

NANAIMO PARKS, RECREATION & CULTURE

Summer 2022 Activity Guide

June to August 2022



recreation.nanaimo.ca
250-756-5200

Registration starts on Wednesday, May 4.



CITY OF NANAIMO
THE HARBOUR CITY

PARKS, RECREATION & CULTURE

Welcome to Parks, Recreation & Culture!

This year we are celebrating 40 years of our Leaders in Training (LIT) program which is a youth leadership training opportunity for teens ages 13 to 18. Over the years, we have worked with thousands of future leaders by mentoring, providing volunteer placements throughout the community and helping to build skills that help participants get jobs that many times lead to successful life-long careers. Team building, resume writing, making new friends and hands-on learning in a variety of settings are just some of the benefits of this program. This season, the tradition continues. Look for smiling teens dressed in blue and yellow shirts this summer and see how they are making a difference in our community now as they have for the past 40 years!



Stay Connected with Us!

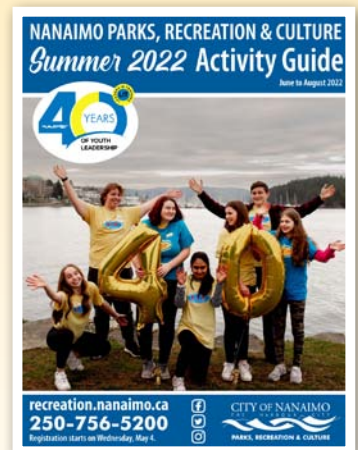
- Check our website (recreation.nanaimo.ca) for updates on programs, special events or severe weather cancellations.
- "Like" us on Facebook ([cityofnanaimolocalgovernment](https://www.facebook.com/cityofnanaimolocalgovernment)).
- Follow us on Twitter (@cityofnanaimo).
- Follow us on Instagram (@culture_nanaimo).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

Advertise in the Activity Guide!

**** Available in the Fall Activity Guide! ** (September to December)**

Did you know?

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



For more information about advertising in the Activity Guide:

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

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ONLINE REGISTRATION NOTE:

Starting on Thursday, May 5, if you login to register for a program online, the screen will look a little different. Instead of PerfectMind, you will notice the name is now “Xplor Recreation”. Apart from the name and colours you are used to, the functionality is the same.

Please call us at 250-756-5200 if you experience any difficulties accessing your account.

PerfectMind is now Xplor Recreation!

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

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

Cover photo of Leaders in Training participants celebrating the program’s 40th year (photo by Sabrina Patrice Photography).

Advertising Disclaimer

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



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

SUMMER ACTIVITY GUIDE

View online for the latest programs available

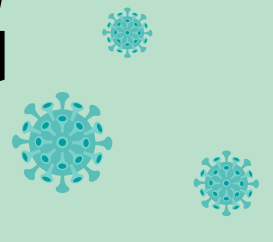
Waitlists, inclement weather, instructor availability and other factors lead to program and schedule changes. Be sure to check our online Activity Guide for the latest information.

recreation.nanaimo.ca

(click on Activity Guide)



THANK YOU FOR KEEPING everyone healthy and safe



We created a "Communicable Disease Plan" to keep you healthy and safe as you participate with us. Please do your part.



Wash your hands with soap & warm water



Wearing a mask is optional

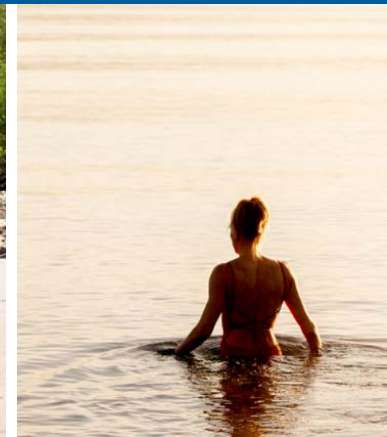


Stay home if you are sick



Respect people's comfort levels

Parks, Trails & Facilities



This summer, get out and explore your parks and trails!

- Go bird watching at **Buttertubs Marsh**. You may even see a Painted Turtle sunning on a log!
- Walk along the **downtown waterfront** and take the kids to the Maffeo Sutton Inclusive Playground.
- Take your four-legged friend to one of the City's **off-leash dog areas**.
- Play a round of disc golf at **Bowen Park**.
- Do a circuit workout at the **Oliver Woods Outdoor Wellness Park**.
- Build a driftwood fort at **Neck Point Park**.
- Take an early morning dip at **Departure Bay Beach**.
- Go mountain biking in **Westwood Lake Park**.
- Skateboard at **May Richard Bennett Skate Park** or **Harewood Centennial Park**.
- Go walking or biking along the newly paved sections along the **Parkway Trail**.
- Check out the re-built stairs at **Rotary Seabold Park** to visit one of Nanaimo's beautiful beaches while you get a great stair workout.
- Walk along the newly paved trail in **Bowen Park**. The trail is wider, and there is improved lighting and access.



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SUMMER SPECIAL EVENTS

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

JUNE

- | | | | |
|---------------|---------------|------------------------|--|
| • Wed, Jun 1 | 12:30-1:30 pm | Concert in the Park | Harewood Centennial Park (see next page) |
| • Wed, Jun 1 | 6:30-8 pm | Starlight Skate | Nanaimo Ice Centre |
| • Sat, Jun 4 | 10 am-2 pm | Invasive Work Party | Linley Valley Park (#70920) |
| • Sun, Jun 12 | 3-4:30 pm | Glow in the Dark Skate | Cliff McNabb Arena |
| • Tue, Jun 14 | 6-7 pm | Concert in the Park | Diver Lake Park (see next page) |
| • Sun, Jun 19 | 3-4:30 pm | Father's Day Skate | Cliff McNabb Arena |

JULY

- | | | | |
|---------------|---------------|-------------------------|--|
| • Fri, Jul 1 | 11 am-3:30 pm | Canada Day Celebrations | Maffeo Sutton Park |
| • Tue, Jul 5 | 6-7 pm | Concert in the Park | Pipers Lagoon Park (see next page) |
| • Wed, Jul 6 | 6-7 pm | Concert in the Park | Departure Bay Kin Park (see next page) |
| • Wed, Jul 6 | 6:30-8 pm | Starlight Skate | Nanaimo Ice Centre |
| • Wed, Jul 13 | 7-8:30 pm | Concert in the Park | McGregor Park (see next page) |
| • Wed, Jul 20 | 7-8 pm | Concert in the Park | McGregor Park (see next page) |
| • Sun, Jul 17 | 3-4:30 pm | Glow in the Dark Skate | Nanaimo Ice Centre |

AUGUST

- | | | | |
|---------------|-----------|------------------------|---------------------------------|
| • Wed, Aug 3 | 7-8 pm | Concert in the Park | McGregor Park (see next page) |
| • Wed, Aug 3 | 6:30-8 pm | Starlight Skate | Nanaimo Ice Centre |
| • Sun, Aug 14 | 3-4:30 pm | Glow in the Dark Skate | Nanaimo Ice Centre |
| • Wed, Aug 17 | 7-8 pm | Concert in the Park | McGregor Park (see next page) |
| • Tue, Aug 23 | 5-6 pm | Concert in the Park | Neck Point Park (see next page) |

FREE!

SAT, MAY 7 • 12:30-1:30 PM

COLLIERY DAM PARK

"Fiddelium + Folk Band"

(Fiddle & Folk Music)

WED, JUN 1 • 4:30-5:30 PM

HAREWOOD CENT. PARK

"Bandeira Parker"

(Brazilian/Bossa Nova)

TUE, JUN 14 • 6-7 PM

DIVER LAKE PARK

"Ken & Greg"

(Bluegrass)

TUE, JUL 5 • 6-7 PM

PIPERS LAGOON PARK

"Waterstone Trio"

(Easy Listening, Blues, Pop, Country)

WED, JUL 6 • 6-7 PM

DEPARTURE BAY KIN PARK

"Sol Azul"

(Soft Latin)

WED, JUL 13 • 7-8:30 PM

MCGREGOR PARK

"An Evening of Soul, Blues & Pop" with singers Buwa, Ty Koch & Josh Holloway

(Soul, Blues, Pop)

This season, bring a lawn chair and a picnic while enjoying some great musical entertainment in some of Nanaimo's most beautiful parks.

LIVE MUSIC!

CONCERTS in the PARK

WED, JUL 20 • 7-8 PM

MCGREGOR PARK

"Les Amies Musicales"

(VIS Musicians: Emily Nagelbach, Guyonne le Louarn and Alexandra Lee with Mezzo Soprano, Erin Lawson)

WED, AUG 3 • 7-8 PM

MCGREGOR PARK

"Cathedral Grove Trio"

(VIS Musicians: Lani Krantz, Paolo Bortolussi, Minjee Yoon)

WED, AUG 17 • 7-8 PM

MCGREGOR PARK

"Summer Vibes Quartet"

(VIS Musicians: Nicole Arendt, Jonathan Bernard, Chris Helman, Michael Vaughan)

TUE, AUG 23 • 5-6 PM

NECK POINT PARK

"Eutah Mizushima"

(Combination of traditional Japanese, South Asian, Western Folk and Indie music)



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Public Admissions

SWIM, SKATE, WEIGHT ROOMS & GYM

General Admissions:

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

10 Visit Pass (10 admissions):

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

1 Month Active Pass:

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

12 Month Active Pass:

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

Arena Skate Rentals/Sharpening:

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

Prices include tax and are subject to change.

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

All one month Active Passes are non refundable.



Public Swim Program Highlights

PLEASE LET POOL STAFF KNOW OF ANY MEDICAL CONDITIONS.

BEBAN POOL

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

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

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

NANAIMO AQUATIC CENTRE

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

25 & 50 Metre Swims: Our main tank is set up for length swimming. Please check schedule on page 10.

Wave Pool: Catch the waves! Check our schedule on page 10. Please note that waves may be turned off for various, unforeseen circumstances.

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



AQUAFIT

Join us at either pool for a variety of aquatic fitness programs. Refer to pages 10 and 11 for class times.

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

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

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

DROP-IN SCHEDULE

Nanaimo Aquatic Centre & Beban Park Weight Rooms

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

Nanaimo Aquatic Centre Weight Room

	SUN	MON	TUE	WED	THU	FRI	SAT
Facility Hours (May 8-Jul 2)	6 am-5 pm	6 am-8 pm	6 am-8 pm	6 am-8 pm	6 am-8 pm	6 am-8 pm	6 am-8 pm
Facility Hours (Jul 3-Aug 27)	8 am-8 pm	6 am-8 pm	6 am-8 pm	6 am-8 pm	6 am-8 pm	6 am-8 pm	8 am-8 pm

Schedule subject to change. Closed on stat holidays.

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

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

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

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

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



Beban Weight Room until Thu, Jul 28

	SUN	MON	TUE	WED	THU	FRI	SAT
Facility Hours	9 am-5 pm (closed in July)	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	

Schedule is subject to change. Closed on stat holidays.

PLEASE NOTE: Schedule is subject to change.

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

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

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



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DROP-IN SCHEDULE

Nanaimo Aquatic Centre Schedules (741 THIRD ST)

Sun, May 8 to Sat, Jul 2 Schedule is subject to change. Please check recreation.nanaimo.ca to confirm.

PROGRAM	SUN	MON	TUE	WED	THU	FRI	SAT
Everyone Welcome	6 am-5 pm	6 am-2 pm 2:45-8 pm	6 am-2 pm 2:45-8 pm	6 am-2 pm 2:45-8 pm	6 am-2 pm 2:45-8 pm	6 am-2 pm 2:45-8 pm	12-8 pm Lions Free Swim, 2-3:30 pm until Jun 25
Bulkhead Move <i>lane pool unavail.</i>	11:30 am-12 pm	9-9:30 am		9-9:30 am			
Leisure Only							6 am-12 pm
50 Metre Lanes	6-11:30 am		6 am-2 pm		6 am-2 pm		
25 Metre Lanes	12-5 pm	6 am-2 pm 2:45-8 pm	2:45-8 pm	6 am-2 pm 2:45-8 pm	2:45-8 pm	6 am-2 pm 2:45-8 pm	12-8 pm
Waves & Waterslides	12-4:45 pm	3:30-7:45 pm	3:30-7:45 pm	3:30-7:45 pm	3:30-7:45 pm	3:30-7:45 pm	12-7:45 pm
CLEANING CLOSURE		2-2:45 pm	2-2:45 pm	2-2:45 pm	2-2:45 pm	2-2:45 pm	
Weight Room	6 am-5 pm	6 am-8 pm	6 am-8 pm	6 am-8 pm	6 am-8 pm	6 am-8 pm	6 am-8 pm
AQUAFIT	SUN	MON	TUE	WED	THU	FRI	SAT
Therapy Aquafit (1 hr)		8:30-9:30 am		8:30-9:30 am		8:30-9:30 am	
Shallow Water Aquafit (45 min)		10:15-11 am		10:15-11 am		10:15-11 am	
Deep Water Aquafit (45 min)		7:15-8 pm	10:15-11 am	7:15-8 pm	10:15-11 am	7:15-8 pm	

Sun, Jul 3 to Fri, Aug 26 Schedule is subject to change. Please check recreation.nanaimo.ca to confirm.

PROGRAM	SUN	MON	TUE	WED	THU	FRI	SAT
Everyone Welcome	8 am-8 pm	6 am-8 pm	6 am-8 pm	6 am-8 pm	6 am-8 pm	6 am-8 pm	8 am-8 pm
25 Metre Lanes	8 am-8 pm	6 am-8 pm	6 am-8 pm	6 am-8 pm	6 am-8 pm	6 am-8 pm	8 am-8 pm
Waves & Waterslides	10:30 am-7:45 pm	11:30 am-7 pm	11:30 am-7 pm	11:30 am-7 pm	11:30 am-7 pm	11:30 am-7 pm	10:30 am-7:45 pm
Weight Room	8 am-8 pm	6 am-8 pm	6 am-8 pm	6 am-8 pm	6 am-8 pm	6 am-8 pm	8 am-8 pm
AQUAFIT	SUN	MON	TUE	WED	THU	FRI	SAT
Therapy Aquafit (1 hr)		8-9 am		8-9 am		8-9 am	
Shallow Water Aquafit (45 min)			7:15-8 pm		7:15-8 pm		
Deep Water Aquafit (45 min)		10:15-11 am	10:15-11 am	10:15-11 am	10:15-11 am	10:15-11 am	

- All children through 6 years of age must be under the direct supervision and within arm's reach of a guardian. Guardian must be in the water and must be 16 years of age or older. Ratio for children who are 6 years of age and under is 1 adult to 3 children.
- Slides, waves and/or diving boards may need to be closed throughout the day. Please ask a lifeguard for schedule information. Life jackets are available for public use.
- Please inform staff of any medical conditions, and please stay at home if you are sick. All patrons must shower prior to entering the pool.

STAT HOLIDAYS for NANAIMO AQUATIC CENTRE and BEBAN POOL

- Open May 23, 12-5 pm (Victoria Day) • Jul 1, Aug 1, Sep 5 (both pools closed on these stat holidays)
- Limited pool space from 9 am-11 pm & 4-7 pm in August.



**ATTENTION
PLEASE**

Due to staffing challenges, there may be unforeseen and unscheduled pool closures and program cancellations. Please check our website (recreation.nanaimo.ca) or follow us on Facebook. We will post these changes as soon as we can to give you as much notice as possible.

ANNUAL SHUTDOWN DATES FOR NANAIMO AQUATIC CENTRE

Sunday, August 28 to Sunday, September 25 (opening on Monday, September 26)

DROP-IN SCHEDULE

Beban Pool Schedules (2300 BOWEN RD)

Sun, May 8 to Sat, Jul 2 Schedule is subject to change. Please check recreation.nanaimo.ca to confirm.

PROGRAM	SUN	MON	TUE	WED	THU	FRI	SAT
Everyone Welcome	9 am-12 pm					6:30 am-2:30 pm	
25 Metre Lanes		6:30-10 am 11:15 am-1:15 pm	6:30-10 am 10:30 am-2:30 pm	6:30-10 am 11:15 am-1:15 pm	6:30-10 am 10:30 am-2:30 pm		
Leisure Swim		6:30-8:30 am 11:15 am-2:30 pm	6:30-8 am 10:30 am-2:30 pm	6:30-8:30 am 11:15 am-2:30 pm	6:30-8 am 10:30 am-2:30 pm		
Waterslides	9 am-12 pm	Available upon request					
Weight Room	9 am-5 pm	6:30 am-7 pm	6:30 am-7 pm	6:30 am-7 pm	6:30 am-7 pm	6:30 am-7 pm	
AQUAFIT	SUN	MON	TUE	WED	THU	FRI	SAT
Therapy Aquafit (1 hr)		1:30-2:30 pm		1:30-2:30 pm			
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			

Sun, Jul 3 to Fri, Jul 29 Schedule is subject to change. Please check recreation.nanaimo.ca to confirm.

PROGRAM	SUN	MON	TUE	WED	THU	FRI	SAT
25 Metre Lanes		6:30-10 am 11:30 am-1:15 pm 2:45-3:45 pm	6:30 am-3:45 pm	6:30-10 am 11:30 am-1:15 pm 2:45-3:45 pm	6:30 am-3:45 pm	6:30 am-3:45 pm	
Leisure Swim		6:30-8:15 am 11:30 am-3:45 pm	6:30-8:15 am 11:30 am-3:45 pm	6:30-8:15 am 11:30 am-3:45 pm	6:30-8:15 am 11:30 am-3:45 pm	6:30-8:15 am 11:30 am-3:45 pm	
Waterslides		Available upon request					
Weight Room		6:30 am-7 pm	6:30 am-7 pm	6:30 am-7 pm	6:30 am-7 pm	6:30 am-7 pm	
AQUAFIT	SUN	MON	TUE	WED	THU	FRI	SAT
Therapy Aquafit (1 hr)		1:30-2:30 pm		1:30-2:30 pm			
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			

See page 8 for admission rates and program highlights.

- Please inform staff of any medical conditions.
- All children through 6 years of age must be under the direct supervision and within arm's reach of a guardian. Guardian must be in the water and must be 16 years of age or older. Ratio for children who are 6 years of age and under is 1 adult to 3 children.

Please Help Us Avoid Unnecessary Pool Closures:

Anyone not toilet trained must wear protective, water-resistant swim wear. Children's swim diapers are available for purchase from the pool cashier.

Children should use the washroom prior to swimming in order to avoid potential pool closures. All patrons must thoroughly shower prior to entering the pool.

STAT HOLIDAYS for BEBAN POOL

- May 23 (Beban Pool closed), Jul 1, Aug 1, Sep 5 (both pools closed)



Due to staffing challenges, there may be unforeseen and unscheduled pool closures and program cancellations. Please check our website (recreation.nanaimo.ca) or follow us on Facebook. We will post these changes as soon as we can to give you as much notice as possible.

ANNUAL SHUTDOWN DATES FOR BEBAN PARK POOL

Saturday, July 30 to Sunday, August 28 (opening on Monday, August 29)



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DROP-IN SCHEDULE

Arenas Schedule

Sat, Jul 2 to Sat, Sep 3 (no sessions on stat holidays)

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 +)	DID YOU KNOW? • Participants of all abilities are welcome to public skating sessions. • Strollers and wheelchairs are allowed on the ice.				11:45 am-1:15 pm NIC		
Adult Scrub Hockey (18 +)		11:45 am-1:15 pm NIC		11:45 am-1:15 pm NIC		11:45 am-1:15 pm NIC	
Senior Scrub (60 +) & Scrub Hockey (70 +)		8-9:15 am NIC	10:45 am-12 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					3-4 pm McN	11:30 am-12:45 pm NIC
Adult Co-ed Scrimmage Drop-in for \$13 or register. See page 57.						9-10:30 pm NIC	
<div><div>• FCA - Frank Crane Arena (2300 Bowen Rd)</div><div>• McN - Cliff McNabb Arena (2300 Bowen Rd)</div><div>• NIC 1&2 - Nanaimo Ice Centre (750 Third St)</div></div>							

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.

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" for all
Everyone Welcome
sessions!

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

PRE-REGISTERED DROP-IN SCHEDULE

Oliver Woods Community Centre Schedule

Sat, Jul 2 to Tue, Aug 30 (closed on all stat holidays)

Programs	SUN	MON	TUE	WED	THU	FRI	SAT
Badminton (16 +) Gym attendant on duty.			8:45-10:45 am		8:45-10:45 am	11 am-1 pm	
Basketball (16 +) Gym attendant on duty.	7-9 pm	8:30 - 10:30 pm				8:30-10:30 pm	
Everyone Welcome Sports Drop-In			1:30-3 pm				
Family Multi Sports Bring the family down for a variety of sports, such as basketball, pickleball and soccer.	11 am-12:30 pm						
Pickleball (16 +) Tennis-like game played on a badminton court using a perforated, slow moving ball and paddle.			11 am -1 pm		11 am -1 pm	8:45-10:45 am	
Volleyball (16 +) Gym attendant on duty.	7-9 pm	8:15-10:15 pm				8:15 -10:15 pm	

GENERAL INFORMATION

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

FACILITY CLOSURES/SCHEDULE CHANGES

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



DROP-IN SPORT PROGRAMS

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

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



cityofnanaimo



nanaimoparksandrec (#ilovemyparksandrec)

PRE-REGISTERED DROP-IN SCHEDULE

Bowen Park Pottery Studio

Tue, Jul 12 to Tue, Aug 23 *(closed on all stat holidays)*

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

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

DROP-IN INFO

\$12 per session

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



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

KIN OUTDOOR POOL

Located in beautiful Bowen Park!



SUMMER SCHEDULE

EVERYONE WELCOME:

- Saturday & Sunday, 1-3 pm - June 4 to September 4
- Monday to Friday, 1-3 pm - July 4 to September 2

ADULT LENGTH SWIMMING:

- Monday to Friday, 12-1 pm - July 4 to September 2

Admission is only

\$4



Rent the Kin Pool!

Have the whole pool to yourself!
Rates starting at \$120 per hour.
See our website for available times.

Mini Rapids Swim Lessons

REGISTRATION OPENS ON MAY 1

WEEKDAY LESSONS (M-F)

- July 4
- July 11
- July 18
- July 25
- August 1
- August 8
- August 15
- August 22

WEEKEND LESSONS

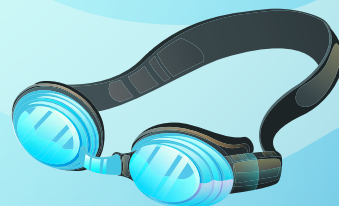
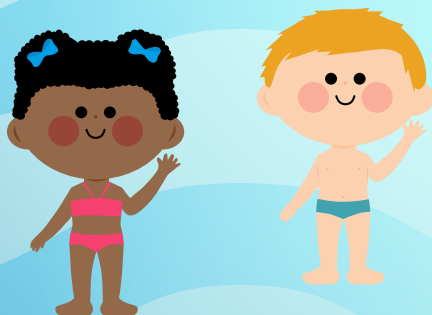
- July 9-August 6

SWIM LESSON PRICES:

Beginner: \$39
Junior & Senior: \$50
Private: \$120

Advanced Aquatic Courses

Bronze Medallion
Bronze Cross
National Lifeguard Pool Option



www.nanaimowhiterapids.ca | 250.753.8176

kinpoolmanager@nwrsc.ca

WATER PARKS

BRING OUT YOUR INNER CHILD

Visit your local waterparks!

Open daily
from June to
September,
9 am-8 pm

DEPARTURE BAY KIWANIS WATER PARK (1413 Wingrove St)

DEVERILL SQUARE WATER PARK (200 Irwin St)

HAREWOOD CENTENNIAL WATER PARK (740 Howard Ave)

MANSFIELD WATER PARK (850 Cadogan St)

RECREATION FACILITY BOOKINGS & RENTALS

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

Multi-Purpose Halls

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

CALL 250-756-5200 FOR RENTAL INFORMATION.

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

Outside Halls

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

Pools

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

CALL 250-755-7573 FOR RENTAL INFORMATION.

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

Arenas

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

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



ASK ABOUT OUR

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

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



cityofnanaimo



nanaimoparksandrec (#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 with a tight budget.

Admission Savers

- **Buy a 10 or 20 Visit Pass** and save 20 percent over regular admission. Want to save more? Consider purchasing our annual Active Pass. **See page 8.**
- **Lion's Sponsored FREE Swims** are held every Saturday at Nanaimo Aquatic Centre from 2-3:30 pm until June 25.



Jumpstart™
Giving kids a sporting chance.

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

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

Low Cost Recreation

- **Learn to Fish** is a program for families with children 5 to 15 years. Join the Freshwater Fisheries Society of BC and learn about the basics of freshwater fishing. Fishing rods are provided and program runs rain or shine. Parent participation required. This program is FREE! **See page 23.**
- **Nature Chats with Pat** take place at Westwood Lake Park. Learn about bears, turtles and raptors. Great for all ages and these sessions are FREE! **See page 23.**
- **Summer Playground Program** is geared for children 5 to 12, come out for FREE games, arts, crafts and more! **See page 21.**
- **StoryWalks®** take place throughout the community all throughout the year. This is a great way to get outdoors and read a great book in one of our local parks. Check our website and social media posts for the latest opportunities. These are free!
- **Join us to Celebrate Canada's 154th birthday** from 11 am-3:30 pm at Maffeo Sutton Park. **See back page.**
- **Concerts in the Park** are back this summer. **See page 7.**

LEAP LEISURE ECONOMIC ACCESS PASS



WHAT IS LEAP?

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

WHAT CAN LEAP BE USED FOR?

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

DO I QUALIFY?

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

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

HOW DO I APPLY?

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

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	\$18,520
2	\$22,540
3	\$28,068
4	\$35,017
5	\$39,874
6	\$44,221
7	\$48,568

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



cityofnanaimo



nanaimoparksandrec (#ilovemyparksandrec)

PLAY AND LEARN



Monthly Early Years Programs

for ages 3 to 5 (*Crickets Program is 2 to 5 yrs*)

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

REGISTRATION FOR PLAY & LEARN PROGRAMS BEGINS ON WED, JUN 1 (view online starting May 18)

Crickets - Beban Park NEW!

Is your little one age 2 to 5 ready to try out our Play and Learn programs but not ready to go it alone? Would you like to experience these programs with your child or grandchild and meet and interact with other parents and grandparents? Take part in our traditional Play and Learn programming, such as circle time, stories, songs, crafts, play stations and tumble time together with your child. Younger siblings welcome for free if less than 1 year old. (Parent participation required.)

Mondays, 9-11 am

Sep: \$60 (#71386)	Feb: \$60 (#71393)
Oct: \$80 (#71387)	Mar: \$40 (#71394)
Nov: \$80 (#71388)	Apr: \$60 (#71395)
Dec: \$40 (#71389)	May: \$80 (#71396)
Jan: \$80 (#71390)	Jun: \$60 (#71397)

Beban Social Centre

Animal Crackers - Beban Park

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

Sep: \$100 (#69152)	Feb: \$160 (#69159)
Oct: \$160 (#69153)	Mar: \$100 (#69160)
Nov: \$180 (#69154)	Apr: \$160 (#69161)
Dec: \$100 (#69157)	May: \$180 (#69162)
Jan: \$180 (#69158)	Jun: \$140 (#69163)

Beban Social Centre

Animal Crackers - Beban Park

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

Sep: \$100 (#69164)	Feb: \$160 (#69174)
Oct: \$160 (#69165)	Mar: \$120 (#69175)
Nov: \$160 (#69167)	Apr: \$140 (#69176)
Dec: \$100 (#69170)	May: \$180 (#69177)
Jan: \$160 (#69172)	Jun: \$140 (#69178)

Beban Social Centre

Kinder Prep* - Beban Park

Tuesdays/Thursdays, 9-11 am

Sep: \$120 (#67770)	Feb: \$160 (#67775)
Oct: \$160 (#67771)	Mar: \$100 (#67776)
Nov: \$180 (#67772)	Apr: \$160 (#67777)
Dec: \$100 (#67773)	May: \$180 (#67778)
Jan: \$180 (#67774)	Jun: \$140 (#67779)

Beban Social Centre

Kinder Prep* - Beban Park

Wednesdays/Fridays, 9-11 am

Sep: \$100 (#68004)	Feb: \$160 (#68009)
Oct: \$160 (#68005)	Mar: \$120 (#68010)
Nov: \$160 (#68006)	Apr: \$140 (#68011)
Dec: \$100 (#68007)	May: \$180 (#68012)
Jan: \$160 (#68008)	Jun: \$140 (#68013)

Beban Social Centre

Teddy Bears - Bowen Park

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

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

Sep: \$120 (#75919)	Feb: \$140 (#75928)
Oct: \$160 (#75922)	Mar: \$100 (#75930)
Nov: \$180 (#75924)	Apr: \$140 (#75932)
Dec: \$80 (#75926)	May: \$180 (#75934)
Jan: \$160 (#75927)	Jun: \$140 (#75935)

Bowen Park Complex

Kinder Prep* - Bowen Park

Mondays/Wednesdays, 9-11 am

Sep: \$120 (#67842)	Feb: \$140 (#67847)
Oct: \$160 (#67843)	Mar: \$100 (#67848)
Nov: \$180 (#67844)	Apr: \$140 (#67849)
Dec: \$80 (#67845)	May: \$180 (#67850)
Jan: \$160 (#67846)	Jun: \$120 (#67851)

Bowen Park Complex

Doodle Bugs - Oliver Woods

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

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

Sep: \$120 (#68234)	Feb: \$160 (#68239)
Oct: \$160 (#68235)	Mar: \$100 (#68240)
Nov: \$180 (#68236)	Apr: \$160 (#68241)
Dec: \$100 (#68237)	May: \$180 (#68242)
Jan: \$180 (#68238)	Jun: \$140 (#68243)

Oliver Woods Community Centre

Kinder Prep* - Oliver Woods

Tuesdays/Thursdays, 9-11 am

Sep: \$120 (#68067)	Feb: \$160 (#68072)
Oct: \$160 (#68068)	Mar: \$100 (#68073)
Nov: \$180 (#68069)	Apr: \$160 (#68074)
Dec: \$100 (#68070)	May: \$180 (#68075)
Jan: \$180 (#68071)	Jun: \$140 (#68076)

Oliver Woods Community Centre

Kinder Prep* - Oliver Woods

Mondays/Wednesdays, 9-11 am

Sep: \$120 (#67734)	Feb: \$140 (#67739)
Oct: \$160 (#67735)	Mar: \$100 (#67740)
Nov: \$180 (#67736)	Apr: \$140 (#67741)
Dec: \$80 (#67737)	May: \$180 (#67742)
Jan: \$160 (#67738)	Jun: \$120 (#67743)

Oliver Woods Community Centre

Kinder Prep* - Oliver Woods

Fridays, 9-11 am

Sep: \$40 (#68133)	Feb: \$80 (#68138)
Oct: \$80 (#68134)	Mar: \$60 (#68139)
Nov: \$60 (#68135)	Apr: \$60 (#68140)
Dec: \$60 (#68136)	May: \$80 (#68141)
Jan: \$80 (#68137)	Jun: \$80 (#68142)

Oliver Woods Community Centre

- *Kinder Prep is only for children entering Kindergarten in September of 2023. Animal Crackers, Teddy Bears & Doodle Bugs are for children 3 to 5 years; all children must be potty trained. Crickets is for those 2 to 5 years.
- There will be no refunds after the first class has started. Withdrawals can be made up to 72 hours prior to the first class for a full refund. If withdrawal is made less than 72 hours prior to the first class, but before the first class has started, you will be charged for the first class. **Registration starts June 1.**



We at Parks, Recreation and Culture
LOVE the summer season!

From programs to daycamps to
water parks and special events,
we have your summer covered.
Check out the following pages for
a variety of ways to enhance your
summer experience.

PLAYGROUND PROGRAM

July 6 to August 31

Hey, kids ages 5 to 12! Drop in to one of our neighbourhood
playgrounds this summer and join in for **FREE** family fun!
Activities could include games, arts & crafts and sports.

Monday to Friday, 10 am-3:30 pm

- HAREWOOD CENTENNIAL PARK (740 Howard Ave)
- MANSFIELD PARK (850 Cadogan St)

Monday & Tuesday, 10 am-3:30 pm

Wednesday, 1:30-7 pm

- COUNTRY HILLS PARK (2899 White Blossom Way)

Thursday & Friday, 10 am-3:30 pm

- GROVELAND PARK (6273 Groveland Dr)

CONCERTS in the PARK

This season, bring a lawn chair and a picnic
while enjoying some great musical entertainment
in some of Nanaimo's most beautiful parks. See our
website for locations, times and artist information.

LIFEGUARDS at WESTWOOD LAKE

Friday, July 1-September 5

11:30 am-5:30 pm

Weather depending and including stat holidays.

WATER PARKS

June-September

9 am-8 pm

- Departure Bay Kiwanis Park
- Deverill Square Park
- Harewood Centennial Park
- Mansfield Park



cityofnanaimo



nanaimoparksandrec (#ilovemyparksandrec)



Children's Summer Programs

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

Family Story Time at OWCC **NEW!**

We will read a few stories, and follow up with a fun activity, such as a family scavenger hunt, art projects and more! This class will take place indoors and on the playground. Parent participation required for the younger sessions and welcomed for the older sessions.

Instructor: Olivia Zwick

1 to 5 Years

Wed, Jul 6-27 | 10-10:45 am | \$32/4 | [75917](#)

Wed, Aug 3-24 | 10-10:45 am | \$32/4 | [75918](#)

6 to 10 Years

Wed, Jul 6-27 | 11-11:45 am | \$32/4 | [75920](#)

Wed, Aug 3-24 | 11-11:45 am | \$32/4 | [75923](#)

Oliver Woods Community Centre

Gym Pals

1 to 4 Years

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

Instructor: Shania Phillips

Mon, Jul 11-Aug 29 | 10:15-11:15 am | \$56/7 | [75082](#)

Mon, Jul 11-Aug 29 | 11:30 am-12:30 pm | \$56/7 | [75086](#)

Mon, Jul 11-Aug 29 | 12:45-1:45 pm | \$56/7 | [75088](#)

Oliver Woods Community Centre

Music & Movement

6 to 18 Months

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

Instructor: Chiara

M-F, Aug 8-12 | 9-9:30 am | \$40/5 | [73822](#)

Kin Hut Activity Centre

Dance, Craft & Play **NEW!**

In this fun indoor and outdoor setting, we will be exploring some different dance styles and creating crafts to incorporate into our dances and games. No dance experience is necessary; parent participation is required.

Instructor: Chiara

2 to 3 Years

M-F, Aug 8-12 | 9:45-10:45 am | \$80/5 | [73823](#)

4 to 5 Years

M-F, Aug 8-12 | 11 am-12 pm | \$80/5 | [73824](#)

Kin Hut Activity Centre

Summer Fun Art Exploration

Level 1 **NEW!**

3 to 5 Years

Introduce your preschool aged children to the wonderful world of art! Children will learn about colour, texture, movement and more while creating exciting summer-themed art projects! This class is parent participation. One parent per child, please.

Instructor: Hailee McMillan

Tue, Jul 5-26 | 10-11 am | \$24/3 | [74917](#)

Tue, Aug 2-30 | 10-11 am | \$40/5 | [74922](#)

Oliver Woods Community Centre

Summer Fun Art Exploration

Level 2 **NEW!**

6 to 10 Years

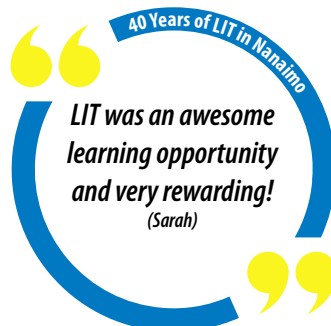
Learn a variety of artistic techniques, such as drawing, painting, colouring in this fun summer-themed art class! In each class, you will get to take on a summer-themed art project.

Instructor: Hailee McMillan

Tue, Jul 5-26 | 11:30 am-12:30 pm | \$24/3 | [74923](#)

Tue, Aug 2-30 | 11:30 am-12:30 pm | \$40/5 | [74924](#)

Oliver Woods Community Centre



40 Years of LIT in Nanaimo

LIT was an awesome learning opportunity and very rewarding!

(Sarah)

Drawing and Painting NEW!

8 to 13 Years

Love drawing and painting? Develop your skills in a fun and creative class. You will use pencils, pastels, paint and more while exploring different topics in each class, such as landscapes and animals.

Instructor: Hailee McMillan

Mon, Jul 4-25 | 3-4 pm | \$32/4 | 74908

Mon, Aug 8-29 | 3-4 pm | \$32/4 | 74909

Oliver Woods Community Centre

3D Art Adventure NEW!

8 to 13 Years

Join us for an art adventure in 3D! You will learn how to turn 2D images into 3D images while working on a variety of fun art projects.

Instructor: Hailee McMillan

Mon, Jul 4-25 | 4:30-5:30 pm | \$32/4 | 74914

Mon, Aug 8-29 | 4:30-5:30 pm | \$32/4 | 74915

Oliver Woods Community Centre

Multi-Sport Mixer

6 to 12 Years

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

Instructor: Shania Phillips

Thu, Jul 14-Aug 25 | 11:30 am-12:30 pm | \$48/6 | 75096

Oliver Woods Community Centre

Volleyball

8 to 12 Years

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

Instructor: Shania Phillips

Thu, Jul 14-Aug 25 | 2-3 pm | \$56/7 | 75102

Oliver Woods Community Centre

Basketball Fundamental Movement Skills

8 to 12 Years

Did you know basketball is one of the world's fastest growing sports? Come find out why during this fun and educational program. Your coach will teach you the fundamental movements of basketball through teaching skills, such as footwork, dribbling, shooting mechanics and passing.

Instructor: Shania Phillips

Thu, Jul 14-Aug 25 | 12:45-1:45 pm | \$48/6 | 75099

Oliver Woods Community Centre

Ants on Parade

3 to 6 Years

Have your kids ever wondered what the mounds of dirt are in the forest? Have they seen the ants moving on the mound? Even if they never were interested in ants, this is a good time to start. There is a lot to learn about ants and they are very interesting to observe. This is a parent participation class.

Instructor: Judy Wickland

Sat, May 28 | 10-11:15 am | \$10 | 76660

Beban Participark

Silly Spiders

3 to 6 Years

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

Instructor: Judy Wickland

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

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

Walley Creek Trail

Nature Time Chats with Pat

Turtles

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

Open to all ages.

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

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

Westwood Lake Park (Second Beach)

Nature Time Chats with Pat

Raptors

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

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

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

Westwood Lake Park (Second Beach)

Nature Time Chats with Pat

Bears

How many species of bears do we have in Canada? What colour are black bears? Is there a difference between Mainland and Island black bears? Come and get these questions answered and more.

Open to all ages.

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

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

Westwood Lake Park (Second Beach)

Learn to Fish

5 to 15 Years

Join the Freshwater Fisheries Society of BC and learn about the basics of freshwater fishing. Fishing rods are provided and program runs rain or shine. Parent participation required. This program is free!

Sat, May 7 | 10 am-12 pm | FREE | 68332

Sat, May 7 | 12-2 pm | FREE | 75071

Sun, May 29 | 10 am-12 pm | FREE | 68327

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

Colliery Dam Park

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

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

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

Long Lake (Loudon Park)



REGISTER EARLY to avoid DISAPPOINTMENT!

(low registration may lead to course cancellation)



cityofnanaimo



nanaimoparksandrec (#ilovemyparksandrec)

Welcome to City of Nanaimo, Parks, Recreation & Culture

KIDS Summer CAMPS

Where memories
are created that last
a lifetime!

Design Your Own Summer Schedule!

These camps listed below take place Monday to Friday from 8:30 am to 4:30 pm.

Pick the days and locations that best meet your family's needs! (\$44/day)

• Camp Wild • Camp Holidaze • Bowen Explorers • Girls Get Active

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, and our camps follow all health and safety protocols to keep your child safe.

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 inform the Recreation Coordinator at 250-756-5200.
- 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 65 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
3. Choose which child you want to register
4. Register for the days you want
5. Continue shopping or checkout

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



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 page.

The camps listed in this yellow box on this page and the following page run from 8:30 am to 4:30 pm and cost \$44/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.

Mon, Jul 4: [73204](#)
Tue, Jul 5: [73205](#)
Wed, Jul 6: [73206](#)
Thu, Jul 7: [73207](#)
Fri, Jul 8: [73208](#)

Mon, Jul 11: [73209](#)
Tue, Jul 12: [73210](#)
Wed, Jul 13: [73211](#)
Thu, Jul 14: [73212](#)
Fri, Jul 15: [73213](#)

Mon, Jul 18: [73214](#)
Tue, Jul 19: [73215](#)
Wed, Jul 20: [73216](#)
Thu, Jul 21: [73217](#)
Fri, Jul 22: [73219](#)

Mon, Jul 25: [73220](#)
Tue, Jul 26: [73221](#)
Wed, Jul 27: [73222](#)
Thu, Jul 28: [73223](#)
Fri, Jul 29: [73224](#)

Tue, Aug 2: [73225](#)
Wed, Aug 3: [73226](#)
Thu, Aug 4: [73227](#)
Fri, Aug 5: [73228](#)

Mon, Aug 8: [73229](#)
Tue, Aug 9: [73230](#)
Wed, Aug 10: [73231](#)
Thu, Aug 11: [73232](#)
Fri, Aug 12: [73233](#)

Mon, Aug 15: [73234](#)
Tue, Aug 16: [73235](#)
Wed, Aug 17: [73236](#)
Thu, Aug 18: [73237](#)
Fri, Aug 19: [73238](#)

Mon, Aug 22: [73239](#)
Tue, Aug 23: [73241](#)
Wed, Aug 24: [73242](#)
Thu, Aug 25: [73243](#)
Fri, Aug 26: [73244](#)

Mon, Aug 29: [73245](#)
Tue, Aug 30: [73246](#)
Wed, Aug 31: [73247](#)
Thu, Sep 1: [73248](#)
Fri, Sep 2: [73249](#)

Camp Holidaze: 6 to 11 Years

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

Mon, Jul 4: [73712](#)
Tue, Jul 5: [73732](#)
Wed, Jul 6: [73734](#)
Thu, Jul 7: [73736](#)
Fri, Jul 8: [73738](#)

Mon, Jul 11: [73740](#)
Tue, Jul 12: [73743](#)
Wed, Jul 13: [73747](#)
Thu, Jul 14: [73745](#)
Fri, Jul 15: [73749](#)

Mon, Jul 18: [73750](#)
Tue, Jul 19: [73752](#)
Wed, Jul 20: [73753](#)
Thu, Jul 21: [73755](#)
Fri, Jul 22: [73756](#)

Mon, Jul 25: [73757](#)
Tue, Jul 26: [73758](#)
Wed, Jul 27: [73759](#)
Thu, Jul 28: [73760](#)
Fri, Jul 29: [73761](#)
Mon, Aug 8: [73762](#)

Tue, Aug 9: [73763](#)
Wed, Aug 10: [73767](#)
Thu, Aug 11: [73768](#)
Fri, Aug 12: [73769](#)

Mon, Aug 15: [73770](#)
Tue, Aug 16: [73771](#)
Wed, Aug 17: [73772](#)
Thu, Aug 18: [73773](#)
Fri, Aug 19: [73774](#)

Mon, Aug 22: [73775](#)
Tue, Aug 23: [73776](#)
Wed, Aug 24: [73777](#)
Thu, Aug 25: [73778](#)
Fri, Aug 26: [73779](#)

Mon, Aug 29: [73780](#)
Tue, Aug 30: [73781](#)
Wed, Aug 31: [73782](#)
Thu, Sep 1: [73783](#)
Fri, Sep 2: [73784](#)



40 Years of LIT in Nanaimo

LIT helped me get
my first paying job
by helping learn
how to create a good
resume.

(Tyler)



cityofnanaimo



nanaimoparksandrec (#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 previous page.

The camps listed in this yellow box on this page and the previous page run from 8:30 am to 4:30 pm and cost \$44/day.

Bowen Explorers 6 to 11 Years

Embrace your spirit of adventure and create experiences that last a lifetime. Our summer camps offer opportunities to play, build relationships and explore the outdoors. Camp held primarily outdoors, so please dress for the weather. Register by the day to suit your schedule.
Held at Bowen Park Complex.

Mon, Jul 4: 73569
Tue, Jul 5: 73570
Wed, Jul 6: 73571
Thu, Jul 7: 73572
Fri, Jul 8: 73573

Mon, Jul 11: 73574
Tue, Jul 12: 73575
Wed, Jul 13: 73576
Thu, Jul 14: 73577
Fri, Jul 15: 73578

Mon, Jul 18: 73579
Tue, Jul 19: 73580
Wed, Jul 20: 73618
Thu, Jul 21: 73619
Fri, Jul 22: 73620

Mon, Jul 25: 73623
Tue, Jul 26: 73626
Wed, Jul 27: 73627
Thu, Jul 28: 73628
Fri, Jul 29: 73629

Tue, Aug 2: 73632
Wed, Aug 3: 73633
Thu, Aug 4: 73634
Fri, Aug 5: 73635

Mon, Aug 8: 73637
Tue, Aug 9: 73638
Wed, Aug 10: 73639
Thu, Aug 11: 73640
Fri, Aug 12: 73642

Mon, Aug 15: 73643
Tue, Aug 16: 73646
Wed, Aug 17: 73650
Thu, Aug 18: 73652
Fri, Aug 19: 73653

Mon, Aug 22: 73654
Tue, Aug 23: 73655
Wed, Aug 24: 73656
Thu, Aug 25: 73657
Fri, Aug 26: 73658

Mon, Aug 29: 74242
Tue, Aug 30: 74243
Wed, Aug 31: 74244
Thu, Sep 1: 74245
Fri, Sep 2: 74246

Girls Get Active Camp 6 to 12 Years

Join and connect with 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, crafts, swimming, games and team-building activities. Register by the day to suit your schedule. Camp held primarily outdoors, so please dress for the weather. **This camp is held at Nanaimo Aquatic Centre.**

Mon, Jul 11: 73659
Tue, Jul 12: 73694
Wed, Jul 13: 73696
Thu, Jul 14: 73697
Fri, Jul 15: 73699

Mon, Jul 18: 73700
Tue, Jul 19: 73701
Wed, Jul 20: 73702
Thu, Jul 21: 73703
Fri, Jul 22: 73704

Mon, Jul 25: 73707
Tue, Jul 26: 73708
Wed, Jul 27: 73709
Thu, Jul 28: 73710
Fri, Jul 29: 73711

Tue, Aug 2: 73714
Wed, Aug 3: 73715
Thu, Aug 4: 73716
Fri, Aug 5: 73717

Mon, Aug 8: 73718
Tue, Aug 9: 73719
Wed, Aug 10: 73720
Thu, Aug 11: 73721
Fri, Aug 12: 73724

Mon, Aug 15: 73725
Tue, Aug 16: 73727
Wed, Aug 17: 73728
Thu, Aug 18: 73729
Fri, Aug 19: 73730

Mon, Aug 22: 73731
Tue, Aug 23: 73733
Wed, Aug 24: 73735
Thu, Aug 25: 73737
Fri, Aug 26: 73739

Mon, Aug 29: 73742
Tue, Aug 30: 73744
Wed, Aug 31: 73746
Thu, Sep 1: 73748
Fri, Sep 2: 73751

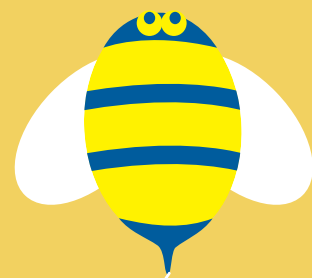
How To Sign Up for Full Day Camps Online:

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. Register for the days you want

5. Continue shopping or checkout

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



Nanaimo Parks, Recreation & Culture Weekly Camps

Full and partial day camps.

Tree Frog Camp

3 to 5 Years

The week will include games, music, arts and crafts.

Come and join us for a great time!

M-F, Jul 4-8 | 9-11 am | \$100/5 | [71400](#)

M-F, Jul 4-8 | 12-2 pm | \$100/5 | [71407](#)

M-F, Jul 11-15 | 9-10 am | \$100/5 | [71401](#)

M-F, Jul 11-15 | 12-2 pm | \$100/5 | [71408](#)

M-F, Jul 25-29 | 9-11 am | \$100/5 | [71402](#)

M-F, Jul 25-29 | 12-2 pm | \$100/5 | [71409](#)

Tu-F, Aug 2-5 | 9-11 am | \$80/4 | [71403](#)

Tu-F, Aug 2-5 | 12-2 pm | \$80/4 | [71410](#)

M-F, Aug 15-19 | 9-11 am | \$100/5 | [71404](#)

M-F, Aug 15-19 | 12-2 pm | \$100/5 | [71411](#)

M-F, Aug 22-26 | 9-11 am | \$100/5 | [71405](#)

M-F, Aug 22-26 | 12-2 pm | \$100/5 | [71412](#)

M-F, Aug 29-Sep 2 | 9-11 am | \$100/5 | [71406](#)

M-F, Aug 29-Sep 2 | 12-2 pm | \$100/5 | [71413](#)

Kin Hut Activity Centre



Tennis Camp - Serve, Swing, Swim

8 to 12 Years

Bring your racquet for this introduction to tennis.

Strokes and strategies are covered, and most days include a swim. Other activities round out an active day. This camp will run rain or shine. Tennis

racquet is available if needed.

M-F, Jul 4-8 | 8:30 am-4:30 pm | \$220/5 | [73368](#)

M-F, Jul 11-15 | 8:30 am-4:30 pm | \$220/5 | [73369](#)

M-F, Jul 18-22 | 8:30 am-4:30 pm | \$220/5 | [73370](#)

M-F, Jul 25-29 | 8:30 am-4:30 pm | \$220/5 | [73371](#)

Tu-F, Aug 2-5 | 8:30 am-4:30 pm | \$176/4 | [73374](#)

M-F, Aug 8-12 | 8:30 am-4:30 pm | \$220/5 | [73376](#)

M-F, Aug 15-19 | 8:30 am-4:30 pm | \$220/5 | [73378](#)

M-F, Aug 22-26 | 8:30 am-4:30 pm | \$220/5 | [73379](#)

Bowen Park Tennis Courts

Creative Writing & Book Club

11 to 14 Years

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

Participants will receive a journal to write in, but bring your own pens.

M & W, Jul 4-27 | 10 am-12 pm | \$88/8 | [75222](#)

Beban Park Social Centre

Creative Writing - Youth Summer

Intensive **NEW!**

10 to 17 Years

"The first draft is just you telling yourself the story." (Terry Pratchett) During this week-long summer writing camp, you will try various prompts and exercises to get your creative juices flowing. Each participant will receive a notebook, but please bring the pen(s) of your choice.

Instructor: Taya Hill

M-F, Aug 22-26 | 9 am-12 pm | \$110/5 | [75223](#)

Beban Park Social 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 4-15 | 8:30 am-4:30 pm | \$440/10 | [74149](#)

M-F, Jul 18-29 | 8:30 am-4:30 pm | \$440/10 | [74150](#)

M-F, Aug 2-12 | 8:30 am-4:30 pm | \$396/9 | [74159](#)

M-F, Aug 22-Sep 2 | 8:30 am-4:30 pm | \$440/10 | [74160](#)

Beban Park Social Centre



40 Years of LIT in Nanaimo

LIT has helped me become more confident in speaking to people.

(Sofia)



cityofnanaimo



nanaimoparksandrec (#ilovemyparksandrec)

Nanaimo Parks, Recreation & Culture Weekly Camps

Full day camps.

Cool Kids Skate Camp

6 to 16 Years

Enjoy a line up of activities, including a daily skating lesson, hockey for fun, a movie and various outdoor activities. We recommend all participants complete a minimum of RecSkate 1 prior to participation. Helmets are mandatory.

Mon, Jul 4 | 8:30 am-5 pm | \$44/1 | [70600](#)

Tue, Jul 5 | 8:30 am-5 pm | \$44/1 | [70601](#)

Wed, Jul 6 | 8:30 am-5 pm | \$44/1 | [70602](#)

Thu, Jul 7 | 8:30 am-5 pm | \$44/1 | [70603](#)

Fri, Jul 8 | 8:30 am-5 pm | \$44/1 | [70604](#)

Mon, Jul 11 | 8:30 am-5 pm | \$44/1 | [70605](#)

Tue, Jul 12 | 8:30 am-5 pm | \$44/1 | [70606](#)

Wed, Jul 13 | 8:30 am-5 pm | \$44/1 | [70607](#)

Thu, Jul 14 | 8:30 am-5 pm | \$44/1 | [70608](#)

Fri, Jul 15 | 8:30 am-5 pm | \$44/1 | [70609](#)

Mon, Jul 18 | 8:30 am-5 pm | \$44/1 | [70610](#)

Tue, Jul 19 | 8:30 am-5 pm | \$44/1 | [70611](#)

Wed, Jul 20 | 8:30 am-5 pm | \$44/1 | [70612](#)

Thu, Jul 21 | 8:30 am-5 pm | \$44/1 | [70613](#)

Fri, Jul 22 | 8:30 am-5 pm | \$44/1 | [70614](#)

Mon, Jul 25 | 8:30 am-5 pm | \$44/1 | [70615](#)

Tue, Jul 26 | 8:30 am-5 pm | \$44/1 | [70616](#)

Wed, Jul 27 | 8:30 am-5 pm | \$44/1 | [70617](#)

Thu, Jul 28 | 8:30 am-5 pm | \$44/1 | [70618](#)

Fri, Jul 29 | 8:30 am-5 pm | \$44/1 | [70619](#)

Tue, Aug 2 | 8:30 am-5 pm | \$44/1 | [70620](#)

Wed, Aug 3 | 8:30 am-5 pm | \$44/1 | [70621](#)

Thu, Aug 4 | 8:30 am-5 pm | \$44/1 | [70622](#)

Fri, Aug 5 | 8:30 am-5 pm | \$44/1 | [70623](#)

Mon, Aug 8 | 8:30 am-5 pm | \$44/1 | [70624](#)

Tue, Aug 9 | 8:30 am-5 pm | \$44/1 | [70625](#)

Wed, Aug 10 | 8:30 am-5 pm | \$44/1 | [70626](#)

Thu, Aug 11 | 8:30 am-5 pm | \$44/1 | [70627](#)

Fri, Aug 12 | 8:30 am-5 pm | \$44/1 | [70628](#)

Nanaimo Ice Centre

RecHockey 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.

Mon, Jul 4 | 8:30 am-5 pm | \$44/1 | [70826](#)

Tue, Jul 5 | 8:30 am-5 pm | \$44/1 | [70827](#)

Wed, Jul 6 | 8:30 am-5 pm | \$44/1 | [70828](#)

Thu, Jul 7 | 8:30 am-5 pm | \$44/1 | [70829](#)

Fri, Jul 8 | 8:30 am-5 pm | \$44/1 | [70830](#)

Mon, Jul 11 | 8:30 am-5 pm | \$44/1 | [70831](#)

Tue, Jul 12 | 8:30 am-5 pm | \$44/1 | [70832](#)

Wed, Jul 13 | 8:30 am-5 pm | \$44/1 | [70833](#)

Thu, Jul 14 | 8:30 am-5 pm | \$44/1 | [70834](#)

Fri, Jul 15 | 8:30 am-5 pm | \$44/1 | [70835](#)

Mon, Jul 18 | 8:30 am-5 pm | \$44/1 | [70869](#)

Tue, Jul 19 | 8:30 am-5 pm | \$44/1 | [70870](#)

Wed, Jul 20 | 8:30 am-5 pm | \$44/1 | [70871](#)

Thu, Jul 21 | 8:30 am-5 pm | \$44/1 | [70872](#)

Fri, Jul 22 | 8:30 am-5 pm | \$44/1 | [70873](#)

Mon, Jul 25 | 8:30 am-5 pm | \$44/1 | [70874](#)

Tue, Jul 26 | 8:30 am-5 pm | \$44/1 | [70875](#)

Wed, Jul 27 | 8:30 am-5 pm | \$44/1 | [70876](#)

Thu, Jul 28 | 8:30 am-5 pm | \$44/1 | [70877](#)

Fri, Jul 29 | 8:30 am-5 pm | \$44/1 | [70878](#)

Tue, Aug 2 | 8:30 am-5 pm | \$44/1 | [70879](#)

Wed, Aug 3 | 8:30 am-5 pm | \$44/1 | [70880](#)

Thu, Aug 4 | 8:30 am-5 pm | \$44/1 | [70881](#)

Fri, Aug 5 | 8:30 am-5 pm | \$44/1 | [70882](#)

Mon, Aug 8 | 8:30 am-5 pm | \$44/1 | [70883](#)

Tue, Aug 9 | 8:30 am-5 pm | \$44/1 | [70884](#)

Wed, Aug 10 | 8:30 am-5 pm | \$44/1 | [70885](#)

Thu, Aug 11 | 8:30 am-5 pm | \$44/1 | [70886](#)

Fri, Aug 12 | 8:30 am-5 pm | \$44/1 | [70887](#)

Nanaimo Ice Centre

Camp ParadICE

6 to 16 Years

A camp for recreational figure skaters (minimum RecSkate 4). Learn skills at your own pace with an emphasis on fun and participation. Each day will include three ice times, other fun off-ice activities and a movie time.

M-F, Aug 22-26 | 8:45 am-5 pm | \$200/5 | [70632](#)

Nanaimo Ice Centre



REGISTER EARLY to avoid DISAPPOINTMENT!

(low registration may lead to course cancellation)



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 us at 250-756-5200.

Highland Dance

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

3 to 4 Years - Tartan Tots

Sun, Aug 7-28 | 4-4:45 pm | \$50/4 | [74862](#)

5 to 7 Years - Tartan Tigers

Sun, Aug 7-28 | 5-5:45 pm | \$50/4 | [74864](#)

8 to 13 Years - Kilts & Hilts

Sun, Aug 7-28 | 6-6:45 pm | \$50/4 | [74865](#)
Oliver Woods Community Centre

Kirkwood Encanto Dance Camp NEW!

6 to 12 Years

Join us for a fun-filled week of acting, dance and crafts inspired by the hit movie "Encanto". You will spend a creative week constructing props, costumes and sets, learning fun choreography from our artistic team and participating in a mini-musical production on the final day of camp.

This camp is designed for all levels - no previous dance experience is required. You will build confidence as performers and show you skills as you progress towards our Encanto performance for your friends and family.

Instructor: Bev Martyn

M-F, Jul 11-15 | 9 am-4 pm | \$375/5 | [74936](#)
Kirkwood Dance Academy (2138 Bowen Rd)

Circus Fun Summer Camp

8 to 12 Years

Join Nanaimo's long-standing professional circus troupe in a journey through ground-based circus activities. Come explore the magic of juggling, partner acrobatics, poi, staff, hula hoop and flow wand. Perfect for the little performer in your family. Families can join us on Friday afternoon for the kids' showcase performance!

Instructor: Vesta Education Staff

M-F, Jul 4-8 | 8:30 am-2:30 pm | \$219/5 | [75220](#)
M-F, Aug 22-26 | 8:30 am-2:30 pm | \$219/5 | [75221](#)
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 and get to use those skills to make your very own custom games. Your final project is a game that you can take home to proudly share online or with friends.

M-F, Jul 4-8 | 9 am-3 pm | \$430/5 | [74393](#)

Oliver Woods Community 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 design to make characters, levels and game play that are entirely unique. The final project is a game that you can take home on USB or proudly share with friends online. Previous coding experience in Scratch or Intro to Coding is recommended as a prerequisite.

M-F, Jul 18-22 | 9 am-3 pm | \$430/5 | [74394](#)

Oliver Woods Community 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 awesome, free software "Blender". Final projects are usually group projects.

M-F, Jul 25-29 | 9 am-3 pm | \$430/5 | [74395](#)

Oliver Woods Community Centre

Byte Camp - Claymation

Movie Production

9 to 12 Years

Make your own clay characters come to life! Participants will work with a partner to build their 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 2-5 | 9 am-3 pm | \$370/4 | [74396](#)

Oliver Woods Community Centre

Byte Camp - 3D Video Game Design

11 to 14 Years

Invent your own digital adventures and quests using Blender and other free software. Instructors will lead students through exercises to introduce the most important 3D game design skills and then support students on their own projects. The final project is a game you can take home. Byte Camp's 3D Animation course is a prerequisite.

M-F, Aug 8-12 | 9 am-3 pm | \$430/5 | [74397](#)

Oliver Woods Community 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 15-19 | 9 am-3 pm | \$430/5 | [74398](#)

Oliver Woods Community 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, Aug 29-Sep 2 | 9 am-3 pm | \$430/5 | [74399](#)

Oliver Woods Community Centre



cityofnanaimo



nanaimoparksandrec (#ilovemyparksandrec)

Partnership Camps and Programs

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KAM Soccer Camp

3 to 5 Years

Coaches will guide you through the basics of soccer incorporating lots of time play games. Price includes a KAM soccer jersey.

Instructor: KAM Soccer Staff

M-F, Jul 4-8 | 10-10:45 am | \$85/5 | [75182](#)

M-F, Jul 18-22 | 10-10:45 am | \$85/5 | [75183](#)

M-F, Aug 8-12 | 10-10:45 am | \$85/5 | [75184](#)

Bowen West Field

KAM Soccer Camp

This summer, come join the experienced instructors from KAM Soccer to develop your soccer skills and have some fun! We will help players develop the basics of soccer with lots of time for game play. Price includes a KAM Soccer shirt, and full day sessions include swimming.

Instructor: KAM Soccer Staff

6 to 13 Years - HALF DAY

M-F, Jul 4-8 | 9 am-12 pm | \$160/5 | [75176](#)

M-F, Jul 18-22 | 9 am-12 pm | \$160/5 | [75177](#)

M-F, Aug 8-12 | 9 am-12 pm | \$160/5 | [75178](#)

7 to 13 Years - FULL DAY

M-F, Jul 4-8 | 9 am-4 pm | \$260/5 | [75179](#)

M-F, Jul 18-22 | 9 am-4 pm | \$260/5 | [75180](#)

M-F, Aug 8-12 | 9 am-4 pm | \$260/5 | [75181](#)

Bowen West Field

Soccertron Soccer Camp

There is no better start to the season than a full week at Soccertron where emphasis is on improving individual skills and developing techniques, such as communication, defensive and offensive play. Children will be put into appropriate age groups and skill levels. Camp includes a T-shirt. Please remember sunscreen, hat, snack, lunch and water bottle.

Instructor: Soccertron Staff

3 to 4 Years

Tu-F, Aug 2-5 | 9:30-10:30 am | \$75/4 | [75118](#)

4 to 5 Years

Tu-F, Aug 2-5 | 10:45-11:45 am | \$75/4 | [75119](#)

6 to 9 Years

Tu-F, Aug 2-5 | 9 am-12 pm | \$120/4 | [75120](#)

7 to 13 Years

Tu-F, Aug 2-5 | 9 am-4 pm | \$200/4 | [75122](#)

10 to 14 Years

Tu-F, Aug 2-5 | 9 am-12 pm | \$120/4 | [75121](#)

Bowen West Field

Eli Pasquale Basketball

Eli Pasquale has been bringing basket ball to the community since 1984! Learn the fundamentals and develop offensive and defensive skills essential to the game.

Instructor: Eli Pasquale Staff

6 to 9 Years

M-F, Jul 4-8 | 12-3 pm | \$160/5 | [75111](#)

Tu-F, Aug 2-5 | 12-3 pm | \$120/4 | [75113](#)

8 to 14 Years

M-F, Jul 4-8 | 9 am-4 pm | \$250/5 | [75114](#)

Tu-F, Aug 2-5 | 9 am-4 pm | \$200/4 | [75115](#)

10 to 14 Years

M-F, Jul 4-8 | 1-4 pm | \$160/5 | [75116](#)

Tu-F, Aug 2-5 | 1-4 pm | \$120/4 | [75117](#)

Oliver Woods Community Centre

Progressive Tennis

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

5 to 7 Years

M-F, Jul 4-8 | 9-10 am | \$90/5 | [75091](#)

M-F, Jul 11-15 | 9-10 am | \$90/5 | [75092](#)

M-F, Jul 25-29 | 9-10 am | \$90/5 | [75093](#)

M-F, Aug 8-12 | 9-10 am | \$90/5 | [75094](#)

M-F, Aug 22-26 | 9-10 am | \$90/5 | [75095](#)

8 to 11 Years

M-F, Jul 4-8 | 10-11:30 am | \$135/5 | [75101](#)

M-F, Jul 11-15 | 10-11:30 am | \$135/5 | [75103](#)

M-F, Jul 25-29 | 10-11:30 am | \$135/5 | [75105](#)

M-F, Aug 8-12 | 10-11:30 am | \$135/5 | [75106](#)

M-F, Aug 22-26 | 10-11:30 am | \$135/5 | [75107](#)

North Island Tennis Academy (2367 Arbot Rd)

Dart Party Daycamp

9 to 14 Years

Learn skills in simple circuits, problem solving and teamwork. Focusing on the STEM (Science, Technology, Engineering) aspects of NERF Blasters, participants will learn how to take apart their provided blaster, the simple machine inside, the simple circuit that powers it and how to solder in a more efficient circuit. Campers will modify their blasters, taking breaks outside and playing NERF inside. Participants will also get a blaster that they modified and get to take home.

Instructor: Island Dart Staff

M-F, Jul 4-8 | 9 am-3 pm | \$315/5 | [73269](#)

M-F, Jul 25-29 | 9 am-3 pm | \$315/5 | [73270](#)

Frank Crane Arena

Taekwondo with Master Kim

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

4 to 7 Years

M/W, Jul 4-11 | 4:15-5 pm | \$25/2 | [75187](#)

M/W, Aug 15-22 | 4:15-5 pm | \$25/2 | [75188](#)

7 to 12 Years

T/Th, Jul 5-12 | 4:15-5 pm | \$25/2 | [75189](#)

T/Th, Aug 16-23 | 4:15-5 pm | \$25/2 | [75190](#)

World Taekwondo Academy (4300 Wellington Rd)

Karate

4 to 7 Years

In this intro class, kids learn basic karate moves, including self-discipline with courtesy and respect strongly emphasized.

Tue, Jul 5-26 | 3:30-4:15 pm | \$25/4 | [75076](#)

Thu, Jul 7-28 | 3:30-4:15 pm | \$25/4 | [75077](#)

Mon, Aug 8-29 | 4:30-5:15 pm | \$25/4 | [75078](#)

Wed, Aug 3-24 | 4:30-5:15 pm | \$25/4 | [75079](#)

Shima Karate (3032 Barons Rd)

Karate

8 to 12 Years

Now kids move into the older program training twice a week learning katas, sparring and self-defense drills.

M & W, Jul 4-13 | 3:30-4:20 pm | \$25/4 | [75080](#)

T & Thu, Aug 16-25 | 4:30-5:20 pm | \$25/4 | [75081](#)

Shima Karate (3032 Barons Rd)

Rock Climbing

6 to 12 Years

Climb the walls this summer and learn from experienced climbers. We will mix in some non wall time to keep things interesting. No climbing experience is necessary.

M-F, Jul 4-8 | 9:30-11:30 am | \$150/5 | [75159](#)

M-F, Jul 4-8 | 12-2 pm | \$150/5 | [75169](#)

M-F, Jul 11-15 | 9:30-11:30 am | \$150/5 | [75161](#)

M-F, Jul 11-15 | 12-2 pm | \$150/5 | [75170](#)

M-F, Jul 18-22 | 9:30-11:30 am | \$150/5 | [75162](#)

M-F, Jul 18-22 | 12-2 pm | \$150/5 | [75171](#)

M-F, Jul 25-29 | 9:30-11:30 am | \$150/5 | [75163](#)

M-F, Jul 25-29 | 12-2 pm | \$150/5 | [75172](#)

M-F, Aug 8-12 | 9:30-11:30 am | \$150/5 | [75164](#)

M-F, Aug 8-12 | 12-2 pm | \$150/5 | [75173](#)

M-F, Aug 15-19 | 9:30-11:30 am | \$150/5 | [75166](#)

M-F, Aug 15-19 | 12-2 pm | \$150/5 | [75174](#)

M-F, Aug 22-26 | 9:30-11:30 am | \$150/5 | [75168](#)

M-F, Aug 22-26 | 12-2 pm | \$150/5 | [75175](#)

Romper Room Climbing Gym (4235 Boban Dr)

Future Recreation Facilities... Growing with our Community



The City of Nanaimo is investing into facilities as our community grows and demand increases:

- **STADIUM DISTRICT:** Located at the Larry McNabb Sports Zone, this “district” includes improvements to Serauxmen Stadium, Rotary Bowl, the artificial turf at NDSS and a common plaza area making this a world-class facility that will accommodate a variety of major sporting events.
- **ARTIFICIAL TURF FIELDS AT HAREWOOD CENTENNIAL PARK:** Coming in August 2023, these fields will be able to accommodate a variety of sports and will include lighting and spectator seating.
- **PHASE 2 OF MAFFEO SUTTON INCLUSIVE PLAYGROUND:** Will include additional inclusive play features, as well as more Noel Brown artwork, additional seating for parents and enhanced plantings for shade and beautification.
- **LOUDON PARK IMPROVEMENTS:** Will include an activity centre (boat house), improved parking, a tot lot and improved trails.
- **BMX TRACK IMPROVEMENTS:** These improvements will enhance the already popular area for participants that includes the Steve Smith Bike Park and the Mountain Bike Skills area.



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Community Connections

airhouse

Drop-In or join a kids summer Camp!



drop-in

lessons

camp

events



SCAN FOR DETAILS
BOOK NOW



Parkour Skateboard Freestyle Trampoline
Gymnastics Biking Multi-Sport Girls-Only & More!



Open Daily For All Ages + All Levels

airhouse.ca

Community Connections

Certified specialist for traditional braces and Invisalign



OCEAN'S EDGE
ORTHODONTICS
Dr. F. Edward Murdoch

Start loving your smile

Did you know age 7 and up is the perfect time to have your child checked by an orthodontist? Call us to learn more about our 'Smile Well' observation and guidance program.

Parksville: 1 (250) 248-1130 | Nanaimo: 1 (250) 390-1331 | oeosmiles.com

Summer '22 Registration Now Open!

CAMP VIU
MARINERS
IN TRAINING

Multisport Camps

Shorts in Sports

Mariners Multisport

Athlete Development

Sport Camps

Basketball

Volleyball

Hockey

Dance & Spirit

Day Camps

VIU Discovery

VIU Explorers

VIU Adventures

Leadership Development



Learn more at: mariners.viu.ca/rec/camps

campVIU is honored to offer summer camp experiences on the traditional unseeded territory of the Snuneymuxw First Nation, on whose land we are privileged to live, learn, explore and play!



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YOUthNanaimo



Youth Programs

Teens Welcome

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

Home Alone

10 to 13 Years

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

Sat, Jun 25 | 9 am-12 pm | \$47/1 | [72591](#)

Sat, Jun 25 | 1-4 pm | \$47/1 | [72592](#)

Sat, Jul 30 | 9 am-12 pm | \$47/1 | [75227](#)

Sat, Jul 30 | 1-4 pm | \$47/1 | [75226](#)

Sat, Aug 27 | 9 am-12 pm | \$47/1 | [75228](#)

Sat, Aug 27 | 1-4 pm | \$47/1 | [75229](#)

Beban Park Social Centre

Babysitter Training

11 to 15 Years

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

Sat, Jun 11 | 9 am-4:30 pm | \$64/1 | [72632](#)

Sun, Jun 26 | 9 am-4:30 pm | \$64/1 | [72633](#)

Beban Park Social Centre

Creative Writing & Book Club

11 to 14 Years

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

M, W, F, Jul 4-27 | 10 am-12 pm | \$88/8 | [75222](#)

Beban Park Social Centre

Creative Writing - Youth Summer

Intensive NEW!

10 to 17 Years

"The first draft is just you telling yourself the story." (Terry Pratchett) During this week-long summer writing camp, you will try various prompts and exercises to get your creative juices flowing. Each participant will receive a notebook, but please bring the pen(s) of your choice.

Instructor: Taya Hill

M-F, Aug 22-26 | 9 am-12 pm | \$110/5 | [75223](#)

Beban Park Social Centre



RecSkate Pre-Teen/Teen

12 to 17 Years

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

Mon, May 16-Jun 27 | 6:45-7:45 pm | \$72/6 | [70578](#)

Thu, May 19-Jun 30 | 5:30-6:30 pm | \$84/7 | [70581](#)

Mon, Jul 4-Aug 15 | 6:45-7:45 pm | \$72/6 | [70579](#)

Thu, Jul 7-Aug 18 | 6:15-7:15 pm | \$84/7 | [70582](#)

Nanaimo Ice Centre

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

Cliff McNabb Arena

Taekwondo & Hapkido with

Master Kim

12 to 19 Years

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

M/W, Jun 1-8 | 6:10-7 pm | \$35/3 | [72283](#)

M/W, Jul 4-11 | 6:10-7 pm | \$35/3 | [75218](#)

M/W, Aug 15-22 | 6:10-7 pm | \$35/3 | [75219](#)

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

WE ARE CELEBRATING 40 YEARS OF THE LIT PROGRAM!

Are you a past participant? Share with us your testimonial, photos or experiences so that we can compile them and share them with our community. Email to parksandrecreation@nanaimo.ca.



Summer Session is SOLD OUT!
Next intake is Fall 2022 (registration begins on August 17).



Now taking
a waitlist for
Summer 2022.

Next intake is
Fall 2022.

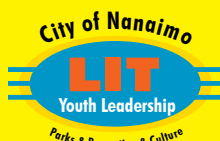
YOUTH LEADERSHIP

Celebrating 40 Years in 2022 of Creating Community Leaders!

LIT (Leaders in Training) 13-18 YEARS

Receive training on what it means to be a leader and have a job, as well as how to work with children. After completing the orientation, you will attend "LIT University" and delve into the specifics of leading games, working as a team, painting faces and basic resume writing and interview skills. Once you have completed training, you will choose from a variety of placement options and volunteer. *Next session starts in September.*

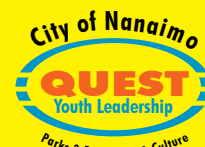
- Earn hours towards high school graduation requirements
- Get hands-on work experience in a variety of different settings
- Develop your leadership skills
- Learn about creating an effective resume and cover letter
- Contribute to your community
- Have the opportunity to work as a team
- Meet other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



QUEST 14-18 YEARS

Have you completed the Leaders in Training (LIT) Program and want to continue developing your leadership skills. If so, our Quest program is for you!
Next session starts in September.

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



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Adult Special Interest Programs

Flamenco Moods and Moves

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

Instructor: Heather Sandison

Tue, Jul 5-26 | 6:30-8 pm | \$32/4 | [74679](#)

Tue, Aug 2-23 | 6:30-8 pm | \$32/4 | [74680](#)

Beban Park Social Centre

Jive & Swing - Beginner

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

Instructor: Nelson Wong

Wed, Jul 13-Aug 24 | 6-7 pm | \$63/7 | [74807](#)

Bowen Park Complex

Ballroom & Latin Dance - Beginners

Learn international ballroom and Latin dancing with a certified instructor, including the basics of social foxtrot, quickstep, cha cha and rumba. Make it a fun, social evening out while keeping your body agile. No previous dancing experience required. Couples and singles are welcome.

Instructor: Nelson Wong

Wed, Jul 13-Aug 24 | 7-8 pm | \$63/7 | [74814](#)

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 welcome.

Instructor: Nelson Wong

Wed, Jul 13-Aug 24 | 8-9 pm | \$77/7 | [74809](#)

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, Jul 13-Aug 24 | 9-10 pm | \$77/7 | [74811](#)

Bowen Park Complex

Karate

16 + Years

Learn new skills, improve your fitness and promote a healthy lifestyle. No experience is necessary, as these classes are tailored to each individual. Basic karate techniques, partner work, self-defense and Kata will be taught.

Instructor: Mike Ciurka (6th degree black belt)

Tue, Jul 12-Aug 16 | 6:30-7:30 pm | \$42/6 | [75521](#)

Bowen Park Complex

Shima Karate - Teen/Adult 12 + Years

In this intro class, participants learn traditional karate training, as well as sparring, self-defense, fitness, strength development and flexibility.

Instructor: Shima Karate Staff

M & W, Jul 4-13 | 6:30-7:30 pm | \$25/4 | [75083](#)

M & W, Aug 22-31 | 6:30-7:30 pm | \$25/4 | [75084](#)

Shima Karate

Indoor Tennis - Beginner

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

Instructor: North Island Tennis Academy Staff

Thu, Jul 7-Aug 25 | 8-9:30 pm | \$216/8 | [78490](#)

North Island Tennis Academy (2367 Arbot Rd)

Indoor Tennis - Intermediate

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

Instructor: North Island Tennis Academy Staff

Tue, Jul 5-23 | 8-9:30 pm | \$216/8 | [78491](#)

North Island Tennis Academy (2367 Arbot Rd)

Introduction to Stained Glass Art

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

Instructor: Kristina Birkhans

Tue, Jul 5-26 | 4-6 pm | \$64/4 | [74860](#)

Oliver Woods Community Centre

Intermediate Stained Glass Art

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

Instructor: Kristina Birkhans

Tue, Jul 5-26 | 6:30-8:30 pm | \$96/6 | [74861](#)

Oliver Woods Community Centre

Bicycle Maintenance for Intermediates

16 Years +

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

Instructor: Tyler Walker

Sun, May 15 | 12:30-4:30 pm | \$40/1 | [70868](#)

Beban Park Social Centre

Pottery Wheel - Adult Beginner

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

Instructor: Nesta Morgan

Tue, Jul 12-Aug 23 | 6:30-9 pm | \$210/7 | [74486](#)

Bowen Pottery Studio

Pottery Workshop Wednesdays

NEW!

Pottery Workshop - Handbuilding Plates

You will learn how to make plates without the use of a pottery wheel. You are encouraged to bring found objects to press into clay. First class is building, and the second is glazing.

Instructor: Nesta Morgan

Wed, Jul 13 & 20 | 6:30-9 pm | \$59/2 | [74488](#)

Bowen Pottery Studio

Pottery Workshop - Hand Built Mug

You will make a mug without the use of a pottery wheel. You are encouraged to bring textures and other materials to stamp into the clay to make it your own.

Instructor: Nesta Morgan

Wed, Aug 10 & 17 | 6:30-9 pm | \$59/2 | [74490](#)

Bowen Pottery Studio

Pottery Workshop - Hand Built Wall Shelf

You will make a hanging wall shelf that is great for holding small items, such as keys, candles and incense.

Instructor: Nesta Morgan

Wed, Jul 27-Aug 3 | 6:30-9 pm | \$59/2 | [74489](#)

Bowen Pottery Studio

See page 14

**for Drop-In
Pottery Schedule**



REGISTER EARLY to avoid DISAPPOINTMENT!

(low registration may lead to course cancellation)



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Discover BUTTERTUBS MARSH



HOSTED BY NATURE NANAIMO

Everyone is invited to tour and learn about Buttertubs Marsh Conservation area - an area rich in history, flora and fauna and found right in the middle of Nanaimo.

All tours are FREE with tours starting at the Miner's Cottage
(located at the south entrance into park off Jingle Pot Rd).

DISCOVERING NATURE AT BUTTERTUBS MARSH: Tour Buttertubs Marsh and observe and learn about this beautiful natural oasis.

- Sat, Jun 18, 9:30-11 am
- Sun, Jun 26, 9:30-11 am
- Sun, Jul 24, 9:30-11 am
- Sun, Aug 7, 9:30-11 am
- Sat, Aug 13, 9:30-11 am
- Sat, Aug 27, 9:30-11 am

BIRDS OF BUTTERTUBS MARSH: Try spotting and learning about some of the 180 different species of birds found here. Bring binoculars if you have them.

- Sat, May 7, 9:30-11 am
- Sun, May 29, 9:30-11 am
- Sat, Jul 2, 9:30-11 am
- Sun, Jul 21, 9:30-11 am

INSECTS OF BUTTERTUBS MARSH: Come and observe the many insects and other tiny animals found all around and how they are vitally important to the marsh ecosystem.

- Sat, Jul 16, 9:30-11 am

AQUATIC LIFE AT BUTTERTUBS MARSH: Learn about the many fascinating kinds of aquatic plants and animals that call Buttertubs Marsh home.

- Sun, May 1, 9:30-11 am
- Sun, Jul 10, 9:30-11 am

NATURE PHOTOGRAPHY AT BUTTERTUBS MARSH: Join us to look for interesting subjects to photograph. This is for beginners, so you don't need a fancy camera.

- Sat, Jul 30, 9:30-11 am

PLANTS OF BUTTERTUBS MARSH: From towering oaks to tiny floating duckweed, Buttertubs Marsh is home to 175 different plant species. Come and learn what lives here and how they support other abundant forms of life.

- Sat, May 21, 9:30-11 am
- Sat, Jun 4, 9:30-11 am

INVASIVE SPECIES AT BUTTERTUBS MARSH: From bullfrogs and pet store turtles to numerous plant species, find out their impact and what is being done to control them.

- Sun, May 15, 9:30-11 am
- Sun, Jun 12, 9:30-11 am



Tours are free. For more information, see **naturenanaimo.ca**

Outdoor Nature Programs

Ants on Parade

3 to 6 Years

Have your kids ever wondered what the mounds of dirt are in the forest? Have they seen the ants moving on the mound? Have they ever watched ants marching or foraging. Even if they never were interested in ants, this is a good time to start. There is a lot to learn about ants and they are very interesting to observe. A great way to celebrate Mother's Day doing ant crafts and experiments. This is a parent participation class. Instructor: Judy Wickland

Sat, May 28 | 10-11:15 am | \$10 | [76660](#)

Beban Participark



Silly Spiders

3 to 6 Years

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

Instructor: Judy Wickland

Sun, May 15 | 9:30-10:45 am | \$10 | [69592](#)

Sun, May 15 | 11 am-12:15 pm | \$10 | [69593](#)

Walley Creek Trail

Learn to Fish

5 to 15 Years

Join the Freshwater Fisheries Society of BC and learn about the basics of freshwater fishing. Fishing rods are provided and program runs rain or shine. Parent participation required. This program is free!

Sun, May 29 | 10 am-12 pm | FREE | [68327](#)

Sun, Jun 12 | 1-3 pm | FREE | [68329](#)

Colliery Dam Park

Sun, May 15 | 10:30 am-12:30 pm | FREE | [68323](#)

Sun, Jun 5 | 10:30 am-12:30 pm | FREE | [68328](#)

Sun, Jun 26 | 10:30 am-12:30 pm | FREE | [68330](#)

Long Lake (Loudon Park)

Methods of Building Soil

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

Instructor: Connie Kuramoto

Sun, May 29 | 10 am-12 pm | \$20/1 | [70814](#)

Pine Street Community Gardens (271 Pine St)

Summer Pruning

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

Instructor: Scott Wiskerke

Sat, Jul 9 | 10 am-12 pm | \$20/1 | [70822](#)

Pine Street Community Gardens (271 Pine St)

Plan to Save Your Own Seeds NEW!

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

Instructor: Connie Kuramoto

Sun, Jun 5 | 10 am-12 pm | \$20/1 | [70815](#)

Pine Street Community Gardens (271 Pine St)

Extending Your Winter Harvest NEW! in Greenhouses and Cold Frames

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

Instructor: Connie Kuramoto

Sun, Jun 12 | 10 am-12 pm | \$20/1 | [70817](#)

Beban Park Learning Garden

Nature Time Chats with Pat

Turtles

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

Sun, Jun 5 | 11 am-12 pm | FREE | [70910](#)

Sat, Aug 6 | 11 am-12 pm | FREE | [70909](#)

Westwood Lake Park (Second Beach)

Nature Time Chats with Pat

Raptors

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

Sat, Jun 25 | 11 am-12 pm | FREE | [70908](#)

Sun, Aug 21 | 11 am-12 pm | FREE | [70907](#)

Westwood Lake Park (Second Beach)

Nature Time Chats with Pat

Bears

How many species of bears do we have in Canada? What colour are black bears? Is there a difference between Mainland and Island black bears? Come and get these questions answered and more. Open to all ages.

Sat, May 21 | 11 am-12 pm | FREE | [70912](#)

Sun, Jul 17 | 11 am-12 pm | FREE | [70911](#)

Westwood Lake Park (Second Beach)

Invasive Plant Work Party

Join like-minded individuals to tackle invasive plants during our scheduled work party. Your efforts really make a difference. All equipment and training are provided. Email us at parksandrecreation@nanaimo.ca you would like to organize a work party in your neighbourhood.

Sat, Jun 4 | 10 am-12 pm | FREE | [70930](#)

Linley Valley Park



cityofnanaimo



nanaimoparksandrec (#ilovemyparksandrec)



Adult First Aid

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

Emergency Childcare First Aid, CPR B/AED

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

W/Thu, Jun 29 & 30 | 5:30-9:30 pm | \$92/2 | [73156](#)

Sat, Aug 13 | 9 am-5:30 pm | \$92/1 | [72674](#)

Beban Park Social Centre

Standard First Aid, CPR C/AED

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

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

Sa/Su, Aug 2 & 21 | 9 am-5:30 pm | \$177/2 | [73160](#)

Beban Park Social Centre

Emergency First Aid, CPR C/AED

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

Sat, Jun 25 | 9 am-5:30 pm | \$92/1 | [72651](#)

Sat, Aug 20 | 9 am-5:30 pm | \$92/1 | [72652](#)

Beban Park Social Centre

CPR C

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

Wed, Jun 15 | 6:30-10:30 pm | \$65/1 | [72667](#)

Wed, Aug 10 | 6:30-10:30 pm | \$65/1 | [72671](#)

Beban Park Social Centre



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Adult Yoga/Fitness Programs

Zumba Gold

Intended for those new to Zumba or those 60 +. Ditch the workout and join the party! This Latin and international dance-based fitness class that will get you moving to a variety of music styles.

Instructor: Mary Keel

Mon, Jul 4-25 | 9:30-10:30 am | \$32/4 | [74711](#)

Mon, Aug 8-29 | 9:30-10:30 am | \$32/4 | [74712](#)

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, Jul 20-Aug 24 | 9-10 am | \$48/6 | [75522](#)

Bowen Park Complex

Rock Your Body Boot Camp

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

Instructor: Heidi Robinson

Mon, Jul 18-Aug 29 | 5-6 pm | \$48/6 | [74705](#)

Harry Wipper Sports Field

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, Jul 21-Aug 25 | 9-10 am | \$48/6 | [75525](#)

Bowen Park Complex

Mon, Jul 25-Aug 22 | 9-10 am | \$32/4 | [75527](#)

Rotary Field House

Stretch, Balance, Build

Focus will be on balancing exercises and poses. We will add a weight component to allow for more challenging poses. Moves are slow and focused, and there will be a chair available if needed.

Please bring your own weights if you have them and your own mat if you want to go to the floor.

Instructor: Kim Ross

Wed, Jul 20-Aug 24 | 12:15-1:15 pm | \$48/6 | [75524](#)

Rotary Field House

Stretch & Tone

This class has two light cardio segments, and the rest of the class will focus on flexibility, balance, core and strength. We will use weights and your body to improve all these areas. Many exercises will cover compound moves, and there will be a chair to help with balance if needed. Bring your own weights if you have them, but they are not necessary. Beginner to intermediate levels. No floor work in this class.

Instructor: Kim Ross

Thu, Jul 21-Aug 25 | 12:30-1:30 pm | \$40/5 | [75526](#)

Nanaimo Ice Centre



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ACTIVE PASSES

City of Nanaimo Active Passes allow unlimited access to public swimming, skating, weight rooms and gymnasiums!

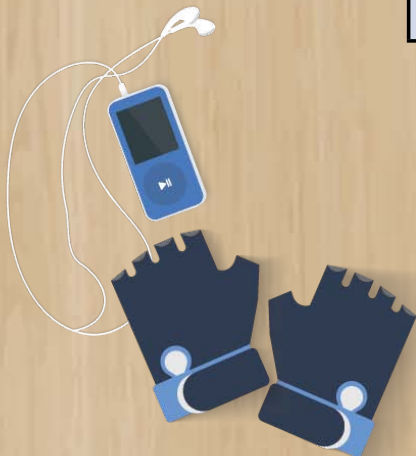
Active Passes

Purchase a one month or one year Active Pass and get unlimited access to the following while saving money on regular admission.

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

	Child	Student/ Senior	Adult	Family
1 Month Pass	\$30	\$42	\$56	\$112
1 Year Pass	\$270	\$378	\$500	\$999

Prices subject to change and include tax.



BellyFit

This is a holistic fitness experience that blends the body, mind and spirit to offer an extraordinary exercise experience. Scorch calories in a fun and easy cardio and dance infused workout. The second half of the class brings sculpting, toning and tightening with pilates, yoga stretches and mindful meditation. You must bring your own yoga mat.

Instructor: Heidi Robinson

Fri, Jul 15-29 | 12:15-1:15 pm | \$24/3 | [74709](#)

Fri, Aug 5-26 | 12:15-1:15 pm | \$32/4 | [74710](#)

Oliver Woods Community Centre

BellyFit Flow

Get fired up and feel the slow burn with this fun, flowing, low-impact, strength building class inspired by yoga and fitness. Choreographed entirely on a yoga mat to an incredible, inspiring soundtrack, this will energize you.

Instructor: Heidi Robinson

Mon, Jul 18-Aug 29 | 6:05-7:05 pm | \$48/6 | [74707](#)

Harry Wipper Sports Field

Pilates - All Levels

Pilates offers you an effective series of exercises to strengthen and tone your core. You will create long and lean muscles and improve your posture and balance. Modifications for all levels will be offered. Pilates helps a wide range of individuals at all stages of life and is adaptable for all levels. Please bring your own yoga mat.

Instructor: Jane Bockman

Thu, Jul 7-28 | 5-6 pm | \$32/4 | [74927](#)

Thu, Aug 4-25 | 5-6 pm | \$32/4 | [74928](#)

Grassy Area by Bowen Park Tennis Courts

Pilates - Level 1

Not ready for a full Pilates all levels class? Learn the fundamentals for an all levels class and beyond. You can also continue to learn at a slower pace to perfect your form. Strengthen your core, reduce back pain, improve balance and feel taller, stronger and more confident.

Instructor: Jane Bockman

Fri, Jul 8-29 | 10:15-11:15 am | \$32/4 | [74931](#)

Fri, Aug 5-26 | 10:15-11:15 am | \$32/4 | [74932](#)

Oliver Woods Community Centre

Yogalates

This combines pilates and yoga for a total body workout focused on toning the glutes, thighs and stomach. This low-impact workout will increase your fitness level. Develop your core strength and stabilization through Pilates poses, and improve your flexibility, muscular strength, posture and alignment through yoga/pilates poses, breathing and relaxation. Please bring your own yoga mat.

Instructor: Jane Bockman

Wed, Jul 6-27 | 5:30-6:30 pm | \$32/4 | [74925](#)

Wed, Aug 3-31 | 5:30-6:30 pm | \$40/5 | [74926](#)

Lions Pavilion at Maffeo Sutton Park

Gentle Yoga

This program is a great introduction to yoga poses in a Hatha-based yoga class combined with core conditioning and stabilizing exercises to improve posture and alignment. You will enjoy the benefits of increased flexibility and deep relaxation. Leave feeling taller, leaner and more relaxed. You must bring your own yoga mat.

Instructor: Jane Bockman

Fri, Jul 8-29 | 9-10 am | \$32/4 | [74929](#)

Fri, Aug 5-26 | 9-10 am | \$32/4 | [74930](#)

Oliver Woods Community Centre

Vinyasa Yoga

This rejuvenating class will release tension from the muscles from everyday life and sports activities. Learn to breathe deeply while experiencing a flow of postures to stimulate the body physically and mentally. Through this practice you enhance flexibility, increase muscle tone and concentration, detoxify the organs and feel a deep state of relaxation. Please bring your own yoga mat.

Instructor: Karen Shortt

Wed, Jul 13-Aug 24 | 5:30-6:30 pm | \$56/7 | [75520](#)

Rotary Field House



Minds in Motion

**Look for this program in
our Fall Activity Guide**



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60+ Fitness Programs

Chair Yoga

This class is designed for people who experience difficulty doing floor exercise. Yoga exercises have many benefits, including stretching, relaxing and helping you to feel energized.

Instructor: Russell McNeil

Tue, Jul 5-26 | 9-10 am | \$32/4 | [74912](#)

Tue, Aug 2-30 | 9-10 am | \$40/5 | [74913](#)

Bowen Park Complex

Gentle Yoga

This gentle Hatha style class focuses on gentle stretches before each pose. Time is given to rest or relax briefly after anything that is strenuous. This is not a flow class. Please bring your own mat.

Instructor: Heather Honey

Fri, Jul 8-29 | 9-10 am | \$32/4 | [74309](#)

Fri, Aug 5-26 | 9-10 am | \$32/4 | [74310](#)

Bowen Park Tennis Wall

Stretch & Relax Yoga

This is basic classical Hatha yoga. It focuses on gentle stretches before each pose. Time is given to rest or relax briefly after anything that is strenuous. This is not a flow class. You must bring your own yoga mat.

Instructor: Shanti (Dorlean) Peck

Fri, Apr 1-May 13 | 10-11 am | \$48/6 | [71717](#)

Bowen Park Complex

Mon, Apr 4-May 16 | 11:30 am-12:30 pm | \$48/6 | [71718](#)

Oliver Woods Community Centre



Balance & Mobility

Balance, movement and mobility - the three steps you need to maintain a healthy lifestyle. The instructor will lead you through easy exercises to improve stability and potentially prevent falls. The workouts assist in improving posture, muscle strength, speed, sharpening reflexes, expanding flexibility and firming your core. The instructor may give tips for fall proofing your home.

Instructor: Russell McNeil

Wed, Jul 6-27 | 3:30-4:30 pm | \$32/4 | [74916](#)

Wed, Aug 3-31 | 3:30-4:30 pm | \$40/5 | [74919](#)

Oliver Woods Community Centre

Cardiofit

This class is about getting the body moving. Participate in a variety of fun aerobic exercises that are designed to help improve your cardiovascular health. It includes low impact exercises that are easy on the joints. Intervals will get your heart pumping leading to a "feel good" feeling afterwards.

Instructor: Shanan St. Louis

Mon, Jul 4-25 | 11:30 am-12:30 pm | \$32/4 | [74849](#)

Bowen Park Complex

Please note:

The programs on this page do not require a Nanaimo Harbour City Seniors Membership.

Nanaimo Harbour City Seniors

MEMBERSHIP INFORMATION

A Nanaimo Harbour City Seniors' Membership is open to those 60 years and older and is valid for one year from January to December.

Your membership provides you with access to several free programs with Parks, Recreation and Culture.

Membership can be purchased in person or over the phone (payment required by credit card, MC/Visa Debit or American Express over the phone). The information you will need to provide includes your name, address, phone number, birthdate and an emergency contact. The annual membership is \$45 per person.

Program areas:

- ARTS & CRAFTS
- CARDS & GAMES
- DANCE CLASSES & SOCIALS
- FITNESS, YOGA & TAI CHI
- LANGUAGE
- MUSIC
- SPECIAL INTEREST
- SPORTS



Find out more about membership:

For more information, call 250-755-7501, pick up the Harbour City Seniors Newsletter or view the newsletter online at www.nanaimo.ca.



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Pool Programs

SWIM LESSONS • LIFEGUARDING • FITNESS • TRAINING

With a variety of swim lessons, aquatic training and water sports, we make swimming easy and fun.
Our trained aquatics staff will assist you in choosing the right program to meet your needs.

**TEAM AQUATIC SUPPLIES LTD**
Lobby of Nanaimo Aquatic Centre

**YOUR ONE STOP
SWIM & FITNESS SHOP**



We carry a wide range of quality brand name equipment and apparel for the whole family

741 Third Street, Nanaimo, BC
250-740-0372

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



ATTENTION
PLEASE

Due to staffing challenges, there may be unforeseen and unscheduled pool closures and program cancellations, as well as multiple instructors teaching swimming lessons in a set.

Please check our website (recreation.nanaimo.ca) or follow us on Facebook. We will post schedule changes as soon as we can to give you as much notice as possible.

Learn-to-Swim Program Overview



PARENT & TOT LESSONS

Age 4 months to 3 years

Parent participation required

STARFISH (30 min; ratio 1:10)

- 4 to 12 months



DUCK (30 min; ratio 1:10)

- 12 to 24 months



SEA TURTLE (30 min; ratio 1:10)

- 24 months to 3 years



PRESCHOOL LESSONS

Age 3 to 6 years

Progression is based on completion of level (Sea Otter to Whale)

SEA OTTER (30 min; ratio 1:5)

- Front and back floats and glides with assistance
- 1 M swim with help



SALAMANDER (30 min; ratio 1:5)

- Front and back floats and swims
- Roll-over swims
- 2 M swim



SUNFISH (30 min; ratio 1:5)

- Front, back, roll-over and side swims
- Deep water activities
- 5 M swim



CROCODILE (30 min; ratio 1:5)

- Front, back and side swims and basic front crawl
- Deep water swimming
- 10 M swim



WHALE (30 min; ratio 1:5)

- 10 M front, back and side swims and basic front crawl
- Deep water swimming
- 15 M swim



SWIM KIDS LESSONS

Age 5 to 14 years

Progression is based on completion of level

SWIM KIDS 1 (30 min; ratio 1:6)

- Front and back floats and swims
- Roll-over swims and basic front crawl
- 5 M swim

1

SWIM KIDS 2 (30 min; ratio 1:6)

- Side swims and basic front crawl
- Deep water activities
- 10 M swim

2

SWIM KIDS 3 (30 min; ratio 1:6)

- Front and back floats and swims
- Roll-over swims and basic front crawl
- 15 M swim

3

SWIM KIDS 4 (30 min; ratio 1:6)

- 15 M back swim
- 10 M front crawl
- 25 M swim

4

SWIM KIDS 5 (45 min; ratio 1:8)

- 15 M front and back crawl
- Whip kick on back
- 50 M swim

5

SWIM KIDS 6 (45 min; ratio 1:8)

- 25 M front and back crawl
- 15 M elementary backstroke
- 75 M swim

6

SWIM KIDS 7 (45 min; ratio 1:10)

- 50 M front and back crawl
- 25 M elementary backstroke and whip kick on front and 150 M swim

7

SWIM KIDS 8 (45 min; ratio 1:10)

- 75 M front and back crawl
- 15 M breaststroke
- 300 M swim

8

SWIM KIDS 9 (45 min; ratio 1:10)

- 100 M front and back crawl
- 25 M breaststroke and side stroke
- 400 M swim

9

SWIM KIDS 10 (45 min; ratio 1:10)

- 100 M front and back crawl
- 50 M elementary backstroke, breaststroke and side stroke and 500 M swim

10

Pricing for Swimming Lessons

(lesson prices are pro-rated for holidays & swim meets)

30 Minute Lessons	\$67.50/10 lessons
45 Minute Lessons	\$102.50/10 lessons



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Swimming Lesson Tips for Success

We are pleased to offer Red Cross swim lessons to highlight the importance of swimming and water safety skills. Swimming can be fun and is also a necessary life skill. Help your child start swimming on the right foot.

- Evaluate your child's swim ability and choose a class level, date and time. Not sure of their ability? Stop by one of our pools during an "Everyone Welcome" swim session and have one of the lifeguards evaluate your child (depending on staff availability).
- Register for a class online or at one of our facilities early, as classes fill up quickly.
- Arrive early to check-in and familiarize your child with the facility. Please have your child ready for class at the start of the lesson time.
- Lockers are available and recommended. Tokens can be purchased from the pool cashier.
- Have your child go to the bathroom before lessons. Children who are not potty trained must wear a swim diaper (available for purchase at the front desk).
- All patrons must shower before entering the pool.
- Bring your child's towel onto the pool deck to keep your child warm before and after lessons.
- Please stay home if not feeling well.
- At the end of lessons, your instructor will recommend the appropriate level for the next set of lessons. Levels are frequently repeated to allow students to master skills and feel successful before moving onto a new level.



Shopping for Swim Lessons Using the "X" Grid

- STEP 1** Select the set wanted
- STEP 2** Select swim lesson level (Sea Otter, Swim Kids 1, etc.)
- STEP 3** Select available times ("x" indicate available times)
- STEP 4** Register in person, over the phone or online through recreation.nanaimo.ca
- 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 (Sea Otter, for example)



Beban Pool Summer Lessons



MONDAY TO FRIDAY

SET 1: July 4 to 15 (10 lessons)

SET 2: July 18 to 29 (10 lessons)

			8:30 am	9:00 am	9:30 am	10:00 am	10:15 am	10:30 am	10:45 am	11:00 am	11:15 am	4:00 pm	4:30 pm	4:45 pm	5:00 pm	5:15 pm	5:45 pm	6:00 pm	6:15 pm	6:30 pm	
Parent Part.	30 Minute Classes	Starfish				X						X									
		Duck			X				X												
		Sea Turtle	X	X															X		X
Preschool Prog. (3-6 yrs)		Sea Otter	X						X	X			X	X		X					
		Salamander			X											X					X
		Sunfish		X													X				
School Aged Program (5-14 yrs)		Crocodile/Whale			X																
	Swim Kids 1	X	X								X	X						X			
	Swim Kids 2										X			X			X				
	Swim Kids 3				X	X							X							X	
	Swim Kids 4	X					X						X								
	45 Min.	Swim Kids 5/6		X									X			X					
		Swim Kids 7/8							X									X			
Swim Kids 9/10																			X		



Nanaimo Aquatic Centre Summer Lessons



MONDAY TO FRIDAY

SET 1: August 2 to 12 (9 lessons)

SET 2: August 15 to 26 (10 lessons)

				9:00 am	9:15 am	9:30 am	9:45 am	10:00 am	10:15 am	10:30 am	10:45 am
School Aged Program (5-14 yrs)	30 Minute Classes	Parent Part.	Starfish							X	
		Duck			X						
Sea Turtle		X									
Sea Otter		X				X		X			
Salamander				X							
Sunfish											
Crocodile/Whale						X					
Swim Kids 1			X								
Swim Kids 2					X						
Swim Kids 3							X				
45 Min.	Swim Kids 4								X		
	Swim Kids 5/6		X								
	Swim Kids 7/8					X					
	Swim Kids 9/10								X		



ATTENTION PLEASE

Due to staffing challenges, there may be unforeseen and unscheduled pool closures and program cancellations, as well as multiple instructors teaching swimming lessons in a set. Please check our website (recreation.nanaimo.ca) or follow us on Facebook. We will post schedule changes as soon as we can to give you as much notice as possible.



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Become a Lifeguard and a Swimming Instructor

If you are considering becoming an aquatic employee with the City of Nanaimo, you have to have completed both the WSI and NL programs before you apply.

Become a Water Safety Instructor

- Complete Red Cross Swim Level 10 (recommended)
- Complete Bronze Medallion and Bronze Cross
- Complete Water Safety Instructor (15 + years)
 - Complete WSI Component 1 (Strokes & First Aid Evaluation)
 - Complete WSI Component 2 (Pool/Classroom Session)
 - Online assignments & practice teaching
 - Complete WSI Component 3 (Final Pool/Classroom Session)

The Lifeguard Pathway

STEP 1: Complete Bronze Medallion (13+ years)

STEP 2: Complete Bronze Cross







STEP 3: Complete Standard First Aid Course

STEP 4: Complete National Lifeguard Pool Award (15 + years)



Advanced Aquatic Leadership Courses

These courses focus on leadership and lifesaving skills development (100% attendance is mandatory).

	COURSE	DATES	LOCATION	TIME	BARCODE	COST	PREREQUISITE
	Lifesaving Society Bronze Medallion	• Jul 4-25	NAC	5-9 pm	75409	\$185	Candidates must be 13 years of age or have completed Bronze Star.
	Lifesaving Society Bronze Cross	• Aug 8-22	NAC	1:30-9 pm	75410	\$155	Please bring proof of Bronze Medallion and your Canadian Lifesaving Manual.
	Lifesaving Society National Lifeguard-Pool	• Jul 6-Aug 24	NAC	12:30-7:30 pm	75412	\$455	15 years of age, Bronze Cross and Standard First Aid (Includes alert manual, fanny pack with whistle and pocket mask)
	Lifesaving Society National Lifeguard-Pool Re-Cert (check online for more options)	• May 14 • Jun 12 • Jul 22 • Sep 4	Beban Pool	8 am-1 pm	74237 75405 75499 75406	\$125	Please bring proof of previous National Lifeguard Pool certification
	Lifesaving Society National Lifeguard Award-Waterfront	• Sep 7-9	NAC & Westwood Lake	8 am-1 pm	75413	\$225	Please bring proof of previous National Lifeguard Pool certification
	Lifesaving Society National Lifeguard Pre/Recertification - Waterfront	• Jun 26	Westwood Lake	10 am-7 pm	72290	\$125	Please bring proof of previous National Lifeguard Waterfront certification



Arena Programs

Welcome to Nanaimo RECSKATE



RecSkate is a progressive skating skills training program for all ages and abilities necessary for life-long participation and the improvement of physical literacy as it relates to all sports. It provides the foundation for success in recreational hockey and figure skating. The program emphasis is on encouragement through comprehensive feedback. Participants receive a ribbon of achievement for each level passed, and upon completion of Level 7, skaters will receive a medallion of achievement.

Boots to Blades 1 & 2

2 to 5 Years

Boots 1 is a perfect intro for those who have never been on the ice before or for those who have yet to master standing in skates. Skaters get a feel for the ice wearing shoes or boots and then graduate to skates at the discretion of the instructor. Parent participation is required.

In **Boots 2**, skaters start the program wearing skates, as they will have had some experience but still need to learn the basics. The focus for both levels is getting skaters comfortable through play and practicing some basic skills. Parent participation is required.

RecSkate 1

This introductory level of skating will help skaters learn to fall safely and get up unassisted, skate across the ice by themselves without falling and work on basic balance and gliding skills. This is not a parent participation class.

RecSkate 2

This is when it all starts coming together! Skaters at this level will begin to gain strength and speed and will work on two-foot gliding, touching toes and will be introduced to backwards skating. Other skills taught in this level are stopping, scoops, turning and hops.

RecSkate 3

This level focuses on skills, such as skating on a curve, side stopping and transitions. Skaters will also be introduced to circle thrusts, backward stroking and forward slalom skating.

RecSkate 4

At this level, participants master crossovers, inside edges and backwards stopping. Skaters will also work on side hops, mohawks and backward thrusts. This is an excellent level for hockey players to improve their basic skating skills.

RecSkate 5

Skills include forward outside edges, backward one-foot gliding, mohawks, backward crossovers, t-stops and one-foot jump transitions. This is great for skater agility, balance and strength.

RecSkate 6/7

RecSkate 6 is a challenging level which emphasizes balance, glide and foot control skills. Skaters will also work on figure eight crossovers, jumping turns and other one-foot skills that increase balance, strength and agility.

RecSkate 7 is the final level of our RecSkate program. Backwards skills are emphasized, along with the introduction of two-foot full rotation jumps and one-foot outside edge stops. Backwards crossover figure eights and forward and backward pivot circles will be mastered. Skills taught at this level are demanding for all kinds of skaters, but the hard work will pay off!

Private RecSkate Lessons (RecSkate)

One-on-one instruction. These are great for accelerating your learning, mastering that one problem skill or preparing for the next level. Our instructors will work from the RecSkate program material or address specific skills as needed. Skate rentals are included. See recreation.nanaimo.ca for availability.

RecFigure Skate - Child/Teen

6 to 16 Years

A small group session focusing on developing specific figure skating skills, such as jumps, spins and field moves, as well as continuing to develop the basics of skating. Skaters should have passed a minimum of RecSkate 5 before registering. Completion of RecSkate program or equivalent is preferred.

RecSkate - Pre-Teen/Teen

12 to 17 Years

Skating and more! Join your friends at these lessons that teach all levels of skating skills. This program offers an introduction to arenas, including lesson teaching, skate patrol, safety and a facility tour. This is a great bridge to our LIT and Quest programs.




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GLOW

in the dark skates*



**SKATE IN OUR ATMOSPHERE
OF DIMMED LIGHTING AND
SPECIAL EFFECTS!**

**Held once a month on Sunday afternoons
from 3-4:30 pm. (*Regular admission rates apply)**

- **June 12** (Cliff McNabb Arena)
- **July 17** (Nanaimo Ice Centre)
- **August 14** (Cliff McNabb)

Skating Lesson Information

SKATING EQUIPMENT

- Skate Rentals are \$2 per pair per lesson (please pay for skate rentals at time of registration).
- Helmets, mitts/gloves are mandatory for all skaters. We do have helmets for you to use, but bring your own helmet if you have one, as we have a limited number available.

LESSON TIMES AND PRICES

LESSON	LENGTH OF LESSON	COST PER CLASS
Boots to Blades 1 & 2	30 minutes	\$7.50
RecSkate (3-5 yrs)	30 minutes	\$7.50
RecSkate (6-11 yrs)	45 minutes	\$11
RecFigure Skate	45 minutes	\$11
Various RecSkates (pre-teen/teen)	60 minutes	\$12
Private RecSkate (all ages) *	30 minutes	\$28

** For private RecSkate lessons, specific lesson coach requests may be accommodated by calling 250-756-5215.*

CUSTOM PRIVATE SKATING LESSONS

- Let us customize skating lessons to fit your schedule and your skill level. Cost is \$32 for a 30-minute lesson. Call our Arenas Coordinator at 250-755-7536 for details.

CLIENTS WITH DIVERSE ABILITIES

- Participants with diverse abilities that may require extra assistance or if staff should be aware of ability, please contact our Arenas Coordinator at 250-755-7536.

DROP-IN SESSIONS

- Check out our drop-in options on page 12 or check our online schedule at recreation.nanaimo.ca.

Starlight Skate*



**This is a great way to escape the hustle
and bustle while enjoying lap skating
with our soft light stars and passive LED
lighting. Perfect time for couples and
families to get some exercise
with friends.**

**Regular admission rates apply.*

**Held on the following Wednesdays,
6:30-8 pm at Nanaimo Ice Centre:**

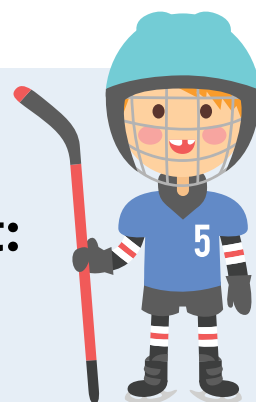
- June 1
- July 6 • August 3

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



Skating Lessons

30 min lesson = 2-5 years • 45 min lesson = 6-11 years • 30 min private lessons

Monday, May 16 to Jun 27 • 6 lessons • **Nanaimo Ice Centre** (no lesson May 23)

3:30-4 pm	Boots 1 69775	Boots 2 70556	Rec 1 70443	Rec 2 70891	Rec 3 71544	Rec 4 71869	Private 71908
4-4:45 pm	Rec 1 70928	Rec 2 71425	Rec 3 71791	Rec 4 71886	Rec 5 71309	Private 4-4:30 pm 71917	
4:45-5:15 pm	Boots 1 69776	Boots 2 70557	Rec 1 70453	Rec 2 70892	Rec 3 71545	Rec 4 71870	Private 71921
5:15-6 pm	Rec 1 70929	Rec 2 71426	Rec 3 71806	Rec 4 71887	Rec 6/7 71298	RecFigure 70588	
6-6:30 pm	Boots 1 69777	Boots 2 70558	Rec 1 70473	Rec 2 70893	Private 71923	Private 71926	
6:45-7:45 pm	Adult RS 70668	Teen 70578	Private 6:45-7:15 pm 71929	Private 6:45-7:15 pm 71932	Private 6:45-7:15 pm 71937		
7:15-7:45 pm	Private 71942	Private 71945	Private 71950				

Wednesday, Jun 1 to 29 • 5 lessons • **Cliff McNabb Arena**

12:30-1 pm	Private 71911	Private 1-1:30 pm 71914					
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Thursday, May 19 to Jun 30 • 7 lessons • **Nanaimo Ice Centre**

3:30-4:15 pm	Rec 1 70934	Rec 2 71436	Rec 3 71810	Rec 4 71891	Rec 5 71312	Rec 6/7 71301	
4:15-4:45 pm	Boots 1 69784	Boots 2 70563	Rec 1 70914	Rec 2 70898	Rec 3 71549	Rec 4 71874	Private 71954
5:30-6:30 pm	Teen 70581	Adult RS 70671	Private 5:30-6 pm 71957	Private 5:30-6 pm 71958	Private 6-6:30 pm 71961	Private 6-6:30 pm 71963	

Friday, May 20 to Jun 24 • 6 lessons • **Cliff McNabb Arena**

9:30-10 am	Boots 1 70141	Rec 1 70942	Rec 3 71552	Rec 4 71877	Adult Pract. 9:30-10:30 am 70576		
10-10:30 am	Boots 2 70566	Rec 2 70904	Private 72043	Adult RS 10:30-11:30 am 70675	Adult Adv 10:30-11:30 am 70586		

Saturday, May 21 to Jun 25 • 6 lessons • **Cliff McNabb Arena**

9-9:45 am	Rec 1 71037	Rec 2 71445	Rec 3 71818	Rec 4 71896	Rec 5 71316	Private 9-9:30 am 71966	
9:15-9:45 pm	Boots 1 70145	Boots 2 70570					
9:45-10:15 am	Boots 1 70146	Boots 2 70571	Rec 1 71033	Rec 2 71417	Rec 3 71555	Rec 4 71880	Private 71968
10:30-11:15 am	Rec 1 71038	Rec 2 71447	Rec 3 71819	Rec 4 71897	Rec 6/7 71305	RecFigure 70591	Private 10:30-11 am 71969
11:15-11:45 am	Boots 1 70147	Boots 2 70572	Rec 1 71036	Rec 2 71418	Rec 3 71556	Rec 4 71881	Teen 11:15am-12:15p 70584
11:45 am-12:15 pm	Private 71970	Private 71971	Private 71972	Private 71974	Private 71976		



REGISTER EARLY to avoid DISAPPOINTMENT!

(low registration may lead to course cancellation)



FOR FALL 2022

Teachers & Educators

Skating Lessons for Your Class

- Lessons available at Nanaimo Ice Centre and Frank Crane Arena September through March 2023.
- Sessions are 45 minutes in duration consisting of a 30-minute lesson and 15 minutes of free time.
- Skate and helmet rentals are included.
- Bookings are ongoing.

Contact our Arenas Program Assistant at
250-755-7537.



Private RecSkate Lessons

One-on-one instruction. These lessons are great for accelerating your learning, mastering that one problem skill or preparing for the next level. Our instructors will work from the RecSkate program material or address specific skills as needed. Skate rentals are included, and the cost is \$28 per lesson.



You can find these listed in the lesson grids or you can call the Recreation Coordinator at 250-755-7536 for more information.



cityofnanaimo



nanaimoparksandrec (#ilovemyparksandrec)

RecSkate Pre-Teen/Teen

12 to 17 Years

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

Mon, May 16-Jun 27 | 6:45-7:45 pm | \$72/6 | [70578](#)

Thu, May 19-Jun 30 | 5:30-6:30 pm | \$84/7 | [70581](#)

Mon, Jul 4-Aug 15 | 6:45-7:45 pm | \$72/6 | [70579](#)

Thu, Jul 7-Aug 18 | 6:15-7:15 pm | \$84/7 | [70582](#)

Nanaimo Ice Centre

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

Cliff McNabb Arena

RecFigure Skate - Beginner

6 to 16 Years

This is a small group session focusing on developing specific figure skating skills like jumps, spins and field moves, as well as continuing to develop the basics of skating. Children's progress is monitored through the use of a progress card. Lesson is taught on a portion of the ice shared with the RecSkate program. Skaters should have passed a minimum of RecSkate 5. Completion of the RecSkate program or equivalent is preferred. Helmets are mandatory.

Mon, May 16-Jun 27 | 5:15-6 pm | \$66/6 | [70588](#)

Mon, Jul 4-Aug 15 | 5:15-6 pm | \$66/6 | [70589](#)

Nanaimo Ice Centre

Sat, May 21-Jun 25 | 10:30-11:15 am | \$66/6 | [70591](#)

M-F, Aug 22-26 | 11-11:45 am | \$55/5 | [70593](#)

M-F, Aug 29-Sep 2 | 11-11:45 am | \$55/5 | [70594](#)

Cliff McNabb Arena

RecFigure Skate - Advanced

6 to 17 Years

A group lesson for experienced RecFigure skaters who have completed a minimum of RecFigure Skate level 3. Skaters will work on RecFigure Skate levels 4 to 6 and even more advanced skills as applicable.

Wed, May 18-Jun 29 | 5:15-6:15 pm | \$84/7 | [70596](#)

Nanaimo Ice Centre



Skating Lessons

30 min lesson = 2-5 years • 45 min lesson = 6-11 years • 30 min private lessons

Monday, July 4 to August 15 • 6 lessons • **Nanaimo Ice Centre** (no lesson August 1)

3:30-4 pm	Boots 1 69778	Boots 2 70559	Rec 1 70513	Rec 2 70894	Rec 3 71546	Rec 4 71871	Private 71987
	Private 72032						
4-4:45 pm	Rec 1 70931	Rec 2 71427	Rec 3 71807	Rec 4 71888	Rec 5 71310	Private 4-4:30 pm 72003	
4:45-5:15 pm	Boots 1 69781	Boots 2 70560	Rec 1 70514	Rec 2 70895	Rec 3 71547	Rec 4 71872	Private 72005
5:15-6 pm	Rec 1 70932	Rec 2 71428	Rec 3 71808	Rec 4 71889	Rec 6/7 71299	RecFigure 70589	
6-6:30 pm	Boots 1 69782	Boots 2 70561	Rec 1 70903	Rec 2 70896	Private 72006	Private 72008	
6:45-7:45 pm	Adult RS 70669	Teen 70579	Private 6:45-7:15 pm 72010	Private 6:45-7:15 pm 72013	Private 6:45-7:15 pm 72016		
7:15-7:45 pm	Private 72017	Private 72018	Private 72030				

Thursday, July 7 to August 18 • 7 lessons • **Nanaimo Ice Centre**

3:30-4 pm	Boots 1 69785	Boots 2 70564	Rec 1 70915	Rec 2 70900	Rec 3 71550	Rec 4 71875	Private 72031
4-4:45 pm	Rec 1 70936	Rec 2 71438	Rec 3 71812	Rec 4 71892	Rec 5 71313	Rec 6/7 71302	Private 4-4:30 pm 72033
4:45-5:30 pm	Rec 2 71439	Rec 3 71814	Rec 4 71893	Rec 5 71314	Rec 6/7 71303	RecFigure 70592	
5:45-6:15 pm	Private 72034	Private 72035					
6:15-7:15 pm	Adult RS 70673	Teen 70582	Private 6:15-6:45 pm 72037	Private 6:15-6:45 pm 72038			
6:45-7:15 pm	Private 72039	Private 72040					

Monday to Friday, August 22 to 26 • 5 lessons • **Nanaimo Ice Centre**

9-9:45 am	Rec 1 71041	Rec 2 71448	Rec 3 71820	Rec 4 71898	Rec 5 71317	Private 8:15-8:45 am 71943	Private 9-9:30 am 71944
9:45-10:15 am	Boots 1 70148	Boots 2 70573	Rec 1 71039	Rec 2 71419	Rec 3 71557	Rec 4 71882	Private 71949
10:15-11 am	Rec 1 71042	Rec 2 71450	Rec 3 71823	Rec 4 71899	Rec 6/7 71306	Private 10:30-11 am 71951	
11-11:45 am	RecFigure 70593	Private 11-11:30 am 71955	Private 11-11:30 am 71956	Private 11-11:30 am 71959	Private 11-11:30 am 71960		

Monday to Friday, August 29 to September 2 • 5 lessons • **Nanaimo Ice Centre**

9-9:45 am	Rec 1 71043	Rec 2 71453	Rec 3 71825	Rec 4 71900	Rec 5 71318	Private 8:15-8:45 am 71962	Private 9-9:30 am 71964
9:45-10:15 am	Boots 1 70149	Boots 2 70574	Rec 1 71040	Rec 2 71420	Rec 3 71558	Rec 4 71883	Private 71965
10:15-11 am	Rec 1 71045	Rec 2 71454	Rec 3 71826	Rec 4 71901	Rec 6/7 71307	Private 10:30-11 am 71967	
11-11:45 am	RecFigure 70594	Private 11-11:30 am 71973	Private 11-11:30 am 71975	Private 11-11:30 am 71977	Private 11-11:30 am 71978		



REGISTER EARLY to avoid DISAPPOINTMENT!

(low registration may lead to course cancellation)

RecSkate Homeschool

Learn skills from our RecSkate program. Develop balance, agility and coordination. All levels of skaters will be accommodated. Parents are welcome to register with their child. Helmets are mandatory.

Mon, May 16-Jun 27 | 10:30-11:30 am | \$72/6 | [70664](#)

Wed, May 18-Jun 29 | 12:30-1:30 pm | \$84/7 | [70666](#)

Cliff McNabb Arena

RecSkate Adults

For new skaters or those who may need to brush up on skills. Skaters will be able to develop skills at their own pace and work towards earning the bronze, silver and gold lapel pins if desired.

Fri, May 20-Jun 24 | 10:30-11:30 am | \$72/6 | [70675](#)

Cliff McNabb Arena

Mon, May 16-Jun 27 | 6:45-7:45 pm | \$72/6 | [70668](#)

Thu, May 19-Jun 30 | 5:30-6:30 pm | \$84/7 | [70671](#)

Mon, Jul 4-Aug 15 | 6:45-7:45 pm | \$72/6 | [70669](#)

Thu, Jul 7-Aug 18 | 6:15-7:15 pm | \$84/7 | [70673](#)

Nanaimo Ice Centre

RecSkate Adults Practice

Practice time is for those participants registered in any of our RecSkate Adult lessons. This is an excellent opportunity to work on your skills. This is a half-ice program.

Fri, May 20-Jun 24 | 9:30-10:30 am | \$45/6 | [70576](#)

Cliff McNabb Arena

RecSkate Adults Advanced

This class is for experienced skaters with an emphasis on ice dance, figure skating and other advanced skills. Work towards earning your bronze, silver and gold level lapel pins if desired.

Fri, May 20-Jun 24 | 10:30-11:30 am | \$72/6 | [70586](#)

Cliff McNabb Arena



SUMMER CAMPS in the Arenas!

Cool Kids Skate Camp

6 to 16 Years

Enjoy a line up of activities, including a daily skating lesson, hockey for fun, a movie and various outdoor activities. We recommend all participants complete a minimum of RecSkate 1 prior to participation. Helmets are mandatory.

Mon, Jul 4 | 8:30 am-5 pm | \$44/1 | [70600](#)

Tue, Jul 5 | 8:30 am-5 pm | \$44/1 | [70601](#)

Wed, Jul 6 | 8:30 am-5 pm | \$44/1 | [70602](#)

Thu, Jul 7 | 8:30 am-5 pm | \$44/1 | [70603](#)

Fri, Jul 8 | 8:30 am-5 pm | \$44/1 | [70604](#)

Mon, Jul 11 | 8:30 am-5 pm | \$44/1 | [70605](#)

Tue, Jul 12 | 8:30 am-5 pm | \$44/1 | [70606](#)

Wed, Jul 13 | 8:30 am-5 pm | \$44/1 | [70607](#)

Thu, Jul 14 | 8:30 am-5 pm | \$44/1 | [70608](#)

Fri, Jul 15 | 8:30 am-5 pm | \$44/1 | [70609](#)

Mon, Jul 18 | 8:30 am-5 pm | \$44/1 | [70610](#)

Tue, Jul 19 | 8:30 am-5 pm | \$44/1 | [70611](#)

Wed, Jul 20 | 8:30 am-5 pm | \$44/1 | [70612](#)

Thu, Jul 21 | 8:30 am-5 pm | \$44/1 | [70613](#)

Fri, Jul 22 | 8:30 am-5 pm | \$44/1 | [70614](#)

Mon, Jul 25 | 8:30 am-5 pm | \$44/1 | [70615](#)

Tue, Jul 26 | 8:30 am-5 pm | \$44/1 | [70616](#)

Wed, Jul 27 | 8:30 am-5 pm | \$44/1 | [70617](#)

Thu, Jul 28 | 8:30 am-5 pm | \$44/1 | [70618](#)

Fri, Jul 29 | 8:30 am-5 pm | \$44/1 | [70619](#)

Tue, Aug 2 | 8:30 am-5 pm | \$44/1 | [70620](#)

Wed, Aug 3 | 8:30 am-5 pm | \$44/1 | [70621](#)

Thu, Aug 4 | 8:30 am-5 pm | \$44/1 | [70622](#)

Fri, Aug 5 | 8:30 am-5 pm | \$44/1 | [70623](#)

Mon, Aug 8 | 8:30 am-5 pm | \$44/1 | [70624](#)

Tue, Aug 9 | 8:30 am-5 pm | \$44/1 | [70625](#)

Wed, Aug 10 | 8:30 am-5 pm | \$44/1 | [70626](#)

Thu, Aug 11 | 8:30 am-5 pm | \$44/1 | [70627](#)

Fri, Aug 12 | 8:30 am-5 pm | \$44/1 | [70628](#)

Nanaimo Ice Centre

RecHockey 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.

Mon, Jul 4 | 8:30 am-5 pm | \$44/1 | [70826](#)

Tue, Jul 5 | 8:30 am-5 pm | \$44/1 | [70827](#)

Wed, Jul 6 | 8:30 am-5 pm | \$44/1 | [70828](#)

Thu, Jul 7 | 8:30 am-5 pm | \$44/1 | [70829](#)

Fri, Jul 8 | 8:30 am-5 pm | \$44/1 | [70830](#)

Mon, Jul 11 | 8:30 am-5 pm | \$44/1 | [70831](#)

Tue, Jul 12 | 8:30 am-5 pm | \$44/1 | [70832](#)

Wed, Jul 13 | 8:30 am-5 pm | \$44/1 | [70833](#)

Thu, Jul 14 | 8:30 am-5 pm | \$44/1 | [70834](#)

Fri, Jul 15 | 8:30 am-5 pm | \$44/1 | [70835](#)

Mon, Jul 18 | 8:30 am-5 pm | \$44/1 | [70869](#)

Tue, Jul 19 | 8:30 am-5 pm | \$44/1 | [70870](#)

Wed, Jul 20 | 8:30 am-5 pm | \$44/1 | [70871](#)

Thu, Jul 21 | 8:30 am-5 pm | \$44/1 | [70872](#)

Fri, Jul 22 | 8:30 am-5 pm | \$44/1 | [70873](#)

Mon, Jul 25 | 8:30 am-5 pm | \$44/1 | [70874](#)

Tue, Jul 26 | 8:30 am-5 pm | \$44/1 | [70875](#)

Wed, Jul 27 | 8:30 am-5 pm | \$44/1 | [70876](#)

Thu, Jul 28 | 8:30 am-5 pm | \$44/1 | [70877](#)

Fri, Jul 29 | 8:30 am-5 pm | \$44/1 | [70878](#)

Tue, Aug 2 | 8:30 am-5 pm | \$44/1 | [70879](#)

Wed, Aug 3 | 8:30 am-5 pm | \$44/1 | [70880](#)

Thu, Aug 4 | 8:30 am-5 pm | \$44/1 | [70881](#)

Fri, Aug 5 | 8:30 am-5 pm | \$44/1 | [70882](#)

Mon, Aug 8 | 8:30 am-5 pm | \$44/1 | [70883](#)

Tue, Aug 9 | 8:30 am-5 pm | \$44/1 | [70884](#)

Wed, Aug 10 | 8:30 am-5 pm | \$44/1 | [70885](#)

Thu, Aug 11 | 8:30 am-5 pm | \$44/1 | [70886](#)

Fri, Aug 12 | 8:30 am-5 pm | \$44/1 | [70887](#)

Nanaimo Ice Centre

Camp ParadiCE

6 to 16 Years

A camp for recreational figure skaters (minimum RecSkate 4). Learn skills at your own pace with an emphasis on fun and participation. Each day will include three ice times, other fun off-ice activities and a movie time.

M-F, Aug 22-26 | 8:45 am-5 pm | \$200/5 | [70632](#)

Nanaimo Ice Centre

See Camp Section
for more Summer
Camp options



cityofnanaimo



nanaimoparksandrec (#ilovemyparksandrec)



Hockey Programs

Hockey Rascals

4 to 6 Years

This program focuses on hockey FUNDamentals, including skating, puck handing and shooting. You must supply your own helmet with face cage, stick and gloves. Full gear is recommended.

Thu, May 19-Jun 30 | 4:45-5:30 pm | \$77/7 | [70642](#)

Thu, Jul 7-Aug 18 | 5:30-6:15 pm | \$77/7 | [70645](#)

Nanaimo Ice Centre

Fri, May 20-Jun 24 | 4:15-5 pm | \$66/6 | [70648](#)

Fri, May 20-Jun 24 | 5:30-6:15 pm | \$66/6 | [70649](#)

Cliff McNabb Arena

Everyone Can Play Hockey

7 to 12 Years

This is a great first-timer experience emphasizing the FUNDamentals of Canada's greatest game. We recommend a minimum of RecSkate 2 be completed. Please supply your own helmet with a face cage, stick and gloves. Full gear is not mandatory but recommended.

Thu, May 19-Jun 30 | 4:45-5:30 pm | \$77/7 | [70746](#)

Nanaimo Ice Centre

NHL

Novice Hockey League (NHL) is designed to introduce and develop the game of hockey to children looking to play for enjoyment and fitness. Skills are taught through comprehensive progressions and age/skill appropriate drills. No previous hockey experience is required, but players must be able to skate and stop well. We recommend skaters complete a minimum of RecSkate 2 prior to this course. Full gear is required.

4 to 6 Years

Sat, May 21-Jun 25 | 8:15-9 am | \$66/6 | [70780](#)

Sat, May 21-Jun 25 | 12:15-1 pm | \$66/6 | [70783](#)

Cliff McNabb Arena

M-F, Aug 22-26 | 8:15-9 am | \$55/5 | [70785](#)

M-F, Aug 29-Sep 2 | 8:15-9 am | \$55/5 | [70787](#)

Nanaimo Ice Centre

7 to 9 Years

Sat, May 21-Jun 25 | 8:15-9 am | \$66/6 | [70795](#)

Cliff McNabb Arena

7 to 12 Years

Sat, May 21-Jun 25 | 12:15-1 pm | \$66/6 | [70799](#)

Cliff McNabb Arena

M-F, Aug 22-26 | 8:15-9 am | \$55/5 | [70801](#)

M-F, Aug 29-Sep 2 | 8:15-9 am | \$55/5 | [70805](#)

Nanaimo Ice Centre

Power Skating

This program is designed to develop strength, power, flexibility and endurance for hockey. Full gear is required.

Peanut: 4 to 6 Years

Mon, Aug 22 | 4:30-5:30 pm | \$12/1 | [70725](#)

Tue, Aug 23 | 4:30-5:30 pm | \$12/1 | [70726](#)

Wed, Aug 24 | 4:30-5:30 pm | \$12/1 | [70727](#)

Thu, Aug 25 | 4:30-5:30 pm | \$12/1 | [70728](#)

Fri, Aug 26 | 4:30-5:30 pm | \$12/1 | [70729](#)

6 to 7 Years

Recommended for first or second year hockey players.

Mon, Aug 22 | 4:30-5:30 pm | \$12/1 | [70730](#)

Tue, Aug 23 | 4:30-5:30 pm | \$12/1 | [70731](#)

Wed, Aug 24 | 4:30-5:30 pm | \$12/1 | [70732](#)

Thu, Aug 25 | 4:30-5:30 pm | \$12/1 | [70733](#)

Fri, Aug 26 | 4:30-5:30 pm | \$12/1 | [70734](#)

8 to 9 Years

An intermediate level program with a minimum of two full years of hockey experience.

Mon, Aug 22 | 5:45-6:45 pm | \$12/1 | [70735](#)

Tue, Aug 23 | 5:45-6:45 pm | \$12/1 | [70736](#)

Wed, Aug 24 | 5:45-6:45 pm | \$12/1 | [70737](#)

Thu, Aug 25 | 5:45-6:45 pm | \$12/1 | [70738](#)

Fri, Aug 26 | 5:45-6:45 pm | \$12/1 | [70739](#)

10 to 14 Years

We recommend all players have a minimum of four to five years of hockey experience.

Mon, Aug 22 | 5:45-6:45 pm | \$12/1 | [70740](#)

Tue, Aug 23 | 5:45-6:45 pm | \$12/1 | [70741](#)

Wed, Aug 24 | 5:45-6:45 pm | \$12/1 | [70742](#)

Thu, Aug 25 | 5:45-6:45 pm | \$12/1 | [70743](#)

Fri, Aug 26 | 5:45-6:45 pm | \$12/1 | [70744](#)

Nanaimo Ice Centre



Pre-Season Hockey

A pre-season session time to get a jump start on the upcoming hockey season. Ice time will consist of skills and drills, as well as a short scrimmage. This is a co-ed program. Please register early, as this fills up quickly. Full gear is required.

4 to 6 Years

M-F, Aug 15-19 | 12:45-1:45 pm | \$60/5 | 70695

6 to 9 Years

M-F, Aug 15-19 | 2-3:15 pm | \$65/5 | 70696

8 to 9 Years

M-F, Aug 15-19 | 1:30-2:45 pm | \$65/5 | 70712

10 to 14 Years

M-F, Aug 15-19 | 3:15-4:45 pm | \$70/5 | 70698

Nanaimo Ice Centre

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 required. (Drop-in fee is \$12; please pre-purchase a drop-in ticket from our front desk staff.)

Mon, May 16-Jun 27 | 8-9 pm | \$72/6 | 74086

Wed, May 18-Jun 29 | 8:15-9:15 pm | \$84/7 | 74089

Mon, Jul 4-Aug 15 | 8-9 pm | \$72/6 | 74087

Wed, Jul 6-Aug 31 | 8:15-9:15 pm | \$108/9 | 74088

Nanaimo Ice Centre

Adult Intro to Hockey

Specifically designed for the casual hockey player. Co-ed sessions will consist of skill practice and game play. Focus will be on skill development and positional play.

Wed, May 18-Jun 29 | 8:15-9:30 pm | \$91/7 | 70748

Wed, Jul 6-Aug 31 | 8:15-9:30 pm | \$117/9 | 70749

Nanaimo Ice Centre

Adult Stickhandling D

You can always improve this important hockey skill set. Drills include correct hand positioning, top hand and bottom hand strengthening, toe control, faking, use of lines, cupping and reaching. (Drop-in fee is \$12; please pre-purchase a drop-in ticket from our front desk staff.)

Mon, May 16-Jun 27 | 8-9 pm | \$72/6 | 70769

Mon, Jul 4-Aug 15 | 8-9 pm | \$72/6 | 70770

Nanaimo Ice Centre

Adult Hockey Scrimmage D

This scrimmage program is for adults 18 and over interested in playing in an informal scrub setting. Session is monitored by an experienced leader. This is a registered program, but is also drop-in accessible. (Drop-in fee is \$13; please pre-purchase a drop-in ticket from our front desk staff.)

Fri, May 20-Jun 24 | 9-10:30 pm | \$72/6 | 70751

Fri, Jul 8-Sep 2 | 9-10:30 pm | \$108/9 | 70752

Nanaimo Ice Centre



Custom Private Hockey Lessons

These one-on-one private lessons with our popular hockey instructors are perfect for individual skill development. Potential skill areas include power skating, shooting, stick handling, goal keeping, defensive development and others. Small groups (2-3) are also welcome. Full gear is recommended. We also offer private RecSkate lessons. Check out availability in our lesson grids.

Tuesdays at Nanaimo Ice Centre

Tue, May 3-31 | 3:15-3:45 pm | \$160/5 | 70657

Tue, May 3-31 | 3:45-4:15 pm | \$160/5 | 70659

Tue, Jun 7-28 | 3:15-3:45 pm | \$128/4 | 70660

Tue, Jun 7-28 | 3:45-4:15 pm | \$128/4 | 70661

Fridays at Beban Arenas

Fri, May 20-Jun 24 | 5-5:30 pm | \$192/6 | 70653

Fri, May 20-Jun 24 | 5-5:30 pm | \$192/6 | 70654

Fri, May 20-Jun 24 | 5-5:30 pm | \$192/6 | 70655

Cliff McNabb Arena

Saturdays at Beban Arenas

Sat, May 7-28 | 7:45-8:15 am | \$128/4 | 71072

Sat, Jun 4-25 | 7:45-8:15 am | \$128/4 | 71074

Cliff McNabb Arena

STICK 'n' PUCK

ALL AGES

New to the game of hockey or looking to improve on those skills?

Just wanting to get on the ice in a non-game, recreational setting?

Stick 'n' Puck is the answer and a great way to get on the ice. An on-ice leader is available to assist with skill development and answer questions.

Space is limited, and session rules do apply. These sessions are for individuals looking to practice hockey skills - skating, passing, shooting, puck handling. These are unstructured practice times.

RULES

- Games and scrimmages are not permitted
- Goalies are welcome and free
- Limited to 30 skaters per session
- Children under 8 must be accompanied by an adult

EQUIPMENT REQUIREMENTS

- Helmets and gloves are mandatory (full face cage required for skaters 16 years and under)
- Shin guards are strongly recommended
- Skaters bring own pucks



See page 8 for admission & page 12 for location information.

For more information, contact the Arena Coordinator at 250-755-7536.

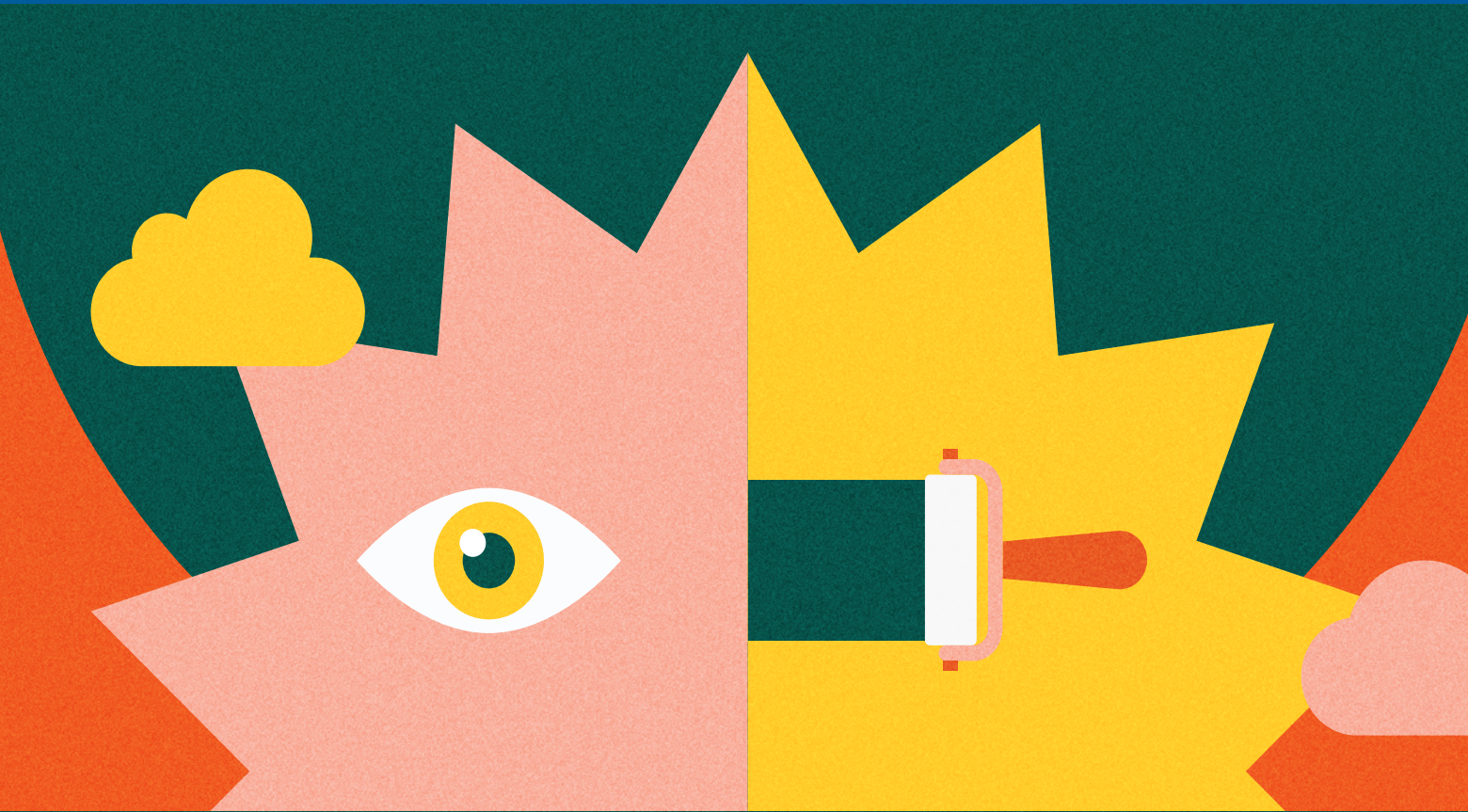


cityofnanaimo



nanaimoparksandrec (#ilovemyparksandrec)

City of Nanaimo Culture Partners



150 Commercial St
Nanaimo, British Columbia
250.754.1750
NanaimoArtGallery.ca



**PRO-D DAY, SPRING &
SUMMER CAMPS**

**CLASSES FOR CHILDREN,
TEENS & ADULTS**

SCHOOL PROGRAMS

**ARTIST TALKS &
SPECIAL EVENTS**

City of Nanaimo Culture Partners

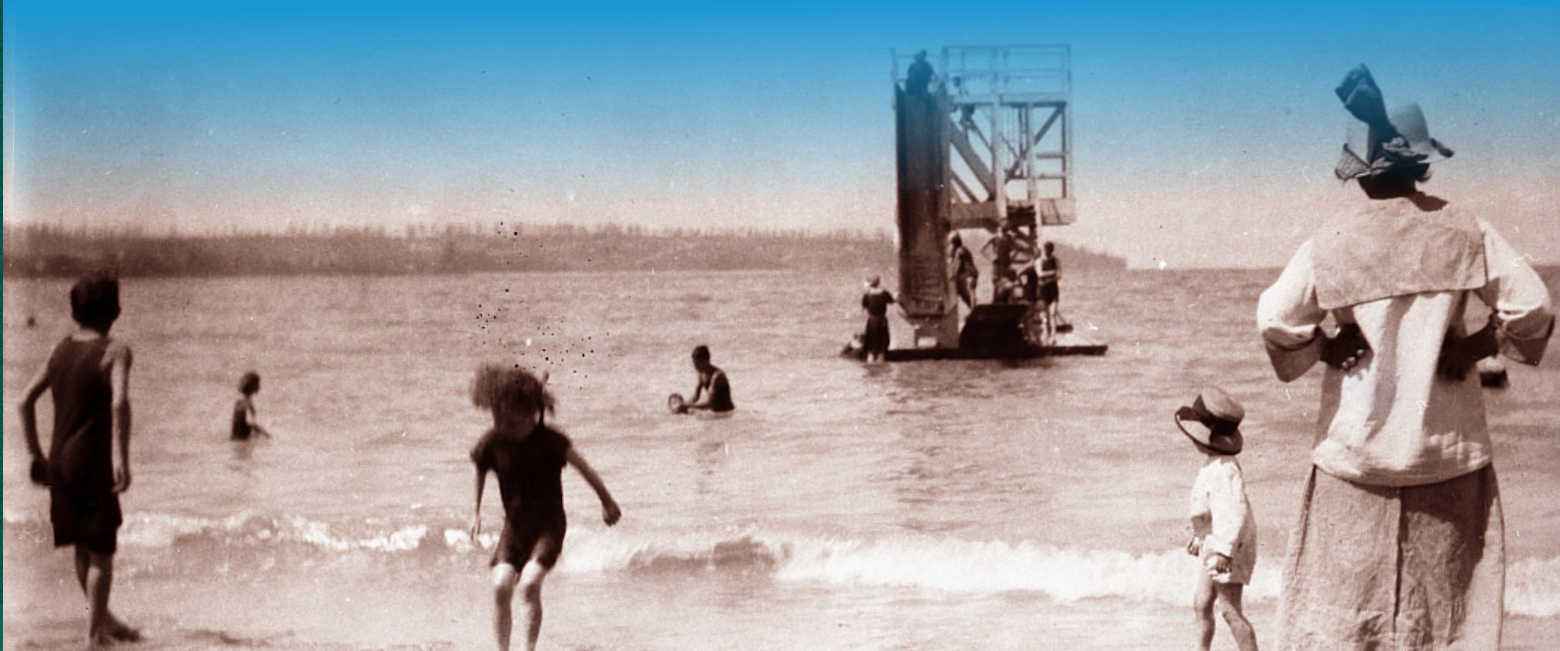


NANAIMO MUSEUM

Summer Activities!

SPRING BREAK
BASTION
PROGRAM
FEATURE EXHIBITS

SUMMER
PROGRAMS
WALKING TOURS
GIFT-SHOP



nanaimomuseum.ca | Open Tues-Sat 10am-4pm | 250.753.1821



Municipal Election 2022



Voting Day is **October 15, 2022, 8 am-8 pm**

Check our website at www.nanaimo.ca/goto/elections (site will be live soon)

Requirements to Vote: To vote in the election, you must either be a **Resident Elector** or **Non-Resident Property Elector**.

Resident Electors:

- 18 years of age or older on general voting day.
- Canadian citizen.
- Have lived in BC for at least 6 months immediately before the day you vote (April 15, 2022).
- Have lived in Nanaimo for at least 30 days before the day you vote (September 15, 2022).
- Not be disqualified by law from voting.

WORK THE ELECTION!

We are looking for election workers! Beginning May 9, visit www.nanaimo.ca/goto/jobs to learn more and apply. Applications are open from May 9 to June 29, 2022.

Non-Resident Property Electors:

- 18 years of age or older on general voting day.
- Canadian citizen.
- Have lived in BC for at least 6 months immediately before the day you vote (April 15, 2022).
- Have owned property in the City of Nanaimo for at least 30 days (September 15, 2022).
- Not be disqualified by law from voting.
- Have the written consent of the majority of the other property owner(s) to vote on their behalf. Only one non-resident property elector per property may vote, regardless of how many people own the property; and, the owner must have the written consent of a majority of the other property owner(s) to vote on their behalf. Corporations are not entitled to vote.

Voting Day is Saturday, October 15, 8 am-8 pm at ANY of the following locations:

- Beban Park Auditorium, 2300 Bowen Road
- City of Nanaimo Service and Resource Centre, 411 Dunsmuir Street
- Protection Island Fire Hall, 26 Pirates Lane (open 10 am to 6 pm)
- Salvation Army Church, 505 8th Street
- Chase River Elementary School, 1503 Cranberry Avenue
- Dover Bay Secondary School, 6135 McGirr Road
- Georgia Avenue Elementary School, 625 Georgia Avenue
- Nanaimo District Secondary School, 355 Wakesiah Avenue
- Randerson Ridge Elementary School, 6021 Nelson Road
- Uplands Park Elementary School, 3821 Stronach Drive
- Wellington Secondary School, 3135 Mexicana Road
- Woodlands Secondary School, 1270 Strathmore Street

Advanced Voting:

Advanced voting dates are Wednesday, October 5 & 12, 8 am-8 pm at Beban Park (2300 Bowen Rd)

Mail Ballot Voting:

Mail Ballot voting is available for those expecting to be absent during the advanced polls and general voting day or who have a physical disability, illness or injury that affects their ability to vote in person. Applications will be available through the Legislative Services Department.

Nomination Packages:

Interested in becoming a candidate? Review information about becoming a candidate at www.nanaimo.ca and pick up a nomination package from City Hall at 455 Wallace Street during business hours (8:30 am to 4:30 pm). Deadline is 4 pm on Friday, September 9.

Nomination Period:

The period for filing nomination documents in order to become a candidate is Tuesday, August 30 until Friday, September 9.



For information regarding the upcoming election, visit our website at www.nanaimo.ca/goto/elections or contact the Legislative Services Department at 250-755-4405.

SAFETY REMINDERS

SMOKE ALARMS



INSTALL • TEST • PROTECT

- Install smoke alarms on every level of the home
- Test smoke alarms once a month
- Working smoke alarms save lives

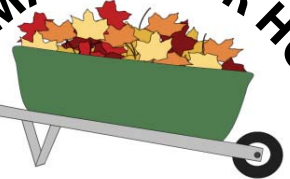
BBQ SAFETY



CHECK • CLEAN • TEST

- Check and clean your barbeque before using it
- Always open the lid before lighting the barbeque
- Never leave barbeque unattended while cooking

FIRESMART YOUR HOME



PROTECT • PREPARE • PREVENT

- Protect your home from wildfire
- Remove deadfall and overgrown shrubbery
- Keep grass mowed and watered



PREVENT • DISPOSE • CARE

- Properly dispose of your cigarettes to prevent bark mulch and grass fires
- Remember that smoking is not permitted in City parks or trails



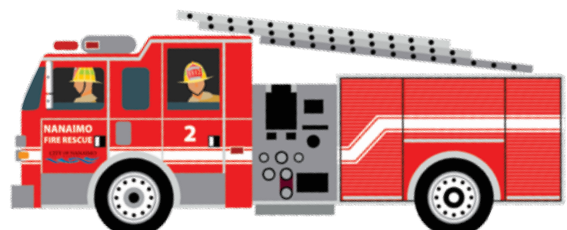
PREVENT • HYDRATE • PROTECT

- Stay hydrated
- Wear a hat, sunscreen and sunglasses
- Seek shade during the hottest part of the day

For more information, call 250-753-7311
or visit www.nanaimo.ca



@nanaimofire



RECYCLE RIGHT!

*We can do
this, Nanaimo!*



Keep fees low



Ensure materials get recycled



Maintain service to your home



RECYCLING RESOURCES:

- Download the free **Nanaimo Recycles app** & use the "What Goes Where" recycling directory to learn where materials go
- Go to the **City of Nanaimo website** (City Services - Recycling)
- Call the **Recycling Hotline** at 1-800-667-4321

NOT ACCEPTED MATERIALS



Styrofoam
(residential
styrofoam to the
depot)



Electronics
(donate/take to
depot)



**Tissues or
Paper Towel**
(garbage)



**Hard/Soft
Cover Books**
(donate/garbage)



**Plastic Bags &
Overwrap**
(take to depot)



**Chip Bags/
Candy Wrappers**
(take to depot)



**Clothing/
Textiles**
(donate/depot/
garbage)



Scrap Metal
(take to depot)



**Garbage/
Construction
Materials**
(donate, specialized
depots or landfill)



Refundables
(take to depot for
deposit)



Glass & Bottles
(take to depot)



Furniture
(donate/landfill)



Furnace Filters
(garbage)



Organics
(Green Cart)



Toys/Games
(donate/electronic
toys to depot)



**Hazardous
Waste**
(take paint,
pesticides & fuel to
depot)



**Biodegradable
& Compostable
Containers**
(garbage/Green Cart
if BPI certified)



**Batteries &
Light Bulbs**
(take to depot)



**Styrofoam Egg
Cartons**
(take to depot)



**Bubble Wrap &
Soft Plastics**
(take to depot)

ACCEPTED MATERIALS



Mixed Paper



**Empty Aerosol
Cans & Caps**
(no spray paint cans)



**Cardboard &
Boxboard**



**Paper Beverage
Cups & Lids**



**Tin, Aluminum
Containers/Foil**



**Paper
Packaging
that Contained
Liquids**



**Plastic Bottles,
Containers,
Tubs**
(less than 25L)



**Plastic Garden
Plant Pots &
Trays**
(less than 25L)



Magazines
(no books)



**Clamshell
Packaging**



**Shredded
Paper** (in clear
plastic bag or paper
bag)



**Steel
Containers &
Lids**



**Milk & Plant-
Based Containers**
(can also take to depot
for deposit)

PLEASE REMEMBER



Empty and rinse containers
(no dirt, wax, grease or food residue)



No bagging and nesting of recyclables
(do not put recyclables in paper bags or into boxes; leave separated)



Flatten and cut cardboard
(2' x 2' or 60 cm x 60 cm)



**Have your bins at the curb by 8 am
on your pick-up day**



**Space your carts so there is at least 1 metre
(3 feet) of space on all sides**

Download our free app:
Nanaimo Recycles
NANAIMO RECYCLES
RECYCLE TODAY FOR A BETTER TOMORROW

Download on the App Store
GET IT ON Google Play

**Still not sure
what goes
where?**

Download the **FREE**
Nanaimo Recycles
App today!

WANTED...

People with special skills and talents
that like to teach!



Find more details at
www.nanaimo.ca
and search "Program
Proposal Form".

Parks, Recreation & Culture is always looking for new, creative course ideas! If you are somebody that has a special skill or talent that you think would make a good class for our community, let us know by submitting a program proposal.



250.756.5200
www.nanaimo.ca
parksandrecreation@nanaimo.ca

PARKS, RECREATION & CULTURE GIFT CARDS



Give the Gift of
RECREATION!

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



250.756.5200
www.nanaimo.ca
parksandrecreation@nanaimo.ca

ONLINE PUBLIC DROP-IN SCHEDULES

Visit our website at
recreation.nanaimo.ca

and look at our
**Public Schedules for the most up-to-date
times for swimming, skating, pottery,
weight rooms and gymnasiums!**



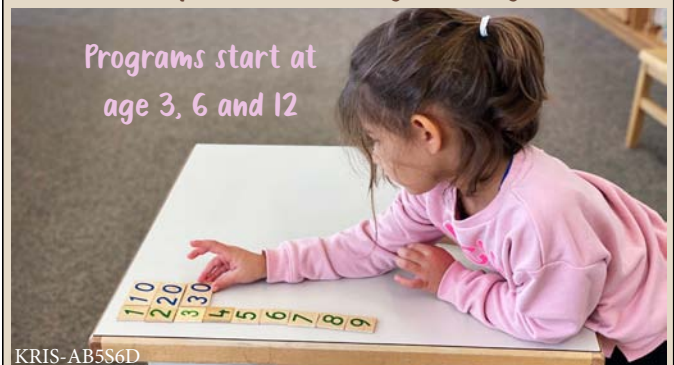
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Discover Montessori School

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

Programs start at
age 3, 6 and 12



KRIS-AB5S6D

Primary • Elementary • Middle School

www.dm-school.ca
250-760-0615



cityofnanaimo



nanaimoparksandrec (#ilovemyparksandrec)



FALL ACTIVITY GUIDE

**FALL PROGRAM REGISTRATION BEGINS
WEDNESDAY, AUGUST 17!**

**Look for your Fall Activity Guide online
starting on Friday, August 12.**

3 Easy Ways to Register FOR YOUR NANAIMO PARKS, RECREATION & CULTURE PROGRAMS:

1. ONLINE

Register and view your transactions online.
Available 24/7 with a valid credit card.



Go to recreation.nanaimo.ca to create your account or
to access your established account.

*(Please note that PerfectMind online registration is now called Xplor Recreation.
Other than colour and name, the functionality is the same.)*

2. IN PERSON

Pay for programs using cash, cheque, credit/debit card or
gift cards at any of the locations listed below.

Phone 250-756-5200 to confirm hours.

- Beban Park (2300 Bowen Rd) • Nanaimo Ice Centre (750 Third St)
- Bowen Park (500 Bowen Rd) • Oliver Woods Community Centre (6000 Oliver Rd)
- Nanaimo Aquatic Centre (741 Third St)

3. BY PHONE

Call 250-756-5200 and leave your name & phone number.

We will call you back in the order calls are received.

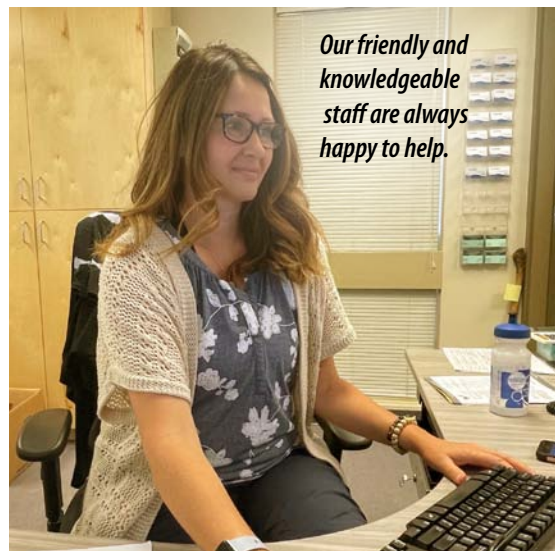
Payment is by credit card (card holder must be present).

PROGRAM CANCELLATIONS AND REFUNDS

Programs: Full refunds will be processed by contacting Reception a minimum of 72 hours prior to program start date (less supply costs). Full refunds are issued when Nanaimo Parks, Recreation and Culture cancels a program or when program is not convenient due to course changes. Every effort is made to cancel in a timely manner (3 to 5 days prior to course start date). Some exceptions may apply.

Passes: Passes are non-refundable and non-transferable, and a \$2 replacement card fee applies if card is lost or stolen. Credits and refunds are not available for promotional passes. Check at the time of purchase for details. Occasionally, a facility may be unavailable due to special events, holidays and maintenance closures. In these cases, the pass holder will not be credited.

Refunds: Payments made by Visa, MasterCard or Debit will be credited to the original credit/debit card (some restrictions apply). All other refunds are refunded by cheque and processed within 10 working days. A fee will apply to NSF or incomplete payments.



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.



cityofnanaimo



nanaimoparksandrec (#ilovemyparksandrec)

FREE!
SUMMER EVENTS



CONCERTS in the PARK

This season, bring a lawn chair and a picnic while enjoying some great musical entertainment in some of Nanaimo's most beautiful parks. See our website for locations, times and artist information.

LIFEGUARDS at WESTWOOD LAKE

Friday, July 1-September 5

11:30 am-5:30 pm

Weather depending and including stat holidays.

WATER PARKS

June-September

9 am-8 pm

- Departure Bay Kiwanis Park
- Deverill Square Park
- Harewood Centennial Park
- Mansfield Park

PLAYGROUND PROGRAM

July 6 to August 31

Hey, kids ages 5 to 12! Drop in to one of our neighbourhood playgrounds this summer and join in for **FREE** family fun! Activities could include games, arts & crafts and sports.

Monday to Friday, 10 am-3:30 pm

- HAREWOOD CENTENNIAL PARK (740 Howard Ave)
- MANSFIELD PARK (850 Cadogan St)

Monday & Tuesday, 10 am-3:30 pm

Wednesday, 1:30-7 pm

- COUNTRY HILLS PARK (2899 White Blossom Way)

Thursday & Friday, 10 am-3:30 pm

- GROVELAND PARK (6273 Groveland Dr)



recreation.nanaimo.ca
250-756-5200



CITY OF NANAIMO
THE HARBOUR CITY

PARKS, RECREATION & CULTURE