

DROP-IN SCHEDULE - ARENAS

Arenas **Spring** Schedule

Tue, Apr 2 to Fri, Jun 29 Schedule is subject to change. Please check recreation.nanaimo.ca to confirm.

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

• FCA - Frank Crane Arena (2300 Bowen Rd) • McN - Cliff McNabb Arena (2300 Bowen Rd) • NIC 1&2 - Nanaimo Ice Centre (750 Third St.)



Arena Program Highlights - see Arenas Section for courses and lessons

Everyone Welcome - Designed for skaters of all ages and abilities. These sessions provide an excellent opportunity for all members of the community to get active! Helmets are strongly recommended. Look for our "Game Zone" at these sessions held at the far end of the ice surface using sponge pucks.

Parent & Tot (6 years & under) - An excellent opportunity to introduce children to the ice or to work on skills learned in our RecSkate lessons. Come on the ice in shoes or skates and enjoy toys and hockey equipment, as well as a fun story time. Helmets are mandatory for tots. Parents must accompany children on the ice. Free admission for child (up to three kids per adult.)

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

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

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



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

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

SPRING FACILITY CLOSURES/SCHEDULE CHANGES

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

DROP-IN SCHEDULE - ARENAS

Arenas **Summer** Schedule

Tue, Jul 2 to Sat, Aug 31 Schedule is subject to change. Please check recreation.nanaimo.ca to confirm.

Programs	SUN	MON	TUE	WED	THU	FRI	SAT
Everyone Welcome	3-4:30 pm NIC		6-7:30 pm NIC	6:30-8 pm NIC			1-2:30 pm NIC
Adult Leisure Skate (19+)					1:30-3:15 pm McN		
Adult Scrub Ice Hockey (18+)		11:45 am- 1:15 pm NIC		11:45 am- 1:15 pm NIC		11:45 am- 1:15 pm NIC	
Senior Scrub (60+) & Scrub Hockey (70+)		8-9:15 am NIC	12-1:15 pm NIC 70+ Seniors	8-9:15 am NIC		8-9:15 am NIC	10-11:15 pm NIC 70+ Seniors
Stick 'n' Puck Children under 8 are to be accompa- nied onto the ice by an adult.	1:45-2:45 pm NIC			1:45-3:15 pm NIC		3:15-4:15 pm McN	11:30 am- 12:45 pm NIC

Arena Program Highlights - see Arenas Section for courses and lessons



SUMMER FACILITY CLOSURES/SCHEDULE CHANGES

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



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Arena Programs

Welcome to Nanaimo RECSKATE



RecSkate is a progressive skating skills training program for all ages and abilities necessary for life-long participation and the improvement of physical literacy as it relates to all sports. It provides the foundation for success in recreational hockey and figure skating. The program emphasis is on encouragement through comprehensive feedback. Participants receive a ribbon of achievement for each level passed, and upon completion of Level 7, skaters will receive a medallion of achievement. See our schedule on the following pages.

Boots to Blades 1 & 2 2 to 5 Years

Boots 1 is a perfect intro for those who have never been on the ice before or for those who have yet to master standing in skates. Skaters get a feel for the ice wearing shoes or boots and then graduate to skates at the discretion of the instructor. Parent participation is required.

In **Boots 2**, skaters start the program wearing skates, as they will have had some experience but still need to learn the basics. The focus for both levels is getting skaters comfortable through play and practicing some basic skills. Parent participation is required.

RecSkate 1

This introductory level of skating will help skaters learn to fall safely and get up unassisted, skate across the ice by themselves without falling and work on basic balance and gliding skills. This is not a parent participation class.

RecSkate 2

This is when it all starts coming together! Skaters at this level will begin to gain strength and speed and will work on two-foot gliding, touching toes and will be introduced to backwards skating. Other skills taught in this level are stopping, scoops, turning and hops.

RecSkate 3

This level focuses on skills, such as skating on a curve, side stopping and transitions. Skaters will also be introduced to circle thrusts, backward stroking and forward slalom skating.

RecSkate 4

At this level, participants master crossovers, inside edges and backwards stopping. Skaters will also work on side hops, mohawks and backward thrusts. This is an excellent level for hockey players to improve their basic skating skills.

RecSkate 5

Skills include forward outside edges, backward one-foot gliding, mohawks, backward crossovers, t-stops and one-foot jump transitions. This is great for skater agility, balance and strength.

RecSkate 6/7

RecSkate 6 is a challenging level which emphasizes balance, gliding and foot control skills. Skaters will also work on figure eight crossovers, jumping turns and other one-foot skills that increase balance, strength and agility.

RecSkate 7 is the final level of our RecSkate program. Backwards skills are emphasized, along with the introduction of two-foot full rotation jumps and one-foot outside edge stops. Backwards crossover figure eights and forward and backward pivot circles will be mastered. Skills taught at this level are demanding for all kinds of skaters, but the hard work will pay off!

Private RecSkate Lessons

One-on-one instruction. These are great for accelerating your learning, mastering that one problem skill or preparing for the next level. Our instructors will work from the RecSkate program material or address specific skills as needed. Skate rentals are included. See recreation.nanaimo.ca for availability.

RecFigure Skate - Child/Teen 6 to 16 Years

A small group session focusing on developing specific figure skating skills, such as jumps, spins and field moves, as well as continuing to develop the basics of skating. Skaters should have passed a minimum of RecSkate 5 before registering. Completion of RecSkate program or equivalent is preferred.

RecSkate - Pre-Teen/Teen 12 to 17 Years

Skating and more! Join your friends at these lessons that teach all levels of skating skills. This program offers an introduction to arenas, including lesson teaching, skate patrol, safety and a facility tour. This is a great bridge to our LIT and Quest programs.



Skating Lesson Information

SKATING EQUIPMENT

- Skate Rentals are \$2 per pair per lesson (please pay for skate rentals at time of registration).
- Helmets, mitts/gloves are mandatory for all skaters. We do have helmets for you to use, but bring your own helmet if you have one, as we have a limited number available.

LESSON TIMES AND PRICES

LESSON	LENGTH OF LESSON	COST PER CLASS
Boots to Blades 1 & 2	30 minutes	\$8.50
RecSkate (3-5 yrs)	30 minutes	\$8.50
RecSkate (6-11 yrs)	45 minutes	\$12
RecFigure Skate	45 or 60 minutes	\$13/hr or \$12 for 45 min
Various RecSkates (pre-teen/teen)	60 minutes	\$13
Private RecSkate (all ages) *	30 minutes	\$28

*For private RecSkate lessons, specific coach requests may be accommodated by calling 250-756-5215.

CUSTOM PRIVATE SKATING LESSONS

- Let us customize skating lessons to fit your schedule and your skill level. Cost is \$28 for a 30-minute lesson. Call Alli, Arenas Coordinator, at 250-755-7536 for details.



DO YOU REQUIRE ADDITIONAL SUPPORT?

- If you require any accommodations or additional support, please contact our Arenas Coordinator at 250-755-7536.

DROP-IN SESSIONS

- Check out our drop-in options on page 12-13 or check our online schedule at recreation.nanaimo.ca.



GLOW IN THE DARK

Skates

SKATE IN OUR ATMOSPHERE OF DIMMED LIGHTING AND SPECIAL EFFECTS!

Held on Sundays, 3-4:30 pm

- April 21 (Cliff McMabb)
- May 19 (Cliff McNabb)
- June 16 (Cliff McNabb)
- July 21 (Nanaimo Ice Centre)
- August 18 (Nanaimo Ice Centre)

STARLIGHT

Skate

This is a great way to escape the hustle and bustle while enjoying lap skating with our soft light stars and passive LED lighting. Perfect time for couples and families to get some exercise with friends.

Regular admission rates apply.

Held on Wednesdays, 6:30-8 pm

- April 3 (Frank Crane) • May 1 (Frank Crane)
- June 5 (Nanaimo Ice Centre)
- July 3 (Nanaimo Ice Centre)
- August 7 (Nanaimo Ice Centre)



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2024/25 SCHOOL LESSONS

Teachers & Educators

Skating Lessons for Your Class

- Lessons available at Nanaimo Ice Centre and Frank Crane Arena September through March.
- Sessions are 45 minutes in duration consisting of a 30-minute lesson and 15 minutes of free time.
- Skate and helmet rentals are included.
- Bookings are ongoing.

Contact our Arenas Program Assistant at 250-755-7537.



LIONS FREE SKATE



Held Sundays at Frank Crane Arena

Held every Sunday, 12-1:30 pm until March 26

Held 11 am-12:30 pm on March 12 and cancelled on March 19

The Lions Club is pleased to be offering FREE skating to Nanaimo residents. Thank you to our program sponsors:



- Alexandra's Bistro
- Brechin Lanes
- BMO Nesbitt Burns
- Chris Martin, RE/MAX of Nanaimo
- Haarsma Waste Innovations
- Little Valley Restorations and Collision
- Nanaimo Hearing Clinic
- Roto Rooter
- Widsten Property Management Services

Skating Lessons

30 min lesson = 2-5 years • 45 min lesson = 6-11 years • 30 min private lessons

Monday, Apr 8-May 6 • 5 lessons • Frank Crane Arena

3:30-4 pm	Boots 1 112918	Boots 2 112937	Rec 1 112956	Rec 2 112987	Rec 3 113464	Rec 4 113522	Private 114526
4-4:45 pm	Rec 1 112973	Rec 2 113005	Rec 3 113492	Rec 4 114355	Rec 5 114370	Private 4-4:30 pm 114527	
4:45-5:15 pm	Boots 1 112919	Boots 2 112938	Rec 1 112957	Rec 2 112988	Rec 3 113465	Rec 4 113523	Private 114528
5:15-6 pm	Rec 1 112974	Rec 2 113006	Rec 3 113493	Rec 4 114356	Rec 6/7 114515	RecFigure 114875	
6-6:30 pm	Boots 1 112920	Boots 2 112939	Rec 1 112958	Rec 2 112989	Private 114529	Private 114530	
6:45-7:45 pm	Teen 114865	Adult RS 114857	Private 6:45-7:15 pm 114531	Private 6:45-7:15 pm 114532	Private 6:45-7:15 pm 114533		
7:15-7:45 pm	Private 114534	Private 114535	Private 114536				

Wednesday, Apr 3-May 8 • 6 lessons • Cliff McNabb Arena

12:30-1 pm	Private 114560	Private 1-1:30pm 114561					
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Thursday, Apr 4-May 9 • 6 lessons • Frank Crane Arena

3:30-4:15 pm	Rec 1 114478	Rec 2 114493	Rec 3 114500	Rec 4 114507	Rec 5 114511	Rec 6/7 114518	Private 3:30-4 pm 114564
4:15-4:45 pm	Boots 1 114419	Boots 2 114428	Rec 1 114460	Rec 2 114490	Rec 3 114497	Rec 4 114504	Private 114565
4:45-5:30 pm	Hockey Ras. 114891	Everyone Can Play 114894					
5:30-6:30 pm	Teen 114868	Adult RS 114858	RecFigure 114880	Private 5:30-6 pm 114566	Private 5:30-6 pm 114567	Private 6-6:30 pm 114568	Private 6-6:30 pm 114569

Friday, Apr 5-May 10 • 6 lessons • Frank Crane Arena

9:30-10 am	Boots 1 112927	Rec 1 112965	Rec 3 113484	Rec 4 113530	Ad. Pract. 9:30-10:30 am 114863	Private 114734	
10-10:30 am	Boots 2 112946	Rec 2 112997	Private 114735	Adult RS 10:30-11:30 am 114861	Adult Adv. 10:30-11:30 am 114873		

Saturday, Apr 6-May 11 • 6 lessons • Frank Crane Arena

9-9:45 am	Rec 1 112979	Rec 2 113455	Rec 3 113507	Rec 4 114361	Rec 5 114378	Private 9-9:30 am 114742	
9:15-9:45 am	Boots 1 112929	Boots 2 112948					
9:45-10:15 am	Boots 1 112930	Boots 2 112949	Rec 1 112967	Rec 2 112999	Rec 3 113486	Rec 4 113533	Private 114743
10:30-11:15 am	Rec 1 112980	Rec 2 113457	Rec 3 113508	Rec 4 114362	Rec 6/7 114521	RecFigure 114878	Private 10:30-11 am 114744
11:15-11:45 am	Boots 1 112931	Boots 2 112950	Rec 1 112968	Rec 2 113000	Rec 3 113487	Rec 4 113534	Teen 11:15am-12:15p 114870
11:45 am-12:15 pm	Private 114745	Private 114746	Private 114747	Private 114748	Private 114749		

SET ONE



REGISTER EARLY to avoid DISAPPOINTMENT!

(low registration may lead to course cancellation)



Skating Lessons

30 min lesson = 2-5 years • 45 min lesson = 6-11 years • 30 min private lessons

Monday, May 27-Jun 24 • 5 lessons • **Nanaimo Ice Centre**

3:30-4 pm	Boots 1 112921	Boots 2 112940	Rec 1 112959	Rec 2 112990	Rec 3 113467	Rec 4 113524	Private 114538
4-4:45 pm	Rec 1 112975	Rec 2 113007	Rec 3 113497	Rec 4 114357	Rec 5 114376	Private 4-4:30 pm 114539	
4:45-5:15 pm	Boots 1 112922	Boots 2 112941	Rec 1 112960	Rec 2 112991	Rec 3 113469	Rec 4 113527	Private 114540
5:15-6 pm	Rec 1 112976	Rec 2 113446	Rec 3 113498	Rec 4 114358	Rec 6/7 114516	RecFigure 114882	
6-6:30 pm	Boots 1 112923	Boots 2 112942	Rec 1 112961	Rec 2 112992	Private 114541	Private 114542	
6:45-7:45 pm	Teen 114866	Adult RS 114850	Private 6:45-7:15 pm 114543	Private 6:45-7:15 pm 114544	Private 6:45-7:15 pm 114545		
7:15-7:45 pm	Private 114546	Private 114547	Private 114548				

Wednesday, May 29-Jun 26 • 5 lessons • **Cliff McNabb Arena**

12:30-1 pm	Private 114562	Private 1-1:30 pm 114563					
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Thursday, May 30-Jun 27 • 5 lessons • **Nanaimo Ice Centre**

3:30-4:15 pm	Rec 1 114479	Rec 2 114494	Rec 3 114501	Rec 4 114508	Rec 5 114512	Rec 6/7 114519	Private 3:30-4 pm 114671
4:15-4:45 pm	Boots 1 114421	Boots 2 114439	Rec 1 114461	Rec 2 114491	Rec 3 114498	Rec 4 114505	Private 114722
4:45-5:30 pm	Hockey Ras. 114892	Everyone Can Play 114895					
5:30-6:30 pm	Teen 114869	Adult RS 114859	RecFigure 114881	Private 5:30-6 pm 114723	Private 5:30-6 pm 114724	Private 6-6:30 pm 114725	Private 6-6:30 pm 114726

Friday, May 31-Jun 28 • 5 lessons • **Cliff McNabb Arena**

9:30-10 am	Boots 1 112928	Rec 1 112966	Rec 3 113485	Rec 4 113532	Ad. Pract. 9:30-10:30 am 114864	Private 114739	
10-10:30 am	Boots 2 112947	Rec 2 112998	Private 114740	Adult RS 10:30-11:30 am 114862	Adult Adv. 10:30-11:30 am 114874		

Saturday, Jun 1-29 • 5 lessons • **Cliff McNabb Arena**

9-9:45 am	Rec 1 112981	Rec 2 113458	Rec 3 113509	Rec 4 114363	Rec 5 114379	Private 9-9:30 am 114750	
9:15-9:45 am	Boots 1 112932	Boots 2 112951					
9:45-10:15 am	Boots 1 112933	Boots 2 112952	Rec 1 112969	Rec 2 113001	Rec 3 113488	Rec 4 113536	Private 114751
10:30-11:15 am	Rec 1 112982	Rec 2 113459	Rec 3 113510	Rec 4 114364	Rec 6/7 114522	RecFigure 114879	Private 10:30-11 am 114752
11:15-11:45 am	Boots 1 112934	Boots 2 112953	Rec 1 112970	Rec 2 113002	Rec 3 113489	Rec 4 113538	Teen 11:15am-12:15p 114871
11:45 am-12:15 pm	Private 114753	Private 114754	Private 114755	Private 114756	Private 114757		

RecSkate Pre-Teen/Teen

12 to 17 Years

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

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

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

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

Frank Crane Arena

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

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

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

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

Nanaimo Ice Centre

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

Cliff McNabb Arena

Private RecSkate Lessons - Daytime

One-on-one instruction. These are great for accelerating your learning and mastering that one problem skill or preparing for the next level. Our instructors will work from the RecSkate program material or address specific skills as needed. Skate rentals are included.

Wed, Apr 3-24 | 12:30-1 pm | \$112/4 | [114560](#)

Wed, Apr 3-24 | 1-1:30 pm | \$112/4 | [114561](#)

Mon, Apr 8-May 13 | 10-10:30 am | \$168/6 | [114525](#)

Mon, Wed, May 1-22 | 12:30-1 pm | \$112/4 | [115471](#)

Wed, May 1-22 | 1-1:30 pm | \$112/4 | [115476](#)

Mon, May 27-Jun 24 | 10-10:30 am | \$140/5 | [114537](#)

Wed, May 29-Jun 26 | 12:30-1 pm | \$140/5 | [114562](#)

Wed, May 29-Jun 26 | 1-1:30 pm | \$140/5 | [114563](#)

Cliff McNabb Arena

RecFigure Skate - Beginner

6 to 16 Years

This is a small group session focusing on developing specific figure skating skills like jumps, spins and field moves, as well as continuing to develop the basics of skating. Children's progress is monitored through the use of a progress card. Lesson is taught on a portion of the ice shared with the RecSkate program. Skaters should have passed a minimum of RecSkate 5. Completion of the RecSkate program or equivalent is preferred. Helmets are mandatory.

Mon, Apr 8-May 6 | 5:15-6 pm | \$60/5 | [114875](#)

Thu, Apr 4-May 9 | 5:30-6:30 pm | \$78/6 | [114880](#)

Sat, Apr 6-May 11 | 10:30-11:15 am | \$72/6 | [114878](#)

Frank Crane Arena

Mon, May 27-Jun 24 | 5:15-6 pm | \$60/5 | [114882](#)

Thu, May 30-Jun 27 | 5:30-6:30 pm | \$65/5 | [114881](#)

Mon, Jul 8-Aug 12 | 5:15-6 pm | \$60/5 | [114883](#)

Thu, Jul 11-Aug 15 | 6:15-7:15 pm | \$60/5 | [114884](#)

M-F, Aug 19-23 | 11-11:45 am | \$60/5 | [114885](#)

M-F, Aug 26-30 | 11-11:45 am | \$60/5 | [114886](#)

Nanaimo Ice Centre

Sat, Jun 1-29 | 10:30-11:15 am | \$60/5 | [114879](#)

Cliff McNabb Arena

SET TWO

Oh, shoot!

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



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Skating Lessons

RecFigure Skate - Advanced D

8 to 16 Years

A group lesson for experienced RecFigure skaters who have completed a minimum of RecFigure Skate level 3. This class will consist of free skating skills, such as jumps and spins, as well as an introduction to Ice Dance.

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

Frank Crane Arena

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

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

Nanaimo Ice Centre

RecFigure Skate - Teen & Adult D

13 +

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

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

Frank Crane Arena

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

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

Nanaimo Ice Centre



30 min lesson = 2-5 years • 45 min lesson = 6-11 years • 30 min private lessons

Monday, Jul 8-Aug 12 • 5 lessons • Nanaimo Ice Centre (no lesson Aug 5)

3:30-4 pm	Boots 1 112924	Boots 2 112943	Rec 1 112962	Rec 2 112993	Rec 3 113470	Rec 4 113528	Private 114549
4-4:45 pm	Rec 1 112977	Rec 2 113452	Rec 3 113499	Rec 4 114359	Rec 5 114377	Private 4-4:30 pm 114550	
4:45-5:15 pm	Boots 1 112925	Boots 2 112944	Rec 1 112963	Rec 2 112994	Rec 3 113471	Rec 4 113529	Private 114551
5:15-6 pm	Rec 1 112978	Rec 2 113453	Rec 3 113500	Rec 4 114360	Rec 6/7 114517	RecFigure 114883	
6-6:30 pm	Boots 1 112926	Boots 2 112945	Rec 1 112964	Rec 2 112995	Private 114552	Private 114553	
6:45-7:45 pm	Teen 114867	Adult RS 114851	Private 6:45-7:15 pm 114554	Private 6:45-7:15 pm 114555	Private 6:45-7:15 pm 114556		
7:15-7:45 pm	Private 114557	Private 114558	Private 114559				

SET THREE

Thursday, Jul 11-Aug 15 • 6 lessons • Nanaimo Ice Centre

3:30-4:15 pm	Rec 1 114480	Rec 2 114495	Rec 3 114502	Rec 4 114509	Rec 5 114513	Private 3:30-4 pm 114727	
4:15-4:45 pm	Boots 1 114423	Boots 2 114456	Rec 1 114475	Rec 2 114492	Rec 3 114499	Rec 4 114506	Private 114728
4:45-5:30 pm	Rec 2 114496	Rec 3 114503	Rec 4 114510	Rec 5 114514	Rec 6/7 114520	RecFigure 114884	Private 114729
5:30-6:15 pm	Hockey Ras. 115175						
6:15-7:15 pm	Teen 114872	Adult RS 114860	Private 6:15-6:45 pm 114730	Private 6:15-6:45 pm 114731			
6:45-7:15 pm	Private 114732	Private 114733					

Monday-Friday, Aug 19-23 • 5 lessons • Nanaimo Ice Centre

9-9:45 am	Rec 1 112983	Rec 2 113460	Rec 3 113511	Rec 4 114366	Rec 5 114380	Private 8:15-8:45 pm 114758	Private 9-9:30 am 114759
9:45-10:15 am	Boots 1 112935	Boots 2 112954	Rec 1 112971	Rec 2 113003	Rec 3 113490	Rec 4 113539	Private 114760
10:15-11 am	Rec 1 112984	Rec 2 113461	Rec 3 113512	Rec 4 114367	Rec 6/7 114523	Private 10:30-11 am 114761	
11-11:45 am	RecFigure 114885	Private 11-11:30 am 114762	Private 11-11:30 am 114763	Private 11-11:30 am 114764	Private 11-11:30 am 114765		

SUMMER SET

Monday-Friday, Aug 26-30 • 5 lessons • Nanaimo Ice Centre

9-9:45 am	Rec 1 112985	Rec 2 113462	Rec 3 113513	Rec 4 114368	Rec 5 114381	Private 8:15-8:45 pm 114766	Private 9-9:30 am 114767
9:45-10:15 am	Boots 1 112936	Boots 2 112955	Rec 1 112972	Rec 2 113004	Rec 3 113491	Rec 4 113540	Private 114768
10:15-11 am	Rec 1 112986	Rec 2 113463	Rec 3 113514	Rec 4 114369	Rec 6/7 114524	Private 10:30-11 am 114769	
11-11:45 am	RecFigure 114886	Private 11-11:30 am 114770	Private 11-11:30 am 114771	Private 11-11:30 am 114772	Private 11-11:30 am 114773		



REGISTER EARLY to avoid DISAPPOINTMENT!

(low registration may lead to course cancellation)



RecSkate Homeschool



Learn skills from our RecSkate program. Develop balance, agility and coordination. All levels of skaters will be accommodated. Parents are welcome to register with their child. Helmets are mandatory.

Wed, Apr 3-May 8 | 12:30-1:30 pm | \$78/6 | 114808
Mon, Apr 8-May 13 | 10:30-11:30 am | \$78/6 | 114811
Wed, May 15-Jun 26 | 12:30-1:30 pm | \$91/7 | 114810
Mon, May 27-Jun 24 | 10:30-11:30 am | \$65/5 | 114812
Cliff McNabb Arena

RecSkate Adults

A great program for new skaters who may need to brush up on their skills. We will introduce a variety of skating skills (both basic and challenging) in a relaxed and enjoyable setting. Develop skills at your own pace, and work toward earning the bronze, silver and gold lapel pins if desired.

Mon, Apr 8-May 6 | 6:45-7:45 pm | \$65/5 | 114857
Thu, Apr 4-May 9 | 5:30-6:30 pm | \$78/6 | 114858
Fri, Apr 5-May 10 | 10:30-11:30 am | \$65/5 | 114861

Frank Crane Arena

Fri, May 31-Jun 28 | 10:30-11:30 am | \$91/7 | 114862
Cliff McNabb Arena

Mon, May 27-Jun 24 | 6:45-7:45 pm | \$65/5 | 114850
Thu, May 30-Jun 27 | 5:30-6:30 pm | \$65/5 | 114859

Mon, Jul 8-Aug 12 | 6:45-7:45 pm | \$65/5 | 114851

Thu, Jul 11-Aug 15 | 6:15-7:15 pm | \$78/6 | 114860

Nanaimo Ice Centre

RecSkate Adults Practice

This practice time is for those participants registered in any of our RecSkate Adult lessons. This is an excellent opportunity to work on your skills. This is a half-ice program.

Fri, Apr 5-May 10 | 9:30-10:30 am | \$45/6 | 114863

Frank Crane Arena

Fri, May 31-Jun 28 | 9:30-10:30 am | \$38/5 | 114864

Cliff McNabb Arena

RecSkate Adults Advanced

This class is for experienced skaters with an emphasis on ice dance, figure skating and other advanced skills. Work towards earning your bronze, silver and gold level lapel pins if desired.

Fri, Apr 5-May 10 | 10:30-11:30 am | \$78/6 | 114873

Frank Crane Arena

Fri, May 31-Jun 28 | 10:30-11:30 am | \$65/5 | 114874

Cliff McNabb Arena

SUMMER CAMPS in the Arenas!

Cool Kids Skate Camp

6 to 11 Years

Enjoy a line up of activities, including a daily skating lesson, hockey for fun and various outdoor activities. We recommend all participants complete a minimum of RecSkate 1 prior to participation. Helmets are mandatory. **This camp is held at Nanaimo Ice Centre from 8:30 am-5 pm. Cost is \$46 per day.**

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

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

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

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

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

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

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

RecHockey Summer Camp

6 to 12 Years

Hockey players will love this full-day development camp packed with games and activities built around hockey drills, skills training and scrimmage time. Full gear is required. **This camp is held at Nanaimo Ice Centre from 8:30 am-5 pm. Cost is \$46 per day.**

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

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

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

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

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

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

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

Camp ParadiCE

6 to 16 Years

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

M-F, Aug 26-30 | 8:30 am-4:30 pm | \$225/5 | 115220

Nanaimo Ice Centre

See Camp Section

**for more Summer
Camp options**

ONLINE PUBLIC DROP-IN SCHEDULES

Visit our website at recreation.nanaimo.ca and look at our "Drop-in Schedules" for the most up-to-date times for swimming, skating, pottery, weight rooms and gymnasiums!



cityofnanaimo



prc_nanaimo (#ilovemyparksandrec)



Hockey Programs

NHL (Novice Hockey League)

NHL is designed to introduce and develop the game of hockey to children looking to play for enjoyment and fitness. Skills are taught through comprehensive progressions and age/skill appropriate drills. No previous hockey experience is required, but players must be able to skate and stop well. We recommend skaters complete a minimum of RecSkate 2 prior to this course. Full gear is required.

4 to 6 Years

Sat, Apr 6-May 11 | 8:15-9 am | \$72/6 | [114896](#)
 Sat, Apr 6-May 11 | 12:15-1 pm | \$72/6 | [114898](#)

Frank Crane Arena

Sat, Jun 1-29 | 8:15-9 am | \$60/5 | [114897](#)
 Sat, Jun 1-29 | 12:15-1 pm | \$60/5 | [114899](#)

Cliff McNabb Arena

M-F, Aug 19-23 | 8:15-9 am | \$60/5 | [114900](#)
 M-F, Aug 26-30 | 8:15-9 am | \$60/5 | [114901](#)

Nanaimo Ice Centre

7 to 12 Years

Sat, Apr 6-May 11 | 8:15-9 am | \$72/6 | [114902](#)
 Sat, Apr 6-May 11 | 12:15-1 pm | \$72/6 | [114904](#)

Frank Crane Arena

Sat, Jun 1-29 | 8:15-9 am | \$60/5 | [114903](#)
 Sat, Jun 1-29 | 12:15-1 pm | \$60/5 | [114905](#)

Cliff McNabb Arena

M-F, Aug 19-23 | 8:15-9 am | \$60/5 | [114906](#)
 M-F, Aug 26-30 | 8:15-9 am | \$60/5 | [114907](#)

Nanaimo Ice Centre

Hockey Rascals

3 to 5 Years

This program focuses on hockey FUNdamentals, including skating, puck handling and shooting. You must supply your own helmet with face cage, stick and gloves. Full gear is recommended.

Thu, Apr 4-May 9 | 4:45-5:30 pm | \$72/6 | [114891](#)

Frank Crane Arena

Fri, Apr 5-May 10 | 4:15-5 pm | \$72/6 | [114389](#)
 Fri, Apr 5-May 10 | 5:30-6:15 pm | \$72/6 | [114390](#)
 Fri, May 17-Jun 28 | 4:15-5 pm | \$84/7 | [114391](#)
 Fri, May 17-Jun 28 | 5:30-6:15 pm | \$84/7 | [114392](#)

Cliff McNabb Arena

Thu, May 30-Jun 27 | 4:45-5:30 pm | \$60/5 | [114892](#)
 Thu, Jul 11-Aug 15 | 5:30-6:15 pm | \$72/6 | [115175](#)

Nanaimo Ice Centre

Everyone Can Play Hockey

7 to 12 Years

This is a great first-timer experience emphasizing the FUNdamentals of Canada's greatest game. We recommend a minimum of RecSkate 2 be completed. Please supply your own helmet with a face cage, stick and gloves. Full gear is not mandatory but recommended.

Thu, Apr 4-May 9 | 4:45-5:30 pm | \$72/6 | [114894](#)

Frank Crane Arena

Thu, May 30-Jun 27 | 4:45-5:30 pm | \$60/5 | [114895](#)

Nanaimo Ice Centre

Power Skating

This program is designed to develop strength, power, flexibility and endurance for hockey. Full gear is required.

Peanut: 4 to 6 Years

Mon, Aug 12 | 3-4 pm | \$13/1 | [114908](#)
 Tue, Aug 13 | 3-4 pm | \$13/1 | [114909](#)
 Wed, Aug 14 | 3-4 pm | \$13/1 | [114910](#)
 Thu, Aug 15 | 3-4 pm | \$13/1 | [114911](#)
 Fri, Aug 16 | 3-4 pm | \$13/1 | [114912](#)

7 to 9 Years

Mon, Aug 12 | 4-5 pm | \$13/1 | [114918](#)
 Tue, Aug 13 | 4-5 pm | \$13/1 | [114919](#)
 Wed, Aug 14 | 4-5 pm | \$13/1 | [114920](#)
 Thu, Aug 15 | 4-5 pm | \$13/1 | [114921](#)
 Fri, Aug 16 | 4-5 pm | \$13/1 | [114922](#)

10 to 14 Years

Mon, Aug 12 | 5-6 pm | \$13/1 | [114923](#)
 Tue, Aug 13 | 5-6 pm | \$13/1 | [114924](#)
 Wed, Aug 14 | 5-6 pm | \$13/1 | [114925](#)
 Thu, Aug 15 | 5-6 pm | \$13/1 | [114926](#)
 Fri, Aug 16 | 5-6 pm | \$13/1 | [114927](#)

Nanaimo Ice Centre



I would like to give a special shoutout to hockey instructor, Campbell. His enthusiasm, interest, and dedication truly stand out. He has done an excellent job coaching me, and his efforts are greatly appreciated.

Elite Power Skating

Skaters of all abilities are introduced to skating techniques necessary to develop greater power and strength to improve their game. Speed, balance, agility and coordination are covered in each session. Full gear required.

6 to 9 Years

Wed, Mar 27-May 15 | 7:30-8:15 am | \$96/8 | [115210](#)

Frank Crane Arena

Wed, May 29-Jun 26 | 7:30-8:15 am | \$60/5 | [115212](#)

Nanaimo Ice Centre

10 to 14 Years

Wed, Mar 27-May 15 | 7:30-8:15 am | \$96/8 | [115214](#)

Frank Crane Arena

Wed, May 29-Jun 26 | 7:30-8:15 am | \$60/5 | [115221](#)

Nanaimo Ice Centre

Advanced Stickhandling Skills D

12 to 17 Years

This program is for any player interested in challenging and advancing their stickhandling and puck control abilities. You will be introduced to skills and drills that will encourage more creative use of your stick in game-like settings. Full gear required.

Wed, Apr 3-May 15 | 8:15-9:30 pm | \$91/7 | [115194](#)

Mon, Apr 8-May 6 | 7:45-9:30 pm | \$60/5 | [115193](#)

Frank Crane Arena

Mon, May 27-Jun 24 | 7:45-8:45 pm | \$60/5 | [115191](#)

Wed, May 29-Jul 3 | 8:15-9:30 pm | \$78/6 | [115195](#)

Mon, Jul 8-Aug 12 | 7:45-8:45 pm | \$60/5 | [115192](#)

Wed, Jul 10-Aug 28 | 8:15-9:30 pm | \$104/8 | [115197](#)

Nanaimo Ice Centre

Adult Hockey Skills and Drills D

18 Years +

For the mature player with some experience, these high-tempo, co-ed sessions will consist of skill practice and game play. Instructors will focus on developing positional play and improving your game.

Wed, Apr 3-May 15 | 8:15-9:30 pm | \$91/7 | [115198](#)

Frank Crane Arena

Wed, May 29-Jul 3 | 8:15-9:30 pm | \$78/6 | [115199](#)

Wed, Jul 10-Aug 28 | 8:15-9:30 pm | \$104/8 | [115200](#)

Nanaimo Ice Centre

Adult Stickhandling D

16 Years +

You can always improve this important hockey skill set. Drills include correct hand positioning, top hand and bottom hand strengthening, toe control, faking, use of lines, cupping and reaching. Full gear is required.

Mon, Apr 8-May 6 | 7:45-8:45 pm | \$60/5 | [115178](#)

Frank Crane Arena

Mon, May 27-Jun 24 | 7:45-8:45 pm | \$60/5 | [115179](#)

Mon, Jul 8-Aug 12 | 7:45-8:45 pm | \$60/5 | [115180](#)

Nanaimo Ice Centre

Adult Scrimmage D

18 Years +

This scrimmage program is for adults 18 and over interested in playing in an informal scrub setting. Session is monitored by an experienced leader. This is a registered program, but is also drop-in accessible.

Fri, Apr 5-May 3 | 9-10:30 pm | \$65/5 | [115450](#)

Fri, May 17-Jun 28 | 9-10:30 pm | \$91/7 | [115452](#)

Cliff McNabb Arena

Fri, Jul 5-Aug 31 | 9-10:30 pm | \$117/9 | [115453](#)

Nanaimo Ice Centre

Adaptive Hockey D

This program will provide teens and adults with diverse abilities the skills required to play the game of hockey. The participants will have the opportunity to learn how skate, pass and shoot while getting some great exercise in a safe and stimulating environment. No skating ability is required, but participants should be steady on their feet. Support workers are welcome, but independence is encouraged. Full gear is required.

Wed, Apr 3-May 15 | 9-10:15 am | \$84/7 | [114890](#)

Frank Crane Arena



DROP-IN HOCKEY PROGRAMS D

When you see this symbol beside a program, it indicates that we accept drop-ins. The drop-in fee is \$13. You can pre-register online, phone 250-756-5200 during office hours or pay a cashier in person (when scheduled) and present the on-ice staff member with your receipt. Our instructors will not accept payment.

Full Gear Equipment Checklist:

- Helmet (CSA approved) with chin strap
- Full-shield/cage face mask (CSA approved)
- Shoulder pads
- Elbow pads
- Shin guards
- Hockey pants
- Gloves
- Hockey socks
- Hockey jersey
- Skates
- Supporter & cup/pelvic protector
- Junior stick
Cut to nose level when standing on ground without skates on; then tape end of stick thick enough so it does not fit through holes in cage on face mask
- Neck guard



cityofnanaimo



prc_nanaimo (#ilovemyparksandrec)

STICK 'n' PUCK

ALL AGES

New to the game of hockey or looking to improve on those skills? Just wanting to get on the ice in a non-game, recreational setting? Stick 'n' Puck is the answer and a great way to get on the ice. An on-ice leader is available to assist with skill development and answer questions.

Space is limited, and session rules do apply. These sessions are for individuals looking to practice hockey skills - skating, passing, shooting, puck handling. These are unstructured practice times.

RULES

- Games and scrimmages are not permitted
- Goalies are welcome and free
- Limited to 30 skaters per session
- Children under 8 must be accompanied by an adult

EQUIPMENT REQUIREMENTS

- Helmets and gloves are mandatory (full face cage required for skaters 16 years and under)
- Shin guards are strongly recommended
- Skaters bring own pucks



See page 6 for admission & page 12-13 for location information.

For more information, contact the Arena Coordinator at 250-755-7536.

Custom Private Hockey Lessons

6 Years +

These one-on-one private lessons with our popular hockey instructors are perfect for individual skill development. Potential skill areas include power skating, shooting, stick handling, goal keeping, defensive development and others. Small groups (2-3) are also welcome. Full gear is recommended. We also offer private RecSkate lessons. Check out availability in our lesson grids.

Tue, Apr 30-May 14 | 3:15-3:45 pm | \$96/3 | 115114
Tue, Apr 30-May 14 | 3:15-3:45 pm | \$96/3 | 115115
Tue, Apr 30-May 14 | 3:15-3:45 pm | \$96/3 | 115116
Tue, Apr 30-May 14 | 3:45-4:15 pm | \$96/3 | 115117
Tue, Apr 30-May 14 | 3:45-4:15 pm | \$96/3 | 115118
Tue, Apr 30-May 14 | 3:45-4:15 pm | \$96/3 | 115119
Sat, Apr 6-May 11 | 7:45-8:15 am | \$192/6 | 115151
Sat, Apr 6-May 11 | 7:45-8:15 am | \$192/6 | 115154

Frank Crane Arena

Tue, Mar 26-Apr 23 | 3:15-3:45 pm | \$160/5 | 115098
Tue, Mar 26-Apr 23 | 3:15-3:45 pm | \$160/5 | 115099
Tue, Mar 26-Apr 23 | 3:15-3:45 pm | \$160/5 | 115100
Tue, Mar 26-Apr 23 | 3:45-4:15 pm | \$160/5 | 115101
Tue, Mar 26-Apr 23 | 3:45-4:15 pm | \$160/5 | 115102
Tue, Mar 26-Apr 23 | 3:45-4:15 pm | \$160/5 | 115103

Wed, Mar 27-Apr 24 | 3:15-3:45 pm | \$160/5 | 115104
Wed, Mar 27-Apr 24 | 3:15-3:45 pm | \$160/5 | 115105
Wed, Mar 27-Apr 24 | 3:15-3:45 pm | \$160/5 | 115106
Wed, Mar 27-Apr 24 | 3:45-4:15 pm | \$160/5 | 115107
Wed, Mar 27-Apr 24 | 3:45-4:15 pm | \$160/5 | 115108
Wed, Mar 27-Apr 24 | 3:45-4:15 pm | \$160/5 | 115110
Wed, Mar 27-Apr 24 | 4:15-4:45 pm | \$160/5 | 115111
Wed, Mar 27-Apr 24 | 4:15-4:45 pm | \$160/5 | 115112
Wed, Mar 27-Apr 24 | 4:15-4:45 pm | \$160/5 | 115113

Tue, May 28-Jun 25 | 3:15-3:45 pm | \$160/5 | 115120
Tue, May 28-Jun 25 | 3:15-3:45 pm | \$160/5 | 115121
Tue, May 28-Jun 25 | 3:15-3:45 pm | \$160/5 | 115122
Tue, May 28-Jun 25 | 3:45-4:15 pm | \$160/5 | 115123
Tue, May 28-Jun 25 | 3:45-4:15 pm | \$160/5 | 115124
Tue, May 28-Jun 25 | 3:45-4:15 pm | \$160/5 | 115125

Nanaimo Ice Centre

Fri, Apr 5-May 3 | 5-5:30 pm | \$160/5 | 115145
Fri, Apr 5-May 3 | 5-5:30 pm | \$160/5 | 115146
Fri, May 10-31 | 5-5:30 pm | \$128/4 | 115147
Fri, May 10-31 | 5-5:30 pm | \$128/4 | 115148
Fri, Jun 7-28 | 5-5:30 pm | \$128/4 | 115149
Fri, Jun 7-28 | 5-5:30 pm | \$128/4 | 115150
Sat, Jun 1-29 | 7:45-8:15 am | \$160/5 | 115155
Sat, Jun 1-29 | 7:45-8:15 am | \$160/5 | 115156

Cliff McNabb Arena



Lacrosse

This program focusses on Lacrosse FUNdamentals, including running, cradling the ball, catching, passing and shooting. You must supply your own helmet with face cage and gloves. We have a limited number of sticks available for use if needed. Full gear is not mandatory, but it is recommended.

Mini Lacrosse Rascals: 4 to 5 Years

Tue, Apr 2-May 7 | 3:30-4:15 pm | \$60/6 | 114826
Thu, Apr 4-May 9 | 3:30-4:15 pm | \$70/7 | 114828
Tue, May 14-Jun 25 | 3:30-4:15 pm | \$60/6 | 114827
Thu, May 16-Jun 27 | 3:30-4:15 pm | \$70/7 | 114829

Lacrosse Rascals: 6 to 7 Years

Tue, Apr 2-May 7 | 3:30-4:15 pm | \$60/6 | 114830
Thu, Apr 4-May 9 | 3:30-4:15 pm | \$70/7 | 114831
Tue, May 14-Jun 25 | 3:30-4:15 pm | \$60/6 | 114832
Thu, May 16-Jun 27 | 3:30-4:15 pm | \$70/7 | 114833

Lacrosse Skills & Drills: 8 to 9 Years

Tue, Apr 2-May 7 | 4:15-5 pm | \$60/6 | 115203
Thu, Apr 4-May 9 | 4:15-5 pm | \$70/7 | 115205
Tue, May 14-Jun 25 | 4:15-5 pm | \$60/6 | 115204
Thu, May 16-Jun 27 | 4:15-5 pm | \$70/7 | 115206

Lacrosse Skills & Drills: 10 to 11 Years

Tue, Apr 2-May 7 | 4:15-5 pm | \$60/6 | 115207
Thu, Apr 4-May 9 | 4:15-5 pm | \$70/7 | 115209
Tue, May 14-Jun 25 | 4:15-5 pm | \$60/6 | 115208
Thu, May 16-Jun 27 | 4:15-5 pm | \$70/7 | 115211

Nanaimo Ice Centre



Custom Private Lacrosse Lessons

5 Years +

These one-on-one private lessons focus on the fundamentals, including running, cradling the ball, catching, passing and shooting. You must supply your own helmet with face cage and gloves. We have a limited number of sticks available for use if needed. Small groups (2-3) are also welcome. Contact the Recreation Coordinator at 250-755-7536 for more information. Full gear is not mandatory but recommended.

Mon, Apr 8-29 | 3:30-4 pm | \$112/4 | 114847
Mon, Apr 8-29 | 4-4:30 pm | \$112/4 | 114848
Mon, May 6-Jun 3 | 3:30-4 pm | \$112/4 | 114928
Mon, May 6-Jun 3 | 4-4:30 pm | \$112/4 | 114929
Mon, Jun 10-24 | 3:30-4 pm | \$84/3 | 114930
Mon, Jun 10-24 | 4-4:30 pm | \$84/3 | 114931
Wed, Apr 3-May 1 | 3:30-4 pm | \$140/5 | 114932
Wed, Apr 3-May 1 | 4-4:30 pm | \$140/5 | 114933
Wed, May 8-29 | 3:30-4 pm | \$112/4 | 114934
Wed, May 8-29 | 4-4:30 pm | \$112/4 | 114935
Wed, Jun 5-26 | 3:30-4 pm | \$112/4 | 114936
Wed, Jun 5-26 | 4-4:30 pm | \$112/4 | 114937

Nanaimo Ice Centre

Alternative private lessons for hockey and lacrosse may be available. Please call 250-755-7536 for more information.