

NANAIMO PARKS, RECREATION & CULTURE

Spring & Summer 2025 Activity Guide

April to August 2025



recreation.nanaimo.ca
250-756-5200

Registration starts on Wednesday, March 5 (Aquatics);
Wednesday, March 12 (all other programs)



CITY OF NANAIMO
THE HARBOUR CITY

PARKS, RECREATION & CULTURE

Canadian DanceSport Championships

April 26 - 27, 2025

Beban Park Social Centre, Nanaimo

**Tickets on Sale
NOW at the
Port Theatre!**



World Championships

Canadian Qualifier

Ballroom • Latin • Showcases

Gourmet Buffet Dinner

www.IslandFantasyBall.com

Table of Contents

GENERAL INFORMATION

| | |
|---|--|
| • Active Passes..... | 71 |
| • Advertising in the Activity Guide..... | 3 |
| • Clubs & Organizations | www.nanaimo.ca |
| • Facility Rentals | 17 |
| • Gift Cards | 3 |
| • LEAP (Leisure Economic Access Pass) | 19 |
| • Public Drop-in Admission Rates | 8 |
| • Registration Information..... | 102 |
| • Special Events | 6-7 |

PROGRAMS BY AGE GROUP

| | |
|---|--------------|
| Early Years & Children | 21-35 |
| “Play & Learn” | 22-23 |
| • School Break Camps | 32 |
| • Summer Break Camps | 37-45 |

| | |
|--|--------------|
| Youth..... | 46-51 |
| • Programs | 46-51 |
| • Leaders in Training (LIT)/Quest/Quest2 | 48-49 |
| • Youth Drop-in Programs | 51 |
| • Youth in the Weight Rooms | 9 |

| | |
|--------------------------------------|--------------|
| Adult | 52-77 |
| • Arts & Crafts..... | 52-53 |
| • Cooking | 54-55 |
| • Dance | 56-57 |
| • First Aid | 57 |
| • Outdoor, Sport & Wellness | 58-60 |
| • Special Interest | 61-63 |
| • Yoga & Fitness..... | 64-72 |
| 60+ Classes | 73-77 |
| • Nanaimo Harbour City Seniors | 73 |



PROGRAMS BY CATEGORY



| | |
|---|--------------|
| Pools | 78-85 |
| • Public Swimming Schedules..... | 9-10 |
| • Swimming Lesson Descriptions | 79-80 |
| • Swimming Lesson Grid (Schedules)..... | 81-83 |
| • Aquatic Leadership Courses..... | 84-85 |

| | |
|---|--------------|
| Arenas | 86-93 |
| • Public Skating Schedules | 14-15 |
| • Skating Lessons & Ice Hockey Programs | 86-93 |

| | |
|---|--------------|
| Activity Drop-In Schedules | 8-16 |
| Culture and Events Updates | 96-100 |
| Diverse Abilities Programs | 55 |
| Oliver Woods Gymnasium Schedule..... | 13 |
| Parks and Facility Updates | 94-95 |
| Pottery Studio Schedule | 16 |
| Registration Information | 102 |
| Skating Schedules | 14-15 |
| Swimming Schedules | 9-10 |
| Summer Camps & Programs..... | 36-45 |
| Weight Rooms Info & Schedules..... | 9 |



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

Available for sale at all Nanaimo recreation centres.

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

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

Cover photo of participants of our daycamp participants at Beban Park 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.



cityofnanaimo



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

Welcome to the Spring & Summer Activity Guide!

Parks, Recreation and Culture is well known for creating memorable summers through the variety of camps we offer. Each camp is led by experienced, passionate and fun staff who really work hard to make each child feel welcome. We offer general camp experiences or others that have a specific theme. Even if you're not coming to camp this summer, we invite you to "Move with Us" by participating in a variety of fitness, sports, wellness, arts, crafts, cooking and more because an active community is a healthy and happy community. **Registration for aquatics programs begins on March 5; registration for all other programs begins on March 12.**



Stay Connected

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

SPRING & SUMMER ACTIVITY GUIDE

View online for the latest details!

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



recreation.nanaimo.ca

(click on Activity Guide)



Join Us for Unforgettable SUMMER CAMP ADVENTURES!

- We host over 200 kids each day throughout the summer in our Daily Camps (see page 37-40). We also host an additional campers in our Westwood Lake Camps (see page 41). In addition, we have hundreds of participants in our contract camps.
- We hire approximately 60 staff each summer to lead our summer camps. These staff are highly qualified in a variety of areas ensuring a positive and memorable camp experience for each child.
- Each camp has it's own unique experience and focus, but campers generally participate in a variety of activities, including swimming, skating, a variety of sports and games, crafts, science, discovery of nature, team building, getting to know the community, making new friends and so much more! Each day is a new adventure.
- Kids get so much out of participating in camp, including discovering new activities, building confidence, creating new friendships, fostering relationships with positive role models and helping them unplug and enjoy hands-on activities.



cityofnanaimo



prc_nanaimo (#ilovemyparksandrec)

Spring & Summer Special Events

See recreation.nanaimo.ca for more details.

MARCH

- 4 (Tue) **Glow in the Dark Skate**
6:30-8 pm at Frank Crane Arena
- 21 (Fri) **Super Hero Swim**
12-2 pm at Nanaimo Aquatic Centre
- 22-Apr 22 **Water to Earth Month**
see getinvolved.rdn.ca/team-watersmart
- 22 (Sat) **Earth Hour Skate**
1:15-2:45 pm at Frank Crane Arena
- 28 (Fri) **Super Hero Swim**
12-2 pm at Nanaimo Aquatic Centre

APRIL

- 2 (Wed) **Starlight Skate**
6:30-8 pm at Frank Crane Arena
- 13 (Sun) **Earth Day Celebration**
Bowen Park
- 18 (Fri) **Good Friday Swim**
12-4 pm at Nanaimo Aquatic Centre
- 20 (Sun) **Glow in the Dark Skate**
3-4:30 pm at Cliff McNabb Arena
- 21 (Mon) **Easter Monday Swim**
12-4 pm at Nanaimo Aquatic Centre



WATER TO EARTH MONTH March 22-April 22

Activities and events to celebrate both World Water Day
and Earth Day!

Check getinvolved.rdn.ca/team-watersmart for event details

MAY

- 5 (Mon) **Pro-D Day Swim**
12-2 pm at Nanaimo Aquatic Centre
- 7 (Wed) **Starlight Skate**
6:30-8 pm at Frank Crane Arena
- 1-7 **Youth Week**
(see nanaimo.ca)
- 1-31 **Invasive Species Awareness Month**
(see nanaimo.ca)
- 11 (Sun) **Family Fishing Day**
10 am-2 pm at Colliery Dam Park
- 11 (Sun) **Concert in the Park**
1-2 pm at Colliery Dam Park
- 16 (Fri) **Wear Your Lifejacket to Work Day**
- 17-23 **Safe Boating Awareness Week**
Nanaimo Aquatic Centre/Beban Park Pool
- 18 (Sun) **Glow in the Dark Skate**
3-4:30 pm at Cliff McNabb Arena
- 19 (Mon) **Victoria Day Everyone Welcome Swim**
12-4 pm at Nanaimo Aquatic Centre
- 30 (Fri) **Concert in the Park**
6-7 pm at Bowen Park Amphitheatre
- 31 (Sat) **Invasive Plant Drop Zone**
10 am-2 pm at Bowen Park (Wall St)

JUNE

- 4 (Wed) **Starlight Skate**
6:30-8 pm Nanaimo Ice Centre
- 8 (Sat) **Oceans Day**
- 11 (Wed) **Concert in the Park**
6-7 pm at Kin Park (Departure Bay)
- 15 (Sun) **Glow in the Dark Skate**
3-4:30 pm at Cliff McNabb Arena
- 27 (Fri) **Concerts in the Park**
6-8:15 pm at Maffeo Sutton Park

JULY

- (Thu) **Aquatic Adventures (Thu in July)**
Thu 12-2 pm at Beban Park Pool (weekly)
- 1 (Tue) **Canada Day Celebrations**
11 am-3:30 pm at Maffeo Sutton Park
- 1 (Tue) **Canada Day Swim at Westwood Lake**
12-5:30 pm - lifeguards on duty
- 2 (Wed) **Starlight Skate**
6:30-8 pm at Nanaimo Ice Centre
- 9 (Wed) **Concert in the Park**
6-7 pm at Mansfield Park
- 18 (Fri) **Concert in the Park**
6-7 pm at Deverill Square Park
- 20 (Sun) **Glow in the Dark Skate**
3-4:30 pm at Nanaimo Ice Centre
- 20-26 **Nat. Drowning Prevention Week**
Westwood Lake/Beban Park Pool
- 25 (Fri) **World Drowning Prevention Day**
Westwood Lake/Beban Park Pool
- 30 (Wed) **Family Fun Night**
4:30-7:30 pm at Harewood Cent. Park
- 30 (Wed) **Concert in the Park**
6-7 pm at Harewood Cent. Park
- 31 (Thu) **Lifeguard Appreciation Day**
Westwood Lake/Nanaimo Aquatic Centre

AUGUST

- (Thu) **Aquatic Adventures (Thu in Aug)**
Thu 12-2 pm at Beban Park Pool (weekly)
- 4 (Mon) **BC Day Swim at Westwood Lake**
12-5:30 pm - lifeguards on duty
- 6 (Wed) **Starlight Skate**
6:30-8 pm at Nanaimo Ice Centre
- 6 (Wed) **Concert in the Park**
6-7 pm at Bowen Park Amphitheatre
- 12 (Tue) **Concert in the Park**
6-7 pm at McGregor Park
- 17 (Sun) **Glow in the Dark Skate**
3-4:30 pm at Nanaimo Ice Centre
- 22 (Fri) **Concerts in the Park**
6-8:15 pm at Maffeo Sutton Park
- 22 (Fri) **Family Fun Night**
4:30-7:30 pm at Maffeo Sutton Park
- 27 (Wed) **Concert in the Park**
6-7 pm at Westwood Lake
- 27 (Wed) **End of Summer Splash**
5-7 pm at Westwood Lake Park

Concerts in the Park

Bring a chair or a blanket and enjoy local talent against the backdrop of our beautiful park spaces.

free!

SUN, MAY 11 • 1-2 PM

COLLIERY DAM PARK - as part of Family Fishing Day

WED, JUL 30 • 6-7 PM

HAREWOOD CENT. PARK - as part of Family Fun Night

FRI, MAY 30 • 6-7 PM

BOWEN PARK AMPHITHEATRE

WED, AUG 6 • 6-7 PM

BOWEN PARK AMPHITHEATRE

WED, JUN 11 • 6-7 PM

KIN PARK (DEPARTURE BAY)

TUE, AUG 12 • 6-7 PM

MCGREGOR PARK

FRI, JUN 27 • 6-8:15 PM

MAFFEO SUTTON PARK - double feature in partnership with Food Truck Fridays

FRI, AUG 22 • 6-8:15 PM

MAFFEO SUTTON PARK - double feature in partnership with Food Truck Fridays and as part of Family Fun Night

WED, JUL 9 • 6-7 PM

MANSFIELD PARK

WED, AUG 27 • 6-7 PM

WESTWOOD LAKE PARK - as part of End of Summer Splash

FRI, JUL 18 • 6-7 PM

DEVERILL SQUARE PARK

See our website in April for performer details.



Public Admissions

SWIM, SKATE, WEIGHT ROOMS & GYM

General Admissions:

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

10 Visit Pass (10 admissions):

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

1 Month Active Pass:

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

12 Month Active Pass:

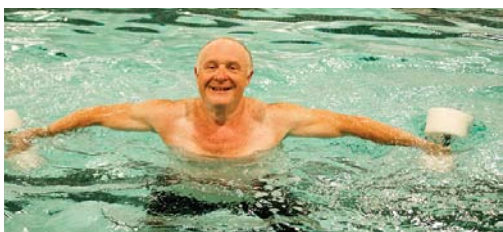
| | | |
|--------------|--|-----------|
| Child | | \$278.10 |
| Youth/Senior | | \$389.35 |
| Adult | | \$515.00 |
| Family | | \$1028.95 |

Arena Skate Rentals/Sharpening:

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

PLEASE NOTE:

- All 10 visit and 20 visit 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: With warmer water and a quieter atmosphere, Beban Pool is the perfect escape for wellness and fun! Dive, play, float, jump, swim and slide . . . or simply relax in one of the hot areas. Limited lanes may be available.

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

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

AQUAFIT - Refer to pool schedules for class days and times.

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

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

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

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

Shallow/Deep Combo: This is designed for both shallow and deep water aquafit enthusiasts. Enjoy the benefits of training your cardio, strength and flexibility in this water fitness class. Participants can choose to stay in the shallow water or participate in deep water with an aquafit floatation belt. Sessions listed below require pre-registration.

Sun, Apr 6-May 11 | 8:15-9 am | \$37/6 | [138351](#)

Thu, Apr 10-May 15 | 7:15-8 pm | \$37/6 | [138349](#)

Sun, May 18-Jun 22 | 8:15-9 am | \$37/6 | [138352](#)

Thu, May 22-Jun 26 | 7:15-8 pm | \$37/6 | [138350](#)

Beban Park Pool

Aqua Yoga: Increase strength, balance and flexibility with the mindful practice of yoga in the water. This class includes some cardio and will finish with savasana in either the hot tub or sauna. Session below requires pre-registration.

Instructor: Katherine Winge

Sat, May 3-31 | 8-9 am | \$40/5 | [138345](#)

Beban Park Pool

NANAIMO AQUATIC CENTRE

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

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

Wave Pool: Catch the waves! Please note that waves may be turned off for various, unforeseen circumstances.

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

DROP-IN SCHEDULE - WEIGHT ROOMS

Nanaimo Aquatic Centre & Beban Park Weight Rooms

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

Nanaimo Aquatic Centre Weight Room - **Spring and Summer**

| | SUN | MON | TUE | WED | THU | FRI | SAT |
|-----------------------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|
| Hours (Mar 30-Jun 29) | 6 am-9 pm | 6 am-9 pm | 6 am-9 pm | 6 am-9 pm | 6 am-9 pm | 6 am-9 pm | 6 am-9 pm |
| Hours (Jul 13-Aug 31) | 6 am-9 pm | 6 am-9 pm | 6 am-9 pm | 6 am-9 pm | 6 am-9 pm | 6 am-9 pm | 6 am-9 pm |

Schedule subject to change. See page 11 for specific stat holiday closures. See recreation.nanaimo.ca for up-to-date information.

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

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

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

Weight Room Personal Training Sessions: Work one-on-one with a trainer to develop a workout program that works for you, to follow up and assess your progress or to create a new program that challenges you on your fitness journey. Whatever your health and fitness goals are, our personal trainers can help! Each session includes access to the facility on the day of the training session. Cost is \$58 for one hour. Please book your session in advance. See page 64 for more info.

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

Weight Room Attire: All weight room users must wear appropriate attire. This includes closed toe shoes (runners), shorts or track/sweat pants.



Beban Park Weight Room - **Spring and Summer**

| | SUN | MON | TUE | WED | THU | FRI | SAT |
|-----------------------|-----------|--------------|--------------|--------------|--------------|--------------|--------------|
| Hours (Mar 30-Jun 28) | 8 am-4 pm | 6:30 am-7 pm | 6:30 am-7 pm | 6:30 am-7 pm | 6:30 am-7 pm | 6:30 am-7 pm | 8:30 am-4 pm |
| Hours (Jun 29-Jul 27) | 6 am-9 pm | 6 am-9 pm | 6 am-9 pm | 6 am-9 pm | 6 am-9 pm | 6 am-9 pm | 6 am-9 pm |

Schedule 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



cityofnanaimo



prc_nanaimo (#ilovemyparksandrec)

DROP-IN SCHEDULE - POOLS

Nanaimo Aquatic Centre **Spring** Schedule: Sun, Mar 30 to Sun, Jun 29

| PROGRAM | SUN | MON | TUE | WED | THU | FRI | SAT |
|--|-----------------------|------------------------|---------------------------|------------------------|---------------------------|------------------------|--|
| Everyone Welcome | 6 am-12 pm 1-9 pm | 6 am-2 pm 2:45-9 pm | 6 am-2 pm 2:45-9 pm | 6 am-2 pm 2:45-9 pm | 6 am-2 pm 2:45-9 pm | 6 am-2 pm 2:45-9 pm | 1-9 pm  |
| Bulkhead Move <i>lane pool unavail.</i> | | 9-9:30 am | 9-9:30 am | 9-9:30 am | 9-9:30 am | | |
| Leisure Only | | | | | | | 6 am-12 pm |
| 50 Metre Lanes | 6 am-12 pm | | 6-9 am | | 6-9 am | | |
| 25 Metre Lanes | 1-9 pm | 6 am-2 pm 2:45-9 pm | 9:30 am-2 pm 2:45-9 pm | 6 am-2 pm 2:45-9 pm | 9:30 am-2 pm 2:45-9 pm | 6 am-2 pm 2:45-9 pm | 6-8:30 am* <i>limited</i> 1-9 pm |
| Waves & Waterslides | 10 am-12 pm 1-8 pm | 3:30-8 pm | 3:30-8 pm | 3:30-8 pm | 3:30-8 pm | 3:30-8 pm | 10 am-12 pm 1-8 pm |
| MAINTENANCE CLOSURE | 12-1 pm | 2-2:45 pm | 2-2:45 pm | 2-2:45 pm | 2-2:45 pm | 2-2:45 pm | 12-1 pm |
| Weight Room <i>(proper attire required)</i> | 6 am-9 pm | 6 am-9 pm | 6 am-9 pm | 6 am-9 pm | 6 am-9 pm | 6 am-9 pm | 6 am-9 pm |
| AQUAFIT | SUN | MON | TUE | WED | THU | FRI | SAT |
| Therapy Aquafit (1 hour) | | 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 | | | |
| Deep Water Aquafit (45 min) | | | 10:15-11 am | | 10:15-11 am | | |
| Aqua Zumba | | | | | | 10:15-11 am (Amber) | |
| Aqua Yoga | | | 7-8 am (Katherine) | | | | |

- Lions Free Swim held on Saturdays, 1-2:30 pm from April 5 to June 28 (cancelled on Apr 26, May 17 & 24, Jun 21)
- Swim Meets: Apr 25-27; May 3; May 16-18; May 24-25; May 31; Jun 20-22 (pool closed for some meets and limited lengths available at others.) * Bulkhead entry only-limited lanes

Nanaimo Aquatic Centre **Summer** Schedule: Mon, Jul 28 to Sun, Aug 31

| PROGRAM | SUN | MON | TUE | WED | THU | FRI | SAT |
|--|--------------|------------------------|---------------------------|------------------------|---------------------------|------------------------|------------|
| Everyone Welcome | 6 am-9 pm | 6 am-2 pm 2:45-9 pm | 6 am-2 pm 2:45-9 pm | 6 am-2 pm 2:45-9 pm | 6 am-2 pm 2:45-9 pm | 6 am-2 pm 2:45-9 pm | 6 am-9 pm |
| Bulkhead Move <i>lane pool unavail.</i> | 9-9:30 am | | 9-9:30 am | | 9-9:30 am | | |
| 50 Metre Lanes | 9 am-12 pm | | 6-9 am | | 6-9 am | | |
| 25 Metre Lanes | 9:30 am-9 pm | 6 am-2 pm 2:45-9 pm | 9:30 am-2 pm 2:45-9 pm | 6 am-2 pm 2:45-9 pm | 9:30 am-2 pm 2:45-9 pm | 6 am-2 pm 2:45-9 pm | 6 am-9 pm |
| Waves & Waterslides | 12-7:30 pm | 12-8 pm | 12-8 pm | 12-8 pm | 12-8 pm | 12-8 pm | 12-7:30 pm |
| MAINTENANCE CLOSURE | | 2-2:45 pm | 2-2:45 pm | 2-2:45 pm | 2-2:45 pm | 2-2:45 pm | |
| Weight Room <i>(proper attire required)</i> | 6 am-9 pm | 6 am-9 pm | 6 am-9 pm | 6 am-9 pm | 6 am-9 pm | 6 am-9 pm | 6 am-9 pm |
| AQUAFIT | SUN | MON | TUE | WED | THU | FRI | SAT |
| Therapy Aquafit (1 hour) | | 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 | | | |
| Deep Water Aquafit (45 min) | | | 10:15-11 am | | 10:15-11 am | | |
| Zumba (45 min) | | | | | | 10:15-11 am (Amber) | |

NANAIMO AQUATIC CENTRE ANNUAL MAINTENANCE CLOSURE: JUNE 30 TO JULY 27 (opening on July 28)

DROP-IN SCHEDULE - POOLS

Beban Pool **Spring** Schedule: Sun, Mar 30 to Sat, Jun 28

| PROGRAM | SUN | MON | TUE | WED | THU | FRI | SAT |
|---|---------------------------------|-----------------------------|--|-----------------------------|---|--|---|
| Everyone Welcome | | | | | | 6:30-9 am 11:45 am-2:45 pm | 1-4 pm |
| 25 Metre Lanes | 9:15-11 am | 6:30-10:45 am 12-2:45 pm | 6:30-8:45 am 9:45 am-1:45 pm* 1:45-2:45 pm | 6:30-10:45 am 12-2:45 pm | 6:30-8:45 am 9:45 am-1:45 pm* 1:45-2:45 pm | 11:45 am-2:45 pm | Times with * not available when Swim to Survive is in session (Apr 29-May 23) |
| Leisure Swim | 8-11 am | 6:30 am-2:45 pm | 6:30-9:45 am 9:45 am-1:45 pm* 1:45-2:45 pm | 6:30 am-2:45 pm | 6:30-9:45 am 9:45 am-1:45 pm* 1:45-2:45 pm | 6:30-9 am 9-11:45 am* 11:45 am-2:45 pm | 1-4 pm |
| Waterslides | Available upon request | | | | | | |
| Hot Tub, Sauna, Steam Room | 8-11 am | 6:30 am-2:45 pm | 6:30-9:45 am 9:45 am-1:45 pm* 1:45-2:45 pm | 6:30 am-2:45 pm | 6:30-9:45 am 9:45 am-1:45 pm* 1:45-2:45 pm | 6:30-9 am 9-11:45 am* 11:45 am-2:45 pm | 1-4 pm |
| Weight Room (<i>proper attire required</i>) | 8 am-4 pm | 6:30 am-7 pm | 6:30 am-7 pm | 6:30 am-7 pm | 6:30 am-7 pm | 6:30 am-7 pm | 8:30 am-4 pm |
| AQUAFIT | SUN | MON | TUE | WED | THU | FRI | SAT |
| Therapy (45 min) | | 11-11:45 am | | 11-11:45 am | | 11-11:45 am** | |
| Shallow/Deep Water Combo (45 min) | 8:15-9 am (pre-registration) | | 8:45-9:30 am | | 8:45-9:30 am 7:15-8 pm* (*pre-registration) | | |
| Aqua Yoga (60 min) | | | | | | | 8-9 am (pre-registration) |

Beban Pool **Summer** Schedule: Sun, Jun 29 to Sun, Jul 27

| PROGRAM | SUN | MON | TUE | WED | THU | FRI | SAT |
|---|------------------------|----------------------|----------------------|----------------------|----------------------|----------------------|-----------|
| Everyone Welcome | 9 am-9 pm | 11 am-5 pm 5-7 pm | 11 am-5 pm 5-7 pm | 11 am-5 pm 5-7 pm | 11 am-5 pm 5-7 pm | 11 am-5 pm 5-7 pm | 9 am-9 pm |
| 25 Metre Lanes | 6-9 am | 6-7:45 am 7-9 pm | 6-9 am 8-9 pm | 6-7:45 am 7-9 pm | 6-9 am 8-9 pm | 6-7:45 am 7-9 pm | 6-9 am |
| Leisure Swim | 6 am-9 pm | 6 am-9 pm | 6 am-9 pm | 6 am-9 pm | 6 am-9 pm | 6 am-9 pm | 6 am-9 pm |
| Waterslides | Available upon request | | | | | | |
| Hot Tub, Sauna, Steam Room | 6 am-9 pm | 6 am-9 pm | 6 am-9 pm | 6 am-9 pm | 6 am-9 pm | 6 am-9 pm | 6 am-9 pm |
| Weight Room (<i>proper attire required</i>) | 6 am-9 pm | 6 am-9 pm | 6 am-9 pm | 6 am-9 pm | 6 am-9 pm | 6 am-9 pm | 6 am-9 pm |
| AQUAFIT | SUN | MON | TUE | WED | THU | FRI | SAT |
| Therapy (45 min) | | 8-8:45 am | | 8-8:45 am | | 8-8:45 am | |
| Shallow/Deep Water Combo (45 min) | | | 7:15-8 pm | | 7:15-8 pm | | |

See page 8 for admission rates and program highlights.

- Beban Pool closed on all stat holidays; NAC and Beban Pool closed on Jul 1 (Canada Day), Aug 4 (BC Days), Sep 1 (Labour Day)
- Nanaimo Aquatic Centre open from 12-4 pm on Apr 18 (Good Friday), Apr 21 (Easter Monday), May 19 (Victoria Day)
- Westwood Lake open with lifeguards, 12-5:30 pm on Jul 1, Aug 4 & Sep 1

** No Therapy Aquafit on May 2, 9, 16 & 23

LIFEGUARDS AT WESTWOOD LAKE

June 28-September 1

12-5:30 pm

(including stats; weather permitting)

BEBAN POOL/WEIGHT ROOM ANNUAL MAINTENANCE CLOSURE: JULY 28 TO SEPTEMBER 1 (opening September 2)



cityofnanaimo



prc_nanaimo (#ilovemyparksandrec)

COMMUNITY CONNECTIONS



TEAM AQUATIC SUPPLIES LTD

Lobby of Nanaimo Aquatic Centre

YOUR ONE STOP SWIM SHOP

Competitive Swimming - Aquafitness - Family - Fun



Swimwear - Equipment - Fins - Goggles - Gear

741 Third Street, Nanaimo, B.C. • 250-740-0372
On-line store: www.team-aquatic.com

ADULT PROGRAMS

Long Lake



Est. 1988

www.nckc.ca

LIFEGUARDS AT WESTWOOD LAKE

Westwood Park First Beach



Back by popular demand!

**SWIMMING LESSONS AT
WESTWOOD LAKE**

(See pool section for schedule.)


**Saturday, June 28 to
Monday, September 1,
12 to 5:30 pm**

*(including Canada Day,
BC Day & Labour Day;
weather permitting)*

DROP-IN SCHEDULE - OWCC

Oliver Woods Community Centre Schedule

Tue, Apr 1-Sun, Aug 31 (closed on all stat holidays)

| Programs | SUN | MON | TUE | WED | THU | FRI | SAT |
|---|---|--|-----------------------------|--------------------------------|---------------|--|-----|
| Badminton (16 +) | | | 8:45-10:45 am | | 8:45-10:45 am | 11:30 am-1:30 pm | |
| Basketball for Youth (10-16 yrs) | | | | | | 3:30-4:30 pm (Apr 4-Jun 27) 2:45-3:45 pm (Jul 4-Aug 29) | |
| Basketball (16 +) | 6:45-8:45 pm | 8:30 - 10:30 pm | | | | 8:30-10:30 pm | |
| Everyone Welcome Sports 13 years & younger need adult supervision. No racquet sports available. | 11 am- 12:30 pm (Apr 13-Aug 31) | | | | | | |
| Pickleball (16 +) Tennis-like game played on a badminton court using a perforated, slow moving ball and paddle. | | 8-10 am 8:45-10:45 am (Apr 7-Jun 23) | 11 am -1 pm | 7:15-9:15 am (Apr 2-Jun 25) | 11 am -1 pm | 7:15-9:15 am (Apr 4-Jun 27) 8-10 am | |
| Volleyball for Youth (10-16 yrs) | | | | | | 3:30-4:30 pm (Apr 4-Jun 27) 4-5 pm (Jul 4-Aug 29) | |
| Volleyball (16 +) | 7-9 pm | 8:15-10:15 pm | | | | 8:15 -10:15 pm | |
| Spare Blox for Youth (13-17 yrs) |  | | 6:30-8 pm (Apr 1-Jun 24) | | | | |

GENERAL INFORMATION

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

FACILITY CLOSURES/ SCHEDULE CHANGES

- Facility closed on all statutory holidays.
- Check our online schedule for changes during pro-d days, school breaks, events and other holidays.
- All drop-in sessions cancelled on June 7 & 8 due to a tournament.
- 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.



cityofnanaimo



prc_nanaimo (#ilovemyparksandrec)

DROP-IN SCHEDULE - ARENAS

Arenas Spring Schedule

Sun, Mar 30 to Sat, Jun 28 Schedule is subject to change. Please check recreation.nanaimo.ca to confirm.

| Programs | SUN | MON | TUE | WED | THU | FRI | SAT |
|---|---------------------|--|---|--|-----------------------------------|--|---|
| Everyone Welcome | 3-4:30 pm McN | | | 6:30-8 pm FCA Moves to NIC starting May 21 | | 6:30-8 pm FCA Moves to NIC starting May 30 | DID YOU KNOW? <ul style="list-style-type: none"> Participants of all abilities are welcome to public skating sessions. Strollers and wheelchairs are welcome on the ice. |
| Parent & Tot | | 10-11:30 am McN | | 12:30-1:30 pm McN | | | |
| Parent & Tot Dry Floor Play | | | 10-11:30 am NIC | | 10-11:30 am NIC | | |
| Adult Leisure Skate (19+) | | | 10-11:45 am FCA Moves to NIC starting May 27 | | 1:30-3:15 pm McN | | |
| Adult Scrub Ice Hockey (18+) | | 11:45 am-1:15 pm FCA Moves to NIC starting May 26 | | 11:45 am-1:15 pm FCA Moves to NIC starting May 28 | | 11:45 am-1:15 pm FCA Moves to NIC starting May 30 | |
| Senior Scrub (60+) & Scrub Hockey (70+) | | 8-9:15 am McN | 10-11:15 am McN 70+ Seniors | 8-9:15 am McN | 10-11:15 am McN 70+ Seniors | 8-9:15 am McN | |
| Stick 'n' Puck Children under 8 are to be accompanied onto the ice by an adult. | 1:45-2:45 pm McN | | | 1:45-3:15 pm McN | | 3:15-4:15 pm McN | |
| • FCA - Frank Crane Arena (2300 Bowen Rd) • McN - Cliff McNabb Arena (2300 Bowen Rd) • NIC 1&2 - Nanaimo Ice Centre (750 Third St.) | | | | | | | |



Arena Program Highlights - see Arenas Section for courses and lessons

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

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

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

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

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



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

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

SCHEDULE CHANGES

• No sessions on Apr 18, Apr 21 & May 19 (stat holidays) • No Adult Scrub on May 9, 21 & 23 • No Adult Leisure on May 20 • No Everyone Welcome on May 21 & 23

DROP-IN SCHEDULE - ARENAS

Arenas Summer Schedule

Sun, Jun 29 to Sat, Aug 30 Schedule is subject to change. Please check recreation.nanaimo.ca to confirm.

| Programs | SUN | MON | TUE | WED | THU | FRI | SAT |
|---|---------------------|-------------------------|----------------------------------|-------------------------|---------------------|-------------------------|-----------------------------------|
| Everyone Welcome | 3-4:30 pm NIC | | 6-7:30 pm NIC | 6:30-8 pm NIC | | | 1-2:30 pm NIC |
| Adult Leisure Skate (19+) | | | | | 1:30-3:15 pm McN | | |
| Adult Scrub Ice Hockey (18+) | | 11:45 am-1:15 pm NIC | | 11:45 am-1:15 pm NIC | | 11:45 am-1:15 pm NIC | |
| Senior Scrub (60+) & Scrub Hockey (70+) | | 8-9:15 am NIC | 12-1:15 pm NIC 70+ Seniors | 8-9:15 am NIC | | 8-9:15 am NIC | 10-11:15 am NIC 70+ Seniors |
| Stick 'n' Puck Children under 8 are to be accompanied onto the ice by an adult. | 1:45-2:45 pm NIC | | | 1:45-3:15 pm McN | | 3:15-4:15 pm McN | 11:30 am-12:45 pm NIC |
| • FCA - Frank Crane Arena (2300 Bowen Rd) • McN - Cliff McNabb Arena (2300 Bowen Rd) • NIC 1&2 - Nanaimo Ice Centre (750 Third St.) | | | | | | | |



The arenas schedules as shown in the Activity Guide are subject to change due to various circumstances, including Clipper play-offs.

Don't be disappointed! Check our online schedule to be sure before you come to a public drop-in session.



Schedules can be found at recreation.nanaimo.ca



SCHEDULE CHANGES

- No sessions on Jul 1 & Aug 4 (stat holidays)



cityofnanaimo



prc_nanaimo (#ilovemyparksandrec)

DROP-IN SCHEDULE - POTTERY

Bowen Park Pottery Studio Schedule

Tue, Apr 1 to Thu, Aug 28 (closed on all stat holidays & some sessions closed in July & August)

The Bowen Park Pottery Studio has the tools, equipment and supplies available for the public to work independently. Children, when accompanied by an adult, are welcome (both must register). Teens who have taken a pottery class are welcome to work independently on projects. No instruction, but some guidance, is provided during the drop-in times. Clay may be purchased for \$35 (including tax) per 22 pound bag and includes all firing and glazing fees. It must be purchased during office hours Monday to Friday, 9 am to 4 pm in person or over the phone. Drop in cost is \$14 per session. (Harbour City Seniors Members can access the starred *drop in sessions for \$7 per session.) Dress for mess; aprons are not provided.

DROP-IN INFO

\$14 per session

- Pre-registration can be done in advance at recreation.nanaimo.ca, by phoning 250-756-5200 or in person during office hours noted above
- Clay must be purchased from Bowen
- Studio closed for some sessions in July and August



| SUN | MON | TUE | WED | THU | FRI | SAT |
|------------------|-----------|--|--------------------|--|-----|------------------|
| 9:30 am-12:30 pm | 12-3 pm * | 2:30-5:30 pm* (closed in July & August) | 1-4 pm * 5-8 pm | 12-3 pm * 4-7 pm (closed in July & August) | | 9:30 am-12:30 pm |

MEET YOUR Pottery Instructors:



Bari Precious



Nesta Morgan



Selena Unger

RECREATION FACILITY BOOKINGS & RENTALS



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

Multi-Purpose Venues

We can accommodate events from 2 to 800 people with a variety of room sizes to choose from. Whether you're organizing a trade show, special event, family function or a meeting, we have options for you.

CALL 250-756-5200 FOR RENTAL INFORMATION.

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

Outside Facilities

- **Kin Hut Activity Centre** (2730 Departure Bay Rd)
- **Rotary Activity Centre** (850 Third St)

Pools

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

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

Arenas

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

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

CHECK AVAILABILITY ONLINE!



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

- Picnic Shelters
- Oliver Woods Gymnasiums
- Sand Volleyball Courts

ASK ABOUT OUR

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



cityofnanaimo



prc_nanaimo (#ilovemyparksandrec)

Low Co\$t or Free Recreation

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

Admission Savers

- **Buy a 10 or 20 Visit Pass** and save 20 percent over regular admission. **See page 8.**
- **Active Passes** offer unlimited access to all public drop-in sessions (swimming, skating, weight rooms and sports programs at Oliver Woods Community Centre). If you are a frequent user, you will want to save big by getting our Active Pass. **See page 71.**
- **Stock up** and save on your 10 or 20 Visit Passes.
- **Lions Free Swims** take place every Saturday, 1-2:30 pm, until June 28 at Nanaimo Aquatic Centre thanks to The Lions Club and a variety of local sponsors (cancelled on Apr 26, May 17 & 24, Jun 21).
- **The Culture Awards** take place on Wednesday, April 16 at The Port Theatre. Tickets are FREE! **See page 96.**



Low Cost Recreation

- Youth, aged 10 to 17, are invited to our FREE **Spare Blox program** where youth can participate in gymnasium activities at various locations. **See page 50.**
- **Youth Lounge** at Nanaimo Aquatic Centre is for ages 11 to 18 and is FREE. Enjoy music, gaming, snacks and more. **See page 50.**
- Visit some new **temporary public art** in town. **See page 96.**
- **Court Kids** is a FREE program for ages 1-5 to run, jump, and play that is held at Beban Park. **See page 21.**
- **Invasive Plant Work Parties** are a great way to meet new people and to make a difference in your community. **See page 63.**
- We are offering a variety of FREE (or nearly free) programs for those **60 years and over**. **See page 76.**
- **Thursday Musical Entertainment** happens at Bowen Park once a month and is only \$5. **See page 74.**
- **Stroll with a Pro** and learn about songbirds. These sessions are FREE! **See page 28.**
- **Concerts in the Park** are FREE and happen from May to August at various parks featuring local talent. **See page 7.**
- Check out the **Park Avenue Farm**. This is FREE. **See page 28.**
- We have a variety of FREE **summer events and programs**. **See page 36.**



LEISURE ECONOMIC ACCESS PASS



WHAT IS LEAP?

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

WHAT CAN LEAP BE USED FOR?

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

DO I QUALIFY?

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

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

HOW DO I APPLY?

1. Submit the LEAP application online at www.nanaimo.ca or in-person at any City of Nanaimo recreation centre.
2. Include a copy of the following:
 - Prior year Notice of Assessment or proof of Income Assistance, GIS, CLBC, Refugee through the refugee protection program/ Newcomer or Youth in Care
 - Photo ID for all adults in the household
 - Proof of residency (if different from ID)

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

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

STATISTICS CANADA LOW INCOME GUIDELINES

| Number of People in Household | Annual Household Income |
|-------------------------------------|----------------------------|
| 1 | \$23,696 |
| 2 | \$29,498 |
| 3 | \$36,625 |
| 4 | \$44,031 |
| 5 | \$49,938 |
| 6 | \$56,323 |
| 7 | \$62,707 |

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



cityofnanaimo



prc_nanaimo (#ilovemyparksandrec)

COMMUNITY CONNECTIONS

BE ACTIVE! BUILD CONFIDENCE! HAVE FUN!



MASTER MOY

30 YEARS OF TEACHING MARTIAL ARTS!

Certified from Taekwondo Headquarters in Korea:

- 7th Dan Black Belt • International Master • Black Belt Examiner
- International Referee (W.T.) • Krav Maga Instructor (USA)
- Diploma of P.E. with major in Taekwondo • Bachelor of Education (VIU)



Classes for ages 4 & up
Make new friends
Anti-bullying strategies
Real life-practical self-defense
Let off steam & release stress
Leadership & respect



250-816-3436 |  kickhighmartialarts

Farm for your Community!

Nanaimo Foodshare
"Local Food Matters"



Drop In/Volunteering at the farm for all skill levels

945 Park Ave.

- 10:00am-2:00 pm
- Every Friday between Feb. - Nov.
- Everyone welcome!

Have fun,
meet people,
enjoy the
harvest, learn
new skills and
help a
charity!

email: jennie.wharton@nanaimofoodshare.ca



Brigadoon
DANCE ACADEMY
HIGHLAND on VANCOUVER ISLAND



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

To request more information:

brigadoondanceacademy@shaw.ca or 250-756-3661

Please leave the dancer's name, age & grade

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



CAN
CANUCKS AUTISM NETWORK

Helping Individuals on the Autism Spectrum Thrive.

Family Experiences . Sports & Rec . Wellness
Programs for children, youth and adults in Nanaimo

canucksautism.ca

[@canucksautism](https://www.instagram.com/canucksautism)

Tiny Tales & Tunes NEW!

0 to 12 Months

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

Instructor: Moire Porter

Mon, Mar 24-Apr 14 | 9:30-10 am | \$20/4 | [133860](#)

Mon, Mar 24-Apr 14 | 10:30-11 am | \$20/4 | [133861](#)

Beban Park Social Centre

Gym Pals D

1 to 5 Years

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

Fri, Apr 4-May 16 | 9:45-10:45 am | \$48/6 | [136636](#)

Fri, Apr 4-May 16 | 11 am-12 pm | \$48/6 | [136637](#)

Fri, May 23-Jun 20 | 9:45-10:45 am | \$40/5 | [136638](#)

Fri, May 23-Jun 20 | 11 am-12 pm | \$40/5 | [136639](#)

Oliver Woods Community Centre

Active Tots D

2 to 5 Years

Active Tots is a great experience for children to develop athletic, social and intellectual skills in a fun and active environment. Each week a different sport will be set up for you and your tot to enjoy together. There will also be a mini gymnastics circuit set up each week. This class requires parent participation. A drop-in fee of \$10 is available depending on space.

Wed, Apr 2-May 14 | 11 am-12 pm | \$56/7 | [136606](#)

Wed, May 21-Jun 25 | 11 am-12 pm | \$48/6 | [136607](#)

Oliver Woods Community Centre

PLEASE NOTE:

Registration for
Spring & Summer
Aquatic programs
begins on Wednesday,
March 5 at 6 am.

Registration for
all other programs
begins on Wednesday,
March 12 at 6 am.



Early Years & Children

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

Court Kids

1 to 5 Years

A FREE, fun, safe space to introduce your child to unstructured physical activity! Your child will get to play, move, climb, jump, slide and have a blast on a variety of gym equipment. Parent/caregiver participation is required. Please pre-register; no drop-in is available. Keep an eye on our social media channels and website for weekend pop-up dates throughout the spring.

Tue, Apr 8-Jun 10 | 9-11 am | FREE/10 | [133862](#)

Beban Park Social Centre

Ready, Set, Learn - Pizza & Play

3 to 5 Years

This is a family-oriented playtime where you take part in a variety of play-based activities. This program is funded by the Ministry of Education and offered in partnership with Nanaimo Ladysmith Public Schools, PacificCARE and the City of Nanaimo. This session is free!

Mon, Mar 10 | 5-6:30 pm | École Hammond Bay



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

Instructor: Robyn Mor

Birth to Rolling

Tue, Apr 1-May 27 | 11-11:45 am | \$108/9 | [140865](#)

Crawling (or 7 months) to Standing

Tue, Apr 1-May 27 | 12-12:45 pm | \$108/9 | [140872](#)

Kin Hut Activity Centre



cityofnanaimo



prc_nanaimo (#ilovemyparksandrec)

PLAY & LEARN

Early Years Programs for
Ages 18 Mos. to 5 yrs

1 & 2 day options
to give you more
flexibility with your
schedule!

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

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--------------------------------|---|--------------------------------|--------------------------|
| BEBAN 9-11 am | Crickets | Kinder Prep (2 day reg) | Busy Bees (1 day reg) | Kinder Prep (2 day reg) | Busy Bees (1 day reg) |
| BEBAN 11:30 am-1:30 pm | | Animal Crackers (2 day reg) | Kinder Prep (1 day reg) | Animal Crackers (2 day reg) | |
| OLIVER WOODS 9-11 am | Kinder Prep Active Shorts (1 day reg) | Doodle Bugs (2 day reg) | Kinder Prep Culinary Kids (1 day reg) | Doodle Bugs (2 day reg) | |
| OLIVER WOODS 11:30 am-1:30 pm | | Kinder Prep (2 day reg) | Crickets (11:30 am-1 pm) | Kinder Prep (2 day reg) | |

*Please note: for single day programs, activities will vary based on the day you sign up for.



Julie Miller



Lynn Macaulay



Edie Vos

(Please note: there will be no refunds after the first class has started. Withdrawals can be made up to 72 hours prior to the first class for a full refund. If withdrawal is made less than 72 hours prior to the first class, you will be charged for the first class.

Crickets

18 Months to 3 Years

This interactive and engaging class encourages opportunities to bond with your little one, introduce social skills, participate in group play and explore basic movements through traditional programming, such as circle time, stories, songs, crafts, play stations and tumble time. Parent participation is required.

Instructor: Lynn Macaulay

Mondays, 9-11 am

Apr: \$60/3 (#12033) Jun: \$60/3 (#115140)

May: \$60/3 (#115139)

Beban Park Social Centre

Wednesdays, 11:30 am-1 pm

Apr: \$75/5 (#122074) Jun: \$45/3 (#122076)

May: \$60/4 (#122075)

Oliver Woods Community Centre

Animal Crackers

3 to 5 Years

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

Instructors: Julie Miller & Edie Vos

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

Apr: \$180/9 (#121895) Jun: \$120/6 (#121898)

May: \$180/9 (#121897)

Beban Park Social Centre



Check out our one-day class options! Select one, two or more or mix & match classes at different locations.

*Classes may be cancelled due to insufficient registration a week prior to start date.
Register all the way up to June 2025. Ask about our payment plan!*

Doodle Bugs

3 to 5 Years

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

Instructor: Cindy Cormons

Tuesdays & Thursdays, 9-11 am

Apr: \$180/9 (#122027) Jun: \$120/6 (#122029)

May: \$180/9 (#122028)

Oliver Woods Community Centre

Busy Bees

3 to 5 Years

Welcome to Busy Bees where your child will be buzzing around having fun learning about themselves and the world around them. Children will be encouraged to be curious, try new activities, meet new friends and engage with their community through hands-on experiences and playful learning. Some of the activities might include skating, tumble time, yoga, dance, gym time, pottery and science.

Instructors: Julie Miller & Edie Vos

Wednesdays, 9-11 am

Apr: \$100/5 (#121953) Jun: \$60/3 (#121955)

May: \$80/4 (#121954)

Beban Park Social Centre

Fridays, 9-11 am

Apr: \$60/3 (#121964) Jun: \$60/3 (#121966)

May: \$100/5 (#121965)

Beban Park Social Centre

Kinder Prep

4 to 5 Years

Kinder Prep is designed to help set the groundwork for a positive transition into Kindergarten by providing both the academic and social tools to feel prepared for the next step. Children will spend time moving, creating, playing and learning about themselves through a variety of activities.

Instructors: Julie Miller & Edie Vos

Wednesdays, 11:30 am-1:30 pm

Apr: \$100/5 (#121987) Jun: \$60/3 (#121991)

May: \$80/4 (#121990)

Beban Park Social Centre

Tuesdays & Thursdays, 9-11 am

Apr: \$180/9 (#121975) Jun: \$120/6 (#121977)

May: \$180/9 (#121976)

Beban Park Social Centre

Instructor: Cindy Cormons

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

Apr: \$180/9 (#122000) Jun: \$120/6 (#122002)

May: \$180/9 (#122001)

Oliver Woods Community Centre

Kinder Prep - Active Shorts

4 to 5 Years

This class is a blend of the traditional Kinder Prep class where we focus on academic prep skills, social skills and preparing your child to enter Kindergarten but with an active based sport twist. We will spend time learning gross motor skills, moving in gym time, trying out various activities like yoga, sports and dance through community instructors and creating active-themed crafts.

Instructor: Cindy Cormons

Mondays, 9-11 am

Apr: \$60/3 (#122054) Jun: \$60/3 (#122056)

May: \$60/3 (#122055)

Oliver Woods Community Centre

Kinder Prep - Culinary Kids

4 to 5 Years

This class is a blend of the traditional Kinder Prep class where we focus on academic prep skills, social skills and preparing your child to enter Kindergarten but with a culinary twist. This engaging and interactive class will help to inspire creativity, build confidence and introduce kids to basic kitchen skills. We will spend time learning how to make a fun and tasty snack, explore different ingredients, create edible arts and crafts and learn about nutritious choices.

Instructor: Cindy Cormons & Pam Brugge

Wednesdays, 9-11 am

Apr: \$100/5 (#122064) Jun: \$60/3 (#122066)

May: \$80/4 (#122065)

Oliver Woods Community Centre



cityofnanaimo



prc_nanaimo (#ilovemyparksandrec)



Children's Arts & Crafts

Mudpies - Pottery

3 to 5 Years

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

Instructor: Selena Unger

Mon, Apr 28-May 26 | 10:30-11:15 am | \$72/4 | [133057](#)

Mon, Jun 2-23 | 10:30-11:15 am | \$72/4 | [133058](#)

Bowen Pottery Studio

Handbuilding for Children - Pottery

6 to 12 Years

Children will learn basic pottery handbuilding skills like coiling, pinching, slab building and sculpting through project making. They will be encouraged to use their creativity to make each piece their own. Cost includes clay, glaze and firing. Dress for mess!

Instructor: Bari Precious or Selena Unger

Mon, Apr 28-May 26 | 4-5 pm | \$82/4 | [133063](#)

Mon, Jun 2-23 | 4-5 pm | \$82/4 | [133064](#)

Mon, Jul 7-28 | 4-5 pm | \$82/4 | [139524](#)

Tue, Jul 8-29 | 9-10 am | \$82/4 | [139529](#)

Thu, Jul 10-31 | 12-1 pm | \$82/4 | [139563](#)

Fri, Jul 11-Aug 1 | 9:30-10:30 am | \$82/4 | [139561](#)

Tue, Aug 5-26 | 9-10 am | \$82/4 | [139530](#)

Thu, Aug 7-28 | 12-1 pm | \$82/4 | [139564](#)

Fri, Aug 8-22 | 9:30-10:30 am | \$62/3 | [139562](#)

Mon, Aug 11-25 | 4-5 pm | \$62/3 | [139525](#)

Bowen Pottery Studio

Dress Up Storytime & Craft

3 to 5 Years

Put on your favourite costume and then explore your imagination and creativity with Miss Lynn as she combines the wonder of storytelling with the joy of a hands-on craft. Parent participation is required.

Instructor: Miss Lynn

Fri, Apr 25 | 9:30-10:30 am | \$8/1 | [139474](#)

Fri, May 23 | 9:30-10:30 am | \$8/1 | [139475](#)

Fri, Jun 13 | 9:30-10:30 am | \$8/1 | [139476](#)

Kin Hut Activity Centre

Prehistoric Pals

2 to 5 Years

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

Instructor: Gabby Dunn

Fri, May 9 | 9:15-10:30 am | \$12/1 | [132869](#)

Kin Hut Activity Centre

Crafty Bunnies & Playtime

2 to 4 Years

Join us for our eggciting Easter craft and playtime program! You'll create colourful crafts, play on our fun equipment and have fun in a mini-Easter egg hunt. Parent participation is required.

Instructor: Gabby Dunn

Fri, Apr 11 | 9:30-10:30 am | \$12/1 | [132867](#)

Fri, Apr 11 | 10:45-11:45 am | \$12/1 | [132868](#)

Beban Park Social Centre

Spring Bloom Art Splash

5 to 11 Years

Discover a range of artistic skills, including drawing, painting, colouring and more to spark your creativity in this spring-themed class.

Thu, Apr 3-24 | 4-4:45 pm | \$40/4 | [136749](#)

Thu, May 1-29 | 4-4:45 pm | \$50/5 | [136751](#)

Oliver Woods Community Centre

Summer Sun Art Splash

5 to 11 Years

Discover a range of artistic skills, including drawing, painting, colouring and more to spark your creativity in this summer-themed class.

Thu, Jun 5-26 | 4-4:45 pm | \$40/4 | [136755](#)

Oliver Woods Community Centre

Discover Your Inner Artist

7 to 11 Years

Young art enthusiasts will tap into their artistic potential by expressing their creativity through painting, drawing, collaging and more. Children will enhance their artistic abilities and will focus on a new project in this mixed media class.

Thu, Apr 3-24 | 5-5:45 pm | \$40/4 | [136758](#)

Thu, May 1-29 | 5-5:45 pm | \$50/5 | [136759](#)

Thu, Jun 5-26 | 5-5:45 pm | \$40/4 | [136761](#)

Oliver Woods Community Centre

Comic Book Development

7 to 13 Years

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

Instructor: David Harvey

Sat, Apr 5-May 10 | 10-11 am | \$48/6 | [137437](#)

Sat, May 17-Jun 21 | 10-11 am | \$40/5 | [137439](#)

Oliver Woods Community Centre

Character Design Art

7 to 12 Years

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

Instructor: David Harvey

Sat, Apr 5-May 10 | 11:15 am-12:15 pm | \$48/6 | [137440](#)

Sat, May 17-Jun 21 | 11:15 am-12:15 pm | \$40/5 | [137441](#)

Oliver Woods Community Centre

Music Together®

0 to 5 Years

Music Together® is an early childhood music and movement program filled with fun songs and confidence building musical activities that will get you and your child singing, dancing, playing and learning together! For more information, please visit www.seasonstudio.com. Parent participation required. Siblings under 9 months may attend for free. There is a \$55 program fee for this course, which is non-refundable after the first class (siblings will receive a \$55 refund).

Instructor: Karita Sedun

Wed, Apr 9-Jun 11 | 9:15-10 am | \$130/10 | [136404](#)

Wed, Apr 9-Jun 11 | 10:15-11 am | \$130/10 | [136405](#)

Wed, Apr 9-Jun 11 | 11:15 am-12 pm | \$130/10 | [136406](#)

Thu, Apr 10-Jun 12 | 9:15-10 am | \$130/10 | [136407](#)

Thu, Apr 10-Jun 12 | 10:15-11 am | \$130/10 | [136409](#)

Thu, Apr 10-Jun 12 | 11:15 am-12 pm | \$130/10 | [136410](#)

Kin Hut Activity Centre

Tiny Tales & Tunes

0 to 12 Months

This joyful and engaging class is designed for parents and babies to bond through interactive rhymes and songs. For the babies, we will focus on early language development and social skills, while also enhancing guidance and support.

Instructor: Moire Porter

Mon, Mar 24-Apr 14 | 9:30-10 am | \$20/4 | [133860](#)

Mon, Mar 24-Apr 14 | 10:30-11 am | \$20/4 | [133861](#)

Beban Park Social Centre

Boogie Babies

6 to 18 Months

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

Instructor: Miss Jules

Tue, Apr 8-May 13 | 11-11:30 am | \$48/6 | [132875](#)

Beban Park Social Centre

Movin' with My Mini

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.

Instructor: Miss Jules

Tue, Apr 8-May 13 | 10:15-10:45 am | \$48/6 | [132877](#)

Beban Park Social Centre



Children's Dance & Music

Shimmy & Shake

2.5 to 4 Years

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

Instructor: Miss Jules

Tue, Apr 8-May 13 | 9:30-10 am | \$48/6 | [132876](#)

Tue, Apr 8-May 13 | 11:45 am-12:15 pm | \$48/6 | [132878](#)

Beban Park Social Centre

Magic Melodies NEW!

3 to 5 Years

This fun, interactive program introduces your little one to the joy of music in a group setting with you right by their side. Together, you'll explore rhythm, movement and different instruments in a playful and nurturing environment. This will help your child boost cognitive development and memory skills, strengthen social skills, enhance coordination with hands-on musical fun and encourage emotional expression through music.

Instructor: Nanaimo Conservatory of Nanaimo

Wed, Apr 9-May 14 | 9:30-10:15 am | \$80/6 | [133845](#)

Nanaimo Conservatory of Music (375 Selby St)

Baby Ballet

3 to 5 Years

This can be your child's first introduction to ballet in a fun-filled environment. Children will learn 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 5-May 17 | 11:30 am-12 pm | \$56/7 | [136696](#)

Sat, Apr 5-May 17 | 1:45-2:15 pm | \$56/7 | [136699](#)

Sat, May 24-Jun 21 | 11:30 am-12 pm | \$40/5 | [136700](#)

Sat, May 24-Jun 21 | 1:45-2:15 pm | \$40/5 | [136703](#)

Sat, Jul 19-Aug 30 | 11:30 am-12 pm | \$56/7 | [136733](#)

Oliver Woods Community Centre

Baby Ballet - The Next Steps

3 to 5 Years

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

Sat, Apr 5-May 17 | 12:15-12:45 pm | \$56/7 | [136697](#)

Sat, May 24-Jun 21 | 12:15-12:45 pm | \$40/5 | [136701](#)

Sat, Jul 19-Aug 30 | 12:15-12:45 pm | \$56/7 | [136734](#)

Oliver Woods Community Centre



cityofnanaimo



prc_nanaimo (#ilovemyparksandrec)

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 movements to some energetic music. Children should wear leotards, shorts and dance slippers if available. If not, then bare feet is acceptable.

Sat, Apr 5-May 17 | 1-1:30 pm | \$56/7 | [136698](#)

Sat, May 24-Jun 21 | 1-1:30 pm | \$40/5 | [136702](#)

Sat, Jul 19-Aug 30 | 1-1:30 pm | \$56/7 | [136735](#)

Oliver Woods Community Centre

B-Fit Bhangra & Bollywood Dance

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

Instructor: Sukhi Sangha, Vancouver Island Bhangra

3 to 6 Years

Tue, Apr 1-29 | 4:30-5 pm | \$60/4 | [132879](#)

7 to 13 Years

Tue, Apr 1-29 | 5:15-6 pm | \$80/4 | [132880](#)

Beban Park Social Centre

Intro to Hip Hop

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

Instructor: Vibe Dance Academy

4 to 5 Years

Fri, May 2-30 | 3:45-4:15 pm | \$60/5 | [139471](#)

6 to 7 Years

Fri, May 2-30 | 4:30-5 pm | \$60/5 | [139472](#)

8 to 11 Years

Fri, May 2-30 | 5:15-6 pm | \$70/5 | [139473](#)

Vibe Dance Studio (1969 Boxwood Rd)



Zumba Kids NEW!

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

Instructor: Shelby Holt

4 to 6 Years

Sat, May 3-Jun 7 | 10:15-11 am | \$50/5 | [136839](#)

7 to 11 Years

Sat, May 3-Jun 7 | 9:15-10 am | \$50/5 | [136838](#)

Bowen Park Complex

Rhythm Kids®

Rhythm Kids® is designed for kids, ages 4 to 8, who will build up musical confidence using djembe drums, percussion instruments and the most important instruments of all, their voices and their bodies. Each semester, a new animal song collection will introduce music inspired by the rhythms of many different cultures, through singing, creative movement and musical games. For more program information, please visit www.seasonstudio.com. There is a \$55 program fee for this course, which is non-refundable after the first class (siblings will receive a \$55 refund).

Instructor: Karita Sedun

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

Tue, Apr 8-Jun 10 | 4:15-5 pm | \$130/10 | [136402](#)

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

Tue, Apr 8-Jun 10 | 5:15-6 pm | \$130/10 | [136403](#)

Oliver Woods Community Centre

Piano - Private Beginner Lessons

5 to 12 Years

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

Instructor: Liam Pistor

Wed, Apr 2-23 | 3:30-4 pm | \$72/3 | [132830](#)

Wed, Apr 2-23 | 4:10-4:40 pm | \$72/3 | [132831](#)

Wed, Apr 2-23 | 4:50-5:20 pm | \$72/3 | [132832](#)

Wed, Apr 2-23 | 5:30-6 pm | \$72/3 | [132833](#)

Thu, Apr 3-24 | 3:30-4 pm | \$72/3 | [132834](#)

Thu, Apr 3-24 | 4:10-4:40 pm | \$72/3 | [132835](#)

Thu, Apr 3-24 | 4:50-5:20 pm | \$72/3 | [132836](#)

Thu, Apr 3-24 | 5:30-6 pm | \$72/3 | [132837](#)

Wed, Apr 30-May 21 | 3:30-4 pm | \$96/4 | [132838](#)

Wed, Apr 30-May 21 | 4:10-4:40 pm | \$96/4 | [132839](#)

Wed, Apr 30-May 21 | 4:50-5:20 pm | \$96/4 | [132840](#)

Wed, Apr 30-May 21 | 5:30-6 pm | \$96/4 | [132841](#)

Thu, May 1-22 | 3:30-4 pm | \$96/4 | [132842](#)

Thu, May 1-22 | 4:10-4:40 pm | \$96/4 | [132843](#)

Thu, May 1-22 | 4:50-5:20 pm | \$96/4 | [132844](#)

Thu, May 1-22 | 5:30-6 pm | \$96/4 | [132823](#)

Wed, May 28-Jun 18 | 3:30-4 pm | \$96/4 | [132847](#)

Wed, May 28-Jun 18 | 4:10-4:40 pm | \$96/4 | [132848](#)

Wed, May 28-Jun 18 | 4:50-5:20 pm | \$96/4 | [132849](#)

Wed, May 28-Jun 18 | 5:30-6 pm | \$96/4 | [132824](#)

Thu, May 29-Jun 19 | 3:30-4 pm | \$96/4 | [132850](#)

Thu, May 29-Jun 19 | 4:10-4:40 pm | \$96/4 | [132827](#)

Thu, May 29-Jun 19 | 4:50-5:20 pm | \$96/4 | [132829](#)

Thu, May 29-Jun 19 | 5:30-6 pm | \$96/4 | [132820](#)

Bowen Park Complex



Beach Buddies

3 to 5 Years

Embark on a journey of discovery as young adventurers exploring the magic of the salty seashore! From exciting beach games to hands-on marine exploration and ocean-themed crafts, kids will learn all about the ocean environment guided by super fun, experienced leaders.

Instructors: Pam Brugge & Traci Boas

Mon, Jun 2-23 | 10-11:30 am | \$60/4 | [139477](#)

Kin Hut Activity Centre

Dress Up Storytime & Craft

3 to 5 Years

Put on your favourite costume and then explore your imagination and creativity with Miss Lynn as she combines the wonder of storytelling with the joy of a hands-on craft. Parent participation is required.

Instructor: Miss Lynn

Fri, Apr 25 | 9:30-10:30 am | \$8/1 | [139474](#)

Fri, May 23 | 9:30-10:30 am | \$8/1 | [139475](#)

Fri, Jun 13 | 9:30-10:30 am | \$8/1 | [139476](#)

Kin Hut Activity Centre

Dino Detectives

3 to 5 Years

As a new Dino Detective you'll try to uncover the hidden secrets of dinosaurs from millions of years ago. Excavate fossils buried in the sand, listen to dino-tales, go on a scavenger hunt, learn about dinosaurs and create dino crafts.

Instructor: Pam Brugge & Traci Boas

Mon, Apr 7-May 26 | 10-11:30 am | \$72/6 | [133858](#)

Kin Hut Activity Centre

Busy Spring: Nature Wakes Up

3 to 6 Years

The yard is bright, birds are singing and there are tad poles in the pond! Come discover all the different ways nature wakes up from its long winter sleep. This is a parent participation class.

Instructor: Judy Wickland

Sat, Apr 5 | 10-11:15 am | \$10/1 | [132449](#)

Brookwood Playground

Sat, Apr 12 | 10-11:15 am | \$10/1 | [132450](#)

Bowen Park Amphitheatre

Sat, May 3 | 10-11:15 am | \$10/1 | [132453](#)

Linley Valley Park



Special Interest/Outdoor

Aliens from Earth: When Animals & Plants Invade

3 to 6 Years

What happens when alien plants and animals are introduced into an ecosystem? How can we protect our native species and bring them back? This is a parent participation class.

Instructor: Judy Wickland

Sat, May 10 | 10-11:15 am | \$10/1 | [132455](#)

Bowen Park Picnic Shelter (by Kin Pool)

Adventure at the Seashore

3 to 6 Years

The seashore has many interesting animals and seaweed. It changes, and there are many surprises if you look closely. We will explore this changing environment at low tide to see what we can find. This is a parent participation class.

Instructor: Judy Wickland

Sun, May 25 | 10-11:15 am | \$10/1 | [132454](#)

Pipers Lagoon Park

A Whirlwind of Weather

3 to 6 Years

From the warm balmy days of summer to the cold, crisp nights of winter, we will learn about the four seasons, as well as how clouds form, why it rains and what causes rainbows and storms. This is a parent participation class.

Instructor: Judy Wickland

Sat, May 31 | 10-11:15 am | \$10/1 | [132452](#)

Neck Point Park

Explore Lotus Pinnatus Park

3 to 6 Years

What is Lotus pinnatus? The park is named after a rare flower found mainly only in this area. This park is unique. This is a rare habitat that has many interesting plants. Learn about vernal pools and why they are important.

Instructor: Judy Wickland

Sat, Jun 14 | 10-11:15 am | \$10/1 | [132439](#)

Lotus Pinnatus Park

Buzzing Bees

3 to 6 Years

Let's get familiar with this helpful, flying, furry insect. These clever creatures have been making honey for over 150 million years! This is a parent participation class.

Instructor: Judy Wickland

Sat, Jun 21 | 10-11:15 am | \$10/1 | [132457](#)

Beaufort Park

Bowen Afterschool Nature Club

5 to 11 Years

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

Instructor: Mercedes Virs

Mon, Apr 7-Jun 23 | 3-5 pm | \$150/10 | [132613](#)

Bowen Park Complex



cityofnanaimo



prc_nanaimo (#ilovemyparksandrec)

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 is required.

Sun, Jun 1 | 10:30 am-12:30 pm | FREE | [137515](#)

Colliery Dam Park

Sun, May 25 | 10:30 am-12:30 pm | FREE | [137349](#)

Sun, Jun 8 | 10:30 am-12:30 pm | FREE | [137352](#)

Long Lake (Loudon Park)

Stroll with a Pro

Walk with one of our local biologists for one of these FREE sessions to unlock the mysteries of some of our local birds.

Songbirds

Tue, Apr 29 | 6-7:15 pm | FREE | [132605](#)

Tue, May 27 | 6-7:15 pm | FREE | [132606](#)

Tue, Jun 10 | 6-7:15 pm | FREE | [132607](#)

Birds of Prey

Tue, Jul 8 | 6-7:15 pm | FREE | [132603](#)

Tue, Aug 19 | 6-7:15 pm | FREE | [132604](#)

Buttertubs Marsh (Miner's Cottage)

Parent & Tot Gymnastics

2 to 3 Years

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

Instructor: Flipside Gymnastics

Tue, Mar 18-Apr 8 | 9-10 am | \$80/4 | [137583](#)

Fri, Mar 21-Apr 11 | 9-10 am | \$80/4 | [137585](#)

Tue, Apr 15-May 6 | 9-10 am | \$80/4 | [141565](#)

Fri, Apr 18 - May 9 | 9-10 am | \$80/4 | [1414570](#)

Tue, May 13-Jun 3 | 9-10 am | \$80/4 | [141566](#)

Fri, May 16-Jun 6 | 9-10 am | \$80/4 | [141571](#)

Tue, Jun 10-Jul 1 | 9-10 am | \$80/4 | [141568](#)

Fri, Jun 13-Jul 4 | 9-10 am | \$80/4 | [141572](#)

Tue, Jul 8-29 | 9-10 am | \$80/4 | [141568](#)

Fri, Jul 11-Aug 1 | 9-10 am | \$80/4 | [141573](#)

Tue, Aug 5-26 | 9-10 am | \$80/4 | [141569](#)

Fri, Aug 8-29 | 9-10 am | \$80/4 | [141574](#)

Flipside Gymnastics (1911 Wilfert Rd)

Kinder Stars

3 to 5 Years

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

Instructor: Flipside Gymnastics

Tue, Mar 18-Apr 8 | 10:05-11:20 am | \$90/4 | [137588](#)

Fri, Mar 21-Apr 11 | 10:05-11:20 am | \$90/4 | [137587](#)

Tue, Apr 15-May 6 | 10:05-11:20 am | \$90/4 | [141545](#)

Fri, Apr 18-May 9 | 10:05-11:20 am | \$90/4 | [141548](#)

Tue, May 13-Jun 3 | 10:05-11:20 am | \$90/4 | [141546](#)

Fri, May 23-Jun 13 | 10:05-11:20 am | \$90/4 | [141549](#)

Tue, Jun 10-Jul 1 | 10:05-11:20 am | \$90/4 | [141547](#)

Fri, Jun 13-Jul 4 | 10:05-11:20 am | \$90/4 | [141550](#)

Tue, Jul 8-29 | 10:05-11:20 am | \$90/4 | [141561](#)

Fri, Jun 11-Aug 1 | 10:05-11:20 am | \$90/4 | [141563](#)

Tue, Aug 5-26 | 10:05-11:20 am | \$90/4 | [141562](#)

Fri, Aug 8-29 | 10:05-11:20 am | \$90/4 | [141564](#)

Flipside Gymnastics (1911 Wilfert Rd)

Yoga for Kids

5 to 12 Years

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

Instructor: Gypsy Hart

Wed, Apr 2-May 14 | 3:30-4:30 pm | \$56/7 | [136618](#)

Wed, May 21-Jun 25 | 3:30-4:30 pm | \$48/6 | [136619](#)

Oliver Woods Community Centre



Let's Eat! Kids' Cooking

7 to 12 Years

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

Instructor: Nanaimo Foodshare

Tue, Apr 1-15 | 3:30-5:30 pm | \$100/3 | [137687](#)

Wed, Apr 2-16 | 3:30-5:30 pm | \$100/3 | [137688](#)

Tue, May 13-27 | 3:30-5:30 pm | \$100/3 | [137690](#)

Bowen Park Complex

Tue, Jun 3-17 | 3:30-5:30 pm | \$100/3 | [137691](#)

Park Avenue Farm (945 Park Ave)

Community Farm Drop-in at Park Avenue Farm

All Ages

Have fun, meet people, take home some harvest, enjoy nature and learn new skills! Everyone is welcome. Any questions or to ask about our private, fun field trips experiences, please email jennie.wharton@nanaimofoodshare.ca

Instructor: Park Avenue Farm Volunteers

Fri, Mar 21-Aug 29 | 10 am-2 pm | FREE |

Park Avenue Farm (945 Park Ave)

Farmer Family Play Day

Farmer Family Play Day is for parents and their children to come and enjoy the beautiful farm space in a safe, educational and fun environment for outdoor exploration. Each session we will learn about nature and where our food comes from, play games and take home some harvest that is ready. All ages are welcome. Price is per family.

Wed, Jun 25 | 10 am-12 pm | \$15/1 | [137707](#)

Wed, Jul 2 | 10 am-12 pm | \$15/1 | [137708](#)

Wed, Jul 16 | 10 am-12 pm | \$15/1 | [137709](#)

Wed, Aug 27 | 10 am-12 pm | \$15/1 | [137710](#)

Park Avenue Farm (945 Park Ave)



**Sunday, May 11
10 am-2 pm
Colliery Dam Park**

Court Kids

1 to 5 Years

A FREE, fun, safe space to introduce your child to unstructured physical activity! Your child will get to play, move, climb, jump, slide and have a blast on a variety of gym equipment. Parent/caregiver participation is required. Please pre-register; no drop-in available. Keep an eye on our social media channels and website for weekend pop-up dates throughout the spring.

Tue, Apr 8-Jun 10 | 9-11 am | FREE/10 | [133862](#)

Beban Park Social Centre

Gym Pals

1 to 5 Years

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

Fri, Apr 4-May 16 | 9:45-10:45 am | \$48/6 | [136636](#)

Fri, Apr 4-May 16 | 11 am-12 pm | \$48/6 | [136637](#)

Fri, May 23-Jun 20 | 9:45-10:45 am | \$40/5 | [136638](#)

Fri, May 23-Jun 20 | 11 am-12 pm | \$40/5 | [136639](#)

Thu, Jul 10-Aug 28 | 9:30-10:30 am | \$56/7 | [136711](#)

Oliver Woods Community Centre

Active Tots

2 to 5 Years

Active Tots is a great way for children to develop athletic, social and intellectual skills in a fun and active environment. Each week a different sport will be set up for you and your tot to enjoy together. This class is a parent participation.

Wed, Apr 2-May 14 | 11 am-12 pm | \$56/7 | [136606](#)

Wed, May 21-Jun 25 | 11 am-12 pm | \$48/6 | [136607](#)

Oliver Woods Community Centre

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

Wed, May 7-Jun 4 | 3:15-3:45 pm | \$35/5 | [138805](#)

Thu, May 8-Jun 5 | 3:15-3:45 pm | \$35/5 | [138806](#)

5 to 6 Years

Wed, May 7-Jun 4 | 4-4:45 pm | \$40/5 | [138802](#)

Thu, May 8-Jun 5 | 4-4:45 pm | \$40/5 | [138803](#)

Beban Park Gyro Fields



Sports

Soccer Tots

2 to 5 Years

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

Wed, Apr 2-May 14 | 9:45-10:45 am | \$56/7 | [136603](#)

Sat, Apr 5-May 17 | 9-10 am | \$56/7 | [136692](#)

Sat, Apr 5-May 17 | 10:15-11:15 am | \$56/7 | [136693](#)

Wed, May 21-Jun 25 | 9:45-10:45 am | \$48/6 | [136604](#)

Sat, May 24-Jun 21 | 19-10 am | \$32/4 | [136694](#)

Sat, May 24-Jun 21 | 10:15-11:15 am | \$32/4 | [136695](#)

Sat, Jul 19-Aug 30 | 9-10 am | \$56/7 | [136727](#)

Sat, Jul 19-Aug 30 | 10:15-11:15 am | \$56/7 | [136730](#)

Oliver Woods Community Centre

Soccer Sprouts

5 to 7 Years

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

Thu, Apr 17-May 29 | 3:15-3:45 pm | \$36/6 | [138094](#)

Harewood Outdoor Sports Court

Indoor Soccer

6 to 10 Years

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

Wed, May 21-Jun 25 | 4:30-5:30 pm | \$48/6 | [136631](#)

Thu, Jul 10-Aug 28 | 10:45-11:45 am | \$56/7 | [136716](#)

Oliver Woods Community Centre

Soccer Skills & Drills

8 to 12 Years

Kick, dribble, pass and score! Join us for some soccer and learn the basics in this introductory class where the focus is FUN!

Thu, Apr 17-May 29 | 4-4:45 pm | \$48/6 | [138092](#)

Harewood Outdoor Sports Court

Basketball Fundamental Movement Skills

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

6 to 9 Years

Wed, Apr 2-May 14 | 4-5 pm | \$56/7 | [136622](#)

Wed, May 21-Jun 25 | 4-5 pm | \$48/6 | [136623](#)

8 to 11 Years

Tue, Apr 1-May 13 | 3:45-4:45 pm | \$56/7 | [136599](#)

Thu, May 20-Jun 24 | 3:45-4:45 pm | \$48/6 | [136600](#)

Oliver Woods Community Centre

Summer Hoops

7 to 10 Years

Your coach will teach you the fundamental movements of basketball through teaching skills, such as footwork, dribbling, shooting mechanics and passing.

Thu, Jul 10-Aug 28 | 12-1 pm | \$56/7 | [136719](#)

Oliver Woods Community Centre



cityofnanaimo



prc_nanaimo (#ilovemyparksandrec)

Floor Hockey

7 to 10 Years

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

Mon, Apr 7-May 12 | 3:30-4:30 pm | \$40/5 | [136593](#)

Oliver Woods Community Centre

Multi Sport Mixer

6 to 10 Years

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

Tue, Apr 1-May 13 | 5-6 pm | \$56/7 | [136601](#)

Tue, May 20-Jun 24 | 5-6 pm | \$48/6 | [136602](#)

Thu, Jul 10-Aug 28 | 2:30-3:30 pm | \$64/8 | [136724](#)

Oliver Woods Community Centre

Volleyball

9 to 12 Years

Bump! Pass! Spike! Learn the techniques and skills of volleyball through drills and games.

This program is recommended for beginner to intermediate players.

Fri, Apr 4-May 16 | 4:45-5:45 pm | \$48/6 | [136649](#)

Fri, May 23-Jun 20 | 4:45-5:45 pm | \$40/5 | [136650](#)

Thu, Jul 10-Aug 28 | 1:15-2:15 pm | \$64/8 | [136723](#)

Oliver Woods Community Centre

Lacrosse - The Fundamentals

7 to 10 Years

Prepare for the lacrosse season with our introductory program in the gym! An experienced lacrosse player will guide you through the basics, including throwing, cradling the ball and shooting. Emphasis will be on physical literacy as skills are developed.

Wed, Apr 2-May 14 | 4:30-5:30 pm | \$56/7 | [136630](#)

Oliver Woods Community Centre

Dryland Fitness for Young Athletes

8 to 12 Years

Engage with our skilled team for enjoyable, dryland activities, including exercises, games and drills designed to enhance agility, balance, coordination, strength and skill development for young athletes participating in sports like hockey, basketball, lacrosse and soccer. The program will feature warm-ups, team games, running and competitive play.

Mon, May 26-Jun 23 | 3:30-4:30 pm | \$40/5 | [136594](#)

Oliver Woods Community Centre

Balance Bike Skills

NEW!

2 to 5 Years

This class is designed to introduce young riders to biking using balance bikes. The focus is on building comfort, wearing helmets correctly and providing parents with essential tips to get their kids rolling along. Participants will engage in various activities aimed at practicing important skills like walking with your bike, balancing, riding, stopping and gliding.

Instructor: Nate Berkheimer, The Creative Ride

Tue, Apr 8-May 13 | 12:30-1:30 pm | \$69/6 | [139310](#)

Beban Centennial Building/Beban Park Pump Track

Pedal Power Bike Skills

NEW!

3 to 6 Years

This class is designed to introduce young riders to fun on bikes through engaging activities and challenges. Our interactive lessons are designed to take kids from "I can pedal" to "pedaling is awesome" in just a few sessions. Understanding basic body movements on the bike and navigating terrain confidently is our goal.

Instructor: Nate Berkheimer, The Creative Ride

Tue & Thu, Apr 8-24 | 1:45-3:15 pm | \$72/6 | [139308](#)

Beban Centennial Building/Beban Park Pump Track

Pedal Power Bike Skills -

NEW!

Progression

7 to 12 Years

This class is tailored for riders who are already comfortable riding a bike and have basic control. The program begins with a quick classroom talk focusing on bike movements and finding your flow. Participants will learn essential skills for confident bike rides, navigating obstacles, curbs and terrain.

Instructor: Nate Berkheimer, The Creative Ride

Tue & Thu, Apr 8-24 | 3:30-5 pm | \$72/6 | [139292](#)

Beban Centennial Building/Beban Park Pump Track

BMX Rider Clinic

NEW!

Bicycle Motocross (BMX) is a sport for the whole family. Come out and join the crew at Nanaimo BMX for an introduction to racing on a dirt track with rollers, berms and jumps. Challenge your child's biking skills. To realize the total thrill of BMX, you really need to experience it.

Little Striders - 2 to 5 Years

Sat, Apr 12 | 10-10:45 am | \$5/1 | [136316](#)

Pedal BMX (new to pedals) - 4 to 8 Years

Sat, Apr 12 | 11 am-12:15 pm | \$5/1 | [136317](#)

Full Track Racing - 7 to 13 Years

Sat, Apr 12 | 12:30-2 pm | \$5/1 | [136318](#)

Nanaimo BMX Track

Silly Saturdays

6 to 15 Years

An integrated program where participants can enjoy physical activities at their own pace. Focus will be on increasing physical literacy in a variety of ways developing FUNDamental movement skills through fun and engaging games and activities. Please note that 1:1 support is not provided. This program is designed for those with diverse abilities.

Sat, May 31-Jun 21 | 11 am-12:30 pm | \$60/3 | [137524](#)

Oliver Woods Community Centre

Junior Lifeguard Club

8 to 12 Years

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

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

Tue, Apr 8-Jun 10 | 6-7:30 pm | \$110/10 | [138603](#)

Thu, Apr 10-Jun 12 | 6-7:30 pm | \$110/10 | [138605](#)

Nanaimo Aquatic Centre

Junior Badminton

8 to 13 Years

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

Mon, Apr 7-May 12 | 4-5 pm | \$40/5 | [136595](#)

Oliver Woods Community Centre

Paddle Pals - Pickleball

NEW!

8 to 13 Years

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

Mon, May 26-Jun 23 | 4-5 pm | \$40/5 | [136597](#)

Oliver Woods Community Centre



Progressive Tennis

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

5 to 7 Years

Tue, Apr 1-May 6 | 4-5 pm | \$117/6 | [138789](#)
Sun, Apr 6-May 11 | 3-4 pm | \$98/5 | [138791](#)
Tue, May 13-Jun 24 | 4-5 pm | \$137/7 | [138795](#)
Sun, May 18-Jun 22 | 3-4 pm | \$117/6 | [138792](#)
M-F, Jul 7-11 | 9-10 am | \$98/5 | [139051](#)
M-F, Jul 14-18 | 9-10 am | \$98/5 | [139052](#)
M-F, Jul 21-25 | 9-10 am | \$98/5 | [139054](#)
M-F, Jul 28-Aug 1 | 9-10 am | \$98/5 | [139055](#)
Tu-F, Aug 5-8 | 9-10 am | \$78/4 | [139057](#)
M-F, Aug 11-15 | 9-10 am | \$98/5 | [139059](#)
M-F, Aug 18-22 | 9-10 am | \$98/5 | [139061](#)
M-F, Aug 25-29 | 9-10 am | \$98/5 | [139062](#)

8 to 11 Years

Mon, Mar 31-May 5 | 3:30-5 pm | \$147/5 | [138787](#)
Sun, Apr 6-May 11 | 4-5:30 pm | \$147/5 | [138797](#)
Mon, May 12-Jun 23 | 3:30-5 pm | \$176/6 | [138807](#)
Sun, May 18-Jun 22 | 4-5:30 pm | \$176/6 | [138799](#)
W-F, Jul 2-4 | 10-11:30 am | \$88/3 | [139063](#)
M-F, Jul 7-11 | 10-11:30 am | \$147/5 | [139065](#)
M-F, Jul 14-18 | 10-11:30 am | \$147/5 | [139067](#)
M-F, Jul 21-25 | 10-11:30 am | \$147/5 | [139068](#)
M-F, Jul 28-Aug 1 | 10-11:30 am | \$147/5 | [139069](#)
Tu-F, Aug 5-8 | 10-11:30 am | \$117/4 | [139070](#)
M-F, Aug 11-15 | 10-11:30 am | \$147/5 | [139072](#)
M-F, Aug 18-22 | 10-11:30 am | \$147/5 | [139073](#)
M-F, Aug 25-29 | 10-11:30 am | \$147/5 | [139075](#)

12 to 16 Years

Fri, Apr 4-May 9 | 3:30-5 pm | \$176/6 | [138811](#)
Fri, May 16-Jun 20 | 3:30-5 pm | \$176/6 | [138812](#)
North Island Tennis Academy (2367 Arbot Rd)

Taekwondo Ninjas

4 to 8 Years

Kids will learn kicks, punches, blocks and self-defense skills through fun activities that develop coordination, balance, flexibility, strength and agility. Students will increase a sense of body awareness, focus, concentration and self-confidence. Designed as an introductory program, children will be provided the tools and encouragement to progress to higher levels upon completion.

Instructor: Master Moy, Kick High Martial Arts
Sun, Apr 6-27 | 11-11:30 am | \$24/3 | [138287](#)
Sun, May 4-25 | 11-11:30 am | \$32/4 | [138298](#)
Sun, Jun 8-29 | 11-11:30 am | \$32/4 | [138300](#)
Bowen Park Complex

Taekwondo Tigers

7 to 13 Years

Kids will learn kicks, punches, blocks and self-defense skills through fun activities that develop coordination, balance, flexibility, strength and agility. Students will increase a sense of body awareness, focus, concentration and self-confidence. Designed as an introductory program, children will be provided the tools and encouragement to progress to higher levels upon completion.

Instructor: Master Moy, Kick High Martial Arts
Sun, Apr 6-27 | 11:30 am-12 pm | \$24/3 | [138301](#)
Sun, May 4-25 | 11:30 am-12 pm | \$32/4 | [138310](#)
Sun, Jun 8-29 | 11:30 am-12 pm | \$32/4 | [138311](#)
Bowen Park Complex

Youth Introductory Taekwondo NEW!

13 to 18 Years

Looking for a fun way for your child to stay active and build confidence? Join our beginner Taekwondo classes with Master Moy, a 7th Dan Black Belt with global experience. Your child will develop strength, focus, discipline and leadership skills in a supportive environment while learning self-defense and making new friends.

Instructor: Master Moy
Sun, Apr 6-27 | 12-12:45 pm | \$24/3 | [137925](#)
Sun, May 4-25 | 12-12:45 pm | \$32/4 | [137927](#)
Sun, Jun 8-29 | 12-12:45 pm | \$24/3 | [137928](#)
Bowen Park Complex

Thu, Apr 3-24 | 6-6:45 pm | \$32/4 | [137948](#)
Thu, May 1-22 | 6-6:45 pm | \$32/4 | [137949](#)
Thu, Jun 5-26 | 6-6:45 pm | \$32/4 | [137950](#)
Beban Park Social Centre



Taekwondo with Master Kim

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

4 to 7 Years

Mon, Apr 7 & 14 | 4:15-5 pm | \$25/2 | [138505](#)
Wed, Apr 9 & 16 | 4:15-5 pm | \$25/2 | [138507](#)
Fri, Apr 4 & 11 | 4:15-5 pm | \$25/2 | [138509](#)
Mon, May 12 & 26 | 4:15-5 pm | \$25/2 | [141056](#)
Wed, May 21 & 28 | 4:15-5 pm | \$25/2 | [138511](#)
Fri, May 23 & 30 | 4:15-5 pm | \$25/2 | [138514](#)
Mon, Jun 2 & 9 | 4:15-5 pm | \$25/2 | [138515](#)
Wed, Jun 4 & 11 | 4:15-5 pm | \$25/2 | [138516](#)
Fri, Jun 6 & 13 | 4:15-5 pm | \$25/2 | [138517](#)

8 to 12 Years

Tue, Apr 1 & 8 | 4:15-5 pm | \$25/2 | [138521](#)
Tue, May 20 & 27 | 4:15-5 pm | \$25/2 | [138524](#)
Thu, May 22 & 29 | 4:15-5 pm | \$25/2 | [138525](#)
Fri, May 23 & 30 | 4:15-5 pm | \$25/2 | [138526](#)
Tue, Jun 3 & 10 | 4:15-5 pm | \$25/2 | [138527](#)
Thu, Jun 5 & 12 | 4:15-5 pm | \$25/2 | [138528](#)
World Taekwondo Academy (4300 Wellington Rd)

Karate

4 to 7 Years

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

Tue, Apr 8-29 | 4:30-5:20 pm | \$25/4 | [138677](#)
Thu, Apr 10-May 1 | 3:30-4:15 pm | \$25/4 | [138684](#)
Wed, May 7-28 | 4:30-5:20 pm | \$25/4 | [138689](#)
Fri, May 9-30 | 4:15-5 pm | \$25/4 | [138691](#)
Fri, Jun 6-27 | 5:15-6 pm | \$25/4 | [138693](#)
Sat, Jun 7-28 | 9:30-10:15 am | \$25/4 | [138697](#)
Mon, Jul 7-28 | 4:30-5:20 pm | \$25/4 | [138698](#)
Fri, Jul 4-25 | 3:15-4 pm | \$25/4 | [138700](#)
Shima Karate (3032 Barons Rd)

Karate

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

8 to 12 Years

M/W, Apr 7-16 | 3:30-4:20 pm | \$25/4 | [138723](#)
T/Th, Apr 8-17 | 4:30-5:20 pm | \$25/4 | [138725](#)
M/W, May 5-14 | 3:30-4:20 pm | \$25/4 | [138728](#)
T/Th, May 6-15 | 4:30-5:20 pm | \$25/4 | [138729](#)
M/W, Jun 2-11 | 3:30-4:20 pm | \$25/4 | [138739](#)
T/Th, Jun 3-12 | 4:30-5:20 pm | \$25/4 | [138734](#)
M/W, Jul 7-16 | 3:30-4:20 pm | \$25/4 | [138735](#)
T/Th, Jul 8-17 | 4:30-5:20 pm | \$25/4 | [138738](#)
Shima Karate (3032 Barons Rd)

Is your account information current?

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



cityofnanaimo



prc_nanaimo (#ilovemyparksandrec)

Shotokan Karate

8 to 15 Years

Shotokan Karate is not just about kicking and punching. It is a great way to make friends while you develop your self-defence skills and fitness level. Karate is an exciting activity that builds confidence and self-discipline. It is an ideal activity for building strength, balance and coordination and leadership skills. Learn karate in a safe and positive environment with Sensei Mike, a 6th degree Black Belt, who brings 40 years of karate experience.

Instructor: Mike Ciorka (6th degree black belt)

Tue, Apr 1-May 27 | 6-7 pm | \$72/9 | [136390](#)

Bowen Park Complex

On Guard! Fencing for Children

8 to 12 Years

This program is suitable for both beginner and continuing fencers. Focus will be on developing skills through activities and drills. Fencing challenges both the body and the mind.

Instructor: Georgia Newsome

Wed, Apr 2-May 21 | 5:15-6:15 pm | \$80/8 | [137845](#)

Oliver Woods Community Centre

Historical Fencing NEW!

9 to 12 Years

This exciting class introduces kids to the basics, including footwork, strikes, parries and shield techniques. Each session begins with high-energy games to build skills and teamwork. Students will learn safe and controlled techniques using padded swords, shields, helmets and gloves. The class ends with friendly duels where young fencers salute and test their skills in structured matches.

Sun, Apr 13-Jul 13 | 1:30-2:15 pm | \$165/11 | [136998](#)

Beban Park Centennial Building

Rock Climbing

6 to 12 Years

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

Wed, Apr 2-23 | 4-6 pm | \$112/4 | [139602](#)

Fri, Apr 4-May 2 | 4-6 pm | \$112/4 | [139603](#)

Wed, May 7-28 | 4-6 pm | \$112/4 | [139604](#)

Fri, May 9-30 | 4-6 pm | \$112/4 | [139605](#)

Romper Room Climbing Gym (4235 Boban Dr)



School Break Camps

School's Out Pro-D Camp

5 to 10 Years

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

Mon, May 5 | 8:30 am-5 pm | \$47/1 | [132862](#)

Beban Park Social Centre

Sports Action - Pro-D Camps

6 to 11 Years

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

Mon, May 5 | 8:30 am-5 pm | \$47/1 | [135893](#)

Oliver Woods Community Centre



RecSkate Pro-D Camp

6 to 11 Years

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

Mon, May 5 | 8:30 am-5 pm | \$47/1 | [138760](#)

Frank Crane Arena

RecHockey Pro-D Camp

6 to 11 Years

This is a recreational, half-ice hockey camp for participants of varying abilities. Emphasis is on the FUNDamentals of hockey with three ice times for skills, scrimmage and stations. We recommend that skaters have passed a minimum of RecSkate 2. Please bring a lunch, snack and water bottle. Full gear is required.

Mon, May 5 | 8:30 am-5 pm | \$47/1 | [138759](#)

Frank Crane Arena

Outdoor Explorers Pro-D Camp NEW!

8 to 13 Years

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

Mon, May 5 | 8:30 am-5 pm | \$47/1 | [140790](#)

Hammond Bay Elementary School (1025 Morningside Dr)

Paddling Pro-D Camp

8 to 12 Years

No school? No problem! Join us to learn about the diverse world of paddle sports. Try out the variety of big canoes, paddle boards, recreational canoes and kayaks and the tippy Olympic racing canoes and kayaks.

Instructor: Nanaimo Canoe and Kayak Club

Mon, May 5 | 8:30 am-12 pm | \$63/1 | [139437](#)

Mon, May 5 | 12:15-3:30 pm | \$63/1 | [139441](#)

Fri, Jun 27 | 8:30 am-12 pm | \$63/1 | [139444](#)

Fri, Jun 27 | 12:15-3:30 pm | \$63/1 | [139445](#)

Long Lake/Loudon Park

COMMUNITY CONNECTIONS



Nanaimo's #1 Family Adventure

**GOODBYE, COMFORT ZONE.
HELLO, ADVENTURE!**



Get Tickets
1.855.595.2251
WildPlay.com



Ziplines • Adventure Courses & More • Ages 5+
NEW: Kids Adventure Camps!



CLAY & ART CLASSES

ART & CLAY SPRING BREAK CAMP FOR KIDS

March 17 – 21, 2025 – 9 AM – 4:30 PM
8 – 13 Years Old

Kids Summer Camps Will Be Announced in May 2025

FOR ADULTS: 7–8 week Clay & Art Classes

Sunday, April 13 – Wet Felting Workshop: Forest Floor
Sunday, May 4 – Wet Felting Workshop: Bowl

NANAIMO
CERAMIC
Arts
STUDIO & GALLERY

Learn More and Register - See Website

115 CHAPEL ST. 250-754-8377
WWW.NANAIMOCERAMICARTS.COM



cityofnanaimo



prc_nanaimo (#ilovemyparksandrec)

COMMUNITY CONNECTIONS



*Summer Camps
at Nanaimo
Art Gallery*

July 2 – August 8, 2025

Nanaimo Art Gallery

Snuneymuxw Territory
150 Commercial Street, Nanaimo BC 250-754-1750
NanaimoArtGallery.ca



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

*Come See,
Come Learn,
Come Experience
History*

at British Columbia's most
significant Military Museum

Downtown Nanaimo (next to the Port Theatre)
Tue - Fri 10am-3pm • Sat 11am-3pm
100 Cameron Rd. | 250-753-3914
vimilitarymuseum.ca



My Inner Harbour
REST • REFLECT • RECONNECT

JOIN OUR
Self-Care Community

My Inner Harbour provides a warm & welcoming space to **rest, reflect & reconnect.**

ENJOY OUR SELF-CARE ROOMS:

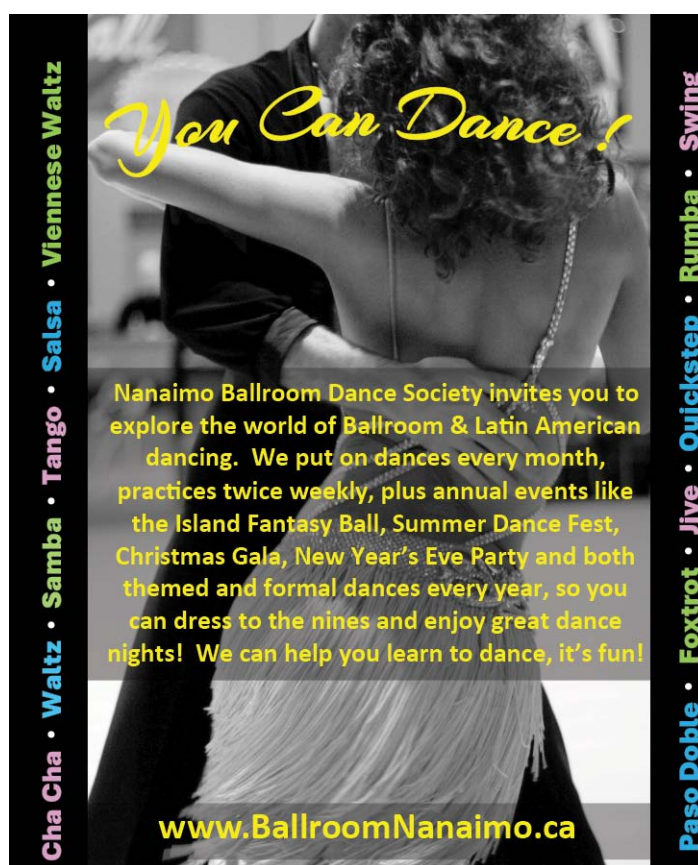
| | | | |
|---|---|---|---|
| Mind | Body | Spirit | Community |
| <ul style="list-style-type: none"> • Journaling • Values Work • Therapeutic Worksheets | <ul style="list-style-type: none"> • Breathwork • Stretching • Nervous System Soothing | <ul style="list-style-type: none"> • Collage • Watercolour • Colouring • Poetry | <ul style="list-style-type: none"> • Connection • Conversation • Laughter • Meet Others |

WE ALSO OFFER:

| | |
|--|--|
| Children's Area Children can play while parents do self-care. Staffed 20 hrs/week. | Co-Working Space Office space for remote workers or students (+ regular membership perks). |
|--|--|

CREATE A SUSTAINABLE SELF-CARE PRACTICE.

myinnerharbour.ca socials: @myinnerharbour 149 Wallace St, Nanaimo, BC



You Can Dance!

Nanaimo Ballroom Dance Society invites you to explore the world of Ballroom & Latin American dancing. We put on dances every month, practices twice weekly, plus annual events like the Island Fantasy Ball, Summer Dance Fest, Christmas Gala, New Year's Eve Party and both themed and formal dances every year, so you can dress to the nines and enjoy great dance nights! We can help you learn to dance, it's fun!

www.BallroomNanaimo.ca

Cha Cha • Waltz • Samba • Tango • Salsa • Viennese Waltz

Paso Doble • Foxtrot • Jive • Quickstep • Rumba • Swing

COMMUNITY CONNECTIONS

Short Mat Bowling Sponsored by:



**Subaru of
Nanaimo**

Your Community Partner
Since 1998

L'Association des francophones de Nanaimo
A COMMUNITY PARTNERSHIP | ASSOCIATION DES FRANCOPHONES DE NANAIMO

FRENCH DAY CAMP

FROM JUNE 30 TO AUGUST 22 **2025**

8 WEEKS OF GAMES,
OUTDOORS, SPORTS
AND CREATION IN FRENCH!

Infos & inscription:
250-729-2776
afn@francophonenanaimo.org
www.francophonenanaimo.org

Canada, British Columbia, Nanaimo, and local partners logos.

Would you like to keep your current job while taking courses?

Would you like a paid internship?

Do you dream of a rewarding career working with children?

Become an Education Assistant with Nanaimo Ladysmith Public Schools

BEAM is a six-month, part-time program that combines in-class sessions, observations and paid internship with an experienced EA mentor.

More Information:
careers@sd68.bc.ca
www.sd68.bc.ca/BEAM

SUMMER CAMPS & CHILDREN'S PROGRAMS

Long Lake

SCAN ME

www.nckc.ca ~ Est. 1988



cityofnanaimo



prc_nanaimo (#ilovemyparksandrec)



Summer

Events



CANADA DAY

Tuesday, July 1, 11 am-3:30 pm

Maffeo Sutton Park

CONCERTS in the PARK

Bring a chair or a blanket and enjoy local talent against the backdrop of our beautiful park spaces. See our website in April for performer bios and music genre.

• Sun, May 11, 1-2 pm at Colliery Dam Park

• Fri, May 30, 6-7 pm at Bowen Park Amphitheatre

• Wed, Jun 11, 6-7 pm at Kin Park at Departure Bay

• Fri, Jun 27, 6-8:15 pm at Maffeo Sutton Park *(double feature)*

• Wed, Jul 9, 6-7 pm at Mansfield Park

• Fri, Jul 18, 6-7 pm at Deverill Square Park

• Wed, Jul 30, 6-7 pm at Harewood Centennial

• Wed, Aug 6, 6-7 pm at Bowen Amphitheatre

• Tue, August 12, 6-7 pm at McGregor Park

• Fri, Aug 22, 6-8:15 pm at Maffeo Sutton Park *(double feature)*

• Wed, August 27, 6-7 pm at Westwood Lake Park

WATER PARKS

May-September, 9 am-8 pm

• Departure Bay Kiwanis Park • Deverill Square Park

• Harewood Centennial Park • Mansfield Park

WESTWOOD LAKE

LIFEGUARDS

June 28-September 1, 12-5:30 pm

(including stat holidays; weather permitting)

PLAYGROUND PROGRAM

July 2-August 29

Join us for some neighborhood fun! Play games, make crafts, or run around and play a sport with our exciting playground leaders. This is a FREE program for all to enjoy between the ages of 5-12 years old.

(Please sign in with leader and dress for the weather. Remember your sunscreen, snacks, water.)

Monday to Friday, 9:30 am-4 pm (not open on stat holidays)

• DEPARTURE BAY PARK

Roving Playground, 10 am-4 pm

Look for our banner and our enthusiastic leaders wearing their orange shirts.

• Jul 2-4, Neck Point Park

• Jul 7-11, Westwood Lake Park

• Jul 14-15, Hawthorne Park *(620 Serum Rise Way)*

• Jul 16-18, Colliery Dam Park

• Jul 21-25, Pipers Lagoon Park

• Jul 28-29, Forest Drive Gyro Park *(2035 Forest Dr)*

• Jul 30-Aug 1, Harewood Centennial *(10 am-4 pm; July 30, 1-8 pm)*

• Aug 5-8, Westwood Lake Park

• Aug 11-15, Groveland Gyro Park

• Aug 18-22, Maffeo Sutton Park *(10 am-4 pm; Aug 22, 1-8 pm)*

• Aug 25-27, Country Hills *(1899 White Blossom Way)*

• Aug 28-29, Mansfield Park *(10 am-4 pm)*

FAMILY FUN NIGHTS, 4:30-7:30 PM

• Wed, Jul 30 - HAREWOOD CENTENNIAL

• Fri, Aug 22 - MAFFEO SUTTON PARK



SUMMER CAMPS

Design Your Own Summer Schedule!

These camps listed below take place Monday to Friday from 8:30 am to 5 pm.

Pick the days and locations that best meet your family's needs!

• Camp Wild • Camp Holidaze • Bowen Explorers • Girls Get Active • RecHockey
• Cool Kids Skate • Smash & Splash • Centennial Sports Camp

Our camps are filled with fun and adventure each day! Our camp leaders will ensure your child's day camp experience is a memorable one. Each day is comprised of various activities, including lots of games, sports, arts, crafts, drama, storytelling and outdoor exploring. Out trips, special guests, gym time and special theme days may also be part of the camp experience. We select our camp leaders for their maturity, skills and experience with children. In addition to planning and supervising our camps, these staff members receive training in leadership, safety and emergency procedures. They are also certified in both first aid and CPR. Our LIT and QUEST youth volunteers assist leaders with program activities.

Camper Drop Off & Pick Up

- Please allow extra time to sign in on the first day of each camp and bring completed medical forms to each camp.
- Parents/guardians or authorized persons **must** sign their child(ren) in and out daily (mandatory); no drop off prior to start time.
- On-time drop off and prompt pick up are important. **\$1/minute** charges are in effect for late pick ups.
- If your child has any serious medical conditions, behavioural concerns or any other issues that may affect their experience at camp, please call us.
- To ensure that all children can participate fully in all indoor and outdoor/off-site activities, please prepare them with suitable clothing for all types of weather. Remember, these camps are held primarily outdoors.
- Activities will run as scheduled unless the conditions necessitate a change in schedule. In this case, alternate indoor activities will be offered (be prepared for unexpected weather changes). The camp structure and programming may change once the session starts depending on the weather, space and campers' needs.
- Please see page 102 for cancellation and refund information.

How to Sign Up for Full Day Camps Online:

1. Go to recreation.nanaimo.ca
2. Search keyword listed for each camp or use the barcode beside each date
3. Choose which child you want to register
4. Choose your days
5. Continue shopping or checkout

You can also register by visiting one of our recreation offices or by calling us at 250-756-5200.



cityofnanaimo



prc_nanaimo (#ilovemyparksandrec)

Nanaimo Parks, Recreation and Culture Full Day Camps

MIX AND MATCH! Design your ultimate summer by choosing a variety of days and locations from the options on this page and the following two pages.

The camps listed on this page run from 8:30 am to 5 pm and cost \$47/day.

Camp Wild 6 to 10 Years

Spend your summer having fun and building new friendships while learning about nature and the environment. Each week has a new theme with new discoveries and adventures. This camp also includes a large gymnasium component. (This camp does not go swimming.) Camp held primarily outdoors, so please dress for the weather. Build your own schedule to suit your needs. **Held at Oliver Woods Community Centre.**

Fri, Jun 27: [136309](#)
Mon, Jun 30: [135895](#)
Tue, Jul 2: [135905](#)
Thu, Jul 3: [135904](#)
Fri, Jul 4: [135911](#)

Mon, Jul 7: [135913](#)
Tue, Jul 8: [135914](#)
Wed, Jul 9: [135917](#)
Thu, Jul 10: [135918](#)
Fri, Jul 11: [135920](#)

Mon, Jul 14: [135921](#)
Tue, Jul 15: [135922](#)
Wed, Jul 16: [135924](#)
Thu, Jul 17: [135923](#)
Fri, Jul 18: [135925](#)

Mon, Jul 21: [135926](#)
Tue, Jul 22: [135928](#)
Wed, Jul 23: [135929](#)
Thu, Jul 24: [135931](#)
Fri, Jul 25: [135933](#)

Mon, Jul 28: [135934](#)
Tue, Jul 29: [135935](#)
Wed, Jul 30: [135936](#)
Thu, Jul 31: [135937](#)
Fri, Aug 1: [135938](#)

Tue, Aug 5: [135940](#)
Wed, Aug 6: [135941](#)
Thu, Aug 7: [135942](#)
Fri, Aug 8: [135943](#)

Mon, Aug 11: [135944](#)
Tue, Aug 12: [135945](#)
Wed, Aug 13: [135946](#)
Thu, Aug 14: [135947](#)
Fri, Aug 15: [135948](#)

Mon, Aug 18: [135949](#)
Tue, Aug 19: [135950](#)
Wed, Aug 20: [135951](#)
Thu, Aug 21: [135952](#)
Fri, Aug 22: [135953](#)

Mon, Aug 25: [135954](#)
Tue, Aug 26: [135955](#)
Wed, Aug 27: [135956](#)
Thu, Aug 28: [135958](#)
Fri, Aug 29: [135959](#)

Camp Holiday 6 to 11 Years

Embrace your spirit of adventure! Camp Holiday creates experiences that last a lifetime. Opportunities to play, build relationships and work on healthy lifestyle choices. Water parks, games, outdoor adventures, sports and hiking are just a few things happening. This camp is held primarily outdoors, so please dress for the weather. Register by the day to suit your schedule. **Held at Beban Park Social Centre.**

Fri, Jun 27: [136245](#)
Mon, Jun 30: [136246](#)
Tue, Jul 2: [136248](#)
Thu, Jul 3: [136252](#)
Fri, Jul 4: [136253](#)

Mon, Jul 7: [136255](#)
Tue, Jul 8: [136256](#)
Wed, Jul 9: [136257](#)
Thu, Jul 10: [136258](#)
Fri, Jul 11: [136262](#)

Mon, Jul 14: [136266](#)
Tue, Jul 15: [136267](#)
Wed, Jul 16: [136268](#)
Thu, Jul 17: [136270](#)
Fri, Jul 18: [136271](#)

Mon, Jul 21: [136272](#)
Tue, Jul 22: [136273](#)
Wed, Jul 23: [136276](#)
Thu, Jul 24: [136277](#)
Fri, Jul 25: [136278](#)

Mon, Jul 28: [136279](#)
Tue, Jul 29: [136281](#)
Wed, Jul 30: [136282](#)
Thu, Jul 31: [136283](#)
Fri, Aug 1: [136284](#)

Tue, Aug 5: [136285](#)
Wed, Aug 6: [136286](#)
Thu, Aug 7: [136287](#)
Fri, Aug 8: [136288](#)

Mon, Aug 11: [136289](#)
Tue, Aug 12: [136290](#)
Wed, Aug 13: [136292](#)
Thu, Aug 14: [136293](#)
Fri, Aug 15: [136294](#)

Mon, Aug 18: [136295](#)
Tue, Aug 19: [136296](#)
Wed, Aug 20: [136297](#)
Thu, Aug 21: [136298](#)
Fri, Aug 22: [136299](#)

Mon, Aug 25: [136300](#)
Tue, Aug 26: [136301](#)
Wed, Aug 27: [136302](#)
Thu, Aug 28: [136303](#)
Fri, Aug 29: [136304](#)

Bowen Explorers 6 to 9 Years

Unleash your sense of adventure and join us for an exciting exploration experience! Build lasting friendships and create unforgettable memories as you discover nature, dive into science, express yourself through art and much more. Be sure to dress appropriately for the outdoors and the weather. Come ready to explore! Register by the day to suit your schedule. **Held at Bowen Park Complex.**

Mon, Jun 30: [135362](#)
Wed, Jul 2: [135363](#)
Thu, Jul 3: [135365](#)
Fri, Jul 4: [135366](#)

Mon, Jul 7: [135367](#)
Tue, Jul 8: [135368](#)
Wed, Jul 9: [135369](#)
Thu, Jul 10: [135370](#)
Fri, Jul 11: [135371](#)

Mon, Jul 14: [135372](#)
Tue, Jul 15: [135373](#)
Wed, Jul 16: [135374](#)
Thu, Jul 17: [135375](#)
Fri, Jul 18: [135376](#)

Mon, Jul 21: [135377](#)
Tue, Jul 22: [135378](#)
Wed, Jul 23: [135379](#)
Thu, Jul 24: [135380](#)
Fri, Jul 25: [135381](#)

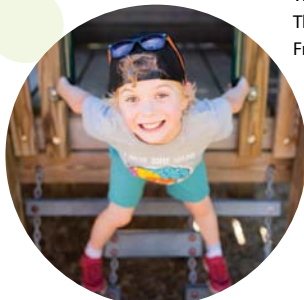
Mon, Jul 28: [135382](#)
Tue, Jul 29: [135383](#)
Wed, Jul 30: [135384](#)
Thu, Jul 31: [135385](#)
Fri, Aug 1: [135386](#)

Tue, Aug 5: [135387](#)
Wed, Aug 6: [135388](#)
Thu, Aug 7: [135389](#)
Fri, Aug 8: [135390](#)

Mon, Aug 11: [135391](#)
Tue, Aug 12: [135392](#)
Wed, Aug 13: [135393](#)
Thu, Aug 14: [135394](#)
Fri, Aug 15: [135395](#)

Mon, Aug 18: [135396](#)
Tue, Aug 19: [135397](#)
Wed, Aug 20: [135398](#)
Thu, Aug 21: [135399](#)
Fri, Aug 22: [135400](#)

Mon, Aug 25: [135401](#)
Tue, Aug 26: [135402](#)
Wed, Aug 27: [135403](#)
Thu, Aug 28: [135404](#)
Fri, Aug 29: [135405](#)



Nanaimo Parks, Recreation and Culture Full Day Camps

MIX AND MATCH! Design your ultimate summer by choosing a variety of days and locations from the options on the previous page, this page and the following page.

The camps listed on this page run from 8:30 am to 5 pm and cost \$47/day.

Girls Get Active

7 to 12 Years

Come join us and connect with our leaders and other girls. Discover what you love about yourself and learn to celebrate it. Embrace your inner awesomeness, meet new friends and build confidence while participating in a variety of active outings mixed with arts and crafts, swimming, games and team-building activities. **This camp is held at Beban Park Social Centre.**

Wed, Jul 2: [135999](#)
Thu, Jul 3: [136000](#)
Fri, Jul 4: [136001](#)

Tue, Aug 5: [136021](#)
Wed, Aug 6: [136022](#)
Thu, Aug 7: [136023](#)
Fri, Aug 8: [136024](#)

Mon, Jul 7: [135998](#)
Tue, Jul 8: [136002](#)
Wed, Jul 9: [136003](#)
Thu, Jul 10: [136004](#)
Fri, Jul 11: [136005](#)

Mon, Aug 11: [136025](#)
Tue, Aug 12: [136026](#)
Wed, Aug 13: [136028](#)
Thu, Aug 14: [136029](#)
Fri, Aug 15: [136030](#)

Mon, Jul 14: [136006](#)
Tue, Jul 15: [136007](#)
Wed, Jul 16: [136008](#)
Thu, Jul 17: [136009](#)
Fri, Jul 18: [136010](#)

Mon, Aug 18: [136031](#)
Tue, Aug 19: [136032](#)
Wed, Aug 20: [136034](#)
Thu, Aug 21: [136035](#)
Fri, Aug 22: [136036](#)

Mon, Jul 21: [136011](#)
Tue, Jul 22: [136012](#)
Wed, Jul 23: [136013](#)
Thu, Jul 24: [136014](#)
Fri, Jul 25: [136015](#)

Mon, Aug 25: [136037](#)
Tue, Aug 26: [136039](#)
Wed, Aug 27: [136041](#)
Thu, Aug 28: [136042](#)
Fri, Aug 29: [136044](#)

Mon, Jul 28: [136016](#)
Tue, Jul 29: [136017](#)
Wed, Jul 30: [136018](#)
Thu, Jul 31: [136019](#)
Fri, Aug 1: [136020](#)



Cool Kids Skate Camp

6 to 11 Years

Enjoy a line up of activities, including a daily skating lesson, hockey for fun and various outdoor activities. We recommend all participants complete a minimum of RecSkate 1 prior to participation. Helmets and skate rentals are free if needed. **This camp is held at Nanaimo Ice Centre.**

Mon, Jun 30: [138846](#)
Wed, Jul 2: [138847](#)
Thu, Jul 3: [138848](#)
Fri, Jul 4: [138849](#)

Mon, Jul 7: [138850](#)
Tue, Jul 8: [138851](#)
Wed, Jul 9: [138852](#)
Thu, Jul 10: [138853](#)
Fri, Jul 11: [138854](#)

Mon, Jul 14: [138855](#)
Tue, Jul 15: [138856](#)
Wed, Jul 16: [138857](#)
Thu, Jul 17: [138858](#)
Fri, Jul 18: [138859](#)

Mon, Jul 21: [138860](#)
Tue, Jul 22: [138861](#)
Wed, Jul 23: [138862](#)
Thu, Jul 24: [138863](#)
Fri, Jul 25: [138864](#)

Mon, Jul 28: [138865](#)
Tue, Jul 29: [138866](#)
Wed, Jul 30: [138867](#)
Thu, Jul 31: [138868](#)
Fri, Aug 1: [138869](#)

Tue, Aug 5: [138870](#)
Wed, Aug 6: [138871](#)
Thu, Aug 7: [138872](#)
Fri, Aug 8: [138873](#)

Mon, Aug 11: [138874](#)
Tue, Aug 12: [138875](#)
Wed, Aug 13: [138876](#)
Thu, Aug 14: [138877](#)
Fri, Aug 15: [138878](#)



RecHockey Summer Camp

6 to 12 Years

Hockey players will love this full-day development camp packed with games and activities built around hockey drills, skills training and scrimmage time. Full gear is required. **This camp is held at Nanaimo Ice Centre.**

Mon, Jun 30: [138813](#)
Wed, Jul 2: [138814](#)
Thu, Jul 3: [138815](#)
Fri, Jul 4: [138816](#)

Mon, Jul 7: [138817](#)
Tue, Jul 8: [138818](#)
Wed, Jul 9: [138819](#)
Thu, Jul 10: [138820](#)
Fri, Jul 11: [138821](#)

Mon, Jul 14: [138822](#)
Tue, Jul 15: [138823](#)
Wed, Jul 16: [138824](#)
Thu, Jul 17: [138825](#)
Fri, Jul 18: [138826](#)

Mon, Jul 21: [138827](#)
Tue, Jul 22: [138828](#)
Wed, Jul 23: [138829](#)
Thu, Jul 24: [138830](#)
Fri, Jul 25: [138831](#)

Mon, Jul 28: [138832](#)
Tue, Jul 29: [138833](#)
Wed, Jul 30: [138834](#)
Thu, Jul 31: [138835](#)
Fri, Aug 1: [138836](#)

Tue, Aug 5: [138837](#)
Wed, Aug 6: [138838](#)
Thu, Aug 7: [138839](#)
Fri, Aug 8: [138840](#)

Mon, Aug 11: [138841](#)
Tue, Aug 12: [138842](#)
Wed, Aug 13: [138843](#)
Thu, Aug 14: [138844](#)
Fri, Aug 15: [138845](#)



PLEASE NOTE:

Registration for Spring & Summer Aquatic programs begins on
Wednesday, March 5 at 6 am.

Registration for all other programs begins on Wednesday, March 12 at 6 am.



cityofnanaimo



prc_nanaimo (#ilovemyparksandrec)

Nanaimo Parks, Recreation and Culture Full Day Camps

MIX AND MATCH! Design your ultimate summer by choosing a variety of days and locations from the options on the previous two pages and this page.

The camps listed on this page run from 8:30 am to 5 pm and cost \$47/day.

Smash & Splash 9 to 12 Years

Join us for a fun, action-packed camp where you will explore a variety of racquet sports, including tennis, badminton and pickleball. After hitting the courts, cool off with an afternoon swim in the outdoor pool, enjoy water games or explore Bowen Park's beautiful surroundings. This camp is a great opportunity to develop your skills, make new friends and create lasting summer memories. The camp runs rain or shine, and extra racquets will be available for use. **Held at Bowen Park Tennis Courts.**

Wed, Jul 2: [135761](#)
Thu, Jul 3: [135762](#)
Fri, Jul 4: [135763](#)

Mon, Jul 7: [135764](#)
Tue, Jul 8: [135765](#)
Wed, Jul 9: [135766](#)
Thu, Jul 10: [135767](#)
Fri, Jul 11: [135768](#)

Mon, Jul 14: [135769](#)
Tue, Jul 15: [135770](#)
Wed, Jul 16: [135771](#)
Thu, Jul 17: [135772](#)
Fri, Jul 18: [135773](#)

Mon, Jul 21: [135774](#)
Tue, Jul 22: [135775](#)
Wed, Jul 23: [135776](#)
Thu, Jul 24: [135777](#)
Fri, Jul 25: [135778](#)

Mon, Jul 28: [135779](#)
Tue, Jul 29: [135780](#)
Wed, Jul 30: [135781](#)
Thu, Jul 31: [135782](#)
Fri, Aug 1: [135784](#)

Tue, Aug 5: [135783](#)
Wed, Aug 6: [135785](#)
Thu, Aug 7: [135786](#)
Fri, Aug 8: [135787](#)

Mon, Aug 11: [135788](#)
Tue, Aug 12: [135789](#)
Wed, Aug 13: [135790](#)
Thu, Aug 14: [135791](#)
Fri, Aug 15: [135792](#)

Mon, Aug 18: [135793](#)
Tue, Aug 19: [135794](#)
Wed, Aug 20: [135795](#)
Thu, Aug 21: [135796](#)
Fri, Aug 22: [135797](#)

Mon, Aug 25: [135798](#)
Tue, Aug 26: [135800](#)
Wed, Aug 27: [135802](#)
Thu, Aug 28: [135804](#)
Fri, Aug 29: [135806](#)



Centennial Sports Camp 8 to 12 Years

This action-packed sports camp will keep kids moving! Based out of the Harewood Centennial Park, campers will play a variety of sports on the new turf fields and in the covered and uncovered sports courts. A number of sports will be introduced, including ultimate frisbee, floor hockey, California kick ball, soccer, lacrosse and more. Daily playground and/or waterpark fun will also be incorporated. Running shoes are required. **Held at Harewood Centennial Park.**

Wed, Jul 2: [139422](#)
Thu, Jul 3: [139423](#)
Fri, Jul 4: [139424](#)

Mon, Jul 7: [139426](#)
Tue, Jul 8: [139427](#)
Wed, Jul 9: [139428](#)
Thu, Jul 10: [139429](#)
Fri, Jul 11: [139430](#)

Mon, Jul 14: [139431](#)
Tue, Jul 15: [139433](#)
Wed, Jul 16: [139434](#)
Thu, Jul 17: [139435](#)
Fri, Jul 18: [139436](#)

Mon, Jul 21: [139438](#)
Tue, Jul 22: [139439](#)
Wed, Jul 23: [139440](#)
Thu, Jul 24: [139442](#)
Fri, Jul 25: [139443](#)

Mon, Jul 28: [139446](#)
Tue, Jul 29: [139447](#)
Wed, Jul 30: [139448](#)
Thu, Jul 31: [139449](#)
Fri, Aug 1: [139450](#)

Tue, Aug 5: [139451](#)
Wed, Aug 6: [139452](#)
Thu, Aug 7: [139453](#)
Fri, Aug 8: [139454](#)

Mon, Aug 11: [139455](#)
Tue, Aug 12: [139458](#)
Wed, Aug 13: [139459](#)
Thu, Aug 14: [139460](#)
Fri, Aug 15: [139461](#)

Mon, Aug 18: [139462](#)
Tue, Aug 19: [139463](#)
Wed, Aug 20: [139465](#)
Thu, Aug 21: [139466](#)
Fri, Aug 22: [139467](#)



Sports Action 6 to 11 Years

Experience an exhilarating camp that combines gym sports, field sports and outdoor activities! Our camp leaders will focus on the fundamentals of physical literacy while integrating enjoyable and engaging experiences. **Held at Oliver Woods Community Centre.**

Mon, Jun 30: [135963](#)
Wed, Jul 2: [135970](#)
Thu, Jul 3: [135975](#)
Fri, Jul 4: [135976](#)



Summer Hoops Basketball 6 to 11 Years

Your child will enjoy practicing the basics and engaging in a variety of games that focus on passing, shooting, dribbling and rebounding. We will also place a strong emphasis on sportsmanship and teamwork. **Held at Oliver Woods Community Centre.**

Tue, Aug 5: [136052](#)
Wed, Aug 6: [136053](#)
Thu, Aug 7: [136054](#)
Fri, Aug 8: [136055](#)



Nanaimo Parks, Recreation & Culture Weekly Camps

Full and partial day programs and camps.

Tree Frog Camp

3 to 5 Years

Each fun-themed week will include games, music, arts and crafts. Come and join us for a great time!

9-11 am

W-F, Jul 2-4 | \$60/3 | [133557](#) | Under the Sea
M-F, Jul 7-11 | \$100/5 | [133554](#) | Dinosaurs
M-F, Jul 14-18 | \$100/5 | [133562](#) | Superheroes & Science
M-F, Jul 21-25 | \$100/5 | [133564](#) | Space Explorers
M-F, Jul 28-Aug 1 | \$100/5 | [133575](#) | Lil Ninjas
Tu-F, Aug 5-8 | \$80/4 | [133566](#) | Sports Stars
M-F, Aug 11-15 | \$100/5 | [133577](#) | Animal Kingdom
M-F, Aug 18-22 | \$100/5 | [133579](#) | Career Adventures
M-F, Aug 25-29 | \$100/5 | [133619](#) | Gone Campin'

11:30 am-1:30 pm

W-F, Jul 2-4 | \$60/3 | [133558](#) | Under the Sea
M-F, Jul 7-11 | \$100/5 | [133556](#) | Dinosaurs
M-F, Jul 14-18 | \$100/5 | [133563](#) | Superheroes & Science
M-F, Jul 21-25 | \$100/5 | [133565](#) | Space Explorers
M-F, Jul 28-Aug 1 | \$100/5 | [133576](#) | Lil Ninjas
Tu-F, Aug 5-8 | \$80/4 | [133567](#) | Sports Stars
M-F, Aug 11-15 | \$100/5 | [133578](#) | Animal Kingdom
M-F, Aug 18-22 | \$100/5 | [133580](#) | Career Adventures
M-F, Aug 25-29 | \$100/5 | [133620](#) | Gone Campin'

Oliver Woods Community Centre

Junior Leaders in Training Camp

11 to 14 Years

Week one of this interactive two-week camp will include team building activities and leadership sessions among a variety of summer camp activities. During the second week, you will participate in 15 to 30 hours of supervised hands-on volunteer experience as you assist at various recreation programs. Fee includes a t-shirt.

M-F, Jul 7-18 | 8:30 am-4:30 pm | \$460/10 | [140479](#)
M-F, Jul 21-Aug 1 | 8:30 am-4:30 pm | \$460/10 | [140481](#)
M-F, Aug 5-15 | 8:30 am-4:30 pm | \$414/9 | [140482](#)
M-F, Aug 18-29 | 8:30 am-4:30 pm | \$460/10 | [140483](#)

Rotary Field House

Oh, shoot!

We sometimes make mistakes or information changes. Please check our online Activity Guide frequently for the latest program information.

Adventure Seekers Camp NEW!

12 to 15 Years

With a mix of thrilling activities like hiking, outdoor games and exciting excursions, you will explore nature, build confidence and forge new friendships. This camp offers a perfect blend of adventure, fun and learning in a supportive environment where you, as an adventurer, can grow, discover new interests and create lasting memories.

M-F, Jul 21-25 | 8:30 am-5 pm | \$275/5 | [138338](#)
M-F, Jul 28-Aug 1 | 8:30 am-5 pm | \$275/5 | [138341](#)
Tu-F, Aug 5-8 | 8:30 am-5 pm | \$220/4 | [138342](#)
M-F, Aug 11-15 | 8:30 am-5 pm | \$275/5 | [138343](#)

Kin Hut Activity Centre

Junior Lifeguard Club Camp

8 to 12 Years

Join this exciting camp that takes you in, on and around the water. Develop new lifesaving skills and learn attitudes that could one day save your life or someone else's. Focus on fun, teamwork and skill development with games and a variety of activities themed around lifesaving, lifeguarding and first aid. A must for those of you who love the water but are looking for more than lessons. (Minimum Swimmer 4 level or have successfully completed the Swim to Survive Challenge to participate.)

M-F, Jul 21-25 | 12:30-4:30 pm | \$150/5 | [138633](#)
M-F, Aug 11-15 | 12:30-4:30 pm | \$150/5 | [138635](#)

Westwood Lake Park (first beach)

Merfolk Camp

8 to 12 Years

Do you enjoy the water? Feel like you could live under the sea? Join others in this fun camp adventure as you transform your feet into fins and swim like the merfolk and dolphins! 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. (Minimum Swimmer 4 level to participate.)

M-F, Jul 14-18 | 12:30-4:30 pm | \$150/5 | [138615](#)
M-F, Jul 28-Aug 1 | 12:30-4:30 pm | \$150/5 | [138629](#)

Westwood Lake Park (first beach)



cityofnanaimo



prc_nanaimo (#ilovemyparksandrec)

Partnership Camps and Programs

We are happy to bring these camp opportunities to you in partnership with community organizations and businesses. Register through us at recreation.nanaimo.ca or by calling 250-756-5200.

Dance with Vibe Camp

Get an introduction to dance with the main focus on hip hop and styles of hip hop like grooving, old school, bboy, house etc.

Instructor: Vibe Dance Studio Staff

5 to 7 Years

M-F, Jul 14-18 | 4-5 pm | \$100/5 | [139478](#)

8 to 11 Years

M-F, Jul 14-18 | 5:15-6:30 pm | \$125/5 | [139479](#)

Vibe Dance Studio (#4-1969 Boxwood Rd)

Highland Dance

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

Instructor: Brigadoon Dance Academy

3 to 6 Years - Tartan Tots

Sun, Jul 13-Aug 3 | 3-3:45 pm | \$50/4 | [137972](#)

6 to 12 Years - Kilts & Hirts

Sun, Jul 13-Aug 3 | 4-4:45 pm | \$50/4 | [137971](#)

Oliver Woods Community Centre

Kirkwood's Moana Dance Camp

6 to 12 Years

Join us for a fun-filled week of acting, dancing and crafting inspired by the hit movie "Moana". You will learn about props, costumes and sets while trying fun choreography that includes a performance on the final day of camp. This is for all levels.

M-F, Jul 7-11 | 9 am-4 pm | \$375/5 | [137805](#)

M-F, Jul 21-25 | 9 am-4 pm | \$375/5 | [137561](#)

Beban Park Social Centre

Circus Camp: Level 1

8 to 12 Years

Designed for beginner or those wanting to further their skills. This camp is packed with fun activities like juggling, hoops, partner acrobatics, balancing, swordplay and more. With a focus on exploration, teamwork and creativity, it's the perfect way to dive into circus arts or upgrade your skills. (June 30 week is a 4-day camp with no stage show).

Instructor: Vesta Entertainment Circus Troupe

M, W-F, Jun 30-Jul 4 | 8:30 am-2:30 pm | \$191/4 | [136737](#)

Beban Park Social Centre

Circus Camp: Level 2

8 to 12 Years

Take your circus skills to the next level! This camp is ideal for students who have previously attended Circus Camp with us or have experience in gymnastics, dance or martial arts. Deepen your skills in juggling, hoops, acrobatics, balancing, swordplay and staff while creating a Friday Circus Show for family and friends.

Instructor: Vesta Entertainment Circus Troupe

M-F, Jul 28-Aug 1 | 8:30 am-2:30 pm | \$239/5 | [137562](#)

M-F, Aug 11-15 | 8:30 am-2:30 pm | \$239/5 | [136769](#)

Beban Park Social Centre

Explore Music Camp NEW!

Explore playing music through group instruction, games and ensemble playing on the piano, ukulele and recorder. This is suitable for complete beginners, as well as those with some beginner musical training. There will be a performance on the last day. All instruments are provided.

Instructor: Zoe from Willow Music School

6 to 8 Years

M-F, Jul 7-11 | 9 am-12 pm | \$270/5 | [140277](#)

M-F, Jul 21-25 | 9 am-12 pm | \$270/5 | [140280](#)

9 to 12 Years

M-F, Jul 7-11 | 1-4 pm | \$270/5 | [140275](#)

M-F, Jul 21-25 | 1-4 pm | \$270/5 | [140276](#)

Beban Park Social Centre

Rhythm Kids® Music Camp

5 to 8 Years

This camp is designed for kids in Kindergarten to Grade 2 who will build up musical confidence using djembe drums, percussion instruments and the most important instruments of all, their voices and their bodies. The "Sea Turtle" song collection will introduce music inspired by the rhythms of many different cultures through singing, creative movement, crafts and musical games. For more program info, please visit www.SeaSongStudio.com. There is a \$55 program fee for this camp, which is non-refundable after the first day of camp (siblings will receive a \$55 refund).

Instructor: Karita Sedun

M-F, Jul 7-11 | 9 am-12 pm | \$175/5 | [136431](#)

M-F, Jul 14-18 | 9 am-12 pm | \$175/5 | [136459](#)

Kin Hut Activity Centre

Musical Theatre Camp

9 to 14 Years

This camp is designed for young performers who are passionate about musical theatre. Campers will develop their vocal technique, stage presence and acting skills while exploring teamwork, creativity and problem solving. Throughout the week, participants will work together to prepare a mini musical performance for family and friends on the last day.

Instructor: Nanaimo Conservatory of Music

M-F, Jul 14-18 | 10 am-4 pm | \$325/5 | [137987](#)

Nanaimo Conservatory of Music (375 Selby St)

Musical Theatre Camp - Half Day

9 to 14 Years

This camp is designed for young performers who are passionate about musical theatre. Campers will develop their vocal technique, stage presence and acting skills while exploring teamwork, creativity and problem solving. Throughout the week, participants will work together to prepare a mini musical performance for family and friends on the last day.

Instructor: Nanaimo Conservatory of Music

M-F, Aug 11-15 | 10 am-1 pm | \$200/5 | [137990](#)

Nanaimo Conservatory of Music (375 Selby St)

Theatre Camp with Nanaimo Young People's Theatre

Immerse yourself into the theatre as we focus on performance training, teamwork, stage movement and characterization - all with the goal of putting on a scripted play for parents and guardians on Friday afternoon. There is no singing required for this program.

9 to 12 Years

M-F, Jul 14-18 | 1-4 pm | \$195/5 | [136152](#)

12 to 16 Years

M-F, Aug 25-29 | 1-4 pm | \$195/5 | [136153](#)

Beban Social Centre



Partnership Camps and Programs

We are happy to bring these camp opportunities to you in partnership with community organizations and businesses. Register through us at recreation.nanaimo.ca or by calling 250-756-5200.

Grow Food Get Cooking Camp

8 to 13 Years

Get hands-on practice with food growing and gaining cooking skills. The true farm to fork experience for youth will be led by passionate facilitators to introduce outdoor ecology, stewardship of the environment, food growing basics, different cooking techniques and flavour combos. In an outdoor kitchen at the farm, the group will gain confidence growing food, harvesting and making nourishing meals.

M-F, Jul 7-11 | 9 am-3 pm | \$335/5 | [137692](#)

M-F, Jul 21-25 | 9 am-3 pm | \$335/5 | [137693](#)

M-F, Jul 28-Aug 1 | 9 am-3 pm | \$335/5 | [137694](#)

M-F, Aug 11-15 | 9 am-3 pm | \$335/5 | [137695](#)

M-F, Aug 18-22 | 9 am-3 pm | \$335/5 | [137696](#)

Park Avenue Farm (945 Park Ave)

Junior Paddler Adventure

6 to 9 Years

Dive into the world of water sports on Long Lake! Our program is tailored for adventure that offers a perfect blend of skill building, teamwork and outdoor fun. Glide through the waters in our big canoes, paddle boards, canoes and kayaks mastering the art of paddling while creating friendships and fitness.

Instructor: Nanaimo Canoe and Kayak Club

Sat, May 3-31 | 9-10 am | \$60/4 | [139286](#)

Sat, Jun 7-28 | 9-10 am | \$60/4 | [139288](#)

Sat, Jul 5-26 | 9-10 am | \$60/4 | [139289](#)

Sat, Aug 9-30 | 9-10 am | \$60/4 | [139291](#)

Long Lake/Loudon Park

Paddling Summer Camp

8 to 12 Years

Get started on the water with NCKC and enjoy games, skill development and water safety education while learning to paddle a variety of different styles of canoes, kayaks and paddle boards on Long Lake.

Instructor: Nanaimo Canoe and Kayak Club

Wed-Fri, Jul 2-4 | 8:30 am-12 pm | \$189/3 | [139397](#)

Wed-Fri, Jul 2-4 | 12:30-4 pm | \$189/3 | [139399](#)

Tue-Fri, Aug 5-8 | 8:30 am-12 pm | \$252/4 | [139408](#)

Tue-Fri, Aug 5-8 | 12:30-4 pm | \$252/4 | [139409](#)

Long Lake/Loudon Park

Kids Intro to Paddling

8 to 12 Years

This program will introduce you to the wonderful world of paddle sports in a fun and supportive environment. Learn the three FUNdamental sport skills of balance, steering and propulsion in a variety of human-powered watercraft, including kayaks, canoes and paddleboards. Challenge yourself and your teammates at the optional Rally to Race fun regatta at the end of June on Long Lake.

Instructor: Nanaimo Canoe and Kayak Club

Tue & Thu, Apr 1-24 | 4-5:30 pm | \$144/8 | [139321](#)

Thu, May 1-Jun 19 | 4-5:30 pm | \$144/8 | [139322](#)

Thu, Jul 10-Aug 28 | 12-1:30 pm | \$144/8 | [139323](#)

Long Lake/Loudon Park

Speedy Paddlers - Intro to Sprint

12 Years +

Do you paddle kayaks or canoes? Come try the Olympic sport of sprint canoe-kayak to challenge your skills in this dynamic individual and team sport. Develop your balance, strength, teamwork, technique and strategy while having lots of fun meeting new people.

Instructor: Nanaimo Canoe and Kayak Club

Mon & Wed, May 5-28 | 6:15-7:45 pm | \$147/7 | [139296](#)

Mon & Wed, Jun 2-25 | 6:15-7:45 pm | \$168/8 | [139298](#)

Mon & Wed, Jul 7-30 | 6:15-7:45 pm | \$168/8 | [139301](#)

Mon & Wed, Aug 6-27 | 6:15-7:45 pm | \$147/7 | [139307](#)

Long Lake/Loudon Park

Soccer Stars

Join our Soccer Stars Summer Camp for a week of fun, learning and outdoor play! Designed for kids of all skill levels, this camp offers exciting drills, friendly games and team-building activities. It's the perfect way for young players to stay active, improve their skills and make new friends!

Half Day - 6 to 13 Years

M-F, Jul 7-11 | 9 am-12 pm | \$150/5 | [143924](#)

M-F, Jul 21-25 | 9 am-12 pm | \$150/5 | [143928](#)

M-F, Jul 28-Aug 1 | 9 am-12 pm | \$150/5 | [143931](#)

M-F, Aug 11-15 | 9 am-12 pm | \$150/5 | [143933](#)

Bowen West Field

Full Day - 7 to 13 Years

M-F, Jul 7-11 | 9 am-4 pm | \$275/5 | [143923](#)

M-F, Jul 21-25 | 9 am-4 pm | \$275/5 | [143927](#)

M-F, Jul 28-Aug 1 | 9 am-4 pm | \$275/5 | [143929](#)

M-F, Aug 11-15 | 9 am-4 pm | \$275/5 | [143932](#)

Bowen West Field

Golf Camp

Kids will learn the fundamentals of the golf swing and the short game. Equipment is available if needed. Student to coach ratio is 6 to 1.

Instructor: Beban Park Golf Course Staff

Pee Wee Putters - 5 to 7 Years

Tu-Th, Jun 24-26 | 4-5 pm | \$175/3 | [137627](#)

Tu-Th, Jul 8-10 | 4-5 pm | \$175/3 | [137628](#)

Tu-Th, Jul 15-17 | 4-5 pm | \$175/3 | [137629](#)

Tu-Th, Aug 5-7 | 4-5 pm | \$175/3 | [137630](#)

Tu-Th, Aug 12-14 | 4-5 pm | \$175/3 | [137631](#)

Junior - 8 to 12 Years

Tu-Th, Jul 8-10 | 9:30-11:30 am | \$250/3 | [137632](#)

Tu-Th, Jul 15-17 | 9:30-11:30 am | \$250/3 | [137633](#)

Tu-Th, Aug 5-7 | 9:30-11:30 am | \$250/3 | [137634](#)

Tu-Th, Aug 12-14 | 9:30-11:30 am | \$250/3 | [137635](#)

Beban Park Golf Course & Driving Range

Prime Junior Golf

7 to 10 Years

Join us for a fun-filled time where kids learn the basics and fundamentals of golf by playing games and structured, skill-based activities.

Tue-Thu, Jul 8-10 | 10 am-1 pm | \$200/3 | [138565](#)

Tue-Thu, Jul 22-24 | 10 am-1 pm | \$200/3 | [138567](#)

Tue-Thu, Aug 12-14 | 10 am-1 pm | \$200/3 | [138568](#)

Prime Golf (#249-4750 Rutherford Rd)



cityofnanaimo



prc_nanaimo (#ilovemyparksandrec)

Partnership Camps and Programs

We are happy to bring these camp opportunities to you in partnership with community organizations and businesses. Register through us at recreation.nanaimo.ca or by calling 250-756-5200.

Rock Climbing

6 to 12 Years

We will mix rock climbing and some non wall time to keep things interesting with games and other activities. Shoe rentals and harnesses are included. Please complete the waiver form prior to arriving on the first day found at climbromperroom.com/waiver.

M-F, Jul 7-11 | 9:30-11:30 am | \$200/5 | [139581](#)

M-F, Jul 7-11 | 12-2 pm | \$200/5 | [139585](#)

M-F, Jul 14-18 | 9:30-11:30 am | \$200/5 | [139587](#)

M-F, Jul 14-18 | 12-2 pm | \$200/5 | [139588](#)

M-F, Jul 21-25 | 9:30-11:30 am | \$200/5 | [139589](#)

M-F, Jul 21-25 | 12-2 pm | \$200/5 | [139591](#)

M-F, Jul 28-Aug 1 | 9:30-11:30 am | \$200/5 | [139592](#)

M-F, Jul 28-Aug 1 | 12-2 pm | \$200/5 | [139593](#)

M-F, Aug 11-15 | 9:30-11:30 am | \$200/5 | [139594](#)

M-F, Aug 11-15 | 12-2 pm | \$200/5 | [139595](#)

M-F, Aug 18-22 | 9:30-11:30 am | \$200/5 | [139596](#)

M-F, Aug 18-22 | 12-2 pm | \$200/5 | [139597](#)

M-F, Aug 25-29 | 9:30-11:30 am | \$200/5 | [139599](#)

M-F, Aug 25-29 | 12-2 pm | \$200/5 | [139600](#)

Romper Room Climbing Gym (4235 Boban Dr)

Byte Camp - 2D Animation on Tablet

9 to 12 Years

We'll show you how to make beautiful animations as wild as your imagination. You will learn to storyboard and use some advanced animation skills and principles to make your characters really come alive on the screen.

M, W, Th, F, Jun 30-Jul 4 | 9 am-3 pm | \$415/4 | [139395](#)

Beban Park Social Centre

Byte Camp - 2D Video Game Design

11 to 14 Years

Learn how to build an HTML 5 game using free tools and how to create advanced 2D vector artwork and animated characters to make your game look great. The final project is a game you can take home to proudly share with friends online. No previous experience is required; however, Introduction to Coding is recommended.

M-F, Jul 7-11 | 9 am-3 pm | \$470/5 | [139412](#)

Beban Park Social Centre

Byte Camp - 3D Animation

11 to 14 Years

Dreaming of a career with Pixar? Spend the week learning how those movies are made by modeling, animating and telling your story in 3D using the free software "Blender". Final projects are usually group projects.

M-F, Jul 14-18 | 9 am-3 pm | \$470/5 | [139415](#)

Beban Park Social Centre

Byte Camp - Intro to Coding

9 to 12 Years

Discover how much fun it is to build your own game! You will be introduced to basic coding skills with easy-to-use drag and drop software. Use those skills to make your very own custom games. Your final project is a game that you can take home to proudly share with friends.

M-F, Jul 21-25 | 9 am-3 pm | \$470/5 | [139416](#)

Beban Park Social Centre

Byte Camp - Intro to Coding Level 2

9 to 12 Years

Level up your coding and artwork skills in this fun and challenging camp. You will take on advanced character movements and level design to make characters, levels and game play that are unique. Previous coding experience in Scratch or Byte Camp's - Intro to Coding is recommended.

M-F, Jul 28-Aug 1 | 9 am-3 pm | \$470/5 | [139417](#)

Beban Park Social Centre

Byte Camp - Claymation

Movie Production

9 to 12 Years

Make your own clay characters come to life! You will work with a partner to build your own clay characters, sets and props, develop a script, shoot movie scenes and then edit and add sounds and special effects. Don't worry, parents, there will be plenty of time devoted to outdoor games and activities.

Tu-F, Aug 5-8 | 9 am-3 pm | \$415/4 | [139419](#)

Beban Park Social Centre

Byte Camp - Python Coding Level 1

11 to 14 Years

Master basic coding concepts like variables, loops and conditionals, and see your creativity come to life with hands-on exercises. The final project? A python-based program you can proudly share with friends and keep as a fun and functional creation to showcase your coding journey.

M-F, Aug 18-22 | 9 am-3 pm | \$470/5 | [139420](#)

Beban Park Social Centre

Byte Camp - Music Video Production

9 to 12 Years

Camp time will be split between digital music composition, video filming and editing. Use amazing software tools to craft your very own song from scratch. We will show you the basics on beats, baselines, chords and melodies so that your song will sound awesome! Experiment with video, special effects and other editing techniques.

M-F, Aug 25-29 | 9 am-3 pm | \$470/5 | [139421](#)

Beban Park Social Centre



PLEASE NOTE:

Registration for summer camps begins on Wednesday, March 12 at 6 am.

COMMUNITY CONNECTIONS



DATES TO BE ANNOUNCED
CHLY.CA/SUMMERCAMP

THE SOUND OF
CHLY 101.7 FM
THE SALISH SEA

SUMMER RADIO CAMP FOR YOUTHS

A THREE WEEK RADIO DAY CAMP HOSTED BY CHLY 101.7FM FOR KIDS AGES 10-14.

Youths can participate in one week, two weeks or all three weeks!

REGISTER AT: WWW.CHLY.CA/SUMMERCAMP

Since 1998...

SOCCER DAY 2025 CAMPS






- * July & August weeks
- * ages 5 to 13
- * morning & full day sessions
- * before/ after care available

800-427-0536 royalsoccerclub.com

For location & registration details, visit our website.

ArtWonder

coming to Oliver Woods Community Centre!

Join us to create fun paintings and clay items with instructor and artist, **Rincy, D'silva**.

Everyone is an artist; you can do it if you desire to create, and I am here to help! We can paint acrylic on canvas, use watercolour on paper and make some cute polymer clay items.

ART CLASS TIMES:

Thu | 5:30-6:30 pm
Sat | 9:30-10:30 am
Sun | 1-2 pm & 2:30-3:30 pm

LOCATIONS:

Oliver Woods &
6234 Spartan Rd
(opposite Superstore)

AGE GROUPS:

3-5 yrs (Parent & Me)
5-12 yrs







Follow us on Instagram to see what an art class looks like at Artwonder!


artwonder@artwonder.co.in
604-767-5154

SUMMER CAMPS & YOUTH PROGRAMS

Long Lake



SCAN ME


www.nckc.ca ~ Est. 1988



cityofnanaimo



prc_nanaimo (#ilovemyparksandrec)



Youth Programs

Team Work & Coordination Development NEW!

8 to 12 Years

Empower your growing seed for movement with this fun and engaging class focused on developing coordination, agility and confidence. Through age-appropriate exercises and games, participants will improve their athletic abilities and cooperation skills in a supportive environment. This class lays the foundation for success in a variety of sports and activities while fostering a love for movement.

Instructor: Dustin King

Tue, Apr 8-May 13 | 3:45-4:45 pm | \$60/6 | [139464](#)

Tue, May 20-Jun 24 | 3:45-4:45 pm | \$60/6 | [139468](#)

Beban Gyro Fields

Youth Weightlifting NEW!

14 to 17 Years

Learn the foundations of traditional weightlifting. This class focuses on safe and effective techniques for exercises commonly performed in the weight room. You will gain confidence and develop proper form while building a solid foundation for life-long fitness.

Instructor: Dustin King

Sun, Apr 6-May 11 | 4-5 pm | \$90/6 | [138788](#)

Sun, May 18-Jun 29 | 4-5 pm | \$105/7 | [138809](#)

Beban Park Weight Room

Creative Writing and Book Club

12 to 16 Years

Get your creative juices flowing with writing prompts and exercises in this beginner level class. You will also have a chance to share the book(s) you are currently reading with others.

Mon, Apr 28-Jun 23 | 5:30-7 pm | \$96/8 | [138283](#)

Nanaimo Aquatic Centre

Youth Badminton

11 to 19 Years

You should have two years of experience in the Junior Badminton program (or equivalent).

Please bring your own racquet.

Mon, Apr 7-May 12 | 5:15-6:15 pm | \$55/5 | [137564](#)

Mon, May 26-Jun 23 | 5:15-6:15 pm | \$55/5 | [137565](#)

Oliver Woods Community Centre

Youth Basketball

11 to 18 Years

Learn the fundamentals through fun, active games and free play. Please arrive to the program in active gear and indoor sports shoes.

Sun, Apr 13-May 11 | 3-4:30 pm | \$55/5 | [136988](#)

Sun, May 18-Jun 22 | 3-4:30 pm | \$55/5 | [136990](#)

Oliver Woods Community Centre

Junior Volleyball

12 to 15 Years

Players get comprehensive instruction, engaging drills and exciting games. This is designed for beginner to intermediate level players.

Fri, Apr 4-May 16 | 4:45-5:45 pm | \$48/6 | [136644](#)

Fri, May 23-Jun 20 | 4:45-5:45 pm | \$40/5 | [136645](#)

Oliver Woods Community Centre

Team Boat Tuesdays - NEW!

Big Canoes

13 to 18 Years

Are you interested in racing and speed on the water? Join other paddlers in the club's 4-person racing boats, voyageur, dragon boat and C15 racing canoes. Discover the rhythm, glide, power, speed, technique and teamwork required to paddle these exciting big canoes efficiently.

Instructor: Nanaimo Canoe and Kayak Club

Tue, Apr 29-Jun 17 | 4-5:30 pm | \$144/8 | [139312](#)

Tue, Jul 8-Aug 26 | 4-5:30 pm | \$144/8 | [139315](#)

Long Lake/Loudon Park

Youth Paddling Leadership NEW!

13 to 18 Years

Develop your skills in leadership, teamwork and overall wellness through recreational and competitive paddling opportunities with positive social interaction with others on the water.

Instructor: Nanaimo Canoe and Kayak Club

M-F, Mar 31-Apr 11 | 5:45-7 pm | \$180/10 | [139413](#)

M-Sa, May 5-10 | 6-8 pm | \$175/6 | [139414](#)

Loudon Park/Long Lake

Paddling Series for Teens NEW!

13 to 19 Years

Develop your paddling skills that will help you develop a passion of being on the water.

Instructor: Nanaimo Canoe and Kayak Club

Paddle Basics Bootcamp

Focus on the FUNDamental paddling skills for beginners.

Mon, May 5 | 6-7:30 pm | \$25/1 | [139495](#)

Rescue Ready

For those with the basics, come learn and practice self and assisted rescue techniques.

Tue, May 6 | 6-8 pm | \$25/1 | [139496](#)

Team Paddle Quest

Develop leadership and teamwork through paddling challenges.

Wed, May 7 | 6-8 pm | \$25/1 | [139497](#)

Kayak Confidence Clinic

Build on your basic kayak handling skills.

Thu May 8 | 6-8 pm | \$25/1 | [139498](#)

Aloha Canoe Crew

Experience teamwork and coordination in outrigger canoes. Held at Brechin Boat Ramp.

Fri, May 9 | 6-8 pm | \$25/1 | [139499](#)

Paddle Power Collective

Collaborate with others in the big canoes: voyageur, dragon boat and C15.

Sat, May 10 | 1-3 pm | \$25/1 | [139500](#)

Loudon Park/Long Lake

Babysitter Training

11 to 15 Years

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

Sat, May 3 | 9 am-4:30 pm | \$60/1 | [138780](#)

Sat, Jul 5 | 9 am-4:30 pm | \$60/1 | [138781](#)

Vancouver Island Conference Centre

Sat, Jun 7 | 9 am-4:30 pm | \$60/1 | [138777](#)

Sun, Aug 17 | 9 am-4:30 pm | \$60/1 | [138779](#)

Beban Park Social Centre

RecSkate Pre-Teen/Teen

12 to 17 Years

Join your friends at this lesson that teaches all levels of skating skills. You will also get an introduction to arenas, including lesson teaching, skate patrol, safety and a facility tour. This is a great bridge to our LIT and QUEST programs.

Mon, Mar 31-May 5 | 6:45-7:45 pm | \$70/5 | [139031](#)

Thu, Apr 3-May 8 | 5:30-6:30 pm | \$84/6 | [139032](#)

Sat, Apr 5-May 10 | 11:15 am-12:15 pm | \$70/5 | [139034](#)

Frank Crane Arena

Sat, May 24-Jun 28 | 11:15 am-12:15 pm | \$84/6 | [139038](#)

Cliff McNabb Arena

Mon, May 26-Jun 23 | 6:45-7:45 pm | \$70/5 | [139040](#)

Thu, May 29-Jun 26 | 5:30-6:30 pm | \$70/5 | [139043](#)

Mon, Jul 7-Aug 11 | 6:45-7:45 pm | \$70/5 | [139042](#)

Thu, Jul 10-Aug 14 | 6:15-7:15 pm | \$84/6 | [139044](#)

Nanaimo Ice Centre

Home Alone

10 to 13 Years

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

Sat, May 10 | 9 am-12 pm | \$48/1 | [138769](#)

Sat, May 10 | 1-4 pm | \$48/1 | [138770](#)

Sat, Jun 28 | 9 am-12 pm | \$48/1 | [138771](#)

Sat, Jun 28 | 1-4 pm | \$48/1 | [138772](#)

Sat, Jul 26 | 9 am-12 pm | \$48/1 | [138773](#)

Sat, Jul 26 | 1-4 pm | \$48/1 | [138774](#)

Sun, Aug 24 | 9 am-12 pm | \$48/1 | [138775](#)

Sun, Aug 24 | 1-4 pm | \$48/1 | [138776](#)

Beban Park Social Centre

Teens Welcome

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

Dungeons & Dragons Club

11 to 18 Years

Play this game while building on problem-solving, reading, writing and math skills. Snacks and supplies will be provided. Program is in partnership with Literacy Central VI.

Beginner

Fri, Mar 28-Jun 13 | 3-5:30 pm | FREE | [139306](#)

Intermediate

Fri, Jun 20-Aug 29 | 3-5:30 pm | FREE | [139314](#)

Nanaimo Aquatic Centre

Artistic Expressions: Cartooning

16 + Years

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

Instructor: David Harvey

Sat, Apr 5-May 10 | 12:30-1:30 pm | \$60/6 | [137442](#)

Sat, May 17-Jun 21 | 12:30-1:30 pm | \$50/5 | [137443](#)

Oliver Woods Community Centre

Let's Eat! Teens Rule the Kitchen

13 to 18 Years

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

Instructor: Nanaimo Foodshare

Tue, Apr 22-May 6 | 3:30-5:30 pm | \$100/3 | [137689](#)

Bowen Park Complex

Intro Pottery Wheel

11 to 15 Years

This session is for beginners or for those looking for a quick refresh of basic throwing skills and the clay process from start to finish. Dress for mess.

Instructor: Selena Unger or Nesta Morgan

Thu, Jul 10-31 | 2-4:30 pm | \$140/4 | [140705](#)

Thu, Aug 7-28 | 2-4:30 pm | \$140/4 | [140704](#)

Bowen Park Pottery Studio

Handbuilding - Teen/Adult

11 + Years

Learn basic clay handbuilding skills. Projects will start small and then move into larger pieces like charcuterie boards, vases and more! You are encouraged to bring in items with texture to personalize your piece (i.e. foliage and stamps).

We are encouraging teens to sign up with friends, parents or grandparents. Dress for mess.

Instructor: Nesta Morgan

Tue, Jul 8-29 | 2:30-5 pm | \$112/4 | [140707](#)

Tue, Aug 5-26 | 2:30-5 pm | \$112/4 | [140706](#)

Bowen Park Pottery Studio

Handbuilding for Teens

11 to 15 Years

Learn basic clay hand-building skills and then put your knowledge to work. Bring in items with texture to personalize your pieces (i.e. foliage). Project ideas include tiles, pinch pot animals, mugs and more. Dress for mess.

Instructor: Selena Unger or Nesta Morgan

Tue, Aug 19-26 | 11 am-1:30 pm | \$60/2 | [140708](#)

Bowen Park Pottery Studio

Pottery Wheel - Beginner

11 to 15 Years

This youth class is for those with little to 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. Dress for mess; aprons are not included.

Instructor: Selena Unger or Nesta Morgan

Tue, Jul 8-Aug 12 | 11 am-1:30 pm | \$210/6 | [140703](#)

Bowen Park Pottery Studio

Karate for Teens

13 to 19 Years

Learn traditional karate training, sparring and self-defense in this introduction class. Fitness, strength development and flexibility are part of the curriculum.

Instructor: Shima Karate

M/W, Apr 7-16 | 6:30-7:30 pm | \$25/4 | [138741](#)

M/W, May 5-14 | 6:30-7:30 pm | \$25/4 | [138742](#)

M/W, Jun 2-11 | 6:30-7:30 pm | \$25/4 | [138744](#)

M/W, Jul 7-16 | 6:30-7:30 pm | \$25/4 | [138745](#)

Shima Karate (3032 Barons Rd)

Taekwondo and Self-Defense

13 to 19 Years

Learn the Korean art of self-defense which places a strong emphasis on circular movement, redirection and self-confidence. Our highly qualified 9th degree black belt, Grand Master Kim, strives to maximize your potential by maintaining a traditional foundation based upon physical well-being and mental integrity.

Instructor: World Taekwondo Academy

Mon, Apr 7 & 14 | 6:10-7 pm | \$25/2 | [138537](#)

Wed, Apr 9 & 16 | 6:10-7 pm | \$25/2 | [138533](#)

Mon, May 12 & 26 | 6:10-7 pm | \$25/2 | [141057](#)

Wed, May 21 & 28 | 6:10-7 pm | \$25/2 | [138554](#)

Mon, Jun 2 & 9 | 6:10-7 pm | \$25/2 | [138555](#)

Wed, Jun 4 & 11 | 6:10-7 pm | \$25/2 | [138561](#)

World Taekwondo Academy (307 Wellington Rd)



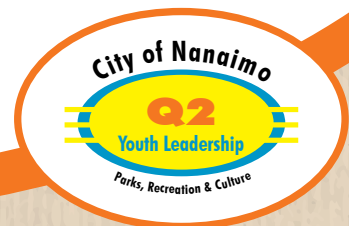
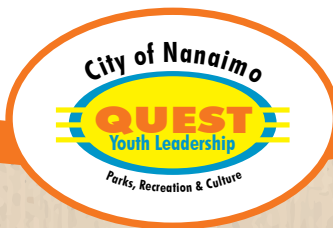
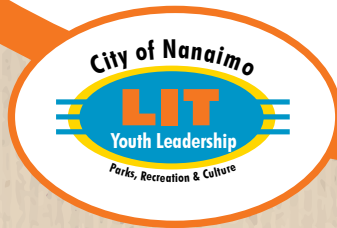
cityofnanaimo



prc_nanaimo (#ilovemyparksandrec)

YOUTH LEADERSHIP

Over 40 Years of Creating Community Leaders



LIT (Leaders in Training) 13-18 YEARS

(Must be at least 13 years old by December 31, 2025 and
starting Grade 8 in September 2025)

Receive training on what it means to be a leader and have a job, as well as how to work with children. After completing the orientation, you will attend "LIT University" and delve into the specifics of leading games, working as a team, painting faces and basic resume writing and interview skills. Once you have completed training, you will choose from a variety of placement options and volunteer a minimum of 60 hours.

(Note: All volunteer placements must be completed by August 31, 2025.)

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



How to Join:

1. Register for LIT using barcode 138595. Cost is \$175.
2. Register your parents for the Free Parent Info Night held on Wednesday, May 7, 6:30-7:30pm (barcode 138598) OR if unable to make it, receive our new informational video from our LIT Coordinator. This is where your parents will find out what you will be doing at this program and what the expectations are. (If you are on the fence, we strongly recommend registering for LIT before the Parent Information Night as this program fills up quickly.)
3. Register for the LIT University Workshops. You must register for all four - no exceptions (see box below).
4. Attend Orientation on Sunday, June 1, 11 am-3 pm at Beban Park Social Centre.
5. View and sign up using the online Placement Sign-Up.
6. Go to your Placements to volunteer, learn new skills, make new friends and have fun!

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

LIT University Workshops (take place at Beban Park):

Children 101

- Mon, Jun 2, 6:30-9 pm 138610
- Mon, Jun 9, 6:30-9 pm 138612

On the Job 101

- Tue, Jun 3, 6:30-9 pm 138617
- Tue, Jun 10, 6:30-9 pm 138621

Clowning 101

- Wed, Jun 4, 6:30-9 pm 138625
- Wed, Jun 11, 6:30-9 pm 138626

Teamwork 101

- Thu, Jun 5, 6:30-9 pm 138630
- Thu, Jun 12, 6:30-9 pm 138631



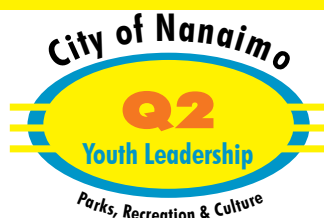
QUEST 14-18 YEARS

Have you completed the Leaders in Training (LIT) Program and want to continue developing your leadership skills. If so, try our Quest program!

How to Join:

1. [Register](#) for Quest using barcode [138597](#). Cost is \$175.
2. Attend [Orientation](#) on Sunday, June 1, 9 am-3 pm at Beban Park Social Centre. At Orientation, you can choose to remain in Quest Community or specialize in Arenas, Aquatics or Environment. In Quest Environment, you will help develop an environmental initiative team spearheading change in the community while completing some aspects of the traditional Quest Community program.
3. Attend 1-2 [LIT University Sessions](#) to help train the LITs. You don't have to pre-register, but please make note of the dates and ensure you have some evening availability on those weeks (see previous page for dates).
4. View and sign up using the online [Placement Sign-Up](#).
5. Go to your [Placements](#) to volunteer, learn new skills, make new friends and have fun!

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



Are you ready to take your leadership skills to the next level?
Join our transformative youth leadership program where you will embark on a journey of personal and professional growth like never before!

Q2

14-19 years

- Further develop your leadership skills
- Engage in professional development and take away various certifications
- Lead a passion project close to your heart and make a real impact
- Create a plan for your future
- Receive guidance from industry experts to shape your future
- Network with professionals and peers in your field of interest
- Learn about community engagement

The next intake for Q2 is Fall 2025. See our website for more information.



cityofnanaimo



prc_nanaimo (#ilovemyparksandrec)

YOUTH WEEK

May 1-7, 2025



Join us as we celebrate youth in Nanaimo!
Check out the YOUth Nanaimo Facebook page
for more information on this year's events.

Please note that pre-registration is required
for the events listed below with an *;
space is limited.

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

Thursday, May 1

- Youth Lounge

3-7 pm

FREE

Drop-in

Nanaimo Aquatic Centre

Friday, May 2

- Youth Lounge Pizza Party
- GrooveAbility Youth Dance*
- Youth Pool Party

2-9 pm

FREE

Drop-in

Nanaimo Aquatic Centre

7-9 pm

\$5

Drop-in

Bowen Auditorium

9:30-11 pm

FREE

Drop-in

Nanaimo Aquatic Centre

Saturday, May 3

- Environment Work Party*
- Babysitter Training*
- Glow Basketball

10 am-12 pm

FREE

Drop-in

Westwood Lake

9 am-4:30 pm

\$60

Drop-in

VI Conference Centre

6:30-8:30 pm

\$5

Drop-in

Oliver Woods

Sunday, May 4

- Stick 'n' Puck
- Tweekie Skate

1:45-2:45 pm

\$5.40

Drop-in

Cliff McNabb

3-4:30 pm

\$2

Drop-in

Cliff McNabb

Monday, May 5

- Spare Blox
- Spare Blox
- Paddle Basics Bootcamp*
- Doodle & Dive*

5-6:30 pm

FREE

Drop-in

Park Avenue Elementary

7-8:30 pm

FREE

Drop-in

Fairview Elementary

6-7:30 pm

\$25

Drop-in

Long Lake/Loudon Park

7:30-9 pm

\$5

Drop-in

Nanaimo Aquatic Centre

Tuesday, May 6

- Spare Blox
- Rescue Ready*
- Spare Blox

6-7:30 pm

FREE

Drop-in

Uplands Elementary

6-8 pm

\$25

Drop-in

Long Lake/Loudon Park

6:30-8 pm

FREE

Drop-in

Oliver Woods

Wednesday, May 7

- Teen Paddle Quest*
- Everyone Welcome Skate
- Spare Blox

6-8 pm

\$25

Drop-in

Long Lake/Loudon Park

6:30-8 pm

\$5.40

Drop-in

Frank Crane Arena

8:30-10 pm

FREE

Drop-in

John Barbsy School

GrooveAbility Youth Dance *

This fun dance night will provide youth with diverse abilities an opportunity to connect with peers and enjoy a night out grooving to their favourite songs. Snacks and drinks will be provided.

Environment Work Party *

Join like-minded individuals and meet your neighbours while tackling invasive plants during one of our work parties. All necessary equipment and training provided.

Doodle & Dive *

Join us for a fun night of crafting where you can get creative with your peers followed by a swim to cap off the night!

Paddle Basics Bootcamp *

Rescue Ready *

Teen Paddle Quest *

See page 46 for course descriptions and for more teen paddling options.

FREE!

Youth

SPARE BLOX



Spare Blox is brought to the community as a partnership between the City of Nanaimo and Nanaimo Ladysmith Public Schools.



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

AGE 10 TO 14

Mon, Mar 31-Jun 9
5-6:30 pm
Park Avenue Elem.

AGE 11 TO 15

Mon, Mar 31-Jun 9
7-8:30 pm
Fairview Comm. School

AGE 10 TO 13

Tue, Apr 1-Jun 10
6-7:30 pm
Uplands Elem. School

AGE 13 TO 17

Tue, Apr 1-Jun 10
6:30-8 pm
Oliver Woods

AGE 13 TO 17

Wed, Apr 2-Jun 11
8:30-10 pm
John Barsby School

AGE 10 TO 14

Thu, Apr 3-Jun 12
6-7:30 pm
Chase River School

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

FREE!
11-18 yrs



Hang out at Nanaimo Aquatic Centre!

Thursday until June 26, 3-7 pm (#129089)

Fridays until June 27, 2-9 pm (#129090) *

- PLAY STATION 5 • VIRTUAL REALITY STATIONS • CHARGING STATION
- PIZZA & SNACKS • MUSIC • SWIMMING & SKATING • FREE WIFI • MUCH MORE!



**Friday Youth Lounge is proudly supported through the NYRS & BSC funding.*



Youth Lounge is proudly brought to you by the City of Nanaimo and BGC of Central Vancouver Island.

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



cityofnanaimo



prc_nanaimo (#ilovemyparksandrec)



Arts & Crafts

See page 16 for
Drop-In Pottery Schedule

Pottery Wheel - Beginner

14 + Years

Calling teens to adults with little or no previous experience working with clay. Dip your hands into something new. Learn basic techniques that will help you create pots, vases, bowls and much more. Clay, glazes and firing costs are included.

Instructor: Selena Unger or Nesta Morgan

Tue, Apr 1-May 6 | 6:30-9 pm | \$210/6 | [133087](#)

Fri, Apr 4-May 9 | 12:30-3 pm | \$175/5 | [133096](#)

Sat, May 10-Jun 21 | 1:30-4 pm | \$245/7 | [133071](#)

Tue, May 13-Jun 24 | 6:30-9 pm | \$245/7 | [133090](#)

Fri, May 16-Jun 20 | 12:30-3 pm | \$210/6 | [133097](#)

Sun, May 18-Jun 22 | 1:30-4 pm | \$210/6 | [133080](#)

Tue, Jul 8-Aug 19 | 6-8:30 pm | \$245/7 | [139522](#)

Thu, Jul 10-Aug 14 | 5:30-8 pm | \$210/6 | [139552](#)

Sat, Jul 12-Aug 23 | 1:30-4 pm | \$245/7 | [139523](#)

Sun, Jul 13-Aug 24 | 1:30-4 pm | \$245/7 | [139521](#)

Bowen Park Pottery Studio

Pottery Wheel - Level 2

14 + Years

This is designed for those with some previous experience working with clay but who are not quite ready for the intermediate level. Build on the basic techniques to create pots, vases, bowls and pretty much anything that can be thrown on a pottery wheel. Clay, glazes and firings are included. Dress for mess; aprons are not included.

Instructor: Selena Unger

Fri, Apr 4-May 9 | 4-6:30 pm | \$175/5 | [133108](#)

Fri, May 16-Jun 20 | 4-6:30 pm | \$210/6 | [133109](#)

Mon, Jul 7-Aug 25 | 6-8:30 pm | \$245/7 | [139527](#)

Bowen Park Pottery Studio

Pottery Wheel - Intermediate

Join this class to learn how to create more complex items. Clay, glazes and firings are included in the cost. You must have completed a beginner class.

Instructor: Bari Precious

Mon, Apr 28-Jun 23 | 6:30-9 pm | \$280/8 | [133067](#)

Bowen Park Pottery Studio

Pottery Workshops - Plant Pot

14 + Years

Build a plant pot without the use of a pottery wheel. Bring textures and other materials to stamp into the clay to make it your own.

Instructor: Selena Unger or Nesta Morgan

Thu, Aug 21 & 28 | 5:30-8 pm | \$60/2 | [139555](#)

Bowen Park Pottery Studio

Handbuilding - Teen/Adult

11 + Years

Learn basic clay handbuilding skills. Projects will start small and then move into larger pieces like charcuterie boards, vases and more! You are encouraged to bring in items with texture to personalize your piece (i.e. foliage and stamps). We are encouraging teens to sign up with friends, parents or grandparents. Dress for mess.

Instructor: Nesta Morgan

Tue, Jul 8-29 | 2:30-5:30 pm | \$112/4 | [140707](#)

Tue, Aug 5-26 | 2:30-5:30 pm | \$112/4 | [140706](#)

Bowen Park Pottery Studio

Sculpting with Clay

14 + Years

This course will cover techniques and methods of sculpting with clay. Participants will learn how to bring to life their own artistic visions or may follow a prompt from the instructor. Demonstrations will include how to create base structures, incorporate complex designs, sgraffito decoration, and glazing techniques. This course is open to all skill levels.

Instructor: Selena Unger

Thu, Apr 15-May 20 | 9-11:30 am | \$210/6 | [143830](#)

Bowen Park Pottery Studio

Easter Egg Dyeing

This class is set up for people with different skill levels. Create your own beautiful egg designs inspired by the Ukrainian egg dyeing tradition of Pysanka. You will learn how to decorate eggs using traditional tools, waxes and dyes with tips on trouble shooting, storage and display of your finished works of art.

Instructor: Maggie Wouterloot

Sat, Apr 12 | 12:30-3:30 pm | \$65/1 | [137522](#)

Bowen Park Complex

Shibori Tie Dying

Explore this ancient Japanese art and learn a brief history of the art form, as well as present-day examples. You will be introduced to the materials needed and there will be ample time to practice basic techniques of folding, binding and clamping using multiple dye baths for immersion and surface painting.

Instructor: Maggie Wouterloot

Sat, May 24 | 12:30-3:30 pm | \$65/1 | [137573](#)

Bowen Park Complex

Macrame - Wall Decor

Come learn the basic knots of macrame and make your very own creation! No previous experience is necessary. We will use 100% recycled cotton fibre and unique driftwood foraged from the many beaches of Vancouver Island. Learn a little about the history of macramé, how to measure and cut cord and the main knots to create endless fibre art possibilities.

Instructor: Sea & Weave

Sat, May 10 | 11 am-1:30 pm | \$95/1 | [139508](#)

Bowen Park Complex

Basket Weaving with English Ivy

In this level one basket weaving class, we welcome back students of beginner classes for a new, more advanced technique.

Instructor: Alicia Meek

Wed, Apr 9 | 6-8 pm | \$34/1 | [136314](#)

Bowen Park Complex

Wire Wrapped Rings

Learn the basics of wire wrapping with this fun, hands-on class and create finished pieces to take home. This is perfect for the beginner crafter; no experience necessary.

Instructor: Alicia Meek

Wed, Jun 18 | 6-8 pm | \$45/1 | [137214](#)

Bowen Park Complex

Wire Wrapped Crystals

Craft your own beautiful, wrapped crystal necklace in this workshop. Learn the basics of wire wrapping as you discover the unique properties and meanings behind various crystals. This is perfect for beginner crafters.

Instructor: Alicia Meek

Wed, Jun 25 | 6:30-8:30 pm | \$45/1 | [137215](#)

Bowen Park Complex

Wire Wrapping - Beginner NEW!

Learn a variety of techniques for making wire wrapped jewelry, including several rings, crystal wrapping, pendant making and chain making. You will make and take home several completed items. All supplies are included.

Instructor: Alicia Meek

Sun, Mar 23 | 11 am-2 pm | \$79/1 | [132341](#)

Beban Park Social Centre

Artistic Expressions: Cartooning

16 + Years

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

Instructor: David Harvey

Sat, Apr 5-May 10 | 12:30-1:30 pm | \$60/6 | [137442](#)

Sat, May 17-Jun 21 | 12:30-1:30 pm | \$50/5 | [137443](#)

Oliver Woods Community Centre



Watercolour Painting

Come and improve your watercolour painting techniques! Whether it's your first time or you've mastered the basics, everyone is welcome.

Students can pick their own subjects and receive direction and support from the instructor while practicing specific techniques. Supplies required may cost \$60 to \$140 and are not included in the registration fee.

Instructor: Judy-Anne Wilson

Mon, Apr 14-Jun 30 | 1-4 pm | \$250/10 | [137572](#)

Kin Hut Activity Centre

Art as Meditation - NEW!

Neurographic Art

12 Years+

This workshop is an exploration of Neurographic art which has been used to calm and open the mind to more creative thinking. It is a very interesting, fun and meditative art form suitable for ages 12 and older. This wonderful workshop is great for family members to take together. Supplies to bring: an ultra-fine black marker and either 3 single pages of blank drawing paper or a drawing book from the dollar store.

Instructor: Judy-Anne Wilson

Sun, May 11 | 12-3 pm | \$25/1 | [139483](#)

Kin Hut Activity Centre

Sun, Jun 22 | 11:30 am-2:30 pm | \$25/1 | [139484](#)

Bowen Park Activity Centre

Art as Meditation - NEW!

Zendoodle Art

8 Years+

This workshop explores various forms of Zentangle art. Suitable and fun for ages 8 and older. It also incorporates mindfulness and directed meditation while working with various tangles (forms of doodling) and uses of tangles. Supplies to bring to the workshop: an ultra-fine black marker and either 4 single pages of blank drawing paper or a drawing book from the dollar store.

Instructor: Judy-Anne Wilson

Fri, Jul 11 | 12-3 pm | \$25/1 | [139486](#)

Beban Park Social Centre

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

**LET US
CONGRATULATE
YOU!**

Nanaimo City Council
presents certificates
of congratulations and
medallions to all
individuals, groups,
teams and clubs who
have brought recognition
for outstanding
achievement in sports or
arts and culture on a Provincial,
Western Canadian, National or International
level to our City by placing **FIRST** or
achieving highest standing in their field of
endeavor.



Award recipients must be residents of Nanaimo.

*All applications for the Fall 2025 awards must be completed
in full and received no later than*

Monday, September 15, 2025.

*Awards presented in the fall. Check out our Fall Activity Guide for
date.*

**To apply, email
awards@nanaimo.ca**

*For more information, go to
www.nanaimo.ca/culture-environment/awards*



cityofnanaimo



prc_nanaimo (#ilovemyparksandrec)



Cooking

Havarti

Paula will show you how easy it is to make your own pressed cheese. Cultures and ingredients to make your own wheel at home will be included in this taste, touch, feel demonstration-style class.

Instructor: Paula Maddison

Thu, Apr 24 | 6-8 pm | \$65/1 | [136897](#)

Bowen Park Complex

Mozzarella, Burrata and Bocconcini

Learn how to make your own hand-stretched mozzarella cheese in this demonstration, taste, touch and feel class with Paula. Instructions and ingredients are provided to make over four pounds of mozzarella at home are included.

Instructor: Paula Maddison

Thu, May 29 | 6-8 pm | \$65/1 | [136898](#)

Bowen Park Complex

Shiv's Punjabi Cooking

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

Instructor: Shiv Sharma

Shiv's Favourites

Wed, Apr 9 | 7-9:30 pm | \$40/1 | [136901](#)

Wed, May 7 | 7-9:30 pm | \$40/1 | [136902](#)

Wed, Jun 4 | 7-9:30 pm | \$40/1 | [136903](#)

Wed, Jul 9 | 7-9:30 pm | \$40/1 | [136905](#)

Bowen Park Complex

Shiv's Vegetarian Favourites

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

Wed, Apr 23 | 7-9:30 pm | \$40/1 | [136912](#)

Wed, May 21 | 7-9:30 pm | \$40/1 | [136913](#)

Wed, Jun 25 | 7-9:30 pm | \$40/1 | [136914](#)

Wed, Aug 13 | 7-9:30 pm | \$40/1 | [136915](#)

Bowen Park Complex

Gnocchi & Two Sauces

In this hands-on course, learn how to make gnocchi from scratch and two sauces that pair well with it.

Instructor: Alicia Meek

Wed, Apr 16 | 6-8 pm | \$45/1 | [137053](#)

Beban Park Social Centre



Foraging 101

Check out the tools of the trade, the best books and apps to invest in and more for foraging. Learn ethical foraging principles and practices, including where and where not to forage.

Instructor: Alicia Meek

Sun, May 4 | 11 am-12:30 pm | \$34/1 | [135866](#)

Tue, May 13 | 6-7:30 pm | \$34/1 | [135868](#)

Tue, Jun 17 | 6-7:30 pm | \$34/1 | [135869](#)

Sat, Jun 28 | 11 am-12:30 pm | \$34/1 | [135870](#)

Tue, Jul 8 | 6-7:30 pm | \$34/1 | [136100](#)

Bowen Park Complex



Did You Know? ☸

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

Forage, Eat & Craft with Trees NEW!

This workshop combines the art of foraging with hands-on creativity. Learn to forage local edible and medicinal tree parts, prepare a delicious dish with these wild ingredients and craft your very own herbal medicine. Plus, you'll create a unique crafting project using natural materials leaving with a deeper connection to nature.

Instructor: Alicia Meek

Sun, May 18 | 11 am-2 pm | \$89/1 | [137059](#)

Bowen Park Complex

Mushroom Foraging and ID NEW!

You will discover how to recognize common edible and medicinal mushrooms, understand their habitats and forage safely. Handouts with ID tips and resources are included.

Instructor: Alicia Meek

Sun, May 11 | 1-3 pm | \$34/1 | [137920](#)

Beban Park Social Centre



Farm to Fork Harvest & Cooking NEW!

The true farm to fork experience! This workshop will be led by passionate facilitators to introduce some food growing basics, how to harvest your food based on what is ready to pick and how to prepare a meal or preserve nourishing food in a beautiful outdoor kitchen at the farm. Bring home some harvest, too!

Tue, Jul 15 | 11 am-1:30 pm | \$25/1 | [137704](#)

Tue, Aug 26 | 11 am-1:30 pm | \$25/1 | [137706](#)

Park Avenue Farm (945 Park Ave)

PLEASE NOTE:

Registration for Spring & Summer Aquatic programs begins on Wednesday, March 5 at 6 am.

Registration for all other programs begins on Wednesday, March 12 at 6 am.

SOCIAL CLUB

The Social Club is a gathering focused on fostering social connections and community spirit for individuals with diverse abilities. Participants will have the opportunity to participate in a variety of indoor and outdoor activities, including creative arts and crafts, collaborative games and enjoying the beauty of community together.



• Games • Swimming • Lunches • Movies • Crafts • Bingo

The Club meets Thursdays, 12-3 pm, at Beban Social Centre.
Please call 250-756-5200 for an activity calendar and more information.

Silly Saturdays

6 to 15 Years

This is an integrated program where participants can enjoy physical activities at their own pace. Focus will be on increasing physical literacy in a variety of ways developing FUNDamental movement skills through fun and engaging games and activities. Please note that 1:1 support is not provided. This program is designed for those with diverse abilities.

Sat, May 31-Jun 21 | 11 am-12:30 pm | \$60/3 | [137524](#)

Oliver Woods Community Centre

Ready, Set, Rec!

13 to 18 Years

Get ready to explore and experience a variety of small group games, activities and crafts with our leaders. This program is designed for youth with diverse abilities. Ratio is 3:1.

Wed, Apr 16-May 7 | 6-7:30 pm | \$80/4 | [137525](#)

Wed, May 21-Jun 11 | 6-7:30 pm | \$80/4 | [137526](#)

Bowen Park Complex

GrooveAbility Youth Dance

11 to 18 Years

This fun dance night will provide youth with diverse abilities an opportunity to connect with peers and enjoy a night out grooving to their favourite songs. Snacks and drinks will be provided.

Fri, May 2 | 7-9 pm | \$5/1 | [139480](#)

Bowen Park Complex

Adaptive Hockey

This program will provide teens and adults with diverse abilities the skills required to play the game of hockey. No skating ability is required, but participants should be steady on their feet. Support workers are welcome, but independence is encouraged. Full gear is required.

Wed, Apr 2-May 7 | 9:45-11 am | \$78/6 | [138889](#)

Frank Crane Arena



cityofnanaimo



prc_nanaimo (#ilovemyparksandrec)



Dance

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 9-Jun 11 | 7-8 pm | \$72/9 | [136928](#)

Wed, Jul 9-Aug 13 | 7-8 pm | \$48/6 | [136929](#)

Bowen Park Complex

Ballroom & Latin Dance - Beginner

Learn international ballroom and Latin dancing with a certified instructor, including the basics of social foxtrot, quickstep, cha cha and rumba. Make it a fun, social evening out while keeping your body agile. No previous dancing experience is required. Couples and singles are welcome.

Instructor: Nelson Wong

Wed, Apr 9-Jun 11 | 8-9 pm | \$72/9 | [136934](#)

Wed, Jul 9-Aug 13 | 8-9 pm | \$48/6 | [136935](#)

Bowen Park Complex

Ballroom & Latin Dance - Beginners Continuation

A quick review of basic techniques will be followed by more advanced variations. Try the waltz, tango, foxtrot, Viennese waltz, quickstep and more. At least one ballroom and one Latin dance will be taught in each session. Partners are recommended, but singles are welcome.

Instructor: Nelson Wong

Wed, Apr 9-Jun 11 | 9-10 pm | \$72/9 | [136936](#)

Bowen Park Complex

Ballroom & Latin Dance - Intermediate

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

Instructor: Nelson Wong

Mon, Apr 7-28 | 7-8 pm | \$30/3 | [136921](#)

Mon, May 26-Jun 9 | 7-8 pm | \$30/3 | [136922](#)

Wed, Jul 9-Aug 13 | 9-10 pm | \$60/6 | [136937](#)

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 7-28 | 8-9 pm | \$30/3 | [136923](#)

Mon, May 26-Jun 9 | 8-9 pm | \$30/3 | [136924](#)

Bowen Park Complex



Latin Formations Team (Women)

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

Instructor: Nelson Wong

Mon, Apr 7-28 | 9-10 pm | \$30/3 | [136926](#)

Mon, May 26-Jun 9 | 9-10 pm | \$30/3 | [136927](#)

Bowen Park Complex

Flamenco - Basics

This introduction to Flamenco class is for those with little to no flamenco dance experience. Learn basic footwork, upper body movements and palmas. Wear comfortable shoes with low heels.

Instructor: Heather Sandison

Mon, Apr 7-May 26 | 6:30-7:30 pm | \$60/6 | [136657](#)

Mon, Jun 2-Jul 14 | 6:30-7:30 pm | \$70/7 | [136662](#)

Beban Park Social Centre

Flamenco - Continuation

This is suitable for those with previous flamenco dance experience. Longer choreographies will be learned on a continuous basis over multiple sessions. Technique, compas, interpretation and improvisation will be emphasized.

Instructor: Heather Sandison

Tue, Apr 1-May 20 | 6:30-8 pm | \$80/8 | [136938](#)

Tue, May 27-Jul 22 | 6:30-8 pm | \$80/8 | [136939](#)

Beban Park Social Centre

Summer Flamenco

Rumba, tangos, sevillanas and more - all in "fiesta" style! This is a multi-level class for students from beginners to intermediate to work on different technique exercises, including footwork, bodywork, turns and all necessary steps.

Instructor: Heather Sandison

Tue, Aug 5-26 | 6:30-7:30 pm | \$40/4 | [136646](#)

Beban Park Social Centre



B-Fit - Bhangra &

Bollywood Dance

Get ready for B-Fit – a high-energy class combining the vibrant beats of Bhangra and lively Bollywood dance. Led by Sukhi Sangha from Vancouver Island Bhangra, you'll master fun dance steps while getting fit. It's not just a workout. It's a celebration of culture, music and movement.

Instructor: Sukhi Sangha

Tue, Apr 1-29 | 6:15-7 pm | \$80/4 | [137517](#)

Beban Park Social Centre

Zumba

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

Instructor: Fab Lethbridge

Mon, Apr 7-May 12 | 6:30-7:30 pm | \$40/5 | [137973](#)

Mon, May 26-Jun 23 | 6:30-7:30 pm | \$40/5 | [137974](#)

Instructor: Rika Carlson

Wed, Apr 2-May 14 | 6-7 pm | \$56/7 | [137343](#)

Wed, May 21-Jun 25 | 6-7 pm | \$48/6 | [137344](#)

Wed, Jul 2-30 | 6-7 pm | \$40/5 | [137345](#)

Wed, Aug 6-27 | 6-7 pm | \$32/4 | [137346](#)

Oliver Woods Community Centre

Weekend Zumba Party

Are you looking for a high-energy, thrilling weekend activity? Come work out for an hour at Oliver Woods while listening to a range of upbeat musical rhythms. Put on your dancing shoes and join the celebration; no prior experience required!

Instructor: Rika Carlson

Sat, Apr 5-May 17 | 11:30 am-12:30 pm | \$56/7 | [137347](#)

Sat, May 24-Jun 28 | 11:30 am-12:30 pm | \$48/6 | [137348](#)

Sat, Jul 5-26 | 11:30 am-12:30 pm | \$32/4 | [137350](#)

Sat, Aug 2-30 | 11:30 am-12:30 pm | \$40/5 | [137351](#)

Oliver Woods Community Centre

Zumba Gold

Intended for those new to Zumba or those 60 +. Ditch the workout and join the party! This Latin and international dance-based fitness class will get you moving to a variety of music styles.

Instructor: Mary Keel

Mon, Apr 7-May 5 | 9-10 am | \$32/4 | [136840](#)

Mon, May 26-Jun 23 | 9-10 am | \$40/5 | [136841](#)

Mon, Jun 30-Jul 28 | 9-10 am | \$40/5 | [136842](#)

Wed, Apr 2-30 | 10:15-11:15 am | \$40/5 | [136843](#)

Wed, May 28-Jun 25 | 10:15-11:15 am | \$40/5 | [136844](#)

Wed, Jul 2-30 | 10:15-11:15 am | \$40/5 | [136845](#)

Oliver Woods Community Centre



First Aid

All courses below are operated in partnership with Canadian Red Cross, and they include a manual, pocket mask and access to an online comprehensive guide. For more detailed information on each class and to learn about re-certification, please visit www.redcross.ca or call 250-756-5200.

Emergency Childcare First Aid

This course is designed for parents and caregivers of children. Approved by the Provincial Childcare Licensing Board, this course covers CPR B (Child & Infant) and AED training for children and infants in addition to first aid skills, including choking, breathing emergencies and wound care. Retraining is recommended every three years.

Sat, Jun 7 | 9 am-5:30 pm | \$99/1 | [135745](#)

Beban Park Social Centre

Emergency First Aid with CPR/AED Level C

Basic one-day course offering lifesaving first aid and CPR skills for the workplace or home. Course meets legislation requirements for provincial/territorial worker safety and insurance boards and includes the latest first aid and CPR guidelines. This course is considered an equivalent to Work Safe BC Basic First Aid. Fees include a manual, a pocket mask and access to a virtual certificate upon successful course completion.

Sat, Apr 5 | 9 am-5:30 pm | \$99/1 | [131898](#)

Sat, May 24 | 9 am-5:30 pm | \$99/1 | [135752](#)

Sat, Jun 28 | 9 am-5:30 pm | \$99/1 | [135753](#)

Sat, Aug 23 | 9 am-5:30 pm | \$99/1 | [135754](#)

Beban Park Social Centre

Standard First Aid & CPR C/AED

This comprehensive two-day course offers first aid CPR skills for those who need training due to work requirements or who want more knowledge to respond to emergencies at home. Course meets legislation requirements for provincial/territorial worker safety and insurance boards and includes the latest first aid and CPR guidelines. This course is considered an equivalent to Work Safe BC Intermediate First Aid. Fees include a manual, a pocket mask and access to a virtual certificate upon successful course completion.

Sat/Sun, Apr 5 & 6 | 9 am-5:30 pm | \$177/2 | [131900](#)

Sat/Sun, May 24 & 25 | 9 am-5:30 pm | \$177/2 | [135755](#)

Sat/Sun, Jun 28 & 29 | 9 am-5:30 pm | \$177/2 | [135756](#)

Sat/Sun, Aug 23 & 24 | 9 am-5:30 pm | \$177/2 | [135758](#)

Beban Park Social Centre



cityofnanaimo



prc_nanaimo (#ilovemyparksandrec)



Outdoor, Sport & Wellness

New Parent Walk & Talk **NEW!**

Explore nature with other new parents in this walking group focused on social connection and nature-inspired wellbeing practices. Learn grounding, mindfulness and breathing exercises as you socialize and walk with your baby in a carrier or stroller. (Occurs every other Friday.)

Instructor: Natalie Webber

Fri, May 2-Jun 27 | 9:15-10:15 am | \$80/5 | [137519](#)

Bowen Park (near Kin Pool)

Nature & Namaste

Explore Nanaimo's beautiful trails on a yoga hike. This combines trail walking and yoga breaks to improve cardiovascular health while experiencing the sights, sounds and scents of nature and focusing on cleansing breaths to clear the mind and release stress.

Instructor: Laurah-Lee Christie

Thu, Apr 10-May 1 | 9-10:30 am | \$40/4 | [135489](#)

Thu, May 22-Jun 26 | 9-10:30 am | \$60/6 | [135494](#)

Meet in Nanaimo Ice Centre Lobby

Trailblazers

Spending time in nature can help clear the mind, reduce stress and keep the body healthy. Come enjoy the fresh air and great company while completing a 5- to 7-kilometre hike with balance work, plus before and after the hike stretches. You must wear good walking/hiking shoes and be in good physical health

Instructor: Laurah-Lee Christie

Tue, Apr 8-29 | 9-10:30 am | \$40/4 | [135482](#)

Tue, May 20-Jun 24 | 9-10:30 am | \$60/6 | [135485](#)

Meet in Bowen Park Complex Lobby

Evening Trekkers **NEW!**

Enjoy your evening in the fresh air with good company while exploring hiking trails. Complete a 5- to 7-kilometre hike with balance work and a good stretch. Locations vary each week.

Instructor: Laurah-Lee Christie

Wed, Apr 9-30 | 6:30-8 pm | \$40/4 | [135487](#)

Wed, May 21-Jun 25 | 6:30-8 pm | \$60/6 | [135488](#)

Meet in Bowen Park Complex Lobby

Wild Wednesdays - **NEW!** Family Adventure

Join us on an outdoor family adventure to some of Nanaimo's parks. Walks/hikes will range between 3 to 6 kilometres with some fun breaks in between to take in the scenery or stretch it out with a few easy yoga poses.

Wed, Jul 9 | 6-7:30 pm | \$5/1 | [135759](#)

Westwood Lake Park - First Beach

Wed, Jul 23 | 6-7:30 pm | \$5/1 | [135810](#)

Jack Point Park

Wed, Aug 6 | 6-7:30 pm | \$5/1 | [135811](#)

Bowen Park

Wed, Aug 20 | 6-7:30 pm | \$5/1 | [135812](#)

Linley Valley Park

Intro to Fly Fishing

Join our experienced instructors to learn about this sport, including water and dry land practice casting instruction.

Wed, Apr 17-May 7 | 7-9 pm | \$80/4 | [129003](#)

Beban Park (last class at Westwood Lake)

Intro Trail Running

Is it true that trail runners have more fun? Join us and find out! You will run with an experienced leader that will cover trail running techniques, gear, hydration, navigation, safety and much more. Please wear good running/trail shoes and be in good physical health. Locations will vary.

Instructor: Sarah Worden

Sat, May 24-Jun 21 | 9-10:30 am | \$55/5 | [137943](#)

First Class: Westwood Lake First Beach

Intro to Cold Water Therapy

Bring your wellness journey to the next level. Cold water therapy can improve your circulation, deepen your sleep, spike your energy levels and reduce inflammation in your body. Join us to learn more about this practice and improve your own mental and physical well-being.

Instructor: Gina Villares

Sat, Apr 12 | 9-11 am | \$12/1 | [138344](#)

Kin Hut Activity Centre/Departure Bay Beach

Stand Up Paddleboard

Enjoy an invigorating paddle followed by a mini stretch session on Long Lake. No experience is necessary. Let us take care of the equipment and share our passion of paddle sports with you!

Instructor: Nanaimo Canoe and Kayak Club

Sunrise Paddle

Wed, Apr 30-Jun 18 | 5:45-7 am | \$160/8 | [139390](#)

Wed, Jul 9-Aug 27 | 5:45-7 am | \$160/8 | [139391](#)

Sunset Paddle

Thu, May 1-Jun 19 | 7:45-9 pm | \$160/8 | [139393](#)

Thu, Jul 10-Aug 28 | 7:45-9 pm | \$160/8 | [139394](#)

Long Lake/Loudon Park

Mother's Day Zen Paddle **NEW!**

Celebrate on the water with other women while enjoying fresh air, movement, active meditation and "you time".

Instructor: Nanaimo Canoe and Kayak Club

Sun, May 11 | 8-9:30 am | \$35/1 | [140302](#)

Long Lake/Loudon Park

Mom & Me Paddle **NEW!**

Gather your favourite kiddo(s) and head onto the water for some fun in either canoes or kayaks with other families.

Instructor: Nanaimo Canoe and Kayak Club

Sun, May 11 | 10 am-12 pm | \$50/1 | [140301](#)

Long Lake/Loudon Park



Paddle with Dad

6 Years +

We all know that dads like to show off their skills and teach their kids to appreciate the outdoors. Jump in a kayak or canoe and share the joy of gliding along the waters under your own power! Price includes dad and up to two children.

Instructor: Nanaimo Canoe and Kayak Club

Sun, Jun 15 | 10 am-12 pm | \$50/1 | [140299](#)

Long Lake/Loudon Park

Father's Day Paddle

Calling all dads to come make a splash to exert energy, socialize and enjoy the great outdoors!

Instructor: Nanaimo Canoe and Kayak Club

Sun, Jun 15 | 8-9:30 am | \$35/1 | [140300](#)

Long Lake/Loudon Park

Blue Space - Happy Place

Find your happy place on the water with us as you experience a variety of canoes and kayaks, learn new skills, meet new friends and embark on a new hobby and sport. No experience is necessary, and all equipment is provided.

Instructor: Nanaimo Canoe and Kayak Club

Thu, May 1-Jun 19 | 5:45-7:15 pm | \$160/8 | [139387](#)

Thu, Jul 10-Aug 28 | 5:45-7:15 pm | \$160/8 | [139388](#)

Long Lake/Loudon Park

Team Boat Tuesdays - Big Canoes NEW!

Enjoy the many health benefits of this sport. Relax, meditate, move and activate while developing your strength, cardio and technique. Discover the rhythm, glide, power, speed, technique and teamwork required to paddle these exciting big canoes efficiently.

Instructor: Nanaimo Canoe and Kayak Club

Tue, Apr 29-Jun 17 | 5:45-7:15 pm | \$160/8 | [140314](#)

Tue, Jul 8-Aug 26 | 5:45-7:15 pm | \$160/8 | [140313](#)

Long Lake/Loudon Park

Bicycle Maintenance - Beginners

Learn the ABCs of how to fix a flat, adjust your brakes and keep your chain running smooth. Please bring your own bike. Workshop includes a free patch kit.

Instructor: Tyler Walker

Sun, May 4 | 12:30-4:30 pm | \$50/1 | [132467](#)

Rotary Field House



Indoor Tennis Lessons - Beginner

Beginner participants will work on technique and game strategy. Please bring your own tennis racquet, water bottle and clean court shoes.

Instructor: North Island Tennis Academy Staff

Tue, Apr 1-May 6 | 9:30-11 am | \$180/6 | [139028](#)

Wed, Apr 2-May 7 | 11 am-12:30 pm | \$180/6 | [139029](#)

Thu, Apr 3-May 8 | 8-9:30 pm | \$180/6 | [139033](#)

Tue, May 13-Jun 24 | 9:30-11 am | \$210/7 | [139036](#)

Wed, May 14-Jun 25 | 11 am-12:30 pm | \$210/7 | [139039](#)

Thu, May 15-Jun 26 | 8-9:30 pm | \$210/7 | [139041](#)

Thu, Jul 3-31 | 6:30-8 pm | \$150/5 | [139083](#)

Tue, Jul 8-29 | 6:30-8 pm | \$120/4 | [139080](#)

Tue, Aug 5-26 | 6:30-8 pm | \$120/4 | [139084](#)

Thu, Aug 7-28 | 6:30-8 pm | \$120/4 | [139086](#)

North Island Tennis Academy (2367 Arbot Rd)

Indoor Tennis Lessons - Intermediate

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

Instructor: North Island Tennis Academy Staff

Tue, Apr 1-May 6 | 8-9:30 pm | \$180/6 | [138997](#)

Wed, Apr 2-May 7 | 9:30-11 am | \$180/6 | [139003](#)

Thu, Apr 3-May 8 | 9:30-11 am | \$180/6 | [139008](#)

Sun, Apr 6-May 11 | 1:30-3 pm | \$150/5 | [138993](#)

Tue, May 13-Jun 24 | 8-9:30 pm | \$210/7 | [139009](#)

Wed, May 14-Jun 25 | 9:30-11 am | \$210/7 | [139011](#)

Thu, May 15-Jun 26 | 9:30-11 am | \$210/7 | [145527](#)

Sun, May 18-Jun 22 | 1:30-3 pm | \$180/6 | [139015](#)

Wed, Jul 2-30 | 6:30-8 pm | \$150/5 | [139077](#)

Mon, Jul 7-28 | 6:30-8 pm | \$120/4 | [139076](#)

Wed, Aug 6-27 | 6:30-8 pm | \$120/4 | [139079](#)

Mon, Aug 11-25 | 6:30-8 pm | \$90/3 | [139078](#)

North Island Tennis Academy (2367 Arbot Rd)

Introduction to Squash

Interested in learning "The World's Healthiest Sport"? Learn basic skills and techniques, strategies and the rules of the sport - all in a fun and relaxing environment with a certified squash instructor. Racquets and eye guards are provided.

Instructor: Nanaimo Squash Club

Thu, Apr 3-May 8 | 6-7 pm | \$110/6 | [138665](#)

Nanaimo Squash Club (256 Wallace St)

Intro to Tai Chi

This is for students with no or limited background and teaches Tai Chi-related exercises and the mini set of Tai Chi comprised of the first 17 moves of the long Tai Chi form based on the traditional yang-style set. Sometimes called a moving meditation, this provides many health benefits, including stress relief and improved concentration.

Instructor: Mid Island Tai Chi Club

Wed, Apr 23-Jun 4 | 7-8:30 pm | \$56/7 | [137559](#)

Beban Park Social Centre Tai Chi Workshop

Presented as part of World Tai Chi Day, this workshop focuses on the building blocks that form the foundations of tai chi, including balance, coordination, flexibility, strength and awareness. The emphasis is on the principles of movement. This is recommended for continuing students and beginners who have learned at least the mini tai chi set (first 17 moves).

Instructor: Mid Island Tai Chi Club

Sat, Apr 26 | 11 am-3 pm | FREE | [135817](#)

Bowen Park Complex

Fencing - All Levels

14 Years +

Beginner fencers receive instruction in the basic skills of foil fencing and will be introduced to sabre and epee. Experienced fencers receive instructions tailored to their needs in any of the three weapons (foil, sabre, epee). Challenge other fencers either using practice or electric equipment. All equipment is provided.

Instructor: Georgia Newsome

Wed, Apr 2-May 21 | 6:30-8 pm | \$112/8 | [137846](#)

Oliver Woods Community Centre

Historical Fencing with Combat Guild

11+ Years

Sourced from medieval manuals and dedicated to the long sword and various short swords (shield, rapier and dagger, rondel dagger and grappling). We feature a warm-up, demo of fundamental concepts and teach flow drills by working in pairs. Safety mindedness is required. Intro or HEMA experience is a prerequisite.

Sun, Apr 13-Jul 13 | 10-11 am | \$299/13 | [136400](#)

Beban Park Centennial Building

Core

This program is more physically and mentally demanding and rotates through a curriculum of 50 two-hour classes but is designed for you to start at any point. Equipment is available for those seeking to drill at faster tempos, and we can assist you in collecting your own gear. A cup, if needed, is required for sparring.

Sun, Apr 13-Jul 13 | 11:15 am-1:15 pm | \$299/13 | [136189](#)

Beban Park Centennial Building

Core Historical Fencing D

For those with experience and/or have completed the introductory or HEMA program, drop-in to practice your skills. Registration starts one week prior to each session.

Sun, Apr 13-Jul 13 | 11:15 am-1:15 pm | \$25/session | [140308](#)

Beban Park Centennial Building



cityofnanaimo



prc_nanaimo (#ilovemyparksandrec)

Ladies Golf

Learn the fundamentals of the golf swing, including short game, long game and putting. On-course golf instruction and etiquette is also included. Equipment is available if needed. This class has a 6 to 1 student to coach ratio.

Instructor: Bebab Park Golf Course Staff

Thu, Apr 24-May 15 | 10 am-12 pm | \$199/4 | [139087](#)
Beban Park Golf Course

Iaido - Intro to Japanese Sword Art

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

Instructor: Peter Gunstone

Mon, Apr 7-May 26 | 7:30-9:30 pm | \$66/6 | [137217](#)
Mon, Jun 2-Jul 28 | 7:30-9:30 pm | \$88/8 | [137411](#)
Beban Park Social Centre

Standing & Walking Qigong

Qigong is a moving meditation based on the ancient theory that the intentionally guided flow of energy through the body holistically restores vitality and regulates the functions of the mind, body and breath. Standing and walking Qigong will help to reduce stress and anxiety and increase muscular stability.

Instructor: Monica Lux

Thu, May 1-29 | 6-7 pm | \$55/5 | [137574](#)
Thu, Jun 5-Jul 3 | 6-7 pm | \$55/5 | [137575](#)
Neck Point Park (Finn Beach)

Shotokan Karate

Caution! Enrolment in this program can lead to increased levels of fitness and a desire to do pushups. There is no room for couch potatoes in the dynamic martial art of Shotokan Karate. This art of self-defence strengthens all aspects of health and fitness. Whether you are a beginner or returning to training, the benefits remain the same. Make new friends while you develop your karate skills in this safe and positive training environment.

Instructor: Mike Czurka (6th degree black belt)

Tue, Apr 1-May 27 | 7-8 pm | \$72/9 | [136393](#)
Bowen Park Complex

Taekwondo with Master Kim

This program emphasizes self-discipline, confidence and concentration. Grand Master Kim strives to maximize your potential by maintaining traditional foundation based upon physical well-being and mental integrity. Our highly qualified 9th degree black belt Grand Master can help you become strong in mind, body and spirit.

Instructor: Master Kim, World Taekwondo Academy

Mon, Apr 7 & 14 | 6:10-7 pm | \$25/2 | [138531](#)
Wed, Apr 9 & 16 | 6:10-7 pm | \$25/2 | [138533](#)
Mon, May 12 & 26 | 6:10-7 pm | \$25/2 | [141058](#)
World Taekwondo Academy (4300 Wellington Rd)

Adult Introductory Taekwondo NEW!

Looking for a fun way to stay fit, make friends and build confidence? Try Taekwondo with Master Moy, a 7th Dan Black Belt with global experience! Our class offers a supportive community where you'll develop strength, respect and teamwork. Whether you're a beginner or experienced, join us in a motivating environment focused on growth and success!

Instructor: Master Moy

Sun, Apr 6-27 | 12:45-1:45 pm | \$24/3 | [137929](#)
Sun, May 4-25 | 12:45-1:45 pm | \$32/4 | [137930](#)
Sun, Jun 8-29 | 12:45-1:45 pm | \$32/4 | [137931](#)
Bowen Park Complex

Thu, Apr 3-24 | 6:45-7:45 pm | \$32/4 | [137953](#)
Thu, May 1-22 | 6:45-7:45 pm | \$32/4 | [137952](#)
Thu, Jun 5-26 | 6:45-7:45 pm | \$32/4 | [137954](#)
Beban Park Social Centre

Karate for Adults

In this introduction to karate, students learn traditional karate training, sparring and self-defense. Fitness, strength development and flexibility are also part of the curriculum.

Instructor: Shima Karate Staff

M/W, Apr 7-16 | 6:30-7:30 pm | \$25/4 | [138782](#)
M/W, May 5-14 | 6:30-7:30 pm | \$25/4 | [138783](#)
M/W, Jun 2-11 | 6:30-7:30 pm | \$25/4 | [138784](#)
M/W, Jul 7-6 | 6:30-7:30 pm | \$25/4 | [138785](#)
Shima Karate (3032 Barons Rd)

Karate for GenXers

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

Instructor: Shima Karate Staff

Sun, Apr 6-27 | 9-10 am | \$25/4 | [138749](#)
Sun, May 4-25 | 9-10 am | \$25/4 | [138754](#)
Sun, Jun 1-22 | 9-10 am | \$25/4 | [138757](#)
Sun, Jul 6-27 | 9-10 am | \$25/4 | [138758](#)
Shima Karate (3032 Barons Rd)

Intro to Pickleball - Learn to Play

This beginner class will give you the tools you need to feel comfortable playing, including serving, returning serves, improving your net skills and more.

Instructor: Lee MacDonald

Mon, May 26-Jun 9 | 1:15-3:15 pm | \$84/3 | [137505](#)
Mon, Jun 16-30 | 1:15-3:15 pm | \$84/3 | [137506](#)
Mon, Jul 14-28 | 1:15-3:15 pm | \$84/3 | [137507](#)
Mon, Aug 11-25 | 1:15-3:15 pm | \$84/3 | [137508](#)
Oliver Woods Community Centre

Reduce Stress & Pain

Using the Alexander Technique

This technique is an embodied approach to increase body awareness and to reduce stress, tension and pain. Learn strategies to change habitual posture and movement that will result in upright poise, effortless movement, better energy, improved well-being and ease in body and mind! Please bring 3 to 4 paperback books to class and wear comfortable clothes.

Instructor: Heike Walker

Mon, May 5 & 12 | 3:30-5 pm | \$50/2 | [135860](#)
Bowen Park Complex

People Living with Parkinson's

Using the Alexander Technique

Gain better coping skills with postural challenges and day-to-day living if you are suffering from Parkinson's. Increased body awareness assists in gaining more balance and a better sense of the body. This technique assists in enhancing muscle tone for less rigidity, less tremors and more fluidity in movement. Care partners are welcome in this class (also need to pay the fee.) Please bring a few paperback books to class and a yoga mat. If you have any questions, please contact the instructor, Heike Walker, at 778-245-1750 or heike@balanceartsstudio.com.

Instructor: Heike Walker

Mon, May 26-Jun 16 | 3:30-5 pm | \$80/4 | [135861](#)
Bowen Park Complex





Special Interest

Joyful Harmony Singing **NEW!** Workshop

Do you miss singing with others just for the joy of it? Bring your voice out of the shower and experience the magic and connection of singing in harmony, imperfectly! Sing uplifting pop songs, chants, rounds, world music and more. Simple harmonies are taught by ear without sheet music with room for creativity and movement. All voices are welcome; this is community singing!

Instructor: Sylvia Humble

Fri, Apr 11 | 1-2:30 pm | \$20/1 | [138594](#)

Rotary Field House

Joyful Harmony Singing **NEW!**

Bring your voice out of the shower and share the love of singing in harmony! Sing uplifting pop songs, world music, call and response and sea shanties with simple harmonies taught by ear without sheet music. All voices are welcome regardless of experience. Sylvia Humble is a local community choir leader and member of the Ubuntu Choirs Network which believes singing is a universal, human birthright.

Instructor: Sylvia Humble

Fri, May 2-Jun 13 | 1-2:30 pm | \$96/6 | [136651](#)

Rotary Field House

Ukulele for Adults - Beginner

Participants will explore both the casual sing-and-strum style of playing, as well as picking melodies using standard music notation and ukulele tablature. The goal is to use the ukulele as both a solo instrument and (if desired) as a way to accompany one's own singing

Instructor: Zoe Henderson

Wed, Apr 9-Jun 11 | 6:30-8 pm | \$140/10 | [138634](#)

Bowen Park Complex

Public Speaking

Embrace your inner storyteller! Reel in the tips and tricks to speak like a professional. Taught by a veteran communications expert who learned on her feet as a broadcaster, reporter, professor and company spokesperson for over 25 years. Check out the exercises to take the fur balls out of your mouth and stop your stuttering. Speak with confidence and sound like a pro. You don't need to be a seasoned speaker. You just need to dive in and find your best voice! It's in there, and these classes will bring it out.

Instructor: Ange Frymire

Sat, Apr 26 | 9:30 am-3:30 pm | \$45/1 | [139489](#)

Sat, May 24 | 9:30 am-3:30 pm | \$45/1 | [139490](#)

Bowen Park Complex

Creative Writing Level 1

Do you have a memoir or story bubbling inside? Bring your creative writing piece to life. Classes are fun, interactive and results-driven. Work with a partner or solo. Solid, constructive feedback given each week will improve your skills and ignite your passion. Taught by a communications expert, storyteller and former journalist who has published three collaborative books, one textbook and hundreds of articles for newsletters, newspapers and magazines.

Instructor: Ange Frymire

Tue, Apr 15-Jun 10 | 6:30-9:30 pm | \$96/8 | [139487](#)

Bowen Park Complex

Creative Writing Circle

Participants can share their writing (e.g. short stories, memoirs, poetry, novels/novellas, flash fiction, postcard fiction, journal entries) in a non-judgmental, safe and open space. There will also be writing prompts given at each class, so strong awareness of writing fundamentals is needed for the participant to be fully engaged in writing exercises.

Instructor: Ange Frymire

Mon, Mar 10-Apr 28 | 6:30-9:30 pm | \$84/7 | [132574](#)

Tue, Jul 8-Aug 26 | 6:30-9:30 pm | \$96/8 | [139488](#)

Bowen Park Complex

Conversation Spanish for Beginners

Speak and hear Spanish from the first day as you quickly gain basic conversation skills to communicate information about yourself, your family and friends, your work and your daily life. Learn pronunciation, expressions and vocabulary that allow you to function in everyday settings. Perfect for anyone looking to learn or refresh their knowledge of Spanish and immerse themselves in a new culture.

Instructor: Ruy Diaz

Thu, May 15-Jun 19 | 6-8 pm | \$84/6 | [139481](#)

Bowen Park Complex

Destiny and Karma: Learning **NEW!** Your Personal Astrology

In this series, we will use our birth charts to better understand our unique life path. No experience is necessary. You will need to submit your birth information before the class begins so that the instructor can create a birth chart for you.

Instructor: Queen Bee

Tue, Apr 8-29 | 6-8 pm | \$150/3 | [132401](#)

Bowen Park Complex



cityofnanaimo



prc_nanaimo (#ilovemyparksandrec)

Bliss Body Care - Mother's Day **NEW!**

Learn to make blissful body care products. Make and take home a ginger n' orange body polish, aloe body spray, citrus body wash and tropical body butter. In class, choose your own signature scent for each product made. Recipes on liquid clay masks, stimulating nail salve and body oils are included. Bring your mom and receive a body care treat. All supplies are included in the course fee.

Instructor: Cheryl Theilade

Sat, May 10 | 9-11:30 am | \$40/1 | [135798](#)

Bowen Park Complex

Natural Sun Protection Skincare

Look after your skin and hair naturally by making your own beach and poolside essentials. Make and take home a tropical sun lotion (with natural SPF), aloe after sun spray, chamomile hair treatment and a SPF lip balm. Recipes on hair rinses and deep conditioners are included. There is an additional fee of \$28 required for supplies.

Instructor: Cheryl Theilade

Sat, May 10 | 12-2 pm | \$40/1 | [138551](#)

Bowen Park Complex

Summertime Soaps & Scrubs **NEW!**

In this hands-on class, create healthy handmade suds with natural herbs, spices and scents using all vegan-based soap blocks. Make a ginger n' ginseng soap, an almond exfoliating facial bar, a French pink clay body wash and a marigold body scrub. Recipes for citrus dish soap and shaving soap are included. There is an additional fee of \$28 required for supplies.

Instructor: Cheryl Theilade

Sat, May 10 | 2:30-4:30 pm | \$40/1 | [138552](#)

Bowen Park Complex

Nanaimo River Watershed & Water Treatment Plant Bus Tour

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

Fri, Apr 11 | 9 am-3:30 pm | \$20/1 | [135497](#)

South Fork Water Treatment Centre (2500 South Fork Rd)

Nanaimo Watershed Walking Tours

Join local experts and stewardship volunteers for an interpretive walk along some of Nanaimo's waterways to celebrate Water to Earth Month. Learn what makes each location so significant and how we are connected to its health.

Sat, Mar 22 | 10-11:30 am | FREE | [141165](#)

Meet at the Nanaimo River Regional Park, Emblem Rd

Fri, Apr 4 | 10 am-12 pm | FREE | [141477](#)

Meet at Woodstream Park

Beekeeping at the Farm

Our workshop covers topics like the bee life-cycle, beekeeping, pollination, environmental stewardship and more! You will also learn about anatomy of the honey bee, management tasks you can expect to encounter in a basic beekeeping operation and why pollination is so important. This program is for families; children must be accompanied by an adult.

Mon, Jul 14 | 6-7:30 pm | \$10/1 | [137740](#)

Park Avenue Farm (945 Park Ave)

Foraging 101

Check out the tools of the trade, the best books and apps to invest in and more for foraging. Learn ethical foraging principles and practices, including where and where not to forage.

Instructor: Alicia Meek

Sun, May 4 | 11 am-12:30 pm | \$34/1 | [135866](#)

Tue, May 13 | 6-7:30 pm | \$34/1 | [135868](#)

Tue, Jun 17 | 6-7:30 pm | \$34/1 | [135869](#)

Sat, Jun 28 | 11 am-12:30 pm | \$34/1 | [135870](#)

Tue, Jul 8 | 6-7:30 pm | \$34/1 | [136100](#)

Bowen Park Complex

Forage, Eat & Craft with Trees **NEW!**

This workshop combines the art of foraging with hands-on creativity. Learn to forage local edible and medicinal tree parts, prepare a delicious dish with these wild ingredients and craft your very own herbal medicine. Plus, you will create a unique crafting project using natural materials.

Instructor: Alicia Meek

Sun, May 18 | 11 am-2 pm | \$89/1 | [137059](#)

Bowen Park Complex

Mushroom Foraging and ID **NEW!**

You will discover how to recognize common edible and medicinal mushrooms, understand their habitats and forage safely. Handouts with ID tips and resources are included.

Instructor: Alicia Meek

Sun, May 11 | 1-3 pm | \$34/1 | [137920](#)

Beban Park Social Centre

Medicinal Mushrooms 101 **NEW!**

Learn about the health benefits of medicinal mushrooms. We will cover how they can support your well-being and easy ways to use them. Handouts and tips will be provided.

Instructor: Alicia Meek

Tue, Jun 3 | 6-8 pm | \$34/1 | [137921](#)

Beban Park Social Centre

Herbal First Aid Kit

Take home a bounty of natural remedies from this practical, hands-on workshop. You will learn to prepare and use a variety of herbs and herbal medicines for common ailments and emergencies. By the end of the session, you will leave with a collection of your own products. This workshop is perfect for those who want to bring holistic, herbal care into their everyday lives.

Instructor: Alicia Meek

Sun, Apr 13 | 11 am-2 pm | \$45/1 | [137122](#)

Sun, Jun 15 | 11 am-2 pm | \$45/1 | [137140](#)

Bowen Park Complex

Herbal Tinctures

Delve into the world of plant medicine. Learn about common plants used to address everyday ailments. You will prepare and take home several tinctures while gaining practical knowledge on their uses, benefits and safe applications.

Instructor: Alicia Meek

Wed, May 21 | 11 am-2 pm | \$89/1 | [137142](#)

Bowen Park Complex

Forest Bathing **NEW!**

Reconnect with nature in this guided forest bathing experience. Engage your senses through mindfulness exercises, reflect with a journaling practice and deepen your connection to the earth. End with a soothing tea ceremony using locally foraged ingredients.

Instructor: Alicia Meek

Tue, Apr 29 | 6:30-8:30 pm | \$34/1 | [137516](#)

Bowen Park

Wed, May 28 | 6:30-8:30 pm | \$34/1 | [137556](#)

Colliery Dam Park

Plan Ahead to Save Your Seeds **NEW!**

Saving seeds is a great way to save money and develop varieties of plants. It can also help you grow stronger, healthier plants and minimize insect and disease problems. Learn how to deal with cross pollination issues.

Instructor: Connie Kuromoto

Sat, May 3 | 1-3 pm | \$20/1 | [138800](#)

Beban Park Learning Gardens

Building a Sheet Mulched Bed NEW!

Building a new garden? Don't dig up that sod. Instead, turn it into compost right in place by building a sheet mulched bed. Layering organic materials suppresses weeds, feeds your soil and saves a lot of effort. With some basic materials, these gardens can be planted into right after you build them right on the ground or a raised bed. This will be a hand-on class, so bring your garden gloves, and dress for the weather.

Instructor: Connie Kuromoto

Sat, May 10 | 1-3 pm | \$30/1 | [138804](#)

Pine Street Community Garden (271 Pine St)

Build a Willow Garden Structure NEW!

Make your own 6' tripod willow garden structure. This beautiful, rustic piece can be used in your garden as a useful structure for growing beans, peas or flowering vines or you can decorate it. See www.willowway.ca for photos of this charming project. This is a hands-on workshop. Just bring your own gloves and make sure your vehicle is large enough to take it home.

Instructor: Andrew Kent

Sat, May 24 | 1-3 pm | \$60/1 | [138810](#)

The Willow Way (13571 Circle O Place, Ladysmith)

Spring Plant Propagation NEW!

Now is the time to propagate all the spring blooming shrubs and also take cuttings of some annual plants like basil and peppers to increase your numbers of plants more rapidly than if growing by seed. Come learn the basic techniques of propagation and how to adapt them to different plants and different seasons. This is a hands-on class. You will go home with some cuttings and instructions for care of your baby plants.

Instructor: Connie Kuromoto

Sat, May 31 | 1-3 pm | \$20/1 | [138801](#)

Beban Learning Gardens

Food Security with a Year-Round Garden NEW!

Spring is the best time to plan food gardens that you can harvest all fall and into winter when local food is scarcer and imported food are more expensive. Once established, a winter garden doesn't need as much care. It helps preserve topsoil and increases seed saving opportunities while maximizing the use of your garden space.

Instructor: Connie Kuromoto

Sat, Jun 7 | 1-3 pm | \$20/1 | [138808](#)

Pine Street Community Garden (271 Pine St)

VOLUNTEERS in PARKS

Are you passionate about the parks and trails that Nanaimo has to offer? Consider participating in our **Volunteers in Parks Program!**

There are three ways to participate:

- 1 PARK AMBASSADOR:** As a Park Ambassador, you'll weave a vibrant tapestry of education and stewardship by visiting your chosen park regularly. Help fellow visitors embrace the beauty of nature while actively keeping the park clean. With your keen eye, you can observe the park's dynamic ecosystem and be the critical communicator reporting any issues and driving efforts for a sustainable environment.
- 2 ADOPT-A-PARK:** Gather your friends, family, or colleagues and form a volunteer group dedicated to keeping Nanaimo beautiful! By choosing a park, trail or creek to adopt, you'll take covenant of a cherished area. Together, you will implement clean-up initiatives, planting days, maintenance work and forging bonds with the land and each other while replenishing our local ecosystems.
- 3 WORK PARTIES:** Dive deep into nature's intricate web by participating in our Work Parties! Join a spirited crew dedicated to enhancing biodiversity in our parks and trails. These group efforts focus on native species restoration, invasives removal, and habitat preservation putting actions to your good intentions. Be part of a transformative journey for Nanaimo's ecosystems while teaming up with fellow conservation enthusiasts and making a tangible difference.

Gather a group for your own work party from your business, school group, club or organization or come to the these planned events:

- **Sat, Apr 5, 10 am-12 pm**
Invasive Plant Removal at Thunderbird Drive ([132480](#))
- **Tue, Apr 22, 10 am-12 pm (Earth Day)**
Invasive Plant Removal at Bowen Park ([132482](#))
- **Sat, May 3, 10 am-12 pm**
Invasive Plant Removal at Koram Park ([137247](#))
- **Tue, May 6, 10 am-12 pm**
Invasive Plant Removal at Linley Valley Park ([137258](#))
- **Sat, May 17, 10 am-12 pm**
Invasive Plant Removal along Parkway Trail ([137245](#))
- **Tue, May 20, 10 am-12 pm**
Invasive Plant Removal at Third Street Park ([137264](#))
- **Sat, May 31, 10 am-12 pm**
Invasive Plant Removal/Drop Zone at Bowen Park ([135505](#))

If you would like to organize a work party in your neighborhood, please call 250-756-5200, email parksandrecreation@nanaimo.ca or check out our website ([search work party](#)).

**MAY IS
INVASIVE
PLANT
REMOVAL
MONTH!**

*Why
participate?*

Being part of the Volunteers in Parks Program not only fosters community spirit but enriches your life with purpose and connection to nature. Disconnect from screens and reconnect with the awe-inspiring beauty of our surroundings. Your involvement can help cultivate a brighter, more sustainable future for Nanaimo's enchanting green spaces.



cityofnanaimo



prc_nanaimo (#ilovemyparksandrec)

PERSONAL TRAINING Options

NEW!

TRAINING GOAL ASSESSMENT

Led by one of our certified trainers, this 1 to 1 evaluation is designed to help you define your fitness goals, assess your current level and identify obstacles. This is recommended to complete before registering for personal training sessions.

Cost is \$25 for 30 minutes.

✓ TRANSFORM ✓ STRENGTHEN ✓ ACHIEVE ✓ IMPROVE

New to fitness? Intimidated by the equipment? Tired of the same workout routine? Need some encouragement and extra motivation to reach your goals?

REGISTER FOR PERSONAL TRAINING SESSIONS!

Our certified and motivational personal trainers can design a comprehensive and highly effective exercise program that is customized for you. Every session is unique to your body type, needs, goals and designed to work toward achieving results. Choose either private or semi-private at either Nanaimo Aquatic Centre or Beban Park from the following pricing options:

| All sessions are one hour | PRIVATE | SEMI PRIVATE (1 other family or friend) |
|---------------------------|---------|--|
| 1 session | \$58 | \$44 per person |
| 3 sessions | \$157 | \$119 per person |
| 5 sessions | \$247 | \$187 per person |
| 10 sessions | \$464 | |

Meet our Personal Trainers! See page 69.



Scan the QR code to take you to our online intake form.





Adult Yoga/Fitness

Weight Room Orientations

Safe use of fitness equipment is important to us. Orientations are designed to familiarize you with our facility and give you an overview of the basics of strength training. An orientation is recommended before using our facilities.

Teens (13-15 years) must complete an orientation. Upon completion of an orientation, teens will receive a "Gym Use Teen Graduate Card". This card permits youth to use our weight rooms unsupervised by an adult.

Instructors: Cindy Gutierrez or Dustin King

Thu, Apr 3 | 3:30-4:15 pm | \$5/1 | [134115](#)
 Fri, Apr 4 | 2:30-3:15 pm | \$5/1 | [134105](#)
 Fri, Apr 11 | 2:30-3:15 pm | \$5/1 | [134106](#)
 Thu, Apr 17 | 3:30-4:15 pm | \$5/1 | [134116](#)
 Fri, Apr 25 | 2:30-3:15 pm | \$5/1 | [134107](#)
 Thu, May 1 | 3:30-4:15 pm | \$5/1 | [134117](#)
 Fri, May 2 | 2:30-3:15 pm | \$5/1 | [134108](#)
 Fri, May 9 | 2:30-3:15 pm | \$5/1 | [138096](#)
 Thu, May 15 | 3:30-4:15 pm | \$5/1 | [134118](#)
 Fri, May 16 | 2:30-3:15 pm | \$5/1 | [134109](#)
 Fri, May 23 | 2:30-3:15 pm | \$5/1 | [134110](#)
 Thu, May 29 | 3:30-4:15 pm | \$5/1 | [134119](#)
 Fri, May 30 | 2:30-3:15 pm | \$5/1 | [138098](#)
 Fri, Jun 6 | 2:30-3:15 pm | \$5/1 | [134111](#)
 Thu, Jun 12 | 3:30-4:15 pm | \$5/1 | [134121](#)
 Fri, Jun 13 | 2:30-3:15 pm | \$5/1 | [134112](#)
 Thu, Jun 20 | 2:30-3:15 pm | \$5/1 | [134113](#)
 Thu, Jun 26 | 3:30-4:15 pm | \$5/1 | [134122](#)
 Thu, Jun 27 | 2:30-3:15 pm | \$5/1 | [134114](#)

Nanaimo Aquatic Centre Weight Room

Intro to Weight Training NEW!

This beginner course covers the basics of weight training, focusing on proper form, safety and key exercises. Learn effective techniques to build strength, improve muscle tone and prevent injury. Perfect for those new to using the weight room or looking to enhance their skills.

Instructor: Dustin King

Mon, Apr 14 | 6-7 pm | \$10/1 | [138189](#)
 Mon, Apr 28 | 6-7 pm | \$10/1 | [138191](#)
 Mon, May 12 | 6-7 pm | \$10/1 | [138192](#)
 Mon, May 26 | 6-7 pm | \$10/1 | [138194](#)
 Mon, Jun 9 | 6-7 pm | \$10/1 | [138195](#)
 Mon, Jun 23 | 6-7 pm | \$10/1 | [138196](#)

Nanaimo Aquatic Centre Weight Room

Adult Weightlifting 101

Are you ready to master the fundamentals of weightlifting while enhancing your flexibility and cardiovascular fitness? This class is designed specifically for adults who want to succeed and feel confident in the weight room.

Instructor: Dustin King

Tue, Apr 1-May 13 | 7-8 pm | \$84/7 | [138046](#)
 Sun, Apr 6-May 11 | 5:15-6:15 pm | \$72/6 | [138042](#)
 Sun, Apr 6-May 11 | 6:30-7:30 pm | \$72/6 | [138044](#)
 Sun, May 18-Jun 29 | 5:15-6:15 pm | \$84/7 | [138043](#)
 Sun, May 18-Jun 29 | 6:30-7:30 pm | \$84/7 | [138045](#)
 Tue, May 20-Jun 24 | 7-8 pm | \$72/6 | [138047](#)

Beban Park Social Centre

Functional Strength & Athletic Development NEW!

Unleash your athletic potential with this energizing bootcamp featuring rope flow, rotational strength training and gait efficiency exercises to build power, agility and coordination. Each session has a warm-up, focused drills and a meditative cool down. Leave feeling empowered!

Instructor: Dustin King

Mon, Apr 7-May 12 | 6-6:50 am | \$50/5 | [138204](#)
 Wed, Apr 9-May 14 | 6-6:50 am | \$60/6 | [138208](#)
 Fri, Apr 11-May 23 | 6-6:50 am | \$60/6 | [138211](#)
 Wed, May 21-Jul 9 | 6-6:50 am | \$80/8 | [138209](#)
 Mon, May 26-Jul 7 | 6-6:50 am | \$70/7 | [138205](#)
 Fri, May 30-Jul 11 | 6-6:50 am | \$70/7 | [138212](#)
 Mon, Jul 14-Aug 25 | 6-6:50 am | \$60/6 | [138206](#)
 Wed, Jul 16-Aug 27 | 6-6:50 am | \$60/6 | [138210](#)
 Fri, Jul 18-Aug 29 | 6-6:50 am | \$70/7 | [138213](#)

Beban Park Social Centre

Staying Youthful - Fitness, Sport and Wellness NEW!

Join us for a high-energy outdoor class designed for teens, parents, students and professionals.

Team up to tackle coordination drills, movement challenges, casual sports and strength training while building fitness and friendships. Youth (12-17 years) must be accompanied by an adult.

Instructor: Dustin King

Mon, Apr 7-May 12 | 7-7:50 am | \$50/5 | [138220](#)
 Wed, Apr 9-May 14 | 7-7:50 am | \$60/6 | [138224](#)
 Fri, Apr 11-May 23 | 7-7:50 am | \$60/6 | [138244](#)
 Wed, May 21-Jul 9 | 7-7:50 am | \$80/8 | [138226](#)
 Mon, May 26-Jul 7 | 7-7:50 am | \$70/7 | [138221](#)
 Fri, May 30-Jul 11 | 7-7:50 am | \$70/7 | [138246](#)
 Mon, Jul 14-Aug 25 | 7-7:50 am | \$70/7 | [138222](#)
 Wed, Jul 16-Aug 27 | 7-7:50 am | \$70/7 | [138227](#)
 Fri, Jul 18-Aug 29 | 7-7:50 am | \$70/7 | [138247](#)

Beban Park

Parent & Baby Fitness NEW!

Connect with your little one and build strength in this welcoming, low-impact class designed for parents and parents-to-be. Enjoy light cardio, core strengthening and playful bonding exercises in a supportive environment. Strollers, blankets and even baby backpacks are recommended to make the experience enjoyable and convenient.

Instructor: Dustin King

Mon, Apr 7-May 12 | 8-8:50 am | \$50/5 | [138249](#)
 Wed, Apr 9-May 14 | 8-8:50 am | \$60/6 | [138255](#)
 Fri, Apr 11-May 23 | 8-8:50 am | \$60/6 | [138258](#)
 Wed, May 21-Jul 9 | 8-8:50 am | \$80/8 | [138256](#)
 Mon, May 26-Jul 7 | 8-8:50 am | \$70/7 | [138252](#)
 Fri, May 30-Jul 11 | 8-8:50 am | \$70/7 | [138260](#)
 Mon, Jul 14-Aug 25 | 8-8:50 am | \$70/7 | [138253](#)
 Wed, Jul 16-Aug 27 | 8-8:50 am | \$60/6 | [138257](#)
 Fri, Jul 18-Aug 29 | 8-8:50 am | \$70/7 | [138261](#)

Beban Park Social Centre

Oh, shoot!

We sometimes make mistakes or information changes.

Please check our online Activity Guide for the latest program information.



cityofnanaimo



prc_nanaimo (#ilovemyparksandrec)

DROP-IN Fitness & Yoga Classes

Looking for some flexibility in your fitness journey? Unable to register for an entire set of a class? Try out drop-in fitness class options. **D**

- Classes available for drop-in have this symbol **D**
- Drop-in fee is \$12 per class and must be paid on site to our front desk staff.
- We strongly suggest that all participants with pre-existing conditions or injuries seek medical clearance from their doctor prior to attending classes and should inform the instructor of any change in condition or injury.
- Drop-in classes are not included in the Active Pass package.
- All participants must pay the established drop-in fitness rate. 2 for 1 or Courtesy Passes cannot be used for these drop-in programs.
- Please note that class size is limited, so participation is on a first-come, first-served basis with our registered clients always having priority.

Deep Stretch for Desk Warriors **NEW!**

Designed for office workers and professionals, this class targets tightness in the hips, shoulders and lower back caused by long hours of sitting. Through simple, effective stretches, you will relieve tension, improve posture and boost overall comfort and focus. Perfect for all levels.

Instructor: Jyoti Singh

Wed, Apr 9-May 21 | 6-7 pm | \$48/6 | [138314](#)

Wed, May 28-Jul 9 | 6-7 pm | \$40/5 | [138318](#)

Wed, Jul 16-Aug 27 | 6-7 pm | \$48/6 | [138321](#)

Beban Park Social Centre

Rope Flow Foundations

Learn to move fluidly and develop body awareness in this class for all fitness levels. Rope flow combines the simplicity of skipping with fluid movement patterns to improve hand-eye coordination and spatial awareness. Build the foundations of locomotion and challenge both mind and body. Perfect for anyone looking to enhance their movement knowledge.

Instructor: Dustin King

Tue, Apr 1-May 13 | 5:15-5:45 pm | \$35/7 | [138052](#)

Tue, May 20-Jun 24 | 5:15-5:45 pm | \$30/6 | [138053](#)

Tue, Jul 8-Aug 26 | 5:15-5:45 pm | \$40/8 | [138198](#)

Beban Park Social Centre

Advanced Rope Flow **NEW!**

Take your flow and movement skills to the next level in this mentally and physically challenging class. Building on the knowledge and movements covered in Rope Flow Foundations. This class emphasizes hand-eye-foot coordination, movement efficiency and unlocking your full athletic potential.

Instructor: Dustin King

Tue, Apr 1-May 13 | 6-6:45 pm | \$70/7 | [138054](#)

Tue, May 20-Jun 24 | 6-6:45 pm | \$60/6 | [138055](#)

Tue, Jul 8-Aug 26 | 6-6:45 pm | \$80/8 | [138200](#)

Beban Park Social Centre

Early Start Spin

This stationary bike workout will include intervals, hills, speed and endurance all set to great tunes to keep you motivated. A great exercise if you cannot do any impact cardio work.

Instructor: Gillian Goerzen

Thu, Apr 3-May 15 | 6:30-7:15 am | \$70/7 | [135726](#)

Thu, May 22-Jun 26 | 6:30-7:15 am | \$60/6 | [135727](#)

Nanaimo Aquatic Centre

Ride & Restore **D**

Combine interval training, hills, speed and endurance work followed by a 15-minute stretch to bring everything back down

Instructor: Heather Honey

Mon, Apr 7-May 12 | 6:45-7:45 pm | \$60/5 | [135747](#)

Mon, May 26-Jun 30 | 6:45-7:45 pm | \$72/6 | [135750](#)

Nanaimo Aquatic Centre

Lunchtime Spin Sprint **D**

This 45-minute stationary workout will include intervals, hills, speed and endurance all set to great tunes to keep you motivated. A great exercise if you cannot do any impact cardio work.

Instructor: Shelley Howlett

Fri, Apr 4-Jun 27 | 12-12:45 pm | \$90/8 | [136315](#)

Nanaimo Aquatic Centre

Spin & Core **D**

Improve your cardio with this spin and core combo workout! Intervals, hills, speed and endurance work will be followed by 15 minutes of core work set to great tunes to keep you motivated.

Instructor: Jean Medley

Mon, Apr 7-May 12 | 5:30-6:30 pm | \$60/5 | [137876](#)

Mon, May 26-Jun 30 | 5:30-6:30 pm | \$72/6 | [137877](#)

Nanaimo Aquatic Centre

Spin & Stretch **D**

Combine interval training, hills, speed and endurance work followed by a 15 minute stretch in this combo fitness class.

Instructor: Jean Medley

Wed, Apr 2-May 14 | 5:30-6:30 pm | \$84/7 | [137883](#)

Wed, May 21-Jun 25 | 5:30-6:30 pm | \$72/6 | [137884](#)

Nanaimo Aquatic Centre

Please bring your own mat to fitness and yoga classes.

Dance Jam Fitness

Ready for a high energy dance class with a great blend of dance and cardio? Dance Jam will explore multiple genres of music while taking you through a great workout! Great for all levels.

Instructor: Monique Huibregtse

Tue, Apr 1-May 13 | 12-1 pm | \$56/7 | [136847](#)

Tue, May 20-Jun 24 | 12-1 pm | \$48/6 | [136850](#)

Oliver Woods Community Centre

Zumba

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

Instructor: Fab Lethbridge

Mon, Apr 7-May 12 | 6:30-7:30 pm | \$40/5 | [137973](#)

Mon, May 26-Jun 23 | 6:30-7:30 pm | \$40/5 | [137974](#)

Instructor: Rika Carlson

Wed, Apr 2-May 14 | 6-7 pm | \$56/7 | [137343](#)

Wed, May 21-Jun 25 | 6-7 pm | \$48/6 | [137344](#)

Wed, Jul 2-30 | 6-7 pm | \$40/5 | [137345](#)

Wed, Aug 6-27 | 6-7 pm | \$32/4 | [137346](#)

Oliver Woods Community Centre

Weekend Zumba Party

Are you looking for a high-energy, thrilling weekend activity? Come work out for an hour at Oliver Woods while listening to a range of upbeat musical rhythms. Put on your dancing shoes and join the celebration. No prior experience is required.

Instructor: Rika Carlson

Sat, Apr 5-May 17 | 11:30 am-12:30 pm | \$56/7 | [137347](#)

Sat, May 24-Jun 28 | 11:30 am-12:30 pm | \$48/6 | [137348](#)

Sat, Jul 5-26 | 11:30 am-12:30 pm | \$32/4 | [137350](#)

Sat, Aug 2-30 | 11:30 am-12:30 pm | \$40/5 | [137351](#)

Oliver Woods Community Centre

Zumba Gold

Intended for those new to Zumba or those 60 +. Ditch the workout and join the party! This Latin and international dance-based fitness class will get you moving to a variety of music styles.

Instructor: Mary Keel

Mon, Apr 7-May 5 | 9-10 am | \$32/4 | [136840](#)

Mon, May 26-Jun 23 | 9-10 am | \$40/5 | [136841](#)

Mon, Jun 30-Jul 28 | 9-10 am | \$40/5 | [136842](#)

Wed, Apr 2-30 | 10:15-11:15 am | \$40/5 | [136843](#)

Wed, May 28-Jun 25 | 10:15-11:15 am | \$40/5 | [136844](#)

Wed, Jul 2-30 | 10:15-11:15 am | \$40/5 | [136845](#)

Oliver Woods Community Centre

B-Fit - Bhangra & Bollywood Dance

Say goodbye to boring workouts and hello to the electrifying beats of this Indian dance sensation. Get ready for an intense, joyful experience that not only elevates your heart rate but also your spirits with Vancouver Island Bhangra. This is a fun and safe workout for all ages, so bring the whole family and join the fun!

Instructor: Sukhi Sangha

Tue, Apr 1-29 | 6:15-7 pm | \$80/4 | [137517](#)

Beban Park Social Centre

Rock Your Body Boot Camp

This workout that will leave you feeling energized and will include cardio, strength training and core stability work using a variety of fun and dynamic exercises and drills.

Instructor: Heidi Robinson

AM

Wed, Apr 2-May 14 | 9-10 am | \$56/7 | [137836](#)

Wed, May 21-Jun 25 | 9-10 am | \$48/6 | [137837](#)

PM

Mon, Apr 7-May 12 | 5-6 pm | \$40/5 | [137828](#)

Mon, May 26-Jun 30 | 5-6 pm | \$48/6 | [137829](#)

Mon, Jul 7-Aug 25 | 5-6 pm | \$56/7 | [137835](#)

Oliver Woods Community Centre

HIIT & Strength

Challenge your body with high energy interval cardio combined with strength training. This fun, full body workout will make you sweat and leave you feeling invigorated.

Instructor: Maki Kristiansen

Wed, Apr 9-May 14 | 5-6 pm | \$48/6 | [135881](#)

Wed, May 21-Jun 25 | 5-6 pm | \$48/6 | [135882](#)

Wed, Jul 2-Aug 20 | 5-6 pm | \$64/8 | [135883](#)

Bowen Park Complex

HIIT Hustle

High-intensity interval training (HIIT) involves alternating short bursts of intense anaerobic exercise with less intense recovery periods. Participants can expect fast-paced and enjoyable workouts that typically include a warm-up, high-intensity exercises and medium intensity exercises for recovery and a cool down.

Instructor: Heather Honey

Thu, Apr 3-May 15 | 5:30-6:30 pm | \$56/7 | [136848](#)

Thu, May 22-Jun 26 | 5:30-6:30 pm | \$48/6 | [136851](#)

Thu, Jul 3-31 | 5:45-6:45 pm | \$40/5 | [137044](#)

Thu, Aug 7-28 | 5:45-6:45 pm | \$32/4 | [137045](#)

Oliver Woods Community Centre

HIIT to Fit

High intensity interval training (HIIT) is a form of interval training - a cardiovascular exercise strategy alternating short periods of intense anaerobic exercise with less intense recovery periods. Join us for fun and fast-paced workouts consisting of a warm-up period followed by repetitions of high-intensity exercises separated by medium intensity exercises for active recovery followed by a cool down period.

Instructor: Kim Ross

Wed, Apr 2-May 14 | 9-10 am | \$56/7 | [136234](#)

Wed, May 21-Jun 25 | 9-10 am | \$48/6 | [136235](#)

Wed, Jul 2-30 | 9-10 am | \$40/5 | [136236](#)

Wed, Aug 6-27 | 9-10 am | \$32/4 | [136237](#)

Bowen Park Complex

Barre X

Enjoy a combination of ballet, pilates, strength and flexibility training exercises in this fun group fitness class! Barre X will include body weight and/or other weights and equipment. Be prepared to work your muscles with light weights. This is a great class for all abilities.

Instructor: Monique Huibregtse

Tue, Apr 1-May 13 | 10:45-11:45 am | \$56/7 | [136846](#)

Tue, May 20-Jun 24 | 10:45-11:45 am | \$48/6 | [136849](#)

Oliver Woods Community Centre

Circuit Fusion

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

Instructor: Jean Medley

Thu, Apr 3-May 15 | 9-10 am | \$40/5 | [137885](#)

Thu, May 22-Jun 26 | 9-10 am | \$48/6 | [137886](#)

Beban Park Social Centre

Dynamic Fit

This is a cross training class that will include 15 minutes of dynamic stretching, 30 minutes of a full body workout following muscular endurance principles and ending with 15 minutes of static stretching. We will be utilizing free weights, resistance bands and stability balls. There is no cardio component.

Instructor: Jean Medley

Fri, Apr 4-May 16 | 9-10 am | \$40/5 | [137887](#)

Fri, May 23-Jun 27 | 9-10 am | \$48/6 | [137888](#)

Beban Park Social Centre



cityofnanaimo



prc_nanaimo (#ilovemyparksandrec)

Stretch, Balance, Build

This class is designed for anyone wanting to increase balance, flexibility and strength in a calm and welcoming setting. It will combine a series of targeted exercises to enhance the body's long-term flexibility and balance while building strength using light weights. The stretches and range of motion movements benefit your muscles, tendons and fascia flexibility.

Instructor: Kim Ross

Wed, Apr 2-May 14 | 12:15-1:15 pm | \$56/7 | [136227](#)

Wed, May 21-Jun 25 | 12:15-1:15 pm | \$48/6 | [136228](#)

Wed, Jul 2-30 | 12:15-1:15 pm | \$40/5 | [136229](#)

Wed, Aug 6-27 | 12:15-1:15 pm | \$32/4 | [136230](#)

Rotary Field House

Stretch & Tone

This class is designed for anyone wanting to increase balance, flexibility and strength through targeted exercises with light weights in a welcoming setting. There is a mat component included for floor work, but this is optional. Alternate chair options will be included assisting with balance, adding to some of the strength exercises and allowing for rest if needed. The stretches and range of motion movements benefit your muscles, tendons and fascia flexibility. Calm your mind and body and enhance your well-being.

Instructor: Kim Ross

Thu, Apr 3-May 15 | 12:30-1:30 pm | \$56/7 | [136223](#)

Thu, May 22-Jun 26 | 12:30-1:30 pm | \$48/6 | [136224](#)

Thu, Jul 3-31 | 12:30-1:30 pm | \$40/5 | [136225](#)

Thu, Aug 7-28 | 12:30-1:30 pm | \$32/4 | [136226](#)

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 3-May 15 | 9-10 am | \$56/7 | [136219](#)

Mon, Apr 7-May 5 | 9-10 am | \$32/4 | [136215](#)

Thu, May 22-Jun 26 | 9-10 am | \$48/6 | [136220](#)

Mon, Jun 16-Jul 21 | 9-10 am | \$48/6 | [136216](#)

Thu, Jul 3-31 | 9-10 am | \$40/5 | [136221](#)

Mon, Jul 28-Aug 25 | 9-10 am | \$32/4 | [136217](#)

Thu, Aug 7-28 | 9-10 am | \$32/4 | [136222](#)

Rotary Field House

Cardio Core

Start your weekend right with strength and cardio conditioning that will leave you feeling exhilarated. Plenty of modifications will be available for different fitness levels.

Instructor: Maki Kristiansen

Sat, Apr 12-May 17 | 10:30-11:30 am | \$40/5 | [135884](#)

Sat, May 24-Jun 28 | 10:30-11:30 am | \$48/6 | [135885](#)

Sat, Jul 5-Aug 23 | 10:30-11:30 am | \$64/8 | [135886](#)

Bowen Park Complex

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.

Instructor: Heidi Robinson

Fri, Apr 4-May 16 | 12:15-1:15 pm | \$48/6 | [137840](#)

Fri, May 23-Jun 27 | 12:15-1:15 pm | \$48/6 | [137841](#)

Fri, Jul 4-Aug 29 | 12:15-1:15 pm | \$72/9 | [137843](#)

Oliver Woods Community Centre

Deep Stretch and Flow Fitness

Picture an entire hour dedicated to stretching every muscle in your body! Fundamental stretches and yoga positions will be performed, maintained and later incorporated into sequences that will flow and repeat to soothing music. Participating in this course will lead to stronger stabilizer muscles and improved balance.

Instructor: Monique Huijbregtse

Tue, Apr 1-May 13 | 9:30-10:30 am | \$56/7 | [136821](#)

Tue, May 20-Jun 24 | 9:30-10:30 am | \$48/6 | [136822](#)

Oliver Woods Community Centre

Chair Yogalates

This gentle, yet effective class provides a complete practice for strengthening the whole body while seated safely in a chair. You will be surprised how challenged you can feel while preserving your safety, integrity and alignment. No experience is required.

Instructor: Gypsy Hart

Tue, Apr 1-May 13 | 9:30-10:30 am | \$56/7 | [136819](#)

Tue, May 20-Jun 24 | 9:30-10:30 am | \$48/6 | [136820](#)

Oliver Woods Community Centre

Yin Yoga

Yin Yoga is slower paced and more meditative. Poses are held longer and are designed to target connective tissues and ligaments rather than muscles. This class is great for all abilities.

Instructor: Cheryl Carew

Thu, Apr 3-May 15 | 5:30-6:30 pm | \$56/7 | [138029](#)

Mon, Apr 7-Jun 2 | 5:30-6:30 pm | \$56/7 | [138027](#)

Thu, May 22-Jun 26 | 5:30-6:30 pm | \$48/6 | [138030](#)

Mon, Jun 16-Aug 18 | 5:30-6:30 pm | \$72/9 | [138028](#)

Bowen Park Complex

Yang Yoga

This mixed style yoga class for beginners and intermediates will stretch the muscles and help to build your core.

Instructor: Cheryl Carew

Thu, Apr 3-May 15 | 6:45-7:45 pm | \$56/7 | [138034](#)

Mon, Apr 7-Jun 2 | 6:45-7:45 pm | \$56/7 | [138031](#)

Thu, May 22-Jun 26 | 6:45-7:45 pm | \$48/6 | [138035](#)

Mon, Jun 16-Aug 18 | 6:45-7:45 pm | \$72/9 | [138032](#)

Bowen Park Complex

Yin-Inspired Restorative Yoga

This is a gentle candlelit meditative approach to releasing connective tissues, fascia and muscle tightness. Ease into calmness and relaxation in preparation for sleep. Bolsters and blocks are provided. Please wear comfortable clothing.

Instructor: Jane Bockman

Tue, Apr 8-May 27 | 7:45-8:45 pm | \$64/8 | [136810](#)

Tue, Jun 17-Jul 29 | 7:45-8:45 pm | \$48/6 | [136811](#)

Oliver Woods Community Centre

Slow Flow Yoga

Discover tranquility from within and permit your body, mind and spirit to decelerate and unwind. This serene and gentle session incorporates breath exercises and meditative movements designed to soothe the mind. It is appropriate for participants of all skill levels. Please bring your yoga mat and a blanket.

Instructor: Krista Rogers

Tue, Apr 1-May 13 | 6:30-7:30 pm | \$56/7 | [141063](#)

Tue, May 20-Jun 24 | 6:30-7:30 pm | \$48/6 | [141064](#)

Hammond Bay Elementary School (1025 Morningside Dr)

Please bring your own mat to fitness and yoga classes.



Looking for some flexibility in your fitness journey? Unable to register for an entire set of a class? Try out drop-in fitness class options.

Gentle Friday Yoga

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

Instructor: Jane Bockman

Fri, Apr 11-May 30 | 9-10 am | \$56/7 | [136814](#)

Fri, Jun 20-Jul 25 | 9-10 am | \$48/6 | [136815](#)

Oliver Woods Community Centre

Gentle Yoga AM

Gentle Yoga is perfect for people who want to try yoga for the first time or for those who are looking for a softer approach to their practice. In this class, we will combine gentle yoga poses with breathing exercises and restorative postures to stretch and strengthen the body, reduce stress and calm the mind.

Instructor: Gypsy Hart

Mon, Apr 7-May 12 | 10:15-11:15 am | \$40/5 | [136783](#)

Mon, May 26-Jun 23 | 10:15-11:15 am | \$40/5 | [136784](#)

Mon, Aug 11-25 | 10:15-11:15 am | \$24/3 | [136787](#)

Oliver Woods Community Centre

Flow & Form Yoga

This class encourages a balance between flexibility, strength and endurance. It emphasizes correct body alignment and precision while enjoying a sense of well-being and increased relaxation. Some yoga experience is recommended but is not required.

Instructor: Heather Honey

Tue, Apr 1-May 13 | 5:30-6:30 pm | \$56/7 | [136824](#)

Tue, May 20-Jun 24 | 5:30-6:30 pm | \$48/6 | [136826](#)

Oliver Woods Community Centre

Relax and Renew Yoga

Learn the basic yoga poses (asanas) taught in hatha yoga style. Each class focuses on alignment, balance, strength, flexibility and breathing exercises concluding with a short relaxation and meditation period. Please wear comfortable clothing. Bare feet are preferred. Please bring a water bottle, yoga mat and a blanket for the relaxation portion of the class.

Instructor: Laurah-Lee Christie

Mon, May 26-Jun 23 | 9-10 am | \$40/5 | [138325](#)

Wed, Jul 9-30 | 9-10 am | \$32/4 | [138327](#)

Wed, Aug 6-27 | 9-10 am | \$32/4 | [138329](#)

Bowen Park Complex

Hatha Yoga

This rejuvenating class will release tension from the muscles from everyday life and sports activities. Learn to breathe deeply while experiencing a flow of postures to stimulate the body physically and mentally. Through this practice, you enhance flexibility, increase muscle tone and concentration, detoxify the organs and feel a deep state of relaxation.

Instructor: Karen Shortt

Thu, Apr 3-May 15 | 5-6 pm | \$56/7 | [136879](#)

Mon, Apr 7-May 12 | 5:30-6:30 pm | \$40/5 | [136876](#)

Thu, May 22-Jun 26 | 5-6 pm | \$48/6 | [136880](#)

Mon, May 26-Jun 30 | 5:30-6:30 pm | \$48/6 | [136878](#)

Rotary Field House

Instructor: Melissa Hill

Thu, Apr 3-May 15 | 10:15-11:15 am | \$56/7 | [136832](#)

Thu, May 22-Jun 26 | 10:15-11:15 am | \$48/6 | [136833](#)

Oliver Woods Community Centre

Vinyasa Yoga

Vinyasa Yoga (also known as flow) links breath to movement using hatha poses in a gently flowing sequence interspersed with static poses. You can expect to build strength, endurance, flexibility, balance and cardiovascular ability. This class builds a foundation for beginners and is also a great option for those continuing students looking for a slower pace without inversions.

Instructor: Karen Shortt

Wed, Apr 2-May 14 | 5-6 pm | \$56/7 | [136882](#)

Wed, May 21-Jun 25 | 5-6 pm | \$48/6 | [136883](#)

Rotary Field House

Instructor: Amber Neuman-Brochez

Thu, Apr 3-May 8 | 6:30-7:30 pm | \$48/6 | [140537](#)

Thu, May 15-Jun 19 | 6:30-7:30 pm | \$48/6 | [140538](#)

Hammond Bay Elementary School (1025 Morningside Dr)

Instructor: Amber Neuman-Brochez

Sat, Apr 5-May 10 | 10-11 am | \$48/6 | [136836](#)

Sat, May 17-Jun 21 | 10-11 am | \$48/6 | [136837](#)

Oliver Woods Community Centre



MEET YOUR Personal Trainers

DUSTIN KING:

Personal Trainer/Weight Room Attendant

Dustin is a passionate personal trainer and online fitness coach with years of experience and multiple fitness certifications. He is currently a certified personal trainer, nutrition coach and flexibility coach working towards his corrective exercise specialization. He specializes in helping people overcome physical and mental barriers while helping to develop exercise knowledge and work ethic and is experienced in helping all ages and abilities.



JESSICA KIMBALL:

Personal Trainer/Weight Room Attendant

Hello! My name is Jess! I really love learning, and people in the gym teach me more than any book! I am certified with NASM (National Academy of Sports Medicine), as well as corrective training and Performance Enhancement with Kettle Bell training certification on the way! I really just want to help people move better.



I practice Olympic lifting when I'm not working, and if I'm not doing that, I'm probably lost in a cave out in the mountains. I believe in working out in a way that supports your lifestyle. There are so many ways to exercise; we will find something you like to help you progress. I look forward to seeing you in the gym!

CINDY GUTIERREZ:

Personal Trainer/Weight Room Attendant

Cindy grew up playing many sports and has been lucky enough to have turned her passion for health and fitness into her career. When you don't see Cindy around the gym, she is most likely creating new healthy recipes or hiking with her dog.



Cindy is certified in a number of areas and has instructed a variety of fitness classes, such as circuit training, group fitness, HIIT and seniors focused classes. Whether your goal is to lose body fat, gain strength, help alleviate chronic pain, or just overall fitness, Cindy has the guidance, motivation and knowledge to customize a program to help you reach your goals.



cityofnanaimo



prc_nanaimo (#ilovemyparksandrec)

Restorative Yoga & Sound

Healing Meditation

This class is a gentle and nurturing form of mat yoga that includes using props to support your practice and the many benefits that come with it. Sound healing is an ancient practice that uses sound and music to promote healing and balance in the body and mind. You will be guided with relaxing sounds and the use of mantras and guided meditation.

Instructor: Gypsy Hart

Thu, Apr 3-May 15 | 9-10 am | \$56/7 | [136830](#)

Thu, May 22-Jun 26 | 9-10 am | \$48/6 | [136831](#)

Oliver Woods Community Centre

Free Your Chakras Yoga

Chakras are subtle energy points starting at the base of your spine extending to the crown of your head. When the chakras are in balance, a flow of energy for optimal emotional and physical well-being is achieved. This series of classes will explore familiar poses (like warrior 2, triangle, cobra, tree) in thoughtful sequences to help activate and free each of your seven chakras.

Instructor: Heidi Robinson

Wed, Apr 2-May 14 | 10:15-11:15 am | \$56/7 | [137823](#)

Oliver Woods Community Centre

Strike a Pose Yoga

Each class will explore a set of poses with a central focus, including twists, side bends or balance poses. Explore the foundations of these poses whether you are new to yoga or an experienced student.

Instructor: Heidi Robinson

Wed, May 21-Jun 25 | 10:15-11:15 am | \$48/6 | [137824](#)

Oliver Woods Community Centre

Men's Yoga

Men, here is a yoga program only for you. Yoga will improve your flexibility, core strength and balance. Yoga will help you improve your athletic performance, relieve pain and soreness from physical labour and reduce stress. Yoga has become a mainstream activity with proven benefits to overall health and well-being. No experience is required.

Instructor: Gypsy Hart

Tue, Apr 1-May 13 | 5:15-6:15 pm | \$56/7 | [136823](#)

Tue, May 20-Jun 24 | 5:15-6:15 pm | \$48/6 | [136825](#)

Oliver Woods Community Centre

Pilates - All Levels

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

Instructor: Jane Bockman

Tue, Apr 8-May 27 | 6:30-7:30 pm | \$64/8 | [136812](#)

Tue, Jun 17-Jul 29 | 6:30-7:30 pm | \$48/6 | [136813](#)

Oliver Woods Community Centre

Mat Pilates Stretch - Level 1

Whether you're just starting with pilates or looking to enhance your existing practice, this course will build a strong foundation consisting of exercises designed to boost your core strength, balance, posture, focus and alignment. For those advancing from level one, modifications and variations will be provided.

Instructor: Jane Bockman

Fri, Apr 11-May 30 | 10:15-11:15 am | \$56/7 | [136816](#)

Fri, Jun 20-Jul 25 | 10:15-11:15 am | \$48/6 | [136817](#)

Oliver Woods Community Centre

Yogalates

This class is a cross between yoga and pilates for a total body workout focused on toning the glutes, thighs and stomach. Develop your core strength and stabilization through pilates poses, and improve your flexibility, muscular strength, posture and alignment through poses, breathing and relaxation. Please bring your own yoga mat. *Drop-in is available for morning classes only.*

Instructor: Gypsy Hart

Wed, Apr 2-May 14 | 9-10 am | \$56/7 | [136827](#)

Wed, May 21-Jun 25 | 9-10 am | \$48/6 | [136828](#)

Wed, Aug 6-27 | 9-10 am | \$32/4 | [136829](#)

Thu, Apr 3-May 15 | 5:15-6:15 pm | \$56/7 | [136834](#)

Thu, May 22-Jun 26 | 5:15-6:15 pm | \$48/6 | [136835](#)

Oliver Woods Community Centre

Aqua Yoga

18 Years +

Increase strength, balance and flexibility with the mindful practice of yoga in the water. This class includes some cardio and will finish with savasana in either the hot tub or sauna. Pre-registration is required.

Instructor: Katherine Winge

Sat, May 3-31 | 8-9 am | \$40/5 | [138345](#)

Beban Park Pool

Minds in Motion

Alzheimer Society Fitness & Social Program

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

Instructor: Jean Medley

Thu, Apr 17-May 22 | 10-11:30 am | \$40/5 | [136885](#)

Thu, Apr 17-May 22 | 1-2:30 pm | \$40/5 | [136886](#)

Thu, Jun 5-Jul 3 | 10-11:30 am | \$40/5 | [136888](#)

Thu, Jun 5-Jul 3 | 1-2:30 pm | \$40/5 | [136889](#)

Beban Park Social Centre

Reduce Stress & Pain

With the Alexander Technique

This technique is an embodied approach to increase body awareness and to reduce stress, tension and pain. Learn strategies to change habitual posture and movement that will result in upright poise, effortless movement, better energy, improved well-being and ease in body and mind! Please bring 3 to 4 paperback books to class and wear comfortable clothes.

Instructor: Heike Walker

Mon, May 5 & 12 | 3:30-5:30 pm | \$50/2 | [135860](#)

Bowen Park Complex

People Living with Parkinson's

Using the Alexander Technique

Gain better coping skills with postural challenges and day-to-day living if you are suffering from Parkinson's. Increased body awareness assists in gaining more balance and a better sense of the body. Changing postural habits allows for better gait, more uprightness and more flexibility. This technique assists in enhancing muscle tone for less rigidity, less tremors and more fluidity in movement. Care partners are welcome in this class (also need to pay the fee.) Please bring a few paperback books to class and a yoga mat. If you have any questions, please contact the instructor, Heike Walker, at 778-245-1750 or heike@balanceartstudio.com.

Instructor: Heike Walker

Mon, May 26-Jun 16 | 3:30-5 pm | \$80/4 | [135861](#)

Bowen Park Complex

Please bring your own mat
to fitness and yoga classes.

City of Nanaimo

ACTIVE PASSES

Get Fit & Save Money!



Get unlimited access to public swimming, skating, weight rooms and gymnasiums while saving money!

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

| | Child | Youth/ Senior | Adult | Family |
|--------------|----------|------------------|---------|-----------|
| 1 Month Pass | \$30.90 | \$43.25 | \$57.70 | \$115.35 |
| 1 Year Pass | \$278.10 | \$389.35 | \$515 | \$1028.95 |

Prices subject to change and include tax.

ONE MONTH OR ONE YEAR OPTIONS

COACH DUSTIN KING
presents



CHECK US OUT
ONLINE FOR
MORE INFO

NANAIMO'S COMMUNITY WELLNESS PARK

FUN. FAMILY. FITNESS.
ALL SUMMER LONG

SUPPORTING ALL AGES AND ABILITIES
HELPING TO FOSTER COMMUNITY CONNECTIONS
SIGN UP FOR DUSTIN'S CLASSES THROUGH THE CITY OF NANAIMO





60+ Classes: no membership required!

Nanaimo Harbour City Seniors MEMBERSHIP INFORMATION

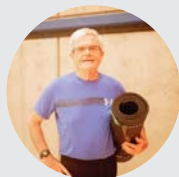
A Nanaimo Harbour City Seniors' Membership is open to those 60 years and older and is valid for the calendar year.

Your membership provides you with access to several free programs with Parks, Recreation and Culture.

Membership can be purchased at any of our recreation centres, and the annual membership fee is \$47.

Program areas:

- ARTS & CRAFTS
- CARDS & GAMES
- MUSIC & SINGING
- DANCE CLASSES & SOCIALS
- SOCIALS
- FITNESS
- YOGA & TAI CHI
- SPORTS
- POTTERY



For more information, call 250-755-7501, pick up the Harbour City Seniors Newsletter or view online at www.nanaimo.ca.

THURSDAY NIGHT DANCES

Enjoy a fun evening of dancing with new and old friends to live music in Bowen Park Auditorium.

Thursdays, March 6 to August 28

7-9:30 pm

Members: \$8/evening; Non Members: \$10/evening

Gentle Chair Fitness

This class incorporates gentle fitness movements, yoga and stretching while primarily sitting in a chair. Some movements to standing and balance work will be done with the chair for stability. Stretch, relax, open the joints, release tensions, energize and revitalize.

Instructor: Heather Walker

Tue, Apr 1-29 | 9-10 am | \$40/5 | [137991](#)

Tue, May 6-27 | 9-10 am | \$32/4 | [137994](#)

Wed, Apr 30-May 28 | 9-10 am | \$40/5 | [141175](#)

Tue, Jun 3-24 | 9-10 am | \$32/4 | [138001](#)

Wed, Jun 4-25 | 9-10 am | \$32/4 | [141176](#)

Wed, Jul 2-30 | 9-10 am | \$40/5 | [141177](#)

Tue, Jul 8-29 | 9-10 am | \$32/4 | [138004](#)

Tue, Aug 5-26 | 9-10 am | \$32/4 | [138005](#)

Wed, Aug 6-27 | 9-10 am | \$32/4 | [141178](#)

Bowen Park Complex

FITNESS INSTRUCTORS WANTED!

We are looking for BCRPA Certified Fitness Instructors.

Email parksandrec@nanaimo.ca today with your certifications.



cityofnanaimo



prc_nanaimo (#ilovemyparksandrec)

MUSICAL ENTERTAINMENT

Harbour City Members: \$3, Non-Members: \$5

All Ages Welcome!



Each month, a talented local performer will play for about 25 minutes. At a 15-minute break, you can help yourself to a coffee, tea and cookies at the buffet. After a snack and a visit, you'll be called to sit back down for another stretch of wonderful music. You can register in advance or pay at the door.

WEDNESDAY, APRIL 16 | 2-3:30 PM | 133571

Island Highway is a musical duo featuring Lesley Carter on vocals and guitar and Rick McDonough on piano and vocals. They play a wide variety of music from nostalgic favourites to current hits (no rap though!). You can expect to engage in sing-alongs, up-beat dance tunes, waltzes and country rock. Original material is included, and requests are welcomed.

WEDNESDAY, MAY 14 | 2-3:30 PM | 137955

Rick Haug plays a mixture of country and rock n' roll songs from the 60s and 70s. Although he is just one person, he uses solid back up tracks to sound like a full band. Come boogie along to some of your old-time favourites. Dancing is encouraged!

WEDNESDAY, JUNE 18 | 2-3:30 pm | 137957

Glen Foster is a Canadian songwriter and entertainer who has released 9 albums of his own music. He has been performing professionally for over 40 years. His song "Friends Like That" was play-listed on the Cashbox Top 50 picks of 2021. This month, Glen and his partner **Marg** will play some original songs and a mixture of popular classic rock, dance tunes and modern-day standards.

Gentle Yoga

This is a gentle hatha-style class that focuses on gentle stretches before each pose. Time is given to rest or relax briefly after anything that is strenuous. Please bring your own yoga mat and other yoga accessories you might need.

Instructor: Heather Honey

Fri, Apr 4-25 | 10:30-11:30 am | \$24/3 | [138179](#)

Fri, May 2-30 | 10:30-11:30 am | \$40/5 | [138180](#)

Fri, Jun 6-27 | 10:30-11:30 am | \$32/4 | [138181](#)

Nanaimo Ice Centre Lounge

Fri, Jul 4-25 | 10:30-11:30 am | \$32/4 | [138182](#)

Fri, Aug 1-29 | 10:30-11:30 am | \$40/5 | [138183](#)

Bowen Park Tennis Wall (outdoors)

Yoga, Meditation, Pranayama

Teachings have been handed down for thousands of years and are still relevant today. With yoga, you open up the body and increase flexibility, strength and clarity of mind. Pranayama leads the breath with easy techniques to enhance (prana) subtle energy in both body and mind.

Instructor: Thommas Michaud

Wed, Apr 2-May 7 | 10:45 am-12 pm | \$48/6 | [135042](#)

Wed, May 21-Jun 25 | 10:45 am-12 pm | \$48/6 | [135044](#)

Rotary Field House

Sculpt & Tone

Get a warm up, cardio and resistance training, along with a cool down/stretch that benefits older adults for bone and joint health by developing lean muscle and increasing your metabolism.

Instructor: Heather Walker

Tue, Apr 1-29 | 10:15-11:15 am | \$40/5 | [138006](#)

Tue, May 6-27 | 10:15-11:15 am | \$32/4 | [138009](#)

Tue, Jun 3-24 | 10:15-11:15 am | \$32/4 | [138012](#)

Tue, Jul 8-29 | 10:15-11:15 am | \$32/4 | [138013](#)

Tue, Aug 5-26 | 10:15-11:15 am | \$32/4 | [138014](#)

Bowen Park Complex

Instructor: Heather Walker

Wed, Apr 2-30 | 10:15-11:15 am | \$40/5 | [141183](#)

Wed, May 7-28 | 10:15-11:15 am | \$32/4 | [141184](#)

Wed, Jun 4-25 | 10:15-11:15 am | \$32/4 | [141185](#)

Wed, Jul 2-30 | 10:15-11:15 am | \$40/5 | [141186](#)

Wed, Aug 6-27 | 10:15-11:15 am | \$32/4 | [141187](#)

Bowen Park Complex

Thu, Apr 3-24 | 10:30-11:30 am | \$24/3 | [139297](#)

Thu, May 8-29 | 10:30-11:30 am | \$32/4 | [139299](#)

Thu, Jun 5-26 | 10:30-11:30 am | \$32/4 | [139300](#)

Thu, Jul 3-31 | 10:30-11:30 am | \$40/5 | [139305](#)

Thu, Aug 7-28 | 10:30-11:30 am | \$32/4 | [139309](#)

Beban Park Social Centre

Please bring your own mat to fitness and yoga classes and wear clean indoor shoes.

Balanced Movement for Life NEW!

Improve balance, posture and coordination in this low-impact outdoor class designed for older adults and beginners easing into fitness. With a focus on mobility and strength, sessions include warm-up cardio, balance drills, accessible strength exercises and finish with a meditative cool-down.

Instructor: Dustin King

M/W/F, Apr 2-30 | 9-9:50 am | \$88/11 | [140598](#)

M/W/F, May 2-30 | 9-9:50 am | \$96/12 | [140604](#)

M/W/F, Jun 2-30 | 9-9:50 am | \$104/13 | [140619](#)

M/W/F, Jul 2-30 | 9-9:50 am | \$104/13 | [140620](#)

M/W/F, Aug 1-29 | 9-9:50 am | \$96/12 | [140621](#)

Beban Park (outdoors near Altrusa Park)

Saturday Stretch NEW!

Keep your muscles flexible and healthy to maintain a range of motion in the joints. Proper stretching increases muscle blood flow, decreases the risk of injuries and improves your ability to do daily activities.

Instructor: Jyoti Singh

Sat, Apr 5-26 | 2-3 pm | \$24/4 | [139276](#)

Sat, May 3-31 | 2-3 pm | \$30/5 | [139278](#)

Sat, Jun 7-28 | 2-3 pm | \$24/4 | [139281](#)

Sat, Jul 5-26 | 2-3 pm | \$24/4 | [139269](#)

Sat, Aug 2-30 | 2-3 pm | \$30/5 | [139270](#)

Bowen Park Complex

Deep Stretch NEW!

This class is designed for anyone who spends long hours sitting experiencing tightness in their hips, shoulders and lower back. If you are looking to improve flexibility and mobility, this is for you! No prior experience is required; suitable for all fitness levels and abilities.

Instructor: Jyoti Singh

Mon, Apr 7-28 | 1:30-2:30 pm | \$24/4 | [138018](#)

Mon, May 5-26 | 1:30-2:30 pm | \$18/3 | [138019](#)

Mon, Jun 2-23 | 1:30-2:30 pm | \$24/4 | [138020](#)

Mon, Jul 7-28 | 1:30-2:30 pm | \$24/4 | [138090](#)

Mon, Aug 11-25 | 1:30-2:30 pm | \$18/3 | [138091](#)

Bowen Park Complex



QiGong, Meditation

Using the body with mindful movements, static poses, breath, concentration, visualization and the Chi of internal energy (Qi) in the body, increase vitality, strength and clarity of mind.

Instructor: Thomas Michaud

Thu, Apr 3-May 8 | 11 am-12:15 pm | \$48/6 | [135031](#)

Thu, May 22-Jun 26 | 11 am-12:15 pm | \$48/6 | [135032](#)

Oliver Woods Community Centre

Yoga, QiGong & Meditation

This class is for all ages with a good fitness level. This practice can help lower stress and increase focus.

Instructor: Thomas Michaud

Tue, Apr 1-May 6 | 3:45-5 pm | \$48/6 | [135039](#)

Tue, May 20-Jun 24 | 3:45-5 pm | \$48/6 | [135041](#)

Oliver Woods Community Centre

Balance & Mobility

The instructor will lead you through a variety of exercises to improve stability and confidence to perform day-to-day activities. The workout may include cardiovascular components, lower and upper body strength training (using weights and bands), balancing exercises and yoga-inspired techniques. The exercises are designed to improve posture, build muscle strength and speed, sharpen reflexes, expand flexibility and strengthen the core.

Instructor: Christine Kondo

Wed, Apr 2-Apr 30 | 3-4 pm | \$40/5 | [138184](#)

Wed, May 7-28 | 3-4 pm | \$32/4 | [138185](#)

Wed, Jun 4-25 | 3-4 pm | \$32/4 | [138186](#)

Wed, Jul 2-30 | 3-4 pm | \$40/5 | [138187](#)

Wed, Aug 6-27 | 3-4 pm | \$32/4 | [138188](#)

Oliver Woods Community Centre

Dance Fitness

Get the blood flowing with this easy-to-follow choreographed class set to music. Open to those who want a fitness course where you can go at your own pace, as well as those who want a higher intensity cardio workout. All stretches and flexibility work are designed for women.

Instructor: Mary Keel

Sat, Apr 5-May 3 | 9-10 am | \$32/4 | [136877](#)

Sat, May 31-Jun 28 | 9-10 am | \$40/5 | [136891](#)

Sat, Jul 5-26 | 9-10 am | \$32/4 | [136893](#)

Bowen Park Complex

Argentine Tango

Argentine Tango is a very romantic dance suitable for all ages. Come join these keen dancers. *Nanaimo Harbour City Seniors enjoy this course as part of their membership. No formal instruction is provided.

Tue, Apr 1-Aug 26 | 6:30-9 pm | \$42/21 | [135596](#)

Bowen Park Complex

Zumba Gold D

Intended for those new to Zumba or those 60 +. Ditch the workout and join the party! This Latin and international dance-based fitness class will get you moving to a variety of music styles.

Instructor: Mary Keel

Mon, Apr 7-May 5 | 9-10 am | \$32/4 | [136840](#)

Mon, May 26-Jun 23 | 9-10 am | \$40/5 | [136841](#)

Mon, Jun 30-Jul 28 | 9-10 am | \$40/5 | [136842](#)

Wed, Apr 2-30 | 10:15-11:15 am | \$40/5 | [136843](#)

Wed, May 28-Jun 25 | 10:15-11:15 am | \$40/5 | [136844](#)

Wed, Jul 2-30 | 10:15-11:15 am | \$40/5 | [136845](#)

Oliver Woods Community Centre

Improve Posture, Change Movement Habits

Exploring the Alexander Technique

Improve posture, reduce stress and expand your awareness. This is a hands-on class where we explore the body's naturally efficient design for movement and understand how we interfere with it through ingrained habits. We will use practical experiments to learn how to notice tightening, release muscle tension, re-establish better balance and move with ease. Instructors will use visual, verbal and kinaesthetic (hands-on) cues to teach better movement. Participants should be able to do gentle movements of walking, sitting and lying on a mat.

Instructor: Heather Walker

Tue, May 27-Jun 24 | 3:45-5:15 pm | \$100/5 | [137978](#)

Bowen Park Complex

Nordic Walking - Beginner

Nordic walking is an activity that is suitable for people of all ages, abilities and skills. Learn how to make the most of those poles while you walk. Please bring your own set if you have them, or some can be borrowed upon request.

Instructor: Kiki

Sat, May 10, 17 & 31 | 10:30 am-12 pm | \$42/3 | [134860](#)

Beban Park Social Centre



cityofnanaimo



prc_nanaimo (#ilovemyparksandrec)

FREE (OR ALMOST FREE) PROGRAMS

Especially for 60+ Participants

Mobile Hearing Clinic

Ears To You Mobile Hearing Clinic offers mobile hearing tests to people in Nanaimo helping treat and diagnose hearing issues. If you think you're dealing with hearing loss or need any assistance with adjusting or replacing your hearing aids, our ear care professionals can help you with quick, affordable diagnostic services and effective solutions. Our mobile hearing clinic can come straight to your front door. Our services include hearing aids, accessories and hearing tests. This is FREE, but please call 250-755-7501 for an appointment.

Instructor: Ears to Your

Tue, Apr 8 | 9 am-12 pm

Tue, May 13 | 9 am-12 pm

Tue, Jun 10 | 9 am-12 pm

Tue, Jul 8 | 9 am-12 pm

Tue, Aug 12 | 9 am-12 pm

Bowen Park Complex

Tue, Apr 22 | 9 am-12 pm

Tue, May 20 | 9 am-12 pm

Tue, Jun 24 | 9 am-12 pm

Oliver Woods Comm. Centre

Hello, Neighbour

Come have coffee, meet and greet other seniors who live near (but not limited to) the Oliver Woods Community Centre area. This is open to Nanaimo Harbour City Members and non members for a chance to socialize and listen to short presentations. Coffee and goodies are provided. Please bring your own mug. Members \$6/time; Non Members: \$7.50/time

Wed, Apr 2, May 7, Jun 4 | 10-11 am | [140493](#)

Oliver Woods Community Centre

Stroll with a Pro

Walk with one of our local biologists for one of these FREE sessions to unlock the mysteries of local birds.

Songbirds

Tue, Apr 29 | 6-7:15 pm | [132605](#)

Tue, May 27 | 6-7:15 pm | [132606](#)

Tue, Jun 10 | 6-7:15 pm | [132607](#)

Birds of Prey

Tue, Jul 8 | 6-7:15 pm | [132603](#)

Tue, Aug 19 | 6-7:15 pm | [132604](#)

Buttertubs Marsh (Miner's Cottage)

Bowen Park Library

Those interested in borrowing books at no charge are welcome to visit our library. Please bring them back to share with others. Limit two books per visit.

M-F | 8:30 am-4:30 pm

Bowen Park Complex

Smart Phone Workshops

Join us for three free workshops designed for seniors to help master their smartphones. We will review essentials like phoning, messaging and camera functions. We will also explore downloading and using apps, particularly to learn how to make appointments with Lifelabs and to find results on MyCareCompass empowering you to manage your digital health care with ease. We will also discuss security and online safety.

Wed, Apr 9, 23 or 30 | 1:30-3:30 pm | [137977](#)

Bowen Park Complex

Wild Wednesdays

Family Adventure

Join us on an outdoor adventure to some of Nanaimo's premier parks. Great for newcomers and families. Walks/hikes will range between 3 to 6 kilometres with some fun breaks in between to take in the scenery or stretch it out with a few easy yoga poses.

Wed, Jul 9 | 6-7:30 pm | \$5/1 | [135759](#)

Westwood Lake Park - First Beach

Wed, Jul 23 | 6-7:30 pm | \$5/1 | [135810](#)

Jack Point Park

Wed, Aug 6 | 6-7:30 pm | \$5/1 | [135811](#)

Bowen Park

Wed, Aug 20 | 6-7:30 pm | \$5/1 | [135812](#)

Linley Valley Park

Fraud Prevention for Seniors

Industry experts, including Constable O'Brien, share their knowledge on how to avoid a variety of scams.

Wed, Apr 23 | 10:30 am-12:30 pm | [140492](#)

Bowen Park Complex

Will & Estate Planning

This FREE course is available to anyone. During this presentation, helpful hints will be shared on the preparation of wills and estate planning.

Instructor: Stuart Green, Lonsdale Funeral Group Inc.

Wed, May 28 | 2-3:30 pm | [137975](#)

Bowen Park Complex

Products Available to Age at Home

Be proactive. Come and learn about various products available like walkers, stair lifts, ramps plus many other products which will assist you to age at home more easily. Coffee and treats will be provided. Presented by Helena Brennert, BSN and Linden Lennox, Sales Representative with HME Home Health.

Wed, Jun 11 | 2-3 pm | [140496](#)

Bowen Park Complex



TRIPS with JANIE'S BUS

Relax...and let Janie do the driving! These trips are for all ages. Great for yourself or bring the family along!
Meals are not included, and some trips have extra fees to cover ferry or admission costs.

Dining Out!

Discover some local cuisine! Meals are not included; walker accessible.

EXTREME EATZ & GRILL AT ARROWSMITH GOLF COURSE

Mon, Apr 7 | 4-8:30 pm | \$35/1 | [139123](#)

KINGFISHER RESTAURANT IN COURTENAY

Sun, May 4 | 1-8 pm | \$45/1 | [139143](#)

THE VINE RESTAURANT IN COWICHAN BAY

Sat, May 17 | 3-8 pm | \$35/1 | [139150](#)

YIOUBOU BAR & GRILL

Tue, Jun 3 | 3-8 pm | \$35/1 | [139222](#)

GENOA BAY CAFE IN COWICHAN BAY

Sun, Jun 29 | 3-8 pm | \$35/1 | [139220](#)

KATERINA'S WEST COAST TAVERNA IN LANTZVILLE

Sun, Jul 13 | 4-8 pm | \$20/1 | [139245](#)

THE BAYSIDE RESTAURANT & LOUNGE IN PARKSVILLE

Sun, Jul 27 | 4-8 pm | \$35/1 | [139246](#)

THE CROW & GATE PUB

Sun, Aug 3 | 4:30-8 pm | \$35/1 | [139282](#)

BOOMERANGS RESTAURANT IN PORT ALBERNI

Wed, Aug 27 | 3:30-8 pm | \$35/1 | [139285](#)

Meet at Bowen Park

Victoria

Spend the day shopping, dining, strolling through a museum, meeting up with friends/family, gambling or catching an IMAX show.

Sun, Jun 15 | 8 am-5:30 pm | \$55/1 | [139201](#)

Tue, Jul 15 | 8 am-5:30 pm | \$55/1 | [139233](#)

Fri, Aug 15 | 8 am-5:30 pm | \$55/1 | [139263](#)

Meet at Bowen Park

Victoria's Two Castle Tour

Visit Craigdarroch Castle followed by lunch at the Spaghetti Factory. After lunch, go to Hatley Castle and the Japanese Garden Tour and a trip to see Esquimalt Lagoon.

Sat, May 31 | 8 am-5:30 pm | \$150/1 | [139140](#)

Meet at Bowen Park

Farmers' Market Trips

Visit the various Farmers' Markets at beautiful Island locations. This program is walker friendly.

Duncan

Sat, Apr 5 | 9 am-5 pm | \$35/1 | [139102](#)

Qualicum Beach

Sat, May 3 | 9 am-5 pm | \$35/1 | [139127](#)

Meet at Bowen Park

Coastal Black Creek Tulip Festival

Take in the side variety of tulips and daffodils and then visit the baby barnyard animals and the hay bale maze.

Fri, Apr 18 | 8 am-6 pm | \$95/1 | [139117](#)

Meet at Bowen Park

Harrison Tulip Festival

Harrison Tulip Festival, lunch at Harrison Hot Springs at the Black Forest and Schnitzel House.

Tue, Apr 22 | 7:30 am-8:30 pm | \$185/1 | [139121](#)

Meet at Bowen Park

Island Nursery Tour (South Island)

Get ready for the garden season through this nursery tour.

Tue, May 6 | 8 am-5:30 pm | \$45/1 | [139128](#)

Meet at Bowen Park

Quadra Island

We will visit the museum, lighthouse and Rebecca Spit and stop for dinner on the way home.

Tue, May 27 | 7 am-9 pm | \$125/1 | [139139](#)

Meet at Bowen Park

Salt Spring Island Market

We will spend time in Ganges at the Saturday Market and Salt Spring Island Cheeseworks.

Lunch in Ganges is your choice.

Sat, Jun 7 | 8 am-6 pm | \$125/1 | [139184](#)

Meet at Bowen Park

Thrift Shop Hop

Travel to discover treasures in the local thrift stores. This program is walker friendly.

Port Alberni

Fri, Jun 13 | 8 am-5:30 pm | \$45/1 | [139197](#)

Campbell River

Sat, Jul 12 | 8 am-5:30 pm | \$55/1 | [139232](#)

Meet at Bowen Park

Elk Falls & Campbell River

Discover beautiful Elk Falls! We will stop for lunch at Browns by the Bay floating restaurant.

Sat, Jun 14 | 8 am-5 pm | \$75/1 | [139199](#)

Tue, Jul 29 | 8 am-5 pm | \$75/1 | [139237](#)

Meet at Bowen Park

Gabriola Island

We will spend time exploring Gabriola Island visiting the Alpaca Farm. Lunch will be at the Surf Lodge.

Tue, Jun 17 | 8 am-5 pm | \$115/1 | [139207](#)

Meet at Bowen Park

Ucluelet & Tofino

Spend time at the beach eating lunch (pack your own or go into Tofino for lunch and do some shopping). We will go to Ucluelet to the lighthouse and take in the Wild Pacific Trail.

Fri, Jun 20 | 8 am-8 pm | \$75/1 | [139211](#)

Sun, Jul 20 | 8 am-8 pm | \$75/1 | [139235](#)

Wed, Aug 20 | 8 am-8 pm | \$75/1 | [139265](#)

Meet at Bowen Park

Saturna Island

We will spend time on Saturna Island exploring East Point Park and Mount Warburton Pike.

Lunch will be at Saturna Lighthouse Pub.

Tue, Jul 8 | 7 am-8 pm | \$125/1 | [139228](#)

Meet at Bowen Park

Sidney by the Sea

Learn about the different sea creatures that live in the Salish Sea at the Shaw Discovery Centre (not included). Take a walk along the waterfront and check out the local shops. This program is self-guided and walker accessible.

Thu, Jul 10 | 8 am-5:30 pm | \$55/1 | [139229](#)

Sun, Aug 10 | 8 am-5:30 pm | \$55/1 | [139256](#)

Meet at Bowen Park

Filberg Festival

Check out the Filberg Festival in Comox that has over 100 vendors and food trucks! This program is walker friendly.

Fri, Aug 1 | 10 am-3 pm | \$75/1 | [139247](#)

Meet at Bowen Park

Butchart Garden Fireworks

Let's go enjoy the garden and fireworks! Bring a lunch or eat at the Blue Poppy Restaurant. Make sure you bring a lawn chair. This program is walker friendly and self-guided.

Sat, Aug 23 | 2-11:30 pm | \$85/1 | [139279](#)

Sat, Aug 30 | 2-11:30 pm | \$85/1 | [139280](#)

Meet at Bowen Park

See the Harbour City Seniors Newsletters for more trip options. Meals are not included, and some trips have extra fees to cover ferry or admission costs.



cityofnanaimo



prc_nanaimo (#ilovemyparksandrec)

PLEASE NOTE:
**Registration for Spring
& Summer Aquatic
programs begins on
Wednesday, March 5!**



Pool Programs

SWIM LESSONS • LIFEGUARDING • FITNESS • TRAINING

With a variety of swim lessons, aquatic training and water sports for children, youth and adults, we make swimming easy and fun. Our trained aquatics staff will assist you in choosing the right program to meet your needs.

Pool Special Events

Join us for some fun for the whole family! (Regular admission applies unless otherwise indicated.)

Super Hero Swims

Join our super hero staff for some super hero-themed activities.

Friday, Mar 21 • 12-2 pm • Nanaimo Aquatic Centre

Friday, Mar 28 • 12-2 pm • Nanaimo Aquatic Centre

Lions Free Swims

Enjoy free swimming thanks to Nanaimo Lions!

Saturday, Apr 5-Jun 28 • 1-2:30 pm • Nanaimo Aquatic Centre

(cancelled on April 26, May 17 & 24, June 21)



Pro-D Day Swim

No school? Come for a swim!

Monday, May 5 • 12-2 pm • Nanaimo Aquatic Centre

Wear Your PFD to Work/School Day

Wear your lifejacket that day and post on social media

#wearyourlifejacketatworkday #wearyourlifejacket

Friday, May 16

National Safe Boating Awareness Week

Saturday to Friday, May 17-23 • Nanaimo Aquatic Centre/Beban Pool

National Drowning Prevention Week

Sunday to Saturday, Jul 20-26 • Westwood Lake Park/Beban Pool

World Drowning Prevention Day

Friday, Jul 25 • Westwood Lake Park/Beban Pool

Lifeguard Appreciation Day

Thursday, Jul 31 • Westwood Lake Park

Aquatic Adventure Days

Thursdays in Jul • 12-2 pm • Beban Park Pool

Thursdays in Aug • 12-2 pm • Nanaimo Aquatic Centre

End of Summer Splash

Wednesday, Aug 27 • 5-7 pm • Westwood Lake Park



Lifeguard Instructors wanted with the City of Nanaimo!

You must be a minimum of 16 years old, hold a current CPR C, National Lifeguard Pool Certificate and a Lifesaving Swim Instructor Certification. Apply: employment.opportunities@nanaimo.ca. See pages 84-85 for details.

PARENT & TOT LESSONS

Ages 4-36 months

Caregiver participation is required. Progression is based on age.



Jellyfish

4-12 months



Goldfish

13-24 months



Seahorse

25-36 months

PRESCHOOL LESSONS

Ages 3-5 years

Progression is based on completion of level.



Octopus

- Blowing bubbles with face in water
- Front and back floats and glides with instructor help



Crab

- Front and back floats and glides with buoyant aid
- Roll-over floats
- 5M back swim with buoyant aid



Orca

- Front, back and roll-over floats and glides
- 5M swims on front and back



Sea Lion

- Basic front crawl and side glides
- Deep-water activities
- 7M swim on front and back



Narwhal

- Deep-water swimming
- 5M front and back crawl
- 4 x 5M swim on back

To advance to Swimmer Lessons, your child must be 5 years old on the first day of lessons. If they have completed Narwhal, they will advance to Swimmer 2. All other preschool swimmers will benefit from gaining more experience in Swimmer 1.

Swim for Life® Program Overview

SWIMMER LESSONS

Progression is based on completion of level. **Ages 5-14 years**



Swimmer 1

- Front and back floats and swims
- Roll-over swims and basic front crawl
- 5M swim on front and back



Swimmer 2

- Deep-water activities
- Front, back and side swims
- 10M front and back crawl



Swimmer 3

- Front and back floats and swims
- Roll-over swims and basic front crawl
- 15M swim on front and back



Swimmer 4

- Tread water for 1 minute
- Basic breaststroke
- 25M front and back crawl
- Swim to Survive Standard



Swimmer 5

- Eggbeater for 30 seconds
- 25M breaststroke
- 50M front and back crawl



Swimmer 6

- 50M breaststroke
- 100M front and back crawl
- 300M distance swim



Swimmer 7: Canadian Swim Patrol - Rookie

- Front and back crawl and breaststroke mastery
- Lifesaving: victim recognition and ready position
- First Aid: primary assessment and calling EMS



Swimmer 8: Canadian Swim Patrol - Ranger

- Eggbeater kick and object support
- First Aid: obstructed airway, checking breathing; shock
- Removing conscious victim



Swimmer 9: Canadian Swim Patrol - Star

- First Aid: bone, joint injuries, asthma, allergic reactions
- Support and removal of unconscious victim
- 300M swim in 9 minutes

Swimming Lesson Tips for Success

We are pleased to bring you the Lifesaving Society's Swim for Life Program to highlight the importance of swimming and water safety skills. Swimming can be fun and is also a necessary life skill. Help your child start swimming on the right foot.

- Evaluate your child's swim ability and choose a class level, date and time. Not sure of their ability? Stop by one of our pools during an "Everyone Welcome" swim session and have one of the lifeguards evaluate your child (depending on staff availability).
- Register for a class online or at one of our facilities early, as classes fill up quickly.
- Arrive no more than 10 minutes early to check-in and familiarize your child with the facility. Please have your child ready for class at the start of the lesson time.
- Lockers are available and recommended. Tokens can be purchased from our front desk staff.
- Have your child go to the bathroom before lessons. Children who are not potty trained must wear a swim diaper (available for purchase at the front desk).
- All patrons must shower before entering the pool.
- Bring your child's towel onto the pool deck to keep your child warm before and after lessons.
- Please stay home if not feeling well.
- At the end of lessons, your instructor will recommend the appropriate level for the next set of lessons. Levels are frequently repeated to allow students to master skills and feel successful before moving onto a new level.



| Pricing for Swimming Lessons (lesson prices are pro-rated for holidays & swim meets) | |
|---|------------------------------------|
| 30 Minute Lessons | \$70/10 lessons |
| 45 Minute Lessons | \$110/10 lessons |
| 60 Minute Lessons | \$140/10 lessons |
| 30 Minute Private Lessons *add additional swimmer | \$150/5 lessons \$225/5 lessons |

Waitlists for Swimming

Is a swimming class full? Put your child's name on the waitlist for the specific class you want. If a spot comes up, we will contact you. If there is enough interest in a particular level, we will do our best to create a new class and contact you to see if it works for your schedule.

Shopping for Swim Lessons Using the "X" Grid

- STEP 1** Choose your desired day of the week (Monday, Tuesday, etc.)
- STEP 2** Select the lesson best suited for your swimmer (Jellyfish, Orca, Swimmer 1, etc.)
- STEP 3** View the time available for that lesson ("x" indicate available times)
- STEP 4** Register in person, over the phone or online through recreation.nanaimo.ca
 - Provide the clerk with the level and your choice of dates
 - Search for swim lessons in recreation.nanaimo.ca using a key word(s) in the search field (Jellyfish, for example)



Spring Lessons - Beban Pool

**Note: Due to high demand of swimming lessons, last minute withdrawals may impact course offerings.
Please provide as much notice as possible if a withdrawal from a swim lesson is required.*

| | | <div>MON & WED</div> <div>Beban Pool</div> <div>SET 1: April 7-May 7 (9 lessons; no session Apr 21)</div> <div>SET 2: May 12-June 11 (9 lessons; no session May 19)</div> | | | | | | | | | | | | | | | | <div>TUE & THU</div> <div>Beban Pool</div> <div>SET 1: April 8-May 8 (10 lessons)</div> <div>SET 2: May 13-June 12 (10 lessons)</div> | | | | | | | | | | | | | | | |
|--------------------------------|-----------------|---|---------|---------|---------|---------|---------|----------|----------|---------|---------|---------|---------|---------|---------|---------|---------|---|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|--|--|--|
| | | 6:30 am | 7:00 am | 7:30 am | 8:30 am | 9:00 am | 9:30 am | 10:00 am | 10:30 am | 3:00 pm | 3:30 pm | 3:45 pm | 4:00 pm | 4:15 pm | 4:30 pm | 4:45 pm | 5:00 pm | 5:30 pm | 6:00 pm | 6:30 pm | 7:00 pm | 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 | | | |
| Parent Participation | 30 Min. Classes | Jellyfish | | | | X | | | | | | | | | | | | | X | | | | | | | | | | | | | | |
| | | Goldfish | | | | | X | | | | | | | | | | | | | X | | | | | | | | | | | | | |
| Seahorse | | | | | | | X | X | | | | | | | | | X | | | | | | | | | | | | | | | | |
| Octopus | | | | | X | | | X | | | | | X | X | X | | | | | | | | | | X | | X | X | | | | | |
| Crab | | | X | | | X | | | | | | | | | X | | X | X | X | X | | | X | | | X | | X | | X | | | |
| Orca | | X | | | | | | X | | | X | | | | | | X | | X | X | | | | | | X | X | | | X | | | |
| Sea Lion | | | | | X | | | | | | X | | | | X | | | X | | | | | | | | X | | | X | | | | |
| Narwhal | | | | | | | X | | | X | | | | | | | | | X | | | | | | | X | | | | | | | |
| Private | | | X | X | | X | X | | X | | | | | | | | | | | | | | | | | | | | | | | | |
| School Ages Program (6-13 yrs) | 45 Min. | Swimmer 1 | | | X | | | | | | | | | | X | | X | X | | X | X | | X | | | | | X | X | X | | | |
| | | Swimmer 2 | X | | | | | | | | | | X | | | | | | X | X | X | | | | X | X | | | X | | | | |
| | | Swimmer 3 | | | | | | | | | X | | | | | | X | | | | | | | | X | | | | | | | | |
| | 60 Min. | Swimmer 4 | | | | | | | | | | | X | | | | | | | | | X | | | | | | | | | | | |
| | | Swimmer 5 | | | | | | | | | | X | | | | | | | | | | | | X | | | | | | | | | |
| | | Swimmer 6 | | | | | | | | | | | | | | | | | | | | X | | | | | | | | | | | |
| | | Swimmer 7 | | | | | | | | | | X | | | | | | | | | | | | | | | | | | | | | |
| | | Swimmer 8/9 | | | | | | | | | | X | | | | | | | | | | | | | | | | | | | | | |
| | | Teen/Adult 1/2 | | | | | | | | | | | | | | | | | | X | | | | | | | | | | | | | |

Junior Lifeguard Club

8 to 12 Years

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

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

Tue, Apr 8-Jun 10 | 6-7:30 pm | \$110/10 | [138603](tel:138603)

Thu, Apr 10-Jun 12 | 6-7:30 pm | \$110/10 | [138605](tel:138605)

Nanaimo Aquatic Centre



PLEASE NOTE:

**Registration for Spring
& Summer Aquatic
programs begins on
Wednesday, March 5!**



cityofnanaimo



prc_nanaimo (#ilovemyparksandrec)

Spring Lessons - Beban Pool

**Note: Due to high demand of swimming lessons, last minute withdrawals may impact course offerings.
Please provide as much notice as possible if a withdrawal from a swim lesson is required.*

| | | | FRI Beban Pool April 25-June 13 (8 lessons) | | | | | | | | | | | | SAT Beban Pool April 26-June 14 (8 lessons) | | | | | | | | | | | | SUN Beban Pool April 27-June 15 (8 lessons) | | | | | | | | | | | |
|--------------------------------|-----------------|-----------|---|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---|---------|---------|----------|----------|----------|----------|----------|----------|----------|----------|----------|---|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|
| | | | 3:00 pm | 3:30 pm | 4:00 pm | 4:30 pm | 5:00 pm | 5:15 pm | 5:30 pm | 5:45 pm | 6:00 pm | 6:15 pm | 6:30 pm | 6:45 pm | 9:00 am | 9:30 am | 9:45 am | 10:00 am | 10:15 am | 10:30 am | 11:00 am | 11:15 am | 11:30 am | 12:00 pm | 12:00 pm | 12:30 pm | 12:45 pm | 1:00 pm | 1:30 pm | 1:45 pm | 2:00 pm | 2:30 pm | 3:00 pm | 3:15 pm | 3:30 pm | 4:00 pm | 4:15 pm | 4:30 pm |
| Parent Participation | 30 Min. Classes | Jellyfish | | | | | | | | | | | | | x | | | | | | x | | | | | x | | | | | | | | | | | | |
| | | Goldfish | | | | | | | | | | | | | | | | | | x | | | x | | | | | | | | | | | | | | | |
| | | Seahorse | | | | | | | | | | | | | | | x | | x | | | | | | | | | | | | | | | | x | | | |
| Preschool Prog. (3-5yrs) | Octopus | x | | | | x | | | | x | | | | | x | | | | x | | | x | | | | | | x | | | | x | | | | | | |
| | Crab | | x | | | x | | | | | | | | | x | | | x | | x | | | | | x | | | | | | | | x | | | | | |
| | Orca | | | x | | | | | | | | | | | x | | | | | x | | | | | | | | | | | x | | | | | | | |
| School Ages Program (6-13 yrs) | Sea Lion | | | | | | | | | | | x | | | x | | | | x | | | | | | | | | | | | | x | | | | | | |
| | Narwhal | | | | x | | | | | | | | | | | | | x | | | | | | | | | | | | | | | | | | | | |
| | Swimmer 1 | | | | | x | | | | | | | | | x | | | x | | x | | x | | | | | | | | x | x | | | x | | | | |
| 45 Min. | Swimmer 2 | | | | | | x | | | x | | | | | | x | | | x | | | x | | | | x | | x | | | | x | | | x | | | |
| | Swimmer 3 | | | | | | | | | | x | | | | x | | | | | | | | | | | | | | | x | | | | x | | | | |
| | Swimmer 4 | | | | | | x | | | | | | | | | | x | | | | | | | | | | | x | | | | | | | | | | |
| 60 Min. | Swimmer 5 | | | | | x | | | | | | | | | | | | | | x | | | | | x | | | | | | | x | | | | | | |
| | Swimmer 6 | | | | | | | | | | | | | x | | | | | | | | | x | | | | x | | | | | | | | | x | | |
| | Swimmer 7 | | | | | | | | | x | | | | | x | | | | | | | | | | x | | | | | | | x | | | | | | |
| 14 yrs + | Swimmer 8 | | | | | | | | x | | | | | | | | x | | | | | | | | | | | x | | | | | | | | | | |
| | Swimmer 9 | | | | | | | | x | | | | | | | | | | | x | | | | | | | | x | | | | | | | | | | |
| | Teen/Adult 1/2 | | | | | | | | | | | | x | | | | | | | | | | | | | | | | | | | | | | x | | | |

Spring Lessons - Nanaimo Aquatic Centre

| | | | TUE ONLY Nanaimo Aquatic Centre April 8-June 10 (10 lessons) | | | THU ONLY Nanaimo Aquatic Centre April 10-June 12 (10 lessons) | | |
|--------------------------------|----------------|-----------|--|----------|----------|---|----------|----------|
| | | | 10:00 am | 10:30 am | 11:00 am | 10:00 am | 10:45 am | 11:30 am |
| School Ages Program (6-13 yrs) | 30 Min. | Private | | | | | | |
| | | Swimmer 1 | x | | | | | |
| | | Swimmer 2 | | x | | | | |
| 45 Min. | Swimmer 3 | Swimmer 4 | | | | | | |
| | | Swimmer 5 | | | | | | |
| | | Swimmer 6 | | | | | | |
| 1h | Teen/Adult 1/2 | Swimmer 7 | | | | | | |
| | | Swimmer 8 | | | | | | |
| | | Swimmer 9 | | | | | | |



PLEASE NOTE:

Registration for Spring & Summer Aquatic programs begins on Wednesday, March 5!

Summer Lessons - Beban Pool & Westwood Lake

**Note: Due to high demand of swimming lessons, last minute withdrawals may impact course offerings.
Please provide as much notice as possible if a withdrawal from a swim lesson is required.*

| | | MON-FRI Beban Pool | | | | | | | MON-FRI Nanaimo Aquatic Centre | | | | | MON-FRI Westwood Lake | |
|--------------------------------|-----------|-----------------------|---------|---------|----------|----------|----------|----------|---|----------|----------|----------|----------|--|----------|
| | | July 7-18 (10 less) | | | | | | | SET 1: July 28-August 8 (9 less)* SET 2: August 11-22 (10 less) *No lesson August 4 | | | | | SET 1: July 7-18 (10 less) SET 2: July 21-August 1 (10 less) SET 3: August 5-15 (9 less) | |
| | | 9:00 am | 9:30 am | 9:45 am | 10:00 am | 10:30 am | 10:45 am | 11:00 am | 9:30 am | 10:00 am | 10:30 am | 10:45 am | 11:00 am | 10:15 am | 10:45 am |
| Parent Participation | Jellyfish | | x | | | | | | | | | | | | |
| | | | | | x | | | | | x | | | | | |
| | | x | | | | | | | x | | | | | | |
| Preschool Prog. (3-5yrs) | Octopus | x | | | | x | | x | | x | | | | | |
| | | x | | | x | | | x | x | | x | | | | |
| | | | x | | | x | | | | x | | | | | |
| 30 Min. Classes | Sea Lion | | | | | | | | x | | | | | | |
| | | | x | | | x | | | | | x | | | | |
| | | | | | | | | | | | | | | | |
| Private* | Narwhal | | x | | | | | | | | x | | | | |
| | | x | x | | x | x | | x | | | | | | | |
| | | | | | | | | | | | | | | | |
| School Ages Program (6-13 yrs) | Swimmer 1 | | x | | | x | | x | | x | | | | x | |
| | | x | | | x | | | x | x | | x | | | | |
| | | x | | | x | | | | x | | | | | | |
| 45 Min. | Swimmer 3 | | | | x | | | | x | | | | | x | |
| | | | | x | | x | | | | | x | | | | |
| | | | | | | | | | | x | | | | | |
| 60 Min. | Swimmer 6 | | | | | | x | | | | | | x | | |
| | | x | | | | | | | x | | | | | | |
| | | | | | x | | | | | | | | | | |



PLEASE NOTE:
Registration for Spring & Summer Aquatic programs begins on Wednesday, March 5!

AquaGo

5 to 12 Years

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

Instructor: Nanaimo Diamonds

AquaGo 1-2

Sun, Apr 6-Jun 1 | 9-10 am | \$217/7 | [138346](#)

AquaGo 3-4

Sun, Apr 6-Jun 1 | 10-11 am | \$217/7 | [138347](#)

Beban Park Pool

Intro to Synchro

8 to 13 Years

Dive into the world of grace and athleticism with our Intro to Synchro class. This fun and engaging program offers young swimmers a chance to explore Artistic Swimming (formerly known as synchronized swimming) in a supportive and encouraging environment.

Instructor: Nanaimo Diamonds

Thu, Apr 10-Jun 5 | 6-7:15 pm | \$324/9 | [138348](#)

Beban Park Pool



Aqua Yoga

18 Years +

Increase strength, balance and flexibility with the mindful practice of yoga in the water. This class includes some cardio and will finish with savasana in either the hot tub or sauna. Pre-registration is required.

Instructor: Katherine Winge

Sat, May 3-31 | 8-9 am | \$40/5 | [138345](#)

Beban Park Pool

Pre-Registered Aquafit

Shallow/Deep Combo

Sun, Apr 6-May 11 | 8:15-9 am | \$37/6 | [138351](#)

Thu, Apr 10-May 15 | 7:15-8 pm | \$37/6 | [138349](#)

Sun, May 18-Jun 22 | 8:15-9 am | \$37/6 | [138352](#)

Thu, May 22-Jun 26 | 7:15-8 pm | \$37/6 | [138350](#)

Beban Park Pool



cityofnanaimo



prc_nanaimo (#ilovemyparksandrec)

PLEASE NOTE:
Registration for Spring
& Summer Aquatic
programs begins on
Wednesday, March 5!



Join the Team! Become a Lifeguard!

BUILD THE FOUNDATION FOR SUCCESS!

Lifeguards prevent drowning, teach water safety and provide leadership in our community. Consult one of our Aquatic Coordinators at 250-756-5200 to help plan your lifeguard training.



RECOMMENDED PATH:

- 1

Bronze courses develop lifesaving fitness and decision-making skills.
- 2

Standard First Aid provides practical skills to handle emergency response situations.
- 3

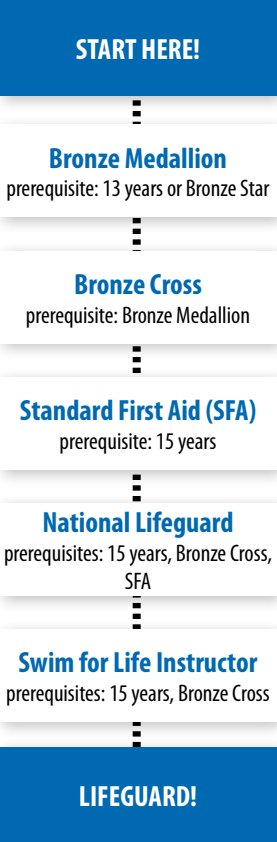
National Lifeguard promotes prevention of drowning and aquatic-related injuries.
- 4

Instructor Training prepares you to teach swimming lessons and lifesaving skills.








CAREER OPPORTUNITIES:

www.nanaimo.ca/your-government/careers/job-postings



Advanced Aquatic Courses

| Course | Dates | Day | Time | Fee | Location | Course ID | |
|------------------------------------|---|-----------|-----------------|-------|----------|-----------|---|
| Bronze Medallion | Mar 17-21 | M-F | 12:30-4:30 pm | \$220 | Beban | 138361 |  |
| | Jul 7-11 | M-F | 12:30-4:30 pm | \$220 | Westwood | 138363 | |
| | Aug 5-8 | Tu-F | 11:30 am-5 pm | \$220 | Westwood | 138364 | |
| | Judgement, knowledge, skill and fitness will be evaluated. Students acquire the assessment and problem-solving skills needed to make good decisions in, on and around the water. Prerequisites: 13 years of age (by last day of course) or Bronze Star (does not have to be current). 100% attendance is mandatory for completion. | | | | | | |
| Bronze Cross | Mar 24-28 | M-F | 12:30-4:30 pm | \$195 | Beban | 138368 |  |
| | Jul 21-25 | M-F | 12:30-4:30 pm | \$195 | Beban | 138373 | |
| | Aug 11-15 | M-F | 12:30-4:30 pm | \$195 | NAC | 138392 | |
| | Students begin transitioning from lifesaving to lifeguarding and prepare for assistant lifeguard responsibilities. Students begin to strengthen and expand their lifesaving skills and apply active surveillance principles and techniques in aquatic facilities. The importance of teamwork and communication are emphasized in this course. Prerequisites: Bronze Medallion (does not have to be current). 100% attendance is mandatory for completion. | | | | | | |
| Standard First Aid | Apr 5 & 6 | Sat & Sun | 9 am-5:30 pm | \$177 | Beban | 131900 |  |
| | May 24 & 25 | Sat & Sun | 9 am-5:30 pm | \$177 | Beban | 135755 | |
| | Jun 28 & 29 | Sat & Sun | 9 am-5:30 pm | \$177 | Beban | 135756 | |
| | Aug 23 & 24 | Sat & Sun | 9 am-5:30 pm | \$177 | Beban | 135758 | |
| | This Red Cross First Aid course includes all of the Emergency First Aid and CPR C instruction on day one before covering head and spine injuries, bone and joint injuries, environmental conditions, poisons and sudden medical emergencies on day two. Prerequisites: 13 years of age is recommended. 100% attendance is mandatory for completion. | | | | | | |
| National Lifeguard - Pool | Jul 7-17 | M-Th | 12-6:30 pm | \$499 | Beban | 138395 |  |
| | This is the national standard for lifeguards in Canada. Candidates develop the fundamental values, judgement, knowledge, skills and fitness required by lifeguards. Prerequisites: 15 years of age (by last day of course), Bronze Cross (does not have to be current), Standard First Aid (does not have to be current). 100% attendance is mandatory for completion. | | | | | | |
| Swim for Life Instructor | Jul 28-Aug 8 | M-F | 9:30 am-3:30 pm | \$499 | NAC | 138763 |  |
| | Students will be certified to teach the Lifesaving Society's programs, such as Swim for Life and Canadian Swim Patrol. Prerequisites: 15 years of age (by last day of course), Bronze Cross (does not have to be current). 100% attendance is required. | | | | | | |
| Lifesaving Instructor Short Course | Aug 16 & 17 | Sat & Sun | 9:30 am-6 pm | \$350 | NAC | 138894 | |
| | The lifesaving Instructor course prepares candidates to teach and evaluate a variety of programs including Bronze Star, Bronze Medallion, Bronze Cross and Junior Lifeguard Club. | | | | | | |

Recertification Courses

| Course | Dates | Day | Time | Fee | Location | Course ID | |
|---------------------------------|---|-----|--------------|-------|----------|-----------|---|
| National Lifeguard - Pool | Jun 7 | Sat | 9 am-6 pm | \$120 | Beban | 138444 |  |
| | Jul 19 | Sat | 9 am-6 pm | \$120 | Beban | 141074 | |
| | Proof of previous certifications: NL Pool, CPR C and AMOA (need not be current) | | | | | | |
| National Lifeguard - Waterfront | Jun 22 | Sun | 10 am-7 pm | \$120 | Westwood | 138488 | |
| Swim for Life Instructor | May 3 | Sat | 9:30 am-2 pm | \$120 | Beban | 138755 |  |
| | May 31 | Sat | 9:30 am-2 pm | \$120 | Beban | 138756 | |
| Lifesaving Inst. | Apr 26 | Sat | 9 am-1:30 pm | \$120 | Beban | 138649 | |

NOTE: All candidates are required to present their original certification at the start of the recertification clinic. 100% attendance is mandatory for completion. **REFUND POLICY:** Withdrawals with refund will only be provided for Aquatic Leadership courses with a minimum of seven days advanced notice. Withdrawals within seven days of start date are refunded at 50%. No refunds on or after start date.



cityofnanaimo



prc_nanaimo (#ilovemyparksandrec)



Arena Programs



Welcome to Nanaimo RECSKATE

RecSkate is a progressive skating skills training program for all ages and abilities necessary for life-long participation and the improvement of physical literacy as it relates to all sports. It provides the foundation for success in recreational hockey and figure skating. The program emphasis is on encouragement through comprehensive feedback. Participants receive a ribbon for each level passed, and upon completion of Level 7, skaters will receive a medallion of achievement. See our schedule on the following pages.

Boots to Blades 1 & 2

2 to 5 Years

Boots 1 is a perfect intro for those who have never been on the ice before or for those who have yet to master standing in skates. Skaters get a feel for the ice wearing shoes or boots and then graduate to skates at the discretion of the instructor. Parent participation is required.

In **Boots 2**, skaters start the program wearing skates, as they will have had some experience but still need to learn the basics. The focus for both levels is getting skaters comfortable through play and practicing some basic skills. Parent participation is required.

RecSkate 1

This introductory level of skating will help skaters learn to fall safely and get up unassisted, skate across the ice by themselves without falling and work on basic balance and gliding skills. This is not a parent participation class.

RecSkate 2

This is when it all starts coming together! Skaters at this level will begin to gain strength and speed and will work on two-foot gliding, touching toes and will be introduced to backwards skating. Other skills taught in this level are stopping, scoops, turning and hops.

RecSkate 3

This level focuses on skills, such as skating on a curve, side stopping and transitions. Skaters will also be introduced to circle thrusts, backward stroking and forward slalom skating.

RecSkate 4

At this level, participants master crossovers, inside edges and backwards stopping. Skaters will also work on side hops, mohawks and backward thrusts. This is an excellent level for hockey players to improve their basic skating skills.

RecSkate 5

Skills include forward outside edges, backward one-foot gliding, mohawks, backward crossovers, t-stops and one-foot jump transitions. This is great for skater agility, balance and strength.

RecSkate 6/7

RecSkate 6 is a challenging level which emphasizes balance, gliding and foot control skills. Skaters will also work on figure eight crossovers, jumping turns and other one-foot skills that increase balance, strength and agility.

RecSkate 7 is the final level of our RecSkate program. Backwards skills are emphasized, along with the introduction of two-foot full rotation jumps and one-foot outside edge stops. Backwards crossover figure eights and forward and backward pivot circles will be mastered. Skills taught at this level are demanding for all kinds of skaters, but the hard work will pay off!

Private RecSkate Lessons

One-on-one instruction. These are great for accelerating your learning, mastering that one problem skill or preparing for the next level. Our instructors will work from the RecSkate program material or address specific skills as needed. Skate rentals are included. See recreation.nanaimo.ca for availability.

RecFigure Skate - Child/Teen

6 to 16 Years

A small group session focusing on developing specific figure skating skills, such as jumps, spins and field moves, as well as continuing to develop the basics of skating. Skaters should have passed a minimum of RecSkate 5 before registering. Completion of RecSkate program or equivalent is preferred.

RecSkate - Pre-Teen/Teen

12 to 17 Years

Skating and more! Join your friends at these lessons that teach all levels of skating skills. This program offers an introduction to arenas, including lesson teaching, skate patrol, safety and a facility tour. This is a great bridge to our LIT and Quest programs.

Skating Lesson Information

For lesson information, please email arenaprograms@nanaimo.ca

SKATING EQUIPMENT

- Skate Rentals are \$2 per pair per lesson (please pay for skate rentals at time of registration).
- Helmets, mitts/gloves are mandatory for all skaters. We do have helmets for you to use, but bring your own helmet if you have one, as we have a limited number available.

LESSON TIMES AND PRICES

| LESSON | LENGTH OF LESSON | COST PER CLASS |
|-----------------------------------|------------------|----------------------------|
| Boots to Blades 1 & 2 | 30 minutes | \$9 |
| RecSkate (3-5 yrs) | 30 minutes | \$9 |
| RecSkate (6-11 yrs) | 45 minutes | \$13 |
| RecFigure Skate | 45 or 60 minutes | \$14/hr or \$13 for 45 min |
| Various RecSkates (pre-teen/teen) | 60 minutes | \$14 |
| Private RecSkate (all ages) * | 30 minutes | \$30 |

* For private RecSkate lessons, specific coach requests may be accommodated by calling 250-756-5215.

CUSTOM PRIVATE SKATING LESSONS

- Let us customize skating lessons to fit your schedule and your skill level. Cost is \$30 for a 30-minute lesson. Call Alli, Arenas Coordinator, at 250-755-7536 for details.

DO YOU REQUIRE ADDITIONAL SUPPORT?

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



DROP-IN SESSIONS

- Check out our drop-in options on page 14-15 or check our online schedule at recreation.nanaimo.ca.



GLOW IN THE DARK Skates

SKATE IN OUR ATMOSPHERE OF DIMMED LIGHTING AND SPECIAL EFFECTS!

Held on the following Sundays, 3-4:30 pm:

- April 20 (Cliff McNabb)
- May 18 (Cliff McNabb)
- June 15 (Cliff McNabb)
- July 20 (Nanaimo Ice Centre)
- August 17 (Nanaimo Ice Centre)

STARLIGHT Skate

This is a great way to escape the hustle and bustle while enjoying lap skating with our soft light stars and passive LED lighting.
Regular admission rates apply.

Held on the following Wednesdays, 6:30-8 pm:

- April 2 (Frank Crane)
- May 7 (Frank Crane)
- June 4 (Nanaimo Ice Centre)
- July 2 (Nanaimo Ice Centre)
- August 6 (Nanaimo Ice Centre)



cityofnanaimo



prc_nanaimo (#ilovemyparksandrec)

A great learn-to-skate option for children during daytime hours! Here you have the chance to learn skills from our popular RecSkate program in a supportive, group environment. Development of balance, agility and coordination is a great start to any ice sport. All levels of skaters will be accommodated. Parents are welcome to register with their child.

Mon, Mar 31-May 12 | 10:30-11:30 am | \$84/6 | [139000](#)

Wed, Apr 2-May 14 | 12:30-1:30 pm | \$98/7 | [138995](#)

Wed, May 21-Jun 25 | 12:30-1:30 pm | \$84/6 | [138996](#)

Mon, May 26-Jun 23 | 10:30-11:30 am | \$70/5 | [139004](#)

Cliff McNabb Arena

RecSkate Pre-Teen/Teen

12 to 17 Years

Join your friends at this lesson that teaches all levels of skating skills. You will also get an introduction to arenas, including lesson teaching, skate patrol, safety and facility tour. This is a great bridge to our LIT and QUEST programs.

Mon, Mar 31-May 5 | 6:45-7:45 pm | \$70/5 | [139031](#)

Thu, Apr 3-May 8 | 5:30-6:30 pm | \$84/6 | [139032](#)

Sat, Apr 5-May 10 | 11:15 am-12:15 pm | \$70/5 | [139034](#)

Frank Crane Arena

Sat, May 24-Jun 28 | 11:15 am-12:15 pm | \$84/6 | [139038](#)

Cliff McNabb Arena

Mon, May 26-Jun 23 | 6:45-7:45 pm | \$70/5 | [139040](#)

Thu, May 29-Jun 26 | 5:30-6:30 pm | \$70/5 | [139043](#)

Mon, Jul 7-Aug 11 | 6:45-7:45 pm | \$70/5 | [139042](#)

Thu, Jul 10-Aug 14 | 6:15-7:15 pm | \$84/6 | [139044](#)

Nanaimo Ice Centre



Spring Skating Lessons - SET 1

Monday, Mar 31-May 5 • 5 lessons • [Frank Crane Arena](#) (no lesson on Apr 21)

| | | | | | | | |
|--------------|-----------------------------------|------------------------------------|---|---|---|--|-----------------------------------|
| 3:30-4 pm | Boots 1 137744 | Boots 2 137766 | Rec 1 137809 | Rec 2 137875 | Rec 3 138259 | Rec 4 138410 | Private 138671 |
| 4-4:45 pm | Rec 1 137857 | Rec 2 138215 | Rec 3 138359 | Rec 4 138599 | Rec 5 138648 | Private 4-4:30 pm 138674 | |
| 4:45-5:15 pm | Boots 1 137745 | Boots 2 137771 | Rec 1 137811 | Rec 2 137923 | Rec 3 138262 | Rec 4 138412 | Private 138675 |
| 5:15-6 pm | Rec 1 137859 | Rec 2 138217 | Rec 3 138360 | Rec 4 138600 | Rec 6/7 137767 | RecFigure 139053 | |
| 6-6:30 pm | Boots 1 137746 | Boots 2 137772 | Rec 1 137812 | Rec 2 137924 | Private 138676 | Private 138679 | |
| 6:45-7:45 pm | Teen 139031 | Adult RS 139007 | Private 6:45-7:15 pm 138680 | Private 6:45-7:15 pm 138681 | Private 6:45-7:15 pm 138682 | | |
| 7:15-7:45 pm | Private 138683 | Private 138688 | Private 138690 | | | | |

Thursday, Apr 3-May 8 • 6 lessons • [Frank Crane Arena](#)

| | | | | | | | |
|--------------|--------------------------------------|---------------------------------------|------------------------------------|--|--|--|--|
| 3:30-4:15 pm | Hockey Ras 138882 | Ev Can Play 138879 | | | | | |
| 4:15-4:45 pm | Boots 1 137753 | Boots 2 137782 | Rec 1 137826 | Rec 2 137941 | Rec 3 138269 | Rec 4 138413 | Private 138911 |
| 4:45-5:30 pm | Rec 1 137864 | Rec 2 138235 | Rec 3 138369 | Rec 4 138613 | Rec 5 138659 | Rec 6/7 137774 | |
| 5:30-6:30 pm | Teen 139032 | RecFigure 139058 | Adult RS 139010 | Private 5:30-6 pm 138912 | Private 5:30-6 pm 138916 | Private 6-6:30 pm 138917 | Private 6-6:30 pm 138918 |

Friday, Apr 4-May 9 • 5 lessons • [Frank Crane Arena](#) (no lesson on Apr 18)

| | | | | | | | |
|-------------|-----------------------------------|---------------------------------|--|--|---|-----------------------------------|--|
| 9:30-10 am | Boots 1 137756 | Rec 1 137834 | Rec 3 138274 | Rec 4 138418 | Ad. Practice 9:30-10:30 am 139024 | Private 138944 | |
| 10-10:30 am | Boots 2 137785 | Rec 2 137951 | RS Adult 10:30-11:30 am 139012 | RS Adult Adv 10:30-11:30 am 139047 | Private 138945 | | |

Saturday, Apr 5-May 10 • 5 lessons • [Frank Crane Arena](#) (no lesson on Apr 19)

| | | | | | | | |
|-------------------|-----------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|-------------------------------------|---|
| 9:15-9:45 am | Boots 1 137758 | Boots 2 137787 | | | | | |
| 9-9:45 am | Rec 1 137867 | Rec 2 138241 | Rec 3 138398 | Rec 4 138622 | Rec 5 138662 | | |
| 9:45-10:15 am | Boots 1 137759 | Boots 2 137788 | Rec 1 137842 | Rec 2 137958 | Rec 3 138276 | Rec 4 138416 | Private 138958 |
| 10:30-11:15 am | Rec 1 137868 | Rec 2 138242 | Rec 3 138399 | Rec 4 138624 | Rec 6/7 137796 | RecFigure 139060 | |
| 11:15-11:45 am | Boots 1 137760 | Boots 2 137789 | Rec 1 137844 | Rec 2 137960 | Rec 3 138277 | Rec 4 138419 | Teen 11:15-12:15 139034 |
| 11:45 am-12:15 pm | Private 138961 | Private 138962 | Private 138963 | Private 138964 | Private 138965 | | |

Oh, shoot!

We sometimes make mistakes or information changes.
Please check our online Activity Guide for the latest program information.

Spring Skating Lessons - SET 2

Monday, May 26-Jun 23 • 5 lessons • [Nanaimo Ice Centre](#)

| | | | | | | | |
|--------------|-----------------------------------|------------------------------------|---|---|---|--|-----------------------------------|
| 3:30-4 pm | Boots 1 137747 | Boots 2 137773 | Rec 1 137813 | Rec 2 137926 | Rec 3 138263 | Rec 4 138424 | Private 138695 |
| 4-4:45 pm | Rec 1 137860 | Rec 2 138225 | Rec 3 138362 | Rec 4 138601 | Rec 5 138653 | Private 4-4:30 pm 138696 | |
| 4:45-5:15 pm | Boots 1 137748 | Boots 2 137775 | Rec 1 137814 | Rec 2 137933 | Rec 3 138265 | Rec 4 138425 | Private 138699 |
| 5:15-6 pm | Rec 1 137861 | Rec 2 138228 | Rec 3 138365 | Rec 4 138604 | Rec 6/7 137768 | RecFigure 139066 | |
| 6-6:30 pm | Boots 1 137749 | Boots 2 137778 | Rec 1 137815 | Rec 2 137936 | Private 138701 | Private 138702 | |
| 6:45-7:45 pm | Teen 139040 | Adult RS 139016 | Private 6:45-7:15 pm 138704 | Private 6:45-7:15 pm 138706 | Private 6:45-7:15 pm 138707 | | |
| 7:15-7:45 pm | Private 138708 | Private 138709 | Private 138710 | | | | |

Thursday, May 29-Jun 26 • 5 lessons • [Cliff McNabb Arena](#)

| | | | | | | | |
|--------------|--------------------------------------|---------------------------------------|------------------------------------|--|--|--|--|
| 3:30-4:15 pm | Hockey Ras 138883 | Ev Can Play 138880 | | | | | |
| 4:15-4:45 pm | Boots 1 137754 | Boots 2 137783 | Rec 1 137831 | Rec 2 137946 | Rec 3 138270 | Rec 4 138429 | Private 138922 |
| 4:45-5:30 pm | Rec 1 137865 | Rec 2 138232 | Rec 3 138371 | Rec 4 138614 | Rec 5 138658 | Rec 6/7 137776 | |
| 5:30-6:30 pm | Teen 139043 | RecFigure 139158 | Adult RS 139021 | Private 5:30-6 pm 138923 | Private 5:30-6 pm 138924 | Private 6-6:30 pm 138927 | Private 6-6:30 pm 138929 |

Friday, May 23-Jun 27 • 6 lessons • [Cliff McNabb Arena](#)

| | | | | | | | |
|-------------|-----------------------------------|---------------------------------|--|--|---|-----------------------------------|--|
| 9:30-10 am | Boots 1 137757 | Rec 1 137838 | Rec 3 138275 | Rec 4 138435 | Ad. Practice 9:30-10:30 am 139027 | Private 138946 | |
| 10-10:30 am | Boots 2 137786 | Rec 2 137956 | RS Adult 10:30-11:30 am 139014 | RS Adult Adv 10:30-11:30 am 139049 | Private 138951 | | |

Saturday, May 24-Jun 28 • 6 lessons • [Cliff McNabb Arena](#)

| | | | | | | | |
|-------------------|-----------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|-------------------------------------|---|
| 9:15-9:45 am | Boots 1 137761 | Boots 2 137790 | | | | | |
| 9-9:45 am | Rec 1 137869 | Rec 2 138243 | Rec 3 138400 | Rec 4 138636 | Rec 5 138667 | | |
| 9:45-10:15 am | Boots 1 137762 | Boots 2 137791 | Rec 1 137850 | Rec 2 137962 | Rec 3 138355 | Rec 4 138437 | Private 138966 |
| 10:30-11:15 am | Rec 1 137870 | Rec 2 138245 | Rec 3 138401 | Rec 4 138639 | Rec 6/7 137797 | RecFigure 139064 | |
| 11:15-11:45 am | Boots 1 137763 | Boots 2 137792 | Rec 1 137852 | Rec 2 137963 | Rec 3 138356 | Rec 4 138438 | Teen 11:15-12:15 139038 |
| 11:45 am-12:15 pm | Private 138968 | Private 138970 | Private 138971 | Private 138972 | Private 138973 | | |

RecFigure Skate - Beginner

6 to 16 Years

This is a small group lesson focusing on specific figure skating skills like jumps, spins and field moves, as well as continuing to develop the basics of skating. Lesson is taught on a portion of the ice shared with the RecSkate program. Skaters should have passed a minimum of RecSkate 5 before registering. Completion of RecSkate 7 or equivalent is preferred. Helmets are mandatory.

Mon, Mar 31-May 5 | 5:15-6 pm | \$65/5 | [139053](#)

Thu, Apr 3-May 8 | 5:30-6:30 pm | \$84/6 | [139058](#)

Sat, Apr 5-May 10 | 10:30-11:15 am | \$65/5 | [139060](#)

[Frank Crane Arena](#)

Sat, May 24-Jun 28 | 10:30-11:15 am | \$78/6 | [139064](#)

[Cliff McNabb Arena](#)

Mon, May 26-Jun 23 | 5:15-6:15 pm | \$65/5 | [139066](#)

Thu, May 29-Jun 26 | 5:30-6:30 pm | \$70/5 | [139158](#)

Mon, Jul 7-Aug 11 | 5:15-6 pm | \$65/5 | [139156](#)

Thu, Jul 10-Aug 14 | 6:15-7:15 pm | \$84/6 | [139160](#)

M-F, Aug 18-22 | 11-11:45 am | \$65/5 | [139163](#)

M-F, Aug 25-29 | 11-11:45 am | \$65/5 | [139165](#)

[Nanaimo Ice Centre](#)

RecFigure Skate Advanced

8 to 16 Years

This is a small group session for experienced RecFigure skaters focusing on developing specific figure skating skills, such as jumps, spins and field moves. Ice dance and synchronized skating skills may also be taught. Skaters should have passed a minimum of RecFigure Skate Level 2 or equivalent before registering.

Wed, Apr 2-May 7 | 5:15-6:15 pm | \$84/6 | [139166](#)

[Frank Crane Arena](#)

Wed, May 28-Jun 25 | 5:15-6:15 pm | \$70/5 | [139167](#)

Wed, Jul 9-Aug 13 | 5:15-6:15 pm | \$84/6 | [141607](#)

[Nanaimo Ice Centre](#)

RecFigure Skate - Teen & Adult D

13 Years +

Calling all figure skaters! Tired of skating around in circles? This session is for advanced skaters looking to learn or practice figure skating skills. The focus will be on edges, turns, figures and Ice Dance. Jumps and spins may be taught depending on interest and ability. Previous figure skating experience is strongly recommended (Drop-in fee is \$13).

Wed, Apr 2-May 7 | 5:15-6:15 pm | \$78/6 | [139168](#)

[Frank Crane Arena](#)

Wed, May 28-Jun 25 | 5:15-6:15 pm | \$65/5 | [139170](#)

Wed, Jul 9-Aug 13 | 5:15-6:15 pm | \$78/6 | [141605](#)

[Nanaimo Ice Centre](#)

30 min lesson = 3-5 years • 45 min lesson = 6-11 years • 30 min private lessons



Say Cheese

Share a photo of you or your family members participating in our programs and it could be featured in our upcoming Activity Guide!

Email your submission to
parksandrecreation@nanaimo.ca



cityofnanaimo



prc_nanaimo (#ilovemyparksandrec)

RecSkate Adult

A great program for new skaters who may need to brush up on their skills. We will introduce a variety of skating skills in a relaxed and enjoyable setting. Develop skills at your own pace, and work toward earning the bronze, silver and gold lapel pins if desired.

Mon, Mar 31-May 5 | 6:45-7:45 pm | \$70/5 | [139007](#)

Thu, Apr 3-May 8 | 5:30-6:30 pm | \$84/6 | [139010](#)

Fri, Apr 4-May 9 | 10:30-11:30 am | \$70/5 | [139012](#)

Frank Crane Arena

Fri, May 23-Jun 27 | 10:30-11:30 am | \$84/6 | [139014](#)

Cliff McNabb Arena

Mon, May 26-Jun 23 | 6:45-7:45 pm | \$70/5 | [139016](#)

Thu, May 29-Jun 26 | 5:30-6:30 pm | \$70/5 | [139021](#)

Mon, Jul 7-Aug 11 | 6:45-7:45 pm | \$70/5 | [139019](#)

Thu, Jul 10-Aug 14 | 6:15-7:15 pm | \$84/6 | [139022](#)

Nanaimo Ice Centre

RecSkate Adults Practice

This practice time is for those participants registered in any of our RecSkate Adult lessons. This is an excellent opportunity to work on your skills. This is a half-ice program.

Fri, Apr 4-May 9 | 9:30-10:30 am | \$40/5 | [139024](#)

Frank Crane Arena

Fri, May 23-Jun 27 | 9:30-10:30 am | \$48/6 | [139027](#)

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 4-May 9 | 10:30-11:30 am | \$70/5 | [139047](#)

Frank Crane Arena

Fri, May 23-Jun 27 | 10:30-11:30 am | \$84/6 | [139049](#)

Cliff McNabb Arena

Daytime Private RecSkate Lessons

One-on-one instruction. These are great for accelerating your learning, mastering that one problem skill or preparing for the next level. Our instructors will work from the RecSkate program material or address specific skills as needed. Skate rentals are included. Please see the grids for private lesson options.

Mon, Mar 31-May 12 | 10-10:30 am | \$180/6 | [138673](#)

Wed, Apr 2-23 | 12:30-1 pm | \$120/4 | [138906](#)

Wed, Apr 2-23 | 1-1:30 pm | \$120/4 | [138907](#)

Wed, Apr 30-May 21 | 12:30-1 pm | \$120/4 | [139598](#)

Wed, Apr 30-May 21 | 1-1:30 pm | \$120/4 | [139601](#)

Mon, May 26-Jun 23 | 10-10:30 am | \$150/5 | [138692](#)

Wed, May 28-Jun 25 | 12:30-1 pm | \$150/5 | [138908](#)

Wed, May 28-Jun 25 | 1-1:30 pm | \$150/5 | [138909](#)

Cliff McNabb Arena

Summer Skating Lessons

Monday, Jul 7-Aug 11 • 5 lessons • **Nanaimo Ice Centre** (no lesson on Aug 4)

| | | | | | | | |
|--------------|-----------------------------------|------------------------------------|---|---|---|--|-----------------------------------|
| 3:30-4 pm | Boots 1 137750 | Boots 2 137779 | Rec 1 137816 | Rec 2 137938 | Rec 3 138266 | Rec 4 138426 | Private 138713 |
| 4-4:45 pm | Rec 1 137862 | Rec 2 138230 | Rec 3 138366 | Rec 4 138607 | Rec 5 138656 | Private 4-4:30 pm 138722 | |
| 4:45-5:15 pm | Boots 1 137751 | Boots 2 137780 | Rec 1 137820 | Rec 2 137939 | Rec 3 138268 | Rec 4 138428 | Private 138891 |
| 5:15-6 pm | Rec 1 137863 | Rec 2 138231 | Rec 3 138367 | Rec 4 138609 | Rec 6/7 137769 | RecFigure 139156 | |
| 6-6:30 pm | Boots 1 137752 | Boots 2 137781 | Rec 1 137822 | Rec 2 137940 | Private 138892 | Private 138893 | |
| 6:45-7:45 pm | Teen 139042 | Adult RS 139019 | Private 6:45-7:15 pm 138895 | Private 6:45-7:15 pm 138900 | Private 6:45-7:15 pm 138902 | | |
| 7:15-7:45 pm | Private 138903 | Private 138904 | Private 138905 | | | | |

Thursday, Jul 10-Aug 14 • 6 lessons • **Nanaimo Ice Centre**

| | | | | | | | |
|--------------|--------------------------------------|---------------------------------------|------------------------------------|---|---|---|---|
| 3:30-4:15 pm | Hockey Ras 138884 | Ev Can Play 138881 | | | | | |
| 4:15-5 pm | Rec 1 137866 | Rec 2 138236 | Rec 3 138372 | Rec 4 138616 | Rec 5 138660 | Private 4:15-4:45 pm 138932 | |
| 5-5:30 pm | Boots 1 137755 | Boots 2 137784 | Rec 1 137833 | Rec 2 137947 | Rec 3 138271 | Rec 4 138431 | Private 138934 |
| 5:30-6:15 pm | Rec 2 138238 | Rec 3 138378 | Rec 4 138618 | Rec 5 138661 | Rec 6/7 137777 | Private 5:30-6 pm 138935 | |
| 6:15-7:15 pm | Teen 139044 | RecFigure 139160 | RS Adult 139022 | Private 6:15-6:45 pm 138936 | Private 6:15-6:45 pm 138938 | Private 6:45-7:15 pm 138941 | Private 6:45-7:15 pm 138942 |

Week Long Summer Skating Lessons

Monday to Friday, Aug 18-22 • 5 lessons • **Nanaimo Ice Centre**

| | | | | | | | |
|---------------|-------------------------------------|--|--|--|--|--|-----------------------------------|
| 9-9:45 am | Rec 1 137871 | Rec 2 138248 | Rec 3 138405 | Rec 4 138640 | Rec 5 138664 | Private 9-9:30 am 138976 | |
| 9:45-10:15 am | Boots 1 137764 | Boots 2 137793 | Rec 1 137853 | Rec 2 137965 | Rec 3 138357 | Rec 4 138432 | Private 138977 |
| 10:15-11 am | Rec 1 137872 | Rec 2 138250 | Rec 3 138407 | Rec 4 138641 | Rec 6/7 137798 | Private 10:30-11 am 138978 | |
| 11-11:45 am | RecFigure 139163 | Private 11-11:30 am 138980 | Private 11-11:30 am 138981 | Private 11-11:30 am 138982 | Private 11-11:30 am 138983 | | |

Monday to Friday, Aug 25-29 • 5 lessons • **Nanaimo Ice Centre**

| | | | | | | | |
|---------------|-------------------------------------|--|--|--|--|--|-----------------------------------|
| 9-9:45 am | Rec 1 137873 | Rec 2 138251 | Rec 3 138408 | Rec 4 138643 | Rec 5 138666 | Private 9-9:30 am 138985 | |
| 9:45-10:15 am | Boots 1 137765 | Boots 2 137794 | Rec 1 137854 | Rec 2 137966 | Rec 3 138358 | Rec 4 138433 | Private 138986 |
| 10:15-11 am | Rec 1 137874 | Rec 2 138254 | Rec 3 138409 | Rec 4 138645 | Rec 6/7 137799 | Private 10:30-11 am 138987 | |
| 11-11:45 am | RecFigure 139165 | Private 11-11:30 am 138989 | Private 11-11:30 am 138990 | Private 11-11:30 am 138991 | Private 11-11:30 am 138992 | | |



Check out our Arena Summer Camps
on page 39.

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 5-May 10 | 8:15-9 am | \$65/5 | [138470](#)

Sat, Apr 5-May 10 | 12:15-1 pm | \$65/5 | [138478](#)

Frank Crane Arena

Sat, May 24-Jun 28 | 8:15-9 am | \$78/6 | [138479](#)

Sat, May 24-Jun 28 | 12:15-1 pm | \$78/6 | [138484](#)

Cliff McNabb Arena

M-F, Aug 18-22 | 8:15-9 am | \$65/5 | [138485](#)

M-F, Aug 18-22 | 12:15-1 pm | \$65/5 | [138486](#)

Nanaimo Ice Centre

7 to 12 Years

Sat, Apr 5-May 10 | 8:15-9 am | \$65/5 | [138487](#)

Sat, Apr 5-May 10 | 12:15-1 pm | \$65/5 | [138489](#)

Frank Crane Arena

Sat, May 24-Jun 28 | 8:15-9 am | \$78/6 | [138491](#)

Sat, May 24-Jun 28 | 12:15-1 pm | \$78/6 | [138490](#)

Cliff McNabb Arena

M-F, Aug 18-22 | 8:15-9 am | \$65/5 | [138506](#)

M-F, Aug 18-22 | 12:15-1 pm | \$65/5 | [138508](#)

Nanaimo Ice Centre

Hockey Rascals

3 to 5 Years

This program focuses on hockey FUNdamentals, including skating, puck handling and shooting. You must supply your own helmet with face cage, stick and gloves. Full gear is recommended.

Thu, Apr 3-May 8 | 3:30-4:15 pm | \$78/6 | [138882](#)

Frank Crane Arena

Fri, Apr 4-May 16 | 4:15-5 pm | \$78/6 | [138885](#)

Fri, Apr 4-May 16 | 5:30-6:15 pm | \$78/6 | [138886](#)

Fri, May 23-Jun 27 | 4:15-5 pm | \$78/6 | [138887](#)

Fri, May 23-Jun 27 | 5:30-6:15 pm | \$78/6 | [138888](#)

Cliff McNabb Arena

Thu, May 29-Jun 26 | 3:30-4:15 pm | \$65/5 | [138883](#)

Thu, Jul 10-Aug 14 | 3:30-4:15 pm | \$78/6 | [138884](#)

Nanaimo Ice Centre



Hockey Programs

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 is recommended.

Thu, Apr 3-May 8 | 3:30-4:15 pm | \$78/6 | [138879](#)

Frank Crane Arena

Thu, May 29-Jun 26 | 3:30-4:15 pm | \$65/5 | [138880](#)

Thu, Jul 10-Aug 14 | 3:30-4:15 pm | \$78/6 | [138881](#)

Nanaimo Ice Centre

Dry Floor Precision Puck Play - NEW! Learn to Pass, Shoot & Score

This off ice program will help to develop players' skills in puck handling, passing and shooting with a focus on accuracy and control. The program aims to improve players' ability to execute precise movements under pressure and enhance their overall hockey IQ by honing their ability to make quick, calculated decisions with the puck.

6 to 8 Years

Mon, Mar 31-May 12 | 3:30-4:30 pm | \$60/6 | [138596](#)

Mon, May 26-Jun 23 | 3:30-4:30 pm | \$50/5 | [138694](#)

9 to 11 Years

Mon, Mar 31-May 12 | 3:30-4:30 pm | \$60/6 | [138703](#)

Mon, May 26-Jun 23 | 3:30-4:30 pm | \$50/5 | [138705](#)

Nanaimo Ice Centre

Power Skating

This program is designed to develop strength, power, flexibility and endurance for hockey. Emphasis is on correct technique and body position. Full gear is required.

4 to 6 Years

Mon, Aug 11 | 3-4 pm | \$14/1 | [138454](#)

Tue, Aug 12 | 3-4 pm | \$14/1 | [138455](#)

Wed, Aug 13 | 3-4 pm | \$14/1 | [138456](#)

Thu, Aug 14 | 3-4 pm | \$14/1 | [138457](#)

Fri, Aug 15 | 3-4 pm | \$14/1 | [138458](#)

7 to 9 Years

Mon, Aug 11 | 4-5 pm | \$14/1 | [138459](#)

Tue, Aug 12 | 4-5 pm | \$14/1 | [138460](#)

Wed, Aug 13 | 4-5 pm | \$14/1 | [138461](#)

Thu, Aug 14 | 4-5 pm | \$14/1 | [138462](#)

Fri, Aug 15 | 4-5 pm | \$14/1 | [138463](#)

10 to 14 Years

Mon, Aug 11 | 5-6 pm | \$14/1 | [138454](#)

Tue, Aug 12 | 5-6 pm | \$14/1 | [138466](#)

Wed, Aug 13 | 5-6 pm | \$14/1 | [138467](#)

Thu, Aug 14 | 4-6 pm | \$14/1 | [138468](#)

Fri, Aug 15 | 5-6 pm | \$14/1 | [138469](#)

Nanaimo Ice Centre



cityofnanaimo



prc_nanaimo (#ilovemyparksandrec)

STICK 'n' PUCK

ALL AGES

New to the game of hockey or looking to improve those skills? Just wanting to get on the ice in a non-game, recreational setting? Stick 'n' Puck is the answer and a great way to get on the ice. An on-ice leader is available to assist with skill development and answer questions.

Space is limited, and session rules do apply. These sessions are for individuals looking to practice hockey skills - skating, passing, shooting, puck handling. These are unstructured practice times.

RULES

- Games and scrimmages are not permitted
- Goalies are welcome and free
- Limited to 30 skaters per session
- Children under 8 must be accompanied by an adult

EQUIPMENT REQUIREMENTS

- Helmets and gloves are mandatory (full face cage required for skaters 16 years and under)
- Shin guards are strongly recommended



See page 8 for admission & page 14-15 for schedule information.

For more information, contact the Arena Coordinator at 250-755-7536.

Elite Power Skating

Skaters of all abilities are introduced to skating techniques necessary to develop greater power and strength to improve their game. Full gear is required.

6 to 9 Years

Wed, Apr 2-May 7 | 7:30-8:15 am | \$78/6 | [138513](#)

Frank Crane Arena

Wed, May 28-Jun 25 | 7:30-8:15 am | \$65/5 | [138569](#)

Nanaimo Ice Centre

10 to 14 Years

Wed, Apr 2-May 7 | 7:30-8:15 am | \$78/6 | [138570](#)

Frank Crane Arena

Wed, May 28-Jun 25 | 7:30-8:15 am | \$65/5 | [138571](#)

Nanaimo Ice Centre

Custom Private Power Skating Lessons

These one-on-one private power skating lessons are perfect for individual skill development. These will help with speed, balance, agility and coordination. Small groups (2-3) are also welcome. Full gear is recommended.

Thu, Apr 3-May 8 | 3:30-4 pm | \$204/6 | [139578](#)

Sat, Apr 5-May 10 | 7:45-8:15 am | \$170/5 | [139586](#)

Frank Crane Arena

Thu, May 29-Jun 26 | 3:30-4 pm | \$170/5 | [139579](#)

Thu, Jul 10-Aug 14 | 3:30-4 pm | \$204/6 | [139580](#)

M-F, Aug 18-22 | 8:15-8:45 am | \$170/5 | [141608](#)

M-F, Aug 25-29 | 8:15-8:45 am | \$170/5 | [141609](#)

Nanaimo Ice Centre

Fri, Apr 4-May 2 | 5:5-30 pm | \$136/4 | [139582](#)

Fri, May 9-May 30 | 5:5-30 pm | \$136/4 | [139583](#)

Sat, May 24-Jun 28 | 7:45-8:15 am | \$204/6 | [139590](#)

Fri, Jun 6-27 | 5:5-30 pm | \$136/4 | [139584](#)

Cliff McNabb Arena

Advanced Stickhandling Skills D

12 to 17 Years

This program is for any player interested in challenging and advancing their stickhandling and puck control abilities. You will be introduced to skills and drills that will encourage more creative use of your stick in game-like settings. Full gear is required.

Mon, Mar 31-May 5 | 7:45-8:45 pm | \$65/5 | [138733](#)

Wed, Apr 2-May 7 | 8:15-9:30 pm | \$78/6 | [138730](#)

Frank Crane Arena

Mon, May 26-Jun 23 | 7:45-8:45 pm | \$65/5 | [138736](#)

Wed, May 28-Jun 25 | 8:15-9:30 pm | \$65/5 | [138731](#)

Mon, Jul 7-Aug 11 | 7:45-8:45 pm | \$65/5 | [138737](#)

Wed, Jul 2-Aug 27 | 8:15-9:30 pm | \$117/9 | [138732](#)

Nanaimo Ice Centre

Adult Stickhandling D

16 Years +

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. Full gear is required.

Mon, Mar 31-May 5 | 7:45-8:45 pm | \$65/5 | [138740](#)

Frank Crane Arena

Mon, May 26-Jun 23 | 7:45-8:45 pm | \$65/5 | [138743](#)

Mon, Jul 7-Aug 11 | 7:45-8:45 pm | \$65/5 | [138746](#)

Nanaimo Ice Centre

Adult Hockey Skills and Drills D

For the mature player with some experience, this high-tempo, co-ed session will consist of skill practice and game play. Focus will be on developing positional play and game improvement.

Wed, Apr 2-May 7 | 8:15-9:30 pm | \$78/6 | [138724](#)

Frank Crane Arena

Wed, May 28-Jun 25 | 8:15-9:30 pm | \$65/5 | [138726](#)

Wed, Jul 2-Aug 27 | 8:15-9:30 pm | \$117/9 | [138727](#)

Nanaimo Ice Centre

Adult Scrimmage D

This scrimmage program is for those interested in playing in an informal scrub setting. Session is monitored by an experienced hockey leader. This is a registered program, but drop-in is available.

Fri, Apr 4-May 9 | 9-10:30 pm | \$78/6 | [138750](#)

Fri, May 23-Jun 27 | 9-10:30 pm | \$78/6 | [138752](#)

Cliff McNabb Arena

Fri, Jul 4-Aug 29 | 9-10:30 pm | \$117/9 | [138753](#)

Nanaimo Ice Centre

Adaptive Hockey D

This program will provide teens and adults with diverse abilities the skills required to play the game of hockey. The participants will have the opportunity to learn how to skate, pass and shoot while getting some great exercise in a safe and stimulating environment. No skating ability is required, but participants should be steady on their feet. Support workers are welcome, but independence is encouraged. Full gear is required.

Wed, Apr 2-May 7 | 9:45-11 am | \$78/6 | [138889](#)

Frank Crane Arena



Check out our Arena Summer Camps on page 39.

Custom Private Hockey Lessons

6 Years +

These one-on-one private lessons with our popular hockey instructors are perfect for individual skill development. Potential skill areas include power skating, shooting, stick handling, goal keeping, defensive development and others. Small groups (2-3) are also welcome. Full gear is recommended. We also offer private RecSkate lessons. Check out availability in our lesson grids.

Tue, Apr 1-May 6 | 3:15-3:45 pm | \$204/6 | [139171](#)
 Tue, Apr 1-May 6 | 3:15-3:45 pm | \$204/6 | [139176](#)
 Tue, Apr 1-May 6 | 3:15-3:45 pm | \$204/6 | [139180](#)
 Tue, Apr 1-May 6 | 3:45-4:15 pm | \$204/6 | [139181](#)
 Tue, Apr 1-May 6 | 3:45-4:15 pm | \$204/6 | [139183](#)
 Tue, Apr 1-May 6 | 3:45-4:15 pm | \$204/6 | [139185](#)

Sat, Apr 5-May 10 | 7:45-8:15 am | \$170/5 | [139223](#)
 Sat, Apr 5-May 10 | 7:45-8:15 am | \$170/5 | [139227](#)

Frank Crane Arena

Wed, Apr 2-23 | 3:15-3:45 pm | \$136/4 | [139200](#)
 Wed, Apr 2-23 | 3:15-3:45 pm | \$136/4 | [139202](#)
 Wed, Apr 2-23 | 3:15-3:45 pm | \$136/4 | [139204](#)
 Wed, Apr 2-23 | 3:45-4:15 pm | \$136/4 | [139205](#)
 Wed, Apr 2-23 | 3:45-4:15 pm | \$136/4 | [139206](#)
 Wed, Apr 2-23 | 3:45-4:15 pm | \$136/4 | [139208](#)
 Wed, Apr 2-23 | 4:15-4:45 pm | \$136/4 | [139209](#)
 Wed, Apr 2-23 | 4:15-4:45 pm | \$136/4 | [139210](#)
 Wed, Apr 2-23 | 4:15-4:45 pm | \$136/4 | [139212](#)

Tue, May 27-Jun 24 | 3:15-3:45 pm | \$170/5 | [139186](#)
 Tue, May 27-Jun 24 | 3:15-3:45 pm | \$170/5 | [139188](#)
 Tue, May 27-Jun 24 | 3:45-4:15 pm | \$170/5 | [139189](#)
 Tue, May 27-Jun 24 | 3:45-4:15 pm | \$170/5 | [139193](#)
 Tue, May 27-Jun 24 | 3:45-4:15 pm | \$170/5 | [139194](#)
 Tue, May 27-Jun 24 | 3:45-4:15 pm | \$170/5 | [139198](#)

Nanaimo Ice Centre

Fri, Apr 4-May 2 | 5-5:30 pm | \$136/4 | [139213](#)
 Fri, Apr 4-May 2 | 5-5:30 pm | \$136/4 | [139214](#)
 Fri, May 9-30 | 5-5:30 pm | \$136/4 | [139215](#)
 Fri, May 9-30 | 5-5:30 pm | \$136/4 | [139218](#)
 Fri, Jun 6-27 | 5-5:30 pm | \$136/4 | [139219](#)
 Fri, Jun 6-27 | 5-5:30 pm | \$136/4 | [139221](#)

Sat, May 24-Jun 28 | 7:45-8:15 am | \$204/6 | [139240](#)
 Sat, May 24-Jun 28 | 7:45-8:15 am | \$204/6 | [139236](#)

Cliff McNabb Arena

Lacrosse

This program focusses on lacrosse FUNDamentals, including running, cradling the ball, catching, passing and shooting. You must supply your own helmet with face cage and gloves. We have a limited number of sticks available for use if needed. Full gear is not mandatory, but it is recommended.

Mini Lacrosse Rascals: 4 to 5 Years

Tue, Apr 1-May 6 | 3:30-4:15 pm | \$60/6 | [138574](#)
 Thu, Apr 3-May 1 | 3:30-4:15 pm | \$50/5 | [138576](#)
 Tue, May 13-Jun 24 | 3:30-4:15 pm | \$70/7 | [138575](#)
 Thu, May 15-Jun 23 | 3:30-4:15 pm | \$70/7 | [138577](#)

Lacrosse Rascals: 6 to 7 Years

Tue, Apr 1-May 6 | 3:30-4:15 pm | \$60/6 | [138579](#)
 Thu, Apr 3-May 1 | 3:30-4:15 pm | \$50/5 | [138581](#)
 Tue, May 13-Jun 24 | 3:30-4:15 pm | \$70/7 | [138580](#)
 Thu, May 15-Jun 23 | 3:30-4:15 pm | \$70/7 | [138582](#)

Lacrosse Skills & Drills: 8 to 9 Years

Tue, Apr 1-May 6 | 4:15-5 pm | \$60/6 | [138583](#)
 Thu, Apr 3-May 1 | 4:15-5 pm | \$50/5 | [138588](#)
 Tue, May 13-Jun 24 | 4:15-5 pm | \$70/7 | [138584](#)
 Thu, May 15-Jun 23 | 4:15-5 pm | \$70/7 | [138589](#)

Lacrosse Skills & Drills: 10 to 11 Years

Tue, Apr 1-May 6 | 4:15-5 pm | \$60/6 | [138590](#)
 Thu, Apr 3-May 1 | 4:15-5 pm | \$50/5 | [138592](#)
 Tue, May 13-Jun 24 | 4:15-5 pm | \$70/7 | [138591](#)
 Thu, May 15-Jun 23 | 4:15-5 pm | \$70/7 | [138593](#)

Nanaimo Ice Centre



DROP-IN HOCKEY PROGRAMS

When you see this symbol beside a program, it indicates that we accept drop-ins. The drop-in fee is \$13. You can pre-register online, phone 250-756-5200 during office hours or pay a cashier in person (when scheduled) and present the on-ice staff member with your receipt. Our instructors will not accept payment.

Full Gear Hockey Equipment Checklist:

- Helmet (CSA approved) with chin strap
- Full-shield/cage face mask (CSA approved)
- Shoulder pads
- Elbow pads
- Shin guards
- Hockey pants
- Gloves
- Hockey socks
- Hockey jersey
- Skates
- Supporter & cup/pelvic protector
- Junior stick

Cut to nose level when standing on ground without skates on; then tape end of stick thick enough so it does not fit through holes in cage on face mask

- Neck guard



cityofnanaimo



prc_nanaimo (#ilovemyparksandrec)

HOW TO BE GOOD ENVIRONMENTAL STEWARDS...

Join Partners in Parks

- Over 100 invasive plant removal, litter pick up and restoration workparties happened in 2024 (with over 1800 volunteers to date)
- Over 20 community and school groups have been involved in our Adopt-A-Park Program over the last 6 years
- 40 individuals are committed to being regular stewards in our parks and greenspaces as Volunteer Park Ambassadors



Join us! See our Partners in Parks website

Avoid Invasive Plants

Invasive plants can spread rapidly out-competing our native species for resources, water, nutrients and space. They negatively impact our ecosystem, diminishing biodiversity and may be harmful to infrastructure and potentially us. Here are some tips:

- Purchase and plant only non-invasive plants (see bcinvasives.ca)
- Join an invasive plant work party (see page 63)
- Never compost invasive plants in your backyard composter or place in your green bin (bag and dispose in your black bin)
- Never dump organic material (last year's hanging baskets) into your neighbourhood park or green space thinking it will simply compost and "disappear" (did you ever wonder where English Ivy in our parks came from?)
- Bring your invasive plants to our Drop Zone during Invasive Plant Removal in May
- If you see noxious invasive plants, such as Knotweed or Giant Hogweed, please report to our Parks Department



Protect Wildflowers

Camas flowers, along with other local wildflowers, are significant to the local ecology turning meadows into a beautiful rainbow of colours in the spring. Did you know their bulbs were traditionally harvested by the Coast Salish people as a source of carbohydrates and are often found growing under the branches of Garry Oak trees? Please remember to stay on the path while visiting our many parks such as Pipers Lagoon, Bowen, Camas and Neck Point Park - especially during wildflower season.



Encourage a Healthy Ecosystem

Vernal pools are low areas, often on rock or clay, which temporarily fill with rainwater in the spring. These pools are often part of the Garry Oak Ecosystem and contribute to biodiversity providing an ideal environment to a unique set of plants and animals. Many are considered endangered in Canada. When you see these pools out in nature, think twice before you drain them or stomp in them and look closer to see if you can discover the variety of plants and critters that might call this mini ecosystem home.



Contribute to Food Security

Reimagine Nanaimo (CityPlan) includes policies that promote Food Security and local food production. There are currently 7 community gardens and 3 food forests on City-owned property, plus many nut and fruit trees planted throughout our community's parks and greenspaces to be enjoyed. The City also owns 12 hectares of parkland in the Agricultural Land Reserve that can be used for future food production (located at East Wellington Park and in Harewood at 933 Park Ave.). See our website page on Community Gardens for more information.



Safeguard our Watershed

Reimagine Nanaimo (CityPlan) promotes green or environmental policies that protect healthy watersheds and storm water management. Nanaimo has many ponds, swales and raingardens that collect storm water to filter out pollutants and recharge the groundwater system rather than funneling it directly into underground pipes.



Many popular Nanaimo parks feature storm water ponds and raingardens, such as Hawthorne Park, Brookwood Park, Linley Point and the new parking lot at Westwood Lake Park. Our local marshes also play an important role in a healthy community helping to mitigate weather events and provide habitat value, such as Richards Marsh, Buttertubs Marsh, West Marsh, Molly's Marsh and Northfield Marsh. Protect our watershed by not dumping into waterways and by planting trees and vegetation that are native to this area.



LOTUS PINNATUS PARK

100 Lotus Pinnatus Dr.



This local park is home to globally endangered Garry oak meadows and Nanaimo's floral emblem, Lotus Pinnatus (*Hosackia pinnata*)

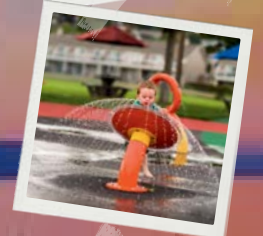
Check out this unique area. The flower blooms in June but is still beautiful throughout the summer (June to August).



Scan the QR code for more details.

EXPLORE *Your Parks & Trails*

- Play a game of Disc Golf at **Bowen Park**
- Ride your bike along the **E& N Trail** or **Parkway Trail**
- Take your dog to one of the 12 dog **off-leash parks**
- Play a game of pickleball at the new outdoor courts at **Beban Park**
- Check out the newly-renovated BMX Track, the Steve Smith Bike Park or the Mountain Bike Skills area at **Beban Park**
- Enjoy a picnic at **Pipers Lagoon Park** and see the temporary public art
- Learn about salmon habitat as you walk the trails in **Bowen Park**
- Discover the inclusive playground, public art, walking trails and spectacular views of the harbour at **Maffeo Sutton Park**
- Build a fort along the beach at **Departure Bay** or **Neck Point Park**
- Escape the heat this summer by visiting the waterparks at **Departure Bay**, **Harewood Centennial**, **Mansfield Park** or **Deverill Square Park**
- Swim at the lifeguarded beach at **Westwood Lake Park** this summer
- Hike the many trails in Linley Valley Park
- View the wildflowers blooming this spring in **Planta Park** or **Bowen Park**



cityofnanaimo



prc_nanaimo (#ilovemyparksandrec)



Culture & Events

CULTURE AWARDS

Tickets Now Available!

Our FREE annual Culture Awards gala event will take place at The Port Theatre on Wednesday, April 16, 2025. Celebrate cultural excellence and achievement with us as we recognize this year's recipients. Secure your tickets through the Port Theatre (in person or online).



PUBLIC ART SPOTLIGHT

Robert Turriff's *The ReWilders*

Located in Colliery Dam Park, tucked into the greenery where invasive ivy grows, the two dynamic sculptures symbolize 'rewilding,' the practice of restoring natural habitats. Depicted in the act of removing invasive species and planting native plants, they represent the importance of land stewardship.

The ReWilders are imaginative, sci-fi inspired creatures designed by youth from the Nanaimo community in a collaborative public engagement workshop led by artist, Robert Turriff, as part of the City's Temporary Public Art Program.

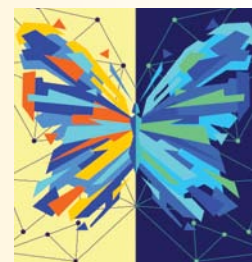


Additional information on the project can be found on the City's website.

2025 STREET BANNERS

The 2025 Street Banner Design Program sought proposals from artists focused on the theme 'Metamorphosis & Change' reflecting on positive instances of change and transformation. Nanaimo artist, Aiyem Samay-Sampson's, created a design representing patterns of transformation was selected. Aiyem's design reflects on processes and patterns of change. The organic, familiar shape of a butterfly is seen in abstract, fragmented form, embodying the duality of metamorphosis. Vibrant shapes come together in the artist's design symbolizing both the familiar and unfamiliar, the seamless and abrupt aspects of change that we experience in our communities, relationships and even within ourselves.

2025 street banners will be on display in early spring 2025. See our website to learn more.



Coming Soon

The Culture & Events team has many exciting projects and events coming this spring and summer, including ongoing cultural events, Concerts in the Park and the unveiling of more public art projects!



Follow us on [prc_nanaimo](#) on Instagram or subscribe to the "Love Arts Nanaimo" newsletter through our website at [nanaimo.ca](#)

NEW POET LAUREATE: Neil Surkan



Read, Reflect and Write with Neil Surkan

FREE | Drop-In | Harbourfront Library Meeting Room

Wednesdays, Mar 5, Apr 2, Jun 4 at 7 pm

An opportunity to develop skills as a poet and collaborate and learn from others.

Poetry in the Harbour with Neil & Guests

FREE | Drop-In | Vancouver Island Conference Centre,

Piper's Lagoon Lobby

Wednesdays, Mar 12 & Jun 11 at 7 pm

Join Poet Laureate, Neil Surkan, and special guests for an evening of poetry!

WAKE by Poet Laureate, Neil Surkan

To stay with a body through
the night, the track — widening — grown
fainter; also, the motion
of meshworks ever after. We've cut
the outboard to drift
into our berth, having left
the island called Protection
shrinking beyond the stern light,
and so the rollers that diverged
to separate shores behind the prop —
warping the stars (no : planes
and smallsats) spangling the water
like burrs — seem to have lost
connection to our passage .
But even here in the harbour,
hulls squeak against the dock's gumline;
the smooth surface is deeply
alive, the way hunches of hunches swell
in us before we

2025 CULTURE & EVENTS GRANTS

Did you know the City of Nanaimo supports over **40** arts and culture groups through our Grant program?

Culture & Events have three available grants:

- Culture Operating Grant
- Culture Project Grant
- Downtown Event Revitalization Fund

These grants are essential in supporting the activities of the professional and community-based arts and culture organizations who contribute to the cultural, social and economic vitality of Nanaimo.

To learn more about our Grants and to see the organizations, programming and events being supported by this program, please visit our Grants page on our website.



Act Theatre in Maffeo Sutton Park



[cityofnanaimo](#)



[prc_nanaimo](#) (#ilovemyparksandrec)

City of Nanaimo Culture Partners



These bones were from a small dinosaur called a Coeloceras. These bones are about 100 million years old. They are about the size of a small dog's head. They are about the size of a small dog's head. They are about the size of a small dog's head.



2025 SPRING & SUMMER

- Feb 1-28 | I-Spy: Hogs 'n' Hearts
- Feb 14-15 | Family Day Weekend
Vintage Valentines Craft
- Mar 15-29 | Spring Break:
Dumpling Buddies crafts & I-Spy
- Apr 1-Jun 6 | I-Spy: Secret Theme
- Jun 7-Sep 6 | Dinosaurs of BC
Feature Exhibit (From RBCM)
- June 27-Sep 1 | Summer Fun!
Walking tours, Bastion open, Kids'
Programs, Night Markets & more!



Contact us:
250-753-1821



Visit our website for info:
WWW.NANAIMOMUSEUM.CA

LEARN MORE



City of Nanaimo Culture Partners



**Nanaimo
Art Gallery**

Art Lab Sunday *Weekly, 1–4 pm*

Drop-in for a fun hands-on art activity with family and friends.

Visit our website for more information on exhibitions, programs for kids & teenagers, adult workshops and special events.

NanaimoArtGallery.ca

Snuneymuxw Territory 150 Commercial Street, Nanaimo BC

City of Nanaimo Culture Partners



COMING UP AT THE PORT THEATRE

NEW ZEALAND THEATRE

YES YES YES

Tuesday, March 11th, 2025 @ 7:30PM

A theatre show created for young people that explores the knotty and necessary topics of healthy relationships, consent, and desire. Created with 14-22 year olds, this performance blends audience interaction with a captivating solo performance, and features in-depth interviews with teenagers from around Aotearoa-New Zealand.

PERSIAN LOVE STORY FEATURING 500 SHADOW PUPPETS

SONG OF THE NORTH

Wednesday, May 14th, 2025 @ 7:30PM

New York Times Critic's Pick, *Song of the North* is a mesmerizing large-scale, 80-minute cinematic performance combining shadow puppetry, projected animation, music, movement, and theatre! Based on a famous Persian love story (written over 1,000 years ago), *Song of the North* is a dynamic, family-friendly production involving over 500 handmade puppets!



VANCOUVER
ISLAND
EXCLUSIVE!



TICKETS ON SALE NOW!

spotlightSERIES

2024-2025 SEASON

GET YOUR TICKETS!

Check out **ALL** the shows!
porttheatre.com/spotlight
TICKET CENTRE
250-754-8550

SCAN ME



We're grateful for the opportunity to live, work, and celebrate the Arts on the traditional territory of the Snuneymuxw First Nation. hay ce:p q'a

COMMUNITY CONNECTIONS



THANK YOU & GOOD LUCK TO

Richard Harding

33 YEARS WITH THE CITY OF
NANAIMO

After serving this community for over 33 years, Richard Harding retired at the end of February. Working in a variety of capacities, including as a Community Planner, a Heritage Planner, the City's first Parks Planner, Parks Manager, Parks, Recreation and Culture Director, General Manager of Community Services and the Deputy CAO, Richard has had an incredible impact on building amenities and programs in this community - especially in the area of parks, recreation and culture. In addition, Richard worked on several city and park plans that have helped shape our city in its growth. He has been an integral force behind these beloved community assets:

- the integrated trail system we have now, including the Parkway and E&N Trails, waterfront trail and Cable Bay/Jack Point
- Neck Point Park, Linley Valley Park, Oliver Woods Community Centre, Stadium District, Nanaimo Ice Centre, Harewood Centennial Park, Westwood Lake improvements, Beban Park improvements, bike parks, artificial turfs, various playgrounds and neighbourhood parks
- partnerships that resulted in enhanced services by working with a variety of sports, culture and community organizations

This is a very small list of a very long list of career accomplishments. Thank you, Richard! We wish you the best in retirement!



gather
get in
the Games here



Volunteer Today!

EMAIL:

volunteer@55plusgames.ca

WEB:

www.55plusbcgames.org/nanaimo



cityofnanaimo



prc_nanaimo (#ilovemyparksandrec)

Spring & Summer Registration

3 Easy Ways to Register FOR YOUR NANAIMO PARKS, RECREATION & CULTURE PROGRAMS:

1. ONLINE

Register and view your transactions online.
Available 24/7 with a valid credit card or
with your account credit.

Go to recreation.nanaimo.ca to login and/or
create your account.

2. IN PERSON

Pay for programs using cash, cheque, credit/debit card or
gift cards at any of the locations listed below.
Phone 250-756-5200 to confirm hours.

- Beban Park (2300 Bowen Rd) • Nanaimo Ice Centre (750 Third St.)
- Bowen Park (500 Bowen Rd) • Oliver Woods Comm. Centre (6000 Oliver Rd)
- Nanaimo Aquatic Centre (741 Third St.)

3. BY PHONE

Call 250-756-5200 and leave your name & phone number.
We will call you back in the order calls are received.
Payment is by credit card (card holder must be present)
or with your account credit.

On Registration Day,
the following hours of
operation will be in effect
to serve you better!

- Beban Park
6 am-8 pm
- Bowen Park
6 am-4:30 pm
- Nanaimo Aquatic Centre
6 am-9 pm
- Nanaimo Ice Centre
6 am-6 pm
- Oliver Woods Community Centre
6 am-7 pm

Aquatic/Pool Registration:
Wed, March 5

All Other Programs:
Wed, March 12

PROGRAM CANCELLATIONS AND REFUNDS

Programs: Full refunds will be processed by contacting Reception a minimum of 72 hours prior to program start date (less supply costs where applicable). Full refunds are issued when Nanaimo Parks, Recreation and Culture cancels a program or when a program is not convenient due to course changes. Every effort is made to cancel in a timely manner (3 to 5 days prior to course start date). Some exceptions may apply.

Passes: Passes are non-refundable and non-transferable, and a \$2 replacement card fee applies if card is lost or stolen. Credits and refunds are not available for promotional passes. Check at the time of purchase for details. Occasionally, a facility may be unavailable due to special events, holidays and maintenance closures. In these cases, the pass holder will not be credited.

Refunds: Payments made by Visa, MasterCard or Debit will be credited to the original credit/debit card (some restrictions apply). All other refunds are refunded by cheque and processed within 10 working days. A fee will apply to NSF or incomplete payments.



*Our friendly and knowledgeable
staff are always happy to help.*

OH, NO! WE HAD TO CANCEL IT!

Sometimes programs get cancelled due to low registration because people wait until the last minute to register. Please try to register as early as possible to avoid disappointment.

SORRY, THAT COURSE IS FULL...

Many of our most popular classes fill up quickly. Please register early to avoid disappointment. Ask to be added to the waitlist free of charge.

CHANGE OF PLANS?

If you need to withdraw from a program because your plans change, please call 250-756-5200 at least 72 hours prior to the course start date for a full refund.



SPRING CAMP

9am to 12pm

March 10-14 & March 17-21

SUMMER CAMP

9am to 4pm (must register for the week)

1/2 day climbing second half of day pools, parks, beach.

July 21-25, July 28-August 1, August 11-15, August 18-22



blōc

To register go to: theblocbouldering.com



Summer

Events



CANADA DAY

Tuesday, July 1, 11 am-3:30 pm
Maffeo Sutton Park

CONCERTS in the PARK

Bring a chair or a blanket and enjoy local talent against the backdrop of our beautiful park spaces. See our website for performer bios and music genre.

- Sun, May 11, 1-2 pm at Colliery Dam Park
- Fri, May 30, 6-7 pm at Bowen Park Amphitheatre
- Wed, Jun 11, 6-7 pm at Kin Park at Departure Bay
- Fri, Jun 27, 6-8:15 pm at Maffeo Sutton Park *(double feature)*
- Wed, Jul 9, 6-7 pm at Mansfield Park
- Fri, Jul 18, 6-7 pm at Deverill Square Park
- Wed, Jul 30, 6-7 pm at Harewood Centennial
- Wed, Aug 6, 6-7 pm at Bowen Amphitheatre
- Tue, August 12, 6-7 pm at McGregor Park
- Fri, Aug 22, 6-8:15 pm at Maffeo Sutton Park *(double feature)*
- Wed, August 27, 6-7 pm at Westwood Lake Park

WATER PARKS

May-September, 9 am-8 pm

- Departure Bay Kiwanis Park • Deverill Square Park
- Harewood Centennial Park • Mansfield Park

WESTWOOD LAKE LIFEGUARDS

June 28-September 1, 12-5:30 pm
(including stat holidays; weather permitting)

PLAYGROUND PROGRAM

July 2-August 29

Join us for some neighborhood fun! Play games, make some crafts or run around and play a sport with our exciting playground leaders. This is a **FREE** program for all to enjoy between the ages of 5-12 years old. *(Please sign in with leader and dress for the weather. Remember your sunscreen, snacks, water.)*

Monday to Friday, 9:30 am-4 pm (not open on stat holidays)

• DEPARTURE BAY PARK

Roving Playground, 10 am-4 pm

Look for our banner and our enthusiastic leaders wearing their orange shirts.

- Jul 2-4, Neck Point Park
- Jul 7-11, Westwood Lake Park
- Jul 14-15, Hawthorne Park *(620 Serum Rise Way)*
- Jul 16-18, Colliery Dam Park
- Jul 21-25, Pipers Lagoon Park
- Jul 28-29, Forest Drive Gyro Park *(2035 Forest Dr)*
- Jul 30-Aug 1, Harewood Centennial *(10 am-4 pm; July 30, 1-8 pm)*
- Aug 5-8, Westwood Lake Park
- Aug 11-15, Groveland Gyro Park
- Aug 18-22, Maffeo Sutton Park *(10 am-4 pm; Aug 22, 1-8 pm)*
- Aug 25-27, Country Hills *(1899 White Blossom Way)*
- Aug 28-29, Mansfield Park *(10 am-4 pm)*

FAMILY FUN NIGHTS, 4:30-7:30 PM

- Wed, Jul 30 - HAREWOOD CENTENNIAL
- Fri, Aug 22 - MAFFEO SUTTON PARK

See page 6 for a list of events for Spring and Summer.