

# NANAIMO PARKS, RECREATION & CULTURE

## *Spring & Summer 2024 Activity Guide*

March to August 2024



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

**250-756-5200**

Registration starts on Wednesday, March 6.



CITY OF NANAIMO  
THE HARBOUR CITY



PARKS, RECREATION & CULTURE

# Welcome to Parks, Recreation & Culture!

Through the ReImagine Nanaimo process, it was clear what the citizens of Nanaimo felt was important: continue to improve our parks, enhance our trail system and protect our natural environment. This Activity Guide has an overall theme on environmental stewardship and education. It also contains a variety of “Did You Know” facts that will help you gain a better appreciation of the wonders and benefits associated with our local greenspaces. In addition, you will find information on a variety of programs for all ages and many interests, including a larger-than-ever summer section full of camps and programs. Look for information on events, community services and project updates. We invite you to “Make a Move” with us this spring and summer!



## Stay Connected

- Check our website ([recreation.nanaimo.ca](http://recreation.nanaimo.ca)) for updates on programs, special events or severe weather cancellations.
- “Like” us on Facebook ([cityofnanaimolocalgovernment](https://www.facebook.com/cityofnanaimolocalgovernment)).
- Follow us on Twitter ([@cityofnanaimo](https://twitter.com/cityofnanaimo)).
- Follow us on Instagram ([@prc\\_nanaimo](https://www.instagram.com/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.

## SPRING & SUMMER ACTIVITY GUIDE

View online for the latest details!

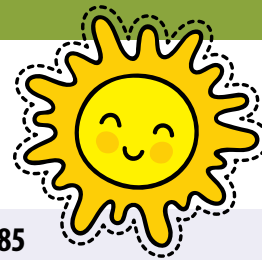
Waitlists, inclement weather, instructor availability and other factors lead to program and schedule changes. Be sure to check our online Activity Guide for the latest information.



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

(click on Activity Guide)

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## NOTE FOR OUR PATRONS

We are working very hard to bring back as many recreation opportunities as possible. We are, however, facing a number of challenges, including staff shortages and increased demand.

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



**Fall program registration begins on  
Wednesday, August 14.**

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](http://recreation.nanaimo.ca). Interested in advertising in the next guide? Contact [parksandrecreation@nanaimo.ca](mailto:parksandrecreation@nanaimo.ca) or 250-755-7510.

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

Cover photo of work party participant at Sugar Loaf Mountain removing invasive plant Broom.

### 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.*



[cityofnanaimo](http://cityofnanaimo)



[prc\\_nanaimo \(#ilovemyparksandrec\)](https://www.instagram.com/prc_nanaimo)

# How to be good Environmental Stewards...

## Join Partners in Parks

- Over 100 invasive plant removal, litter pick up and restoration workparties happened in 2023 (with over 1800 volunteers to date)
- Over 20 community and school groups have been involved in our Adopt-A-Park Program over the last 6 years
- 40 individuals are committed to being regular stewards in our parks and greenspaces as Volunteer Park Ambassadors



Join us! See our website on Partners in Parks

## Avoid Invasive Plants

Invasive plants can spread rapidly, out-competing our native species for resources, water, nutrients and space. They negatively impact our ecosystem, diminishing biodiversity and may be harmful to infrastructure and potentially us. Here are some tips:



- Purchase and plant only non-invasive plants (see [bcinvasives.ca](http://bcinvasives.ca) for details)
- Join an invasive plant work party (see page 63)
- Never compost invasive plants in your backyard composter or place in your green bin (bag and dispose in your black bin)
- Never dump organic material (last year's hanging baskets) into your neighbourhood park or green space thinking it will simply compost and "disappear" (did you ever wonder where English Ivy in our parks came from?)
- Bring your invasive plants to our Drop Zone at Bowen Park on Saturday, June 1 from 10 am-2 pm, so we can properly dispose of them for you
- If you see noxious invasive plants, such as Knotweed or Giant Hogweed, please report to our Parks Department

## Safeguard our Watershed

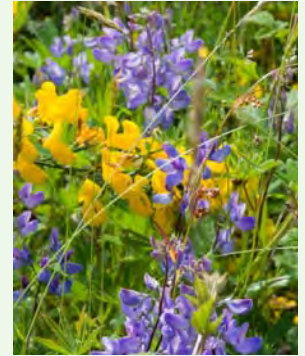
Reimagine Nanaimo (CityPlan) promotes green or environmental policies that protect healthy watersheds and storm water management. Nanaimo has many ponds, swales and raingardens that collect storm water to filter out pollutants and recharge the groundwater system rather than funneling it directly into underground pipes.



Many popular Nanaimo parks feature storm water ponds and raingardens, such as Hawthorne Park, Brookwood Park, Linley Point and the new parking lot at Westwood Lake Park. Our local marshes also play an important role in a healthy community helping to mitigate weather events and provide habitat value, such as Richards Marsh, Buttertubs Marsh, West Marsh, Molly's Marsh and Northfield Marsh. Protect our watershed by not dumping into waterways and by planting trees and vegetation that are native to this area.

## Protect Wildflowers

Camas flowers, along with other local wildflowers, are significant to the local ecology turning meadows into a beautiful rainbow of colours in the spring. Did you know, their bulbs were traditionally harvested by the Coast Salish people as a source of carbohydrates and are often found growing under the branches of Garry Oak trees. Please remember to stay on the path while visiting our many parks such as Pipers Lagoon, Bowen, Camas and Neck Point Park - especially during wildflower season.



## Encourage a Healthy Ecosystem

Vernal pools are low areas, often on rock or clay, which temporarily fill with rainwater in the spring. These pools are often part of the Garry Oak Ecosystem and contribute to biodiversity providing an ideal environment to a unique set of plants and animals. Many are considered endangered in Canada. When you see these pools out in nature, think twice before you drain them or stomp in them and look closer to see if you can discover the variety of plants and critters that might call this mini ecosystem home.



## Contribute to Food Security

Reimagine Nanaimo (CityPlan) includes policies that promote Food Security and local food production. There are currently 7 community gardens and 3 food forests on City-owned property, plus many nut and fruit trees planted throughout our community's parks and greenspaces to be enjoyed. The City also owns 12 hectares of parkland in the Agricultural Land Reserve that can be used for future food production (located at East Wellington Park and in Harewood at 933 Park Ave.). See our website page on Community Gardens for more information.



See more tips and fun facts throughout this Activity Guide on environmental stewardship.



# Spring & Summer Special Events

See [recreation.nanaimo.ca](http://recreation.nanaimo.ca) for more details.

## MARCH

- 15 (Fri) ..... **Super Hero Swim**  
6-8 pm at Nanaimo Aquatic Centre
- 17 (Sun) ..... **Starlight Skate**  
4-6 pm at Nanaimo Ice Centre
- 17 (Sun) ..... **St. Patrick's Skate**  
3-4:30 pm at Cliff McNabb Arena
- 22 (Fri) ..... **Super Hero Swim**  
6-8 pm at Nanaimo Aquatic Centre
- 22-Apr 22 ..... **Water to Earth Month**  
see [getinvolved.rdn.ca/team-watersmart](http://getinvolved.rdn.ca/team-watersmart)
- 23 (Sat) ..... **Earth Hour Skate**  
11:45 am-2:45 pm at Frank Crane Arena
- 29 (Fri) ..... **Good Friday Stick 'n' Puck**  
10:30-11:30 am at Frank Crane Arena
- 29 (Fri) ..... **Good Friday Everyone Welcome Skate**  
1:30-3 pm at Frank Crane Arena
- 29 (Fri) ..... **Good Friday Everyone Welcome Swim**  
12-4 pm at Nanaimo Aquatic Centre

## APRIL

- 1 (Mon) ..... **Easter Monday Everyone Welcome Swim**  
12-4 pm at Nanaimo Aquatic Centre
- 3 (Wed) ..... **Starlight Skate**  
6:30-8 pm at Frank Crane Arena
- 20 (Sat) ..... **Earth Day Celebration**  
Bowen Park
- 21 (Sun) ..... **Glow in the Dark Skate**  
3-4:30 pm at Cliff McNabb Arena

## MAY

- 1 (Wed) ..... **Starlight Skate**  
6:30-8 pm at Frank Crane Arena
- 1-7 ..... **Youth Week**  
(see [nanaimo.ca](http://nanaimo.ca))
- 1-31 ..... **Invasive Species Awareness Month**  
(see [nanaimo.ca](http://nanaimo.ca))
- 12 (Sun) ..... **Family Fishing Day**  
10 am-2 pm at Colliery Dam Park
- 12 (Sun) ..... **Concert in the Park**  
1-2 pm at Colliery Dam Park
- 17 (Fri) ..... **Wear Your Lifejacket to Work Day**
- 17 (Sun) ..... **Concerts in the Park (double feature)**  
6-8:15 pm at Maffeo Sutton Park
- 18-24 ..... **Safe Boating Awareness Week**
- 19 (Sun) ..... **Glow in the Dark Skate**  
3-4:30 pm at Cliff McNabb Arena
- 20 (Mon) ..... **Victoria Day Everyone Welcome Swim**  
12-4 pm at Nanaimo Aquatic Centre

## JUNE

- 1 (Sat) ..... **Invasive Plant Drop Zone**  
10 am-2 pm at Bowen Park (Wall St)
- 5 (Wed) ..... **Starlight Skate**  
6:30-8 pm Nanaimo Ice Centre
- 8 (Sat) ..... **Oceans Day**
- 12 (Wed) ..... **Concert in the Park**  
6-7 pm at Kin Park (Departure Bay)
- 16 (Sun) ..... **Glow in the Dark Skate**  
3-4:30 pm at Cliff McNabb Arena
- 28 (Fri) ..... **Concerts in the Park (triple feature)**  
5-8:30 pm at Maffeo Sutton Park

## JULY

- 1 (Mon) ..... **Canada Day Celebrations**  
11 am-3:30 pm at Maffeo Sutton Park
- 3 (Wed) ..... **Starlight Skate**  
6:30-8 pm at Nanaimo Ice Centre
- 10 (Wed) ..... **Concert in the Park**  
6-7 pm at McGregor Park
- 17 (Wed) ..... **Concert in the Park**  
6-7 pm at Pipers Lagoon Park
- 21 (Sun) ..... **Glow in the Dark Skate**  
3-4:30 pm at Nanaimo Ice Centre
- 21-27 ..... **National Drowning Prevention Week**
- 31 (Wed) ..... **Family Fun Night**  
4:30-7:30 pm at Harewood Cent. Park
- 31 (Wed) ..... **Concert in the Park**  
6-7 pm at Harewood Cent. Park

## AUGUST

- 7 (Wed) ..... **Starlight Skate**  
6:30-8 pm at Nanaimo Ice Centre
- 7 (Wed) ..... **Concert in the Park**  
6-7 pm at Bowen Park Amphitheatre
- 14 (Wed) ..... **Concert in the Park**  
6-7 pm at Oliver Woods Community Centre
- 18 (Sun) ..... **Glow in the Dark Skate**  
3-4:30 pm at Nanaimo Ice Centre
- 21 (Wed) ..... **Concert in the Park**  
6-7 pm at Westwood Lake Park
- 23 (Fri) ..... **Family Fun Night**  
4:30-7:30 pm at Maffeo Sutton Park
- 23 (Fri) ..... **Concerts in the Park (double feature)**  
6-8:15 pm at Maffeo Sutton Park
- 29 (Thu) ..... **End of Summer Splash**  
4-8 pm at Beban Park Pool



### WATER TO EARTH MONTH - Mar 22-Apr 22

Check [getinvolved.rdn.ca/team-watersmart](http://getinvolved.rdn.ca/team-watersmart) for event details



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# Public Admissions

SWIM, SKATE, WEIGHT ROOMS & GYM

## General Admissions:

Child	2 yrs & under .....	Free
Child	3 to 12 yrs .....	\$3.75
Youth	13 to 24 yrs.....	\$5.25
Adult	25 to 59 yrs.....	\$7.00
Senior	60 to 79 yrs.....	\$5.25
Senior	80+ yrs; Nanaimo residents only .....	Free
Family	Max 2 adults & children from the same family ..	\$14.00
Shower	.....	\$3.75

## 10 Visit Pass (10 admissions):

Child	12 yrs & under .....	\$30.00
Youth	13 to 24 yrs .....	\$42.00
Adult	25 to 59 yrs .....	\$56.00
Senior	60 to 79 yrs .....	\$42.00

## 1 Month Active Pass:

Child	.....	\$30.00
Youth/Senior	.....	\$42.00
Adult	.....	\$56.00
Family	.....	\$112.00

## 12 Month Active Pass:

Child	.....	\$270.00
Youth/Senior	.....	\$378.00
Adult	.....	\$500.00
Family	.....	\$999.00

## Arena Skate Rentals/Sharpening:

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

**PLEASE NOTE:**

- Admission rates will be increasing on Sep 1, 2024.
- 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

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

**Therapy Aquafit:** Improve your mobility with this low impact class. The focus is on movement, range of motion, balance, strength and stretching. Water therapy is highly recommended for people with arthritis, joint 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. Some of the Beban Pool sessions require pre-registration. See page 80.

## NANAIMO AQUATIC CENTRE

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

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

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

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

## POOL & WEIGHT ROOM PARTICIPANTS, PLEASE NOTE:

- Please inform staff of any medical conditions.
- All children through 6 years of age must be under the direct supervision and within arm's reach of a guardian. Guardian must be in the water and must be 16 years of age or older. Ratio for children who are 6 years of age and under is 1 adult to 3 children.
- 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.
- Proper attire for both the pool and weight room is required.

# 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 - **Spring and Summer**

	SUN	MON	TUE	WED	THU	FRI	SAT
<b>Hours (Mar 31-Jun 30)</b>	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
<b>Hours (Jul 2-21 &amp; Aug 19-31)</b>	6 am-8 pm	6 am-9 pm	6 am-9 pm	6 am-9 pm	6 am-9 pm	6 am-9 pm	6 am-8 pm

Schedule subject to change. See page 9 for specific stat holiday closures. See [recreation.nanaimo.ca](http://recreation.nanaimo.ca) for up-to-date information.

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

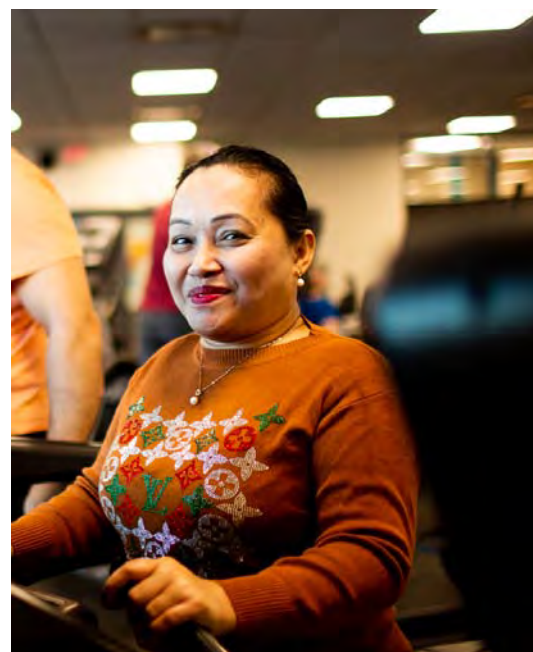
**Weight Room Policy:** Personal trainers, kinesiologists and physiotherapists, etc. not employed or authorized by the City of Nanaimo may not train clients within the weight rooms. For more information, contact the Weight Room Supervisor at 250-756-5200.

**Weight Room Orientations:** These are designed to familiarize you with our facilities and give you an orientation of the basics of strength and functional training. An orientation is recommended before using our facilities. Please contact us to 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 \$48 for one hour. Please book your session in advance. See page 67 for more info.

**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 Park Weight Room - **Spring and Summer**

	SUN	MON	TUE	WED	THU	FRI	SAT
<b>Hours (Mar 31-Jun 22)</b>	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
<b>Hours (Jul 22-Sep 1)</b>	6 am-8 pm	6 am-9 pm	6 am-9 pm	6 am-9 pm	6 am-9 pm	6 am-8 pm	9 am-8 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](http://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 **Spring** Schedule (741 THIRD ST)

**Sun, Mar 31 to Sun, Jun 30** Schedule is subject to change. Please check [recreation.nanaimo.ca](http://recreation.nanaimo.ca) to confirm.

PROGRAM	SUN	MON	TUE	WED	THU	FRI	SAT
Everyone Welcome	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
<b>Bulkhead Move</b> <i>lane pool unavail.</i>		9-9:30 am	9-9:30 am	9-9:30 am	9-9:30 am	9-9:30 am	
Leisure Only							6 am-12 pm
50 Metre Lanes	6 am-12 pm		6-9 am		6-9 am		
25 Metre Lanes	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	1-8:30 pm	3:30-8 pm	3:30-8 pm	3:30-8 pm	3:30-8 pm	3:30-8 pm	1-8 pm
<b>MAINTENANCE CLOSURE</b>	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 <i>(proper attire required)</i>	6 am-9 pm	6 am-9 pm	6 am-9 pm	6 am-9 pm	6 am-9 pm	6 am-9 pm	6 am-9 pm
AQUAFIT	SUN	MON	TUE	WED	THU	FRI	SAT
Therapy Aquafit (1 hour)		8:30-9:30 am		8:30-9:30 am		8:30-9:30 am	
Shallow Water Aquafit (45 min)		10:45-11:30 am (Cindy)		10:45-11:30 am			
Deep Water Aquafit (45 min)			10:15-11 am		10:15-11 am		
Zumba						10:30-11:15 am (Amber)	

## Nanaimo Aquatic Centre **Summer** Schedule (741 THIRD ST)

**Tue, Jul 2 to 21 & Aug 19-Sep 1** Schedule is subject to change. Check [recreation.nanaimo.ca](http://recreation.nanaimo.ca) to confirm.

PROGRAM	SUN	MON	TUE	WED	THU	FRI	SAT
Everyone Welcome	6 am-8 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	6 am-8 pm
<b>Bulkhead Move</b> <i>lane pool unavail.</i>		9-9:30 am	9-9:30 am	9-9:30 am	9-9:30 am	9-9:30 am	
50 Metre Lanes			6-9 am		6-9 am		
25 Metre Lanes	6 am-8 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	6 am-8 pm
Waves & Waterslides	12-7:30 pm	3:30-8 pm	3:30-8 pm	3:30-8 pm	3:30-8 pm	3:30-8 pm	12-7:30 pm
<b>MAINTENANCE CLOSURE</b>		2-2:45 pm	2-2:45 pm	2-2:45 pm	2-2:45 pm	2-2:45 pm	
Weight Room <i>(proper attire required)</i>	6 am-8 pm	6 am-9 pm	6 am-9 pm	6 am-9 pm	6 am-9 pm	6 am-9 pm	6 am-8 pm
AQUAFIT	SUN	MON	TUE	WED	THU	FRI	SAT
Therapy Aquafit (1 hour)		8:30-9:30 am		8:30-9:30 am		8:30-9:30 am	
Shallow Water Aquafit (45 min)		10:45-11:30 am (Cindy)		10:45-11:30 am			
Deep Water Aquafit (45 min)			10:15-11 am		10:15-11 am		
Zumba						10:30-11:15 am (Amber)	

**ANNUAL SHUTDOWN DATES FOR NANAIMO AQUATIC CENTRE: Mon, Jul 22 to Sun, Aug 18**



# DROP-IN SCHEDULE - POOLS

## Beban Pool **Spring** Schedule (2300 BOWEN RD)

**Sun, Mar 31 to Sat, Jun 22** Schedule is subject to change. Please check [recreation.nanaimo.ca](http://recreation.nanaimo.ca) to confirm.

PROGRAM	SUN	MON	TUE	WED	THU	FRI	SAT
Everyone Welcome						6:30-9 am 12:30-2:45 pm	1-4 pm
25 Metre Lanes	9:15-11 am	6:30-10:45 am 12-2:45 pm	6:30-8:45 am 10 am-2:45 pm* 1:45-2:45 pm	6:30-10:45 am 12-2:45 pm	6:30-8:45 am 10 am-2:45 pm* 1:45-2:45 pm	12:30-2:45 pm	Times with * not available when Swim to Survive is in session (May 14-Jun 21)
Leisure Swim	8-11 am	6:30 am-2:45 pm	6:30-9:45 am 10 am-2:45 pm* 1:45-2:45 pm	6:30 am-2:45 pm	6:30-9:45 am 10 am-2:45 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	
Weight Room ( <i>proper attire required</i> )	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 Aquafit (45 min)		11-11:45 am		11-11:45 am			
Shallow/Deep Water Combo (45 min)	8:15-9 am (pre-registration only; see page 80)		9-9:45 am		9-9:45 am 7:15-8 pm* (*pre-registration only; see page 80)		

## Beban Pool **Summer** Schedule (2300 BOWEN RD)

**Mon, Jul 22 to Sun, Sep 1** Schedule is subject to change. Please check [recreation.nanaimo.ca](http://recreation.nanaimo.ca) to confirm.

PROGRAM	SUN	MON	TUE	WED	THU	FRI	SAT
Everyone Welcome	9 am-4 pm	11 am-5 pm 7-9 pm	11 am-5 pm	11 am-5 pm	11 am-5 pm	11 am-5 pm	12-8 pm
25 Metre Lanes	6-9 am 4-8 pm	6-8:30 am 5-7 pm	6-8:30 am 5-7 pm	6-8:30 am 5-7 pm	6-8:30 am 5-7 pm	6-8:30 am 5-7 pm	
Leisure Swim	6 am-8 pm	6 am-9 pm	6 am-9 pm	6 am-9 pm	6 am-9 pm	6 am-8 pm	12-8 pm
Waterslides	Available upon request						
Hot Tub, Sauna, Steam Room	6 am-8 pm	6 am-9 pm	6 am-9 pm	6 am-9 pm	6 am-9 pm	6 am-8 pm	12-8 pm
Weight Room ( <i>proper attire required</i> )	6 am-8 pm	6 am-9 pm	6 am-9 pm	6 am-9 pm	6 am-9 pm	6 am-8 pm	9 am-8 pm
AQUAFIT	SUN	MON	TUE	WED	THU	FRI	SAT
Therapy Aquafit (1 hr)		7:15-8:15 am		7:15-8:15 am		7:15-8:15 am	
Deep Water Aquafit (45 min)			7:15-8 pm		7:15-8 pm		

See page 6 for admission rates and program highlights.

### STAT HOLIDAYS

- Beban Pool closed on all stat holidays; NAC and Beban Pool closed on Jul 1 (Canada Day), Aug 5 (BC Days), Sep 2 (Labour Day)
- Nanaimo Aquatic Centre open from 12-4 pm on Mar 29 (Good Friday), Apr 1 (Easter Monday), May 20 (Victoria Day)

### LIFEGUARDS AT WESTWOOD LAKE

**June 28-September 2**

**11:30 am-5:30 pm**

(including stats; weather permitting)

**ANNUAL SHUTDOWN DATES FOR BEBAN PARK POOL: Sun, Jun 23 to Sun, Jul 21**



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**TEAM AQUATIC SUPPLIES LTD**

Lobby of Nanaimo Aquatic Centre

## YOUR ONE STOP SWIM SHOP

Competitive Swimming - Aquafitness - Family - Fun



Swimwear - Equipment - Fins - Goggles - Gear

741 Third Street, Nanaimo, B.C. • 250-740-0372  
On-line store: [www.team-aquatic.com](http://www.team-aquatic.com)

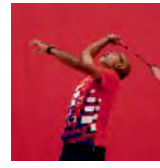
## ONLINE PUBLIC DROP-IN SCHEDULES

Visit our website at

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

and look at our

**Public Schedules for the most up-to-date  
times for swimming, skating, pottery,  
weight rooms and gymnasiums!**



250.756.5200

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

[parksandrecreation@nanaimo.ca](mailto:parksandrecreation@nanaimo.ca)

# LIFEGUARDS AT WESTWOOD LAKE

**Westwood Park First Beach from Friday, June 28 to Monday, September 2, 11:30 am to 5:30 pm**  
*(including Canada Day, BC Day & Labour Day; weather permitting)*



**Back by popular demand!**


**SWIMMING LESSONS AT  
WESTWOOD LAKE**

**(See pool section for schedule.)**

# PRE-REGISTERED DROP-IN SCHEDULE - OWCC

## Oliver Woods Community Centre Schedule

Tue, Apr 2 to Fri, Aug 30 (closed on all stat holidays)

Programs	SUN	MON	TUE	WED	THU	FRI	SAT
<b>Badminton</b> (16 +)			8:45-10:45 am		8:45-10:45 am	11:30 am-1:30 pm	
<b>Basketball for Youth</b> (10-16 yrs) until June 28, 2024						3:30-4:30 pm	
<b>Volleyball for Youth</b> (10-16 yrs)						3:30-4:30 pm	
<b>Basketball</b> (16 +)	6:45-8:45 pm	8:30 - 10:30 pm				8:30-10:30 pm	
<b>Everyone Welcome Sports Drop-In</b> 13 years & younger need adult supervision. No racquet sports available.	11 am- 12:30 pm						
<b>Pickleball</b> (16 +) Tennis-like game played on a badminton court using a perforated, slow moving ball and paddle.		8:45-10:45 am	11 am -1 pm	7:15-9:15 am	11 am -1 pm		
<b>Volleyball</b> (16 +)	7-9 pm	8:15-10:15 pm				8:15 -10:15 pm	
<b>Spare Blox Youth Drop-in</b> (10-17 yrs) Pre-register using barcode 117011			6:30-8 pm				



### 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.

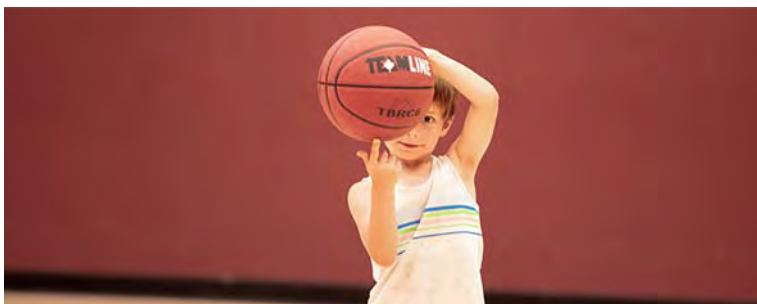
### FACILITY CLOSURES/SCHEDULE CHANGES

- 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](http://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.



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# DROP-IN SCHEDULE - ARENAS

## Arenas **Spring** Schedule

**Tue, Apr 2 to Fri, Jun 29** Schedule is subject to change. Please check [recreation.nanaimo.ca](http://recreation.nanaimo.ca) to confirm.

Programs	SUN	MON	TUE	WED	THU	FRI	SAT
Everyone Welcome	3-4:30 pm McN			6:30-8 pm FCA Moves to NIC starting May 29		4:15-5:45 pm FCA Moves to NIC starting May 31	<b>DID YOU KNOW?</b> • Participants of all abilities are welcome to public skating sessions. • Strollers and wheelchairs are welcome on the ice.
Parent & Tot		10-11:30 am McN		12:30-1:30 pm McN			
Parent & Tot Dry Floor Play			10-11:30 am NIC		10-11:30 am NIC		
Adult Leisure Skate (19+)			10-11:30 am NIC		1:30-3:15 pm McN		
Adult Scrub Ice Hockey (18+)		11:45 am-1:15 pm FCA Moves to NIC starting May 27		11:45 am-1:15 pm FCA Moves to NIC starting May 29		11:45 am-1:15 pm FCA Moves to NIC starting May 31	
Senior Scrub (60+) & Scrub Hockey (70+)		8-9:15 am McN	10-11:15 am McN 70+ Seniors	8-9:15 am McN	10-11:15 am McN 70+ Seniors	8-9:15 am McN	
Stick 'n' Puck Children under 8 are to be accompanied onto the ice by an adult.	1:45-2:45 pm McN			1:45-3:15 pm McN		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.

**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)

### SPRING FACILITY CLOSURES/SCHEDULE CHANGES

- St. Patrick's Skate: Sun, Mar 17, 3-4:30 pm at McN
- Public sessions do not run on statutory holidays (Apr 1 & May 20)
- Good Friday Stick 'n' Puck: Fri, Mar 29, 10:30-11:30 am at FCA
- Good Friday Everyone Welcome: Fri, Mar 29, 1:30-3 pm at FCA
- Adult Leisure cancelled on Apr 30, May 7, 14 & 21
- 70+ Hockey cancelled on May 2, 9, 16 & 23
- Everyone Welcome cancelled on May 10, 22 & 24
- Adult Scrub cancelled on May 20, May 22, May 24
- Parent & Tot cancelled on May 20

# DROP-IN SCHEDULE - ARENAS

## Arenas **Summer** Schedule

**Tue, Jul 2 to Sat, Aug 31** Schedule is subject to change. Please check [recreation.nanaimo.ca](http://recreation.nanaimo.ca) to confirm.

Programs	SUN	MON	TUE	WED	THU	FRI	SAT
Everyone Welcome	3-4:30 pm NIC		6-7:30 pm NIC	6:30-8 pm NIC			1-2:30 pm NIC
Adult Leisure Skate (19+)					1:30-3:15 pm McN		
Adult Scrub Ice 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	12-1:15 pm NIC 70+ Seniors	8-9:15 am NIC		8-9:15 am NIC	10-11:15 pm NIC 70+ Seniors
Stick 'n' Puck Children under 8 are to be accompa- nied onto the ice by an adult.	1:45-2:45 pm NIC			1:45-3:15 pm NIC		3:15-4:15 pm McN	11:30 am- 12:45 pm NIC

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



### SUMMER FACILITY CLOSURES/SCHEDULE CHANGES

- Public sessions do not run on statutory holidays (Jul 1 & Aug 5)
- Adult Leisure cancelled on Aug 8 & 15
- Sr. Scrub cancelled on Aug 7, 9, 29, Aug 21 & 23
- Stick 'n' Puck cancelled on Aug 7 & 14



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# PRE-REGISTERED DROP-IN SCHEDULE - POTTERY

## Bowen Park Pottery Studio Schedule

**Sun, Mar 31 to Sat, Aug 31** (closed June 28 to July 7 and 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 4:30 pm in person or over the phone. Drop in cost is \$12 per session. Harbour City Seniors Members can access the starred \*drop in sessions for \$4 per session. Dress for mess; aprons are not provided.

### DROP-IN INFO

**\$12 per session**

- Pre-register up to 72 hours in advance at [recreation.nanaimo.ca](http://recreation.nanaimo.ca)
- Pottery room tickets are no longer available
- Clay must be purchased from Bowen
- Studio closed from June 28 to July 7 and on all stat holidays



SUN	MON	TUE	WED	THU	FRI	SAT
	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:

Read their bio on [www.nanaimo.ca](http://www.nanaimo.ca)



**Bari Precious**



**Nesta Morgan**



**Selena Unger**

# RECREATION FACILITY BOOKINGS & RENTALS

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

## Multi-Purpose Halls

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

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



## Outside Halls

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

## Pools

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

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

## Arenas

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

- **Cliff McNabb Arena** (2300 Bowen Rd)  
*NHL size ice sheet; 50 bleacher seats; conference room*
- **Frank Crane Arena** (2300 Bowen Rd)  
*NHL size ice sheet; 1200 seating on floor and 2445 seating in stands; VIP Lounge*
- **Nanaimo Ice Centre** (750 Third St.)  
*2 NHL size ice sheets; NIC 1 seating for up to 400 and NIC 2 seating 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*



ASK ABOUT OUR

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

Book an Event in a Park!



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# 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 65.**
- **Stock up** and save on your 10 or 20 Visit Passes. Rates are increasing on September 1.



## 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 47.**
- **Youth Lounge** at Nanaimo Aquatic Centre is for ages 11 to 18 and is FREE. Enjoy music, gaming, snacks and more. **See page 47.**
- There is **new temporary public art** in our City to view in the Old City Quarter adjacent to Wallace and Fitzwilliam. **See page 96.**
- **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 18.**
- **Invasive Plant Work Parties** are a great way to meet new people and to make a difference in your community. **See page 63.**
- **Intro to Local Plant ID** is a FREE course taking place as part of our Earth Day Celebrations. **See page 63.**
- We are offering a variety of free (or nearly free) programs for those **60 years and over**. **See page 75.**
- **Thursday Musical Entertainment** happens at Bowen Park once a month and is only \$4. **See page 74.**
- **Stroll with a Pro** and learn about Birds of Prey and Turtles. These sessions are FREE!. **See page 60.**
- **Dungeons & Dragons Club (intermediate)** is FREE thanks to a partnership between the City of Nanaimo and Literacy Central Vancouver Island. **See page 46.**





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

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 +



## Ready, Set, Learn - Pizza & Play 3 to 5 Years

This is a family-oriented playtime where you and your child(ren) will take part in a variety of play-based activities. Families will receive their own copy of the "Let's Play! Activities for Families" developed by the BC Ministry of Education for families and caregivers. This program is funded by the Ministry of Education and offered in partnership with Nanaimo Ladysmith Public Schools, PacificCARE and the City of Nanaimo.

Thu, Apr 11 | 4:30-6 pm | FREE  
**Gabriola Elementary School**  
 Tue, Apr 16 | 5-6:30 pm | FREE  
**Georgia Avenue Elementary**  
 Thu, Apr 18 | 5-6:30 pm | FREE |  
**Randerson Ridge Elementary**

## Court Kids 1 to 5 Years

Come to our free Court Kids program! Bring your parents or grandparents and develop motor skills through PLAY. Run, jump, climb and explore. This is a parent participation program.

Tue, Apr 9-Jun 4 | 9-11 am | FREE/9 | 114311  
**Beban Park Social Centre**  
 Thu, Apr 11-Jun 6 | 9-11 am | FREE/7 | 114313  
**Harewood Centennial Park Outdoor Court**

## Tumble Tots and Toy Time D 1 to 5 Years

This parent participation program provides a safe and fun environment for your tot to tumble, play and explore new movements with a variety of equipment, including sports, tunnels, ride-on cars, soft play equipment and so much more. A drop-in fee of \$10/child is available depending on space.

Fri, Apr 5-May 17 | 8:30-9:30 am | \$56/7 | 116355  
 Fri, Apr 5-May 17 | 9:45-10:45 am | \$56/7 | 116358  
 Fri, Apr 5-May 17 | 11 am-12 pm | \$56/7 | 116360  
 Fri, May 24-Jun 28 | 8:30-9:30 am | \$48/6 | 116356  
 Fri, May 24-Jun 28 | 9:45-10:45 am | \$48/6 | 116359  
 Fri, May 24-Jun 28 | 11 am-12 pm | \$48/6 | 116361  
 Fri, Jul 12-Aug 30 | 9-10 am | \$56/7 | 116712  
 Fri, Jul 12-Aug 30 | 10:15-11:15 am | \$56/7 | 116807  
**Oliver Woods Community Centre**

Mon, Apr 8-May 6 | 9:15-10:15 am | \$40/5 | 114317  
 Mon, Apr 8-May 6 | 10:30-11:30 am | \$40/5 | 114322  
 Mon, May 13-Jun 17 | 9:15-10:15 am | \$40/5 | 114318  
 Mon, May 13-Jun 17 | 10:30-11:30 am | \$40/5 | 114321  
**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.

## 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.

Wed, Apr 3-May 15 | 9:45-10:45 am | \$56/7 | 116346  
 Wed, Apr 3-May 15 | 11 am-12 pm | \$56/7 | 116350  
 Wed, May 22-Jun 26 | 9:45-10:45 am | \$48/6 | 116348  
 Wed, May 22-Jun 26 | 11 am-12 pm | \$48/6 | 116351  
 Thu, Jul 11-Aug 29 | 9:30-10:30 am | \$56/7 | 116699  
 Thu, Jul 11-Aug 29 | 10:45-11:45 am | \$56/7 | 116701  
**Oliver Woods Community Centre**

## Smart Moves Babies

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

Instructor: Robyn Mor

### Infant Massage

Parents will learn how to massage their infants with a certified International Association for Infant Massage (IAIM) instructor. Some benefits include, improved sleep, relief of colic and gas, enhanced bonding.

Tue, Apr 9-May 7 | 10-10:55 am | \$60/5 | 108446

### Birth to Rolling

Tue, Apr 9-May 28 | 11-11:45 am | \$96/8 | 108448

### Crawling (or 7 months) to Standing

Tue, Apr 9-May 28 | 12-12:45 pm | \$96/8 | 108450

**Kin Hut Activity Centre**



# PLAY AND LEARN



## Monthly Early Years Programs

for ages 3 to 5 (*Cricket is 2 to 5 yrs*)

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

### Cricket - Beban Park

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

**Mondays, 9-11 am**

Instructor: Lynn Macaulay

Apr: \$80 (#92403)

May: \$60 (#92406)

Jun: \$60 (#92407)

Beban Social Centre

### Animal Crackers - Beban Park

Instructor: Julie Miller and Edie Vos

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

Apr: \$180 (#92589)

May: \$180 (#92583)

Jun: \$120 (#92606)

Beban Social Centre

### Animal Crackers - Beban Park

Instructor: Julie Miller and Edie Vos

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

Apr: \$160 (#92650)

May: \$200 (#92651)

Jun: \$120 (#92652)

Beban Social Centre

### Kinder Prep\* - Beban Park

Instructor: Julie Miller and Edie Vos

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

Apr: \$180 (#92683)

May: \$180 (#92684)

Jun: \$120 (#92685)

Beban Social Centre

### Kinder Prep\* - Beban Park

Instructor: Julie Miller and Edie Vos

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

Apr: \$160 (#92699)

May: \$200 (#92700)

Jun: \$120 (#92701)

Beban Social Centre

### Doodle Bugs - Oliver Woods

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

Instructor: Cindy Cormons

Apr: \$180 (#92715)

May: \$180 (#92736)

Jun: \$80 (#92740)

Oliver Woods Community Centre

### Kinder Prep\* - Oliver Woods

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

Instructor: Cindy Cormons

Apr: \$180 (#92750)

May: \$180 (#92751)

Jun: \$80 (#92752)

Oliver Woods Community Centre

### Kinder Prep\* - Oliver Woods

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

Instructor: Cindy Cormons

Apr: \$160 (#92763)

May: \$160 (#92765)

Jun: \$80 (#92766)

Oliver Woods Community Centre

### Kinder Prep\* - Oliver Woods

**Fridays, 9-11 am**

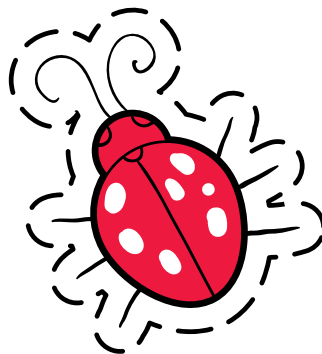
Instructor: Cindy Cormons and Cindy Reynolds

Apr: \$80 (#92782)

May: \$100 (#92784)

Jun: \$40 (#92785)

Oliver Woods Community Centre



- \*Kinder Prep is only for children entering Kindergarten in September of 2024. Animal Crackers and Doodle Bugs are for children 3 to 5 years; all children must be potty trained. Cricket is for those 2 to 5 years.
- There will be no refunds after the first class has started. Withdrawals can be made up to 72 hours prior to the first class for a full refund. If withdrawal is made less than 72 hours prior to the first class, but before the first class has started, you will be charged for the first class.



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# Children's Arts & Crafts

## Bunny Buddies Crafts & Games NEW!

2 to 5 Years

Join us for our "egg" citing Easter craft and game class. You'll create colourful crafts, play games and may even have your own mini-Easter egg hunt!

Parent participation is required.

Fri, Mar 22 | 10-11 am | \$10/1 | [116383](#)

Fri, Mar 22 | 11:15 am-12:15 pm | \$10/1 | [116384](#)

Beban Park Social Centre

## Art Adventures NEW!

5 to 10 Years

Learn a variety of artistic techniques, including drawing, painting, colouring and much more in these seasonally-themed art classes.

### SPRING BLOOM ART ADVENTURE

Thu, Apr 4-May 2 | 4-4:45 pm | \$50/5 | [116230](#)

### SUMMER FUN ART ADVENTURE

Thu, May 9-Jun 13 | 4-4:45 pm | \$60/6 | [116231](#)

Oliver Woods Community Centre

## Creative Kids Art Class

7 to 12 Years

As a young art lover, have fun expressing your creativity through painting, drawing, collaging and more. You will develop your art skills through positive teaching and projects in class.

Thu Apr 4-May 2 | 5-5:45 pm | \$50/5 | [116232](#)

Thu, May 9-Jun 13 | 5-5:45 | \$60/6 | [116233](#)

Oliver Woods Community Centre

## Comic Book Art and Cartooning

7 to 13 Years

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

Instructor: David Harvey

Sat, Apr 6-May 25 | 10-11 am | \$80/8 | [116228](#)

Oliver Woods Community Centre

## Character Design

7 to 12 Years

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

Instructor: David Harvey

Sat, Apr 6-May 25 | 11:15 am-12:15 pm | \$80/8 | [116229](#)

Oliver Woods Community Centre

## Handbuilding for Children - Pottery

7 to 12 Years

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

Instructor: Bari Precious or Selena Unger

Mon, Apr 8-29 | 4-5 pm | \$80/4 | [115584](#)

Mon, May 6-27 | 4-5 pm | \$60/3 | [115585](#)

Mon, Jun 3-24 | 4-5 pm | \$80/4 | [115586](#)

Mon, Jul 8-29 | 4-5 pm | \$80/4 | [115587](#)

Mon, Aug 12-26 | 4-5 pm | \$60/3 | [115588](#)

Bowen Pottery Studio





# 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! Families will take home a beautifully illustrated songbook and can use the CD or the app to help make music a joyful part of everyday life. For more information, please visit [www.seasonstudio.com](http://www.seasonstudio.com). Parent participation required. Siblings under 9 months may attend for free. There is a \$50 program fee for this course, which is non-refundable after the first class (siblings will receive a \$50 refund).

Instructor: Karita Sedun

Wed, Apr 10-Jun 12 | 9:15-10 am | \$125/10 | [112634](#)

Wed, Apr 10-Jun 12 | 10:15-11 am | \$125/10 | [112635](#)

Wed, Apr 10-Jun 12 | 11:15 am-12 pm | \$125/10 | [112636](#)

Thu, Apr 11-Jun 13 | 9:15-10 am | \$125/10 | [112637](#)

Thu, Apr 11-Jun 13 | 10:15-11 am | \$125/10 | [112638](#)

Thu, Apr 11-Jun 13 | 11:15 am-12 pm | \$125/10 | [112639](#)

Kin Hut Activity Centre

## Kindermusik®

### 0 to 5 Years

From dancing with your baby to hearing the notes of your child's first composition, Kindermusik is that one special place where you and your child can play, sing, dance and giggle together. A trained, licensed Kindermusik educator joyfully guides the class from one activity to the next and helps you understand what your child is learning musically, cognitively and developmentally. This is a parent participation program.

Instructor: Nicole Arendt

Tue, Apr 30-May 21 | 9:15-10 am | \$80/4 | [109463](#)

Tue, Apr 30-May 21 | 10:15-11 am | \$80/4 | [109464](#)

Tue, Apr 30-May 21 | 11:15 am-12 pm | \$80/4 | [109465](#)

Tue, May 28-Jun 18 | 9:15-10 am | \$80/4 | [109466](#)

Tue, May 28-Jun 18 | 10:15-11 am | \$80/4 | [109467](#)

Tue, May 28-Jun 18 | 11:15 am-12 pm | \$80/4 | [109468](#)

Nanaimo Conservatory of Music (375 Selby St.)

## Wiggles & Giggles

### 6 to 18 Months

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

Instructor: Bev Martyn from Kirkwood Academy

Tue, Apr 9-May 7 | 9:30-10 am | \$45/5 | [115063](#)

Tue, Apr 9-May 7 | 10-10:30 am | \$45/5 | [115067](#)

Tue, May 14-Jun 11 | 9:30-10 am | \$45/5 | [115069](#)

Tue, May 14-Jun 11 | 10-10:30 am | \$45/5 | [115068](#)

Beban Park Social Centre

## Tykes & Twirls

### 18 Months to 3 Years

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

Instructor: Bev Martyn from Kirkwood Academy

Tue, Apr 9-May 7 | 10:30-11 am | \$45/5 | [114967](#)

Tue, Apr 9-May 7 | 11:15-11:45 am | \$45/5 | [115072](#)

Tue, May 14-Jun 11 | 10:30-11 am | \$45/5 | [114968](#)

Tue, May 14-Jun 11 | 11:15-11:45 am | \$45/5 | [115073](#)

Beban Park Social Centre

## Tiny Toes

### 2.5 to 4 Years

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

Instructor: Bev Martyn from Kirkwood Academy

Tue, Apr 9-May 7 | 11:45 am-12:15 pm | \$45/5 | [115070](#)

Tue, May 14-Jun 11 | 11:45 am-12:15 pm | \$45/5 | [115071](#)

Beban Park Social Centre



Reimagine Nanaimo (City Plan) outlines many policies around the protection of trees and mitigation of climate change. Planting more trees is one way to keep our community cooler and more beautiful.



- In 2021, the City planted 168 new street trees and about 300 trees in restoration areas
- Over 5000 trees planted in natural areas between 2018 and 2021



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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, Apr 6-May 11 | 11:30 am-12 pm | \$48/6 | [116374](#)

Sat, Apr 6-May 11 | 1:45-2:15 pm | \$48/6 | [116377](#)

Sat, May 18-Jun 15 | 11:30 am-12 pm | \$40/5 | [116378](#)

Sat, May 18-Jun 15 | 1:45-2:15 pm | \$40/5 | [116381](#)

Sat, Jul 13-Aug 31 | 11:30 am-12 pm | \$64/8 | [117193](#)

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, Apr 6-May 11 | 12:15-12:45 pm | \$48/6 | [116375](#)

Sat, May 18-Jun 15 | 12:15-12:45 | \$40/5 | [116379](#)

Sat, Jul 13-Aug 31 | 12:15-12:45 pm | \$64/8 | [117194](#)

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, Apr 6-May 11 | 1-1:30 pm | \$48/6 | [116376](#)

Sat, May 18-Jun 15 | 1-1:30 pm | \$40/5 | [116380](#)

Sat, Jul 13-Aug 31 | 1-1:30 pm | \$64/8 | [117195](#)

Oliver Woods Community Centre

## Kids Bhangra Fit

### 6 to 13 Years

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, dhamaal, luddi and more.

Instructor: Sukhi Sangha, Vancouver Island Bhangra

### 3 to 5 Years

Tue, Apr 9-30 | 4:15-4:45 pm | \$60/4 | [116684](#)

### 6 to 13 Years

Tue, Apr 9-30 | 5-5:45 pm | \$80/4 | [116685](#)

Beban Park Social Centre

## Intro to Hip Hop with Vibe

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

### 3 to 4 Years

Fri, May 10-31 | 4-4:30 pm | \$48/4 | [109658](#)

### 5 to 7 Years

Fri, May 10-31 | 4:45-5:30 pm | \$50/4 | [109659](#)

### 8 to 11 Years

Fri, May 10-31 | 5:45-6:30 pm | \$50/4 | [109660](#)

### 12+ Years

Fri, May 10-31 | 6:45-7:30 pm | \$50/4 | [109661](#)

Vibe Dance Studio

## Piano - Private Beginner Lessons

### 5+ Years

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

Instructor: A. Margarita Hillers

Tue, Apr 2-23 | 3:30-4 pm | \$88/4 | [106144](#)

Tue, Apr 2-23 | 4:05-4:35 pm | \$88/4 | [106145](#)

Tue, Apr 2-23 | 4:40-5:10 pm | \$88/4 | [106146](#)

Tue, Apr 2-23 | 5:15-5:45 pm | \$88/4 | [106147](#)

Tue, Apr 2-23 | 5:50-6:20 pm | \$88/4 | [106148](#)

Tue, Apr 30-May 21 | 3:30-4 pm | \$88/4 | [106164](#)

Tue, Apr 30-May 21 | 4:05-4:35 pm | \$88/4 | [106165](#)

Tue, Apr 30-May 21 | 4:40-5:10 pm | \$88/4 | [106166](#)

Tue, Apr 30-May 21 | 5:15-5:45 pm | \$88/4 | [106167](#)

Tue, Apr 30-May 21 | 5:50-6:20 pm | \$88/4 | [106168](#)

Tue, May 28-Jun 18 | 3:30-4 pm | \$88/4 | [106169](#)

Tue, May 28-Jun 18 | 4:05-4:35 pm | \$88/4 | [106170](#)

Tue, May 28-Jun 18 | 4:40-5:10 pm | \$88/4 | [106171](#)

Tue, May 28-Jun 18 | 5:15-5:45 pm | \$88/4 | [106172](#)

Tue, May 28-Jun 18 | 5:50-6:20 pm | \$88/4 | [106173](#)

Bowen Park Complex

## 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. Families can enjoy practice sessions at home with a cd/app, a songbook and online play-along videos. For more program information, please visit [www.seasonstudio.com](http://www.seasonstudio.com). Parent participation is required for level one and optional for level 2. There is a \$50 program fee for this course, which is non-refundable after the first class (siblings will receive a \$50 refund).

Instructor: Karita Sedun

### 4 to 5 Years (Pre K - Level 1)

Tue, Apr 9-Jun 11 | 4-4:45 pm | \$125/10 | [106389](#)

### 5 to 8 Years (K-Grade 2 - Level 2)

Tue, Apr 9-Jun 11 | 5-5:45 pm | \$125/10 | [106390](#)

Oliver Woods Community Centre

## 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

Wed, Jul 17-Aug 7 | 4:15-5 pm | \$50/4 | [116497](#)

### 6 to 12 Years - Kilts & Hirts

Wed, Jul 17-Aug 7 | 5:15-6 pm | \$50/4 | [116498](#)

Oliver Woods Community Centre





# Children's Special Interest & Outdoor

## Storytime & Crafts with Miss Lynn 3 to 5 Years

Join the lovely Miss Lynn for a journey of imagination and creativity. She will combine the wonder of storytelling with the joy of a hands-on craft. Parent participation is required.

Instructor: Lynn Macaulay

Fri, May 3 | 9:30-10:30 am | \$10/1 | [116924](#)

Fri, May 31 | 9:30-10:30 am | \$10/1 | [116925](#)

Fri, Jun 28 | 9:30-10:30 am | \$10/1 | [116926](#)

Kin Hut Activity Centre

## Nature Tales 2 to 5 Years

Enjoy a nature-inspired story with your child before going on a guided nature adventure. All stories and adventuring will take place outside rain or shine. Parent participation is required.

Instructor: Sarah Osborne

Thu, Apr 18 | 10-11:15 am | \$10/1 | [116650](#)

**Bowen Park Amphitheatre (by duck pond)**

Thu, May 9 | 10-11:15 am | \$10/1 | [116651](#)

**Pipers Lagoon Park (grassy area)**

Thu, May 23 | 10-11:15 am | \$10/1 | [116652](#)

**Buttertubs Marsh (by Miner's Cottage)**

Thu, Jun 6 | 10-11:15 am | \$10/1 | [116653](#)

Departure Bay Beach

## Dino Detectives 3 to 5 Years

As a new Dino Detective, you will 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, create dino arts and crafts and so much more.

Mon, Apr 15-May 13 | 11 am-12 pm | \$40/5 | [115572](#)

Bowen Park Complex

## Explore a Park...Linley Gyro 3 to 6 Years

What is interesting about this park? Is it more than just a playground? What lives in this space or grows here? Learn about the native plants and wildlife that call this park home.

Instructor: Judy Wickland

Sat, Apr 13 | 10-11:15 am | \$10/1 | [115408](#)

Linley Gyro Park

## Explore a Park...Lotus Pinnatus Park 3 to 6 Years

What is interesting about this park? This park is named after a very rare flower found mainly in this area making this park unique. Find out what else grows in this rare habitat, what vernal pools are and why they are important.

Instructor: Judy Wickland

Sun, May 26 | 10-11:15 am | \$10/1 | [115410](#)

Lotus Pinnatus Park

## Explore a Park...Country Club Park 3 to 6 Years

What is interesting about this park? Is it more than just a playground? What lives in this space or grows here? Learn about the native plants and wildlife that call this park home.

Instructor: Judy Wickland

Sat, Jun 22 | 10-11:15 am | \$10/1 | [115407](#)

Country Club Tot Lot

## 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, Apr 6 | 10-11:15 am | \$10/1 | [115412](#)

Buttertubs Marsh (Miner's Cottage)

## Beach Buddies **NEW!** 3 to 5 Years

Embark on a journey of discovery as you explore the magic of the salty seashore. From exciting beach games to hands-on marine exploration and ocean-themed crafts, you will learn all about the ocean environment guided by your super fun and experienced leaders.

Instructor: Pam Brugge & Traci Boas

Fri, Apr 12-26 | 9-10:30 am | \$45/3 | [116817](#)

Fri, May 10-24 | 9-10:30 am | \$45/3 | [116922](#)

Fri, Jun 7-21 | 9-10:30 am | \$45/3 | [116923](#)

Kin Hut Activity Centre

## Signs of Spring 3 to 6 Years

We will look for signs that spring is here. Let's explore and see what we can find - maybe flowers, insects, birds or more. It's fun just to look. This is a parent participation class.

Instructor: Judy Wickland

Sun, Apr 21 | 10-11:15 am | \$10/1 | [115414](#)

Linley Valley (parking lot off Rock City Rd)



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## Lichens and Mosses **NEW!**

### 3 to 6 Years

What is that stuff hanging from the trees that look like green beards? Does the green stuff growing on trees hurt them? What is the soft stuff you see on stone walls, and why is it important? Explore with us and find out. This is a parent participation class.

Instructor: Judy Wickland

Sat, May 4 | 10-11:15 am | \$10/1 | [115418](#)

Colliery Dam Park

## Adventure at the Seashore **NEW!**

### 3 to 6 Years

The seashore is full of surprises and always changing if you look closely. Come explore with us and discover the critters and life surrounding the shoreline. Find out what that slimy stuff is that gets stuck between your toes and much more.

This is a parent participation class.

Instructor: Judy Wickland

Sat, Jun 8 | 1-2:15 pm | \$10/1 | [115411](#)

Departure Bay Beach

## Reptiles and Amphibians **NEW!**

### 3 to 6 Years

Have you ever wondered what reptiles are and if we can find them here? We do not always see them, but they are around. We will learn what a reptile is and where we may be able to find them. Learn the difference between a salamander, lizard and amphibian. This is a parent participation class.

Instructor: Judy Wickland

Sun, Jun 9 | 10-11:15 am | \$10/1 | [115419](#)

Linley Valley Park

## Learn to Fish

### 5 to 15 Years

Join the Freshwater Fisheries Society of BC and learn about the basics of freshwater fishing. Fishing rods are provided, and program runs rain or shine. Parent participation is required. (The May 12 sessions run in conjunction with Family Fishing Day.)

Sun, May 12 | 10 am-12 pm | FREE | [115423](#)

Sun, May 12 | 1-3 pm | FREE | [116628](#)

Sun, Jun 2 | 10:30 am-12:30 pm | FREE | [115426](#)

Sun, Jun 23 | 10:30 am-12:30 pm | FREE | [115430](#)

Colliery Dam Park

Sun, May 26 | 10:30 am-12:30 pm | FREE | [115425](#)

Sun, Jun 9 | 10:30 am-12:30 pm | FREE | [115429](#)

Long Lake (Loudon Park)

## Birds of a Feather Stick Together **NEW!**

### 5 to 8 Years

How do ducks float? What do they eat? Where do they nest? Do we always find them in groups or pairs? Come explore with us to find the answers.

Instructor: Madison Wagenaar

Sun, May 26 | 10-11:15 am | \$10/1 | [116947](#)

Bowen Park Amphitheatre

## 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, basketball and soccer.

Instructor: Gypsy Hart

Wed, Apr 3-May 15 | 3:30-4:30 pm | \$56/7 | [116371](#)

Wed, May 22-Jun 12 | 3:30-4:30 pm | \$32/4 | [116372](#)

Oliver Woods Community Centre

## Madd Edible Science **NEW!**

### 8 to 14 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

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

Beban Park Social Centre

## Let's Eat! Kids' Cooking

### 8 to 13 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

Mon, Mar 25-Apr 8 | 3:30-5:30 pm | \$100/3 | [115740](#)

Mon, Apr 15-29 | 3:30-5:30 pm | \$100/3 | [116663](#)

Nanaimo Foodshare (271 Pine St.)

Wed, Mar 27-Apr 10 | 3:30-5:30 pm | \$100/3 | [115480](#)

Wed, Apr 17-May 1 | 3:30-5:30 pm | \$100/3 | [115475](#)

Bowen Park Complex

Wed, May 29-Jun 12 | 3:30-5:30 pm | \$100/3 | [115480](#)

Park Avenue Farm (945 Park Ave.)

## 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.





# Children's Sports

## 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, Apr 6-May 18 | 9-10 am | \$48/6 | [116366](#)

Sat, Apr 6-May 18 | 10:15-11:15 am | \$48/6 | [116368](#)

Sat, May 25-Jun 29 | 9-10 am | \$48/6 | [116367](#)

Sat, May 25-Jun 29 | 10:15-11:15 am | \$48/6 | [116369](#)

Sat, Jul 20-Aug 24 | 9-10 am | \$48/6 | [117196](#)

Sat, Jul 20-Aug 24 | 10:15-11:15 am | \$48/6 | [117197](#)

**Oliver Woods Community Centre**

## 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.

Wed, Apr 3-May 15 | 4:30-5:30 pm | \$56/7 | [116354](#)

**Oliver Woods Community Centre**

## T-Ball

Bring your glove and your energy! Learn the basic skills of T-ball, including throwing, batting and catching - all taught in a fun, interactive way.

### 3 to 4 Years

Mon, Apr 29-Jun 3 | 3:30-4 pm | \$35/5 | [114352](#)

Wed, May 1-Jun 5 | 3:30-4 pm | \$42/6 | [118051](#)

Thu, May 2-Jun 6 | 3:30-4 pm | \$42/6 | [116927](#)

### 5 to 6 Years

Mon, Apr 29-Jun 3 | 4:15-5 pm | \$40/5 | [116929](#)

Wed, May 1-Jun 5 | 4:15-5 pm | \$48/6 | [118054](#)

Thu, May 2-Jun 6 | 4:15-5 pm | \$48/6 | [116928](#)

**Beban Park Gyro Fields**

## 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**

### 6 to 9 Years

Wed, Apr 3-May 15 | 4-5 pm | \$56/7 | [116352](#)

Wed, May 22-Jun 26 | 4-5 pm | \$48/6 | [116353](#)

### 8 to 11 Years

Tue, Apr 2-May 14 | 3:45-4:45 pm | \$56/7 | [116338](#)

Tue, May 21-Jun 25 | 3:45-4:45 pm | \$48/6 | [116339](#)

### 10 to 13 Years

Fri, Apr 5-May 17 | 4:45-5:45 pm | \$56/7 | [116364](#)

Fri, May 24-Jun 28 | 4:45-5:45 pm | \$48/6 | [116365](#)

**Oliver Woods Community Centre**

## Summer Hoops

### 7 to 10 Years

Summertime and basketball - the best way to spend some of your time away from school. Have a great time while learning the fundamentals of the game.

Thu, Jul 11-Aug 29 | 12-1 pm | \$56/7 | [116704](#)

**Oliver Woods Community Centre**

## Flag Football

### 6 to 10 Years

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

Wed, May 22-Jun 26 | 4:30-5:30 pm | \$48/6 | [116370](#)

**Oliver Woods Community Centre**

## Floor Hockey

### 7 to 10 Years

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

Mon, Apr 8-May 13 | 3:30-4:30 pm | \$48/6 | [116331](#)

Mon, May 27-Jun 24 | 3:30-4:30 pm | \$40/5 | [116332](#)

**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, Apr 2-May 14 | 5-6 pm | \$56/7 | [118449](#)

Tue, May 21-Jun 25 | 5-6 pm | \$48/6 | [116343](#)

Thu, Jul 11-Aug 29 | 2:30-3:30 pm | \$64/8 | [116707](#)

**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, Apr 5-May 17 | 4:45-5:45 pm | \$56/7 | [116362](#)

Fri, May 24-Jun 28 | 4:45-5:45 pm | \$48/6 | [116363](#)

Thu, Jul 11-Aug 29 | 1:15-2:15 pm | \$56/7 | [116705](#)

**Oliver Woods Community Centre**



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## 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, Apr 8-May 13 | 4-5 pm | \$48/6 | [116334](#)

Mon, May 27-Jun 24 | 4-5 pm | \$40/5 | [116336](#)

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, Mar 26-May 7 | 5-6 pm | \$137/7 | [116296](#)

Sun, Apr 7-May 12 | 3-4 pm | \$117/6 | [116298](#)

Tue, May 14-Jun 25 | 5-6 pm | \$137/7 | [116299](#)

Sun, May 19-Jun 23 | 3-4 pm | \$117/6 | [116300](#)

Tu-F, Jul 2-5 | 9-10 am | \$78/4 | [116316](#)

M-F, Jul 8-12 | 9-10 am | \$98/5 | [116319](#)

M-F, Jul 15-19 | 9-10 am | \$98/5 | [116321](#)

M-F, Jul 22-26 | 9-10 am | \$98/5 | [116323](#)

M-F, Jul 29-Aug 2 | 9-10 am | \$98/5 | [116325](#)

Tu-F, Aug 6-9 | 9-10 am | \$78/4 | [116327](#)

M-F, Aug 12-16 | 9-10 am | \$98/5 | [116330](#)

M-F, Aug 19-23 | 9-10 am | \$98/5 | [116335](#)

M-F, Aug 26-30 | 9-10 am | [116340](#)

### 8 to 11 Years

Tue, Mar 26-May 7 | 3:30-5 pm | \$205/7 | [116289](#)

Sun, Apr 7-May 12 | 4-5:30 pm | \$176/6 | [116290](#)

Tue, May 14-Jun 25 | 3:30-5 pm | \$205/7 | [116292](#)

Sun, May 19-Jun 23 | 4-5:30 pm | \$176/6 | [116294](#)

Tu-F, Jul 2-5 | 10-11:30 am | \$117/4 | [116317](#)

M-F, Jul 8-12 | 10-11:30 am | \$147/5 | [116320](#)

M-F, Jul 15-19 | 10-11:30 am | \$147/5 | [116322](#)

M-F, Jul 22-26 | 10-11:30 am | \$147/5 | [116324](#)

M-F, Jul 29-Aug 2 | 10-11:30 am | \$147/5 | [116326](#)

Tu-F, Aug 6-9 | 10-11:30 am | \$117/4 | [116329](#)

M-F, Aug 12-16 | 10-11:30 am | \$147/5 | [116333](#)

M-F, Aug 19-23 | 10-11:30 am | \$147/5 | [116337](#)

M-F, Aug 26-30 | 10-11:30 am | \$147/5 | [116341](#)

Westwood Tennis Club

## On Guard! Fencing for Children 8 to 13 Years

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

Instructor: Georgia Newsome

Wed, Apr 3-May 8 | 5:15-6:15 pm | \$60/6 | [116119](#)

Oliver Woods Community Centre

## Street-Smart Commuter 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

## Kids Intro to Paddling **NEW!** 8 to 12 Years

This program will introduce you to the wonderful world of paddle sports in a fun and supportive environment. Learn the three fundamental sport skills of balance, steering and propulsion in a variety of human-powered watercraft, including kayaks, canoes and paddleboards. Challenge yourself at the optional Rally to Race fun regatta at the end of June on Long Lake.

Instructor: Nanaimo Canoe & Kayak Club

Wed, May 1-Jun 19 | 4:30-6 pm | \$144/8 | [117097](#)

Wed, Jul 3-Aug 21 | 6-7:30 pm | \$144/8 | [117098](#)

Long Lake/Loudon Park

## Kids Intro to Sprint Kayak **NEW!** and Canoe

### 8 to 12 Years

Are you comfortable in a recreational kayak or canoe and looking for something more challenging? This is an exciting sport that fosters teamwork, fitness and a love of the outdoors. The program will cover the balance, propulsion and steering of sprint boats, proper care and handling of equipment and an introduction to racing technique. Be prepared to get wet!

Instructor: Nanaimo Canoe & Kayak Club

Mon, Apr 1-22 | 4:30-6 pm | \$100/4 | [117099](#)

Mon, Apr 29-May 27 | 4:30-6 pm | \$100/4 | [117100](#)

Mon, Jun 3-24 | 4:30-6 pm | \$100/4 | [117102](#)

Mon, Jul 8-29 | 6-7:30 pm | \$100/4 | [117103](#)

Long Lake/Loudon Park

## Kids Intro to Voyageur Canoe **NEW!** and Dragon Boat

### 8 to 12 Years

Make a splash with this introduction to the world of team paddle sports. Experience our 10-person voyageur canoes based on a traditional Canadian design that provides a safe and fun introduction to paddling. Try out the popular and exciting 20-person dragon boat with a history that dates back over 2000 years. By the end of this program, you will have a strong foundation to enjoy these life-long team sports.

Instructor: Nanaimo Canoe & Kayak Club

Wed, Apr 3-24 | 6-7:30 pm | \$100/4 | [117104](#)

Long Lake/Loudon Park

# Did You Know?

## Nanaimo has an official floral emblem!



Hosackia pinnata (aka Lotus pinnatus or Bog bird's-foot trefoil) was adopted by City Council as Nanaimo's floral emblem in 2010. Of the five known sites in Canada where this rare flower grows, they are all near Nanaimo. Three are located in the Harewood/Extension area, including Lotus Pinnatus Park.



## Junior Lifeguard Club

### 8 to 13 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, JLC members 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 50 metres).**

Tue, Mar 26-May 14 | 6-7:30 pm | \$76/8 | [117086](#)  
Nanaimo Aquatic Centre

## LSS Sport Fundamentals NEW! (5-Level Progression)

### 8 to 13 Years

These courses offer recreational introduction to lifesaving sport skills while teaching team building, fair play, ethics in sport and personal responsibility.

- **Level 1: PLAY FAIR** is the underlying principle emphasized in this level. Participants practice in-water starts, jump start from the deck, stroke development and Lifesaving Sport Skills.
- **Level 2: RESPECT FOR OTHERS** is a key theme in this level. Participants practice dive starts from the deck, open turns, in-water somersaults, strokes and sculling, throwing accuracy and towing a manikin with a rescue tube.
- **Level 3:** where participants set goals while mastering skills like relay transitions, flip turns, stroke development, swimming with fins and more.
- **Level 4:** where participants set more goals and learn how to STAY HEALTHY. Skills include dive starts from a starting block, turns, 50-metre sprints, advanced throwing accuracy, advanced rescue tube and manikin towing skills.
- **Level 5:** where participants learn about the importance of GIVING BACK. Skills include racing starts from a starting block, relay transitions and more.

### Lifesaving Sport 1 & 2

Thu, Mar 28-May 16 | 6-6:45 pm | \$76/8 | [117070](#)

### Lifesaving Sport 3-5

Thu, Mar 28-May 16 | 6:45-7:45 pm | \$76/8 | [117077](#)

Nanaimo Aquatic Centre

## Karate

### 8 to 15 Years

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

Instructor: Mike Czurka (6th degree black belt)

Tue, Apr 2-May 14 | 6-7 pm | \$56/7 | [113844](#)

Tue, May 21-Jul 2 | 6-7 pm | \$56/7 | [113847](#)

Tue, Jul 9-Aug 27 | 6-7 pm | \$64/8 | [113848](#)

Bowen Park Complex

## 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.

Tue, Apr 2-23 | 3:30-4:15 pm | \$25/4 | [116452](#)

Fri, Apr 12-26 | 3:15-4 pm | \$19/3 | [116453](#)

Thu, May 2-23 | 3:30-4:15 pm | \$25/4 | [116455](#)

Fri, May 3-24 | 4:15-5 pm | \$25/4 | [116457](#)

Fri, Jun 7-28 | 5:15-6 pm | \$25/4 | [116458](#)

Sat, Jun 8-29 | 9:30-10:15 am | \$25/4 | [116459](#)

Tue, Jul 2-23 | 3:30-4:15 pm | \$25/4 | [116615](#)

Fri, Jul 5-26 | 3:15-4 pm | \$25/4 | [116616](#)

Thu, Aug 8-29 | 3:30-4:15 pm | \$25/4 | [116617](#)

Fri, Aug 9-30 | 4:15-5 pm | \$25/4 | [116618](#)

Shima Karate (3032 Barons Rd)

## Karate

### 8 to 12 Years

Kids will train twice a week where they will start learning katas, sparring and self-defense drills. Peer pressure and bullying are discussed. This is an introduction only. Get a free uniform if you register at the dojo after the session.

T/Th, Apr 2-11 | 4:30-5:20 pm | \$25/4 | [116461](#)

M/W, Apr 3-15 | 3:30-4:20 pm | \$25/4 | [116460](#)

M/W, May 6-15 | 3:30-4:20 pm | \$25/4 | [116462](#)

T/Th, May 7-16 | 4:30-5:20 pm | \$25/4 | [116463](#)

M/W, Jun 3-12 | 3:30-4:20 pm | \$25/4 | [116464](#)

T/Th, Jun 4-13 | 4:30-5:20 pm | \$25/4 | [116465](#)

T/Th, Jul 2-11 | 4:30-5:20 pm | \$25/4 | [116620](#)

M/W, Jul 3-15 | 3:30-4:20 pm | \$25/4 | [116619](#)

T/Th, Aug 6-15 | 4:30-5:20 pm | \$25/4 | [116623](#)

M/W, Aug 7-19 | 3:30-4:20 pm | \$25/4 | [116624](#)

Shima Karate (3032 Barons Rd)

## Taekwondo with Master Kim

Gain self-discipline, confidence and concentration.

Grand Master Kim strives to maximize your potential by maintaining traditional foundation based upon physical well-being and mental integrity. Our highly qualified 8th degree black belt Grand Master can help you become strong in mind, body and spirit.

### 4 to 7 Years

Wed, Apr 3-10 | 4:15-5 pm | \$25/2 | [109026](#)

Fri, Apr 5-12 | 4:15-5 pm | \$25/2 | [109027](#)

Sat, Apr 6-13 | 10-10:40 am | \$25/2 | [109028](#)

Mon, Apr 8-15 | 4:15-5 pm | \$25/2 | [109025](#)

Wed, Apr 10-17 | 4:15-5 pm | \$25/2 | [115885](#)

Mon, May 6-13 | 4:15-5 pm | \$25/2 | [115891](#)

Wed, May 8-15 | 4:15-5 pm | \$25/2 | [115893](#)

Fri, May 10-17 | 4:15-5 pm | \$25/2 | [115894](#)

Sat, Jun 1-8 | 10-10:40 am | \$25/2 | [115904](#)

Mon, Jun 3-10 | 4-4:45 pm | \$25/2 | [115898](#)

Wed, Jun 5-12 | 4:15-5 pm | \$25/2 | [115902](#)

Fri, Jun 7-14 | 4:15-5 pm | \$25/2 | [115903](#)

Wed, Aug 7-14 | 4:15-5 pm | \$25/2 | [115906](#)

Mon, Aug 12-19 | 4:15-5 pm | \$25/2 | [115905](#)

Wed, Aug 21-28 | 4:15-5 pm | \$25/2 | [115907](#)

### 8 to 12 Years

Tue, Apr 2-9 | 4:15-5 pm | \$25/2 | [109041](#)

Thu, Apr 4-11 | 4:15-5 pm | \$25/2 | [109042](#)

Fri, Apr 5-12 | 4:15-5 pm | \$25/2 | [109043](#)

Sat, Apr 6-13 | 10:50-11:20 am | \$25/2 | [109044](#)

Fri, Apr 12-19 | 4:15-5 pm | \$25/2 | [115950](#)

Sat, May 4-11 | 10:50-11:20 am | \$25/2 | [115956](#)

Tue, May 7-14 | 4:15-5 pm | \$25/2 | [115953](#)

Thu, May 9-16 | 4:15-5 pm | \$25/2 | [115954](#)

Fri, May 10-17 | 4:15-5 pm | \$25/2 | [115955](#)

Sat, Jun 1-8 | 10:50-11:35 am | \$25/2 | [116386](#)

Tue, Jun 4-11 | 4:15-5 pm | \$25/2 | [115957](#)

Thu, Jun 6-13 | 4:15-5 pm | \$25/2 | [115958](#)

Fri, Jun 7-14 | 4:15-5 pm | \$25/2 | [116385](#)

Tue, Aug 6-13 | 4:15-5 pm | \$25/2 | [116387](#)

Tue, Aug 20-27 | 4:15-5 pm | \$25/2 | [116388](#)

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, Apr 3-24 | 4-6 pm | \$112/4 | [109502](#)

Fri, Apr 5-26 | 4-6 pm | \$112/4 | [109504](#)

Wed, May 8-29 | 4-6 pm | \$112/4 | [109505](#)

Fri, May 10-31 | 4-6 pm | \$112/4 | [109506](#)

Romper Room Climbing Gym (4235 Boban Dr)



cityofnanaimo



prc\_nanaimo (#lovemyparksandrec)



# Pro-D & Spring 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!

Mon, Apr 29 | 8:30 am-5 pm | \$46/1 | [111573](#)  
Beban Park Social Centre

## Sports Action - Pro-D Camp & Spring Break

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.

### PRO-D CAMPS (6-11 Years)

Mon, Apr 29 | 8:30 am-5 pm | \$46/1 | [113821](#)

### SPRING BREAK CAMPS (8-12 Years)

Mon, Mar 11 | 8:30 am-5 pm | \$46/1 | [110482](#)  
Tue, Mar 12 | 8:30 am-5 pm | \$46/1 | [110483](#)  
Wed, Mar 13 | 8:30 am-5 pm | \$46/1 | [110484](#)  
Thu, Mar 14 | 8:30 am-5 pm | \$46/1 | [110485](#)  
Fri, Mar 15 | 8:30 am-5 pm | \$46/1 | [110486](#)  
Mon, Mar 18 | 8:30 am-5 pm | \$46/1 | [110487](#)  
Tue, Mar 19 | 8:30 am-5 pm | \$46/1 | [110488](#)  
Wed, Mar 20 | 8:30 am-5 pm | \$46/1 | [110489](#)  
Thu, Mar 21 | 8:30 am-5 pm | \$46/1 | [110490](#)  
Fri, Mar 22 | 8:30 am-5 pm | \$46/1 | [110491](#)  
Oliver Woods Community Centre

## Tree Frog Camp - Spring Break 3 to 5 Years

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

M-F, Mar 11-15 | 9-11 am | \$100/5 | [109460](#)  
M-F, Mar 18-22 | 9-11 am | \$100/5 | [109461](#)  
Oliver Woods Community 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 more. Register for the whole two weeks or just the days you need.

Mon, Mar 11 | 8:30 am-5 pm | \$46/1 | [109450](#)  
Tue, Mar 12 | 8:30 am-5 pm | \$46/1 | [109451](#)  
Wed, Mar 13 | 8:30 am-5 pm | \$46/1 | [109452](#)  
Thu, Mar 14 | 8:30 am-5 pm | \$46/1 | [109453](#)  
Fri, Mar 15 | 8:30 am-5 pm | \$46/1 | [109454](#)  
Mon, Mar 18 | 8:30 am-5 pm | \$46/1 | [109455](#)  
Tue, Mar 19 | 8:30 am-5 pm | \$46/1 | [109456](#)  
Wed, Mar 20 | 8:30 am-5 pm | \$46/1 | [109457](#)  
Thu, Mar 21 | 8:30 am-5 pm | \$46/1 | [109458](#)  
Fri, Mar 22 | 8:30 am-5 pm | \$46/1 | [109459](#)  
Beban Park Social Centre

## Rock Climbing 6 to 12 Years

Climb the walls this Spring Break! Camp instructors will mix in some non-wall time to keep things interesting. No climbing experience is necessary.

M-F, Mar 11-15 | 9:30-11:30 am | \$200/5 | [109510](#)  
M-F, Mar 11-15 | 12-2 pm | \$200/5 | [109512](#)  
M-F, Mar 18-22 | 9:30-11:30 am | \$200/5 | [109513](#)  
M-F, Mar 18-22 | 12-2 pm | \$200/5 | [109514](#)  
Romper Room Climbing Gym (4235 Boban Dr)

## Musical Theatre Camp 9 to 12 Years

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

Instructor: Nanaimo Conservatory of Music  
M-F, Mar 11-15 | 10 am-4 pm | \$325/5 | [109462](#)  
Nanaimo Conservatory of Music (375 Selby St.)

## Prime Junior Golf - Chip, Putt & Drive 10 to 17 Years

Sign up for this fun-filled time at Prime Golf where you will learn the basics and fundamentals of golf by playing games along with structured, skill-based activities

Instructor: Prime Golf Staff  
T-Th, Mar 12-14 | 10 am-12 on | \$200/3 | [110354](#)  
T-Th, Mar 19-21 | 10 am-12 pm | \$200/3 | [110355](#)  
Prime Golf (4750 Rutherford Rd)

## Taekwondo with Master Kim

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

**4 to 7 Years**  
M/W, Mar 18-20 | 4:15-5 pm | \$25/2 | [109068](#)  
**8 to 12 Years**  
T/Th, Mar 19-21 | 4:15-5 pm | \$25/2 | [109069](#)  
World Taekwondo Academy (4300 Wellington Rd)

## RecSkate Pro-D & Spring Break Camps

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. Full gear is required

### PRO-D CAMP

Mon, Apr 29 | 8:30 am-5 pm | \$45/1 | [114332](#)  
Frank Crane Arena

### SPRING BREAK CAMPS

Mon, Mar 11 | 8:30 am-5 pm | \$46/1 | [110912](#)  
Tue, Mar 12 | 8:30 am-5 pm | \$46/1 | [110913](#)  
Wed, Mar 13 | 8:30 am-5 pm | \$46/1 | [110914](#)  
Thu, Mar 14 | 8:30 am-5 pm | \$46/1 | [110915](#)  
Fri, Mar 15 | 8:30 am-5 pm | \$46/1 | [110916](#)  
Mon, Mar 18 | 8:30 am-5 pm | \$46/1 | [110917](#)  
Tue, Mar 19 | 8:30 am-5 pm | \$46/1 | [110918](#)  
Wed, Mar 20 | 8:30 am-5 pm | \$46/1 | [110920](#)  
Thu, Mar 21 | 8:30 am-5 pm | \$46/1 | [110921](#)  
Fri, Mar 22 | 8:30 am-5 pm | \$46/1 | [110922](#)  
Cliff McNabb Arena

## RecHockey Pro-D & Spring Break Camps

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.

### PRO-D CAMP

Mon, Apr 29 | 8:30 am-5 pm | \$45/1 | [114331](#)  
Frank Crane Arena

### SPRING BREAK CAMPS

Mon, Mar 11 | 8:30 am-5 pm | \$46/1 | [110923](#)  
Tue, Mar 12 | 8:30 am-5 pm | \$46/1 | [110924](#)  
Wed, Mar 13 | 8:30 am-5 pm | \$46/1 | [110925](#)  
Thu, Mar 14 | 8:30 am-5 pm | \$46/1 | [110926](#)  
Fri, Mar 15 | 8:30 am-5 pm | \$46/1 | [110927](#)  
Mon, Mar 18 | 8:30 am-5 pm | \$46/1 | [110928](#)  
Tue, Mar 19 | 8:30 am-5 pm | \$46/1 | [110929](#)  
Wed, Mar 20 | 8:30 am-5 pm | \$46/1 | [110930](#)  
Thu, Mar 21 | 8:30 am-5 pm | \$46/1 | [110931](#)  
Fri, Mar 22 | 8:30 am-5 pm | \$46/1 | [110932](#)  
Cliff McNabb Arena

Have you brought  
**PROVINCIAL,  
WESTERN  
CANADIAN,  
NATIONAL or  
INTERNATIONAL**  
recognition to our City?

**LET US  
CONGRATULATE  
YOU!**

Nanaimo City Council  
presents certificates  
of congratulations and  
medallions to all  
individuals, groups,  
teams and clubs who  
have brought recognition  
for outstanding  
achievement in sports or  
arts and culture on a Provincial,  
Western Canadian, National or  
International level to our City by placing  
**FIRST** or achieving highest standing  
in their field of endeavor.



*Award recipients must be residents of Nanaimo.*

*All applications for the Fall 2024 awards must be completed in full and received no later than  
**Friday, September 20, 2024.***

*Award recipients will be notified of awards ceremony date.*

**To apply, email  
[awards@nanaimo.ca](mailto:awards@nanaimo.ca)**

For more information, go to  
[www.nanaimo.ca/culture-environment/awards](http://www.nanaimo.ca/culture-environment/awards)



cityofnanaimo



prc\_nanaimo (#ilovemyparksandrec)

# COMMUNITY CONNECTIONS



**airhouse**  
Nanaimo's freestyle training center

drop-in   camps   lessons   events

**Coming up:**  
Daily Drop-In Sessions  
Lesson Programs  
Summer Camps!

**Our Sports:**  
Freestyle Trampoline  
Parkour, Biking  
Skateboard  
Gymnastics

**We Welcome:**  
All Levels + Ages

airhouse.ca



**Sheila Malcolmson**  
Nanaimo's MLA

**Live, Learn,  
Work and Play**

*My community office is here to help*

495 Dunsmuir Street  
Unit 105  
Nanaimo, BC  
V9R 6B9

(250) 362-0012

SheilaMalcolmsonBC  
sheilamalcolmsonbc  
Sheila.Malcolmson.MLA@leg.bc.ca

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



**CAMP D'ÉTÉ  
FRANCOPHONE  
FRENCH SUMMER  
DAY CAMP  
2024**

**FROM JULY 2 TO AUGUST 23**

Infos & inscription / Infos & registration:  
250-729-2776  
afn@francophonenanaimo.org  
www.francophonenanaimo.org

L'Association des francophones de Nanaimo   COLLEGE EDUCACENTRE   Canada   Gaming Commission   CITY OF NANAIMO



**FREE!**

*located at Bowen Park (500 Bowen Rd)*

**Lawn Bowling Workshops for the  
VISUALLY IMPAIRED**

**Tuesday, June 4**  
**9 am, 11 am & 1:30 pm**

Please pre-register at the Nanaimo Lawn Bowling Club or by contacting toulousei@shaw.ca

*This event is made possible due in part by the Government of Canada*

Canada

# COMMUNITY CONNECTIONS

PARKS, RECREATION & CULTURE GIFT CARDS...

*Good for so many things!*



Gift Cards are available in any denomination.

Use them for program registrations, Active Passes, swim and skate admissions and even facility rentals.

## GIVE PADDLING A GO!

**NANAIMO CANOE-KAYAK**

Everyone Welcome - equipment & instruction provided.

information@nckc.ca | 250-758-4052  
www.nckc.ca

## VIP Gymsports

Gymnastics | Parkour | Trampoline

ProD & Seasonal Camps  
Birthday and Corporate Parties  
School field trips

All ages & skill levels

www.vipgymsports.com



cityofnanaimo



prc\_nanaimo (#ilovemyparksandrec)



# SUMMER events



## CANADA DAY

Monday, July 1, 11 am-3:30 pm  
Maffeo Sutton Park

## CONCERTS in the PARK

Bring a chair or a blanket and enjoy local talent against the backdrop of our beautiful park spaces. Entertainer information found on page 95.



- Sun, May 12, 1-2 pm at Colliery Dam Park
- Fri, May 17, 6-8:15 pm at Maffeo Sutton Park
- Wed, June 12, 6-7 pm at Kin Park at Departure Bay
- Fri, June 28, 5-8:30 pm at Maffeo Sutton Park
- Wed, July 10, 6-7 pm at McGregor Park
- Wed, July 17, 6-7 pm at Pipers Lagoon Park
- Wed, July 31, 6-7 pm at Harewood Centennial
- Wed, August 7, 6-7 pm at Bowen Amphitheatre
- Wed, August 14, 6-7 pm at Oliver Woods
- Wed, August 21, 6-7 pm at Westwood Lake Park
- Fri, August 23, 6-8:15 pm at Maffeo Sutton Park

## WATER PARKS

May-September, 9 am-8 pm

- Departure Bay Kiwanis Park • Deverill Square Park
- Harewood Centennial Park • Mansfield Park

## LIFEGUARDS at WESTWOOD LAKE

June 28-September 2, 11:30 am-5:30 pm

*(including stat holidays; weather permitting)*

## PLAYGROUND PROGRAM

July 2-August 30

Join us for some neighborhood fun! Play games, do some crafts, or run around and play a sport with our exciting playground leaders. This is a **FREE** program for all to enjoy between the ages of 5-12 years old. *(Please sign in with leader and dress for the weather. Remember your sunscreen, snacks, water.)*

**Monday to Friday, 9:30 am-4 pm (not open on stat holidays)**

- DEVERILL SQUARE PARK (200 Irwin St.)

### Roving Playground **NEW!**

Look for our banner and our enthusiastic leaders wearing their orange shirts.

- Jul 2-5, Mansfield Park (10 am-4 pm)
- Jul 8-9, Elaine Hamilton Park (10 am-4 pm)
- Jul 10-12, Country Hills Park (10 am-4 pm)
- Jul 15-17, Groveland Park (10 am-4 pm)
- Jul 18-19, May Richards Pioneer Park (10 am-4 pm)
- Jul 22-23, Pipers Lagoon Park (10 am-4 pm)
- Jul 24-26, Neck Point Park (10 am-4 pm)
- Jul 29-Aug 2, Harewood Cent. Park (10 am-4 pm; Jul 31, 1-8 pm)
- Aug 6-9, Departure Bay Centennial Park (10 am-4 pm)
- Aug 12-16, Westwood Lake Park (10 am-4 pm)
- Aug 19-23, Maffeo Sutton Park (10 am-4 pm; Aug 23, 1-8 pm)
- Aug 26-27, Brannen Lake Boat Launch (10 am-4 pm)
- Aug 28-29, Colliery Dam Park (10 am-4 pm)

## FAMILY FUN NIGHTS, 4:30-7:30 PM

- Wed, Jul 31 - HAREWOOD CENTENNIAL
- Fri, Aug 23 - MAFFEO SUTTON PARK

Visit [recreation.nanaimo.ca](http://recreation.nanaimo.ca) for more information.





## Design Your Own Summer Schedule!

These eight camps listed below take place Monday to Friday from 8:30 am to 5 pm.

Pick the days and locations that best meet your family's needs!

- Camp Wild • Camp Holidaze • Bowen Explorers • Girls Get Active • RecHockey
- Cool Kids Skate • Smash & Splash • Centennial Sports Camp

Our camps are filled with fun and adventure each day! Our camp leaders will ensure your child's day camp experience is a memorable one. Each day is comprised of various activities, including lots of games, sports, arts, crafts, drama, storytelling and outdoor exploring. Out trips, special guests, gym time and special theme days may also be part of the camp experience. We select our camp leaders for their maturity, skills and experience with children. In addition to planning and supervising our camps, these staff members receive training in leadership, safety and emergency procedures. They are also certified in both first aid and CPR. Our LIT and QUEST youth volunteers assist leaders with program activities.

### Camper Drop Off & Pick Up

- Please allow extra time to sign in on the first day of each camp and bring completed medical forms to each camp.
- Parents/guardians or authorized persons **must** sign their child(ren) in and out daily (mandatory); no drop off prior to start time.
- On-time drop off and prompt pick up are important. **\$1/minute** charges are in effect for late pick ups.
- If your child has any serious medical conditions, behavioural concerns or any other issues that may affect their experience at camp, please call us.
- To ensure that all children can participate fully in all indoor and outdoor/off-site activities, please prepare them with suitable clothing for all types of weather. Remember, these camps are held primarily outdoors.
- Activities will run as scheduled unless the conditions necessitate a change in schedule. In this case, alternate indoor activities will be offered (be prepared for unexpected weather changes). The camp structure and programming may change once the session starts depending on the weather, space and campers' needs.
- Please see page 101 for cancellation and refund information.

### How to Sign Up for Full Day Camps Online:

1. Go to [recreation.nanaimo.ca](http://recreation.nanaimo.ca)
2. Search keyword listed for each camp or use the barcode beside each date
3. Choose which child you want to register
4. Register for the days you want
5. Continue shopping or checkout

You can also register by visiting one of our recreation offices or by calling us at 250-756-5200.



cityofnanaimo



prc\_nanaimo (#ilovemyparksandrec)

# Nanaimo Parks, Recreation and Culture Full Day Camps

**MIX AND MATCH!** Design your ultimate summer by choosing a variety of days and locations from the options on this page and the following two pages.

The camps listed on this page run from 8:30 am to 5 pm and cost \$46/day.

## Camp Wild 6 to 10 Years

Spend your summer having fun and building new friendships while learning about nature and the environment. Each week has a new theme with new discoveries and adventures. This camp also includes a large gymnasium component. (This camp does not go swimming.) Camp held primarily outdoors, so please dress for the weather. Build your own schedule to suit your needs.  
**Held at Oliver Woods Community Centre.**

Tue, Jul 2: 113719  
Wed, Jul 3: 113773  
Thu, Jul 4: 113774  
Fri, Jul 5: 113775

Mon, Jul 8: 113776  
Tue, Jul 9: 113777  
Wed, Jul 10: 113778  
Thu, Jul 11: 113779  
Fri, Jul 12: 113780

Mon, Jul 15: 113781  
Tue, Jul 16: 113782  
Wed, Jul 17: 113783  
Thu, Jul 18: 113784  
Fri, Jul 19: 113785

Mon, Jul 22: 113786  
Tue, Jul 23: 113787  
Wed, Jul 24: 113788  
Thu, Jul 25: 113789  
Fri, Jul 26: 113790

Mon, Jul 29: 113791  
Tue, Jul 30: 113792  
Wed, Jul 31: 113793  
Thu, Aug 1: 113796  
Fri, Aug 2: 113797

Tue, Aug 6: 113800  
Wed, Aug 7: 113801  
Thu, Aug 8: 113802  
Fri, Aug 9: 113803

Mon, Aug 12: 113804  
Tue, Aug 13: 113805  
Wed, Aug 14: 113806  
Thu, Aug 15: 113807  
Fri, Aug 16: 113808

Mon, Aug 19: 113809  
Tue, Aug 20: 113810  
Wed, Aug 21: 113811  
Thu, Aug 22: 113813  
Fri, Aug 23: 113814

Mon, Aug 26: 113815  
Tue, Aug 27: 113816  
Wed, Aug 28: 113817  
Thu, Aug 29: 113818  
Fri, Aug 30: 113819

## Camp Holidayze 6 to 12 Years

Embrace your spirit of adventure! Camp Holidayze creates experiences that last a lifetime. Opportunities to play, build relationships and work on healthy lifestyle choices. Water parks, games, laughter, outdoor adventures, sports, hiking and making new friends and lasting memories are just a few things to experience at this camp. This camp is held primarily outdoors, so please dress for the weather. Register by the day to suit your schedule.  
**Held at Beban Park Social Centre.**

Tue, Jul 2: 113356  
Wed, Jul 3: 113357  
Thu, Jul 4: 113358  
Fri, Jul 5: 113359

Mon, Jul 8: 113360  
Tue, Jul 9: 113361  
Wed, Jul 10: 113363  
Thu, Jul 11: 113364  
Fri, Jul 12: 113365

Mon, Jul 15: 113366  
Tue, Jul 16: 113367  
Wed, Jul 17: 113368  
Thu, Jul 18: 113369  
Fri, Jul 19: 113371

Mon, Jul 22: 113372  
Tue, Jul 23: 113373  
Wed, Jul 24: 113374  
Thu, Jul 25: 113375  
Fri, Jul 26: 113376

Mon, Jul 29: 113377  
Tue, Jul 30: 113378  
Wed, Jul 31: 113379  
Thu, Aug 1: 113380  
Fri, Aug 2: 113381

Tue, Aug 6: 113382  
Wed, Aug 7: 113383  
Thu, Aug 8: 113384  
Fri, Aug 9: 113385

Mon, Aug 12: 113387  
Tue, Aug 13: 113389  
Wed, Aug 14: 113390  
Thu, Aug 15: 113391  
Fri, Aug 16: 113392

Mon, Aug 19: 113393  
Tue, Aug 20: 113394  
Wed, Aug 21: 113395  
Thu, Aug 22: 113397  
Fri, Aug 23: 113398

Mon, Aug 26: 113400  
Tue, Aug 27: 113401  
Wed, Aug 28: 113403  
Thu, Aug 29: 113404  
Fri, Aug 30: 113405

## Bowen Explorers 6 to 11 Years

Embrace your spirit of adventure and come and EXPLORE with us! Build friendships and create new experiences while exploring in nature, with science, through art and so much more. Come prepared to be outdoors, so please dress for the weather. Register by the day to suit your schedule.  
**Held at Bowen Park Complex.**

Tue, Jul 2: 116679  
Wed, Jul 3: 116706  
Thu, Jul 4: 116708  
Fri, Jul 5: 116709

Mon, Jul 8: 116710  
Tue, Jul 9: 116711  
Wed, Jul 10: 116713  
Thu, Jul 11: 116715  
Fri, Jul 12: 116716

Mon, Jul 15: 116717  
Tue, Jul 16: 116719  
Wed, Jul 17: 116722  
Thu, Jul 18: 116724  
Fri, Jul 19: 116725

Mon, Jul 22: 116726  
Tue, Jul 23: 116727  
Wed, Jul 24: 116728  
Thu, Jul 25: 116729  
Fri, Jul 26: 116730

Mon, Jul 29: 116731  
Tue, Jul 30: 116732  
Wed, Jul 31: 116733  
Thu, Aug 1: 116734  
Fri, Aug 2: 116735

Tue, Aug 6: 116736  
Wed, Aug 7: 116737  
Thu, Aug 8: 116738  
Fri, Aug 9: 116739

Mon, Aug 12: 116741  
Tue, Aug 13: 116743  
Wed, Aug 14: 116744  
Thu, Aug 15: 116746  
Fri, Aug 16: 116748

Mon, Aug 19: 116776  
Tue, Aug 20: 116777  
Wed, Aug 21: 116778  
Thu, Aug 22: 116780  
Fri, Aug 23: 116781

Mon, Aug 26: 116782  
Tue, Aug 27: 116783  
Wed, Aug 28: 116784  
Thu, Aug 29: 116785  
Fri, Aug 30: 116786

*Camp Wild was wonderful!  
Everyone there seemed very happy at drop off time and ready for the day. My grandson looked forward to it. He really liked the timetable we received showing the activities for the week.*



# Nanaimo Parks, Recreation and Culture Full Day Camps

**MIX AND MATCH!** Design your ultimate summer by choosing a variety of days and locations from the options on the previous page, this page and the following page.

The camps listed on this page run from 8:30 am to 5 pm and cost \$46/day.

## Girls Get Active

### 7 to 12 Years

Come join us and connect with our leaders and other girls. Discover what you love about yourself and learn to celebrate it. Embrace your inner awesomeness, meet new friends and build confidence while participating in a variety of active outings mixed with arts and crafts, swimming, games and team-building activities.

**This camp is held at Rotary Field House.**

Tue, Jul 2: 111743  
Wed, Jul 3: 111984  
Thu, Jul 4: 111985  
Fri, Jul 5: 111986

Mon, Jul 8: 111987  
Tue, Jul 9: 111988  
Wed, Jul 10: 111989  
Thu, Jul 11: 111990  
Fri, Jul 12: 111991

Mon, Jul 15: 111992  
Tue, Jul 16: 111993  
Wed, Jul 17: 111994  
Thu, Jul 18: 111995  
Fri, Jul 19: 111996

Mon, Jul 22: 111997  
Tue, Jul 23: 111998  
Wed, Jul 24: 111999  
Thu, Jul 25: 112000  
Fri, Jul 26: 112001

Mon, Jul 29: 112002  
Tue, Jul 30: 112003  
Wed, Jul 31: 112004  
Thu, Aug 1: 112005  
Fri, Aug 2: 112006

Tue, Aug 6: 112007  
Wed, Aug 7: 112008  
Thu, Aug 8: 112009  
Fri, Aug 9: 112010

Mon, Aug 12: 112011  
Tue, Aug 13: 112012  
Wed, Aug 14: 112013  
Thu, Aug 15: 112014  
Fri, Aug 16: 112015

Mon, Aug 19: 112016  
Tue, Aug 20: 112017  
Wed, Aug 21: 112018  
Thu, Aug 22: 112019  
Fri, Aug 23: 112020

Mon, Aug 26: 112021  
Tue, Aug 27: 112022  
Wed, Aug 28: 112023  
Thu, Aug 29: 112024  
Fri, Aug 30: 112025

## Cool Kids Skate Camp

### 6 to 11 Years

Enjoy a line up of activities, including a daily skating lesson, hockey for fun and various outdoor activities. We recommend all participants complete a minimum of RecSkate 1 prior to participation. Helmets are mandatory. **This camp is held at Nanaimo Ice Centre.**

Tue, Jul 2: 114987  
Wed, Jul 3: 114988  
Thu, Jul 4: 114989  
Fri, Jul 5: 114990

Mon, Jul 8: 114991  
Tue, Jul 9: 114992  
Wed, Jul 10: 114993  
Thu, Jul 11: 114994  
Fri, Jul 12: 114995

Mon, Jul 15: 114996  
Tue, Jul 16: 114997  
Wed, Jul 17: 114998  
Thu, Jul 18: 114999  
Fri, Jul 19: 115000

Mon, Jul 22: 115001  
Tue, Jul 23: 115002  
Wed, Jul 24: 115003  
Thu, Jul 25: 115004  
Fri, Jul 26: 115007

Mon, Jul 29: 115008  
Tue, Jul 30: 115010  
Wed, Jul 31: 115011  
Thu, Aug 1: 115012  
Fri, Aug 2: 115013

Tue, Aug 6: 115014  
Wed, Aug 7: 115015  
Thu, Aug 8: 115016  
Fri, Aug 9: 115017

Mon, Aug 12: 115018  
Tue, Aug 13: 115019  
Wed, Aug 14: 115020  
Thu, Aug 15: 115021  
Fri, Aug 16: 115022

## RecHockey Summer Camp

### 6 to 12 Years

Hockey players will love this full-day development camp packed with games and activities built around hockey drills, skills training and scrimmage time. Full gear is required. **This camp is held at Nanaimo Ice Centre.**

Tue, Jul 2: 114986  
Wed, Jul 3: 115023  
Thu, Jul 4: 115024  
Fri, Jul 5: 115025

Mon, Jul 8: 115026  
Tue, Jul 9: 115027  
Wed, Jul 10: 115028  
Thu, Jul 11: 115029  
Fri, Jul 12: 115030

Mon, Jul 15: 115031  
Tue, Jul 16: 115032  
Wed, Jul 17: 115033  
Thu, Jul 18: 115034  
Fri, Jul 19: 115035

Mon, Jul 22: 115036  
Tue, Jul 23: 115037  
Wed, Jul 24: 115038  
Thu, Jul 25: 115039  
Fri, Jul 26: 115040

Mon, Jul 29: 115041  
Tue, Jul 30: 115042  
Wed, Jul 31: 115043  
Thu, Aug 1: 115044  
Fri, Aug 2: 115045

Tue, Aug 6: 115046  
Wed, Aug 7: 115047  
Thu, Aug 8: 115048  
Fri, Aug 9: 115049

Mon, Aug 12: 115050  
Tue, Aug 13: 115051  
Wed, Aug 14: 115052  
Thu, Aug 15: 115053  
Fri, Aug 16: 115054



## How to Sign Up for Full Day Camps Online:

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4. Register for the days you want
5. Continue shopping or checkout

You can also register by visiting one of our recreation offices or by calling us at 250-756-5200.



cityofnanaimo



prc\_nanaimo (#ilovemyparksandrec)

# Nanaimo Parks, Recreation and Culture Full Day Camps

**MIX AND MATCH!** Design your ultimate summer by choosing a variety of days and locations from the options on the previous two pages and this page.

The camps listed on this page run from 8:30 am to 5 pm and cost \$46/day.

## Smash & Splash NEW! 8 to 12 Years

Join us for this fun, energetic camp exploring different racquet sports (tennis, badminton, pickleball) followed by an afternoon dip in the outdoor pool, playing water games or exploring Bowen Park and all it has to offer. This camp is a fantastic opportunity for campers to develop skills on the court, make a splash in the pool and create lasting summer memories with old and new friends. Bring your own racquet if you have one. The camp will run rain or shine. Bring swim suit, towel, hat, sunscreen, lunch, snacks and lots of water. **Held at Bowen Park Tennis Courts.**

Tue, Jul 2: 116864  
Wed, Jul 3: 116867  
Thu, Jul 4: 116868  
Fri, Jul 5: 116869

Mon, Jul 8: 116870  
Tue, Jul 9: 116871  
Wed, Jul 10: 116872  
Thu, Jul 11: 116873  
Fri, Jul 12: 116874

Mon, Jul 15: 116875  
Tue, Jul 16: 116876  
Wed, Jul 17: 116877  
Thu, Jul 18: 116878  
Fri, Jul 19: 116879

Mon, Jul 22: 116880  
Tue, Jul 23: 116881  
Wed, Jul 24: 116882  
Thu, Jul 25: 116883  
Fri, Jul 26: 116884

Mon, Jul 29: 116885  
Tue, Jul 30: 116886  
Wed, Jul 31: 116888  
Thu, Aug 1: 116889  
Fri, Aug 2: 116890

Tue, Aug 6: 116891  
Wed, Aug 7: 116892  
Thu, Aug 8: 116894  
Fri, Aug 9: 116895

Mon, Aug 12: 116898  
Tue, Aug 13: 116899  
Wed, Aug 14: 116902  
Thu, Aug 15: 116904  
Fri, Aug 16: 116910

Mon, Aug 19: 116911  
Tue, Aug 20: 116912  
Wed, Aug 21: 116913  
Thu, Aug 22: 116915  
Fri, Aug 23: 116916

## Centennial Sports Camp NEW! 8 to 12 Years

This action-packed sports camp will keep kids moving! Based out of the Harewood Centennial Park, campers will play a variety of sports on the new turf fields and in the covered and uncovered sports courts. A number of sports will be introduced, including ultimate frisbee, floor hockey, California kick ball, soccer, lacrosse and more. Daily playground and/or waterpark fun will also be incorporated. Running shoes are required. **Held at Harewood Centennial Park.**

Tue, Jul 2: 116788  
Wed, Jul 3: 116795  
Thu, Jul 4: 116798  
Fri, Jul 5: 116800

Mon, Jul 8: 116804  
Tue, Jul 9: 116805  
Wed, Jul 10: 116806  
Thu, Jul 11: 116808  
Fri, Jul 12: 116810

Mon, Jul 15: 116818  
Tue, Jul 16: 116819  
Wed, Jul 17: 116820  
Thu, Jul 18: 116821  
Fri, Jul 19: 116822

Mon, Jul 22: 116823  
Tue, Jul 23: 116824  
Wed, Jul 24: 116825  
Thu, Jul 25: 116826  
Fri, Jul 26: 116828

Mon, Jul 29: 116829  
Tue, Jul 30: 116830  
Wed, Jul 31: 116831  
Thu, Aug 1: 116833  
Fri, Aug 2: 116834

Tue, Aug 6: 116835  
Wed, Aug 7: 116836  
Thu, Aug 8: 116837  
Fri, Aug 9: 116838

Mon, Aug 12: 116840  
Tue, Aug 13: 116841  
Wed, Aug 14: 116842  
Thu, Aug 15: 116843  
Fri, Aug 16: 116844

Mon, Aug 19: 116845  
Tue, Aug 20: 116846  
Wed, Aug 21: 116847  
Thu, Aug 22: 116848  
Fri, Aug 23: 116849

Mon, Aug 26: 116851  
Tue, Aug 27: 116852  
Wed, Aug 28: 116853  
Thu, Aug 29: 116854  
Fri, Aug 30: 116855



*My daughter loved Bowen Explorers! Full days of fun and entertainment. The camp leaders were very nice and seemed fun. We will sign up for camp again next summer!*

# Nanaimo Parks, Recreation & Culture Weekly Camps

Full and partial day programs and camps.

## Grand Camp **NEW!**

6 to 12 Years

Join us for a week of laughter and shared adventures where grandparents and grandkids can create memories together. Explore a range of activities, such as pottery, science experiments, lawn bowling and so much more! \*Only register grandkids; grandparents included.

M-F, Jul 22-26 | 9:30 am-12:30 pm | \$150/5 | [115826](#)

M-F, Aug 19-23 | 9:30 am-12:30 pm | \$150/5 | [116151](#)

**Bowen Park Complex**

## Tree Frog Camp

3 to 5 Years

The week will include games, music, arts and crafts. Come and join us for a great time!

9-11 am

Tu-F, Jul 2-5 | \$80/4 | [111574](#) | Dinosaur Week

M-F, Jul 8-12 | \$100/5 | [111722](#) | Science Week

M-F, Jul 15-19 | \$100/5 | [111726](#) | Under the Sea Week

M-F, Jul 22-26 | \$100/5 | [111728](#) | Sports Week

M-F, Jul 29-Aug 2 | \$100/5 | [111729](#) | Nature Week

Tu-F, Aug 6-9 | \$80/4 | [111731](#) | Gone Camping Week

M-F, Aug 12-16 | \$100/5 | [111733](#) | Outer Space Week

M-F, Aug 19-23 | \$100/5 | [111735](#) | Careers Week

M-F, Aug 26-30 | \$100/5 | [111739](#) | Summer Olympics Week

11:30 am-1:30 pm

Tu-F, Jul 4-7 | \$80/4 | [111575](#) | Dinosaur Week

M-F, Jul 8-12 | \$100/5 | [111724](#) | Science Week

M-F, Jul 15-19 | \$100/5 | [111725](#) | Under the Sea Week

M-F, Jul 22-26 | \$100/5 | [111727](#) | Sports Week

M-F, Jul 29-Aug 2 | \$100/5 | [111729](#) | Nature Week

Tu-F, Aug 6-9 | \$80/4 | [111732](#) | Gone Camping Week

M-F, Aug 12-16 | \$100/5 | [111734](#) | Outer Space Week

M-F, Aug 19-23 | \$100/5 | [111737](#) | Careers Week

M-F, Aug 26-30 | \$100/5 | [111738](#) | Summer Olympics Week

**Oliver Woods Community Centre**

## Handbuilding for Children - Pottery

7 to 12 Years

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

Instructor: Bari Precious or Selena Unger

Mon, Jul 8-29 | 4-5 pm | \$80/4 | [115587](#)

Mon, Aug 12-26 | 4-5 pm | \$60/3 | [115588](#)

**Bowen Pottery Studio**

## 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**

## Junior Leaders in Training Camp

11 to 14 Years

Week one of this interactive two-week camp will include team building activities and leadership sessions among a variety of summer camp activities. During the second week, you will participate in 15 to 30 hours of supervised hands-on volunteer experience as you assist at various recreation programs. Fee includes a t-shirt.

M-F, Jul 2-12 | 8:30 am-4:30 pm | \$414/9 | [116839](#)

M-F, Jul 15-26 | 8:30 am-4:30 pm | \$460/10 | [116856](#)

M-F, Jul 29-Aug 9 | 8:30 am-4:30 pm | \$414/9 | [116858](#)

M-F, Aug 12-23 | 8:30 am-4:30 pm | \$460/10 | [116861](#)

**Beban Park Social Centre**

## Camp ParadiCE

6 to 16 Years

A camp for recreational figure skaters (minimum RecSkate 4). Learn skills at your own pace with an emphasis on fun and participation. Each day will include three ice times, other fun off-ice activities and movie time.

M-F, Aug 26-30 | 8:30 am-4:30 pm | \$225/5 | [115220](#)

**Nanaimo Ice Centre**

## Merfolk Camp

8 to 12 Years

Do you enjoy the water? Feel like you could live under the sea? Join others in this fun camp adventure as you transform your feet into fins and swim like the merfolk and dolphins! Who says dreams have to stay dreams? Come channel your desire to join the life under the sea. Enjoy creating new treasures and playing games with our fun aquatic leaders. (Minimum Swimmer 4 level to participate.)

M-F, Jul 8-12 | 12:30-4:30 pm | \$150/5 | [116814](#)

M-F, Aug 12-16 | 12:30-4:30 pm | \$150/5 | [116815](#)

**Westwood Lake Park (first beach)**

## Survivor Skills Challenge Camp

8 to 12 Years

Young castaways, embark on an incredible journey in an effort to outwit, outplay and outlast one another. Compete for the ultimate prize and bragging rights. Join us for a week of challenges in, on and around the water. This program includes one hour of swimming lessons each day. (Participants must be at a level Swimmer 4 ability or have successfully completed the Swim to Survive Challenge.)

M-F, Jul 29-Aug 2 | 12:30-4:30 pm | \$150/5 | [116816](#)

**Westwood Lake Park (first beach)**

### Oh, shoot!

We sometimes make mistakes or information changes. Please check our online Activity Guide frequently for the latest program information.



cityofnanaimo



prc\_nanaimo (#ilovemyparksandrec)

# Nanaimo Parks, Recreation & Culture Weekly Camps

Full and partial day programs and camps.

## Junior Lifeguard Club Camp **NEW!**

8 to 13 Years

Join this exciting skills camp which takes you in, on and around the water. Develop new lifesaving skills and learn attitudes that could one day save your life or someone else's. Focus on fun, teamwork and skill development with games and a variety of activities themed around lifesaving, lifeguarding and first aid. A must for those of you who love the water but are looking for more than lessons. (Minimum Swimmer 4 level or have successfully completed the Swim to Survive Challenge to participate.)

M-F, Jul 15-19 | 12:30-4:30 pm | \$175/5 | [116832](#)  
Westwood Lake Park (first beach)

## Lifesaving Sport Camp - **NEW!**

Fundamental Levels 3-5  
10 to 15 Years

Lifesaving Sport is the only sport in the world where participants first learn the skills for humanitarian purposes and later use those skills in competition. The International Olympic Committee (IOC) and the Commonwealth Games Federation both recognize the International Life Saving Federation (ILS) as the world governing body for Lifesaving Sport. The Lifesaving Society represents Canada and is the governing body for Lifesaving Sport Canada. It promotes competition as a training incentive and a showcase for the abilities and professionalism of our lifeguards. (Minimum Swimmer 4 level or have successfully completed the Swim to Survive Challenge to participate.)

M-F, Jul 22-26 | 12:30-4:30 pm | \$175/5 | [116827](#)  
Westwood Lake Park (first beach)

## Rhythm & Rhyme: Intro to **NEW!** Creative Dance, Speech, Arts, Drama

6 to 8 Years

Spend the week exploring creative movement, simple dance routines and get experience in speech arts and drama using the best of children's poems and books. This camp culminates with a short performance on the last day for your parents.

M-F, Jul 8-12 | 9 am-12 pm | \$180/5 | [116437](#)  
Beban Social Centre

## The Young Puppeteer's Camp **NEW!**

9 to 12 Years

Indulge both your love of theatre and your love of crafts through the art of magic puppetry. Although the main focus is on the technique of puppeteering, you will have a chance to make finger, sock, stick and rod puppets while working on techniques of puppetry, building characters and creating short plays.

M-F, Jul 15-19 | 9 am-12 pm | \$180/5 | [116438](#)  
Beban Social Centre

## Theatre Camp with Nanaimo **NEW!**

Young Person's Theatre

9 to 12 Years

Immerse into the theatre as we focus on performance training, teamwork, stage movement and characterization - all with the goal of putting on a scripted play for your parents on the final day. There is no singing required for this program.

M-F, Jul 29-Aug 2 | 10 am-4 pm | \$325/5 | [116441](#)  
Beban Social Centre

## Playwriting Camp with Nanaimo **NEW!**

Young Person's Theatre

12 to 17 Years

You will learn how to write for the stage by working on (and performing in) short playwriting exercises. Let your creative side shine!

M-F, Jul 22-26 | 1-4 pm | \$180/5 | [116442](#)  
Beban Social Centre



# Nanaimo Parks, Recreation & Culture Weekly Camps

Full and partial day programs and camps.

## Multi Sport Mixer

6 to 10 Years

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

Tue, May 21-Jun 25 | 5-6 pm | \$48/6 | [116343](#)

Thu, Jul 11-Aug 29 | 2:30-3:30 pm | \$64/8 | [116707](#)

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, Apr 5-May 17 | 4:45-5:45 pm | \$56/7 | [116362](#)

Fri, May 24-Jun 28 | 4:45-5:45 pm | \$48/6 | [116363](#)

Thu, Jul 11-Aug 29 | 1:15-2:15 pm | \$56/7 | [116705](#)

Oliver Woods Community Centre

## Summer Hoops

7 to 10 Years

Summertime and basketball - the best way to spend some of your time away from school. Have a great time while learning the fundamentals of the game.

Thu, Jul 11-Aug 29 | 12-1 pm | \$56/7 | [116704](#)

Oliver Woods Community Centre

## Farm to Fork Mini Camp

The true farm to fork concept for youth! This camp will be led by passionate facilitators to introduce outdoor ecology, different cooking techniques and flavour combos. In an outdoor kitchen at the farm, the group will gain confidence growing food, harvesting and making nourishing meals.

7 to 12 Years

Tue-Thu, Jul 2-4 | 10 am-12 pm | \$100/3 | [116672](#)

Tue-Thu, Jul 30-Aug 1 | 10 am-12 pm | \$100/3 | [116673](#)

Tue-Thu, Aug 27-29 | 10 am-12 pm | \$100/3 | [116674](#)

11 to 14 Years

Tue-Thu, Jul 16-18 | 10 am-12 pm | \$100/3 | [116966](#)

Tue-Thu, Aug 20-22 | 10 am-12 pm | \$100/3 | [116967](#)

Park Avenue Farm (945 Park Ave)

## Grow Food Get Cooking Camp

NEW!

8 to 13 Years

Get hands-on practice with food growing and gaining cooking skills. The true farm to fork experience for youth will be led by passionate facilitators to introduce outdoor ecology, stewardship of the environment, food growing basics, different cooking techniques and flavour combos. In an outdoor kitchen at the farm, the group will gain confidence growing food, harvesting and making nourishing meals.

M-F, Jul 8-12 | 9 am-3 pm | \$335/5 | [115483](#)

M-F, Jul 22-26 | 9 am-3 pm | \$335/5 | [115484](#)

M-F, Aug 12-16 | 9 am-3 pm | \$335/5 | [115489](#)

Park Avenue Farm (945 Park Ave)

## Junior Paddler Adventure

NEW!

6 to 9 Years

Dive into the world of water sports at Long Lake! Our program is tailored for adventure that offers a perfect blend of skill building, teamwork and outdoor fun. Glide through the waters in our big canoes, paddle boards, canoes and kayaks mastering the art of paddling while forging friendships and fitness.

Instructor: Nanaimo Canoe & Kayak Club

Sat, May 4-Jun 1 | 9-10 am | \$80/4 | [117144](#)

Sat, Jun 8-29 | 9-10 am | \$80/4 | [117146](#)

Sat, Jul 6-27 | 9-10 am | \$80/4 | [117151](#)

Sat, Aug 10-31 | 9-10 am | \$80/4 | [117153](#)

Long Lake/Loudon Park

## Kids Intro to Paddling

NEW!

8 to 12 Years

This program will introduce you to the wonderful world of paddle sports in a fun and supportive environment. Learn the three fundamental sport skills of balance, steering and propulsion in a variety of human powered watercraft, including kayaks, canoes and paddleboards. Challenge yourself at the optional Rally to Race fun regatta at the end of June on Long Lake.

Instructor: Nanaimo Canoe & Kayak Club

Wed, May 1-Jun 19 | 4:30-6 pm | \$144/8 | [117097](#)

Wed, Jul 3-Aug 21 | 6-7:30 pm | \$144/8 | 90573

Long Lake/Loudon Park

## Kids Intro to Sprint Kayak and Canoe

NEW!

8 to 12 Years

Are you comfortable in a recreational kayak or canoe and looking for something more challenging? This is an exciting sport that fosters teamwork, fitness and a love of the outdoors. The program will cover the balance, propulsion and steering of sprint boats, proper care and handling of equipment and an introduction to racing technique. Be prepared to get wet!

Instructor: Nanaimo Canoe & Kayak Club

Mon, Apr 1-22 | 4:30-6 pm | \$100/4 | [117099](#)

Mon, Apr 29-May 27 | 4:30-6 pm | \$100/4 | [117100](#)

Mon, Jun 3-24 | 4:30-6 pm | \$100/4 | [117102](#)

Mon, Jul 8-29 | 6-7:30 pm | \$100/4 | [117103](#)

Long Lake/Loudon Park



cityofnanaimo



prc\_nanaimo (#lovemyparksandrec)

# Partnership Camps and Programs

We are happy to bring these camp opportunities to you in partnership with community organizations and businesses. Register through us at [recreation.nanaimo.ca](http://recreation.nanaimo.ca) or by calling us at 250-756-5200.

## Kam Soccer Camp

Coaches will guide you through the basics of soccer incorporating lots of time to play games. Price includes a KAM soccer jersey, and full day option includes swimming.

### Half Day: 6 to 13 Years

M-F, Jul 8-12 | 9 am-12 pm | \$180/5 | [117233](#)  
M-F, Jul 15-19 | 9 am-12 pm | \$180/5 | [117240](#)  
M-F, Aug 12-16 | 9 am-12 pm | \$180/5 | [118904](#)  
M-F, Aug 19-23 | 9 am-12 pm | \$180/5 | [118907](#)

### Full Day: 6 to 13 Years

M-F, Jul 8-12 | 9 am-4 pm | \$295/5 | [117236](#)  
M-F, Jul 15-19 | 9 am-4 pm | \$295/5 | [117238](#)  
M-F, Aug 12-16 | 9 am-4 pm | \$295/5 | [118903](#)  
M-F, Aug 19-23 | 9 am-4 pm | \$295/5 | [118906](#)

**Beban Artificial Turf Fields**

## Soccertron Soccer Camp

There is no better start to the season than a full week at Soccertron where emphasis is on improving individual skills and developing techniques, such as communication, defensive and offensive play. Children will be put into appropriate age groups and skill levels. Camp includes a T-shirt. Please remember sunscreen, hat, snack, lunch and water bottle.

### 4 to 5 Years

M-F, Jul 29-Aug 2 | 1:30-2:30 pm | \$100/5 | [116658](#)

### 6 to 9 Years

M-F, Jul 29-Aug 2 | 9 am-12 pm | \$180/5 | [116657](#)

### 7 to 12 Years

M-F, Jul 29-Aug 2 | 9 am-4 pm | \$300/5 | [116655](#)

### 10 to 14 Years

M-F, Jul 29-Aug 24 | 9 am-12 pm | \$180/5 | [116656](#)

**Bowen West Field**

## Eli Pasquale Basketball

### 8 to 14 Years

Eli Pasquale has been bringing basketball to the community since 1984! Learn the fundamentals and develop offensive and defensive skills.

**Instructor: Eli Pasquale Staff**

Tu-F, Aug 6-9 | 9 am-12 pm | \$144/4 | [116660](#)

Tu-F, Aug 6-9 | 1-4 pm | \$144/4 | [116661](#)

Tu-F, Aug 6-9 | 9 am-4 pm | \$240/4 | [116659](#)

**Oliver Woods Community Centre**

## Progressive Tennis

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

### 5 to 7 Years

Tu-F, Jul 2-5 | 9-10 am | \$78/4 | [116316](#)

M-F, Jul 8-12 | 9-10 am | \$98/5 | [116319](#)

M-F, Jul 15-19 | 9-10 am | \$98/5 | [116321](#)

M-F, Jul 22-26 | 9-10 am | \$98/5 | [116323](#)

M-F, Jul 29-Aug 2 | 9-10 am | \$98/5 | [116325](#)

Tu-F, Aug 6-9 | 9-10 am | \$78/4 | [116327](#)

M-F, Aug 12-16 | 9-10 am | \$98/5 | [116330](#)

M-F, Aug 19-23 | 9-10 am | \$98/5 | [116335](#)

M-F, Aug 26-30 | 9-10 am | \$98/5 | [116340](#)

### 8 to 11 Years

Tu-F, Jul 2-5 | 10-11:30 am | \$117/4 | [116317](#)

M-F, Jul 8-12 | 10-11:30 am | \$147/5 | [116320](#)

M-F, Jul 15-19 | 10-11:30 am | \$147/5 | [116322](#)

M-F, Jul 22-26 | 10-11:30 am | \$147/5 | [116324](#)

M-F, Jul 29-Aug 2 | 10-11:30 am | \$147/5 | [116326](#)

Tu-F, Aug 6-9 | 10-11:30 am | \$117/4 | [116329](#)

M-F, Aug 12-16 | 10-11:30 am | \$147/5 | [116333](#)

M-F, Aug 19-23 | 10-11:30 am | \$147/5 | [116337](#)

M-F, Aug 26-30 | 10-11:30 am | \$147/5 | [116341](#)

**Westwood Tennis Club**

## Golf Camp

Participants will learn the fundamentals of the golf swing and the short game. Equipment is available if needed. Student to coach ratio is 6 to 1.

**Instructor: Beban Park Golf Course Staff**

### Pee Wee Putters - 5 to 7 Years

Tu-Th, Jun 11-13 | 4-5 pm | \$115/3 | [116490](#)

Tu-Th, Jul 16-18 | 4-5 pm | \$115/3 | [116491](#)

Tu-Th, Aug 13-15 | 4-5 pm | \$115/3 | [116492](#)

### Junior - 8 to 12 Years

Tu-Th, Jul 9-11 | 9:30-11:30 am | \$175/3 | [116483](#)

Tu-Th, Jul 16-18 | 9:30-11:30 am | \$175/3 | [116484](#)

Tu-Th, Jul 23-25 | 9:30-11:30 am | \$175/3 | [116485](#)

Tu-Th, Aug 6-8 | 9:30-11:30 am | \$175/3 | [116486](#)

Tu-Th, Aug 20-22 | 9:30-11:30 am | \$175/3 | [116487](#)

**Beban Park Golf Course & Driving Range**

## Rock Climbing

### 6 to 12 Years

Climb the walls this summer! Experience the essence of rock climbing except we will do it indoors. We will mix in some non wall time to keep things interesting with games and other activities. Shoe rentals and harnesses are included. Remember to complete the waiver form prior to arriving on the first day found at [climbromperroom.com/waiver](http://climbromperroom.com/waiver).

M-F, Jul 8-12 | 9:30-11:30 am | \$200/5 | [109515](#)

M-F, Jul 8-12 | 12-2 pm | \$200/5 | [109516](#)

M-F, Jul 15-19 | 9:30-11:30 am | \$200/5 | [109517](#)

M-F, Jul 15-19 | 12-2 pm | \$200/5 | [109518](#)

M-F, Jul 22-26 | 9:30-11:30 am | \$200/5 | [109519](#)

M-F, Jul 22-26 | 12-2 pm | \$200/5 | [109523](#)

M-F, Jul 29-Aug 2 | 9:30-11:30 am | \$200/5 | [109524](#)

M-F, Jul 29-Aug 2 | 12-2 pm | \$200/5 | [109525](#)

M-F, Aug 12-16 | 9:30-11:30 am | \$200/5 | [109530](#)

M-F, Aug 12-16 | 12-2 pm | \$200/5 | [109531](#)

M-F, Aug 19-23 | 9:30-11:30 am | \$200/5 | [109533](#)

M-F, Aug 19-23 | 12-2 pm | \$200/5 | [109534](#)

M-F, Aug 26-30 | 9:30-11:30 am | \$200/5 | [109535](#)

M-F, Aug 26-30 | 12-2 pm | \$200/5 | [109536](#)

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

## Circus Camp

### 8 to 12 Years

Join in on this popular camp filled with games and lots of learning. Explore a sampling of fun skills, such as juggling, hoop, acrobatics, balancing, swordplay, or staff. Families are invited to celebrate with us at the Friday Circus Show!

**Instructor: Vesta Entertainment Circus Troupe**

Tu-F, Jul 2-5 | 8:30 am-2:30 pm | \$175/4 | [116862](#)

M-F, Aug 19-23 | 8:30 am-2:30 pm | \$219/5 | [116863](#)

**Beban Park Social Centre**

## Dance with Vibe Camp

Get an introduction to dance with the main focus on hip hop and styles of hip hop like grooving, old school, bboy, house etc.

**Instructor: Vibe Dance Studio Staff**

### 5 to 7 Years

M-F, Jul 15-19 | 4-5 pm | \$100/5 | [115144](#)

### 8 to 11 Years

M-F, Jul 15-19 | 5:15-6:30 pm | \$125/5 | [117842](#)

**Vibe Dance Studio**





# Partnership Camps and Programs

We are happy to bring these camp opportunities to you in partnership with community organizations and businesses. Register through us at [recreation.nanaimo.ca](http://recreation.nanaimo.ca) or by calling us at 250-756-5200.

## 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 5 Years - Tartan Tots

Tue, Jul 17-Aug 7 | 4:15-5 pm | \$50/4 | [116497](tel:116497)

### 6 to 12 Years - Kilts & Hiltts

Tue, Jul 17-Aug 7 | 5:15-6 pm | \$50/4 | [116498](tel:116498)

Oliver Woods Community Centre

## Rhythm Kids® Music Camp

### 5 to 8 Years

This camp is designed for kids in Kindergarten to Grade 2 who will build up musical confidence using djembe drums, percussion instruments and the most important instruments of all, their voices and their bodies. The "Tree Frog" song collection will introduce music inspired by the rhythms of many different cultures through singing, creative movement, crafts and musical games. Families can enjoy practice sessions at home with an app/cd, a songbook and online play-along videos. For more program information, please visit [www.seasonstudio.com](http://www.seasonstudio.com). There is a \$50 program fee for this camp which is non-refundable after the first day of camp (siblings will receive a \$50 refund).

Instructor: Karita Sedun

M-F, Jul 8-12 | 9 am-12 pm | \$175/5 | [115993](tel:115993)

M-F, Jul 15-19 | 9 am-12 pm | \$175/5 | [115992](tel:115992)

Kin Hut Activity Centre

## Kirkwood's "The Little Mermaid"

### Summer Dance Club

#### 6 to 12 Years

Join us for a fun-filled week of acting, dancing and crafting inspired by the hit movie "The Little Mermaid". Children will spend a creative week constructing props, costumes and sets, learning fun choreography from our artistic team and participating in a mini-musical production on the final day of camp.

Instructor: Kirkwood Academy Staff

M-F, Jul 8-12 | 9 am-4 pm | \$395/5 | [115136](tel:115136)

M-F, Jul 15-19 | 9 am-4 pm | \$395/5 | [115137](tel:115137)

Beban Social Centre

## Musical Theatre Camp

### 9 to 12 Years

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

Instructor: Nanaimo Conservatory of Music

M-F, Jul 15-19 | 10 am-4 pm | \$325/5 | [114308](tel:114308)

Nanaimo Conservatory of Music (375 Selby St.)

## Byte Camp - Music Video Production

### 9 to 12 Years

Camp time will be split between digital music composition, video filming and editing. Use amazing software tools to craft your very own song from scratch. We will show you the basics on beats, baselines, chords and melodies so that your song will sound awesome! Experiment with video, special effects and other editing techniques.

Tu-F, Jul 2-5 | 9 am-3 pm | \$415/4 | [116949](tel:116949)

Beban Park Social Centre

## Byte Camp - 3D Animation

### 11 to 14 Years

Dreaming of a career with Pixar? Spend the week learning how those movies are made by modeling, animating and telling your story in 3D using the free software "Blender". Final projects are usually group projects.

M-F, Jul 8-12 | 9 am-3 pm | \$470/5 | [116951](tel:116951)

Beban Park Social Centre

## Byte Camp - Claymation

### Movie Production

#### 9 to 12 Years

Make your own clay characters come to life! You will work with a partner to build your own clay characters, sets and props, develop a script, shoot movie scenes and then edit and add sounds and special effects. Don't worry, parents, there will be plenty of time devoted to outdoor games and activities.

M-F, Jul 15-19 | 9 am-3 pm | \$470/5 | [116952](tel:116952)

Beban Park Social Centre

## Byte Camp - Intro to Coding

### 9 to 12 Years

Discover how much fun it is to build your own game! You will be introduced to basic coding skills with easy-to-use drag and drop software and get to use those skills to make your very own custom games. Your final project is a game that you can take home to proudly share online or with friends.

M-F, Jul 29-Aug 2 | 9 am-3 pm | \$470/5 | [116953](tel:116953)

Beban Park Social Centre

## Byte Camp - Build an App

### 11 to 14 Years

Learn how to design, code, test and deploy your very own app! Use the gyroscope, tapping and dragging or anything else you can think of to build your app from scratch. Each day a new project is introduced and you are taken through the steps of understanding and working with these new code ideas. Byte Camp's 2D Video Game Design is recommended as a prerequisite.

Tu-F, Aug 6-9 | 9 am-3 pm | \$415/4 | [116959](tel:116959)

Beban Park Social Centre

## Byte Camp - Intro to Coding Level 2

### 9 to 12 Years

Level up your coding and artwork skills in this fun and challenging camp. You will take on advanced character movements and level design to make characters, levels and game play that are unique. Previous coding experience in Scratch or Byte Camp's - Intro to Coding is recommended.

M-F, Aug 12-16 | 9 am-3 pm | \$470/5 | [116956](tel:116956)

Beban Park Social Centre

## Byte Camp - 2D Video Game Design

### 11 to 14 Years

Learn how to build an HTML 5 game using free tools and how to create advanced 2D vector artwork and animated characters to make your game look great. The final project is a game you can take home to proudly share with friends online. No previous experience is required; however, Introduction to Coding is recommended.

M-F, Aug 26-30 | 9 am-3 pm | \$470/5 | [116957](tel:116957)

Beban Park Social Centre



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## ARTS CAMP FOR KIDS



NANAIMO  
CERAMIC  
ARTS  
STUDIO & GALLERY

**MARCH 11 - 15, 9 AM - 4:30 PM**  
Spring Break: Fantasy & Fauna, Visual Arts Camp

**JULY 8 - 12**  
Comic Camp (AM)  
Art from Sea to Sky (PM)

**AUGUST 19 - 23**  
Far Flung Fairy Tales (AM) / Midnight Gardens (PM)  
Offering After School Weekly Arts Program (Spring/Fall)

**Learn More and Register - See Website**  
**115 CHAPEL ST. 250-754-8377**  
**WWW.NANAIMOCERAMICARTS.COM**



Everyone  
Welcome!

*located at Bowen Park (500 Bowen Rd)*

## Nanaimo Lawn Bowling Club OPEN HOUSES

Saturday, April 13, 20 & 27  
1-4 pm



Come and check out our **NEW**  
Special Introductory Programs

Junior & Adult programs start in May

**BOWLING IS FUN! BOWLING IS CHALLENGING!**

## WANTED CITY OF NANAIMO LIFEGUARDS



To bring fun,  
fitness and safety to  
our community at  
Nanaimo Aquatic Centre  
and Beban Pool!

### Requirements:

- Completed Bronze Medallion
- Completed Bronze Cross
- Completed Standard First Aid CPR C
- Completed National Lifeguard Award
- Completed Lifesaving Society Swim Instructor



APPLY TODAY!

**See page 84 & 85 for training opportunities.**

## Try Canoe-Kayak! *Paddle for fun, fitness & friendships!*

Located at Loudon Park, Long Lake, NCKC offers diverse paddling opportunities to people of all ages and abilities. As a not-for-profit sport organization, NCKC promotes healthy, active living and offers quality programming focused on sports skill development, water safety and outdoor recreation.



- **Adult & Youth Programs** • **Sprint Canoe-Kayak** • **Birthday Parties** • **Development Racing Program**
- **Group Sessions** • **School Field Trips** • **Adaptive Programs** • **Ongoing Registration**



**Nanaimo Canoe & Kayak Club**  
Building Paddlers for Life since 1988

## SUMMER CAMPS

**Weekly in July & August for children 6-13 yrs**

Come learn the 'FUN'damental paddling skills on Long Lake! Spend time in a variety of different boats, learn about the sport, practice new strokes, try some rescues, develop balance, boat control and play games on and off the water. Participants must be able to swim 50M with a PDF or be a Swimmer 5.

Registration open online - March 11 @ 6 am



information@nckc.ca | 250-758-4052  
**www.nckc.ca**

## WANTED...

People with special skills and talents that like to teach!



Find more details at [www.nanaimo.ca](http://www.nanaimo.ca) and search "Program Proposal Form".

Parks, Recreation & Culture is always looking for new, creative course ideas! If you are somebody that has a special skill or talent that you think would make a good class for our community, let us know by submitting a program proposal.



250.756.5200  
[www.nanaimo.ca](http://www.nanaimo.ca)  
parksandrecreation@nanaimo.ca

## Brigadoon DANCE ACADEMY

HIGHLAND on VANCOUVER ISLAND



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

To request more information:  
[brigadoondanceacademy@shaw.ca](mailto:brigadoondanceacademy@shaw.ca) or 250-756-3661

*\*Please leave the dancer's name, age & grade\**



Facebook: Brigadoon Dance Academy



cityofnanaimo



prc\_nanaimo (#ilovemyparksandrec)



# 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](mailto:employment.opportunities@nanaimo.ca).



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## 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](http://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

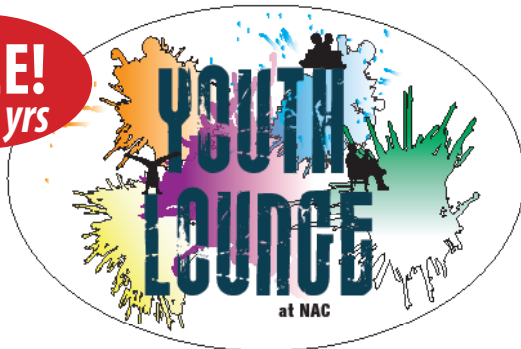
**AGE 10 TO 13\***

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.

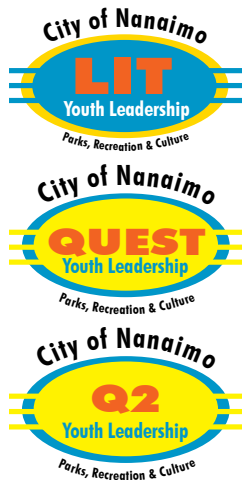
PLEASE NOTE: Program cancelled on pro-d days, statutory holidays or other school closures (i.e. snow days or spring break). Check our YOUTH Nanaimo Facebook page for other updates, changes or cancellations.



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# YOUTH LEADERSHIP

Over 40 Years of Creating Community Leaders

COMING SOON!

## 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)

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

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

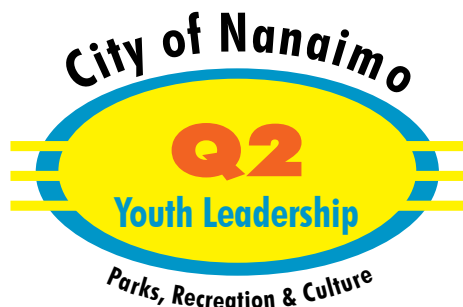


Join us as we  
celebrate youth in  
Nanaimo!

Check out the YOUth Nanaimo Facebook page for more information on this year's events ([www.facebook.com/YOUthNanaimo](http://www.facebook.com/YOUthNanaimo)) or visit [recreation.nanaimo.ca](http://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!*

# PARTNERSHIP PROGRAMS

## With Parks, Recreation & Culture

Funding and support program for improvements to City-owned land including:



SHORELINE CLEANUPS



ADOPT-A-PARK



PUBLIC ART



COMMUNITY GARDENS



BEAUTIFICATION



RECREATION AMENITIES



PLAYGROUNDS



INVASIVE PLANT REMOVAL



PARTIES & COMMUNITY GATHERING



INCREASED MAINTENANCE



PARK AMBASSADORS

Ongoing applications accepted. See [www.nanaimo.ca](http://www.nanaimo.ca) for more information.



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# Adult Arts & Crafts

## 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 is given each week to improve your skills and ignite your passion.

Instructor: Ange Frymire

Tue, Apr 9-May 28 | 7-9 pm | \$96/8 | [116627](#)

Bowen Park Complex

## Creative Writing - Level 2 NEW!

This is a 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 during each class, so strong awareness of writing fundamentals is needed for the participant to be fully engaged in writing exercises.

Instructor: Ange Frymire

Wed, Jun 19-Jul 24 | 7-9 pm | \$72/6 | [116629](#)

Bowen Park Complex

## Creative Summer Writing NEW!

### Workshop

This interactive workshop focuses on the fundamentals of creative writing. Participants will also write a portion of a short story, one chapter of a memoir or a postcard fiction or flash fiction story during the workshop.

Instructor: Ange Frymire

Sa/Su, Aug 24 & 25 | 9 am-3 pm | \$60/2 | [116636](#)

Bowen Park Complex

## MEET YOUR Instructor

### ANGE FRYMIRE

Ange has been highly active in communications, public relations and mentoring. She has also been a leader in self-development, life-coaching, communications and writing for over 3 decades representing more than 1,000 organizations spanning the globe. She is an accomplished writer, author, storyteller, teacher, communications specialist and former broadcaster/journalist whose stories have been published in hundreds of publications.



## Art as Meditation

Create art simply for the sake of making it. Let's learn about and explore various forms of art and how they can become a means of self-reflection, mindfulness, relaxation and meditation. We will explore a new form of art, including zentangle, neurographic, watercolour, writing, mandalas, collage, etc. Bring your own notebook, and explore fun ways to bring joy into your life through art.

Instructor: Judy-Anne Wilson

Sat, May 4-Jun 22 | 10:30 am-12:30 pm | \$120/8 | [115761](#)

Bowen Park Complex

## 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

## Beginner Watercolour - Flowers NEW!

New to watercolour? Love flowers? Develop your watercolour painting skills using a variety of flower subjects. Gain basic watercolour techniques utilizing water, colour and light to produce realistic paintings with Judy-Anne as your guide. This class will move outside on sunny days to paint real flowers and/or floral landscapes.

Instructor: Judy-Anne Wilson

Tue, Apr 2-Jun 11 | 11 am-1 pm | \$150/10 | [115760](#)

Bowen Park Complex

## Into to Acrylic Painting - Landscapes

Quick drying time and multiple textures make acrylics a great choice for beginners and intermediates. Learn painting basics, including composition, colour and numerous painting techniques. Artist, Kristina Birkhans, will guide you through creating different landscapes each week.

Instructor: Kristina Birkhans

Sat, Apr 27-Jun 8 | 10:30 am-12:30 pm | \$120/6 | [116677](#)

Kin Hut Activity Centre

## Acrylic Painting for Beginners

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

Instructor: Kristina Birkhans

Tue, May 7-Jun 11 | 10 am-12 pm | \$120/6 | [116223](#)

**Oliver Woods Community Centre**

## Stained Glass Art

Learn the basics of stained glass making, including cutting the glass, grinding, soldering, copper foil and use of tools. In a relaxed atmosphere of fun and creativity, you will learn the basics of colour theory design and proportion. You will finish your own first glass project.

Instructor: Kristina Birkhans

Tue, May 7-Jun 11 | 12:30-2:30 pm | \$156/6 | [116224](#)

**Oliver Woods Community Centre**

## Glass Mosaics **NEW!**

In these 3-hour sessions, you will learn how to design, create and break glass to create your own mosaic. All materials and tools are provided for the basic tutorial.

Instructor: Delores Gottenberg

Wed, Apr 3-10 | 6-9 pm | \$140/2 | [112058](#)

**Bowen Park Complex**

## Stained Glass Foiling Method

Get introduced to the tools and materials used in the art of stained glass. The tutorial will include lessons on how to construct patterns, different ways of cutting and breaking glass, grinding, methods of foiling, soldering, cleaning and finishing a completed project. All materials and tools are provided for the basic tutorial.

Instructor: Delores Gottenberg

Sat, Apr 6-May 25 | 10 am-1 pm | \$253/8 | [112061](#)

**Bowen Park Complex**

## Stepping Stones **NEW!**

In this two-day class, you will create a garden stone with a mosaic design. These visual delights will brighten your garden path or entrance way. All materials and tools are provided for the basic tutorial.

Instructor: Delores Gottenberg

Wed, May 1-8 | 6-9 pm | \$140/2 | [112059](#)

**Bowen Park Complex**

## Stained Glass Jewelry Box **NEW!**

Whether you're looking to create a special gift for someone or simply want to indulge in a creative experience, this workshop is perfect for you. Learn how to assemble, foil and solder a 3D glass box. All necessary materials will be provided, so just bring your enthusiasm and willingness to learn.

Instructor: Delores Gottenberg

Wed, May 22-Jun 5 | 6-9 pm | \$210/3 | [112060](#)

**Bowen Park Complex**

## Chalk Couture Vintage Truck Shelf Sitter **NEW!**

Love crafting? Get creative and connect with others to create a vintage truck shelf sitter. You will receive your own wooden vintage truck to customize to your style. Learn how to use transfer designs and chalk painting.

Instructor: Sandra Giliege

Sat, Apr 13 | 1-4 pm | \$40/1 | [115986](#)

**Bowen Park Complex**

## Intro to Macrame

Come learn the basic knots and make your own macrame wall hanging. No previous experience is necessary. Katrina uses 100% recycled cotton fibre and unique driftwood foraged from local beaches. She will teach you a little about the history of macrame, how to measure and cut cord and the main knots to create endless fibre art possibilities.

Instructor: Sea & Weave

Sat, Apr 20 | 10 am-12 pm | \$95/1 | [115999](#)

**Bowen Park Complex**

## Wire Wrapped Rings **NEW!**

Learn the basics of wire wrapping with this fun, hands-on class where you will work on five or more finished pieces. This is perfect for the beginner crafter; no experience is necessary.

Instructor: Alicia Meek

Wed, Aug 21 | 6:30-8:30 pm | \$45/1 | [115468](#)

**Oliver Woods Community Centre**

## Wire Wrapped Crystals & Pendants **NEW!**

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

Instructor: Alicia Meek

Wed, Jun 5 | 6:30-8:30 pm | \$45/1 | [117277](#)

**Bowen Park Complex**

## 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**

## 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

Fri, Apr 5-May 10 | 12-3 pm | \$174/6 | [115598](#)

Mon, Apr 8-May 13 | 6-9 pm | \$174/6 | [115555](#)

Fri, May 17-Jun 21 | 12-3 pm | \$174/6 | [115599](#)

Mon, May 27-Jul 8 | 6-9 pm | \$174/6 | [115556](#)

**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 (es) will be the creation of the item; last class will be glazing.

Instructor: Selena Unger or Nesta Morgan

### Handbuilt Dishes

Sun, Aug 18-25 | 9-11:30 am | \$60/2 | [115596](#)

Sun, Aug 18-25 | 12-2:30 pm | \$60/2 | [115597](#)

### Handbuilt Mug

Tue, Aug 20-27 | 6:30-9 pm | \$60/2 | [115610](#)

### Handbuilt Butter Dish

Fri, Aug 23-30 | 4-6:30 pm | \$60/2 | [115603](#)

**Bowen Park Pottery Studio**



See page 14 for Drop-In Pottery Schedule



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# Adult Cooking

## MEET YOUR Instructor

### ALICIA MEEK

Alicia is a plant-based chef, nutritionist and herbalist dedicated to creating delicious, healthy meals and desserts. She focuses on fresh, highly nutritious, plant-based ingredients to promote health and vitality. Trained in nutrition and herbalism, Alicia infuses dishes with flavour and healing properties. Through cooking classes and workshops, she inspires others to enjoy being in the kitchen. Join Alicia on a journey of flavourful and healthy cuisine that celebrates mindful living, or join her outdoors as she educates us on common edible and medicinal plants and trees, foraging principles and practices and so much more. See page 62 and 63 for more opportunities to be taught by Alicia.



### Healthy Homemade Chocolate **NEW!**

Make your own healthy chocolate with registered nutritionist, Alicia, while learning about the nutritious ingredients and personalizing items like chocolate bark, peanut butter cups and more.

Instructor: Alicia Meek

Tue, Apr 16 | 6:30-8 pm | \$45/1 | [113728](#)

Sat, May 18 | 11:30 am-1 pm | \$45/1 | [115445](#)

Sun, Jun 2 | 2-3:30 pm | \$45/1 | [115456](#)

Wed, Jul 3 | 6:30-8 pm | \$45/1 | [113738](#)

**Bowen Park Complex**

### Healthy Raw Entrees **NEW!**

Learn the basics of raw vegan cooking with a registered nutritionist. Make and enjoy dishes, such as spaghetti and meatballs and Pad Thai with nut sauce.

Instructor: Alicia Meek

Sat, Apr 20 | 11 am-1 pm | \$45/1 | [115980](#)

Tue, Jul 16 | 6:30-8:30 pm | \$45/1 | [115463](#)

**Bowen Park Complex**

Tue, Jun 4 | 6:30-8:30 pm | \$45/1 | [115458](#)

**Beban Park Social Centre**

### Fermentation & Preservation **NEW!**

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

Wed, May 15 | 6:30-8 pm | \$45/1 | [115160](#)

**Beban Park Social Centre**

### Healthy DIY Sushi **NEW!**

Make and eat your own sushi rolls in this fun, hands-on workshop. Learn how to put together healthy ingredients for your easy homemade sushi rolls.

Instructor: Alicia Meek

Sat, Apr 24 | 6:30-8 pm | \$45/1 | [113729](#)

Sat, Jun 8 | 11:30 am-1:30 pm | \$45/1 | [115651](#)

Sun, Aug 11 | 11:30 am-1:30 pm | \$45/1 | [115466](#)

**Beban Park Social Centre**

Sun, May 12 | 11:30 am-1:30 pm | \$45/1 | [115159](#)

**Bowen Park Complex**



## Did You Know? ☸

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

## No Bake Healthy Desserts **NEW!**

Join us for a fun, hands-on workshop making healthy desserts. without the need of an oven.

Instructor: Alicia Meek

Sun, Apr 28 | 11:30 am-1:30 pm | \$45/1 | [115157](#)

Wed, Jul 17 | 6:30-8:30 pm | \$45/1 | [115464](#)

**Bowen Park Complex**

Tue, May 21 | 6:30-8:30 pm | \$45/1 | [115447](#)

**Beban Park Social Centre**

## Vegan Mylks & Cheeses **NEW!**

In this vegan "cooking" class, learn the basics of homemade mylks, cheese sauces and fermented cheeses.

Instructor: Alicia Meek

Sun, Apr 28 | 2-4 pm | \$45/1 | [115650](#)

Wed, Jun 12 | 6:30-8:30 pm | \$45/1 | [115461](#)

**Bowen Park Complex**

Tue, Jul 30 | 6:30-8:30 pm | \$45/1 | [115465](#)

**Beban Park Social Centre**

## Healthy Crackers & Snacks **NEW!**

Make your own sweet or savoury easy, homemade crackers with delicious and nutritious dips.

Instructor: Alicia Meek

Sun, May 12 | 2-4 pm | \$45/1 | [115699](#)

**Bowen Park Complex**

## Budget Meal Planning **NEW!**

In this hands-on cooking workshop learn how to budget meal plan. Learn about the best, lowest cost and highest nutrition meals on a budget.

Instructor: Alicia Meek

Sat, May 18 | 2-4 pm | \$45/1 | [115698](#)

**Bowen Park Complex**

Tue, Aug 20 | 6:30-8:30 pm | \$45/1 | [115467](#)

**Beban Park Social Centre**

## Healthy Raw Vegan Cooking **NEW!**

Learn about the pros and cons of a vegan and raw vegan diet in this hands-on, nutritionist lead, "cooking" class. The class will make several dishes and enjoy them family-style.

Instructor: Alicia Meek

Sun, Jun 2 | 11:30 am-1:30 pm | \$45/1 | [115695](#)

**Bowen Park Complex**

Wed, Jun 19 | 6:30-8:30 pm | \$45/1 | [115462](#)

Sun, Aug 11 | 2-4 pm | \$45/1 | [115693](#)

**Beban Park Social Centre**

## DIY Herbal Tinctures **NEW!**

Herbalist, Alicia, you will learn how to process a few local, native and non-native, medicinal herbs. Using the processed herbs, we will create vinegar and alcohol tinctures while discussing their medicinal (and edible) uses.

Instructor: Alicia Meek

Tue, May 28 | 6:30-8 pm | \$45/1 | [115449](#)

**Bowen Park Complex**

Sat, Jun 8 | 2-4 pm | \$45/1 | [115460](#)

**Beban Park Social Centre**

## 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, Apr 10 | 7-9:30 pm | \$45/1 | [113741](#)

Wed, May 8 | 7-9:30 pm | \$45/1 | [113747](#)

Wed, Jun 5 | 7-9:30 pm | \$45/1 | [113748](#)

Wed, Jul 17 | 7-9:30 pm | \$45/1 | [113749](#)

**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, Apr 24 | 7-9:30 pm | \$45/1 | [113742](#)

Wed, May 22 | 7-9:30 pm | \$45/1 | [113743](#)

Wed, Jun 19 | 7-9:30 pm | \$45/1 | [113745](#)

Wed, Aug 14 | 7-9:30 pm | \$45/1 | [113746](#)

**Bowen Park Complex**



## Everyday Dairy - Sour Cream, **NEW!**

### Cream Cheese, Cottage Cheese

Come and join Paula who has been teaching the lost art of hand cheese crafting cheese for many years. Paula will demystify the process and share with you unique and delicious ways to serve and enjoy the cheeses made in class.

Instructor: Paula Maddison

Thu, Apr 25 | 6-8 pm | \$65/1 | [112049](#)

**Bowen Park Complex**

### Mozzarella, Burrata and Bocconcini

Learn how to make your own mozzarella cheese!

Instructions and ingredients to make over four pounds of mozzarella at home are included.

Instructor: Paula Maddison

Thu, May 9 | 6-8 pm | \$65/1 | [104085](#)

**Beban Park Social Centre**

### Greek Style Feta

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

Instructor: Paula Maddison

Thu, Jun 6 | 6-8 pm | \$65/1 | [104083](#)

**Bowen Park Complex**

# SOCIAL CLUB

TEENS AND ADULTS WITH DIVERSE ABILITIES...  
MEET NEW FRIENDS & PLAN GROUP ACTIVITIES!



• 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.



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# Adult Dance

## Flamenco Moods and Moves

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

Instructor: Heather Sandison

Mon, Apr 29-Jun 24 | 6:30-7:45 pm | \$80/8 | [112069](#)

Beban Park Social Centre

## Flamenco - Intermediate NEW!

Learn longer choreographies and how to strengthen footwork, body styling, improvisation and interpretation. It is suitable for those with previous flamenco experience. Wear comfortable smooth-soled shoes with a small heel.

Instructor: Heather Sandison

Tue, Apr 30-Jun 25 | 6:30-8 pm | \$90/9 | [112067](#)

Beban Park Social Centre

## Summer Flamenco "Por Fiesta" NEW!

Rumba, tangos, sevillanas and more - all in "fiesta" style! This is a multi-level class for students at different levels to work on different technique exercises for footwork, bodywork, turns and all necessary steps.

Instructor: Heather Sandison

Tue, Jul 2-23 | 6:30-7:30 pm | \$40/4 | [115793](#)

Tue, Aug 6-27 | 6:30-7:30 pm | \$40/4 | [115794](#)

Beban Park Social Centre

## Bollywood Dance NEW!

Inspired by Bollywood music and movies, this class combines classical Indian dance with jazz, funk and bhangra. Dance moves can be modified for all levels and incorporate rhythmic full body movements. No dance experience is required. Dress in comfortable clothing. No dance shoes required; bare feet are best!

Instructor: Sukhi Parhar

Tue, Apr 2-May 28 | 12-1 pm | \$65/9 | [116439](#)

Bowen Park Complex

## Bhangra Fit

This is one of the trendiest of fitness and exercise routines and is a popular alternative to regular aerobics. Keep fitness exciting with this popular Indian dance - an intense, vibrant, joyful dance that elevates your heart rate and state of mind. The majority of the moves follow the folk dance pattern, but they have been reconditioned so that they can also provide a healthy cardiovascular routine. This workout is designed to burn as many as 500 calories an hour. Safe for all age groups.

Instructor: Sukhi Sangha

Tue, Apr 9-30 | 6-6:45 pm | \$60/4 | [116789](#)

Beban Park Social Centre

## 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, Apr 10-May 15 | 7-8 pm | \$60/6 | [113767](#)

Wed, May 22-Jun 26 | 7-8 pm | \$60/6 | [113768](#)

Wed, Jul 10-Aug 21 | 7-8 pm | \$70/7 | [115541](#)

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, Apr 10-May 15 | 8-9 pm | \$60/6 | [113763](#)

Wed, May 22-Jun 26 | 8-9 pm | \$60/6 | [113764](#)

Wed, Jul 10-Aug 21 | 8-9 pm | \$70/7 | [115540](#)

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, Apr 10-May 15 | 9-10 pm | \$30/6 | [113765](#)

Wed, May 22-Jun 26 | 9-10 pm | \$30/6 | [113766](#)

Wed, Jul 10-Aug 21 | 9-10 pm | \$35/7 | [115539](#)

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, Apr 8-May 13 | 7-8 pm | \$60/6 | [113757](#)

Mon, May 27-Jun 24 | 7-8 pm | \$50/5 | [113758](#)

Mon, Jul 8-Aug 19 | 7-8 pm | \$60/6 | [116118](#)

Beban Park Social Centre

## Ballroom & Latin Dance - Advanced

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

Instructor: Nelson Wong

Mon, Apr 8-May 13 | 8-9 pm | \$60/6 | [113759](#)

Mon, May 27-Jun 24 | 8-9 pm | \$50/5 | [113760](#)

Mon, Jul 8-Aug 19 | 8-9 pm | \$60/6 | [116117](#)

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 practice times outside of the regular session. New participants interested in joining are asked to contact the instructor through Parks, Recreation and Culture before registering.

Instructor: Nelson Wong

Mon, Apr 8-May 13 | 9-10 pm | \$60/6 | [113761](#)

Mon, May 27-Jun 24 | 9-10 pm | \$50/5 | [113762](#)

Mon, Jul 8-Aug 19 | 9-10 pm | \$60/6 | [115543](#)

Bowen Park Complex



# Adult First Aid

All courses below are operated in partnership with Canadian Red Cross, and they include a manual, pocket mask, temporary certificate and access to a virtual certificate to print off after successful completion of the course. For more detailed information on each class and to learn about re-certification, please visit [www.redcross.ca](http://www.redcross.ca) or call 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, Apr 27 | 9 am-5:30 pm | \$99/1 | [116035](#)

Sat, Jun 1 | 9 am-5:30 pm | \$99/1 | [116036](#)

Beban Park Social Centre

## Standard 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 and Alberta work sites as OFA Level 1 (WorkSafe approved). It is also a pre-requisite for lifeguard certification. Re-training is recommended every three years.

Sat/Sun, Apr 20 & 21 | 9 am-5:30 pm | \$177/2 | [116281](#)

Sat/Sun, Jun 22 & 23 | 9 am-5 pm | \$177/2 | [116955](#)

Sat/Sun, Aug 24 & 25 | 9 am-5 pm | \$177/2 | [116034](#)

Beban Park Social Centre

## Emergency First Aid with CPR C

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

Sat, Apr 20 | 8:30 am-5:30 pm | \$99/1 | [116030](#)

Sat, Jun 22 | 8:30 am-5:30 pm | \$99/1 | [116031](#)

Sat, Aug 24 | 8:30 am-5:30 pm | \$99/1 | [116032](#)

Beban Park Social Centre



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# Adult Outdoor & Sport

## Sunrise & Sunset (SUP) **NEW!**

### Stand Up Paddling

15+ Years

Start your day on the water with a beautiful sunrise and an invigorating paddle followed by a mini stretch session on Long Lake. Simply roll out of bed and come as you are... no experience necessary. Let us take care of the equipment and share our passion of paddle sports with you!

Instructor: Nanaimo Canoe & Kayak Club

Wed, Apr 10-May 1 | 6:15-7:30 am | \$80/4 | [117113](#)

Wed, Apr 10-May 1 | 7:15-8:30 pm | \$80/4 | [117116](#)

Wed, May 8-29 | 6-7:15 am | \$80/4 | [117114](#)

Wed, May 8-29 | 7:45-9 pm | \$80/4 | [117118](#)

Wed, Jun 5-26 | 5:45-7 am | \$80/4 | [117115](#)

Wed, Jun 5-26 | 8-9:15 pm | \$80/4 | [117119](#)

Long Lake/Loudon Park

## Blue Space - Happy Place **NEW!**

15+ Years

Experience a variety of canoes and kayaks offered by the local club. Paddle individually and experience your zen or as part of a crew and feel the excitement of paddling as a unified team.

Find your happy place on the water with us as you learn new skills, meet new friends and embark on a new hobby and sport. Leave the training up to us, and come try out the diversity of paddle sports.

No experience or equipment is necessary.

Instructor: Nanaimo Canoe & Kayak Club

Tue, May 7-Jun 25 | 6-7:15 am | \$120/8 | [117120](#)

Wed, May 8-Jun 26 | 6:15-7:30 pm | \$120/8 | [117121](#)

Long Lake/Loudon Park

## 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 towel. We will have a warm beverage after each class.

Instructor: Gina Villares

Sat, Apr 6-May 4 | 9-10 am | \$40/4 | [116481](#)

Kin Hut Activity Centre

## Standing & Walking Qigong **NEW!**

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, anxiety and increase muscular stability.

Instructor: Monika Lux

Mon, Apr 1-Jun 24 | 6-7 pm | \$143/13 | [116293](#)

Beban Park Social Centre

Thu, Jul 4-Aug 29 | 10-11 am | \$99/9 | [116503](#)

Bowen Park (outside)

## Sitting Qigong **NEW!**

Seated Qigong is great for rehabilitation after an injury, for people who are wheelchair-bound and for those with chronic conditions (like fibromyalgia, arthritis etc.). By moving blood and oxygen to nourish the organs and tissues, Qigong helps to calm the mind, relieve emotional stress and reduce mental anxiety.

Instructor: Monika Lux

Thu, Apr 4-Jun 27 | 6-7 pm | \$132/12 | [116295](#)

Beban Park Social Centre

## 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, Apr 9-May 14 | 9-10:30 am | \$57/6 | [115973](#)

Meet at Bowen Park Complex

Tue, May 21-Jun 25 | 9-10:30 am | \$57/6 | [115974](#)

Meet at Nanaimo Ice Centre Lobby

Tue, Jul 9-Aug 13 | 9-10:30 am | \$57/6 | [118579](#)

Meet at Colliery Dam Park

## 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!

## Nature & Namaste NEW!

Explore Nanaimo's beautiful trails on a yoga hike. Combining trail walking and yoga breaks, this will help to improve cardiovascular health while you experience nature as you focus on cleansing breaths to clear the mind and release stress. Dress for the weather, and bring a water bottle. Locations will vary. No yoga mat is required.

Instructor: Laurah-Lee Christie

Thu, Apr 11-May 16 | 9-10:30 am | \$57/6 | [115975](#)

Meet in Bowen Park Complex Lobby

Thu, May 23-Jun 27 | 9-10:30 am | \$57/6 | [115976](#)

Meet in Nanaimo Ice Centre Lobby

Thu, Jul 11-Aug 15 | 9-10:30 am | \$57/6 | [118582](#)

Meet at Colliery Dam Park

## Fly Fishing - Intro NEW!

Ever wanted to try fly fishing? Join our experienced instructors to learn about this sport, including water and dry land practice for casting. Discover the differences between spinning rods and flyfishing rods (sample rods available for comparison), types of fly fishing lines and introduction to fly tying.

Instructor: Island Waters Flyfishers

Wed, Apr 10-24 | 7-9 pm | \$80/4 | [113418](#)

Sat, Apr 27 | 10 am-12 pm at Westwood Lake

Beban Park Social Centre/Westwood Lake Park

## Ladies Golf

Learn the fundamentals of the golf swing, including the short game, long game and putting. Etiquette and one-course golf instruction is included. Student to coach ratio is 6 to 1. Equipment is available if needed.

Instructor: Beban Park Golf Course Staff

Thu, Apr 25-May 16 | 10 am-12 pm | \$199/4 | [116493](#)

Beban Park Golf Course & Driving Range

## 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, May 26 | 12:30-4:30 pm | \$50/1 | [115566](#)

Beban Park Centennial Building

## Pickleball For Fun

### Orientation for Adults

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

Instructor: Lee MacDonald

Mon, Apr 15-29 | 1:15-3:15 pm | \$84/3 | [116165](#)

Mon, May 6-27 | 1:15-3:15 pm | \$84/3 | [116167](#)

Mon, Jun 3-24 | 1:15-3:15 pm | \$84/3 | [116220](#)

Mon, Jul 8-22 | 1:15-3:15 pm | \$84/3 | [116221](#)

Mon, Aug 12-26 | 1:15-3:15 pm | \$84/3 | [116222](#)

Oliver Woods Community Centre

## Indoor Tennis Lessons

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

### Beginner

Tue, Mar 26-May 7 | 9:30-11 am | \$210/7 | [116301](#)

Tue, Apr 4-May 9 | 8-9:30 pm | \$180/6 | [119906](#)

Tue, May 14-Jun 25 | 9:30-11 am | \$210/7 | [116302](#)

Thu, May 16-Jun 27 | 8-9:30 pm | \$210/7 | [119908](#)

Thu, Jul 4-25 | 6:30-8 pm | \$120/4 | [116345](#)

Thu, Aug 1-29 | 6:30-8 pm | \$150/5 | [116347](#)

### Intermediate

Tue, Mar 26-May 7 | 8-9:30 pm | \$210/7 | [116304](#)

Wed, Mar 27-May 8 | 9-10:30 am | \$210/7 | [116305](#)

Tue, Apr 4-May 9 | 8-9:30 pm | \$180/6 | [119906](#)

Sun, Apr 7-May 12 | 9:30-11 am | \$180/6 | [119905](#)

Tue, May 14-Jun 25 | 8-9:30 pm | \$210/7 | [116307](#)

Wed, May 15-Jun 26 | 9-10:30 am | \$210/7 | [116308](#)

Thu, May 16-Jun 27 | 9:30-11 am | \$210/7 | [119907](#)

Sun, May 19-Jun 23 | 1:30-3 pm | \$180/6 | [116311](#)

Tue, Jul 2-30 | 6:30-8 pm | \$150/8 | [116344](#)

Tue, Aug 6-27 | 6:30-8 pm | \$120/4 | [116349](#)

North Island Tennis Academy

## 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

## 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!

Sat, Apr 13-Jun 22 | 10-11 am | \$176/8 | [116373](#)

Sat, Jul 6-Aug 31 | 10-11 am | \$176/8 | [116382](#)

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.

Sat, Apr 13-Jun 22 | 11:15 am-1:15 pm | \$184/8 | [116418](#)

Sat, Jul 6-Aug 31 | 11:15 am-1:15 pm | \$184/8 | [116419](#)

Beban Park Centennial Building

## Core Historical Fencing D

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.

Sat, Apr 13-Aug 31 | 11:15 am-1:15 pm | \$25/session

Beban Park Centennial Building



## Did You Know?



Nanaimo has 16 creeks flowing through the community as part of our local watershed. Some are open waterways and some are piped.

Page 160 of City Plan has a map and lots of factoids that may be of interest to you.



cityofnanaimo



prc\_nanaimo (#lovemyparksandrec)

## 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 comprising the first 17 moves of the long Tai Chi form based on the traditional Yang Style set. Sometimes called a moving meditation, this provides many health benefits, including stress relief and improved concentration.

Instructor: Mid Island Tai Chi Club

Wed, May 8-Jul 3 | 7-8:30 pm | \$64/8 | [115982](#)

Beban Park Social Centre

## Taekwondo & Self-Defense with Master Kim

This program emphasizes self-discipline, confidence and concentration. Grand Master Kim is a qualified 8th degree black Belt Grand Master who will help you maximize your potential by focusing on your physical well-being and mental integrity. Become strong in mind, body and spirit.

Instructor: World Tae Kwon Do Staff

Wed, Apr 3-10 | 6:10-7 pm | \$25/2 | [109067](#)

Mon, Apr 8-15 | 6:10-7 pm | \$25/2 | [109066](#)

Mon, May 6-13 | 6:10-7 pm | \$25/2 | [116399](#)

Wed, May 8-15 | 6:10-7 pm | \$25/2 | [116400](#)

Mon, Jun 3-10 | 6:10-7 pm | \$25/2 | [116402](#)

Wed, Jun 5-12 | 6:10-7 pm | \$25/2 | [116403](#)

World Taekwondo Academy (4300 Wellington Rd)

## Karate

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

Instructor: Mike Czurka (6th degree black belt)

Tue, Apr 2-May 14 | 7-8 pm | \$56/7 | [113849](#)

Tue, May 21-Jul 2 | 7-8 pm | \$56/7 | [113850](#)

Tue, Jul 9-Aug 27 | 7-8 pm | \$64/8 | [113851](#)

Bowen Park Complex

## Karate for Teens & Adults

### 13 + Years

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

Instructor: Shima Karate Staff

M/W, 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)

## 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, Apr 3-15 | 6:30-7:30 pm | \$25/4 | [116475](#)

M/W, May 6-15 | 6:30-7:30 pm | \$25/4 | [116476](#)

M/W, Jun 3-12 | 6:30-7:30 pm | \$25/4 | [116477](#)

M/W, Jul 3-15 | 6:30-7:30 pm | \$25/4 | [116631](#)

M/W, Aug 7-19 | 6:30-7:30 pm | \$25/4 | [116633](#)

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.

Sun, Apr 7-28 | 9-10 am | \$25/4 | [116478](#)

Sun, May 5-26 | 9-10 am | \$25/4 | [116479](#)

Sun, Jun 2-23 | 9-10 am | \$25/4 | [116480](#)

Sun, Jul 7-28 | 9-10 am | \$25/4 | [116634](#)

Sun, Aug 11-25 | 9-10 am | \$19/3 | [116635](#)

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, Apr 8-May 13 | 7:30-9:30 pm | \$66/6 | [113755](#)

Mon, May 27-Jul 22 | 7:30-9:30 pm | \$88/8 | [113756](#)

Beban Park Social Centre

## Stroll with a Pro - Birds of Prey

Walk with one of our local biologists and discover the birds of prey that call this area home, what they are hunting for and their "super powers" that make them successful hunters. Bring binoculars if you have them.

Instructor: Madison Wagenaar

Sun, Apr 28 | 10-11:15 am | FREE | [116938](#)

Tue, May 14 | 6-7:15 pm | FREE | [116940](#)

Buttertubs Marsh (Miner's Cottage)

## Stroll with a Pro - Turtle Talk

Come and learn from one of our local biologists about turtles. Discover fun facts and discuss the impact of non-native species on our local native species and about the turtle monitoring program.

Tue, Jun 4 | 6-7:15 pm | FREE | [118381](#)

Buttertubs Marsh (Miner's Cottage)

Sat, Jun 15 | 10-11:15 am | FREE | [116948](#)

Diver Lake Park



## Did You Know?



Often when we think about parks, we think about playgrounds, sports fields and the waterfront walkway, but did you know that over 70% of Nanaimo's parkland is natural in character and zoned nature park? That's over 700 hectares! In addition to over 1000 hectares of City-owned parks, about 450 hectares of natural open space is protected by the Province, Ducks Unlimited and Morel Sanctuary Society and Nature Trust of BC. Reimagine Nanaimo (CityPlan) outlines many policies and actions to future safeguard natural areas and to add more land to the park system.



# Adult Special Interest

## Creative Writing

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 is given each week to improve your skills and ignite your passion. Taught by communications expert, storyteller and former journalist who has been published many times.

Instructor: Ange Frymire

### Level 1

Wed, Apr 10-May 29 | 7-9 pm | \$96/8 | [116627](#)

### Level 2 **NEW!**

Wed, Jun 19-Jul 24 | 7-9 pm | \$72/6 | [116629](#)

## Creative Summer Writing Workshop **NEW!**

Sa/Su, Aug 24 & 25 | 9 am-3 pm | \$60/2 | [116636](#)

**Bowen Park Complex**

## Public Speaking

Embrace your inner storyteller! Reel in the tips and tricks to speak like a professional. Taught by 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

Thu, Apr 11-May 23 | 6:30-8:30 pm | \$105/7 | [116637](#)

**Bowen Park Complex**

## Acting Fundamentals

This is a supportive, nurturing space to explore and practice theatre acting for adults. It is suitable for both complete beginners, as well as those with some acting experience. Participants explore theatre games, physical theatre exercises and improvisation. The focus is on core acting skills, including using the body and voice as instruments of communication, as well as developing the ability to respond in the moment to the fluid environment of the stage.

Instructor: Zoe Henderson

Sat, Apr 6-Jun 1 | 1-2:30 pm | \$120/9 | [115745](#)

**Bowen Park Complex**

## Acting - Working with Text **NEW!**

The focus is on working with text in both monologues and scenes. The goal is to increase authenticity in performances. Prerequisite: Acting Fundamentals or some similar acting training is highly recommended.

Instructor: Zoe Henderson

Sat, Apr 6-Jun 1 | 3-4:30 pm | \$120/9 | [115746](#)

**Bowen Park Complex**

## Beginner Ukulele for Adults

Tune in to this music-filled class where you will learn the fundamentals of this versatile and fun instrument. For both complete beginners and those with some experience and in need of a refresher. The focus will be on developing musicianship on the ukulele, so you become comfortable playing short, simple pieces and strumming along while you (or others) sing short simple songs.

Instructor: Zoe Henderson

Wed, May 29-Jul 10 | 6:30-8 pm | \$98/7 | [115737](#)

**Bowen Park Complex**

## Ukulele for Adults - Level 2 **NEW!**

The focus of this course is on musicianship on the ukulele with students exploring more keys, time signatures, as well as more complex chords. How to transpose a song from one key to another so it better fits your own voice will also be discussed.

Instructor: Zoe Henderson

Wed, Apr 3-May 22 | 6:30-8 pm | \$112/8 | [115732](#)

**Bowen Park Complex**



cityofnanaimo



prc\_nanaimo (#ilovemyparksandrec)

## Piano - Private Beginner Lessons

### 5+ Years

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

Instructor: A. Margarita Hillers

Tue, Apr 2-23 | 3:30-4 pm | \$88/4 | [106144](#)

Tue, Apr 2-23 | 4:05-4:35 pm | \$88/4 | [106145](#)

Tue, Apr 2-23 | 4:40-5:10 pm | \$88/4 | [106146](#)

Tue, Apr 2-23 | 5:15-5:45 pm | \$88/4 | [106147](#)

Tue, Apr 2-23 | 5:50-6:20 pm | \$88/4 | [106148](#)

Tue, Apr 30-May 21 | 3:30-4 pm | \$88/4 | [106164](#)

Tue, Apr 30-May 21 | 4:05-4:35 pm | \$88/4 | [106165](#)

Tue, Apr 30-May 21 | 4:40-5:10 pm | \$88/4 | [106166](#)

Tue, Apr 30-May 21 | 5:15-5:45 pm | \$88/4 | [106167](#)

Tue, Apr 30-May 21 | 5:50-6:20 pm | \$88/4 | [106168](#)

Tue, May 28-Jun 18 | 3:30-4 pm | \$88/4 | [106169](#)

Tue, May 28-Jun 18 | 4:05-4:35 pm | \$88/4 | [106170](#)

Tue, May 28-Jun 18 | 4:40-5:10 pm | \$88/4 | [106171](#)

Tue, May 28-Jun 18 | 5:15-5:45 pm | \$88/4 | [106172](#)

Tue, May 28-Jun 18 | 5:50-6:20 pm | \$88/4 | [106173](#)

Bowen Park Complex

## The Basics of Astrology **NEW!**

Learn about the 12 zodiac signs and their planetary associations. This is great for the novice and is foundational for birth chart analysis. Take-home materials are provided.

Instructor: Queen Bee Tarot

Sat, Apr 13 | 1-4 pm | \$45/1 | [116494](#)

Beban Park Social Centre

## Reading Birth Charts - Astrology **NEW!**

Learn how to read the basics of your birth chart. Delve into your unique personality profile with astrology. You will need to know your birth time.

Instructor: Queen Bee Tarot

Sat, May 4 | 1-4 pm | \$45/1 | [116495](#)

Beban Park Social Centre

## Intermediate Astrology **NEW!**

Explore the intricacies of your birth chart by learning about planetary relationships. You will learn how the angles between planetary bodies create a complex story that explains the inner workings of our psyche.

Instructor: Queen Bee Tarot

Sat, Jun 1 | 1-4 pm | \$45/1 | [116496](#)

Beban Park Social Centre

## DIY Herbal Tinctures **NEW!**

In this workshop with herbalist, Alicia, you will learn how to process a few local, native and non-native, medicinal herbs. Using the processed herbs, we will create vinegar and alcohol tinctures while discussing their medicinal (and edible) uses.

Instructor: Alicia Meek

Tue, May 28 | 6:30-8 pm | \$45/1 | [115449](#)

Bowen Park Complex

Sat, Jun 8 | 2-4 pm | \$45/1 | [115460](#)

Beban Park Social Centre

## Basic Fruit Tree Pruning

Our expert pruner will show you how to care for young and old fruit trees and grape vines in your yard. This is the workshop to attend to get hands-on learning in basic pruning techniques. Bring a camera or notebook and questions for this hands-on workshop.

Instructor: Scott Wiskerke

Sun, Mar 24 | 10 am-12 pm | \$20/1 | [115405](#)

Beaufort Park Food Forest

## Summer Pruning

If you thought pruning was just a winter activity, you have to try summer pruning! Besides the beautiful weather, your trees can get many benefits from a summer shearing, including less sucker growth and possibility of disease. Bring your pruners and questions for this workshop.

Instructor: Scott Wiskerke

Sun, Jul 7 | 10 am-12 pm | \$20/1 | [115406](#)

Beaufort Park Food Forest

## Garden Planning Basics **NEW!**

Learn about how to choose from different varieties of vegetables to help you achieve the results that you want. Learn how much to grow for your size of family and considerations for infrastructure. Learn how to plan for a rotation of crops that will keep you in vegetables all year round. This is especially important with prices of food rising. It is totally achievable to have at least some fresh food to eat all year round in our climate with the right planning. This course goes well with the "Laugh at the Weather" program.

Instructor: Connie Kuramoto

Sun, Mar 10 | 1-3 pm | \$20/1 | [115400](#)

Beban Learning Gardens

## Laugh at the Weather **NEW!**

Learn about different types of crop protection, including protective cloth, cold frames, shading and greenhouses. Learning to control the environment is one of the most beneficial things you can do as a grower - especially with our changing and unpredictable climate and the extremes of weather that can come with it. We will talk about different types of materials to use and some tips and tricks for good environmental control. This class goes well with the "Garden Planning Basics" program.

Instructor: Connie Kuramoto

Sat, Mar 23 | 10 am-12 pm | \$20/1 | [115401](#)

Beban Learning Gardens

## Saving Seeds

Plan now to save seeds this summer and fall. By knowing what varieties to grow, which plants to save seeds from, and which ones are more difficult, you can set yourself up with an abundance of your own seeds that are locally adapted to your garden. Learn about the difference between open pollinated and hybrid seeds, and which seeds are best and easiest to save and grow.

Instructor: Connie Kuramoto

Sat, Apr 20 | 1:30-3:30 pm | \$20/1 | [115402](#)

Bowen Park Complex (part of Earth Day Celebrations)

## Feeding Your Soil, Feeding **NEW!** Your Garden

It sometimes takes a while to have good, built-up soil. Learn about the benefits of natural liquid fertilizers and how to make some of your own using compost, weeds and other materials. We will talk about compost teas, inoculating your soil with beneficial microbes and how to make herbal teas for your plants to give them that boost they need to ripen sooner, produce bountifully and provide your family with more food.

Instructor: Connie Kuramoto

Sat, May 4 | 1-3 pm | \$20/1 | [115403](#)

Pine Street Community Garden (271 Pine St.)

## Tree ID and Edible Medicine **NEW!**

In this outdoor and walking workshop, learn to identify trees for their seasonal edible parts and valuable medicinal properties.

Instructor: Alicia Meek

Sat, Apr 13 | 11:30 am-1 pm | \$29/1 | [115558](#)

Sat, Jun 29 | 11:30 am-1 pm | \$29/1 | [115565](#)

Bowen Park (upper picnic shelter by pool)

## Foraging 101 **NEW!**

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

Sat, Apr 13 | 1:30-3 pm | \$29/1 | [115559](#)

Bowen Park (upper picnic shelter by pool)

## Wild Food, Wild Medicine Walk **NEW!**

This is an outdoor walking workshop where you will begin to identify local and common edible and medicinal plants. Discover a diverse array of berries, trees, herbs, shoots and leafy greens.

Instructor: Alicia Meek

Sat, May 4 | 1:30-3 pm | \$29/1 | [115562](#)

Westwood Lake (second beach)

Tue, Jun 18 | 6:30-8 pm | \$29/1 | [115564](#)

Bowen Park Complex Lobby

Sat, Aug 10 | 11:30 am-1 pm | \$29/1 | [115830](#)

Colliery Dam Park

## Intro to Local Plant ID NEW!

Join us during our Earth Day Celebration event for an introduction to our local plants, how to ID them and what they have been traditionally used for. Afterwards, we will take an hour-long forest walk through Bowen Park to discover what local plants make this park their home.

Instructor: Alicia Meek

Sat, Apr 20 | 1:30-3 pm | FREE/1 | [115560](#)

Bowen Park

## Beginner Plant Identification NEW!

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, May 4 | 11:30 am-1 pm | \$29/1 | [115818](#)

Westwood Lake (second beach)

Sat, Aug 10 | 1:30-3 pm | \$29/1 | [115831](#)

Colliery Dam Park

## Beginner Basket Weaving NEW! with English Ivy

In this workshop, you will learn about the invasive species - English Ivy and find out how to process it for weaving. You will create a small basket to take home.

Instructor: Alicia Meek

Sun, May 5 | 11:30 am-1 pm | \$29/1 | [115561](#)

Wed, May 29 | 7-8:30 pm | \$29/1 | [115829](#)

Sat, Jun 29 | 1:30-3 pm | \$29/1 | [115563](#)

Bowen Park Complex

## Nanaimo River Watershed & Water Treatment Plant Tour

Come see the amazing journey our drinking water takes from the mountains to our homes. Enjoy a guided tour of the Nanaimo River Drinking Watershed followed by a tour of Nanaimo's innovative Water Treatment Plant. Experts from City of Nanaimo and Mosaic will be on hand to discuss forestry, water quality, future plans and answer questions. Don't forget your camera!

Fri, Apr 19 | 9:30 am-4 pm | \$20/1 | [114818](#)

Meet at Bowen Park (Wall Street Parking Lot)

## Intro to Conversational Punjabi NEW!

Learn the popular, rich language of Punjabi in this introductory course for people who have little or no previous knowledge. You will learn to read, write and converse at a basic level.

Instructor: Shiv Sharma

Mon, Apr 8-May 13 | 7-8:30 pm | \$84/6 | [113754](#)

Bowen Park Complex

# VOLUNTEERS in PARKS

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

There are three ways to participate:

- 1 PARK AMBASSADOR:** individuals who visit a park regularly and might help educate visitors, keep the park clean and observe and report issues in the park
- 2 ADOPT-A-PARK:** A group of volunteers help keep Nanaimo beautiful by choosing a park, trail or creek to adopt. The group's name gets a sign posted to recognize their service.
- 3 WORK PARTIES:** Help improve the biodiversity through restoration in many of our parks. We supply the tools, training and support you might need.

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

- Sat, March 16, 10 am-12 pm  
Invasive Plant Removal at Thunderbird Park ([110782](#))
- Tue, March 19, 10 am-12 pm  
Invasive Plant Removal at Lotus Pinnatus Park ([110783](#))
- Sat, April 6, 10 am-12 pm  
Invasive Plant Removal at Westwood Lake ([116160](#))
- Mon, Apr 22, 10 am-12 pm (Earth Day)  
Invasive Plant/Litter Removal at Bowen Park ([116164](#))
- Thu, May 2, 10 am-12 pm  
Broom Removal along Parkway Trail ([116649](#))
- Sat, May 11, 10 am-12 pm  
Broom Removal at Koram Park ([116142](#))
- Tue, May 14, 10 am-12 pm  
Broom Removal at Third Street Park ([116150](#))
- Tue, May 21, 10 am-12 pm  
Broom/Invasives Removal along Parkway Trail ([118573](#))
- Sat, Jun 1, 10 am-2 pm  
Invasive Plant Removal at Bowen Park ([116156](#))
- Sat, Jun 1, 10 am-12 pm  
Drop Zone at Bowen Park (off Wall Street)
- Tue, Jun 18, 10 am-12 pm  
Invasive Plant Removal at Diver Lake Park ([116166](#))

May is  
Invasive  
Species/  
Plant  
Removal  
Month in  
Nanaimo!



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

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

Why  
participate?

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



cityofnanaimo



prc\_nanaimo (#ilovemyparksandrec)

# 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!  
Meal are not included, and some trips have extra fees to cover ferry or admission costs.

## Victoria **NEW!**

Spend the day shopping, dining, strolling through a museum, meeting up with friends/family, gambling or catching an IMAX show.

Mon, Apr 15 | 8 am-5:30 pm | \$50/1 | [115730](#)  
Thu, Apr 25 | 8 am-5:30 pm | \$50/1 | [115731](#)  
Wed, May 15 | 8 am-5:30 pm | \$50/1 | [116514](#)  
Sat, May 25 | 8 am-5:30 pm | \$50/1 | [116516](#)  
Sat, Jun 15 | 8 am-5:30 pm | \$50/1 | [116535](#)  
Tue, Jun 25 | 8 am-5:30 pm | \$50/1 | [116536](#)  
Mon, Jul 15 | 8 am-5:30 pm | \$50/1 | [115617](#)  
Thu, Jul 25 | 8 am-5:30 pm | \$50/1 | [115619](#)  
Thu, Aug 15 | 8 am-5:30 pm | \$50/1 | [115677](#)  
Sun, Aug 25 | 8 am-5:30 pm | \$50/1 | [115678](#)

Meet at Bowen Park

## Harrison Tulip Festival **NEW!**

The Harrison tulip festival is located on a 109-acre farm. Visitors are invited to meander through pathways adorned with 7 million tulips. Lunch will be at the Black Forest Steak and Schnitzel House in Harrison Hotsprings. Fee includes entry into the festival and ferry for BC seniors, (\$35 extra for non BC Seniors). This is a walk-friendly trip.

Tue, Apr 16 | 7:30 am-8:30 pm | \$185/1 | [115801](#)

Meet at Bowen Park

## Ucluelet & Tofino **NEW!**

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!

Sat, Apr 20 | 8 am-8 pm | \$65/1 | [115798](#)  
Mon, May 20 | 8 am-8 pm | \$65/1 | [116517](#)  
Thu, Jun 20 | 8 am-8 pm | \$65/1 | [116538](#)  
Sat, Jul 20 | 8 am-8 pm | \$65/1 | [115622](#)

Meet at Bowen Park

## Sidney by the Sea & **NEW!**

### Saanich Peninsula

Learn about the different sea creatures that live in the Salish Sea at the Shaw Discovery Centre (not included in price). Take a walk along the waterfront and check out the local shops. Lunch will be at a restaurant of your choice, or feel free to bring your own. Meals and admission are not included in fee. This trip is walker-friendly.

Fri, May 10 | 8 am-5:30 pm | \$50/1 | [116511](#)  
Fri, Jun 14 | 8 am-5:30 pm | \$50/1 | [116534](#)  
Wed, Jul 10 | 8 am-5:30 pm | \$50/1 | [115612](#)  
Sat, Aug 10 | 8 am-5:30 pm | \$50/1 | [115669](#)

Meet at Bowen Park

## Milner Gardens **NEW!**

The rhodos will be blooming, and it is time to enjoy the spring flowers! Join Janie for high tea in the garden and in the restaurant. Fee includes admission into Milner Gardens.

Tue, May 21 | 9 am-5 pm | \$50/1 | [116519](#)

Meet at Bowen Park

## Denman & Horby Island **NEW!**

See Tribune Bay, Ford Cove, Helliwell Park, and Whale Bay. We will stop at the downtown Hornby Coop and then back to Denman Island to visit some artisans and Hornby Island Estate Winery. We will stop for lunch at the Seabreeze Lodge, or feel free to pack your own lunch. This trip is walker-friendly.

Wed, Jun 5 | 8 am-6:30 pm | \$115/1 | [116531](#)

Meet at Bowen Park

## Mt. Washington **NEW!**

The view from the top is breathtaking! Paradise Meadow consists of mountain meadows and lakes where the Whisky Jacks and Steller Jays will come looking for peanuts. The Paradise Meadow walk is 2.5 km.

Tue, Jun 18 | 8 am-5:30 pm | \$95/1 | [116537](#)

Meet at Bowen Park

## Sea to Sky Gondola & **NEW!**

### Britannia Mine

The first thrill is the ride to the summit where you will have access to a wide array of outdoor experiences, including the different interpretive loop walking trails with viewing platforms and more. We then head off to the Britannia Mine to experience the underground mine train and panning for real gold. Experience the thunder of the historic mill with their newest attraction "BOOM." Price includes ferry, gondola and mine tour fees. This trip is walker-friendly; however, there are stairs at the mine.

Sat, Jun 29 | 7:30 am-8 pm | \$275/1 | [116550](#)

Meet at Bowen Park

## Galiano Island **NEW!**

We will have lunch at the Hummingbird Pub, take the beautiful drive up the Island to the north end and stop at some beautiful spots and artisans along the way. We will also enjoy Bluffs Park overlooking the coast of Vancouver Island. This trip is walker-friendly.

Mon, Jul 8 | 7:30 am-10 pm | \$125/1 | [115613](#)

Meet at Bowen Park

## Comox & Cumberland Wine Tour **NEW!**

Let's tour 3 vineyards in Comox and Cumberland! The price includes wine tastings. Please note this trip is for 19 years and older.

Thu, Jul 18 | 9:30 am-5:30 pm | \$115/1 | [115616](#)

Meet at Bowen Park

## Buchart Gardens & Fireworks **NEW!**

We will arrive to explore the gardens and take in the fireworks display. Bring a lunch or eat at the Blue Poppy Restaurant. This trip may include a boat trip in the Todd Inlet (ferry fees not included). Remember to bring your camera and a lawn chair to sit on. Admission to the garden is included. This is a walk-friendly trip.

Sat, Jul 27 | 2-11:30 pm | \$85/1 | [115626](#)

Sat, Aug 31 | 2-11:30 pm | \$85 | [115694](#)

Meet at Bowen Park

## Quadra Island **NEW!**

Visit the Nuyumbalees Cultural Centre Museum on beautiful Quadra Island. We will stop for lunch at the Harriot Bay Lodge, visit the Cape Mudge Lighthouse and then go to Rebecca Spit for a stroll on the beach before going to the Herriot Bay Resort. On the way home, hunger will kick in so we will stop for dinner in Campbell River. This trip is walker-friendly.

Wed, Jul 31 | 7:30 am-8 pm | \$115/1 | [115627](#)

Meet at Bowen Park

## Filberg Festival & Sea Fest **NEW!**

Experience the Filberg Festival at the Filberg Heritage Lodge and Park in Comox. Wander through the grounds surrounded by beautiful gardens, rustic buildings and a magnificent view of Comox Harbour and the Beaufort Mountain Range. Price includes admission to the festival. This trip is walker-friendly.

Sat, Aug 3 | 8 am-5:30 pm | \$75/1 | [115658](#)

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.



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	\$42	\$56	\$112
1 Year Pass	\$270	\$378	\$500	\$999

*Prices subject to change and include tax.*

**ONE MONTH OR ONE YEAR OPTIONS**

# PERSONAL TRAINING Options

Meet our Personal Trainers! See page 71.

STAFF

- ✓ 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:

	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, Apr 8 | 3:30-5 pm | \$5/1 | [113162](#)

Thu, Apr 11 | 3:30-5 pm | \$5/1 | [113015](#)

Mon, Apr 15 | 3:30-5 pm | \$5/1 | [113163](#)

Mon, Apr 22 | 3:30-5 pm | \$5/1 | [113164](#)

Thu, Apr 25 | 3:30-5 pm | \$5/1 | [113016](#)

Mon, Apr 29 | 3:30-5 pm | \$5/1 | [113165](#)

Mon, May 6 | 3:30-5 pm | \$5/1 | [113209](#)

Thu, May 9 | 3:30-5 pm | \$5/1 | [113017](#)

Mon, May 13 | 3:30-5 pm | \$5/1 | [113210](#)

Thu, May 23 | 3:30-5 pm | \$5/1 | [113018](#)

Mon, May 27 | 3:30-5 pm | \$5/1 | [113211](#)

Mon, Jun 3 | 3:30-5 pm | \$5/1 | [113212](#)

Thu, Jun 6 | 3:30-5 pm | \$5/1 | [113019](#)

Mon, Jun 10 | 3:30-5 pm | \$5/1 | [113213](#)

Mon, Jun 17 | 3:30-5 pm | \$5/1 | [113214](#)

Thu, Jun 20 | 3:30-5 pm | \$5/1 | [113020](#)

Mon, Jun 24 | 3:30-5 pm | \$5/1 | [113215](#)

Nanaimo Aquatic Centre Weight Room

## Early Start Spin 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: Gillian Goerzen

Thu, Apr 4-May 16 | 6:30-7:15 am | \$70/7 | [114621](#)

Thu, May 23-Jun 27 | 6:30-7:15 am | \$60/6 | [114622](#)

Nanaimo Aquatic Centre

## 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: Monique Huibregtse

Wed, Apr 3-May 15 | 9-9:45 am | \$70/7 | [114616](#)

Wed, May 22-Jun 26 | 9-9:45 am | \$60/6 | [114617](#)

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, Apr 5-26 | 12-12:45 pm | \$40/4 | [116214](#)

Mon, Apr 8-May 13 | 12-12:45 pm | \$60/6 | [116218](#)

Fri, May 3-24 | 12-12:45 pm | \$40/4 | [116217](#)

Mon, May 27-Jun 24 | 12-12:45 pm | \$50/5 | [116219](#)

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, Apr 8-May 13 | 5:30-6:30 pm | \$72/6 | [115439](#)

Mon, May 27-Jun 24 | 5:30-6:30 pm | \$60/5 | [115441](#)

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, Apr 3-May 15 | 5:30-6:30 pm | \$84/7 | [115442](#)

Wed, May 22-Jun 26 | 5:30-6:30 pm | \$72/6 | [115444](#)

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 working you through a great workout! Dance Jam Fitness is a class for all fitness levels.

Instructor: Monique Huibregtse

Tue, Apr 2-30 | 12-1 pm | \$40/5 | [116077](#)

Tue, May 7-Jun 11 | 12-1 pm | \$48/6 | [116078](#)

Tue, Jul 2-Aug 27 | 10:15-11:15 am | \$72/9 | [116079](#)

Oliver Woods Community Centre



# 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.

- Classes available for drop-in have this symbol
- 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.

## 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, Apr 8-29 | 6:30-7:30 pm | \$32/4 | [116069](#)

Mon, May 6-Jun 10 | 6:30-7:30 pm | \$40/5 | [116070](#)

Mon, Jul 8-Aug 26 | 6:30-7:30 pm | \$56/7 | [116071](#)

**Instructor:** Rika Carlson

Wed, Apr 3-May 1 | 6-7 pm | \$40/5 | [116087](#)

Sat, Apr 13-May 11 | 11:30 am-12:30 pm | \$40/5 | [116108](#)

Wed, May 8-Jun 12 | 6-7 pm | \$48/6 | [116089](#)

Sat, May 18-Jun 15 | 11:30 am-12:30 pm | \$40/5 | [116111](#)

Sat, Jun 29-Jul 27 | 11:30 am-12:30 pm | \$40/5 | [116113](#)

Wed, Jul 3-Aug 28 | 6-7 pm | \$72/9 | [116091](#)

**Oliver Woods Community Centre**

## Zumba Gold

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

**Instructor:** Mary Keel

Wed, Apr 3-May 1 | 10:15-11:15 am | \$40/5 | [116083](#)

Mon, Apr 8-29 | 9-10 am | \$32/4 | [116058](#)

Mon, May 6-Jun 10 | 9-10 am | \$40/5 | [116060](#)

Wed, May 8-Jun 12 | 10:15-11:15 am | \$48/6 | [116084](#)

Wed, Jul 3-31 | 10:15-11:15 am | \$40/5 | [116085](#)

Mon, Jul 8-Aug 26 | 9-10 am | \$56/7 | [116061](#)

**Oliver Woods Community Centre**

**Instructor:** Tamara Graham

Fri, Apr 5-May 17 | 9-10 am | \$56/7 | [115244](#)

Fri, May 24-Jun 21 | 9-10 am | \$40/5 | [115246](#)

**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, Apr 3-May 15 | 9-10 am | \$56/7 | [116081](#)

Wed, May 22-Jun 26 | 9-10 am | \$48/6 | [116082](#)

### PM

Mon, Apr 8-29 | 5-6 pm | \$32/4 | [116064](#)

Mon, May 6-Jun 10 | 5-6 pm | \$40/5 | [116065](#)

Mon, Jul 8-Aug 26 | 5-6 pm | \$56/7 | [116067](#)

**Oliver Woods Community Centre**

## HIIT

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

**Instructor:** Heather Honey

Thu, Apr 4-May 2 | 5:30-6:30 pm | \$40/5 | [116093](#)

Thu, May 9-Jun 13 | 5:30-6:30 pm | \$48/6 | [116094](#)

**Oliver Woods Community Centre**

## Bhangra Fit

This is one of the trendiest of fitness and exercise routines and is a popular alternative to regular aerobics. Keep fitness exciting with this popular Indian dance - an intense, vibrant, joyful dance that elevates your heart rate and state of mind. The majority of the moves follow the folk dance pattern, but they have been reconditioned so that they can also provide a healthy cardiovascular routine. This workout is designed to burn as many as 500 calories an hour. Safe for all age groups.

**Instructor:** Sukhi Sangha

Tue, Apr 9-30 | 6-6:45 pm | \$60/4 | [116789](#)

**Beban Park Social 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, Apr 3-May 22 | 9-10 am | \$64/8 | [113313](#)

Wed, May 29-Jul 10 | 9-10 am | \$56/7 | [113314](#)

Wed, Jul 17-Aug 28 | 9-10 am | \$56/7 | [113315](#)

**Bowen Park Complex**

## Barre X D

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

Instructor: Monique Huijbregtse

Tue, Apr 2-30 | 10:45-11:45 am | \$40/5 | [116072](#)

Tue, May 7-Jun 11 | 10:45-11:45 am | \$48/6 | [116074](#)

Tue, Jul 2-Aug 27 | 9-10 am | \$72/9 | [116076](#)

**Oliver Woods Community Centre**

## Circuit Fusion D

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

Mon, Apr 8-May 13 | 9-10 am | \$48/6 | [116053](#)

Mon, May 27-Jun 24 | 9-10 am | \$40/5 | [116055](#)

Fri, Jul 5-Aug 30 | 9-10 am | \$72/9 | [116102](#)

**Oliver Woods Community Centre**

## Dynamic Fit D

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, Apr 5-May 17 | 9-10 am | \$56/7 | [116097](#)

Fri, May 24-Jun 28 | 9-10 am | \$48/6 | [116101](#)

**Oliver Woods Community Centre**

## Stretch, Balance, Build

Designed for anyone wanting to increase balance, flexibility and strength in a calm and welcoming setting. This class will combine a series of targeted exercises to enhance the body's long-term flexibility and balance while building strength using light weights. A chair is used to assist balance, add to some of the strength exercises and allow for rest if needed. The stretches and range of motion movements benefit your muscles, tendons and fascia flexibility. Calm your mind and body while enhancing your long-term health.

Instructor: Kim Ross

Wed, Apr 3-May 22 | 12:15-1:15 pm | \$64/8 | [113319](#)

**Rotary Field House**

Wed, May 29-Jul 17 | 12:15-1:15 pm | \$64/8 | [113320](#)

Wed, Jul 24-Aug 28 | 12:15-1:15 pm | \$48/6 | [113321](#)

**Nanaimo Ice Centre Lounge**

## Stretch & Tone

This class is designed for anyone wanting to increase balance, flexibility and strength through targeted exercises with light weights in a calm and 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 while enhancing your long-term health and well being.

Instructor: Kim Ross

Thu, Apr 4-May 23 | 12:30-1:30 pm | \$64/8 | [113316](#)

Thu, May 30-Jul 18 | 12:30-1:30 pm | \$48/6 | [113317](#)

Thu, Jul 25-Aug 29 | 12:30-1:30 pm | \$48/6 | [113318](#)

**Oliver Woods Community Centre**

## 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

Thu, Apr 4-May 23 | 9-10 am | \$64/8 | [113323](#)

Mon, Apr 8-29 | 9-10 am | \$32/4 | [117993](#)

**Rotary Field House**

Thu, May 30-Jul 18 | 9-10 am | \$64/8 | [113324](#)

Mon, Jun 17-Aug 26 | 9-10 am | \$72/9 | [113333](#)

Thu, Jul 25-Aug 29 | 9-10 am | \$48/6 | [113325](#)

**Nanaimo Ice Centre Lounge**

## 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, Apr 5-May 3 | 12:15-1:15 pm | \$40/5 | [116105](#)

Fri, May 10-Jun 14 | 12:15-1:15 pm | \$48/6 | [116109](#)

Fri, Jul 5-Aug 30 | 12:15-1:15 pm | \$72/9 | [116110](#)

**Oliver Woods Community Centre**

## Flexibility for Better Sleep NEW!

Stretching before bed can help us release tension and sleep better. In this class, we will take time to relax deep into stretches and practice controlled breathing. Participating in this class can lead to an improvement in resting muscle length and decreased stress.

Instructor: Dustin King

Wed, Apr 3-May 1 | 7:30-8:30 pm | \$32/4 | [118058](#)

Mon, Apr 8-29 | 8-9 pm | \$32/4 | [118055](#)

Wed, May 8-Jun 12 | 7:30-8:30 pm | \$48/6 | [118059](#)

Mon, May 6-Jun 10 | 8-9 pm | \$40/5 | [118057](#)

**Oliver Woods Community Centre**

## Nature & Namaste NEW!

Explore Nanaimo's beautiful trails on a yoga hike. Combining trail walking and yoga breaks, this will help to improve cardiovascular health while you experience nature as you focus on cleansing breaths to clear the mind and release stress. Dress for the weather, and bring a water bottle. Locations will vary. No yoga mat is required.

Instructor: Laurah-Lee Christie

Thu, Apr 11-May 16 | 9-10:30 am | \$57/6 | [115975](#)

**Meet in Bowen Park Complex Lobby**

Thu, May 23-Jun 27 | 9-10:30 am | \$57/6 | [115976](#)

**Meet in Nanaimo Ice Centre Lobby**

Thu, Jul 11-Aug 15 | 9-10:30 am | \$57/6 | [118582](#)

**Meet at Colliery Dam Park**

## Yin Yoga

Yin Yoga is a 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

Thu, Apr 4-May 16 | 5:30-6:30 pm | \$56/7 | [115618](#)

Mon, Apr 8-May 13 | 5:30-6:30 pm | \$48/6 | [115263](#)

Thu, May 23-Jun 27 | 5:30-6:30 pm | \$48/6 | [115620](#)

Mon, May 27-Jun 24 | 5:30-6:30 pm | \$40/5 | [115264](#)

Mon, Jul 8-29 | 5:30-6:30 pm | \$32/4 | [115265](#)

**Bowen Park Complex**

**Please bring your own mat to fitness and yoga classes.**



cityofnanaimo



prc\_nanaimo (#lovemyparksandrec)

## Yang Yoga

This mixed style yoga class for beginners and intermediates will stretch the muscles and help to build your core. Please bring your own yoga mat and block(s).

Instructor: Cheryl Carew

Thu, Apr 4-May 16 | 6:45-7:45 pm | \$56/7 | [115623](#)

Mon, Apr 8-May 13 | 6:45-7:45 pm | \$48/6 | [115341](#)

Thu, May 23-Jun 27 | 6:45-7:45 pm | \$48/6 | [115625](#)

Mon, May 27-Jun 24 | 6:45-7:45 pm | \$40/5 | [115342](#)

Mon, Jul 8-29 | 6:45-7:45 pm | \$32/4 | [115343](#)

**Bowen Park Complex**

## 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, Apr 8-29 | 9-10 am | \$32/4 | [114948](#)

Mon, May 6-Jun 3 | 9-10 am | \$32/4 | [114949](#)

**Bowen Park Complex**

Wed, Jul 10-31 | 9-10 am | \$32/4 | [116936](#)

Wed, Aug 7-28 | 9-10 am | \$32/4 | [116937](#)

**Bowen Park Lower Picnic Shelter**

## Gentle Restorative Yoga

Experience a blend of gentle yoga poses and breath work to improve your physical and mental well-being. Finish your class with relaxation techniques. This class is great for all ages and abilities.

Instructor: Jane Bockman

Tue, Apr 2-May 28 | 8-9 pm | \$72/9 | [116132](#)

**Oliver Woods Community Centre**



## 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, Apr 5-May 31 | 9-10 am | \$72/9 | [116152](#)

Fri, Jul 5-Aug 30 | 9-10 am | \$72/9 | [116153](#)

**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, Apr 8-29 | 10:15-11:15 am | \$32/4 | [116121](#)

Mon, May 6-Jun 10 | 10:15-11:15 am | \$40/5 | [116122](#)

Mon, Aug 12-26 | 10:15-11:15 am | \$24/3 | [116123](#)

**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, Apr 2-30 | 5:30-6:30 pm | \$40/5 | [116128](#)

Tue, May 7-Jun 11 | 5:30-6:30 pm | \$48/6 | [116129](#)

**Oliver Woods Community Centre**

## Hatha Yoga

This rejuvenating class will release tension from the muscles from everyday life and sports activities. Learn to breathe deeply while experiencing a flow of postures to stimulate the body physically and mentally. Through this practice you enhance flexibility, increase muscle tone and concentration, detoxify the organs and feel a deep state of relaxation.

Instructor: Karen Shortt

Mon, Apr 8-May 13 | 5:30-6:30 pm | \$48/6 | [113653](#)

Mon, May 27-Jun 24 | 5:30-6:30 pm | \$40/5 | [113656](#)

Mon, Jul 8-Aug 26 | 5:30-6:30 pm | \$56/7 | [113657](#)

**Rotary Field House**

Instructor: Melissa Hill D

Thu, Apr 4-May 2 | 10:15-11:15 am | \$40/5 | [116143](#)

Thu, May 9-Jun 13 | 10:15-11:15 am | \$48/6 | [116144](#)

**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, Apr 10-May 22 | 5:30-6:30 pm | \$56/7 | [113660](#)

Wed, May 29-Jul 10 | 5:30-6:30 pm | \$56/7 | [113662](#)

Wed, Jul 17-Aug 28 | 5:30-6:30 pm | \$56/7 | [113663](#)

**Rotary Field House**

Instructor: Amber Neuman-Brochez

Sat, Apr 6-May 4 | 10-11 am | \$40/5 | [116157](#)

Sat, May 11-Jun 15 | 10-11 am | \$48/6 | [116161](#)

**Oliver Woods Community Centre**

## Happy Hips Yoga Series D

Have tight hips? Spend a lot of time sitting? Want to give your hips some extra love? This class is perfect for you. Each week we will integrate one compartment of the hip into a full body and mind yoga practice. You will leave each class with open and happy hips.

Instructor: Heidi Robinson

Wed, Apr 3-May 1 | 10:15-11:15 am | \$40/5 | [116136](#)

**Oliver Woods Community Centre**

## Core and Spine Yoga Series D

Each class will explore a different aspect of your core and spine as well as gently moving your whole body. Enhance stability and flexibility in your spine while building strength and integrity in your core. You will notice the changes and leave class with your body feeling great!

Instructor: Heidi Robinson

Wed, May 8-Jun 12 | 10:15-11:15 am | \$48/6 | [116137](#)

**Oliver Woods Community Centre**

## Men's Yoga

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

Instructor: Gypsy Hart

Tue, Apr 2-30 | 5:15-6:15 pm | \$40/5 | [116126](#)

Tue, May 7-Jun 11 | 5:15-6:15 pm | \$48/6 | [116127](#)

**Oliver Woods Community Centre**

**Please bring your own mat to fitness and yoga classes.**

## 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, Apr 2-May 28 | 6:45-7:45 pm | \$72/9 | [116130](#)

Tue, Jul 2-Aug 27 | 6:45-7:45 pm | \$72/9 | [116131](#)

Oliver Woods Community Centre

## Mat Pilates - Level 1 D

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, Apr 5-May 31 | 10:15-11:15 am | \$72/9 | [116154](#)

Fri, Jul 5-Aug 30 | 10:15-11:15 am | \$72/9 | [116155](#)

Oliver Woods Community Centre

## Yogalates D

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, Apr 3-May 1 | 9-10 am | \$40/5 | [116133](#)

Thu, Apr 4-May 2 | 5:15-6:15 pm | \$40/5 | [116146](#)

Wed, May 8-Jun 12 | 9-10 am | \$48/6 | [116134](#)

Thu, May 9-Jun 13 | 5:15-6:15 pm | \$48/6 | [116148](#)

Wed, Aug 7-28 | 9-10 am | \$32/4 | [116135](#)

Oliver Woods Community Centre

## Chair Yoga D

Yoga is for everybody. Even those who, due to age, inflexibility, or injury, can do a yoga practice completely from a chair. Benefits can include increased flexibility, improved muscle strength, improved balance and coordination. Yoga is know to reduce stress and can help with pain management.

Instructor: Gypsy Hart

Tue, Apr 2-30 | 9:30-10:30 am | \$40/5 | [116124](#)

Thu, Apr 4-May 2 | 9-10 am | \$40/5 | [116139](#)

Tue, May 7-Jun 11 | 9:30-10:30 am | \$48/6 | [116125](#)

Thu, May 9-Jun 13 | 9-10 am | \$48/6 | [116141](#)

Oliver Woods Community Centre

## Minds in Motion

### Alzheimer Society Fitness & Social Program

This is a fitness and social program for people experiencing early stage memory loss. Clients must register and attend with a friend, family member or caregiver. A certified fitness instructor will lead a fitness portion of the class; an Alzheimer Society facilitator supports the social time for the program. One fee for both participants and guest.

Instructor: Jean Medley

Thu, May 2-Jun 6 | 10-11:30 am | \$48/6 | [115533](#)

Thu, May 2-Jun 6 | 1-2:30 pm | \$48/6 | [115534](#)

Thu, Jun 13-Jul 11 | 10-11:30 am | \$40/5 | [115535](#)

Thu, Jun 13-Jul 11 | 1-2:30 pm | \$40/5 | [115536](#)

Beban Park Social Centre

## Reduce Stress & Anxiety NEW!

### With the Alexander Technique

Do you feel stress or anxious? Do easily feel overwhelmed or irritated? Does your body feel tense? Do you have aches and pains? Do you feel fatigued? The Alexander Technique is an embodied approach to increase body awareness, get more connected to yourself and to reduce stress and tension. Integrating this technique into your life helps you to find more calmness, clarity, confidence and improved well-being. Please bring three to four paper back books, and dress in comfortable clothes.

Instructor: Heike Walker

Mon, Apr 8 | 4-6 pm | \$25/1 | [115531](#)

Bowen Park Complex

## Relief for Chronic Back Pain

### Intro to the Alexander Technique

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

Instructor: Heike Walker

Mon, May 6 | 4-6 pm | \$25/1 | [115532](#)

Bowen Park Complex

# 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. Dustin is experienced in helping all ages and demographics and consistently strives to improve his knowledge as a coach.



## BAILEY DIXON:

Personal Trainer

Bailey is new to Personal Training but has over 10 years of experience in the gym. She grew up playing competitive sports like lacrosse, volleyball and basketball. When not in the gym, you can find her at her other job working at a financial institution, enjoying the outdoors with her husband and dog, on the beach, watching movies and travelling.

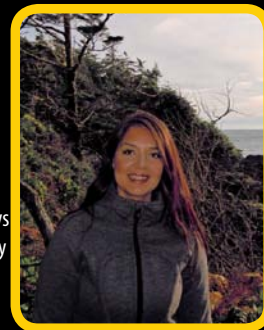


Bailey believes that a healthy lifestyle is much more than just lifting weights. It's about stretching, warming up, eating healthily, and getting necessary rest and enough sleep. Everybody is different, and she loves helping others see and experience what their bodies are capable of with just enough hard work.

## 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. Along with her love of working out and baking, Cindy enjoys taking her dog out for hikes everyday around beautiful Vancouver Island and relaxing with a good book.



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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# 60+ Classes

## Nanaimo Harbour City Seniors MEMBERSHIP INFORMATION

**A Nanaimo Harbour City Seniors' Membership is open to those 60 years and older and is valid for the calendar year. Your membership provides you with access to several free programs with Parks, Recreation and Culture.**

Membership can be purchased at any of our recreation centres, and the annual membership fee is \$46.

### Program areas:

- ARTS & CRAFTS
- MUSIC & SINGING
- FITNESS, YOGA & TAI CHI
- POTTERY
- CARDS & GAMES
- DANCE CLASSES & SOCIALS
- VARIETY OF SPORTS



### Chair Yoga

This is designed for people who experience difficulty doing floor exercise. Enjoy the many benefits of this yoga class, including stretching, relaxing and helping you feel energized.

**Instructor: Russell McNeil**

- Tue, Apr 2-30 | 9-10 am | \$40/5 | [113904](#)
- Tue, May 7-28 | 9-10 am | \$32/4 | [113905](#)
- Tue, Jun 4-25 | 9-10 am | \$32/4 | [113906](#)
- Tue, Jul 2-30 | 9-10 am | \$40/5 | [113984](#)
- Tue, Aug 6-27 | 9-10 am | \$32/4 | [113985](#)

**Bowen Park Complex**

### Gentle Yoga

This is a gentle hatha-style class that focuses on gentle stretches before each pose. This is not a flow class. Please bring your own yoga mat and other yoga accessories you might need.

**Instructor: Heather Honey**

- Fri, Apr 5-26 | 9:45-10:45 am | \$32/4 | [116680](#)
- Fri, Apr 5-26 | 11 am-12 pm | \$32/4 | [114669](#)
- Fri, May 3-31 | 9:45-10:45 am | \$32/4 | [116692](#)
- Fri, May 3-31 | 11 am-12 pm | \$32/4 | [114670](#)
- Fri, Jun 7-18 | 9:45-10:45 am | \$32/4 | [116694](#)
- Fri, Jun 7-18 | 11 am-12 pm | \$32/4 | [114672](#)

**Nanaimo Ice Centre Lounge**

- Fri, Jul 5-26 | 11 am-12 pm | \$32/4 | [115438](#)
- Fri, Aug 9-30 | 11 am-12 pm | \$32/4 | [115440](#)

**Bowen Park Tennis Wall (outside)**

**Find out more about membership:**  
For more information, call 250-755-7501, pick up the Harbour City Seniors Newsletter or view the newsletter online at [www.nanaimo.ca](http://www.nanaimo.ca).

**Please bring your own mat to fitness and yoga classes.**



## Kundalini Yoga

Come and activate your Shakti (energy)! Join in 75 minutes of joy while we incorporate pranayama (breath work), chanting, singing and energetic repetitive yoga poses. This class is accessible to all fitness levels. Prepare to leave feeling balanced and invigorated.

Instructor: Michelle Krascek

Wed, Apr 3-May 8 | 5:15-6:30 pm | \$48/6 | [114683](#)

Wed, May 15-Jun 12 | 5:15-6:30 pm | \$40/5 | [114684](#)

**Oliver Woods Community Centre**

## Restorative Yin Fusion with Sound

Come and enjoy a reduction in both emotional and physical discomfort. We will combine the practice of mindful breathing and slow, easy and long-holding yoga poses to invite your body to relax. The addition of various tuning and musical instruments will help to deepen the experience. You are sure to leave feeling relaxed in both body and mind.

Instructor: Michelle Krascek

Wed, Apr 3-24 | 10:30-11:45 am | \$32/4 | [115168](#)

Wed, May 1-29 | 10:30-11:45 am | \$40/5 | [115173](#)

Wed, Jun 5-26 | 10:30-11:45 am | \$32/4 | [115174](#)

**Bowen Park Complex**

## Sound Bath & Meditation

Get prepared to settle in to rest during this guided meditation class. Bring a mat, pillow and blanket, and take time to join others in meditation. Feel the vibration bringing your body back to balance. A series of music, tuning and sound instruments are layered through the class helping to deepen your rest.

Instructor: Michelle Krascek

Wed, Apr 3-24 | 12-1 pm | \$32/4 | [114297](#)

Wed, May 1-29 | 12-1 pm | \$40/5 | [114299](#)

Wed, Jun 5-26 | 12-1 pm | \$32/4 | [114303](#)

**Bowen Park Complex**

Wed, Apr 3-May 8 | 6:45-7:45 pm | \$48/6 | [114306](#)

Wed, May 15-Jun 12 | 6:45-7:45 pm | \$40/5 | [114310](#)

**Oliver Woods Community Centre**

## Seated Sound & Yoga

Come and hear what all the buzz is about! Enjoy sound incorporated into this slow stretching class. You are encouraged to explore different ranges of motion from a safe place, seated in chairs. By prioritizing mobility in all joints, you can be sure to experience a reduction in joint pain and increased flexibility - not to mention, feeling reset and relaxed from the musical vibes.

Instructor: Michelle Krascek

Wed, Apr 3-May 8 | 4-5 pm | \$48/6 | [114254](#)

Wed, May 15-Jun 12 | 4-5 pm | \$40/5 | [114257](#)

**Oliver Woods Community Centre**

## Yoga and Massage for Joint Pain Workshop NEW!

Is a mysterious pain in your muscles and joints compromising your ability to move? In this unique course, we will talk about arthritis, where it forms and why and how we can dissolve the calcium crystals through yoga and massage movements. We will use diagrams, advanced massage techniques, massage tools and gentle yoga movements to address pain.

Instructor: Elise LaDouceur

Sa/Su, Apr 27-28 | 1-5 pm | \$72/2 | [116857](#)

Sa/Su, May 18-19 | 1-5 pm | \$72/2 | [116859](#)

Sa/Su, Jun 22-23 | 1-5 pm | \$72/2 | [116860](#)

**Bowen Park Complex**

## 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: Thomas Michaud

Wed, Apr 3-May 1 | 10:30 am-12 pm | \$40/5 | [113898](#)

Wed, May 15-Jun 26 | 10:30 am-12 pm | \$56/7 | [113901](#)

**Rotary Field House**

## 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, Apr 4-May 2 | 11 am-12:15 pm | \$40/5 | [114101](#)

Thu, May 16-Jun 13 | 11 am-12:15 pm | \$40/5 | [114102](#)

**Oliver Woods Community Centre**

## Nordic Walking - Beginner NEW!

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.

Sat, Apr 13-27 | 10-11:30 am | \$50/3 | [115987](#)

Sat, Jun 1-15 | 10-11:30 am | \$50/3 | [115988](#)

**Beban Park Social Centre**



## 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: Brian Sugiyama

Tue, Apr 2-30 | 10:30-11:30 am | \$40/5 | [113963](#)

Wed, Apr 3-24 | 10:30-11:30 am | \$32/4 | [115396](#)

Tue, May 7-28 | 10:30-11:30 am | \$32/4 | [113966](#)

Wed, May 1-29 | 10:30-11:30 am | \$40/5 | [115432](#)

Wed, Jun 5-26 | 10:30-11:30 am | \$32/4 | [115433](#)

Tue, Jun 4-25 | 10:30-11:30 am | \$32/4 | [113968](#)

Wed, Jul 10-31 | 10:30-11:30 am | \$32/4 | [115434](#)

Tue, Jul 9-30 | 10:30-11:30 am | \$32/4 | [113969](#)

Wed, Aug 7-28 | 10:30-11:30 am | \$32/4 | [115435](#)

Tue, Aug 6-27 | 10:30-11:30 am | \$32/4 | [113970](#)

**Bowen Park Complex**

Thu, Apr 4-May 16 | 10:30-11:30 am | \$40/5 | [113973](#)

Thu, May 23-Jun 27 | 10:30-11:30 am | \$48/6 | [113975](#)

Thu, Jul 11-Aug 1 | 10:30-11:30 am | \$32/4 | [113977](#)

Thu, Aug 8-29 | 10:30-11:30 am | \$32/4 | [117903](#)

**Beban Park Social Centre**

## Balance & Mobility

Balance, movement and mobility - the three steps you need to maintain a healthy lifestyle. This class will assist participants in improving balance. The instructor will lead you through easy exercises to improve stability and potentially prevent falls. The workouts assist in improving posture, muscle strength, speed, sharpening reflexes, expanding flexibility and firming your core. The instructor may give tips for fall-proofing your home.

Instructor: Russell McNeil

Wed, Apr 3-May 1 | 3-4 pm | \$40/5 | [114078](#)

Wed, May 8-Jun 12 | 3-4 pm | \$48/6 | [114079](#)

Wed, Jul 3-31 | 3-4 pm | \$40/5 | [114082](#)

Wed, Aug 7-28 | 3-4 pm | \$32/4 | [114083](#)

**Oliver Woods Community Centre**

Instructor: Michelle Krascek

Mon, Apr 15-May 20 | 4-5 pm | \$40/5 | [119886](#)

Mon, Jun 3-24 | 4-5 pm | \$32/4 | [119996](#)

**Bowen Park Auditorium**

## 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, Apr 6-27 | 9-10 am | \$32/4 | [114087](#)

Sat, May 4-Jun 29 | 9-10 am | \$56/7 | [114093](#)

Sat, Jul 6-27 | 9-10 am | \$32/4 | [114090](#)

**Bowen Park Complex**



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# THURSDAY MUSICAL ENTERTAINMENT

Harbour City Members: \$2, Non-Members: \$4

You're invited to listen to some local talent at Bowen Complex on select Thursdays throughout the year. There is no age restriction and no need to pre-register. Just drop-in and pay at the Bowen Park office before the event begins.

Doors open at 12:45 pm, and the music begins at 1:30 pm. Tea, coffee and a mixture of cookies and treats will be served after.

Parking is free and there are several handicap spots available close to the entrance.



*All Ages Welcome!*

## APRIL 18 - "Kyle Shepard"

Kyle performs an eclectic selection of sing-along hits from the 20s to the 90s, including country, jazz, pop, swing, soul and rock & roll classics. Come along to sing, clap, dance, or nap, for smiles shall abound, and toes are sure to tap!

## MAY 9 - "Harbour City Singers"

The one-hour program celebrates spring and Canadian choral music with a variety of songs, including Newfoundland folk songs. The concert will conclude with a medley of well-known Broadway showstopper songs.

## MAY 30 - "Songsters Choir Group"

Come and join the Songsters for a musical journey - song selections through a century of upbeat melodies and joyful tunes and sing-a-longs. They aim to put a spring in your step and a song in your heart!

## JUNE 13 - "Silver and Gold Band"

Anthony Seufert will play a variety of accordion and fiddle favourites, some 50s and 60s rock & roll songs, and he'll add a few Latin American tunes in as well.

## JULY 18 - "Silver and Gold Band"

Anthony Seufert returns with his accordion and fiddle tunes, 50s and 60s rock & roll and Latin American favourites.

## AUGUST 22 - "Summer BBQ and Entertainment"

Enjoy a hamburger straight off the grill! While you eat, you'll be entertained with some old time rock & roll music. You must register by August 8 for this event ([115258](#)). Members: \$20; Non-Members: \$24

## Argentine Tango

Argentine Tango is a very romantic dance suitable for all ages. Come join this new group of keen dancers who want to learn more about this dance. \*Nanaimo Harbour City Seniors enjoy this course as part of their membership. No formal instruction is provided.

Tue, Apr 2-Aug 27 | 6:30-9 pm | \$44/22 | [113341](#)  
Bowen Park Complex

## Tap Dance - Level 1

For those new to tap dance or are looking for a refresher, come join the fun and advance at your own pace. Tap shoes are required.

Instructor: Melanie Kirk  
Mon, Apr 8-May 13 | 10:15-11:15 am | \$48/6 | [113345](#)  
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, Apr 8-May 13 | 11:30 am-12:30 pm | \$48/6 | [113347](#)  
Bowen Park Complex

## Dance for the Mind

This class is designed for older adults with various stages of dementia or those with significant physical or cognitive challenges. It focuses on dance as a medium of non-verbal communication to enhance physical, mental and well-being. The connection to music is as important and relevant as the dance itself to stimulate the brain and memories. The gentle movements are designed to promote pleasure, health and the enjoyment of sharing dance. Family members or personal support workers are required for this class.

Instructor: Ivana Ho  
Mon, Apr 15-May 17 | 10:45-11:45 am | \$48/6 | [118566](#)  
Bowen Park Complex

## Grand Camp **NEW!**

### 6 to 12 Years

Join us for a week of laughter and shared adventures where grandparents and grandkids can create memories together. Explore a range of activities, such as pottery, science experiments, lawn bowling and so much more! \*Only register grandkids; grandparents included.

M-F, Jul 22-26 | 9:30 am-12:30 pm | \$150/5 | [115826](#)  
M-F, Aug 19-23 | 9:30 am-12:30 pm | \$150/5 | [116151](#)  
Bowen Park Complex

# 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 You

Wed, May 1 | 12:30-3:30 pm | FREE

Wed, Jun 5 | 12:30-3:30 pm | FREE

Tue, Jul 2 | 9 am-12 pm | FREE

Tue, Aug 6 | 9 am-12 pm | FREE

**Bowen Park Complex**



### Bowen Park Library

Those interested in borrowing books are welcome to visit our library. You can borrow books at no charge, but 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**



### Stroll with a Pro

Walk with one of our local biologists to discover:

#### BIRDS OF PREY

Sun, Apr 28 | 10-11:15 am | FREE | [116938](#)

Tue, May 14 | 6-7:15 pm | FREE | [116940](#)

**Buttertubs Marsh (Miner's Cottage)**

#### TURTLES

Tue, Jun 4 | 6-7:15 pm | FREE | [118381](#)

**Buttertubs Mark (Miner's Cottage)**

Sat, Jun 15 | 10-11:15 am | FREE | [116948](#)

**Diver Lake Park**



The following workshops are provided courtesy of instructors Helena Brenner, Clinic Nurse Educator & Reid Coleman, B.Kin with HME Home Health

### Stay Healthy & Active As We Age

You can work towards a healthy heart and strong bones through safety, nutrition and physical activity to improve overall well-being, reduce the risk of heart disease and falls and enhance your overall quality of life. It's never too late to make positive changes. Coffee/tea/treats will be provided.

Wed, Mar 27 | 1:30-2:30 pm | FREE | [109891](#)

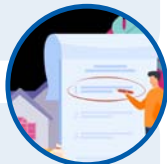
**Bowen Park Complex**

### Being Proactive, Aging at Home

Join us for an 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.

Wed, May 1 | 1:30-2:30 pm | FREE | [115260](#)

**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, May 8 | 1:30-2:30 pm | FREE | [115344](#)

Wed, Aug 14 | 1:30-2:30 pm | FREE | [117064](#)

**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: \$9/time

Wed, Apr 3, May 1, Jun 5 | 10-11 am | [113895](#)

**Oliver Woods Community Centre**



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# Pool Programs

## SWIM LESSONS • LIFEGUARDING • FITNESS • TRAINING

With a variety of swim lessons, aquatic training and water sports for children, youth and adults, we make swimming easy and fun. Our trained aquatics staff will assist you in choosing the right program to meet your needs.



### Pool Special Events

Join us for some fun for the whole family!  
(Regular admission applies.)

#### Super Hero Swims

Join us for a swim full of super heroes! Our staff will dress up, and there will be activities for the whole family.

Friday, March 15 • 6-8 pm • Nanaimo Aquatic Centre

Friday, March 22 • 6-8 pm • Nanaimo Aquatic Centre

#### Wear Your Lifejacket to Work Day

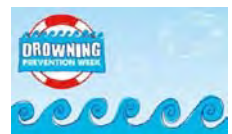
Wear your lifejacket that day and post on social media [wearyourlifejacketatworkday](#) #wearyourlifejacket  
Friday, May 17

#### Safe Boating Awareness Week

Saturday to Friday, May 18-24

#### National Drowning Prevention Week

Sunday to Saturday, July 21-27



#### End of Summer Splash

Thursday, August 29 • 4-8 pm • Beban Park Pool



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

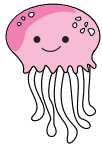
You must be a minimum of 16 years old, hold a current CPR C, National Lifeguard Pool Certificate and a Lifesaving Swim Instructor Certification.

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

## 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 6 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 6-14 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/Rookie Patrol

- Front and back crawl and breaststroke mastery
- Lifesaving: victim recognition and ready position
- First Aid: primary assessment and calling EMS



### Swimmer 8/Ranger Patrol

- Eggbeater kick and object support
- First Aid: obstructed airway, checking breathing; shock
- Removing conscious victim



### Swimmer 9/Star Patrol

- 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 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](http://recreation.nanaimo.ca)
- Provide the clerk with the level and your choice of dates
  - Search for swim lessons in [recreation.nanaimo.ca](http://recreation.nanaimo.ca) using a key word(s) in the search field (Jellyfish, for example)



# Spring 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.*

<b>MON &amp; WED</b> <b>Beban Pool</b>  <b>SET 1: April 3-May 1</b> <b>SET 2: May 6-June 5</b>	<b>TUE &amp; THU</b> <b>Beban Pool</b>  <b>SET 1: April 2-May 2</b> <b>SET 2: May 7-June 6</b>
------------------------------------------------------------------------------------------------------------	------------------------------------------------------------------------------------------------------------

		6:30 am	7:00 am	7:30 am	8:00 am	8:30 am	9:00 am	9:30 pm	10:00 am	10:30 am	3:00 pm	3:30 pm	3:45 pm	4:00 pm	4:30 pm	5:00 pm	5:30 pm	6:00 pm	6:30 pm	3:00 pm	3:30 pm	4:00 pm	4:30 pm	5:00 pm	5:30 pm	6:00 pm	6:30 pm	7:00 pm
Parent Participation	Jellyfish					x																						
	Goldfish						x																					
	Seahorse				x			x																				
Preschool Prog. (3-5 yrs)	30 Min. Classes																											
	Octopus					x			x			x		x	x	x							x		x			
	Crab		x				x		x					x	x		x	x						x		x	x	
	Orca	x					x		x	x					x				x						x		x	
	Sea Lion											x					x						x				x	
	Narwhal												x									x						
	Private		x	x	x			x	x		x																	
School Ages Program (6-13 yrs)	Swimmer 1															x	x				x	x		x	x		x	
	Swimmer 2	x												x				x	x	x		x			x	x		x
	Swimmer 3				x							x	x					x					x					
	Swimmer 4													x								x						
	45 Min.																											
	Swimmer 5											x											x					x
	Swimmer 6																											x
	60 Min.																											
	Swimmer 7																											
Swimmer 8/9																												



# Spring 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.*

		FRI Beban Pool April 5-June 7											SAT Beban Pool April 6-June 8						SUN Beban Pool April 7-June 9													
		3:00 pm	3:30 pm	4:00 pm	4:30 pm	5:00 pm	5:15 pm	5:30 pm	5:45 pm	6:00 pm	6:15 pm	6:30 pm	6:45 pm	9:00 am	9:30 am	10:00 am	10:15 am	10:30 am	11:00 am	11:30 am	12:00 pm	12:30 pm	12:45 pm	1:00 pm	1:30 pm	2:00 pm	2:30 pm	3:00 pm	3:15 pm	3:30 pm	4:00 pm	4:30 pm
Parent Participation	Jellyfish																		X				X		X							
	Goldfish													X				X		X					X					X		
	Seahorse														X	X					X											X
Preschool Prog. (3-5yrs)	30 Min. Classes																															
	Octopus	X				X		X		X	X				X		X		X			X			X					X		
	Crab			X	X	X							X	X	X		X				X			X						X		
	Orca		X			X		X	X					X				X				X			X							X
	Sea Lion											X			X			X				X			X							
School Ages Program (6-13 yrs)	Narwhal										X				X							X							X			
	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	
	45 Min.													X									X	X						X		
	Swimmer 5															X						X			X				X			
	Swimmer 6														X	X						X	X		X		X					
	60 Min.														X										X							
	Swimmer 7														X										X							
	Swimmer 8																		X												X	
Swimmer 9																		X													X	



## Pre-Registered Aquafit NEW!

### 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, Mar 31-May 5 | 8:15-9 am | \$37/6 | [116792](#)

Thu, Apr 4-May 9 | 7:45-8:30 pm | \$37/6 | [116794](#)

Sun, May 12-Jun 16 | 8:15-9 am | \$37/6 | [116793](#)

Thu, May 16-Jun 20 | 7:45-8:30 pm | \$37/6 | [116796](#)

Beban Park Pool





# Spring 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 SET 1: April 8-May 1 SET 2: May 6-June 5 (no lesson May 20)			TUE Nanaimo Aquatic Centre April 2-June 4				THU Nanaimo Aquatic Centre April 11-June 6						
		SET 1		SET 2											
		8:00 am	9:30 am	10:00 am	8:00 am	9:30 am	10:00 am	9:45 am	10:15 am	11:00 am	7:45 pm	9:45 am	10:15 am	11:00 am	8:00 pm
Parent Participation	Jellyfish					x									
	Goldfish	x													
	Seahorse		x		x										
Preschool Prog. (3-5yrs)	Octopus														
	Crab			x											
	Orca						x								
	Sea Lion														
School Ages / Teen Adult Program (6-13 yrs/Teen & Adult)	Narwhal														
	Swimmer 1							x				x			
	Swimmer 2							x				x			
	Swimmer 3							x				x			
	Swimmer 4								x				x		
	45 Min. Swimmer 5								x				x		
	Swimmer 6								x				x		
1hr Teen/Adult 1									x	x			x	x	

## Junior Lifeguard Club Camp **NEW!** 8 to 13 Years

Join this exciting skills camp which takes you in, on and around the water! Develop new lifesaving skills and learn attitudes that could one day save your life or someone else's. Focus on fun, teamwork and skill development with games and a variety of activities themed around lifesaving, lifeguarding and first aid. A must for those who are looking for more than lessons. (Minimum Swimmer 4 level or have successfully completed the Swim to Survive Challenge.)

M-F, Jul 15-19 | 12:30-4:30 pm | \$175/5 | [116832](tel:116832)  
Westwood Lake Park (first beach)

## Lifesaving Sport Camp - **NEW!** Fundamental Levels 3-5

10 to 15 Years

Lifesaving Sport is the only sport in the world where participants first learn the skills for humanitarian purposes and later use those skills in competition. The International Olympic Committee (IOC) and the Commonwealth Games Federation both recognize the International Life Saving Federation (ILS) as the world governing body for Lifesaving Sport. The Lifesaving Society represents Canada and is the governing body for Lifesaving Sport Canada. It promotes competition as a training incentive and a showcase for the abilities and professionalism of our lifeguards. (Minimum Swimmer 4 level or have successfully completed the Swim to Survive Challenge.)

M-F, Jul 22-26 | 12:30-4:30 pm | \$175/5 | [116827](tel:116827)  
Westwood Lake Park (first beach)

## Summer Camps at Westwood Lake Park

### Merfolk Camp

8 to 12 Years

Do you enjoy the water? Feel like you could live under the sea? Join others in this fun camp adventure as you transform your feet into fins and swim like the merfolk and dolphins! Who says dreams have to stay dreams? Come channel your desire to join the life under the sea! Enjoy creating new treasures and playing games with our fun aquatic leaders. (Minimum Swimmer 4 level to participate.)

M-F, Jul 8-12 | 12:30-4:30 pm | \$150/5 | [116814](tel:116814)

M-F, Aug 12-16 | 12:30-4:30 pm | \$150/5 | [116815](tel:116815)

Westwood Lake Park (first beach)

### Survivor Skills Challenge Camp

8 to 12 Years

Young castaways! Embark on an incredible journey in an effort to outwit, outplay and outlast one another. Compete for the ultimate prize and bragging rights. Join us for a week of challenges in, on and around the water. This program includes one hour of swimming lessons each day. (Participants must be at a level Swimmer 4 ability or have successfully completed the Swim to Survive Challenge.)

M-F, Jul 29-Aug 2 | 12:30-4:30 pm | \$150/5 | [116816](tel:116816)

Westwood Lake Park (first beach)



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# Summer Lessons - Beban Pool & Westwood Lake

*\*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-FRI Beban Pool

SET 1: July 22-Aug 2  
SET 2: August 6-16 (no lesson Aug 5)  
SET 3: August 19-30

		8:30 am	9:00 am	9:30 am	10:00 am	5:00 pm	5:30 pm	6:00 pm	6:30 pm
Parent Participation	Jellyfish								
	Goldfish								
	Seahorse			x					x
Preschool Prog. (3-5yrs)	Octopus	x				x			
	Crab		x				x		
	Orca			x				x	
	Sea Lion				x				x
	Narwhal				x				x
School Ages Program (6-13 yrs)	Swimmer 1	x	x	x			x		
	Swimmer 2	x			x	x		x	
	Swimmer 3		x						
	Swimmer 4				x				
	Swimmer 5					x			
	Swimmer 6					x			
	Swimmer 7							x	
	Swimmer 8/9							x	

## MON-FRI Westwood Lake

SET 1: July 8-19  
SET 2: July 22-August 2  
SET 3: August 6-16 (no lesson Aug 5)  
SET 4: August 19-30

		5:00 pm	5:30 pm	6:00 pm	6:30 pm
School Ages Program (6-13 yrs)	Swimmer 1		x		x
	Swimmer 2		x		x
	Swimmer 3	x		x	
	Swimmer 4	x		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.

## Junior Lifeguard Club

8 to 13 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, Mar 26-May 14 | 6-7:30 pm | \$76/8 | 117086

Nanaimo Aquatic Centre

**Volunteer community hours available April 13, 12-6 pm at the LSS Sport Meet as a way to see what competitive lifeguarding is all about! Your coach will provide more details on the first day of class.**



# Summer Lessons

*\*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-FRI Nanaimo Aquatic Centre July 2-12							MON-FRI Nanaimo Aquatic Centre July 15-19							SAT Nanaimo Aquatic Centre/Beban July 6-August 24 (no lesson Aug 3)					SUN Nanaimo Aquatic Centre/ Beban July 7-August 25 (no lesson Aug 4)								
		8:30 am	9:00 am	9:30 am	10:00 am	5:00 pm	5:30 pm	6:00 pm	6:30 pm	8:30 am	9:00 am	9:30 am	10:00 am	5:00 pm	5:30 pm	6:00 pm	6:30 pm	8:30 am	9:00 am	9:30 am	10:00 am	10:30 am	11:00 am	4:00 pm	4:30 pm	5:00 pm	5:30 pm	6:00 pm	6:30 pm
Parent Participation	Jellyfish				x															x									
	Goldfish							x																			x		
	Seahorse			x					x											x						x			
Preschool Prog. (3-5yrs)	30 Min. Classes	Octopus	x			x												x			x			x			x		
		Crab		x				x												x			x						x
		Orca			x				x												x						x		
		Sea Lion								x																	x		
		Narwhal								x																	x		
School Ages Program (6-13 yrs)	45 Min.	Swimmer 1	x	x		x	x	x										x	x		x		x	x	x		x		
		Swimmer 2	x				x												x			x						x	
		Swimmer 3			x			x												x	x						x		x
		Swimmer 4		x		x																x						x	
		Private									x	x	x	x	x	x	x	x											
	60 Min.	Swimmer 5																					x						
		Swimmer 6																					x						
		Swimmer 7																										x	
		Swimmer 8/9																										x	

## LSS Sport Fundamentals (5-Level Progression)



### 8 to 13 Years

These courses offer recreational introduction to lifesaving sport skills while teaching team building, fair play, ethics in sport and personal responsibility.

- **Level 1: PLAY FAIR** is the underlying principle emphasized in this level. Participants practice in-water starts, jump starts from the deck, stroke development and Lifesaving Sport Skills.
- **Level 2: RESPECT FOR OTHERS** is a key theme in this level. Participants practice 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:** where participants set goals while mastering skills like relay transitions, flip turns, stroke development, swimming with fins and more.
- **Level 4:** where participants set more goals and learn how to STAY HEALTHY. Skills include dive starts from a starting block, turns, 50-metre sprints, advanced throwing accuracy, advanced rescue tube and manikin towing skills.
- **Level 5:** where participants learn about the importance of GIVING BACK. Skills include racing starts from a starting block, relay transitions and more.

### Lifesaving Sport 1 & 2

Thu, Mar 28-May 16 | 6-6:45 pm | \$76/8 | [117070](#)

### Lifesaving Sport 3-5

Thu, Mar 28-May 16 | 6:45-7:45 pm | \$76/8 | [117077](#)

Nanaimo Aquatic Centre

**Volunteer community hours available April 13, 12-6 pm at the LSS Sport Meet as a way to see what competitive lifeguarding is all about!**  
Your coach will provide more details on the first day of class.



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# Join the Team! Be 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.

**START HERE!**

**Bronze Medallion**  
prerequisite: 13 years or Bronze Star

**Bronze Cross**  
prerequisite: Bronze Medallion

**Standard First Aid (SFA)**  
prerequisite: 15 years

**National Lifeguard**  
prerequisites: 15 years, Bronze Cross, SFA

**Swim for Life Instructor**  
prerequisites: 15 years, Bronze Cross

**LIFEGUARD!**











### CAREER OPPORTUNITIES:




[www.nanaimo.ca/your-government/careers/job-postings](http://www.nanaimo.ca/your-government/careers/job-postings)

# Aquatic Leadership Classes

## Advanced Aquatic Courses

Course	Dates	Time	Fee	Location	Course ID	
Bronze Medallion	Apr 6-May 4	12:30-5 pm	\$199	Beban	116687	
	Jul 2-6	4:30-9 pm	\$199	NAC	116887	
	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: Bronze Star (does not have to be current) and be 13 years of age (by last day of the course). 100% attendance is mandatory for completion.					
Bronze Cross	May 25-Jun 22	12:30-5 pm	\$195	Beban	117041	
	Aug 6-10	4:30-9 pm	\$195	Beban	116931	
	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.					
Bronze Medallion & Bronze Cross Combo	Aug 19-30	12:30-5 pm	\$325	Westwood	116850	 
Standard First Aid (see page 57 for more details)	Apr 20-21	9 am-5:30 pm	\$177	Beban	116281	
	Jun 22-23	9 am-5:30 pm	\$177	Beban	116955	
	Aug 24-25	9 am-5:30 pm	\$177	Beban	116034	
	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	Mar 11-22	12:30-5:30 pm	\$499	NAC	101269	
	Jul 8-19	4-9 pm	\$499	NAC	106932	
	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.					
National Lifeguard Waterfront	June 24-27	9 am-3:30 pm	\$270	Westwood	117092	
Swim for Life Instructor	Aug 19-30	12:30-5:30 pm	\$450	NAC	116939	
	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.					

## Recertification Courses

Course	Dates	Time	Fee	Location	Course ID	
National Lifeguard	Apr 6	9 am-6 pm	\$120	NAC	116933	
	Jun 8	9 am-6 pm	\$120	NAC	116934	
	Proof of previous certifications: NL Pool, CPR C and AMOA (need not be current)					
Lifesaving Instructor	June 1	8:30 am-1 pm	\$120	NAC	116943	
	Sep 6	4:30-9 pm	\$120	Beban	116941	
NL Waterfront	Sep 7	9 am-6 pm	\$120	Westwood	117096	

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: Starting in April 2024, 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](http://recreation.nanaimo.ca) for availability.

#### RecFigure Skate - Child/Teen

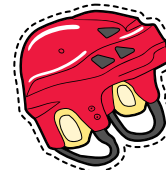
##### 6 to 16 Years

A small group session focusing on developing specific figure skating skills, such as jumps, spins and field moves, as well as continuing to develop the basics of skating. Skaters should have passed a minimum of RecSkate 5 before registering. Completion of RecSkate program or equivalent is preferred.

#### RecSkate - Pre-Teen/Teen

##### 12 to 17 Years

Skating and more! Join your friends at these lessons that teach all levels of skating skills. This program offers an introduction to arenas, including lesson teaching, skate patrol, safety and a facility tour. This is a great bridge to our LIT and Quest programs.



# Skating Lesson Information

## SKATING EQUIPMENT

- Skate Rentals are \$2 per pair per lesson (please pay for skate rentals at time of registration).
- Helmets, mitts/gloves are mandatory for all skaters. We do have helmets for you to use, but bring your own helmet if you have one, as we have a limited number available.

## LESSON TIMES AND PRICES

LESSON	LENGTH OF LESSON	COST PER CLASS
Boots to Blades 1 & 2	30 minutes	\$8.50
RecSkate (3-5 yrs)	30 minutes	\$8.50
RecSkate (6-11 yrs)	45 minutes	\$12
RecFigure Skate	45 or 60 minutes	\$13/hr or \$12 for 45 min
Various RecSkates (pre-teen/teen)	60 minutes	\$13
Private RecSkate (all ages) *	30 minutes	\$28

\*For private RecSkate lessons, specific coach requests may be accommodated by calling 250-756-5215.

## CUSTOM PRIVATE SKATING LESSONS

- Let us customize skating lessons to fit your schedule and your skill level. Cost is \$28 for a 30-minute lesson. Call Alli, Arenas Coordinator, at 250-755-7536 for details.



## DO YOU REQUIRE ADDITIONAL SUPPORT?

- If you require any accommodations or additional support, please contact our Arenas Coordinator at 250-755-7536.

## DROP-IN SESSIONS

- Check out our drop-in options on page 12-13 or check our online schedule at [recreation.nanaimo.ca](http://recreation.nanaimo.ca).



# GLOW IN THE DARK *Skates*

**SKATE IN OUR ATMOSPHERE OF DIMMED LIGHTING AND SPECIAL EFFECTS!**

**Held on Sundays, 3-4:30 pm**

- April 21 (Cliff McMabb)
- May 19 (Cliff McNabb)
- June 16 (Cliff McNabb)
- July 21 (Nanaimo Ice Centre)
- August 18 (Nanaimo Ice Centre)

# STARLIGHT *Skate*

This is a great way to escape the hustle and bustle while enjoying lap skating with our soft light stars and passive LED lighting. Perfect time for couples and families to get some exercise with friends.

*Regular admission rates apply.*

**Held on Wednesdays, 6:30-8 pm**

- April 3 (Frank Crane) • May 1 (Frank Crane)
- June 5 (Nanaimo Ice Centre)
- July 3 (Nanaimo Ice Centre)
- August 7 (Nanaimo Ice Centre)



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# 2024/25 SCHOOL LESSONS

## Teachers & Educators

### Skating Lessons for Your Class

- Lessons available at Nanaimo Ice Centre and Frank Crane Arena September through March.
- Sessions are 45 minutes in duration consisting of a 30-minute lesson and 15 minutes of free time.
- Skate and helmet rentals are included.
- Bookings are ongoing.

Contact our Arenas Program Assistant at 250-755-7537.



# LIONS FREE SKATE



Held Sundays at Frank Crane Arena

Held every Sunday, 12-1:30 pm until March 26

Held 11 am-12:30 pm on March 12 and cancelled on March 19

The Lions Club is pleased to be offering FREE skating to Nanaimo residents. Thank you to our program sponsors:



- Alexandra's Bistro
- Brechin Lanes
- BMO Nesbitt Burns
- Chris Martin, RE/MAX of Nanaimo
- Haarsma Waste Innovations
- Little Valley Restorations and Collision
- Nanaimo Hearing Clinic
- Roto Rooter
- Widsten Property Management Services

# Skating Lessons

30 min lesson = 2-5 years • 45 min lesson = 6-11 years • 30 min private lessons

Monday, Apr 8-May 6 • 5 lessons • Frank Crane Arena

3:30-4 pm	Boots 1 112918	Boots 2 112937	Rec 1 112956	Rec 2 112987	Rec 3 113464	Rec 4 113522	Private 114526
4-4:45 pm	Rec 1 112973	Rec 2 113005	Rec 3 113492	Rec 4 114355	Rec 5 114370	Private 4-4:30 pm 114527	
4:45-5:15 pm	Boots 1 112919	Boots 2 112938	Rec 1 112957	Rec 2 112988	Rec 3 113465	Rec 4 113523	Private 114528
5:15-6 pm	Rec 1 112974	Rec 2 113006	Rec 3 113493	Rec 4 114356	Rec 6/7 114515	RecFigure 114875	
6-6:30 pm	Boots 1 112920	Boots 2 112939	Rec 1 112958	Rec 2 112989	Private 114529	Private 114530	
6:45-7:45 pm	Teen 114865	Adult RS 114857	Private 6:45-7:15 pm 114531	Private 6:45-7:15 pm 114532	Private 6:45-7:15 pm 114533		
7:15-7:45 pm	Private 114534	Private 114535	Private 114536				

Wednesday, Apr 3-May 8 • 6 lessons • Cliff McNabb Arena

12:30-1 pm	Private 114560	Private 1-1:30pm 114561					
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Thursday, Apr 4-May 9 • 6 lessons • Frank Crane Arena

3:30-4:15 pm	Rec 1 114478	Rec 2 114493	Rec 3 114500	Rec 4 114507	Rec 5 114511	Rec 6/7 114518	Private 3:30-4 pm 114564
4:15-4:45 pm	Boots 1 114419	Boots 2 114428	Rec 1 114460	Rec 2 114490	Rec 3 114497	Rec 4 114504	Private 114565
4:45-5:30 pm	Hockey Ras. 114891	Everyone Can Play 114894					
5:30-6:30 pm	Teen 114868	Adult RS 114858	RecFigure 114880	Private 5:30-6 pm 114566	Private 5:30-6 pm 114567	Private 6-6:30 pm 114568	Private 6-6:30 pm 114569

Friday, Apr 5-May 10 • 6 lessons • Frank Crane Arena

9:30-10 am	Boots 1 112927	Rec 1 112965	Rec 3 113484	Rec 4 113530	Ad. Pract. 9:30-10:30 am 114863	Private 114734	
10-10:30 am	Boots 2 112946	Rec 2 112997	Private 114735	Adult RS 10:30-11:30 am 114861	Adult Adv. 10:30-11:30 am 114873		

Saturday, Apr 6-May 11 • 6 lessons • Frank Crane Arena

9-9:45 am	Rec 1 112979	Rec 2 113455	Rec 3 113507	Rec 4 114361	Rec 5 114378	Private 9-9:30 am 114742	
9:15-9:45 am	Boots 1 112929	Boots 2 112948					
9:45-10:15 am	Boots 1 112930	Boots 2 112949	Rec 1 112967	Rec 2 112999	Rec 3 113486	Rec 4 113533	Private 114743
10:30-11:15 am	Rec 1 112980	Rec 2 113457	Rec 3 113508	Rec 4 114362	Rec 6/7 114521	RecFigure 114878	Private 10:30-11 am 114744
11:15-11:45 am	Boots 1 112931	Boots 2 112950	Rec 1 112968	Rec 2 113000	Rec 3 113487	Rec 4 113534	Teen 11:15am-12:15p 114870
11:45 am-12:15 pm	Private 114745	Private 114746	Private 114747	Private 114748	Private 114749		

SET ONE



**REGISTER EARLY to avoid DISAPPOINTMENT!**

(low registration may lead to course cancellation)





# Skating Lessons

30 min lesson = 2-5 years • 45 min lesson = 6-11 years • 30 min private lessons

Monday, May 27-Jun 24 • 5 lessons • **Nanaimo Ice Centre**

3:30-4 pm	Boots 1 112921	Boots 2 112940	Rec 1 112959	Rec 2 112990	Rec 3 113467	Rec 4 113524	Private 114538
4-4:45 pm	Rec 1 112975	Rec 2 113007	Rec 3 113497	Rec 4 114357	Rec 5 114376	Private 4-4:30 pm 114539	
4:45-5:15 pm	Boots 1 112922	Boots 2 112941	Rec 1 112960	Rec 2 112991	Rec 3 113469	Rec 4 113527	Private 114540
5:15-6 pm	Rec 1 112976	Rec 2 113446	Rec 3 113498	Rec 4 114358	Rec 6/7 114516	RecFigure 114882	
6-6:30 pm	Boots 1 112923	Boots 2 112942	Rec 1 112961	Rec 2 112992	Private 114541	Private 114542	
6:45-7:45 pm	Teen 114866	Adult RS 114850	Private 6:45-7:15 pm 114543	Private 6:45-7:15 pm 114544	Private 6:45-7:15 pm 114545		
7:15-7:45 pm	Private 114546	Private 114547	Private 114548				

Wednesday, May 29-Jun 26 • 5 lessons • **Cliff McNabb Arena**

12:30-1 pm	Private 114562	Private 1-1:30 pm 114563					
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Thursday, May 30-Jun 27 • 5 lessons • **Nanaimo Ice Centre**

3:30-4:15 pm	Rec 1 114479	Rec 2 114494	Rec 3 114501	Rec 4 114508	Rec 5 114512	Rec 6/7 114519	Private 3:30-4 pm 114671
4:15-4:45 pm	Boots 1 114421	Boots 2 114439	Rec 1 114461	Rec 2 114491	Rec 3 114498	Rec 4 114505	Private 114722
4:45-5:30 pm	Hockey Ras. 114892	Everyone Can Play 114895					
5:30-6:30 pm	Teen 114869	Adult RS 114859	RecFigure 114881	Private 5:30-6 pm 114723	Private 5:30-6 pm 114724	Private 6-6:30 pm 114725	Private 6-6:30 pm 114726

Friday, May 31-Jun 28 • 5 lessons • **Cliff McNabb Arena**

9:30-10 am	Boots 1 112928	Rec 1 112966	Rec 3 113485	Rec 4 113532	Ad. Pract. 9:30-10:30 am 114864	Private 114739	
10-10:30 am	Boots 2 112947	Rec 2 112998	Private 114740	Adult RS 10:30-11:30 am 114862	Adult Adv. 10:30-11:30 am 114874		

Saturday, Jun 1-29 • 5 lessons • **Cliff McNabb Arena**

9-9:45 am	Rec 1 112981	Rec 2 113458	Rec 3 113509	Rec 4 114363	Rec 5 114379	Private 9-9:30 am 114750	
9:15-9:45 am	Boots 1 112932	Boots 2 112951					
9:45-10:15 am	Boots 1 112933	Boots 2 112952	Rec 1 112969	Rec 2 113001	Rec 3 113488	Rec 4 113536	Private 114751
10:30-11:15 am	Rec 1 112982	Rec 2 113459	Rec 3 113510	Rec 4 114364	Rec 6/7 114522	RecFigure 114879	Private 10:30-11 am 114752
11:15-11:45 am	Boots 1 112934	Boots 2 112953	Rec 1 112970	Rec 2 113002	Rec 3 113489	Rec 4 113538	Teen 11:15am-12:15p 114871
11:45 am-12:15 pm	Private 114753	Private 114754	Private 114755	Private 114756	Private 114757		

## 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.

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

## Private RecSkate Lessons - Daytime

One-on-one instruction. These are great for accelerating your learning and 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.

Wed, Apr 3-24 | 12:30-1 pm | \$112/4 | [114560](#)

Wed, Apr 3-24 | 1-1:30 pm | \$112/4 | [114561](#)

Mon, Apr 8-May 13 | 10-10:30 am | \$168/6 | [114525](#)

Mon, Wed, May 1-22 | 12:30-1 pm | \$112/4 | [115471](#)

Wed, May 1-22 | 1-1:30 pm | \$112/4 | [115476](#)

Mon, May 27-Jun 24 | 10-10:30 am | \$140/5 | [114537](#)

Wed, May 29-Jun 26 | 12:30-1 pm | \$140/5 | [114562](#)

Wed, May 29-Jun 26 | 1-1:30 pm | \$140/5 | [114563](#)

#### Cliff McNabb Arena

## RecFigure Skate - Beginner

### 6 to 16 Years

This is a small group session focusing on developing specific figure skating skills like jumps, spins and field moves, as well as continuing to develop the basics of skating. Children's progress is monitored through the use of a progress card. Lesson is taught on a portion of the ice shared with the RecSkate program. Skaters should have passed a minimum of RecSkate 5. Completion of the RecSkate program or equivalent is preferred. Helmets are mandatory.

Mon, Apr 8-May 6 | 5:15-6 pm | \$60/5 | [114875](#)

Thu, Apr 4-May 9 | 5:30-6:30 pm | \$78/6 | [114880](#)

Sat, Apr 6-May 11 | 10:30-11:15 am | \$72/6 | [114878](#)

#### Frank Crane Arena

Mon, May 27-Jun 24 | 5:15-6 pm | \$60/5 | [114882](#)

Thu, May 30-Jun 27 | 5:30-6:30 pm | \$65/5 | [114881](#)

Mon, Jul 8-Aug 12 | 5:15-6 pm | \$60/5 | [114883](#)

Thu, Jul 11-Aug 15 | 6:15-7:15 pm | \$60/5 | [114884](#)

M-F, Aug 19-23 | 11-11:45 am | \$60/5 | [114885](#)

M-F, Aug 26-30 | 11-11:45 am | \$60/5 | [114886](#)

#### Nanaimo Ice Centre

Sat, Jun 1-29 | 10:30-11:15 am | \$60/5 | [114879](#)

#### Cliff McNabb Arena

SET TWO

## Oh, shoot!

We sometimes make mistakes or information changes. Please check our online Activity Guide frequently for the latest program information.



cityofnanaimo



prc\_nanaimo (#lovemyparksandrec)

# Skating Lessons

## RecFigure Skate - Advanced D

8 to 16 Years

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.

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 +

Calling all figure skaters! 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 their figure skating skills. This class will focus on edges, turns, figures and ice dance. Jumps and spins may be taught depending on interest and ability. (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



30 min lesson = 2-5 years • 45 min lesson = 6-11 years • 30 min private lessons

Monday, Jul 8-Aug 12 • 5 lessons • Nanaimo Ice Centre (no lesson Aug 5)

3:30-4 pm	Boots 1 <a href="#">112924</a>	Boots 2 <a href="#">112943</a>	Rec 1 <a href="#">112962</a>	Rec 2 <a href="#">112993</a>	Rec 3 <a href="#">113470</a>	Rec 4 <a href="#">113528</a>	Private <a href="#">114549</a>
4-4:45 pm	Rec 1 <a href="#">112977</a>	Rec 2 <a href="#">113452</a>	Rec 3 <a href="#">113499</a>	Rec 4 <a href="#">114359</a>	Rec 5 <a href="#">114377</a>	Private 4-4:30 pm <a href="#">114550</a>	
4:45-5:15 pm	Boots 1 <a href="#">112925</a>	Boots 2 <a href="#">112944</a>	Rec 1 <a href="#">112963</a>	Rec 2 <a href="#">112994</a>	Rec 3 <a href="#">113471</a>	Rec 4 <a href="#">113529</a>	Private <a href="#">114551</a>
5:15-6 pm	Rec 1 <a href="#">112978</a>	Rec 2 <a href="#">113453</a>	Rec 3 <a href="#">113500</a>	Rec 4 <a href="#">114360</a>	Rec 6/7 <a href="#">114517</a>	RecFigure <a href="#">114883</a>	
6-6:30 pm	Boots 1 <a href="#">112926</a>	Boots 2 <a href="#">112945</a>	Rec 1 <a href="#">112964</a>	Rec 2 <a href="#">112995</a>	Private <a href="#">114552</a>	Private <a href="#">114553</a>	
6:45-7:45 pm	Teen <a href="#">114867</a>	Adult RS <a href="#">114851</a>	Private 6:45-7:15 pm <a href="#">114554</a>	Private 6:45-7:15 pm <a href="#">114555</a>	Private 6:45-7:15 pm <a href="#">114556</a>		
7:15-7:45 pm	Private <a href="#">114557</a>	Private <a href="#">114558</a>	Private <a href="#">114559</a>				

SET THREE

Thursday, Jul 11-Aug 15 • 6 lessons • Nanaimo Ice Centre

3:30-4:15 pm	Rec 1 <a href="#">114480</a>	Rec 2 <a href="#">114495</a>	Rec 3 <a href="#">114502</a>	Rec 4 <a href="#">114509</a>	Rec 5 <a href="#">114513</a>	Private 3:30-4 pm <a href="#">114727</a>	
4:15-4:45 pm	Boots 1 <a href="#">114423</a>	Boots 2 <a href="#">114456</a>	Rec 1 <a href="#">114475</a>	Rec 2 <a href="#">114492</a>	Rec 3 <a href="#">114499</a>	Rec 4 <a href="#">114506</a>	Private <a href="#">114728</a>
4:45-5:30 pm	Rec 2 <a href="#">114496</a>	Rec 3 <a href="#">114503</a>	Rec 4 <a href="#">114510</a>	Rec 5 <a href="#">114514</a>	Rec 6/7 <a href="#">114520</a>	RecFigure <a href="#">114884</a>	Private <a href="#">114729</a>
5:30-6:15 pm	Hockey Ras. <a href="#">115175</a>						
6:15-7:15 pm	Teen <a href="#">114872</a>	Adult RS <a href="#">114860</a>	Private 6:15-6:45 pm <a href="#">114730</a>	Private 6:15-6:45 pm <a href="#">114731</a>			
6:45-7:15 pm	Private <a href="#">114732</a>	Private <a href="#">114733</a>					

Monday-Friday, Aug 19-23 • 5 lessons • Nanaimo Ice Centre

9-9:45 am	Rec 1 <a href="#">112983</a>	Rec 2 <a href="#">113460</a>	Rec 3 <a href="#">113511</a>	Rec 4 <a href="#">114366</a>	Rec 5 <a href="#">114380</a>	Private 8:15-8:45 pm <a href="#">114758</a>	Private 9-9:30 am <a href="#">114759</a>
9:45-10:15 am	Boots 1 <a href="#">112935</a>	Boots 2 <a href="#">112954</a>	Rec 1 <a href="#">112971</a>	Rec 2 <a href="#">113003</a>	Rec 3 <a href="#">113490</a>	Rec 4 <a href="#">113539</a>	Private <a href="#">114760</a>
10:15-11 am	Rec 1 <a href="#">112984</a>	Rec 2 <a href="#">113461</a>	Rec 3 <a href="#">113512</a>	Rec 4 <a href="#">114367</a>	Rec 6/7 <a href="#">114523</a>	Private 10:30-11 am <a href="#">114761</a>	
11-11:45 am	RecFigure <a href="#">114885</a>	Private 11-11:30 am <a href="#">114762</a>	Private 11-11:30 am <a href="#">114763</a>	Private 11-11:30 am <a href="#">114764</a>	Private 11-11:30 am <a href="#">114765</a>		

SUMMER SET

Monday-Friday, Aug 26-30 • 5 lessons • Nanaimo Ice Centre

9-9:45 am	Rec 1 <a href="#">112985</a>	Rec 2 <a href="#">113462</a>	Rec 3 <a href="#">113513</a>	Rec 4 <a href="#">114368</a>	Rec 5 <a href="#">114381</a>	Private 8:15-8:45 pm <a href="#">114766</a>	Private 9-9:30 am <a href="#">114767</a>
9:45-10:15 am	Boots 1 <a href="#">112936</a>	Boots 2 <a href="#">112955</a>	Rec 1 <a href="#">112972</a>	Rec 2 <a href="#">113004</a>	Rec 3 <a href="#">113491</a>	Rec 4 <a href="#">113540</a>	Private <a href="#">114768</a>
10:15-11 am	Rec 1 <a href="#">112986</a>	Rec 2 <a href="#">113463</a>	Rec 3 <a href="#">113514</a>	Rec 4 <a href="#">114369</a>	Rec 6/7 <a href="#">114524</a>	Private 10:30-11 am <a href="#">114769</a>	
11-11:45 am	RecFigure <a href="#">114886</a>	Private 11-11:30 am <a href="#">114770</a>	Private 11-11:30 am <a href="#">114771</a>	Private 11-11:30 am <a href="#">114772</a>	Private 11-11:30 am <a href="#">114773</a>		



**REGISTER EARLY to avoid DISAPPOINTMENT!**

(low registration may lead to course cancellation)



## RecSkate Homeschool



Learn skills from our RecSkate program. Develop balance, agility and coordination. All levels of skaters will be accommodated. Parents are welcome to register with their child. Helmets are mandatory.

Wed, Apr 3-May 8 | 12:30-1:30 pm | \$78/6 | [114808](#)  
Mon, Apr 8-May 13 | 10:30-11:30 am | \$78/6 | [114811](#)  
Wed, May 15-Jun 26 | 12:30-1:30 pm | \$91/7 | [114810](#)  
Mon, May 27-Jun 24 | 10:30-11:30 am | \$65/5 | [114812](#)  
**Cliff McNabb Arena**

## RecSkate Adults

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, Apr 8-May 6 | 6:45-7:45 pm | \$65/5 | [114857](#)  
Thu, Apr 4-May 9 | 5:30-6:30 pm | \$78/6 | [114858](#)  
Fri, Apr 5-May 10 | 10:30-11:30 am | \$65/5 | [114861](#)

### Frank Crane Arena

Fri, May 31-Jun 28 | 10:30-11:30 am | \$91/7 | [114862](#)  
**Cliff McNabb Arena**

Mon, May 27-Jun 24 | 6:45-7:45 pm | \$65/5 | [114850](#)  
Thu, May 30-Jun 27 | 5:30-6:30 pm | \$65/5 | [114859](#)  
Mon, Jul 8-Aug 12 | 6:45-7:45 pm | \$65/5 | [114851](#)  
Thu, Jul 11-Aug 15 | 6:15-7:15 pm | \$78/6 | [114860](#)  
**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, Apr 5-May 10 | 9:30-10:30 am | \$45/6 | [114863](#)

### Frank Crane Arena

Fri, May 31-Jun 28 | 9:30-10:30 am | \$38/5 | [114864](#)  
**Cliff McNabb 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, Apr 5-May 10 | 10:30-11:30 am | \$78/6 | [114873](#)

### Frank Crane Arena

Fri, May 31-Jun 28 | 10:30-11:30 am | \$65/5 | [114874](#)  
**Cliff McNabb Arena**

# SUMMER CAMPS in the Arenas!

## Cool Kids Skate Camp

### 6 to 11 Years

Enjoy a line up of activities, including a daily skating lesson, hockey for fun and various outdoor activities. We recommend all participants complete a minimum of RecSkate 1 prior to participation. Helmets are mandatory. **This camp is held at Nanaimo Ice Centre from 8:30 am-5 pm. Cost is \$46 per day.**

Tue, Jul 2: [114987](#)  
Wed, Jul 3: [114988](#)  
Thu, Jul 4: [114989](#)  
Fri, Jul 5: [114990](#)

Mon, Jul 8: [114991](#)  
Tue, Jul 9: [114992](#)  
Wed, Jul 10: [114993](#)  
Thu, Jul 11: [114994](#)  
Fri, Jul 12: [114995](#)

Mon, Jul 15: [114996](#)  
Tue, Jul 16: [114997](#)  
Wed, Jul 17: [114998](#)  
Thu, Jul 18: [114999](#)  
Fri, Jul 19: [115000](#)

Mon, Jul 22: [115001](#)  
Tue, Jul 23: [115002](#)  
Wed, Jul 24: [115003](#)  
Thu, Jul 25: [115004](#)  
Fri, Jul 26: [115007](#)

Mon, Jul 29: [115008](#)  
Tue, Jul 30: [115010](#)  
Wed, Jul 31: [115011](#)  
Thu, Aug 1: [115012](#)  
Fri, Aug 2: [115013](#)

Tue, Aug 6: [115014](#)  
Wed, Aug 7: [115015](#)  
Thu, Aug 8: [115016](#)  
Fri, Aug 9: [115017](#)

Mon, Aug 12: [115018](#)  
Tue, Aug 13: [115019](#)  
Wed, Aug 14: [115020](#)  
Thu, Aug 15: [115021](#)  
Fri, Aug 16: [115022](#)

## RecHockey Summer Camp

### 6 to 12 Years

Hockey players will love this full-day development camp packed with games and activities built around hockey drills, skills training and scrimmage time. Full gear is required. **This camp is held at Nanaimo Ice Centre from 8:30 am-5 pm. Cost is \$46 per day.**

Tue, Jul 2: [114986](#)  
Wed, Jul 3: [115023](#)  
Thu, Jul 4: [115024](#)  
Fri, Jul 5: [115025](#)

Mon, Jul 8: [115026](#)  
Tue, Jul 9: [115027](#)  
Wed, Jul 10: [115028](#)  
Thu, Jul 11: [115029](#)  
Fri, Jul 12: [115030](#)

Mon, Jul 15: [115031](#)  
Tue, Jul 16: [115032](#)  
Wed, Jul 17: [115033](#)  
Thu, Jul 18: [115034](#)  
Fri, Jul 19: [115035](#)

Mon, Jul 22: [115036](#)  
Tue, Jul 23: [115037](#)  
Wed, Jul 24: [115038](#)  
Thu, Jul 25: [115039](#)  
Fri, Jul 26: [115040](#)

Mon, Jul 29: [115041](#)  
Tue, Jul 30: [115042](#)  
Wed, Jul 31: [115043](#)  
Thu, Aug 1: [115044](#)  
Fri, Aug 2: [115045](#)

Tue, Aug 6: [115046](#)  
Wed, Aug 7: [115047](#)  
Thu, Aug 8: [115048](#)  
Fri, Aug 9: [115049](#)

Mon, Aug 12: [115050](#)  
Tue, Aug 13: [115051](#)  
Wed, Aug 14: [115052](#)  
Thu, Aug 15: [115053](#)  
Fri, Aug 16: [115054](#)

## Camp ParadiCE

### 6 to 16 Years

A camp for recreational figure skaters (minimum RecSkate 4). Learn skills at your own pace with an emphasis on fun and participation. Each day will include three ice times, other fun off-ice activities and movie time.

M-F, Aug 26-30 | 8:30 am-4:30 pm | \$225/5 | [115220](#)

**Nanaimo Ice Centre**

*See Camp Section*

**for more Summer  
Camp options**

# ONLINE PUBLIC DROP-IN SCHEDULES

Visit our website at [recreation.nanaimo.ca](http://recreation.nanaimo.ca) and look at our "Drop-in Schedules" for the most up-to-date times for swimming, skating, pottery, weight rooms and gymnasiums!



cityofnanaimo



prc\_nanaimo (#ilovemyparksandrec)



# 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, Apr 6-May 11 | 8:15-9 am | \$72/6 | [114896](#)  
 Sat, Apr 6-May 11 | 12:15-1 pm | \$72/6 | [114898](#)

#### Frank Crane Arena

Sat, Jun 1-29 | 8:15-9 am | \$60/5 | [114897](#)  
 Sat, Jun 1-29 | 12:15-1 pm | \$60/5 | [114899](#)

#### Cliff McNabb Arena

M-F, Aug 19-23 | 8:15-9 am | \$60/5 | [114900](#)  
 M-F, Aug 26-30 | 8:15-9 am | \$60/5 | [114901](#)

#### Nanaimo Ice Centre

### 7 to 12 Years

Sat, Apr 6-May 11 | 8:15-9 am | \$72/6 | [114902](#)  
 Sat, Apr 6-May 11 | 12:15-1 pm | \$72/6 | [114904](#)

#### Frank Crane Arena

Sat, Jun 1-29 | 8:15-9 am | \$60/5 | [114903](#)  
 Sat, Jun 1-29 | 12:15-1 pm | \$60/5 | [114905](#)

#### Cliff McNabb Arena

M-F, Aug 19-23 | 8:15-9 am | \$60/5 | [114906](#)  
 M-F, Aug 26-30 | 8:15-9 am | \$60/5 | [114907](#)

#### Nanaimo Ice Centre

## 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.

Thu, Apr 4-May 9 | 4:45-5:30 pm | \$72/6 | [114891](#)

#### Frank Crane Arena

Fri, Apr 5-May 10 | 4:15-5 pm | \$72/6 | [114389](#)  
 Fri, Apr 5-May 10 | 5:30-6:15 pm | \$72/6 | [114390](#)  
 Fri, May 17-Jun 28 | 4:15-5 pm | \$84/7 | [114391](#)  
 Fri, May 17-Jun 28 | 5:30-6:15 pm | \$84/7 | [114392](#)

#### Cliff McNabb Arena

Thu, May 30-Jun 27 | 4:45-5:30 pm | \$60/5 | [114892](#)  
 Thu, Jul 11-Aug 15 | 5:30-6:15 pm | \$72/6 | [115175](#)

#### Nanaimo Ice Centre

## Everyone Can Play Hockey

### 7 to 12 Years

This is a great first-timer experience emphasizing the FUNdamentals of Canada's greatest game. We recommend a minimum of RecSkate 2 be completed. Please supply your own helmet with a face cage, stick and gloves. Full gear is not mandatory but recommended.

Thu, Apr 4-May 9 | 4:45-5:30 pm | \$72/6 | [114894](#)

#### Frank Crane Arena

Thu, May 30-Jun 27 | 4:45-5:30 pm | \$60/5 | [114895](#)

#### Nanaimo Ice Centre

## Power Skating

This program is designed to develop strength, power, flexibility and endurance for hockey. Full gear is required.

### Peanut: 4 to 6 Years

Mon, Aug 12 | 3-4 pm | \$13/1 | [114908](#)  
 Tue, Aug 13 | 3-4 pm | \$13/1 | [114909](#)  
 Wed, Aug 14 | 3-4 pm | \$13/1 | [114910](#)  
 Thu, Aug 15 | 3-4 pm | \$13/1 | [114911](#)  
 Fri, Aug 16 | 3-4 pm | \$13/1 | [114912](#)

### 7 to 9 Years

Mon, Aug 12 | 4-5 pm | \$13/1 | [114918](#)  
 Tue, Aug 13 | 4-5 pm | \$13/1 | [114919](#)  
 Wed, Aug 14 | 4-5 pm | \$13/1 | [114920](#)  
 Thu, Aug 15 | 4-5 pm | \$13/1 | [114921](#)  
 Fri, Aug 16 | 4-5 pm | \$13/1 | [114922](#)

### 10 to 14 Years

Mon, Aug 12 | 5-6 pm | \$13/1 | [114923](#)  
 Tue, Aug 13 | 5-6 pm | \$13/1 | [114924](#)  
 Wed, Aug 14 | 5-6 pm | \$13/1 | [114925](#)  
 Thu, Aug 15 | 5-6 pm | \$13/1 | [114926](#)  
 Fri, Aug 16 | 5-6 pm | \$13/1 | [114927](#)

#### Nanaimo Ice Centre



*I would like to give a special shoutout to hockey instructor, Campbell. His enthusiasm, interest, and dedication truly stand out. He has done an excellent job coaching me, and his efforts are greatly appreciated.*

## 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

Wed, Mar 27-May 15 | 7:30-8:15 am | \$96/8 | [115210](#)

Frank Crane Arena

Wed, May 29-Jun 26 | 7:30-8:15 am | \$60/5 | [115212](#)

Nanaimo Ice Centre

### 10 to 14 Years

Wed, Mar 27-May 15 | 7:30-8:15 am | \$96/8 | [115214](#)

Frank Crane Arena

Wed, May 29-Jun 26 | 7:30-8:15 am | \$60/5 | [115221](#)

Nanaimo Ice Centre

## Advanced Stickhandling Skills D

### 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.

Wed, Apr 3-May 15 | 8:15-9:30 pm | \$91/7 | [115194](#)

Mon, Apr 8-May 6 | 7:45-9:30 pm | \$60/5 | [115193](#)

Frank Crane Arena

Mon, May 27-Jun 24 | 7:45-8:45 pm | \$60/5 | [115191](#)

Wed, May 29-Jul 3 | 8:15-9:30 pm | \$78/6 | [115195](#)

Mon, Jul 8-Aug 12 | 7:45-8:45 pm | \$60/5 | [115192](#)

Wed, Jul 10-Aug 28 | 8:15-9:30 pm | \$104/8 | [115197](#)

Nanaimo Ice Centre

## Adult Hockey Skills and Drills D

### 18 Years +

For the mature player with some experience, these high-tempo, co-ed sessions will consist of skill practice and game play. Instructors will focus on developing positional play and improving your game.

Wed, Apr 3-May 15 | 8:15-9:30 pm | \$91/7 | [115198](#)

Frank Crane Arena

Wed, May 29-Jul 3 | 8:15-9:30 pm | \$78/6 | [115199](#)

Wed, Jul 10-Aug 28 | 8:15-9:30 pm | \$104/8 | [115200](#)

Nanaimo Ice Centre

## Adult Stickhandling D

### 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, Apr 8-May 6 | 7:45-8:45 pm | \$60/5 | [115178](#)

Frank Crane Arena

Mon, May 27-Jun 24 | 7:45-8:45 pm | \$60/5 | [115179](#)

Mon, Jul 8-Aug 12 | 7:45-8:45 pm | \$60/5 | [115180](#)

Nanaimo Ice Centre

## Adult Scrimmage D

### 18 Years +

This scrimmage program is for adults 18 and over interested in playing in an informal scrub setting. Session is monitored by an experienced leader. This is a registered program, but is also drop-in accessible.

Fri, Apr 5-May 3 | 9-10:30 pm | \$65/5 | [115450](#)

Fri, May 17-Jun 28 | 9-10:30 pm | \$91/7 | [115452](#)

Cliff McNabb Arena

Fri, Jul 5-Aug 31 | 9-10:30 pm | \$117/9 | [115453](#)

Nanaimo Ice Centre

## Adaptive Hockey D

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 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, Apr 3-May 15 | 9-10:15 am | \$84/7 | [114890](#)

Frank Crane Arena



## DROP-IN HOCKEY PROGRAMS D

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.

# 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)

# 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 12-13 for location information.

For more information, contact the Arena Coordinator at 250-755-7536.

## 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.

Tue, Apr 30-May 14 | 3:15-3:45 pm | \$96/3 | 115114  
Tue, Apr 30-May 14 | 3:15-3:45 pm | \$96/3 | 115115  
Tue, Apr 30-May 14 | 3:15-3:45 pm | \$96/3 | 115116  
Tue, Apr 30-May 14 | 3:45-4:15 pm | \$96/3 | 115117  
Tue, Apr 30-May 14 | 3:45-4:15 pm | \$96/3 | 115118  
Tue, Apr 30-May 14 | 3:45-4:15 pm | \$96/3 | 115119  
Sat, Apr 6-May 11 | 7:45-8:15 am | \$192/6 | 115151  
Sat, Apr 6-May 11 | 7:45-8:15 am | \$192/6 | 115154

Frank Crane Arena

Tue, Mar 26-Apr 23 | 3:15-3:45 pm | \$160/5 | 115098  
Tue, Mar 26-Apr 23 | 3:15-3:45 pm | \$160/5 | 115099  
Tue, Mar 26-Apr 23 | 3:15-3:45 pm | \$160/5 | 115100  
Tue, Mar 26-Apr 23 | 3:45-4:15 pm | \$160/5 | 115101  
Tue, Mar 26-Apr 23 | 3:45-4:15 pm | \$160/5 | 115102  
Tue, Mar 26-Apr 23 | 3:45-4:15 pm | \$160/5 | 115103

Wed, Mar 27-Apr 24 | 3:15-3:45 pm | \$160/5 | 115104  
Wed, Mar 27-Apr 24 | 3:15-3:45 pm | \$160/5 | 115105  
Wed, Mar 27-Apr 24 | 3:15-3:45 pm | \$160/5 | 115106  
Wed, Mar 27-Apr 24 | 3:45-4:15 pm | \$160/5 | 115107  
Wed, Mar 27-Apr 24 | 3:45-4:15 pm | \$160/5 | 115108  
Wed, Mar 27-Apr 24 | 3:45-4:15 pm | \$160/5 | 115110  
Wed, Mar 27-Apr 24 | 4:15-4:45 pm | \$160/5 | 115111  
Wed, Mar 27-Apr 24 | 4:15-4:45 pm | \$160/5 | 115112  
Wed, Mar 27-Apr 24 | 4:15-4:45 pm | \$160/5 | 115113

Tue, May 28-Jun 25 | 3:15-3:45 pm | \$160/5 | 115120  
Tue, May 28-Jun 25 | 3:15-3:45 pm | \$160/5 | 115121  
Tue, May 28-Jun 25 | 3:15-3:45 pm | \$160/5 | 115122  
Tue, May 28-Jun 25 | 3:45-4:15 pm | \$160/5 | 115123  
Tue, May 28-Jun 25 | 3:45-4:15 pm | \$160/5 | 115124  
Tue, May 28-Jun 25 | 3:45-4:15 pm | \$160/5 | 115125

Nanaimo Ice Centre

Fri, Apr 5-May 3 | 5-5:30 pm | \$160/5 | 115145  
Fri, Apr 5-May 3 | 5-5:30 pm | \$160/5 | 115146  
Fri, May 10-31 | 5-5:30 pm | \$128/4 | 115147  
Fri, May 10-31 | 5-5:30 pm | \$128/4 | 115148  
Fri, Jun 7-28 | 5-5:30 pm | \$128/4 | 115149  
Fri, Jun 7-28 | 5-5:30 pm | \$128/4 | 115150  
Sat, Jun 1-29 | 7:45-8:15 am | \$160/5 | 115155  
Sat, Jun 1-29 | 7:45-8:15 am | \$160/5 | 115156

Cliff McNabb Arena



## Lacrosse

This program focusses on Lacrosse FUNdamentals, including running, cradling the ball, catching, passing and shooting. You must supply your own helmet with face cage and gloves. We have a limited number of sticks available for use if needed. Full gear is not mandatory, but it is recommended.

### Mini Lacrosse Rascals: 4 to 5 Years

Tue, Apr 2-May 7 | 3:30-4:15 pm | \$60/6 | 114826  
Thu, Apr 4-May 9 | 3:30-4:15 pm | \$70/7 | 114828  
Tue, May 14-Jun 25 | 3:30-4:15 pm | \$60/6 | 114827  
Thu, May 16-Jun 27 | 3:30-4:15 pm | \$70/7 | 114829

### Lacrosse Rascals: 6 to 7 Years

Tue, Apr 2-May 7 | 3:30-4:15 pm | \$60/6 | 114830  
Thu, Apr 4-May 9 | 3:30-4:15 pm | \$70/7 | 114831  
Tue, May 14-Jun 25 | 3:30-4:15 pm | \$60/6 | 114832  
Thu, May 16-Jun 27 | 3:30-4:15 pm | \$70/7 | 114833

### Lacrosse Skills & Drills: 8 to 9 Years

Tue, Apr 2-May 7 | 4:15-5 pm | \$60/6 | 115203  
Thu, Apr 4-May 9 | 4:15-5 pm | \$70/7 | 115205  
Tue, May 14-Jun 25 | 4:15-5 pm | \$60/6 | 115204  
Thu, May 16-Jun 27 | 4:15-5 pm | \$70/7 | 115206

### Lacrosse Skills & Drills: 10 to 11 Years

Tue, Apr 2-May 7 | 4:15-5 pm | \$60/6 | 115207  
Thu, Apr 4-May 9 | 4:15-5 pm | \$70/7 | 115209  
Tue, May 14-Jun 25 | 4:15-5 pm | \$60/6 | 115208  
Thu, May 16-Jun 27 | 4:15-5 pm | \$70/7 | 115211

Nanaimo Ice Centre



## Custom Private Lacrosse Lessons

5 Years +

These one-on-one private lessons focus on the fundamentals, including running, cradling the ball, catching, passing and shooting. You must supply your own helmet with face cage and gloves. We have a limited number of sticks available for use if needed. Small groups (2-3) are also welcome. Contact the Recreation Coordinator at 250-755-7536 for more information. Full gear is not mandatory but recommended.

Mon, Apr 8-29 | 3:30-4 pm | \$112/4 | 114847  
Mon, Apr 8-29 | 4-4:30 pm | \$112/4 | 114848  
Mon, May 6-Jun 3 | 3:30-4 pm | \$112/4 | 114928  
Mon, May 6-Jun 3 | 4-4:30 pm | \$112/4 | 114929  
Mon, Jun 10-24 | 3:30-4 pm | \$84/3 | 114930  
Mon, Jun 10-24 | 4-4:30 pm | \$84/3 | 114931  
Wed, Apr 3-May 1 | 3:30-4 pm | \$140/5 | 114932  
Wed, Apr 3-May 1 | 4-4:30 pm | \$140/5 | 114933  
Wed, May 8-29 | 3:30-4 pm | \$112/4 | 114934  
Wed, May 8-29 | 4-4:30 pm | \$112/4 | 114935  
Wed, Jun 5-26 | 3:30-4 pm | \$112/4 | 114936  
Wed, Jun 5-26 | 4-4:30 pm | \$112/4 | 114937

Nanaimo Ice Centre

Alternative private lessons for hockey and lacrosse may be available. Please call 250-755-7536 for more information.

free!

# CONCERTS in the PARK 2024

LIVE MUSIC!

SUN, MAY 12 • 1-2 PM

**COLLIERY DAM PARK**

*Laura Kelsey*

(Singer/Songwriter)

FRI, MAY 17 • 6-8:15 PM

**MAFFEO SUTTON PARK** – double feature

*Mostly Motown & Turnpike*

(Motown/Dance & Classic Rock)

WED, JUN 12 • 6-7 PM

**KIN PARK (DEPARTURE BAY)**

*Baby Bleu*

(Pop/Folk)

FRI, JUN 28 • 5-8:30 PM

**MAFFEO SUTTON PARK** – triple feature

*Shindigs, Dangerbox & Maverick Cinema*

(Indie Rock & Pop Funk)

WED, JUL 10 • 6-7 PM

**MCGREGOR PARK**

*Dagger Harbour*

(Folk)

WED, JUL 17 • 6-7 PM

**PIPERS LAGOON PARK**

*String Fever*

(30s, 40s Swing, Folk and Celtic)

WED, JUL 31 • 6-7 PM

**HAREWOOD CENT. PARK**

*Cosmic Dust*

(Ambient Grooves)

WED, AUG 7 • 6-7 PM

**BOWEN PARK AMPHITHEATRE**

*Piu*

(Electronic Synth Pop)

WED, AUG 14 • 6-7 PM

**OLIVER WOODS**

*Dublin2*

(Celtic/Folk)

WED, AUG 21 • 6-7 PM

**WESTWOOD LAKE PARK**

*Mike Alviano*

(Contemporary Folk)

FRI, AUG 23 • 6-8:15 PM

**MAFFEO SUTTON PARK** – double feature

*Sundown: The Gordon Lightfoot Experience & The Sineolas*

(Contemporary Folk & Texas Swing, Blues & R&B)

Bring a chair or a blanket  
and enjoy local talent against  
the backdrop of our beautiful  
park spaces.



BC Office of the Human Rights Commissioner  
*From Hate to Hope* Mural by Humanity in Art,  
 Nanaimo Aquatic Centre

# Culture & Events

## PUBLIC ART SPOTLIGHT

### David Martinello's *Compelling Agency*



In fall 2023, the City of Nanaimo unveiled artist, David Martinello's Temporary Public Art Project, *Compelling Agency*, which will remain accessible until 2027. Located at the heart of the Old City Quarter adjacent to the intersection of Wallace and Fitzwilliam Streets, *Compelling Agency* is an arresting, large-scale sculpture constructed of metal and wood.

*Compelling Agency* draws attention to the connective value that humans have with wood as a resource. Fashioned in the silhouette of a tree, the sculpture's shape and colour places it in conversation with the natural growth of the surrounding park. Suspended within the frame is slab of cedar which

prompts a conversation about a material that's ever-present in our daily lives.

Martinello's intent is to have the viewer consider their relationship to wood and, in turn, their relationship to their environment while they observe the natural weathering and evolution of the sculpture during its years on display.

## 2024 CULTURE & EVENTS GRANTS:

Did you know the City of Nanaimo supports over **40** arts and culture groups through our Grant program?

Culture & Events have three available grants: Culture Operating Grant; Culture Project Grant; Downtown Event Revitalization Fund.

These grants are essential in supporting the activities of the professional and community-based arts and culture organizations who contribute to the cultural, social and economic vitality of Nanaimo.

In December 2023 and January 2024, Council approved Culture & Events staffs recommended 2024 grant allocations to support the activities of non-profit culture and heritage organizations and contribute to the success of events and initiatives planned for downtown.

To learn more about our Culture and Events Grants and to see the organizations, programming and events being supported by this program, visit our website at [nanaimo.ca](http://nanaimo.ca).





# Coming Soon

The Culture & Events team has many exciting projects and events coming this spring and summer, including ongoing cultural events 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 annual Culture Awards gala event will take place at The Port Theatre on Wednesday, April 3, 2024. Celebrate cultural excellence and achievement with us, as we recognize the year's recipients. Visit [nanaimo.ca](#) for more details.

## 2024 STREET BANNERS

*Coming this Spring!*

The 2024 Street Banner Design Program sought proposals from artists focused on the theme, '150 Years', to mark 150 years since the City of Nanaimo's incorporation in 1874. Nanaimo artist Amy Pye's outstanding design was selected.

Inspired by the convergence of land and sea, and the unique blend of urban and rural life that makes our landscape truly exceptional, Pye's design will grab attention and inspire thoughtful reflection throughout the year.



## YOUTH POET LAUREATE: Paige Pierce

Introducing Nanaimo's newest Youth Poet Laureate, Paige Pierce! See our Youth Laureate web page for more information about Paige.

### The Truth About Poetry

*by Paige Pierce*

the truth about poetry is that it sits restless in my belly  
it scrubs the inside of my veins  
with words harsh and unbreathable  
a resounding silence in place of cravings for song  
the hymns I cannot seem to shake  
no matter my philosophy

I wish I could hear  
the hush of writers long dead  
resurrect their unwoven legacies  
and pour them into something tangible

the truth about poetry is that it's relentless  
it never quiets  
and it never sleeps



## CREATIVE WRITING - YOUTH POETRY

*with Paige Pierce*

Join Nanaimo's newest Youth Poet Laureate, Paige Pierce, for a truly unique opportunity this summer to develop skills as a beginner poet. Paige will guide youth in experimenting with different styles of poetry and building an understanding of voice in literature – creating community in the process! Ages 12-18.

M-F, Jul 22-26 | 1-4 pm | \$30/5 | Beban Park | 117057



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[prc\\_nanaimo](#) ([#ilovemyparksandrec](#))

# City of Nanaimo Culture Partners

COMING UP IN THE

## spotlight SERIES

Explore all the unique, bold, and exciting Spotlight shows this Spring!



### DIYET & THE LOVE SOLDIERS

Wednesday, March 6, 2024 @ 7:30pm

### MADE IN ITALY

Wednesday, March 27, 2024 @ 7:30pm



### BALLETS JAZZ MONTREAL ESSENCE

Wednesday, April 24, 2024 @ 7:30pm



### SE:UM

Sunday, May 5, 2024 @ 7:30pm



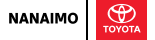
## GET YOUR TICKETS

Visit [porttheatre.com/spotlight](https://porttheatre.com/spotlight) or call **250-754-8550**

 /PortTheatre



VANCOUVER ISLAND UNIVERSITY



Supported by the Province of British Columbia



# City of Nanaimo Culture Partners



## NANAIMO MUSEUM

### **Spring & Summer Activities!**

SPRING BREAK  
KIDS CASE FILES:  
DANGEROUS CARGO  
FEATURE EXHIBIT:  
BROKEN PROMISES  
GIFT-SHOP & I-SPYS

KID'S SUMMER  
PROGRAMMING  
NIGHT MARKETS:  
JUN 13-AUG 22  
BASTION PROGRAM:  
JUL 1-SEP 2



# City of Nanaimo Culture Partners

Nanaimo  
Art Gallery

Learn more about programs, camps and workshops at Nanaimo Art Gallery

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



Admission-by-donation, all are welcome

Exhibitions

Snuneymuxw  
Territory

150 Commercial St  
Nanaimo, British Columbia

250.754.1750  
[NanaimoArtGallery.ca](http://NanaimoArtGallery.ca)



# 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](http://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.

## NEW!!

On Registration Day  
(March 6), 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

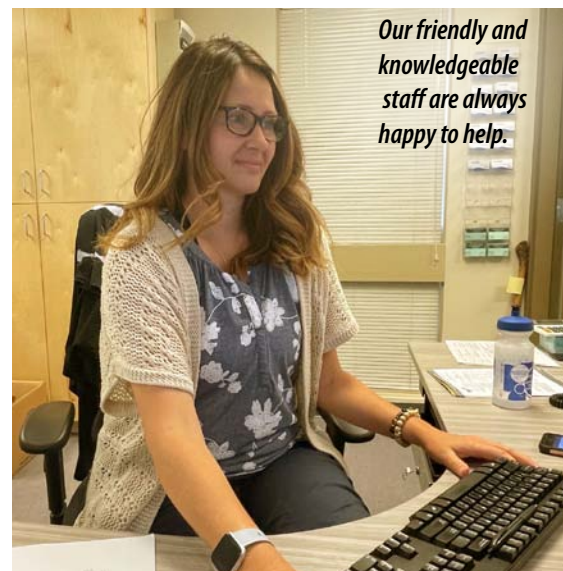
*Serving  
You  
Better!*

## 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.



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# SUMMER events

## CANADA DAY

Monday, July 1, 11 am-3:30 pm  
Maffeo Sutton Park

## CONCERTS in the PARK

Bring a chair or a blanket and enjoy local talent against the backdrop of our beautiful park spaces. Entertainer information found on page 95.



- Sun, May 12, 1-2 pm at Colliery Dam Park
- Fri, May 17, 6-8:15 pm at Maffeo Sutton Park
- Wed, June 12, 6-7 pm at Kin Park at Departure Bay
- Fri, June 28, 5-8:30 pm at Maffeo Sutton Park
- Wed, July 10, 6-7 pm at McGregor Park
- Wed, July 17, 6-7 pm at Pipers Lagoon Park
- Wed, July 31, 6-7 pm at Harewood Centennial
- Wed, August 7, 6-7 pm at Bowen Amphitheatre
- Wed, August 14, 6-7 pm at Oliver Woods
- Wed, August 21, 6-7 pm at Westwood Lake Park
- Fri, August 23, 6-8:15 pm at Maffeo Sutton Park

## WATER PARKS

May-September, 9 am-8 pm

- Departure Bay Kiwanis Park • Deverill Square Park
- Harewood Centennial Park • Mansfield Park

## LIFEGUARDS at WESTWOOD LAKE

June 28-September 2, 11:30 am-5:30 pm  
*(including stat holidays; weather permitting)*

## PLAYGROUND PROGRAM

July 2-August 30

Join us for some neighborhood fun! Play games, do some crafts, or run around and play a sport with our exciting playground leaders. This is a **FREE** program for all to enjoy between the ages of 5-12 years old. *(Please sign in with leader and dress for the weather. Remember your sunscreen, snacks, water.)*

**Monday to Friday, 9:30 am-4 pm (not open on stat holidays)**

- DEVERILL SQUARE PARK (200 Irwin St.)

### Roving Playground Options **NEW!**

Look for our banner and our enthusiastic leaders wearing their orange shirts.

- Jul 2-5, Mansfield Park (10 am-4 pm)
- Jul 8-9, Elaine Hamilton Park (10 am-4 pm)
- Jul 10-12, Country Hills Park (10 am-4 pm)
- Jul 15-17, Groveland Park (10 am-4 pm)
- Jul 18-19, May Richards Pioneer Park (10 am-4 pm)
- Jul 22-23, Pipers Lagoon Park (10 am-4 pm)
- Jul 24-26, Neck Point Park (10 am-4 pm)
- Jul 29-Aug 2, Harewood Cent. Park (10 am-4 pm; Jul 31, 1-8 pm)
- Aug 6-9, Departure Bay Centennial Park (10 am-4 pm)
- Aug 12-16, Westwood Lake Park (10 am-4 pm)
- Aug 19-23, Maffeo Sutton Park (10 am-4 pm; Aug 23, 1-8 pm)
- Aug 26-27, Brannen Lake Boat Launch (10 am-4 pm)
- Aug 28-29, Colliery Dam Park (10 am-4 pm)

## FAMILY FUN NIGHTS, 4:30-7:30 PM

- Wed, Jul 31 - HAREWOOD CENTENNIAL
- Fri, Aug 23 - MAFFEO SUTTON PARK

Visit [recreation.nanaimo.ca](http://recreation.nanaimo.ca) for more information.