

# youth programs

with Parks, Recreation & Culture



free registered  
drop-in programs

leadership  
programs



## YOUTH LOUNGE

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](http://www.facebook.com/YOUthNanaimo) for other program updates, changes, or cancellations.

WED, OCT 14-DEC 16 • 3-7 PM • NAC JACK LITTLE ROOM  
REGISTRATION BARCODE: 49161



## FRIDAY NIGHT'S ALIVE YOUTH LOUNGE

Friday Nights Alive is the place to be on Friday evenings! Join our staff for games, snacks, activities and much more! Space is limited so please register quickly. 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](http://www.facebook.com/YOUthNanaimo) for other program updates, changes, or cancellations.

FRI, OCT 16-DEC 18 • 5-7 PM • NAC JACK LITTLE ROOM A  
REGISTRATION BARCODE: 49164

## SPARE BLOX SPORTS - OUTDOORS

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](http://www.facebook.com/YOUthNanaimo) for other program updates, changes, or cancellations.

THU, SEP 30-DEC 17 • 7-8:30 PM • HAREWOOD COVERED SPORTS COURT  
REGISTRATION BARCODE: 49160

THIS WAY TO FALL RECREATION PROGRAMS FOR YOUTH



## LIT (LEADERS IN TRAINING)

Since 1982, the Leaders in Training (LIT) program has been helping youth in Nanaimo learn basic job skills and become volunteer leaders in the community. Leaders in Training participants receive training about what it means to be a leader and have a job, as well as how to work with children. After completing their orientation, they will attend "LIT University" and delve into the specifics of leading games, working as a team, painting faces/making balloon animals and basic resume writing. Once they have completed training, LIT's will choose from a variety of placement options around Nanaimo and will volunteer between 50 and 90 hours. Participants MUST be in grade 8 in September 2020 and be 13 (by December 31st, 2020) - no exceptions. \* Please note participants must sign up for "LIT University" (Children 101, Clowning 101, On the Job 101 and Teamwork 101) as part of the program that takes place from October 19-22. Contact us for more details.

STARTS ON SAT, OCT 17 • BEBAN SOCIAL CENTRE • \$152  
REGISTRATION BARCODE: 42947



## QUEST

Youth in the Quest program will continue to grow their leadership skills. In addition to attending additional workshops and assisting with training the LIT volunteers. Prerequisite for this program is successful completion of the LIT program. Quest participants will need to attend 1 or 2 of the "LIT University" courses to help the Program Leader train the LIT's. While you don't need to pre-register for these workshops, please ensure you have some evening availability between October 19-22, as participation is a requirement for Quest.

STARTS ON FRI, OCT 16 • BEBAN SOCIAL CENTRE • \$152  
REGISTRATION BARCODE: 43017

[recreation.nanaimo.ca](http://recreation.nanaimo.ca)  
250-756-5200





# special interest programs

## 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, OCT 3 • 9 AM-12 PM • \$43/1 • BEBAN SOCIAL CENTRE • 42920

SAT, OCT 3 • 1-4 PM • \$43/1 • BEBAN SOCIAL CENTRE • 42922

SAT, NOV 7 • 9 AM-12 PM • \$43/1 • BEBAN SOCIAL CENTRE • 42924

SAT, NOV 7 • 1-4 PM • \$43/1 • BEBAN SOCIAL CENTRE • 42925

SAT, DEC 5 • 9 AM-12 PM • \$43/1 • BEBAN SOCIAL CENTRE • 42931

SAT, DEC 5 • 1-4 PM • \$43/1 • BEBAN SOCIAL CENTRE • 42933

## 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, OCT 17 • 9 AM-4:30 PM • \$56/1 • BEBAN SOCIAL CENTRE • 42851

SUN, OCT 25 • 9 AM-4:30 PM • \$56/1 • BEBAN SOCIAL CENTRE • 42845

SAT, NOV 14 • 9 AM-4:30 PM • \$56/1 • BEBAN SOCIAL CENTRE • 48844

SAT, NOV 28 • 9 AM-4:30 PM • \$56/1 • BEBAN SOCIAL CENTRE • 48845

SAT, DEC 12 • 9 AM-4:30 PM • \$56/1 • BEBAN SOCIAL CENTRE • 48846

## YOUTH ART ATTACK

12-18 YEARS

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

WED, SEP 30-NOV 4 • 4-5 PM • \$60/6 • BEBAN SOCIAL CENTRE • 48600

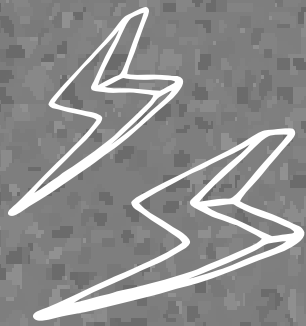
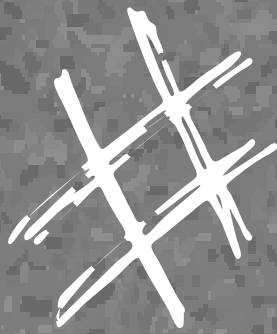
WED, NOV 18-DEC 16 • 4-5 PM • \$60/6 • BEBAN SOCIAL CENTRE • 48833

## POW! INTRO TO MAKING COMICS

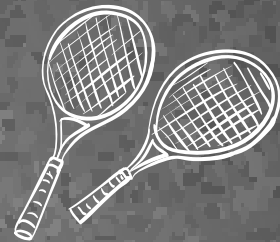
11-18 YEARS

Welcome to the art of making comics! In this introductory course, learn the basics of drawing comic book characters...from cartoony to heroic and from goofy to action-packed! You will learn techniques on figure proportion, facial expressions, action and movement, as well as location and perspective drawing techniques. No previous drawing experience is required. Please bring your own drawing supplies for this class.

THU, OCT 15-NOV 19 • 6-7 PM • \$60/6 • NAC JACK LITTLE RM • 48859



# sports programs



## BADMINTON

12-19 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, SEP 21-NOV 2 • 5:15-6:15 PM • \$42/6 • OLIVER WOODS • 48155

MON, NOV 9-DEC 14 • 5:15-6:15 PM • \$42/6 • OLIVER WOODS • 48158

## SPORTS SAMPLER

11-18 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 active gear and indoor sports shoes. Held in Departure Bay Activity Centre.

TUE, SEP 29-NOV 3 • 4-5 PM • \$42/6 • DEPARTURE BAY • 48714

TUE, NOV 10-DEC 15 • 4-5 PM • \$42/6 • DEPARTURE BAY • 48812

## INTRO TO FUN FITNESS

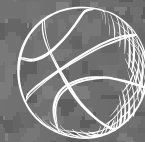
11-18 YEARS

Join our coach for an introduction to fitness with a focus on fun! This class will cycle through a variety of different activities, such as weight training, cardio, stretching and cross training. The group will work on learning new fundamental movement skills while having a great time. Held in Departure Bay Activity Centre.

TUE, SEP 29-NOV 3 • 6-7 PM • \$42/6 • DEPARTURE BAY • 48719

TUE, NOV 10-DEC 15 • 6-7 PM • \$42/6 • DEPARTURE BAY • 48814

## BASKETBALL



11-18 YEARS

Come shoot some hoops at Oliver Woods Community Centre! 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.

WED, SEP 30-NOV 4 • 4-5 PM • \$42/6 • OLIVER WOODS • 48764

WED, NOV 18-DEC 16 • 4-5 PM • \$42/6 • OLIVER WOODS • 48818

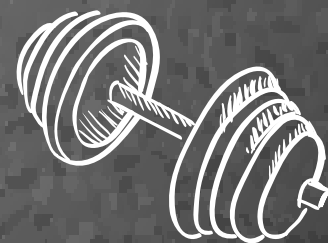
## FLOOR HOCKEY

11-17 YEARS

Come join us in our new Covered Sports Court at Harewood Centennial Park 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.

THU, OCT 1-NOV 5 • 5-6:30 PM • \$54/6 • HAREWOOD PARK • 43471

THU, NOV 12-DEC 17 • 5-6:30 PM • \$54/6 • HAREWOOD PARK • 48832



THIS WAY TO FALL RECREATION PROGRAMS FOR YOUTH

recreation.nanaimo.ca  
250-756-5200

CITY OF NANAIMO  
THE HARBOUR CITY

