13 or register. See page 73						9-10:30 pm NIC	<div>DID YOU KNOW?<ul style="list-style-type: none">Participants with diverse abilities are welcome to public skating sessions.Strollers and wheelchairs are welcome as well.</div>
• FCA - Frank Crane Arena (2300 Bowen Rd) • McN - Cliff McNabb Arena (2300 Bowen Rd) • NIC 1&2 - Nanaimo Ice Centre (750 Third St)							

Arena Program Highlights - see Arenas Section for courses and lessons

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

Parent & Tot (7 years & under) - An excellent opportunity to introduce children to the ice or to work on skills learned in our RecSkate lessons. Come on the ice in shoes or skates and enjoy toys and hockey equipment, as well as a fun story time. Helmets are mandatory for tots. Parents must accompany children on the ice. Free admission for child.

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

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

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



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

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

Special Arena Events & Sessions

Earth Hour Skate

• Sat, Mar 26, 1:15-2:45 pm at FCA

Good Friday

• Fri, Apr 15, Stick 'n' Puck, 12:15-1:15 pm at NIC
• Fri, Apr 15, Everyone Welcome, 1:30-3 pm at NIC

Mother's Day

• Sun, May 8, Stick 'n' Puck, 1:45-2:45 pm at McN
• Sun, May 8, Everyone Welcome, 3-4:30 pm at McN

Father's Day

• Sun, Jun 19, Stick 'n' Puck, 1:45-2:45 pm at McN
• Sun, Jun 19, Everyone Welcome, 3-4:30 pm at McN

PRE-REGISTERED DROP-IN SCHEDULE

Bowen Park Pottery Studio

Until Thursday, June 30 *(closed on all stat holidays)*

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

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

DROP-IN INFO

\$12 per session

- Pre-register up to 72 hours in advance at recreation.nanaimo.ca
- Pottery room tickets are no longer available



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



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PRE-REGISTERED DROP-IN SCHEDULE

Oliver Woods Community Centre Schedule

Sunday, April 3 to Thursday, June 30 (closed on all stat holidays)

Programs	SUN	MON	TUE	WED	THU	FRI	SAT
Badminton (16 +) Gym attendant on duty.			8:45-10:45 am		8:45-10:45 am	11:30 am-1:30 pm	
Basketball (16 +) Gym attendant on duty.	7-9 pm	8:30 - 10:30 pm				8:15-10:15 pm	
Family Multi Sports Bring the family down for a variety of sports, such as basketball, pickleball and soccer.	11 am- 12:30 pm						
Pickleball (16 +) Tennis-like game played on a badminton court using a perforated, slow moving ball and paddle.		8:45-10:45 am	11 am -1 pm		11 am -1 pm		
Volleyball (16 +) Gym attendant on duty.	7-9 pm	8:15-10:15 pm				8:30 -10:30 pm	
Spare Blox Youth Drop-in (10-17 yrs; registration required) Registration is ongoing. See Youth Section for details.			6:15-7:45 pm (Apr 5-Jun 7)				

GENERAL INFORMATION

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

FACILITY CLOSURES/SCHEDULE CHANGES

- Facility closed on all statutory holidays.
- Check our online schedule for changes during pro-d days, school breaks, events and other holidays.
- Please visit recreation.nanaimo.ca for the most up-to-date schedule information.

DROP-IN SPORT PROGRAMS

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

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



All participants 12 years and older are required to present proof of vaccination upon entry into the facility (expected to end April 8, 2022).



WORK WITH US!

at Parks, Recreation & Culture

Healthamongus Staff

Do you have a passion for recreation and play? Are you highly energetic? Help us lead 5 days of physical activities to children in the Nanaimo Ladysmith School District. This event takes place from May 16-20 at Beban's artificial turf fields.

Send your resume to
parksandrecreation@nanaimo.ca

Fitness & Wellness Instructors

Share your love of fitness & wellness with our community by teaching a group fitness class.

Send your resume to
parksandrecreation@nanaimo.ca

Lifeguard Instructors

Make a difference by providing a safe and fun environment for water safety and swim skill development. Applications accepted ongoing at www.nanaimo.ca.



Children's Dance, Art & Sport Instructors

Help kids in our community learn the fine arts, dancing or sports! Do you have a special talent or skill that you could share with our youth?

Send your resume to
parksandrecreation@nanaimo.ca

We are always looking for new program ideas.

Do you have a talent, hobby or program idea?

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

Low Co\$t or Free Recreation

At Parks, Recreation and Culture, we understand how recreation experiences can enrich our lives. Here are a few activities that you can participate in...even with a tight budget.

Admission Savers

- **Buy a 10 or 20 Visit Pass** and save 20 percent over regular admission. Want to save more? Consider purchasing our annual Active Pass. **See page 6.**
- **Lion's Sponsored FREE Skates** are held every Sunday until March 27 from 12-1:30 pm at Frank Crane Arena. (On Clipper game days, held 11:30 am-1 pm (Mar 6 & 20). **See page 69.**
- **Lion's Sponsored FREE Swims** are held every Saturday at Beban Pool from 2-3:30 pm from April 2 until June 25. **See page 9.**



Jumpstart™

Giving kids a sporting chance.

Apply for funding through the Canadian Tire Jumpstart program. Your child may be eligible for up to \$600 per year in funding. Apply online:

<https://jumpstart.canadiantire.ca/pages/individual-child-grants>

Low Cost Recreation

- Youth are invited to our **FREE Spare Blox program** at Oliver Woods or **Youth Lounge** (in partnership with Boys & Girls Club of Central Vancouver Island) at Nanaimo Aquatic Centre. Enjoy sports, games, music, gaming and more. **See page 38.**
- **Ready, Set Learn** is a program for families with children aged 3 to 5. It is a family-oriented outdoor playtime where you and your children take part in a variety of play-based activities. This program is FREE, but please pre-register. **See page 16.**
- **Learn to Fish** is a program for families with children 5 to 15 years. Join the Freshwater Fisheries Society of BC and learn about the basics of freshwater fishing. Fishing rods are provided and program runs rain or shine. Parent participation required. This program is FREE! **See page 22.**
- **Nature Chats with Pat** take place at Westwood Lake Park. Learn about bears, turtles and raptors. Great for all ages and these sessions are FREE! **See page 22.**
- **Stroll with a Pro** is a new program where you can learn from local experts about the wild life in our area. Sessions are for all ages and are FREE! **See page 22.**
- **Pop-Up Playgrounds for Spring Break!** Geared for children 5 to 12, come out for FREE games, arts, crafts and more! **See page 27.**
- **StoryWalks®** take place throughout the community all throughout the year. This is a great way to get outdoors and read a great book in one of our local parks. Check our website and social media posts for the latest opportunities. These are free!

LEAP LEISURE ECONOMIC ACCESS PASS



WHAT IS LEAP?

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

WHAT CAN LEAP BE USED FOR?

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

DO I QUALIFY?

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

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

HOW DO I APPLY?

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

STATISTICS CANADA LOW INCOME GUIDELINES

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

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



cityofnanaimo



nanaimoparksandrec (#ilovemyparksandrec)



Early Years & Children's

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

Gym Pals

1 to 4 Years

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

Only one caregiver per participant please.

Instructor: Shania Phillips or Kade Holt

Wed, Apr 6-May 11 | 8:30-9:30 am | \$48/6 | 71261

Wed, Apr 6-May 11 | 9:45-10:45 am | \$48/6 | 71263

Wed, Apr 6-May 11 | 11 am-12 pm | \$48/6 | 71265

Fri, Apr 1-May 13 | 8:45-9:45 am | \$48/6 | 71279

Fri, Apr 1-May 13 | 10-11 am | \$48/6 | 71283

Fri, Apr 1-May 13 | 11:15 am-12:15 pm | \$48/6 | 71285

Wed, May 18-Jun 22 | 8:30-9:30 am | \$48/6 | 71262

Wed, May 18-Jun 22 | 9:45-10:45 am | \$48/6 | 71264

Wed, May 18-Jun 22 | 11 am-12 pm | \$48/6 | 71266

Fri, May 20-Jun 24 | 8:45-9:45 am | \$48/6 | 71282

Fri, May 20-Jun 24 | 10-11 am | \$48/6 | 71284

Fri, May 20-Jun 24 | 11:15 am-12:15 pm | \$48/6 | 71286

Oliver Woods Community Centre

Smart Moves Babies

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

Instructor: Robyn Mor

Birth to Rolling Over

Fri, Apr 1-May 13 | 11-11:45 am | \$72/6 | 71847

Fri, May 20-Jun 24 | 11-11:45 am | \$60/5 | 71848

Crawling to Standing

Fri, Apr 1-May 13 | 12:15-1 pm | \$72/6 | 71849

Fri, May 20-Jun 24 | 12:15-1 pm | \$60/5 | 71850

Kin Hut Activity Centre

Ready, Set, Learn NEW!

3 to 5 Years

It's time to PLAY! All families with 3- to 5-year-old children are invited to register for Ready, Set, Learn! This is a family-oriented outdoor playtime where you and your child(ren) will take part in a variety of play-based activities. Families will receive their own copy of the "Let's Play! Activities for Families" developed by the BC Ministry of Education. It's for families and caregivers to support children's early learning experiences through play while quantities last.

This program is funded by the Ministry of Education and offered in partnership with NLPS, PacificCARE and the City of Nanaimo.

Thu, Apr 7 | 4-6 pm | FREE | 70684

Linley Point Gyro Park

Thu, Apr 21 | 4-6 pm | FREE | 70690

Mansfield Park

Thu, May 12 | 4-6 pm | FREE | 70753

Deverill Square Park



PLAY AND LEARN



Monthly Early Years Programs

for ages 3 to 5

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

For your safety while participating in our programs, COVID-19 safety protocols are in place.

Busy Bees - Beban Park

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

Mondays, 9-11 am

Mar: \$40 (#55032) Apr: \$60 (#55033)
May: \$80 (#55034) Jun: \$40 (#55035)

Beban Social Centre

Animal Crackers - Beban Park

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

Mar: \$120 (#55058) Apr: \$160 (#55059)
May: \$180 (#55060) Jun: \$100 (#55061)

Beban Social Centre

Animal Crackers - Beban Park

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

Mar: \$100 (#55081) Apr: \$160 (#55082)
May: \$160 (#55083) Jun: \$120 (#55084)

Beban Social Centre

Kinder Prep* - Beban Park

Tuesdays/Thursdays, 9-11 am

Mar: \$120 (#55127) Apr: \$160 (#55128)
May: \$180 (#55129) Jun: \$100 (#55130)

Beban Social Centre

Kinder Prep* - Beban Park

Wednesdays/Fridays, 9-11 am

Mar: \$100 (#55138) Apr: \$160 (#55139)
May: \$160 (#55141) Jun: \$120 (#55142)

Beban Social Centre

Teddy Bears - Bowen Park

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

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

Mar: \$100 (#55042) Apr: \$140 (#55043)
May: \$160 (#55044) Jun: \$100 (#55045)

Bowen Park Complex

Kinder Prep* - Bowen Park

Mondays/Wednesdays, 9-11 am

Mar: \$100 (#58099) Apr: \$140 (#58100)
May: \$160 (#58101) Jun: \$100 (#58102)

Bowen Park Complex

Doodle Bugs - Oliver Woods

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

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

Mar: \$120 (#55107) Apr: \$160 (#55108)
May: \$180 (#55109) Jun: \$100 (#55110)

Oliver Woods Community Centre

Kinder Prep* - Oliver Woods

Tuesdays/Thursdays, 9-11 am

Mar: \$120 (#55246) Apr: \$160 (#55250)
May: \$180 (#55254) Jun: \$100 (#55258)

Oliver Woods Community Centre

Kinder Prep* - Oliver Woods

Mondays/Wednesdays, 9-11 am

Mar: \$100 (#55286) Apr: \$120 (#55287)
May: \$160 (#55288) Jun: \$100 (#55289)

Oliver Woods Community Centre

Kinder Prep* - Oliver Woods

Fridays, 9-11 am

Mar: \$40 (#55299) Apr: \$80 (#55300)
May: \$80 (#55301) Jun: \$60 (#55302)

Oliver Woods Community Centre

*Kinder Prep is only for children entering Kindergarten in September of 2022.

Busy Bees, Animal Crackers, Teddy Bears & Doodle Bugs are for children 3 to 5 years; all children must be potty trained.

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

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

Registration for September 2022 to
June 2023 Play and Learn programs begins on
Wednesday, June 1.

Call 250-756-5200 for more information and
assistance in registering.



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Children's Arts & Crafts

Cartooning and Comics

8 to 12 Years

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

Instructor: David Harvey

Sat, Apr 2-May 7 | 10-11 am | \$72/6 | 71027

Sat, May 14-Jun 18 | 10-11 am | \$72/6 | 71028

Oliver Woods Community Centre

Character Design

8 to 12 Years

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

Instructor: David Harvey

Sat, Apr 2-May 7 | 11:15 am-12:15 pm | \$72/6 | 71029

Sat, May 14-Jun 18 | 11:15 am-12:15 pm | \$72/6 | 71030

Oliver Woods Community Centre

Spring Fling Art Exploration

6 to 12 Years

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

Instructor: Hailee McMillan

Mon, Apr 4-May 3 | 4:15-5:15 pm | \$60/5 | 71023

Oliver Woods Community Centre

Summer Fun Art Exploration NEW!

6 to 12 Years

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

Instructor: Hailee McMillan

Mon, May 16-Jun 20 | 4:15-5:15 pm | \$60/5 | 71026

Oliver Woods Community Centre

Drawing and Painting

9 to 13 Years

Do you love drawing and painting? Develop your skills in a fun and creative class where you will use pencils, pastels, paint and more while exploring different topics including landscapes and animals.

Mon, Apr 4-May 9 | 5:30-6:30 pm | \$60/5 | 71024

Mon, May 16-Jun 20 | 5:30-6:30 pm | \$60/5 | 71025

Oliver Woods Community Centre

Handbuilding for Children

7 to 12 Years

Children will have fun getting their hands dirty while playing with clay. They will learn the basic hand-building skills (coiling, pinching, slab-building and sculpting) through project making, and will be encouraged to use their creativity to make each piece their own. Dress for mess.

Instructor: Nesta Morgan

Mon, Apr 4-May 2 | 4-5:30 pm | \$79/4 | 71673

Mon, May 9-Jun 6 | 4-5:30 pm | \$79/4 | 71674

Bowen Pottery Studio





Children's Dance & Music

Music Together

Newborn to 5 Years (Parent Participation)

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

Instructor: Karita Sedun

Wed, Apr 6-Jun 1 | 9:15-10 am | \$104/9 | 69179

Wed, Apr 6-Jun 1 | 10:30-11:15 am | \$104/9 | 69180

Thu, Apr 7-Jun 2 | 9:15-10 am | \$104/9 | 69181

Thu, Apr 7-Jun 2 | 10:30-11:15 am | \$104/9 | 69188

Kin Hut Activity Centre

Kindermusik

0 to 5 Years

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

Instructor: Nicole Arendt

Tue, May 3-24 | 9-9:45 am | \$75/4 | 71235

Tue, May 3-24 | 10-10:45 am | \$75/4 | 71238

Tue, May 3-24 | 11-11:45 am | \$75/4 | 71239

Tue, May 31-Jun 21 | 9-9:45 am | \$75/4 | 71240

Tue, May 31-Jun 21 | 10-10:45 am | \$75/4 | 71241

Tue, May 31-Jun 21 | 11-11:45 am | \$75/4 | 71243

Nanaimo Conservatory of Music (375 Selby St)

Wiggles & Giggles

6 to 18 Months

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

Tue, Apr 5-May 10 | 10:15-10:45 am | \$48/6 | 68599

Tue, May 17-Jun 21 | 10:15-10:45 am | \$48/6 | 68600

Beban Park Social Centre

Wiggles & Giggles

18 Months to 3 Years

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

Tue, Apr 5-May 10 | 10:45-11:15 am | \$48/6 | 68601

Tue, May 17-Jun 21 | 10:45-11:15 am | \$48/6 | 68602

Beban Park Social Centre

Tiny Toes

2.5 to 4 Years

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

Tue, Apr 5-May 10 | 9:45-10:15 am | \$48/6 | 68597

Tue, May 17-Jun 21 | 9:45-10:15 am | \$48/6 | 68598

Beban Park Social Centre

Tots Dance Mix

2.5 to 4 Years

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

Tue, Apr 5-May 10 | 11:15-11:45 am | \$48/6 | 68603

Tue, May 17-Jun 21 | 11:15-11:45 pm | \$48/6 | 68604

Beban Park Social Centre



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Baby Acro Dance

3 to 5 Years

Your little one will love tumbling, rolling and balancing in this class! Acro fuses dance and gymnastics. These fun, interactive sessions will ensure your child learns the dance basics and simple acro moves, such as bridges, preparation for handstands and headstands, forward and backwards rolls and more. This is a parent participation program (only one caregiver, please).

Instructor: Payton Berrigan

Sat, Apr 9-May 14 | 1:45-2:15 pm | \$48/6 | 71375

Sat, May 21-Jun 25 | 1:45-2:15 pm | \$48/6 | 71376

Oliver Woods Community Centre

Baby Ballet

3 to 5 Years

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

Sat, Apr 9-May 14 | 10:10-10:30 am | \$48/6 | 71361

Sat, Apr 9-May 14 | 12:15-12:45 pm | \$48/6 | 71365

Sat, May 21-Jun 25 | 10:10-10:30 am | \$48/6 | 71363

Sat, May 21-Jun 25 | 12:15-12:45 pm | \$48/6 | 71368

Oliver Woods Community Centre

Baby Ballet - The Next Steps

3 to 5 Years

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

Sat, Apr 9-May 14 | 11:30 am-12 pm | \$48/6 | 71373

Sat, May 21-Jun 25 | 11:30 am-12 pm | \$48/6 | 71374

Oliver Woods Community Centre

Junior Ballet

5 to 8 Years

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

Sat, Apr 9-May 14 | 2:30-3 pm | \$48/6 | 71377

Sat, May 21-Jun 25 | 2:30-3 pm | \$48/6 | 71378

Oliver Woods Community Centre

Musical Dance Theatre

3 to 5 Years

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

Instructor: Payton Berrigan

Sat, Apr 9-May 14 | 10:45-11:15 am | \$48/6 | 71369

Sat, Apr 9-May 14 | 1-1:30 pm | \$48/6 | 71371

Sat, May 21-Jun 25 | 10:45-11:15 am | \$48/6 | 71370

Sat, May 21-Jun 25 | 1-1:30 pm | \$48/6 | 71372

Oliver Woods Community Centre



Intro to Hip Hop with Vibe

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

3 to 4 Years

Fri, Apr 1-May 6 | 3:30-4 pm | \$50/5 | 68605

Fri, May 13-Jun 3 | 3:30-4 pm | \$40/4 | 68606

5 to 7 Years

Fri, Apr 1-May 6 | 4:15-5 pm | \$60/5 | 68607

Fri, May 13-Jun 3 | 4:15-5 pm | \$48/4 | 68608

8 to 11 Years

Fri, Apr 1-May 6 | 5:15-6 pm | \$60/5 | 68609

Fri, May 13-Jun 3 | 5:15-6 pm | \$48/4 | 68610

Vibe Dance Studios

Rhythm Works Hip Hop Dance

Integrative Dance® &

6 to 12 Years

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

Everyone is welcome.

Instructor: Genevieve Caron

Mon, Apr 4-May 16 | 4-4:45 pm | \$72/6 | 71610

Mon, May 30-Jun 27 | 4-4:45 pm | \$60/5 | 71611

Beban Park Social Centre

Highland Dance

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

3 to 4 Years - Tartan Tots

Sun, May 1-22 | 4-4:45 pm | \$50/4 | 71380

5 to 7 Years - Tartan Tigers

Sun, May 1-22 | 5-5:45 pm | \$50/4 | 71381

8 to 13 Years - Kilts & Hilt

Sun, May 1-22 | 6-6:45 pm | \$50/4 | 71382

Oliver Woods Community Centre

Piano - Private Beginner Lessons

5+ Years

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

Instructor: A. Margarita Hillers

Tue, Apr 5-26 | 3:30-4 pm | \$88/4 | 67684

Tue, Apr 5-26 | 4:05-4:35 pm | \$88/4 | 67685

Tue, Apr 5-26 | 4:40-5:10 pm | \$88/4 | 67686

Tue, Apr 5-26 | 5:15-5:45 pm | \$88/4 | 67687

Tue, Apr 5-26 | 5:50-6:20 pm | \$88/4 | 67688

Tue, May 3-24 | 3:30-4 pm | \$88/4 | 67689

Tue, May 3-24 | 4:05-4:35 pm | \$88/4 | 67690

Tue, May 3-24 | 4:40-5:10 pm | \$88/4 | 67691

Tue, May 3-24 | 5:15-5:45 pm | \$88/4 | 67701

Tue, May 3-24 | 5:50-6:20 pm | \$88/4 | 67702

Tue, May 31-Jun 21 | 3:30-4 pm | \$88/4 | 67703

Tue, May 31-Jun 21 | 4:05-4:35 pm | \$88/4 | 67704

Tue, May 31-Jun 21 | 4:40-5:10 pm | \$88/4 | 67724

Tue, May 31-Jun 21 | 5:15-5:45 pm | \$88/4 | 67725

Tue, May 31-Jun 21 | 5:50-6:20 pm | \$88/4 | 67726

Bowen Park Complex



Children's Special Interest

Shake Your Sillies Out NEW!

3 to 5 Years

This is a fun little class for children. There are huge benefits to teaching children fitness at an early age, and this class will keep them wanting more! We will be introducing the children to exciting new equipment such as agility ladders, bosus, wobble boards, slam balls, weighted balls, battle ropes and more. The music is specifically chosen for this age group, and is guaranteed to have us shaking our sillies out. Please send a water bottle with your child, as they work hard having fun and will need to hydrate.

Sat, Apr 9-May 14 | 3:10-4 pm | \$40/5 | 72247

Sat, May 21-Jun 18 | 3:10-4 pm | \$40/5 | 72248

Departure Bay Activity Centre



Ready, Set, Learn NEW!

3 to 5 Years

It's time to PLAY! All families with 3- to 5-year-old children are invited to register for Ready, Set, Learn! This is a family-oriented outdoor playtime where you and your child(ren) will take part in a variety of play-based activities. Families will receive their own copy of the "Let's Play! Activities for Families" developed by the BC Ministry of Education. It's for families and caregivers to support children's early learning experiences through play while quantities last.

This program is funded by the Ministry of Education and offered in partnership with NLPs, PacificCARE and the City of Nanaimo.

Thu, Apr 7 | 4-6 pm | FREE | 70684

Linley Point Gyro Park

Thu, Apr 21 | 4-6 pm | FREE | 70690

Mansfield Park

Thu, May 12 | 4-6 pm | FREE | 70753

Deverill Square Park

Birds in Winter & Migration NEW!

3 to 6 Years

Have you wondered where birds go in winter? How do they survive the cold? How do they find food? Why do some birds stay here? What is migration? This is a parent participation class.

Instructor: Judy Wickland

Sun, Mar 13 | 10-11:15 am | \$10 | 66783

Neck Point Park (Finn Beach)

Signs of Spring

3 to 6 Years

How do we know spring is close or here? We will look for signs that spring is here. Are there any changes in the plants or animals? Meet at the top of the stairs across from the parking lot off Rock City Road as we answer those questions. This is a parent participation class.

Instructor: Judy Wickland

Sat, Apr 9 | 10-11:15 am | \$10 | 69597

Linley Valley Park

Exploring Nature with Your NEW!

Senses

3 to 6 Years

Use four of your senses to explore nature. Look for shapes in nature using your eyes. Listen for sounds in nature what can you hear. Have you ever stopped to experience nature with touch? There are many textures in nature if you slow down. What kinds of scents can you experience outdoors?

This is a parent participation class.

Instructor: Judy Wickland

Sun, Apr 17 | 10-11:15 am | \$10 | 69598

Planta Park



cityofnanaimo



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Ants on Parade

3 to 6 Years

Have your kids ever wondered what the mounds of dirt are in the forest? Have they seen the ants moving on the mound? Have they ever watched ants marching or foraging. Even if they never were interested in ants, this is a good time to start.

There is a lot to learn about ants and they are very interesting to observe. A great way to celebrate Mother's Day doing ant crafts and experiments.

This is a parent participation class.

Instructor: Judy Wickland

Sun, May 8 | 9:30-10:45 am | \$10 | 69590

Sun, May 8 | 11 am-12:15 pm | \$10 | 69591

Beban Participark

Silly Spiders

3 to 6 Years

Are your spidey senses tingling? Come explore the amazing world of spiders, including what they eat, the types of webs the spin and why. This is a parent participation course.

Instructor: Judy Wickland

Sun, May 15 | 9:30-10:45 am | \$10 | 69592

Sun, May 15 | 11 am-12:15 pm | \$10 | 69593

Walley Creek Trail



Under the Surface

3 to 6 Years

Celebrate Oceans Day with us and discover the mysterious world living just beneath the surface of our oceans and streams and along the surrounding shoreline. Discover what that slimy stuff is that gets stuck between your toes and much more. This is a parent participation class.

Instructor: Judy Wickland

Sun, Jun 12 | 9:30-10:45 am | \$10 | 69594

Sun, Jun 12 | 11 am-12:15 pm | \$10 | 69595

Pipers Lagoon Park

Learn to Fish

5 to 15 Years

Join the Freshwater Fisheries Society of BC and learn about the basics of freshwater fishing.

Fishing rods are provided and program runs rain or shine. Parent participation required. This program is free!

Sat, May 7 | 10 am-2 pm | FREE | 68332 (Mother's Day event)

Sun, May 29 | 1-3 pm | FREE | 68327

Sun, Jun 12 | 1-3 pm | FREE | 68329

Colliery Dam Park

Sun, May 15 | 10:30 am-12:30 pm | FREE | 68323

Sun, Jun 5 | 10:30 am-12:30 pm | FREE | 68328

Sun, Jun 26 | 10:30 am-12:30 pm | FREE | 68330

Long Lake (Loudon Park)

Nature's First Aid Kit **NEW!**

6 to 12 Years

Be prepared by learning how a few common garden plants can be worked with to make simple and effective first aid preparations. We will focus on three key first aid herbs and some basic components of our herbal first aid kits, including tinctures, salves and dried plants. Please bring two 4oz jelly jars and a few small bags.

Instructor: Sarah Dafoe

Sun, Apr 10 | 10 am-12 pm | \$20/1 | 72061

Beaufort Park Food Forest

Stroll with a Pro - Turtle Talk **NEW!**

Everyone Welcome

Come stroll with a pro and learn from one of our local biologist fun facts about turtles, the impact of non native species on our local native species and about local turtle monitoring programs.

Instructor: Linda Brooyman

Sat, Apr 9 | 1-2 pm | FREE | 72213

Diver Lake Park

Stroll with a Pro - Birds **NEW!**

Everyone Welcome

Come stroll with a pro and learn from one of our local biologist about the importance of wetlands and the birds that call them home. Please bring binoculars with you if you have a pair.

Instructor: Eric Demers

Sun, May 15 | 9-10 am | FREE | 72214

Buttertubs Marsh Miner's Cottage

NATURE TIME CHATS WITH PAT Everyone Welcome!



Bear Aware (and Cougars)

Bear Aware - let's talk about bears and the dangers of feeding and acclimating bears to the presence of humans and so much more. How many species of bears do we have in Canada? What colour are black bears? Is there a difference between Mainland and Island black bears. Come and learn with us!

Sat, May 21 | 11 am-12 pm | FREE | 70912

Sun, Jul 17 | 11 am-12 pm | FREE | 70911

Westwood Lake Park (Second Beach)

Turtles

Let's talk about turtles! Can turtles breathe through their butts? How do they grow when they have rigid shells? How do they hear when they don't have ears? Invasive Red-Eared Sliders vs. endangered native Western Painted Turtles and so much more info sharing.

Sun, Jun 5 | 11 am-12 pm | FREE | 70910

Sat, Aug 6 | 11 am-12 pm | FREE | 70909

Westwood Lake Park (Second Beach)

Raptors

Let's talk about raptors! Why are turkey vultures supercool? What is the fastest animal on the planet (hint: It's not a cheetah)? What do apple cores have in common with owl injuries and deaths? Come learn with us about the raptors in our area.

Sat, Jun 25 | 11 am-12 pm | FREE | 70908

Sun, Aug 21 | 11 am-12 pm | FREE | 70907

Westwood Lake Park (Second Beach)



Children's Sports & Fitness

T-Ball

Bring your glove and your energy! Learn the basic skills of T-ball including throwing, batting and catching, all taught in a fun, interactive way.

3 to 4 Years

Tue, May 3-Jun 7 | 3:30-4 pm | \$42/6 | 68611
Wed, May 4-Jun 8 | 3:30-4 pm | \$42/6 | 68612
Thu, May 5-Jun 9 | 3:30-4 pm | \$42/6 | 68613

5 to 6 Years

Tue, May 3-Jun 7 | 4:15-5 pm | \$48/6 | 68614
Wed, May 4-Jun 8 | 4:15-5 pm | \$48/6 | 68615
Thu, May 5-Jun 9 | 4:15-5 pm | \$48/6 | 68616

Beban Gyro Field

Soccer Tots

2 to 5 Years

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

Sat, Apr 9-May 14 | 9-10 am | \$48/6 | 71352
Sat, Apr 9-May 14 | 10:15-11:15 am | \$48/6 | 71354
Sat, May 21-Jun 25 | 9-10 am | \$48/6 | 71353
Sat, May 21-Jun 25 | 10:15-11:15 am | \$48/6 | 71355

Oliver Woods Community Centre

Soccer School

3 to 5 Years

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

Instructor: KAM Soccer Staff

Sat, Apr 2-May 7 | 9-9:45 am | \$75/5 | 71475
Sat, Apr 2-May 7 | 10-10:45 am | \$75/5 | 71479
Sat, Apr 2-May 7 | 11:15 am-12 pm | \$75/5 | 71481
Sat, May 21-Jun 18 | 9-9:45 am | \$75/5 | 71478
Sat, May 21-Jun 18 | 10-10:45 am | \$75/5 | 71480
Sat, May 21-Jun 18 | 11:15 am-12 pm | \$75/5 | 71483

Bowen West Field

Ultimate Frisbee

Come and learn the basics of the exciting sport of Ultimate Frisbee! Program will include skills and drills and will also include some game play.

8 to 10 Years

Wed, Apr 27-Jun 15 | 5-6 pm | \$64/8 | 70688

11 to 13 Years

Wed, Apr 27-Jun 15 | 6-7:30 pm | \$88/8 | 70689
Mansfield Park

Children's Indoor Soccer

6 to 12 Years

This is a co-ed program designed to develop basic soccer fundamentals, such as shooting, passing, and dribbling. This is the perfect program to gain life-long skills in leadership, team building and sportsmanship.

Instructor: Emily Hoppe

Tue, Apr 5-May 10 | 3:45-4:45 pm | \$48/6 | 71256
Tue, May 17-Jun 21 | 3:45-4:45 pm | \$48/6 | 71258

Oliver Woods Community Centre

Fun Fitness & Agility NEW!

6 to 11 Years

This is a fun and exciting new class designed to teach fitness and agility to children. They will be introduced to a variety of new equipment, such as bosus, agility ladders, free weights, medicine balls, slam balls, wobble boards, battle ropes and more. This is a non-competitive environment with fun music allowing the children to experience the joy and benefits of fitness at an early age. Please send a water bottle with your children, as they work hard having fun and need to hydrate.

Sat, Apr 9-May 14 | 2:10-3:10 pm | \$40/5 | 72242
Sat, May 21-Jun 18 | 2:10 am-3:10 pm | \$40/5 | 72243

Departure Bay Activity Centre



cityofnanaimo



nanaimoparksandrec (#ilovemyparksandrec)

Basketball Fundamental Movement Skills - Level 1

6 to 9 Years

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

Instructor: Will Prosperi-Porta

Wed, Apr 6-May 11 | 4-5 pm | \$48/6 | 71272

Wed, May 18-Jun 22 | 4-5 pm | \$48/6 | 71274

Oliver Woods Community Centre

Basketball Fundamental Movement Skills - Level 2

9 to 12 Years

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

Instructor: Will Prosperi-Porta

Fri, Apr 8-May 13 | 4:45-5:45 pm | \$40/5 | 71342

Fri, May 20-Jun 24 | 4:45-5:45 pm | \$48/6 | 71343

Oliver Woods Community Centre

Children's Multi Sport Mixer

6 to 12 Years

This is the perfect program for those children who want to try multiple sports! Each week the program will explore a different sport, such as European handball, floor hockey, soccer, and pickleball. Each session will include skill development, practice time and a scrimmage.

Wed, Apr 6-May 11 | 4:30-5:30 pm | \$48/6 | 71276

Wed, May 18-Jun 22 | 4:30-5:30 pm | \$48/6 | 71277

Oliver Woods Community Centre



Junior Pickleball NEW!

8 to 13 Years

Look out basketball, baseball and volleyball! There's a new ball game in town. It's called pickleball and it's packed with fun! Pickleball is played on a badminton-sized court with ping pong-type rectangular racquets, a wiffle-type ball and tennis-like rules. It can be played as a singles game (with two players) or a doubles game (with four players). Once you play a couple of times, you will have the game down pat and will want to keep playing.

Instructor: Lee MacDonald

Fri, Apr 8-May 13 | 3:30-4:30 pm | \$40/5 | 71349

Fri, May 20-Jun 24 | 3:30-4:30 pm | \$48/6 | 71350

Oliver Woods Community Centre

Junior Badminton

8 to 13 Years

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

Instructor: Alayna Jankovic

Mon, Apr 4-May 9 | 4-5 pm | \$40/5 | 71254

Mon, May 16-Jun 20 | 4-5 pm | \$40/5 | 71255

Oliver Woods Community Centre

Progressive Tennis

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

5 to 7 Years

Sun, Mar 27-May 8 | 3-4 pm | \$126/7 | 71511

Sun, May 15-Jun 26 | 3-4 pm | \$126/7 | 71512

8 to 11 Years

Sun, Mar 27-May 8 | 4-5:30 pm | \$189/7 | 71513

Sun, May 15-Jun 26 | 4-5:30 pm | \$189/7 | 71514

North Island Tennis Academy (2367 Arbot Rd)

Children's Volleyball Level 1

6 to 9 Years

Bump! Pass! Spike! Learn the techniques and skills of volleyball through our intro program. It includes instruction, drills and games. This session is recommended for beginner to intermediate levelled players.

Instructor: Shania Phillips

Fri, Apr 8-May 13 | 3:30-4:30 pm | \$40/5 | 71345

Fri, May 20-Jun 24 | 3:30-4:30 pm | \$48/6 | 71346

Oliver Woods Community Centre

Children's Volleyball Level 2

10 to 14 Years

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

Instructor: Shania Phillips

Fri, Apr 8-May 13 | 4:45-5:45 pm | \$40/5 | 71347

Fri, May 20-Jun 24 | 4:45-5:45 pm | \$48/6 | 71348

Oliver Woods Community Centre

NHL: Novice Hockey League Ball Hockey

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

Instructor: Ryan McLaughlin

2 to 5 Years

Mon, Apr 4-May 9 | 1:15-2:15 pm | \$40/5 | 71247

Mon, May 16-Jun 20 | 1:15-2:15 pm | \$40/5 | 71251

Instructor: Curtis Pooghkay

6 to 10 Years

Tue, Apr 5-May 10 | 5-6 pm | \$48/6 | 71259

Tue, May 17-Jun 21 | 5-6 pm | \$48/6 | 71260

Oliver Woods Community Centre

Karate

4 to 7 Years

In this introduction to karate, kids learn basic karate moves. They will learn self-discipline with courtesy and respect strongly emphasized.

Fri, Apr 1-29 | 3:15-4 pm | \$25/4 | 72007

Tue, Apr 5-26 | 3:30-4:15 pm | \$25/4 | 72004

Wed, May 4-25 | 4:30-5:15 pm | \$25/4 | 72009

Fri, May 6-27 | 3:15-4 pm | \$25/4 | 72011

Thu, Jun 2-23 | 3:30-4:15 pm | \$25/4 | 72012

Fri, Jun 3-24 | 3:15-4 pm | \$25/4 | 72014

Shima Karate (3032 Barons Rd)

Karate

7 to 12 Years

In this introduction to karate, kids move into the older program training twice a week. They will start learning katas, sparring, self-defense drills and have discussions on peer pressure and bullying.

M/W, Apr 4-13 | 3:30-4:20 pm | \$25/4 | 72230

T/Th, Apr 5-14 | 4:30-5:20 pm | \$25/4 | 72231

M/W, May 2-11 | 3:30-4:20 pm | \$25/4 | 72233

T/Th, May 3-12 | 4:30-5:20 pm | \$25/4 | 72234

M/W, Jun 6-15 | 3:30-4:20 pm | \$25/4 | 72235

T/Th, Jun 7-16 | 4:30-5:20 pm | \$25/4 | 72236

Shima Karate (3032 Barons Rd)

Taekwondo with Master Kim

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

4 to 7 Years

Sat, Mar 5-19 | 10-10:35 am | \$29/3 | 66862
Sat, Apr 2-23 | 10-10:35 am | \$29/3 | 72251
Mon, Apr 4-25 | 3:30-4:05 pm | \$29/3 | 72256
Mon, May 2-16 | 3:30-4:05 pm | \$29/3 | 72258
Sat, May 7-28 | 10-10:35 am | \$29/3 | 72253
Sat, Jun 4-18 | 10-10:35 am | \$29/3 | 72254
Mon, Jun 6-20 | 3:30-4:05 pm | \$29/3 | 72260

7 to 12 Years

Sat, Mar 5-19 | 10:45-11:20 am | \$29/3 | 66865
Fri, Apr 1-22 | 3:30-4:05 pm | \$29/3 | 72277
Sat, Apr 2-23 | 10:45-11:20 am | \$29/3 | 72267
Fri, May 6-27 | 3:30-4:05 pm | \$29/3 | 72278
Sat, May 7-28 | 10:45-11:20 am | \$29/3 | 72269
Fri, Jun 3-17 | 3:30-4:05 pm | \$29/3 | 72279
Sat, Jun 4-18 | 10:45-11:20 am | \$29/3 | 72275
World Taekwondo Academy (4300 Wellington Rd)

Taekwondo & Hapkido

12 to 19 Years

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

M/W, Apr 4-11 | 6:10-7 pm | \$35/3 | 72280
M/W, May 2-9 | 6:10-7 pm | \$35/3 | 72282
M/W, Jun 1-8 | 6:10-7 pm | \$35/3 | 72283
World Tae Kwon Do Academy (307-4300 Wellington Rd)

Yoga for Kids

6 to 12 Years

Kids yoga assists children in their focus skills, teaches self-awareness, builds self-esteem, self-respect and is overall empowering. Parent participation is not required; please provide child with yoga mat.

Instructor: Gypsy Hart

Wed, Apr 6-May 11 | 3:30-4:30 pm | \$48/6 | 71268
Wed, May 18-Jun 22 | 3:30-4:30 pm | \$48/6 | 71269
Oliver Woods Community Centre

Rock Climbing

6 to 12 Years

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

Wed, Apr 6-27 | 4-6 pm | \$80/4 | 71484
Wed, May 4-25 | 4-6 pm | \$80/4 | 71485
Wed, Jun 1-22 | 4-6 pm | \$80/4 | 71486
Romper Room Climbing Gym (4235 Boban Dr)

BMX Rider Clinic

Come explore the world of Bicycle Motocross (BMX) - a sport for the whole family to enjoy! All levels are encouraged to join us for this New Rider Clinic. It's fun! It's exciting! It's challenging! All participants must have a certified biking helmet, full functioning bike and wear long pants and long sleeved shirts.

2 to 5 Years (Run Bikes)

Sat, Apr 23 | 10-10:45 am | \$5/1 | 71522

4 to 8 Years (New to Pedals)

Sat, Apr 23 | 11 am-12:15 pm | \$5/1 | 71982

7 to 13 Years (Ready for Racing)

Sat, Apr 23 | 12:30-2 pm | \$5/1 | 71983
Nanaimo BMX Track

Junior Lifeguard Club

8 to 13 Years

Do you want to be a lifeguard one day? If you want a change from swimming lessons and would like to learn some lifesaving skills, build on your swimming abilities and learn parts of a lifeguard's job, register in this program!

Tue, Apr 5-Jun 7 | 6-7:30 pm | \$95/10 | 73051
Nanaimo Aquatic Centre



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Pro-D & Spring Break Camps

Pro-D Camp 6 to 11 Years

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

Thu, May 5 | 8:30 am-4:30 pm | \$42/1 | 68694

Fri, May 6 | 8:30 am-4:30 pm | \$42/1 | 68696

Beban Park Social Centre

Sports Action - Pro-D Camp 6 to 12 Years

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

Thu, May 5 | 8:30 am-4:30 pm | \$42/1 | 70991

Fri, May 6 | 8:30 am-4:30 pm | \$42/1 | 70992

Oliver Woods Community Centre

RecSkate Pro-D Camp 6 to 11 Years

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

Thu, May 5 | 8:30 am-5 pm | \$42/1 | 72655

Fri, May 6 | 8:30 am-5 pm | \$42/1 | 70773

Nanaimo Ice Centre

RecHockey Pro-D Camp 6 to 11 Years

This is a recreational, half-ice, hockey camp for participants of varying abilities. Emphasis is on the FUNDamentals of hockey with three ice times for skills, scrimmage and stations. Camp includes games and other activities. Full gear is required. We recommend that skaters have passed a minimum of RecSkate 2. Please bring your own lunch and snacks.

Thu, May 5 | 8:30 am-5 pm | \$42/1 | 72654

Fri, May 6 | 8:30 am-5 pm | \$42/1 | 70775

Nanaimo Ice Centre

Tree Frog Camp 3 to 5 Years

This is a daycamp for little ones who want to go to camp, too! The week will include games, music, arts and crafts. Join us for some great times!

M-F, Mar 14-18 | 9-11 am | \$100/5 | 65318

M-F, Mar 21-25 | 9-11 am | \$100/5 | 65319

Oliver Woods Community Centre



Camp Firefly 5 to 10 Years

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

Mon, Mar 14 | 8:30 am-4:30 pm | \$42/1 | 67209

Tue, Mar 15 | 8:30 am-4:30 pm | \$42/1 | 67210

Wed, Mar 16 | 8:30 am-4:30 pm | \$42/1 | 67211

Thu, Mar 17 | 8:30 am-4:30 pm | \$42/1 | 67212

Fri, Mar 18 | 8:30 am-4:30 pm | \$42/1 | 67213

Mon, Mar 21 | 8:30 am-4:30 pm | \$42/1 | 67214

Tue, Mar 22 | 8:30 am-4:30 pm | \$42/1 | 67215

Wed, Mar 23 | 8:30 am-4:30 pm | \$42/1 | 67217

Thu, Mar 24 | 8:30 am-4:30 pm | \$42/1 | 67218

Fri, Mar 25 | 8:30 am-4:30 pm | \$42/1 | 67219

Beban Park Social Centre

Camp Action 8-12 Years

Get in on the action! Camp Action is an awesome camp for kids who love to be active. You will have the opportunity to take part in fun games, activities and sports in this full day of camp. Register for the whole two weeks or only the days you need.

Mon, Mar 14 | 8:30 am-4:30 pm | \$42/1 | 65849

Tue, Mar 15 | 8:30 am-4:30 pm | \$42/1 | 65850

Wed, Mar 16 | 8:30 am-4:30 pm | \$42/1 | 65851

Thu, Mar 17 | 8:30 am-4:30 pm | \$42/1 | 65852

Fri, Mar 18 | 8:30 am-4:30 pm | \$42/1 | 65858

Mon, Mar 21 | 8:30 am-4:30 pm | \$42/1 | 65854

Tue, Mar 22 | 8:30 am-4:30 pm | \$42/1 | 65855

Wed, Mar 23 | 8:30 am-4:30 pm | \$42/1 | 65856

Thu, Mar 24 | 8:30 am-4:30 pm | \$42/1 | 65857

Fri, Mar 25 | 8:30 am-4:30 pm | \$42/1 | 65853

Oliver Woods Community Centre

Survivor Skills Challenge

8 to 13 Years

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

M-F, Mar 14-18 | 12:30-4:30 pm | \$150/5 | 63445

Beban Park Pool

Merfolk Adventures NEW!

8 to 13 Years

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

M-F, Mar 21-25 | 12:30-4:30 pm | \$150/5 | 63448

Beban Park Pool

RecSkate Spring Break

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, too. We recommend that skaters have passed a minimum of RecSkate 1. Rentals are free if required. Please bring your own lunch and snacks.

Mon, Mar 14 | 8:30 am-5 pm | \$42/1 | 59128

Tue, Mar 15 | 8:30 am-5 pm | \$42/1 | 59129

Wed, Mar 16 | 8:30 am-5 pm | \$42/1 | 59130

Thu, Mar 17 | 8:30 am-5 pm | \$42/1 | 59131

Fri, Mar 18 | 8:30 am-5 pm | \$42/1 | 59132

Mon, Mar 21 | 8:30 am-5 pm | \$42/1 | 59133

Tue, Mar 22 | 8:30 am-5 pm | \$42/1 | 59134

Wed, Mar 23 | 8:30 am-5 pm | \$42/1 | 59135

Thu, Mar 24 | 8:30 am-5 pm | \$42/1 | 59136

Fri, Mar 25 | 8:30 am-5 pm | \$42/1 | 59137

Cliff McNabb Arena

RecHockey Spring Break

6 to 11 Years

This is a recreational half ice skating camp for participants of varying abilities. Emphasis is on the fundamentals of hockey with ice times for skills, scrimmages and stations. Camp also includes other sport activities and a movie. Full fear is required. We recommend that skaters have passed a minimum of RecSkate 2. Please bring your own lunch and snacks.

Mon, Mar 14 | 8:30 am-5 pm | \$42/1 | 59118

Tue, Mar 15 | 8:30 am-5 pm | \$42/1 | 59119

Wed, Mar 16 | 8:30 am-5 pm | \$42/1 | 59120

Thu, Mar 17 | 8:30 am-5 pm | \$42/1 | 59121

Fri, Mar 18 | 8:30 am-5 pm | \$42/1 | 59122

Mon, Mar 21 | 8:30 am-5 pm | \$42/1 | 59123

Tue, Mar 22 | 8:30 am-5 pm | \$42/1 | 59124

Wed, Mar 23 | 8:30 am-5 pm | \$42/1 | 59125

Thu, Mar 24 | 8:30 am-5 pm | \$42/1 | 59126

Fri, Mar 25 | 8:30 am-5 pm | \$42/1 | 59127

Cliff McNabb Arena

Taekwondo with Master Kim

Our highly qualified 8th degree blackbelt Grand Master Kim can help you become strong in mind, body and spirit. This program emphasizes self-discipline, confidence and concentration.

4 to 7 Years

M/W, Mar 14-21 | 3:30-4:05 pm | \$29/3 | 66872

7 to 12 Years

T/Th, Mar 15-22 | 3:30-4:05 pm | \$29/3 | 66873

World Taekwondo Academy (4300 Wellington Rd)

Dance with Vibe

An introduction to dance with the main focus on hip hop and styles of hip hop like grooving, old school, b-boy, house etc.

3 to 4 Years

M-F, Mar 14-18 | 12-12:30 pm | \$50/5 | 65483

5 to 7 Years

M-F, Mar 14-18 | 1-2 pm | \$80/5 | 65481

8 to 11 Years

M-F, Mar 14-18 | 2:30-4 pm | \$120/5 | 65482

Vibe Dance Studios (1969 Boxwood Rd)

Rock Climbing

6 to 12 Years

Climb the walls this Spring Break as you make new friends and learn from experienced climbers. Camp instructors will mix in some non wall time to keep things interesting. No climbing experience is necessary.

M-F, Mar 14-18 | 9:30-11:30 am | \$150/5 | 66814

M-F, Mar 14-18 | 12-2 pm | \$150/5 | 66815

M-F, Mar 21-25 | 9:30-11:30 am | \$150/5 | 66816

M-F, Mar 21-25 | 12-2 pm | \$150/5 | 66817

Romper Room Climbing Gym (4235 Boban Dr)



FREE!

Spring Break

POP UP PLAYGROUNDS

MANSFIELD PARK:

- Tue, Mar 15, 2-4 pm
- Fri, Mar 18, 1-3 pm

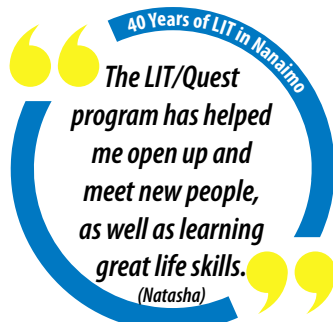
MAFFEO SUTTON PARK GRASSY AREA:

- Tue, Mar 22, 2-4 pm
- Fri, Mar 25, 1-3 pm

FREE Spring Break
Fun for those ages
5 to 12!

• Sports
• Arts
• Games
• Crafts

Parents need to stay with their children.



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Community Connections



Discover Montessori School

In the right environment, children are capable of amazing learning!

Programs start at age 3, 6 and 12



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- Club Professional offers fitness training & lessons

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NanaimoSquashClub.com • Facebook: Nanaimo Squash Club



250-751-1561 (Shirley)

Lawn bowling is a healthy outdoor activity suitable for individuals, families and for all ages from youth to seniors.

SPRING OPEN HOUSES:

Saturday, April 16, 23 & 30: 1-4 pm

NATIONAL BOWLS DAY OPEN HOUSE:

Saturday, June 4: 10 am-3 pm



Join us on the **green** at Bowen Park!

Spring into SOFTBALL

COME PLAY WITH US!

FOR AGES 5 & UP



For information or to register,
nanaimosoftball.ca



Community Connections



**VANGOUVER ISLAND
MILITARY MUSEUM**
Canadian Military History
On Nanaimo's Dynamic Waterfront

*Come See,
Come Learn,
Come Experience
History*

at British Columbia's most
significant Military Museum

Downtown Nanaimo (next to the Port Theatre)
Mon - Fri 10am-3pm • Sat 11am-3pm
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NANAIMO ADULT RECREATIONAL SLO-PITCH LEAGUE

PLAY SLO-PITCH BASEBALL IN 2022!



Join us!

We play Tuesday & Thursday mornings
(April to September) at McGirr Sports Field

Men aged 50+ and Women Aged 45+ (all levels welcome)
• Fee is only \$80 • Registration begins in April

 Find us on Facebook or contact
Mike Hunt at mrhunt51@hotmail.com



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call 250-755-7510
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[cityofnanaimo](https://www.cityofnanaimo.ca)



[nanaimoparksandrec](https://www.nanaimoparksandrec.ca) (#ilovemyparksandrec)

Community Connections

airhouse

Join us for Spring time programs to play + train - for all ages + levels!

drop-in

camps

lessons

events



BOOK NOW



parkour skateboard freestyle trampoline
gymnastics biking multi-sport



airhouse.ca

Community Connections

SNOTTY NOSE REZ KIDS
TZINQUAW DANCERS
SACRED · SIRREAL · AJ MEGAMAN

FOR PERFORMANCE TICKETS
OR TO REGISTER VISIT
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LUNCH AND SNACKS PROVIDED!

DANCE
ON THE
CRIMSON
COAST

BODY TALK HIP HOP POW WOW WORKSHOP AND PERFORMANCE

PRODUCED BY BODY TALK TEEN COUNCIL
ON SNUNEYMUXW ST'LULNUP, TUMUXW 'I' QA'
'I' CUN CI:T SHQWALAWUN

SPRING BREAK WORKSHOP

MONDAY MARCH 21 TO FRIDAY, MARCH 25
VIBE DANCE STUDIO | 13-19 YARS OLD

SPRING BREAK PERFORMANCE

SATURDAY MARCH 26 · 7:30 PM
MALASPINA THEATRE, VIU | ALL AGES



YOUthNanaimo

Youth Programs

Teens Welcome

If you see a program you would like to participate in outside of the Youth Section, give us a call to find out how you can participate!

Home Alone

10 to 13 Years

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

Sat, Apr 9 | 9 am-12 pm | \$47/1 | 72575

Sat, Apr 9 | 1-4 pm | \$47/1 | 72576

Sat, Apr 30 | 9 am-12 pm | \$47/1 | 72577

Sat, Apr 30 | 1-4 pm | \$47/1 | 72578

Sun, May 1 | 9 am-12 pm | \$47/1 | 72579

Sun, May 1 | 1-4 pm | \$47/1 | 72580

Sun, May 29 | 9 am-12 pm | \$47/1 | 72624

Sun, May 29 | 1-4 pm | \$47/1 | 72626

Sat, Jun 18 | 9 am-12 pm | \$47/1 | 72581

Sat, Jun 18 | 1-4 pm | \$47/1 | 72584

Sun, Jun 19 | 9 am-12 pm | \$47/1 | 72586

Sun, Jun 19 | 1-4 pm | \$47/1 | 72587

Sat, Jun 25 | 9 am-12 pm | \$47/1 | 72591

Sat, Jun 25 | 1-4 pm | \$47/1 | 72592

Beban Park Social Centre

Babysitter Training

11 to 15 Years

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

Sun, Apr 23 | 9 am-4:30 pm | \$64/1 | 72629

Sat, May 7 | 9 am-4:30 pm | \$64/1 | 72630

Sat, May 28 | 9 am-4:30 pm | \$64/1 | 72631

Sat, Jun 11 | 9 am-4:30 pm | \$64/1 | 72632

Sun, Jun 26 | 9 am-4:30 pm | \$64/1 | 72633

Beban Park Social Centre

Youth Empowerment for Tweens NEW!

10 to 14 Years

What does it mean to be a good community member? How can we help the world become a better place? Finding your voice and path might seem overwhelming, but this program is here to help. Tweens will explore communication, self-confidence, personal responsibility and diversity in this activity based group. We will try journaling, team building activities, exercise, time in nature and, of course, listening to music as we connect about who we are, what motivates us and how we can reach our full potential.

Thu, Apr 7-May 12 | 4:30-6 pm | \$36/6 | 72724

Thu, May 19-Jun 23 | 4:30-6 pm | \$36/6 | 72725

Bowen Park Complex

Dungeons & Dragons Club

11 to 18 Years

This program will introduce you to the basics of this fantasy role playing game, as well as support you in building skills in storytelling and character development. Over the course sessions, you will complete a campaign with your group and the dungeon master. Please bring a snack, water, pencil and some dice. Program is proudly presented in partnership with Literacy Central Vancouver Island.

Fri, Apr 22-Jun 17 | 2:30-4:30 pm | \$10/8 | 72519

Nanaimo Aquatic Centre

Pottery Wheel

12 to 17 Years

For those with little or no previous experience working with clay. Learn the basic techniques that will help you create pots, vases, bowls and pretty much anything that can be thrown on a pottery wheel. Clay, glazes and firings are included in cost.

Mon, Apr 4-May 16 | 6-8 pm | \$174/6 | 71675

Mon, May 30-Jun 27 | 6-8 pm | \$145/5 | 71676

Bowen Pottery Studio

Creative Writing and Book Club

11 to 14 Years

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

Mon, Apr 4-Jun 6 | 5:30-7 pm | \$88/8 | 72521

Nanaimo Aquatic Centre

Squash - Introduction

13 + Years

This is open to most ages and levels of physical fitness. You will learn the correct techniques, tactics and rules of squash.

Instructor: Nanaimo Squash Club Staff

Tue, Apr 5-May 10 | 7-8 pm | \$75/6 | 72244

Nanaimo Squash Club (256 Wallace St)

Youth Badminton

12 to 19 Years

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

Mon, Apr 4-May 9 | 5-6 pm | \$40/5 | 72486

Mon, May 16-Jun 20 | 5-6 pm | \$40/5 | 72488

Oliver Woods Community Centre

Youth Floor Hockey

11 to 17 Years

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

Tue, Apr 5-May 10 | 5-6 pm | \$54/6 | 72500

Tue, May 17-Jun 21 | 5-6 pm | \$54/6 | 72502

Departure Bay Activity Centre

Youth Dodgeball

11 to 17 Years

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

Thu, Apr 7-May 12 | 5-6 pm | \$54/6 | 72510

Thu, May 19-Jun 23 | 5-6 pm | \$54/6 | 72512

Departure Bay Activity Centre

Youth Basketball

11 to 18 Years

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

Sun, Apr 10-May 8 | 3-4:30 pm | \$40/4 | 72513

Sun, May 15-Jun 19 | 3-4:30 pm | \$50/5 | 72514

Oliver Woods Community Centre

Youth Strength & Conditioning

12 to 18 Years

This training class helps develop strength, flexibility and power - all in a safe, fun and exciting way! We will use equipment, such as free weights, medicine balls and resistance bands. Fun music and high energy makes this a class you will love. Please bring a water bottle and hand towel.

Instructor: Kim Ross

Sat, Apr 9-May 14 | 1-2 pm | \$40/5 | 72462

Sat, May 21-Jun 18 | 1-2 pm | \$40/5 | 72463

Departure Bay Activity Centre

RecSkate Pre-Teen/Teen

12 to 17 Years

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

Mon, Mar 28-May 9 | 6:45-7:45 pm | \$72/6 | 70577

Thu, Mar 31-May 12 | 5:30-6:30 pm | \$84/7 | 70580

Mon, May 16-Jun 27 | 6:45-7:45 pm | \$72/6 | 70578

Thu, May 19-Jun 30 | 5:30-6:30 pm | \$84/7 | 70581

Nanaimo Ice Centre

Sat, Apr 2-May 14 | 11:15 am-12:15 pm | \$84/7 | 70583

Frank Crane Arena

Sat, May 21-Jun 25 | 11:15 am-12:15 pm | \$72/6 | 70584

Cliff McNabb Arena

Karate

12 to 19 Years

In this introduction to Karate, kids and adults get traditional Karate training, including sparring. Self-defense is taught, and fitness, strength development and flexibility are part of the curriculum.

M/W, Mar 7-16 | 6:30-7:30 pm | \$25/4 | 66835

M/W, Apr 4-13 | 6:30-7:30 pm | \$25/4 | 72238

M/W, May 2-11 | 6:30-7:30 pm | \$25/4 | 72239

M/W, Jun 6-15 | 6:30-7:30 pm | \$25/4 | 72240

Shima Karate (3032 Barons Rd)

Taekwondo & Hapkido with Master Kim

12 to 19 Years

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

M/W, Apr 4-11 | 6:10-7 pm | \$35/3 | 72280

M/W, May 2-9 | 6:10-7 pm | \$35/3 | 72282

M/W, Jun 1-8 | 6:10-7 pm | \$35/3 | 72283

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

Bicycle Maintenance for Beginners

16 Years +

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

Instructor: Tyler Walker

Sun, May 1 | 12:30-4:30 pm | \$40/1 | 70867

Departure Bay Activity Centre

Bicycle Maintenance for Intermediates

16 Years +

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

Instructor: Tyler Walker

Sun, Mar 6 | 12:30-4:30 pm | \$40/1 | 62463

Sun, May 15 | 12:30-4:30 pm | \$40/1 | 70868

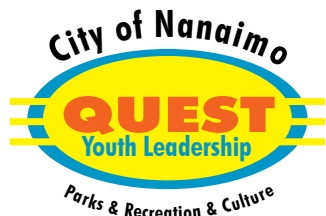
Departure Bay Activity Centre



cityofnanaimo



nanaimoparksandrec (#ilovemyparksandrec)



YOUTH LEADERSHIP

40 Years of Creating Community Leaders

PARENTS: Check out our

"Frequently Asked Questions" at

www.nanaimo.ca/goto/LIT

LIT (Leaders in Training)

13-18 YEARS

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

Receive training on what it means to be a leader and have a job, as well as how to work with children. After completing the orientation, you will attend "LIT University" and delve into the specifics of leading games, working as a team, painting faces and basic resume writing and interview skills. Once you have completed training, you will choose from a variety of placement options and volunteer. (Note: all participants must be fully vaccinated, and all volunteer placements must be completed by Sep 2, 2022.)



How to Join:

1. Register for LIT using barcode 72712. Cost is \$160.
2. Register your parents for the **Free Parent Info Night** held on Thursday, May 5, 7-8 pm (barcode 72640) OR Wednesday, May 25, 7-8 pm (barcode 72641) at Beban Park. Your parents will find out what you will be doing at this program and what the expectations are. (If you are on the fence, we strongly recommend registering for LIT before the Parent Information Night as this program fills up quickly.)
3. Register for the **LIT University Workshops**. These are held at Beban Park Social Centre. You must register for all four - no exceptions (see box below). Each is offered twice. Simply choose the night that fits your schedule the best.
4. Attend **Orientation** on Sunday, June 5, 11 am-4 pm at Bowen Park Complex.
5. Attend **Placement Sign-up** on Sunday, June 12, 2-4 pm at Beban Park Social Centre (barcode 72722).
6. Go to your **Placements** to volunteer, learn new skills, make new friends and have fun!

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

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

On the Job 101

• Mon, Jun 6 72714
• Tue, Jun 7 72715

Clowning 101

• Wed, Jun 8 72716
• Thu, Jun 9 72717

Children 101

• Mon, Jun 13 72718
• Tue, Jun 14 72719

Teamwork 101

• Wed, Jun 15 72720
• Thu, Jun 16 72721



QUEST

14-18 YEARS

Have you completed the Leaders in Training (LIT) Program and want to continue developing your leadership skills. If so, our Quest program is for you! *(Note: all participants must be fully vaccinated.)*



- Further develop your leadership skills
- Get an opportunity to assist with training the LIT volunteers
- Have more responsibility
- Get your first choice at volunteer placement sign-up night
- Have the chance to define your area of interest

How to Join:

1. [Register](#) for Quest using barcode 72713. Cost is \$160.
2. Attend [Orientation](#) on Sunday, June 5, 9 am–4 pm at Bowen Park Complex. At Orientation, you can choose to remain in Quest Community or specialize in Arenas, Aquatics or Environment. In Quest Environment, you will help develop an environmental initiative team spearheading change in the community while completing some aspects of the traditional Quest Community program.
3. Attend 1-2 [LIT University Sessions](#) to help train the LITs. You don't have to pre-register, but please make note of the dates and ensure you have some evening availability on those weeks (see page 34 for dates).
4. Attend [Placement Sign-up](#) on Sunday, June 12, 1–4 pm at Beban Park Social Centre.
5. Go to your [Placements](#) to volunteer, learn new skills, make new friends and have fun!

LIT has taught me how to be confident and comfortable in social situations bringing me closer to the person I want to become.
(Dylan)

LIT is the best way to create and find new life-long friends and learn skills for life throughout the community!
(Charlotte)

An awesome learning opportunity and very rewarding!
(Sarah)



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40 YEARS of Participants

KAREN



LIT Participant: 1983
Current Job/Occupation:
Fire Chief, City of Vancouver

The LIT program was one of the first opportunities I had to experience working with and leading people. From learning first aid, to leadership skills and conflict resolution – this may have well been the tipping point where I knew that my future path would be one of service to my community.

NAVIN



LIT Participant: 1999
Current Job/Occupation:
Chief Financial Off., Twisted Mountain Animation

The LIT program was an incredible experience. The staff were great with the group. They taught us vital skills needed to enter the workforce and so many other valuable life skills. Best of all I made some amazing, life-long friendships. I'd recommend this for all teens looking to gain some work experience, learn some important skills, and have a ton of fun while doing it!

JENNY



LIT Participant: 2001
Current Job/Occupation:
Teacher, Nanaimo Ladysmith Public Schools

The LIT/Quest program helped lay the foundation of lifelong work habits: reliability, creativity, responsibility, overall work ethic and the ability to be a part of a team. It was also an opportunity to learn more about my community and connect with a variety of employers. Plus, I made some great friendships that are still going strong over 20 years later!

40 years of...

- Making new friends
- Preparing for getting a job
- Learning to work with children
- Connecting with like-minded people
- Gaining confidence
- Trying something outside your comfort zone
- Finding your passion
- Connecting with your community
- Gaining leadership skills



40 years of...

- Confidence in public speaking
- Working with children with diverse abilities
- Gaining self-esteem
- Finding your tribe
- Learning how to plan activities
- Working collaboratively with others
- Experiences
- Creating skills
- Providing leadership for Nanaimo's Youth

STACEY & DEREK



LIT Participants: 2001

STACY

Current Job/Occupation:

Teacher, Nanaimo Ladysmith Public Schools

I remember flipping through the Activity Guide when I was 16 and thinking that the LIT program sounded fun and would be a great volunteer opportunity. Well, that summer far exceeded my expectations! The program gently pushed me out of my comfort zone, increased my confidence, introduced me to lifelong friends, provided valuable work experience and connected me to different events and programs around the city.

DEREK

Current Job/Occupation:

Chiropractor Dr., Woodgrove Pines Wellness

I have many fond memories from my time with the Quest & LIT programs. I had an absolute blast assisting with programs that fit my areas of interest and can honestly say I made many life-long friends along the way. The programs helped me hone valuable organization and leadership skills that proved invaluable throughout future employment, university and beyond.

SHANIA



LIT Participant: 2010

Current Job/Occupation:

Part-Time City Staff (Rec Leader/Gym Attendant)

Starting from a young age I had a complicated life, and the L.I.T program impacted my life in a way that I will cherish for the rest of my life. It was my escape from my home life, and I was able to build confidence, relationships and social skills that I learned at the age of 13. From this experience I was able to direct my complicated life towards a direction of positivity, and as a result I am now in my third year of University working towards my Education Degree. My experience with the L.I.T program has helped break down my own personal barriers that have helped shape who I am today.



FREE! **Youth Drop-In** **SPARE** **BLOX**

The ultimate place to have some fun on a Monday, Tuesday or Wednesday night! It's free, and you can get some exercise while meeting people and making friends. Three age groups to choose from.

AGE 11 TO 14

Mon, Apr 4-Jun 6

7-8:30 pm

Fairview Comm. School

FREE (#73511)

AGE 10 TO 17

Tue, Apr 5 to Jun 7

6:15-7:45 pm

Oliver Woods Community
Centre

FREE (#72496)

AGE 13 TO 18

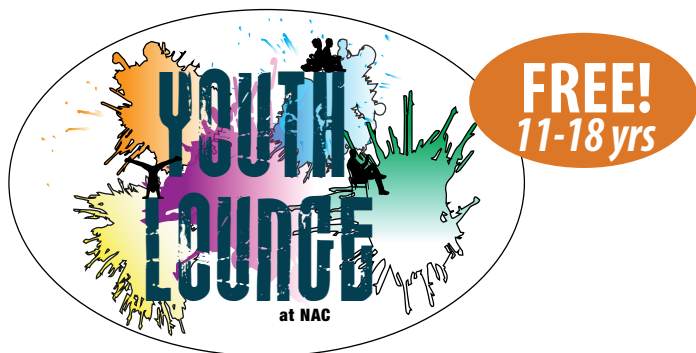
Wed, Apr-Jun 8

8:30-9:30 pm

Barsby Secondary School

FREE (#73512)

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



Wednesday, April 6 to June 22, 3-7 pm, Nanaimo Aquatic Centre

Please pre-register using course ID #72504

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



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

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



YOUTH WEEK

May 1-7, 2022



Join us as we celebrate youth in Nanaimo! Check out the YOUth Nanaimo Facebook page for more information on this year's events (www.facebook.com/YOuthNanaimo).

Please note that pre-registration is required for the events listed below (not including the drop-in sessions), and space is limited.

Call 250-756-5200 or visit recreation.nanaimo.ca for details or to reserve your spot.

Sunday, May 1

- Home Alone
- Bicycle Maintenance for Beginners
- Home Alone
- Stick 'n' Puck
- Youth Toonie Skate

Monday, May 2

- Spare Blox Jr (11-14 yrs)

Tuesday, May 3

- Spare Blox (10-17 yrs)

Wednesday, May 4

- Youth Lounge Pizza Party
- "May the Fourth Be With You" Star Wars Skate
- Spare Blox (13-18 yrs)

Thursday, May 5

- Sugarloaf Mt. Hike (*see notes to right)
- LIT Parent Info Night

Friday, May 6

- Play Zone Event
- Stick 'n' Puck
- Youth Toonie Skate

Saturday, May 7

- Principles of Healthy Child Dev.
- Babysitter Training
- Dive-In Movie "Encanto"

9 am-12 pm
12:30-4:30 pm

\$47/1
\$40

72579
70867

1-4 pm
1:45-2:45 pm
5-6:30 pm

\$47/1
drop in fee
\$2

72580
drop in
drop in

7-8:30 pm

FREE

73511

6:15-7:45 pm

FREE

72496

3-7 pm

FREE

72504

6:30-8 pm

drop in fee

drop in

8:30-9:30 pm

FREE

73512

11:30 am-2 pm

\$10

72921

7-8 pm

FREE

72640

11 am-3 pm

FREE

73510

3:15-4:15 pm

drop in fee

drop in

8-9:30 pm

\$2

drop in

8:30 am-4:30 pm

\$100/1

72723

9 am-4 pm

\$64/1

72630

1-3 pm

drop in fee

drop in

Beban Park Social Centre
Departure Bay Act. Centre

Beban Park Social Centre
Cliff McNabb Arena
Frank Crane Arena

Fairview Comm. School

Oliver Woods Community Ctr.

Nanaimo Aquatic Centre
Nanaimo Ice Centre

John Barbsy Sec. School

Meet at Departure Bay Act. Ctr.

Beban Park Social Centre

Harewood Covered Sport Box
Cliff McNabb Arena
Cliff McNabb Arena

Beban Park Social Centre
Beban Park Social Centre
Beban Park Pool

*Sugarloaf Mountain Hike

Join us for a lunchtime hike up Sugarloaf Mountain. Meet at Departure Bay Activity Centre. From there, explore Woodstream and Wardropper Parks before hiking up Sugarloaf Mountain. Our instructor will teach about the local ecosystems while showing you a safe and fun route up Sugarloaf. Please bring a lunch and a water bottle.



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Adult Arts/Crafts

Introduction to Stained Glass Art

Learn the basics of this craft, including cutting the glass, grinding, soldering and copper foil. In a relaxed atmosphere, you will discover the basics of colour theory design and proportion and finish your own first glass project. (There is a required \$60 material fee on top of the registration cost.)

Instructor: Kristina Birkhans

Tue, Apr 5-May 10 | 4-6 pm | \$96/6 | 71183

Tue, May 17-Jun 21 | 4-6 pm | \$96/6 | 71191

Oliver Woods Community Centre

Intermediate Stained Glass Art NEW!

In this course, students will take their skills to the next level by continuing to develop proficiency in cutting glass, grinding, soldering, copper foil and the use of tools. This is a relaxed atmosphere full of fun and creativity. (There is a required \$60 material fee on top of the registration cost.)

Instructor: Kristina Birkhans

Tue, Apr 5-May 10 | 6:30-8:30 pm | \$96/6 | 71196

Tue, May 17-Jun 21 | 6:30-8:30 pm | \$96/6 | 71197

Oliver Woods Community Centre

Wet Felting

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

Instructor: Rosie Barlak

Sat, Apr 2 | 10 am-4 pm | \$65/1 | 71843

Bowen Park Complex

The Art of Paint - Intro to Acrylics

Have you always wanted to explore your artistic side? Are you a beginner or someone who has been away from painting for some time? This relaxed class covers the basics of composition, design, colour mixing, brush use and techniques. Some supplies are provided, but a basic acrylic paint set, sketch book & 16" x 20" canvas are required. Easels are provided. Supply list available.

Instructor: Marilyn Ridsdale

Wed, Mar 30-May 18 | 1-3 pm | \$120/8 | 71793

Wed, Mar 30-May 18 | 7-9 pm | \$120/8 | 71794

Oliver Woods Community Centre

The Art of Paint

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

Instructor: Marilyn Ridsdale

Studio 1

Thu, Mar 31-May 19 | 1-3 pm | \$105/7 | 71795

Studio 2

Thu, Mar 31-May 19 | 7-9 pm | \$120/8 | 71796

Oliver Woods Community Centre

Pottery Wheel - Adult Beginner

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

Instructor: NESTA Morgan

Tue, Apr 5-May 10 | 6:30-9 pm | \$174/6 | 71664

Tue, May 17-Jun 21 | 6:30-9 pm | \$174/6 | 71672

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.

Instructor: Bari Precious

Wed, Apr 6-May 11 | 6:30-9 pm | \$174/6 | 70803

Wed, May 18-Jun 22 | 6:30-9 pm | \$174/6 | 70804

Bowen Pottery Studio

See page 11

**for Drop-In
Pottery Schedule**



Adult Cooking

Farmer's Style Cheddar

Farmer's Cheddar is an easier process than the traditional cheddar process. By adding herbs, garlic and onions, you can create a number of delicious variations to enjoy. Included in the course are instructions and cultures to create your own cheeses at home plus online support.

Instructor: Paula Maddison

Thu, Mar 10 | 6-8 pm | \$65/1 | 66993

Beban Park Social Centre

Greek Style Feta

Come spend a few hours with Paula and learn how to hand craft your own Greek style feta cheese. Paula demystifies the science and process behind making your cheese. Classes are comprehensive, fun and delicious!

Thu, Apr 7 | 6-8 pm | \$65/1 | 71920

Bowen Park Complex

Cheese Making 101

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

Instructor: Paula Maddison

Thu, May 5 | 6-8 pm | \$65/1 | 71922

Bowen Park Complex

Mozza, Burrata and Bocconcini

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

Instructor: Paula Maddison

Thu, Jun 9 | 6-8 pm | \$65/1 | 71931

Bowen Park Complex

Shiv's Punjabi Vegetarian Favourites

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

Instructor: Shiv Sharma

Thu, Mar 3 | 7-9:30 pm | \$40/1 | 66995

Wed, May 4 | 7-9:30 pm | \$40/1 | 72458

Bowen Park Complex

Shiv's Punjabi Favourites

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

Instructor: Shiv Sharma

Thu, Mar 31 | 7-9:30 pm | \$40/1 | 66997

Wed, May 25 | 7-9:30 pm | \$40/1 | 72459

Bowen Park Complex



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Adult Dance

Bhangra Fit

Keep fitness exciting with this popular Indian dance workout - an intense, vibrant, joyful dance that elevates your heart rate and state of mind. The majority of the moves follow a folk dance pattern. This workout is designed to burn as many as 500 calories an hour and is great for all ages.

Instructor: Sukhi Sangha

Tue, Apr 5-May 3 | 6-6:45 pm | \$60/4 | 72922

Tue, May 10-Jun 7 | 6-6:45 pm | \$60/4 | 72923

Beban Park Social Centre

Flamenco Moods and Moves

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

Instructor: Heather Sandison

Tue, Apr 5-May 17 | 6:30-8 pm | \$56/7 | 72160

Tue, May 24-Jun 28 | 6:30-8 pm | \$48/6 | 72161

Beban Park Social Centre

Latin Fever - Beginner

Learn the cha cha, rumba and samba. Make it a fun and social outing while keeping your body agile. No previous experience is required. Couples and singles are welcome.

Instructor: Nelson Wong

Wed, Apr 6-May 18 | 6:30-7:30 pm | \$63/7 | 72594

Wed, May 25-Jun 29 | 6:30-7:30 pm | \$54/6 | 72597

Bowen Park Complex

Jive & Swing - Beginner

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

Instructor: Nelson Wong

Wed, Apr 6-May 18 | 7:30-8:30 pm | \$63/7 | 72595

Wed, May 25-Jun 29 | 7:30-8:30 pm | \$54/6 | 72598

Bowen Park Complex

Ballroom Bliss - Beginner

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

Instructor: Nelson Wong

Wed, Apr 6-May 18 | 8:30-9:30 pm | \$63/7 | 72596

Wed, May 25-Jun 29 | 8:30-9:30 pm | \$54/6 | 72599

Bowen Park Complex

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 and more. At least one ballroom and one Latin dance will be taught in each session. Partners are recommended but singles welcome.

Instructor: Nelson Wong

Mon, Apr 4-May 16 | 6:30-7:30 pm | \$60/6 | 72582

Mon, May 30-Jun 27 | 6:30-7:30 pm | \$50/5 | 72585

Bowen Park Complex

Ballroom & Latin Dance - Advanced

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

Instructor: Nelson Wong

Mon, Apr 4-May 16 | 7:30-8:30 pm | \$60/6 | 72588

Mon, May 30-Jun 27 | 7:30-8:30 pm | \$50/5 | 72589

Bowen Park Complex

Ballroom Formation Team

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

Instructor: Nelson Wong

Mon, Apr 4-May 16 | 8:30-9:30 pm | \$60/6 | 72590

Mon, May 30-Jun 27 | 8:30-9:30 pm | \$50/5 | 72593

Bowen Park Complex

Teens Welcome

If you see a program you would like to participate in outside of the Youth Section, give us a call to find out how you can participate!



Adult First Aid

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

Emergency Childcare First Aid, CPR B/AED

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

Sat, Apr 9 | 9 am-5:30 pm | \$92/1 | 72672

Sat, May 14 | 9 am-5:30 pm | \$92/1 | 72673

W/Thu, Jun 29 & 30 | 5:30-9:30 pm | \$92/2 | 73156

Beban Park Social Centre

Standard First Aid, CPR C/AED

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

Sa/Su, Apr 23 & 24 | 9 am-5:30 pm | \$177/2 | 73153

Sa/Su, May 28 & 29 | 9 am-5:30 pm | \$177/2 | 73154

Sa/Su, Jun 25 & 26 | 9 am-5:30 pm | \$177/2 | 73155

Beban Park Social Centre

Emergency First Aid, CPR C/AED

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

Sat, Apr 23 | 9 am-5:30 pm | \$92/1 | 72649

Sat, May 18 | 9 am-5:30 pm | \$92/1 | 72650

Sat, Jun 25 | 9 am-5:30 pm | \$92/1 | 72651

Beban Park Social Centre

CPR C

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

Wed, May 4 | 6:30-10:30 pm | \$65/1 | 72666

Wed, Jun 15 | 6:30-10:30 pm | \$65/1 | 72667

Beban Park Social Centre





Adult Language

Spanish For Travelers - Beginners

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

Instructor: Martha Fortin

Tue, Apr 19-May 31 | 6-7:30 pm | \$89/7 | 72417

Wed, Apr 20-Jun 8 | 7-8:30 pm | \$99/8 | 72423

Bowen Park Complex

Spanish For Travelers - Beginners 2

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

Instructor: Martha Fortin

Thu, Apr 21-Jun 9 | 6-7:30 pm | \$99/8 | 72426

Bowen Park Complex

Spanish For Travelers - Intermediate

This conversational course concentrates on Spanish culture, tenses, idiomatic expressions and practical situations. It is an excellent way to prepare for traveling and for everyday communication. Previous Spanish in level 2 or equivalent knowledge is essential to participate.

Instructor: Martha Fortin

Wed, Apr 20-Jun 8 | 5:30-7 pm | \$99/8 | 72415

Bowen Park Complex

Spanish Conversation

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

Instructor: Martha Fortin

Thu, Apr 21-Jun 9 | 7:30-9:30 pm | \$99/8 | 72431

Bowen Park Complex

Spanish on Saturday - Level 1

An intensive conversational course for those who have little or no previous knowledge of Spanish. You will listen and speak Spanish from the first day as you quickly gain basic conversation skills. Our experienced instructor will help you practice in a friendly atmosphere.

Instructor: Martha Fortin

Sat, Apr 23-Jun 11 | 10:30 am-12:30 pm | \$120/8 | 72432

Bowen Park Complex

Spanish on Saturday - Level 2

In this continuation class, we cover more vocabulary, verbs tenses and idiomatic expressions commonly used in everyday communication. Our small group size will give you a rewarding learning experience.

Instructor: Martha Fortin

Sat, Apr 23-Jun 11 | 1-3 pm | \$120/8 | 72433

Bowen Park Complex

Teens Welcome

If you see a program you would like to participate in outside of the Youth Section, give us a call to find out how you can participate!

Spanish in the Morning - Conversation

This course is designed to give you easy access to practice conversation, learn more about vocabulary, and the structure of the language in an active and friendly environment.

Instructor: Martha Fortin

Thu, Apr 21-Jun 9 | 10:30 am-12 pm | \$99/8 | 72425

Beban Park Social Centre



Did You Know? ☺

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



Adult Outdoor/Sport/Wellness

Bicycle Maintenance for Beginners

16 Years +

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

Instructor: Tyler Walker

Sun, May 1 | 12:30-4:30 pm | \$40/1 | 70867

Departure Bay Activity Centre

Bicycle Maintenance for Intermediates

16 Years +

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

Instructor: Tyler Walker

Sun, Mar 6 | 12:30-4:30 pm | \$40/1 | 62463

Sun, May 15 | 12:30-4:30 pm | \$40/1 | 70868

Departure Bay Activity Centre

Intro to Mountain Biking

18 Years +

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

Instructor: Dana Wacker

Sat, Mar 26 | 1:30-4:30 pm | \$40/1 | 62859

Colliery Dam Park

Tai Chi Introduction - Part 1

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

Wed, Apr 6-May 18 | 7-8:30 pm | \$35/7 | 71802

Wed, May 25-Jun 29 | 7-8:30 pm | \$30/6 | 71803

Beban Park Social Centre



REGISTER EARLY to avoid DISAPPOINTMENT!

(low registration may lead to course cancellation)



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Adult Taekwondo with Master Kim

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

M/W, Apr 4-11 | 6:10-7 pm | \$35/4 | 72297

M/W, May 2-9 | 6:10-7 pm | \$35/4 | 72298

M/W, Jun 1-8 | 6:10-7 pm | \$35/4 | 72299

World Taekwondo Academy (4300 Wellington Rd)

Karate

16 Years +

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

Instructor: Mike Cuirka

Tue, Apr 5-May 17 | 6:30-7:30 pm | \$49/7 | 71800

Tue, May 24-Jun 28 | 6:30-7:30 pm | \$42/6 | 71801

Bowen Park Complex

Squash - Introduction

13 + Years

This is open to most ages, genders and levels of physical fitness. Following the program, you'll understand the correct techniques, tactics and rules of squash.

Instructor: Nanaimo Squash Club Staff

Tue, Apr 5-May 10 | 7-8 pm | \$75/6 | 72244

Nanaimo Squash Club (256 Wallace St)



Indoor Tennis - Beginner

Participants will be introduced to this fast-paced game. Focus will be on technique and game strategy. Please bring your own tennis racquet, water bottle and clean court shoes.

Instructor: North Island Tennis Academy Staff

Mon, Apr 11-May 23 | 9:30-11 am | \$162/6 | 71487

Tue, Apr 12-May 17 | 8-9:30 pm | \$162/6 | 71488

Thu, Apr 14-May 19 | 8-9:30 pm | \$162/6 | 71489

Tue, May 24-Jun 28 | 8-9:30 pm | \$162/6 | 71490

Thu, May 26-Jun 30 | 8-9:30 pm | \$162/6 | 71491

Mon, May 30-Jun 27 | 9:30-11 am | \$135/5 | 71492

North Island Tennis Academy (2367 Arbut Rd)

Indoor Tennis - Intermediate

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

Instructor: North Island Tennis Academy Staff

Mon, Apr 11-May 123 | 8-9:30 pm | \$162/6 | 71493

Tue, Apr 12-May 17 | 10:30 am-12 pm | \$162/6 | 73011

Thu, Apr 14-May 19 | 9:30-11 am | \$162/6 | 71494

Tue, May 24-Jun 28 | 10:30 am-12 pm | \$162/6 | 71488

Thu, May 26-Jun 30 | 9:30-11 am | \$162/6 | 73012

Mon, May 30-Jun 27 | 8-9:30 pm | \$135/5 | 71500

North Island Tennis Academy (2367 Arbut Rd)

INVASIVE PLANT WORK PARTIES

Keeping Nanaimo's Parks and Open Spaces Beautiful

Join like-minded individuals and tackle invasive plants during one of our work parties. Your efforts really make a difference in improving our environment's health. All equipment and training are provided.

MAY IS INVASIVE PLANT REMOVAL MONTH IN THE CITY OF NANAIMO!

- | | | |
|---------------|-------------|--------------------------------------------------------------|
| • Sat, Mar 19 | 10 am-12 pm | 66786 (Invasive plant removal at Diver Lake Park) |
| • Fri, Apr 22 | 10 am-12 pm | 70916 (Bowen Park Earth Day invasive plant & litter removal) |
| • Tue, May 3 | 10 am-12 pm | 70918 (Invasive plant removal at Diver Lake Park) |
| • Wed, May 11 | 10 am-12 pm | 70917 (Broom removal at Northfield Park) |
| • Sat, May 14 | 10 am-12 pm | 72604 (Broom removal on Sugarloaf Mountain) |
| • Wed, May 25 | 10 am-12 pm | 70919 (Broom removal at Lotus Pinnatus Park) |
| • Sat, May 28 | 10 am-12 pm | 73031 (Invasive work party at Bowen Park) |
| • Sat, Jun 4 | 10 am-12 pm | 70920 (Broom removal at Linley Valley Park) |



INVASIVE PLANT DROP ZONE

Sat, May 28, 10 am-2 pm

Bowen Park (off Wall St)

If you would like to organize a work party in your neighbourhood, please call 250-756-5200 or email parksandrecreation@nanaimo.ca.

Recreation Facility Bookings & Rentals

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

Multi-Purpose Halls

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

CALL 250-756-5200 FOR RENTAL INFORMATION.

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

Outside Halls

- **Centennial Building** (2300 Bowen Rd)
- **Departure Bay Activity Centre** (1415 Wingrove St)
- **Kin Hut Activity Centre** (2730 Departure Bay Rd)
- **Rotary Activity Centre** (850 Third St)

Pools

Our pools are available for training, private functions and special events.

CALL 250-755-7573 FOR RENTAL INFORMATION.

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

Arenas

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

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



ASK ABOUT OUR

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

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



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Adult Special Interest

Nature's First Aid Kit **NEW!**

We never know when an emergency situation will occur. Be prepared by learning how a few common garden plants can be worked with to make simple and effective first aid preparations. We will focus on three key first aid herbs and some basic components of our herbal first aid kits, including tinctures, salves and dried plants. Note: Please bring two 4oz jelly jars, clippers, a paring knife and small cutting board and a few small bags for harvesting.

Instructor: Sarah Dafoe
Sun, Apr 10 | 1-3 pm | \$20/1 | 72064
Beaufort Park Food Forest

Moonology **NEW!**

Learn how the moon is a "cosmic clock" and there in the sky to remind us when to set our goals with its waxing phase and then to release and relax with its waning cycle. Each full moon and new moon has a different flavour to it through the different months of the year as it goes through each of the zodiac signs. If you are interested in learning which part of your birth chart is triggered by the different luminations, please bring your birth chart along with you (you will need to know the time you were born).

Instructor: Sarah Dafoe
Mon, Apr 11 | 6-8 pm | \$20/1 | 72067
Beaufort Park Food Forest

Edible Weeds Workshop **NEW!**

Open your eyes to the natural world and plants growing around you! Instead of seeing a lawn, a field or a weedy patch, take in your surroundings with a whole new lens. Build a relationship with a natural world that is overflowing with abundant, wild, edible, nutritious and medicinal plants. Learn their names and get to know them!

Instructor: Sarah Dafoe
Sat, Apr 23 | 10 am-12 pm | \$20/1 | 66967
Beaufort Park Food Forest

Advanced Fruit Tree Pruning

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

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

Pruning to Shape Your Young Fruit Trees **NEW!**

So you've planted new fruit trees, now what? Young trees still need pruning and attention so they grow right for your space and maximize fruit production. Learn how to care for these little trees to keep them happy and start them off right.

Instructor: Scott Wiskerke
Sat, Apr 2 | 10 am-12 pm | \$20/1 | 70818
Sun, Apr 3 | 10 am-12 pm | \$20/1 | 70819
Beaufort Park Food Forest

Pruning to Renovate Old Fruit Trees **NEW!**

Maybe you've moved into a new house with a gnarly, old tree, or perhaps a tree has been damaged and the new growth is out of control. Maybe you have left a tree alone thinking it will take care of itself; however, you can see the tree needs a bit of help. Learn how to bring your established trees back to their beautiful, bountiful selves with this master pruner.

Instructor: Scott Wiskerke
Sat, Apr 9 | 10 am-12 pm | \$20/1 | 70820
Sun, Apr 10 | 10 am-12 pm | \$20/1 | 70821
Pine Street Community Gardens (271 Pine St)

See page 20

**for Piano
Lessons**

Summer Pruning

If you thought pruning was just a winter activity, you have to try summer pruning! Besides being able to prune in short sleeves, your trees can get many benefits from a summer shearing, including less sucker growth and possibility of disease. Bring your pruners and questions for this workshop.

Instructor: Scott Wiskerke

Sat, Jul 9 | 10 am-12 pm | \$20/1 | 70822

Pine Street Community Gardens (271 Pine St)

Starting a Veggie Garden from Scratch NEW!

Starting a garden can be intimidating, but our instructor will show you how to begin in the quickest and least physically demanding way possible so you can be successful this year. This course will cover all the basics and leave you confident to begin your own garden.

Instructor: Connie Kuramoto

Sat, Apr 9 | 10 am-12 pm | \$20/1 | 70812

Beban Park Learning Garden

Natural Landscaping for Climate Change NEW!

Celebrate Earth Day by discovering a new approach to landscaping! Wild and natural landscapes are relaxed and carefree, biodiverse, drought tolerant and more resilient to climate change. Priscilla will show you how to work with nature, garden with native species and how to incorporate natural design features to create beautiful, multi-functional, outdoor spaces.

Everyone will go home with a small selection of wild / native plants.

Instructor: Priscilla Brewer, Fern and Feather Studio

Sat, Apr 23 | 10 am-12 pm | \$42/1 | 70857

Fern and Feather Studio (3920 Yellow Point Rd)

Compost it Right

Gardeners know compost as black gold for a reason. This will enhance plant growth, amend your soil and reduce plant stress. Best of all, you can make it yourself at home even if you live in an apartment. Big pile composting, hügelkultur, vermicomposting etc., you'll learn it all.

Instructor: Connie Kuramoto

Sun, May 15 | 10 am-12 pm | \$20/1 | 70813

Pine Street Community Gardens (271 Pine St)

Methods of Building Soil NEW!

To garden on Vancouver Island, you will need to learn how to build your soil. Learn some easy ways to build soil in a sustainable way and about the microbes which can assist you in having the best garden ever. Soil is the foundation of a garden, and this class can help you mitigate dry, clay or sandy soils, help your garden retain water and reduce plant stress.

Instructor: Connie Kuramoto

Sun, May 29 | 10 am-12 pm | \$20/1 | 70814

Pine St. Community Gardens

Plan to Save Your Own Seeds NEW!

Seed saving doesn't need to be hard. Learn how to properly harvest your own seeds to save money, keep a special kind of plant growing and help you feel connected with the full life cycle of plants.

This course covers most vegetable plants and can help you with some of your favourite ornamentals.

Instructor: Connie Kuramoto

Sun, Jun 5 | 10 am-12 pm | \$20/1 | 70815

Pine Street Community Gardens (271 Pine St)

Extending Your Winter Harvest NEW! in Greenhouses and Cold Frames

On Vancouver Island, we are fortunate to be able to harvest some crops year-round, but we can always use a bit of ingenuity to maximize the winter harvest and even get an early start on growing in the spring.

Instructor: Connie Kuramoto

Sun, Jun 12 | 10 am-12 pm | \$20/1 | 70817

Beban Park Learning Garden

Starting from Seed

Learn the basics of starting your own vegetables, herbs and flowers from seed in this hands-on workshop. Everyone will go home with a nice selection of seeds, starter pots and soil. Learn how to nurture your new plants to maturity, and collect your own seeds to grow future generations of edible plants.

Instructor: Priscilla Brewer, Fern and Feather Studio

Sat, Apr 30 | 10 am-12 pm | \$39/1 | 70858

Fern and Feather Studio (3920 Yellow Point Rd)

Wild & Natural Westcoast Container Garden

After a short forage in the forest, we will create and take home a beautiful and unique miniature mossy forest garden that can be enjoyed for years to come. A great Mother's Day activity / gift! You will choose from a fun selection of plants, mosses, accent rocks and upcycled containers (or bring your own container).

Instructor: Priscilla Brewer, Fern and Feather Studio

Sat, May 7 | 10 am-12 pm | \$49/1 | 70859

Fern and Feather Studio (3920 Yellow Point Rd)

Forest Fixx NEW!

Join Priscilla Brewer, Naturalist, Permaculturist, Landscape Designer and Educator, as she guides you into the sublime art of forest bathing. You will weave through various "forest stations" that are designed to deepen your relaxation, enlighten your senses and inspire your creative side. Soak in some nature therapy!

Instructor: Priscilla Brewer, Fern and Feather Studio

Sat, May 28 | 10 am-12 pm | \$29/1 | 70860

Fern and Feather Studio (3920 Yellow Point Rd)



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Watersmart Gardening and Landscape Workshop NEW!

"Watersmart Workshop Day" includes two workshops on Watersmart Gardening and Landscapes. For more information on workshop details, check out the Regional District of Nanaimo's "Get Involved" page at getinvolved.rdn.ca/team-watersmart.

Instructor: Connie Kuramoto & Amy Robson

Virtual Workshop

Sat, Apr 2 | 1:30-4:30 pm | \$10 | 72357
(must pre-register in advance)

In-Person Workshop

Sat, Apr 2 | 1:30-4:30 pm | \$10 (early bird) | 72309
(\$10 pre-registered/\$15 day of workshop)

Oliver Woods Community Centre



See page 52

**for information on
Water to Earth Month**

Bear Aware (and Cougars)

Everyone Welcome

Bear Aware - let's talk about bears and the dangers of feeding and acclimating bears to the presence of humans and so much more. How many species of bears do we have in Canada? What colour are black bears? Is there a difference between Mainland and Island black bears. Come and learn with us!

Sat, May 21 | 11 am-12 pm | FREE | 70912

Sun, Jul 17 | 11 am-12 pm | FREE | 70911
Westwood Lake Park (Second Beach)

Turtles

Everyone Welcome

Let's talk about turtles! Can turtles breathe through their butts? How do they grow when they have rigid shells? How do they hear when they don't have ears? Invasive Red-Eared Sliders vs. endangered native Western Painted Turtles and so much more info sharing.

Sun, Jun 5 | 11 am-12 pm | FREE | 70910

Sat, Aug 6 | 11 am-12 pm | FREE | 70909
Westwood Lake Park (Second Beach)

Raptors

Everyone Welcome

Let's talk about raptors! Why are turkey vultures supercool! What is the fastest animal on the planet (hint: It's not a cheetah)? What do apple cores have in common with owl injuries and deaths? Come learn with us about the raptors in our area.

Sat, Jun 25 | 11 am-12 pm | FREE | 70908

Sun, Aug 21 | 11 am-12 pm | FREE | 70907
Westwood Lake Park (Second Beach)

Stroll with a Pro - Turtle Talk NEW!

Everyone Welcome

Come stroll with a pro and learn from one of our local biologist fun facts about turtles, the impact of non native species on our local native species and about local turtle monitoring programs.

Instructor: Linda Brooyman

Sat, Apr 9 | 1-2 pm | FREE | 72213

Diver Lake Park

Stroll with a Pro - Birds NEW!

Everyone Welcome

Come stroll with a pro and learn from one of our local biologist about the importance of wetlands and the birds that call them home. Please bring binoculars with you if you have a pair.

Instructor: Eric Demers

Sun, May 15 | 9-10 am | FREE | 72214

Buttertubs Marsh Miner's Cottage

Principals of Healthy Childhood Development

This training will help front line leaders (anyone working with children aged 6 to 12 like camp counselors, coaches, etc.) improve the quality of their programs. It provides in-depth training in the HIGH FIVE principals of healthy child development so front line leaders understand what they need to do to ensure that each child's social, emotional and cognitive needs are met. Topics include bullying, conflict resolution, physical literacy, children's mental health and moderate to vigorous physical activity.

Instructor: Gary Paterson

Sat, May 7 | 8:30 am-4:30 pm | \$100/1 | 72723

Beban Park Social Centre



The Chado Tea Ceremony - An Introduction to Japanese Culture

This workshop introduces participants to Chado (The way of tea). Chado is an iconic tradition within the Japanese culture, also known as the Tea Ceremony. The workshop consists of two parts; the ceremony demonstration and tea drinking and making your own matcha and drawing art on the surface of the matcha tea. Chado is based on a zen philosophy. Come experience the spirit and tastes of Japanese culture.

Instructor: Naomi Sato

Tue, Jun 7 | 5:30-7 pm | \$30/1 | 72166

Bowen Complex

Wear Yukata - An Introduction to Japanese Culture

In this workshop, you will learn the idea of Kimono, the basic difference from Western clothing and how to wear Yukata. Then, you can enjoy taking photoshoots in this cultural attire. The workshop will be an excellent chance to experience the Japanese culture and ethnic fashion through Yukata. The items for wearing Yukata are prepared (rental fee is included), and two photo shoots are included.

Instructor: Naomi Sato

Tue, Jun 14 | 5:30-7 pm | \$30/1 | 72167

Bowen Complex



Always Remembered

TAZ BRIANT HARTWICK



If you have participated with Parks, Recreation and Culture in the areas of adult dance, art, cooking, first aid or special interest classes within the last few years, had children in swimming lessons or aquatic leadership programs within the past two decades, watched many of our department videos promoting Canada Day, Wellness Wednesdays, Rock Your Family Day Weekend or Covid safety protocols recently or have participated in any of those events, then you have been touched by Taz Hartwick.

Our friend and co-worker, Taz Hartwick, unexpectedly passed away very recently, but his impact in the world of recreation was huge, and he leaves behind a lasting legacy in our department and throughout our community from his 20 years as an employee with the City of Nanaimo and as a 30-year participant in the Scouting program where he was honoured with the Queen's Venturer Award. Taz started out with the department as a lifeguard, swimming instructor and first aid and aquatic leadership instructor before moving into the role of Aquatics Coordinator. The last few years he has been a Recreation Coordinator planning programs for adults and helping to organize events, including Canada Day, for the entire community.

Always one of the first to put up his hand when help was needed, to provide inspiring ideas or to offer a kind word or a funny comment, Taz was appreciated by everyone who had the privilege to work and know him. We grieve for our loss but hold onto the many great memories we have of him - memories that make us smile and remind us how every day matters. Rest in peace, dear Taz.



cityofnanaimo



nanaimoparksandrec (#ilovemyparksandrec)

Nanaimo & District Celebrates



Water to Earth Month 2022

For more details on the listed events & to register:

getinvolved.rdn.ca/team-watersmart

#water2earth



250.756.5200



Drinking Water & Watershed
Protection Program

250.390.6560



250.714.1990



Timberland Manager for
TimberWest ISLAND



Mount Arrowsmith Biosphere Region Research Institute

Check out RDN social media for a chance to win prizes, including a rain barrel and native plants (@RDNanaimo, @RegionalDistrictofNanaimo)

Schedule of Events

** Please register in advance*

Water Day

March 22, 2022

**"Ground Water:
Making the Invisible Visible"**

Thursday, March 24, 1-3 pm

- Stream Walk - Intro to Stream Health & Stewardship (Nanaimo River Regional Park; register with RDN)

Saturday, March 26, 1:15-2:45 pm

- Earth Hour Skate (Frank Crane Arena)

Saturday, April 2, 1:30-4:30 pm

- Watersmart Gardening & Landscape Workshop by Connie Kuramoto & Amy Robson (virtual and in-person options held at Oliver Woods; register through City of Nanaimo)

Friday-Sunday, April 8-10

- 2022 MABR Biosphere Blitz (<https://www.mabr.ca/upcoming-events>)

Thursday, April 7, 2-4 pm

- Rainwater Management Virtual Workshop with Jamie Wallace, Kinship Design and local stewardship groups (register with RDN)

Friday, April 22, 10 am-12 pm

- Earth Day Invasive Plant and Litter Removal Work party at Bowen Park (register with City of Nanaimo)

Saturday, April 23, 10 am-12 pm

- Natural Landscaping for Climate Change (register with City of Nanaimo)

The City of Nanaimo has pledged to plant 50+ trees as part of "Canada Wide Planting Relay" in honour of Earth Day. Feel free to get involved with our \$25 Tree Voucher Program and plant along with us.

Earth Day

April 22, 2022

"Climate Change"



Adult Yoga/Fitness

Bhangra Fit

Keep fitness exciting with this popular Indian dance workout - an intense, vibrant, joyful dance that elevates your heart rate and state of mind. The majority of the moves follow a folk dance pattern. This workout is designed to burn as many as 500 calories an hour and is great for all ages.

Instructor: Sukhi Sangha

Tue, Apr 5-May 3 | 6-6:45 pm | \$60/4 | 72922

Tue, May 10-Jun 7 | 6-6:45 pm | \$60/4 | 72923

Beban Park Social Centre

Interval Training

Join our class and work on your cardio, balance and strength. The class will start with a simple 5 minute aerobic warm up followed by 30 minutes of interval training before we take the last 10 minutes to cool down. This is an energetic and fun way to get your activity in!

Instructor: Angel Jones

Thu, Apr 7-May 19 | 10:15-11 am | \$56/7 | 71640

Thu, May 26-Jun 23 | 10:15-11 am | \$40/5 | 71642

Rotary Field House

Wild Card Group Fitness

This class focuses on a variety of different cardio and strength routines. Just like its name, this workout will vary from week to week and will use a variety of exercise equipment. You never know what you're going to get! This workout is designed to improve balance, coordination, speed and strength and combines both small and large body movements.

Instructor: Shanan St. Louis

Mon, Mar 7-28 | 3:30-4:30 pm | \$32/4 | 66581

Mon, Apr 4-25 | 3:30-4:30 pm | \$24/3 | 71465

Mon, May 2-30 | 3:30-4:30 pm | \$32/4 | 71466

Mon, Jun 6-27 | 3:30-4:30 pm | \$32/4 | 71467

Oliver Woods Community Centre



HIIT

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

Instructor: Heather Honey

Thu, Mar 3-31 | 5:30-6:30 pm | \$40/5 | 66407

Thu, Apr 7-28 | 5:30-6:30 pm | \$32/4 | 71519

Thu, May 5-26 | 5:30-6:30 pm | \$32/4 | 71520

Thu, Jun 2-30 | 5:30-6:30 pm | \$40/5 | 71521

Oliver Woods Community Centre

HIIT to Fit

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

Instructor: Kim Ross

Wed, Apr 6-May 18 | 9-10 am | \$56/7 | 71616

Wed, May 25-Jun 29 | 9-10 am | \$48/6 | 71617

Bowen Park Complex

PLEASE NOTE:

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



cityofnanaimo



nanaimoparksandrec (#ilovemyparksandrec)

ACTIVE PASSES

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

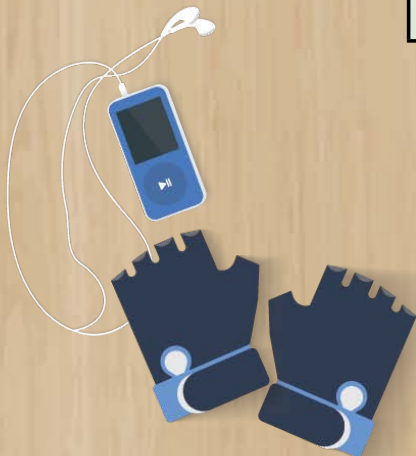
Active Passes

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

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

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

Prices subject to change and include tax.



Bosu Cardio

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

Instructor: Angel Jones

Wed, Mar 2-30 | 10:15-11 am | \$30/5 | 66400

Wed, Apr 6-27 | 10:15-11 am | \$24/4 | 71515

Wed, May 4-25 | 10:15-11 am | \$24/4 | 71516

Wed, Jun 1-29 | 10:15-11 am | \$30/5 | 71517

Oliver Woods Community Centre

Tabata

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

Instructor: Angel Jones

Fri, Mar 4-25 | 9-10 am | \$32/4 | 66403

Fri, Apr 1-29 | 9-10 am | \$32/4 | 71523

Fri, May 6-27 | 9-10 am | \$32/4 | 71524

Fri, Jun 3-24 | 9-10 am | \$32/4 | 71525

Oliver Woods Community Centre

Total Body Fitness

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

Instructor: Kim Ross

Thu, Apr 7-May 19 | 9-10 am | \$56/7 | 71614

Mon, Apr 11-May 16 | 9-10 am | \$40/5 | 71612

Thu, May 26-Jun 30 | 9-10 am | \$48/6 | 71615

Mon, May 30-Jun 27 | 9-10 am | \$40/5 | 71613

Departure Bay Activity Centre

Rookie Boot Camp

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

Instructor: Angel Jones

Mon, Mar 7-28 | 9-10 am | \$32/4 | 66345

Wed, Mar 2-30 | 9-10 am | \$40/5 | 66397

Mon, Apr 4-25 | 9-10 am | \$24/3 | 71449

Wed, Apr 6-27 | 9-10 am | \$32/4 | 71455

Mon, May 2-30 | 9-10 am | \$32/4 | 71451

Wed, May 4-25 | 9-10 am | \$32/4 | 71456

Mon, Jun 6-27 | 9-10 am | \$32/4 | 71452

Wed, Jun 1-29 | 9-10 am | \$40/5 | 71457

Oliver Woods Community Centre

Rock Your Body Boot Camp

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

Instructor: Heidi Robinson

Mon, Mar 7-28 | 5-6 pm | \$32/4 | 65994

Wed, Mar 2-30 | 5-6 pm | \$40/5 | 65997

Mon, Apr 4-25 | 5-6 pm | \$24/3 | 71468

Wed, Apr 6-27 | 5-6 pm | \$32/4 | 71471

Mon, May 2-30 | 5-6 pm | \$32/4 | 71469

Wed, May 4-25 | 5-6 pm | \$32/4 | 71472

Mon, Jun 6-20 | 5-6 pm | \$32/4 | 71470

Wed, Jun 1-22 | 5-6 pm | \$32/4 | 71473

Oliver Woods Community Centre

BellyFit

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

Instructor: Heidi Robinson

Fri, Mar 4-25 | 12:15-1:15 pm | \$32/4 | 66003

Fri, Apr 1-29 | 12:15-1:15 pm | \$32/4 | 71526

Fri, May 6-27 | 12:15-1:15 pm | \$32/4 | 71527

Fri, Jun 3-24 | 12:15-1:15 pm | \$32/4 | 71528

Oliver Woods Community Centre

Baby & Me Fitness

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

Instructor: Angel Jones

Mon, Mar 7-28 | 10:15-11:15 am | \$32/4 | 66351

Tue, Mar 1-29 | 10:15-11:15 am | \$40/5 | 66394

Mon, Apr 4-25 | 10:15-11:15 am | \$24/3 | 71461

Tue, Apr 5-26 | 10:15-11:15 am | \$32/4 | 71501

Mon, May 2-30 | 10:15-11:15 am | \$32/4 | 71463

Tue, May 3-31 | 10:15-11:15 am | \$40/5 | 71504

Mon, Jun 6-27 | 10:15-11:15 am | \$32/4 | 71464

Tue, Jun 7-28 | 10:15-11:15 am | \$32/4 | 71505

Oliver Woods Community Centre

Stretch, Balance, Build

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

Instructor: Kim Ross

Wed, Apr 6-May 18 | 12:15-1:15 pm | \$56/7 | 71645

Wed, May 25-Jun 29 | 12:15-1:15 pm | \$48/6 | 71646

Rotary Field House



cityofnanaimo



nanaimoparksandrec (#ilovemyparksandrec)

Stretch & Tone

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

Instructor: Kim Ross

Thu, Apr 7-May 19 | 12:30-1:30 pm | \$56/7 | 71804

Thu, May 26-Jun 30 | 12:30-1:30 pm | \$48/6 | 71805

Rotary Field House

Lunch Time Zumba NEW!

Pump up your lunch break with some high energy Zumba! Come out and enjoy this 45 minute cardio workout featuring different rhythms of music.

There is no wrong way to Zumba, so lace up your dancing shoes and come enjoy the party!

Instructor: Angel Jones

Mon, Apr 4-25 | 11:45 am-12:30 pm | \$18/3 | 73250

Mon, May 2-30 | 11:45 am-12:30 pm | \$24/4 | 73251

Mon, Jun 6-27 | 11:45 am-12:30 pm | \$24/4 | 73252

Oliver Woods Community Centre

Zumba

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

Mon, Mar 7-28 | 5:15-6:15 pm | \$32/4 | 66410

Mon, Apr 4-25 | 5:15-6:15 pm | \$24/3 | 71474

Mon, May 2-30 | 5:15-6:15 pm | \$32/4 | 71476

Mon, Jun 6-27 | 5:15-6:15 pm | \$32/4 | 71477

Oliver Woods Community Centre

Instructor: Angel Jones

Tue, Apr 5-26 | 9-10 am | \$32/4 | 71495

Tue, May 3-31 | 9-10 am | \$40/5 | 71496

Tue, Jun 7-28 | 9-10 am | \$32/4 | 71498

Oliver Woods Community Centre

Instructor: Angel Jones

Thu, Apr 7-May 19 | 9-10 am | \$56/7 | 71627

Thu, May 26-Jun 23 | 9-10 am | \$40/5 | 71632

Rotary Field House

Zumba Gold

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

Instructor: Mary Keel

Mon, Mar 7-28 | 9-10 am | \$32/4 | 65991

Mon, Apr 4-25 | 9-10 am | \$24/3 | 71458

Mon, May 2-30 | 9-10 am | \$32/4 | 71459

Mon, Jun 6-27 | 9-10 am | \$32/4 | 71460

Oliver Woods Community Centre

Yoga for Movement

This is a yoga class designed for everyone who enjoys the practice of yoga. This part of the yoga journey will go through a cycle of settling in a yoga pose, moving at the joints with brain challenges and toning muscles. You are welcome to join us if are able to go from a seated to standing position independently.

Instructor: Peggy Fok

Tue, Apr 5-May 17 | 5:30-6:30 pm | \$56/7 | 71650

Tue, May 24-Jun 28 | 5:30-6:30 pm | \$48/6 | 71653

Beban Park Social Centre

Gentle Yoga AM

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

Instructor: Gypsy Hart

Wed, Mar 2-30 | 9-10 am | \$40/5 | 66021

Wed, Apr 6-27 | 9-10 am | \$32/4 | 71081

Wed, May 4-25 | 9-10 am | \$32/4 | 71083

Wed, Jun 1-29 | 9-10 am | \$40/5 | 71084

Oliver Woods Community Centre

Gentle Yoga Stretch

This is a slower paced yoga class. You will stretch, flex, breathe and focus on our gentle yoga asanas (poses). We will take the time to hold poses, explore with mindfulness and breathe deeply. You will leave feeling more centred, relaxed and flexible. We welcome all levels.

Instructor: Jane Bockman

Mon, Mar 7-28 | 3:15-4:15 pm | \$32/4 | 66007

Mon, Apr 4-25 | 3:15-4:15 pm | \$24/3 | 71052

Mon, May 2-30 | 3:15-4:15 pm | \$32/4 | 71053

Mon, Jun 6-27 | 3:15-4:15 pm | \$32/4 | 71055

Oliver Woods Community Centre

Gentle Yoga

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

Instructor: Jane Bockman

Fri, Mar 4-26 | 9:30-10:30 am | \$32/4 | 66244

Fri, Apr 1-29 | 9:30-10:30 am | \$32/4 | 71138

Fri, May 6-27 | 9:30-10:30 am | \$32/4 | 71139

Fri, Jun 3-24 | 9:30-10:30 am | \$32/4 | 71140

Oliver Woods Community Centre

Instructor: Amber Neuman-Brochez

Sat, Mar 5-26 | 9-10 am | \$32/4 | 66247

Sat, Apr 2-30 | 9-10 am | \$40/5 | 71142

Sat, May 7-28 | 9-10 am | \$32/4 | 71144

Sat, Jun 4-25 | 9-10 am | \$32/4 | 71150

Oliver Woods Community Centre

Flow and Form Yoga

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

Instructor: Heather Honey

Tue, Apr 5-26 | 5:30-6:30 pm | \$32/4 | 71078

Thu, Apr 7-28 | 4-5 pm | \$32/4 | 71085

Tue, May 3-31 | 5:30-6:30 pm | \$40/5 | 71079

Thu, May 5-26 | 4-5 pm | \$32/4 | 71086

Tue, Jun 7-28 | 5:30-6:30 pm | \$32/4 | 71080

Thu, Jun 2-30 | 4-5 pm | \$40/5 | 71087

Oliver Woods Community Centre

Vinyasa Yoga

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

Instructor: Amber Neuman-Brochez

Sat, Mar 5-26 | 10:15-11:15 am | \$32/4 | 66250

Sat, Apr 2-30 | 10:15-11:15 am | \$40/5 | 71157

Sat, May 7-28 | 10:15-11:15 am | \$32/4 | 71160

Sat, Jun 4-25 | 10:15-11:15 am | \$32/4 | 71167

Oliver Woods Community Centre

Instructor: Karen Shortt

Wed, Apr 6-May 18 | 5:30-6:30 pm | \$56/7 | 71622

Wed, May 25-Jun 29 | 5:30-6:30 pm | \$48/6 | 71624

Rotary Field House



Thai Yoga

These standing and seated exercises address common ailments by strengthening and stretching the body in certain positions. Gentle movements and focused breath work combine to promote healing. Benefits include improved balance, stamina, circulation and an overall sense of well-being. Elements of Thai massage may also be incorporated

Instructor: Angelina McNamee

Wed, Apr 6-May 18 | 7:15-8:15 pm | \$56/7 | 71647

Wed, May 25-Jun 29 | 7:15-8:15 pm | \$48/6 | 71648

Rotary Field House

Men's Yoga

Men, here is a yoga program only for you. Yoga improves flexibility, core strength and balance, athletic performance, provides relieve pain and soreness from physical labour and reduces stress. No experience required. You must bring your own yoga mat.

Instructor: Gypsy Hart

Tue, Mar 1-29 | 5:15-6:15 pm | \$40/5 | 66018

Tue, Apr 5-26 | 5:15-6:15 pm | \$32/4 | 71075

Tue, May 3-31 | 5:15-6:15 pm | \$40/5 | 71076

Tue, Jun 7-28 | 5:15-6:15 pm | \$32/4 | 71077

Oliver Woods Community Centre

Prenatal Yoga

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

Instructor: Karen Shortt

Thu, Apr 14-May 19 | 6-7 pm | \$48/6 | 71633

Thu, May 26-Jun 30 | 6-7 pm | \$48/6 | 71634

Rotary Field House

Fundamental Pilates NEW!

Begin your journey with this accessible Pilates class. Designed to increase your flexibility, tone core muscles and strengthen your pelvic floor and lower back. Expect to feel taller, leaner and more centered. Modifications are always offered during these classes. This class is a great start for those new to Pilates.

Instructor: Jane Bockman

Tue, Apr 5-26 | 1:15-2:15 pm | \$32/4 | 71064

Tue, May 3-31 | 1:15-2:15 pm | \$40/5 | 71065

Tue, Jun 7-28 | 1:15-2:15 pm | \$32/4 | 71067

Oliver Woods Community Centre

Pilates - All Levels

Mat Pilates offers you an effective series of exercises to strengthen and tone your core. You will create long and lean muscles and improve your posture and balance. Modifications for all levels will be offered. Pilates is a great compliment to your existing classes. It helps a wide range of individuals at all stages of life. It is a low impact, strengthening series of exercises that is easily adaptable for all levels of ability and age.

Please bring your own yoga mat.

Instructor: Jane Bockman

Thu, Mar 3-31 | 6:30-7:30 pm | \$40/5 | 66232

Thu, Apr 7-28 | 6:30-7:30 pm | \$32/4 | 71125

Thu, May 5-26 | 6:30-7:30 pm | \$32/4 | 71130

Thu, Jun 2-30 | 6:30-7:30 pm | \$40/5 | 71131

Oliver Woods Community Centre

Pilates - Level 1

Not ready for a full Pilates all levels class?

This course will prepare and teach you the fundamentals for an all levels class and beyond.

You can also continue to learn at a slower pace to perfect your form. Strengthen your core, reduce back pain, improve balance and feel taller, stronger and more confident.

Instructor: Jane Bockman

Fri, Mar 4-25 | 10:45-11:45 am | \$32/4 | 66235

Fri, Apr 1-29 | 10:45-11:45 am | \$32/4 | 71132

Fri, May 6-27 | 10:45-11:45 am | \$32/4 | 71134

Fri, Jun 3-24 | 10:45-11:45 am | \$32/4 | 71135

Oliver Woods Community Centre

Gentle Yogalates

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

Instructor: Jane Bockman

Tue, Mar 1-29 | 12-1 pm | \$40/5 | 66012

Tue, Apr 5-26 | 12-1 pm | \$32/4 | 71056

Tue, May 3-31 | 12-1 pm | \$40/5 | 71057

Tue, Jun 7-28 | 12-1 pm | \$32/4 | 71058

Oliver Woods Community Centre

Yogalates

This combines pilates and yoga for a total body workout focused on toning the glutes, thighs and stomach. This low-impact workout will increase your fitness level. Develop your core strength and stabilization through Pilates poses, and improve your flexibility, muscular strength, posture and alignment through yoga/pilates poses, breathing and relaxation. Please bring your own yoga mat.

Instructor: Gypsy Hart

Thu, Mar 3-31 | 5:15-6:15 pm | \$40/5 | 66229

Mon, Mar 7-28 | 9:15-10:15 am | \$32/4 | 68247

Thu, Apr 7-28 | 5:15-6:15 pm | \$32/4 | 71088

Mon, Apr 4-25 | 9:15-10:15 am | \$24/3 | 71046

Thu, May 5-26 | 5:15-6:15 pm | \$32/4 | 71089

Mon, May 2-30 | 9:15-10:15 am | \$32/4 | 71047

Thu, Jun 2-30 | 5:15-6:15 pm | \$40/5 | 71090

Mon, Jun 6-27 | 9:15-10:15 am | \$32/4 | 71048

Oliver Woods Community Centre



40 Years of LIT in Nanaimo

*LIT has helped
me become more
confident in speaking
to people.*

(Sofia)



cityofnanaimo



nanaimoparksandrec (#ilovemyparksandrec)



60+ Fitness Classes

Chair Yoga

This class is designed for people who experience difficulty doing floor exercise. Yoga exercises have many benefits, including stretching, relaxing and helping you to feel energized.

Instructor: Russell McNeil

Tue, Apr 5-26 | 9-10 am | \$32/4 | 70777

Tue, May 3-31 | 9-10 am | \$40/5 | 70778

Tue, Jun 7-28 | 9-10 am | \$32/4 | 70779

Bowen Park Complex

Gentle Yoga

This gentle Hatha style class focuses on gentle stretches before each pose. Time is given to rest or relax briefly after anything that is strenuous. This is not a flow class. Please bring your own mat.

Instructor: Heather Honey

Fri, Apr 1-29 | 11:30 am-12:30 pm | \$32/4 | 72995

Fri, May 6-27 | 11:30 am-12:30 pm | \$32/4 | 72996

Fri, Jun 3-24 | 11:30 am-12:30 pm | \$32/4 | 72997

Bowen Park Complex

Stretch & Relax Yoga

This is basic classical Hatha yoga. It focuses on gentle stretches before each pose. Time is given to rest or relax briefly after anything that is strenuous. This is not a flow class. You must bring your own yoga mat.

Instructor: Shanti (Dorlean) Peck

Fri, Apr 1-May 13 | 11 am-12 pm | \$48/6 | 71717

Bowen Park Complex

Mon, Apr 4-May 16 | 11:30 am-12:30 pm | \$48/6 | 71718

Oliver Woods Community Centre

Slow Flo Yoga:

Breath, Balance, Bliss

As we find alignment and balance in the physical body, the mind also settles as we become more comfortable in our practice. This class includes the more basic elements of Hatha, Yin, Vinyasa, Restorative and Yoga Nidra. Participants must be able to get down to, and get up from their mats unassisted. A mat is required as well as any props you may have. Previous yoga experience is recommended but not required.

Instructor: Liz Moore

Wed, Apr 6-27 | 9:15-10:15 am | \$32/4 | 70844

Wed, May 4-25 | 9:15-10:15 am | \$32/4 | 70845

Wed, Jun 1-29 | 9:15-10:15 am | \$40/5 | 70846

Oliver Woods Community Centre

Low Flo Fusion

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

Instructor: Liz Moore

Wed, Apr 6-27 | 10:30-11:30 am | \$32/4 | 70847

Wed, May 4-25 | 10:30-11:30 am | \$32/4 | 70848

Wed, Jun 1-29 | 10:30-11:30 am | \$40/5 | 70849

Oliver Woods Community Centre

Cardioblast

Cardioblast is about getting the body moving. Participate in a variety of fun aerobic exercises that are designed to help improve your cardiovascular health. It includes low impact exercises that are easy on the joints. Intervals will get your heart pumping leading to a “feel good” feeling afterwards.

Instructor: Shanan St. Louis

Mon, Apr 4-25 | 11:30 am-12:30 pm | \$24/3 | 70850

Mon, May 2-30 | 11:30 am-12:30 pm | \$32/4 | 70851

Mon, Jun 6-27 | 11:30 am-12:30 pm | \$32/4 | 70852

Bowen Park Complex

Dance Fitness

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

Instructor: Maria Elena Jitton Pothorin

Sat, Apr 2-30 | 9-10 am | \$40/5 | 71637

Sat, Jun 4-25 | 9-10 am | \$32/4 | 71638

Bowen Park Complex

**Please note:
The programs on this page
do not require a
Nanaimo Harbour City Seniors
Membership.**

Bellyfit

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

Instructor: Maria Elena Jitton Pothorin

Thu, Apr 7-28 | 10:15-11:15 am | \$32/4 | 71658

Thu, May 5-26 | 10:15-11:15 am | \$32/4 | 71659

Thu, Jun 2-30 | 10:15-11:15 am | \$40/5 | 71660

Bowen Park Complex

Balance & Mobility

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

Instructor: Russell McNeil

Wed, Apr 6-27 | 3:30-4:30 pm | \$32/4 | 70782

Wed, May 4-25 | 3:30-4:30 pm | \$32/4 | 70784

Wed, Jun 1-29 | 3:30-4:30 pm | \$40/5 | 70786

Oliver Woods Community Centre

Sculpt & Tone

This class incorporates a warm up, cardio, resistance training and a cool down/stretch. This would benefit older adults for bone and joint health by developing lean muscle and increasing metabolism.

Instructor: Brian Sugiyama

Thu, Apr 7-28 | 10:15-11:15 am | \$32/4 | 71592

Thu, May 5-26 | 10:15-11:15 am | \$32/4 | 71593

Thu, Jun 2-30 | 10:15-11:15 am | \$40/5 | 71594

Beban Park Social Centre

Tue, Apr 5-26 | 10:15-11:15 am | \$32/4 | 71618

Tue, Apr 5-26 | 11:30 am-12:30 pm | \$32/4 | 71623

Tue, May 3-31 | 10:15-11:15 am | \$40/5 | 71619

Tue, May 3-31 | 11:30 am-12:30 pm | \$40/5 | 71625

Tue, Jun 7-28 | 10:15-11:15 am | \$32/4 | 71620

Tue, Jun 7-28 | 11:30 am-12:30 pm | \$32/4 | 71626

Bowen Park Complex

Yoga Qi Gong/Meditation

This is an ancient art incorporating movements, static poses, breath concentration and visualization to activate the flow of intrinsic life energy (chi) in the body, restoring and promoting vitality and balance of mind and body. You must bring your own yoga mat.

Instructor: Thomas Michaud, Yoga Master

Mon, Apr 4-May 16 | 10:30-12 pm | \$48/6 | 70981

Wed, Apr 6-May 11 | 10:-11:30 am | \$48/6 | 70979

Wed, May 18-Jun 29 | 10-11:30 am | \$56/7 | 70980

Mon, May 30-Jun 27 | 10:30-12 pm | \$40/5 | 70982

Rotary Field House

Nanaimo Harbour City Seniors

MEMBERSHIP INFORMATION

A Nanaimo Harbour City Seniors' Membership is open to those 60 years and older and is valid for one year from January to December. Your membership provides you with access to several free programs with Parks, Recreation and Culture.

Membership can be purchased in person or over the phone (payment required by credit card, MC/Visa Debit or American Express over the phone). The information you will need to provide includes your name, address, phone number, birthdate and an emergency contact. The annual membership is \$45 per person.

Program areas:

- ARTS & CRAFTS
- CARDS & GAMES
- DANCE CLASSES & SOCIALS
- FITNESS, YOGA & TAI CHI
- LANGUAGE
- MUSIC
- SPECIAL INTEREST
- SPORTS



Find out more about membership:

For more information, call 250-755-7501, pick up the Harbour City Seniors Newsletter or view the newsletter online at www.nanaimo.ca.



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Pool Programs

SWIM LESSONS • LIFEGUARDING • FITNESS • TRAINING

With a variety of swim lessons, aquatic training and water sports for children, youth and adults, we make swimming easy and fun. Our trained aquatics staff will assist you in choosing the right program to meet your needs.

Aquatic Special Events Join us for some fun for the whole family! (Regular admission applies.)

YOUTH WEEK DIVE-IN MOVIE

Celebrate Youth Week by watching the movie "Encanto" in the pool. Everyone (especially the youth) are welcome. Regular admission rates apply.

Saturday, May 7 • 1-3 pm • Beban Park Pool

EASTER EGG HUNT & SWIM

Easter fun for the whole family! Find some eggs while you enjoy a swim.

Sunday, April 17 • 9 am-12 pm • Beban Park Pool



LIONS FREE SWIM:

**Saturdays, 2-3:30 pm at
Beban Pool from April 2 to June 25.**

Learn-to-Swim Program Overview



PARENT & TOT LESSONS

Age 4 months to 3 years

Parent participation required

STARFISH (30 min; ratio 1:10)

- 4 to 12 months



DUCK (30 min; ratio 1:10)

- 12 to 24 months



SEA TURTLE (30 min; ratio 1:10)

- 24 months to 3 years



PRESCHOOL LESSONS

Age 3 to 6 years

Progression is based on completion of level (Sea Otter to Whale)

SEA OTTER (30 min; ratio 1:5)

- Front and back floats and glides with assistance
- 1 M swim with help



SALAMANDER (30 min; ratio 1:5)

- Front and back floats and swims
- Roll-over swims
- 2 M swim



SUNFISH (30 min; ratio 1:5)

- Front, back, roll-over and side swims
- Deep water activities
- 5 M swim



CROCODILE (30 min; ratio 1:5)

- Front, back and side swims and basic front crawl
- Deep water swimming
- 10 M swim



WHALE (30 min; ratio 1:5)

- 10 M front, back and side swims and basic front crawl
- Deep water swimming
- 15 M swim



SWIM KIDS LESSONS

Age 5 to 14 years

Progression is based on completion of level

SWIM KIDS 1 (30 min; ratio 1:6)

- Front and back floats and swims
- Roll-over swims and basic front crawl
- 5 M swim

1

SWIM KIDS 2 (30 min; ratio 1:6)

- Side swims and basic front crawl
- Deep water activities
- 10 M swim

2

SWIM KIDS 3 (30 min; ratio 1:6)

- Front and back floats and swims
- Roll-over swims and basic front crawl
- 15 M swim

3

SWIM KIDS 4 (30 min; ratio 1:6)

- 15 M back swim
- 10 M front crawl
- 25 M swim

4

SWIM KIDS 5 (45 min; ratio 1:8)

- 15 M front and back crawl
- Whip kick on back
- 50 M swim

5

SWIM KIDS 6 (45 min; ratio 1:8)

- 25 M front and back crawl
- 15 M elementary backstroke
- 75 M swim

6

SWIM KIDS 7 (45 min; ratio 1:10)

- 50 M front and back crawl
- 25 M elementary backstroke and whip kick on front and 150 M swim

7

SWIM KIDS 8 (45 min; ratio 1:10)

- 75 M front and back crawl
- 15 M breaststroke
- 300 M swim

8

SWIM KIDS 9 (45 min; ratio 1:10)

- 100 M front and back crawl
- 25 M breaststroke and side stroke
- 400 M swim

9

SWIM KIDS 10 (45 min; ratio 1:10)

- 100 M front and back crawl
- 50 M elementary backstroke, breaststroke and side stroke and 500 M swim

10

Pricing for Swimming Lessons

(lesson prices are pro-rated for holidays & swim meets)

30 Minute Lessons	\$67.50/10 lessons
45 Minute Lessons	\$102.50/10 lessons

Private Swimming Lessons

Interested in private swimming lessons? Please email parksandcreation@nanaimo.ca with your name, phone number, email and swim level (preschool, Swim Kids Beginner, Intermediate or Advanced skills).

We will put your name on an interest list for private lessons and will contact you if any spots become available that are appropriate for your child's swimming goals.



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Swimming Lesson Tips for Success

We are pleased to offer Red Cross lessons to highlight the importance of swimming and water safety skills. Swimming can be fun and is also a necessary life skill. Help your child start swimming lessons on the right foot.

- Evaluate your child's swim ability and choose a class level, date and time. Not sure of their ability? Stop by one of our pools during an "Everyone Welcome" swim session and have one of the lifeguards evaluate your child (depending on staff availability).
- Register for a class online or at one of our facilities early, as classes fill up quickly.
- Arrive early to check-in and familiarize your child with the facility. Please have your child ready for class at the start of the lesson time.
- Lockers are available and recommended. Tokens can be purchased from the pool cashier.
- Have your child go to the bathroom before lessons. Children who are not potty trained must wear a swim diaper (available for purchase at the front desk).
- All patrons must shower before entering the pool.
- Bring your child's towel onto the pool deck to keep your child warm before and after lessons.
- Please stay home if not feeling well.
- At the end of lessons, your instructor will recommend the appropriate level for the next set of lessons. Levels are frequently repeated to allow students to master skills and feel successful before moving onto a new level.



Shopping for Swim Lessons Using the "X" Grid


- STEP 1** Select day(s) of the week and dates wanted
- STEP 2** Select swim lesson level (Sea Otter, Swim Kids 1, etc.)
- STEP 3** Select available times ("x" indicate available times)
- STEP 4** Register in person, over the phone or online through recreation.nanaimo.ca
- In-person or on the phone, provide the clerk with the level and your choice of location
 - Search for swim lessons in recreation.nanaimo.ca using a key word(s) in the search field (Sea Otter, for example)



Beban Pool Spring Lessons

We are excited to be back to regular lessons and that while a support person is not required in the water with swimmers 7 yrs and younger, a support person is welcome when a swimmer may need extra support for the first couple of lessons.



			MONDAYS April 4 to June 6 (8 lessons) NOTE: No lessons on Apr 18 & May 23													TUESDAYS April 5 to June 7 (10 lessons)													
				9:00 am	9:30 am	10:00 am	10:30 am	3:00 pm	3:30 pm	3:45 pm	4:00 pm	4:30 pm	5:00 pm	5:30 pm	6:00 pm	6:30 pm	8:30 am	9:00 am	9:30 am	3:00 pm	3:30 pm	4:00 pm	4:30 pm	5:00 pm	5:30 pm	6:00 pm	6:30 pm		
Parent Part.	Preschool Prog. (3-6 yrs)	30 Minute Classes	Starfish				X							X					X			X							
			Duck										X						X				X						
Sea Turtle					X													X					X						
Sea Otter			X	X		X					X		X	X			X		X	X	X	X	X		X				
Salamander			X		X		X			X		X				X		X		X		X		X	X	X			
Sunfish				X				X				X											X	X					
Crocodile				X												X													
Whale				X												X													
School Aged Program (5-14 yrs)			45 Min.	Swim Kids 1					X				X			X						X	X		X			X	
				Swim Kids 2					X				X			X						X		X			X		
	Swim Kids 3							X								X				X			X						
	Swim Kids 4									X			X								X			X		X			
	Swim Kids 5/6								X											X						X			
	Swim Kids 7/8						X													X									
	Swim Kids 9/10								X																				



All participants 12 years and older are required to present proof of vaccination upon entry into the facility (expected to end April 8, 2022).



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Beban Pool Spring Lessons




		WEDNESDAYS April 6 to June 8 (10 lessons)												THURSDAYS April 7 to June 9 (10 lessons)											
		9:00 am	9:30 am	10:00 am	10:30 am	3:00 pm	3:30 pm	3:45 pm	4:00 pm	4:30 pm	5:00 pm	5:30 pm	6:00 pm	6:30 pm	8:30 am	9:00 am	9:30 am	3:00 pm	3:30 pm	4:00 pm	4:30 pm	5:00 pm	5:30 pm	6:00 pm	6:30 pm
Parent Part.	Preschool Prog. (3-6 yrs) 30 Minute Classes	Starfish	x																	x					
		Duck			x				x						x					x					
		Sea Turtle		x						x							x								
		Sea Otter	x	x		x	x	x		x		x	x		x	x	x	x	x		x	x	x		
		Salamander			x		x			x				x	x	x	x			x		x	x	x	
		Sunfish						x			x							x			x	x			
		Crocodile	x								x											x			
		Whale	x								x											x			
School Aged Program (5-14 yrs)	45 Min.	Swim Kids 1					x			x			x					x						x	
		Swim Kids 2					x			x			x					x	x					x	
		Swim Kids 3						x			x			x				x	x						x
		Swim Kids 4								x			x							x			x		
	30 Min.	Swim Kids 5/6						x										x							x
		Swim Kids 7/8																							
		Swim Kids 9/10																							



All participants 12 years and older are required to present proof of vaccination upon entry into the facility (expected to end April 8, 2022).

Beban Pool Spring Lessons



			FRIDAYS April 8 to June 10 (9 lessons) NOTE: No lesson on Apr 15								SATURDAYS April 9 to June 11 (8 lessons) NOTE: No lessons on Apr 16 & Jun 11								SUNDAYS April 3 to June 5 (8 lessons) NOTE: No lessons on Apr 17 & May 22																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																
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All participants 12 years and older are required to present proof of vaccination upon entry into the facility (expected to end April 8, 2022).



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Become a Lifeguard and a Swimming Instructor

If you are considering becoming an aquatic employee with the City of Nanaimo, you have to have completed both the WSI and NL programs before you apply.

Junior Lifeguard Club

8 to 13 Years

Do you want to be a lifeguard one day? If you want a change from swimming lessons and would like to learn some lifesaving skills, build on your swimming abilities and learn parts of a lifeguard's job, register in this program!

Tue, Apr 5-Jun 7 | 6-7:30 pm | \$95/10 | 73051

Nanaimo Aquatic Centre

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
- Complete National Lifeguard Award (15 + 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	• Apr 2, 3 & 10	Beban Pool	9:30 am-5 pm	72215	\$185	Candidates must be 13 years of age or have completed Bronze Star.
	Lifesaving Society Bronze Cross	• May 28-Jun 11	Beban Pool	9:30 am-5 pm	72223	\$155	Must have completed Bronze Medallion (Please bring your Bronze Medallion Certification; Canadian Lifesaving Manual or purchase at our pools.)
	Lifesaving Society National Lifeguard-Pool Option	• Apr 22-May 8	Beban Pool	Fri: 4:30-8:30 pm Sat/Sun: 11:30 am-6:30 pm	72237	\$455	15 years of age, Bronze Cross and Standard First Aid (Includes alert manual, fanny pack with whistle and pocket mask)
	Lifesaving Society National Lifeguard-Pool Option Re-Cert	• Apr 9 • May 14	Beban Pool	9 am-6 pm	72246 74237	\$125	Please bring proof of previous National Lifeguard Pool certification
	Lifesaving Society National Lifeguard Award-Waterfront	• May 27-Jun 5	NAC & Westwood Lake	Fri: 4:30-8:30 pm Sat/Sun: 11:30 am-6 pm	72268	\$225	Please bring proof of previous National Lifeguard Pool certification
	Lifesaving Society National Lifeguard Pre/Recertification - Waterfront Option	• Jun 26	Westwood Lake	10 am-7 pm	72291	\$125	Please bring proof of previous National Lifeguard Waterfront certification



Arena Programs

Welcome to Nanaimo RECSKATE



RecSkate is a progressive skating skills training program for all ages and abilities necessary for life-long participation and the improvement of physical literacy as it relates to all sports. It provides the foundation for success in recreational hockey and figure skating. The program emphasis is on encouragement through comprehensive feedback. Participants receive a ribbon of achievement for each level passed, and upon completion of Level 7, skaters will receive a medallion of achievement.

Boots to Blades 1 & 2

2 to 5 Years

Boots 1 is a perfect intro for those who have never been on the ice before or for those who have yet to master standing in skates. Skaters get a feel for the ice wearing shoes or boots and then graduate to skates at the discretion of the instructor. Parent participation is required.

In **Boots 2**, skaters start the program wearing skates, as they will have had some experience but still need to learn the basics. The focus for both levels is getting skaters comfortable through play and practicing some basic skills. Parent participation is required.

RecSkate 1

This introductory level of skating will help skaters learn to fall safely and get up unassisted, skate across the ice by themselves without falling and work on basic balance and gliding skills. This is not a parent participation class.

RecSkate 2

This is when it all starts coming together! Skaters at this level will begin to gain strength and speed and will work on two-foot gliding, touching toes and will be introduced to backwards skating. Other skills taught in this level are stopping, scoops, turning and hops.

RecSkate 3

This level focuses on skills, such as skating on a curve, side stopping and transitions. Skaters will also be introduced to circle thrusts, backward stroking and forward slalom skating.

RecSkate 4

At this level, participants master crossovers, inside edges and backwards stopping. Skaters will also work on side hops, mohawks and backward thrusts. This is an excellent level for hockey players to improve their basic skating skills.

RecSkate 5

Skills include forward outside edges, backward one-foot gliding, mohawks, backward crossovers, t-stops and one-foot jump transitions. This is great for skater agility, balance and strength.

RecSkate 6/7

RecSkate 6 is a challenging level which emphasizes balance, glide and foot control skills. Skaters will also work on figure eight crossovers, jumping turns and other one-foot skills that increase balance, strength and agility.

RecSkate 7 is the final level of our RecSkate program. Backwards skills are emphasized, along with the introduction of two-foot full rotation jumps and one-foot outside edge stops. Backwards crossover figure eights and forward and backward pivot circles will be mastered. Skills taught at this level are demanding for all kinds of skaters, but the hard work will pay off!

Private RecSkate Lessons (RecSkate)

One-on-one instruction. These are great for accelerating your learning, mastering that one problem skill or preparing for the next level. Our instructors will work from the RecSkate program material or address specific skills as needed. Skate rentals are included. See recreation.nanaimo.ca for availability.

RecFigure Skate - Child/Teen

6 to 16 Years

A small group session focusing on developing specific figure skating skills, such as jumps, spins and field moves, as well as continuing to develop the basics of skating. Skaters should have passed a minimum of RecSkate 5 before registering. Completion of RecSkate program or equivalent is preferred.

RecSkate - Pre-Teen/Teen

12 to 17 Years

Skating and more! Join your friends at these lessons that teach all levels of skating skills. This program offers an introduction to arenas, including lesson teaching, skate patrol, safety and a facility tour. This is a great bridge to our LIT and Quest programs.




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GLOW

in the dark skates*



**SKATE IN OUR ATMOSPHERE
OF DIMMED LIGHTING AND
SPECIAL EFFECTS!**

**Held once a month on Sunday afternoons
from 3-4:30 pm. (*Regular admission rates apply)**

- **April 17** (Frank Crane Arena)
- **May 15** (Cliff McNabb Arena)
- **June 12** (Cliff McNabb Arena)
- **July 17** (Nanaimo Ice Centre)
- **August 14** (Nanaimo Ice Centre)

Skating Lesson Information

SKATING EQUIPMENT

- Skate Rentals are \$2 per pair per lesson (please pay for skate rentals at time of registration).
- Helmets, mitts/gloves are mandatory for all skaters. We do have helmets for you to use, but bring your own helmet if you have one, as we have a limited number available.

LESSON TIMES AND PRICES

LESSON	LENGTH OF LESSON	COST PER CLASS
Boots to Blades 1 & 2	30 minutes	\$7.50
RecSkate (3-5 yrs)	30 minutes	\$7.50
RecSkate (6-11 yrs)	45 minutes	\$11
RecFigure Skate	45 minutes	\$11
Various RecSkates (pre-teen/teen)	60 minutes	\$12
Private RecSkate (all ages) *	30 minutes	\$28

* For private RecSkate lessons, specific lesson coach requests may be accommodated by calling 250-756-5215.

CUSTOM PRIVATE SKATING LESSONS

- Let us customize skating lessons to fit your schedule and your skill level. Cost is \$32 for a 30-minute lesson. Call Gary Paterson, Arenas Coordinator, at 250-755-7536 for details.

CLIENTS WITH DIVERSE ABILITIES

- Participants with diverse abilities are welcome to register. Please contact our Arenas Coordinator at 250-755-7536 for information.

DROP-IN SESSIONS

- Check out our drop-in options on page 10 or check our online schedule at recreation.nanaimo.ca.

Starlight Skate*



This is a great way to escape the hustle and bustle while enjoying lap skating with our soft light stars and passive LED lighting. Perfect time for couples and families to get some exercise with friends.

**Regular admission rates apply.*

**Held on the following Wednesdays,
6:30-8 pm at Nanaimo Ice Centre:**

- March 30 • May 4 • June 1
- July 6 • August 3



Skating Lessons

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

Monday, Mar 28 to May 9 • 6 lessons • **Nanaimo Ice Centre** (no lesson Apr 18)

3:30-4 pm	Boots 1 69772	Boots 2 70553	Rec 1 70426	Rec 2 70888	Rec 3 71539	Rec 4 71852	Private 71754
4-4:45 pm	Rec 1 70432	Rec 2 71422	Rec 3 71787	Rec 4 71884	Rec 5 71308	Private 4-4:30 pm 71755	
4:45-5:15 pm	Boots 1 69773	Boots 2 70554	Rec 1 70427	Rec 2 70889	Rec 3 71543	Rec 4 71868	Private 71756
5:15-6 pm	Rec 1 70442	Rec 2 71423	Rec 3 71790	Rec 4 71885	Rec 6/7 71297	RecFigure 70587	
6-6:30 pm	Boots 1 69774	Boots 2 70555	Rec 1 70437	Rec 2 70890	Private 71757	Private 71758	
6:45-7:45 pm	Adult RS 70667	Teen 70557	Private 6:45-7:15 pm 71759	Private 6:45-7:15 pm 71760	Private 6:45-7:15 pm 71761		
7:15-7:45 pm	Private 71765	Private 71766	Private 71767				

Wednesday, Mar 30 to Apr 20 • 4 lessons • **Frank Crane Arena**

12:30-1 pm	Private 71902	Private 1-1:30 pm 71904					
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Thursday, Mar 31 to May 12 • 7 lessons • **Nanaimo Ice Centre**

3:30-4:15 pm	Rec 1 70933	Rec 2 71433	Rec 3 71809	Rec 4 71890	Rec 5 71311	Rec 6/7 71300	
4:15-4:45 pm	Boots 1 69783	Boots 2 70562	Rec 1 70913	Rec 2 70897	Rec 3 71548	Rec 4 71873	Private 71768
5:30-6:30 pm	Teen 70580	Adult RS 70670	Private 5:30-6 pm 71769	Private 5:30-6 pm 71770	Private 6-6:30 pm 71771	Private 6-6:30 pm 71772	

Friday, Apr 1 to May 13 • 6 lessons • **Frank Crane Arena/Cliff McNabb Arena** (no lesson Apr 15)

9:30-10 am	Boots 1 70140	Rec 1 70939	Rec 3 71551	Rec 4 71876	Adult Pract. 9:30-10:30 am 70575		
10-10:30 am	Boots 2 70565	Rec 2 70902	Private 71773	Adult RS 10:30-11:30 am 70674	Adult Adv 10:30-11:30 am 70585		

Saturday, Apr 2 to May 14 • 7 lessons • **Frank Crane Arena/Cliff McNabb Arena**

9-9:45 am	Rec 1 70955	Rec 2 71442	Rec 3 71815	Rec 4 71584	Rec 5 71315	Private 9-9:30 am 71774	
9:15-9:45 pm	Boots 1 70142	Boots 2 70567					
9:45-10:15 am	Boots 1 70143	Boots 2 70568	Rec 1 70952	Rec 2 71415	Rec 3 71553	Rec 4 71878	Private 71775
10:30-11:15 am	Rec 1 70956	Rec 2 71444	Rec 3 71817	Rec 4 71895	Rec 6/7 71304	RecFigure 70590	Private 10:30-11 am 71776
11:15-11:45 am	Boots 1 70144	Boots 2 70569	Rec 1 70953	Rec 2 71416	Rec 3 71554	Rec 4 71879	Teen 11:15am-12:15p 70583
11:45 am-12:15 pm	Private 71777	Private 71778	Private 71779	Private 71780	Private 71781		

Wednesday, Apr 27 to May 25 • 5 lessons • **Frank Crane Arena/Cliff McNabb Arena**

12:30-1 pm	Private 71609	Private 1-1:30 pm 71907					
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FOR FALL 2022

Teachers & Educators

Skating Lessons for Your Class

- Lessons available at Nanaimo Ice Centre and Frank Crane Arena September through March 2023.
- Sessions are 45 minutes in duration consisting of a 30-minute lesson and 15 minutes of free time.
- Skate and helmet rentals are included.
- Bookings are ongoing.

Contact our Arenas Program Assistant at
250-755-7537.



LIONS FREE SKATE



Held Sundays at
**Frank Crane
Arena**

Held every Sunday, 12-1:30 pm
until March 27

On Clipper game days held 11:30 am-1 pm
(Mar 6 & 20)

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

save on foods

- Alexandra's Bistro
- Chris Martin, Personal Real Estate Corporation, RE/MAX of Nanaimo
- GFL Environmental Inc. (formerly Haarsma Waste Innovations)
- Little Valley Restoration and Collision
- Nanaimo Hearing Clinic
- Roto Rooter
- Widen Property Management Services



cityofnanaimo



nanaimoparksandrec (#ilovemyparksandrec)

RecSkate Pre-Teen/Teen

12 to 17 Years

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

Mon, Mar 28-May 9 | 6:45-7:45 pm | \$72/6 | 70577

Thu, Mar 31-May 12 | 5:30-6:30 pm | \$84/7 | 70580

Mon, May 16-Jun 27 | 6:45-7:45 pm | \$72/6 | 70578

Thu, May 19-Jun 30 | 5:30-6:30 pm | \$84/7 | 70581

Nanaimo Ice Centre

Sat, Apr 2-May 14 | 11:15 am-12:15 pm | \$84/7 | 70583

Frank Crane Arena

Sat, May 21-Jun 25 | 11:15 am-12:15 pm | \$72/6 | 70584

Cliff McNabb Arena

RecFigure Skate - Beginner

6 to 16 Years

This is a small group session focusing on developing specific figure skating skills like jumps, spins and field moves, as well as continuing to develop the basics of skating. Children's progress is monitored through the use of a progress card. Lesson is taught on a portion of the ice shared with the RecSkate program. Skaters should have passed a minimum of RecSkate 5. Completion of the RecSkate program or equivalent is preferred. Helmets are mandatory.

Mon, Mar 28-May 9 | 5:15-6:15 pm | \$66/6 | 70587

Mon, May 16-Jun 27 | 5:15-6:15 pm | \$66/6 | 70588

Nanaimo Ice Centre

Sat, Apr 2-May 14 | 10:30-11:15 am | \$77/7 | 70590

Sat, May 21-Jun 25 | 10:30-11:15 am | \$66/6 | 70591

Frank Crane Arena/Cliff McNabb Arena

RecFigure Skate - Advanced

6 to 17 Years

A group lesson for experienced RecFigure skaters who have completed a minimum of RecFigure Skate level 3. Skaters will work on RecFigure Skate levels 4 to 6 and even more advanced skills as applicable.

Wed, Mar 30-May 11 | 5:15-6 pm | \$84/7 | 70595

Wed, May 18-Jun 29 | 5:15-6 pm | \$84/7 | 70596

Nanaimo Ice Centre

RecSynchro Skate

6 to 17 Years

This will be 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. Must have completed a minimum of RecSkate 4.

Wed, Mar 30-May 11 | 5:15-6 pm | \$84/7 | 70597

Wed, May 18-Jun 29 | 5:15-6 pm | \$84/7 | 70598

Nanaimo Ice Centre

Skating Lessons

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

Monday, May 16 to Jun 27 • 6 lessons • **Nanaimo Ice Centre** (no lesson May 23)

3:30-4 pm	Boots 1 69775	Boots 2 70556	Rec 1 70443	Rec 2 70891	Rec 3 71544	Rec 4 71869	Private 71908
4-4:45 pm	Rec 1 70928	Rec 2 71425	Rec 3 71791	Rec 4 71886	Rec 5 71309	Private 4-4:30 pm 71917	
4:45-5:15 pm	Boots 1 69776	Boots 2 70557	Rec 1 70453	Rec 2 70892	Rec 3 71545	Rec 4 71870	Private 71921
5:15-6 pm	Rec 1 70929	Rec 2 71426	Rec 3 71806	Rec 4 71887	Rec 6/7 71298	RecFigure 70588	
6-6:30 pm	Boots 1 69777	Boots 2 70558	Rec 1 70473	Rec 2 70893	Private 71923	Private 71926	
6:45-7:45 pm	Adult RS 70668	Teen 70578	Private 6:45-7:15 pm 71929	Private 6:45-7:15 pm 71932	Private 6:45-7:15 pm 71937		
7:15-7:45 pm	Private 71942	Private 71945	Private 71950				

Wednesday, Jun 1 to 29 • 5 lessons • **Cliff McNabb Arena**

12:30-1 pm	Private 71911	Private 1-1:30 pm 71914					
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Thursday, May 19 to Jun 30 • 7 lessons • **Nanaimo Ice Centre**

3:30-4:15 pm	Rec 1 70934	Rec 2 71436	Rec 3 71810	Rec 4 71891	Rec 5 71312	Rec 6/7 71301	
4:15-4:45 pm	Boots 1 69784	Boots 2 70563	Rec 1 70914	Rec 2 70898	Rec 3 71549	Rec 4 71874	Private 71954
5:30-6:30 pm	Teen 70581	Adult RS 70671	Private 5:30-6 pm 71957	Private 5:30-6 pm 71958	Private 6-6:30 pm 71961	Private 6-6:30 pm 71963	

Friday, May 20 to Jun 24 • 6 lessons • **Cliff McNabb Arena**

9:30-10 am	Boots 1 70141	Rec 1 70942	Rec 3 71552	Rec 4 71877	Adult Pract. 9:30-10:30 am 70576		
10-10:30 am	Boots 2 70566	Rec 2 70904	Private 72043	Adult RS 10:30-11:30 am 70675	Adult Adv 10:30-11:30 am 70586		

Saturday, May 21 to Jun 25 • 6 lessons • **Cliff McNabb Arena**

9-9:45 am	Rec 1 71037	Rec 2 71445	Rec 3 71818	Rec 4 71896	Rec 5 71316	Private 9-9:30 am 71966	
9:15-9:45 pm	Boots 1 70145	Boots 2 70570					
9:45-10:15 am	Boots 1 70146	Boots 2 70571	Rec 1 71033	Rec 2 71417	Rec 3 71555	Rec 4 71880	Private 71968
10:30-11:15 am	Rec 1 71038	Rec 2 71447	Rec 3 71819	Rec 4 71897	Rec 6/7 71305	RecFigure 70591	Private 10:30-11 am 71969
11:15-11:45 am	Boots 1 70147	Boots 2 70572	Rec 1 71036	Rec 2 71418	Rec 3 71556	Rec 4 71881	Teen 11:15am-12:15p 70584
11:45 am-12:15 pm	Private 71970	Private 71971	Private 71972	Private 71974	Private 71976		



REGISTER EARLY to avoid DISAPPOINTMENT!

(low registration may lead to course cancellation)

RecSkate Homeschool

Learn skills from our RecSkate program. Develop balance, agility and coordination. All levels of skaters will be accommodated. Parents are welcome to register with their child. Helmets are mandatory.

Mon, Mar 28-May 9 | 10:30-11:30 am | \$72/6 | 70663
Wed, Mar 30-May 11 | 12:30-1:30 pm | \$84/7 | 70665

Frank Crane Arena

Mon, May 16-Jun 27 | 10:30-11:30 am | \$72/6 | 70664
Wed, May 18-Jun 29 | 12:30-1:30 pm | \$84/7 | 70666

Cliff McNabb Arena

RecSkate Adults

For new skaters or those who may need to brush up on skills. Skaters will be able to develop skills at their own pace and work towards earning the bronze, silver and gold lapel pins if desired.

Fri, Apr 1-May 13 | 10:30-11:30 am | \$72/6 | 70674

Frank Crane Arena

Fri, May 20-Jun 24 | 10:30-11:30 am | \$72/6 | 70675

Cliff McNabb Arena

Mon, Mar 28-May 9 | 6:45-7:45 pm | \$72/6 | 70667

Thu, Mar 31-May 12 | 5:30-6:30 pm | \$84/7 | 70670

Mon, May 16-Jun 27 | 6:45-7:45 pm | \$72/6 | 70668

Thu, May 19-Jun 30 | 5:30-6:30 pm | \$84/7 | 70671

Nanaimo Ice Centre

RecSkate Adults Practice

Practice time is for those participants registered in any of our RecSkate Adult lessons. This is an excellent opportunity to work on your skills. This is a half-ice program.

Fri, Apr 1-May 13 | 9:30-10:30 am | \$45/6 | 70575

Frank Crane Arena

Fri, May 20-Jun 24 | 9:30-10:30 am | \$45/6 | 70576

Cliff McNabb Arena

RecSkate Adults Advanced

This class is for experienced skaters with an emphasis on ice dance, figure skating and other advanced skills. Work towards earning your bronze, silver and gold level lapel pins if desired.

Fri, Apr 1-May 13 | 10:30-11:30 am | \$72/6 | 70585

Frank Crane Arena

Fri, May 20-Jun 24 | 10:30-11:30 am | \$72/6 | 70586

Cliff McNabb Arena

RecSkate Pro-D Camp

6 to 11 Years

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

Thu, May 5 | 8:30 am-5 pm | \$42/1 | 72655

Fri, May 6 | 8:30 am-5 pm | \$42/1 | 70773

Nanaimo Ice Centre

RecHockey Pro-D Camp

6 to 11 Years

This is a recreational, half-ice, hockey camp for participants of varying abilities. Emphasis is on the FUNDamentals of hockey with three ice times for skills, scrimmage and stations. Camp includes games and other activities. Full gear is required. We recommend that skaters have passed a minimum of RecSkate 2. Please bring your own lunch and snacks.

Thu, May 5 | 8:30 am-5 pm | \$42/1 | 72654

Fri, May 6 | 8:30 am-5 pm | \$42/1 | 70775

Nanaimo Ice Centre

RecSkate Spring Break

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, too. We recommend that skaters have passed a minimum of RecSkate 1. Rentals are free if required. Please bring your own lunch and snacks.

Mon, Mar 14 | 8:30 am-5 pm | \$42/1 | 59128

Tue, Mar 15 | 8:30 am-5 pm | \$42/1 | 59129

Wed, Mar 16 | 8:30 am-5 pm | \$42/1 | 59130

Thu, Mar 17 | 8:30 am-5 pm | \$42/1 | 59131

Fri, Mar 18 | 8:30 am-5 pm | \$42/1 | 59132

Mon, Mar 21 | 8:30 am-5 pm | \$42/1 | 59133

Tue, Mar 22 | 8:30 am-5 pm | \$42/1 | 59134

Wed, Mar 23 | 8:30 am-5 pm | \$42/1 | 59135

Thu, Mar 24 | 8:30 am-5 pm | \$42/1 | 59136

Fri, Mar 25 | 8:30 am-5 pm | \$42/1 | 59137

Cliff McNabb Arena

RecHockey Spring Break

6 to 11 Years

This is a recreational half ice skating camp for participants of varying abilities. Emphasis is on the fundamentals of hockey with ice times for skills, scrimmages and stations. Camp also includes other sport activities and a movie. Full gear is required. We recommend that skaters have passed a minimum of RecSkate 2. Please bring your own lunch and snacks.

Mon, Mar 14 | 8:30 am-5 pm | \$42/1 | 59118

Tue, Mar 15 | 8:30 am-5 pm | \$42/1 | 59119

Wed, Mar 16 | 8:30 am-5 pm | \$42/1 | 59120

Thu, Mar 17 | 8:30 am-5 pm | \$42/1 | 59121

Fri, Mar 18 | 8:30 am-5 pm | \$42/1 | 59122

Mon, Mar 21 | 8:30 am-5 pm | \$42/1 | 59123

Tue, Mar 22 | 8:30 am-5 pm | \$42/1 | 59124

Wed, Mar 23 | 8:30 am-5 pm | \$42/1 | 59125

Thu, Mar 24 | 8:30 am-5 pm | \$42/1 | 59126

Fri, Mar 25 | 8:30 am-5 pm | \$42/1 | 59127

Cliff McNabb Arena



What do you need? A love to skate! Our certified HIGH FIVE staff will be on hand to help you skate, play hockey,

make friends and have fun! FREE skate and helmet rentals. Complete with a healthy snack and drink (ages 5 to 12).

RecSkate & RecHockey After School

Wednesday, Mar 30-Jun 29

3:15-5:15 pm

\$104/13

Nanaimo Ice Centre

RecSkate (59627)

RecHockey (59626)

Private RecSkate Lessons

One-on-one instruction. These lessons 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, and the cost is \$28 per lesson.



You can find these listed in the lesson grids or you can call the Recreation Coordinator at 250-755-7536 for more information.



cityofnanaimo



nanaimoparksandrec (#ilovemyparksandrec)



Hockey Programs

Hockey Rascals

4 to 6 Years

This program focuses on hockey FUNdamentals, including skating, puck handing and shooting. You must supply your own helmet with face cage, stick and gloves. Full gear is recommended.

Thu, Mar 31-May 12 | 4:45-5:30 pm | \$77/7 | 70640

Thu, May 19-30 | 4:45-5:30 pm | \$77/7 | 70642

Nanaimo Ice Centre

Fri, Apr 1-May 13 | 4:15-5 pm | \$66/6 | 70646

Fri, Apr 1-May 13 | 5:30-6:15 pm | \$66/6 | 70647

Fri, May 20-Jun 24 | 4:15-5 pm | \$66/6 | 70648

Fri, May 20-Jun 24 | 5:30-6:15 pm | \$66/6 | 70649

Cliff McNabb Arena

Everyone Can Play Hockey

7 to 12 Years

This is a great first-timer experience emphasizing the FUNdamentals of Canada's greatest game. We recommend a minimum of RecSkate 2 be completed. Please supply your own helmet with a face cage, stick and gloves. Full gear is not mandatory but recommended.

Thu, Mar 31-May 12 | 4:45-5:30 pm | \$77/7 | 70745

Thu, May 19-Jun 30 | 4:45-5:30 pm | \$77/7 | 70746

Nanaimo Ice Centre

NHL

Novice Hockey League (NHL) is designed to introduce and develop the game of hockey to children looking to play for enjoyment and fitness. Skills are taught through comprehensive progressions and age/skill appropriate drills. No previous hockey experience is required, but players must be able to skate and stop well. We recommend skaters complete a minimum of RecSkate 2 prior to this course. Full gear is required.

4 to 6 Years

Sat, Apr 2-May 14 | 8:15-9 am | \$77/7 | 70776

Sat, Apr 2-May 14 | 12:15-1 pm | \$77/7 | 70781

Sat, May 21-Jun 25 | 8:15-9 am | \$66/6 | 70780

Sat, May 21-Jun 25 | 12:15-1 pm | \$66/6 | 70783

7 to 9 Years

Sat, Apr 2-May 14 | 8:15-9 am | \$77/7 | 70792

Sat, May 21-Jun 25 | 8:15-9 am | \$66/6 | 70795

7 to 12 Years

Sat, Apr 2-May 14 | 12:15-1 pm | \$77/7 | 70797

Sat, May 21-Jun 25 | 12:15-1 pm | \$66/6 | 70799

Frank Crane Arena/Cliff McNabb Arena

Hockey - Adaptive

13 + Years

This program provides teens and adults with cognitive or physical challenges the skills required to play the game of ice hockey. No skating ability is required, but participants should be steady on their feet. Full gear is required. Drop-in fee is \$12.

Wed, Mar 30-May 11 | 10-11:15 am | \$77/7 | 70599

Nanaimo Ice Centre



FULL GEAR

Equipment Checklist:

- Helmet (CSA approved) with chin strap
- Full-shield/cage face mask (CSA approved)
- Shoulder pads
- Elbow pads
- Shin guards
- Hockey pants
- Gloves
- Hockey socks
- Hockey jersey
- Skates
- Supporter & cup/pelvic protector
- Junior stick
- Neck guard

Cut to nose level when standing on ground without skates on; then tape end of stick thick enough so it does not fit through holes in cage on face mask



Adult Intro to Hockey

Specifically designed for the casual hockey player. Co-ed sessions will consist of skill practice and game play. Focus will be on skill development and positional play.

Wed, Mar 30-May 11 | 8:15-9:30 pm | \$91/7 | 70747
Wed, May 18-Jun 29 | 8:15-9:30 pm | \$91/7 | 70748
Nanaimo Ice Centre

Adult Stickhandling

You can always improve this important hockey skill set. Drills include correct hand positioning, top hand and bottom hand strengthening, toe control, faking, use of lines, cupping and reaching. (Drop-in fee is \$12; please pre-purchase a drop-in ticket from our front desk staff.)

Mon, Mar 28-May 9 | 8-9 pm | \$72/6 | 70768
Mon, May 16-Jun 27 | 8-9 pm | \$72/6 | 70769
Nanaimo Ice Centre

Adult Hockey Scrimmage

This scrimmage program is for adults 18 and over interested in playing in an informal scrub setting. Session is monitored by an experienced leader. This is a registered program, but is also drop-in accessible. (Drop-in fee is \$13; please pre-purchase a drop-in ticket from our front desk staff.)

Fri, Apr 1-May 13 | 9-10:30 pm | \$72/6 | 70750
Fri, May 20-Jun 24 | 9-10:30 pm | \$72/6 | 70751
Nanaimo Ice Centre



Custom Private Hockey Lessons

These one-on-one private lessons with our popular hockey instructors are perfect for individual skill development. Potential skill areas include power skating, shooting, stick handling, goal keeping, defensive development and others. Small groups (2-3) are also welcome. Full gear is recommended. We also offer private RecSkate lessons. Check out availability in our lesson grids.

Tuesdays at Nanaimo Ice Centre

Tue, Mar 29-Apr 26 | 3:15-3:45 pm | \$160/5 | 70656
Tue, Mar 29-Apr 26 | 3:45-4:15 pm | \$160/5 | 70658
Tue, May 3-31 | 3:15-3:45 pm | \$160/5 | 70657
Tue, May 3-31 | 3:45-4:15 pm | \$160/5 | 70659
Tue, Jun 7-28 | 3:15-3:45 pm | \$128/4 | 70660
Tue, Jun 7-28 | 3:45-4:15 pm | \$128/4 | 70661

Fridays at Nanaimo Ice Centre

Fri, Apr 1-May 13 | 5-5:30 pm | \$192/6 | 70650
Fri, Apr 1-May 13 | 5-5:30 pm | \$192/6 | 70651
Fri, Apr 1-May 13 | 5-5:30 pm | \$192/6 | 70652
Fri, May 20-Jun 24 | 5-5:30 pm | \$192/6 | 70653
Fri, May 20-Jun 24 | 5-5:30 pm | \$192/6 | 70654
Fri, May 20-Jun 24 | 5-5:30 pm | \$192/6 | 70655

Saturdays at Beban Arenas

Sat, Apr 2-30 | 7:45-8:15 am | \$160/5 | 71070
Frank Crane Arena
Sat, May 7-28 | 7:45-8:15 am | \$128/4 | 71072
Sat, Jun 4-25 | 7:45-8:15 am | \$128/4 | 71074
Cliff McNabb Arena



STICK 'n' PUCK

ALL AGES

New to the game of hockey or looking to improve on those skills? Just wanting to get on the ice in a non-game, recreational setting? Stick 'n' Puck is the answer and a great way to get on the ice. An on-ice leader is available to assist with skill development and answer questions.

Space is limited, and session rules do apply. These sessions are for individuals looking to practice hockey skills - skating, passing, shooting, puck handling. These are unstructured practice times.

RULES

- Games and scrimmages are not permitted
- Goalies are welcome and free
- Limited to 30 skaters per session
- Children under 8 must be accompanied by an adult

EQUIPMENT REQUIREMENTS

- Helmets and gloves are mandatory (full face cage required for skaters 16 years and under)
- Shin guards are strongly recommended
- Skaters bring own pucks



See page 6 for admission & page 10 for location information.

For more information, contact the Arena Coordinator at 250-755-7536.

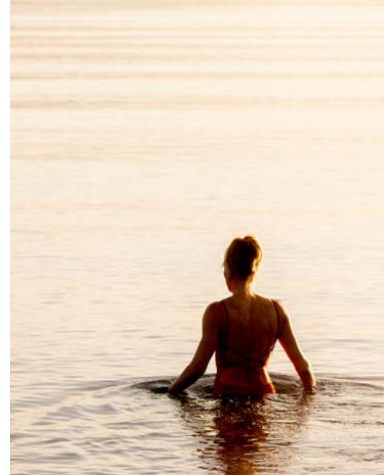


cityofnanaimo



nanaimoparksandrec (#ilovemyparksandrec)

Parks, Trails & Facilities



This spring, get out and explore your parks and trails!

- Go bird watching at **Buttertubs Marsh**. You may even see a Painted Turtle sunning on a log!
- Walk along the **downtown waterfront** and take the kids to the Maffeo Sutton Inclusive Playground.
- Take your four-legged friend to one of the City's **off-leash dog areas**.
- Play a round of disc golf at **Bowen Park**.
- Do a circuit workout at the **Oliver Woods Outdoor Wellness Park**.
- Build a driftwood fort at **Neck Point Park**.
- Take an early morning dip at **Departure Bay Beach**.
- Go mountain biking in **Westwood Lake Park**.
- Skateboard at **May Richard Bennett Skate Park** or **Harewood Centennial Park**.
- Go walking or biking along the newly paved sections along the **Parkway Trail**.
- Check out the re-built stairs at **Rotary Seabold Park** to visit one of Nanaimo's beautiful beaches while you get a great stair workout.
- Walk along the newly paved trail in **Bowen Park**. The trail is wider, and there is improved lighting and access.

Dawn

Quiet as a mole,
a faint light steals through a veil of cloud,
unwrapping the darkness of the night.
It is morning, still and sombre,
not a sound is heard.
A breeze stirs up, the air laced with the smell of lavender
growing wild and carefree.
A thrush springs from the over-grown grass,
smells the day,
nose dives back into the shivering blades of sage leaves and is
seen no more.

Rosy glow of a slick dawn
gently fans across the cloud mottled sky,
the landscape bathed in luminous light,
as if there was never a night.
A high tide of starlings rolls in,
silhouettes of gold,
dips low, taking a bow,
soaring into oblivion.

Poems for Windows are happening throughout 2022!

Nanaimo's Poet Laureate, Kamal Parmar, invites you to send in your own favourite poems for windows. To do so, contact us at cultureandevents@nanaimo.ca

Announcing a new participatory Public Art and Wellness Project: Art Agora

Our life in the pandemic has been about living together, alone. With Art Agora, the artist Tanuja Mishra will bring community together by building a digital commons. This platform will be a platform to share creative acts.

Starting in spring 2022 we will host several activations that will tap into our collective creative energies and express them in the shape of craft.

More information coming soon at www.artagora.ca



cityofnanaimo



nanaimoparksandrec (#ilovemyparksandrec)
@culture_nanaimo

City of Nanaimo Culture Partners



*Nanaimo
Art Gallery*

150 Commercial St
Nanaimo, British Columbia
250.754.1750
NanaimoArtGallery.com



**PRO-D DAY, SPRING &
SUMMER CAMPS**

**CLASSES FOR CHILDREN,
TEENS & ADULTS**

SCHOOL PROGRAMS

**ARTIST TALKS &
SPECIAL EVENTS**

City of Nanaimo Culture Partners



NANAIMO MUSEUM

Summer Activities!

SPRING BREAK

BASTION

PROGRAM

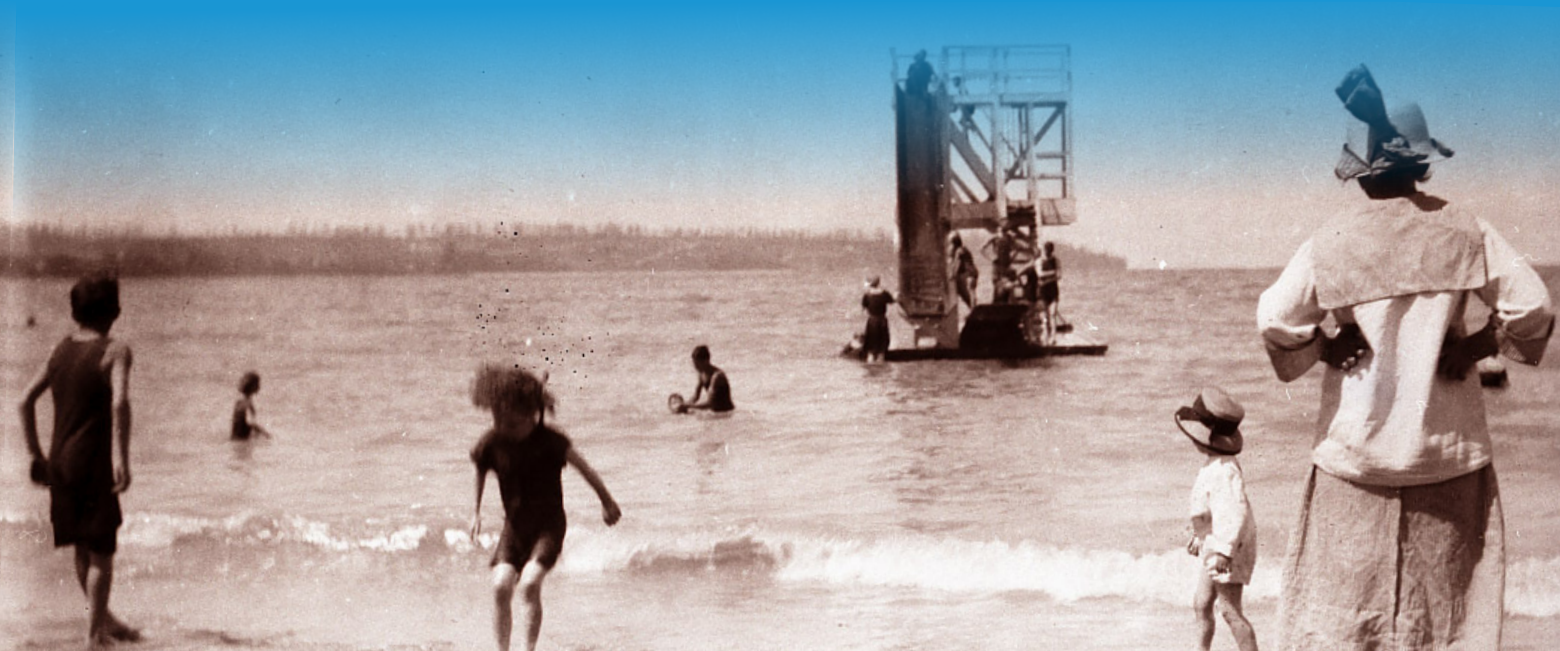
FEATURE EXHIBITS

SUMMER

PROGRAMS

WALKING TOURS

GIFT-SHOP



nanaimomuseum.ca | Open Tues-Sat 10am-4pm | 250.753.1821

City of Nanaimo Culture Partners

THE PORT THEATRE PRESENTS

spotlight SERIES Spring 2022

High Bar Gang

Monday, April 11 @7:30pm

Bringing their unique take on old-time bluegrass. Vocal harmony is key to the band's sound, and the blend of **Shari Ulrich**, **Wendy Bird** and **Kirby Barber** along with guitarist **Barney Bentall** and banjo player **Dave Barber** is simply stunning.

"A Gospel Bluegrass Companion" was Nominated for three Canadian Folk Music Awards and won for Best Vocal Group

Dakh Daughters

Monday, May 9 @ 7:30pm

A performance about love, freedom, and beauty. Immerse yourself in an experimentally-creative space where the walls of boring routine are broken - **Underground Ethno Punk Cabaret!**

"They combine music and theatre in equal parts in highly original performances that are sonically and visually dynamic, and vast in their emotional range-from sweetness to explosive rage"

Your HEALTH & SAFETY are important to us!

Before purchasing your tickets, please review our website for the latest information on The Port Theatre Society's health and safety protocols.



TICKETS ON SALE NOW!

Visit porttheatre.com or call **250-754-8550**



WANTED...

People with special skills and talents
that like to teach!



Find more details at
www.nanaimo.ca
and search "Program
Proposal Form".

Parks, Recreation & Culture 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.



250.756.5200
www.nanaimo.ca
parksandrec@nanaimo.ca

PARKS, RECREATION & CULTURE GIFT CARDS



Give the Gift of
RECREATION!

Gift Cards are available in any denomination. Use them for program registrations, Active Passes, swim and skate admissions and even facility rentals.



250.756.5200
www.nanaimo.ca
parksandrec@nanaimo.ca

ONLINE PUBLIC DROP-IN SCHEDULES

Visit our website at
recreation.nanaimo.ca

and look at our

Public Schedules for the most up-to-date
times for swimming, skating, pottery,
weight rooms and gymnasiums!



250.756.5200
www.nanaimo.ca
parksandrec@nanaimo.ca



Summer program registration begins on May 4!

Look for your Summer Activity Guide online
starting on Friday, April 29.

Daycamps
Swimming Lessons
Skating Lesson
Summer Events & More!



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



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



OOPS!

**MAKE SURE YOUR BLUE CART GETS COLLECTED.
THESE ITEMS DON'T BELONG:**



STYROFOAM
(take to depot)



ELECTRONICS
(donate/
take to depot)



**TISSUES OR
PAPER TOWEL**
(garbage)



**HARD/SOFT
COVER BOOKS**
(donate/garbage)



**PLASTIC BAGS/
OVERWRAP**
(take to depot)



**CHIP BAGS/
CANDY WRAPPERS**
(take to depot)



**CLOTHING/
TEXTILES**
(donate/garbage)



SCRAP METAL
(take to depot)



**GARBAGE AND/OR
CONSTRUCTION MATERIAL**
(donate, specialized
depots or landfill)



REFUNDABLES
(take to depot)



**GLASS &
BOTTLES**
(take to depot)



**NON-PACKAGING
PLASTIC**
(donate/garbage)

REMEMBER TO:

EMPTY & RINSE CONTAINERS
(no dirt, wax, grease or food residue)



AVOID:

BAGGING AND NESTING OF RECYCLABLES
(do not put recyclables in paper bags or into boxes; leave separated)



RECYCLING RESOURCES:

- Download the free [Nanaimo Recycles app](#) & use the "What Goes Where" recycling directory to learn where materials go
- Go to the [City of Nanaimo website](#) (City Services - Recycling)
- Call the [Recycling Hotline](#) at 1-800-667-4321

SAFETY REMINDERS

SMOKE ALARMS



INSTALL • TEST • PROTECT

- Install smoke alarms on every level of the home
- Test smoke alarms once a month
- Working smoke alarms save lives

BBQ SAFETY



CHECK • CLEAN • TEST

- Check and clean your barbeque before using it
- Always open the lid before lighting the barbeque
- Never leave barbeque unattended while cooking



PROTECT • PREPARE • PREVENT

- Protect your home from wildfire
- Remove deadfall and overgrown shrubbery
- Keep grass mowed and watered



PREVENT • DISPOSE • CARE

- Properly dispose of your cigarettes to prevent bark mulch and grass fires
- Remember that smoking is not permitted in City parks or trails



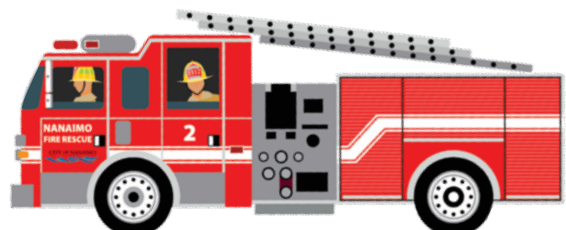
PREVENT • HYDRATE • PROTECT

- Stay hydrated
- Wear a hat, sunscreen and sunglasses
- Seek shade during the hottest part of the day

For more information, call 250-753-7311
or visit www.nanaimo.ca



@nanaimofire



~ I LOVE ~ ~ SUMMER ~

Our Summer Activity Guide will be available for
online viewing on Friday, April 29.

**Registration will begin on
Wednesday, May 4.**



- Summer Daycamps
- Swimming Lessons
- Skating Lessons
- Summer Events
- Summer Playground Programs
- Concerts in the Park
- Lifeguard at Westwood Lake
- Water Parks
- Family Fun Nights



3 Easy Ways to Register FOR YOUR NANAIMO PARKS, RECREATION & CULTURE PROGRAMS:

1. ONLINE

Register and view your transactions online.

Available 24/7 with a valid credit card.

Go to recreation.nanaimo.ca to create your account or to access your established account.

2. IN PERSON

Pay for programs using cash, cheque, credit/debit card or gift cards at any of the locations listed below.

Phone 250-756-5200 to confirm hours.

- Beban Park (2300 Bowen Rd) • Nanaimo Ice Centre (750 Third St)
- Bowen Park (500 Bowen Rd) • Oliver Woods Community Centre (6000 Oliver Rd)
- Nanaimo Aquatic Centre (741 Third St)

3. BY PHONE

Call 250-756-5200 and leave your name & phone number.

We will call you back in the order calls are received.

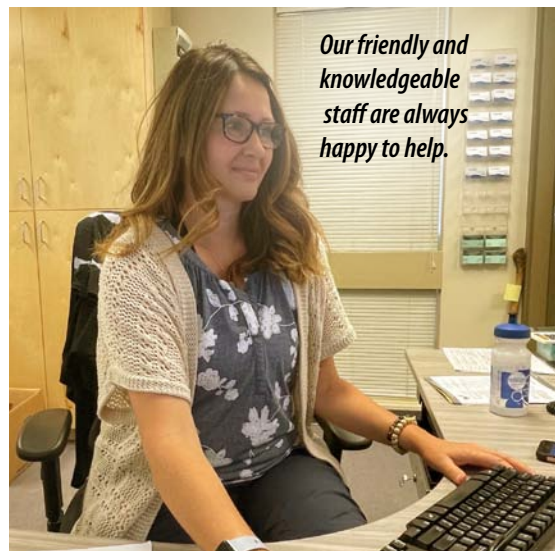
Payment is by credit card (card holder must be present).

PROGRAM CANCELLATIONS AND REFUNDS

Programs: Full refunds will be processed by contacting Reception a minimum of 72 hours prior to program start date (less supply costs). Full refunds are issued when Nanaimo Parks, Recreation and Culture cancels a program or when program is not convenient due to course changes. Every effort is made to cancel in a timely manner (3 to 5 days prior to course start date). Some exceptions may apply.

Passes: Passes are non-refundable and non-transferable, and a \$2 replacement card fee applies if card is lost or stolen. Credits and refunds are not available for promotional passes. Check at the time of purchase for details. Occasionally, a facility may be unavailable due to special events, holidays and maintenance closures. In these cases, the pass holder will not be credited.

Refunds: Payments made by Visa, MasterCard or Debit will be credited to the original credit/debit card (some restrictions apply). All other refunds are refunded by cheque and processed within 10 working days. A fee will apply to NSF or incomplete payments.



OH, NO! WE HAD TO CANCEL IT!

Sometimes programs get cancelled due to low registration because people wait until the last minute to register. Please try to register as early as possible to avoid disappointment.

SORRY, THAT COURSE IS FULL...

Many of our most popular classes fill up quickly. Please register early to avoid disappointment. Ask to be added to the waitlist free of charge.

CHANGE OF PLANS?

If you need to withdraw from a program because your plans change, please call 250-756-5200 at least 72 hours prior to the course start date for a full refund.



cityofnanaimo



nanaimoparksandrec (#ilovemyparksandrec)



PHASE 3
UNDERWAY NOW!
February 28-April 8, 2022

What kind of city will Nanaimo be in 25 years?

Phase 3 of **REIMAGINE NANAIMO** is focused on developing and refining the plans, policies, and actions that will guide Nanaimo's future.

**Have your say on shaping our
City's future right now!**



Complete the
online feedback
form



See dates for
upcoming
information sessions



Sign up for
project updates



getinvolvednanaimo.ca



reimagine@nanaimo.ca



250.755.4464

