

NANAIMO PARKS, RECREATION & CULTURE

Winter 2021 Programs

Updated: February 1, 2021

January to March 2021

To keep up to date on program changes, please follow and click "Interested" on the City of Nanaimo Facebook Events for Arenas, Pool and Community Recreation.

You can also go to the City of Nanaimo website to the "Recreation and Parks" tab where there is a page for pools, arenas and community recreation for winter 2021.



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

recreation.nanaimo.ca
250-756-5200



3 Easy Ways to Register FOR YOUR NANAIMO PARKS, RECREATION & CULTURE PROGRAMS:

1. ON-LINE

Register and view your transactions on-line.
Available 24/7 with a valid credit card.

Go to recreation.nanaimo.ca to create your account or
to access your established account.

2. IN PERSON

Pay for programs using cash, cheque, credit/debit card or gift cards at

Oliver Woods Comm. Centre- (M-F, 8:30 am-4:30 pm; S/Su, 9:30 am-2:30 pm)

Bowen Complex - (M-F, 8:30 am-4:30 pm)

Nanaimo Aquatic Centre - (M-F, 6:30 am-7 pm; S/Su, 8 am-8 pm)

3. BY PHONE

Call **250-756-5200** and leave your name & phone number.

We will call you back in the order calls are received.

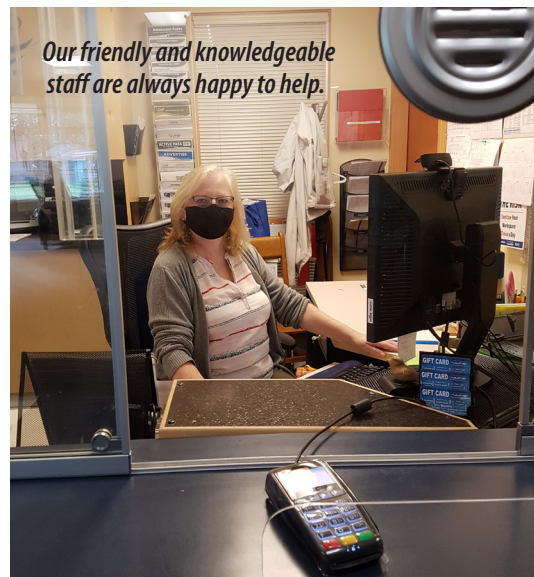
Payment is by credit card (card holder must be present).

PROGRAM CANCELLATIONS AND REFUNDS

Programs: Full refunds will be processed by contacting reception before the course starts due to illness. A partial refund will be given if you have to cancel part way through because of illness. No refunds on single days missed for any reason. Full refunds are issued when Nanaimo Park, Recreation and Culture cancels a program. Every effort is made to cancel in a timely manner (3 to 5 days prior to course start date). Some exceptions may apply.

Passes: Passes are non-refundable and non-transferable, and a \$2 replacement card fee applies if card is lost or stolen. Credits and refunds are not available for promotional passes. Check at the time of purchase for details. Occasionally, a facility may be unavailable due to special events, holidays and maintenance closures. In these cases, the pass holder will not be credited.

Refunds: Payments made by Visa, MasterCard or Debit will be credited to the original credit/debit card (some restrictions apply). All other refunds are refunded by cheque and processed within 10 working days. A fee will apply to NSF or incomplete payments.



OH, NO! WE HAD TO CANCEL IT!

Sometimes programs get cancelled due to low registration because people wait until the last minute to register. Please try to register as early as possible to avoid disappointment.

SORRY, THAT COURSE IS FULL...

Many of our most popular classes fill up quickly. Please register early to avoid disappointment. Ask to be added to the waitlist free of charge.

CHANGE OF PLANS?

If you need to withdraw from a program because your plans change, please call 250-756-5200 at least 72 hours prior to the course start date for a full refund.

PRE-REGISTERED DROP-IN SCHEDULE

Nanaimo Aquatic Centre Schedule January 2-March 28, 2021

Please note: Due to COVID-19 cleaning protocols, late admission may not be possible.
Masks are expected to be worn in public areas (other than in the water).

SUN	MON	TUE	WED	THU	FRI	SAT
50 METRE LEISURE & LENGTHS 6:30 -11:15 am	LEISURE & LENGTHS 6:30-9:30am	LEISURE & LENGTHS 6:30-9:30 am	LEISURE & LENGTHS 6:30-9:30 am	LEISURE & LENGTHS 6:30-9:30 am	LEISURE & LENGTHS 6:30-9:30 am	LEISURE & LENGTHS 6:30-11:15 am
	THERAPY AQUAFIT 8:30-9:30 am		THERAPY AQUAFIT 8:30-9:30 am		THERAPY AQUAFIT 8:30-9:30 am	Rentals 6:30-11:30 am
						THERAPY AQUAFIT 8:30-9:30 am
12:30-1 pm CLEAN	9:45-10:15 am CLEAN	9:45-10:15 am CLEAN	9:45-10:15 am CLEAN	9:45-10:15 am CLEAN	9:45-10:15 am CLEAN	11:30 am-12 pm CLEAN
Rentals 1-4 pm	LEISURE & LENGTHS 10:30 am-3:15 pm	LEISURE & LENGTHS 10:30 am-3:15 pm	LEISURE & LENGTHS 10:30 am-3:15 pm	LEISURE & LENGTHS 10:30 am-3:15 pm	LEISURE & LENGTHS 10:30 am-3:15 pm	EVERYONE WELCOME 12-3:15 pm (lane swimming available)
4-4:30 pm CLEAN	3:15-3:45 pm CLEAN	3:15-3:45 pm CLEAN	3:15-3:45 pm CLEAN	3:15-3:45 pm CLEAN	3:15-3:45 pm CLEAN	3:15-3:45 pm CLEAN
EVERYONE WELCOME 4:15-7:30 pm (lane swimming available)	Lessons 3:15-7:30 pm	LEISURE & LENGTHS 4:15-7:30 pm	Lessons 3:15-7:30 pm	LEISURE & LENGTHS 4:15-7:30 pm	Lessons 3:15-7:30 pm	EVERYONE WELCOME 3:45-7:15 pm (lane swimming available)
	Rentals 3:15-9 pm	DEEP AQUAFIT 6:30-7:30 pm	Rentals 3:15-9 pm	DEEP AQUAFIT 6:30-7:30 pm	Rentals 3:15-9 pm	

Nanaimo Aquatic Centre Weight Room Schedule January 2-March 28, 2021

SUN	MON	TUE	WED	THU	FRI	SAT
6:30 am-7:30 pm	6:30 am-7:15 pm	6:30 am-7:30 pm	6:30 am-7:15 pm	6:30 am-7:30 pm	6:30 am-7:15 pm	6:30 am-7:30 pm
1 hour sessions with 15 minutes between for cleaning	1 hour sessions with 15 minutes between for cleaning	1 hour sessions with 15 minutes between for cleaning	1 hour sessions with 15 minutes between for cleaning	1 hour sessions with 15 minutes between for cleaning	1 hour sessions with 15 minutes between for cleaning	1 hour sessions with 15 minutes between for cleaning

Please see the following pages for important information for aquatic and fitness gym users.



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IMPORTANT INFORMATION FOR NANAIMO AQUATIC CENTRE USERS

COVID-19 Safety

- Please stay home if you are feeling unwell.
- Physical distancing is required at all times within the facility.
- Use hand sanitizer immediately upon entrance to the facility.
- Nanaimo Aquatic Centre will be operating with reduced capacities and limited hours to allow for distancing measures and cleaning.
- Access is limited to registered guests only. No spectators will be permitted.
- **All sessions/programs at Nanaimo Aquatic Center require advanced registration.**
- The Nanaimo Aquatic Centre COVID-19 Safety Plan is based on the Lifesaving Society BC/Yukon: Guidelines for Reopening BC's Pools and Waterfronts and the Health Authority Guidelines for Swimming Pools during COVID-19.

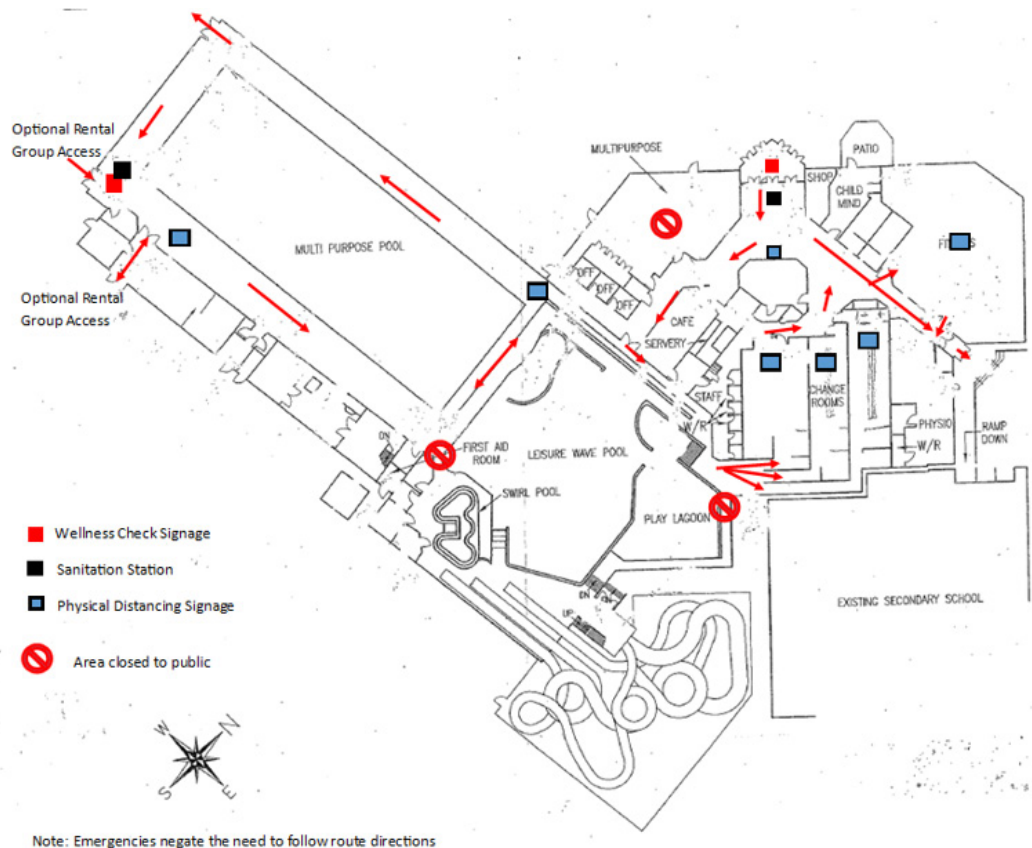
Amenities

- Water fountains, hot tub, steam/sauna, waterslides, waves/spray features, facility equipment/toys will not be available.
- Swimmers should be prepared to remove shoes on arrival, change quickly for their pool session (please arrive swim ready) and shower before accessing the pool.
- Follow the marked path and staff direction throughout the facility.
- Maximum of 10 people per change room.

Entering/Exiting the Facility

- Only those patrons with a reserved space will be permitted into the pool at their allocated time.
- Please arrive no earlier than 10 minutes prior to the start of a scheduled session or program.
- Swimmers will enter through the main entrance (North-West entrance) of the Aquatic Centre, sanitize their hands and complete a brief check in with a member of our team. Due to COVID-19 cleaning protocols, late attendance may not be possible.
- Swimmers are to arrive swim ready with minimal personal belongings. Please bring your own:
 - Towel
 - Goggles
 - Swim cap
 - Filled water bottle
- No other personal equipment is allowed; merchandise, food and beverages will not be available for purchase.
- Swimmers are encouraged to shower at home after swimming.
- Swimmers are required to wear masks inside the facility except while in the water.
- All guests will exit through the northeast doors closest to CBI Physiotherapy Clinic/NDSS School.
- Please maintain physical distancing, and leave the facility as quickly as possible following the session.





Pre-Registered Drop-in Programs

- All pre-registered drop in programs require advanced registration. Registration is available 72 hours prior the start of the session online at: <https://cityofnanaimo.perfectmind.com/> (**personal account is required**)
- Registration is also available by telephone at (250) 756-5200 or at the front counter in advance at Nanaimo Aquatic Centre, Bowen Park Complex or Oliver Woods Community Centre.
- Drop in at the time of session is not permitted.
- All swimming participants will be assigned a designated pool space or lane for the duration of their visit.
 - Length Swims – Maximum 6 swimmers per lane (2.5m lane width).
 - Aquatic Fitness – Maximum 20 participants per session.
 - Therapy/Leisure – Maximum 20 participants per session.
- Weight Room users will not have access to the change rooms or showers. Come dressed for your activity and exit the facility immediately following the session.
- Weight Room users will be provided disinfectant spray and paper towel and must wipe down equipment immediately after use.
- Schedule subject to change.
- Swim lessons are planned for a January start.

Reduced numbers will be available during the initial phase of reopening and will increase in the weeks following opening.

Session Structure

- Length swim sessions are 60 minutes in duration with a 15 minute break in between sessions to allow for distancing while exiting the facility.
- When the swim time finished, please promptly leave the pool and exit into the change room.
- Change room times are limited to 10 minutes before and after your swim session. Please change quickly and complete all personal grooming, hair washing, etc. at home.
- Participants will register for a pool specific session (eg. Leisure Pool or Main Pool) and must remain in their designated pool until the end of their session.
- If early departure is required, patrons will be permitted to exit the facility via the deep end pool doors, but changeroom (due to cleaning protocols) access is not available early.

PRE-REGISTERED DROP-IN SCHEDULE

Arenas Schedule

January 16 to March 31, 2021

Programs	SUN	MON	TUE	WED	THU	FRI	SAT
Everyone Welcome	4-6 pm NIC2 12-1:30 FCA		6:30-8 pm FCA	6:30-8 pm FCA	6:15-7:45 pm NIC2		1:15-2:45 pm FCA 7-9 pm NIC2
Family Skate	10:45-11:45 am FCA						
Parent & Tot Skate		10-11:30 am FCA		12:30-2 pm FCA	10-11:15 am NIC2		
Adult Leisure 19+		10-11:30 am NIC2	10-11:30 am FCA	10-11:30 am NIC2	10-11:30 am FCA		
Adult Scrub 19+ No contact scrimmage.		11:45 am NIC2		11:45 am NIC2		11:45 am NIC2	
Senior Scrub 60+ No contact scrimmage.							
Senior Scrub 70+ No contact scrimmage.							
Stick 'n' Puck Children under 8 must be accompanied onto the ice by an adult.	2:45-3:45 pm NIC2		11:45 am-1:15 pm NIC2	1:45-3:15 pm Cliff McNabb		3:15-4:15 pm Cliff McNabb	

Everyone Welcome Limited to 40 skaters. Lap skating to fun music. Designed for skaters of all ages and abilities, these sessions provide an opportunity for all members of the community to get active. Helmets are strongly recommended. Look for our fun "Game Zone" at these sessions held at the far end of the ice surface using sponge pucks.

Parent & Tot (6 years & under) An excellent opportunity to introduce children to the ice or to work on skills learned in our RecSkate lessons. Come on the ice in shoes, with cleats or skates and enjoy toys and recreational hockey. Helmets are mandatory for tots. Parents must accompany children on the ice. Free admission for child, and skates and helmets are free.

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.

Adult/Senior/70+ Scrub (Adult 18+, Senior 60+) Goalies play for free. Return to scrimmage play. Maximum of 24 on the ice (**Scrub sessions temporarily suspended**)

Stick 'n' Puck Whether you're new to the game of hockey or are looking to brush up on your skills. Get on the ice in a non-game, recreational setting. Space is limited, and session rules do apply. Please bring your own pucks.

Family Limited to 40 skaters. Family-oriented laps, play area with some toys and aids, "Game Zone" and skating to music. Designed for skaters of all ages and abilities. Helmets strongly recommended.

Pre-Registered Drop-in Programs

- All pre-registered drop in programs require advanced registration. Registration is available 72 hours prior the start of the session online at: <https://cityofnanaimo.perfectmind.com/> (**personal account is required**)
- Registration is also available by telephone at (250) 756-5200 or at the front counter in advance at Nanaimo Aquatic Centre, Bowen Park Complex or Oliver Woods Community Centre.
- Drop in at the time of session is not permitted; schedule subject to change.

PRE-REGISTERED DROP-IN SCHEDULE

Oliver Woods Community Centre Schedule

Monday, January 11 to Sunday, March 28, 2021

Programs	SUN	MON	TUE	WED	THU	FRI	SAT
Badminton Singles* 16+	1:45-2:45 pm 3-4 pm		8:45-9:45 am 10-11 am		8:30-9:30 am 9:45-10:45 am		
Pickleball Singles* 16+ Tennis-like game played on a badminton court using a perforated, slow moving ball and paddle. All levels welcome.		8:45-9:45 am 10-11 am			11 am-12 pm 12:15-1:15 pm	6:30-7:30 pm 7:45-8:45 pm	

*** Single play only with a maximum of 8 players per session. Players will stay on one court per day and are only permitted to register for one of each session per day. No switching opponents during the same time slot.**

Pre-Registered Drop-in Programs

- All pre-registered drop in programs require advanced registration. Registration is available 72 hours prior the start of the session online at: <https://cityofnanaimo.perfectmind.com/> (personal account is required)
- Registration is also available by telephone at (250) 756-5200 or at the front counter in advance at Oliver Woods Community Centre, Bowen Complex and Nanaimo Aquatic Centre.
- Drop in at the time of session is not permitted.
- Users will not have access to the change rooms or showers. Come dressed for your activity and exit the facility immediately following the session.
- Schedule subject to change.



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PRE-REGISTERED DROP-IN SCHEDULE

Bowen Park Pottery Studio

Monday, January 4 to Wednesday, March 31, 2021

Formally "Drop-in Pottery", all participants will be able to register at 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		9:30-11:30 am* (Harbour City Seniors or*)		10:00-12 pm

Pre-Registered Drop-in Programs

- All pre-registered drop in programs require advanced registration at <https://cityofnanaimo.perfectmind.com/>
- Registration is also available by telephone at 250-755-7501 or at the Nanaaimo Aquatic Centre or Nanaaimo Aquatic Centre.
- Drop in at the time of session.
- Schedule subject to change.

TEMPORARILY SUSPENDED DUE TO NEW PROVINCIAL HEALTH ORDERS

Register 24 hours prior the start of the session online at:

Register in advance at Bowen Park Complex, Oliver Woods Community



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

PLAY AND LEARN

Monthly Early Years Programs

for ages 3 to 5

Our monthly "Play & Learn" early years programs, led by experienced and dedicated staff, will teach your child how enjoyable learning can be! Through interactive play, songs, stories, crafts and basic academic prep activities, your child will develop skills that will help prepare them for Kindergarten and for years to come. Please send your child dressed appropriately for all weather conditions. For your safety while participating in our programs this winter, COVID-19 safety protocols are in place.

Busy Bees - Beban Park

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

Mondays

Jan 11-25, 9-11 am, \$60 (#35207)
Feb 1-22, 9-11 am, \$60 (#35208)
Mar 1-29, 9-11 am, \$60 (#35209)
Apr 12-25, 9-11 am, \$60 (#35210)
May 3-31, 9-11 am, \$80 (#35211)
Jun 7-14, 9-11 am, \$40 (#35212)

Beban Social Centre

Animal Crackers

Tuesdays/Thursdays

Jan 5-28, 11:30 am-1:30 pm \$160 (#35217)
Feb 2-25, 11:30 am-1:30 pm \$160 (#35218)
Mar 2-11, 11:30 am-1:30 pm \$100 (#35219)
Apr 1-9, 11:30 am-1:30 pm \$180 (#35220)
May 4-27, 11:30 am-1:30 pm \$160 (#35221)
Jun 1-17, 11:30 am-1:30 pm \$120 (#35222)

Beban Social Centre

Wednesdays/Fridays

Jan 6-29, 11:30 am-1:30 pm \$160 (#36119)
Feb 3-26, 11:30 am-1:30 pm \$160 (#36121)
Mar 3-12, 11:30 am-1:30 pm \$100 (#36123)
Apr 7-30, 11:30 am-1:30 pm \$160 (#36125)
May 5-28, 11:30 am-1:30 pm \$160 (#36127)
Jun 2-18, 11:30 am-1:30 pm \$120 (#36126)

Beban Social Centre

Kinder Prep - Beban Park

Tuesdays/Thursdays

Jan 5-28, 9-11 am, \$160 (#36920)
Feb 2-25, 9-11 am, \$160 (#36921)
Mar 2-11, 9-11 am, \$100 (#36922)
Apr 1-29, 9-11 am, \$180 (#36923)
May 4-27, 9-11 am, \$160 (#36924)
Jun 1-17, 9-11 am, \$120 (#36925)

Beban Social Centre

Wednesdays/Fridays

Jan 6-29, 9-11 am, \$160 (#36931)
Feb 3-26, 9-11 am, \$160 (#36933)
Mar 3-12, 9-11 am, \$100 (#36932)
Apr 7-30, 9-11 am, \$160 (#36934)
May 5-28, 9-11 am, \$160 (#36935)
Jun 2-18, 9-11 am, \$120 (#36936)

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

Jan 4-27, 9-11 am, \$160 (#36941)
Feb 1-24, 9-11 am, \$140 (#36942)
Mar 1-10, 9-11 am, \$120 (#36943)
Apr 7-28, 9-11 am, \$140 (#36944)
May 3-31, 9-11 am, \$160 (#36945)
Jun 2-16, 9-11 am, \$100 (#36946)

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

Jan 5-28, 11:30 am-1:30 pm \$160 (#37260)
Feb 2-25, 11:30 am-1:30 pm \$160 (#37261)
Mar 2-11, 11:30 am-1:30 pm \$100 (#37262)
Apr 1-29, 11:30 am-1:30 pm \$180 (#37264)
May 4-27, 11:30 am-1:30 pm \$160 (#37265)
Jun 1-17, 11:30 am-1:30 pm \$120 (#37266)

Oliver Woods Community Centre

Kinder Prep - Oliver Woods

Tuesdays/Thursdays

Jan 5-28, 9-11 am, \$160 (#37370)
Feb 2-25, 9-11 am, \$160 (#37372)
Mar 2-11, 9-11 am, \$100 (#37373)
Apr 1-29, 9-11 am, \$180 (#37374)
May 4-27, 9-11 am, \$160 (#37375)
Jun 1-17, 9-11 am, \$120 (#37376)

Oliver Woods Community Centre

Mondays/Wednesdays

Jan 4-27, 9-11 am, \$160 (#38691)
Feb 1-24, 9-11 am, \$140 (#38692)
Mar 1-10, 9-11 am, \$120 (#38693)
Apr 5-28, 9-11 am, \$140 (#38694)
May 3-26, 9-11 am, \$160 (#38695)
Jun 2-18, 9-11 am, \$100 (#38696)

Oliver Woods Community Centre

Fridays

Jan 8-29, 9-11 am, \$80 (#38705)
Feb 5-26, 9-11 am, \$80 (#38706)
Mar 5-12, 9-11 am, \$60 (#38708)
Apr 2-30, 9-11 am, \$80 (#38710)
May 7-28, 9-11 am, \$80 (#38711)
Jun 4-18, 9-11 am, \$60 (#38712)

Oliver Woods Community Centre

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



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Early Years & Children's Activities

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

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

Music Together NEW!

Newborn to 5 Years (Parent Participation)

Music Together® is an early childhood music and movement program filled with fun songs and confidence building musical activities that will get you and your child singing, dancing, playing and learning together! Families will take home a beautifully illustrated songbook and can use the CD or the "Hello Everybody" app. For more program information, please contact Sea Song Studio at seasongstudio@gmail.com. Parent participation required. Siblings will receive a \$50 refund. Siblings under 9 months may attend for free.

Thu, Jan 14-Mar 25	9:15-10 am	\$165/10	50678
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Beban Park Social Centre

Mother Goose

Newborn to 12 Months

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

Fri, Jan 15-Mar 5	9:30-10:30 am	Free	49360
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Bowen Park Complex

Gym Pals

1 to 4 Years

Children: bring your parents and climb, jump and play! This is parent participation time for tots to explore and develop motor skills. Parent participation is required.

Mon, Jan 4-25	3-4 pm	\$24/4	50743
Fri, Jan 8-29	10:45 am-12:15 pm	\$30/4	50750
Mon, Feb 1-22	3-4 pm	\$18/3	50748
Fri, Feb 5-26	10:45 am-12:15 pm	\$30/4	50751
Mon, Mar 1-29	3-4 pm	\$30/5	50749
Fri, Mar 5-26	10:45 am-12:15 pm	\$30/4	50752

Oliver Woods Community Centre

Baby Ballet

3 to 5 Years

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

Instructor: Nasya Moore

Sat, Jan 9-30	10-10:30 am	\$24/4	50727
Sat, Feb 6-27	10-10:30 am	\$24/4	50728
Sat, Mar 6-27	10-10:30 am	\$24/4	50729

Oliver Woods Community Centre

Baby Ballet - The Next Steps

3 to 5 Years

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

Instructor: Nasya Moore

Sat, Jan 9-30	11:30 am-12 pm	\$24/4	50733
Sat, Feb 6-27	11:30 am-12 pm	\$24/4	50734
Sat, Mar 6-27	11:30 am-12 pm	\$24/4	50735

Oliver Woods Community Centre

Junior Ballet NEW!

6 to 8 Years

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

Instructor: Nasya Moore

Sat, Jan 9-30	12:15-12:45 pm	\$24/4	50739
Sat, Feb 6-27	12:15-12:45 pm	\$24/4	50741
Sat, Mar 6-27	12:15-12:45 pm	\$24/4	50742

Oliver Woods Community Centre

Musical Dance Theatre

3 to 5 Years

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

Instructor: Nasya Moore

Sat, Jan 9-30	10:45-11:15 am	\$24/4	50730
Sat, Feb 6-27	10:45-11:15 am	\$24/4	50731
Sat, Mar 6-27	10:45-11:15 am	\$24/4	50732

Oliver Woods Community Centre

Dance with Me

6 to 18 Months

Babies and toddlers will develop a love for music, movement and building friendships through fun songs, simple actions and instruments. Parent participation is required. To reduce the risk of COVID-19, participants are asked to bring the following items in a labelled bag, to each class:

- Small pillow or baby blanket
- Handheld baby maraca/rattle/toyed instrument
- Favourite stuffy or toy

Tue, Jan 5-Feb 9	10:15-10:45 am	\$40/5	48666
Tue, Feb 16-Mar 16	10:15-10:45 am	\$40/5	48667

Beban Social Centre Stage

Dance with Me

18 Months to 3 Years

Does your little one enjoy twirling and prancing around? In this semi-structured class, they will learn ballet basics combined with creative play. To reduce the risk of COVID-19, participants are asked to bring the following items in a labelled bag, to each class:

- Small pillow for sitting on
- Handheld toy musical instrument of any kind
- Stuffed animal or favourite doll
- Small pom poms of any colour
- Wand or scarf (something to wave around)
- Small sticker book/scrapbook

Tue, Jan 5-Feb 9	11-11:30 am	\$40/5	48668
Tue, Feb 16-Mar 16	11-11:30 am	\$40/5	48669

Beban Social Centre Stage



Twinkle Toes

2.5 to 4 Years

Does your little one enjoy twirling and prancing around? In this semi-structured class, they will learn ballet basics combined with creative play. To reduce the risk of COVID-19, participants are asked to bring the following items in a labelled bag, to each class:

- Small pillow for sitting on
- Handheld toy musical instrument of any kind
- Stuffed animal or favourite doll
- Small pom poms of any colour
- Wand or scarf (something to wave around)
- Small sticker book/scrapbook

Tue, Jan 5-Feb 9	9:30-10 am	\$40/5	48644
Tue, Feb 16-Mar 16	9:30-10 am	\$40/5	48665

Beban Social Centre Stage

Tots Dance Mix

2.5 to 4 Years

Energetic and upbeat, move your body, move your feet! This class has a variety of dance styles to try including jazz, tap, hip hop, disco, Latin and country line. To reduce the risk of COVID 19, participants are asked to bring the following items in a labelled bag, to each class:

- Small pillow for sitting on
- Handheld toy musical instrument of any kind
- Stuffed animal or favourite doll
- Small pom poms of any colour
- Wand or scarf (something to wave around)
- Small sticker book/scrapbook

Tue, Jan 5-Feb 9	11:45 am-12:15 pm	\$40/5	48672
Tue, Feb 16-Mar 16	11:45 am-12:15 pm	\$40/5	48674

Beban Social Centre Stage

Intro to Hip Hop

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

3 to 4 Years

Fri, Jan 8-Feb 5	3:30-4 pm	\$50/5	48676
Fri, Feb 12-Mar 12	3:30-4 pm	\$50/5	48677

5 to 7 Years

Fri, Jan 8-Feb 5	4:15-5 pm	\$60/5	48678
Fri, Feb 12-Mar 12	4:15-5 pm	\$60/5	48679

8 to 11 Years

Fri, Jan 8-Feb 5	5:15-6 pm	\$60/5	48680
Fri, Feb 12-Mar 12	5:15-6 pm	\$60/5	48681

Vibe Dance Studios

Piano - Private Beginner Lessons

5+ Years

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

Instructor: A. Margarita Hillers

Tue, Jan 5-26	3:30-4 pm	\$85/4	48683
Tue, Jan 5-26	4:05-4:35 pm	\$85/4	48684
Tue, Jan 5-26	4:40-5:10 pm	\$85/4	48692
Tue, Jan 5-26	5:15-5:45 pm	\$85/4	48694
Tue, Jan 5-26	5:50-6:20 pm	\$85/4	48695

Tue, Feb 2-23	3:30-4 pm	\$85/4	48697
Tue, Feb 2-23	4:05-4:35 pm	\$85/4	48698
Tue, Feb 2-23	4:40-5:10 pm	\$85/4	48699
Tue, Feb 2-23	5:15-5:45 pm	\$85/4	48700
Tue, Feb 2-23	5:50-6:20 pm	\$85/4	48701

Tue, Mar 2-23	3:30-4 pm	\$85/4	48703
Tue, Mar 2-23	4:05-4:35 pm	\$85/4	48704
Tue, Mar 2-23	4:40-5:10 pm	\$85/4	48705
Tue, Mar 2-23	5:15-5:45 pm	\$85/4	48765
Tue, Mar 2-23	5:50-6:20 pm	\$85/4	48766

Bowen Park Complex

Guitar - Private Lessons

10 Years+

Join guitar instructor, Colin Foster, in these fun, personalized 30-minute private lessons where you will work at your own level and pace. Classes focus on fundamental technique, tuning, scales, tablature, notes, and chords, while developing skills in finger picking and singing for those with more experience. Enjoy learning music from the 1960s to 2000s!

Instructor: Colin Foster

Mon, Feb 8-Mar 1	4-4:30 pm	\$60/3	50378
Mon, Feb 8-Mar 1	4:35-5:05 pm	\$60/3	50379
Mon, Feb 8-Mar 1	5:10-5:40 pm	\$60/3	50381
Mon, Feb 8-Mar 1	5:45-6:15 pm	\$60/3	50383

Wed, Feb 10-Mar 3	4-4:30 pm	\$80/4	50384
Wed, Feb 10-Mar 3	4:35-5:05 pm	\$80/4	50385
Wed, Feb 10-Mar 3	5:10-5:40 pm	\$80/4	50386
Wed, Feb 10-Mar 3	5:45-6:15 pm	\$80/4	50387

Bowen Park Complex

Street-Smarts Commuter Cycling Skills

Learn basic bike maintenance, rules and regulations of the road, and have fun gaining confidence through cycling games and much more. All participants must have a certified biking helmet, full functioning bike and basic riding skills. Bring a snack, water and weather appropriate clothing.

6 to 8 Years

Sat, Mar 13	1:30-4:30 pm	\$40/1	50965
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8 to 11 Years

Sat, Mar 13	9:30 am-12:30 pm	\$40/1	50967
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Beban Park Social Centre

Basketball Skills and Drills

6 to 9 Years

Join us for some basketball, and learn the basics in this introductory class where the focus is FUN!

Tue, Jan 5-Feb 2	4:30-5:30 pm	\$35/5	48769
Tue, Feb 9-Mar 9	4:30-5:30 pm	\$35/5	48770

Harewood Covered Sports Court

Soccer Skills and Drills

6 to 9 Years

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

Thu, Jan 7-Feb 4	4:30-5:30 pm	\$35/5	48767
Thu, Feb 11-Mar 11	4:30-5:30 pm	\$35/5	48768

Harewood Covered Sports Court

Progressive Tennis

Learn tennis in a fun cooperative team environment using smaller racquets, lighter balls and smaller courts so kids can develop more quickly. All equipment is provided. Clean gym shoes are required.

5 to 7 Years

Sun, Jan 17-Feb 28	1:30-2:30 pm	\$105/6	49849
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8 to 11 Years

Sun, Jan 17-Feb 28	2:30-3:45 pm	\$132/6	49850
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Westwood Tennis Club



Ninjas Taekwondo

6 to 9 Years

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

Instructor: Master Moy

Thu, Jan 7-28	3:45-4:15 pm	\$24/4	50700
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Oliver Woods Community Centre

Tigers Taekwondo

8 to 13 Years

Students will build self-confidence while learning different kicks, punches, blocks and self-defense skills. They will learn anti-bullying strategies and increase mental and physical strength. There is a strong emphasis on life skills, such as respect, discipline, focus, integrity and perseverance. Upon completion of the program the students will be well equipped to progress to higher levels.

Instructor: Master Moy

Thu, Jan 7-28	4:30-5 pm	\$24/4	50701
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Oliver Woods Community Centre

Taekwondo

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

4 to 7 Years

Sat, Jan 16-30	10-10:35 am	\$29/3	50828
Sat, Feb 6-20	10-10:35 am	\$29/3	50829
Sat, Mar 6-20	10-10:35 am	\$29/3	50830

7 to 12 Years

Sat, Jan 16-30	10:45-11:20 am	\$29/3	50831
Sat, Feb 6-20	10:45-11:20 am	\$29/3	50832
Sat, Mar 6-20	10:45-11:20 am	\$29/3	50833

World Tae Kwon Do Academy (4300 Wellington Rd)

Karate

4 to 7 Years

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

Tue, Jan 5-26	4:30-5:10 pm	\$25/4	50973
Mon, Jan 11-Feb 1	3:30-4:10 pm	\$25/4	50974
Wed, Feb 3-24	4:30-5:10 pm	\$25/4	50975
Thu, Feb 4-25	3:30-4:10 pm	\$25/4	50978
Tue, Mar 2-23	3:30-4:10 pm	\$25/4	50980
Fri, Mar 5-26	5:15-5:55 pm	\$25/4	50985

Shima Karate

Karate

8 to 12 Years

Now kids move into the older program training twice a week they will start learning katas and have anti bullying discussions.

T/Th, Jan 5-14	4:30-5:10 pm	\$25/4	50986
T/Th, Jan 19-28	4:30-5:10 pm	\$25/4	50987
M/W, Feb 1-10	5:30-6:10 pm	\$25/4	50988
M/W, Feb 17-Mar 1	5:30-6:10 pm	\$25/4	50989
T/Th, Mar 2-11	4:30-5:10 pm	\$25/4	50990
T/Th, Mar 16-25	4:30-5:10 pm	\$25/4	50991

Shima Karate

Rock Climbing

6 to 12 Years

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

Wed, Jan 6-27	4-6 pm	\$80/4	49460
Wed, Feb 3-24	4-6 pm	\$80/4	49461

Romper Room Climbing Gym (4235 Boban Dr)

On Guard! Fencing for Children

8 to 12 Years

This program is suitable for both beginner and continuing fencers. Focus will be on developing skills through activities and drills. In addition to being an exciting sport, fencing challenges both the body and the mind.

Instructor: Georgia Newsome

Wed, Jan 13-Mar 3	5:15-6:15 pm	\$80/8	50654
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Oliver Woods Community Centre

Yoga for Kids

6 to 10 Years

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

Instructor: Gypsy Hart

Wed, Jan 6-27	3:45-4:45 pm	\$32/4	50641
Wed, Feb 3-24	3:45-4:45 pm	\$32/4	50642
Wed, Mar 3-31	3:45-4:45 pm	\$40/5	50643

Oliver Woods Community Centre

Zumba for Kids

7 to 11 Years

Zumba® Kids classes feature kid-friendly routines based on original Zumba® choreography. We break down the steps, add games, activities and cultural exploration elements into the class structure. Helps develop a healthy lifestyle by making fitness fun.

Instructor: Shandra Mayes

Fri, Jan 8-29	4:30-5:15 pm	\$26/4	50717
Fri, Feb 6-26	4:30-5:15 pm	\$26/4	50718
Fri, Mar 5-26	4:30-5:15 pm	\$26/4	50719

Oliver Woods Community Centre

Pro-D & Spring Break Camps

RecSkate Pro-D Camp & Spring Break

6 to 11 Years

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

PRO-D CAMPS

Thu, Feb 11	8:30 am-5 pm	\$42/1	43071
Fri, Feb 12	8:30 am-5 pm	\$42/1	43077

Cliff McNabb Arena

SPRING BREAK

Mon, Mar 15	8:30 am-5 pm	\$42/1	42892
Tue, Mar 16	8:30 am-5 pm	\$42/1	42894
Wed, Mar 17	8:30 am-5 pm	\$42/1	42897
Thu, Mar 18	8:30 am-5 pm	\$42/1	42900
Fri, Mar 19	8:30 am-5 pm	\$42/1	42903
Mon, Mar 22	8:30 am-5 pm	\$42/1	42909
Tue, Mar 23	8:30 am-5 pm	\$42/1	42913
Wed, Mar 24	8:30 am-5 pm	\$42/1	42928
Thu, Mar 25	8:30 am-5 pm	\$42/1	42932
Fri, Mar 26	8:30 am-5 pm	\$42/1	42941

Cliff McNabb Arena

RecHockey Pro-D Camp & Spring Break

6 to 11 Years

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

PRO-D CAMPS

Thu, Feb 11	8:30 am-5 pm	\$42/1	43074
Fri, Feb 12	8:30 am-5 pm	\$42/1	43076

SPRING BREAK

Mon, Mar 15	8:30 am-5 pm	\$42/1	42890
Tue, Mar 16	8:30 am-5 pm	\$42/1	42893
Wed, Mar 17	8:30 am-5 pm	\$42/1	42896
Thu, Mar 18	8:30 am-5 pm	\$42/1	42899
Fri, Mar 19	8:30 am-5 pm	\$42/1	42901
on, Mar 22	8:30 am-5 pm	\$42/1	42907
Tue, Mar 23	8:30 am-5 pm	\$42/1	42911
Wed, Mar 24	8:30 am-5 pm	\$42/1	42926
Thu, Mar 25	8:30 am-5 pm	\$42/1	42930
Fri, Mar 26	8:30 am-5 pm	\$42/1	42934

Cliff McNabb Arena

Spring Break Programs

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

Tree Frog Camp

3 to 5 Years

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

M-F, Mar 15-19	9-11 am	\$100/5	51078
M-F, Mar 22-26	9-11 am	\$100/5	51079

Oliver Woods Community Centre

Camp Firefly

5-11 Years

March break means it's time to play! Join us for sports, games, arts and crafts and much more. Register for the whole week or just the days you need.

Mon, Mar 15	8:30 am-4:30 pm	\$42/1	50583
Tue, Mar 16	8:30 am-4:30 pm	\$42/1	50584
Wed, Mar 17	8:30 am-4:30 pm	\$42/1	50586
Thu, Mar 18	8:30 am-4:30 pm	\$42/1	50587
Fri, Mar 19	8:30 am-4:30 pm	\$42/1	50589
Mon, Mar 22	8:30 am-4:30 pm	\$42/1	50590
Tue, Mar 23	8:30 am-4:30 pm	\$42/1	50591
Wed, Mar 24	8:30 am-4:30 pm	\$42/1	50592
Thu, Mar 25	8:30 am-4:30 pm	\$42/1	50593
Fri, Mar 26	8:30 am-4:30 pm	\$42/1	50596

Beban Park Social Centre

Camp Action

8-12 Years

If you have lots of energy and like to move, this camp is for you! With access to the gymnasium and playground at Oliver Woods, you will jump, run, kick and swing through a variety of action-packed games and sports. Register for the whole two weeks or only the days you need.

Mon, Mar 15	8:30 am-4:30 pm	\$42/1	51348
Tue, Mar 16	8:30 am-4:30 pm	\$42/1	51349
Wed, Mar 17	8:30 am-4:30 pm	\$42/1	51350
Thu, Mar 18	8:30 am-4:30 pm	\$42/1	50351
Fri, Mar 19	8:30 am-4:30 pm	\$42/1	51353
Mon, Mar 22	8:30 am-4:30 pm	\$42/1	51354
Tue, Mar 23	8:30 am-4:30 pm	\$42/1	51356
Wed, Mar 24	8:30 am-4:30 pm	\$42/1	51357
Thu, Mar 25	8:30 am-4:30 pm	\$42/1	51358
Fri, Mar 26	8:30 am-4:30 pm	\$42/1	51359

Oliver Woods Community Centre

Dance with Vibe

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

3 to 4 Years

M-F, Mar 15-19	12-12:30 pm	\$50/5	50650
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5 to 7 Years

M-F, Mar 15-19	1-2 pm	\$80/5	50652
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8 to 11 Years

M-F, Mar 15-19	2:30-4 pm	\$120/5	50655
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12 to 18 Years

M-F, Mar 15-19	4:30-6 pm	\$120/5	50656
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Vibe Dance Studios (1969 Boxwood Rd)

Spring Break Youth Pop-Up Series-

Basketball **NEW!**

11 to 17 Years

Come shoot some hoops at Oliver Woods Community Centre. Our basketball coach will teach some fundamentals of the game and then you will get a chance to play!

Mon, Mar 15	4-5 pm	\$5/1	50905
Mon, Mar 22	4-5 pm	\$5/1	50913

Oliver Woods Community Centre

Spring Break Youth Pop-Up Series-

Board Game Cafe **NEW!**

11 to 17 Years

We will have multiple board game options for you and your friends to play!

Tue, Mar 16	4-6 pm	\$10/1	50850
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Nanaimo Aquatic Centre

Spring Break Youth Pop-Up Series-

Golf **NEW!**

11 to 17 Years

Come experience one of the world's fastest growing sports! Try out this amazing sport on the driving range, and then take your skills to the golf course for 9 holes. Clubs will be available to rent at a cost.

Wed, Mar 17	2-4 pm	\$15/1	50859
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Beban Park Golf Course

Spring Break Youth Pop-Up Series-

California Kickball **NEW!**

11 to 17 Years

Come enjoy some classic fun while playing California Kickball!

Thu, Mar 18	2-4 pm	\$5/1	50861
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Harewood Covered Sports Court

Spring Break Youth Pop-Up Series-

Super Smash Bro's Tournament **NEW!**

11 to 17 Years

Come join us for a Super Smash Bro's Tournament on the Nintendo Switch! Each player will get a chance to play at least two rounds of the very popular Super Smash Bro's game.

Fri, Mar 19	2-4 pm	\$10/1	50852
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Nanaimo Aquatic Centre

Spring Break Youth Pop-Up Series-

Dungeons & Dragons Club **NEW!**

11 to 17 Years

Have fun outwitting enemies, solving puzzles or saving a town from a dragon in this fun tabletop game. Beginners and advanced players are all welcome. Please bring your favourite snack, a pencil and some dice.

Tue, Mar 23	2-4 pm	\$10/1	50849
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Nanaimo Aquatic Centre

Spring Break Youth Pop-Up Series-

Disc Golf **NEW!**

11 to 17 Years

In partnership with the Nanaimo Disc Golf Club, a certified instructor will teach you the basics of the game

Wed, Mar 24	1-2 pm	\$5/1	50856
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Bowen Park Disc Golf Course

Taekwondo

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

4 to 7 Years

M-W, Mar 15-22	3:45-4:20 pm	\$29/3	49462
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7 to 12 Years

T-Th, Mar 16-23	3:45-4:20 pm	\$29/3	50928
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World Tae Kwon Do Academy (307-4300 Wellington Rd)

Rock Climbing

6 to 12 Years

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

M-F, Mar 15-19	9:30-11:30 am	\$150/5	51761
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M-F, Mar 22-26	9:30-11:30 am	\$150/5	49463
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Romper Room Climbing Gym (4235 Boban Dr)



cityofnanaimo



nanaimoparksandrec (#ilovemyparksandrec)

Youth Programs

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

Youth Lounge

13-17 Years

The ultimate place to have some fun on a week night! We offer regular activities for youth in Nanaimo. Register for free and get some exercise while having fun! Please note that this program does not run on statutory holidays, pro-d days or other school closures (ie: snow days). Please see www.facebook.com/YOuthNanaimo for other program updates, changes, or cancellations. This program is free, but please pre-register.

Wed, Jan 6-Jun 16	3-6 pm	FREE	50161
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Nanaimo Aquatic Centre - Jack Little Room

Spare Box Sports

13-17 Years

The ultimate place to have some fun on a week night! We offer regular activities for youth in Nanaimo. Register for free and get some exercise while having fun! Please note that this program does not run on statutory holidays, pro-d days or other school closures (ie: snow days). Please see www.facebook.com/YOuthNanaimo for other program updates, changes, or cancellations. This program is free, but please pre-register.

Fri, Jan 15-Mar 26	6-7:30 pm	FREE	50800
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Departure Bay Activity Centre

Pottery Wheel

13 to 17 Years

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

Mon, Jan 18-Mar 8	5:30-7:30 pm	\$174/7	50582
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Bowen Pottery Studio

After School Art Attack NEW!

11 to 18 Years

This art class will explore a variety of styles of art, such as drawing, painting and much more.

Wed, Jan 20-Feb 10	4-5 pm	\$32/4	50171
Wed, Feb 17-Mar 17	4-5 pm	\$32/4	50178

Beban 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, Jan 16	9 am-4:30 pm	\$60/1	50269
Sat, Jan 30	9 am-4:30 pm	\$60/1	50270
Sat, Feb 13	9 am-4:30 pm	\$60/1	50271
Sun, Feb 28	9 am-4:30 pm	\$60/1	50272
Sat, Mar 13	9 am-4:30 pm	\$60/1	50273
Sat, Mar 27	9 am-4:30 pm	\$60/1	50274

Beban Park Social Centre

Home Alone

10 to 12 Years

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

Sat, Jan 23	9 am-12 pm	\$45/1	50278
Sat, Jan 23	1-4 pm	\$45/1	50279
Sat, Feb 20	9 am-12 pm	\$45/1	50280
Sat, Feb 20	1-4 pm	\$45/1	50281
Sat, Mar 20	9 am-12 pm	\$45/1	50282
Sat, Mar 20	1-4 pm	\$45/1	50283

Beban Park Social Centre

HIIT to Fit for Youth NEW!

11 to 18 Years

This high intensity interval training class helps you develop muscular strength, cardiovascular endurance and power all in a safe, fun and exciting way! This type of training involves repeated rounds of high intensity effort followed by varied recovery times. You will use a variety of equipment, such as free weights, skipping ropes, agility ladders, medicine balls and resistance bands. Fun music and high energy makes this a class a blast! Please bring a water bottle and hand towel with you.

Sat, Jan 9-Feb 6	1-2 pm	\$40/5	50628
Sat, Feb 13-Mar 13	1-2 pm	\$40/5	50629

Departure Bay Activity Centre

Youth Disc Golf NEW!

11 to 17 Years

Come experience one of the worlds fastest growing sports! In partnership with the Nanaimo Disc Golf Club, this program will introduce participants to the fundamentals and rules of the game. Each registrant will receive a certified disc to enjoy the sport!

Thu, Jan 14-Feb 11	3:30-4:30 pm	\$50/5	50612
Thu, Feb 18-Mar 18	3:30-4:30 pm	\$50/5	50613

Bowen Park Disc Golf Course

Youth Skateboarding NEW!

11 to 17 Years

Come join us for a fun new skateboarding program for youth! Our instructor will teach the fundamentals of skateboarding at the Harewood Covered Sports Court and then take the group over to the Harewood Youth Park for some supervised fun!

Thu, Jan 7-Feb 4	6-7 pm	\$40/5	50151
Thu, Feb 11-Mar 11	6-7 pm	\$40/5	50152

Harewood Centennial Outdoor Sports Court

Youth Dodgeball

11 to 17 Years

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

Tue, Jan 5-Feb 2	5:30-6:30 pm	\$40/5	50149
Tue, Feb 9-Mar 9	5:30-6:30 pm	\$40/5	50150

Departure Bay Activity Centre

Youth Floor Hockey

11 to 17 Years

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

Tue, Jan 5-Feb 2	7-8 pm	\$40/5	50147
Tue, Feb 9-Mar 9	7-8 pm	\$40/5	50148

Departure Bay Activity Centre



Youth Programs

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

Junior Badminton

10 to 15 Years

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

Instructor: Helen Binns

Wed, Jan 18-Mar 8 4-5 pm \$56/7 50349

Oliver Woods Community Centre

Youth Badminton

12 to 19 Years

Take your badminton skills to the next level.

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

Instructor: Helen Binns

Mon, Jan 18-Mar 8 5:15-6:15 pm \$56/7 50145

Oliver Woods Community Centre

Youth Basketball

11 to 18 Years

Come shoot some hoops at Oliver Woods! Our coach will coach the fundamentals of basketball while including fun active games and free play! Please arrive to the program in active gear and wear indoor sports shoes.

Tue, Jan 5-Feb 2 6-7 pm \$40/5 50285

Wed, Jan 6-Feb 3 4-5 pm \$40/5 50143

Tue, Feb 9-Mar 9 6-7 pm \$40/5 50286

Wed, Feb 10-Mar 10 4-5 pm \$40/5 50144

Oliver Woods Community Centre

Taekwondo and Hapkido

12 to 19 Years

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

M/W, Jan 18-25 6:10-6:50 pm \$35/3 50834

M/Wn, Feb 1-8 6:10-6:50 pm \$35/3 50835

M/W, Mar 1-8 6:10-6:50 pm \$35/3 50836

World Tae Kwon Do Academy (4300 Wellington Rd)

Fencing

14 Years+

This program is for all levels. Beginner fencers receive weekly instruction in the basic skills of foil fencing and will be introduced to sabre and epee. Experienced fencers receive instructions tailored to their needs in any of the three weapons (foil, sabre, epee). There will be plenty of opportunity to challenge other fencers either using practice or electric equipment.

Instructor: Georgia Newsome

Wed, Jan 13-Mar 3 6:30-7:30 pm \$80/8 50653

Oliver Woods Community Centre

Karate

12 Years+

This program is geared for older kids and adults

Traditional Karate training and self-defense is taught. Fitness, strength development and flexibility are part of the curriculum.

M/W, Jan 4-13 6:30-7:25 pm \$25/4 51008

M/W, Jan 18-27 6:30-7:25 pm \$25/4 51009

M/W, Feb 1-10 6:30-7:25 pm \$25/4 51010

M/W, Feb 17-Mar 1 6:30-7:25 pm \$25/4 51011

M/W, Mar 8-17 6:30-7:25 pm \$25/4 51012

M/W, Mar 22-31 6:30-7:25 pm \$25/4 51013

Shima Karate

Dungeons & Dragons Club NEW!

11 to 18 Years

Join the City of Nanaimo in partnership with the Boys and Girls Club of Central Vancouver Island to explore the world of D and D! Play as an all knowing wizard, a hulking viking or maybe a pixie. The sky is the limit. Have fun outwitting enemies, solving puzzles or saving a town from a dragon in this fun tabletop game. Beginners and advanced players are all welcome. Please bring your favourite snack, a pencil and some dice.

Thu, Jan 7-Feb 4 3:30-5:30 pm \$50/5 50604

Thu, Feb 11-Mar 11 3:30-5:30 pm \$50/5 50605

Nanaimo Aquatic Centre

Street-Smarts Commuter Cycling Skills

Learn basic bike maintenance, rules and regulations of the road, and have fun gaining confidence through cycling games and much more. All participants must have a certified biking helmet, full functioning bike and basic riding skills. Bring a snack, water and weather appropriate clothing.

6 to 8 Years

Sat, Mar 13 1:30-4:30 pm \$40/1 50965

8 to 11 Years

Sat, Mar 13 9:30 am-12:30 pm \$40/1 50967

Beban Park Social Centre



Adult Dance Classes

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

Ballroom & Latin Dance - Beginners Continuation

A quick review of basic techniques covered in the beginner class will be followed by more advanced variations. Try the waltz, tango, foxtrot, Viennese waltz, quickstep, samba and more. At least one ballroom and one Latin dance will be taught in each session. Partners only from the same household/bubble.

Instructor: Nelson Wong

Mon, Feb 22-Mar 29 6-7 pm \$45/5 50996
Beban Social Centre

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 only from the same household/bubble.

Instructor: Nelson Wong

Mon, Feb 22-Mar 29 7:30-8:30 pm \$45/5 50998
Beban Social Centre

Ballroom Formation Team

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

Instructor: Nelson Wong

Mon, Feb 22-Mar 29 9-10 pm \$45/5 51000
Beban Social Centre

Flamenco Moods and Moves

Experience the soulful music and song of flamenco through dance! You will learn pasos (steps), palos (rhythms), palmas (rhythmic clapping), and more. Movements will be combined to create mini-choreographies. Wear comfortable smooth-soled shoes with a small heel.

Instructor: Heather Sandison

Tue, Feb 16-Mar 23 6:30-8 pm \$74/7 50858
Beban Social Centre



Adult Art/Special Interest Classes

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

Public Single Session Pottery

Formally "Drop-in Pottery", all participants will be able to register at 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 and is in effect until March 31. Cost is \$12 per session.

- Tuesdays, 2:30-5:30 pm
- Thursdays, 9:30-11:30 am (Harbour City Seniors only)
- Thursdays, 12-3 pm
- Saturdays, 9 am-12 pm

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.

Tue, Jan 19-Mar 9 6-8:30 pm \$229/8 50581
Bowen Pottery Studio

Pottery Wheel - Adult Intermediate

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

Wed, Jan 20-Mar 3 6-8:30 pm \$229/8 50580
Bowen Pottery Studio

Watercolours - Introduction

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

Instructor: Helen Binns
Wed, Jan 20-Mar 10 1-3 pm \$110/8 51027
via Zoom

Watercolours - Intermediate

Further explore the watercolour medium with new and varied subject matter. We will introduce composition and design considerations, and develop your artistic voice. Explore your creative side and enjoy an evening of learning. At the end of this session you will be comfortable using basic drawing techniques. Please bring an HB and 4B pencil, two erasers (kneaded and vinyl), a pencil sharpener and paper.

Instructor: Helen Binns
Thu, Feb 21-Mar 20 7-9 pm \$88/8 51029
via Zoom

Drawing - Level 1

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

Instructor: Helen Binns
Wed, Jan 20-Mar 10 7-9 pm \$88/8 51028
via Zoom

Drawing in Colour with Pencil Crayons & Chalk Pastel NEW!

Explore your creative side and enjoy an evening of learning. Learn some of the secrets and techniques of drawing in colour with coloured pencils and chalk pastels.

Instructor: Helen Binns
Mon, Jan 18-Mar 19 1-3 pm \$88/8 51023
via Zoom

Strengthening Children's Mental Health

This one-day in-person HIGH FIVE training, developed in collaboration with Canadian Mental Health Association, Ontario, will help anyone running children's programs be more informed and prepared to support their staff in promoting positive mental health in children. Participants will learn key concepts and factors that affect children's mental health, including the impact of stress and environment on a child's ability to cope. This training will provide tools and suggested activities to use with staff to help improve their understanding and interactions with children who face challenges in their programs.

Sat, Jan 30 8:30 am-5 pm \$100/1 44334
Nanaimo Ice Centre Lounge

Bicycle Maintenance for Beginners

16 Years+

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

Sun, Feb 21 12:30-4:30 pm \$40/1 50957
Sun, Mar 7 12:30-4:30 pm \$40/1 50959
Departure Bay Activity Centre

Bicycle Maintenance for Intermediates

16 Years+

Do you have the basic knowledge of tuning up your bike but would like to learn more detailed repair? In this class, we cover derailleur hanger alignment, installing a shifter or brake cable, installing brake pads and more.

Sun, Mar 21 12:30-4:30 pm \$40/1 50960
Departure Bay Activity Centre

Snowshoe at Mt. Washington

Includes park pass, snowshoe rental, transportation and guided snowshoe easy trek-fun in the snow with a moderate workout! If you can walk you can snowshoe! Rated: Moderate. Guests should be able to snowshoe approximately 3 to 4 hours (2 to 3 km) without difficulty. Please bring lunch and snacks or money for lunch.

Instructor: Tracks Outdoor Adventures
Sat, Jan 23 9 am-5 pm \$125/1 49143
Meet at Beban Park in the Breezeway



cityofnanaimo



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Adult Art/Special Interest Classes

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

Trail Discovery Stroll & Stretch

Learn something new about the trails in your community while exploring and enjoying fresh air and good company. Complete your 3-4 km hike through one of our parks with some balance work and a good stretch. Must wear good walking/hiking shoes and be in good physical health. Locations will vary. First class will meet at Westwood Lake at the parking lot at the end of Arbott Road. We will be keeping our numbers in this class small so we can maintain adequate spacing (or feel free to wear a mask to this class).

Instructor: Laurah-Lee Christie

Tue, Feb 16-Mar 9	9-10 am	\$24/4	50982
Tue, Mar 16-Apr 6	9-10 am	\$24/4	50983

Meet at Westwood Lake - end of Arbott Rd

Trailblazers

Come enjoy fresh air and good company while exploring some of the hiking trails around the Nanaimo area. Complete a 5-7 km hike with balance work and a good stretch. Must wear good walking/hiking shoes and be in good physical health. Locations will vary. First class will meet at Westwood Lake at the parking lot at the end of Arbott Road.

Instructor: Laurah-Lee Christie

Thu, Feb 18-Mar 11	9-10:30 am	\$32/4	50976
Sat, Feb 20-Mar 13	9-10:30 am	\$32/4	50977
Thu, Mar 18-Apr 8	9-10:30 am	\$32/4	50979
Sat, Mar 20-Apr 10	9-10:30 am	\$32/4	50981

Meet at Westwood Lake - end of Arbott Rd

Mom's Yoga/Karate

This program is geared for any moms or any women that wants to try a combination of yoga and karate. It is a great way to get in shape while learning to defend yourself in a great atmosphere with other interested individuals.

Fri, Jan 8-29	6:30-7:30 pm	\$25/4	50992
Fri, Feb 5-26	6:30-7:30 pm	\$25/4	50993
Fri, Mar 5-26	6:30-7:30 pm	\$25/4	50994

Shima Karate

Karate

13 Years+

This program is geared for older kids and adults Traditional Karate training. Self-defense, fitness, strength development and flexibility are part of the curriculum.

M/W, Oct 5-14	6:30-7:25 pm	\$25/4	47724
M/W, Oct 19-28	6:30-7:25 pm	\$25/4	47726
M/W, Nov 2-16	6:30-7:25 pm	\$25/4	47729
M/W, Nov 18-30	6:30-7:25 pm	\$25/4	47731
M/W, Dec 7-16	6:30-7:25 pm	\$25/4	47741

Shima Karate

Karate

40 Years+

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

Tue, Jan 12-Feb 16	6:30-7:30 pm	\$48/6	51034
Tue, Feb 23-Mar 30	6:30-7:30 pm	\$48/6	51035

Bowen Park Complex

Iaido

16 Years+

Iaido is a Japanese martial art with a long history. It is referred to as a "moving zen" because of its focus on precise, controlled, fluid movements. In this non-competitive atmosphere, use the Samurai sword and Iaido's age-old techniques to experience and further develop your mind, body and spirit.

Instructor: Peter Gunstone

Wed, Jan 6-Feb 10	7:30-9:30 pm	\$48/6	47554
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Departure Bay Activity Centre (1415 Wingrove St)

Tai Chi - Introduction Part 1

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

Wed, Jan 13-Feb 17	7:30-9 pm	\$42/4	51040
Wed, Feb 24-Mar 31	7:30-9 pm	\$42/4	51041

Beban Park Social Centre

Indoor Tennis - Beginners

Participants will learn and practice serving, ground strokes and net play, as well as learning the rules of tennis. Please bring your own tennis racquet, water bottle and clean court shoes.

Instructor: North Island Tennis Academy Staff

Thu, Jan 7-Feb 11	6:30-8 pm	\$144/6	50819
Thu, Feb 18-Mar 25	6:30-8 pm	\$144/6	50822

North Island Tennis Academy

Indoor Tennis - Intermediate

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

Instructor: North Island Tennis Academy Staff

Thu, Jan 7-Feb 11	8-9:30 pm	\$144/6	50823
Thu, Feb 18-Mar 25	8-9:30 pm	\$144/6	50824

North Island Tennis Academy

Basic Fruit Tree Pruning

Back by popular demand, our expert pruner will show you how to care for young and old fruit trees and grape vines in your yard. This is the workshop to attend to get hands-on learning in basic pruning techniques. Bring your pruners, a camera or notebook and questions for this workshop.

Instructor: Scott Wiskerke

Sat, Mar 6	10 am-12 pm	\$20/1	50950
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Pine Street Community Gardens (271 Pine Street)

Advanced Fruit Tree Pruning

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

Instructor: Scott Wiskerke

Sun, Mar 7	10 am-12 pm	\$20/1	50953
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Pine Street Community Gardens (271 Pine Street)



Adult Art/Special Interest Classes

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

Invasive Plant Work Party - English Ivy

Join like minded individuals and tackle invasive plants during one of our work parties. All necessary equipment and training provided. Work parties are fun but physically taxing and best suited to those with a basic level of fitness and agility. Wear sturdy shoes and bring gloves and loppers if you have them.

Wed, Feb 17	2:30-4:30 pm	FREE	51285
Sat, Mar 13	10 am-12 pm	FREE	51286

Pipers Lagoon Park

Cheese Making 101 with Mascarpone

Learn how to make your own mascarpone cheese in this demonstration, taste, touch and feel class with Paula. Instructions and ingredients to make mascarpone at home are included.

Instructor: Paula Maddison

Thu, Feb 18	6-8 pm	\$65/1	51070
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Bowen Park Complex

Greek Style Feta

This is a demonstration taste, touch and feel class where you will learn how to make your own feta cheese. Go home with ingredients and cultures to try and make your own at home.

Instructor: Paula Maddison

Thu, Mar 18	6-8 pm	\$65/1	51071
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Bowen Park Complex

Guitar - Private Lessons

10 Years+

Join guitar instructor, Colin Foster, in these fun, personalized 30-minute private lessons where you will work at your own level and pace. Classes focus on fundamental technique, tuning, scales, tablature, notes, and chords, while developing skills in finger picking and singing for those with more experience. Enjoy learning music from the 1960s to 2000s!

Instructor: Colin Foster

Mon, Feb 8-Mar 1	4-4:30 pm	\$60/3	50378
Mon, Feb 8-Mar 1	4:35-5:05 pm	\$60/3	50379
Mon, Feb 8-Mar 1	5:10-5:40 pm	\$60/3	50381
Mon, Feb 8-Mar 1	5:45-6:15 pm	\$60/3	50383

Wed, Feb 10-Mar 3	4-4:30 pm	\$80/4	50384
Wed, Feb 10-Mar 3	4:35-5:05 pm	\$80/4	50385
Wed, Feb 10-Mar 3	5:10-5:40 pm	\$80/4	50386
Wed, Feb 10-Mar 3	5:45-6:15 pm	\$80/4	50387

Bowen Park Complex

Piano - Private Beginner Lessons

5+ Years

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

Instructor: A. Margarita Hillers

Tue, Jan 5-26	3:30-4 pm	\$85/4	48683
Tue, Jan 5-26	4:05-4:35 pm	\$85/4	48684
Tue, Jan 5-26	4:40-5:10 pm	\$85/4	48692
Tue, Jan 5-26	5:15-5:45 pm	\$85/4	48694
Tue, Jan 5-26	5:50-6:20 pm	\$85/4	48695

Tue, Feb 2-23	3:30-4 pm	\$85/4	48697
Tue, Feb 2-23	4:05-4:35 pm	\$85/4	48698
Tue, Feb 2-23	4:40-5:10 pm	\$85/4	48699
Tue, Feb 2-23	5:15-5:45 pm	\$85/4	48700
Tue, Feb 2-23	5:50-6:20 pm	\$85/4	48701

Tue, Mar 2-23	3:30-4 pm	\$85/4	48703
Tue, Mar 2-23	4:05-4:35 pm	\$85/4	48704
Tue, Mar 2-23	4:40-5:10 pm	\$85/4	48705
Tue, Mar 2-23	5:15-5:45 pm	\$85/4	48765
Tue, Mar 2-23	5:50-6:20 pm	\$85/4	48766

Bowen Park Complex



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First Aid & CPR

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

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.



**CANADIAN
RED CROSS**

Emergency Child Care 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. Please visit www.redcross.ca for more information.

Sat, Jan 9	9 am-5:30 pm	\$99	50837
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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. Visit www.redcross.ca for more information.

Sat, Jan 9	9 am-5:30 pm	\$98	50840
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Beban Park Social Centre

CPR C/AED (Adult, Child, Infant)

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. Please visit www.redcross.ca for more information.

Wed, Jan 6	5:45-10:45 pm	\$65	50841
Wed, Feb 10	5:45-10:45 pm	\$65	50842
Wed, Mar 3	5:45-10:45 pm	\$65	50843

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. Fee includes manual, a pocket mask to take home and a virtual certificate. Re-training is recommended every three years. Please visit www.redcross.ca for information.

Sa/Su, Jan 9 & 10	9 am-5:30 pm	\$177	50839
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Beban Park Social Centre



Save-A-Life First Aid & CPR

CPR C & AED Recertification

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

Wed, Jan 6	6:30-10:30 pm	\$50	50844
Wed, Feb 24	6:30-10:30 pm	\$50	50845
Wed, Mar 31	6:30-10:30 pm	\$50	50846

Beban Park Social Centre



Adult Fitness/Yoga Classes

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

Total Body Fitness

Whether you are just starting your fitness or are an advanced student, you are welcome here. Your fitness level will be challenged accordingly. We incorporate fun exercises and equipment, such as free weights, medicine balls and more to keep the class exciting and challenging.

Instructor: Kim Ross

Mon, Jan 11-Feb 8	9-10 am	\$40/4	51038
Mon, Jan 11-Feb 15	10:15-11:15 am	\$48/5	51039

Rotary Field House

Wed, Jan 20-Feb 24	9:30-10:30 am	\$54/6	51037
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Beban Park Social Centre

HIIT

High-intensity interval training (HIIT) is a form of interval training, a cardiovascular exercise strategy alternating short periods of intense anaerobic exercise with less intense recovery periods. Join the group for fast-paced and fun workouts that generally consist of a warm-up period followed by repetitions of high-intensity exercises separated by medium intensity exercises for active recovery, then a cool down period.

Instructor: Holly Monaghan

Thu, Jan 7-28	5:30-6:30 pm	\$26/4	50689
Thu, Feb 4-25	5:30-6:30 pm	\$26/4	50690
Thu, Mar 4-25	5:30-6:30 pm	\$26/4	50691

Oliver Woods Community Centre

HIIT to Fit

Do you like the idea of H.I.I.T. (High Intensity Interval Training), but you are not sure if they are for you? This is the perfect introduction to this type of fitness training. Building your strength, skills and confidence here to advance to the evening H.I.I.T. class.

Instructor: Kim Ross

Thu, Jan 14-Feb 18	9:30-10:30 am	\$54/6	50365
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Departure Bay Activity Centre (1415 Wingrove)

Tabata

Tabata training is a type of high intensity interval training designed to get your heart rate up in that hard anaerobic zone for short periods of time. Workouts will include cardio, strength training and core stability work using a variety of fun and dynamic exercises and drills.

Instructor: Angel Jones

Fri, Jan 8-29	9:15-10:15 am	\$26/4	50709
Fri, Feb 5-26	9:15-10:15 am	\$26/4	50710
Fri, Mar 5-19	9:15-10:15 am	\$20/3	50711

Oliver Woods Community Centre

Rookie Boot Camp

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

Instructor: Angel Jones

Mon, Jan 4-25	9:15-10:15 am	\$26/4	50344
Wed, Jan 6-27	9:15-10:15 am	\$26/4	50606
Mon, Feb 1-22	9:15-10:15 am	\$20/3	50346
Wed, Feb 3-24	9:15-10:15 am	\$26/4	50607
Mon, Mar 1-15	9:15-10:15 am	\$20/3	50347
Wed, Mar 3-17	9:15-10:15 am	\$20/3	50608

Oliver Woods Community Centre

Trail Discovery Stroll & Stretch

Learn something new about the trails in your community while exploring and enjoying fresh air and good company. Complete your hike through one of our parks with some balance work and a good stretch. Must wear good walking/hiking shoes and be in good physical health. Locations will vary. First class will meet at Westwood Lake at the parking lot at the end of Arbott Road. We will be keeping our numbers in this class small so we can maintain adequate spacing while we walk (or feel free to wear a mask to this class).

Tue, Feb 16-Mar 9	9-10 am	\$24/4	50982
Tue, Mar 16-Apr 6	9-10 am	\$24/4	50983

Meet at Westwood Lake - end of Arbott Rd

Trailblazers

Come enjoy fresh air and good company while exploring some of the hiking trails around the Nanaimo area. Complete a 5-7 km hike with balance work and a good stretch. Must wear good walking/hiking shoes and be in good physical health. Locations will vary. First class will meet at Westwood Lake at the parking lot at the end of Arbott Road.

Instructor: Laurah-Lee Christie

Thu, Feb 18-Mar 11	9-10:30 am	\$32/4	50976
Sat, Feb 20-Mar 13	9-10:30 am	\$32/4	50977
Thu, Mar 18-Apr 8	9-10:30 am	\$32/4	50979
Sat, Mar 20-Apr 10	9-10:30 am	\$32/4	50981

Meet at Westwood Lake - end of Arbott Rd

Rock Your Body Boot Camp

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

Instructor: Heidi Robinson

Mon, Jan 4-25	5-6 pm	\$26/4	50391
Wed, Jan 6-27	5-6 pm	\$26/4	50644
Mon, Feb 1-22	5-6 pm	\$20/3	50392
Wed, Feb 3-24	5-6 pm	\$26/4	50645
Mon, Mar 1-29	5-6 pm	\$33/5	50393
Wed, Mar 3-31	5-6 pm	\$33/5	50646

Oliver Woods Community Centre

Stretch, Balance, Build

This class will be perfect for you if you are looking to improve your balance, become more flexible and build or maintain your strength. Focus will be on balancing exercises and poses and will be adding a weight component for strength but also to allow the poses to be more challenging and beneficial. Moves are slow and focused, and there will be a chair available for those that need it to sit or balance. The stretch can be done on the floor or in a chair. Please bring your own weights if you have them and your own mat if you want to go to the floor.

Wed, Jan 6-27	12:15-1 pm	\$28/4	50635
Wed, Feb 3-24	12:15-1 pm	\$28/4	50637
Wed, Mar 3-31	12:15-1 pm	\$35/5	50638

Oliver Woods Community Centre



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Adult Fitness/Yoga Classes

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

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 and core work. Bring your own weights if you have them, but they are not necessary. Beginner to intermediate levels. No floor work in this class. You must bring your own yoga mat.

Thu, Jan 7-28	12:30-1:15 pm	\$28/4	50682
Thu, Feb 4-25	12:30-1:15 pm	\$28/4	50683
Thu, Mar 4-25	12:30-1:15 pm	\$28/4	50684

Oliver Woods Community Centre

Active Retired Yoga NEW!

Everything you need to know about yoga for seniors in one place. Retirement is the perfect time to try some new things and pick up some healthy habits you may not have had time to consider in your working years. If you have never tried yoga, check out this class and experience some of the benefits of yoga, such as restoring flexibility and stability, managing of pain and inflammation and improving sleep quality.

Instructor: Gypsy Hart

Wed, Jan 6-27	9-10 am	\$32/4	50598
Wed, Feb 3-24	9-10 am	\$32/4	50599
Wed, Mar 3-31	9-10 am	\$40/5	50600

Oliver Woods Community Centre

Yogalates

A cross between Yoga and Pilates, this will combine 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.

Instructor: Gypsy Hart

Thu, Jan 7-28	5:15-6:15 pm	\$32/4	50686
Thu, Feb 4-25	5:15-6:15 pm	\$32/4	50687
Thu, Mar 4-25	5:15-6:15 pm	\$32/4	50688

Oliver Woods Community Centre

Pilates

You will create long and lean muscles and improve your posture and balance in this mat class. Pilates increases your awareness of alignment and breath while creating greater flexibility in your joints and muscles. Modifications for all levels will be offered for all levels. Pilates is a great compliment to your existing classes. It helps a wide range of individuals at all stages of life. It is a low impact, strengthening series of exercises that is easily adaptable for all levels of ability and age. You must bring your own yoga mat.

Instructor: Jane Bockman

Thu, Jan 7-28	6:45-7:45 pm	\$32/4	50692
Thu, Feb 4-25	6:45-7:45 pm	\$32/4	50693
Thu, Mar 4-25	6:45-7:45 pm	\$32/4	50694

Oliver Woods Community Centre

BellyFit

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

Instructor: Myah Rogerson

Wed, Jan 6-27	6:15-7:15 pm	\$26/4	50594
Wed, Feb 3-24	6:15-7:15 pm	\$26/4	50595
Wed, Mar 3-31	6:15-7:15 pm	\$33/5	50596

Instructor: Heidi Robinson

Fri, Jan 8-29	9-10 am	\$26/4	50705
Fri, Feb 5-26	9-10 am	\$26/4	50706
Fri, Mar 5-26	9-10 am	\$26/4	50707

Oliver Woods Community Centre

Zumba

Ditch the workout and join the party! This Latin and international dance-based fitness class that will get you moving to a variety of music styles from reggae to disco to salsa.

Instructor: Tamara Graham

Mon, Jan 4-25	5:15-6:16 pm	\$26/4	50388
Mon, Feb 1-22	5:15-6:16 pm	\$20/3	50389
Mon, Mar 1-29	5:15-6:16 pm	\$33/5	50390

Instructor: Angel Jones

Tue, Jan 5-26	9:15-10:15 am	\$26/4	50406
Tue, Feb 2-23	9:15-10:15 am	\$26/4	50407
Tue, Mar 2-16	9:15-10:15 am	\$20/3	50408

Oliver Woods Community Centre

Thu, Jan 14-Feb 18	9:30-10:30 am	\$48/6	50359
Thu, Feb 25-Apr 1	9:30-10:30 am	\$48/6	50360

Rotary Field House

Zumba Gold

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

Instructor: Shandra Mayes

Mon, Jan 4-25	9:30-10:30 am	\$26/4	50353
Mon, Feb 1-22	9:30-10:30 am	\$20/3	50354
Mon, Mar 1-29	9:30-10:30 am	\$33/5	50355

Instructor: Lorena Beutler

Wed, Jan 6-27	12-1 pm	\$26/4	50360
Wed, Feb 3-24	12-1 pm	\$26/4	50631
Wed, Mar 3-31	12-1 pm	\$33/5	50632

Oliver Woods Community Centre

Kundalini Yoga

Kundalini yoga is an uplifting, energizing and transformative type of yoga that uses physical postures, powerful breath work, audible chants or "mantras" and hand gestures or "mudras" to produce full body awareness and personal empowerment. You must bring your own yoga mat.

Instructor: Myah Rogerson

Wed, Jan 6-27	7:30-8:45 pm	\$32/4	50647
Wed, Feb 3-24	7:30-8:45 pm	\$32/4	50648
Wed, Mar 3-31	7:30-8:45 pm	\$40/5	50649

Oliver Woods Community Centre



Adult Fitness/Yoga Classes

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

Beginner Vinyasa Yoga **NEW!**

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.

Tue, Jan 12-Feb 16 6-7 pm \$65/6 50547
Beban Park Social Centre

Light Vinyasa Yoga **NEW!**

Vinyasa Yoga (also known as flow) links breath to movement using Hatha poses in a gently flowing sequence, interspersed with static poses. Students can expect to build strength, endurance, flexibility, balance and cardiovascular ability. This Light Vinyasa class builds a foundation for beginners and is also a great option for continuing students looking for a slower pace without inversions. You must bring your own yoga mat.

Instructor: Amber Neuman-Brochez

Sat, Jan 9-30 11 am-12 pm \$32/4 50724
Sat, Feb 6-27 11 am-12 pm \$32/4 50725
Sat, Mar 6-27 11 am-12 pm \$32/4 50726
Oliver Woods Community Centre

Gentle Yoga

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

Instructor: Jane Bockman

Fri, Jan 8-29 9:30-10:30 am \$32/4 50712
Fri, Feb 5-26 9:30-10:30 am \$32/4 50713
Fri, Mar 5-26 9:30-10:30 am \$32/4 50714

Instructor: Amber Neuman-Brochez

Sat, Jan 9-30 9:45-10:45 am \$32/4 50720
Sat, Feb 6-27 9:45-10:45 am \$32/4 50721
Sat, Mar 6-27 9:45-10:45 am \$32/4 50722
Oliver Woods Community Centre

Hatha Yoga

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

Instructor: Melissa Hill

Thu, Jan 7-28 11 am-12 pm \$32/4 50679
Thu, Feb 4-25 11 am-12 pm \$32/4 50680
Thu, Mar 4-25 11 am-12 pm \$32/4 50681
Oliver Woods Community Centre

Instructor: Karen Shortt

Mon, Feb 8-Mar 15 5:30-6:30 pm \$54/6 50143
Beban Park Social Centre

Yin 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

W/Th, Feb 10-25 5:30-6:30 pm \$54/6 50548
Beban Park Social Centre

Relax and Renew Yoga

Learn the basic yoga poses (asanas) taught in Hatha Yoga style. Each class focuses on alignment, balance, strength, flexibility & breathing exercises concluding with a short relaxation and meditation period. Please wear comfortable clothing and bare feet are preferred. Please bring a water bottle and blanket for the relaxation period. You must bring your own yoga mat.

Instructor: Laurah-Lee Christie

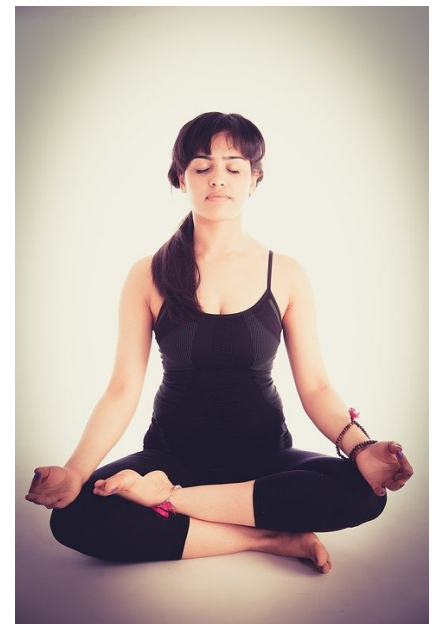
Wed, Jan 13-Feb 17 10:30-11:30 am \$48/6 50362
Wed, Feb 24-Mar 31 10:30-11:30 am \$48/6 50363
Beban Park Social Centre

Men's Yoga

Men, here is a yoga program only for you. Yoga will improve your flexibility, core strength and balance. Yoga will help you improve your athletic performance, relieve pain and soreness from physical labour and reduce stress. Yoga has become a mainstream activity with proven benefits to overall health and well-being. No experience required. You must bring your own yoga mat.

Instructor: Gypsy Hart

Tue, Jan 5-26 5:15-6:15 pm \$32/4 50427
Tue, Feb 2-23 5:15-6:15 pm \$32/4 50438
Tue, Mar 2-30 5:15-6:15 pm \$40/5 50439
Oliver Woods Community Centre



60+ Fitness Classes

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

Tap Dance - Level 1

For those new to Tap, or looking for a refresher, come join the fun and advance at your own pace. (Tap shoes required).

Instructor: Stacey Butterworth

Thu, Jan 14-Mar 18	2-3 pm	\$65/10	50614
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Bowen Park Complex

Tap Dance - Level 2

For those proficient in Tap Dance, this program is for you. Beginner dancers can be accommodated (Tap shoes are required).

Instructor: Stacey Butterworth

Thu, Jan 14-Mar 18	12:30-1:30 pm	\$65/10	50382
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Bowen Park Complex

Dance Fitness

Open to those who want a basic fitness course where you can go at your own pace, as well as those who want a higher intensity cardio workout. All stretches and flexibility work are designed for older adults.

Instructor: Maria Elena Jitton Pothorin

Sat, Jan 9-30	10:30-11:30 am	\$26/4	50214
Sat, Feb 6-20	10:30-11:30 am	\$20/3	50216
Sat, Mar 6-27	10:30-11:30 am	\$26/4	50217

Bowen Park Complex

Balance & Mobility

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

Instructor: Russell McNeil

Tue, Jan 5-26	3:30-4:30 pm	\$26/4	50244
Tue, Feb 2-23	3:30-4:30 pm	\$26/4	50245
Tue, Mar 2-30	3:30-4:30 pm	\$33/5	50246

Oliver Woods Community Centre

Sculpt & Tone

This class incorporates a warm up, cardio, resistance training and a cool down/stretch. This would benefit older adults for bone and joint health by developing lean muscle and increasing metabolism.

Instructor: Brian Sugiyama

Tue, Jan 5-26	12:30-1:30 pm	\$26/4	50179
Tue, Feb 2-23	12:30-1:30 pm	\$26/4	50180
Tue, Mar 2-30	12:30-1:30 pm	\$33/5	50181

Bowen Park Complex

Wed, Jan 6-26	9:30-10:30 am	\$26/4	50185
Wed, Jan 6-27	11 am-12 pm	\$26/4	50188
Wed, Feb 3-24	9:30-10:30 am	\$26/4	50186
Wed, Feb 3-24	11 am-12 pm	\$26/4	50189
Wed, Mar 3-31	9:30-10:30 am	\$33/5	50187
Wed, Mar 3-31	11 am-12 pm	\$33/5	50190

Beban Park Social Centre

Thu, Jan 7-28	10-11 am	\$26/4	50182
Thu, Feb 4-25	10-11 am	\$26/4	50183
Thu, Mar 4-25	10-11 am	\$20/3	50184

Bowen Park Complex

Stretch & Relax Yoga

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

Instructor: Shanti (Dorlean) Peck

Mon, Jan 4-Feb 8	11 am-12 pm	\$39/6	50306
Mon, Feb 22-Mar 29	11 am-12 pm	\$39/6	50307

Oliver Woods Community Centre

Fri, Jan 8-Feb 12	11 am-12 pm	\$39/6	50303
Fri, Feb 19-Mar 26	11 am-12 pm	\$39/6	50304

Beban Social Centre

Flow & Form Yoga

Flow and Form Yoga encourages a balance between flexibility, strength, and endurance. Emphasizing correct body alignment and precision while enjoying a sense of well-being and increased relaxation. Some yoga experience is recommended but not required. Please bring your own yoga mat.

Instructor: Heather Money

Tue, Jan 5-26	5:30-6:30 pm	\$32/4	50440
Tue, Feb 2-23	5:30-6:30 pm	\$32/4	50441
Tue, Mar 2-30	5:30-6:30 pm	\$40/5	50442

Oliver Woods Community Centre

Yoga Qi Gong/Meditation

This is an ancient art incorporating movements, static poses, breath concentration and visualization to activate the flow of intrinsic life energy (chi) in the body, restoring and promoting vitality and balance of mind and body. You must bring your own yoga mat.

Instructor: Thomas Michaud, Yoga Master

Wed, Jan 6-Mar 24	9:30-11 am	\$79/10	50336
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Bowen Park Clubhouse

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

Mon, Jan 4-25	11:45 am-12:45 pm	\$26/4	50237
Mon, Feb 1-22	11:45 am-12:45 pm	\$20/3	50238
Mon, Mar 1-29	11:45 am-12:45 pm	\$33/5	50239

Bowen Park Complex



Adult Language

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

Spanish for Beginners

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

Instructor: Martha Fortin

Tue, Feb 9-Mar 30	5:30-7 pm	\$99/8	51001
Wed, Feb 10-Mar 31	7:30-9 pm	\$99/8	51002
Thu, Feb 11-Apr 1	5-6:30 pm	\$99/8	51003

Bowen Park Complex

Spanish For Travelers - Beginners 2

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

Instructor: Martha Fortin

Tue, Feb 9-Mar 30	7:30-9 pm	\$99/8	51004
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Bowen Park Complex

Spanish For Travelers - Intermediate

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

Instructor: Martha Fortin

Wed, Feb 10-Mar 31	5:30-7 pm	\$99/8	51006
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Bowen Park Complex

Spanish Conversation

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

Instructor: Martha Fortin

Thu, Feb 11-Apr 1	7-8:30 pm	\$99/8	51007
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Bowen Park Complex

Spanish in the Morning - Conversation

This course is designed to improve oral fluency through guided conversations and presentations in Spanish. Expand your vocabulary, familiarize yourself with a variety of scenarios in the Hispanic world and develop a solid foundation for more advanced courses in Spanish.

Instructor: Martha Fortin

Thu, Feb 11-Apr 1	10:30 am-12:30 pm	\$120/8	51015
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Bowen Park Complex

Spanish on Saturday - Level 1

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

Instructor: Martha Fortin

Sat, Feb 13-Apr 3	10:30 am-12:30 pm	\$120/8	51017
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Bowen Park Complex

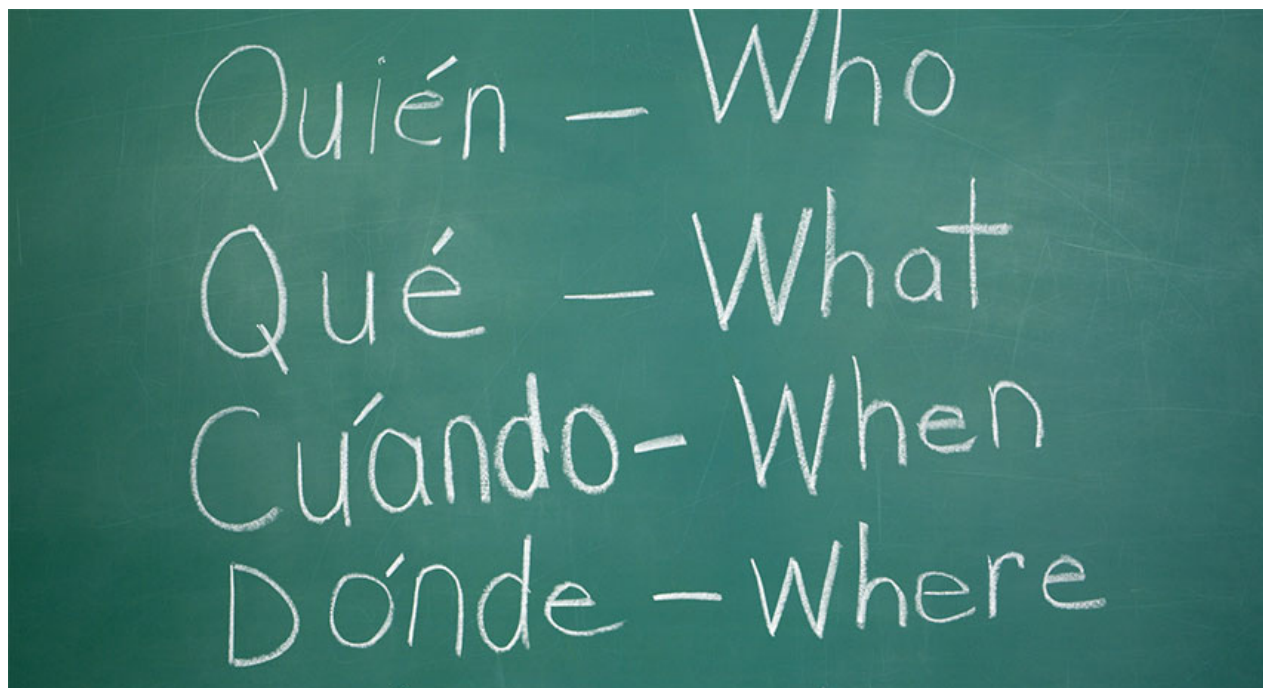
Spanish on Saturday - Level 2

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

Instructor: Martha Fortin

Sat, Feb 13-Apr 3	1-3 pm	\$120/8	51020
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Bowen Park Complex



Pool Programs

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



Winter 2021 - Swimming Lesson Descriptions

1. Swimming lessons have been changed to accommodate patrons during these unprecedented times.
2. The altered swimming lessons allow practicing skills based on continuance of the learning to swim process and for safety. We will not be evaluating based on completion or incompletion of the Red Cross Swimming Lessons.
3. Six NEW levels that range from Beginners to Advanced (stroke technique) will allow swimmers to use skills progressively and follow the principles of swimming: buoyancy, gravity, propulsion and resistance.
4. The number of registrants has decreased for each NEW level to maintain safe physical distancing while in the water.
5. Instead of issuing report cards, swimmers will receive a certificate outlining skills achieved and developing skills.
6. Masks are required to be worn anywhere inside the facility except while in the water.
7. Each registrant of the first three levels must have a parent or guardian attending (that is comfortable in water) with them in the pool. The parent or guardian will assist the participant in the water to practice swimming skills under the direction of the instructor. Please ensure that parents or guardians are within the same "Bubble" as the participant.
8. If the parent or guardian is unable to be in the water, the registrant will not be able to attend this day.

Overview of NEW Winter 2021 Swimming Lessons

Winter 2021 Swim Levels

Beginner 1- (Parent/Guardian Participation) <ul style="list-style-type: none"> • Orientation to water • Submersion • Front & Back Floating (Assisted & Unassisted) • General comfort in the water 	Intermediate 4- (Not Assisted by a Parent/Guardian) <ul style="list-style-type: none"> • Rolling Glides (Front Glide into Side Glide) • Back Crawl • Front Crawl • Swim 50 metres • Surface Support
Beginner 2- (Parent/Guardian Participation) <ul style="list-style-type: none"> • Front and Back Floating (Unassisted) • Front and Back Gliding (Assisted & Unassisted) • Introduction to deeper water 	Advanced 5- (Not Assisted by a Parent/Guardian) <ul style="list-style-type: none"> • Back Crawl • Front Crawl • Whip Kick • Elementary Backstroke • Swim 100 metres
Intermediate 3- (Parent/Guardian Participation) <ul style="list-style-type: none"> • Front and Back Swims (Unassisted) • Side Gliding (Assisted) • Swim 25 metres 	Advanced 6- (Not Assisted by a Parent/Guardian) <ul style="list-style-type: none"> • Back Crawl • Front Crawl • Elementary Backstroke • Breast Stroke • Swim 200 metres

NOTE: Levels 1 to 4 are divided into two age groups (3-6 years and 6 years & up).
Please ensure registration is for the appropriate age. Swim Level 5 and 6 are reserved for those 5 years and up.

To assist with registration, please follow the conversion chart below:

<ul style="list-style-type: none"> • Beginner swimmer • Never taken swimming lessons • Nervous to learn to swim • Sea Otter (incompleted) • Swim Kids 1 (incompleted) 	➔	Register in Beginner 1 <i>\$27/4 lessons</i>
<ul style="list-style-type: none"> • Sea Otter (completed) • Salamander (incompleted) • Swim Kids 1 (completed) • Swim Kids 2 (incompleted) 	➔	Register in Beginner 2 <i>\$27/4 lessons</i>
<ul style="list-style-type: none"> • Salamander (completed) • Sunfish (incompleted) • Sunfish (completed) • Crocodile (incompleted) • Swim Kids 2 (completed) • Swim Kids 3 (incompleted) 	➔	Register in Intermediate 3 <i>\$27/4 lessons</i>
<ul style="list-style-type: none"> • Crocodile (completed) • Whale (incompleted) • Whale (completed) • Swim Kid 3 (completed) • Swim Kids 4 (incompleted) • Swim Kids 4 (completed) • Swim Kids 5 (incompleted) • Swim Kids 5 (completed) • Swim Kids 6 (incompleted) 	➔	Register in Intermediate 4 <i>\$27/4 lessons</i>
<ul style="list-style-type: none"> • Swim Kids 6 (completed) • Swim Kids 7 (incompleted) • Swim Kids 7 (completed) • Swim Kids 8 (incompleted) 	➔	Register in Advanced 5 <i>\$27/4 lessons</i>
<ul style="list-style-type: none"> • Swim Kids 8 (completed) • Swim Kids 9 (incompleted) • Swim Kids 9 (completed) • Swim Kids 10 (incompleted) • Swim Kids 10 (completed) 	➔	Register in Advanced 6 <i>\$27/4 lessons</i>





Nanaimo Aquatic Centre Winter Lessons

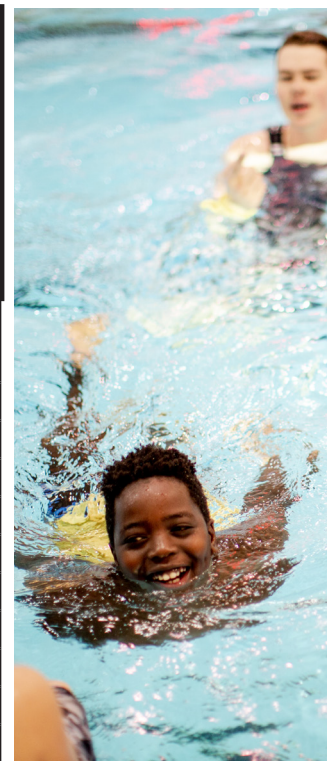
SUNDAYS	MONDAYS
<ul style="list-style-type: none"> • Set One: Jan 10-31 (4 lessons) • Set Two: Feb 7-Mar 7 (4 lessons; no lesson on Feb 14) 	<ul style="list-style-type: none"> • Set One: Jan 11-Feb 1 (4 lessons) • Set Two: Feb 8-Mar 8 (4 lessons; no lesson on Feb 15)

		1:15 pm	1:30 pm	2:00 pm	2:15 pm	2:45 pm	3:00 pm	3:45 pm	4:00 pm	4:30 pm	4:45 pm	5:15 pm	5:30 pm	6:00 pm	6:15 pm	6:45 pm
Parent Participation	30 Minute Classes	Beginner 1 (3-6 years)	x					x							x	
		Beginner 1 (6 years & up)				x	x					x				x
		Beginner 2 (3-6 years)	x					x			x					
		Beginner 2 (6 years & up)				x	x					x				x
		Intermediate 3 (3-6 years)			x					x						
		Intermediate 3 (6 years & up)		x					x					x		
		Intermediate 4 (3-6 years)			x								x			
		Intermediate 4 (6 years & up)					x			x				x		
		Advanced 5 (5 years & up)		x					x				x			
		Advanced 6 (5 years & up)				x					x				x	



WEDNESDAYS	FRIDAYS
<ul style="list-style-type: none"> • Set One: Jan 13-Feb 3 (4 lessons) • Set Two: Feb 10-Mar 10 (4 lessons; no lesson on Feb 17) 	<ul style="list-style-type: none"> • Set One: Jan 15-Feb 5 (4 lessons) • Set Two: Feb 12-Mar 12 (4 lessons; no lesson on Feb 19)

		3:45 pm	4:00 pm	4:30 pm	4:45 pm	5:15 pm	5:30 pm	6:00 pm	6:15 pm	6:45 pm	3:45 pm	4:00 pm	4:30 pm	4:45 pm	5:15 pm	5:30 pm	6:00 pm	6:15 pm	6:45 pm
Parent Participation	30 Minute Classes	Beginner 1 (3-6 years)				x				x	x							x	
		Beginner 1 (6 years & up)	x						x						x				x
		Beginner 2 (3-6 years)				x				x	x			x					
		Beginner 2 (6 years & up)	x			x									x				x
		Intermediate 3 (3-6 years)		x				x					x				x		
		Intermediate 3 (6 years & up)			x							x							
		Intermediate 4 (3-6 years)			x			x					x			x			
		Intermediate 4 (6 years & up)					x										x		
		Advanced 5 (5 years & up)		x			x					x				x			
		Advanced 6 (5 years & up)				x			x				x					x	



Advanced Aquatic Courses

Lifesaving Society - Bronze Medallion 13 + Years

Bronze Medallion teaches an understanding of the lifesaving principles embodied in the four components of water rescue education: judgement, knowledge, skills and fitness. Rescuers learn advanced lifesaving techniques for challenging rescues of increased risk, involving conscious and unconscious victims in varying water depths. Participants develop stroke efficiency and endurance in timed swims (500 metres). Includes CPR-A. Please follow the facility's rules and guidelines related to COVID. The Canadian Lifesaving Manual is included in the cost and will be received on the first day of the course.

Sat, Jan 30-Feb 27 1-6:30 pm \$185/4 50932
Nanaimo Aquatic Centre



Lifesaving Society - Bronze Cross

Bronze Cross is designed for lifesavers who want the challenge of more advanced training, including an introduction to safety supervision. The Bronze Cross begins the transition from lifesaving to lifeguarding. Candidates strengthen and expand their lifesaving skills and begin to apply the principles and techniques of active surveillance in aquatic facilities. This course emphasizes the importance of teamwork and communication in preventing and responding to aquatic emergencies. Bronze Cross is a prerequisite for advanced training in the Lifesaving Society's National Lifeguard and leadership certification programs. Please follow the facility's rules and regulations related to COVID. The Canadian Lifesaving Manual received in Bronze Medallion will be used in this course. *Prerequisite: successful completion of Bronze Medallion.*

T/Th, Mar 16-25 1-6:30 pm \$155/4 51427
Nanaimo Aquatic Centre



cityofnanaimo



nanaimoparksandrec (#ilovemyparksandrec)

Arena Programs

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



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.

Skating Lessons

30 min lesson = 2-5 years • 45/60 min lesson = 6-11 years • 30 min private lessons

Monday, January 4-February 1 • 5 weeks • **Nanaimo Ice Centre**

3:30-4 pm	Boots 1 43275	Boots 2 43338	Rec 1 (3-5 yrs) 43397	Rec 2 (3-5 yrs) 43473	Rec 4 (4-5 yrs) 43667	Rec 3 (3-5 yrs) 43566
4-4:45 pm	Rec 1 (6-11 yrs) 43398	Rec 2 (6-11 yrs) 43474	Rec 3 (6-11 yrs) 43567	Rec 4 (6-11 yrs) 43669	Rec 5 43356	
4:45-5:15 pm	Boots 1 43276	Boots 2 43339	Rec 1 (3-5 yrs) 43399	Rec 2 (3-5 yrs) 43475	Rec 3 (3-5 yrs) 43580	Rec 4 (4-5 yrs) 43671
5:15-6 pm	Rec 2 (3-5 yrs) 43476	Rec 3 (6-11 yrs) 43581	Rec 4 (6-11 yrs) 43673	Rec 6/7 43619		

Thursday, January 7-February 11 • 6 weeks • **Nanaimo Ice Centre**

3:30-4 pm	Boots 1 43277	Boots 2 43340	Rec 1 (3-5 yrs) 43400	Rec 2 (3-5 yrs) 43477	Rec 3 (3-5 yrs) 43582	Rec 4 (4-5 yrs) 43675
4-4:45 pm	Rec 1 (6-11 yrs) 43401	Rec 2 (6-11 yrs) 43479	Rec 3 (6-11 yrs) 43583	Rec 4 (6-11 yrs) 43676	Rec 5 43357	Rec 6/7 43620
4:45-5:15 pm	Boots 1 43278	Boots 2 43341	Rec 1 (3-5 yrs) 43402	Rec 2 (3-5 yrs) 43481	Rec 3 (3-5 yrs) 43584	Rec 4 (4-5 yrs) 43677

Friday, January 8-February 12 • 6 weeks • **Frank Crane Arena**

3:30-4 pm	Boots 1 43280	Boots 2 43343	Rec 1 (3-5 yrs) 43401	Rec 2 (3-5 yrs) 43485	Rec 3 (3-5 yrs) 43586	Rec 4 (4-5 yrs) 43680
4-4:45 pm	Rec 1 (6-11 yrs) 43405	Rec 2 (6-11 yrs) 43484	Rec 3 (6-11 yrs) 43587	Rec 4 (6-11 yrs) 43682	Rec 5 43358	Rec 6/7 43621
4:45-5:15 pm	Boots 1 43281	Boots 2 43344	Rec 1 (3-5 yrs) 43406	Rec 2 (3-5 yrs) 43485	Rec 3 (3-5 yrs) 43588	Rec 4 (4-5 yrs) 43684

Saturday, January 9-February 13 • 6 weeks • **Frank Crane Arena**

9-9:45 am	Rec 1 (6-11 yrs) 43407	Rec 2 (6-11 yrs) 43487	Rec 3 (6-11 yrs) 43590	Rec 4 (6-11 yrs) 43687	Rec 5 43360	
9:15-9:45 am	Boots 1 43282	Boots 2 43345				
9:45-10:15 am	Boots 1 43283	Boots 2 43346	Rec 1 (3-5 yrs) 43408	Rec 2 (3-5 yrs) 43488	Rec 3 (3-5 yrs) 43591	Rec 4 (4-5 yrs) 43688
10:30-11:15 am	Rec 1 (6-11 yrs) 43409	Rec 2 (6-11 yrs) 43489	Rec 3 (6-11 yrs) 43592	Rec 4 (6-11 yrs) 43689	Rec 6/7 43622	
11:15-11:45 am	Boots 1 43284	Boots 2 43347	Rec 1 (3-5 yrs) 43410	Rec 2 (3-5 yrs) 43490	Rec 3 (3-5 yrs) 43593	Rec 4 (4-5 yrs) 43690

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.

Thu, Jan 7-Feb 11	5:15-6 pm	\$66/6	43815
Thu, Feb 18-Mar 18	5:15-6 pm	\$55/5	43819

Nanaimo Ice Centre

Sat, Jan 9-Feb 13	11:15 am-12:15 pm	\$72/6	43818
Sat, Feb 20-Mar 20	11:15 am-12:15 pm	\$60/5	43820

Frank Crane 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.

Mon, Jan 4-Feb 1	5:15-6:15 pm	\$60/5	43777
Thu, Jan 7-Feb 11	5:15-6 pm	\$66/6	43778

Mon, Feb 8-Mar 15	5:15-6:15 pm	\$60/5	43781
Thu, Feb 18-Mar 18	5:15-6 pm	\$55/5	43782

Nanaimo Ice Centre

PRIVATE LESSONS

The City of Nanaimo offers many private RecSkate and Custom Hockey lessons. To see availability and to book, please check out recreation.nanaimo.ca



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Skating Lessons

RecSkate Pro-D Camp & Spring Break

6 to 11 Years

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

PRO-D CAMPS

Thu, Feb 11	8:30 am-5 pm	\$42/1	43071
Fri, Feb 12	8:30 am-5 pm	\$42/1	43077

Cliff McNabb Arena

SPRING BREAK

Mon, Mar 15	8:30 am-5 pm	\$42/1	42892
Tue, Mar 16	8:30 am-5 pm	\$42/1	42894
Wed, Mar 17	8:30 am-5 pm	\$42/1	42897
Thu, Mar 18	8:30 am-5 pm	\$42/1	42900
Fri, Mar 19	8:30 am-5 pm	\$42/1	42903
Mon, Mar 22	8:30 am-5 pm	\$42/1	42909
Tue, Mar 23	8:30 am-5 pm	\$42/1	42913
Wed, Mar 24	8:30 am-5 pm	\$42/1	42928
Thu, Mar 25	8:30 am-5 pm	\$42/1	42932
Fri, Mar 26	8:30 am-5 pm	\$42/1	42941

Cliff McNabb Arena

RecHockey Pro-D Camp & Spring Break

6 to 11 Years

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

PRO-D CAMPS

Thu, Feb 11	8:30 am-5 pm	\$42/1	43074
Fri, Feb 12	8:30 am-5 pm	\$42/1	43076

SPRING BREAK

Mon, Mar 15	8:30 am-5 pm	\$42/1	42890
Tue, Mar 16	8:30 am-5 pm	\$42/1	42893
Wed, Mar 17	8:30 am-5 pm	\$42/1	42896
Thu, Mar 18	8:30 am-5 pm	\$42/1	42899
Fri, Mar 19	8:30 am-5 pm	\$42/1	42901
on, Mar 22	8:30 am-5 pm	\$42/1	42907
Tue, Mar 23	8:30 am-5 pm	\$42/1	42911
Wed, Mar 24	8:30 am-5 pm	\$42/1	42926
Thu, Mar 25	8:30 am-5 pm	\$42/1	42930
Fri, Mar 26	8:30 am-5 pm	\$42/1	42934

Cliff McNabb Arena

30 min lesson = 2-5 years • 45/60 min lesson = 6-11 years • 30 min private lessons

Monday, February 8-March 15 • Nanaimo Ice Centre • no lesson on Feb 15

3:30-4 pm	Boots 1 43310	Boots 2 43349	Rec 1 (3-5 yrs) 43412	Rec 2 (3-5 yrs) 43492	Rec 3 (3-5 yrs) 43595	Rec 4 (4-5 yrs) 43694
4-4:45 pm	Rec 1 (6-11 yrs) 43413	Rec 2 (6-11 yrs) 43493	Rec 3 (6-11 yrs) 43596	Rec 4 (6-11 yrs) 43695	Rec 5 43361	
4:45-5:15 pm	Boots 1 43312	Boots 2 43351	Rec 1 (3-5 yrs) 43414	Rec 2 (3-5 yrs) 43494	Rec 3 (3-5 yrs) 43597	Rec 4 (4-5 yrs) 43697
5:15-6 pm	Rec 2 (6-11 yrs) 43495	Rec 3 (6-11 yrs) 43598	Rec 4 (6-11 yrs) 43700	Rec 6/7 43623		

Thursday, February 18-March 18 • 5 weeks • Nanaimo Ice Centre

3:30-4 pm	Boots 1 43313	Boots 2 43373	Rec 1 (3-5 yrs) 43415	Rec 2 (3-5 yrs) 43496	Rec 3 (3-5 yrs) 43599	Rec 4 (4-5 yrs) 43703
4-4:45 pm	Rec 1 (6-11 yrs) 43416	Rec 2 (6-11 yrs) 43497	Rec 3 (6-11 yrs) 43600	Rec 4 (6-11 yrs) 43704	Rec 5 43362	Rec 6/7 43624
4:45-5:15 pm	Boots 1 43314	Boots 2 43374	Rec 1 (3-5 yrs) 43417	Rec 2 (3-5 yrs) 43498	Rec 3 (3-5 yrs) 43601	Rec 4 (4-5 yrs) 43706

Friday, February 19-March 19 • 5 weeks • Frank Crane Arena

3:30-4 pm	Boots 1 43316	Boots 2 43376	Rec 1 (3-5 yrs) 43419	Rec 2 (3-5 yrs) 43500	Rec 3 (3-5 yrs) 43603	Rec 4 (4-5 yrs) 43745
4-4:45 pm	Rec 1 (6-11 yrs) 43420	Rec 2 (6-11 yrs) 43501	Rec 3 (6-11 yrs) 43604	Rec 4 (6-11 yrs) 43746	Rec 5 43363	Rec 6/7 43625
4:45-5:15 pm	Boots 1 43317	Boots 2 43377	Rec 1 (3-5 yrs) 43421	Rec 2 (3-5 yrs) 43502	Rec 3 (3-5 yrs) 43605	Rec 4 (4-5 yrs) 43747

Saturday, February 20-March 20 • 5 weeks • Frank Crane Arena

9-9:45 am	Rec 1 (6-11 yrs) 43422	Rec 2 (6-11 yrs) 43504	Rec 3 (6-11 yrs) 43607	Rec 4 (6-11 yrs) 43749	Rec 5 43365	
9:15-9:45 am	Boots 1 43318	Boots 2 43378				
9:45-10:15 am	Boots 1 43319	Boots 2 43379	Rec 1 (3-5 yrs) 43423	Rec 2 (3-5 yrs) 43505	Rec 3 (3-5 yrs) 43608	Rec 4 (4-5 yrs) 43750
10:30-11:15 am	Rec 1 (6-11 yrs) 43424	Rec 2 (6-11 yrs) 43506	Rec 3 (6-11 yrs) 43609	Rec 4 (6-11 yrs) 43751	Rec 6/7 43626	
11:15-11:45 am	Boots 1 43320	Boots 2 43380	Rec 1 (3-5 yrs) 43425	Rec 2 (3-5 yrs) 43507	Rec 3 (3-5 yrs) 43610	Rec 4 (4-5 yrs) 43752

RecFigure Skate - Beginner

6 to 12 Years

This small group session focuses on developing specific figure skating skills like jumps, spins and field moves, as well as continuing to develop the basics of skating. Skaters are encouraged to work independently at their own pace. Children's progress is monitored through the use of a progress card. Skaters should have passed a minimum of RecSkate 5. Completion of the RecSkate program or equivalent is preferred. Helmets are mandatory.

Mon, Jan 4-Feb 1	5:15-6:15 pm	\$60/5	43517
Thu, Jan 7-Feb 11	4-4:45 pm	\$66/6	43518
Mon, Feb 8-Mar 15	5:15-6:15 pm	\$60/5	43521
Thu, Feb 18-Mar 18	4-4:45 pm	\$55/5	43522

Nanaimo Ice Centre

Fri, Jan 8-Feb 12	5:15-6 pm	\$66/6	43519
Sat, Jan 9-Feb 13	10:30-11:15 am	\$66/6	43520
Fri, Feb 19-Mar 19	5:15-6 pm	\$55/5	43523
Sat, Feb 20-Mar 20	10:30-11:15 am	\$55/5	43524

Frank Crane 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. This will consist of freeskating skills, such as jumps and spins and an introduction to ice dance in a full ice context.

Thu, Jan 7-Feb 11	5:15-6 pm	\$66/6	43527
Wed, Feb 18-Mar 18	5:15-6 pm	\$55/5	43528

Nanaimo Ice Centre

SPRING BREAK!

See our Spring Break pages more
Spring Break programs!



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Arena Hockey Programs

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

Hockey Rascals

4 to 5 Years

This program is designed to introduce the game of hockey to first timer youngsters. Fundamental hockey skills are taught through a play-based system using training pucks and building on physical literacy basics and fun. Children will work on skating, basic puck handling, passing and shooting with emphasis on participation. No previous hockey experience is required, but players must be able to skate. We recommend skaters complete a minimum of RecSkate 1 prior to this course. Helmet with full face cage required.

Fri, Jan 8-Feb 12	4:15-5 pm	\$66/6	43297
Fri, Jan 8-Feb 12	5:30-6:15 pm	\$66/6	43298
Fri, Feb 19-Mar 19	4:15-5 pm	\$55/5	43299
Fri, Feb 19-Mar 19	5:30-6:15 pm	\$55/5	43300

Cliff McNabb Arena

NHL

Novice Hockey League (NHL) is designed to introduce and develop the game of hockey to children looking to play for enjoyment and fitness. We recommend skaters complete a minimum of RecSkate 2 prior to this course.

4 to 6 Years

Sat, Jan 9-Feb 13	8:15-9 am	\$66/6	43239
Sat, Jan 9-Feb 13	12:15-1 pm	\$66/6	43241
Sat, Feb 20-Mar 20	8:15-9 am	\$55/5	43242
Sat, Feb 20-Mar 20	12:15-1 pm	\$55/5	43244

Frank Crane Arena

7 to 9 Years

Sat, Jan 9-Feb 13	8:15-9 am	\$66/6	43240
Sat, Feb 20-Mar 20	8:15-9 am	\$55/5	43243

Frank Crane Arena

7 to 12 Years

Sat, Jan 9-Feb 13	12:15-1 pm	\$66/6	43246
Sat, Feb 20-Mar 20	12:15-1 pm	\$55/5	43545

Frank Crane Arena

Power Skating Basics

6 to 12 Years

Get introduced to skating techniques necessary to develop greater power and strength to improve their game. BACK TO BASICS looks at speed, balance, agility and coordination. Full gear required.

Thu, Jan 7-Feb 11	4:15-5 pm	\$66/6	43083
Wed, Feb 18-Mar 18	4:15-5 pm	\$55/5	43085

Nanaimo Ice Centre

Hockey - Adaptive

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

Wed, Jan 6-Mar 10	9:45-11 am	\$105/10	43428
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Nanaimo Ice Centre

Adult Stickhandling

You can always improve this important hockey skill set. Drills include correct hand positioning, top hand and bottom hand strengthening, toe control, faking, use of lines, cupping and reaching.

Mon, Jan 4-Feb 1	7-8 pm	\$55/5	43440
Mon, Feb 8-Mar 15	7-8 pm	\$55/5	43442

Nanaimo Ice Centre



PRIVATE LESSONS

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Please note:

New programs will be added for the winter season as they are confirmed. Check recreation.nanaimo.ca and click on “Register for a Program” to find all of our latest updates.

Our website pages for “Pools”, “Arenas” and “Community Recreation” will also be updated on a regular basis.

