



Youth Programs

Creative Writing and Book Club NEW! 11 to 14 Years

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

Mon, Apr 22-Jun 17 | 5:30-7 pm | \$88/8 | [117056](#)
Nanaimo Aquatic Centre

Creative Writing - Youth Poetry NEW! 12 to 18 Years

Join Nanaimo's newest Youth Poet Laureate, Paige Pierce, for a truly unique opportunity to develop skills as a beginner poet. Paige will guide you in experimenting with different styles of poetry and building an understanding of voice in literature creating community in the process. The final session will be a reading showcase where you have an opportunity to share your writing with friends and family.

Instructor: Paige Pierce
M-F, Jul 22-26 | 1-4 pm | \$30/5 | [117057](#)
Beban Park Social Centre

Creative Writing - Youth Summer Intensive 10 to 17 Years

"The first draft is just you telling yourself the story." (Terry Pratchett) During this writing camp, you will try various prompts and exercises to get your creative juices flowing. Each participant will receive a notebook, but please bring your own pen.

M-F, Jul 22-26 | 9 am-12 pm | \$115/5 | [116960](#)
M-F, Aug 19-23 | 9 am-12 pm | \$115/5 | [116961](#)
Beban Park Social Centre

Cartooning and Character Design 14 + Years

Learn the basics of penciling stick figures, animals, faces and more. Depending on skill level and interest, topics such as shading, perspective and basic story telling may also be covered. All skill levels are welcome.

Instructor: David Harvey
Sat, Apr 6-May 25 | 12:30-1:30 pm | \$64/8 | [116225](#)
Oliver Woods Community 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, Jun 22 | 9 am-12 pm | \$48/1 | [117020](#)
Sat, Jun 22 | 1-4 pm | \$48/1 | [117021](#)
Sat, Jul 20 | 9 am-12 pm | \$48/1 | [117022](#)
Sat, Jul 20 | 1-4 pm | \$48/1 | [117023](#)
Sat, Aug 17 | 9 am-12 pm | \$48/1 | [117024](#)
Sat, Aug 17 | 1-4 pm | \$48/1 | [117025](#)
Beban Park Social Centre

Let's Eat! Teens Rule the Kitchen 10 to 16 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, May 8-22 | 3:30-5:30 pm | \$100/3 | [117014](#)
Park Avenue Farm (945 Park Ave)



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!

Madd Edible Science NEW!

8 to 14 Years

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

Thu, May 9 | 4-5 pm | \$25/1 | [115786](#)

Beban Park Social Centre

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

Tue, Apr 2-May 7 | 6:30-9 pm | \$174/6 | [115604](#)

Fri, Apr 5-May 10 | 4-6:30 pm | \$174/6 | [115600](#)

Sat, Apr 6-May 11 | 1:30-4 pm | \$174/6 | [115607](#)

Sun, Apr 7-May 12 | 9-11:30 am | \$174/6 | [115589](#)

Sun, Apr 7-May 12 | 12-2:30 pm | \$174/6 | [115592](#)

Tue, May 14-Jun 25 | 6:30-9 pm | \$203/7 | [115605](#)

Fri, May 17-Jun 21 | 4-6:30 pm | \$174/6 | [115601](#)

Sat, May 18-Jun 22 | 1:30-4 pm | \$174/6 | [115608](#)

Sun, May 19-Jun 23 | 9-11:30 am | \$174/6 | [115590](#)

Sun, May 19-Jun 23 | 12-2:30 pm | \$174/6 | [115593](#)

Sun, Jul 7-Aug 11 | 9-11:30 am | \$174/6 | [115591](#)

Sun, Jul 7-Aug 11 | 12-2:30 pm | \$174/6 | [115594](#)

Tue, Jul 9-Aug 13 | 6:30-9 pm | \$174/6 | [115606](#)

Fri, Jul 12-Aug 16 | 4-6:30 pm | \$174/6 | [115602](#)

Sat, Jul 13-Aug 24 | 1:30-4 pm | \$203/7 | [115609](#)

Mon, Jul 15-Aug 26 | 6-8:30 pm | \$203/7 | [115582](#)

Bowen Park Pottery Studio

Youth Badminton

12 to 19 Years

Take your badminton skills to the next level.

Players should have two years of experience in the Junior Badminton program (or equivalent). Players must bring their own racquet.

Mon, Apr 8-May 13 | 5:15-6:15 pm | \$48/6 | [117028](#)

Oliver Woods Community Centre

Youth Basketball

11 to 18 Years

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

Sun, Apr 7-May 12 | 2-3:30 pm | \$60/6 | [117026](#)

Sun, May 26-Jun 30 | 2-3:30 pm | \$60/6 | [117027](#)

Oliver Woods Community Centre

RecSkate Pre-Teen/Teen

12 to 17 Years

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

Mon, Apr 8-May 6 | 6:45-7:45 pm | \$65/5 | [114865](#)

Thu, Apr 4-May 9 | 5:30-6:30 pm | \$78/6 | [114868](#)

Sat, Apr 6-May 11 | 11:15 am-12:15 pm | \$78/6 | [114870](#)

Frank Crane Arena

Mon, May 27-Jun 24 | 6:45-7:45 pm | \$65/5 | [114866](#)

Thu, May 30-Jun 27 | 5:30-6:30 pm | \$65/5 | [114869](#)

Mon, Jul 8-Aug 12 | 6:45-7:45 pm | \$78/6 | [114867](#)

Thu, Jul 11-Aug 15 | 6:15-7:15 pm | \$78/6 | [114872](#)

Nanaimo Ice Centre

Sat, Jun 1-29 | 11:15 am-12:15 pm | \$65/5 | [114871](#)

Cliff McNabb Arena

RecFigure Skate - Advanced D

8 to 16 Years

This is a group lesson for experienced RecFigure skaters who have completed a minimum of RecFigure Skate level 3. This class will consist of free skating skills, such as jumps and spins, as well as an introduction to Ice Dance. (Drop-in fee is \$13).

Wed, Apr 3-May 8 | 5:15-6:15 pm | \$78/6 | [114887](#)

Frank Crane Arena

Wed, May 29-Jun 26 | 5:15-6:15 pm | \$65/5 | [114877](#)

Tue, Jul 2-30 | 4:45-5:45 pm | \$65/5 | [118685](#)

Nanaimo Ice Centre

RecFigure Skate - Teen & Adult D

13 +

Tired of skating around in circles? This group lesson is for teens and adults who are already competent skaters and looking to learn or practice figure skating skills. This class will focus on edges, turns, figures and ice dance. Jumps and spins may be taught depending on interest. (Drop-in fee is \$13).

Wed, Apr 3-May 8 | 5:15-6:15 pm | \$78/6 | [114889](#)

Frank Crane Arena

Wed, May 29-Jun 26 | 5:15-6:15 pm | \$65/5 | [114888](#)

Tue, Jul 2-30 | 4:45-5:45 pm | \$65/5 | [118686](#)

Nanaimo Ice Centre

Street-Smart Cycling Skills

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

Instructor: Stephen Pilcher

6 to 9 Years

Sun, May 19 | 9 am-12 pm | \$45/1 | [115568](#)

10 to 13 Years

Sun, May 19 | 1-4 pm | \$45/1 | [115567](#)

Beban Park Social Centre

Youth Rippers: Intro to Mountain Biking

11 to 13 Years

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

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

Instructor: Stephen Pilcher

Sun, Jun 9 | 1-4 pm | \$45/1 | [116395](#)

Colliery Dam Park

Survive Outside

13 to 19 Years

During this info session, you will learn about trip planning, training, taking the essentials and other outdoor travel tips. This AdventureSmart Survive Outside presentation will also include information on what to do if someone you know gets lost or injured and what information is helpful to searchers. It's always encouraged to have fun and play outside, but it's also important to be informed and prepared before you set out.

Instructor: Nanaimo Search and Rescue Outreach

Sat, Apr 27 | 10-11:30 am | FREE/1 | [111034](#)

Oliver Woods Community Centre



Lifeguard & Swim 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.



cityofnanaimo



prc_nanaimo (#lovemyparksandrec)

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, Apr 3-May 8 | 6:30-8 pm | \$78/6 | [116120](#)

Oliver Woods Community Centre

Dungeons & Dragons Club - Inter.

11 to 18 Years

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

Fri, Jun 21-Aug 23 | 4-6:30 pm | FREE | [117015](#)

Bowen Park Complex

Karate for Teens & Adults

13 + Years

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

Instructor: Shima Karate Staff

M/W, Apr 3-15 | 6:30-7:30 pm | \$25/4 | [116472](#)

M/W, May 6-15 | 6:30-7:30 pm | \$25/4 | [116473](#)

M/W, Jun 3-12 | 6:30-7:30 pm | \$25/4 | [116474](#)

M/W, Jul 3-15 | 6:30-7:30 pm | \$25/4 | [116625](#)

M/W, Aug 7-19 | 6:30-7:30 pm | \$25/4 | [116626](#)

Shima Karate (3032 Barons Rd)

Taekwondo with Master Kim

12 + Years

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

Instructor: World Tae Kwon Do Staff

Wed, Apr 3-10 | 6:10-7 pm | \$25/2 | [109057](#)

Mon, Apr 8-15 | 6:10-7 pm | \$25/2 | [109056](#)

Mon, May 6-13 | 6:10-7 pm | \$25/2 | [116391](#)

Wed, May 8-15 | 6:10-7 pm | \$25/2 | [116392](#)

Mon, Jun 3-10 | 6:10-7 pm | \$25/2 | [116393](#)

Wed, Jun 5-12 | 6:10-7 pm | \$25/2 | [116394](#)

World Taekwondo Academy (4300 Wellington Rd)

Youth Taste of Sprint Paddling **NEW!**

11 to 15 Years

Are you looking for a unique individual sport that will build endurance and strength? Do you want a team sport where every team member can contribute equally and support their crewmates? Canoeing and kayaking allows paddlers to train in single, double, four and fifteen person crews. You will gain endurance, strength, speed and balance. This introductory clinic covers the basics of balance, propulsion and steering. Come out and give paddling a try!

Instructor: Nanaimo Canoe & Kayak Club

Sat, Apr 13 | 1-4 pm | \$55/1 | [117107](#)

Sat, Apr 27 | 1-4 pm | \$55/1 | [117108](#)

Sat, May 11 | 1-4 pm | \$55/1 | [117109](#)

Sat, May 18 | 1-4 pm | \$55/1 | [117110](#)

Sat, Jun 22 | 1-4 pm | \$55/1 | [117727](#)

Sat, Jul 13 | 1-4 pm | \$55/1 | [117111](#)

Sat, Aug 3 | 1-4 pm | \$55/1 | [117112](#)

Long Lake/Loudon Park

Youth Intro to Dragon Boat **NEW!**

13 to 18 Years

This fun-filled, adrenaline sport is based on the ancient Chinese history of human-powered water craft. Teams compete in large canoe-like boats fitted with a dragon's head and tail with crews sitting in pairs and racing over a variety of distances. The boat is steered by a tiller, and the drummer in the front sets the pace. Participants will have a chance to paddle in a dragon boat festival on Vancouver Island. No previous experience is necessary, and you will be provided with full training, healthy exercise, skills and team camaraderie. All equipment is supplied.

Instructor: Nanaimo Canoe & Kayak Club

Wed & Fri, May 1-Jun 21 | 4-5:30 pm | \$160/16 | [117124](#)

Long Lake/Loudon Park

Youth Voyageur Paddling Fitness **NEW!**

11 to 15 Years

This paddling program is designed for you with an emphasis on fun, fitness, friendship and skill development. With this unique team sport, you will improve your paddling technique, learn to paddle as part of a team and increase your strength and endurance. At the end of the program, you may choose to compete in the annual Rally to Race Regatta on Long Lake.

Instructor: Nanaimo Canoe & Kayak Club

Wed, Apr 10-May 29 | 6-7:30 pm | \$144/8 | [117105](#)

Long Lake/Loudon Park

Youth C15 Team **NEW!**

11 to 15 Years

Come out and try the most exciting and most challenging of our big canoes! The C-15 is a sprint racing canoe for 14 people who paddle in a high kneeling position and have a coxswain to steer the canoe who stands at the back. This is one of the most prestigious and exciting races at every Canadian Canoe and Kayak Sprint Championships. Learn the proper technique to paddle this very special boat. Working as a team, you will build your endurance, strength, increase your fitness level and have a great time! (Prerequisite: Youth Voyageur Paddling Fitness or Youth Intro to Dragon Boat).

Instructor: Nanaimo Canoe & Kayak Club

Wed, Jun 5-26 | 6-7:30 pm | \$100/4 | [117106](#)

Long Lake/Loudon Park



Did You Know?



Nanaimo has environmental stewardship grants!

Applications are being received until April 2, 2024 for two grants:

- Community Watershed Restoration Grant
- Community Environmental Sustainability Grant

For more information and to apply, please see the City of Nanaimo website at www.nanaimo.ca

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 some require pre-registration, and drop-in space is first come, first serve. Space is limited.

AGE 10 TO 13*

Mon, Mar 25-Jun 10
5-6:30 pm
Park Avenue Elem.
117010

*Registration Only

AGE 11 TO 14

Mon, Mar 25-Jun 10
7-8:30 pm
Fairview Comm.
School

Drop-in Only

AGE 10 TO 13*

Tue, Mar 26-Jun 11
6-7:30 pm
Uplands Elem. School
117012

*Registration Only

AGE 10 TO 17*

Tue, Apr 2-Jun 11
6:30-8 pm
Oliver Woods
117011

*Registration Only

AGE 13 TO 17

Wed, Mar 27-Jun 12
8:30-10 pm
John Barsby School

Drop-in Only

AGE 10 TO 13*

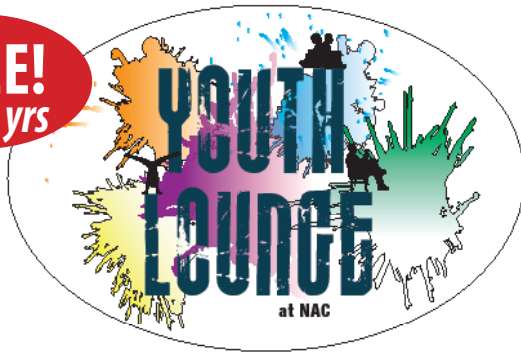
Thu, Mar 28-Jun 6
6-7:30 pm
Chase River School
117013

*Registration Only



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!

Two days to choose from:

Thursdays until June 27, 3-7 pm

Fridays until June 28, 2-9 pm

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



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

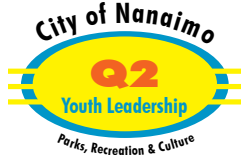
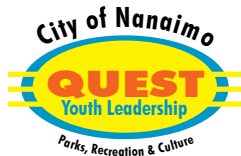
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YOUTH LEADERSHIP

Over 40 Years of Creating Community Leaders

COMING SOON!

PARENTS: Check out our "Frequently Asked Questions" at www.nanaimo.ca/goto/LIT

LIT (Leaders in Training)

13-18 YEARS

(Must be at least 13 years old by December 31, 2024 and starting Grade 8 in September 2024)

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 a minimum of 60 hours. (Note: All volunteer placements must be completed by Sep 1, 2024.)



How to Join:

1. Register for LIT using barcode 117006. Cost is \$170.
2. Register your parents for the Free Parent Info Night held on Wednesday, May 8, 6:30-7:30 pm (barcode 117008) OR Wednesday, May 22, 6:30-7:30 pm (barcode 117009) at Beban Park. Your parents will find out what you will be doing at this program and what the expectations are. (If you are on the fence, we strongly recommend registering for LIT before the Parent Information Night as this program fills up quickly.)
3. Register for the LIT University Workshops. These are held at Beban Park Social Centre. You must register for all four - no exceptions (see box below). Each is offered twice. Simply choose the night that fits your schedule the best.
4. Attend Orientation on Saturday, June 1, 11 am-3 pm at Bowen Park Complex.
5. View and sign up using the online Placement Sign-Up form starting on Saturday, June 15.
6. Go to your Placements to volunteer, learn new skills, make new friends and have fun!

Registration ends Sunday, May 26 at 4:30 pm

- 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

LIT University Workshops (take place at Beban)

Clowning 101

- Sun, Jun 2, 10am-12pm 117002
- Thu, Jun 6, 6:30-8:30pm 117003

Teamwork 101

- Sun, Jun 2, 1-3pm 117004
- Fri, Jun 7, 6:30-8:30pm 117005

Children 101

- Tue, Jun 4, 6:30-8:30pm 116998
- Mon, Jun 10, 6:30-8:30pm 116999

On the Job 101

- Wed, Jun 5, 6:30-8:30pm 117000
- Tue, Jun 11, 6:30-8:30pm 117001



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!



How to Join:

1. Register for Quest using barcode [117007](#). Cost is \$170.
2. Attend [Orientation](#) on Saturday, June 1, 9 am-3 pm at Bowen Park Complex. At Orientation, you can choose to remain in Quest Community or specialize in Arenas, Aquatics or Environment. In Quest Environment, you will help develop an environmental initiative team spearheading change in the community while completing some aspects of the traditional Quest Community program.
3. Attend 1-2 [LIT University Sessions](#) to help train the LITs. You don't have to pre-register, but please make note of the dates and ensure you have some evening availability on those weeks (see previous page for dates).
4. View and sign up using the online [Placement Sign-Up](#) form starting on Saturday, June 15.
5. Go to your [Placements](#) to volunteer, learn new skills, make new friends and have fun!

Registration ends Sunday, May 26 at 4:30 pm

- 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

To me, the Leaders in Training program is a wonderful opportunity for youth to exercise empathy and give back to their community. This program teaches teenagers about the importance of volunteering and giving back.
(Aidan)

The LIT and Quest programs gave me the opportunity to help out my community, make new friends, and become a more confident leader. They also taught me skills in a fun and supportive environment.
(Allison)

COMING SOON...



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YOUTH WEEK

May 1-7, 2024

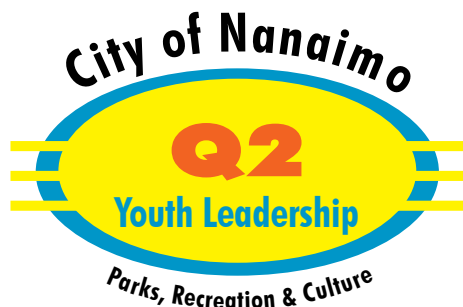


Join us as we
celebrate youth in
Nanaimo!

Check out the YOUth Nanaimo Facebook page for more information on this year's events (www.facebook.com/YOUthNanaimo) or visit recreation.nanaimo.ca for details in April.

NEW!

COMING FALL 2024



Q2

14-19 years:

Are you ready to take your leadership skills to the next level? Join our transformative youth leadership program where you will embark on a journey of personal and professional growth like never before!

- Further develop your leadership skills
- Engage in professional development and take away various certifications, such as First Aid, Food Safe, Bronze Medallion, High 5 or NCCP
- Lead a passion project close to your heart and make a real impact
- Create a plan for your future
- Receive guidance from industry experts to shape your future
- Network with professionals and peers in your field
- Learn about community engagement

Q2 is for youth who have successfully completed the LIT and Quest programs and are looking for the next phase of leadership. See the Fall Activity Guide for information!