

# NANAIMO PARKS, RECREATION & CULTURE

# *Winter 2023* Activity Guide

January to March 2023



[recreation.nanaimo.ca](http://recreation.nanaimo.ca)

**250-756-5200**

Registration starts Wednesday, November 23.



CITY OF NANAIMO  
THE HARBOUR CITY



PARKS, RECREATION & CULTURE

# Welcome to Parks, Recreation & Culture!

We love the seasons we get to experience here on Vancouver Island, and with that in mind, we are very excited to bring you our Winter Activity Guide. The days may be colder and shorter, but there are still many ways to keep active during the winter season, and this recreation guide is full of program options. The City just completed an in-depth process through Re-Imagine Nanaimo, and we heard how much this community values the services that are part of the Department of Parks, Recreation and Culture. It was a great reminder to continue to strive to bring you programs and events that enhance this amazing city we get to be part of!



## Stay Connected with Us!

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



## WINTER ACTIVITY GUIDE

View online for the latest details!

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



[recreation.nanaimo.ca](http://recreation.nanaimo.ca)

(click on Activity Guide)



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## NOTE FOR OUR PATRONS

We are working very hard to bring back as many recreation opportunities as possible, including in the pools and in the arenas in this post-pandemic world. We are, however, facing a number of challenges, including staff shortages and increased demand.

*Everyone has a responsibility for using appropriate words and actions when using the facilities and communicating with each other. Changes and cancelations can occur, so please be sure to check our schedules, website and social media channels for changes that could impact you. We will try hard to give as much notice as possible.*

### Advertising Disclaimer

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

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

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

Cover photo by Sabrina Patrice Photography.  
Photo of participants of the Salish Storm Hockey Team at Frank Crane Arena.



[cityofnanaimo](http://cityofnanaimo)

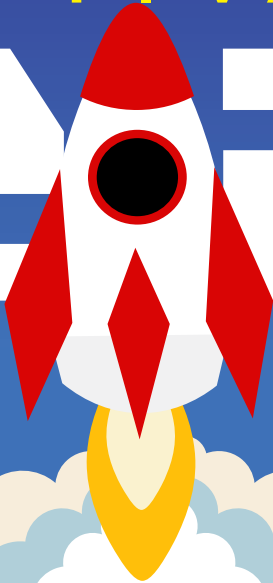


[culture\\_nanaimo](https://www.instagram.com/culture_nanaimo)

PARKS, RECREATION & CULTURE'S  
1ST ANNUAL NEW YEAR'S DAY EVENT

ACTIVATE

2023



Swimming

Skating

Games

Crafts

Sports

Bouncy Castles

StoryWalk® on Ice

SO MUCH MORE!!

- Start 2023 off “actively” by “launching” into a variety of activities as a way to start the new year off right!



SUNDAY, JANUARY 1

12-5 PM • BEBAN PARK

Tickets available in advance at Beban Park or at the door  
\$35 for a “Festive Five” package or \$10 for single

TICKETS GO ON SALE IN DECEMBER



# WINTER

## Special Events

VISIT [NANAIMO.CA](http://NANAIMO.CA) OR OUR FACEBOOK PAGE FOR MORE INFORMATION.

### DECEMBER

- Tue, Dec 6 6:30-8 pm Glow in the Dark Skate Frank Crane Arena
- Sun, Dec 18 9 am-12 pm Snowball Swim Beban Park Pool
- Sun, Dec 18 4-6 pm Starlight Skate Nanaimo Ice Centre
- Wed, Dec 21 6:30-8 pm Skate with Santa Frank Crane Arena
- Thu, Dec 22 6:15-7:45 pm Skate with Santa Nanaimo Ice Centre
- Dec 24, 26-30 Winter Wonderland Frank Crane Arena (see page 11)
- Sat, Dec 31 various times New Year's Eve Skates Frank Crane Arena (see page 11)
- Sat, Dec 31 6-8 pm New Year's Eve Splash Nanaimo Aquatic Centre

### JANUARY

- Sun, Jan 1 various times New Year's Day Skates Frank Crane (see page 11)
- Sun, Jan 1 12-5 pm ACTIVEate New Year's Event Beban Park (see previous page)
- Tue, Jan 3 6:30-8 pm Glow in the Dark Skate Frank Crane Arena
- Sun, Jan 15 4-6 pm Starlight Skate Nanaimo Ice Centre

### FEBRUARY

- Tue, Feb 7 6:30-8 pm Glow in the Dark Skate Frank Crane Arena
- Sun, Feb 19 4-6 pm Starlight Skate Nanaimo Ice Centre
- Mon, Feb 20 various times Family Day Skates Frank Crane Arena (see page 11)
- Mon, Feb 20 12-5 pm Family Day Swim Nanaimo Aquatic Centre

### MARCH

- Tue, Mar 7 6:30-8 pm Glow in the Dark Skate Frank Crane Arena
- Fri, Mar 17 3:45-5:15 pm St. Patrick's Day Skate Nanaimo Ice Centre
- Fri, Mar 17 6-8 pm Super Hero Swim Nanaimo Aquatic Centre
- Sun, Mar 19 4-6 pm Starlight Skate Nanaimo Ice Centre
- Fri, Mar 24 6-8 pm Super Hero Swim Nanaimo Aquatic Centre
- Sat, Mar 25 1:15-2:45 pm Earth Hour Skate Frank Crane Arena

# Family Day

## 2023

### Fam Jam

**OLIVER WOODS COMMUNITY CENTRE**  
Drop in for FREE family play time! Enjoy arts, crafts, kinder-gym, open gym activities and more!

### StoryWalk®

**OLIVER WOODS COMMUNITY CENTRE**

### Swimming

**NANAIMO AQUATIC CENTRE**

### Skating

**FRANK CRANE ARENA**

Look for more Family Day details coming in the new year!



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# Public Admissions

SWIM, SKATE, WEIGHT ROOMS & GYM

## General Admissions:

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

## 10 Visit Pass (10 admissions):

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

## 1 Month Active Pass:

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

## 12 Month Active Pass:

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

## Arena Skate Rentals/Sharpening:

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

Prices include tax and are subject to change.

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

All one month Active Passes are non refundable.



# Public Swim Program Highlights

PLEASE LET POOL STAFF KNOW OF ANY MEDICAL CONDITIONS.



## BEBAN POOL

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

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

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

## NANAIMO AQUATIC CENTRE

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

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

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

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



## AQUAFIT

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

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

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

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

# DROP-IN SCHEDULE

## Nanaimo Aquatic Centre & Beban Park Weight Rooms

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

### Nanaimo Aquatic Centre Weight Room - SUNDAY, JANUARY 8 TO SATURDAY, APRIL 1, 2023

	SUN	MON	TUE	WED	THU	FRI	SAT
Facility Hours	6 am-9 pm	6 am-9 pm	6 am-9 pm	6 am-9 pm	6 am-9 pm	6 am-9 pm	6 am-9 pm

Schedule subject to change. See page 8 for specific stat holiday closures. See [recreation.nanaimo.ca](http://recreation.nanaimo.ca) for up-to-date information.

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

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

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

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

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

**Weight Room Attire:** All weight room users must wear appropriate attire. This includes closed-toe shoes (runners), shorts or track/sweat pants (no jeans).



### Beban Weight Room - SUNDAY, JANUARY 8 TO SATURDAY, APRIL 1, 2023

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

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

**PLEASE NOTE:** Schedule is subject to change.

For up-to-date schedules, visit [recreation.nanaimo.ca](http://recreation.nanaimo.ca)

 We have a variety of equipment for special needs clients at Nanaimo Aquatic Centre!

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



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# DROP-IN SCHEDULE

## Aquatic Centre Winter Schedule (741 THIRD ST)

**Sun, Jan 8 to Sat, Apr 1, 2023** Schedule is subject to change. Please check [recreation.nanaimo.ca](http://recreation.nanaimo.ca) to confirm.

PROGRAM	SUN	MON	TUE	WED	THU	FRI	SAT
<b>Everyone Welcome</b>	6-11:30 am 5:30-9 pm	6 am-2 pm 2:45-9 pm	6 am-2 pm 2:45-9 pm	6 am-2 pm 2:45-9 pm	6 am-2 pm 2:45-9 pm	6 am-2 pm 2:45-9 pm	1-9 pm
<b>BULKHEAD MOVE - POOL UNAVAILABLE</b>		9-9:30 am	9-9:30 am	9-9:30 am	9-9:30 am		
<b>50 Metre Lane Swim</b>	6-11:30 am		6-9 am		6-9 am		
<b>25 Metre Lane Swim</b>	5:30-9 pm	6 am-2 pm 2:45-9 pm	9:30 am-2 pm 2:45-9 pm	6 am-2 pm 2:45-9 pm	9:30 am-2 pm 2:45-9 pm	6 am-2 pm 2:45-9 pm	1-9 pm
<b>Waves &amp; Waterslides</b> <i>(subject to change***)</i>	5:30-8:30 pm	3:30-8 pm	3:30-8 pm	3:30-8 pm	3:30-8 pm	3:30-8 pm	1-8 pm
<b>CLEANING CLOSURE - POOL UNAVAILABLE</b>		2-2:45 pm	2-2:45 pm	2-2:45 pm	2-2:45 pm	2-2:45 pm	
<b>Weight Room</b> <i>(proper attire required***)</i>	6 am-9 pm	6 am-9 pm	6 am-9 pm	6 am-9 pm	6 am-9 pm	6 am-9 pm	6 am-9 pm
AQUAFIT	SUN	MON	TUE	WED	THU	FRI	SAT
<b>Therapy Aquafit (1 hr)</b>		8:30-9:30 am		8:30-9:30 am		8:30-9:30 am	
<b>Shallow Water Aquafit (45 min)</b>		10:15-11 am		10:15-11 am		10:15-11 am	
<b>Deep Water Aquafit (45 min)</b>		7:15-8 pm	10:15-11 am	7:15-8 pm	10:15-11 am		

**Please Note:** Schedule is subject to change. For schedules, visit [recreation.nanaimo.ca](http://recreation.nanaimo.ca). See page 6 for admission rates and program highlights.

- Lanes available at all times except during the moving of the bulkheads in the main pool. The bulkheads in the competition pool move at different times throughout the week and may disrupt some lane swimming. Main pool will be closed to move the bulkheads.
- Please inform staff of any medical conditions.
- All children through 6 years of age must be under the direct supervision and within arm's reach of a guardian. Guardian must be in the water and must be 16 years of age or older.
- Ratio for children who are 6 years of age and under is 1 adult to 3 children.
- Slides, waves and/or diving boards may need to be closed periodically throughout the day. Please ask a lifeguard for schedule information.
- Life jackets are available for public use.
- \*\*\*All weight room users must wear appropriate attire. This includes closed-toe shoes (runners), shorts or track/sweat pants (no jeans).



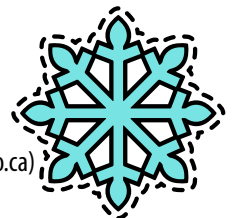
Due to staffing challenges, there may be unforeseen and unscheduled pool closures and program cancellations. Please check our website ([recreation.nanaimo.ca](http://recreation.nanaimo.ca)) or follow us on Facebook. We will post these changes as soon as we can to give you as much notice as possible.

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

**STAT HOLIDAY SWIMS:** • Mon, Feb 20, 12-5 pm (Family Day)

**POOL CLOSED:** • Sun, Dec 25 (Christmas) • Mon, Dec 26 (Boxing Day) • Sun, Jan 1 (New Years)

**SWIM MEETS:** • Dec 17-18 • Jan 27-29 • Feb 11 • Feb 24-26 • Apr 21-23 (limited pool access; check our online schedule at [recreation.nanaimo.ca](http://recreation.nanaimo.ca))



# DROP-IN SCHEDULE

## Beban Pool Winter Schedule (2300 BOWEN RD)

**Sun, Jan 8 to Sat, Apr 1, 2023** Schedule is subject to change. Please check [recreation.nanaimo.ca](http://recreation.nanaimo.ca) to confirm.

PROGRAM	SUN	MON	TUE	WED	THU	FRI	SAT
Everyone Welcome	CLOSED					12-3 pm	CLOSED
25 Metre Lane Swim		11:15 am-2:45 pm	6:30-9:45 am 1:45-2:45 pm 9:45 am-1:45 pm*	11:15 am-2:45 pm	6:30-9:45 am 1:45-2:45 pm 9:45 am-1:45 pm*	12-3 pm	Times with * are not available when "Swim to Survive" school sessions are scheduled. • Feb 21-Mar 10
Leisure Swim		11:15 am-2:45 pm	6:30-9:45 am 1:45-2:45 pm 9:45 am-1:45 pm*	11:15 am-2:45 pm	6:30-9:45 am 1:45-2:45 pm 9:45 am-1:45 pm*		
Waterslides		Available upon request					
Hot Tub, Sauna, Steam Room		10 am-2:45 pm	6:30-9:45 am 1:45-2:45 pm	10 am-2:45 pm	6:30-9:45 am 1:45-2:45 pm	12-3 pm	
Weight Room <i>(proper attire required***)</i>	CLOSED	6:30 am-7 pm	6:30 am-7 pm	6:30 am-7 pm	6:30 am-7 pm	6:30 am-7 pm	CLOSED
AQUAFIT	SUN	MON	TUE	WED	THU	FRI	SAT
Therapy Aquafit (1 hr)		1:30-2:30 pm		1:30-2:30 pm			
Shallow Water Aquafit (45 min)			9-9:45 am		9-9:45 am		
Deep Water Aquafit (45 min)		10:15-11 am		10:15-11 am			

**Please Note:** Schedule is subject to change. Check out [recreation.nanaimo.ca](http://recreation.nanaimo.ca). See page 6 for rates and program highlights.

- Please inform staff of any medical conditions.
- All children through 6 years of age must be under the direct supervision and within arm's reach of a guardian. Guardian must be in the water and must be 16 years of age or older.
- Ratio for children who are 6 years of age and under is 1 adult to 3 children.
- \*\*\*All weight room users must wear appropriate attire. This includes closed-toe shoes (runners), shorts or track/sweat pants (no jeans).

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

**STAT HOLIDAYS:** • Sun, Jan 1 (New Years - open for "Activate" New Year's Day event)

**POOL CLOSED:** • Sun, Dec 25 (Christmas) • Mon, Dec 26 (Boxing Day) • Mon, Feb 20 (Family Day)



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



**NOTE:**

\*Additional swim times may be available depending on school bookings. Please call 250-756-5200 to confirm.



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# DROP-IN SCHEDULE

## Arena Winter Schedule

**Tue, Jan 3 to Fri, Mar 31, 2023** Schedule is subject to change. Please check [recreation.nanaimo.ca](http://recreation.nanaimo.ca) to confirm.

Programs	SUN	MON	TUE	WED	THU	FRI	SAT
<b>Everyone Welcome</b>	12-1:30 pm Lions FREE Skate at FCA 4-6 pm NIC2		6:30-8 pm FCA	6:30-8 pm FCA	6:15-7:45 pm NIC2	3:45-5:15 pm NIC2	1:15-2:45 pm FCA
<b>Parent &amp; Tot Skate</b>		10-11:30 am FCA		12:30-2 pm FCA	9-10:15 am NIC1		
<b>Family Skate</b>	10:45-11:45 am FCA						
<b>Adult Leisure Skate</b> (19+)		10-11:30 am NIC2	10-11:30 am FCA	10-11:30 am NIC2	1:30-3 pm NIC1		
<b>Adult Scrub Hockey</b> (18+)		11:45 am-1:15 pm NIC2		11:45 am-1:15 pm NIC2		11:45 am-1:15 pm NIC2	<b>DID YOU KNOW?</b> <ul style="list-style-type: none"> <li>Participants of all abilities are welcome to public skating sessions.</li> <li>Strollers and wheelchairs are allowed on the ice.</li> </ul>
<b>Senior &amp; 70+ Scrub Hockey</b>		8-9:15 am NIC2	10-11:15 am NIC1 70+ Seniors	8-9:15 am NIC2		8-9:15 am NIC2 10:45 am-12 pm 70+ Seniors NIC1	
<b>Stick 'n' Puck</b> Children under 8 are to be accompanied onto the ice by an adult.	2:45-3:45 pm NIC2		11:45 am-1:15 pm NIC1	1:45-3:15 pm McN	11:45 am-1:15 pm NIC1	3:15-4:15 pm McN	
<b>Adult Scrimmage Hockey</b> Co-ed registered program.	9:30-10:45 pm McN					9:45-11:15 pm McN	7:45-9 pm NIC2

• FCA - Frank Crane Arena (2300 Bowen Rd)

• McN - Cliff McNabb Arena (2300 Bowen Rd)

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

### Arena Program Highlights - see Arenas Section for courses and lessons

**Everyone Welcome** - Designed for skaters of all ages and abilities. These sessions provide an excellent opportunity for all members of the community to get active! Helmets are strongly recommended. Look for our "Game Zone" at our Everyone Welcome sessions. (Skate sharpening is available at all Everyone Welcome sessions.)

**FREE LIONS SKATE:** Sundays, 12-1:30 pm, at Frank Crane Arena until March 26 (includes admission, skate and helmet rentals). Please note that Dec 11, Jan 15 & Mar 12 sessions will be from 11:30 am-1 pm due to Clippers' Games and will be cancelled on February 5 & March 19.

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

**Family Skate** - During this session, there will be an area setup with toys, as well as our regular laps skating area providing opportunities for all levels and ages. All children and teens must be accompanied on the ice by an adult. Helmets are strongly recommended. (Family Skate cancelled and Lion's Free Skate held instead on Oct 9, Dec 11, Jan 15 & Mar 12 and cancelled on Feb 5 & Mar 19).

**Stick 'n' Puck** - Whether you're new to the game of hockey or know the game and are looking to brush up on your skills, Stick 'n' Puck is for you! Get on the ice in a non-game, recreational setting. Space is limited, and session rules do apply. Bring your own pucks. Children under 8 must have adult on the ice.

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

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



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

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





# DROP-IN SCHEDULE

## Winter Skating Events

### Skates with Santa

Skate with Santa and get the chance to tell him how good you've been this year!

- **Wed, Dec 21**, 6:30-8 pm at FCA
- **Thu, Dec 22**, 6:15-7:45 pm at NIC

### New Year's Eve Skates

- **Sat, Dec 31**, 10:45-11:45 am at FCA (Stick 'n' Puck)
- **Sat, Dec 31**, 12-2 pm at FCA (Everyone Welcome)
- **Sat, Dec 31**, 6-8 pm at FCA (Everyone Welcome)

### New Year's Day Skates

- **Sun, Jan 1**, 12:15-1:45 pm at FCA (Everyone Welcome)
- **Sun, Jan 1**, 2-3:30 pm at FCA (Everyone Welcome)
- **Sun, Jan 1**, 3:45-5 pm at FCA (Everyone Welcome)



### Valentine's Day

Join us for some "heart-felt" fun in the arenas!

- **Tue, Feb 14**, 6:30-8 pm at FCA (Everyone Welcome)

### St. Patrick's Day Skate

- **Fri, Mar 17**, 3:45-5:15 pm at NIC

### Family Day Skates

- **Mon, Feb 20**, 11:30 am-1 pm at FCA (Stick 'n' Puck)
- **Mon, Feb 20**, 1:15-3:15 pm at FCA (Everyone Welcome)

### Earth Hour Skate

- **Sat, Mar 25**, 1:15-2:45 pm at FCA



### Glow in the Dark Skates

Skate in our dimly lit arena with special effects on the first Tuesday of each month from 6:30-8 pm at Frank Crane Arena. *Regular admission rates apply.*

- **December 6**
- **January 3**
- **February 7**
- **March 7**



### Starlight Skates

This is a great way to escape the hustle and bustle while enjoying lap skating with our soft light stars and passive LED lighting. Perfect time for couples and families to get some exercise with friends. Held on the following Sundays, 4-6 pm at Nanaimo Ice Centre. *Regular admission rates apply.*

- **December 18**
- **January 15**
- **February 19**
- **March 19**

## Winter Wonderland December 24, 26-30

### Sat, Dec 24

10-11:30 am (Parent & Tot)  
11:45 am - 4:15 pm

### Mon, Dec 26

10-11:30 am (Family)  
11:45 am - 4:45 pm

### Tue, Dec 27

10-11:30 am (Parent & Tot)  
11:45 am - 4:45 pm  
7:45 - 9:30 pm

### Wed, Dec 28

9 am-12 pm (Pancake Breakfast)  
10-11:30 am (Parent & Tot)  
11:45 am - 4:45 pm  
7:45 - 9:30 pm

### Thu, Dec 29

10-11:30 am (Parent & Tot)  
11:45 am - 4:45 pm  
7:45 - 9:30 pm

### Fri, Dec 30

10-11:30 am (Parent & Tot)  
11:45 am - 4:45 pm

Join us at the Frank Crane Arena  
where it will be  
transformed into a  
**SNOW GLOBE!**

These **FREE** skate sessions  
include free skate and helmet  
rentals. Drop in during any of  
our public times or rent the ice  
privately for your friends, family  
or co-workers.

Everyone is welcome!



Want to sponsor a Winter Wonderland session? Let us tell you about how it works. For more information, please call Alli at 250-755-7536.



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# PRE-REGISTERED DROP-IN SCHEDULE

## Oliver Woods Community Centre Winter Schedule

Tue, Jan 3 to Fri, Mar 31, 2023 (closed on all stat holidays)

Programs	SUN	MON	TUE	WED	THU	FRI	SAT
<b>Badminton</b> (16+)			8:45-10:45 am		8:45-10:45 am	11:30 am-1:30 pm	
<b>Basketball</b> (16+) Gym attendant on duty.		8:30-10:30 pm				8:30-10:30 pm	
<b>Everyone Welcome</b> 13 years & younger need adult supervision.	11 am-12:30 pm						
<b>Pickleball</b> (16+) Tennis-like game played on a badminton court using a perforated, slow moving ball and paddle.		8:45-10:45 am	11 am-1 pm		11 am-1 pm		
<b>Volleyball</b> (16+) Gym attendant on duty.	7-9 pm	8:15-10:15 pm				8:15-10:15 pm	
<b>Spare Blox Youth Drop-in</b> (10-17 yrs) See page 32; please pre-register using barcode 86709.			6:30-8 pm (starts Jan 17)				

### GENERAL INFORMATION FOR PRE-REGISTERED DROP-IN SPORTS PROGRAMS

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

### FACILITY CLOSURES/SCHEDULE CHANGES

- Facility closed on all statutory holidays.
- Check our online schedule for changes during pro-d days, school breaks, events and other holidays.
- Schedule is subject to change. Please visit [recreation.nanaimo.ca](http://recreation.nanaimo.ca) for the most up-to-date information.



### DROP-IN SPORT PROGRAMS

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

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



# PRE-REGISTERED DROP-IN SCHEDULE

## Bowen Park Pottery Studio

**Tue, Jan 9 to Fri, Mar 31** (closed on all stat holidays)

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 \$35 (including tax) per 22 pound bag and includes all firing and glazing fees. Space is limited. Cost is \$12 per session. (The Harbour City Senior Membership fee applies to Mondays and Thursdays only).

SUN	MON	TUE	WED	THU	FRI	SAT
	12-3 pm	2:30-5:30 pm		12-3 pm 4-7 pm		9:30 am-12:30 pm

### DROP-IN INFO

**\$12 per session**

- Pre-register at [recreation.nanaimo.ca](http://recreation.nanaimo.ca)
- Pottery room tickets are no longer available

**Winter**



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



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# Low Co\$t or Free Recreation

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

## Admission Savers

- **Buy a 10 or 20 Visit Pass** and save 20 percent over regular admission. Want to save more? Consider purchasing our Active Pass. **See page 6.**
- **Lion's Sponsored FREE Skates** are held every Sunday until March 26 from 12-1:30 pm at Frank Crane Arena. **See page 60.**
- **Winter Wonderland** happens on December 24 and then from December 26-30 at Frank Crane Arena. Skating sessions are FREE with skate and helmet rentals included. **See page 11.**

## Low Cost Recreation

- Youth, aged 10 to 17, are invited to our **FREE Spare Blox program** where youth can participate in gymnasium activities and more at Oliver Woods Community Centre. **See page 32.**
- **Youth Lounge** at Nanaimo Aquatic Centre is for ages 11 to 17 and is FREE. Enjoy music, gaming, snacks and more. **See page 32.**
- **Mother Goose** is a program for children up to 12 months where they experience the pleasure and benefits of music, stories and activities. **See page 16.**
- **Court Tots & Court Kids** is a program for children with their parents where they will play in the Outdoor Sports Court at Harewood Centennial Park. This program is free! **See page 22.**
- **Invasive Plant Work Parties** are a great way to meet new people and to make a difference in your community. **See page 39.**
- **StoryWalks®** will take place throughout the community this winter. This is a great way to get outdoors and read a great book in one of our local parks. Check our website and social media posts for the latest opportunities. These are free!





# LEISURE ECONOMIC ACCESS PASS



## WHAT IS LEAP?

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

## WHAT CAN LEAP BE USED FOR?

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

## DO I QUALIFY?

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

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

## HOW DO I APPLY?

1. Submit the LEAP application online at [www.nanaimo.ca](http://www.nanaimo.ca) or in-person at any City of Nanaimo recreation centre.
2. Include a copy of the following:
  - Prior year Notice of Assessment or proof of Income Assistance, GIS, CLBC, Refugee/Newcomer or Youth in Care
  - Photo ID for All Adults in the Household
  - Proof of Residency (if different from ID)

## STATISTICS CANADA LOW INCOME GUIDELINES

Number of People in Household	Annual Household Income
1	\$18,656
2	\$22,706
3	\$28,274
4	\$35,274
5	\$40,167
6	\$44,546
7	\$48,925

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



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

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



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# Early Years & Children's

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



## Court Kids NEW! 1 to 5 Years

Come to our covered outdoor Harewood Sports Court and play! Bring your parents to climb, jump and play! This parent participation program that allows time for tots to explore and develop motor skills

Tue, Jan 10-Mar 7 | 9-11 am | FREE/8 | 86959

Thu, Jan 12-Mar 9 | 9-11 am | FREE/8 | 86965

Harewood Covered Sports Court

## Court Tots Floor Hockey NEW! 2 to 4 Years

This is designed to introduce the game of hockey and allow time for tots to explore and develop motor skills. This is a parent participation program.

Sat, Jan 14-Mar 4 | 10-10:45 am | FREE/8 | 86986

Harewood Covered Sports Court

## Court Tots Soccer NEW! 2 to 4 Years

This is designed to introduce the game of soccer and allow time for tots to explore and develop motor skills. This is parent participation program.

Sat, Jan 14-Mar 4 | 10-10:45 am | FREE/8 | 87001

Harewood Covered Sports Court

## Gym Pals 1 to 5 Years

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

Wed, Jan 11-Feb 15 | 8:30-9:30 am | \$48/6 | 86176

Wed, Jan 11-Feb 15 | 9:45-10:45 am | \$48/6 | 86177

Wed, Jan 11-Feb 15 | 11 am-12 pm | \$48/6 | 86178

Fri, Jan 13-Feb 17 | 8:30-9:30 am | \$48/6 | 86191

Fri, Jan 13-Feb 17 | 9:45-10:45 am | \$48/6 | 86193

Fri, Jan 13-Feb 17 | 11 am-12 pm | \$48/6 | 86194

Wed, Feb 22-Mar 29 | 8:30-9:30 am | \$48/6 | 86181

Wed, Feb 22-Mar 29 | 9:45-10:45 am | \$48/6 | 86182

Wed, Feb 22-Mar 29 | 11 am-12 pm | \$48/6 | 86183

Fri, Feb 24-Mar 31 | 8:30-9:30 am | \$48/6 | 86199

Fri, Feb 24-Mar 31 | 9:45-10:45 am | \$48/6 | 86200

Fri, Feb 24-Mar 31 | 11 am-12 pm | \$48/6 | 86201

Oliver Woods Community Centre

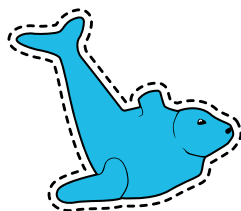
## Parent-Child Mother Goose Birth to 12 Months

These group sessions for parents and their babies focus on the pleasure and power of using rhymes, songs and stories.

Instructor: Moire Porter

Fri, Jan 20-Mar 10 | 9:30-10:30 am | Free/8 | 80558

Kin Hut Activity Centre



## Smart Moves Babies

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

Instructor: Robyn Mor

### Birth to Rolling

Mon, Jan 16-Mar 6 | 11-11:45 am | \$84/7 | 86699

### Crawling to Standing

Mon, Jan 16-Mar 6 | 12:15-1 pm | \$84/7 | 86701

Kin Hut Activity Centre

## Spring Fling Storytime NEW! 1 to 5 Years

Enjoy a spring-themed story and activity with your little one. We encourage you to wear your favourite spring outfit. Parent participation is required.

Instructor: Olivia Zwick

Sat, Mar 11 | 10-10:45 am | \$12/1 | 86422

Sat, Mar 11 | 11-11:45 am | \$12/1 | 86428

Sat, Mar 18 | 10-10:45 am | \$12/1 | 86429

Sat, Mar 18 | 11-11:45 am | \$12/1 | 86430

Oliver Woods Community Centre



# PLAY AND LEARN

## Monthly Early Years Programs



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



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

Please send your child dressed appropriately for all weather conditions.

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

### Crickets - Beban Park NEW!

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

#### Mondays, 9-11 am

Jan: \$80 (#71390)      Feb: \$60 (#71393)  
Mar: \$20 (#71394)      Apr: \$60 (#71395)  
May: \$80 (#71396)      Jun: \$60 (#71397)

Beban Social Centre

### Animal Crackers - Beban Park

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

Jan: \$180 (#69158)      Feb: \$160 (#69159)  
Mar: \$100 (#69160)      Apr: \$160 (#69161)  
May: \$180 (#69162)      Jun: \$140 (#69163)

Beban Social Centre

### Animal Crackers - Beban Park

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

Jan: \$160 (#69172)      Feb: \$160 (#69174)  
Mar: \$120 (#69175)      Apr: \$140 (#69176)  
May: \$180 (#69177)      Jun: \$140 (#69178)

Beban Social Centre

### Kinder Prep\* - Beban Park

#### Tuesdays/Thursdays, 9-11 am

Jan: \$180 (#67774)      Feb: \$160 (#67775)  
Mar: \$100 (#67776)      Apr: \$160 (#67777)  
May: \$180 (#67778)      Jun: \$140 (#67779)

Beban Social Centre

### Kinder Prep\* - Beban Park

#### Wednesdays/Fridays, 9-11 am

Jan: \$160 (#68008)      Feb: \$160 (#68009)  
Mar: \$120 (#68010)      Apr: \$140 (#68011)  
May: \$180 (#68012)      Jun: \$140 (#68013)

Beban Social Centre

### Teddy Bears - Bowen Park

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

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

Jan: \$140 (#75927)      Feb: \$140 (#75928)  
Mar: \$100 (#75930)      Apr: \$140 (#75932)  
May: \$180 (#75934)      Jun: \$120 (#75935)

Bowen Park Complex

### Kinder Prep\* - Bowen Park

#### Mondays/Wednesdays, 9-11 am

Jan: \$140 (#67846)      Feb: \$140 (#67847)  
Mar: \$100 (#67848)      Apr: \$140 (#67849)  
May: \$180 (#67850)      Jun: \$120 (#67851)

Bowen Park Complex



### Doodle Bugs - Oliver Woods

Please note that this is now an indoor-based program with the majority of the program being spent inside.

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

Jan: \$180 (#68238)      Feb: \$160 (#68239)  
Mar: \$100 (#68240)      Apr: \$160 (#68241)  
May: \$180 (#68242)      Jun: \$140 (#68243)

Oliver Woods Community Centre

### Kinder Prep\* - Oliver Woods

#### Tuesdays/Thursdays, 9-11 am

Jan: \$180 (#68071)      Feb: \$160 (#68072)  
Mar: \$100 (#68073)      Apr: \$160 (#68074)  
May: \$180 (#68075)      Jun: \$140 (#68076)

Oliver Woods Community Centre

### Kinder Prep\* - Oliver Woods

#### Mondays/Wednesdays, 9-11 am

Jan: \$160 (#67738)      Feb: \$140 (#67739)  
Mar: \$100 (#67740)      Apr: \$140 (#67741)  
May: \$180 (#67742)      Jun: \$120 (#67743)

Oliver Woods Community Centre

### Kinder Prep\* - Oliver Woods

#### Fridays, 9-11 am

Jan: \$80 (#68137)      Feb: \$80 (#68138)  
Mar: \$60 (#68139)      Apr: \$60 (#68140)  
May: \$80 (#68141)      Jun: \$80 (#68142)

Oliver Woods Community Centre

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



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# Children's Arts & Crafts

## Parent and Tot Art Adventures NEW!

**2 to 5 Years**

This fun art class will introduce your toddler to the wonderful world of art! You and your tot will work on crafts, such as colouring, painting, texture art and more!

Instructor: Hailee McMillan

Mon, Jan 9-Feb 13 | 11:30 am-12:15 pm | \$60/6 | [86306](#)

Mon, Feb 27-Mar 27 | 11:30 am-12:15 pm | \$30/3 | [86307](#)

Oliver Woods Community Centre

## Muckin' and Messin' Around NEW!

**2 to 5 Years**

Join us to make a mess as you create art! Your toddler will explore painting, gluing, glitter, messy play and more in this fun and interactive parent and tot class. Take home a new craft each week.

Instructor: Hailee McMillan

Mon, Jan 9-Feb 13 | 12:30-1:15 pm | \$60/6 | [86308](#)

Mon, Feb 27-Mar 27 | 12:30-1:15 pm | \$50/5 | [86319](#)

Oliver Woods Community Centre

## Fun Art Exploration NEW!

**5 to 10 Years**

Learn a variety of artistic techniques, such as drawing, painting, colouring and much more in this fun art class! You will work on a seasonal project each class. The January session will focus on winter crafts, while the February session will focus on spring creations.

Instructor: Hailee McMillan

Mon, Jan 9-Feb 13 | 4:15-5:15 pm | \$50/5 | [86289](#)

Mon, Feb 27-Mar 27 | 4:15-5:15 pm | \$50/5 | [86291](#)

Oliver Woods Community Centre

## Creative Kids NEW!

**7 to 12 Years**

Young art lovers will have fun expressing their creativity through painting, drawing, collaging and more! Kids will develop their art skills through positive teaching and will work on a project each class.

Instructor: Hailee McMillan

Mon, Jan 9-Feb 13 | 5:30-6:30 pm | \$50/5 | [86287](#)

Mon, Feb 27-Mar 27 | 5:30-6:30 pm | \$50/5 | [86288](#)

Oliver Woods Community Centre

## Cartooning and Comics

**7 to 12 Years**

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

Instructor: David Harvey

Sat, Jan 14-Feb 18 | 10-11 am | \$60/6 | [86292](#)

Sat, Feb 25-Mar 25 | 10-11 am | \$50/5 | [86294](#)

Oliver Woods Community Centre



## Character Design

**7 to 12 Years**

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

Instructor: David Harvey

Sat, Jan 14-Feb 18 | 11:15 am-12:15 pm | \$60/6 | [86293](#)

Sat, Feb 25-Mar 25 | 11:15 am-12:15 pm | \$50/5 | [86295](#)

Oliver Woods Community Centre

## Handbuilding for Children - Pottery

**7 to 12 Years**

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

Instructor: Nesta Morgan

Mon, Jan 9-30 | 4-5 pm | \$70/4 | [87304](#)

Mon, Feb 6-Mar 6 | 4-5 pm | \$70/4 | [87305](#)

Mon, Mar 13-Apr 3 | 4-5 pm | \$70/4 | [87307](#)

Bowen Pottery Studio



# Children's Dance & Music

## Music Together®

### Newborn to 5 Years (Parent Participation)

Music Together is an early childhood music and movement program, filled with fun songs and confidence building musical activities that will get you and your child singing, dancing, playing and learning together! Families will take home a beautifully illustrated songbook and can use the cd or the "Hello Everybody" app to help make music a joyful part of everyday life. For more program information, please visit [www.seasonstudio.com](http://www.seasonstudio.com). Parent participation is required. Siblings under 9 months may attend for free.

Instructor: Karita Sedun

Wed, Jan 4-Mar 8 | 9:15-10 am | \$175/10 | [86129](#)

Wed, Jan 4-Mar 8 | 10:15-11 am | \$175/10 | [86131](#)

Thu, Jan 5-Mar 9 | 9:15-10 am | \$175/10 | [86134](#)

Thu, Jan 5-Mar 9 | 10:15-11 am | \$175/10 | [86137](#)

Kin Hut Activity Centre



## Wiggles & Giggles

### 6 to 18 Months

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

Instructor: Bev Martyn from Kirkwood Academy

Tue, Jan 10-Feb 28 | 10-10:30 am | \$64/8 | [81589](#)

Tue, Jan 10-Feb 28 | 11:15-11:45 am | \$64/8 | [81616](#)

Tue, Mar 28-May 2 | 10-10:30 am | \$48/6 | [86009](#)

Tue, Mar 28-May 2 | 11:15-11:45 am | \$48/6 | [86014](#)

Beban Park Social Centre

## Wiggles & Giggles

### 18 Months to 3 Years

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

Instructor: Bev Martyn from Kirkwood Academy

Tue, Jan 10-Feb 28 | 10:30-11 am | \$64/8 | [81596](#)

Tue, Mar 28-May 2 | 10:30-11 am | \$48/6 | [86011](#)

Beban Park Social Centre



## Tiny Toes

### 2.5 to 4 Years

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

Instructor: Bev Martyn from Kirkwood Academy

Tue, Jan 10-Feb 28 | 9:30-10 am | \$64/8 | [81581](#)

Tue, Jan 10-Feb 28 | 11:45 am-12:15 pm | \$64/8 | [86004](#)

Tue, Mar 28-May 2 | 9:30-10 am | \$48/6 | [86005](#)

Tue, Mar 28-May 2 | 11:45 am-12:15 pm | \$48/6 | [86006](#)

Beban Park Social Centre



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## Baby Ballet

### 3 to 5 Years

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

Instructor: Lauren Kite

Sat, Jan 14-Feb 18 | 11:30 am-12 pm | \$48/6 | [86272](#)

Sat, Jan 14-Feb 18 | 1:45-2:15 pm | \$48/6 | [86275](#)

Sat, Feb 25-Mar 25 | 11:30 am-12 pm | \$40/5 | [86277](#)

Sat, Feb 25-Mar 25 | 1:45-2:15 pm | \$40/5 | [86300](#)

Oliver Woods Community Centre

## Baby Ballet - The Next Steps

### 3 to 5 Years

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

Instructor: Lauren Kite

Sat, Jan 14-Feb 18 | 12:15-12:45 pm | \$48/6 | [86273](#)

Sat, Feb 25-Mar 25 | 12:15-12:45 pm | \$40/5 | [86297](#)

Oliver Woods Community Centre

## Junior Ballet

### 5 to 8 Years

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

Instructor: Lauren Kite

Sat, Jan 14-Feb 18 | 1-1:30 pm | \$48/6 | [86274](#)

Sat, Feb 25-Mar 25 | 1-1:30 pm | \$40/5 | [86299](#)

Oliver Woods Community Centre

## Swing Kids <sup>NEW!</sup>

Learn the most popular dance that rocked the world! Come join us for Swing Kids - a safe space for newcomers and experienced dancers alike. Never danced? No problem! Gain the knowledge and confidence to rock the dance floor like never before.

Instructor: Nelson Wong

### 6 to 9 Years

Mon, Jan 9-Feb 13 | 6-7 pm | \$48/6 | [86925](#)

Mon, Feb 27-Mar 27 | 6-7 pm | \$40/5 | [86924](#)

### 10 to 13 Years

Wed, Jan 11-Feb 8 | 6-7 pm | \$40/5 | [86805](#)

Wed, Feb 15-Mar 29 | 6-7 pm | \$56/7 | [86806](#)

Bowen Park Complex

## Intro to Hip Hop with Vibe

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

### 3 to 4 Years

Fri, Jan 13-Feb 10 | 4-4:30 pm | \$60/5 | [85824](#)

Fri, Feb 17-Mar 17 | 4-4:30 pm | \$60/5 | [86016](#)

### 5 to 7 Years

Fri, Jan 13-Feb 10 | 4:45-5:30 pm | \$60/5 | [86017](#)

Fri, Feb 17-Mar 17 | 4:45-5:30 pm | \$60/5 | [86018](#)

### 8 to 11 Years

Fri, Jan 13-Feb 10 | 5:45-6:30 pm | \$60/5 | [86019](#)

Fri, Feb 17-Mar 17 | 5:45-6:30 pm | \$60/5 | [86020](#)

### 12 to 16 Years

Fri, Jan 13-Feb 10 | 6:45-7:30 pm | \$60/5 | [86021](#)

Fri, Feb 17-Mar 17 | 6:45-7:30 pm | \$60/5 | [86022](#)

Vibrant Studios (Vibe)

## Highland Dance

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

### 3 to 5 Years - Tartan Tots

Sun, Feb 5-Feb 26 | 2-2:45 pm | \$50/4 | [86278](#)

### 6 to 12 Years - Kilts & Hilts

Sun, Feb 5-Feb 26 | 3-3:45 pm | \$50/4 | [86279](#)

Oliver Woods Community Centre

## Rhythm Kids®

### 5 to 8 Years

This program is designed for early elementary students who will learn to compose, choreograph and conduct using djembe drums, percussion instruments and the most important instruments of all, their voices and their bodies. Weekly classes will introduce music inspired by the rhythms of many different cultures, through singing, movement, instrument play and musical games. Families can enjoy practice sessions at home with a cd/app, a songbook and online play-along videos. For more program information, please visit [www.seasonstudio.com](http://www.seasonstudio.com). Parent participation is optional (though encouraged!).

Instructor: Karita Sedun

Mon, Jan 9-Mar 6 | 5-5:45 pm | \$150/8 | [86211](#)

Kin Hut Activity Centre

## Piano - Private Beginner Lessons

### 5+ Years

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

Instructor: A. Margarita Hillers

Tue, Jan 10-24 | 3:30-4 pm | \$66/3 | [86363](#)

Tue, Jan 10-24 | 4:05-4:35 pm | \$66/3 | [86370](#)

Tue, Jan 10-24 | 4:40-5:10 pm | \$66/3 | [86371](#)

Tue, Jan 10-24 | 5:15-5:45 pm | \$66/3 | [86372](#)

Tue, Jan 10-24 | 5:50-6:20 pm | \$66/3 | [86373](#)

Tue, Jan 31-Feb 21 | 3:30-4 pm | \$88/4 | [86374](#)

Tue, Jan 31-Feb 21 | 4:05-4:35 pm | \$88/4 | [86375](#)

Tue, Jan 31-Feb 21 | 4:40-5:10 pm | \$88/4 | [86380](#)

Tue, Jan 31-Feb 21 | 5:15-5:45 pm | \$88/4 | [86384](#)

Tue, Jan 31-Feb 21 | 5:50-6:20 pm | \$88/4 | [86385](#)

Tue, Feb 28-Mar 21 | 3:30-4 pm | \$88/4 | [86386](#)

Tue, Feb 28-Mar 21 | 4:05-4:35 pm | \$88/4 | [86387](#)

Tue, Feb 28-Mar 21 | 4:40-5:10 pm | \$88/4 | [86388](#)

Tue, Feb 28-Mar 21 | 5:15-5:45 pm | \$88/4 | [86389](#)

Tue, Feb 28-Mar 21 | 5:50-6:20 pm | \$88/4 | [86390](#)

Bowen Park Complex





# Children's Special Interest

## Winter - How Plants & Animals Survive

**3 to 6 Years**

Have you ever wondered what happens to the plants and animals over the winter months when it's cold outside? Come find out. This is a parent participation class.

Instructor: Judy Wickland

Sun, Jan 15 | 10-11:15 am | \$10 | [81305](#)

Sun, Jan 15 | 11:45 am-1 pm | \$10 | [86465](#)

Linley Valley Park (meet at the top at Rock City Rd)

## Tracks? Who Goes There?

**3 to 6 Years**

Have you ever wondered if any animals live in the forest? How do you know if you do not see them? Animals leave signs behind. We will learn some tracks and other signs that show animals have been there. This is a parent participation class.

Instructor: Judy Wickland

Sun, Feb 5 | 10-11:15 am | \$10 | [86467](#)

Colliery Dam Park (meet by the washroom building)

## Bird in Winter and Migration NEW!

**3 to 6 Years**

Have you wondered where birds go in winter? How do they survive the cold? How do they find food? Why do some birds stay here? What is migration? Come and find the answers to these questions and more. Please remember to dress for the weather.

Instructor: Judy Wickland

Sun, Mar 12 | 10-11:15 am | \$10 | [86451](#)

Neck Point Park (Finn Beach)

## Hug a Tree and Survive NEW!

**9 to 12 Years**

Children and their families love to explore the great outdoors by hiking, camping, biking and more. Sometimes curiosity draws kids away from family and friends. This program will teach kids how to avoid getting lost in the woods and what to do if they do become lost.

Instructor: Nanaimo Search and Rescue

Sat, Feb 25 | 10 am-12 pm | \$10 | [86520](#)

Oliver Woods Community Centre

## Yoga for Kids

**6 to 12 Years**

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

Instructor: Gypsy Hart

Wed, Jan 11-Feb 15 | 3:30-4:30 pm | \$48/6 | [86189](#)

Wed, Feb 22-Mar 29 | 3:30-4:30 pm | \$48/6 | [86190](#)

Oliver Woods Community Centre



## Street-Smart 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.

Instructor: Thrills and Skills Cycling Staff

**6 to 8 Years**

Sat, Mar 4 | 1:30-4:30 pm | \$45/1 | [85937](#)

**8 to 11 Years**

Sat, Mar 4 | 9:30 am-12:30 pm | \$45/1 | [85939](#)

Beban Park Centennial Building

## Jr. Trail Riders: NEW!

### Intro to Mountain Biking

**9 to 12 Years**

Join us for a great adventure in mountain biking! With our certified instructor, you will learn the basics skills and rules of mountain biking. Please bring lots of water and some snacks for fuel. Helmets are required, and gloves are recommended. Bikes should be fully operational, tires pumped, brakes working and chain shifting and lubricated.

Instructor: Thrills and Skills Cycling Staff

Sat, Mar 25 | 9:30 am-12:30 pm | \$45/1 | [86458](#)

Colliery Dam Park



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# Children's Sports

**FREE**

## Court Tots Floor Hockey NEW!

**2 to 4 Years**

This is designed to introduce the game of hockey and allow time for tots to explore and develop motor skills. This is a parent participation program.

Sat, Jan 14-Mar 4 | 10-10:45 am | FREE/8 | [86986](#)

Harewood Covered Sports Court

## Court Kids Floor Hockey NEW!

**6 to 8 Years**

This will to introduce and develop the game of hockey to children looking to play for enjoyment and fitness. This is a parent participation program.

Sat, Jan 14-Mar 4 | 11-11:45 am | FREE/8 | [86995](#)

Harewood Covered Sports Court

## Court Tots Soccer NEW!

**2 to 4 Years**

This is designed to introduce the game of soccer and allow time for tots to explore and develop motor skills. This is parent participation program.

Sat, Jan 14-Mar 4 | 10-10:45 am | FREE/8 | [87001](#)

Harewood Covered Sports Court

## Court Kids Soccer NEW!

**6 to 8 Years**

This co-ed program designed to develop basic soccer fundamentals, such as shooting, passing and dribbling. This is parent participation program

Sat, Jan 14-Mar 4 | 11-11:45 am | FREE/8 | [87068](#)

Harewood Covered Sports Court

## Soccer Tots

**2 to 5 Years**

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

Sat, Jan 14-Feb 18 | 9-10 am | \$48/6 | [86212](#)

Sat, Jan 14-Feb 18 | 10:15-11:15 am | \$48/6 | [86213](#)

Sat, Feb 25-Mar 25 | 9-10 am | \$40/5 | [86214](#)

Sat, Feb 25-Mar 25 | 10:15-11:15 am | \$40/5 | [86215](#)

Oliver Woods Community Centre

## Indoor Soccer

**6 to 12 Years**

This is a co-ed program designed to develop basic soccer fundamentals, such as shooting, passing and dribbling. Gain leadership, team building and sportsmanship skills.

Fri, Jan 13-Feb 17 | 3:30-4:30 pm | \$48/6 | [86195](#)

Fri, Feb 24-Mar 31 | 3:30-4:30 pm | \$48/6 | [86202](#)

Oliver Woods Community Centre

## Soccer Skills and Drills

**6 to 9 Years**

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

Thu, Jan 19-Feb 23 | 4:30-5:30 pm | \$48/6 | [86286](#)

Harewood Covered Sports Court

## Basketball Skills and Drills

**6 to 9 Years**

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

Tue, Jan 17-Feb 21 | 4:30-5:30 pm | \$48/6 | [86290](#)

Harewood Covered Sports Court

## Basketball Fundamental Movement Skills

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

**6 to 9 Years**

Wed, Jan 11-Feb 15 | 4-5 pm | \$48/6 | [86179](#)

Wed, Feb 22-Mar 29 | 4-5 pm | \$48/6 | [86184](#)

**8 to 12 Years**

Tue, Jan 10-Feb 14 | 3:45-4:45 pm | \$48/6 | [86172](#)

Tue, Feb 21-Mar 28 | 3:45-4:45 pm | \$48/6 | [86173](#)

**10 to 13 Years**

Fri, Jan 13-Feb 17 | 4:45-5:45 pm | \$48/6 | [86198](#)

Fri, Feb 24-Mar 31 | 4:45-5:45 pm | \$48/6 | [86204](#)

Oliver Woods Community Centre





## Children's Floor Hockey

### 6 to 10 Years

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

Tue, Jan 10-Feb 14 | 5-6 pm | \$48/6 | [86174](#)

Tue, Feb 21-Mar 28 | 5-6 pm | \$48/6 | [86175](#)

Oliver Woods Community Centre

## Children's Multi Sport Mixer

### 6 to 10 Years

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

Wed, Jan 11-Feb 15 | 4:30-5:30 pm | \$48/6 | [86180](#)

Oliver Woods Community Centre

## Children's Flag Football NEW!

### 6 to 10 Years

This emphasizes the basic football skills of passing, catching, positioning through fun skills, drills and game time.

Wed, Feb 22-Mar 29 | 4:30-5:30 pm | \$48/6 | [86185](#)

Oliver Woods Community Centre

## Children's Volleyball

### 8 to 12 Years

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

This program is recommended for beginner to intermediate players.

Fri, Jan 13-Feb 17 | 4:45-5:45 pm | \$48/6 | [86197](#)

Fri, Feb 24-Mar 31 | 4:45-5:45 pm | \$48/6 | [86203](#)

Oliver Woods Community Centre

## Junior Pickleball

### 8 to 13 Years

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

Instructor: Lee MacDonald

Fri, Mar 3-31 | 3:30-4:30 pm | \$50/5 | [86196](#)

Oliver Woods Community Centre

## Junior Badminton

### 8 to 13 Years

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

Instructor: Alayna Jankovic

Mon, Jan 9-Feb 13 | 4-5 pm | \$48/6 | [86170](#)

Mon, Feb 27-Mar 27 | 4-5 pm | \$40/5 | [86171](#)

Oliver Woods Community Centre

## Progressive Tennis

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

### 5 to 7 Years

Sun, Jan 8-Mar 5 | 3-4 pm | \$162/9 | [86652](#)

Wed, Jan 11-Mar 8 | 4-5 pm | \$162/9 | [86653](#)

### 8 to 11 Years

Sun, Jan 8-Mar 5 | 4-5:30 pm | \$243/9 | [86651](#)

Westwood Tennis Club

## Junior Lifeguard Clubs

Are you interested in something more exciting than swimming lessons? Do you have an interest in learning about water rescues, first aid skills, helping others and being a part of something bigger? Join us! You will develop new lifesaving skills and learn attitudes that could one day save your life or someone else's! This club focuses on fun, teamwork and skill development with games and a variety of activities themed around lifesaving, lifeguarding and first aid. A must for those of you who love the water but are looking for more than lessons.

### 8 to 12 Years

Tue, Jan 10-Mar 7 | 6-7:30 pm | \$89/6 | [79555](#)

### 13 to 15 Years

Thu, Jan 12-Mar 9 | 6-7:30 pm | \$89/6 | [79556](#)

Nanaimo Aquatic Centre

## On Guard! Fencing for Children

### 8 to 13 Years

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

Instructor: Georgia Newsome

Wed, Jan 11-Feb 15 | 5:15-6:15 pm | \$60/6 | [86187](#)

Wed, Feb 22-Mar 22 | 5:15-6:15 pm | \$50/5 | [86188](#)

Oliver Woods Community Centre

## Rock Climbing

### 6 to 12 Years

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

Wed, Jan 4-25 | 4-6 pm | \$80/4 | [86639](#)

Fri, Jan 6-27 | 4-6 pm | \$80/4 | [86642](#)

Fri, Feb 3-24 | 4-6 pm | \$80/4 | [86643](#)

Wed, Feb 1-22 | 4-6 pm | \$80/4 | [86640](#)

Romper Room Climbing Gym (4235 Boban Dr)

## Street-Smart 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.

Instructor: Thrills and Skills Cycling Staff

### 6 to 8 Years

Sat, Mar 4 | 1:30-4:30 pm | \$45/1 | [85937](#)

### 8 to 11 Years

Sat, Mar 4 | 9:30 am-12:30 pm | \$45/1 | [85939](#)

Beban Park Centennial Building



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## Karate

### 8 to 15 Years

Traditional karate is a fun activity that builds confidence and self-discipline. Have a great time studying this Japanese art of self-defence in a friendly, safe and positive environment. This class places an emphasis on leadership skills, respect and a healthy lifestyle while developing a strong foundation in basics.

**Instructor: Mike Czurka (6th degree black belt)**

Tue, Jan 10-Feb 14 | 5:30-6:30 pm | \$48/6 | 85288

Tue, Feb 21-Mar 28 | 5:30-6:30 pm | \$48/6 | 85289

**Bowen Park Complex**

## Karate

### 4 to 7 Years

Kids learn basic karate moves. They will also learn self-discipline with courtesy and respect strongly emphasized. This is an introduction only. To continue after these classes, please register with dojo.

Tue, Jan 3-24 | 3:30-4:15 pm | \$25/4 | 86687

Fri, Jan 6-27 | 3:15-4 pm | \$25/4 | 86688

Wed, Feb 1-22 | 4:30-5:15 pm | \$25/4 | 86689

Fri, Feb 3-24 | 4:15-5 pm | \$25/4 | 86690

Thu, Mar 2-23 | 3:30-4:15 pm | \$25/4 | 86691

Fri, Mar 3-24 | 3:15-4 pm | \$25/4 | 86692

**Shima Karate (3032 Barons Rd)**

## Karate

### 8 to 12 Years

Kids will train twice a week where they will start learning katas, sparring and self-defense drills. Peer pressure and bullying are discussed. This is an introduction only. To continue after these classes, please register with dojo.

T/Th, Jan 3-12 | 4:30-5:20 pm | \$25/4 | 86694

M/W, Jan 9-18 | 3:30-4:20 pm | \$25/4 | 86693

M/W, Feb 6-15 | 3:30-4:20 pm | \$25/4 | 86695

T/Th, Feb 7-16 | 4:30-5:20 pm | \$25/4 | 86696

M/W, Mar 6-15 | 5:30-6:20 pm | \$25/4 | 86702

T/Th, Mar 7-16 | 4:30-5:20 pm | \$25/4 | 86703

**Shima Karate (3032 Barons Rd)**



## Taekwondo with Master Kim

Gain 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 7-14 | 10:10-10:40 am | \$19/2 | 86820

M/W, Jan 9-11 | 4:15-5 pm | \$19/2 | 86824

Sat, Feb 4-11 | 10:10-10:40 am | \$19/2 | 86821

M/W, Feb 6-8 | 4:15-5 pm | \$19/2 | 86825

Sat, Mar 4-11 | 10:10-10:40 am | \$19/2 | 86823

M/W, Mar 6-8 | 4:15-5 pm | \$19/2 | 86826

### 8 to 12 Years

Sat, Jan 7-14 | 10:50-11:30 am | \$19/2 | 86860

T/Th, Jan 10-12 | 4:15-5 pm | \$19/2 | 86888

Fri, Jan 13-20 | 4:15-5 pm | \$19/2 | 86892

Fri, Feb 3-10 | 4:15-5 pm | \$19/2 | 86893

T/Th, Feb 7-9 | 4:15-5 pm | \$19/2 | 86889

Sat, Feb 4-11 | 10:50-11:30 am | \$19/2 | 86861

Fri, Mar 3-10 | 4:15-5 pm | \$19/2 | 86894

Sat, Mar 4-11 | 10:50-11:30 am | \$19/2 | 86862

T/Th, Mar 7-9 | 4:15-5 pm | \$19/2 | 86891

**World Taekwondo Academy (4300 Wellington Rd)**







# Pro-D, Winter & Spring Break Camps

## School's Out Pro-D Camp

6 to 11 Years

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

Mon, Feb 6 | 8:30 am-4:30 pm | \$45/1 | [85695](#)

Tue, Feb 7 | 8:30 am-4:30 pm | \$45/1 | [85696](#)

**Beban Park Social Centre**

## Sports Action - Pro-D Camp

6 to 11 Years

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

Mon, Feb 6 | 8:30 am-4:30 pm | \$45/1 | [85773](#)

Tue, Feb 7 | 8:30 am-4:30 pm | \$45/1 | [85749](#)

**Oliver Woods Community Centre**

## RecSkate Pro-D Camp

6 to 11 Years

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

Mon, Feb 6 | 8:30 am-5 pm | \$45/1 | [78547](#)

Tue, Feb 7 | 8:30 am-5 pm | \$45/1 | [78549](#)

**Cliff McNabb Arena**

## RecHockey Pro-D Camp

6 to 11 Years

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

Mon, Feb 6 | 8:30 am-5 pm | \$45/1 | [78553](#)

Tue, Feb 7 | 8:30 am-5 pm | \$45/1 | [78554](#)

**Cliff McNabb Arena**

## Frosty Frolic Camp

5 to 10 Years

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

Mon, Dec 19 | 8:30 am-4:30 pm | \$44/1 | [82904](#)

Tue, Dec 20 | 8:30 am-4:30 pm | \$44/1 | [82905](#)

Wed, Dec 21 | 8:30 am-4:30 pm | \$44/1 | [82906](#)

Thu, Dec 22 | 8:30 am-4:30 pm | \$44/1 | [82907](#)

Fri, Dec 23 | 8:30 am-4:30 pm | \$44/1 | [82908](#)

Wed, Dec 28 | 8:30 am-4:30 pm | \$44/1 | [82909](#)

Thu, Dec 29 | 8:30 am-4:30 pm | \$44/1 | [82910](#)

Fri, Dec 30 | 8:30 am-4:30 pm | \$44/1 | [82912](#)

**Beban Park Social Centre**

## Tree Frog Camp - Spring Break

3 to 5 Years

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

M-F, Mar 13-17 | 9-11 am | \$100/5 | [85699](#)

M-F, Mar 20-24 | 9-11 am | \$100/5 | [85700](#)

**Oliver Woods Community Centre**

## Camp Firefly - Spring Break

5-10 Years

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

Mon, Mar 13 | 8:30 am-4:30 pm | \$45/1 | [85916](#)

Tue, Mar 14 | 8:30 am-4:30 pm | \$45/1 | [85919](#)

Wed, Mar 15 | 8:30 am-4:30 pm | \$45/1 | [85922](#)

Thu, Mar 16 | 8:30 am-4:30 pm | \$45/1 | [85923](#)

Fri, Mar 17 | 8:30 am-4:30 pm | \$45/1 | [85924](#)

Mon, Mar 20 | 8:30 am-4:30 pm | \$45/1 | [85925](#)

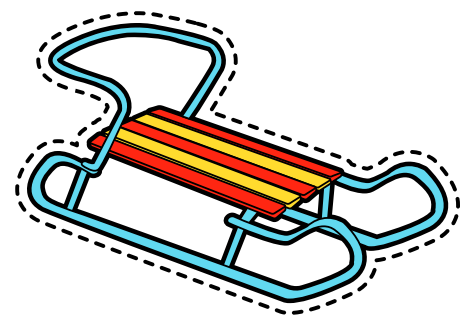
Tue, Mar 21 | 8:30 am-4:30 pm | \$45/1 | [85926](#)

Wed, Mar 22 | 8:30 am-4:30 pm | \$45/1 | [85927](#)

Thu, Mar 23 | 8:30 am-4:30 pm | \$45/1 | [85928](#)

Fri, Mar 24 | 8:30 am-4:30 pm | \$45/1 | [85929](#)

**Beban Park Social Centre**



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## Sports Action - Spring Break

### 8 to 12 Years

Get in on the action! Sports Action is an awesome camp for kids who love to be active. You will have the opportunity to take part in fun games, activities and sports in this full day of camp.

Mon, Mar 13 | 8:30 am-4:30 pm | \$45/1 | [85753](#)

Tue, Mar 14 | 8:30 am-4:30 pm | \$45/1 | [85754](#)

Wed, Mar 15 | 8:30 am-4:30 pm | \$45/1 | [85755](#)

Thu, Mar 16 | 8:30 am-4:30 pm | \$45/1 | [85758](#)

Fri, Mar 17 | 8:30 am-4:30 pm | \$45/1 | [85759](#)

Mon, Mar 20 | 8:30 am-4:30 pm | \$45/1 | [85760](#)

Tue, Mar 21 | 8:30 am-4:30 pm | \$45/1 | [85761](#)

Wed, Mar 22 | 8:30 am-4:30 pm | \$45/1 | [85762](#)

Thu, Mar 23 | 8:30 am-4:30 pm | \$45/1 | [85763](#)

Fri, Mar 24 | 8:30 am-4:30 pm | \$45/1 | [85764](#)

**Oliver Woods Community Centre**

## RecSkate Camp

### 6 to 11 Years

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

#### Winter Break

Mon, Dec 19 | 8:30 am-5 pm | \$44/1 | [78524](#)

Tue, Dec 20 | 8:30 am-5 pm | \$44/1 | [78526](#)

Wed, Dec 21 | 8:30 am-5 pm | \$44/1 | [78527](#)

Thu, Dec 22 | 8:30 am-5 pm | \$44/1 | [78529](#)

Fri, Dec 23 | 8:30 am-5 pm | \$44/1 | [78530](#)

#### Spring Break

Mon, Mar 13 | 8:30 am-5 pm | \$45/1 | [80852](#)

Tue, Mar 14 | 8:30 am-5 pm | \$45/1 | [80856](#)

Wed, Mar 15 | 8:30 am-5 pm | \$45/1 | [80858](#)

Thu, Mar 16 | 8:30 am-5 pm | \$45/1 | [80860](#)

Fri, Mar 17 | 8:30 am-5 pm | \$45/1 | [80861](#)

Mon, Mar 20 | 8:30 am-5 pm | \$45/1 | [80862](#)

Tue, Mar 21 | 8:30 am-5 pm | \$45/1 | [80863](#)

Wed, Mar 22 | 8:30 am-5 pm | \$45/1 | [80864](#)

Thu, Mar 23 | 8:30 am-5 pm | \$45/1 | [80865](#)

Fri, Mar 24 | 8:30 am-5 pm | \$45/1 | [80867](#)

**Cliff McNabb Arena**

## RecHockey Camp

### 6 to 11 Years

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

#### Winter Break

Mon, Dec 19 | 8:30 am-5 pm | \$44/1 | [78523](#)

Tue, Dec 20 | 8:30 am-5 pm | \$44/1 | [78531](#)

Wed, Dec 21 | 8:30 am-5 pm | \$44/1 | [78532](#)

Thu, Dec 22 | 8:30 am-5 pm | \$44/1 | [78533](#)

Fri, Dec 23 | 8:30 am-5 pm | \$44/1 | [78535](#)

#### Spring Break

Mon, Mar 13 | 8:30 am-5 pm | \$45/1 | [80854](#)

Tue, Mar 14 | 8:30 am-5 pm | \$45/1 | [80868](#)

Wed, Mar 15 | 8:30 am-5 pm | \$45/1 | [80869](#)

Thu, Mar 16 | 8:30 am-5 pm | \$45/1 | [80870](#)

Fri, Mar 17 | 8:30 am-5 pm | \$45/1 | [80872](#)

Mon, Mar 20 | 8:30 am-5 pm | \$45/1 | [80873](#)

Tue, Mar 21 | 8:30 am-5 pm | \$45/1 | [80874](#)

Wed, Mar 22 | 8:30 am-5 pm | \$45/1 | [80875](#)

Thu, Mar 23 | 8:30 am-5 pm | \$45/1 | [80876](#)

Fri, Mar 24 | 8:30 am-5 pm | \$45/1 | [80878](#)

**Cliff McNabb Arena**

## Mini Tennis Camp NEW!

### 8 to 12 Years

Develop basics in this fun-filled, high energy camp. Coaches will introduce skills development, team games and point play using an age-based progressive system. Appropriate for new and novice players.

Instructor: North Island Tennis Academy

M-Th, Mar 13-16 | 2-4:30 pm | \$180/4 | [86680](#)

M-Th, Mar 20-23 | 2-4:30 pm | \$180/4 | [86682](#)

**Westwood Tennis Club**

## Musical Theatre Camp NEW!

### 7 to 12 Years

Participants will be focusing on theatrical characterization, vocal technique, performance training, stage movement, teamwork, exploring creativity and problem-solving - all with the goal of finishing the week with a performance for parents on Friday afternoon.

Instructor: Nanaimo Conservatory of Music

M-F, Mar 20-24 | 10 am-4 pm | \$250/5 | [86271](#)

**Nanaimo Conservatory of Music (375 Selby St)**

## Taekwondo with Master Kim

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

### 4 to 7 Years

M/W, Mar 13-15 | 4:15-5 pm | \$19/2 | [86918](#)

T/Th, Mar 14-16 | 4:15-5 pm | \$19/2 | [86917](#)

### 7 to 12 Years

T/Th, Mar 15-22 | 3:30-4:05 pm | \$29/3 | [66873](#)

**World Taekwondo Academy (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.

M-F, Mar 13-17 | 9:30-11:30 am | \$150/5 | [86644](#)

M-F, Mar 13-17 | 12-2 pm | \$150/5 | [86646](#)

M-F, Mar 20-24 | 9:30-11:30 am | \$150/5 | [86645](#)

M-F, Mar 20-24 | 12-2 pm | \$150/5 | [86647](#)

**Romper Room Climbing Gym (4235 Boban Dr)**



# FACILITY RENTALS

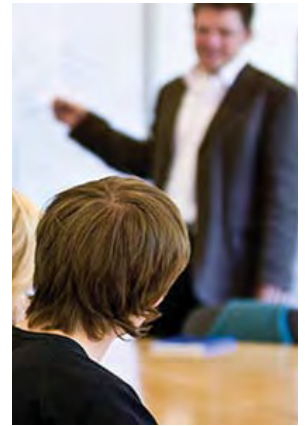
## Recreation Facility Bookings & Rentals

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

### Multi-Purpose Halls

We can accommodate events from 2 to 800 people with a variety of room sizes to choose from. Whether you're organizing a trade show, special event, family function or a meeting, we want to ensure your day is a memorable one. CALL 250-756-5200 FOR RENTAL INFORMATION.

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



### Outside Halls

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

### Pools

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

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

### Arenas

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

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

ASK ABOUT OUR

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



Book an Event in a Park!



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# COMMUNITY CONNECTIONS



## Discover our history!

Presentations, tours, local authors, projects



[nanaimohistoricalsociety.ca](http://nanaimohistoricalsociety.ca)  
[facebook.com/NanaimoHistory](https://www.facebook.com/NanaimoHistory)  
Youtube: <https://bit.ly/300ItRR>



## WINTER SOCCER PROGRAMS FOR KIDS AGES 3-13

Missed out on soccer this Fall? Intake for recreational programs running January-March is now open for kids born between 2019 & 2010.

[www.nanaimounitedfc.com](http://www.nanaimounitedfc.com)

## COME PLAY SQUASH

4 SQUASH COURTS • SHOWERS & SAUNAS • LOUNGE & EVENTS

PROFESSIONAL SQUASH ASSOCIATION WORLD TOUR PLAYER  
LEVEL 1 AND 11 CERTIFIED COACH.

OUR CLUB HAS EXCELLENT PROGRAMS FOR EVERY EXPERIENCE LEVEL

[www.nanaimosquashclub.com](http://www.nanaimosquashclub.com)

## Brigadoon DANCE ACADEMY

HIGHLAND on VANCOUVER ISLAND

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

To request more information:  
[brigadoondanceacademy@shaw.ca](mailto:brigadoondanceacademy@shaw.ca) or 250-756-3661  
*\*Please leave the dancer's name, age & grade\**

Facebook: Brigadoon Dance Academy



# COMMUNITY CONNECTIONS



**ASPENGROVE**  
SCHOOL

**Junior Kindergarten to Grade 12**  
International Baccalaureate School

Aspengrove School, on its beautiful 40-acre campus, is driven by a passion that allows children to play to their own individual strengths both socially and academically. Our students are inspired to be creative, curious, and courageous.

We are now accepting applications for the 2023/2024 school year. Book a tour today!

Nanaimo, BC | 1.250.390.2201 | www.AspengroveSchool.com



**Sheila Malcolmson**  
Nanaimo's MLA

**Live, Learn,  
Work and Play**

*My community office is here to help*

495 Dunsmuir Street  
Unit 105  
Nanaimo, BC  
V9R 6B9

(250) 362-0012

 SheilaMalcolmsonBC  
 @s\_malcolmson  
 sheilamalcolmsonbc  
[Sheila.Malcolmson.MLA@leg.bc.ca](mailto:Sheila.Malcolmson.MLA@leg.bc.ca)

**Call my office at (236) 362-0012**



**Spring into  
SOFTBALL**

**COME PLAY WITH US!**

**FOR AGES 5 & UP**

T-SHIRT  
& HAT  
INCLUDED

For information or to register,  
[nanaimosoftball.ca](http://nanaimosoftball.ca)





**airhouse** *Progress YOUR Passion*

Drop-In daily or join a 7-week fall Lesson program!

drop-in lessons camp events

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

Open Daily For All Ages + All Levels

[airhouse.ca](http://airhouse.ca)

SCAN FOR DETAILS  
BOOK NOW




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# Youth Programs

## Teens Welcome

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

### Creative Writing and Book Club

**11 to 14 Years**

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

Mon, Jan 16-Mar 27 | 5:30-7 pm | \$40/10 | [86783](tel:86783)

Nanaimo Aquatic Centre

### Budding Brilliance: NEW!

#### Youth Nature Poetry Workshop

**11 to 17 Years**

Calling all young poetry lovers and budding writers. Come and join in to read your favourite poems and discuss how poetry can be an essential tool in healing as we explore subtle moments of joy that it gives us. In addition, we will learn how being with nature (walking in a park, hiking) can develop your creative senses. After a rendezvous with nature, you will get your pieces (short write-ups or poems) edited and "fine tuned" to give the shape of a poem. Let us light up the spark of reading and writing poetry!

Instructor: Kamal Parmar

Sat, Feb 11-25 | 5-6 pm | \$20/2 | [86768](tel:86768)

Oliver Woods Community Centre

### Pottery Wheel - Teen Creations

**11 to 17 Years**

Dip your hands into something new! Learn the basic clay 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.

Mon, Jan 9-Feb 13 | 6-8 pm | \$150/6 | [86943](tel:86943)

Mon, Feb 27-Apr 3 | 6-8 pm | \$150/6 | [86944](tel:86944)

Bowen Park Pottery Studio

### Home Alone

**10 to 12 Years**

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

Sat, Jan 21 | 9 am-12 pm | \$47/1 | [86772](tel:86772)

Sat, Jan 21 | 1-4 pm | \$47/1 | [86773](tel:86773)

Sat, Feb 11 | 9 am-12 pm | \$47/1 | [86774](tel:86774)

Sat, Feb 11 | 1-4 pm | \$47/1 | [86775](tel:86775)

Sat, Mar 18 | 9 am-12 pm | \$47/1 | [86778](tel:86778)

Sat, Mar 18 | 1-4 pm | \$47/1 | [86779](tel:86779)

Beban Park Social Centre

### Babysitter Training

**11 to 15 Years**

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

Sat, Jan 14 | 9 am-4:30 pm | \$60/1 | [86679](tel:86679)

Sat, Jan 28 | 9 am-4:30 pm | \$60/1 | [86681](tel:86681)

Sat, Feb 18 | 9 am-4:30 pm | \$60/1 | [86683](tel:86683)

Sat, Mar 11 | 9 am-4:30 pm | \$60/1 | [86685](tel:86685)

Sat, Mar 25 | 9 am-4:30 pm | \$60/1 | [86686](tel:86686)

Beban Park Social Centre

### Dungeons & Dragons Club - Basics

**11 to 18 Years**

This program will introduce you to the basics of this fantasy role playing game, as well as support you in building skills in storytelling, problem solving, reading, writing and math. You will build a character and complete a campaign with your group and the Dungeon Master. Snacks and supplies will be provided, just bring yourself and your sense of adventure! Program is proudly presented in partnership with Literacy Central Vancouver Island.

Fri, Jan 13-Mar 31 | 3-5 pm | FREE | [86754](tel:86754)

Nanaimo Aquatic Centre

### Lifeguard Instructors Wanted with the City of Nanaimo!



You must be a minimum of 16 years old, hold a current CPR C, National Lifeguard Pool Certificate and a Lifesaving Swim Instructor Certification.

Apply: [employment.opportunities@nanaimo.ca](mailto:employment.opportunities@nanaimo.ca).





## Dungeons & Dragons Club - Inter.

11 to 18 Years

For those who have completed the Dungeons and Dragons "Basics" class or have experience with the game. You will build a character and complete a campaign with your group and the Dungeon Master while building on problem-solving, reading, writing and math skills. Snacks and supplies provided. Presented in partnership with Literacy Central Vancouver Island.

Wed, Jan 11-Mar 15 | 4-6 pm | FREE | 86758

**Bowen Park Complex**

## Swing Kids NEW!

Learn the most popular dance that rocked the world! Come join us for Swing Kids - a safe space for newcomers and experienced dancers alike. Never danced? No problem! Gain the knowledge and confidence to rock the dance floor like never before.

Instructor: Nelson Wong

6 to 9 Years

Mon, Feb 27-Mar 27 | 6-7 pm | \$40/5 | 86924

10 to 13 Years

Wed, Feb 15-Mar 29 | 6-7 pm | \$56/7 | 86806

**Bowen Park Complex**

## Youth Badminton

12 to 19 Years

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

Mon, Jan 16-Feb 13 | 5:15-6:15 pm | \$40/5 | 86629

Mon, Feb 27-Mar 27 | 5:15-6:15 pm | \$40/5 | 86649

**Oliver Woods Community Centre**

## Youth Basketball

11 to 18 Years

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

Sun, Jan 15-Feb 12 | 3-4:30 pm | \$50/5 | 86625

Sun, Feb 19-Mar 26 | 3-4:30 pm | \$60/6 | 86628

**Oliver Woods Community Centre**

## RecSkate Pre-Teen/Teen

12 to 17 Years

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

Thu, Jan 5-Feb 2 | 5:15-6 pm | \$60/5 | 80242

Thu, Feb 9-Mar 9 | 5:15-6 pm | \$60/5 | 80246

**Nanaimo Ice Centre**

Sat, Jan 7-Feb 11 | 11:15 am-12:15 pm | \$65/5 | 80259

Sat, Feb 18-Mar 18 | 11:15 am-12:15 pm | \$65/5 | 80261

**Frank Crane Arena**

## Youth Rippers: Intro to NEW!

### Mountain Biking

13 to 16 Years

Join us for a great adventure! You will learn and practice various riding techniques, including body and pedal position, shifting, braking, climbing, descending and navigating minor obstacles.

You will also review important communication skills and trail etiquette to keep multi-use trails safe for all users. Please bring lots of water and some snacks for fuel. Helmets are required, and gloves are recommended. Bikes should be fully operational, tires pumped, brakes working and chain shifting and lubricated.

Instructor: Thrills and Skills Cycling Staff

Sat, Mar 25 | 1:30-4:30 pm | \$45/1 | 86462

**Colliery Dam Park**



## Karate

12 to 19 Years

You will learn traditional karate training and sparring. Self-defense, fitness, strength development and flexibility are part of the curriculum. This is an introduction only. To continue after these classes, please register with dojo.

M/W, Jan 9-18 | 6:30-7:30 pm | \$25/4 | 86763

M/W, Feb 6-15 | 6:30-7:30 pm | \$25/4 | 86764

M/W, Mar 6-15 | 6:30-7:30 pm | \$25/4 | 86765

**Shima Karate (3032 Barons Rd)**

## Taekwondo & Hapkido

12 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.

Instructor: World Tae Kwon Do Staff

M/W, Jan 9-11 | 6:10-7 pm | \$25/2 | 86906

M/W, Feb 6-8 | 6:10-7 pm | \$25/2 | 86907

M/W, Mar 6-8 | 6:10-7 pm | \$25/2 | 86908

**World Taekwondo Academy (4300 Wellington Rd)**



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**FREE!**

# Youth Drop-In

# SPARE BLOCK

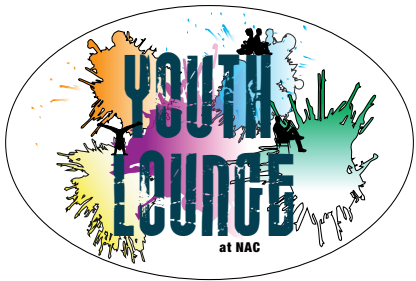
The ultimate place to have some fun! It is free, and you can get some exercise while meeting people and making friends.  
For ages 10 to 17.

**AGES 10-13**  
Mondays, Jan 9 to Mar 27  
7-8:30 pm  
Fairview Elementary School  
FREE  
Registration ID# **86474**

**AGES 10-17**  
Tuesdays, Jan 17 to Mar 28  
6:30-8 pm  
Oliver Woods Community Centre  
FREE  
Registration ID# **86709**

**AGES 13-17**  
Wednesdays, Jan 11 to Mar 29  
8:30-10 pm  
John Barsby Sec. School  
FREE  
Registration ID# **86710**

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



**FREE!**  
11-18 yrs

**Thursday, Jan 12 to Mar 30, 3-7 pm, Nanaimo Aquatic Centre**  
**Please pre-register using course ID #86771**

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

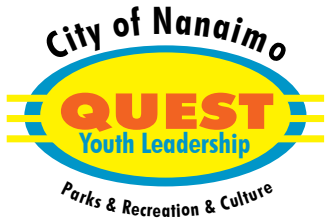


*Youth Lounge is proudly brought to you by the City of Nanaimo and Boys & Girls Club of Central Vancouver Island.*

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



# Coming this Spring!



# YOUTH LEADERSHIP

*Celebrating 41 Years of Creating Community Leaders!*

**LOOKING FOR INFO?**

Check out our **Frequently Asked Questions** at [www.nanaimo.ca/goto/LIT](http://www.nanaimo.ca/goto/LIT)

## LIT (Leaders in Training)

**13-18 YEARS**

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

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



## QUEST

**14-18 YEARS**

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

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



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**See page 13**

**for Drop-In  
Pottery Schedule**

# Adult Arts & Crafts

## Acrylic Painting for all Skill Levels **NEW!**

Learn acrylic painting in a fun, positive and relaxed atmosphere. You will gain knowledge in colour theory and perspective, along with the basics of composition. Learn step-by-step painting techniques, blending, mixing paint, using different brush types and palette knives.

Instructor: Kristina Birkhans

Tue, Jan 10-Feb 14 | 3:30-5:30 pm | \$108/6 | [86469](#)

Tue, Feb 21-Mar 28 | 3:30-5:30 pm | \$108/6 | [86470](#)

**Oliver Woods Community Centre**

## Stained Glass Art

Learn the basics of stained glass making, including cutting the glass, grinding, soldering, copper foil and use of tools. In a relaxed atmosphere of fun and creativity, you will learn the basics of colour theory design and proportion. You will finish your own first glass project. (There is a \$60 material fee payable to the instructor).

Instructor: Kristina Birkhans

Tue, Jan 10-Feb 14 | 6-8 pm | \$108/6 | [86084](#)

Tue, Feb 21-Mar 28 | 6-8 pm | \$108/6 | [86085](#)

**Oliver Woods Community Centre**

## Wet Felting

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

Instructor: Rosie Barlak

Sun, Mar 19 | 10 am-4 pm | \$65/1 | [85984](#)

**Beban Park Social Centre**

## Introduction to Watercolour

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

Mon, Jan 16-Mar 13 | 6:30-8:30 pm | \$96/8 | [85744](#)

**Beban Park Social Centre**

## Intermediate Watercolour

Further explore the watercolour medium with new and varied subject matter. We will introduce composition and design considerations and develop your artistic voice. Please pick up a supply list.

Instructor: Helen Binns

Wed, Jan 18-Mar 15 | 1-2:30 pm | \$108/9 | [85834](#)

**Beban Park Social Centre**

## Eastern Watercolour Painting

What happens when West (Helen Binns) meets and learns from masters of the East (Lien Zhen and Andy Loo)? Get introduced to techniques learned from these artists, including brush techniques, blowing and pouring, Then practice for applying these skills to your paintings. What results is a unique fusion of eastern technique, traditional watercolour and unquestionable beauty. Please bring a pencil, note paper, eraser and water container. All other supplies provided.

Instructor: Helen Binns

Wed, Jan 18-Mar 15 | 6:30-8:30 pm | \$108/9 | [85745](#)

**Beban Park Social Centre**

## Introduction to Drawing

Explore your creative side. This will help you be comfortable using basic drawing techniques. Please bring an HB and 4B pencil, 2 erasers (kneaded and vinyl), a pencil sharpener and paper.

Instructor: Helen Binns

Mon, Jan 16-Mar 13 | 1-3 pm | \$96/8 | [85741](#)

**Beban Park Social Centre**

## Pottery Wheel - Adult Beginner

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

Instructor: Nesta Morgan

Tue, Jan 10-Feb 14 | 6:30-9 pm | \$165/6 | [86940](#)

Sat, Jan 14-Feb 18 | 1:30-4 pm | \$165/6 | [86942](#)

Sat, Feb 25-Apr 1 | 1:30-4 pm | \$165/7 | [86949](#)

Tue, Feb 21-Mar 28 | 6:30-9 pm | \$165/6 | [86941](#)

**Bowen Park Pottery Studio**

## Pottery Wheel - Adult Intermediate

Join this class to learn how to create more complex items. Clay, glazes and firings are included in the cost. You must have completed a beginner class.

Instructor: Bari Precious

Wed, Jan 11-Feb 22 | 6:30-9 pm | \$193/7 | [86937](#)

Wed, Mar 1-Apr 12 | 6:30-9 pm | \$193/7 | [86938](#)

**Bowen Park Pottery Studio**





# Adult Cooking

## Cooking for Well-Being through Ayurveda

Explore how this ancient science uses food as a healing tool. Support your mental and emotional well-being through discussion, demonstration and participation while learning simple, yet delicious methods for using foods and spices to keep you in balance and aligned with the rhythms of nature. Recipes are included.

Instructor: Joanne Cooper

Thu, Mar 2-16 | 11 am-2 pm | \$95/3 | [86533](#)

**Bowen Park Complex**

## Cheese Making 101

Learn how to make three rapidly acidified cheeses: panir, queso blanco and ricotta. Bring a container so you can take some home!

Instructor: Paula Maddison

Sat, Jan 14 | 10 am-12 pm | \$65/1 | [79155](#)

**Beban Park Social Centre**

## Farmer's Cheddar

Join Paula for this demonstration, taste, touch, and feel class to make Farmer's Cheddar cheese. Go home with ingredients and cultures to make your own at home.

Instructor: Paula Maddison

Sat, Jan 14 | 1-3 pm | \$65/1 | [79156](#)

**Bowen Park Complex**

## Moza, Burrata and Bocconcini

Learn how to make your own hand-stretched mozzarella cheese in this demonstration, taste, touch and feel class. Instructions and ingredients to make over four pounds of mozzarella at home are included.

Instructor: Paula Maddison

Sat, Feb 4 | 10 am-12 pm | \$65/1 | [79157](#)

Sat, Mar 11 | 10 am-12 pm | \$65/1 | [79163](#)

**Beban Park Social Centre**

## Sour Cream, Cream Cheese & More

Learn how to make your own everyday dairy items, including sour cream, cream cheese and cottage cheese. You will also learn how to make your own Boursin, a garlic and herb cheese spread. Paula will demystify the art and science of making cheese.

Instructor: Paula Maddison

Sat, Feb 4 | 1-3 pm | \$65/1 | [79162](#)

**Beban Park Social Centre**

## Greek Style Feta

Join us for this demonstration, taste, touch, and feel class to make feta cheese. Go home with ingredients and cultures to make your own.

Instructor: Paula Maddison

Sat, Mar 11 | 1-3 pm | \$65/1 | [79169](#)

**Beban Park Social Centre**

## Shiv's Punjabi Favourites

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

Instructor: Shiv Sharma

Wed, Jan 11 | 7-9:30 pm | \$40/1 | [85668](#)

Wed, Feb 8 | 7-9:30 pm | \$40/1 | [85669](#)

Wed, Mar 8 | 7-9:30 pm | \$40/1 | [85670](#)

**Bowen Park Complex**

## Shiv's Punjabi Vegetarian Favourites

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

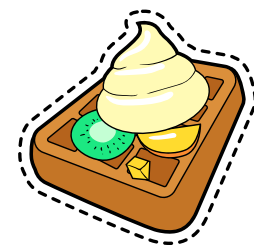
Instructor: Shiv Sharma

Wed, Jan 25 | 7-9:30 pm | \$40/1 | [85672](#)

Wed, Feb 22 | 7-9:30 pm | \$40/1 | [85673](#)

Wed, Mar 22 | 7-9:30 pm | \$40/1 | [85674](#)

**Bowen Park Complex**



## Did You Know? ☺

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



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# Adult Dance

## Flamenco Moods and Moves

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

Instructor: Heather Sandison

Tue, Jan 10-Feb 14 | 6:30-8 pm | \$48/6 | [85404](#)

Tue, Feb 21-Mar 28 | 6:30-8 pm | \$48/6 | [85405](#)

**Beban Park Social Centre**

## Dance Jam Fitness NEW!

Ready for a high energy dance class with a great blend of dance and cardio? Dance Jam will explore multiple genres of music while working you through a great workout! Dance Jam Fitness is a class for all fitness levels.

Instructor: Monique Huijbregtse

Tue, Jan 10-Feb 14 | 10:30-11:30 am | \$48/6 | [86996](#)

Tue, Feb 21-Mar 28 | 10:30-11:30 am | \$48/6 | [86997](#)

**Oliver Woods Community Centre**

## Barre X NEW!

Enjoy a combination of ballet, pilates, strength and flexibility training exercises in this fun group fitness class! Barre X will include body weight and/or other weights and equipment. Be prepared to work your muscles with light weights. This is a great class for all abilities.

Instructor: Monique Huijbregtse

Tue, Jan 10-Feb 14 | 11:45 am-12:45 pm | \$48/6 | [87004](#)

Tue, Feb 21-Mar 28 | 11:45 am-12:45 pm | \$48/6 | [87040](#)

**Oliver Woods Community Centre**

## Ballroom & Latin Dance - Beginner

This class will cover the basics of social foxtrot, quickstep, cha cha and rumba. Make it a fun, social evening out while keeping your body agile. No previous dancing experience required. Couples and singles are welcome.

Instructor: Nelson Wong

Wed, Jan 4-Feb 8 | 8-9 pm | \$60/6 | [86514](#)

Wed, Feb 15-Mar 29 | 8-9 pm | \$70/7 | [86517](#)

**Bowen Park Complex**

## Ballroom & Latin Dance - Beginner's Continuation

A quick review of basic techniques covered in the beginner class will be followed by more advanced variations. Try the waltz, tango, foxtrot, Viennese waltz, quickstep and more. At least one ballroom and one Latin dance will be taught in each session. Partners are recommended but singles welcome.

Instructor: Nelson Wong

Wed, Jan 4-Feb 8 | 9-10 am | \$60/6 | [86515](#)

Wed, Feb 15-Mar 29 | 9-10 am | \$70/7 | [86516](#)

**Beban Park Social Centre**

## Ballroom & Latin Dance - Intermediate

A quick review of basic techniques covered in the beginner class will be followed by more intermediate variations. Try the waltz, tango, foxtrot, Viennese waltz, quickstep, samba and more. At least one ballroom and Latin will be taught in each session.

Instructor: Nelson Wong

Mon, Jan 9-Feb 13 | 7-8 pm | \$60/6 | [86506](#)

Mon, Feb 27-Mar 27 | 7-8 pm | \$50/5 | [86538](#)

**Beban Park 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 are recommended, but singles are welcome.

Instructor: Nelson Wong

Mon, Jan 9-Feb 13 | 8-9 pm | \$60/6 | [86508](#)

Mon, Feb 27-Mar 27 | 8-9 pm | \$50/5 | [86539](#)

**Beban Park Social Centre**

## Ballroom Formation Team

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

Instructor: Nelson Wong

Mon, Jan 9-Feb 13 | 9-10 am | \$60/6 | [86510](#)

Mon, Feb 27-Mar 27 | 9-10 am | \$50/5 | [86540](#)

**Bowen Park Complex**

## Jive & Swing - Beginner

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

Instructor: Nelson Wong

Wed, Jan 4-Feb 8 | 7-8 pm | \$60/6 | [86512](#)

Wed, Feb 15-Mar 29 | 7-8 pm | \$70/7 | [86513](#)

**Bowen Park Complex**







# Adult First Aid

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

## Emergency Child Care First Aid

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

Sat, Jan 7 | 9 am-5:30 pm | \$118/1 | [85321](#)  
Sat, Feb 11 | 9 am-5:30 pm | \$118/1 | [85323](#)  
**Beban Park Social Centre**

## Standard First Aid

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

Sat/Sun, Jan 21 & 22 | 9 am-5:30 pm | \$118/2 | [85347](#)  
Sat/Sun, Mar 25 & 26 | 9 am-5:30 pm | \$118/2 | [85451](#)  
**Beban Park Social Centre**

## Emergency First Aid with CPR C

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

Sat, Jan 21 | 9 am-5:30 pm | \$99/1 | [85320](#)  
Sat, Mar 25 | 9 am-5:30 pm | \$99/1 | [85452](#)  
**Beban Park Social Centre**



[cityofnanaimo](#)



[culture\\_nanaimo](#)





# Adult Outdoor & Sport

## Trailblazers

The Nanaimo area is packed with amazing hiking trails! Spending time in nature can help clear the mind, reduce stress and keep the body healthy. Come enjoy the fresh air and great company while completing a 5- to 7-kilometre hike with balance work, plus before and after the hike stretches. Must wear good walking/hiking shoes and be in good physical health

Instructor: Laurah-Lee Christie

Tue, Feb 21-Mar 28 | 9-10:30 am | \$57/6 | [86484](#)

Meet at Nanaimo Ice Centre Lobby

Thu, Mar 2-Apr 6 | 9-10:30 am | \$57/6 | [86485](#)

Meet in Bowen Park Complex Lobby

## Bicycle Maintenance for Beginners

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. Each participant will receive a free patch kit.

Sun, Feb 26 | 12:30-4:30 pm | \$50/1 | [86468](#)

Beban Park Centennial Building

## Pickleball For Fun NEW!

### Orientation for Adults

This orientation will cover serving the ball, returning the serve, moving to and playing at the net. This is not instruction, but will help you know what to practice and have fun while you prepare for future instruction.

Instructor: Lee MacDonald

Mon, Jan 9-23 | 1:15-3:15 pm | \$75/3 | [86329](#)

Mon, Jan 30-Feb 13 | 1:15-3:15 pm | \$75/3 | [86409](#)

Mon, Feb 27-Mar 13 | 1:15-3:15 pm | \$75/3 | [86432](#)

Oliver Woods Community Centre

## Indoor Tennis Lessons

Participants will be work on technique and game strategy. Please bring your own tennis racquet, water bottle and clean court shoes.

Instructor: North Island Tennis Academy Staff

### Beginner

Tue, Jan 10-Feb 14 | 9:30-11 am | \$162/6 | [86665](#)

Thu, Jan 12-Feb 16 | 8-9:30 pm | \$162/6 | [86666](#)

Tue, Feb 21-Mar 28 | 9:30-11 am | \$162/6 | [86669](#)

Thu, Feb 23-Mar 30 | 8-9:30 pm | \$162/6 | [86670](#)

### Intermediate

Tue, Jan 10-Feb 14 | 8-9:30 pm | \$162/6 | [86667](#)

Thu, Jan 12-Feb 16 | 9:30-11 am | \$162/6 | [86668](#)

Tue, Feb 21-Mar 28 | 8-9:30 pm | \$162/6 | [86671](#)

Thu, Feb 23-Mar 30 | 9:30-11 am | \$162/6 | [86672](#)

North Island Tennis Academy

## Fencing - All Levels

### 14 Years +

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). Challenge other fencers either using practice or electric equipment.

All equipment is provided.

Instructor: Georgia Newsome

Wed, Jan 11-Feb 15 | 6:30-8 pm | \$78/6 | [86082](#)

Wed, Feb 22-Mar 22 | 6:30-8 pm | \$65/5 | [86083](#)

Oliver Woods Community Centre

## Taekwondo & Hapkido

### 12 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.

Instructor: World Tae Kwon Do Staff

M/W, Jan 9-11 | 6:10-7 pm | \$25/2 | [86906](#)

M/W, Feb 6-8 | 6:10-7 pm | \$25/2 | [86907](#)

M/W, Mar 6-8 | 6:10-7 pm | \$25/2 | [86908](#)

World Taekwondo Academy (4300 Wellington Rd)

## Karate

### 16 + Years

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

Instructor: Mike Czurka (6th degree black belt)

Tue, Jan 10-Feb 14 | 6:30-7:30 pm | \$48/6 | [85290](#)

Tue, Feb 21-Mar 28 | 6:30-7:30 pm | \$48/6 | [85291](#)

Bowen Park Complex

## Teens Welcome

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

## Karate for Adults

### 13 + Years

Learn traditional karate training. Sparring and self-defense, fitness, strength development and flexibility are part of the curriculum. This is an introduction only. To continue after these classes, please register with dojo.

Instructor: Shima Karate Staff

M/W, Jan 9-18 | 6:30-7:30 pm | \$25/4 | [86767](#)

M/W, Feb 6-15 | 6:30-7:30 pm | \$25/4 | [87367](#)

M/W, Mar 6-15 | 6:30-7:30 pm | \$25/4 | [87368](#)

Shima Karate (3032 Barons Rd)

## Karate for GenXers

Learn at a slower pace and ease into martial arts with no belts or gradings. Come to learn or relearn martial arts history and techniques with a great group of like-minded people.

Sun, Jan 8-29 | 9-10 am | \$25/4 | [86705](#)

Sun, Feb 5-26 | 9-10 am | \$25/4 | [86706](#)

Shima Karate (3032 Barons 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 6-27 | 6:30-7:30 pm | \$24/4 | [86704](#)

Shima Karate (3032 Barons Rd)

## Intro to Tai Chi

This is for students with no or limited background in Tai Chi. This class teaches Tai Chi-related exercises and the mini set of Tai Chi comprising the first 17 moves of the long Tai Chi form based on the traditional Yang Style set. Sometimes called a moving meditation, this provides many health benefits.

Wed, Jan 11-Mar 1 | 7-8:30 pm | \$56/7 | [85894](#)

Beban Park Social Centre

## Curling Basics

### 17 + Years

Ever wanted to try curling? Each session begins with 30 minutes of theory and classroom instruction. This is followed by an hour and a half of on-ice practice in small groups with certified club coaches. The lessons focus on shot delivery, sweeping, basic rules and etiquette to get you started. Dress warmly, bring a clean pair of indoor running shoes. All equipment is provided.

Instructor: Nanaimo Curling Club

Wed, Jan 4-25 | 7:30-9:15 pm | \$95/4 | [86569](#)

Nanaimo Curling Club

# VOLUNTEERS in PARKS

Do you have an interest in learning about and protecting Nanaimo's parks and trails? Consider participating in our **Volunteers in Parks Program!**

There are three ways to participate:

**1 PARK AMBASSADOR:** individuals who visit a park regularly and might help educate visitors, keep the park clean and observe and report issues in the park

**2 ADOPT-A-PARK:** A group of volunteers help keep Nanaimo beautiful by choosing a park, trail or creek to adopt. The group's name gets a sign posted to recognize their service.

**3 WORK PARTIES:** Help improve the biodiversity through restoration in many of our parks. We supply the tools, training and support you might need.

Gather a group for your own work party from your business, school group, club or organization or come to the two planned events this winter:

- **Tuesday, February 7, 10 am-12 noon**  
Ivy Removal at Bowen Park (Course ID #66785)
- **Saturday, March 18, 10 am-12 noon**  
Daphne Removal at Diver Lake Park (Course ID #86541)



If you would like to organize a work party in your neighbourhood, please call 250-756-5200 or email [parcsandrecreation@nanaimo.ca](mailto:parcsandrecreation@nanaimo.ca)

*Why participate?*

The City of Nanaimo has over 1000 hectares of parks and open space and more than 180 kilometres of trails.

Help us care for and keep our community's parks and trails beautiful for everyone!



cityofnanaimo



culture\_nanaimo





# Adult Special Interest

## Nourish Your Nature NEW!

Ayurveda, a complete medicinal science and a way of life rooted in ancient Indian wisdom, reveals the art of self-care that supports us to feel our healthiest and happiest in our own unique bodies. Using gentle movement, guided visualization, hands-on activities and discussion, explore simple time-tested practices that can be added to your daily routine to cultivate a deeply nourishing relationship with your own true nature.

Instructor: Joanne Cooper

Tue, Feb 7-Mar 14 | 7-9 pm | \$72/6 | [86519](#)

**Bowen Park Complex**

## Relief for Chronic Back Pain NEW!

### Intro to the Alexander Technique

Do you experience chronic back pain or joint stiffness? Are your neck and shoulders tight? Do you wake up in the morning with a rigid body? We often move unconsciously in harmful ways which may create compression of the spine, excess muscle tension and pain in the body. The Alexander Technique teaches you to change habitual posture and movement. Learn how to alleviate pain, reduce stress and find more ease and balance!

Instructor: Heike Walker

Wed, Feb 1 | 10:30 am-12:30 pm | \$25/1 | [86575](#)

**Bowen Park Complex**

## Improve Your Posture NEW!

### Intro to the Alexander Technique

Do you find yourself slouching in a chair? Is it difficult for you to keep good posture even if you try hard? Do you experience pain in your body at the end of the day? The Alexander Technique helps you increase body awareness, release muscle tension and move with more ease. Learn to find balance in sitting, standing, walking or any other activity without strain and effort!

Instructor: Heike Walker

Wed, Mar 8 | 10:30 am-12:30 pm | \$25/1 | [86576](#)

**Bowen Park Complex**

## 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 Wikserke

Sat, Feb 11 | 10 am-12 pm | \$20/1 | [86449](#)

**Pine Street Community Gardens (271 Pine St)**



## 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 Wikserke

Sat, Mar 4 | 10 am-12 pm | \$20/1 | [86450](#)

**Pine Street Community Gardens (271 Pine St)**

## Bicycle Maintenance for Beginners

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. Each participant will receive a free patch kit.

Sun, Feb 26 | 12:30-4:30 pm | \$50/1 | [86468](#)

**Beban Park Centennial Building**





## Soap Making & Aromatherapy **NEW!** Bath Products

The perfect combo for Valentine's Day! Make vegetable-based soap with nourishing ingredients from scratch. In this hands-on class, make and take home two different kinds of soaps plus a finished soap bar. You will also make six different tub fizzers and bath salts with a variety of aromatherapy scents and a sensual bath and body oil. Recipes for pet soap, laundry soap and herbal shampoo are included. Please bring a hand towel and shoe box to class.

Instructor: Cheryl Theilade, Sentimental Creations  
Sat, Feb 11 | 9 am-12 pm | \$40/1 | [86945](#)  
Beban Park Social Centre

## Hemp Makes Scents **NEW!**

Discover the amazing properties of hemp seed oil! This exceptionally rich oil is high in essential omega fatty acids and proteins and absorbs well into the skin. It is very healing and rejuvenating. Participants will make and take home a hemp body lotion, hemp seed body exfoliant, body and body oil and a hemp seed soap. Recipes for healing salves and body washes are also included.

Instructor: Cheryl Theilade, Sentimental Creations  
Sat, Feb 11 | 12:30-2:30 pm | \$40/1 | [86946](#)  
Beban Park Social Centre

## Sheer Beauty with Minerals **NEW!**

Using earth elements, butters, oils, waxes and pre-blended bases, learn how to make your own mineral makeup at the fraction the cost of commercial products! Make a lip gloss (wand applicator), lipstick, mineral eye liner powder and mineral eye shadow. Learn alternatives to toxic chemicals that are in mainstream cosmetics. Discussions on blending colours, mineral makeup benefits and ingredient knowledge. Also receive recipes on liquid foundation and makeup remover.

Instructor: Cheryl Theilade, Sentimental Creations  
Sat, Feb 11 | 3-5 pm | \$40/1 | [86948](#)  
Beban Park Social Centre

## Winterize Your Skincare **NEW!**

Relentless wind, dropping temperatures and overheated indoor air all contribute to winter complexion woes. In this hands-on class using essential oils, organic butters and botanicals, customize your own head to toe skincare by creating a hydrating body lotion, shea butter lip balm, sugar lip polish and a sugar body polish. Recipes on hair rinses, detanglers and conditioners are included.

Instructor: Cheryl Theilade, Sentimental Creations  
Sat, Feb 11 | 5:30-7:30 pm | \$40/1 | [86947](#)  
Beban Park Social Centre

## Piano - Private Beginner Lessons

### 5+ Years

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

Instructor: A. Margarita Hillers

Tue, Jan 10-24 | 3:30-4 pm | \$66/3 | [86363](#)  
Tue, Jan 10-24 | 4:05-4:35 pm | \$66/3 | [86370](#)  
Tue, Jan 10-24 | 4:40-5:10 pm | \$66/3 | [86371](#)  
Tue, Jan 10-24 | 5:15-5:45 pm | \$66/3 | [86372](#)  
Tue, Jan 10-24 | 5:50-6:20 pm | \$66/3 | [86373](#)

Tue, Jan 31-Feb 21 | 3:30-4 pm | \$88/4 | [86374](#)  
Tue, Jan 31-Feb 21 | 4:05-4:35 pm | \$88/4 | [86375](#)  
Tue, Jan 31-Feb 21 | 4:40-5:10 pm | \$88/4 | [86380](#)  
Tue, Jan 31-Feb 21 | 5:15-5:45 pm | \$88/4 | [86384](#)  
Tue, Jan 31-Feb 21 | 5:50-6:20 pm | \$88/4 | [86385](#)

Tue, Feb 28-Mar 21 | 3:30-4 pm | \$88/4 | [86386](#)  
Tue, Feb 28-Mar 21 | 4:05-4:35 pm | \$88/4 | [86387](#)  
Tue, Feb 28-Mar 21 | 4:40-5:10 pm | \$88/4 | [86388](#)  
Tue, Feb 28-Mar 21 | 5:15-5:45 pm | \$88/4 | [86389](#)  
Tue, Feb 28-Mar 21 | 5:50-6:20 pm | \$88/4 | [86390](#)  
Bowen Park Complex



City of Nanaimo

# ACTIVE PASSES

*Get Fit & Save Money!*



**Get unlimited access to public swimming, skating, weight rooms and gymnasiums while saving money!**

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

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

*Prices subject to change and include tax.*

**ONE MONTH OR ONE YEAR OPTIONS**





# Adult Yoga, Fitness & Wellness

## Weight Room Orientation

Safe use of fitness equipment is important to us. Orientations are designed to familiarize you with our facility and give you an overview of the basics of strength training. An orientation is recommended before using our facilities. Teens (13-15 years) must complete this orientation. Upon completion, they will be able to use our Weight Rooms unsupervised by an adult.

Instructors: Cindy Gutierrez or Dustin King

Thu, Jan 5 | 3:30-5 pm | \$5/1 | [85254](#)  
Mon, Jan 9 | 3:30-5 pm | \$5/1 | [85261](#)  
Thu, Jan 19 | 3:30-5 pm | \$5/1 | [85255](#)  
Mon, Jan 23 | 3:30-5 pm | \$5/1 | [85262](#)  
Thu, Feb 2 | 3:30-5 pm | \$5/1 | [85256](#)  
Mon, Feb 6 | 3:30-5 pm | \$5/1 | [85263](#)  
Thu, Feb 16 | 3:30-5 pm | \$5/1 | [85257](#)  
Mon, Feb 20 | 3:30-5 pm | \$5/1 | [85264](#)  
Thu, Mar 2 | 3:30-5 pm | \$5/1 | [85258](#)  
Mon, Mar 6 | 3:30-5 pm | \$5/1 | [85265](#)  
Thu, Mar 16 | 3:30-5 pm | \$5/1 | [85259](#)  
Mon, Mar 20 | 3:30-5 pm | \$5/1 | [85266](#)  
Thu, Mar 30 | 3:30-5 pm | \$5/1 | [85260](#)

Nanaimo Aquatic Centre

## Jump Rope Fitness NEW!

Jump rope is a great way to be active while having fun! Increase your cardio endurance, work on jump rope skills and/or tricks and meet new people through this jump rope course. No previous jump rope experience is necessary.

Instructor: Elise Visentin

Mon, Jan 30-Mar 20 | 7-8 pm | \$56/7 | [86518](#)

Oliver Woods Community Centre

## Dance Jam Fitness NEW!

Ready for a high energy dance class with a great blend of dance and cardio? Dance Jam will explore multiple genres of music while working you through a great workout! Dance Jam Fitness is a class for all fitness levels.

Instructor: Monique Huibregtse

Tue, Jan 10-Feb 14 | 10:30-11:30 am | \$48/6 | [86996](#)

Tue, Feb 21-Mar 28 | 10:30-11:30 am | \$48/6 | [86997](#)

Oliver Woods Community Centre

## Barre X NEW!

Enjoy a combination of ballet, pilates, strength and flexibility training exercises in this fun group fitness class! Barre X will include body weight and/or other weights and equipment. Be prepared to work your muscles with light weights. This is a great class for all abilities.

Instructor: Monique Huibregtse

Tue, Jan 10-Feb 14 | 11:45 am-12:45 pm | \$48/6 | [87004](#)

Tue, Feb 21-Mar 28 | 11:45 am-12:45 pm | \$48/6 | [87040](#)

Oliver Woods Community Centre

## Circuit Fusion

Join us in the gym for this fun and motivating bootcamp-style class that will include mobility, cardio and strength conditioning to give you a great workout. Train for life! All fitness levels are welcome.

Instructor: Jean Medley

Thu, Jan 5-Feb 23 | 9-10 am | \$64/8 | [85836](#)

Rotary Field House

Mon, Jan 9-Feb 27 | 9-10 am | \$56/7 | [85881](#)

Oliver Woods Community Centre

## Zumba

Ready for a high energy dance party? Come out and enjoy this hour of cardio featuring different rhythms of music. There is no wrong way to Zumba, so lace up your dancing shoes and come enjoy the party!

Instructor: Fab Lethbridge

Mon, Jan 9-Feb 13 | 6:30-7:30 pm | \$48/6 | [87597](#)

Mon, Feb 27-Mar 27 | 6:30-7:30 pm | \$40/5 | [87600](#)

Oliver Woods Community Centre

## Zumba Gold

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

Instructor: Mary Keel

Mon, Jan 9-Feb 13 | 9:15-10:15 am | \$48/6 | [85884](#)

Mon, Feb 27-Mar 27 | 9:15-10:15 am | \$40/5 | [85885](#)

Oliver Woods Community Centre

## Dynamic Fitness NEW!

This is a cross training class that will include 15 minutes of dynamic stretching, 30 minutes of a full body workout following muscular endurance principles and ending with 15 minutes of static stretching. We will be utilizing free weights, resistance bands and stability balls. There is no cardio component.

Instructor: Jean Medley

Fri, Jan 13-Feb Mar 3 | 9-10 am | \$64/8 | [85897](#)

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. This class also brings sculpting, toning and tightening with pilates, yoga stretches and meditation. Please bring your own yoga mat.

Instructor: Heidi Robinson

Fri, Jan 13-Feb 17 | 12:15-1:15 pm | \$48/6 | [85903](#)

Fri, Feb 24-Mar 31 | 12:15-1:15 pm | \$48/6 | [85905](#)

Oliver Woods Community Centre

## HIIT

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

Instructor: Heather Honey

Thu, Jan 12-Feb 16 | 5:30-6:30 pm | \$48/6 | [85890](#)

Thu, Feb 23-Mar 30 | 5:30-6:30 pm | \$48/6 | [85895](#)

Oliver Woods Community Centre

## HIIT to Fit

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

Instructor: Kim Ross

Wed, Jan 4-Feb 15 | 9-10 am | \$56/7 | [85279](#)

Wed, Feb 22-Mar 29 | 9-10 am | \$48/6 | [85280](#)

Bowen Park Complex

## Total Body Fitness

All levels are welcome here. We incorporate fun exercises and equipment, such as free weights, medicine balls and more to keep the class exciting and challenging.

Instructor: Kim Ross

Thu, Jan 5-Feb 9 | 9-10 am | \$48/6 | [85276](#)

Thu, Feb 16-Mar 30 | 9-10 am | \$56/7 | [85278](#)

Bowen Park Complex

Mon, Jan 9-Feb 13 | 9-10 am | \$48/6 | [85274](#)

Mon, Feb 27-Mar 27 | 9-10 am | \$40/5 | [85275](#)

Rotary Field House

Please bring your own mat to fitness and yoga classes.

## Rock Your Body Boot Camp

Finish your day with a workout that will leave you feeling energized. 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 9-Feb 13 | 5-6 pm | \$48/6 | [85886](#)

Wed, Jan 11-Feb 15 | 9-10 am | \$48/6 | [85888](#)

Mon, Feb 27-Mar 27 | 5-6 pm | \$40/5 | [85887](#)

Wed, Feb 22-Mar 29 | 9-10 am | \$48/6 | [85889](#)

Oliver Woods Community Centre

## Stretch, Balance, Build

Focus will be on balancing exercises and poses. We will add a weight component for strength to allow the poses to be more challenging. Moves are slow and focused, and there will be a chair available if you need. Please bring your own weights if you have them and your own mat if you want to go to the floor.

Instructor: Kim Ross

Wed, Jan 4-Feb 15 | 12:15-1:15 pm | \$56/7 | [85281](#)

Wed, Feb 22-Mar 29 | 12:15-1:15 pm | \$48/6 | [85282](#)

Rotary Field House

## Stretch & Tone

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

Instructor: Kim Ross

Thu, Jan 5-Feb 16 | 12:30-1:30 pm | \$56/7 | [86452](#)

Thu, Feb 23-Mar 30 | 12:30-1:30 pm | \$48/6 | [86454](#)

Oliver Woods Community Centre

## Beginner Yoga

Join us for a yoga class designed for all levels of experience and for those wanting a slower paced and gentler practice. This class will focus on flexibility, relaxation, awareness, balance and strength.

Instructor: Jane Bockman

Mon, Jan 9-Feb 13 | 3:15-4:15 pm | \$48/6 | [85920](#)

Mon, Feb 27-Mar 27 | 3:15-4:15 pm | \$40/5 | [85921](#)

Oliver Woods Community Centre

## Yin Yoga NEW!

Yin Yoga is a slower paced, more meditative yoga. Poses are held longer and are designed to target connective tissues and ligaments rather than muscles. This class is great for all abilities.

Instructor: Cheryl Carew

Mon, Jan 9-Feb 13 | 5:30-6:30 pm | \$48/6 | [85985](#)

Mon, Feb 27-Mar 27 | 5:30-6:30 pm | \$40/5 | [85986](#)

Bowen Park Complex

## Gentle Friday Yoga

Join this gentle and meditative yoga practice. Suitable for anyone wishing to practice a calming paced class. Everyone is welcome, and everyone can benefit from a gentle practice. Find freedom of movement, flexibility and mindfulness.

Instructor: Jane Bockman

Fri, Jan 13-Feb 17 | 9:30-10:30 am | \$48/6 | [86061](#)

Fri, Feb 24-Mar 31 | 9:30-10:30 am | \$48/6 | [86062](#)

Oliver Woods Community Centre

## Gentle Yoga AM

Gentle yoga is perfect for people who want to try yoga for the first time or for those who are looking for a softer approach to their practice. In this class we will combine gentle yoga poses with breathing exercises and restorative postures to stretch and strengthen the body, reduce stress and calm the mind.

Instructor: Gypsy Hart

Mon, Jan 9-Feb 13 | 9:15-10:15 am | \$48/6 | [85910](#)

Mon, Feb 27-Mar 27 | 9:15-10:15 am | \$40/5 | [85911](#)

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.

Instructor: Karen Shortt

Mon, Jan 9-Feb 13 | 5:30-6:30 pm | \$48/6 | [85610](#)

Mon, Feb 27-Mar 27 | 5:30-6:30 pm | \$40/5 | [85611](#)

Rotary Field House

Instructor: Melissa Hill

Thu, Jan 12-Feb 16 | 9:30-10:30 am | \$48/6 | [86054](#)

Thu, Feb 23-Mar 30 | 9:30-10:30 am | \$48/6 | [86056](#)

Oliver Woods Community Centre

## Flow & Form Yoga

This class encourages a balance between flexibility, strength and endurance. It emphasizes correct body alignment and precision while enjoying a sense of well-being and increased relaxation. Some yoga experience is recommended but not required.

Instructor: Heather Honey

Tue, Jan 10-Feb 14 | 5:30-6:30 pm | \$48/6 | [86051](#)

Tue, Feb 21-Mar 28 | 5:30-6:30 pm | \$48/6 | [86052](#)

Oliver Woods Community Centre





## Vinyasa Yoga

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

Instructor: Karen Shortt

Wed, Jan 4-Feb 8 | 5:30-6:30 pm | \$48/6 | [85612](#)

Wed, Feb 15-Mar 29 | 5:30-6:30 pm | \$56/7 | [85613](#)

**Rotary Field House**

Instructor: Amber Neuman-Brochez

Sat, Jan 7-28 | 10-11 am | \$32/4 | [86068](#)

Sat, Feb 11-Mar 25 | 10-11 am | \$56/7 | [86070](#)

**Oliver Woods Community Centre**

## Men's Yoga

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

Instructor: Gypsy Hart

Tue, Jan 10-Feb 14 | 5:15-6:15 pm | \$48/6 | [86071](#)

Tue, Feb 21-Mar 28 | 5:15-6:15 pm | \$48/6 | [86075](#)

**Oliver Woods Community Centre**

## Mom's Yoga/Karate

This program is geared for any moms or any women that want 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 6-27 | 6:30-7:30 pm | \$24/4 | [86704](#)

**Shima Karate (3032 Barons Rd)**

## Chair Pilates & Yoga NEW!

This gentle, yet effective class provides a complete practice for strengthening the whole body while seated safely in a chair. You will be surprised how challenged you can feel while preserving your safety, integrity and alignment. No experience is required.

Instructor: Gypsy Hart

Tue, Jan 10-Feb 14 | 9:15-10:15 am | \$48/6 | [86105](#)

Tue, Feb 21-Mar 28 | 9:15-10:15 am | \$48/6 | [86106](#)

**Oliver Woods Community Centre**

## Pilates: All Levels

A mixed levels mat class designed to strengthen your core, improve balance and posture. We will elongate our muscles and enhance our mind/body connection. Pilates is beneficial for all of our activities.

Instructor: Jane Bockman

Thu, Jan 12-Feb 16 | 6:30-7:30 pm | \$48/6 | [86057](#)

Thu, Feb 23-Mar 30 | 6:30-7:30 pm | \$48/6 | [86059](#)

**Oliver Woods Community Centre**

## Mat Pilates - Level 1

In this class we will focus on Pilates breath work, alignment of our spine, quality of movement and core support. These series of exercises will help you move with ease in your daily life.

Instructor: Jane Bockman

Fri, Jan 13-Feb 17 | 10:45-11:45 am | \$48/6 | [86064](#)

Fri, Feb 24-Mar 31 | 10:45-11:45 am | \$48/6 | [86066](#)

**Oliver Woods Community Centre**

## Yoga/Pilates Fusion

This class incorporates beginner Pilates exercises and accessible yoga asanas to improve flexibility, core strength, postural alignment, core awareness and stability. This class is a great option for all abilities!

Instructor: Jane Bockman

Mon, Jan 9-Feb 13 | 2-3 pm | \$48/6 | [85917](#)

Mon, Feb 27-Mar 27 | 2-3 pm | \$40/5 | [85918](#)

**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

Wed, Jan 11-Feb 15 | 9:15-10:15 am | \$48/6 | [86073](#)

Thu, Jan 12-Feb 16 | 5:15-6:15 pm | \$48/6 | [86074](#)

Wed, Feb 22-Mar 29 | 9:15-10:15 am | \$48/6 | [86076](#)

Thu, Feb 23-Mar 30 | 5:15-6:15 pm | \$48/6 | [86080](#)

**Oliver Woods Community Centre**



## Minds in Motion

### Alzheimer Society Fitness & Social Program

This is a fitness and social program for people experiencing early stage memory loss. Clients must register and attend with a friend, family member or caregiver. A certified fitness instructor will lead a fitness portion of the class; an Alzheimer Society facilitator supports the social time for the program. One fee for both participants and guest.

Instructor: Susan Lighthouse

Thu, Jan 12-Feb 16 | 10-11:30 am | \$48/6 | [86534](#)

Thu, Jan 12-Feb 16 | 1-2:30 pm | \$48/6 | [86537](#)

**Beban Park Social Centre**

### Relief for Chronic Back Pain NEW!

#### Intro to the Alexander Technique

Do you experience chronic back pain or joint stiffness? Are your neck and shoulders tight? Do you wake up in the morning with a rigid body? We often move unconsciously in harmful ways which may create compression of the spine, excess muscle tension and pain in the body. The Alexander Technique teaches you to change habitual posture and movement. Learn how to alleviate pain, reduce stress and find more ease and balance!

Instructor: Heike Walker

Wed, Feb 1 | 10:30 am-12:30 pm | \$25/1 | [86575](#)

**Bowen Park Complex**

### Improve Your Posture NEW!

#### Intro to the Alexander Technique

Do you find yourself slouching in a chair? Is it difficult for you to keep good posture even if you try hard? Do you experience pain in your body at the end of the day? The Alexander Technique helps you increase body awareness, release muscle tension and move with more ease. Learn to find balance in sitting, standing, walking or any other activity without strain and effort!

Instructor: Heike Walker

Wed, Mar 8 | 10:30 am-12:30 pm | \$25/1 | [86576](#)

**Bowen Park Complex**

### Nourish Your Nature NEW!

Ayurveda, a complete medicinal science and a way of life rooted in ancient Indian wisdom, reveals the art of self-care that supports us to feel our healthiest and happiest in our own unique bodies. Using gentle movement, guided visualization, hands-on activities and discussion, explore simple time-tested practices that can be added to your daily routine to cultivate a deeply nourishing relationship with your own true nature.

Instructor: Joanne Cooper

Tue, Feb 7-Mar 14 | 7-9 pm | \$72/6 | [86519](#)

**Bowen Park Complex**

Please bring your own mat to fitness and yoga classes.



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# 60+ Classes

## Fitness

These courses are open to those who want a basic fitness course. Exercise at your own pace. Stretches and flexibility work are designed for older adults.

### Level 1

**Instructor:** Russell McNeil

Mon, Jan 9-30 | 10:30-11:30 am | \$18/4 | 85973  
 Thu, Jan 12-Feb 2 | 9-10 am | \$18/4 | 85967  
 Mon, Feb 6-27 | 10:30-11:30 am | \$14/3 | 85974  
 Thu, Feb 9-Mar 2 | 9-10 am | \$18/4 | 85968  
 Mon, Mar 6-27 | 10:30-11:30 am | \$18/4 | 85975  
 Thu, Mar 9-30 | 9-10 am | \$18/4 | 85969

**Bowen Complex**

**Instructor:** Heather Honey

Fri, Jan 6-27 | 2-3 pm | \$18/4 | 86154  
 Fri, Feb 3-24 | 2-3 pm | \$18/4 | 86155  
 Fri, Mar 3-31 | 2-3 pm | \$23/5 | 86156

**Oliver Woods Community Centre**

**Instructor:** Elena Bratishchenko

Mon, Jan 9-30 | 10-11 am | \$18/4 | 86157  
 Mon, Feb 6-27 | 10-11 am | \$14/3 | 86159  
 Mon, Mar 6-27 | 10-11 am | \$18/4 | 86160

**Oliver Woods Community Centre**

**Instructor:** Elena Bratishchenko

Wed, Jan 4-25 | 10-11 am | \$18/4 | 86091  
 Wed, Feb 1-22 | 10-11 am | \$18/4 | 86092  
 Wed, Mar 1-29 | 10-11 am | \$23/5 | 86093

**Oliver Woods Community Centre**

### Level 2

**Instructor:** Maria Elena Jitton

Mon, Jan 9-30 | 9-10 am | \$18/4 | 85855  
 Mon, Feb 6-27 | 9-10 am | \$14/3 | 85857  
 Mon, Mar 6-27 | 9-10 am | \$18/4 | 85858

**Bowen Park Complex**

**Instructor:** Elena Bratishchenko

Tue, Jan 3-24 | 10-11 am | \$18/4 | 86065  
 Tue, Jan 31-Feb 28 | 10-11 am | \$23/5 | 86067  
 Tue, Mar 7-28 | 10-11 am | \$18/4 | 86069

**Oliver Woods Community Centre**

**Instructor:** Heather Honey

Thu, Jan 12-Feb 2 | 10:30-11:30 am | \$18/4 | 86130  
 Thu, Feb 9-Mar 2 | 10:30-11:30 am | \$18/4 | 86132  
 Thu, Mar 9-30 | 10:30-11:30 am | \$18/4 | 86133

**Bowen Park Complex**

**Instructor:** Russell McNeil

Fri, Jan 6-27 | 9:30-10:30 am | \$18/4 | 85970  
 Fri, Feb 3-24 | 9:30-10:30 am | \$18/4 | 85971  
 Fri, Mar 3-31 | 9:30-10:30 am | \$23/5 | 85972

**Oliver Woods Community Centre**

**Instructor:** Elena Bratishchenko

Fri, Jan 6-27 | 11 am-12 pm | \$18/4 | 86147  
 Fri, Feb 3-24 | 11 am-12 pm | \$18/4 | 86148  
 Fri, Mar 3-31 | 11 am-12 pm | \$23/5 | 86149

**Oliver Woods Community Centre**

## Gentle Yoga

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

**Instructor:** Heather Honey

Fri, Jan 13-Feb 3 | 11 am-12 pm | \$32/4 | 86151  
 Fri, Feb 10-Mar 3 | 11 am-12 pm | \$32/4 | 86152  
 Fri, Mar 10-31 | 11 am-12 pm | \$32/4 | 86153

**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

Tue, Jan 10-31 | 9-10 am | \$32/4 | 85957  
 Tue, Feb 7-28 | 9-10 am | \$32/4 | 85958  
 Tue, Mar 7-28 | 9-10 am | \$32/4 | 85959

**Bowen Park Complex**

## Stretch & Relax Yoga

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

**Instructor:** Shanti (Dorlean) Peck

Fri, Jan 13-Feb 17 | 9:30-10:30 am | \$48/6 | 86141  
 Fri, Mar 3-31 | 9:30-10:30 am | \$40/5 | 86142

**Bowen Park Complex**

Mon, Jan 9-Feb 13 | 11:30 am-12:30 pm | \$48/6 | 86166  
 Mon, Feb 27-Mar 27 | 11:30 am-12:30 pm | \$40/5 | 86167  
**Oliver Woods Community Centre**





## Cardio Fit

The class is designed for those wanting to improve their cardiovascular health through interval, low-impact exercises that are easy on the joints. Get your heart pumping and leave feeling invigorated.

Instructor: Shanan St. Louis

Mon, Jan 16-Feb 13 | 9-10 am | \$40/5 | [85871](#)

Mon, Feb 27-Mar 27 | 9-10 am | \$40/5 | [85874](#)

**Bowen Park Complex**

## Bellyfit

This women's specific holistic fitness experience blends the body, mind and spirit to offer an extraordinary exercise experience. Scorch calories in a fun and easy cardio and dance infused workout. The second half of the class brings sculpting, toning and tightening with pilates, yoga stretches and mindful meditation.

Instructor: Maria Elena Jitton Pothorin

Sat, Jan 14-Feb 4 | 10:15-11:15 am | \$32/4 | [85845](#)

Sat, Feb 11-Mar 4 | 10:15-11:15 am | \$32/4 | [85846](#)

Sat, Mar 11-Apr 1 | 10:15-11:15 am | \$32/4 | [85847](#)

**Bowen Park Complex**

## 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 10-31 | 10:30-11:30 am | \$32/4 | [86058](#)

Tue, Feb 7-28 | 10:30-11:30 am | \$32/4 | [86060](#)

Tue, Mar 7-28 | 10:30-11:30 am | \$32/4 | [86063](#)

**Bowen Park Complex**

Thu, Jan 5-Feb 2 | 10:30-11:30 am | \$40/5 | [86094](#)

Thu, Feb 9-Mar 30 | 10:30-11:30 am | \$48/6 | [86095](#)

**Beban Park Social Centre**

## 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, speed, sharpening reflexes, expanding flexibility and firming your core. The instructor may give tips for fall proofing your home.

Instructor: Russell McNeil

Wed, Jan 4-25 | 3:30-4:30 pm | \$32/4 | [85960](#)

Wed, Feb 1-22 | 3:30-4:30 pm | \$32/4 | [85962](#)

Wed, Mar 1-29 | 3:30-4:30 pm | \$40/5 | [85964](#)

**Oliver Woods Community Centre**

## QiGong for Daily Life

This is for those who want to experience QiGong to benefit their joint movement at a slower pace. This form is good for those with limited mobility or previous injuries to help improve vital energy. Participants are encouraged to use intention, intuition and imagination to connect with and move energy using movements, meditations and exercises (standing and/or walking). These moves can be modified to the participant's abilities, such as being seated for part of or the whole session.

Instructor: Elena Bratishchenko

Thu, Jan 5-Feb 9 | 11 am-12 pm | \$48/6 | [86136](#)

Thu, Feb 16-Mar 30 | 11 am-12 pm | \$56/7 | [86138](#)

**Oliver Woods Community Centre**

## QiGong - Meditation & Philosophy

This is an ancient art incorporating movements, static poses, breath concentration and visualization to activate the flow of intrinsic life energy (Chi) in the body, thus restoring and promoting vitality and balance of mind and body. Thomas Michaud spent one year in India and Nepal where he received another Yoga Certification from the Ananda Yoga Nepal.

Instructor: Thomas Michaud, Yoga Master

Wed, Jan 4-Feb 8 | 10 am-12 pm | \$48/6 | [86072](#)

Wed, Feb 22-Mar 29 | 10 am-12 pm | \$48/6 | [86086](#)

**Rotary Field House**

## Dance Fitness

Get that blood flowing with this easy to follow choreographed class set to music. Open to those who want a fitness course where you can go at your own pace and those who want a higher intensity cardio workout. All stretches and flexibility work are designed for women.

Instructor: Maria Elena Jitton Pothorin

Sat, Jan 14-Feb 4 | 9-10 am | \$32/4 | [85848](#)

Sat, Feb 11-Mar 4 | 9-10 am | \$32/4 | [85849](#)

Sat, Mar 11-Apr 1 | 9-10 am | \$32/4 | [85850](#)

**Bowen Park Complex**

## Tap Dance - Level 1

For those new to tap dance or looking for a refresher, Come join the fun and advance at your own pace. Tap shoes are required.

Instructor: Melanie Kirk

Mon, Jan 9-Feb 13 | 10:15-11:15 am | \$48/6 | [86161](#)

Mon, Feb 27-Mar 27 | 10:15-11:15 am | \$40/5 | [86162](#)

**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: Melanie Kirk

Mon, Jan 9-Feb 13 | 11:30 am-12:30 pm | \$48/6 | [86163](#)

Mon, Feb 27-Mar 27 | 11:30 am-12:30 pm | \$40/5 | [86164](#)

**Bowen Park Complex**

# Nanaimo Harbour

## City Seniors

### MEMBERSHIP INFORMATION

**A Nanaimo Harbour City Seniors' Membership is open to those 60 years and older and is valid for the calendar year. Your membership provides you with access to several free programs with Parks, Recreation and Culture.**

Membership can be purchased at any of our recreation centres, and the annual membership fee is \$46.

### Program areas:

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



**Find out more about membership:**

**For more information, call 250-755-7501, pick up the Harbour City Seniors Newsletter or view the newsletter online at [www.nanaimo.ca](http://www.nanaimo.ca).**



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# Pool Programs

## SWIM LESSONS • LIFEGUARDING • FITNESS • TRAINING

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

### Pool Special Events

Join us for some fun for the whole family!  
(Regular admission applies.)

#### Snowball Swim

Join us for a winter-themed swim complete with games, arts, crafts and more!

Sunday, December 18 • 9 am-12 pm • Beban Park Pool

#### New Year's Eve Splash

End the year off right with a swim!

Saturday, December 31 • 6-8 pm • Nanaimo Aquatic Centre

#### Family Day Swims

Swimming and Family Day go hand in hand!

Monday, February 20 • 12-5 pm • Nanaimo Aquatic Centre

#### Super Hero Swims

Join us for a swim full of super heroes! Our staff will dress up, and there will be activities for the whole family.

Friday, March 17 • 6-8 pm • Nanaimo Aquatic Centre

Friday, March 24 • 6-8 pm • Nanaimo Aquatic Centre



### Lifeguard Instructors Wanted with the City of Nanaimo!

You must be a minimum of 16 years old, hold a current CPR C, National Lifeguard Pool Certificate and a Lifesaving Swim Instructor Certification.

Apply: [employment.opportunities@nanaimo.ca](mailto:employment.opportunities@nanaimo.ca).



# Swim for Life® Program Overview

*Swim for Life! Never too young to learn; never too old to start!*











## SWIMMING LESSONS PROGRAM HAS CHANGED!

Beginning January 2023, the City of Nanaimo will be offering the Swim for Life Program run by the Canadian Lifesaving Society. Please see the conversion chart below and on the following page to be sure you register into the right level.

The Lifesaving Society Swim for Life® program is a comprehensive swim lesson program that focuses on the development of fundamental swim strokes and skills for learners of all ages and abilities. Instructors ensure swimmers gets lots of in-water practice in every lesson. Swim for Life includes fun, hands-on activities that focus on teaching Water Smart education for the whole family; lessons that will last a lifetime!

### PARENT & TOT AND PRESCHOOL LESSONS

If your child is...	Previously in Red Cross Swim:	Register in Lifesaving Society:
4 to 12 months old and ready to learn to enjoy the water with parent...	Starfish	Parent & Tot 1 (Jellyfish) 
12 to 24 months old and ready to learn to enjoy the water with parent...	Duck	Parent & Tot 2 (Goldfish) 
2 to 3 years old and ready to learn to enjoy the water with parent...	Sea Turtle	Parent & Tot 3 (Seahorse) 
If your child is under 5 years...	Previously in Red Cross Swim:	Register in Lifesaving Society:
3 to 5 years old and just starting out on his or her own...	Sea Otter	Preschool 1 (Octopus) 
and can get in and out and jump into chest-deep water assisted; float and glide on front and back assisted for 3 seconds; blow bubbles and get face wet...	Salamander	Preschool 2 (Crab) 
and can jump into chest-deep water; submerge and exhale underwater; float on front and back without assistance for 5 seconds seconds...	Sunfish	Preschool 3 (Orca) 
and can jump into deep water wearing a lifejacket; recover objects from the bottom; hold breath underwater; float, glide and kick on front and back...	Crocodile	Preschool 4 (Sea Lion) 
and can do solo jumps into deep water; swim front crawl 5 M wearing a lifejacket and flutter kick on front, back and side...	Whale	Preschool 5 (Narwhal) 



# SWIMMER LESSONS

<b>If your child is over 5 years and...</b>	<b>Previously in Red Cross Swim:</b>	<b>Register in Lifesaving Society:</b>
is just starting out...	Swim Kids 1	Swimmer 1
can jump into chest-deep water by themselves and into deep-water wearing a lifejacket; open eyes, hold breath and exhale underwater; float, kick and glide on front and back	Swim Kids 2	Swimmer 2
can jump into deep water and do a sideways entry wearing a lifejacket; support self at the surface for 15 sec.; do whip kick in vertical position; swim 10 M on front and back...	Swim Kids 3	Swimmer 3
can tread for 30 sec.; do kneeling dives and front somersaults; 10 M whip kick on back; swim 15 M front crawl and back crawl...	Swim Kids 4 Swim Kids 5	Swimmer 4
can complete the Canadian Swim to Survive Standard: Roll - Tread (1 min.) - Swim (50 M); dive; swim underwater; 15 M whip kick on front; breaststroke arms with breathing; swim front and back crawl 15 M...	Swim Kids 6	Swimmer 5
can do shallow dives and cannonballs; eggbeater and scissor kick; swim 50 M front and back crawl; breaststroke for 25 M; sprint 25 M; interval training 4 x 40 M...	Swim Kids 7	Swimmer 6
can do stride entries and compact jumps; legs-only surface support for 45 sec.; sprint 25 M breaststroke; swim 100 M of front crawl and back crawl and 300 M workout...	Swim Kids 8	Swimmer 7/ Rookie Patrol
completed Swim Kids 8, Swimmer 7 / Rookie Patrol	Swim Kids 9	Swimmer 8/ Ranger Patrol
completed Swim Kids 9, Swimmer 8 / Ranger Patrol	Swim Kids 10	Swimmer 9/ Star Patrol
completed Swim Kids 10, - Swimmer 9 / Star Patrol		Bronze Star





# Swimming Lesson Tips for Success

We are pleased to bring you the Lifesaving Society's Swim for Life Program to highlight the importance of swimming and water safety skills. Swimming can be fun and is also a necessary life skill. Help your child start swimming on the right foot.

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



Pricing for Swimming Lessons (lesson prices are pro-rated for holidays & swim meets)	
30 Minute Lessons	\$70/10 lessons
45 Minute Lessons	\$110/10 lessons
60 Minute Lessons	\$140/10 lessons
30 Minute Private Lessons *add additional swimmer	\$150/5 lessons \$225/5 lessons

## Shopping for Swim Lessons Using the "X" Grid

- STEP 1** Choose your desired day of the week (Monday, Tuesday, etc.)
- STEP 2** Select the lesson best suited for your swimmer (Jellyfish, Orca, Swimmer 1, etc.)
- STEP 3** View the time available for that lesson ("x" indicate available times)
- STEP 4** Register in person, over the phone or online through [recreation.nanaimo.ca](http://recreation.nanaimo.ca)
- Provide the clerk with the level and your choice of dates
  - Search for swim lessons in [recreation.nanaimo.ca](http://recreation.nanaimo.ca) using a key word(s) in the search field (Jellyfish, for example)



# Winter Lessons

## MONDAYS - Beban Pool

Jan 9 to Mar 6 (8 lessons; no lesson Feb 20)

NOTE: Private Lessons are split

Jan 9-30 & Feb 6-Mar 6

## TUESDAYS - Beban Pool

Jan 10 to Mar 7 (9 lessons)

		8:30 am	9:00 am	9:30 am	10:00 am	10:30 am	3:00 pm	3:30 pm	3:45 pm	4:00 pm	4:30 pm	5:00 pm	5:30 pm	6:00 pm	6:30 pm	3:00 pm	3:30 pm	4:00 pm	4:30 pm	5:00 pm	5:30 pm	6:00 pm	6:30 pm
Parent Participation	Jellyfish				X					X					X								
	Goldfish		X				X															X	
	Seahorse			X														X					
Preschool Prog. (3-5yrs)	30 Min. Classes		X	X	X	X	X			X		X		X	X	X	X				X		X
	Crab		X	X		X	X						X		X		X		X			X	
	Orca		X					X			X			X		X							
	Sea Lion									X				X		X							
	Narwhal									X							X						
School Ages Program (6-13 yrs)	45 Min.						X					X		X	X	X				X	X	X	
	Swimmer 1						X					X		X		X				X	X	X	
	Swimmer 2							X					X							X	X		
	Swimmer 3									X								X					
	Swimmer 4									X						X							
	60 Min.							X								X							
	Swimmer 5							X							X							X	
	Swimmer 6						X											X				X	
	Swimmer 7						X													X			
Swimmer 8/9						X															X		



**INTERESTED IN PRIVATE LESSONS? - Please call 250-756-5200 to be put on a waitlist so you will be notified when these become available again.**



## Swimming Lessons Have Changed!

For several years, the City of Nanaimo has been offering swimming lessons and water safety education through the Canadian Red Cross (CRC). The Canadian Red Cross will no longer be offering swimming lessons in Canada. Starting this Winter 2023, the City of Nanaimo will be transitioning to the Lifesaving Society's Swim for Life Program.

Not sure what level your child should be registered in?  
See the previous pages.





# Winter Lessons

## WEDNESDAYS - Beban Pool

Jan 11 to Mar 8 (9 lessons)

NOTE: Private Lessons are split

Jan 11-Feb 1 & Feb 8-Mar 8

## THURSDAYS - Beban Pool

Jan 12 to Mar 9 (9 lessons)

		8:30 am	9:00 am	9:30 am	10:00 am	10:30 am	3:00 pm	3:15 pm	3:30 pm	3:45 pm	4:00 pm	4:30 pm	5:00 pm	5:30 pm	6:00 pm	6:30 pm	3:00 pm	3:30 pm	4:00 pm	4:30 pm	5:00 pm	5:30 pm	6:00 pm	6:30 pm	7:00 pm	
Parent Participation	Jellyfish		X									X					X									
	Goldfish				X						X							X								
	Seahorse			X									X				X			X						
Preschool Prog. (3-5yrs)	30 Min. Classes	Octopus	X	X	X	X	X				X		X		X		X		X		X		X		X	
		Crab			X	X	X				X		X		X			X		X		X		X		
		Orca		X										X							X		X			
		Sea Lion					X					X										X		X		
		Narwhal					X		X											X						
		Swimmer 1						X		X				X		X		X				X		X		
		Swimmer 2									X			X				X					X		X	
School Ages Program (6-13 yrs)	45 Min.	Swimmer 3					X								X			X								
		Swimmer 4								X							X			X						
		Swimmer 5						X										X				X			X	
	60 Min.	Swimmer 6						X										X							X	
		Swimmer 7							X																	
		Swimmer 8								X																
		Swimmer 9								X																



**INTERESTED IN PRIVATE LESSONS? - Please call 250-756-5200 to be put on a waitlist so you will be notified when these become available again.**



cityofnanaimo



culture\_nanaimo

# Winter Lessons

<b>FRIDAYS- Beban Pool</b> Jan 13-Mar 10 (9 lessons)	<b>SATURDAYS</b> - Nanaimo Aquatic Centre Jan 14-Mar 11 (8 lessons; no lesson Feb 18)	<b>SUNDAYS</b> - Nanaimo Aquatic Centre Jan 8 to Mar 5 (8 lessons; no lesson Feb 19)
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		3:00 pm	3:30 pm	4:00 pm	4:30 pm	5:00 pm	5:15 pm	5:30 pm	5:45 pm	6:00 pm	6:15 pm	6:30 pm	6:45 pm	9:00 am	9:30 am	10:00 am	10:15 am	10:30 am	11:00 am	11:30 pm	12:00 pm	12:30 pm	1:00 pm	1:30 pm	1:45 pm	2:00 pm	2:30 pm	3:00 pm	3:30 pm	4:00 pm	4:30 pm
Parent Participation	Jellyfish							x											x			x							x		
	Goldfish				x									x				x		x				x						x	
	Seahorse		x												x	x						x									x
Preschool Prog. (3-5yrs)	30 Min. Classes																														
	Octopus	x				x		x		x	x				x			x		x		x				x		x			
	Crab			x		x							x	x		x				x			x				x		x		
	Orca								x	x				x					x					x			x				
	Sea Lion											x			x											x		x			
	Narwhal											x				x					x										x
School Ages Program (6-13 yrs)	45 Min.							x				x	x	x		x			x			x		x		x		x			
	Swimmer 1							x				x	x	x		x				x		x		x		x		x			
	Swimmer 2								x						x					x		x		x		x		x		x	
	Swimmer 3										x									x											
	Swimmer 4													x							x										
	60 Min.																														
	Swimmer 5																x						x								
	Swimmer 6															x															
	Swimmer 7														x																
	Swimmer 8																														
Swimmer 8/9																															
Swimmer 9																x															

## Junior Lifeguard Clubs

Are you interested in something more exciting than swimming lessons? Do you have an interest in learning about water rescues, first aid skills, helping others and being a part of something bigger? Join us! You will develop new lifesaving skills and learn attitudes that could one day save your life or someone else's! This club focuses on fun, teamwork and skill development with games and a variety of activities themed around lifesaving, lifeguarding and first aid. A must for those of you who love the water but are looking for more than lessons.

### 8 to 12 Years

Tue, Jan 10-Mar 7 | 6-7:30 pm | \$86/9 | 79555

### 13 to 15 Years

Thu, Jan 12-Mar 9 | 6-7:30 pm | \$86/9 | 79556

Nanaimo Aquatic Centre





# Become a Lifeguard and a Swimming Instructor

## Become a Swimming Instructor

- Learn the knowledge, skills and attributes needed to teach swimming lessons and lifesaving programs
- Meet age requirement of 15 years
- Complete Bronze Cross (does not have to be current)

## Become a Lifeguard

- Complete Bronze Medallion (13+ years)
- Complete Bronze Cross (completed Bronze Medallion)
- Complete Standard First Aid or Aquatic Emergency Care
- Complete National Lifeguard Award (15 + years)

### NOTE:


To be employed as a lifeguard instructor with the City of Nanaimo, staff need to be a minimum of 16 years age and hold a current CPR C, National Lifeguard Pool Certificate and a Lifesaving Swim Instructor Certification. Apply today at [employment.opportunities@nanaimo.ca](mailto:employment.opportunities@nanaimo.ca).



## Advanced Pool Leadership Courses

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

PLEASE NOTE: Withdrawal with a full refund will only be provided for aquatic leadership courses with a minimum of 7 days advanced notice.

	COURSE	DATES	LOCATION	TIME	BARCODE	COST	PREREQUISITE
	Lifesaving Society Bronze Medallion	• Sun, Jan 8-29 • Sat, Apr 1-29	Beban Beban	9 am-2:30 pm 11:30 am-5 pm	79523 79524	\$185	13 years of age or completion of Bronze Star (Includes Canadian Lifesaving Manual)
	Lifesaving Society Bronze Cross	• Sun, Feb 5-Mar 5	Beban	9 am-2:30 pm	79527	\$145	Completion of Bronze Medallion (Canadian Lifesaving Manual can be purchased for an extra fee)
	Lifesaving Society National Lifeguard Certification - Pool	• Tu-F, Mar 14-24	NAC	2:30-8:30 pm	86583	\$420	15 years of age, Completion of Bronze Cross and Standard First Aid (Includes alert manual, fanny pack with whistle and pocket mask)
	Lifesaving Society Swim Instructor	• Tu/Th, Jan 10-Feb 2	NAC	4:30-9 pm	86785	\$450	Completion of Bronze Cross and 15+ years of age.
	Lifesaving Society Instructor - Recert	• Fri, Jan 20 • Fri, Mar 31	NAC NAC	5-9 pm 5-9 pm	86728 86729	\$120	Previous Lifesaving Society Instructor course.
	Lifesaving Society National Lifeguard Pool Recert	• Sat, Feb 4	NAC	1:30-9 pm	86756	\$120	Please bring proof of previous National Lifeguard Pool certification



# COMMUNITY CONNECTIONS



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

**YOUR ONE STOP SWIM & FITNESS SHOP**  
Swimwear - Equipment - Fins - Goggles - Gear



**Competitive Swimming - Aquafitness - Family - Fun**

741 Third Street, Nanaimo, B.C. • 250-740-0372  
On-line store: [www.team-aquatic.com](http://www.team-aquatic.com)

## ONLINE PUBLIC DROP-IN SCHEDULES

Visit our website at  
[recreation.nanaimo.ca](http://recreation.nanaimo.ca)  
and look at our  
**Public Schedules for the most up-to-date  
times for swimming, skating, pottery,  
weight rooms and gymnasiums!**



**CITY OF NANAIMO**  
THE HARBOUR CITY

250.756.5200  
[www.nanaimo.ca](http://www.nanaimo.ca)  
[parksandrecreation@nanaimo.ca](mailto:parksandrecreation@nanaimo.ca)

## Advertise in the Activity Guide!

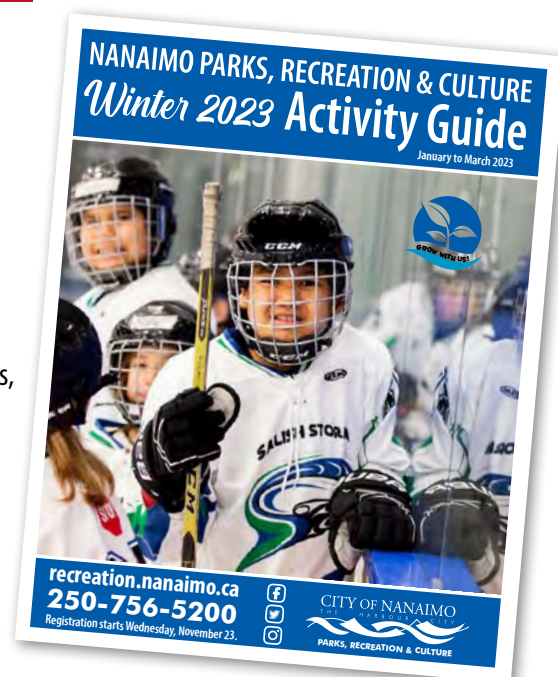
*\* Available in the Spring/Summer 2023 Activity Guide!\* (Apr to Aug)*

### Did you know?

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

**For more information about advertising in the Activity Guide:**

- [parksandrecreation@nanaimo.ca](mailto:parksandrecreation@nanaimo.ca)
- 250-755-7510







# WORK WITH US!

## at Parks, Recreation & Culture

We are always looking for new program ideas.  
Do you have a talent, hobby or program idea?

**Share your program ideas and expertise by submitting our “Program Proposal Form” found at [www.nanaimo.ca](http://www.nanaimo.ca) or call 250-756-5200.**

## PARKS, RECREATION & CULTURE GIFT CARDS



**Give the Gift of RECREATION!**

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



250.756.5200  
[www.nanaimo.ca](http://www.nanaimo.ca)  
[parksandrecreation@nanaimo.ca](mailto:parksandrecreation@nanaimo.ca)



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

*Come See,  
Come Learn,  
Come Experience  
History*

at British Columbia's most significant Military Museum

**Downtown Nanaimo (next to the Port Theatre)**  
Mon - Fri 10am-3pm • Sat 11am-3pm  
100 Cameron Rd. | 250-753-3914  
[vimilitarymuseum.ca](http://vimilitarymuseum.ca)



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



[culture\\_nanaimo](https://www.instagram.com/culture_nanaimo)



# Arena Programs

## Welcome to Nanaimo RECSKATE



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

### Boots to Blades 1 & 2 2 to 5 Years

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

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

### RecSkate 1

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

### RecSkate 2

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

### RecSkate 3

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

### RecSkate 4

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

### RecSkate 5

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

### RecSkate 6/7

**RecSkate 6** is a challenging level which emphasizes balance, 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

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](http://recreation.nanaimo.ca) for availability.

### RecFigure Skate - Child/Teen 6 to 16 Years

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

### RecSkate - Pre-Teen/Teen 12 to 17 Years

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



# Skating Lesson Information

## SKATING EQUIPMENT

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

## LESSON TIMES AND PRICES

LESSON	LENGTH OF LESSON	COST PER CLASS
Boots to Blades 1 & 2	30 minutes	\$8.50
RecSkate (3-5 yrs)	30 minutes	\$8.50
RecSkate (6-11 yrs)	45 minutes	\$12
RecFigure Skate	45 or 60 minutes	\$13/hr or \$12 for 45 min
Various RecSkates (pre-teen/teen)	60 minutes	\$13
Private RecSkate (all ages) *	30 minutes	\$28

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

## CUSTOM PRIVATE SKATING LESSONS

- Let us customize skating lessons to fit your schedule and your skill level. Cost is \$28 for a 30-minute lesson. Call Alli, Arenas Coordinator, at 250-755-7536 for details.

## DO YOU REQUIRE ADDITIONAL SUPPORT?



- If you require any special accommodations or additional support, please contact our Arenas Coordinator at 250-755-7536.

## DROP-IN SESSIONS

- Check out our drop-in options on page 10 or check our online schedule at [recreation.nanaimo.ca](http://recreation.nanaimo.ca).



# GLOW

## in the dark skates

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

**Held once a month on Tuesday evenings from 6:30-8 pm at Frank Crane Arena.**

- December 6 • January 3
- February 7 • March 7

Regular admission rates apply.

# Starlight Skate

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

Regular admission rates apply.

**Held on the following Sundays, 4-6 pm at Nanaimo Ice Centre:**

- November 20 • December 18
- January 15 • February 19
- March 19





# Skating Lessons

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

## 2023 SCHOOL LESSONS

### Teachers & Educators

#### Skating Lessons for Your Class

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

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



## LIONS FREE SKATE



Held Sundays at Frank Crane Arena

Held every Sunday, 12-1:30 pm until March 26

On Clipper game days held 11:30 am-1 pm (Jan 15 & Mar 12)  
Cancelled on Feb 5 & Mar 19

The Lions Club is pleased to be offering FREE skating to Nanaimo residents. Thank you to our program sponsors:



- Alexandra's Bistro
- Brechin Lanes
- BMO Nesbitt Burns
- Chris Martin, RE/MAX of Nanaimo
- Haarsma Waste Innovations
- Little Valley Restorations and Collision
- Nanaimo Hearing Clinic
- Roto Rooter
- Widsten Property Management Services

#### Monday, Jan 9 to Mar 6 • 8 lessons • Frank Crane Arena

11:45 am-12:15 pm	Boots 1 77778	Boots 2 78025	Rec 3 80508	Rec 4 80857	Private 80592		
12:15-12:45 pm	Boots 1 77779	Boots 2 78026	Rec 1 78651	Rec 2 79710	Private 80593		
12:45-1:45 pm	Adult RS 80540	Private 12:45-1:15 pm 80594	Private 1:15-1:45 pm 80595				

#### Monday, Jan 9 to Mar 6 • 8 lessons • Nanaimo Ice Centre (no lesson Feb 20)

3:30-4 pm	Boots 1 77780	Boots 2 78027	Rec 1 78652	Rec 2 79711	Rec 3 80509	Rec 4 80866	Private 80617
4-4:45 pm	Rec 1 78654	Rec 2 80111	Rec 3 80510	Rec 4 80871	Rec 5 78748	Private 4-4:30 pm 80618	
4:45-5:15 pm	Boots 1 77781	Boots 2 78028	Rec 1 78655	Rec 2 80113	Rec 3 80511	Rec 4 80877	Private 80619
5:15-6 pm	Rec 2 80119	Rec 3 80512	Rec 4 80880	Rec 6/7 78469	RecFigure 5:15-6:15 pm 80563	Adult RS 5:15-6:15 pm 80164	
6:15-6:45 pm	Private 80620	Private 80621	Private 80622	Private 80623	Private 80624	Private 80625	

#### Thursday, Jan 5 to Feb 2 • 5 lessons • Nanaimo Ice Centre

3:30-4 pm	Boots 1 77782	Boots 2 78031	Rec 1 78662	Rec 2 80122	Rec 3 80513	Rec 4 80885	Private 80642
4-4:45 pm	Rec 1 78663	Rec 2 80123	Rec 3 80518	Rec 4 80894	Rec 5 78749	Rec 6/7 78472	RecFigure 80566
4:45-5:15 pm	Boots 1 77783	Boots 2 78035	Rec 1 78674	Rec 2 80135	Rec 3 80521	Rec 4 80895	Private 80643
5:15-6 pm	RecFigure Ad 78453	Teen 80242	Adult RS 80177	Private 5:15-5:45 pm 80644	Private 5:15-5:45 pm 80645	Private 5:15-5:45 pm 80646	Private 5:15-5:45 pm 80647

#### Friday, Jan 6 to Feb 10 • 5 lessons • Frank Crane Arena (no lesson Feb 3)

9:30-10 am	Boots 1 77784	Rec 1 78679	Rec 3 80527	Rec 4 80897	Private 80666		
10-10:30 am	Boots 2 78037	Rec 2 80144	Private 80680				
3:30-4 pm	Boots 1 77785	Boots 2 78039	Rec 1 78692	Rec 2 80147	Rec 3 80529	Rec 4 80901	Private 80681
4-4:45 pm	Rec 1 78693	Rec 2 80153	Rec 3 80530	Rec 4 80903	Rec 5 78750	Private 4-4:30 pm 80682	
4:45-5:15 pm	Boots 1 77786	Boots 2 78040	Rec 1 79138	Rec 2 80154	Rec 3 80531	Rec 4 80905	Private 80683
5:15-6 pm	Rec 2 80158	Rec 3 80532	Rec 4 80907	Rec 5 78751	Rec 6/7 78477	RecFigure 80575	Private 5:15-5:45 pm 80684

#### Saturday, Jan 7 to Feb 11 • 5 lessons • Frank Crane Arena (no lesson Feb 4)

9-9:45 am	Rec 1 71939	Rec 2 80160	Rec 3 80535	Rec 4 80908	Rec 5 75753	Private 9-9:30 am 80732	
9:15-9:45 am	Boots 1 77787	Boots 2 78041					
9:45-10:15 am	Boots 1 77788	Boots 2 78042	Rec 1 79140	Rec 2 80162	Rec 3 80537	Rec 4 80909	Private 80734
10:30-11:15 am	Rec 1 79142	Rec 2 80165	Rec 3 80541	Rec 4 80910	Rec 6/7 78486	RecFigure 80579	
11:15-11:45 am	Boots 1 77789	Boots 2 78043	Rec 1 79143	Rec 2 80168	Rec 3 80543	Rec 4 80911	Teen 11:15am-12:15p 80259
11:45 am-12:15 pm	Private 80737	Private 80738	Private 80739	Private 80741	Private 80742		

SET ONE

# Skating Lessons

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

Thursday, Feb 9 to Mar 9 • 5 lessons • **Nanaimo Ice Centre**

3:30-4 pm	Boots 1 77801	Boots 2 78046	Rec 1 79144	Rec 2 80181	Rec 3 80547	Rec 4 80912	Private 80646
4-4:45 pm	Rec 1 79145	Rec 2 80193	Rec 3 80667	Rec 4 80913	Rec 5 78762	Rec 6/7 78475	RecFigure 80568
4:45-5:15 pm	Boots 1 77802	Boots 2 78048	Rec 1 79146	Rec 2 80196	Rec 3 80668	Rec 4 80914	Private 80649
5:15-6 pm	RecFigure Ad 78454	Teen 80246	Adult RS 80179	Private 5:15-5:45 pm 80650	Private 5:15-5:45 pm 80651	Private 5:15-5:45 pm 80652	Private 5:15-5:45 pm 80653

Friday, Feb 17 to Mar 17 • 5 lessons • **Frank Crane Arena**

9:30-10 am	Boots 1 77803	Rec 1 79148	Rec 3 80669	Rec 4 80915	Private 80686		
10-10:30 am	Boots 2 78050	Rec 2 80199	Private 80687				
3:30-4 pm	Boots 1 77804	Boots 2 78051	Rec 1 79150	Rec 2 80209	Rec 3 80670	Rec 4 80916	Private 80689
4-4:45 pm	Rec 1 79151	Rec 2 80211	Rec 3 80671	Rec 4 80917	Rec 5 78763	Private 4-4:30 pm 80690	
4:45-5:15 pm	Boots 1 77805	Boots 2 78052	Rec 1 79152	Rec 2 80227	Rec 3 80672	Rec 4 80918	Private 80692
5:15-6 pm	Rec 2 80228	Rec 3 80673	Rec 4 80919	Rec 5 78764	Rec 6/7 78480	RecFigure 80576	Private 5:15-5:45 pm 80693

Saturday, Feb 18 to Mar 18 • 5 lessons • **Frank Crane Arena**

9-9:45 am	Rec 1 79153	Rec 2 80229	Rec 3 80674	Rec 4 80920	Rec 5 78765	Private 9-9:30 am 80743	
9:15-9:45 am	Boots 1 77806	Boots 2 78053					
9:45-10:15 am	Boots 1 77807	Boots 2 78054	Rec 1 79154	Rec 2 80239	Rec 3 80675	Rec 4 80921	Private 80746
10:30-11:15 am	Rec 1 79160	Rec 2 80241	Rec 3 80676	Rec 4 80922	Rec 6/7 78487	RecFigure 80581	
11:15-11:45 am	Boots 1 77808	Boots 2 78055	Rec 1 79164	Rec 2 80243	Rec 3 80677	Rec 4 80923	Teen 11:15am-12:15p 80261
11:45 am-12:15 pm	Private 80747	Private 80749	Private 80751	Private 80752	Private 80754		

## 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 5-Feb 2 | 5:15-6 pm | \$60/5 | [80242](#)

Thu, Feb 9-Mar 9 | 5:15-6 pm | \$60/5 | [80246](#)

**Nanaimo Ice Centre**

Sat, Jan 7-Feb 11 | 11:15 am-12:15 pm | \$65/5 | [80259](#)

Sat, Feb 18-Mar 18 | 11:15 am-12:15 pm | \$65/5 | [80261](#)

**Frank Crane Arena**



## RecFigure Skate - Beginner

6 to 16 Years

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

Mon, Jan 9-Mar 6 | 5:15-6:15 pm | \$104/8 | [80560](#)

Thu, Jan 5-Feb 2 | 4-4:45 pm | \$60/5 | [80566](#)

Thu, Feb 9-Mar 9 | 4-4:45 pm | \$60/5 | [80568](#)

**Nanaimo Ice Centre**

Fri, Jan 6-Feb 10 | 5:15-6 pm | \$60/5 | [80575](#)

Sat, Jan 7-Feb 11 | 10:30-11:15 am | \$60/5 | [80579](#)

Fri, Feb 17-Mar 17 | 5:15-6 pm | \$60/5 | [80576](#)

Sat, Feb 18-Mar 18 | 10:30-11:15 am | \$60/5 | [80581](#)

**Frank Crane Arena**

## RecFigure Skate - Advanced

6 Years +

This will consist of freeskating skills, such as jumps and spins of a minimum. Participants should have completed RecFigure Skate level 3.

Thu, Jan 5-Feb 2 | 5:15-6 pm | \$60/5 | [78453](#)

Thu, Feb 9-Mar 9 | 5:15-6 pm | \$60/5 | [78454](#)

**Nanaimo Ice Centre**

SET TWO



cityofnanaimo



culture\_nanaimo



What do you need? A love to skate! Our certified HIGH FIVE staff will be on hand to help you

skate, play hockey, make friends and have fun! FREE skate and helmet rentals. Complete with a healthy snack and drink (ages 5 to 12). Held at Nanaimo Ice Centre.

### RecSkate After School

Wed, Jan 4-Mar 8 | 3:15-5:15 pm | \$108/12 | [79609](#)

### RecHockey After School

Wed, Jan 11-Mar 29 | 3:15-5:15 pm | \$108/12 | [79614](#)

### RecSkate Homeschool

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

Mon, Jan 9-Mar 6 | 10:30-11:30 am | \$104/8 | [79600](#)

Wed, Jan 4-Feb 1 | 12:30-1:30 pm | \$65/5 | [79603](#)

Wed, Feb 8-Mar 8 | 12:30-1:30 pm | \$65/5 | [79604](#)

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 9-Mar 6 | 12:45-1:45 pm | \$104/8 | [80540](#)

Fri, Jan 6-Feb 10 | 10:30-11:30 am | \$65/5 | [80190](#)

Fri, Feb 17-Mar 17 | 10:30-11:30 am | \$65/5 | [80202](#)

Frank Crane Arena

Thu, Jan 5-Feb 2 | 5:15-6 pm | \$60/5 | [80177](#)

Mon, Jan 9-Mar 6 | 5:15-6:15 pm | \$104/8 | [80164](#)

Thu, Feb 9-Mar 9 | 5:15-6 pm | \$60/5 | [80179](#)

Nanaimo Ice Centre

### RecSkate Adults Practice

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

Fri, Jan 6-Feb 10 | 9:30-10:30 am | \$38/5 | [79620](#)

Fri, Feb 17-Mar 17 | 9:30-10:30 am | \$38/5 | [79621](#)

Frank Crane Arena

### RecSkate Adults Advanced

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

Fri, Jan 6-Feb 10 | 10:30-11:30 am | \$65/5 | [80157](#)

Fri, Feb 17-Mar 17 | 10:30-11:30 am | \$65/5 | [80159](#)

Frank Crane Arena

### RecSkate Pro-D Camp

#### 6 to 11 Years

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

Mon, Feb 6 | 8:30 am-5 pm | \$45/1 | [78547](#)

Tue, Feb 7 | 8:30 am-5 pm | \$45/1 | [78549](#)

Cliff McNabb Arena

### RecHockey Pro-D Camp

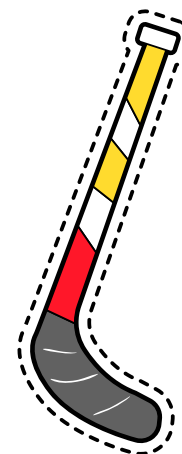
#### 6 to 11 Years

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

Mon, Feb 6 | 8:30 am-5 pm | \$45/1 | [78553](#)

Tue, Feb 7 | 8:30 am-5 pm | \$45/1 | [78554](#)

Cliff McNabb Arena







# Hockey Programs

## Hockey - Adaptive

### 13 + Years

This program provides teens and adults with cognitive or physical challenges the skills required to play the game of ice hockey. No skating ability is required, but participants should be steady on their feet. Full gear is required. Drop-in fee is \$13.

Wed, Jan 4-Feb 1 | 9:45-11 am | \$58/5 | [77858](#)

Wed, Feb 8-Mar 8 | 9:45-11 am | \$58/5 | [77587](#)

Nanaimo Ice Centre

## Hockey Rascals

### 4 to 6 Years

Looking to get your little hockey player ready for the fall? This program focuses on hockey FUNDamentals, including skating, puck handling and shooting. You must supply your own helmet with face cage, stick and gloves, and full gear is recommended.

Fri, Jan 6-Feb 10 | 4:15-5 pm | \$72/6 | [78432](#)

Fri, Jan 6-Feb 10 | 5:30-6:15 pm | \$72/6 | [78436](#)

Fri, Feb 17-Mar 17 | 4:15-5 pm | \$60/5 | [78433](#)

Fri, Feb 17-Mar 17 | 5:30-6:15 pm | \$60/5 | [78437](#)

Cliff McNabb Arena



## Advanced Hockey Skills

### 6 to 11 Years

Learn taught proper shooting, passing and stickhandling techniques. Skaters will be placed into groups based on ability. Develop confidence with the puck and get taught the skills required to be successful in the game.

Wed, Jan 4-Feb 1 | 7-8 am | \$60/5 | [78444](#)

Fri, Jan 6-Feb 10 | 7-8 am | \$60/5 | [78448](#)

Mon, Jan 9-Mar 6 | 7-8 am | \$96/8 | [78440](#)

Wed, Feb 8-Mar 8 | 7-8 am | \$60/5 | [78445](#)

Fri, Feb 17-Mar 17 | 7-8 am | \$60/5 | [78450](#)

Frank Crane Arena

## NHL

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

### 4 to 6 Years

Sat, Jan 7-Feb 11 | 8:15-9 am | \$60/5 | [78036](#)

Sat, Jan 7-Feb 11 | 12:15-1 pm | \$60/5 | [78038](#)

Sat, Feb 18-Mar 18 | 8:15-9 am | \$60/5 | [78045](#)

Sat, Feb 18-Mar 18 | 12:15-1 pm | \$60/5 | [78047](#)

### 7 to 9 Years

Sat, Jan 7-Feb 11 | 8:15-9 am | \$60/5 | [78060](#)

Sat, Feb 18-Mar 18 | 8:15-9 am | \$60/5 | [78066](#)

### 7 to 12 Years

Sat, Jan 7-Feb 11 | 12:15-1 pm | \$60/5 | [78065](#)

Sat, Feb 18-Mar 18 | 12:15-1 pm | \$60/5 | [78067](#)

Frank Crane Arena

## Power Skating Basics

### 6 to 12 Years

Get introduced to skating techniques necessary to develop greater power and strength to improve your game. This will help with speed, balance, agility and coordination. Full gear is required.

Thu, Jan 5-Feb 2 | 3:30-4:15 pm | \$60/5 | [77530](#)

Thu, Jan 5-Feb 2 | 4:15-5 pm | \$60/5 | [77534](#)

Thu, Feb 10-Mar 10 | 3:30-4:15 pm | \$60/5 | [77531](#)

Thu, Feb 10-Mar 10 | 4:15-5 pm | \$60/5 | [77535](#)

Nanaimo Ice Centre

## Elite Power Skating

### 10 to 16 Years

Join our high level instructor in learning advanced skating skills in a game context. Get introduced to skating techniques necessary to develop greater power, edges and agility to improve your game. Full gear required.

Wed, Jan 4-Feb 1 | 7-8 am | \$60/5 | [77538](#)

Fri, Jan 6-Feb 10 | 7-8 am | \$60/5 | [77542](#)

Wed, Feb 8-Mar 8 | 7-8 am | \$60/5 | [77539](#)

Fri, Feb 17-Mar 17 | 7-8 am | \$60/5 | [77543](#)

Frank Crane Arena

## DROP-IN HOCKEY PROGRAMS

When you see this symbol beside a program, it indicates that we accept drop-ins. The drop-in fee is \$13. You can pre-register online or pay a cashier in person and present the on ice staff member with your receipt. Our instructors will not accept payment.



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# STICK 'n' PUCK

ALL AGES

New to the game of hockey or looking to improve on those skills? Just wanting to get on the ice in a non-game, recreational setting? Stick 'n' Puck is the answer and a great way to get on the ice. An on-ice leader is available to assist with skill development and answer questions.

Space is limited, and session rules do apply. These sessions are for individuals looking to practice hockey skills - skating, passing, shooting, puck handling. These are unstructured practice times.

## RULES

- Games and scrimmages are not permitted
- Goalies are welcome and free
- Limited to 30 skaters per session
- Children under 8 must be accompanied by an adult

## EQUIPMENT REQUIREMENTS

- Helmets and gloves are mandatory (full face cage required for skaters 16 years and under)
- Shin guards are strongly recommended
- Skaters bring own pucks



See page 6 for admission & page 10 for location information.

For more information, contact the Arena Coordinator at 250-755-7536.

# Custom Private Hockey Lessons

These one-on-one private lessons with our popular hockey instructors are perfect for individual skill development. Potential skill areas include power skating, shooting, stick handling, goal keeping, defensive development and others. Small groups (2-3) are also welcome. Full gear is recommended.

## Tuesdays at Nanaimo Ice Centre

Tue, Jan 3-31 | 3:15-3:45 pm | \$160/5 | 80146  
Tue, Jan 3-31 | 3:15-3:45 pm | \$160/5 | 80147  
Tue, Jan 3-31 | 3:15-3:45 pm | \$160/5 | 80149  
Tue, Jan 3-31 | 3:45-4:15 pm | \$160/5 | 81050  
Tue, Jan 3-31 | 3:45-4:15 pm | \$160/5 | 81052  
Tue, Jan 3-31 | 3:45-4:15 pm | \$160/5 | 81053  
Tue, Jan 3-31 | 4:15-4:45 pm | \$160/5 | 81054  
Tue, Jan 3-31 | 4:15-4:45 pm | \$160/5 | 81055  
Tue, Feb 7-Mar 7 | 3:15-3:45 pm | \$160/5 | 81070  
Tue, Feb 7-Mar 7 | 3:15-3:45 pm | \$160/5 | 81071  
Tue, Feb 7-Mar 7 | 3:15-3:45 pm | \$160/5 | 81073  
Tue, Feb 7-Mar 7 | 3:45-4:15 pm | \$160/5 | 81074  
Tue, Feb 7-Mar 7 | 3:45-4:15 pm | \$160/5 | 81075  
Tue, Feb 7-Mar 7 | 3:45-4:15 pm | \$160/5 | 81076  
Tue, Feb 7-Mar 7 | 4:15-4:45 pm | \$160/5 | 81077  
Tue, Feb 7-Mar 7 | 4:15-4:45 pm | \$160/5 | 81078  
Tue, Feb 7-Mar 7 | 4:15-4:45 pm | \$160/5 | 81079  
Tue, Feb 7-Mar 7 | 4:15-4:45 pm | \$128/4 | 80994

## Wednesdays at Nanaimo Ice Centre

Wed, Jan 4-Feb 1 | 3:15-3:45 pm | \$160/5 | 81056  
Wed, Jan 4-Feb 1 | 3:15-3:45 pm | \$160/5 | 81057  
Wed, Jan 4-Feb 1 | 3:15-3:45 pm | \$160/5 | 81058  
Wed, Jan 4-Feb 1 | 3:45-4:15 pm | \$160/5 | 81059  
Wed, Jan 4-Feb 1 | 3:45-4:15 pm | \$160/5 | 81060  
Wed, Jan 4-Feb 1 | 3:45-4:15 pm | \$160/5 | 81061  
Wed, Jan 4-Feb 1 | 4:15-4:45 pm | \$160/5 | 81063  
Wed, Jan 4-Feb 1 | 4:15-4:45 pm | \$160/5 | 81064  
Wed, Jan 4-Feb 1 | 4:15-4:45 pm | \$160/5 | 81065  
Wed, Feb 8-Mar 8 | 3:15-3:45 pm | \$160/5 | 81080  
Wed, Feb 8-Mar 8 | 3:15-3:45 pm | \$160/5 | 81081  
Wed, Feb 8-Mar 8 | 3:15-3:45 pm | \$160/5 | 81082  
Wed, Feb 8-Mar 8 | 3:45-4:15 pm | \$160/5 | 81083  
Wed, Feb 8-Mar 8 | 3:45-4:15 pm | \$160/5 | 81084  
Wed, Feb 8-Mar 8 | 3:45-4:15 pm | \$160/5 | 81086  
Wed, Feb 8-Mar 8 | 4:15-4:45 pm | \$160/5 | 81087  
Wed, Feb 8-Mar 8 | 4:15-4:45 pm | \$160/5 | 81088  
Wed, Feb 8-Mar 8 | 4:15-4:45 pm | \$160/5 | 81089

## Fridays at Cliff McNabb Arena

Fri, Jan 6-Feb 3 | 5-5:30 pm | \$160/5 | 81066  
Fri, Jan 6-Feb 3 | 5-5:30 pm | \$160/5 | 81067  
Fri, Feb 10-Mar 10 | 5-5:30 pm | \$160/5 | 81091  
Fri, Feb 10-Mar 10 | 5-5:30 pm | \$160/5 | 81093

## Saturdays at Frank Crane Arena

Sat, Jan 7-Feb 11 | 7:45-8:15 am | \$160/5 | 81068  
Sat, Jan 7-Feb 11 | 7:45-8:15 am | \$160/5 | 81069  
Sat, Feb 11-Mar 11 | 7:45-8:15 am | \$160/5 | 81094  
Sat, Feb 11-Mar 11 | 7:45-8:15 am | \$160/5 | 81095



## SENIOR/ADULT PRIVATE RECSKATE LESSONS

For our seniors and adults, one-on-one instruction is available to accelerate learning to master a problem skill or just to improve confidence for your daily sessions. These lessons are offered during your Tuesday session at Frank Crane Arena and Thursday session at Nanaimo Ice Centre. The instructors will work from our proven RecSkate program material or address specific skills as needed. Skate rentals are included. Cost is \$28/30 minute lesson and are perfect for sharing!

Contact the Arenas Recreation Coordinator at 250-755-7536 for more information.



**REGISTER EARLY to avoid DISAPPOINTMENT!**

*(low registration may lead to course cancellation)*



## Adult Co-Ed Scrimmage <sup>D</sup>

This scrimmage program is for adults 18 and over interested in playing in an informal scrub setting. Session is monitored by an experienced leader. This is a registered program, but is also drop-in accessible.

Fri, Jan 6-Feb 3 | 9:45-11:15 pm | \$65/5 | [77593](#)

Fri, Feb 10-Mar 24 | 9:45-11:15 pm | \$91/7 | [77595](#)

Cliff McNabb Arena

## Adult Stickhandling <sup>D</sup>

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 9-Mar 6 | 7-8 pm | \$96/8 | [77616](#)

Nanaimo Ice Centre



Look for our "Game Zone" for all

Everyone Welcome sessions!

(except Glow in the Dark & Starlight sessions or on busy sponsored free skates)

## Adult Co-Ed Hockey League <sup>D</sup>

This non competitive program is designed for players who want a fun night of hockey. Teams will be a mix of registrations and will be on rotation as needed to keep play fair and even skilled.

### Women

Sun, Jan 8-Feb 12 | 9:30-10:45 pm | \$55/5 | [80818](#)

Sun, Feb 19-Mar 19 | 9:30-10:45 pm | \$55/5 | [80819](#)

Cliff McNabb Arena

Sat, Jan 14-Feb 18 | 7:45-9 pm | \$55/5 | [80829](#)

Sat, Feb 25-Mar 25 | 7:45-9 pm | \$66/6 | [80832](#)

Nanaimo Ice Centre

### Men

Sun, Jan 8-Feb 12 | 9:30-10:45 pm | \$55/5 | [80838](#)

Sun, Feb 19-Mar 19 | 9:30-10:45 pm | \$55/5 | [80840](#)

Cliff McNabb Arena

Sat, Jan 14-Feb 18 | 7:45-9 pm | \$55/5 | [80846](#)

Sat, Feb 25-Mar 25 | 7:45-9 pm | \$55/5 | [80849](#)

Nanaimo Ice Centre

### Goalie

Sun, Jan 8-Feb 12 | 9:30-10:45 pm | FREE | [80800](#)

Sun, Feb 19-Mar 19 | 9:30-10:45 pm | FREE | [80803](#)

Cliff McNabb Arena

Sat, Jan 14-Feb 18 | 7:45-9 pm | FREE | [80806](#)

Sat, Feb 25-Mar 25 | 7:45-9 pm | FREE | [80808](#)

Nanaimo Ice Centre

## DROP-IN HOCKEY PROGRAMS <sup>D</sup>

When you see this symbol beside a program, it indicates that we accept drop-ins. The drop-in fee is \$13. You can pre-register online or pay a cashier in person and present the on ice staff member with your receipt. Our instructors will not accept payment.

## Full Gear Equipment Checklist:

- Helmet (CSA approved) with chin strap
- Full-shield/cage face mask (CSA approved)
- Shoulder pads
- Elbow pads
- Shin guards
- Hockey pants
- Gloves
- Hockey socks
- Hockey jersey
- Skates
- Supporter & cup/pelvic protector
- Junior stick  
*Cut to nose level when standing on ground without skates on; then tape end of stick thick enough so it does not fit through holes in cage on face mask*
- Neck guard



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# Culture & Events

## *Sunrise in Winter*

Far out in the east,  
the fog smothered sky turns a dusty pink  
as a faint light silhouettes the frost dusted pines.  
Valleys are silent and still,  
dark and mysterious,  
unopened buds, dewy wild bush,  
narrow intertwining paths overgrown with nettles and furze.  
All waiting for the Midas touch of the sun.

The first ray catches the ocean, sets it on fire with a thousand sparkles.

Geese and mallards sweep low,  
a family of geese follows behind,  
their v-pattern a golden chain.  
A cool breeze stirs in,  
a shadow of a braided cloud shivers over the hill,  
dotted with houses perched on top, their slated roofs glimmer in the advancing sunlight.

A thrush springs up from a scraggly hawthorn,  
a covey of quails emerges from the blueberry bushes tacked to a frozen pond,  
their chatter, an early morning salutation.

Robins and siskins peck at the wilted grass that was once sap green.  
Grey clouds play hide and seek with the sun.

Summer has faded into a puckered autumn,  
giving way to the tranquillity of winter.  
Nature meditates.

*Kamal Parmar, Nanaimo Poet Laureate*

## CULTURE GRANTS

The Culture and Events Team is busy reviewing 2023 culture grants applications submitted and we are very excited to be able to support a wide variety of cultural initiatives!

City of Nanaimo Culture Grants are put in place to support the activities of professional arts, culture and heritage organizations, as well as event initiatives that contribute to the cultural profile and economic vitality of our community while meeting the City's Corporate Strategic Plan objectives.

## ART AGORA

A new platform to showcase acts of care, community and creativity in the community is coming in March 2023. It will be facilitated by artist, Tanuja Mishra. Look for more information in the new year!

***"A Digital Commons for Care,  
Community and Creation."***

# NATIONAL DAY FOR TRUTH & RECONCILIATION 2022

On September 30, 2022, the Snuneymuxw First Nation (in partnership with the City of Nanaimo and Nanaimo Ladysmith Public Schools) presented “honouring our children by honoring a Snuneymuxw way of being” at the Stadium District.

The event honoured ancestors, survivors and families and included the unveiling of new artwork by Noel Brown as the turf field at NDSS was officially named q’unq’inuqstuxw (pronounced ki-KIN-ish-TOOK).

The place name q’unq’inuqstuxw and Noel Brown’s artwork are critical first steps in restoring an ancient Snuneymuxw way of honouring the Land.

q’unq’inuqstuxw is a sacred hul’q’umi’num’ word and echoes one of our most sacred teachings, to return/give back. In this moment, the artwork and place name illuminate the importance of restoring the natural curative properties of the Land.



Photo: Sean Fenzl

## NEW PUBLIC ART “Sea Bed” by Peter Achurch

The Culture and Events team is proud to announce that this meaningful piece of art, originally submitted for display as a Temporary Public Art piece in 2020, has been added to the City’s Public Art Inventory. “Seabed”, by Peter Achurch, is a large scale hand weaving located in the lobby of the Vancouver Island Conference Centre. Using marine rope and cord woven into an armature made from a stripped down steel-spring mattress, discarded materials take centre-stage with this sculpture. As the artist says, they tell their own tales of work along our coast.

The collection of reclaimed materials used in the creation of this piece took place over the course of many years as Achurch wandered BC shorelines. He notes that three elements of design specifically drew him to working with these fragments; variety (colour, length and fiber of the marine rope and strings collected), environmental impact and historical authenticity. “It is also a reminder of the provisional relationship we have with the planet,” says Achurch.



Photo: Sean Fenzl



## NANAIMO NAMED HOST CITY for the 2025 55+ BC Games



The BC Games Society announced that Nanaimo has been chosen to host the 55+ Games. The 2025 event will be held from September 9-13 and will include athletes from across the province participating in various sports ranging from swimming to slo-pitch which will showcase our community and the many outstanding sporting facilities Nanaimo is known for. The bid submission was prepared with Tourism Nanaimo and was supported by Snuneymuxw First Nation, Nanaimo Ladysmith Public Schools and many local sport organizations. Stay tuned for more information and for ways you can be part of this event.



Follow us on Instagram @Culture\_Nanaimo or visit the City of Nanaimo website to sign up for our bi-monthly “Love Arts Nanaimo” newsletter to stay up to date on the work of the Culture & Events team. See how we’re building community through arts & culture by amplifying & championing local creativity.



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Nanaimo  
Art Gallery



# Programs at Nanaimo Art Gallery

ART LAB SUNDAY, TEEN ART DROP-IN,  
SIP & PAINT AND MORE

Current Exhibition

## Tides & Moons: Herring Capital

*Cindy Mochizuki*

OCTOBER 22, 2022 to  
JANUARY 08, 2023





# CITY OF NANAIMO CULTURE PARTNERS

THE PORT THEATRE PRESENTS

## spotlight SERIES

Showcasing artistic excellence & innovation,  
there's truly something for everyone!



Canada's  
leading company  
of contemporary  
Indigenous  
performance!

# RED SKY PERFORMANCE MIIGIS

## UNDERWATER PANTHER

Tuesday, February 7, 2023 @ 7:30pm

Utilizing architectural and iconic Indigenous forms, Miigis reveals the power of nature, and the rise of matriarchy through dance, theatrical innovation, and a fusion of athleticism, music, and film.

*"You can't do better than Red Sky Performance,  
exemplary and magical."* – NOW Magazine

Adults \$50 | Members \$45 | Students \$15

### TICKETS ON SALE NOW!

Visit [porttheatre.com/spotlight](https://porttheatre.com/spotlight) or call 250-754-8550





NANAIMO MUSEUM

# What's Happening?

FEATURE EXHIBIT:  
WHAT IS SACRED?

HOGS 'N' HEARTS  
I-SPY: FEB 1-28

FAMILY DAY FUN:  
FEB 17, 18, 21

SPRING BREAK:  
MAR 11-25



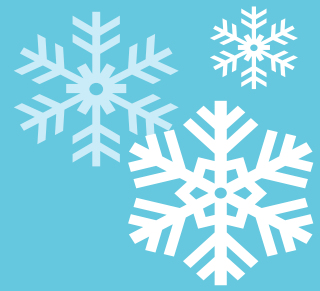
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[nanaimomuseum.ca](http://nanaimomuseum.ca) | Open Tues-Sat 10am-4pm | 250.753.1821



# SNOW & ICE CONTROL

## *in the City of Nanaimo*



The City of Nanaimo prioritizes snow and ice removal to keep you safe. You can help, too, when winter makes an appearance.

### ROADS



The City's priority is to plow and maintain emergency routes during winter events. After that, we plow major through roads, cul-de-sacs and dead ends.

### SIDEWALKS



The City also clears sidewalks around major City facilities, parks and bridges.

A City Bylaw requires snow to be removed from sidewalks within 24 hours by the property owner or occupant.

### CITY FACILITIES/PARKS



The City clears City facility parking lots, walkways, commuter trails and stairs.

### *Things to Remember:*

- Listen to your local radio stations or check the City's website and social media sites for updates during extreme weather conditions. **This includes program and facility closure updates.**
- The City tows vehicles when required to ensure routes are clear for emergency traffic during a snow event.
- Help us maintain your streets. Park in your driveway to allow the street to be plowed to its whole width. Where this is not possible, park on the odd numbered side of the street on odd days and the even numbered side of the street on even days. Keep your vehicle as close to the side of the road as you can to allow equipment to make it by your vehicle.
- We understand that it can be difficult to remove the snow from your sidewalks. Our West Coast snow is often very heavy and wet. By removing the snow, you are ensuring the safety of pedestrians. If you notice your neighbour is having a difficult time clearing their sidewalks, why not offer to help?
- It can be frustrating when the plow pushes snow into your freshly shoveled area. Please keep in mind that the plow cannot be lifted or stopped at each driveway as it passes. You can help cut down the amount of snow in the roadway by not shoveling or blowing your snow into the street. Try to keep the snow to the sides of your driveway.



### QUESTIONS ABOUT SNOW & ICE CONTROL?

• Roads: **Public Works** - [public.worksinfo@nanaimo.ca](mailto:public.worksinfo@nanaimo.ca) or 250-758-5222

• Sidewalks, City Facilities, Parks and Trails: **Parks, Recreation & Culture** - [parksandrecreation@nanaimo.ca](mailto:parksandrecreation@nanaimo.ca) or 250-756-5200

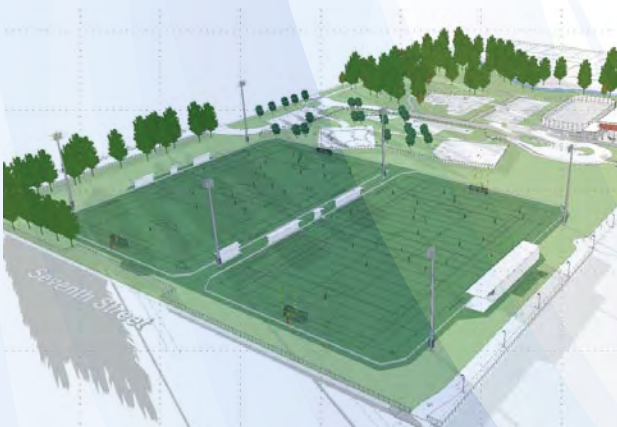
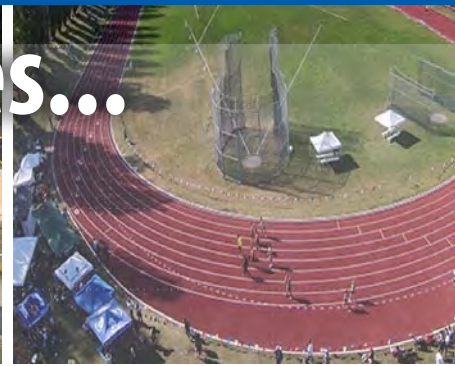
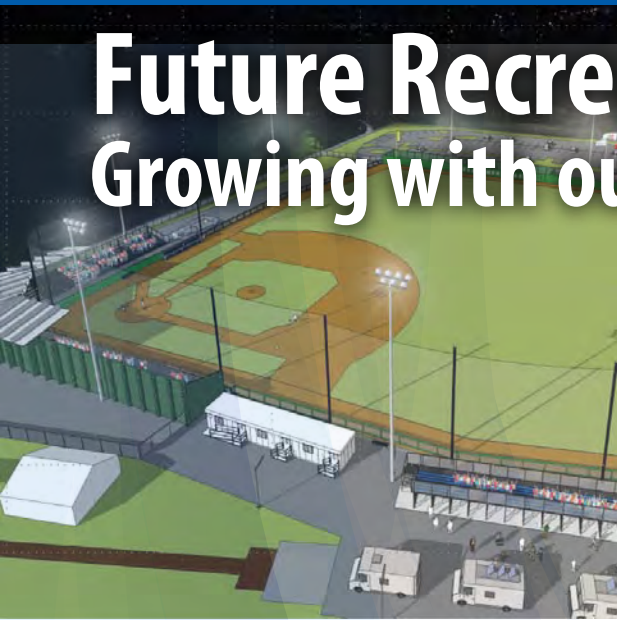


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## Future Recreation Facilities... Growing with our Community



### The City of Nanaimo is investing into facilities as our community grows

- **STADIUM DISTRICT:** Located at the Larry McNabb Sports Zone, this “district” includes improvements to Serauxmen Stadium, Rotary Bowl, the artificial turf at NDSS and a common plaza area making this a world-class facility that will accommodate a variety of major sporting events. Rotary Bowl had the track replaced recently, and it is now classified as a “Class 2 Athletics Facility” which means that it can now host Olympic-qualifying events. Serauxmen Stadium has been upgraded with LED lighting and new fencing, backstop netting and bleacher seating. As this is a phased project that will take place over several years, look for more improvements coming soon.
- **ARTIFICIAL TURF FIELDS AT HAREWOOD CENTENNIAL PARK:** Coming in August 2023, these fields will be able to accommodate a variety of sports and will include lighting and spectator seating.
- **PHASE 2 OF MAFFEO SUTTON INCLUSIVE PLAYGROUND IS NOW OPEN:** It includes additional inclusive play features, as well as more Noel Brown artwork, additional seating for parents and enhanced plantings for shade and beautification.
- **LOUDON PARK IMPROVEMENTS:** Will include an activity centre (boat house), improved parking, a tot lot and improved trails.
- **NECK POINT WASHROOMS:** This popular park will soon be home to a new building with accessible washrooms and a diving change area with a shower.



## Short-Term Rentals

A short-term rental is a home, suite or room(s) rented for less than 30 days at a time. Before listing, operators must get a business licence.



### Short-Term Rental (STR) Operators Must:

- Provide proof that the property (room, suite, carriage house, entire home) is their primary residence
- Have off-street parking available for guests
- Adhere to maximum guest room and number of guest rules
- Leave recycling and waste instructions
- Provide noise, dog waste and leash bylaws info
- Post contacts on who to call if issues arise
- Meet all other operating requirements as outlined in the STR guidebook

### You can obtain a licence:

- In person 411 Dunsmuir St
- Online (scan the code)
- By Mail



### Business Licensing

250-755-4482

[Business.licence@nanaimo.ca](mailto:Business.licence@nanaimo.ca)

[www.Nanaimo.ca/goto/str](http://www.Nanaimo.ca/goto/str)



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# 2023 Spring & Summer ACTIVITY GUIDE

Look for your  
Spring and Summer  
Activity Guide online  
starting Friday,  
February 24.

Program registration  
begins  
**Wednesday, March 1.**



## THANK YOU FOR KEEPING *everyone healthy and safe*

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



Wash your hands with  
soap & warm water



Wearing a mask  
is optional



Stay home  
if you are sick



Respect people's  
comfort levels



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

### 1. ONLINE

Register and view your transactions online.  
Available 24/7 with a valid credit card.

Go to [recreation.nanaimo.ca](http://recreation.nanaimo.ca) to create your account or  
to access your established account.

### 2. IN PERSON

Pay for programs using cash, cheque, credit/debit card or  
gift cards at any of the locations listed below.

Phone 250-756-5200 to confirm hours.

- Beban Park (2300 Bowen Rd) • Nanaimo Ice Centre (750 Third St)
- Bowen Park (500 Bowen Rd) • Oliver Woods Community Centre (6000 Oliver Rd)
- Nanaimo Aquatic Centre (741 Third St)

### 3. BY PHONE

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

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

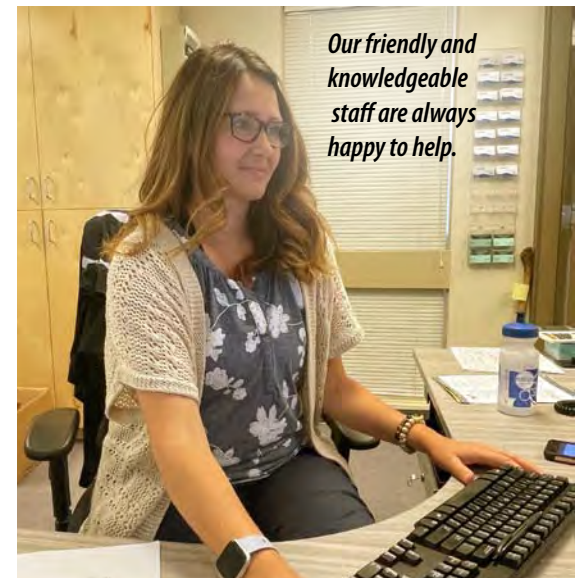
Payment is by credit card (card holder must be present).

## PROGRAM CANCELLATIONS AND REFUNDS

**Programs:** Full refunds will be processed by contacting Reception a minimum of 72 hours prior to program start date (less supply costs). Full refunds are issued when Nanaimo Parks, Recreation and Culture cancels a program or when program is not convenient due to course changes. Every effort is made to cancel in a timely manner (3 to 5 days prior to course start date). Some exceptions may apply.

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

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



### OH, NO! WE HAD TO CANCEL IT!

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

### SORRY, THAT COURSE IS FULL...

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

### CHANGE OF PLANS?

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



# Let's Celebrate, Nanaimo!

## COMPLETED 2022

### Park Projects

**Serauxmen Stadium Renovation**  
welcoming of the Nanaimo NightOwls first season

**Maffeo Sutton Playground Phase Two**  
includes additional inclusive play features, as well as more Noel Brown artwork, additional seating for parents and enhanced plantings for shade and beautification

**Various Trail Improvements**  
including Amsterdam Trail and Wardropper Park

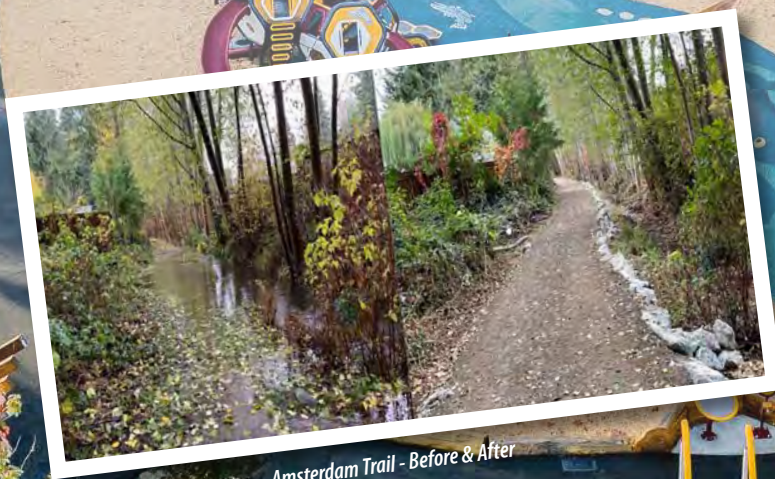
**Invasive Species Management**  
continued work to mitigate spread of knotweed, hog weed, broom and others

**Westwood Lake Park Expansion**  
by purchase of 50 areas of land on Westwood Ridges

Photo: Doug Wortley - Arrowsmith Media



Photo: Doug Wortley - Arrowsmith Media



Amsterdam Trail - Before & After

