

NANAIMO PARKS, RECREATION & CULTURE

Winter 2025 Activity Guide

January to March 2025



*Winter Wonderland takes place
from December 24, 26-31 at
Frank Crane Arena*

recreation.nanaimo.ca
250-756-5200

Registration starts on November 20, 2024.

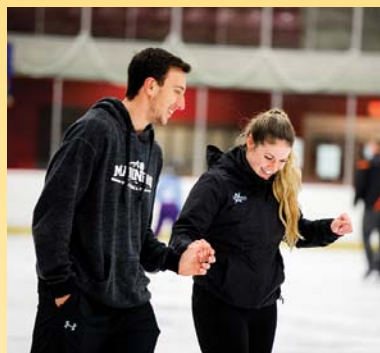


CITY OF NANAIMO
THE HARBOUR CITY

PARKS, RECREATION & CULTURE

Welcome to the Winter Activity Guide!

When you think of the winter months, it is easy to think about the activities that take place, including ice skating and hockey. In this edition of our Activity Guide, we want to share with you information about our popular and busy arenas. Public skating, skating lessons, hockey tournaments, lacrosse, special events and so much more happen within the walls of Frank Crane Arena, Cliff McNabb Arena and Nanaimo Ice Centre. This winter season, we invite you to “Move with Us” by participating in a variety of fitness, sports, wellness, arts, crafts, cooking and more because an active community is a healthy and happy community.



Stay Connected

- Check our website (recreation.nanaimo.ca) for updates on programs, special events or severe weather cancellations.
- “Like” us on Facebook ([cityofnanaimolocalgovernment](https://www.facebook.com/cityofnanaimolocalgovernment)).
- Follow us on X (Twitter) (@cityofnanaimo).
- Follow us on Instagram (@prc_nanaimo).
- Sign up to receive weekly E-News (MyCity Newsletter) through our website.
- 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

(click on Activity Guide)

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SPRING/SUMMER 2025 REGISTRATION:

Aquatics Programs: Wed, Mar 5
Other Programs: Wed, Mar 12



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

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

Cover photo of participants of our annual Winter Wonderland at Frank Crane Arena by Sabrina Patrice Photography.

Advertising Disclaimer

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



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ARENAS in NANAIMO

So much more than public skating

Did You Know?



- Besides public skating, arenas are home to skating lessons, hockey games, lacrosse play, and they host a variety of special events and programs when the ice is out.
- Even in the summer months, there is at least 1 surface of ice.
- It takes 5 days to put in a sheet of ice, and the ice is only 1.5" thick.
- The ideal temperature for ice is 20° farenheight (-7 celsius).
- The arenas start out as cement floors. After they are initially flooded, they are then painted white and game lines are added.
- The ice is painted white, and then the lines, dots and circles are painted.
- Our four sheets of ice are 200ft long by 85ft wide which is considered NHL size.
- The arenas in Nanaimo get used a lot (5:30 am-12:30 am in the fall/winter and 7:30 am-10:30 pm in the spring/summer).



Arena Maintenance Workers are highly trained individuals, not simply facilitating your recreational need but also ensuring the safety of our refrigeration systems for all staff and public.

The City of Nanaimo has moved to an almost fully electric fleet of Ice Surfacers (previously propane) as a way to help reduce carbon emissions.

Arenas use melt pits for the snow removed from the ice instead of making a snow pile behind the facility.

Ice Surfacers are classified as "Heavy Machinery". We should not get complacent around these slow moving machines at the rinks, because they have the potential to be just as dangerous as if we were playing around excavators and dump trucks in the gravel yard.

WINTER

Special Events

DECEMBER

- | | | | |
|-----------------|--------------|------------------------|---------------------------------|
| • Tue, Dec 3 | 6:30-8 pm | Glow in the Dark Skate | Frank Crane Arena |
| • Sun, Dec 15 | 4-6 pm | Starlight Skate | Nanaimo Ice Centre |
| • Wed, Dec 18 | 6:30-8 pm | Skate with Santa | Frank Crane Arena |
| • Thu, Dec 19 | 6:15-7:45 pm | Skate with Santa | Nanaimo Ice Centre |
| • Sun, Dec 22 | 9 am-12 pm | Snowball Swim | Beban Park Pool |
| • Dec 24, 26-31 | | Winter Wonderland | Frank Crane Arena (see page 11) |
| • Tue, Dec 31 | 6-8 pm | New Year's Eve Swim | Nanaimo Aquatic Centre |

JANUARY

- | | | | |
|---------------|---------------|----------------------------|---------------------------|
| • Wed, Jan 1 | various times | New Year's Activate Skates | Frank Crane (see page 11) |
| • Wed, Jan 1 | 12-5 pm | Activate New Year's Event | Beban Park |
| • Tue, Jan 7 | 6:30-8 pm | Glow in the Dark Skate | Frank Crane Arena |
| • Sun, Jan 19 | 4-6 pm | Starlight Skate | Nanaimo Ice Centre |

FEBRUARY

- | | | | |
|---------------|------------------|--------------------------------|------------------------|
| • Mon, Feb 3 | 10 am-2 pm | Pro-D Day Swim | Nanaimo Aquatic Centre |
| • Tue, Feb 4 | 10 am-2 pm | Pro-D Day Swim | Nanaimo Aquatic Centre |
| • Tue, Feb 4 | 6:30-8 pm | Glow in the Dark Skate | Frank Crane Arena |
| • Sun, Feb 16 | 4-6 pm | Starlight Skate | Nanaimo Ice Centre |
| • Mon, Feb 17 | 10:15-11:15 am | Family Day Stick'n' Puck | Nanaimo Ice Centre |
| • Mon, Feb 17 | 11:30 am-1:30 pm | Family Day Everyone Wel. Skate | Nanaimo Ice Centre |
| • Mon, Feb 17 | 12-5 pm | Family Day Swim | Nanaimo Aquatic Centre |

MARCH

- | | | | |
|-----------------|--------------|------------------------|------------------------------------|
| • Tue, Mar 4 | 6:30-8 pm | Glow in the Dark Skate | Frank Crane Arena |
| • Fri, Mar 21 | 12-2 pm | Super Hero Swim | Nanaimo Aquatic Centre |
| • Mar 22-Apr 22 | | Water to Earth Month | watch our website in 2025 for info |
| • Sat, Mar 22 | 1:15-2:45 pm | Earth Hour Skate | Frank Crane Arena |
| • Fri, Mar 28 | 12-2 pm | Super Hero Swim | Nanaimo Aquatic Centre |

Family Day

February 17

2025

Fam Jam at

OLIVER WOODS COMMUNITY CENTRE

Drop in for FREE family play time! Enjoy arts, crafts, kinder-gym, open gym activities and more!

Story Walk at

OLIVER WOODS COMMUNITY CENTRE

Swimming at

NANAIMO AQUATIC CENTRE

Skating at

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.....	\$3.85
Youth	13 to 24 yrs.....	\$5.40
Adult	25 to 59 yrs.....	\$7.20
Senior	60 to 79 yrs.....	\$5.40
Senior	80+ yrs; Nanaimo residents only.....	Free
Family	Max 2 adults & children from the same family ..	\$14.40
Shower	\$3.75

10 Visit Pass (10 admissions):

Child	12 yrs & under.....	\$30.90
Youth	13 to 24 yrs.....	\$43.25
Adult	25 to 59 yrs.....	\$57.70
Senior	60 to 79 yrs.....	\$43.25

1 Month Active Pass:

Child	\$30.90
Youth/Senior	\$43.25
Adult	\$57.70
Family	\$115.35

12 Month Active Pass:

Child	\$278.10
Youth/Senior	\$389.35
Adult	\$515.00
Family	\$1028.95

Arena Skate Rentals/Sharpening:

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

PLEASE NOTE:

- 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: With warmer water and a quieter atmosphere, Beban Pool is the perfect escape for wellness and fun! 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.

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

AQUAFIT - Refer to pool schedules for schedules.

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 replacement, pre and post surgery and those with limited mobility.

Shallow Water Aquafit: This is a high intensity cardio workout without the impact of dry land aerobics. Open to all levels and abilities.

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.

Aqua Zumba: This class is perfect for those looking to make a splash by adding low-impact, high energy aquatic exercise to their fitness routine. Aqua Zumba® blends the Zumba® philosophy with water resistance for one pool party you shouldn't miss!

Shallow/Deep Combo: This is designed for both shallow and deep water aquafit enthusiasts. Enjoy the benefits of training your cardio, strength and flexibility in this water fitness class. Participants can choose to stay in the shallow water or participate in deep water with an aquafit floatation belt. Sessions listed below require pre-registration.

Sun, Jan 12-Feb 16 | 8:15-9 am | \$37/6 | [128053](#)

Thu, Jan 16-Feb 20 | 7:15-8 pm | \$37/6 | [128057](#)

Sun, Feb 23-Mar 30 | 8:15-9 am | \$37/6 | [128054](#)

Thu, Feb 27-Apr 3 | 7:15-8 pm | \$37/6 | [128058](#)

Beban Park Pool

Aqua Yoga: **NEW!** Increase strength, balance and flexibility with the mindful practice of yoga in the water. This class includes some cardio and will finish with savasana in either the hot tub or sauna. Pre-registration is required.

Sat, Jan 11-Feb 15 | 8-9 am | \$37/6 | [133540](#)

Beban Park Pool

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.

Wave Pool: Catch the waves! 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.

DROP-IN SCHEDULE - WEIGHT ROOMS

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 - until Sat, Mar 29

	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 Aquatic Schedules for stat holiday closures. See 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 set up 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 \$58 for one hour. Please book your session in advance. See Fitness Section for details.

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 - until Sat, Mar 29

	SUN	MON	TUE	WED	THU	FRI	SAT
Facility Hours	8 am-4 pm	6:30 am-7 pm	6:30 am-7 pm	6:30 am-7 pm	6:30 am-7 pm	6:30 am-7 pm	8:30 am-4 pm

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

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

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



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DROP-IN SCHEDULE - POOLS

Nanaimo Aquatic Centre Winter Schedule (741 THIRD ST)

until Sat, Mar 29 Schedule is subject to change. Please check recreation.nanaimo.ca to confirm.

PROGRAM	SUN	MON	TUE	WED	THU	FRI	SAT
Everyone Welcome	6 am-12 pm 1-9 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
Leisure Swim							6 am-12 pm
BULKHEAD MOVE - POOL UNAVAILABLE		9-9:30 am	9-9:30 am	9-9:30 am	9-9:30 am		
50 Metre Lane Swim	6 am-12 pm		6-9 am		6-9 am		
25 Metre Lane Swim	1-9 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
Waves & Waterslides	10 am-8 pm	3:30-8 pm	3:30-8 pm	3:30-8 pm	3:30-8 pm	3:30-8 pm	10 am-8 pm
MAINTENANCE CLOSURE - POOL UNAVAILABLE	12-1 pm	2-2:45 pm	2-2:45 pm	2-2:45 pm	2-2:45 pm	2-2:45 pm	12-1 pm
Weight Room	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
Therapy (1 hr)		8:30-9:30 am		8:30-9:30 am		8:30-9:30 am	
Shallow Water (45 min)		10:15-11 am		10:15-11 am			
Deep Water (45 min)			10:15-11 am		10:15-11 am		
Aqua Zumba (45 min)						10:30-11:15 am	

Please Note: Schedule is subject to change. For schedules, visit 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 under 7 years old 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 is 1 adult to 3 children under the age of 7 years.
- Slides, waves and/or diving boards may need to be closed periodically throughout the day.
- Life jackets are available for public use.

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: • Thu, Dec 26, 12-4 pm (Boxing Day) • Mon, Feb 17, 12-5 pm (Family Day)

POOL CLOSED: • Wed, Dec 25 (Christmas) • Wed, Jan 1 (New Year's Day)

SWIM MEETS: • Nov 23 • Dec 13-15 • Jan 12 • Feb 22 & 23 (limited pool access; check our online schedule at recreation.nanaimo.ca)

DROP-IN SCHEDULE - POOLS

Beban Pool Winter Schedule (2300 BOWEN RD)

until Sat, Mar 29 Schedule is subject to change. Please check recreation.nanaimo.ca to confirm.

PROGRAM	SUN	MON	TUE	WED	THU	FRI	SAT
Everyone Welcome						6:30 -9 am 12:30-2:45 pm	1-4 pm
25 Metre Lane Swim	9:15-11 am	6:30-10:45 am 12-2:45 pm	6:30-8:45 am 9:45 am-1:45 pm* 1:45-2:45 pm	6:30-10:45 am 12-2:45 pm	6:30-8:45 am 9:45 am-1:45 pm* 1:45-2:45 pm	12:30-2:45 pm	
Leisure Swim	8-11 am	6:30 am-2:45 pm	6:30-9:45 am 9:45 am-1:45 pm* 1:45-2:45 pm	6:30 am-2:45 pm	6:30-9:45 am 9:45 am-1:45 pm* 1:45-2:45 pm		1-4 pm
Waterslides	Available upon request						
Hot Tub, Sauna, Steam Room	8-11 am	6:30 am-2:45 pm	6:30-9:45 am 9:45 am-1:45 pm* 1:45-2:45 pm	6:30 am-2:45 pm	6:30-9:45 am 9:45 am-1:45 pm* 1:45-2:45 pm	6:30 -9 am 12:30-2:45 pm	1-4 pm
Weight Room	8 am-4 pm	6:30 am-7 pm	6:30 am-7 pm	6:30 am-7 pm	6:30 am-7 pm	6:30 am-7 pm	8:30 am-4 pm
AQUAFIT	SUN	MON	TUE	WED	THU	FRI	SAT
Therapy (45 min)		11-11:45 am		11-11:45 am			
Shallow/Deep Combo (45 min)	8:15-9 am * (*pre-registration required)		8:45-9:30 am		8:45-9:30 am 7:15-8 pm * (*pre-registration required)		
Aqua Yoga NEW! (60 min; pre-registration required)							8-9 am* (pre-registration required)

Please Note: Schedule is subject to change. Check out recreation.nanaimo.ca. See page 6 for rates and program highlights.

- Please inform staff of any medical conditions.
- All children under 7 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 is 1 adult to 3 children under the age of 7 years.

Pool Foulings: Help us prevent 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.

POOL CLOSED: • Wed, Dec 25 (Christmas) • Thu, Dec 26 (Boxing Day; join us at Nanaimo Aquatic Centre)
• Mon Feb 17 (Family Day; join us at Nanaimo Aquatic Centre)

STAT HOLIDAY SWIMS • Wed, Jan 1, 12-2 pm & 3-5 pm (New Year's Day Swims for Activate Ticketholders)

NOTE:

Times with * are not available when "Swim to Survive" school sessions are scheduled.

- Nov 15, 19, 21, 22, 26, 28, 29
- Jan 23, 28, 30
- Feb 11, 13, 18, 25, 27
- Mar 4, 6, 11, 13



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DROP-IN SCHEDULE - ARENAS

Arenas Winter Schedule

Sun, Jan 5 to Sat, Mar 29 Schedule is subject to change. Please check recreation.nanaimo.ca to confirm.

Programs	SUN	MON	TUE	WED	THU	FRI	SAT
Everyone Welcome	12-1:30 pm Lions Free Skate  FCA 4-6 pm NIC		6:30-8 pm FCA	6:30-8 pm FCA	6:15-7:45 pm NIC	3:45-5:15 pm NIC	1:15-2:45 pm FCA
Parent & Tot		10-11:30 am FCA		12:30-2 pm FCA	9-10:15 am NIC		Mobility aids, strollers and wheelchairs are welcome on the ice.
Family	10:45-11:45 am FCA						
Adult Leisure Skate (19+)		10-11:30 am NIC	10-11:45 am FCA	10-11:30 am NIC	1:30-3 pm NIC		
Adult Scrub Hockey (18+)		11:45 am-1:15 pm NIC		11:45 am-1:15 pm NIC		11:45 am-1:15 pm NIC	
Senior Scrub (60+) & Scrub Hockey (70+)		8-9:15 am NIC 60+ Seniors	10-11:15 am NIC 70+ Seniors	8-9:15 am NIC 60+ Seniors		8-9:15 am NIC 60+ Seniors 10:45 am-12 pm NIC 70+ Seniors	
Stick 'n' Puck Children under 8 are to be accompanied onto the ice by an adult.	2:45-3:45 pm NIC		11:45 am-1:15 pm NIC	1:45-3:15 pm McN	11:45 am-1:15 pm NIC	3:15-4:15 pm McN	

• 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 these sessions held at the far end of the ice surface using sponge pucks. Skate sharpening may be available at these sessions.

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, as well as a fun story time. Helmets are mandatory for tots. Parents must accompany children on the ice. Free admission for child (up to three kids per adult.)

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

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

Stick 'n' Puck - If you're new to the game or want to brush-up on skills, Stick 'n' Puck is for you! Get on the ice in a non-game, recreational setting. Space is limited, and session rules do apply. Bring your own pucks. Children under 8 must have adult on the ice. Helmets with cages required for those 16 years and under.



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

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

ARENA CANCELLATIONS AND CHANGES:

- December 25 (Christmas): all sessions cancelled • January 12: Everyone Welcome & Stick 'n' Puck cancelled at NIC
- January 29: Everyone Welcome cancelled at FCA • January 31: Everyone Welcome, Adult Scrub & 70+ Hockey cancelled at NIC
- March 16: Stick 'n' Puck and Everyone Welcome cancelled at NIC

DROP-IN SCHEDULE - ARENAS

Winter Skating Events

Skate with Santa

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

- Wed, Dec 18, 6:30-8 pm at FCA
- Thu, Dec 19, 6:15-7:45 pm at NIC



Activate Skates

Join us for a fun-filled way to start the new year at Beban Park. These skates are for Activate ticketholders. (See back page for details.)

- 12:15-1:45 pm
- 2-3:30 pm
- 3:45-5 pm

Family Day Skates

- Mon, Feb 17, 10:15-11:15 at an NIC (Stick 'n' Puck)
- Mon, Feb 17, 11:30 am-1:30 pm at NIC (Everyone Welcome)

Earth Hour Skate

- Sat, Mar 22, 1:15-2:45 pm at FCA



Starlight Skates

Enjoying lap skating with our soft light stars and passive LED lighting. Glow sticks are available for purchase. Held on the following Sundays, 4-6 pm at Nanaimo Ice Centre. Regular admission rates apply; no Game Zone at these skates.

- Dec 15
- Jan 19
- Feb 16

Glow in the Dark Skates

Skate in our dimly lit arena with special effects, and glow sticks are available for purchase. Held on the first Tuesday of each month from 6:30-8 pm at Frank Crane Arena. Regular admission rates apply; no Game Zone at these skates.

- Dec 3
- Jan 7
- Feb 4
- Mar 4

Winter Wonderland

Join us at the Frank Crane Arena where it will be transformed into a WEST COAST WINTER WONDERLAND! These FREE skate sessions include 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!

December 24, 26-31
Frank Crane Arena

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



cityofnanaimo





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DROP-IN SCHEDULE - OWCC

Oliver Woods Community Centre Schedule

Thu, Jan 2 to Mon, Mar 31 (closed on all stat holidays)

Programs	SUN	MON	TUE	WED	THU	FRI	SAT
Badminton (16 +)			8:45-10:45 am		8:45-10:45 am	11:30 am-1:30 pm	
Basketball (16 +)	7:30-9:30 pm	8:30 - 10:30 pm				8:30-10:30 pm	
Everyone Welcome Sports Drop-In 13 years & younger need adult supervision. No racquet sports available.	11 am-12:30 pm						
Pickleball (16 +) Tennis-like game played on a badminton court using a perforated, slow moving ball and paddle.		8-10 am 8:45-10:45 am	11 am -1 pm	7:15-9:15 am	11 am -1 pm	7:15-9:15 am 8-10 am	
Volleyball (16 +)	7-9 pm	8:15-10:15 pm				8:15 -10:15 pm	
Spare Blox Youth Drop-in Volleyball (13-17 yrs)			6:30-8 pm (starts Jan 14)				

GENERAL INFORMATION

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

FACILITY CLOSURES/SCHEDULE CHANGES

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

DROP-IN SPORT PROGRAMS

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

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



DROP-IN SCHEDULE - POTTERY

Bowen Park Pottery Studio Schedule

Thu, Jan 2 to Sun, Mar 30 (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). Teens who have taken a pottery class are welcome to work independently on projects. No instruction, but some guidance, is provided during the drop-in times. Clay may be purchased for \$35 (including tax) per 22 pound bag and includes all firing and glazing fees. It must be purchased during office hours Monday to Friday, 9 am to 4 pm in person or over the phone. Drop in cost is \$14 per session. Harbour City Seniors Members can access the starred *drop in sessions for \$7 per session. Dress for mess; aprons are not provided.

DROP-IN INFO

\$14 per session

- Pre-registration can be done in advance at recreation.nanaimo.ca, by phoning 250-756-5200 or in person during office hours noted above
- Clay must be purchased from Bowen
- Studio closed from December 23 to January 5 and on all stat holidays



SUN	MON	TUE	WED	THU	FRI	SAT
9:30 am-12:30 pm	12-3 pm*	2:30-5:30 pm*	1-4 pm* 5-8 pm	12-3 pm* 4-7 pm		9:30 am-12:30 pm

MEET YOUR Pottery Instructors:



Bari Precious



Nesta Morgan



Selena Unger



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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. **See page 6.**
- **Active Passes** offer unlimited access to all public drop-in sessions (swimming, skating, weight rooms and sports programs and Oliver Woods Community Centre). If you are a frequent user, you will want to save big by getting our Active Pass. **See page 55.**
- **Stock up** and save on your 10 or 20 Visit Passes.
- **Winter Wonderland** takes place from December 24, 26-30 at Frank Crane Arena. This community skating event is FREE! **See page 11.**
- **Lions Free Skates** take place every until March 30 at Frank Crane Arena from 12-1:30 pm thanks to the Lions Club and a variety of local sponsors. **See page 74.**
- **The Culture Awards** take place on Wednesday, April 16 at The Port Theatre. Get your free tickets in the new year. **See page 83.**



Low Cost Recreation

- Youth, aged 10 to 17, are invited to our **FREE Spare Blox program** where youth can participate in gymnasium activities at various locations. **See page 35.**
- **Youth Lounge** at Nanaimo Aquatic Centre is for ages 11 to 18 and is FREE. Enjoy music, gaming, snacks and more. **See page 35.**
- Visit some new **temporary public art** in town. **See page 82.**
- **Court Kids** is a FREE program for ages 1-5 to run, jump, and play that is held at Beban Park and Harewood Centennial. **See page 16.**
- **Invasive Plant Work Parties** are a great way to meet new people and to make a difference in your community. **See page 47.**
- We are offering a variety of FREE (or nearly free) programs for those **60 years and over**. **See page 60.**
- **Thursday Musical Entertainment** happens at Bowen Park once a month and is only \$4. **See page 58.**
- **Stroll with a Pro** and learn about Birds of Prey and Turtles. These sessions are FREE! **See page 24.**
- **Dungeons & Dragons Club (intermediate)** is FREE thanks to a partnership between the City of Nanaimo and Literacy Central Vancouver Island. **See page 33.**
- **Survive Outside** is FREE program for youth in partnership with Nanaimo Search and Rescue. **See page 33.**



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.
- Free admission to Nanaimo Art Gallery and Nanaimo Museum.

DO I QUALIFY?

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

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

HOW DO I APPLY?

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

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

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

STATISTICS CANADA LOW INCOME GUIDELINES

Number of People in Household	Annual Household Income
1	\$23,696
2	\$29,498
3	\$36,625
4	\$44,031
5	\$49,938
6	\$56,323
7	\$62,707

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



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Early Years & Children's

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

Tiny Tales & Tunes NEW!

0 to 12 Months

This joyful and engaging class is designed for parents and babies to bond through interactive rhymes and songs. For the babies, we will focus on early language development and social skills while also enhancing guidance, support and socializing for parents during these important early months. Class is for parent/caregiver and registered child.

Instructor: Moire Porter

Mon, Jan 6-Feb 10 | 9:30-10 am | \$24/6 | [132494](#)

Mon, Jan 6-Feb 10 | 10:30-11 am | \$24/6 | [132575](#)

Bowen Park Complex

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. 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

Tue, Jan 14-Mar 4 | 11-11:45 am | \$96/8 | [127444](#)

Crawling (or 7 months) to Standing

Tue, Jan 14-Mar 4 | 12-12:45 pm | \$96/8 | [127446](#)

Kin Hut Activity Centre

Court Kids

1 to 5 Years

A FREE, fun, safe space to introduce your child to unstructured physical activity! Your child will get to play, move, climb, jump, slide and have a blast while burning off some energy on a variety of gym equipment. Parent/caregiver participation is required. (*Sun, Feb 23 & Mar 2 take place at 12-1:30 pm.)

Tue, Jan 14-Mar 11 | 9-11 am | FREE/9 | [123591](#)

Beban Park Social Centre

Sun, Jan 19-Mar 9 | 10-11:30 am | FREE/7 | [123593](#) *

Bowen Park Complex

Gym Pals D

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. A drop-in fee of \$10/child is available depending on space.

Fri, Jan 10-Feb 14 | 9:45-10:45 am | \$48/6 | [132361](#)

Fri, Jan 10-Feb 14 | 11 am-12 pm | \$48/6 | [132362](#)

Fri, Feb 21-Mar 28 | 9:45-10:45 am | \$48/6 | [132385](#)

Fri, Feb 21-Mar 28 | 11 am-12 pm | \$48/6 | [132388](#)

Oliver Woods Community Centre

Active Tots D

2 to 5 Years

Active Tots is a great experience for children to develop athletic, social and intellectual skills in a fun and active environment. Each week a different sport will be set up for you and your tot to enjoy together! There will also be a mini gymnastics circuit set up each week. This class is parent participation.

Wed, Jan 8-Feb 12 | 9:45-10:45 am | \$48/6 | [132349](#)

Wed, Jan 8-Feb 12 | 11 am-12 pm | \$48/6 | [132350](#)

Wed, Feb 19-Mar 26 | 9:45-10:45 am | \$48/6 | [132378](#)

Wed, Feb 19-Mar 26 | 11 am-12 pm | \$48/6 | [132380](#)

Oliver Woods Community Centre

Ready, Set, Learn - Pizza & Play

3 to 5 Years

This is a family-oriented playtime where you take part in a variety of play-based activities. This program is funded by the Ministry of Education and offered in partnership with Nanaimo Ladysmith Public Schools, PacificCARE and the City of Nanaimo. All sessions are free!

Mon, Nov 25 | 5-6:30 pm | McGirr Elementary

Mon, Jan 20 | 5-6:30 pm | Brechin Elementary

Tue, Jan 28 | 5-6:30 pm | Park Ave. Elementary

Thu, Feb 6 | 5-6:30 pm | Uplands Elementary

Mon, Feb 10 | 5-6:30 pm | École Quarterway Elementary

Wed, Feb 19 | 5-6:30 pm | Cinnabar Valley Elementary

Thu, Feb 27 | 5-6:30 pm | Syuwenct Elementary

Mon, Mar 10 | 5-6:30 pm | École Hammond Bay



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 Venues

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 Facilities

- **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
- **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 for 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



Go online to
cityofnanaimo.perfectmind.com to check
availability of the following facilities:

- Picnic Shelters
- Oliver Woods Gymnasiums
- Sand Volleyball Courts



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PLAY & LEARN

Early Years Programs for
Ages 18 Mos. to 5 yrs

1 & 2 day options
to give you more
flexibility with your
schedule!

Our “Play & Learn” early years programs, led by experienced, fun and dedicated staff, will teach your child how enjoyable learning can be! Through interactive play, arts & crafts, stories, tumble time and basic academic prep activities, your child will develop skills that will help prepare them for Kindergarten and all of the milestones to follow.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BEBAN 9-11 am	Crickets	Kinder Prep (2 day reg)	Busy Bees (1 day reg)	Kinder Prep (2 day reg)	Busy Bees (1 day reg)
BEBAN 11:30 am-1:30 pm		Animal Crackers (2 day reg)	Kinder Prep (1 day reg)	Animal Crackers (2 day reg)	Kinder Prep (1 day reg)
OLIVER WOODS 9-11 am	Kinder Prep Active Shorts (1 day reg)	Doodle Bugs (2 day reg)	Kinder Prep Culinary Kids (1 day reg)	Doodle Bugs (2 day reg)	Kinder Prep Green Thumbs (1 day reg)
OLIVER WOODS 11:30 am-1:30 pm		Kinder Prep (2 day reg)	Crickets (11:30 am-1 pm)	Kinder Prep (2 day reg)	

*Please note: for single day programs, activities will vary based on the day you sign up for.



Julie Miller



Lynn Macaulay



Edie Vos

(Please note: 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, you will be charged for the first class.

Cricket

18 Months to 3 Years

This interactive and engaging class encourages opportunities to bond with your little one, introduce social skills, participate in group play and explore basic movements through traditional programming, such as circle time, stories, songs, crafts, play stations and tumble time. Parent participation required.

Instructor: Lynn Macaulay

Mondays, 9-11 am

Dec: \$60/3 (#112029) Apr: \$60/3 (#112033)
Jan \$80/4 (#112030) May: \$60/3 (#115139)
Feb: \$60/3 (#112031) Jun: \$60/3 (#115140)
Mar: \$60/3 (#112032)

Beban Park Social Centre

Wednesdays, 11:30 am-1 pm **NEW!**

Dec: \$45/3 (#122070) Apr: \$75/5 (#122074)
Jan \$60/4 (#122071) May: \$60/4 (#122075)
Feb: \$60/4 (#122072) Jun: \$45/3 (#122076)
Mar: \$30/2 (#122073)

Oliver Woods Community Centre

Animal Crackers

3 to 5 Years

Through monthly themes and a diverse range of activities, you can expect your child to experience music and movement, arts and crafts, gym time, field trips and active based games! These activities will help children to develop fundamental motor skills, learn new social skills, and explore their creative side and imagination in a fun, supportive environment.

Instructors: Julie Miller & Edie Vos

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

Dec: \$120/6 (#121891) Apr: \$180/9 (#121895)
Jan \$160/8 (#121892) May: \$180/9 (#121897)
Feb: \$160/8 (#121893) Jun: \$120/6 (#121898)
Mar: \$80/4 (#121894)

Beban Park Social Centre

Doodle Bugs

3 to 5 Years

Our Doodle Bugs class has a little bit of everything for young learners! Through a diverse range of activities like music and movement, arts and crafts and active based games, children will develop fundamental motor skills, learn new social skills, and explore their creative side and imagination in a fun, supportive environment.

Instructor: Cindy Cormons

Tuesdays & Thursdays, 9-11 am

Dec: \$120/6 (#122019) Apr: \$180/9 (#122027)
Jan \$160/8 (#122020) May: \$180/9 (#122028)
Feb: \$160/8 (#122021) Jun: \$120/6 (#122029)
Mar: \$80/4 (#122025)

Oliver Woods Community Centre

Check out our one-day class options! Select one, two or more or mix & match classes at different locations.

Busy Bees **NEW!**

3 to 5 Years

Welcome to Busy Bees where your child will be buzzing around having fun learning about themselves and the world around them! Children will be encouraged to be curious, try new activities, meet new friends and engage with their community through hands-on experiences and playful learning. Some of the activities might include skating, tumble time, yoga, dance, gym time, pottery and science.

Instructors: Julie Miller & Edie Vos

Wednesdays, 9-11 am

Dec: \$60/3 (#121949) Apr: \$100/5 (#121953)
Jan \$80/4 (#121950) May: \$80/4 (#121954)
Feb: \$80/4 (#121951) Jun: \$60/3 (#121955)
Mar: \$40/2 (#121952)

Beban Park Social Centre

Fridays, 9-11 am

Dec: \$60/3 (#121960) Apr: \$60/3 (#121964)
Jan \$80/4 (#121961) May: \$100/5 (#121965)
Feb: \$80/4 (#121962) Jun: \$60/3 (#121966)
Mar: \$40/2 (#121963)

Beban Park Social Centre

Kinder Prep

4 to 5 Years

Kinder Prep is designed to help set the groundwork for a positive transition into Kindergarten by providing both the academic and social tools to feel prepared for the next step! Children will spend time moving, creating, playing and learning about themselves through a variety of activities.

Instructors: Julie Miller & Edie Vos

Wednesdays, 11:30 am-1:30 pm

Dec: \$60/3 (#121983) Apr: \$100/5 (#121987)
Jan \$80/4 (#121984) May: \$80/4 (#121990)
Feb: \$80/4 (#121985) Jun: \$60/3 (#121991)
Mar: \$40/2 (#121986)

Beban Park Social Centre

Fridays, 11:30 am-1:30 pm

Dec: \$60/3 (#122261) Apr: \$60/3 (#122265)
Jan \$80/4 (#122262) May: \$100/5 (#122266)
Feb: \$80/4 (#122263) Jun: \$60/3 (#122267)
Mar: \$40/2 (#122264)

Beban Park Social Centre

Tuesdays & Thursdays, 9-11 am

Dec: \$120/6 (#121970) Apr: \$180/9 (#121975)
Jan \$160/8 (#121971) May: \$180/9 (#121976)
Feb: \$160/8 (#121972) Jun: \$120/6 (#121977)
Mar: \$80/4 (#121974)

Beban Park Social Centre

Instructor: Cindy Cormons

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

Dec: \$120/6 (#121996) Apr: \$180/9 (#122000)
Jan \$160/8 (#121997) May: \$180/9 (#122001)
Feb: \$160/8 (#121998) Jun: \$120/6 (#122002)
Mar: \$80/4 (#121999)

Oliver Woods Community Centre

Kinder Prep - Active Shorts **NEW!**

4 to 5 Years

This class is a blend of the traditional Kinder Prep class where we focus on academic prep skills, social skills and preparing your child to enter Kindergarten but with an active based sport twist! We will spend time learning gross motor skills, moving in gym time, trying out various activities like yoga, sports and dance through community instructors and creating active-themed crafts.

Instructor: Cindy Cormons

Mondays, 9-11 am

Dec: \$60/3 (#122050) Apr: \$60/3 (#122054)
Jan \$80/4 (#122051) May: \$60/3 (#122055)
Feb: \$60/3 (#122052) Jun: \$60/3 (#122056)
Mar: \$40/2 (#122053)

Oliver Woods Community Centre

Kinder Prep - Culinary Kids **NEW!**

4 to 5 Years

This class is a blend of the traditional Kinder Prep class where we focus on academic prep skills, social skills and preparing your child to enter Kindergarten but with a culinary twist! This engaging and interactive class will help to inspire creativity, build confidence and introduce kids to basic kitchen skills. We will spend time learning how to make a fun and tasty snack, explore different ingredients, create edible arts and crafts, and learn about nutritious choices.

Instructor: Cindy Cormons

Wednesdays, 9-11 am

Dec: \$60/3 (#122060) Apr: \$100/5 (#122064)
Jan \$80/4 (#122061) May: \$80/4 (#122065)
Feb: \$80/4 (#122062) Jun: \$60/3 (#122066)
Mar: \$40/2 (#122063)

Oliver Woods Community Centre

Kinder Prep - Little Green Thumb Gardeners **NEW!**

4 to 5 Years

This class is a blend of the traditional Kinder Prep class where we focus on academic prep skills, social skills and preparing your child for Kindergarten but with a nature twist. We will have fun learning about gardening using the garden area on the upstairs sundeck, planter boxes on our fenced patio and classroom activities. There will be fun arts and crafts and gym time, too!

Instructors: Cindy Cormons & Cindy Reynolds

Fridays, 9-11 am

Dec: \$60/3 (#122040) Apr: \$60/3 (#122044)
Jan \$80/4 (#122041) May: \$100/5 (#122045)
Feb: \$80/4 (#122042) Jun: \$60/3 (#122046)
Mar: \$40/2 (#122043)

Oliver Woods Community Centre

Classes may be cancelled due to insufficient registration a week prior to start date. Register all the way up to June 2025. Ask about our payment plan!



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Children's Arts & Crafts

Mudpies - Pottery

3 to 5 Years

This class is designed to keep little hands busy while pinching, rolling and squeezing clay. Basic hand-building skills will be utilized as children have fun working on and creating each unique ceramic piece. Parent participation is recommended. Dress for mess!

Instructor: Selena Unger

Fri, Nov 29-Dec 13 | 11-11:45 am | \$60/3 | [129467](#)

Mon, Dec 2-16 | 10:30-11:15 am | \$60/3 | [129461](#)

Mon, Jan 20-Feb 10 | 10:30-11:15 am | \$72/4 | [133053](#)

Mon, Feb 24-Mar 17 | 10:30-11:15 am | \$72/4 | [133055](#)

Mon, Mar 24-Apr 14 | 10:30-11:15 am | \$72/4 | [133056](#)

Bowen Pottery Studio

Handbuilding for Children - Pottery

6 to 12 Years

Children will have fun getting their hands dirty while playing with clay. They will learn the basic handbuilding skills - coiling, pinching, slab building and sculpting through project making and will be encouraged to use their creativity to make each piece their own. Project ideas include tiles, tiny houses, pinch pot monsters/animals, mobiles, dishes and more! Dress for mess.

Instructor: Selena Unger

Mon, Jan 20-Feb 10 | 4-5 pm | \$80/4 | [133060](#)

Mon, Feb 24-Mar 17 | 4-5 pm | \$80/4 | [133061](#)

Mon, Mar 24-Apr 14 | 4-5 pm | \$80/4 | [133062](#)

Instructor: Nesta Morgan

Tue, Jan 21-Feb 11 | 12:30-1:30 pm | \$80/4 | [134185](#)

Bowen Pottery Studio

Prehistoric Pals

2 to 5 Years

Join us for an exciting journey as we travel back in time! Kids will have a blast creating dinosaur-themed crafts, playing with fun dino toys, digging for fossils and learning all about dinosaurs! Parent participation is required.

Instructor: Gabby Dunn

Fri, Jan 24 | 9:15-10:30 am | \$12/1 | [131837](#)

Kin Hut Activity Centre

Cupid's Cookies & Crafts

2 to 5 Years

It's Valentine's Day which means it's the perfect time to have fun decorating some cookies and explore your creative side with a love-themed craft! Parent participation is required.

Instructor: Gabby Dunn

Fri, Feb 14 | 9:30-10:30 am | \$12/1 | [131835](#)

Fri, Feb 14 | 10:45-11:45 am | \$12/1 | [131836](#)

Beban Park Social Centre

Art & Action NEW!

3 to 5 Years

The perfect balance of hands-on creativity and active play! The first half of the session allows kids to express their creativity through arts, crafts, painting and imaginative projects. The second half we will move our bodies through unstructured and structured play.

Instructor: Bree Sinnott

Mon, Jan 6-Feb 10 | 12:30-2 pm | \$54/6 | [132737](#)

Beban Park Social Centre

Winter Wonderland Art Splash NEW!

5 to 10 Years

Discover a range of artistic skills, including drawing, painting, colouring and more. Each session, you will focus on a seasonal project to spark your creativity.

Thu, Jan 16-Feb 13 | 4-4:45 pm | \$50/5 | [132937](#)

Thu, Feb 20-Mar 20 | 4-4:45 pm | \$50/5 | [132953](#)

Oliver Woods Community Centre

Discover Your Inner Artist NEW!

7 to 11 Years

Young art enthusiasts will tap into their artistic potential by expressing their creativity through painting, drawing, collaging and various other activities! Children will enhance their artistic abilities with encouraging instruction and will focus on a new project in this mixed media class!

Thu, Jan 16-Feb 13 | 5-5:45 pm | \$50/5 | [132950](#)

Thu, Feb 20-Mar 20 | 5-5:45 pm | \$50/5 | [132959](#)

Oliver Woods Community Centre

Comic Book Development

7 to 13 Years

We will delve into the art of crafting concise comic strips, creating delightful illustrations and developing captivating characters. Students will be motivated to discover their own distinct artistic style while drawing inspiration from the masterpieces of renowned cartoonists and illustrators. The projects will be adjusted to accommodate the skill level of each participant.

Instructor: David Harvey

Sat, Jan 11-Feb 15 | 10-11 am | \$48/6 | [132896](#)

Sat, Feb 22-Mar 29 | 10-11 am | \$64/8 | [132899](#)

Oliver Woods Community Centre

Character Design Art

7 to 12 Years

Through lessons on drawing techniques, colour theory, shape manipulation and fashion design, you will learn how to effectively convey your characters' personalities to your audience. Project assignments will be tailored to accommodate your skill level.

Instructor: David Harvey

Sat, Jan 11-Feb 15 | 11:15 am-12:15 pm | \$48/6 | [132897](#)

Sat, Feb 22-Mar 29 | 11:15 am-12:15 pm | \$48/6 | [132901](#)

Oliver Woods Community Centre



Children's Dance & Music

Music Together®

0 to 5 Years

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! For more information, please visit www.seasonstudio.com. Parent participation required. Siblings under 9 months may attend for free. There is a \$55 program fee for this course, which is non-refundable after the first class (siblings will receive a \$55 refund).

Instructor: Karita Sedun

Wed, Jan 8-Mar 12 | 9:15-10 am | \$130/10 | [127575](#)

Wed, Jan 8-Mar 12 | 10:15-11 am | \$130/10 | [127576](#)

Wed, Jan 8-Mar 12 | 11:15 am-12 pm | \$130/10 | [127578](#)

Thu, Jan 9-Mar 13 | 9:15-10 am | \$130/10 | [127578](#)

Thu, Jan 9-Mar 13 | 10:15-11 am | \$130/10 | [127579](#)

Thu, Jan 9-Mar 13 | 11:15 am-12 pm | \$130/10 | [127580](#)

Kin Hut Activity Centre

Boogie Babies NEW!

6 to 18 Months

The first few months with your baby are full of growth and development. Boogie Babies is the perfect introduction to dance to help you and your child discover the joy of movement at an early age. We will work on building motor skills, coordination, balance and creating new social connections. This is a grown up participation program. Get ready to move together!

Instructor: Miss Jules

Tue, Jan 7-Feb 4 | 11-11:30 am | \$40/5 | [122541](#)

Tue, Feb 11-Mar 11 | 11-11:30 am | \$40/5 | [133126](#)

Beban Park Social Centre

Moovin' with My Mini NEW!

18 Months to 3 Years

Geared towards the active toddler who loves to groove to upbeat music! Through interactive music and playful dance routines, you'll spend time with your little one and learn to dance together! This is a grown up participation program.

Instructor: Miss Jules

Tue, Jan 7-Feb 4 | 10:15-10:45 | \$40/5 | [122538](#)

Tue, Jan 7-Feb 4 | 11:45 am-12:15 pm | \$40/5 | [129071](#)

Tue, Feb 11-Mar 11 | 10:15-10:45 | \$40/5 | [133027](#)

Tue, Feb 11-Mar 11 | 11:45 am-12:15 pm | \$40/5 | [133030](#)

Beban Park Social Centre

Shimmy & Shake NEW!

2.5 to 4 Years

Does your child enjoy twirling, leaping and bouncing around the house and perhaps you do, too? Children get to enjoy simple routines, interactive movements and shake all the energy and wiggles out. This can be a grown up participation program or if they are ready, let them show you their moves!

Instructor: Miss Jules

Tue, Jan 7-Feb 4 | 9:30-10 am | \$40/5 | [128526](#)

Tue, Feb 11-Mar 11 | 9:30-10 am | \$40/5 | [133032](#)

Beban Park Social Centre

Boogie Buddies NEW!

3 to 4 Years

Explore movement, rhythm and creativity in this fun-filled dance class where we will explore playful choreography, basic dance moves and build confidence! Perfect for little ones with big energy and a love for movement. This is an independent program; grown ups are welcome to watch.

Instructor: Miss Jules

Mon, Jan 6-Feb 3 | 3:15-3:45 pm | \$40/5 | [132296](#)

Mon, Feb 10-Mar 10 | 3:15-3:45 pm | \$32/4 | [133039](#)

Beban Park Social Centre

Jazzy Juniors NEW!

5 to 6 Years

Warm up those jazz hands and prepare to learn how to express yourself through movement. Focusing on rhythm, body awareness and teamwork while trying out kicks, jumps and turns, this lively class is a blast! This is an independent program.

Instructor: Miss Jules

Mon, Jan 6-Feb 3 | 4-4:30 pm | \$40/5 | [132297](#)

Mon, Feb 10-Mar 10 | 4-4:30 pm | \$32/4 | [133041](#)

Beban Park Social Centre

Is your account information current?

Have you moved? Did you get a new email address? Please make sure you let us know so we can ensure your account is correct so we can keep you updated on waitlists or other information you need to know.



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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.

Sat, Jan 11-Feb 15 | 11:30 am-12 pm | \$48/6 | [132591](#)

Sat, Jan 11-Feb 15 | 1:45-2:15 pm | \$48/6 | [132594](#)

Sat, Feb 22-Mar 29 | 11:30 am-12 pm | \$48/6 | [132595](#)

Sat, Feb 22-Mar 29 | 1:45-2:15 pm | \$48/6 | [132598](#)

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. Parent participation required.

Sat, Jan 11-Feb 15 | 12:15-12:45 pm | \$48/6 | [132592](#)

Sat, Feb 22-Mar 29 | 12:15-12:45 | \$48/6 | [132596](#)

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.

Sat, Jan 11-Feb 15 | 1-1:30 pm | \$48/6 | [132593](#)

Sat, Feb 22-Mar 29 | 1-1:30 pm | \$48/6 | [132597](#)

Oliver Woods Community Centre

Kids Bhangra Fitness

Learn various forms of Bhangra while getting a full body workout. We keep dancing and fitness exciting with this popular Indian dance workout - an intense, vibrant, joyful dance that elevates the heart rate and state of mind. The majority of the moves follow a folk dance pattern. Starting with the basics of Bhangra, learn different steps, including jugni, mahiya, jindua and more.

Instructor: Sukhi Sangha, Vancouver Island Bhangra

3 to 6 Years

Tue, Feb 4-25 | 4:30-5 pm | \$60/4 | [126023](#)

7 to 13 Years

Tue, Feb 4-25 | 5:15-6 pm | \$80/4 | [126026](#)

Beban Park Social Centre

Intro to Hip Hop

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

Instructor: Vibe Dance Academy

4 to 5 Years

Fri, Jan 10-Feb 7 | 3:45-4:15 pm | \$60/5 | [132313](#)

Fri, Feb 14-Mar 7 | 3:45-4:15 pm | \$48/4 | [132314](#)

6 to 7 Years

Fri, Jan 10-Feb 7 | 4:30-5 pm | \$60/5 | [132315](#)

Fri, Feb 14-Mar 7 | 4:30-5 pm | \$48/4 | [132316](#)

8 to 11 Years

Fri, Jan 10-Feb 7 | 5:15-6 pm | \$70/5 | [132318](#)

Fri, Feb 14-Mar 7 | 5:15-6 pm | \$56/4 | [132319](#)

Vibe Dance Studio (1969 Boxwood Rd)

Highland Dance

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

Instructor: Brigadoon Dance Academy

3 to 6 Years - Tartan Tots

Sun, Feb 2-23 | 3-3:45 pm | \$50/4 | [132932](#)

6 to 12 Years - Kilts & Hilt

Sun, Feb 2-23 | 2-2:45 pm | \$50/4 | [132931](#)

Oliver Woods Community Centre

Magical Melodies NEW!

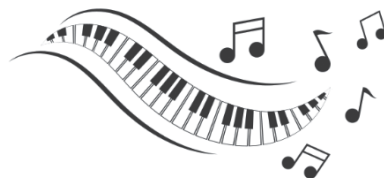
3 to 5 Years

This fun, interactive program introduces your little one to the joy of music in a group setting with you right by their side! Together, you'll explore rhythm, movement and different instruments in a playful and nurturing environment. This will help your child boost cognitive development and memory skills, strengthen social skills, enhance coordination with hands-on musical fun and encourage emotional expression through music.

Instructor: Nanaimo Conservatory of Music

Wed, Jan 8-Feb 12 | 9:30-10:15 am | \$80/6 | [133296](#)

Nanaimo Conservatory of Music (375 Selby St)



Rhythm Kids®

Rhythm Kids® is designed for kids, ages 4 to 8, who will build up musical confidence using djembe drums, percussion instruments and the most important instruments of all, their voices and their bodies. Each semester, a new animal song collection will introduce music inspired by the rhythms of many different cultures, through singing, creative movement and musical games. For more program information, please visit www.seasonstudio.com. There is a \$55 program fee for this course, which is non-refundable after the first class (siblings will receive a \$55 refund).

Instructor: Karita Sedun

4 to 5 Years (Pre K - Level 1); parent participation required

Tue, Jan 7-Mar 11 | 4:15-5 pm | \$130/10 | [127544](#)

5 to 8 Years (K-Grade 2 - Level 2); parent participation optional

Tue, Jan 7-Mar 11 | 5:15-6 pm | \$130/10 | [127540](#)

Oliver Woods Community Centre

Musical Adventures NEW!

All Ages

Join singer, Kyle Shepard, for a lively musical adventure! This inclusive class invites all ages and abilities to explore singing, beatboxing and rhythm instruments in a safe and fun environment. Please bring a support buddy and your enthusiasm to clap, tap and sing along! No restrictions on age. Let's get all generations dancing and singing together! This is designed for those with diverse abilities.

Instructor: Kyle Shepard

Sun, Jan 12-Feb 16 | 3-4:30 pm | \$90/6 | [132688](#)

Bowen Park Complex





Children's Special Interest & Outdoor

Holiday Bird Count

5 to 12 Years

This is family-friendly, parent participation, bird watching event giving kids an opportunity to help spot and learn about the most common local species found in our area. Finish up with a warm beverage and make a pine cone feeder.

Thu, Jan 2 | 10-11:30 am | \$10/1 | [128960](#)
Buttertubs Marsh (Miner's Cottage)

Tiny Tales & Tunes NEW!

0 to 12 Months

This joyful and engaging class is designed for parents and babies to bond through interactive rhymes and songs. For the babies, we will focus on early language development and social skills while also enhancing guidance, support and socializing for parents during these important early months. Class is for parent/caregiver and registered child.

Instructor: Moire Porter

Mon, Jan 6-Feb 10 | 9:30-10 am | \$24/6 | [132494](#)
Mon, Jan 6-Feb 10 | 10:30-11 am | \$24/6 | [132575](#)
Bowen Park Complex

Art & Action NEW!

3 to 5 Years

The perfect balance of hands-on creativity and active play! The first half of the session allows kids to express their creativity through arts, crafts, painting and imaginative projects. The second half we will move our bodies through unstructured and structured play.

Instructor: Bree Sinnott

Mon, Jan 6-Feb 10 | 12:30-2 pm | \$54/6 | [132737](#)
Beban Park Social Centre

Dress Up Storytime & Craft NEW!

3 to 5 Years

Put on your favourite costume whether it's an animal, superhero, princess, cartoon character or firetruck! You'll explore your imagination and creativity through the wonder of storytelling with the joy of a hands-on craft. Parent participation is required.

Instructor: Miss Lynn

Fri, Jan 17 | 9:30-10:30 am | \$8/1 | [133300](#)
Fri, Feb 7 | 9:30-10:30 am | \$8/1 | [133301](#)
Fri, Mar 7 | 9:30-10:30 am | \$8/1 | [133302](#)
Kin Hut Activity Centre

Dino Detectives

3 to 5 Years

As a Dino Detective, you'll try to uncover the hidden secrets of dinosaurs from millions of years ago. Excavate fossils buried in the sand, listen to dino-tales, go on a scavenger hunt to find clues, learn about dinosaurs, create arts & crafts and so much more! This is an independent program.

Instructor: Pam Brugge & Traci Boas

Mon, Jan 20-Mar 3 | 11:45 am-1:15 pm | \$72/6 | [133101](#)
Kin Hut Activity Centre

Winter Survival - What do Animals do?

3 to 6 Years

Do you wonder what happens to the plants and animals over the winter months when it's cold outside? This is a parent participation class.

Instructor: Judy Wickland

Sat, Jan 18 | 10-11:15 am | \$10/1 | [132431](#)
Linley Valley Park (Rock City Parking Lot)

Exploring Nature with...

Your Sense of Sight NEW!

3 to 6 Years

We use our sense of sight a lot. What other animals depend on their sight? Learn with us through games and fun activities in this park. This is a parent participation class.

Instructor: Judy Wickland

Sat, Jan 25 | 10-11:15 am | \$10/1 | [132432](#)
Linley Valley Park

Exploring Nature with...

Your Sense of Smell NEW!

3 to 6 Years

Discover which animals use their sense of hearing and smell most. Learn with us through games and fun activities in this park as we explore these senses. This is a parent participation class.

Instructor: Judy Wickland

Sat, Feb 1 | 10-11:15 am | \$10/1 | [132433](#)
Colliery Dam Park



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Exploring Nature with...

Your Sense of Touch **NEW!**

3 to 6 Years

We will learn about our sense of touch and how we depend on it. Are there animals that use their sense of touch? Learn with us through games and fun activities in this park. This is a parent participation class.

Instructor: Judy Wickland

Sat, Feb 8 | 10-11:15 am | \$10/1 | [132434](#)

Diver Lake Park

Exploring Nature with...

Your Sense of Hearing **NEW!**

3 to 6 Years

What do you hear? What animals have good hearing? Learn with us through games and fun activities in this park. This is a parent participation class.

Instructor: Judy Wickland

Sat, Mar 15 | 10-11:15 am | \$10/1 | [132435](#)

Neck Point Park

Birds & Their Homes **NEW!**

3 to 6 Years

What makes birds so amazing? What do they eat? Do all birds build nests? Why do they sing? Come explore with us and discover the world of birds.

Instructor: Judy Wickland

Sat, Mar 22 | 10-11:15 am | \$10/1 | [132436](#)

Buttertubs Marsh (Miner's Cottage)

Bowen Afterschool Nature Club **NEW!**

5 to 11 Years

Join us this winter to go on adventures, make discoveries and enjoy the changing of the seasons at Bowen Park. Monthly themes include nature observations, animal behaviours and welcoming a changing season. Exploration focused walks, crafts and special guests are part of this club!

Instructor: Bree Sinnott

Mon, Jan 6-Mar 31 | 3-5 pm | \$150/10 | [130569](#)

Bowen Park Complex

Survive Outside

12 to 18 Years

During this info-session, participants will learn trip planning, training, taking the essentials and other outdoor travel tips. This presentation will also include information on what to do if someone you know gets lost or injured and what information is helpful to searchers. Youth will be encouraged to enjoy exploring outside but to also be informed and prepared before they set out. This AdventureSmart Survive Outside presentation is delivered by volunteers from Nanaimo Search and Rescue Outreach.

Instructor: Nanaimo Search and Rescue Outreach

Sat, Mar 15 | 10-11:30 am | FREE | [132276](#)

Oliver Woods Community Centre

Stroll with the Pro - Ducks & Waterfowl

Walk with one of our local biologists and discover more about which ducks call this area home. Dress for the weather and bring binoculars/ a camera if you have one. This is a great program for all ages.

Sun, Jan 19 | 10-11:15 am | FREE/1 | [132599](#)

Divers Lake Park

Sun, Feb 23 | 10-11:15 am | FREE/1 | [132600](#)

Sun, Mar 9 | 10-11:15 am | FREE/1 | [132601](#)

Buttertubs Marsh (Miner's Cottage)

Yoga for Kids

5 to 12 Years

Kids yoga assists children with 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 and soccer.

Instructor: Gypsy Hart

Wed, Jan 8-Feb 12 | 3:30-4:30 pm | \$48/6 | [132812](#)

Wed, Feb 19-Mar 26 | 3:30-4:30 pm | \$48/6 | [132813](#)

Oliver Woods Community Centre



Let's Eat! Kids' Cooking

7 to 12 Years

Learn different cooking techniques, knife skills and flavour combos. You will gain confidence making healthy and delicious meals that you can share with your whole family.

Instructor: Nanaimo Foodshare

Tue, Jan 7-21 | 3:30-5:30 pm | \$100/3 | [132061](#)

Tue, Jan 28-Feb 11 | 3:30-5:30 pm | \$100/3 | [132062](#)

Wed, Feb 19-Mar 5 | 3:30-5:30 pm | \$100/3 | [132064](#)

Bowen Park Complex

Wed, Jan 29-Feb 12 | 3:30-5:30 pm | \$100/3 | [132063](#)

Sat, Jan 11-25 | 10:30 am-12:30 pm | \$100/3 | [133305](#)

Sat, Feb 22-Mar 8 | 10:30 am-12:30 pm | \$100/3 | [133307](#)

Nanaimo Foodshare Kitchen (271 Pine St)

Madd Edible Science

8 to 15 Years

Hey! Come and spend a few hours with Paula and learn all about changing a liquid into an edible, stretchy, yummy cheese! Paula will show you how to make homemade mozzarella cheese while you learn about chemistry and history. Bring an additional \$5 for a kit to make 4 pounds of mozzarella at home with your family.

Instructor: Paula Maddison

Sat, Mar 1 | 10-11 am | \$35/1 | [131630](#)

Bowen Park Complex

Rhythm & Rhyme with **NEW!**

Nanaimo Young People's Theatre

A unique class combining creative dance, drama and speech arts. Participants get a chance to explore the performing arts in movement, magic and fun. The goal is to build individual confidence as well as foster a sense of teamwork as it applies to the performing arts. There is a short informal performance for family and friends in the last class.

6 to 8 Years

Thu, Jan 9-Feb 27 | 3:30-4:15 pm | \$144/8 | [131619](#)

9 to 12 Years

Thu, Jan 9-Feb 27 | 4:30-5:30 pm | \$160/8 | [131620](#)

Bowen Park Complex





Children's Sports

Court Kids

1 to 5 Years

A FREE, fun, safe space to introduce your child to unstructured physical activity! Your child will get to play, move, climb, jump, slide and have a blast while burning off some energy on a variety of gym equipment. Parent/caregiver participation is required. (*Sun, Feb 23 & Mar 2 take place at 12-1:30 pm.)

Tue, Jan 14-Mar 11 | 9-11 am | FREE/9 | [123591](#)

Beban Park Social Centre

Sun, Jan 19-Mar 9 | 10-11:30 am | FREE/7 | [123593](#) *

Bowen Park Complex

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. A drop-in fee of \$10/child is available depending on space.

Fri, Jan 10-Feb 14 | 9:45-10:45 am | \$48/6 | [123261](#)

Fri, Jan 10-Feb 14 | 11 am-12 pm | \$48/6 | [123262](#)

Fri, Feb 21-Mar 28 | 9:45-10:45 am | \$48/6 | [123285](#)

Fri, Feb 21-Mar 28 | 11 am-12 pm | \$48/6 | [123288](#)

Oliver Woods Community Centre



Active Tots

2 to 5 Years

Active Tots is a great experience for children to develop athletic, social and intellectual skills in a fun and active environment. Each week a different sport will be set up for you and your tot to enjoy together! This class is parent participation.

Wed, Jan 8-Feb 12 | 9:45-10:45 am | \$48/6 | [123249](#)

Wed, Jan 8-Feb 12 | 11 am-12 pm | \$48/6 | [123250](#)

Wed, Feb 19-Mar 26 | 9:45-10:45 am | \$48/6 | [123278](#)

Wed, Feb 19-Mar 26 | 11 am-12 pm | \$48/6 | [123280](#)

Oliver Woods Community Centre

Soccer Tots

2 to 5 Years

Run, kick, dodge and score! Activities will develop motor skills and social interaction. This is a parent participation program.

Sat, Jan 11-Feb 15 | 9-10 am | \$48/6 | [123269](#)

Sat, Jan 11-Feb 15 | 10:15-11:15 am | \$48/6 | [123270](#)

Sat, Feb 22-Mar 29 | 9-10 am | \$40/5 | [123291](#)

Sat, Feb 22-Mar 29 | 10:15-11:15 am | \$40/5 | [123292](#)

Oliver Woods Community Centre

Soccer Sprouts

5 to 7 Years

Through playful drills and creative games, learn basic soccer skills like dribbling and passing while having so much fun!

Tue, Feb 20-Mar 13 | 4-4:45 pm | \$32/4 | [123497](#)

Harewood Outdoor Sports Court

Indoor Soccer

6 to 10 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.

Tue, Feb 18-Mar 25 | 5-6 pm | \$48/6 | [123277](#)

Oliver Woods Community Centre

Soccer Skills & Drills

8 to 10 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 16-Feb 13 | 4-4:45 pm | \$40/5 | [123058](#)

Harewood Outdoor 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 Properi-Porta/Rachel Swanson

6 to 9 Years

Wed, Jan 8-Feb 12 | 4:30-5:30 pm | \$48/6 | [123251](#)

Wed, Feb 19-Mar 26 | 4:30-5:30 pm | \$48/6 | [123283](#)

8 to 11 Years

Tue, Jan 7-Feb 11 | 3:45-4:45 pm | \$48/6 | [123248](#)

Tue, Feb 18-Mar 25 | 3:45-4:45 pm | \$48/6 | [123275](#)

10 to 13 Years

Fri, Jan 10-Feb 14 | 4:45-5:45 pm | \$48/6 | [123263](#)

Fri, Feb 21-Mar 28 | 4:45-5:45 pm | \$48/6 | [123290](#)

Oliver Woods Community Centre



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Floor Hockey

7 to 10 Years

This program will introduce you to the game of while playing for enjoyment and fitness.

Mon, Jan 6-Feb 10 | 3:30-4:30 pm | \$48/6 | [132346](#)

Mon, Feb 24-Mar 31 | 3:30-4:30 pm | \$48/6 | [132397](#)

Oliver Woods Community Centre

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. It will include development skills, practice time and a scrimmage.

Tue, Jan 7-Feb 11 | 5-6 pm | \$48/6 | [132357](#)

Oliver Woods Community Centre

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 10-Feb 14 | 4:45-5:45 pm | \$48/6 | [132364](#)

Fri, Feb 21-Mar 28 | 4:45-5:45 pm | \$48/6 | [132389](#)

Oliver Woods Community Centre

On Guard! Fencing for Children

8 to 12 Years

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

Instructor: Georgia Newsome

Beginner

Wed, Jan 8-Feb 12 | 4:15-5:15 pm | \$60/6 | [132358](#)

Wed, Feb 19-Mar 26 | 4:15-5:15 pm | \$60/6 | [132381](#)

Continuing

Wed, Jan 8-Feb 12 | 5:20-6:20 pm | \$60/6 | [132359](#)

Wed, Feb 19-Mar 26 | 5:20-6:20 pm | \$60/6 | [132382](#)

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.

Mon, Jan 6-Feb 10 | 4-5 pm | \$48/6 | [132347](#)

Mon, Feb 24-Mar 31 | 4-5 pm | \$48/6 | [132374](#)

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

Tue, Jan 7-Feb 4 | 4-5 pm | \$98/5 | [131889](#)

Sun, Jan 12-Feb 2 | 3-4 pm | \$78/4 | [131890](#)

Sun, Feb 9-Mar 9 | 3-4 pm | \$78/4 | [131891](#)

Tue, Feb 11-Mar 11 | 4-5 pm | \$98/5 | [131892](#)

8 to 11 Years

Mon, Jan 6-Feb 3 | 3:30-5 pm | \$147/5 | [131886](#)

Sun, Jan 12-Feb 2 | 4-5:30 pm | \$117/4 | [131893](#)

Sun, Feb 9-Mar 9 | 4-5:30 pm | \$117/4 | [131887](#)

Mon, Feb 10-Mar 10 | 3:30-5 pm | \$117/4 | [131888](#)

12 to 16 Years

Fri, Jan 10-Feb 7 | 3:30-5 pm | \$147/5 | [131894](#)

Fri, Feb 14-Mar 14 | 3:30-5 pm | \$147/5 | [131895](#)

Westwood Tennis Club

Silly Saturdays NEW!

6 to 15 Years

An integrated program where participants can enjoy physical activities at their own pace. Focus will be on increasing physical literacy in a variety of ways developing FUNDamental movement skills through fun and engaging games and activities. Please note that 1:1 support is not provided. This program is designed for those with diverse abilities.

Sat, Jan 11-Feb 1 | 11 am-12:30 pm | \$80/4 | [132506](#)

Sat, Feb 15-Mar 8 | 11 am-12:30 pm | \$80/4 | [133297](#)

Oliver Woods Community Centre

Junior Lifeguard Club

8 to 12 Years

Are you interested in a pause from swimming lessons? This program emphasizes fun and aquatic skill development based on personal-best achievement. Building on skills they have from swimming lessons, participants will work to develop and improve swimming and other aquatic skills with emphasis on swim and lifesaving knowledge, leadership and teamwork, community education, competition, and personal fitness. This is serious fun!

Prerequisites: Ability to meet the Swim to Survive Standard (roll into deep water, tread water for one minute, swim 50m).

Tue, Jan 14-Mar 4 | 6:45-7:30 pm | \$88/8 | [123236](#)

Nanaimo Aquatic Centre

LSS Sport FUNDamentals (5-Level Progression)

8 to 16 Years

The Lifesaving Sport Fundamentals Pool program offers a recreational introduction to lifesaving sport skills in addition to teaching team building, fair play, ethics in sport, and personal responsibility. It is organized in five levels, where content is organized in the following streams and builds level by level:

- Lifesaving Sport Principals
- Starts, Turns, Transitions and Finishes
- Swim Proficiencies
- Lifesaving Sport Skills

Participants demonstrate an understanding of the True Sport Principals through performance, decision-making and role playing which include:

1. GO FOR IT
2. PLAY FAIR
3. RESPECT OTHERS
4. KEEP IT FUN
5. STAY HEALTHY
6. GIVE BACK.

Level 1: In-water starts, jump starts from the deck, stroke development and lifesaving skills.

Level 2: Dive starts from the deck, open turns, in-water somersaults, strokes and sculling, as well as throwing accuracy and towing a manikin with a rescue tube.

Level 3: Relay transitions, flip turns, stroke development, swimming with fins and more.

Level 4: Dive starts from a starting block, turns, 50-metre sprints, advanced throwing accuracy, advanced rescue tube and manikin towing skills.

Level 5: Racing starts from a starting block, relay transitions and more.

Lifesaving Sport 1 & 2

Thu, Jan 16-Mar 6 | 7-7:45 pm | \$76/8 | [123450](#)

Nanaimo Aquatic Centre

Lifesaving Sport 3-5

Thu, Jan 16-Mar 6 | 6-7 pm | \$76/8 | [123445](#)

Nanaimo Aquatic Centre



Taekwondo Ninjas

5 to 9 Years

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

Instructor: Master Moy, Kick High Martial Arts

Wed, Jan 8-29 | 4:45-5:15 pm | \$32/4 | [133933](#)

Thu, Jan 9-30 | 4:43-5:00 pm | \$32/4 | [132814](#)

Wed, Feb 5-26 | 4:45-5:15 pm | \$32/4 | [133936](#)

Thu, Feb 6-27 | 4:43-5:00 pm | \$32/4 | [132816](#)

Oliver Woods Community Centre

Taekwondo Tigers

7 to 13 Years

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

Instructor: Master Moy, Kick High Martial Arts

Wed, Jan 8-29 | 5:15-5:45 pm | \$32/4 | [133935](#)

Thu, Jan 9-30 | 4:30-5 pm | \$32/4 | [132819](#)

Wed, Feb 5-26 | 5:15-5:45 pm | \$32/4 | [133937](#)

Thu, Feb 6-27 | 4:30-5 pm | \$32/4 | [132820](#)

Oliver Woods Community Centre



Karate

4 to 7 Years

Kids learn basic karate moves. They will also learn self-discipline with courtesy and respect emphasized. This is an introduction only. Get a free uniform if you register at the dojo after the session.

Mon, Jan 6-27 | 4:30-5:15 pm | \$25/4 | [132208](#)

Tue, Jan 7-28 | 3:30-4:15 pm | \$25/4 | [132209](#)

Thu, Feb 6-27 | 3:30-4:15 pm | \$25/4 | [132210](#)

Fri, Feb 7-28 | 3:15-4 pm | \$25/4 | [132211](#)

Fri, Mar 7-28 | 5:15-6 pm | \$25/4 | [132212](#)

Sat, Mar 1-22 | 9:30-10:15 am | \$25/4 | [132213](#)

Shima Karate (3032 Barons Rd)

Karate

Kids will start learning katas, sparring and self-defense drills. Peer pressure and bullying are discussed. Learn self-discipline with courtesy and respect strongly emphasized. To continue with this program, register at the dojo.

8 to 12 Years

M/W, Jan 6-15 | 3:30-4:20 pm | \$25/4 | [132214](#)

T/Th, Jan 7-16 | 4:30-5:20 pm | \$25/4 | [132217](#)

M/W, Feb 3-12 | 3:30-4:20 pm | \$25/4 | [132220](#)

T/Th, Feb 4-13 | 4:30-5:20 pm | \$25/4 | [132222](#)

M/W, Mar 3-12 | 3:30-4:20 pm | \$25/4 | [132223](#)

T/Th, Mar 4-13 | 4:30-5:20 pm | \$25/4 | [132224](#)

7 to 13 Years

Sat, Jan 11-Feb 1 | 10:30-11:20 am | \$25/4 | [133771](#)

Sat, Mar 8-29 | 10:30-11:20 am | \$25/4 | [133772](#)

Shima Karate (3032 Barons Rd)

Shotokan Karate

8 to 15 Years

Shotokan Karate is not just about kicking and punching. It is a great way to make friends while you develop your self-defence skills and fitness level. Karate is an exciting activity that builds confidence and self-discipline. It is an ideal activity for building strength, balance and coordination and leadership skills. Learn karate in a safe and positive environment with Sensei Mike, a 6th degree Black Belt who brings 40 years of karate experience.

Instructor: Mike Ciurka (6th degree black belt)

Tue, Jan 7-Feb 11 | 6-7 pm | \$48/6 | [131468](#)

Tue, Feb 18-Mar 25 | 6-7 pm | \$48/6 | [131470](#)

Bowen Park Complex

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 9th degree black belt Grand Master can help you become strong in mind, body and spirit.

4 to 7 Years

Mon, Jan 13 & 20 | 4:15-5 pm | \$25/2 | [131516](#)

Wed, Jan 15 & 22 | 4:15-5 pm | \$25/2 | [131517](#)

Fri, Jan 17 & 24 | 4:15-5 pm | \$25/2 | [131519](#)

Mon, Feb 3 & 10 | 4:15-5 pm | \$25/2 | [131522](#)

Wed, Feb 5 & 12 | 4:15-5 pm | \$25/2 | [131523](#)

Fri, Feb 7 & 14 | 4:15-5 pm | \$25/2 | [131524](#)

Mon, Mar 3 & 10 | 4:15-5 pm | \$25/2 | [131526](#)

Wed, Mar 5 & 12 | 4:15-5 pm | \$25/2 | [131527](#)

Fri, Mar 7 & 14 | 4:15-5 pm | \$25/2 | [131528](#)

8 to 12 Years

Tue, Jan 14 & 21 | 4:15-5 pm | \$25/2 | [131530](#)

Thu, Jan 16 & 23 | 4:15-5 pm | \$25/2 | [131531](#)

Fri, Jan 17 & 24 | 4:15-5 pm | \$25/2 | [131532](#)

Tue, Feb 4 & 11 | 4:15-5 pm | \$25/2 | [131534](#)

Thu, Feb 6 & 13 | 4:15-5 pm | \$25/2 | [131535](#)

Fri, Feb 7 & 14 | 4:15-5 pm | \$25/2 | [131536](#)

Tue, Mar 4 & 11 | 4:15-5 pm | \$25/2 | [131538](#)

Thu, Mar 6 & 13 | 4:15-5 pm | \$25/2 | [131539](#)

Fri, Mar 7 & 14 | 4:15-5 pm | \$25/2 | [131540](#)

World Taekwondo Academy (4300 Wellington Rd)

Rock Climbing

6 to 12 Years

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

Wed, Jan 8-29 | 4-6 pm | \$112/4 | [131554](#)

Fri, Jan 10-31 | 4-6 pm | \$112/4 | [131555](#)

Wed, Feb 5-26 | 4-6 pm | \$112/4 | [131556](#)

Fri, Feb 7-28 | 4-6 pm | \$112/4 | [131557](#)

Romper Room Climbing Gym (4235 Boban Dr)



Is your account information current?

Have you moved? Did you get a new email address? Please make sure you let us know so we can ensure your account is correct so we can keep you updated on waitlists or other information you need to know.



cityofnanaimo



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School Break Camps

School's Out Pro-D Camp 5 to 10 Years

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

Fri, Dec 6 | 8:30 am-5 pm | \$46/1 | [130445](#)

Mon, Feb 3 | 8:30 am-5 pm | \$47/1 | [122563](#)

Tue, Feb 4 | 8:30 am-5 pm | \$47/1 | [122564](#)

Beban Park Social Centre

Sports Action - Pro-D Camps 6 to 12 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 3 | 8:30 am-5 pm | \$47/1 | [131392](#)

Tue, Feb 4 | 8:30 am-5 pm | \$47/1 | [131393](#)

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. Rentals are free if needed.

Fri, Dec 6 | 8:30 am-5 pm | \$46/1 | [127654](#)

Mon, Feb 3 | 8:30 am-5 pm | \$47/1 | [127475](#)

Tue, Feb 4 | 8:30 am-5 pm | \$47/1 | [127476](#)

Nanaimo Ice Centre

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 two ice times for skills, scrimmage and stations. Helmet with face cage and gloves are required. We recommend that skaters have passed a minimum of RecSkate 2. Please bring a lunch, snack and water bottle. Full gear is required.

Fri, Dec 6 | 8:30 am-5 pm | \$46/1 | [127653](#)

Mon, Feb 3 | 8:30 am-5 pm | \$47/1 | [127473](#)

Tue, Feb 4 | 8:30 am-5 pm | \$47/1 | [127474](#)

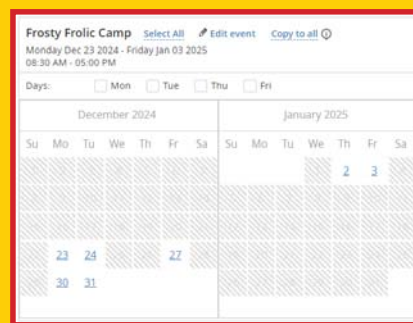
Nanaimo Ice Centre

MULTI-DAY CAMP REGISTRATION *

New Registration Process for Frosty Frolic, Camp Firefly, Sports Action, RecSkate and RecHockey Camps!

There is a new process to register your children into our multi-day school break daycamps. You can now register for multiple dates from one screen using one barcode!

WHAT'S NEW? CALENDAR VIEW!



1. Type in the barcode ([127896](#) for example)
2. Bring up your child's name
3. Choose the days you want
4. Click on "Register"
5. Pay for this transaction (do not add any other programs or purchases to this transaction)

PLEASE NOTE:

- These multiple day camps must be paid for separately from other programs you may register for.
- Each child must be registered for and paid for separately or you will get an error message and void your registration.

NEED SOME HELP?

Call us at 250-756-5200.

Frosty Frolic Camp *

5 to 10 Years

Just because it's chilly doesn't mean we can't get silly! Play games, get crafty and make new friends. This camp does not swim. Choose the days you want from December 23 to January 3. Please see our registration procedure on the previous page for this camp.

Mon, Dec 23-Fri, Jan 3 | 8:30 am-5 pm | \$46/day | [127896](#)

Beban Park Social Centre

Holiday Cooking Camp NEW!

7 to 12 Years

This mini holiday cooking camp will be led by passionate facilitators to introduce different cooking techniques and flavour combos holiday style! Gain confidence making festive, nourishing meals for yourself and for your loved ones at home. No class Wednesday, January 1.

Instructor: Nanaimo Foodshare

Tue-Fri, Dec 31-Jan 3 | 3:30-5:30 | \$100/3 | [129985](#)

Beban Park Social Centre

Camp Firefly - Spring Break *

5 to 10 Years

March break means it's time to play! Join us for sports, games, arts and crafts and much more. Dress prepared for indoor and outdoor fun. Choose the days you want from March 17 to 28. Please see our registration procedure to the left in the yellow box for this camp.

Mon, Mar 17-Fri, Mar 28 | 8:30 am-5 pm | \$47/day | [132888](#)

Beban Park Social Centre

Sports Action - Spring Break *

8 to 12 Years

Join us for an exciting multi-sport camp that blends gym sports, crafts and outdoor play. Choose the days you want from March 17 to 28. Please see our registration procedure to the left in the yellow box for this camp.

Mon, Mar 17-Fri, Mar 28 | 8:30 am-5 pm | \$47/day | [131415](#)

Oliver Woods Community Centre

RecSkate - Spring Break *

6 to 12 Years

This half-ice recreational skating camp includes three ice times for lessons, stations, games and free time. We recommend that skaters have passed a minimum of RecSkate 1. Rentals are free if required. Choose the days you want from March 17 to 28. Please see our registration procedure to the left in the yellow box for this camp.

Mon, Mar 17-Fri, Mar 28 | 8:30 am-5 pm | \$47/day | [132907](#)

Cliff McNabb Arena

RecHockey - Spring Break *

6 to 12 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. Full gear is required. We recommend that skaters have passed a minimum of RecSkate 2. Choose the days you want from March 17 to 28. Please see our registration procedure to the left in the yellow box for this camp.

Mon, Mar 17-Fri, Mar 28 | 8:30 am-5 pm | \$47/day | [132908](#)

Cliff McNabb Arena

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.

M-F, Mar 17-21 | 9-11 am | \$100/5 | [132298](#)

M-F, Mar 24-28 | 9-11 am | \$100/5 | [132299](#)

Oliver Woods Community Centre

KAM Soccer Camp - Spring Break

6 to 13 Years

Coaches will guide you through the basics of soccer incorporating lots of time to play games.

M-F, Mar 17-21 | 9 am-12 pm | \$200/5 | [132682](#)

M-F, Mar 17-21 | 9 am-4 pm | \$325/5 | [132683](#)

Beban Park Artificial Turf Field

Golf Camp - Spring Break

Juniors will learn the fundamentals of golf, including on-course scoring and etiquette. Equipment is available if needed. Student to coach ratio is 6 to 1.

Instructor: Beban Park Golf Course Staff

6 to 8 Years - Pee Wee

M-Th, Mar 17-20 | 1-2 pm | \$175/4 | [132009](#)

M-Th, Mar 24-27 | 1-2 pm | \$175/4 | [132010](#)

9 to 12 Years - Junior

M-Th, Mar 17-20 | 2:30-4:30 pm | \$250/4 | [132012](#)

M-Th, Mar 24-27 | 2:30-4:30 pm | \$250/4 | [132013](#)

Beban Park Golf Course

The Kidz Show Camp - NEW!

Nanaimo Young People's Theatre

9 to 12 Years

Students develop confidence by staging their very own variety show, learning basic acting skills and gaining an understanding of comedic timing along the way.

M-F, Mar 17-21 | 9 am-12 pm | \$280/5 | [131754](#)

Beban Park Social Centre

Grow Food, Get Cooking - Spring Break Camp

7 to 12 Years

Get hands-on practice with food growing and cooking skills. This is the true farm to fork experience and will be led by passionate facilitators to introduce outdoor ecology, stewardship of the environment, food growing basics, different cooking techniques and flavour combos. Gain confidence growing food, harvesting and making nourishing meals. We will enjoy a sit down meal together in our outdoor kitchen

M-Th, Mar 17-20 | 9:30 am-1:30 pm | \$225/4 | [133304](#)

M-Th, Mar 24-27 | 9:30 am-1:30 pm | \$225/4 | [132059](#)

Park Avenue Farm

Rock Climbing - Spring Break

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 17-21 | 9:30-11:30 am | \$200/5 | [131560](#)

M-F, Mar 17-21 | 12-2 pm | \$200/5 | [131622](#)

M-F, Mar 24-28 | 9:30-11:30 am | \$200/5 | [131561](#)

M-F, Mar 24-28 | 12-2 pm | \$200/5 | [131623](#)

Romper Room Climbing Gym (4235 Boban Dr)



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COMMUNITY CONNECTIONS



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- Join a winter LESSON program
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REGISTER NOW:
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Please leave the dancer's name, age & grade

 Brigadoon Dance Academy  [brigadoon.dance.academy](https://www.instagram.com/brigadoon.dance.academy)

COMMUNITY CONNECTIONS



**Friends & Family
FUN DAYS**
with MP Barron

✓ **FREE SWIM**
Saturday, January 18, 2 - 4 p.m.
Frank Jameson Community Centre, Ladysmith

✓ **FREE SKATE**
Monday, February 17, 11:30 a.m. - 1:30 p.m.
Nanaimo Ice Centre, Nanaimo

☎ 250-734-6400 📧 lisamariebarron.ndp.ca

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Nanaimo, BC V2V 1R6 *Near Costco

Softball Registration

Open January 6th - March 15th



**Nanaimo Minor
SOFTBALL**

Visit our website to register
www.nanaimosoftball.ca

Players ages 5 - 19

 [Nanaimo_Minor_Softball](https://www.instagram.com/Nanaimo_Minor_Softball)
 [Nanaimo Minor Softball Association](https://www.facebook.com/Nanaimo_Minor_Softball_Association)



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Youth Programs

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 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; there will be no age exceptions.

Sat, Jan 18 | 9 am-4:30 pm | \$60/1 | [132741](#)

Vancouver Island Conference Centre

Sun, Feb 23 | 9 am-4:30 pm | \$60/1 | [132743](#)

Sat, Mar 8 | 9 am-4:30 pm | \$60/1 | [132745](#)

Beban Park Social Centre

Home Alone

10 to 13 Years

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

Sat, Jan 18 | 9 am-12 pm | \$48/1 | [132537](#)

Sat, Jan 18 | 1-4 pm | \$48/1 | [132538](#)

Sun, Feb 9 | 9 am-12 pm | \$48/1 | [132543](#)

Sun, Feb 9 | 1-4 pm | \$48/1 | [132544](#)

Sat, Mar 8 | 9 am-12 pm | \$48/1 | [132545](#)

Sat, Mar 8 | 1-4 pm | \$48/1 | [132546](#)

Beban Park Social Centre

Creative Writing and Book Club

12 to 16 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. You will receive a journal to write in, but please bring your own pens.

Mon, Jan 13-Mar 24 | 5:30-7 pm | \$120/10 | [132475](#)

Nanaimo Aquatic Centre

Artistic Expressions: Cartooning

16 + Years

Discover the fundamentals of sketching stick figures, animals, faces and beyond. In addition to that, depending on your skill level and interests, you may also delve into subjects like shading, perspective, and basic storytelling. Regardless of your proficiency, everyone is encouraged to participate.

Instructor: David Harvey

Sat, Jan 11-Feb 15 | 12:30-1:30 pm | \$60/6 | [132903](#)

Sat, Feb 22-Mar 29 | 12:30-1:30 pm | \$60/6 | [132904](#)

Oliver Woods Community Centre



Let's Eat! Teens Rule the Kitchen

13 to 18 Years

Learn the skills and build confidence to work independently in the kitchen from a passionate facilitator. You will practice flavour combinations, portioning, basic nutrition, a variety of cooking techniques and learn some new knife skills.

Wed, Jan 8-22 | 5-7 pm | \$100/3 | [129982](#)

Tue, Feb 18-Mar 4 | 5-7 pm | \$100/3 | [129983](#)

Bowen Park Complex

Youth Weightlifting

13 to 17 Years

Come and learn the foundations of weight training and how to perform it safely and effectively. This class will help develop strength, posture and confidence.

Instructor: Dustin King

Sun, Jan 12-Feb 16 | 4-5 pm | \$72/6 | [132523](#)

Sun, Feb 23-Mar 30 | 4-5 pm | \$72/6 | [132525](#)

Beban Pool Weight Room

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 12-Feb 16 | 3-4:30 pm | \$66/6 | [132508](#)

Sun, Feb 23-Mar 30 | 3-4:30 pm | \$66/6 | [132510](#)

Oliver Woods Community Centre

Youth Badminton

11 to 18 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 13-Feb 10 | 5:15-6:15 pm | \$55/5 | [132517](#)

Mon, Feb 24-Mar 31 | 5:15-6:15 pm | \$66/6 | [132520](#)

Oliver Woods Community Centre

Ready, Set, Rec! **NEW!**

13 to 18 Years

Get ready to explore and experience a variety of small group games, activities and crafts with our leaders. This program is designed for youth with diverse abilities. Ratio is 3:1.

Wed, Jan 8-Feb 12 | 6-7:30 pm | \$120/6 | [132614](#)

Wed, Feb 19-Mar 12 | 6-7:30 pm | \$80/4 | [132616](#)

Bowen Park Complex

Silly Saturdays **NEW!**

6 to 15 Years

An integrated program where participants can enjoy physical activities at their own pace. Focus will be on increasing physical literacy in a variety of ways developing the FUNdamental Movement Skills through fun and engaging games and activities. Please note that 1:1 support is not provided. This program is designed for those with diverse abilities.

Sat, Jan 11-Feb 1 | 11 am-12:30 pm | \$80/4 | [132506](#)

Sat, Feb 15-Mar 8 | 11 am-12:30 pm | \$80/4 | [133297](#)

Oliver Woods Community Centre

Progressive Tennis

12 to 16 Years

Learn tennis in a fun team environment. All equipment provided. Please wear clean gym shoes.

Fri, Jan 10-Feb 7 | 3:30-5 pm | \$147/5 | [131894](#)

Fri, Feb 14-Mar 14 | 3:30-5 pm | \$147/5 | [131895](#)

Westwood Tennis Club



RecSkate Pre-Teen/Teen

12 to 17 Years

Join your friends at this lesson that teaches all levels of skating skills. New this year is an introduction to arenas, including lesson teaching, skate patrol, safety and facility tour. This is a great bridge to our LIT and QUEST programs.

Thu, Jan 9-Feb 6 | 5:15-6 pm | \$65/5 | [123303](#)

Sat, Feb 13-Mar 13 | 5:15-6 pm | \$65/5 | [123309](#)

Nanaimo Ice Centre

Sat, Jan 11-Feb 8 | 11:15 am-12:15 pm | \$70/5 | [123313](#)

Sat, Feb 15-Mar 13 | 11:15 am-12:15 pm | \$70/5 | [123314](#)

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.

Fri, Jan 10-Feb 7 | 5:15-6 pm | \$65/5 | [128397](#)

Sat, Jan 11-Feb 8 | 10:30-11:15 am | \$65/5 | [128398](#)

Fri, Feb 14-Mar 14 | 5:15-6 pm | \$65/5 | [128403](#)

Sat, Feb 15-Mar 13 | 10:30-11:15 am | \$65/5 | [128404](#)

Frank Crane Arena

Mon, Jan 6-Feb 3 | 5:15-6:15 pm | \$70/5 | [128395](#)

Thu, Jan 9-Feb 6 | 5:15-6 pm | \$65/5 | [128396](#)

Mon, Feb 10-Mar 17 | 5:15-6:15 pm | \$70/5 | [128399](#)

Thu, Feb 13-Mar 13 | 5:15-6 pm | \$65/5 | [128402](#)

Nanaimo Ice Centre

Survive Outside

12 to 18 Years

During this info-session, participants will learn trip planning, training, taking the essentials and other outdoor travel tips. This presentation will also include information on what to do if someone you know gets lost or injured and what information is helpful to searchers. Youth will be encouraged to enjoy exploring outside but to also be informed and prepared before they set out. This AdventureSmart Survive Outside presentation is delivered by volunteers from Nanaimo Search and Rescue Outreach.

Instructor: Nanaimo Search and Rescue Outreach

Sat, Mar 15 | 10-11:30 am | FREE | [132276](#)

Oliver Woods Community Centre

Madd Edible Science

8 to 15 Years

Hey! Come and spend a few hours with Paula and learn all about changing a liquid into an edible, stretchy, yummy cheese! Paula will show you how to make homemade mozzarella cheese while you learn about chemistry and history. Bring an additional \$5 for a kit to make 4 pounds of mozzarella at home with your family.

Instructor: Paula Maddison

Sat, Mar 1 | 10-11 am | \$35/1 | [131630](#)

Bowen Park Complex

Fencing - All Levels

14 Years +

Beginner fencers receive 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 8-Feb 12 | 6:30-8 pm | \$84/6 | [132821](#)

Wed, Feb 19-Mar 26 | 6:30-8 pm | \$84/6 | [132822](#)

Oliver Woods Community Centre

Dungeons & Dragons Club - Inter.

11 to 17 Years

For D&D players who have completed D&D Club - Beginner or who are confident in their understanding and ability to play the game. Over the course, you will complete a campaign with your group and the dungeon master while practicing literacy and problem solving skills. Snacks and supplies will be provided. Program is proudly presented in partnership with Literacy Central Vancouver Island.

Fri, Jan 17-Mar 21 | 3-5:30 pm | FREE/10 | [132791](#)

Nanaimo Aquatic Centre

Karate

13 to 19 Years

In this introduction, teens learn traditional karate training and sparring. Self-defense is taught, and fitness, strength development and flexibility are part of the curriculum.

Instructor: Shima Karate Staff

M/W, Jan 6-15 | 6:30-7:30 pm | \$25/4 | [132225](#)

M/W, Feb 3-12 | 6:30-7:30 pm | \$25/4 | [132226](#)

M/W, Mar 3-12 | 6:30-7:30 pm | \$25/4 | [132227](#)

Shima Karate

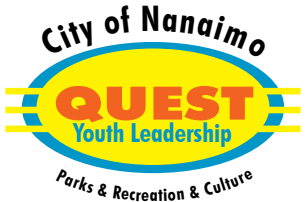


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Register starting in March!



YOUTH LEADERSHIP

Over 40 Years of Creating Community Leaders!

LIT (Leaders in Training) 13-18 YEARS

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



FREE!

Youth

SPARE BLOX



Spare Blox is brought to the community as a partnership between the City of Nanaimo and Nanaimo Ladysmith Public Schools.



The ultimate place to have some fun with other youth in your community. It's free, and you can get some exercise while meeting people and making friends. Four age groups to choose from. Please note that all sites are drop-in and are on a first come, first serve basis. Space is limited.

AGE 10 TO 14

Mon, Jan 13-Mar 10
5-6:30 pm
Park Avenue Elem.

AGE 11 TO 15

Mon, Jan 13-Mar 10
7-8:30 pm
Fairview Comm. School

AGE 10 TO 13

Tue, Jan 14-Mar 11
6-7:30 pm
Uplands Elem. School

AGE 13 TO 17

Tue, Jan 14-Mar 11
6:30-8 pm
~NEW!~
Volleyball at
Oliver Woods

AGE 13 TO 17

Wed, Jan 15-Mar 12
8:30-10 pm
John Barsby School

AGE 10 TO 14

Thu, Jan 16-Mar 13
6-7:30 pm
Chase River School

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

FREE!
11-18 yrs



Hang out at Nanaimo Aquatic Centre!

Thu, Jan 9-Jun 26, 3-7 pm (#129089)

Fri, Jan 10-Jun 27, 2-9 pm (#129090) *

- PLAY STATION 5 • VIRTUAL REALITY STATIONS • CHARGING STATION
- PIZZA & SNACKS • MUSIC • SWIMMING & SKATING • FREE WIFI • MUCH MORE!



**Friday Youth Lounge is proudly supported through the NYRS & BSC funding.*



Youth Lounge is proudly brought to you by the City of Nanaimo and BGC of Central Vancouver Island.

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



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Adult Arts & Crafts

Pottery Wheel - Beginner

14 + Years

Calling teens to adults 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: Selena Unger or Nesta Morgan

Sat, Jan 4-Feb 8 | 1:30-4 pm | \$177/6 | [133068](#)

Sun, Jan 5-Feb 9 | 1:30-4 pm | \$177/6 | [133076](#)

Tue, Jan 7-Feb 11 | 6:30-9 pm | \$177/6 | [133082](#)

Fri, Jan 10-Feb 14 | 12:30-3 pm | \$177/6 | [133094](#)

Sat, Feb 15-Mar 22 | 1:30-4 pm | \$177/6 | [133069](#)

Tue, Feb 18-Mar 25 | 6:30-9 pm | \$177/6 | [133084](#)

Sun, Feb 16-Mar 23 | 1:30-4 pm | \$177/6 | [133077](#)

Fri, Feb 21-Mar 28 | 12:30-3 pm | \$177/6 | [133095](#)

Sat, Mar 29-May 3 | 1:30-4 pm | \$177/6 | [133070](#)

Sun, Mar 30-May 11 | 1:30-4 pm | \$177/6 | [133079](#)

Bowen Park Pottery Studio

Pottery Wheel - Level 2

14 + Years

This is designed for those with some previous experience working with clay, but who are not quite ready for the intermediate level. Build on the basic techniques to create pots, vases, bowls and pretty much anything that can be thrown on a pottery wheel. Clay, glazes and firings are included. Dress for mess; aprons are not included.

Instructor: Selena Unger

Fri, Jan 10-Feb 14 | 4-6:30 pm | \$177/6 | [133106](#)

Fri, Feb 21-Mar 28 | 4-6:30 pm | \$177/6 | [133107](#)

Bowen Park Pottery Studio

Pottery Wheel - 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

Mon, Jan 6-Feb 24 | 6:30-9 pm | \$207/7 | [133065](#)

Mon, Mar 3-Apr 14 | 6:30-9 pm | \$207/7 | [133066](#)

Bowen Park Pottery Studio

Pottery Workshops

14 + Years

Register for one or all of these workshops to make a variety of pottery creations. First class will be the creation of the item; last class will be glazing.

Instructor: Selena Unger or Nesta Morgan

Handbuilt Mug

Tue, Dec 10-17 | 6:30-9 pm | \$60/2 | [129290](#)

Sat, Dec 14-21 | 1:30-4 pm | \$60/2 | [129321](#)

Fri, Jan 31-Feb 7 | 9:30 am-12 pm | \$60/2 | [133428](#)

Handbuilt Dishes

Fri, Dec 13-20 | 12:30-3 pm | \$60/2 | [129308](#)

Fri, Dec 13-20 | 4-6:30 pm | \$60/2 | [129310](#)

Sun, Dec 15-22 | 1-3:30 pm | \$60/2 | [129452](#)

Fri, Jan 17-24 | 9:30 am-12 pm | \$60/2 | [133425](#)

Handbuilt Plant Pot

Fri, Feb 21-28 | 9:30 am-12 pm | \$60/2 | [133429](#)

Fri, Mar 7-14 | 9:30 am-12 pm | \$60/2 | [133430](#)

Fri, Mar 21-28 | 9:30 am-12 pm | \$60/2 | [133431](#)

Bowen Park Pottery Studio

Stained Glass - Introduction

You will be introduced to the tools and materials used in the art of stained glass using the foiling method. You'll start by practicing glass scoring techniques and quickly move on to learning and practicing the next steps of the foiling method – these include grinding foiling, soldering, cleaning and finishing your first completed project. All materials and tools are included.

Instructor: Delores Gottenberg

Mon, Jan 20-Feb 3 | 6-9 pm | \$150/3 | [132513](#)

Bowen Park Complex

Stained Glass - Novice

Once you've completed our introduction class or have learned the basic techniques, you can join this part 2 class in learning new techniques like the tiffany style. While practicing your skills, Delores will assist you in pairing complimentary colours to your finished stained glass piece. All materials, tools and instruction are included in the fee.

Instructor: Delores Gottenberg

Mon, Feb 10-Mar 3 | 6-9 pm | \$150/3 | [132524](#)

Bowen Park Complex



**See page 13 for Drop-In
Pottery Schedule**

Mosaic - Introduction NEW!

The art of mosaic is both relaxing and mentally stimulating. Once learned, applying your basic techniques will offer unique opportunities for individual and creative expression to your completed projects. The glass, substrate tools, equipment and instruction are included in the price.

Instructor: Delores Gottenberg

Sat, Jan 11-Feb 1 | 9 am-12 pm | \$200/4 | [132459](#)

Bowen Park Complex

Mosaic - Intermediate NEW!

Looking for more mosaic classes after Mosaic – Introduction? This part 2 mosaic class will teach you mosaic on mesh and how to build upon previously learned skills. In addition to learning colour pairing with your grout and glass, you will also choose your design and project. Please view additional project ideas online. Fee includes all materials and tools.

Instructor: Delores Gottenberg

Sat, Feb 15-22 | 9 am-12 pm | \$100/2 | [132470](#)

Bowen Park Complex

Macrame

Come learn the basic knots of macrame and make your very own creation! No previous experience is necessary. We will use 100% recycled cotton fibre and unique driftwood foraged from the many beaches of Vancouver Island. Learn a little about the history of macramé, how to measure and cut cord and the main knots to create endless fibre art possibilities.

Instructor: Sea & Weave

Wall Hanging

Sat, Jan 18 | 9:30 am-12 pm | \$95/1 | [132487](#)

Plant Hanger

Sat, Jan 18 | 1-3:30 pm | \$95/1 | [132491](#)

Bowen Park Complex

Basket Weaving

In this level one basket weaving class, we also welcome back students of our beginner's classes for a new, more advanced technique.

Instructor: Alicia Meek

Sat, Feb 1 | 10:30 am-12 pm | \$34/1 | [132345](#)

Bowen Park Complex

Wet Felting

Learn how to turn raw wool into useful felted creations, such as slippers or a purse. Wet felting uses wool, soap, warm water and agitation. All materials are provided.

Instructor: Rosie Barlak

Sat, Feb 8 | 10 am-4 pm | \$90/1 | [132398](#)

Bowen Park Complex

Shibori Tie Dying

Explore this ancient Japanese art and learn a brief history of the art form, as well as present-day examples. You will be introduced to the materials needed and there will be ample time to practice basic techniques of folding, binding and clamping using multiple dye baths for immersion and surface painting.

Instructor: Maggie Wouterloot

Sat, Mar 8 | 12:30-3:30 pm | \$62/1 | [132746](#)

Bowen Park Complex

Wire Wrapped Rings

Learn the basics of wire wrapping with this fun, hands-on class and create finished pieces to take home. This is perfect for the beginner crafter; no experience necessary.

Instructor: Alicia Meek

Wed, Jan 22 | 6-8 pm | \$45/1 | [132305](#)

Tue, Mar 4 | 6-8 pm | \$45/1 | [132330](#)

Beban Park Social Centre

Wire Wrapped Pendants

Learn the basics of wire wrapping with this fun, hands-on class and create at least five finished pieces to take home. No experience necessary.

Instructor: Alicia Meek

Tue, Feb 4 | 6-8 pm | \$45/1 | [132329](#)

Oliver Woods Community Centre

Wire Wrapping - Beginner NEW!

Learn a variety of techniques for making wire wrapped jewelry, including several rings, crystal wrapping, pendant making and chain-making. You will make and take home several completed items. All supplies are included.

Instructor: Alicia Meek

Sun, Mar 23 | 11 am-2 pm | \$79/1 | [132341](#)

Beban Park Social Centre

Artistic Expressions: Cartooning

16 + Years

Discover the fundamentals of sketching stick figures, animals, faces and beyond. In addition to that, depending on your skill level and interests, you may also delve into subjects like shading, perspective, and basic storytelling. Regardless of your proficiency, everyone is encouraged to participate.

Instructor: David Harvey

Sat, Jan 11-Feb 15 | 12:30-1:30 pm | \$60/6 | [132903](#)

Sat, Feb 22-Mar 29 | 12:30-1:30 pm | \$60/6 | [132904](#)

Oliver Woods Community Centre

Drawing Portraits

This class will help you learn you how to see and draw portraits of people and animals.

Whether this is your first time taking a drawing class or you would like to join a drawing group, this weekly class will offer a quiet, supportive drawing space. Supplies required may cost \$50 to \$200 and are not included in the registration fee.

Instructor: Judy-Anne Wilson

Thu, Jan 16-Mar 27 | 10:30 am-12:30 pm | \$180/10 | [132536](#)

Oliver Woods Community Centre

Watercolour Painting

Come and improving your watercolour painting techniques! Whether it's your first time or you've mastered the basics, everyone is welcome.

Students can pick their own subjects and receive direction and support from the instructor while practicing specific techniques. Supplies required may cost \$60 to \$140 and are not included in the registration fee.

Instructor: Judy-Anne Wilson

Tue, Jan 21-Mar 25 | 9:15-10:45 am | \$180/10 | [132539](#)

Kin Hut Activity Centre

Art as Meditation

Come explore various visual art forms and their ability to create a meditative state of relaxation and calm. Some joyful art forms explored in this class are zentango, neurographic, clay, watercolour, mandala and collage. Minimal supplies required that are not included in the registration fee that will cost up to \$10.

Instructor: Judy-Anne Wilson

Sat, Jan 25-Mar 8 | 10:30 am-12:30 pm | \$108/6 | [132547](#)

Sat, Mar 15-Apr 19 | 10:30 am-12:30 pm | \$108/6 | [133878](#)

Bowen Park Complex



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Adult Cooking

Shiv's Punjabi Cooking

Come experience Punjabi cooking and culture. Learn to make a variety of dishes, such as roti, paneer, pakora and more.

Instructor: Shiv Sharma

Shiv's Favourites

Wed, Jan 29 | 7-9:30 pm | \$45/1 | [132643](#)

Feb 26 | 7-9:30 pm | \$45/1 | [132644](#)

Wed, Mar 26 | 7-9:30 pm | \$45/1 | [132645](#)

Bowen Park Complex

Shiv's Vegetarian Favourites

Learn to make chilli paneer, mixed vegetables with ginger and garlic, shahi paneer and curry served with roti.

Wed, Feb 12 | 7-9:30 pm | \$45/1 | [132646](#)

Wed, Mar 12 | 7-9:30 pm | \$45/1 | [132647](#)

Bowen Park Complex



Fermentation & Preservation

In this hands-on workshop, learn simple techniques of food preservation and fermentation. Registered nutritionist, Alicia, will guide you while you make apple cider vinegar, sauerkraut, try basic pickling and more.

Instructor: Alicia Meek

Tue, Jan 28 | 6-8 pm | \$45/1 | [132343](#)

Bowen Park Complex

Sat, Mar 1 | 10:30 am-12:30 pm | \$45/1 | [132344](#)

Beban Park Social Centre

Low Carb & Keto Cooking

Learn how to create delicious low-carb dishes. From appetizers to desserts, try them all and take home the recipes.

Instructor: Alicia Meek

Tue, Feb 18 | 6-8 pm | \$49/1 | [132353](#)

Beban Park Social Centre

Plant-Based Comfort Food

Come join our nutritionist, Alicia, and experience different plant-based comfort foods to enjoy.

Instructor: Alicia Meek

Tue, Feb 25 | 6-8 pm | \$49/1 | [132360](#)

Beban Park Social Centre

Gnocchi & Two Sauces

In this hands-on course, learn how to make gnocchi from scratch and two sauces that pair well with it.

Instructor: Alicia Meek

Wed, Feb 26 | 6-8 pm | \$49/1 | [132365](#)

Beban Park Social Centre



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.

Parmesan

Join Paula for this demonstration, taste, touch and feel class where you will learn how to make your own parmesan cheese. Go home with ingredients and cultures to make your own at home.

Instructor: Paula Maddison

Sat, Jan 25 | 1-3 pm | \$68/1 | [131627](#)

Bowen Park Complex

Mozzarella, Burrata and Bocconcini

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

Instructor: Paula Maddison

Sat, Jan 25 | 10 am-12 pm | \$68/1 | [131626](#)

Sat, Feb 22 | 10 am-12 pm | \$68/1 | [131628](#)

Bowen Park Complex

Gouda Cheese Making NEW!

Extend your basic knowledge of cheese making and explore all the varieties of cultures used in making hard-pressed cheeses like gouda. Instructions and cultures are included.

Instructor: Paula Maddison

Sat, Feb 22 | 1-3 pm | \$68/1 | [131629](#)

Bowen Park Complex

Greek-Style Feta

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

Instructor: Paula Maddison

Sat, Mar 1 | 12-2 pm | \$68/1 | [131631](#)

Bowen Park Complex



SOCIAL CLUB

The Social Club is a gathering focused on fostering social connections and community spirit for individuals with diverse abilities. Participants will have the opportunity to participate in a variety of indoor and outdoor activities, including creative arts and crafts, collaborative games and enjoying the beauty of community together.



• Games • Swimming • Lunches • Movies • Crafts • Bingo

The Club meets Thursday, 12-3 pm, at Beban Social Centre.

Please call 250-756-5200 for an activity calendar and more information.

Silly Saturdays NEW!

6 to 15 Years

An integrated program where participants can enjoy physical activities at their own pace. Focus will be on increasing physical literacy in a variety of ways developing FUNDamental movement skills through fun and engaging games and activities. Please note that 1:1 support is not provided. This program is designed for those with diverse abilities.

Sat, Jan 11-Feb 1 | 11 am-12:30 pm | \$80/4 | [132506](#)

Sat, Feb 15-Mar 8 | 11 am-12:30 pm | \$80/4 | [133297](#)

Oliver Woods Community Centre

Ready, Set, Rec! NEW!

13 to 18 Years

Get ready to explore and experience a variety of small group games, activities and crafts with our leaders. This program is designed for youth with diverse abilities. Ratio is 3:1.

Wed, Jan 8-Feb 12 | 6-7:30 pm | \$120/6 | [132614](#)

Wed, Feb 19-Mar 12 | 6-7:30 pm | \$80/4 | [132616](#)

Bowen Park Complex

Musical Adventures NEW!

All Ages

Join singer, Kyle Shepard, for a lively musical adventure! This inclusive class invites all ages and abilities to explore singing, beatboxing and rhythm instruments in a safe and fun environment. Please bring a support buddy and your enthusiasm to clap, tap and sing along! No restrictions on age. Let's get all generations dancing and singing together! This is designed for those with diverse abilities.

Instructor: Kyle Shepard

Sun, Jan 12-Feb 16 | 3-4:30 pm | \$90/6 | [132688](#)

Bowen Park Complex

Adaptive Hockey D 3i

This program will provide teens and adults with diverse abilities the skills required to play the game of hockey. Support workers are welcome, but independence is encouraged. Full gear is required.

Wed, Jan 8-Feb 5 | 9:45-11 am | \$65/5 | [123033](#)

Wed, Feb 12-Mar 12 | 9:45-11 am | \$65/5 | [123037](#)

Nanaimo Ice Centre



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Adult Dance

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 8-Feb 12 | 6-7 pm | \$48/6 | [132240](#)

Wed, Feb 26-Apr 2 | 6-7 pm | \$48/6 | [132241](#)

Bowen Park Complex

Ballroom & Latin Dance - Beginner

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

Instructor: Nelson Wong

Wed, Jan 8-Feb 12 | 7-8 pm | \$48/6 | [132242](#)

Wed, Feb 26-Apr 2 | 7-8 pm | \$48/6 | [132243](#)

Bowen Park Complex

Ballroom & Latin Dance - Beginners Continuation

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

Instructor: Nelson Wong

Wed, Jan 8-Feb 12 | 8-9 pm | \$48/6 | [132244](#)

Wed, Feb 26-Apr 2 | 8-9 pm | \$48/6 | [132245](#)

Bowen Park Complex

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 6-Feb 10 | 7-8 pm | \$60/6 | [132248](#)

Mon, Feb 24-Mar 31 | 7-8 pm | \$60/6 | [132249](#)

Bowen Park Complex

Ballroom & Latin Dance - Advanced

A continuous technique class for those who wish to learn more on the ten International Ballroom and Latin American dances where at least one ballroom and one Latin dance will be taught in each class. Partners are recommended, but singles are welcome.

Instructor: Nelson Wong

Mon, Jan 6-Feb 10 | 8-9 pm | \$60/6 | [132250](#)

Mon, Feb 24-Mar 31 | 8-9 pm | \$60/6 | [132251](#)

Bowen Park Complex



Ballroom & Latin 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 attend extra practice times. New participants need to contact the instructor through Parks, Recreation and Culture before registering.

Instructor: Nelson Wong

Mon, Jan 6-Feb 10 | 9-10 pm | \$60/6 | [132252](#)

Mon, Feb 24-Mar 31 | 9-10 pm | \$60/6 | [132253](#)

Bowen Park Complex

Intro to DanceSport NEW!

DanceSport is competitive dancing. This course is designed for dancers who have taken the Ballroom & Latin Beginner Continuation or above to try out the fun of DanceSport starting from the newcomer level. Nanaimo will be hosting the 2025 National DanceSport Championships in April 2025, and this will be your opportunity to participate. DanceSport develops physical strength, agility, coordination, stamina, endurance and fitness and is beneficial to your health.

Instructor: Nelson Wong

Cha Cha & Jive

Wed, Jan 8-Feb 12 | 9-10 pm | \$48/6 | [132246](#)

Waltz & Quickstep

Wed, Feb 26-Apr 2 | 9-10 pm | \$48/6 | [132247](#)

Bowen Park Complex



Flamenco Sampler

Suitable for those with little to no Flamenco dance experience. Each class will introduce a different flamenco rhythm along with typical and traditional movements. Wear comfortable shoes with low heels.

Instructor: Heather Sandison

Mon, Mar 3-24 | 6:30-7:30 pm | \$42/4 | [132260](#)

Beban Park Social Centre

Flamenco - Basics

This introduction to Flamenco class is for those with little to no Flamenco dance experience. Learn basic footwork, upper body movements and palmas. Wear comfortable shoes with low heels.

Instructor: Heather Sandison

Mon, Jan 20-Feb 10 | 6:30-7:30 pm | \$42/4 | [132259](#)

Beban Park Social Centre

Flamenco - Continuation

This is suitable for those with previous flamenco dance experience. Longer choreographies will be learned on a continuous basis over multiple sessions. Technique, compas, interpretation and improvisation will be emphasized.

Instructor: Heather Sandison

Tue, Jan 7-Feb 11 | 6:30-8 pm | \$63/6 | [132257](#)

Tue, Feb 18-Mar 25 | 6:30-8 pm | \$63/6 | [132258](#)

Beban Park Social Centre



Adult First Aid

All courses below are operated in partnership with Canadian Red Cross, and they include a manual, pocket mask and access to an online comprehensive guide. For more detailed information on each class and to learn about re-certification, please visit www.redcross.ca or call 250-756-5200.

Emergency Child Care First Aid with CPR B (Child & Infant)

This is 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. Re-training is recommended every three years.

Sat, Dec 7 | 9 am-5:30 pm | \$99/1 | [128717](#)

Sat, Jan 11 | 9 am-5:30 pm | \$99/1 | [132237](#)

Sat, Feb 8 | 9 am-5:30 pm | \$99/1 | [131901](#)

Sat, Mar 15 | 9 am-5:30 pm | \$99/1 | [131902](#)

Beban Park Social Centre

Standard/Intermediate First Aid

This course includes all of the Emergency First Aid and CPR C instruction 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. It is also a pre-requisite for lifeguard certification. Re-training is recommended every three years.

Sat/Sun, Jan 25 & 26 | 9 am-5:30 pm | \$177/2 | [132238](#)

Sat/Sun, Mar 1 & 2 | 9 am-5:30 pm | \$177/2 | [131899](#)

Beban Park Social Centre

Emergency/Basic First Aid with CPR C (Adult, Child & Infant)

This Red Cross first aid course provides training in the skills necessary to deal with breathing and circulatory emergencies. It includes CPR-C (adult, child and infant) and instruction on the use of AED's, epi pens and metered dose inhalers. Treatment for wounds, bleeding, unconsciousness and shock will also be covered. This course is also accepted by BCRPA for fitness professionals. Re-training is recommended every three years.

Sat, Jan 25 | 9 am-5:30 pm | \$99/1 | [132239](#)

Sat, Mar 1 | 9 am-5:30 pm | \$99/1 | [131897](#)

Beban Park Social Centre



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Adult Outdoor, Sport & Wellness

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. You must wear good walking/hiking shoes and be in good physical health

Instructor: Laurah-Lee Christie

Tue, Jan 7-Feb 11 | 9-10:30 am | \$60/6 | [132125](#)

Tue, Feb 25-Apr 1 | 9-10:30 am | \$60/6 | [132126](#)

Meet in Bowen Park Complex Lobby

Nature & Namaste

Explore Nanaimo's beautiful trails on a yoga hike. This combines trail walking and yoga breaks to improve cardiovascular health while experiencing the sights, sounds and scents of nature and focusing on cleansing breaths to clear the mind and release stress.

Instructor: Laurah-Lee Christie

Thu, Jan 9-Feb 13 | 9-10:30 am | \$60/6 | [132127](#)

Thu, Feb 27-Apr 3 | 9-10:30 am | \$60/6 | [132128](#)

Meet in Nanaimo Ice Centre Lobby

Intro Trail Running NEW!

Is it true that trail runners have more fun? Only way to find out is to give it a try. You don't need steep mountains or thick forests to have a good time trail running. Think of it more as off-road running. You will run with an experienced, friendly leader that will cover trail running technique, gear, hydration, navigation, safety and much more. Please wear good running/trail shoes and be in good physical health. Locations will vary.

Instructor: Sarah Worden

Sat, Mar 1-Apr 5 | 9-10:30 am | \$65/6 | [132768](#)

First Class: Westwood Lake First Beach

Intro to Cold Water Therapy

Bring your wellness journey to the next level. Cold water therapy can improve your circulation, deepen your sleep, spike your energy levels and reduce inflammation in your body. Join us to learn more about this practice and improve your own mental and physical well-being. Each participant will receive a PRC towel and a warm beverage after class.

Instructor: Gina Villares

Sat, Jan 4 | 9-11 am | \$12/1 | [132684](#)

Kin Hut Activity Centre/Departure Bay Beach

Bicycle Maintenance - Beginners

Learn the ABCs of how to fix a flat, adjust your brakes and keep your chain running smooth. Please bring your own bike. Workshop includes a free patch kit.

Instructor: Tyler Walker

Sun, Mar 16 | 12:30-4:30 pm | \$50/1 | [132466](#)

Rotary Field House

Intro to Pickleball

Learn to Play

If you're eager to begin playing pickleball, this program will provide you with a strong base to build upon. It's suitable for all levels, serving as a beginner's guide to familiarize you with the sport. Learn serving, returning serves, improving your net skills and more. The focus is on developing your abilities and enjoying the experience. After completing this workshop, you'll be ready to tackle more challenging lessons.

Instructor: Lee MacDonald

Mon, Jan 6-20 | 1:15-3:15 pm | \$84/3 | [132891](#)

Mon, Jan 27-Feb 10 | 1:15-3:15 pm | \$84/3 | [132893](#)

Mon, Feb 24-Mar 10 | 1:15-3:15 pm | \$84/3 | [132894](#)

Mon, Mar 17-31 | 1:15-3:15 pm | \$84/3 | [132895](#)

Oliver Woods Community Centre

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!

Indoor Tennis Lessons - Beginner

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

Instructor: North Island Tennis Academy Staff

Tue, Jan 7-Feb 4 | 9:30-11 am | \$150/5 | [131944](#)

Wed, Jan 8-Feb 5 | 11 am-12:30 pm | \$150/5 | [131949](#)

Thu, Jan 9-Feb 6 | 8-9:30 pm | \$150/5 | [131951](#)

Tue, Feb 11-Mar 11 | 9:30-11 am | \$150/5 | [131981](#)

Wed, Feb 12-Mar 12 | 11 am-12:30 pm | \$150/5 | [131982](#)

Thu, Feb 13-Mar 13 | 8-9:30 pm | \$150/5 | [131983](#)

North Island Tennis Academy

Indoor Tennis Lessons - Intermediate

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

Instructor: North Island Tennis Academy Staff

Sun, Jan 5-Feb 2 | 1:30-3 pm | \$150/5 | [131896](#)

Tue, Jan 7-Feb 4 | 8-9:30 pm | \$150/5 | [131954](#)

Wed, Jan 8-Feb 5 | 9:30-11 am | \$150/5 | [131957](#)

Thu, Jan 9-Feb 6 | 9:30-11 am | \$150/5 | [131959](#)

Sun, Feb 9-Mar 16 | 1:30-3 pm | \$150/5 | [131979](#)

Tue, Feb 11-Mar 11 | 8-9:30 pm | \$150/5 | [131961](#)

Wed, Feb 12-Mar 12 | 9:30-11 am | \$150/5 | [131973](#)

Thu, Feb 13-Mar 13 | 9:30-11 am | \$150/5 | [131975](#)

North Island Tennis Academy

Intro to Tai Chi

This is for students with no or limited background and teaches Tai Chi-related exercises and the mini set of Tai Chi comprised of 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, including stress relief and improved concentration.

Instructor: Mid Island Tai Chi Club

Wed, Jan 8-Feb 19 | 7-8:30 pm | \$56/7 | [132254](#)

Wed, Mar 5-Apr 16 | 7-8:30 pm | \$56/7 | [132255](#)

Beban Park Social Centre

Intensive Long Form Tai Chi

If you are ready to make the commitment to learning the entire 108-move long form, this is the course for you. Learn every discrete move and be able to complete the modified yang-style long form from start to finish. The principles of Tai Chi, advanced Tai Chi exercises and energy cultivation will also be covered.

Instructor: Mid Island Tai Chi Club

Tue, Jan 7-Apr 29 | 7-8:30 pm | \$130/17 | [132256](#)

Beban Park Social Centre

Fencing - All Levels

14 Years +

Beginner fencers receive 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 8-Feb 12 | 6:30-8 pm | \$84/6 | [132821](#)

Wed, Feb 19-Mar 26 | 6:30-8 pm | \$84/6 | [132822](#)

Oliver Woods Community Centre

Historical Fencing with Combat Guild

11+ Years

Sourced from medieval manuals and dedicated to the long sword and various short swords (shield, rapier and dagger, rondel dagger and grappling). We feature a warm-up, demo of fundamental concepts and teach flow drills by working in pairs. Safety mindedness is required. Intro or HEMA experience is a prerequisite for Core.

Introduction

Learn the basics and prepare for the Core program. Challenge your mental and physical coordination because even a 2 lb. sword feels heavy after an hour!

Sun, Jan 5-Mar 30 | 10-11 am | \$286/13 | [131508](#)

Beban Park Centennial Building

Core

This program is more physically and mentally demanding and rotates through a curriculum of 50 two-hour classes but is designed for you to start at any point. Equipment is available for those seeking to drill at faster tempos, and we can assist you in collecting your own gear. A cup, if needed, is required for sparring.

Sun, Jan 5-Mar 30 | 11:15 am-1:15 pm | \$299/13 | [131509](#)

Beban Park Centennial Building

Core Historical Fencing

For those with experience and/or have completed the introductory or HEMA program, drop-in to practice your skills. Limited space is available, and registration starts one week prior to each session.

Sun, Jan 5-Mar 30 | 11:15 am-1:15 pm | \$25/session | [131755](#)

Beban Park Centennial Building

Shotokan Karate

Caution! Enrolment in this program can lead to increased levels of fitness and a desire to do pushups. There is no room for couch potatoes in the dynamic martial art of Shotokan Karate. This art of self-defence strengthens all aspects of health and fitness. Whether you are a beginner or returning to training, the benefits remain the same. Make new friends while you develop your karate skills in this safe and positive training environment.

Instructor: Mike Czurka (6th degree black belt)

Tue, Jan 7-Feb 11 | 7-8 pm | \$48/6 | [131472](#)

Tue, Feb 18-Mar 25 | 7-8 pm | \$48/6 | [131475](#)

Bowen Park Complex

Taekwondo and Hapkido

Learn the Korean art of self-defense which places a strong emphasis on circular movement, redirection and self-confidence. Our highly qualified 9th 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: Master Kim, World Taekwondo Academy

Mon, Jan 13 & 20 | 6:10-7 pm | \$25/2 | [131548](#)

Wed, Jan 15 & 22 | 6:10-7 pm | \$25/2 | [131549](#)

Mon, Feb 3 & 10 | 6:10-7 pm | \$25/2 | [131550](#)

Wed, Feb 5 & 12 | 6:10-7 pm | \$25/2 | [131551](#)

Mon, Mar 3 & 10 | 6:10-7 pm | \$25/2 | [131552](#)

Wed, Mar 5 & 12 | 6:10-7 pm | \$25/2 | [131553](#)

World Taekwondo Academy (4300 Wellington Rd)

Taekwondo with Master Kim

This program emphasizes 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 9th degree black belt Grand Master can help you become strong in mind, body and spirit.

Instructor: Master Kim, World Taekwondo Academy

Mon, Jan 13 & 20 | 6:10-7 pm | \$25/2 | [131542](#)

Wed, Jan 15 & 22 | 6:10-7 pm | \$25/2 | [131543](#)

Mon, Feb 3 & 10 | 6:10-7 pm | \$25/2 | [131544](#)

Wed, Feb 5 & 12 | 6:10-7 pm | \$25/2 | [131545](#)

Mon, Mar 3 & 10 | 6:10-7 pm | \$25/2 | [131546](#)

Wed, Mar 5 & 12 | 6:10-7 pm | \$25/2 | [131547](#)

World Taekwondo Academy (4300 Wellington Rd)



Karate for Adults

In this introduction to karate, students learn traditional karate training, sparring and self-defense. Fitness, strength development and flexibility are also part of the curriculum.

Instructor: Shima Karate Staff

M/W, Jan 6-15 | 6:30-7:30 pm | \$25/4 | [132228](#)

M/W, Feb 3-12 | 6:30-7:30 pm | \$25/4 | [132230](#)

M/W, Mar 3-12 | 6:30-7:30 pm | \$25/4 | [132231](#)

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 re-learn martial arts history and techniques with a great group of like-minded people. Get a free uniform if you register at the dojo after the session.

Instructor: Shima Karate Staff

Sun, Jan 5-26 | 9-10 am | \$25/4 | [132232](#)

Sun, Feb 2-23 | 9-10 am | \$25/4 | [132234](#)

Sun, Mar 9-30 | 9-10 am | \$25/4 | [132235](#)

Shima Karate (3032 Barons Rd)

Iaido - Intro to Japanese Sword Art

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

Instructor: Peter Gunstone

Mon, Jan 6-Mar 31 | 7:30-9:30 pm | \$121/11 | [131633](#)

Beban Park Social Centre

Standing & Walking Qigong

Qigong is a moving meditation based on the ancient theory that the intentionally guided flow of energy through the body holistically restores vitality and regulates the functions of the mind, body and breath. Standing and walking Qigong will help to reduce stress and anxiety and increase muscular stability.

Instructor: Monica Lux

Thu, Jan 16-Feb 13 | 6-7 pm | \$55/5 | [132622](#)

Thu, Feb 20-Mar 20 | 6-7 pm | \$55/5 | [132623](#)

Thu, Mar 27-Apr 24 | 6-7 pm | \$55/5 | [132624](#)

Beban Park Social Centre

Seated Qigong

Come join Qigong with Monika! She will guide you in gentle movements and breathing exercises where you will work on intentions and healing. In sitting qigong, all abilities are welcomed. The facility is wheelchair accessible. For those with mobility difficulties, this class is for you!

Instructor: Monika Lux

Mon, Jan 20-Feb 10 | 6-7 pm | \$44/4 | [132631](#)

Mon, Feb 24-Mar 17 | 6-7 pm | \$44/4 | [132638](#)

Mon, Mar 31-Apr 14 | 6-7 pm | \$33/3 | [132639](#)

Beban Park Social Centre



Reduce Stress & Pain

Using the Alexander Technique

This technique is an embodied approach to increase body awareness and to reduce stress, tension and pain. Habits and holding patterns often lead to physical and mental imbalances. Learn strategies to change habitual posture and movement that will result in upright poise, effortless movement, better energy, improved well-being and ease in body and mind! Please bring 3 to 4 paper back books to class and wear comfortable clothes.

Instructor: Heike Walker

Mon, Jan 20 | 3:30-5 pm | \$25/1 | [132417](#)

Bowen Park Complex

People Living with Parkinson's

Using the Alexander Technique

Gain better coping skills with postural challenges and day-to-day living if you are suffering from Parkinson's. Increased body awareness assists in gaining more balance and a better sense of the body. Changing postural habits allows for better gait, more uprightness and more flexibility. This technique assists in enhancing muscle tone for less rigidity, less tremors and more fluidity in movement. Care partners are welcome in this class (also need to pay the fee.) Please bring a few paperback books to class and a yoga mat. If you have any questions, please contact the instructor, Heike Walker at 778-245-1750 or heike@balanceartsstudio.com.

Instructor: Heike Walker

Mon, Mar 10 | 3:30-5:30 pm | \$20/1 | [132418](#)

Bowen Park Complex



DID YOU KNOW?

- Ice skating was likely invented over 4,000 years ago in Finland
- The first inclusion in the winter games was at the 1908 London Olympics
- The first rink with artificially frozen ice was opened in London in 1876
- Ice hockey was first played in Canada in the early 19th century
- The Stanley Cup is the oldest professional sports trophy in North America
- The first women's ice hockey game was played in 1892



Adult Special Interest

Musical Adventures **NEW!**

All Ages

Join singer, Kyle Shepard, for a lively musical adventure! This inclusive class invites all ages and abilities to explore singing, beatboxing and rhythm instruments in a safe and fun environment. Please bring a support buddy and your enthusiasm to clap, tap and sing along! No restrictions on age. Let's get all generations dancing and singing together! This is designed for those with diverse abilities.

Instructor: Kyle Shepard

Sun, Jan 12-Feb 16 | 3-4:30 pm | \$90/6 | [132688](#)

Bowen Park Complex

Conversation Spanish - Beginner

This beginner's course provides an introduction to spoken Spanish. Speak and hear Spanish from the first day as you quickly gain basic conversation skills to communicate information about yourself, your family and friends, your work and your daily life. Learn pronunciation, expressions and vocabulary that allow you to function in everyday settings. Perfect for anyone looking to learn or refresh their knowledge of Spanish and immerse themselves in a new culture.

Instructor: Ruy Diaz

Thu, Mar 27-May 1 | 6-8 pm | \$84/6 | [131634](#)

Bowen Park Complex

Public Speaking

Embrace your inner storyteller! Reel in the tips and tricks to speak like a professional. Taught by a veteran communications expert who learned on her feet as a broadcaster, reporter, professor and company spokesperson for over 25 years. Check out the exercises to take the fur balls out of your mouth and stop your stuttering. Speak with confidence and sound like a pro. You don't need to be a seasoned speaker. You just need to dive in and find your best voice! It's in there, and these classes will bring it out.

Instructor: Ange Frymire

Sat, Jan 25 | 9:30 am-3:30 pm | \$45/1 | [132578](#)

Sat, Feb 22 | 9:30 am-3:30 pm | \$45/1 | [132579](#)

Sat, Mar 22 | 9:30 am-3:30 pm | \$45/1 | [132582](#)

Bowen Park Complex

Creative Writing Level 1

Do you have a memoir or story bubbling inside? Bring your creative writing piece to life. Classes are fun, interactive and results-driven. Work with a partner or solo. Solid, constructive feedback given each week to improve your skills and ignite your passion. Taught by communications expert, storyteller and former journalist who has published three collaborative books, one textbook and hundreds of articles for newsletters, newspapers and magazines.

Instructor: Ange Frymire

Tue, Jan 28-Mar 18 | 6:30-9:30 pm | \$96/8 | [132567](#)

Bowen Park Complex

Creative Writing Circle

Participants can share their writing (e.g. short stories, memoirs, poetry, novels/novellas, flash fiction, postcard fiction, journal entries) in a non-judgmental, safe and open space. There will also be writing prompts given each class, so strong awareness of writing fundamentals is needed for the participant to be fully engaged in writing exercises.

Instructor: Ange Frymire

Mon, Jan 13-Mar 3 | 6:30-9:30 pm | \$84/7 | [132571](#)

Mon, Mar 10-Apr 28 | 6:30-9:30 pm | \$84/7 | [132574](#)

Bowen Park Complex

Ukulele for Adults - Beginner

Participants will explore both the casual sing-and-strum style of playing, as well as picking melodies using standard music notation and ukulele tablature. The goal is to use the ukulele as both a solo instrument and (if desired) as a way to accompany one's own singing.

Instructor: Zoe Henderson

Wed, Jan 8-Mar 12 | 6:30-8 pm | \$140/10 | [131625](#)

Bowen Park Complex



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prc_nanaimo (#ilovemyparksandrec)

Becoming Psychic: A Psychic Development Series NEW!

Everyone is psychic, and in this three-class series, learn how to access and strengthen your intuition. All are welcome. Please bring a note pad and pen.

Instructor: Queen Bee Tarot

Tue, Jan 14-28 | 6-8 pm | \$111/3 | [132400](#)

Bowen Park Complex

Tarot for Life: Learn the Ancient Art of Reading Tarot

Join us for a four-class series elevating the beginner to practitioner using the Rider Waite Smith deck which will be available for purchase. No experience necessary.

Instructor: Queen Bee Tarot

Tue, Feb 11-Mar 4 | 6-8 pm | \$150/4 | [132399](#)

Bowen Park Complex

Stroll with the Pro - Ducks & Waterfowl

Walk with one of our local biologists for one of these FREE sessions to unlock the mysteries of ducks and other waterfowl.

Sun, Jan 19 | 10-11:15 am | FREE | [132599](#)

Diver Lake Park

Sun, Feb 23 | 10-11:15 am | FREE | [132600](#)

Sun, Mar 9 | 10-11:15 am | FREE | [132601](#)

Buttertubs Marsh (Miner's Cottage)

Soap Making & Aromatherapy Baths

This is the perfect class for Valentine's Day! Make soap with nourishing ingredients from scratch.

In this hands-on class, make and take home two different kinds of soaps, a finished soap bar, six different tub fizzers and bath salts with a variety of aromatherapy scents. Recipes for pet soap, laundry soap and herbal shampoo are included.

Please bring a hand towel and shoe-box to class.

An additional fee for supplies is required.

Instructor: Cheryl Theilade

Sat, Feb 8 | 9 am-12 pm | \$40/1 | [131724](#)

Beban Park Social Centre

Organic Hemp Seed Oil Skincare

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

An additional fee for supplies is required.

Instructor: Cheryl Theilade

Sat, Feb 8 | 12:30-2:30 pm | \$40/1 | [132740](#)

Beban Park Social Centre

Aromatherapy - The Art of Blending

Aromatic essences are derived from portions of the plants. Discover this alternative form of healing! Learn the top ten essential oils, their therapeutic properties and how to use them safely and effectively. We will create blends for sleep, concentration, lymphatic drainage, scarring, acne and other ailments. Create your own personal synergy (blend), a roll-on, massage oil, a solid scent perfume and a perfume spray. Recipes and blends will be provided. An additional fee for supplies is required.

Instructor: Cheryl Theilade

Sat, Feb 8 | 3-5 pm | \$40/1 | [132742](#)

Beban Park Social Centre



Foraging 101

Learn ethical foraging principles and practices, including where and where not to forage.

Identify the most common native and non-native plants available for foraging in your local area.

Instructor: Alicia Meek

Wed, Mar 19 | 6-8 pm | \$34/1 | [132368](#)

Bowen Park (meet near the playground by the pool)

Plant ID for Beginners

Join our introductory outdoor plant identification workshop that is perfect for beginners eager to explore native and non-native local plants. Learn to decipher the language of plant identification using common plant key guidebooks.

Instructor: Alicia Meek

Sat, Mar 29 | 10:30 am-12 pm | \$34/1 | [132371](#)

Bowen Park Complex

Edible Plant Walk

Join Alicia where she will discuss local edible flora, which parts are edible and how to eat them. This will be a quick look at trees, herbs, shoots and leafy greens.

Instructor: Alicia Meek

Sat, Mar 29 | 12:15-2 pm | \$34/1 | [132387](#)

Bowen Park Complex



Intro to Landscape Design NEW!

Gain valuable knowledge and life-long skills to help you design your own beautiful, functional, ecologically vibrant, four-season outdoor spaces. We will explore the principles and techniques of landscape design in this three-part course. Save thousands of dollars by creating your own professional quality landscape design. Learn basic drafting skills and how to draw "to scale". Become familiar with various hardscaping features, and develop your own list of tried and true plant materials suited to your yard. This includes an individual pre-course phone consultation to discuss and prepare for your project.

Instructor: Priscilla Brewer

Sat, Mar 8-29 | 10 am-1:30 pm | \$495/3 | [132800](#)

Priscilla's Garden (3920 Yellowpoint Rd)

VOLUNTEERS in PARKS

Are you passionate about the parks and trails that Nanaimo has to offer?
Consider participating in our **Volunteers in Parks** Program!

There are three ways to participate:

- 1 PARK AMBASSADOR:** As a Park Ambassador, you'll weave a vibrant tapestry of education and stewardship by visiting your chosen park regularly. Help fellow visitors embrace the beauty of nature while actively keeping the park clean. With your keen eye, you can observe the park's dynamic ecosystem and be the critical communicator reporting any issues and driving efforts for a sustainable environment.
- 2 ADOPT-A-PARK:** Gather your friends, family, or colleagues and form a volunteer group dedicated to keeping Nanaimo beautiful! By choosing a park, trail or creek to adopt, you'll take covenant of a cherished area. Together, you will implement clean-up initiatives, planting days, maintenance work and forging bonds with the land and each other while replenishing our local ecosystems.
- 3 WORK PARTIES:** Dive deep into nature's intricate web by participating in our Work Parties! Join a spirited crew dedicated to enhancing biodiversity in our parks and trails. These group efforts focus on native species restoration, invasives removal, and habitat preservation putting actions to your good intentions. Be part of a transformative journey for Nanaimo's ecosystems while teaming up with fellow conservation enthusiasts and making a tangible difference.

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

- Tue, Feb 4, 10 am-12 pm
Invasive Plant Removal at Colliery Dam Park ([132468](#))
- Sat, Feb 22, 10 am-12 pm
Invasive Plant Removal at Pipers Lagoon Park ([132469](#))
- Sat, Mar 8, 10 am-12 pm
Invasive Plant Removal at Barsby Park ([132478](#))
- Tue, Mar 18, 10 am-12 pm
Invasive Plant Removal at Bowen Park ([132479](#))



If you would like to organize a work party in your neighborhood, please call 250-756-5200, email parksandrecreation@nanaimo.ca or check out our website (search work party).

*Why
participate?*

Being part of the Volunteers in Parks Program not only fosters community spirit but enriches your life with purpose and connection to nature. Disconnect from screens and reconnect with the awe-inspiring beauty of our surroundings. Your involvement can help cultivate a brighter, more sustainable future for Nanaimo's enchanting green spaces.



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PERSONAL TRAINING Options

Meet our Personal Trainers! See page 53.

✓ TRANSFORM
✓ STRENGTHEN
✓ ACHIEVE
✓ IMPROVE

New to fitness? Intimidated by the equipment? Tired of the same workout routine? Need some encouragement and extra motivation to reach your goals?

REGISTER FOR PERSONAL TRAINING SESSIONS!

Our certified and motivational personal trainers can design a comprehensive and highly effective exercise program that is customized for you. Every session is unique to your body type, needs, goals and designed to work toward achieving results. Choose either private or semi-private at either Nanaimo Aquatic Centre or Beban Park from the following pricing options:

All sessions are one hour	PRIVATE	SEMI PRIVATE (1 other family or friend)
1 session	\$58	\$44 per person
3 sessions	\$157	\$119 per person
5 sessions	\$247	\$187 per person
10 sessions	\$464	



Scan the QR code to take you to our online intake form.





Adult Yoga/Fitness Programs

Weight Room Orientations

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 an orientation. Upon completion of an orientation, teens will receive a "Gym Use Teen Graduate Card". This card permits youth to use our weight rooms unsupervised by an adult.

Instructors: **Cindy Gutierrez** or **Dustin King**

Mon, Jan 6 | 3:30-4:30 pm | \$5/1 | [130574](#)

Thu, Jan 9 | 3:30-4:30 pm | \$5/1 | [130585](#)

Mon, Jan 13 | 3:30-4:30 pm | \$5/1 | [130575](#)

Mon, Jan 20 | 3:30-4:30 pm | \$5/1 | [130576](#)

Thu, Jan 23 | 3:30-4:30 pm | \$5/1 | [130586](#)

Mon, Jan 27 | 3:30-4:30 pm | \$5/1 | [130577](#)

Mon, Feb 3 | 3:30-4:30 pm | \$5/1 | [130578](#)

Thu, Feb 6 | 3:30-4:30 pm | \$5/1 | [130587](#)

Mon, Feb 10 | 3:30-4:30 pm | \$5/1 | [130579](#)

Thu, Feb 20 | 3:30-4:30 pm | \$5/1 | [130588](#)

Mon, Feb 24 | 3:30-4:30 pm | \$5/1 | [130580](#)

Mon, Mar 3 | 3:30-4:30 pm | \$5/1 | [130581](#)

Thu, Mar 6 | 3:30-4:30 pm | \$5/1 | [130589](#)

Mon, Mar 10 | 3:30-4:30 pm | \$5/1 | [130582](#)

Mon, Mar 17 | 3:30-4:30 pm | \$5/1 | [130583](#)

Thu, Mar 20 | 3:30-4:30 pm | \$5/1 | [130590](#)

Mon, Mar 31 | 3:30-4:30 pm | \$5/1 | [130584](#)

Nanaimo Aquatic Centre Weight Room

Adult Weightlifting 101 **NEW!**

Are you ready to master the fundamentals of weightlifting while enhancing your flexibility and cardiovascular fitness? This class is designed specifically for adults who want to succeed and feel confident in the weight room.

Instructor: **Dustin King**

Sun, Jan 12-Feb 16 | 5:15-6:15 pm | \$72/6 | [132403](#)

Sun, Jan 12-Feb 16 | 6:30-7:30 pm | \$72/6 | [132408](#)

Tue, Jan 14-Feb 18 | 7-8 pm | \$72/6 | [132410](#)

Thu, Jan 16-Feb 20 | 7-8 pm | \$72/6 | [132412](#)

Sun, Feb 23-Mar 30 | 5:15-6:15 pm | \$72/6 | [132407](#)

Sun, Feb 23-Mar 30 | 6:30-7:30 pm | \$72/6 | [132409](#)

Tue, Feb 25-Mar 25 | 7-8 pm | \$60/5 | [132411](#)

Thu, Feb 27-Mar 27 | 7-8 pm | \$60/5 | [132413](#)

Beban Park Social Centre

Rope Flow with Dustin **NEW!**

This class is all about developing fluid movement and coordination. Rope flow challenges the mind and body to build 360 degrees of spatial awareness.

Instructor: **Dustin King**

Tue, Jan 14-Feb 18 | 5:45-6:30 pm | \$60/6 | [132414](#)

Tue, Mar 4-25 | 5:45-6:30 pm | \$40/4 | [132415](#)

Beban Park Social Centre

Jump Rope Fitness **NEW!**

Join us for a fun way to increase your cardio endurance. This class focuses on learning the fundamentals of skipping, such as basic bounce, footwork, crosses and double dutch. No previous jump rope experience is necessary.

Instructor: **Elise Visentin**

Mon, Feb 10-Mar 10 | 7-8 pm | \$32/4 | [133322](#)

Beban Park Social Centre



Oh, shoot!

We sometimes make mistakes or information changes. Please check our online Activity Guide frequently for the latest program information.



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DROP-IN Fitness & Yoga Classes

Looking for some flexibility in your fitness journey? Unable to register for an entire set of a class? Try out drop-in fitness class options. **D**

- Classes available for drop-in have this symbol **D**
- Drop-in fee is \$12 per class and must be paid on site to our front desk staff.
- We strongly suggest that all participants with pre-existing conditions or injuries seek medical clearance from their doctor prior to attending classes and should inform the instructor of any change in condition or injury.
- Drop-in classes are not included in the Active Pass package.
- All participants must pay the established drop-in fitness rate. 2 for 1 or Courtesy Passes cannot be used for these drop-in programs.
- Please note that class size is limited, so participation is on a first-come, first-served basis with our registered clients always having priority.

Early Start Spin **D**

This stationary bike workout will include intervals, hills, speed and endurance all set to great tunes to keep you motivated. A great exercise if you cannot do any impact cardio work.

Instructor: Gillian Goerzen

Thu, Jan 9-Feb 13 | 6:30-7:15 am | \$60/6 | [131476](#)

Thu, Feb 20-Mar 27 | 6:30-7:15 am | \$60/6 | [131477](#)

Nanaimo Aquatic Centre

Ride & Restore **D**

Combine interval training, hills, speed and endurance work followed by a 15-minute stretch to bring everything back down in this combo class.

Instructor: Heather Honey

Mon, Jan 13-Feb 10 | 6:45-7:45 pm | \$60/5 | [131479](#)

Mon, Feb 24-Mar 31 | 6:45-7:45 pm | \$72/6 | [131480](#)

Nanaimo Aquatic Centre

Lunchtime Spin Sprint **D**

This 45-minute stationary workout will include intervals, hills, speed and endurance all set to great tunes to keep you motivated. A great exercise if you cannot do any impact cardio work.

Instructor: Shelley Howlett

Fri, Jan 10-Feb 14 | 12-12:45 pm | \$60/6 | [131375](#)

Fri, Feb 21-Mar 28 | 12-12:45 pm | \$50/5 | [131381](#)

Nanaimo Aquatic Centre

Spin & Core **D**

Improve your cardio with this spin and core combo workout! Intervals, hills, speed and endurance work will be followed by 15 minutes of core set to great tunes to keep you motivated.

Instructor: Jean Medley

Mon, Jan 6-Feb 10 | 5:30-6:30 pm | \$72/6 | [132471](#)

Mon, Feb 24-Mar 17 | 5:30-6:30 pm | \$48/4 | [132472](#)

Nanaimo Aquatic Centre

Spin & Stretch **D**

Combine interval training, hills, speed and endurance work followed by a 15 minute stretch in this combo fitness class.

Instructor: Jean Medley

Wed, Jan 8-Feb 12 | 5:30-6:30 pm | \$72/6 | [132473](#)

Wed, Feb 19-Mar 19 | 5:30-6:30 pm | \$60/5 | [132474](#)

Nanaimo Aquatic Centre

Dance Jam Group Fitness

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

Instructor: Monique Huibregtse

Tue, Jan 7-Feb 11 | 12-1 pm | \$48/6 | [132569](#)

Tue, Feb 18-Mar 25 | 12-1 pm | \$48/6 | [132573](#)

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 20-Feb 10 | 6:30-7:30 pm | \$32/4 | [132486](#)

Mon, Feb 24-Mar 31 | 6:30-7:30 pm | \$48/6 | [132499](#)

Instructor: Rika Carlson

Wed, Jan 8-Feb 12 | 6-7 pm | \$48/6 | [132490](#)

Wed, Feb 19-Mar 26 | 6-7 pm | \$48/6 | [132503](#)

Oliver Woods Community Centre

Weekend Zumba Party

Are you looking for a high-energy, thrilling weekend activity? Come work out for an hour at Oliver Woods while listening to a range of upbeat musical rhythms. Put on your dancing shoes and join the celebration—no prior experience required!

Instructor: Rika Carlson

Sat, Jan 11-Feb 15 | 11:30 am-12:30 pm | \$48/6 | [132495](#)

Sat, Feb 22-Mar 29 | 11:30 am-12:30 pm | \$48/6 | [132507](#)

Oliver Woods Community Centre

Please bring your own mat to fitness and yoga classes.

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 will get you moving to a variety of music styles.

Instructor: Mary Keel

Mon, Jan 6-Feb 10 | 9-10 am | \$48/6 | [132484](#)

Wed, Jan 8-Feb 12 | 10:15-11:15 am | \$48/6 | [132489](#)

Wed, Feb 19-Mar 26 | 10:15-11:15 am | \$48/6 | [132501](#)

Mon, Feb 24-Mar 31 | 9-10 am | \$48/6 | [132496](#)

Instructor: Tamara Graham

Fri, Jan 17-Mar 7 | 1-2 pm | \$64/8 | [132570](#)

Oliver Woods Community Centre

Bhangra Fit

Discover the trendiest fitness craze: Bhangra Fit! Say goodbye to boring workouts and hello to the electrifying beats of this Indian dance sensation. Get ready for an intense, joyful experience that not only elevates your heart rate but also your spirits. With moves rooted in folk dance but revamped for a cardio blast. Plus, it's safe for all ages, so bring the whole family and join the fun!

Instructor: Sukhi Sangha

Tue, Feb 4-Mar 4 | 6:15-7 pm | \$80/4 | [124815](#)

Beban Park Social Centre

Rock Your Body Boot Camp

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

Instructor: Heidi Robinson

AM

Wed, Jan 8-Feb 12 | 9-10 am | \$48/6 | [132488](#)

Wed, Feb 19-Mar 26 | 9-10 am | \$48/6 | [132500](#)

PM

Mon, Jan 6-Feb 10 | 5-6 pm | \$48/6 | [132485](#)

Mon, Feb 24-Mar 31 | 5-6 pm | \$48/6 | [132497](#)

Oliver Woods Community Centre

HIIT & Strength

Challenge your body with high energy interval cardio combined with strength training. This fun, full body workout will make you sweat and leave you feeling invigorated.

Instructor: Maki Kristiansen

Wed, Jan 8-Feb 12 | 5-6 pm | \$48/6 | [131564](#)

Wed, Feb 19-Mar 26 | 5-6 pm | \$48/6 | [131565](#)

Bowen Park Complex

HIIT Hustle

High-intensity interval training (HIIT) involves alternating short bursts of intense anaerobic exercise with less intense recovery periods. Participants can expect fast-paced and enjoyable workouts that typically include a warm-up, high-intensity exercises and medium intensity exercises for recovery and a cool down.

Instructor: Heather Honey

Thu, Jan 9-Feb 13 | 5:30-6:30 pm | \$48/6 | [132492](#)

Thu, Feb 20-Mar 27 | 5:30-6:30 pm | \$48/6 | [132504](#)

Oliver Woods Community Centre

HIIT to Fit

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

Instructor: Kim Ross

Wed, Jan 8-Feb 12 | 9-10 am | \$48/6 | [131568](#)

Wed, Feb 19-Mar 26 | 9-10 am | \$48/6 | [131569](#)

Bowen Park Complex

Barre X

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 7-Feb 11 | 10:45-11:45 am | \$48/6 | [132568](#)

Tue, Feb 18-Mar 25 | 10:45-11:45 am | \$48/6 | [132572](#)

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 9-Feb 13 | 9-10 am | \$48/6 | [132476](#)

Thu, Feb 20-Mar 20 | 9-10 am | \$40/5 | [132477](#)

Beban Park Social Centre

Dynamic Fit

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 10-Feb 7 | 9-10 am | \$40/5 | [132481](#)

Fri, Feb 28-Mar 21 | 9-10 am | \$32/4 | [132483](#)

Beban Park Social Centre

Stretch, Balance, Build

This class is designed for anyone wanting to increase balance, flexibility and strength in a calm and welcoming setting. It will combine a series of targeted exercises to enhance the body's long-term flexibility and balance while building strength using light weights. The stretches and range of motion movements benefit your muscles, tendons and fascia flexibility.

Instructor: Kim Ross

Wed, Jan 15-Feb 12 | 12:15-1:15 pm | \$40/5 | [131570](#)

Wed, Feb 19-Mar 26 | 12:15-1:15 pm | \$48/6 | [131573](#)

Rotary Field House

Stretch & Tone

This class is designed for anyone wanting to increase balance, flexibility and strength through targeted exercises with light weights in a welcoming setting. There is a mat component included for floor work, but this is optional. Alternate chair options will be included assisting with balance, adding to some of the strength exercises and allowing for rest if needed. The stretches and range of motion movements benefit your muscles, tendons and fascia flexibility. Calm your mind and body and enhance your well-being.

Instructor: Kim Ross

Thu, Jan 9-Feb 13 | 12:30-1:30 pm | \$48/6 | [131579](#)

Thu, Feb 20-Mar 27 | 12:30-1:30 pm | \$48/6 | [131580](#)

Oliver Woods Community Centre



FITNESS INSTRUCTORS WANTED!

We are looking for BCRPA Certified Fitness Instructors.

Email parksandrecreation@nanaimo.ca today with your certifications.



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prc_nanaimo (#ilovemyparksandrec)

Total Body Fitness

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

Instructor: Kim Ross

Mon, Jan 6-Feb 10 | 9-10 am | \$48/6 | [131577](#)

Thu, Jan 9-Feb 13 | 9-10 am | \$48/6 | [131575](#)

Thu, Feb 20-Mar 27 | 9-10 am | \$48/6 | [131576](#)

Mon, Feb 24-Mar 31 | 9-10 am | \$48/6 | [131578](#)

Rotary Field House

Cardio Core **NEW!**

Start your weekend right with strength and cardio conditioning that will leave you feeling exhilarated. Plenty of modifications will be available for different fitness levels.

Instructor: Maki Kristiansen

Sat, Jan 11-Feb 15 | 10:30-11:30 am | \$48/6 | [131566](#)

Sat, Feb 22-Mar 29 | 10:30-11:30 am | \$48/6 | [131567](#)

Bowen Park Complex

BellyFit

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

Instructor: Heidi Robinson

Fri, Jan 10-Feb 14 | 12:15-1:15 pm | \$48/6 | [132493](#)

Fri, Feb 21-Mar 28 | 12:15-1:15 pm | \$48/6 | [132505](#)

Oliver Woods Community Centre

Deep Stretch and Flow Fitness

Picture an entire hour dedicated to stretching every muscle in your body! Fundamental stretches and yoga positions will be performed, maintained, and later incorporated into sequences that will flow and repeat to soothing music. Enrolling in this course will lead to an increase in your overall strength, stronger stabilizer muscles and improved balance.

Instructor: Monique Huijbregtse

Tue, Jan 7-Feb 11 | 9:30-10:30 am | \$48/6 | [132580](#)

Tue, Feb 18-Mar 25 | 9:30-10:30 am | \$48/6 | [132585](#)

Oliver Woods Community Centre

Chair Yopalates **D**

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 7-Feb 11 | 9:30-10:30 am | \$48/6 | [132801](#)

Tue, Feb 18-Mar 25 | 9:30-10:30 am | \$48/6 | [132806](#)

Oliver Woods Community Centre

Yin Yoga

Yin Yoga is slower paced and more meditative. 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 6-Feb 10 | 5:30-6:30 pm | \$48/6 | [131706](#)

Thu, Jan 9-Feb 13 | 5:30-6:30 pm | \$56/7 | [131708](#)

Thu, Feb 20-Mar 27 | 5:30-6:30 pm | \$48/6 | [131709](#)

Mon, Feb 24-Mar 31 | 5:30-6:30 pm | \$48/6 | [131707](#)

Bowen Park Complex

Yang Yoga

This mixed style yoga class for beginners and intermediates will stretch the muscles and help to build your core.

Instructor: Cheryl Carew

Mon, Jan 6-Feb 10 | 6:45-7:45 pm | \$48/6 | [131710](#)

Thu, Jan 9-Feb 13 | 6:45-7:45 pm | \$48/6 | [131712](#)

Thu, Feb 20-Mar 27 | 6:45-7:45 pm | \$48/6 | [131713](#)

Mon, Feb 24-Mar 31 | 6:45-7:45 pm | \$48/6 | [131711](#)

Bowen Park Complex

Gentle Friday Yoga **D**

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 10-Feb 14 | 9-10 am | \$48/6 | [132509](#)

Fri, Feb 21-Mar 28 | 9-10 am | \$48/6 | [132521](#)

Oliver Woods Community Centre

Gentle Yoga AM **D**

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 6-Feb 10 | 10:15-11:15 am | \$48/6 | [132799](#)

Mon, Feb 24-Mar 31 | 10:15-11:15 am | \$48/6 | [132805](#)

Oliver Woods Community Centre

Gentle Yin-Inspired Restorative **NEW!** Yoga

This is a gentle candlelit meditative approach to releasing connective tissues, fascia and muscle tightness. Ease into calmness and relaxation in preparation for sleep. Bolsters and blocks provided. Please wear comfortable clothing.

Instructor: Jane Bockman

Tue, Jan 7-Feb 11 | 7:45-8:45 pm | \$48/6 | [132514](#)

Tue, Feb 18-Mar 25 | 7:45-8:45 pm | \$48/6 | [132519](#)

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 7-Feb 11 | 5:30-6:30 pm | \$48/6 | [132515](#)

Tue, Feb 18-Mar 25 | 5:30-6:30 pm | \$48/6 | [132516](#)

Oliver Woods Community Centre

Relax and Renew Yoga **D**

Learn the basic yoga poses (asanas) taught in hatha yoga style. Each class focuses on alignment, balance, strength, flexibility and breathing exercises concluding with a short relaxation and meditation period. Please wear comfortable clothing. Bare feet are preferred. Please bring a water bottle, yoga mat and a blanket for the relaxation portion of the class.

Instructor: Laurah-Lee Christie

Mon, Jan 6-Feb 10 | 9-10 am | \$48/6 | [131390](#)

Mon, Feb 24-Mar 31 | 9-10 am | \$48/6 | [131391](#)

Bowen Park Complex



Looking for some flexibility in your fitness journey? Unable to register for an entire set of a class? Try out drop-in fitness class options.

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 6-Feb 10 | 5:30-6:30 | \$48/6 | [131383](#)

Thu, Jan 9-Feb 13 | 5-6 pm | \$48/6 | [131385](#)

Thu, Feb 20-Mar 27 | 5-6 pm | \$48/6 | [131387](#)

Mon, Feb 24-Mar 31 | 5:30-6:30 pm | \$48/6 | [131384](#)

Rotary Field House

Instructor: Melissa Hill



Thu, Jan 9-Feb 13 | 10:15-11:15 am | \$48/6 | [132581](#)

Thu, Feb 20-Mar 27 | 10:15-11:15 am | \$48/6 | [132586](#)

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 8-Feb 12 | 5-6 pm | \$48/6 | [131388](#)

Wed, Feb 19-Mar 26 | 5-6 pm | \$48/6 | [131389](#)

Rotary Field House

Instructor: Amber Neuman-Brochez

Sat, Jan 4-25 | 10-11 am | \$32/4 | [132584](#)

Sat, Feb 8-Mar 29 | 10-11 am | \$64/8 | [132587](#)

Oliver Woods Community Centre

Restorative Yoga & Sound Healing Meditation

Restorative yoga is a gentle and nurturing form of mat yoga that includes using props to support your practice and the many benefits that come with it. Sound healing is an ancient practice that uses sound and music to promote healing and balance in the body and mind. You will be guided with relaxing sounds and the use of mantras and guided meditation.

Instructor: Gypsy Hart

Thu, Jan 9-Feb 13 | 9-10 am | \$48/6 | [132809](#)

Thu, Feb 20-Mar 27 | 9-10 am | \$48/6 | [132810](#)

Oliver Woods Community Centre

Yoga for Self-Care NEW!



Start 2025 by doing something just for you! This self-care series explores self-awareness, shifting tension, grounding and centering yourself. Enjoy this practice to release stress, lighten your mood and feel good in your body.

Instructor: Heidi Robinson

Wed, Jan 8-Feb 5 | 10:15-11:15 am | \$40/5 | [132738](#)

Oliver Woods Community Centre

Yoga from the Ground Up NEW!



This series of classes focuses on the major joints and muscles of your body from the ground up, including feet, knees, hips, spine, shoulders, arms and neck. Each class will focus on strengthening and stretching while being mindful of posture and alignment.

Instructor: Heidi Robinson

Wed, Feb 12-Mar 12 | 10:15-11:15 am | \$40/5 | [132739](#)

Oliver Woods Community Centre

MEET YOUR Personal Trainers

DUSTIN KING:

Personal Trainer/Weight Room Attendant

Dustin is a passionate personal trainer and online fitness coach with years of experience and multiple fitness certifications. He is currently a certified personal trainer, nutrition coach and flexibility coach working towards his corrective exercise specialization. He specializes in helping people overcome physical and mental barriers while helping to develop exercise knowledge and work ethic and is experienced in helping all ages and demographics.



JESSICA KIMBALL:

Personal Trainer/Weight Room Attendant

Hello! My name is Jess! I really love learning, and people in the gym teach me more than any book! I am certified with NASM (National Academy of Sports Medicine), as well as corrective training and Performance Enhancement with Kettle Bell training certification on the way! I really just want to help people move better.



I practice Olympic lifting when I'm not working, and if I'm not doing that, I'm probably lost in a cave out in the mountains. I believe in working out in a way that supports your lifestyle. There are so many ways to exercise; we will find something you like to help you progress. I look forward to seeing you in the gym!

CINDY GUTIERREZ:

Personal Trainer/Weight Room Attendant

Cindy grew up playing many sports and has been lucky enough to have turned her passion for health and fitness into her career. When you don't see Cindy around the gym, she is most likely creating new healthy recipes or hiking with her dog.



Cindy is certified in a number of areas and has instructed a variety of fitness classes, such as circuit training, group fitness, HIIT and seniors focused classes. Whether your goal is to lose body fat, gain strength, help alleviate chronic pain, or just overall fitness, Cindy has the guidance, motivation and knowledge to customize a program to help you reach your goals.



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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 is required.

Instructor: Gypsy Hart

Tue, Jan 7-Feb 11 | 5:15-6:15 pm | \$48/6 | [132802](#)

Tue, Feb 18-Mar 25 | 5:15-6:15 pm | \$48/6 | [132811](#)

Oliver Woods Community Centre

Pilates - All Levels

This is 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

Tue, Jan 7-Feb 11 | 6:30-7:30 pm | \$48/6 | [132512](#)

Tue, Feb 18-Mar 25 | 6:30-7:30 pm | \$48/6 | [132518](#)

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 10-Feb 14 | 10:15-11:15 am | \$48/6 | [132511](#)

Fri, Feb 21-Mar 28 | 10:15-11:15 am | \$48/6 | [132522](#)

Oliver Woods Community Centre



Yogalates

This class is a cross between yoga and pilates for a total body workout focused on toning the glutes, thighs and stomach. Develop your core strength and stabilization through pilates poses, and improve your flexibility, muscular strength, posture and alignment through poses, breathing and relaxation. Please bring your own yoga mat. Drop-in is available for morning class only.

Instructor: Gypsy Hart

Wed, Jan 8-Feb 12 | 9-10 am | \$48/6 | [132803](#)

Thu, Jan 9-Feb 13 | 5:15-6:15 pm | \$48/6 | [132804](#)

Wed, Feb 19-Mar 26 | 9-10 am | \$48/6 | [132807](#)

Thu, Feb 20-Mar 27 | 5:15-6:15 pm | \$48/6 | [132808](#)

Oliver Woods Community Centre

Aqua Yoga

18 Years +

Increase strength, balance and flexibility with the mindful practice of yoga in the water. This class includes some cardio and will finish with savasana in either the hot tub or sauna. Pre-registration is required.

Sat, Jan 11-Feb 15 | 8-9 am | \$37/6 | [133540](#)

Beban Park Pool

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.

Instructor: Jean Medley

Thu, Jan 9-Feb 13 | 10-11:30 am | \$48/6 | [131584](#)

Thu, Jan 9-Feb 13 | 1-2:30 pm | \$48/6 | [131596](#)

Thu, Feb 27-Apr 3 | 10-11:30 am | \$48/6 | [131585](#)

Thu, Feb 27-Apr 3 | 1-2:30 pm | \$48/6 | [131597](#)

Beban Park Social Centre

Reduce Stress & Pain

With the Alexander Technique

This technique is an embodied approach to increase body awareness and to reduce stress, tension and pain. Learn strategies to change habitual posture and movement that will result in upright poise, effortless movement, better energy, improved well-being and ease in body and mind! Please bring 3 to 4 paper back books to class and wear comfortable clothes.

Instructor: Heike Walker

Mon, Jan 20 | 3:30-5:30 pm | \$25/1 | [132417](#)

Bowen Park Complex

People Living with Parkinson's

Using the Alexander Technique

Gain better coping skills with postural challenges and day-to-day living if you are suffering from Parkinson's. Increased body awareness assists in gaining more balance and a better sense of the body. Changing postural habits allows for better gait, more uprightness and more flexibility. This technique assists in enhancing muscle tone for less rigidity, less tremors and more fluidity in movement. Care partners are welcome in this class (also need to pay the fee.) Please bring a few paperback books to class and a yoga mat. If you have any questions, please contact the instructor, Heike Walker at 778-245-1750 or heike@balanceartsstudio.com.

Instructor: Heike Walker

Mon, Mar 10 | 3:30-5 pm | \$20/1 | [132418](#)

Bowen Park Complex

Movement Habits

Exploring the Alexander Technique

Improve posture, reduce stress, change habits and expand your awareness. This is a hands-on class where we explore the body's naturally efficient design for movement and understand how we interfere with it through ingrained habits. We will use practical experiments to learn how to notice tightening, release muscle tension, re-establish better balance and move with ease. Instructors will use visual, verbal and kinaesthetic (hands-on) cues to teach better movement. Participants should be able to do gentle movements of walking, sitting and lying on a mat.

Instructor: Heather Walker

Mon, Feb 24-Mar 24 | 3:30-5 pm | \$100/5 | [132384](#)

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

	Child	Youth/ Senior	Adult	Family
1 Month Pass	\$30.90	\$43.25	\$57.70	\$115.35
1 Year Pass	\$278.10	\$389.35	\$515	\$1028.95

Prices subject to change and include tax.

ONE MONTH OR ONE YEAR OPTIONS

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 or 250-758-5222
- Sidewalks, City Facilities, Parks and Trails: **Parks, Recreation & Culture** - parksandrecreation@nanaimo.ca or 250-756-5200



60+ Classes: no membership required!

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 \$47.

Program areas:

- ARTS & CRAFTS
- MUSIC & SINGING
- FITNESS, YOGA & TAI CHI
- POTTERY
- CARDS & GAMES
- DANCE CLASSES & SOCIALS
- VARIETY OF SPORTS

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

THURSDAY NIGHT DANCES

Enjoy a fun evening of dancing with new and old friends to live music in Bowen Park Auditorium.

Thursdays, January 2 to December 15, 2025

7:30-10 pm

Members: \$8/evening; Non Members: \$10/evening

Gentle Chair Fitness

This class incorporates gentle fitness movements, yoga and stretching, primarily seated in a chair. Some movements to standing and balance work will be done with the chair for stability. Stretch, relax, open the joints, release tensions, energize and revitalize.

Instructor: Heather Walker

Tue, Jan 14-Feb 4 | 9-10 am | \$32/4 | [132540](#)

Tue, Feb 18-Mar 25 | 9-10 am | \$48/6 | [132541](#)

Bowen Park Complex

Gentle Yoga

This 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. Please bring your own yoga mat and other yoga accessories you might need.

Instructor: Heather Honey

Fri, Jan 3-31 | 11 am-12 pm | \$40/5 | [121112](#)

Fri, Feb 7-28 | 11 am-12 pm | \$32/4 | [121116](#)

Fri, Mar 7-28 | 11 am-12 pm | \$32/4 | [121118](#)

Bowen Park Complex

Please bring your own mat to fitness and yoga classes and wear clean indoor shoes.



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MUSICAL ENTERTAINMENT

Harbour City Members: \$3, Non-Members: \$5

All Ages Welcome!

Each month, a talented local performer will play for about 25 minutes. At a 15-minute break, you can help yourself to a coffee, tea and cookies at the buffet. After a snack and a visit, you'll be called to sit back down for another stretch of wonderful music. You can register in advance or pay at the door.



THURSDAY, NOVEMBER 21 | 1:30-3 PM | \$2 (members); \$4 (non-members) | 133346

Rick Haug plays a mixture of country and rock n' roll songs from the 60s and 70s. Although he is just one person, he uses solid back up tracks to sound like a full band. Come boogie along to some of your old time favourites. Dancing is encouraged!

THURSDAY, DECEMBER 5 | 1-3 PM | \$28 (members); \$33 (non-members) | 133894

Join us for our annual **Bowen Christmas Lunch** catered by the Food Genie. Enjoy live background music with Kyle Shepard while your taste buds sing. Members and non members are welcome to attend. A big thank you to our sponsor, Berwick On the Lake Retirement Residences. Tickets must be purchased by November 21.



THURSDAY, DECEMBER 12 | 1-2:30 pm | \$2 (members); \$4 (non-members) | 133328

The **Songsters Choir** have been practicing and are excited to put on a Christmas performance and sing-along which is guaranteed to get you into the holiday spirit.

WEDNESDAY, JANUARY 15 | 2-3:30 pm | \$3 (members); \$5 (non-members) | 132561

Glen Foster is a Canadian songwriter and entertainer who has released 9 albums of his own music. He has been performing professionally for over 40 years. His song "Friends Like That" was play-listed on the Cashbox Top 50 picks of 2021. This month, Glen and his partner Marg will play some original songs and a mixture of popular classic rock, dance tunes and modern-day standards.

WEDNESDAY, FEBRUARY 12 | 2-3:30 pm | \$3 (members); \$5 (non-members) | 132562

Otto Anthony (**Gold & Silver Band**) will perform a variety of accordion and fiddle tunes, along with a mix of 50s and 60s rock n' roll songs, plus some Latin American tunes. Don't miss it!

WEDNESDAY, MARCH 12 | 2-3:30 pm | \$3 (members); \$5 (non-members) | 132563

Marty Steel is the undisputed master of playing the keyboard bass lines like the great jazz organist of old. His versatility is unmatched by most any other with his ability to play the standards, classic rock, blues and many other styles - mixing the tunes in a way that always leaves the audience wanting more!

Yoga, Meditation, Pranayama

Teachings have been handed down for thousands of years and are still relevant today. With yoga, you open up the body and increase flexibility, strength, clarity of mind. Pranayama leads the breath with easy techniques to enhance (prana) subtle energy in body and mind.

Instructor: Thommas Michaud

Wed, Jan 8-Feb 5 | 10:30-11:45 am | \$40/5 | [120309](#)

Wed, Feb 19-Mar 19 | 10:30-11:45 am | \$40/5 | [120311](#)

Rotary Field House

Sculpt & Tone

Get a warm up, cardio and resistance training, along with a cool down/stretch that benefits older adults for bone and joint health by developing lean muscle and increasing metabolism.

Instructor: Heather Walker/Dustin King

Tue, Jan 14-28 | 10:15-11:15 am | \$24/3/4 | [132554](#)

Wed, Jan 8-29 | 10:15-11:15 am | \$32/4 | [132557](#)

Tue, Feb 4-25 | 10:15-11:15 am | \$24/3 | [132555](#)

Wed, Feb 5-26 | 10:15-11:15 am | \$32/4 | [132558](#)

Tue, Mar 4-25 | 10:15-11:15 am | \$32/4 | [132556](#)

Wed, Mar 5-26 | 10:15-11:15 am | \$32/4 | [132559](#)

Bowen Park Complex

Thu, Jan 9-30 | 10:15-11:15 am | \$32/4 | [132551](#)

Thu, Feb 6-27 | 10:15-11:15 am | \$32/4 | [132552](#)

Thu, Mar 6-27 | 10:15-11:15 am | \$32/4 | [132553](#)

Beban Park Social Centre

Fri, Jan 17-31 | 9:30-10:30 am | \$24/3 | [132691](#)

Fri, Feb 14-28 | 9:30-10:30 am | \$24/3 | [132692](#)

Fri, Mar 7-28 | 9:30-10:30 am | \$24/3 | [132693](#)

Bowen Park Complex

Saturday Stretch NEW!

Set aside Saturday mornings for stretching! Keep your muscles flexible and healthy to maintain a range of motion in the joints. Proper stretching increases blood flow, decreases the risk of injuries and helps improve your ability to do daily activities.

Instructor: Claudia Encina

Sat, Jan 4-25 | 10:45-11:45 am | \$24/4 | [132673](#)

Sat, Feb 1-15 | 10:45-11:45 am | \$18/3 | [132674](#)

Sat, Mar 8-29 | 10:45-11:45 am | \$24/4 | [132676](#)

Bowen Park Complex

FITNESS INSTRUCTORS WANTED!

We are looking for BCRPA Certified
Fitness Instructors.

Email parksandrecreation@nanaimo.ca
today with your certifications.

QiGong, Meditation

Using the body with mindful movements, static poses, breath, concentration, visualization and the Chi of internal energy (Qi) in the body, increase vitality, strength and clarity of mind.

Instructor: Thomas Michaud

Thu, Jan 9-Feb 6 | 10:30-11:45 am | \$40/5 | [130286](#)

Thu, Feb 20-Mar 20 | 10:30-11:45 am | \$40/5 | [130288](#)

Oliver Woods Community Centre

Yoga, Meditation, QiGong NEW!

This class is for all ages with a good fitness level. This practice can help lower stress and increase focus.

Instructor: Thomas Michaud

Tue, Jan 7-Feb 4 | 3:45-5 pm | \$40/5 | [133433](#)

Tue, Feb 18-Mar 18 | 3:45-5 pm | \$40/5 | [133434](#)

Oliver Woods Community Centre

Balance & Mobility

The instructor will lead you through a variety of exercises to improve stability and confidence to perform day-to-day activities. The workout may include cardiovascular components, lower and upper body strength training (using weights and bands), balancing exercises, and yoga-inspired techniques. The exercises are designed to improve posture, build muscle strength and speed, sharpen reflexes, expand flexibility and strengthen the core.

Instructor: Heather Walker

Wed, Jan 15-Feb 5 | 3-4 pm | \$32/4 | [120007](#)

Wed, Feb 19-Mar 26 | 3-4 pm | \$48/6 | [120008](#)

Oliver Woods Community Centre

Dance Fitness

Get the 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, as well as those who want a higher intensity cardio workout. All stretches and flexibility work are designed for women.

Instructor: Mary Keel

Sat, Jan 4-25 | 9-10 am | \$32/4 | [120915](#)

Sat, Feb 1-22 | 9-10 am | \$32/4 | [120916](#)

Sat, Mar 1-29 | 9-10 am | \$40/5 | [120917](#)

Bowen Park Complex

60+ Zumba NEW!

This fun and dynamic workout combines low-impact aerobic exercise with exciting Latin and international music making it easy to follow and enjoyable. Our Zumba class focuses on improving cardiovascular health, flexibility and balance while promoting overall physical wellness. The routines are tailored to ensure safety and comfort allowing participants to move at their own pace. Whether you're a seasoned dancer or new to fitness, this class is perfect for anyone looking to stay active and healthy in a vibrant and supportive environment.

Instructor: Claudia Encina

Thu, Jan 2-30 | 9-10 am | \$40/5 | [132612](#)

Sat, Jan 4-25 | 9:30-10:30 am | \$32/4 | [132637](#)

Sat, Feb 1-15 | 9:30-10:30 am | \$24/3 | [132640](#)

Thu, Feb 6-27 | 9-10 am | \$32/4 | [132615](#)

Thu, Mar 6-27 | 9-10 am | \$32/4 | [132649](#)

Sat, Mar 8-29 | 9:30-10:30 am | \$32/4 | [132641](#)

Bowen Park Complex

Argentine Tango

Argentine Tango is a very romantic dance suitable for all ages. Come join these keen dancers. *Nanaimo Harbour City Seniors enjoy this course as part of their membership. No formal instruction is provided.

Tue, Jan 7-Mar 25 | 6:30-9 pm | \$24/12 | [132913](#)

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 6-Feb 10 | 10:15-11:15 am | \$48/6 | [120501](#)

Mon, Feb 24-Mar 24 | 10:15-11:15 am | \$40/5 | [120502](#)

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 6-Feb 10 | 11:30 am-12:30 pm | \$48/6 | [120517](#)

Mon, Feb 24-Mar 24 | 11:30 am-12:30 pm | \$40/5 | [120518](#)

Bowen Park Complex

Improve Posture, Change Movement Habits

Exploring the Alexander Technique

Improve posture, reduce stress and expand your awareness. This is a hands-on class where we explore the body's naturally efficient design for movement and understand how we interfere with it through ingrained habits. We will use practical experiments to learn how to notice tightening, release muscle tension, re-establish better balance and move with ease. Instructors will use visual, verbal and kinaesthetic (hands-on) cues to teach better movement. Participants should be able to do gentle movements of walking, sitting and lying on a mat.

Instructor: Heather Walker

Mon, Feb 24-Mar 24 | 3:30-5 pm | \$100/5 | [132384](#)

Bowen Park Complex

Nordic Walking - Beginner

Nordic walking is an activity that is suitable for people of all ages, abilities and skills. Learn how to make the most of those poles while you walk. Please bring your own set if you have them, or some can be borrowed upon request.

Instructor: Kirsten

Sat, Mar 8-22 | 10:30 am-12 pm | \$42/3 | [132302](#)

Beban Park Social Centre



cityofnanaimo



prc_nanaimo (#ilovemyparksandrec)

FREE (OR ALMOST FREE) PROGRAMS

Especially for 60+ Participants

Mobile Hearing Clinic

Ears To You Mobile Hearing Clinic offers mobile hearing tests to people in Nanaimo helping treat and diagnose hearing issues. If you think you're dealing with hearing loss or need any assistance with adjusting or replacing your hearing aids, our ear care professionals can help you with quick, affordable diagnostic services and effective solutions. Our mobile hearing clinic can come straight to your front door. Our services include hearing aids, accessories and hearing tests. This is FREE, but please call us at 250-755-7501 to book an appointment.

Instructor: Ears to Your

Tue, Jan 7 9 am-2:30 pm	Tue, Jan 14 9 am-2:30 pm
Tue, Feb 4 9 am-2:30 pm	Tue, Feb 18 9 am-2:30 pm
Tue, Mar 4 9 am-2:30 pm	Tue, Mar 18 9 am-2:30 pm

Bowen Park Clubhouse **Oliver Woods Comm. Centre**



Bowen Park Library

Those interested in borrowing books at no charge are welcome to visit our library. Please bring them back to share with others. Limit two books per visit.

M-F | 8:30 am-4:30 pm | FREE

Bowen Park Complex



Canada Revenue Agency Presentation

This is a FREE informative presentation by Canada Revenue Agency and Service Canada. Sign up to find out more about:

- Benefits and credits you may be eligible for including the Disability Tax Credit
- Canada Pension Plan
- Old Age Security / Guaranteed Income Supplement
- Ways to do your taxes
- CRA's digital services
- How to protect yourself from scams and more!

You will also get a chance to ask questions at the end.

Mon, Feb 24 | 1-3:30 pm | [132825](#)

Bowen Park Complex



Canada Revenue Agency Support Clinic

Meet with Canada Revenue Agency to answer questions about what benefits or credits you might be eligible for or for support filling out/submitting simple taxes online. Appointments can be booked with the clerks at the Bowen Park front desk or by calling 250-755-7501.

Thu, Mar 6 | 10 am-3 pm | make appointment

Bowen Park Complex



Will & Estate Planning

This FREE course is available to anyone. During this presentation, helpful hints will be shared on the preparation of wills and estate planning.

Instructor: Stuart Green, Lonsdale Funeral Group Inc.

Wed, Mar 5 | 2-3:30 pm | [132577](#)

Bowen Park Complex

Intro to MAiD

Volunteers Dave and Sigrid with MAiD Family Support Society, are hosting a presentation about their experience supporting a loved one through the process of dying with medical assistance. They each have a short digital story to share, along with some basic info about MAiD eligibility. Dave will also be doing a reading of his contribution to "The Many Faces of MAiD". Copies of the book are available for purchase.

Wed, Feb 19 | 2-3:30 pm | [133570](#)

Bowen Park Complex



Dental Care Plan

The Canadian Dental Care Plan (CDCP) is helping make the cost of dental care more affordable for eligible Canadian residents. As of May 1, eligible seniors, children under 18 and adults with a valid Disability Tax Credit certificate have been able to have part of their dental visits paid under this plan. This presentation is by Harbour City Dental and they will help you learn more about the plan and give you the chance to ask any questions you may have regarding it.

Wed, Mar 19 | 2-3 pm | [132696](#)

Bowen Park Complex



Hello, Neighbour

Come have coffee, meet and greet other seniors who live near (but not limited to) the Oliver Woods Community Centre. This is open to Nanaimo Harbour City Members and non members for a chance to socialize and listen to short presentations. Coffee and goodies are provided. Please bring your own mug.

Members \$6/time; Non Members: \$7.50/time

Wed, Jan 8, Feb 5, Mar 5 | 10-11 am | [130280](#)

Oliver Woods Community Centre



Stroll with a Pro - Ducks & Waterfowl

Walk with one of our local biologists for one of these FREE sessions to unlock the mysteries of ducks and other waterfowl.

Sun, Jan 19 | 10-11:15 am | [132599](#)

Diver Lake Park

Sun, Feb 23 | 10-11:15 am | [132600](#)

Sun, Mar 9 | 10-11:15 am | [132601](#)

Buttertubs Marsh (Miner's Cottage)



Being Proactive, Aging at Home

Join us for a FREE information session on how to age safely at home. Be proactive and prevent falls by exploring accessibility equipment costs and what home modifications can be made for aging in place, such as installing grab bars, ramps, mobility equipment or a stairlift. Refreshments will be provided. Presented by Helena Brenner, BSN and Linden Lennox, Sales Representative with HME Home Health.

Wed, Mar 26 | 2-3:30 pm | [132695](#)

Bowen Park Complex



TRIPS with JANIE'S BUS

Relax...and let Janie do the driving! These trips are for all ages. Great for yourself or bring the family along!
Meals are not included, and some trips have extra fees to cover ferry or admission costs.

Dining Out!

Discover some local cuisine! Meals are not included; walker accessible.

DOG HOUSE RESTAURANT IN DUNCAN

Tue, Jan 7 | 4-8 pm | \$30/1 | [132073](#)

SHIPYARD PUB RESTAURANT IN MAPLE BAY

Thu, Jan 23 | 4-8 pm | \$30/1 | [132074](#)

MASTHEAD RESTAURANT IN COWICHAN BAY

Thu, Jan 30 | 3:30-8 pm | \$30/1 | [132075](#)

ALEXANDRA'S BISTRO IN NANAIMO (JANIE'S B-DAY)

Tue, Feb 4 | 4-8 pm | \$5/1 | [132122](#)

BLACK BIRD SCHNITZEL HOUSE IN QUALICUM BEACH

Thu, Feb 13 | 3-8 pm | \$30/1 | [132137](#)

PACIFIC MOON RISING BAR/GRILL IN PARKSVILLE

Thu, Feb 27 | 4-8 pm | \$30/1 | [132124](#)

FOX & HOUND PUB IN LADYSMITH

Mon, Mar 3 | 4-8 pm | \$30/1 | [132135](#)

ROCKING HORSE RANCH PUB IN NANOOSSE BAY

Tue, Mar 18 | 4-8 pm | \$30/1 | [132136](#)

DISCOVERY ROOM AT VIU

Thu, Mar 27 | 4:30-8 pm | \$15/1 | [132123](#)

Meet at Bowen Park

Victoria

Spend the day shopping, dining, strolling through a museum, meeting up with friends/family, gambling or catching an IMAX show.

Wed, Jan 15 | 8 am-5:30 pm | \$55/1 | [132078](#)

Sat, Jan 25 | 8 am-5:30 pm | \$55/1 | [132079](#)

Sat, Feb 15 | 8 am-5:30 pm | \$55/1 | [132118](#)

Tue, Feb 25 | 8 am-5:30 pm | \$55/1 | [132120](#)

Sat, Mar 15 | 8 am-5:30 pm | \$55/1 | [132131](#)

Tue, Mar 25 | 8 am-5:30 pm | \$55/1 | [132134](#)

Meet at Bowen Park

Thrift Shop Hop - Campbell River

Travel up to Campbell River and discover treasures in the local thrift stores.

Take advantage of the great buys at Quality Thrift Stores, such as New 2-U Consignment, Salvation Army, Second to None and many more. Please pack your own lunch for this trip. This program is walker accessible.

Sun, Jan 12 | 8 am-6 pm | \$55/1 | [132077](#)

Meet at Bowen Park

Ucluelet & Tofino

Spend time at the beach eating lunch (pack your own or go into Tofino for lunch and do some shopping). We will go to Ucluelet to the Amphitrite Point Lighthouse and take in the rugged coastal view of the Wild Pacific Trail. Bring your camera as the photo opportunities are endless!

Fri, Dec 20 | 8 am-8 pm | \$75/1 | [129492](#)

Mon, Jan 20 | 8 am-8 pm | \$75/1 | [132080](#)

Thu, Feb 20 | 8 am-8 pm | \$75/1 | [132119](#)

Thu, Mar 20 | 8 am-8 pm | \$75/1 | [132133](#)

Meet at Bowen Park

Sidney by the Sea

Learn about the different sea creatures that live in the Salish Sea at the Shaw Discovery Centre (not included). Take a walk along the water front and check out the local shops. This program is self-guided and walker accessible.

Fri, Jan 10 | 8 am-5:30 pm | \$55/1 | [132076](#)

Mon, Feb 10 | 8 am-5:30 pm | \$55/1 | [132117](#)

Mon, Mar 10 | 8 am-5:30 pm | \$55/1 | [132130](#)

Meet at Bowen Park

Mt. Washington Snow Shoe Adventure

Absorb the beautiful winter scenery driving up to the ski hill and prepare for a picturesque snow shoe trek with a mountain guide. Lunch will be at the Raven Lodge or bring a lunch, snacks and water to replenish your energy and to enjoy the breathtaking views. Price of \$149 includes transportation, ticket and snow shoe rental. The \$125 price includes transportation, ticket only (you have your own snow shoes).

Sat, Jan 18 | 8 am-5 pm | \$149 or \$125 | [132081](#)

Meet at Bowen Park

Bird Watch Eagles - Comox Estuary

Salmon will be running at the estuary and bird hangouts. We will see if the eagles are at Lazo Beach playing in the wind turbulences. We will stop for lunch at Black Fin, or feel free to pack your own. This trip is not walker friendly.

Fri, Jan 31 | 8 am-5:30 pm | \$55/1 | [132082](#)

Meet at Bowen Park

BC Aviation Museum - Saanich

There are 40 aircraft to explore here! Sit in a cockpit of a war plane, discover the rich history of Canadian aviation and more. Lunch will be at the Waddling Dog Pub. This trip is walker friendly.

Sat, Feb 8 | 8 am-6 pm | \$115/1 | [132083](#)

Tue, Feb 11 | 8 am-6 pm | \$115/1 | [133546](#)

Meet at Bowen Park

Cowichan Wine Tour & Lunch

Enjoy touring three vineyards in the Cowichan Valley, including Rocky Creek, Emandare, Alderlee and Enrico. We will stop at the Satelight Grill for lunch. The price includes wine tastings. This program is walker accessible.

Fri, Feb 28 | 9:30 am-5:30 pm | \$115/1 | [132121](#)

Meet at Bowen Park

All Aboard the Frances Barkley

Sail down the Alberni Channel to Bamfield on the 1958 built MV Frances Barkley. We stop along the way at various camps and cottages delivering supplies. We will spend an hour in Bamfield before sailing back. Boat ride is included in the price. This trip is walker friendly.

Sat, Mar 1 | 6 am-7 pm | \$185/1 | [132129](#)

Meet at Bowen Park

Comox Air Force Museum & Cumberland Museum

Founded in 1982 as part of the Air Force Indoctrination School, CAFM was accredited as a stand-alone Canadian Forces Museum and officially opened its doors in 1987. The Cumberland Museum tells the story of the people of Cumberland. Lunch is at the Blackfin Pub.

Sun, Mar 23 | 8 am-6 pm | \$115/1 | [132132](#)

Meet at Bowen Park

See the Harbour City Seniors Newsletters for more trip options. Meals are not included, and some trips have extra fees to cover ferry or admission costs.



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PLEASE NOTE: Registration for Fall & Winter Aquatic programs opened on August 7 and are available now.

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

Winter-themed fun in the warm waters of the pool.
Sunday, December 22 • 9 am-12 pm • Beban Park Pool

New Year's Eve Splash

Say good bye to the year with a swim!
Tuesday, December 31 • 6-8 pm • Nanaimo Aquatic Centre

Super Hero Swims

Join our super hero staff for some super hero-themed activities.
Friday, Mar 21 • 12-2 pm • Nanaimo Aquatic Centre
Friday, Mar 28 • 12-2 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. See pages 70 & 71 for details.

Swim for Life® Program Overview

PARENT & TOT LESSONS

Ages 4-36 months

Caregiver participation is required. Progression is based on age.



Jellyfish

4-12 months



Goldfish

13-24 months



Seahorse

25-36 months

PRESCHOOL LESSONS

Ages 3-5 years

Progression is based on completion of level.



Octopus

- Blowing bubbles with face in water
- Front and back floats and glides with instructor help



Crab

- Front and back floats and glides with buoyant aid
- Roll-over floats
- 5M back swim with buoyant aid



Orca

- Front, back and roll-over floats and glides
- 5M swims on front and back



Sea Lion

- Basic front crawl and side glides
- Deep-water activities
- 7M swim on front and back



Narwhal

- Deep-water swimming
- 5M front and back crawl
- 4 x 5M swim on back

To advance to Swimmer Lessons, your child must be 5 years old on the first day of lessons. If they have completed Narwhal, they will advance to Swimmer 2. All other preschool swimmers will benefit from gaining more experience in Swimmer 1.

SWIMMER LESSONS

Progression is based on completion of level. **Ages 5-14 years**



Swimmer 1

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



Swimmer 2

- Deep-water activities
- Front, back and side swims
- 10M front and back crawl



Swimmer 3

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



Swimmer 4

- Tread water for 1 minute
- Basic breaststroke
- 25M front and back crawl
- Swim to Survive Standard



Swimmer 5

- Eggbeater for 30 seconds
- 25M breaststroke
- 50M front and back crawl



Swimmer 6

- 50M breaststroke
- 100M front and back crawl
- 300M distance swim



Swimmer 7: Canadian Swim Patrol - Rookie

- Front and back crawl and breaststroke mastery
- Lifesaving: victim recognition and ready position
- First Aid: primary assessment and calling EMS



Swimmer 8: Canadian Swim Patrol - Ranger

- Eggbeater kick and object support
- First Aid: obstructed airway, checking breathing; shock
- Removing conscious victim



Swimmer 9: Canadian Swim Patrol - Star

- First Aid: bone, joint injuries, asthma, allergic reactions
- Support and removal of unconscious victim
- 300M swim in 9 minutes

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 no more than 10 minutes 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 our front desk staff.
- 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

Waitlists for Swimming

Is a swimming class full? Put your child's name on the waitlist for the specific class you want. If a spot comes up, we will contact you. If there is enough interest in a particular level, we will do our best to create a new class and contact you to see if it works for your schedule.

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**
- Provide the clerk with the level and your choice of dates
 - Search for swim lessons in **recreation.nanaimo.ca** using a key word(s) in the search field (Jellyfish, for example)



Winter Lessons - Beban Pool

**Note: Due to high demand of swimming lessons, last minute withdrawals may impact course offerings.
Please provide as much notice as possible if a withdrawal from a swim lesson is required.*



MON & WED

Beban Pool

WINTER SET 1: Jan 13-Feb 5 (8 lessons)
WINTER SET 2: Feb 10-Mar 12 (9 lessons) *

NOTE: Private lessons run once weekly either Mondays or Wednesdays

No lesson on Feb 17*

TUE & THU

Beban Pool

WINTER SET 1: Jan 14-Feb 6 (8 lessons)
WINTER SET 2: Feb 11-Mar 13 (10 lessons)

		6:30 am	7:00 am	7:30 am	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	7:00 pm	3:00 pm	3:30 pm	4:00 pm	4:15 pm	4:30 pm	5:00 pm	5:30 pm	6:00 pm	6:30 pm
Parent Participation	Jellyfish																											
	Goldfish						x																					
	Seahorse							x																				
Preschool Prog. (3-5yrs)	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		x	
	Orca	x				x		x			x			x	x		x	x					x	x			x	
	Sea Lion						x							x		x	x	x									x	
	Narwhal												x		x									x				
School Ages Program (6-13 yrs)	Private				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				x						x			x				
	Swimmer 4									x			x								x	x						
	Swimmer 5											x									x		x					
	Swimmer 6									x											x		x					
14 yrs +	Teen/Adult 1																	x										

PLEASE NOTE:

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prc_nanaimo (#ilovemyparksandrec)

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**Note: Due to high demand of swimming lessons, last minute withdrawals may impact course offerings.
Please provide as much notice as possible if a withdrawal from a swim lesson is required.*

		FRI Beban Pool WINTER SET 1: Jan 17-Mar 14 (9 lessons)													SAT Beban Pool WINTER SET 1: Jan 18-Mar 15 (9 lessons)							SUN Beban Pool WINTER SET 1: Jan 12-Mar 9 (9 lessons)												
		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	7:00 pm	9:00 am	9:30 am	10:00 am	10:15 am	10:30 am	11:00 am	11:30 am	12:00 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	3:15 pm	3:30 pm	4:00 pm	4:30 pm
Parent Participation	30 Min. Classes	Jellyfish																		X									X				X	
		Goldfish														X				X		X				X						X		
		Seahorse															X	X					X	X										X
Preschool Prog. (3-5yrs)	Octopus	X			X	X		X		X	X					X			X		X		X			X				X		X		
	Crab		X			X									X		X			X			X					X				X		
	Orca			X					X	X					X					X					X								X	
	Sea Lion											X				X			X										X					
	Narwhal											X					X													X				
School Ages Program (6-13 yrs)	45 Min.	Swimmer 1					X						X	X	X		X			X	X			X		X		X	X		X	X	X	
		Swimmer 2							X		X						X			X			X			X			X		X	X	X	
		Swimmer 3											X							X			X	X					X		X		X	
		Swimmer 4											X			X						X		X					X		X	X	X	
		Swimmer 5						X											X						X				X					
	60 Min.	Swimmer 6						X									X										X		X		X			
		Swim Patrol: Rookie, Ranger, Star														X		X			X								X					
		Teen/Adult 1																					X											
		Teen/Adult 2																					X											

Waitlists for Swimming

Is a swimming class full that you wanted? Put your child's name on the waitlist for the specific class you want.

If a spot comes up, we will contact you. If there is enough interest in a particular level, we will do our best to create a class and contact you to see if the new class works for your schedule. Continue to check our website, as new classes are being added periodically throughout the season.

Winter Lessons - Nanaimo Aquatic Centre

**Note: Due to high demand of swimming lessons, last minute withdrawals may impact course offerings.
Please provide as much notice as possible if a withdrawal from a swim lesson is required.*

			MON & WED Nanaimo Aquatic Centre		TUE Nanaimo Aquatic Centre			THU Nanaimo Aquatic Centre		
			SET 1: Jan 13-Feb 5 (8) SET 2: Feb 10-Mar 12 (9) *		WINTER: Jan 14-Mar 4 (8) Private Lessons: Jan 14-Feb 4 (4) Feb 11-Mar 4 (4)			WINTER: Jan 16-Mar 6 (8)		
			No lesson on Feb 17 *							
			9:30 am	10:00 am	10:00 am	10:30 am	11:00 am	10:00 am	10:30 am	11:00 am
School Ages / Teen Adult Program (6-13 yrs/Teen & Adult)	Preschool (3-5yrs)	Octopus	x							
		Orca		x						
	30 Min.	Private			x	x				
		Swimmer 1/2						x		
		Swimmer 3/4							x	
	45 Min.	Swimmer 5/6								x
		Teen/Adult 1					x			



PLEASE NOTE:
Registration for Fall
& Winter Aquatic
programs opened
on August 7 and are
available now.



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Teen & Adult Swim Lessons NEW!

Whether you're just starting out or just want help with your strokes, this teen and adult swim program is for you! Work with certified instructors to learn to swim or improve your current swimming ability and fitness. You'll develop confidence in the water and smooth, recognizable strokes. You'll be able to set your own goals in consultation with your instructor. Water Smart education is included in all adult levels.

Level 1: Shallow Water Orientation

You will work towards 10-15m swim on your front and back. You will learn safe entries into shallow and deep water, develop skills while wearing a PFD and learn breath control and underwater skills. Floats, glides, flutter kick and vertical whip kick are introduced. Your fitness will improve through interval training and learning how to perform front crawl and back crawl.

M/W, Jan 13-Feb 5 | 6:30-7:30 pm | \$112/8 | [127302](#)

Sat, Jan 18-Mar 15 | 12-1 pm | \$126/9 | [127313](#)

M/W, Feb 10-Mar 12 | 6:30-7:30 pm | \$126/9 | [127303](#)

Beban Park Pool

Tue, Jan 14-Mar 4 | 11 am-12 pm | \$112/8 | [127130](#)

Nanaimo Aquatic Centre



Level 2: Stroke Development

Develop your fitness by working on two interval training workouts, sprints and further developing your front crawl and back crawl. You will learn Swim to Survive® skills and further develop deep water entries/skills while wearing a PFD. Whip kick is further developed along with an introduction to breaststroke. Swimmers in this lesson should be comfortable in deep water. (Prerequisite: Teen & Adult Level 1.)

Sat, Jan 18-Mar 15 | 12-1 pm | \$126/9 | [127336](#)

Beban Park Pool

Home School Lessons NEW!

Swimmer 1/2

Starting with assisted floats, glides, kicks and jumps, these new swimmers will develop their confidence and learn how to open their eyes, exhale, and hold their breath underwater. With practice, they will develop their ability to tread water, improve their kicking skills and try their front and back crawl. Prerequisites are Swimmer 1 or Preschool 5.

Thu, Jan 16-Mar 6 | 10-10:30 am | \$56/8 | [127032](#)

Nanaimo Aquatic Centre

Home School Lessons NEW!

Swimmer 3/4

Swimmers learn how to dive and do in-water somersaults and handstands to develop weight-transfer skills. They'll learn the Swim to Survive® skills and standard, practice whip kick on their back and further develop their front and back crawl. Swimmers will become better at diving, treading water and swimming underwater with an introduction to breaststroke.

Thu, Jan 16-Mar 6 | 10:30-11 am | \$56/8 | [126959](#)

Nanaimo Aquatic Centre

PLEASE NOTE:

Registration for Fall & Winter Aquatic programs opened on August 7 and are available now.

Junior Lifeguard Club

8 to 12 Years

Are you interested in a pause from swimming lessons? This program emphasizes fun and aquatic skill development based on personal-best achievement. Building on skills they have from swimming lessons, participants will work to develop and improve swimming and other aquatic skills with emphasis on swim and lifesaving knowledge, leadership and teamwork, community education, competition, and personal fitness. This is serious fun!

Prerequisites: Ability to meet the Swim to Survive Standard (roll into deep water, tread water for one minute, swim 50m).

Tue, Jan 14-Mar 4 | 6:45-7:30 pm | \$88/8 | [123236](#)

Nanaimo Aquatic Centre



Home School Lessons **NEW!**

Swimmer 5/6

Swimmers will master dives and swimming in deep water while further developing their Swim to Survive® skills and learning eggbeater kick. Breaststroke, front and back crawl are further developed with the addition of interval training and sprinting drills to challenge swimmers. Level 6 swimmers will become proficient at deep water skills including stride entries and compact jumps. They'll continue to develop lifesaving kicks, such as eggbeater and scissor kick. Head-up swims, interval training and a 300m workout develop strength and endurance.

Thu, Jan 16-Mar 6 | 11-11:45 am | \$88/8 | [127263](#)
Nanaimo Aquatic Centre

AquaGo **NEW!**

5 to 12 Years

AquaGO is an introduction to artistic swimming. Athletes will learn the basics of safe entry, floating, breathing and body positions. All abilities and genders are welcome. Athletes new to swimming can register for AquaGo 1-2; athletes with some experience (Swim Kids 3+) can join AquaGo 3-4.

Instructor: Nanaimo Diamonds

AquaGo 1-2

Sun, Jan 12-Mar 16 | 9-10 am | \$310/10 | [129203](#)

AquaGo 3-4

Sun, Jan 12-Mar 16 | 10-11 am | \$310/10 | [129205](#)

Beban Park Pool

Intro to Synchro **NEW!**

8 to 13 Years

Dive into the world of grace and athleticism with our Intro to Synchro class. This fun and engaging program offers young swimmers a chance to explore Artistic Swimming (formerly known as synchronized swimming) in a supportive and encouraging environment.

Instructor: Nanaimo Diamonds

Thu, Jan 9-Mar 13 | 6-7:30 pm | \$360/10 | [129436](#)

Beban Park Pool

Aqua Yoga **NEW!**

18 Years +

Increase strength, balance and flexibility with the mindful practice of yoga in the water. This class includes some cardio and will finish with savasana in either the hot tub or sauna. Pre-registration is required.

Sat, Jan 11-Feb 15 | 8-9 am | \$37/6 | [133540](#)

Beban Park Pool



Pre-Registered Aquafit

Shallow/Deep Combo

This is designed for both shallow and deep water aquafit enthusiasts. Enjoy the benefits of training your cardio, strength and flexibility in this water fitness class. Participants can choose to stay in the shallow water or participate in deep water with an aquafit floatation belt. *This class requires pre-registration in order to participate.*

Sun, Jan 12-Feb 16 | 8:15-9 am | \$37/6 | [128053](#)

Thu, Jan 16-Feb 20 | 7:15-8 pm | \$37/6 | [128057](#)

Sun, Feb 23-Mar 30 | 8:15-9 am | \$37/6 | [128054](#)

Thu, Feb 27-Apr 3 | 7:15-8 pm | \$37/6 | [128058](#)

Beban Park Pool



LSS Sport FUNDamentals (5-Level Progression)

8 to 16 Years

The Lifesaving Sport Fundamentals Pool program offers a recreational introduction to lifesaving sport skills in addition to teaching team building, fair play, ethics in sport, and personal responsibility. It is organized in five levels, where content is organized in the following streams and builds level by level:

• Lifesaving Sport Principals • Starts, Turns, Transitions and Finishes • Swim Proficiencies • Lifesaving Sport Skills

Participants demonstrate an understanding of the True Sport Principals through performance, decision-making and role playing which include:

1. GO FOR IT 2. PLAY FAIR 3. RESPECT OTHERS 4. KEEP IT FUN 5. STAY HEALTHY 6. GIVE BACK.

Level 1: In-water starts, jump starts from the deck, stroke development and lifesaving skills.

Level 2: Dive starts from the deck, open turns, in-water somersaults, strokes and sculling, as well as throwing accuracy and towing a manikin with a rescue tube.

Level 3: Relay transitions, flip turns, stroke development, swimming with fins and more.

Level 4: Dive starts from a starting block, turns, 50-metre sprints, advanced throwing accuracy, advanced rescue tube and manikin towing skills.

Level 5: Racing starts from a starting block, relay transitions and more.

Lifesaving Sport 1 & 2

Thu, Jan 16-Mar 6 | 7-7:45 pm | \$76/8 | [123450](#)

Nanaimo Aquatic Centre

Lifesaving Sport 3-5

Thu, Jan 16-Mar 6 | 6-7 pm | \$76/8 | [123445](#)

Nanaimo Aquatic Centre



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Join the Team! Become a Lifeguard!

BUILD THE FOUNDATION FOR SUCCESS!

Lifeguards prevent drowning, teach water safety and provide leadership in our community. Consult one of our Aquatic Coordinators at 250-756-5200 to help plan your lifeguard training.



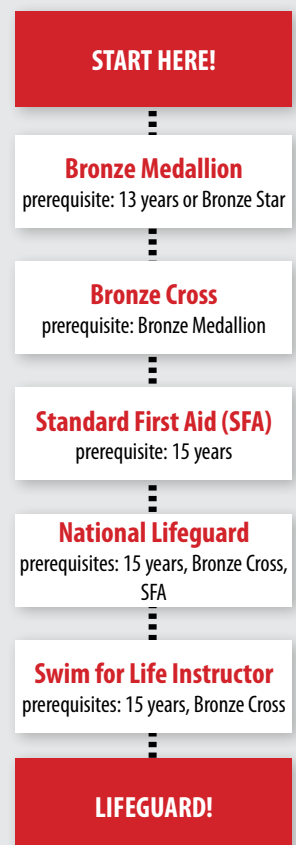
RECOMMENDED PATH:

- 1 Bronze courses** develop lifesaving fitness and decision-making skills.
- 2 Standard First Aid** provides practical skills to handle emergency response situations.
- 3 National Lifeguard** promotes prevention of drowning and aquatic-related injuries.
- 4 Instructor Training** prepares you to teach swimming lessons and lifesaving skills.









CAREER OPPORTUNITIES:



www.nanaimo.ca/your-government/careers/job-postings



Advanced Aquatic Courses

Course	Dates	Day	Time	Fee	Location	Course ID	
Bronze Medallion	Jan 11-Feb 1	Sat	11:30 am-5 pm	\$199	Beban	122204	
	Judgement, knowledge, skill and fitness will be evaluated. Students acquire the assessment and problem-solving skills needed to make good decisions in, on and around the water. Prerequisites: 13 years of age (by last day of course) or Bronze Star (does not have to be current). 100% attendance is mandatory for completion.						
Bronze Cross	Nov 23-Dec 14	Sat	11:30 am-5 pm	\$195	Beban	122205	
	Feb 8-Mar 1	Sat	11:30 am-5 pm	\$195	Beban	122206	
	Students begin transitioning from lifesaving to lifeguarding and prepare for assistant lifeguard responsibilities. Students begin to strengthen and expand their lifesaving skills and apply active surveillance principles and techniques in aquatic facilities. The importance of teamwork and communication are emphasized in this course. Prerequisites: Bronze Medallion (does not have to be current). 100 % attendance is mandatory for completion.						
Standard First Aid	Jan 25 & 26	Sat & Sun	9 am-5:30 pm	\$177	Beban	132238	
	Mar 1 & 2	Sat & Sun	9 am-5:30 pm	\$177	Beban	131899	
	Apr 5 & 6	Sat & Sun	9 am-5:30 pm	\$177	Beban	131900	
	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. Prerequisites: 13 years of age is recommended. 100 % attendance is mandatory for completion.						
National Lifeguard	Dec 22-24 & Dec 27-31	Sun-Tue Fri-Tue	9 am-3:30 pm	\$499	Beban	122307	
	Mar 17-28	Mon-Fri	10 am-4:30 pm	\$499	Beban	122308	
	This is the national standard for lifeguards in Canada. Candidates develop the fundamental values, judgement, knowledge, skills and fitness required by lifeguards. Prerequisites: 15 years of age (by last day of course), Bronze Cross (does not have to be current), Standard First Aid (does not have to be current). 100% attendance is mandatory for completion.						
Swim for Life Instructor	Jan 12-Feb 16	Sun	9 am-6 pm	\$450	Beban	122313	
	Students will be certified to teach the Lifesaving Society's programs, such as Swim for Life and Canadian Swim Patrol. Prerequisites: 15 years of age (by last day of course), Bronze Cross (does not have to be current). 100% attendance is required.						
Lifesaving Instructor	Jan 4-Feb 8	Sat	8:30 am-3 pm	\$450	Beban	123239	
	Students will be certified to teach the Lifesaving Society Bronze Program and Junior Lifeguard Club. Prerequisites: 15 years of age and completion of Bronze Cross.						

Recertification Courses

Course	Dates	Day	Time	Fee	Location	Course ID	
National Lifeguard	Dec 8	Sun	9 am-6 pm	\$120	Beban	122310	
	Mar 1	Sat	9 am-6 pm	\$120	Beban	122311	
	Proof of previous certifications: NL Pool, CPR C and AMOA (need not be current)						
Lifesaving Instructor	Mar 1	Sat	10:30 am-3 pm	\$120	NAC	130943	

NOTE: All candidates are required to present their original certification at the start of the recertification clinic. 100% attendance is mandatory for completion.

REFUND POLICY: Withdrawals with refund will only be provided for Aquatic Leadership courses with a minimum of seven days advanced notice. Withdrawals within seven days of start date are refunded at 50%. No refunds on or after start date.



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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, gliding 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 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	\$9
RecSkate (3-5 yrs)	30 minutes	\$9
RecSkate (6-11 yrs)	45 minutes	\$13
RecFigure Skate	45 or 60 minutes	\$14/hr or \$13 for 45 min
Various RecSkates (pre-teen/teen)	60 minutes	\$14
Private RecSkate (all ages) *	30 minutes	\$30

* 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 \$30 for a 30-minute lesson. Call Alli, Arenas Coordinator, at 250-755-7536 for details.



DO YOU REQUIRE ADDITIONAL SUPPORT?

- If you require any accommodations or additional support, please contact our Arenas Coordinator at 250-755-7536.

DROP-IN SESSIONS

- Check out our drop-in options on page 10-11 or check our online schedule at recreation.nanaimo.ca.



GLOW IN THE DARK Skates

SKATE IN OUR ATMOSPHERE OF DIMMED LIGHTING AND SPECIAL EFFECTS!

Held on the following Tuesdays, 6:30-8 pm at Frank Crane Arena:

- December 3
- January 7
- February 4
- March 4

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.

Regular admission rates apply.

Held on the following Sundays, 4-6 pm at Nanaimo Ice Centre:

- December 15 • January 19
- February 16



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2025 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
until March 30
12-1:30 pm**

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
- Haarsma Waste Innovations
- Little Valley Restorations and Collision
- London Drugs
- Nanaimo Hearing Clinic
- Roto Rooter
- Trish Turnbull, RE/MAX of Nanaimo
- Widsten Property Management Services

Winter Skating Lessons - SET 1

Monday, Jan 6-Feb 3 • 5 lessons • **Frank Crane Arena**

11:45 am-12:15 pm	Boots 1 123918	Boots 2 124194	Rec 3 128265	Rec 4 127762	Private 126681	RS HomeSch 10:30-11:30 am 123522	
12:15-12:45 pm	Boots 1 123919	Boots 2 124195	Rec 1 124454	Rec 2 127850	RS Adult 12:45-1:45 pm 123495	Private 12:45-1:15 pm 126682	Private 1:15-1:45 pm 126683

Monday, Jan 6-Feb 3 • 5 lessons • **Nanaimo Ice Centre**

3:30-4 pm	Boots 1 123946	Boots 2 124196	Rec 1 124456	Rec 2 127851	Rec 3 128266	Rec 4 127763	Private 126685
4-4:45 pm	Rec 1 127708	Rec 2 128109	Rec 3 128304	Rec 4 124796	Rec 5 124318	Private 4-4:30 pm 126686	
4:45-5:15 pm	Boots 1 123947	Boots 2 124198	Rec 1 124457	Rec 2 127852	Rec 3 128267	Rec 4 127764	Private 126687
5:15-6 pm	Rec 2 128110	Rec 3 128305	Rec 4 124797	Rec 6/7 124241	RecFigure 5:15-6:15 pm 128395	RS Adult 5:15-6:15 pm 123504	
6:15-6:45 pm	Private 126688	Private 126689	Private 126690	Private 126691	Private 126692	Private 126693	

Wednesday, Jan 8-Feb 5 • 5 lessons • **Frank Crane Arena**

12:30-1:30 pm	RS HomeSch 123528	Private 12:30-1 pm 126869	Private 1-1:30 pm 126870	Private 1:30-2 pm 126871			
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Wednesday, Jan 8-Feb 5 • 5 lessons • **Nanaimo Ice Centre**

3:30-4 pm	Boots 1 123951	Boots 2 124199	Rec 1 124461	Private 126750			
4-4:45 pm	Rec 1 127705	Rec 2 128111	Private 4-4:30 pm 126752				
4:45-5:15 pm	Boots 1 123952	Boots 2 124200	Rec 2 127853	Private 126769			

Thursday, Jan 9-Feb 6 • 5 lessons • **Nanaimo Ice Centre**

3:30-4 pm	Boots 1 123955	Boots 2 124201	Rec 1 124468	Rec 2 127857	Rec 3 128268	Rec 4 127765	Private 126772
4-4:45 pm	Rec 1 127704	Rec 2 128112	Rec 3 128308	Rec 4 124798	Rec 5 124323	Rec 6/7 124250	
4:45-5:15 pm	Boots 1 123957	Boots 2 124204	Rec 1 124477	Rec 2 127861	Rec 3 128269	Rec 4 127766	Private 126773
5:15-6 pm	RecFigure 128396	Teen 123303	RS Adult 123513	Private 5:15-5:45 pm 126775	Private 5:15-5:45 pm 126776	Private 5:15-5:45 pm 126777	Private 5:15-5:45 pm 126778

Friday, Jan 10-Feb 7 • 5 lessons • **Frank Crane Arena**

9:30-10 am	Boot 1 123959	Rec 1 124482	Rec 3 128270	Rec 4 127767	Private 126779	Adult Pract. 9:30-10:30 am 123317	
10-10:30 am	Boots 2 124205	Rec 2 127867	Private 126780	RS Adult 10:30-11:30 am 123518	RS Adult Adv. 10:30-11:30 am 123289		
3:30-4 pm	Boots 1 123960	Boots 2 124206	Rec 1 124487	Rec 2 127868	Rec 3 128271	Rec 4 127768	Private 126781
4-4:45 pm	Rec 1 127709	Rec 2 128116	Rec 3 128310	Rec 4 124799	Rec 5 124327	Private 4-4:30 pm 126782	
4:45-5:15 pm	Boots 1 123964	Boots 2 124208	Rec 1 124490	Rec 2 127869	Rec 3 128272	Rec 4 127769	Private 126783
5:15-6 pm	Rec 2 128117	Rec 3 128311	Rec 4 124800	Rec 6/7 124308	RecFigure 128397	Private 5:15-5:45 pm 126784	

Saturday, Jan 11-Feb 8 • 5 lessons • **Frank Crane Arena**

9-9:45 am	Boots 1 9:15-9:45 am 123967	Boots 2 9:15-9:45 am 124209	Rec 1 127710	Rec 2 128118	Rec 3 128312	Rec 4 124801	Rec 5 124331
9:45-10:15 am	Boots 1 123968	Boots 2 124210	Rec 1 124497	Rec 2 127870	Rec 3 128273	Rec 4 127770	Private 126787
10:30-11:15 am	Rec 1 127711	Rec 2 128119	Rec 3 128315	Rec 4 124802	Rec 6/7 124312	RecFigure 128398	
11:15-11:45 am	Boots 1 123969	Boots 2 124211	Rec 1 124499	Rec 2 127871	Rec 3 128274	Rec 4 127771	Teen 11:15-12:15 123313
11:45 am-12:15 pm	Private 126789	Private 126790	Private 126794	Private 126796	Private 126799		

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

Winter Skating Lessons - SET 2

Monday, Feb 10-Mar 17 • 5 lessons • **Frank Crane Arena** (no lesson on Feb 17)

11:45 am-12:15 pm	Boots 1 123985	Boots 2 124234	Rec 3 128275	Rec 4 127772	Private 126801	RS HomeSch 10:30-11:30 am 123523	
12:15-12:45 pm	Boots 1 123986	Boots 2 124236	Rec 1 124504	Rec 2 127877	RS Adult 12:45-1:45 pm 123496	Private 12:45-1:15 pm 126805	Private 1:15-1:45 pm 126811

Monday, Feb 10-Mar 17 • 5 lessons • **Nanaimo Ice Centre** (no lesson on Feb 17)

3:30-4 pm	Boots 1 123987	Boots 2 124237	Rec 1 124505	Rec 2 127878	Rec 3 128276	Rec 4 127773	Private 126814
4-4:45 pm	Rec 1 127720	Rec 2 128122	Rec 3 128316	Rec 4 124805	Rec 5 124319	Private 4-4:30 pm 126816	
4:45-5:15 pm	Boots 1 123988	Boots 2 124239	Rec 1 124509	Rec 2 127879	Rec 3 128277	Rec 4 127774	Private 126818
5:15-6 pm	Rec 2 128123	Rec 3 128317	Rec 4 124808	Rec 6/7 124243	RecFigure 5:15-6:15 pm 128399	RS Adult 5:15-6:15 pm 123507	
6:15-6:45 pm	Private 126820	Private 126822	Private 126826	Private 126828	Private 126829	Private 126830	

Wednesday, Feb 12-Mar 12 • 5 lessons • **Frank Crane Arena**

12:30-1:30 pm	RS HomeSch 123529	Private 12:30-1 pm 126876	Private 1-1:30 pm 126878	Private 1:30-2 pm 126879			
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Wednesday, Feb 12-Mar 12 • 5 lessons • **Nanaimo Ice Centre**

3:30-4 pm	Boots 1 123989	Boots 2 124242	Rec 1 124510	Private 126833			
4-4:45 pm	Rec 1 127725	Rec 2 128124	Private 4-4:30 pm 126837				
4:45-5:15 pm	Boots 1 123990	Boots 2 124245	Rec 2 127880	Private 126838			

Thursday, Feb 13-Mar 13 • 5 lessons • **Nanaimo Ice Centre**

3:30-4 pm	Boots 1 123993	Boots 2 124247	Rec 1 124512	Rec 2 127881	Rec 3 128278	Rec 4 127775	Private 126839
4-4:45 pm	Rec 1 127726	Rec 2 128125	Rec 3 128318	Rec 4 124817	Rec 5 124324	Rec 6/7 124254	
4:45-5:15 pm	Boots 1 123992	Boots 2 124248	Rec 1 124513	Rec 2 127882	Rec 3 128279	Rec 4 127776	Private 126840
5:15-6 pm	RecFigure 128402	Teen 123309	RS Adult 123515	Private 5:15-5:45 pm 126841	Private 5:15-5:45 pm 126842	Private 5:15-5:45 pm 126843	Private 5:15-5:45 pm 126844

Friday, Feb 14-Mar 14 • 5 lessons • **Frank Crane Arena**

9:30-10 am	Boot 1 123933	Rec 1 124514	Rec 3 128280	Rec 4 127777	Private 126845	Adult Pract. 9:30-10:30 am 123321	
10-10:30 am	Boots 2 124251	Rec 2 127883	Private 126846	RS Adult 10:30-11:30 am 123519	RS Adult Adv. 10:30-11:30 am 123291		
3:30-4 pm	Boots 1 123994	Boots 2 124255	Rec 1 124515	Rec 2 127884	Rec 3 128281	Rec 4 127778	Private 126847
4-4:45 pm	Rec 1 127727	Rec 2 128128	Rec 3 128319	Rec 4 124818	Rec 5 124328	Private 4-4:30 pm 126848	
4:45-5:15 pm	Boots 1 123995	Boots 2 124256	Rec 1 124516	Rec 2 127885	Rec 3 128282	Rec 4 127779	Private 126849
5:15-6 pm	Rec 2 128129	Rec 3 128320	Rec 4 124819	Rec 6/7 124309	RecFigure 128403	Private 5:15-5:45 pm 126850	

Saturday, Feb 15-Mar 15 • 5 lessons • **Frank Crane Arena**

9-9:45 am	Boots 1 9:15-9:45 am 123996	Boots 2 9:15-9:45 am 124257	Rec 1 127728	Rec 2 128121	Rec 3 128321	Rec 4 124822	Rec 5 124332
9:45-10:15 am	Boots 1 123997	Boots 2 124260	Rec 1 124521	Rec 2 127886	Rec 3 128283	Rec 4 127780	Private 126851
10:30-11:15 am	Rec 1 127729	Rec 2 128120	Rec 3 128322	Rec 4 124824	Rec 6/7 124313	RecFigure 128404	
11:15-11:45 am	Boots 1 123998	Boots 2 124262	Rec 1 124523	Rec 2 127887	Rec 3 128284	Rec 4 127781	Teen 11:15-12:15 123314
11:45 am-12:15 pm	Private 126852	Private 126853	Private 126854	Private 126855	Private 126856		

SAVE THE DATE



Social Prescribing Day

March 19 '25



Connecting people to activities,
groups and support that improve
health and well-being



Join us at VIU and throughout the
community for events that will share
ideas and highlight the impact of social
prescribing on people and communities.
Together, we want to raise awareness of
what social prescribing is, how it works
and how it changes lives.

— More details to follow! —

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



cityofnanaimo



prc_nanaimo (#ilovemyparksandrec)

RecSkate Homeschool

A great learn-to-skate option for children during daytime hours! Here you have the chance to learn skills from our popular RecSkate program in a supportive group environment. Development of balance, agility, and coordination is a great start to any ice sport. All levels of skaters will be accommodated. Parents are welcome to register with their child.

Mon, Jan 6-Feb 3 | 10:30-11:30 am | \$70/5 | [123522](#)
 Wed, Jan 8-Feb 5 | 12:30-1:30 pm | \$70/5 | [123528](#)
 Mon, Feb 10-Mar 17 | 10:30-11:30 am | \$70/5 | [123523](#)
 Wed, Feb 12-Mar 12 | 12:30-1:30 pm | \$70/5 | [123529](#)
Frank Crane Arena

RecSkate Pre-Teen/Teen 12 to 17 Years

Join your friends at this lesson that teaches all levels of skating skills. New this year is an introduction to arenas, including lesson teaching, skate patrol, safety and facility tour. This is a great bridge to our LIT and QUEST programs.

Thu, Jan 9-Feb 6 | 5:15-6 pm | \$65/5 | [123303](#)
 Thu, Feb 13-Mar 13 | 5:15-6 pm | \$65/5 | [123309](#)
Nanaimo Ice Centre

Sat, Jan 11-Feb 8 | 11:15 am-12:15 pm | \$70/5 | [123313](#)
 Sat, Feb 15-Mar 15 | 11:15 am-12:15 pm | \$70/5 | [123314](#)
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.

Fri, Jan 10-Feb 7 | 5:15-6 pm | \$65/5 | [128397](#)
 Sat, Jan 11-Feb 8 | 10:30-11:15 am | \$65/5 | [128398](#)
 Fri, Feb 14-Mar 14 | 5:15-6 pm | \$65/5 | [128403](#)
 Sat, Feb 15-Mar 15 | 10:30-11:15 am | \$65/5 | [128404](#)
Frank Crane Arena

Mon, Jan 6-Feb 3 | 5:15-6:15 pm | \$70/5 | [128395](#)
 Thu, Jan 9-Feb 6 | 5:15-6 pm | \$65/5 | [128396](#)
 Mon, Feb 10-Mar 17 | 5:15-6:15 pm | \$70/5 | [128399](#)
 Thu, Feb 13-Mar 13 | 5:15-6 pm | \$65/5 | [128402](#)
Nanaimo Ice Centre



RecSkate Adult

A great program for new skaters who may need to brush up on their skills. We will introduce a variety of skating skills (both basic and challenging) in a relaxed and enjoyable setting. Develop skills at your own pace, and work toward earning the bronze, silver and gold lapel pins if desired.

Mon, Jan 6-Feb 3 | 12:45-1:45 pm | \$70/5 | [123495](#)
 Fri, Jan 10-Feb 7 | 10:30-11:30 am | \$70/5 | [123518](#)
 Mon, Feb 10-Mar 17 | 12:45-1:45 pm | \$70/5 | [123496](#)
 Fri, Feb 14-Mar 14 | 10:30-11:30 am | \$70/5 | [123519](#)
Frank Crane Arena

Mon, Jan 6-Feb 3 | 5:15-6:15 pm | \$70/5 | [123504](#)
 Thu, Jan 9-Feb 6 | 5:15-6 pm | \$65/5 | [123513](#)
 Mon, Feb 10-Mar 17 | 5:15-6:15 pm | \$70/5 | [123507](#)
 Thu, Feb 13-Mar 13 | 5:15-6 pm | \$65/5 | [123515](#)
Nanaimo Ice Centre

RecSkate Adults Practice

This 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 10-Feb 7 | 9:30-10:30 am | \$40/5 | [123317](#)
 Fri, Feb 14-Mar 14 | 9:30-10:30 am | \$40/5 | [123321](#)
Frank Crane Arena

RecSkate Adults Advanced

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

Fri, Jan 10-Feb 7 | 10:30-11:30 am | \$70/5 | [123289](#)
 Fri, Feb 14-Mar 14 | 10:30-11:30 am | \$70/5 | [123291](#)
Frank Crane Arena





Hockey Programs

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 11-Feb 8 | 8:15-9 am | \$65/5 | [123057](#)
 Sat, Jan 11-Feb 8 | 12:15-1 pm | \$65/5 | [123058](#)
 Sat, Feb 15-Mar 15 | 8:15-9 am | \$65/5 | [123059](#)
 Sat, Feb 15-Mar 15 | 12:15-1 pm | \$65/5 | [123060](#)
Frank Crane Arena

7 to 12 Years

Sat, Jan 11-Feb 8 | 8:15-9 am | \$65/5 | [123075](#)
 Sat, Jan 11-Feb 8 | 12:15-1 pm | \$65/5 | [123077](#)
 Sat, Feb 15-Mar 15 | 8:15-9 am | \$65/5 | [123078](#)
 Sat, Feb 15-Mar 15 | 12:15-1 pm | \$65/5 | [123080](#)
Frank Crane Arena

Hockey Rascals

3 to 5 Years

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

Fri, Jan 10-Feb 7 | 4:15-5 pm | \$65/5 | [122990](#)
 Fri, Jan 10-Feb 7 | 5:30-6:15 pm | \$65/5 | [122999](#)
 Fri, Feb 14-Mar 14 | 4:15-5 pm | \$65/5 | [122995](#)
 Fri, Feb 14-Mar 14 | 5:30-6:15 pm | \$65/5 | [123002](#)
Cliff McNabb Arena

Power Skating Back to 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 required.

Thu, Jan 9-Feb 6 | 3:30-4:15 pm | \$65/5 | [122824](#)
 Thu, Jan 9-Feb 6 | 4:15-5 pm | \$65/5 | [122825](#)
 Thu, Feb 13-Mar 13 | 3:30-4:15 pm | \$65/5 | [122826](#)
 Thu, Feb 13-Mar 13 | 4:15-5 pm | \$65/5 | [122827](#)
Nanaimo Ice Centre

Elite Power Skating

Skaters of all abilities are introduced to skating techniques necessary to develop greater power and strength to improve their game. Speed, balance, agility and coordination are covered in each session. Full gear required.

6 to 9 Years

Mon, Jan 6-Feb 3 | 7-8 am | \$65/5 | [122918](#)
 Wed, Jan 8-Feb 5 | 7-8 am | \$65/5 | [122925](#)
 Fri, Jan 10-Feb 7 | 7-8 am | \$65/5 | [122930](#)
 Mon, Feb 10-Mar 17 | 7-8 am | \$65/5 | [122920](#)
 Wed, Feb 12-Mar 12 | 7-8 am | \$65/5 | [122926](#)
 Fri, Feb 14-Mar 14 | 7-8 am | \$65/5 | [122931](#)

10 to 14 Years

Mon, Jan 6-Feb 3 | 7-8 am | \$65/5 | [122934](#)
 Wed, Jan 8-Feb 5 | 7-8 am | \$65/5 | [122939](#)
 Fri, Jan 10-Feb 7 | 7-8 am | \$65/5 | [122944](#)
 Mon, Feb 10-Mar 17 | 7-8 am | \$65/5 | [122935](#)
 Wed, Feb 12-Mar 12 | 7-8 am | \$65/5 | [122940](#)
 Fri, Feb 14-Mar 14 | 7-8 am | \$65/5 | [122945](#)
Frank Crane Arena

Custom Private Power Skating NEW!

Lessons

These one-on-one private power skating lessons are perfect for individual skill development. These will help with speed, balance, agility and coordination. Small groups (2-3) are also welcome. Full gear is recommended.

Nanaimo Ice Centre

Wed, Jan 8-Feb 5 | 3:15-3:45 pm | \$170/5 | [123628](#)
 Wed, Jan 8-Feb 5 | 3:15-3:45 pm | \$170/5 | [123630](#)
 Wed, Jan 8-Feb 5 | 3:45-4:15 pm | \$170/5 | [123633](#)
 Wed, Jan 8-Feb 5 | 3:45-4:15 pm | \$170/5 | [123634](#)
 Wed, Jan 8-Feb 5 | 4:15-4:45 pm | \$170/5 | [123635](#)
 Wed, Jan 8-Feb 5 | 4:15-4:45 pm | \$170/5 | [123636](#)
 Wed, Jan 8-Feb 5 | 4:45-5:15 pm | \$170/5 | [123637](#)
 Wed, Jan 8-Feb 5 | 4:45-5:15 pm | \$170/5 | [123639](#)

Wed, Feb 12-Mar 12 | 3:15-3:45 pm | \$170/5 | [123643](#)
 Wed, Feb 12-Mar 12 | 3:15-3:45 pm | \$170/5 | [123644](#)
 Wed, Feb 12-Mar 12 | 3:45-4:15 pm | \$170/5 | [123645](#)
 Wed, Feb 12-Mar 12 | 3:45-4:15 pm | \$170/5 | [123646](#)
 Wed, Feb 12-Mar 12 | 4:15-4:45 pm | \$170/5 | [123648](#)
 Wed, Feb 12-Mar 12 | 4:15-4:45 pm | \$170/5 | [123649](#)
 Wed, Feb 12-Mar 12 | 4:45-5:15 pm | \$170/5 | [123651](#)
 Wed, Feb 12-Mar 12 | 4:45-5:15 pm | \$170/5 | [123652](#)

Cliff McNabb Arena

Fri, Jan 10-Feb 7 | 5-5:30 pm | \$170/5 | [123660](#)
 Fri, Feb 14-Mar 14 | 5-5:30 pm | \$170/5 | [123661](#)



cityofnanaimo



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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.

Advanced Stickhandling Skills

12 to 17 Years

This program is for any player interested in challenging and advancing their stickhandling and puck control abilities. You will be introduced to skills and drills that will encourage more creative use of your stick in game-like settings. Full gear required.

Mon, Jan 6-Feb 3 | 7-8 pm | \$65/5 | [123096](#)

Mon, Feb 10-Mar 17 | 7-8 pm | \$65/5 | [123098](#)

Nanaimo Ice Centre

Adult Stickhandling

16 Years +

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. Full gear is required.

Mon, Jan 6-Feb 3 | 7-8 pm | \$65/5 | [123130](#)

Mon, Feb 10-Mar 17 | 7-8 pm | \$65/5 | [123131](#)

Nanaimo Ice Centre



Female Focused Hockey Skills

18 Years +

This program is designed to help players with their skill development and situational game play. Instructors will focus on developing positional play and improving passing, shooting, and puck handling skills. Session is instructed by our experienced hockey leader. This is a registered program, but is also drop-in accessible. Full gear is required.

Sun, Jan 12-Feb 9 | 9:30-10:45 pm | \$65/5 | [123269](#)

Sun, Feb 16-Mar 9 | 9:30-10:45 pm | \$52/4 | [123270](#)

Nanaimo Ice Centre

Adaptive Hockey

This program will provide teens and adults with diverse abilities the skills required to play the game of hockey. The participants will have the opportunity to learn how to skate, pass and shoot while getting some great exercise in a safe and stimulating environment. No skating ability is required, but participants should be steady on their feet. Support workers are welcome, but independence is encouraged. Full gear is required.

Wed, Jan 8-Feb 5 | 9:45-11 am | \$65/5 | [123033](#)

Wed, Feb 12-Mar 12 | 9:45-11 am | \$65/5 | [123037](#)

Nanaimo Ice Centre



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, phone 250-756-5200 during office hours or pay a cashier in person (when scheduled) and present the on-ice staff member with your receipt. Our instructors will not accept payment.

Custom Private Hockey Lessons

6 Years +

These one-on-one private lessons with our popular hockey instructors are perfect for individual skill development. Potential skill areas include power skating, shooting, stick handling, goal keeping, defensive development and others. Small groups (2-3) are also welcome. Full gear is recommended. We also offer private RecSkate lessons. Check out availability in our lesson grids.

Nanaimo Ice Centre

Tue, Jan 7-Feb 4 | 3:15-3:45 pm | \$170/5 | [123211](#)

Tue, Jan 7-Feb 4 | 3:15-3:45 pm | \$170/5 | [123212](#)

Tue, Jan 7-Feb 4 | 3:15-3:45 pm | \$170/5 | [123213](#)

Tue, Jan 7-Feb 4 | 3:15-3:45 pm | \$170/5 | [123215](#)

Tue, Jan 7-Feb 4 | 3:45-4:15 pm | \$170/5 | [123216](#)

Tue, Jan 7-Feb 4 | 3:45-4:15 pm | \$170/5 | [123217](#)

Tue, Jan 7-Feb 4 | 3:45-4:15 pm | \$170/5 | [123218](#)

Tue, Jan 7-Feb 4 | 3:45-4:15 pm | \$170/5 | [123219](#)

Tue, Jan 7-Feb 4 | 4:15-4:45 pm | \$170/5 | [123220](#)

Tue, Jan 7-Feb 4 | 4:15-4:45 pm | \$170/5 | [123221](#)

Tue, Jan 7-Feb 4 | 4:15-4:45 pm | \$170/5 | [123222](#)

Tue, Jan 7-Feb 4 | 4:15-4:45 pm | \$170/5 | [123223](#)

Wed, Jan 8-Feb 5 | 3:15-3:45 pm | \$170/5 | [123386](#)

Wed, Jan 8-Feb 5 | 3:15-3:45 pm | \$170/5 | [123387](#)

Wed, Jan 8-Feb 5 | 3:15-3:45 pm | \$170/5 | [123388](#)

Wed, Jan 8-Feb 5 | 3:15-3:45 pm | \$170/5 | [123389](#)

Wed, Jan 8-Feb 5 | 3:45-4:15 pm | \$170/5 | [123390](#)

Wed, Jan 8-Feb 5 | 3:45-4:15 pm | \$170/5 | [123391](#)

Wed, Jan 8-Feb 5 | 3:45-4:15 pm | \$170/5 | [123392](#)

Wed, Jan 8-Feb 5 | 3:45-4:15 pm | \$170/5 | [123393](#)

Wed, Jan 8-Feb 5 | 4:15-4:45 pm | \$170/5 | [123394](#)

Wed, Jan 8-Feb 5 | 4:15-4:45 pm | \$170/5 | [123395](#)

Wed, Jan 8-Feb 5 | 4:15-4:45 pm | \$170/5 | [123397](#)

Wed, Jan 8-Feb 5 | 4:15-4:45 pm | \$170/5 | [123398](#)

Tue, Feb 11-Mar 11 | 3:15-3:45 pm | \$170/5 | [123250](#)

Tue, Feb 11-Mar 11 | 3:15-3:45 pm | \$170/5 | [123251](#)

Tue, Feb 11-Mar 11 | 3:15-3:45 pm | \$170/5 | [123252](#)

Tue, Feb 11-Mar 11 | 3:15-3:45 pm | \$170/5 | [123253](#)

Tue, Feb 11-Mar 11 | 3:45-4:15 pm | \$170/5 | [123255](#)

Tue, Feb 11-Mar 11 | 3:45-4:15 pm | \$170/5 | [123256](#)

Tue, Feb 11-Mar 11 | 3:45-4:15 pm | \$170/5 | [123257](#)

Tue, Feb 11-Mar 11 | 3:45-4:15 pm | \$170/5 | [123259](#)

Tue, Feb 11-Mar 11 | 4:15-4:45 pm | \$170/5 | [123260](#)

Tue, Feb 11-Mar 11 | 4:15-4:45 pm | \$170/5 | [123221](#)

Tue, Feb 11-Mar 11 | 4:15-4:45 pm | \$170/5 | [123262](#)

Tue, Feb 11-Mar 11 | 4:15-4:45 pm | \$170/5 | [123263](#)

Wed, Feb 12-Mar 12 | 3:15-3:45 pm | \$170/5 | [123399](#)

Wed, Feb 12-Mar 12 | 3:15-3:45 pm | \$170/5 | [123400](#)

Wed, Feb 12-Mar 12 | 3:15-3:45 pm | \$170/5 | [123401](#)

Wed, Feb 12-Mar 12 | 3:15-3:45 pm | \$170/5 | [123402](#)

Wed, Feb 12-Mar 12 | 3:45-4:15 pm | \$170/5 | [123404](#)

Wed, Feb 12-Mar 12 | 3:45-4:15 pm | \$170/5 | [123405](#)

Wed, Feb 12-Mar 12 | 3:45-4:15 pm | \$170/5 | [123406](#)

Wed, Feb 12-Mar 12 | 3:45-4:15 pm | \$170/5 | [123407](#)

Wed, Feb 12-Mar 12 | 4:15-4:45 pm | \$170/5 | [123408](#)

Wed, Feb 12-Mar 12 | 4:15-4:45 pm | \$170/5 | [123409](#)

Wed, Feb 12-Mar 12 | 4:15-4:45 pm | \$170/5 | [123410](#)

Wed, Feb 12-Mar 12 | 4:15-4:45 pm | \$170/5 | [123412](#)

Cliff McNabb Arena

Fri, Jan 10-Feb 7 | 5-5:30 pm | \$170/5 | [123419](#)

Fri, Jan 10-Feb 7 | 5-5:30 pm | \$170/5 | [123425](#)

Fri, Feb 14-Mar 14 | 5-5:30 pm | \$170/5 | [1234126](#)

Fri, Feb 14-Mar 14 | 5-5:30 pm | \$170/5 | [123427](#)

Cliff McNabb Arena

Frank Crane Arena

Sat, Jan 11-Feb 8 | 7:45-8:15 am | \$170/5 | [123437](#)

Sat, Jan 11-Feb 8 | 7:45-8:15 am | \$170/5 | [123438](#)

Sat, Jan 11-Feb 8 | 7:45-8:15 am | \$170/5 | [123439](#)

Sat, Feb 15-Mar 15 | 7:45-8:15 am | \$170/5 | [123440](#)

Sat, Feb 15-Mar 15 | 7:45-8:15 am | \$170/5 | [123441](#)

Sat, Feb 15-Mar 15 | 7:45-8:15 am | \$170/5 | [123442](#)



Our kids thrived in the power skating program! The coaches are incredible - enthusiastic, skilled and truly invested in helping the players improve and excel.

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



cityofnanaimo



prc_nanaimo (#ilovemyparksandrec)

Parks, Recreation and Culture Department Info

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.



ADVERTISE WITH US!

NANAIMO PARKS, RECREATION & CULTURE
Winter 2025 Activity Guide
January to March 2025



recreation.nanaimo.ca
250-756-5200
Registrations start on November 20, 2024.



CITY OF NANAIMO
Parks, Recreation & Culture

NANAIMO PARKS, RECREATION & CULTURE
Fall 2024 Activity Guide
September to December 2024



recreation.nanaimo.ca
250-756-5200
Registrations start on Wednesday, August 14.



CITY OF NANAIMO
Parks, Recreation & Culture

The City of Nanaimo produces three Activity Guides per year and provides
a great way to promote your community organization or business.

Check out our website,
email parksandrecreation@nanaimo.ca
or call 250-755-7510 for
ad options available.

ONLINE PUBLIC DROP-IN SCHEDULES

Visit our website at

recreation.nanaimo.ca

and look at our

**Public Schedules for the most up-to-date
times for swimming, skating, pottery,
weight rooms and gymnasiums!**



WE ARE HIRING!

- BCRPA Certified Fitness Instructors
- Lifeguards and Swim Instructors
- Music, Arts, Crafts, Sport Instructors

Send your resume to
parksandrecreation@nanaimo.ca

Parks and Facilities Improvement Updates



cityofnanaimo



prc_nanaimo (#ilovemyparksandrec)



**Ecole Pauline Haarer Student Exhibition
at Nanaimo Aquatic Centre**

Culture & Events

NEW TEMPORARY PUBLIC ART

Jesse Gray's *Chimes for the South End*



This past summer, the City of Nanaimo unveiled local artist, Jesse Gray's temporary art project, *Chimes for the South End* in Deverill Square Gyro 2 Park. It will remain accessible until 2027.

A touch-activated sound sculpture, *Chimes for the South End* evokes a patch of tall plants clustered together and engages with the existing soundscape of the neighbourhood. The bronze forms on the top of the sculpture were cast from plastic trash collected in the south end. To make these bronze bells touch and chime together, gently push the bottom of the steel "stems"

Chimes for the South End will ring out into the evolving sound landscape of the south end community for the next five years.

Amber Morrison Fox & Matthew Fox's *Moon Snail House*

The City of Nanaimo invites the public to experience *Moon Snail House*, a newly installed temporary public art project by local artists, Amber Morrison and Matthew Fox. Located on the bluff in Pipers Lagoon Park, *Moon Snail House* is inspired by the shell of a Lewis's moon snail - one of the largest marine mollusks found in our local intertidal areas.

This large-scale artwork invites visitors to become active participants, allowing them to enter the sculpture to experience the environment from a new perspective. The two artists aim to evoke topics of housing, encouraging reflection on who has the opportunity to live by the sea and access it. As the moon snail naturally grows its shell—a house-like structure—it prompts us to ask: What essential lessons can we learn about housing from this creature?

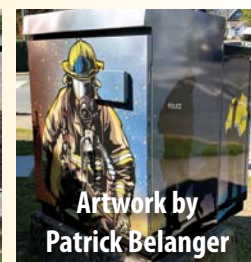


WHERE DOES ART COME FROM?

Have you noticed artwork appearing on utility and traffic cabinets around the City and wondered where the artwork comes from and who is responsible? These art wraps represent original artwork created by artists on the City's Urban Design Roster, and are commissioned in a collaborative effort between the City's Culture team and the Public Works team. Utility and traffic cabinets are a visible part of communities across the City. They offer a canvas to celebrate the City and its neighborhoods through public art providing a sense of place and fostering community pride.



**Artwork by
Sebastion Abboud**



**Artwork by
Patrick Belanger**

Coming Soon

The Culture & Events team has many exciting projects and events coming this spring and summer, including ongoing cultural events, Concerts in the Park and the unveiling of more public art projects!



Follow us on [prc_nanaimo](#) on Instagram or subscribe to the "Love Arts Nanaimo" newsletter through our website at [nanaimo.ca](#)

CULTURE AWARDS

Save the Date!

Our FREE annual Culture Awards gala event will take place at The Port Theatre on Wednesday, April 16, 2025. Celebrate cultural excellence and achievement with us as we recognize this year's recipients. See our website for all the details.



Subscribe to our newsletter so you don't miss when tickets become available!

A NEW POET LAUREATE!

This winter, the City of Nanaimo's new Poet Laureate begins their term! Watch for upcoming opportunities to engage with the literary community through programs and events facilitated by the Poet Laureate!



This summer, to honour the end of Kamal Parmar's term as the City of Nanaimo's Poet Laureate, a new addition to the City's Poetry Walk was unveiled. A poem by Kamal is featured on the sidewalk directly outside the main entrance to The Port Theatre.

This Fall: National Day for Truth & Reconciliation

Wellness Unites: A Community Event for Health & Reconciliation

On September 30, 2024, the City of Nanaimo marked National Day for Truth and Reconciliation with the event, *Wellness Unites: A Community Event for Health and Reconciliation*. The Truth and Reconciliation Commission's 94 Calls to Action have provided a roadmap for Canada to address the painful legacy of residential schools and advance reconciliation. These calls include the establishment of a statutory holiday to confront the legacy of residential schools, as well as work to promote the importance of physical and mental well-being within Indigenous communities. Wellness Unites: a Community Event for Health and Reconciliation embraced these principles by featuring a variety of free activities for individuals and families to participate in throughout the day at Nanaimo Aquatic Centre, Nanaimo Ice Centre and Oliver Woods Community Centre.



Photo by Sean Fenzl Photography | [@fenzlstudio](#)



[cityofnanaimo](#)



[prc_nanaimo](#) (#ilovemyparksandrec)

City of Nanaimo Culture Partners



2024/25 WINTER PROGRAMS

- Nov 16 | Métis Heritage Celebration
- Nov 23-24 | Artwalk Location
- Oct-Feb | Winter Lights (New) School Program
- Dec | Yesteryear Christmas School Program
- Feb 14-15 | Spring Break Activities



Contact us:
250-753-1821



Visit our website for info:
WWW.NANAIMOMUSEUM.CA

LEARN MORE



City of Nanaimo Culture Partners



**Nanaimo
Art Gallery**

Art Lab Sunday
Weekly, 1–4 pm

Drop-in for a fun hands-on art activity with family and friends.

Visit our website for more information on exhibitions, programs for kids & teenagers, adult workshops and special events.

NanaimoArtGallery.ca

Snuneymuxw Territory 150 Commercial Street, Nanaimo BC

City of Nanaimo Culture Partners



COMING UP AT THE PORT



Ô-CELLI
BELGIAN CELLO OCTET
NOVEMBER 22, 2024



WINTER HARP
DECEMBER 14, 2024



NUTCRACKER
ROYAL WINNIPEG BALLET
DECEMBER 6-8, 2024



**LES BALLETS TROCKADERO
DE MONTE CARLO**
FEBRUARY 5, 2025



YES YES YES
MARCH 11, 2025



A SIMPLE SPACE
GRAVITY AND OTHER MYTHS
MAY 21, 2025

spotlight SERIES 2024-2025 SEASON



INTERNATIONAL GUITAR NIGHT
JANUARY 31, 2025



SONG OF THE NORTH
MAY 14, 2025

BUY MULTIPLE SHOWS AT ONCE AND SAVE
UP TO 20% ON REGULAR-PRICED TICKETS
Check out **ALL** the Spotlight shows!
porttheatre.com/spotlight

**TICKETS
ON SALE
NOW!**

SCAN ME



We're grateful for the opportunity to live, work, and celebrate the Arts on the traditional territory of the Snuneymuxw First Nation. hay ce:p q'a

Register for your Winter programs today!

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 or
with your account credit.

Go to recreation.nanaimo.ca to login and/or
create your 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 Comm. 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)
or with your account credit.

On Registration Day,
the following hours of
operation will be in effect
to serve you better!

- Beban Park
6 am-8 pm
- Bowen Park
6 am-4:30 pm
- Nanaimo Aquatic Centre
6 am-9 pm
- Nanaimo Ice Centre
6 am-6 pm
- Oliver Woods Community Centre
6 am-7 pm

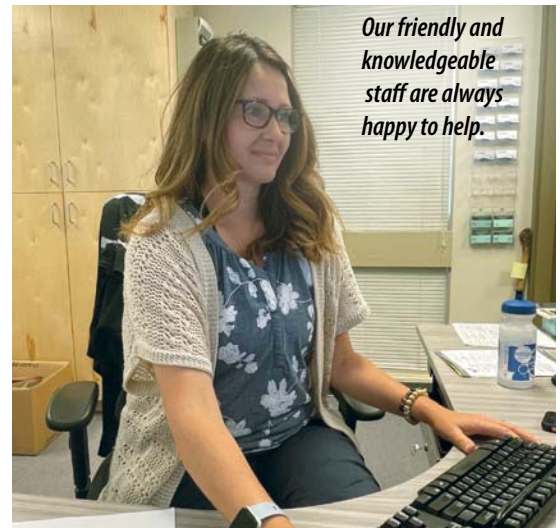
*Serving You
Better!*

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 where applicable). Full refunds are issued when Nanaimo Parks, Recreation and Culture cancels a program or when a program is not convenient due to course changes. Every effort is made to cancel in a timely manner (3 to 5 days prior to course start date). Some exceptions may apply.

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

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



*Our friendly and
knowledgeable
staff are always
happy to help.*

OH, NO! WE HAD TO CANCEL IT!

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

SORRY, THAT COURSE IS FULL...

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

CHANGE OF PLANS?

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



cityofnanaimo



prc_nanaimo (#ilovemyparksandrec)

Start 2025 off
“actively” by taking a
WINTER ADVENTURE
into a variety of
activities
as a way to begin
the New Year!

Spend New Year's Day with
Parks, Recreation
& Culture!

WEDNESDAY
JAN 1, 2025
12-5 PM
BEBAN PARK
TIX: \$10 EACH

TICKETS AVAILABLE FOR
PURCHASE IN ADVANCE ONLINE
(#134029) OR AT BEBAN PARK
POOL FOR
\$10 EACH

*(children under 2 years are free; special event
pricing in effect.)*



Swimming
(12-2 pm or 3-5 pm)
Skating
Games
Crafts
Music
Inflatables
StoryWalk®
Food Trucks
Concession
SO MUCH MORE!