

Youth Programs

with Parks, Recreation & Culture

WINTER 2021



Free Pre-Registered Drop-In Programs

YOUTH LOUNGE

13-17 Years

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

WED, JAN 6-JUN 16 • 3-6 PM • NAC JACK LITTLE ROOM
REGISTRATION BARCODE: 50161

SPARE BLOX SPORTS

13-17 Years

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FRI, JAN 15-MAR 6 • 6-7:30 PM • DEPARTURE BAY ACTIVITY CENTRE
REGISTRATION BARCODE: 50800

Registered Programs

HIIT TO FIT FOR YOUTH **NEW!**

11 to 18 Years

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

SAT, JAN 9-FEB 6 • 1-2 PM • \$40/5 • DEPARTURE BAY ACTIVITY CENTRE • 50628
SAT, FEB 13-MAR 13 • 1-2 PM • \$40/5 • DEPARTURE BAY ACTIVITY CENTRE • 50629

DISC GOLF **NEW!**

11 to 17 Years

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

THU, JAN 14-FEB 11 • 3:30-4:30 PM • \$50/5 • BOWEN PARK GOLF COURSE • 50612
THU, FEB 18-MAR 18 • 3:30-4:30 PM • \$40/5 • BOWEN PARK GOLF COURSE • 50613

SKATEBOARDING **NEW!**

11 to 17 Years

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

THU, JAN 7-FEB 4 • 6-7 PM • \$40/5 • HAREWOOD CENT. PARK • 50151
THU, FEB 1-MAR 11 • 6-7 PM • \$40/5 • HAREWOOD CENT. PARK • 50152

DODGEBALL

11 to 17 Years

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

TUE, JAN 5-FEB 2 • 5:30-6:30 PM • \$40/5 • DEPARTURE BAY ACTIVITY CENTRE • 50149
TUE, FEB 9-MAR 9 • 5:30-6:30 PM • \$40/5 • DEPARTURE BAY ACTIVITY CENTRE • 50150



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FLOOR HOCKEY

11 to 17 Years

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

TUE, JAN 5-FEB 2 • 7-8 PM • \$40/5 • DEPARTURE BAY ACTIVITY CENTRE • 50147

TUE, FEB 9-MAR 9 • 7-8 PM • \$40/5 • DEPARTURE BAY ACTIVITY CENTRE • 50148

JUNIOR BADMINTON

10 to 15 Years

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

MON, JAN 18-MAR 8 • 4-5 PM • \$56/7 • OLIVER WOODS COMMUNITY CENTRE • 50349

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).

MON, JAN 18-MAR 8 • 5:15-6:15 PM • \$56/7 • OLIVER WOODS COMM. CENTRE • 50145

BASKETBALL

11 to 18 Years

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

TUE, JAN 5-FEB 2 • 6-7 PM • \$40/5 • OLIVER WOODS COMM. CENTRE • 50285

WED, JAN 6-FEB 3 • 4-5 PM • \$40/5 • OLIVER WOODS COMM. CENTRE • 50143

TUE, FEB 9-MAR 9 • 6-7 PM • \$40/5 • OLIVER WOODS COMM. CENTRE • 50286

WED, FEB 10-MAR 10 • 4-5 PM • \$40/5 • OLIVER WOODS COMM. CENTRE • 50144

TAEKWONDO AND HAPKIDO

12 to 19 Years

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

M/W, JAN 18-25 • 6:10-6:50 PM • \$35/3 • WORLD TAE KWON DO • 50834

M/W, FEB 1-8 • 6:10-6:50 PM • \$35/3 • WORLD TAE KWON DO • 50835

M/W, MAR 1-8 • 6:10-6:50 PM • \$35/3 • WORLD TAE KWON DO • 50836

KARATE

12 Years+

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

M/W, JAN 4-13 • 6:30-7:25 PM • \$25/4 • SHIMA KARATE • 51008

M/W, JAN 18-27 • 6:30-7:25 PM • \$25/4 • SHIMA KARATE • 51009

M/W, FEB 1-10 • 6:30-7:25 PM • \$25/4 • SHIMA KARATE • 51010

M/W, FEB 17-MAR 1 • 6:30-7:25 PM • \$25/4 • SHIMA KARATE • 51011

M/W, MAR 8-17 • 6:30-7:25 PM • \$25/4 • SHIMA KARATE • 51012

M/W, MAR 22-31 • 6:30-7:25 PM • \$25/4 • SHIMA KARATE • 51013

FENCING

14 Years+

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

WED, JAN 13-MAR 3 • 6:30-7:30 PM • \$80/8 • OLIVER WOODS COMM. CENTRE • 50653

DUNGEONS & DRAGONS CLUB **NEW!**

11 to 18 Years

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

THU, JAN 7-FEB 4 • 3:30-5:30 PM • \$50/5 • NANAIMO AQUATIC CENTRE • 50604

THU, FEB 11-MAR 11 • 3:30-5:30 PM • \$50/5 • NANAIMO AQUATIC CENTRE • 50605

POTTERY WHEEL

13 to 17 Years

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

MON, JAN 18-MAR 8 • 5:30-7:30 PM • \$174/7 • BOWEN POTTERY STUDIO • 50582

AFTER SCHOOL ART ATTACK **NEW!**

11 to 18 Years

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

WED, JAN 20-FEB 10 • 4-5 PM • \$32/4 • BEBAN SOCIAL CENTRE • 50171

WED, FEB 17-MAR 17 • 4-5 PM • \$32/4 • BEBAN SOCIAL CENTRE • 50178

HOME ALONE

10-12 Years

For the child who may be ready to be home alone. The format for this program includes establishing rules and routines, handling emergency situations, personal safety, basic first aid and much more. Price includes a student manual. Children MUST be 10 years old on the day they take the class. Sorry, no exceptions.

SAT, JAN 23 • 9 AM-12 PM • \$45/1 • BEBAN SOCIAL CENTRE • 50278

SAT, JAN 23 • 1-4 PM • \$45/1 • BEBAN SOCIAL CENTRE • 50279

SAT, FEB 20 • 9 AM-12 PM • \$45/1 • BEBAN SOCIAL CENTRE • 50280

SAT, FEB 20 • 1-4 PM • \$45/1 • BEBAN SOCIAL CENTRE • 50281

SAT, MAR 20 • 9 AM-12 PM • \$45/1 • BEBAN SOCIAL CENTRE • 50282

SAT, MAR 20 • 1-4 PM • \$45/1 • BEBAN SOCIAL CENTRE • 50283

BABYSITTER TRAINING

11-15 Years

The Red Cross Babysitting Course covers everything from managing difficult behaviours to essential content on leadership and professional conduct as a babysitter. This updated curriculum provides improved learning when it comes to first aid and giving the appropriate care in the event of an emergency. Red Cross sets the minimum age for this program. Age overrides will not be approved. Please remember to pack a lunch.

SAT, JAN 16 • 9 AM-4:30 PM • \$60/1 • BEBAN SOCIAL CENTRE • 50269

SUN, JAN 30 • 9 AM-4:30 PM • \$60/1 • BEBAN SOCIAL CENTRE • 50270

SAT, FEB 13 • 9 AM-4:30 PM • \$60/1 • BEBAN SOCIAL CENTRE • 50271

SUN, FEB 28 • 9 AM-4:30 PM • \$60/1 • BEBAN SOCIAL CENTRE • 50272

SAT, MAR 13 • 9 AM-4:30 PM • \$60/1 • BEBAN SOCIAL CENTRE • 50273

SAT, MAR 27 • 9 AM-4:30 PM • \$60/1 • BEBAN SOCIAL CENTRE • 50274

STREET-SMARTS COMMUTER CYCLING SKILLS

8 to 11 Years

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.

SAT, MAR 13 • 9:30 AM-12:30 PM • \$404 • BEBAN SOCIAL CENTRE • 50967

SPRING

BREAK

Registration now underway for Spring Break 2021!

These programs are for ages 11 to 17. Register today!

- Youth Pop-Up Series Basketball (Course ID #50905 & 50913)
- Youth Pop-Up Series Board Game Cafe (Course ID #50850)
- Youth Pop-Up Series Golf (Course ID #50859)
- Youth Pop-Up Series California Kickball (Course ID #50861)
- Youth Pop-Up Series Super Smash Bro's Tournament (Course ID #50852)
- Youth Pop-Up Series Dungeons & Dragons Club (Course ID #50849)
- Youth Pop-Up Series Disc Golf (Course ID #50856)

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250-756-5200

