



# 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



cityofnanaimo



prc\_nanaimo (#lovemyparksandrec)



# 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.



cityofnanaimo



prc\_nanaimo (#ilovemyparksandrec)



# 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



cityofnanaimo



prc\_nanaimo (#ilovemyparksandrec)



# 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 <sup>NEW!</sup>

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 <sup>NEW!</sup>

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 <sup>D</sup>

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 Ciorca (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.



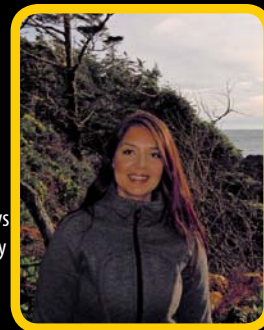
Bailey believes that a healthy lifestyle is much more than just lifting weights. It's about stretching, warming up, eating healthily, and getting necessary rest and enough sleep. Everybody is different, and she loves helping others see and experience what their bodies are capable of with just enough 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.



cityofnanaimo



prc\_nanaimo (#lovemyparksandrec)



# 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**



cityofnanaimo



prc\_nanaimo (#lovemyparksandrec)

# 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](#)

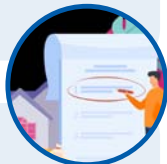
**Bowen Park Complex**

### 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**



cityofnanaimo



prc\_nanaimo (#ilovemyparksandrec)