

NANAIMO PARKS, RECREATION & CULTURE

Fall 2024 Activity Guide

September to December 2024



recreation.nanaimo.ca

250-756-5200

Registration starts on Wednesday, August 14.

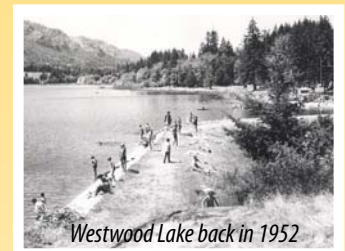
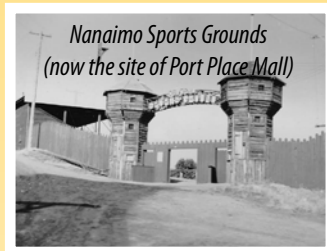


PARKS, RECREATION & CULTURE

Welcome to the Fall Activity Guide!

150 years ago, the City of Nanaimo became the sixth municipality to be incorporated in British Columbia. As we celebrate 150 years of community service, there is no better time to explore the programs, events and services offered by Parks, Recreation and Culture within this Activity Guide. Whether you are looking to start a new hobby, get active with your family this fall or look for new opportunities to get involved in your community, our excellent staff and instructors are here to assist. As we look ahead to the fall and winter seasons, I'd like to thank those who have contributed to Nanaimo's vibrancy over the past 150 years and invite the community to get involved through programs such as those offered in this Activity Guide and help us shape the future of this amazing city we call home.

Dale Lindsay,
CAO, City of Nanaimo



Stay Connected

- Check our website (recreation.nanaimo.ca) for updates on programs, special events or severe weather cancellations.
- "Like" us on Facebook ([cityofnanaimolocalgovernment](https://www.facebook.com/cityofnanaimolocalgovernment)).
- Follow us on X (Twitter) (@cityofnanaimo).
- Follow us on Instagram (@prc_nanaimo).
- Sign up to receive weekly E-News (MyCity Newsletter) through our website.
- Listen to local radio stations for updates that need immediate communication, including information on severe weather closures or cancellations (106.9 WOLF, 102.3 WAVE, 91.7 COAST).
- Please ensure we have up-to-date contact information for you, including your email in case we need to contact you.

SPRING & SUMMER ACTIVITY GUIDE

View online for the latest details!

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



recreation.nanaimo.ca
(click on Activity Guide)

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

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

Cover photo of children participating in pottery program at the Bowen Pottery Studio.

Advertising Disclaimer

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



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

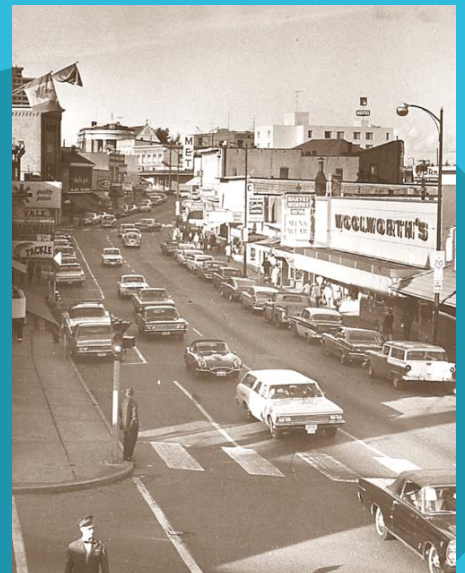
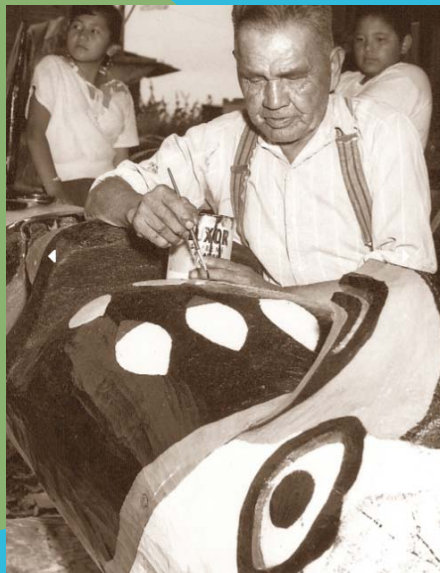


Recognizing Nanaimo's 150 years of incorporation

In December 1874, the City of Nanaimo became the sixth municipality to be incorporated in British Columbia. Fast forward to 2024, and Nanaimo is known to be one of the fastest growing cities in Canada.

Nanaimo has a rich history dating back before its time as a coal mining, forestry, tech and tourist hub. The Snuneymuxw First Nation resides in the centre of Coast Salish territory on the eastern coast of Vancouver Island and encompasses one of the most magnificent and resource rich areas at the heart of the Salish Sea. Since time immemorial, the Snuneymuxw People have resided in Snuneymuxw Territory as the first peoples.

150 years of incorporation provides a chance to highlight the City's success and recognize its citizens and community partners who have contributed to Nanaimo's vibrancy over the last 150 years.



photos courtesy of Nanaimo Archives

For more information on Nanaimo's rich and diverse history, please see the City of Nanaimo website. More information on community events recognizing 150 years of incorporation will be shared soon.

Fall Special Events

See recreation.nanaimo.ca for more details.

SEPTEMBER

• Thu, Aug 29	4-8 pm	End of Summer Splash	Nanaimo Aquatic Centre
• Tue, Sep 3	6:30-8 pm	Glow in the Dark Skate	Frank Crane Arena
• Sun, Sep 15	9 am	Terry Fox Run	Bowen Park
• Sun, Sep 22	11 am-2 pm	Rivers Day	Bowen Park (lower picnic shelter)
• Sun, Sep 22	4-6 pm	Starlight Skate	Nanaimo Ice Centre
• Mon, Sep 30	10 am-4 pm	Nat. Truth & Rec. Day Swims	Nanaimo Aquatic Centre
• Mon, Sep 30	1-3 pm	Nat. Truth & Rec. Day Skates	Nanaimo Ice Centre (free admission)



OCTOBER

• Tue, Oct 1	6:30-8 pm	Glow in the Dark Skate	Frank Crane Arena
• Mon, Oct 14	12-5 pm	Thanksgiving Day Swim	Nanaimo Aquatic Centre
• Mon, Oct 14	1-3 pm	Thanksgiving Day Skate	Frank Crane Arena
• Sun, Oct 20	4-6 pm	Starlight Skate	Nanaimo Ice Centre
• Oct 19 to 26		Family Fishing Challenge	(see page 24)
• Sun, Oct 27	9 am- 12 pm	Halloween Howl Swim	Beban Park Pool

NOVEMBER

• Tue, Nov 5	6:30-8 pm	Glow in the Dark Skate	Frank Crane Arena
• Mon, Nov 11	1-5 pm	Remembrance Day Swim	Nanaimo Aquatic Centre
• Sun, Nov 17	4-6 pm	Starlight Skate	Nanaimo Ice Centre

DECEMBER

• Tue, Dec 3	6:30-8 pm	Glow in the Dark Skate	Frank Crane Arena
• Sun, Dec 15	4-6 pm	Starlight Skate	Nanaimo Ice Centre
• Wed, Dec 18	6:30-8 pm	Skate with Santa	Frank Crane Arena
• Thu, Dec 19	6:15-7:45 pm	Skate with Santa	Nanaimo Ice Centre
• Sun, Dec 22	9 am-12 pm	Snowball Swim	Beban Park Pool
• Dec 24, 26-31		Winter Wonderland	Frank Crane Arena (see page 11)
• Tue, Dec 31	6-8 pm	New Year's Eve Swim	Nanaimo Aquatic Centre
• Wed, Jan 1	12-5 pm	Activate	Beban Park



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Public Admissions

SWIM, SKATE, WEIGHT ROOMS & GYM

General Admissions:

Child	2 yrs & under	Free
Child	3 to 12 yrs	\$3.85
Youth	13 to 24 yrs.....	\$5.45
Adult	25 to 59 yrs.....	\$7.20
Senior	60 to 79 yrs.....	\$5.45
Senior	80+ yrs; Nanaimo residents only	Free
Family	Max 2 adults & children from the same family ..	\$14.40
Shower	\$3.75

10 Visit Pass (10 admissions):

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

1 Month Active Pass:

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

12 Month Active Pass:

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

Arena Skate Rentals/Sharpening:

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

PLEASE NOTE:

- All 10 visit and 20 visit cards expire three years from date of purchase.
- All one-month Active Passes are non refundable.



Public Swim Program Highlights

PLEASE LET POOL STAFF KNOW OF ANY MEDICAL CONDITIONS.

BEBAN POOL

Everyone Welcome: With warmer water and a quieter atmosphere, Beban Pool is the perfect escape for wellness and fun! Be active and dive, play, float, jump, swim and slide. . . or simply relax in one of the hot areas.

Leisure Swim: With its accessible beach and varying depths, the Leisure Pool is perfect to support those developing their swim skills or wanting to use water therapeutically for injury recovery. Float, walk or swim around the river, play in the spray features or practice your swim skills. The hot tub, steam room and sauna are open.

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

AQUAFIT

Join us at either pool for aquatic fitness programs. Refer to pool schedules for schedules.

Therapy Aquafit: Improve your mobility with this low impact class. The focus is on movement, range of motion, balance, strength and stretching. Water therapy is highly recommended for people with arthritis, joint replacement, pre and post surgery and those with limited mobility.

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

Deep Water Aquafit: Strengthen and tone your body with this zero impact class. You'll achieve excellent cardio and strength training using water as resistance. Classes are done in deep water wearing a floatation belt.

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

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

Sun, Sep 8-Oct 20 8:15-9 am \$43/7 128050	Sun, Jan 12-Feb 16 8:15-9 am \$37/6 128053
Thu, Sep 12-Oct 24 7:15-8 pm \$43/7 128055	Thu, Jan 16-Feb 20 7:15-8 pm \$37/6 128057
Sun, Oct 27-Dec 8 8:15-9 am \$43/7 128052	Sun, Feb 23-Mar 30 8:15-9 am \$37/6 128054
Thu, Oct 31-Dec 12 7:15-8 pm \$43/7 128056	Thu, Feb 27-Apr 3 7:15-8 pm \$37/6 128058

Aqua Yoga: **NEW!** This is a fun and gentle form of stretching and strengthening performed in a warm pool where joints are supported, range of motion is maximized and resistance helps strengthen muscles. Pre-registration required. Held at Beban Park Pool.

Sat, Sep 14-Oct 26 8-9 am \$37/6 129438
Sat, Nov 22-Dec 7 8-9 am \$37/6 129439

NANAIMO AQUATIC CENTRE

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

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

Wave Pool: Catch the waves! Please note that waves may be turned off for various, unforeseen circumstances.

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

DROP-IN SCHEDULE - WEIGHT ROOMS

Nanaimo Aquatic Centre & Beban Park Weight Rooms

DEVELOP YOUR STRENGTH, AGILITY AND CARDIOVASCULAR FITNESS IN ONE OF OUR WEIGHT ROOMS.

Nanaimo Aquatic Centre Weight Room - Tue, Sep 3 to Sat, Mar 29

	SUN	MON	TUE	WED	THU	FRI	SAT
Facility Hours	6 am-9 pm	6 am-9 pm	6 am-9 pm	6 am-9 pm	6 am-9 pm	6 am-9 pm	6 am-9 pm

Schedule subject to change. See page Aquatic Schedules for stat holiday closures. See recreation.nanaimo.ca for up-to-date information.

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

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

Weight Room Orientations: These are designed to familiarize you with our facilities and give you an orientation of the basics of strength and functional training. An orientation is recommended before using our facilities. Please contact us to set up a time or see our Fitness/Yoga section for scheduled sessions. Cost is \$5.

Weight Room Personal Training Sessions: Work one-on-one with a trainer to develop a workout program that works for you, to follow up and assess your progress or to create a new program that challenges you on your fitness journey. Whatever your health and fitness goals are, our personal trainers can help! Each session includes access to the facility on the day of the training session. Cost is \$48 for one hour. Please book your session in advance. See Fitness Section for details.

Youth in the Weight Room: Our weight rooms are available for use by persons 16 years and older. Teens (13-15) wishing to use the weight room for fitness training must complete an orientation. Once completed, they will receive a "Gym Use Graduate Card". This card will permit teens to use the weight room without a parent or guardian's supervision.

Weight Room Attire: All weight room users must wear appropriate attire. This includes closed toe shoes (runners), shorts or track/sweat pants (no jeans).



Beban Weight Room - Tue, Sep 3 to Sat, Mar 29

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

Schedule is subject to change. The Beban Weight Room is closed on all statutory holidays.

PLEASE NOTE: Schedule is subject to change.

For up-to-date schedules, visit recreation.nanaimo.ca

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

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



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DROP-IN SCHEDULE - POOLS

Nanaimo Aquatic Centre Fall & Winter Schedule (741 THIRD ST)

Tue, Sep 3 to Sat, Mar 29 Schedule is subject to change. Please check recreation.nanaimo.ca to confirm.

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

Please Note: Schedule is subject to change. For schedules, visit recreation.nanaimo.ca. See page 6 for admission rates and program highlights.

- Lanes available at all times except during the moving of the bulkheads in the main pool. The bulkheads in the competition pool move at different times throughout the week and may disrupt some lane swimming. Main pool will be closed to move the bulkheads.
- Please inform staff of any medical conditions.
- All children under 7 years old must be under the direct supervision and within arm's reach of a guardian. Guardian must be in the water and must be 16 years of age or older.
- Ratio for children is 1 adult to 3 children under the age of 7 years.
- Slides, waves and/or diving boards may need to be closed periodically throughout the day. Please ask a lifeguard for schedule information.
- Life jackets are available for public use.
- ***All weight room users must wear appropriate attire. This includes closed-toe shoes (runners), shorts or track/sweat pants (no jeans).

Please Help Us Avoid Unnecessary Pool Closures:

Anyone not toilet trained must wear protective, water-resistant swim wear. Children's swim diapers are available for purchase from the pool cashier. Children should use the washroom prior to swimming in order to avoid potential pool closures. All patrons must thoroughly shower prior to entering the pool.

STAT HOLIDAY SWIMS: • Mon, Sep 30, 10 am-4 pm (National Day for Truth and Reconciliation Day) • Mon, Oct 14, 12-5 pm (Thanksgiving)
• Mon, Nov 11, 1-5 pm (Remembrance Day) • Thu, Dec 26, 12-4 pm (Boxing Day) • Mon, Feb 17, 12-5 pm (Family Day)

POOL CLOSED: • Mon, Sep 2 (Labour Day) • Wed, Dec 25 (Christmas) • Wed, Jan 1 (New Year's Day)

SWIM MEETS: • Oct 20, 26-27 • Nov 23 • Dec 13-15 • Jan 18 • Feb 22 & 23 (limited pool access; check our online schedule at recreation.nanaimo.ca)

DROP-IN SCHEDULE - POOLS



Beban Pool Fall & Winter Schedule (2300 BOWEN RD)

Tue, Sep 3 to Sat, Mar 29 Schedule is subject to change. Please check recreation.nanaimo.ca to confirm.

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

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

- Please inform staff of any medical conditions.
- All children under 7 years of age must be under the direct supervision and within arm's reach of a guardian. Guardian must be in the water and must be 16 years of age or older.
- Ratio is 1 adult to 3 children under the age of 7 years.
- ***All weight room users must wear appropriate attire. This includes closed-toe shoes (runners), shorts or track/sweat pants (no jeans).

Pool Foulings: Help us prevent unnecessary pool closures. Anyone not toilet trained must wear protective, water-resistant swim wear. Children's swim diapers are available for purchase from the pool cashier. Children should use the washroom prior to swimming in order to avoid potential pool closures. All patrons must thoroughly shower prior to entering the pool.

POOL CLOSED: • Mon, Sep 2 (Labour Day) • Mon, Sep 30 (National Day for Truth & Reconciliation) • Mon, Oct 14 (Thanksgiving) • Mon, Nov 11 (Remembrance Day) • Wed, Dec 25 (Christmas) • Thu, Dec 26 (Boxing Day) Join us at Nanaimo Aquatic Centre on Sep 30, Oct 14, Nov 11 & Dec 26.

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

NOTE:

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

- Oct 15, 17, 29, 31
- Nov 5, 7, 19, 21, 22, 26, 28, 29 & Dec 3, 5, 6
- Jan 21, 23, 24, 28, 30, 31
- Feb 11, 13, 14, 21, 25, 27, 28
- Mar 4, 6, 7, 11, 13



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DROP-IN SCHEDULE - ARENAS

Arenas Fall Schedule

Tue, Sep 3 to Sat, Dec 21 Schedule is subject to change. Please check recreation.nanaimo.ca to confirm.

Programs	SUN	MON	TUE	WED	THU	FRI	SAT
Everyone Welcome	12-1:30 pm Lions Free Skate  FCA 4-6 pm NIC		6:30-8 pm FCA	6:30-8 pm FCA	6:15-7:45 pm NIC	3:45-5:15 pm NIC	1:15-2:45 pm FCA
Parent & Tot		10-11:30 am FCA		12:30-2 pm FCA	9-10:15 am NIC		DID YOU KNOW? • Participants of all abilities are welcome to public skating sessions. • Strollers and wheelchairs are welcome on the ice.
Family	10:45-11:45 am FCA						
Adult Leisure Skate (19+)		10-11:30 am NIC	10-11:45 am FCA	10-11:30 am NIC	1:30-3 pm NIC		
Adult Scrub Hockey (18+)		11:45 am-1:15 pm NIC		11:45 am-1:15 pm NIC		11:45 am-1:15 pm NIC	
Senior Scrub (60+) & Scrub Hockey (70+)		8-9:15 am NIC 60+ Seniors	10-11:15 am NIC 70+ Seniors	8-9:15 am NIC 60+ Seniors		8-9:15 am NIC 60+ Seniors 10:45 am-12 pm NIC 70+ Seniors	
Stick 'n' Puck Children under 8 are to be accompanied onto the ice by an adult.	2:45-3:45 pm NIC		11:45 am-1:15 pm NIC	1:45-3:15 pm McN	11:45 am-1:15 pm NIC	3:15-4:15 pm McN	
Adult Scrimmage Co-ed Hockey Registered program. See page 82.						9:45-11:15 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)

ARENA CANCELLATIONS AND CHANGES:

- Everyone Welcome sessions cancelled on Wed, Sep 11 for Clipper Hockey Games
- National Truth & Reconciliation Skate (Mon, Sep 30): regular sessions cancelled; note special session
- Thanksgiving Skates (Mon, Oct 14): regular sessions cancelled; note special schedule
- Remembrance Day (Mon, Nov 11): all sessions cancelled

DROP-IN SCHEDULE - ARENAS

Fall Skating Events

Welcome Back Skates

Welcome back to the arenas this fall! *Regular admission rates apply except for the Lions Free Skate.*

- Tue, Sep 3, 10-11:45 am: Adult Leisure at FCA
- Tue, Sep 3, 6:30-8 pm: Glow in the Dark at FCA
- Wed, Sep 4, 10-11:30 am: Adult Leisure at NIC
- Wed, Sep 4, 12:30-2 pm: Parent & Tot at FCA
- Wed, Sep 4, 6:30-8 pm: Everyone Welcome at FCA
- Thu, Sep 6, 6:15-7:45 pm: Everyone Welcome at NIC
- Fri, Sep 6, 3:45-5:15 pm: Everyone Welcome at NIC
- Sat, Sep 7, 1:15-2:45 pm: Everyone Welcome at FCA
- Sun, Sep 8, 10:45-11:45 am: Family Skate at FCA
- Sun, Sep 8, 12-1:30 pm: Lions Free Skate at FCA

Special Stat Holiday Skates

These Everyone Welcome sessions replace the regular skating schedule.

- NATIONAL TRUTH & RECONCILIATION DAY
Mon, Sep 30, 1-3 pm at NIC (free admission)
- THANKSGIVING
Mon, Oct 14, 1-3 pm at FCA



Starlight Skates

This is a great way to escape the hustle and bustle while enjoying lap skating with our soft light stars and passive LED lighting. Glow sticks are available for purchase. Held on the following Sundays, 4-6 pm at Nanaimo Ice Centre. *Regular admission rates apply.*

- Sep 22
- Oct 20
- Nov 17
- Dec 15

Glow in the Dark Skates

Skate in our dimly lit arena with special effects, and glow sticks are available for purchase. Held on the first Tuesday of each month from 6:30-8 pm at Frank Crane Arena. *Regular admission rates apply.*

- Sep 3
- Oct 1
- Nov 5
- Dec 3

Skates with Santa

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

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



Winter Wonderland

Join us at the Frank Crane Arena where it will be transformed into a WINTER WONDERLAND! These FREE skate sessions include skate and helmet rentals. Drop in during any of our public times or rent the ice privately for your friends, family or co-workers.

Everyone is welcome!

December 24, 26-31
Frank Crane Arena

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



cityofnanaimo




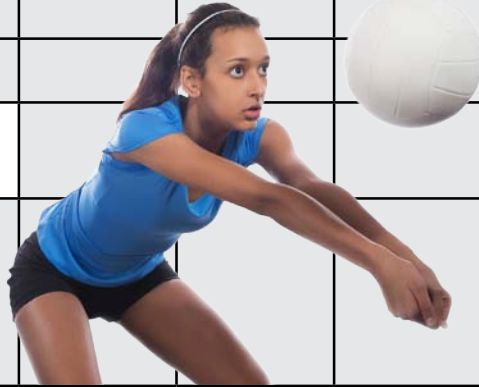
prc_nanaimo (#ilovemyparksandrec)

DROP-IN SCHEDULE - OWCC

Oliver Woods Community Centre Schedule

Tue, Sep 3 to Fri, Dec 20 (closed on all stat holidays)

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



GENERAL INFORMATION

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

FACILITY CLOSURES/SCHEDULE CHANGES

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

DROP-IN SPORT PROGRAMS

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

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



DROP-IN SCHEDULE - POTTERY

Bowen Park Pottery Studio Schedule

Tue, Sep 3 to Sun, Dec 22 (closed on all stat holidays)

The Bowen Park Pottery Studio has the tools, equipment and supplies available for the public to work independently. Children, when accompanied by an adult, are welcome (both must register). Teens who have taken a pottery class are welcome to work independently on projects. No instruction, but some guidance, is provided during the drop-in times. Clay may be purchased for \$35 (including tax) per 22 pound bag and includes all firing and glazing fees. It must be purchased during office hours Monday to Friday, 9 am to 4 pm in person or over the phone. Drop in cost is \$14 per session. Harbour City Seniors Members can access the starred *drop in sessions for \$7 per session. Dress for mess; aprons are not provided.

DROP-IN INFO

\$14 per session

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



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

MEET YOUR Pottery Instructors:



Bari Precious



Nesta Morgan



Selena Unger



cityofnanaimo



prc_nanaimo (#ilovemyparksandrec)

Low Co\$t or Free Recreation

At Parks, Recreation and Culture, we understand how recreation experiences can enrich our lives. Here are a few activities that you can participate in...even if the budget's a bit tight at the moment.

Admission Savers

- **Buy a 10 or 20 Visit Pass** and save 20 percent over regular admission. **See page 6.**
- **Active Passes** offer unlimited access to all public drop-in sessions (swimming, skating, weight rooms and sports programs and Oliver Woods Community Centre). If you are a frequent user, you will want to save big by getting our Active Pass. **See page 55.**
- **Stock up** and save on your 10 or 20 Visit Passes. Rates are increasing on September 1.
- **Lions Free Skates** take place every Sunday from September 8 until March 30 at Frank Crane Arena from 12-1:30 pm thanks to the Lions Club and a variety of local sponsors. **See page 78.**

Low Cost Recreation

- Youth, aged 10 to 17, are invited to our **FREE Spare Blox program** where youth can participate in gymnasium activities at various locations. **See page 39.**
- **Youth Lounge** at Nanaimo Aquatic Centre is for ages 11 to 18 and is FREE. Enjoy music, gaming, snacks and more. **See page 39.**
- Read some **Poetry in the Park**. **See page 85.**
- **Court Kids** is a FREE program for ages 1-5 to run, jump, and play that is held at Beban Park and Harewood Centennial. **See page 16.**
- **Invasive Plant Work Parties** are a great way to meet new people and to make a difference in your community. **See page 51.**
- We are offering a variety of FREE (or nearly free) programs for those **60 years and over**. **See page 64.**
- **Thursday Musical Entertainment** happens at Bowen Park once a month and is only \$4. **See page 62.**
- **Stroll with a Pro** and learn about Birds of Prey and Turtles. These sessions are FREE! **See page 51.**
- **Dungeons & Dragons Club (intermediate)** is FREE thanks to a partnership between the City of Nanaimo and Literacy Central Vancouver Island. **See page 35.**
- **Nanaimo Watershed and River Walking Tour** is FREE as part of World Rivers Day celebrations. **See page 46.**



LEAP

LEISURE ECONOMIC ACCESS PASS



WHAT IS LEAP?

The City of Nanaimo LEAP program supports families in financial need to access Parks, Recreation & Culture programs and services.

WHAT CAN LEAP BE USED FOR?

- 50 free admissions to drop-in swimming, skating, weight rooms and drop-in gymnasium programs per year.
- 50% off registered programs (maximum up to \$40) for all family members up to four times per year per person.
- Free admission to Nanaimo Art Gallery and Nanaimo Museum.

DO I QUALIFY?

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

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

HOW DO I APPLY?

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

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

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

STATISTICS CANADA LOW INCOME GUIDELINES

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

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



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Early Years & Children's

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

Court Kids

1 to 5 Years

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

Tue, Sep 24-Nov 26 | 9-11 am | FREE/10 | [123590](tel:123590)

Beban Park Social Centre

Thu, Sep 26-Nov 28 | 9-11 am | FREE/10 | [123592](tel:123592)

Harewood Centennial Park Outdoor Court

Gym Pals D

1 to 5 Years

Hey, kids! Bring your parents and climb, jump and play! This parent participation program allows time for tots to explore and develop motor skills. A drop-in fee of \$10/child is available depending on space.

Fri, Sep 13-Oct 25 | 9:45-10:45 am | \$48/6 | [121601](tel:121601)

Fri, Sep 13-Oct 25 | 11 am-12 pm | \$48/6 | [121615](tel:121615)

Fri, Nov 1-Dec 20 | 9:45-10:45 am | \$64/8 | [121614](tel:121614)

Fri, Nov 1-Dec 20 | 11 am-12 pm | \$64/8 | [121617](tel:121617)

Oliver Woods Community Centre

Active Tots D NEW!

2 to 5 Years

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

Wed, Sep 11-Oct 23 | 9:45-10:45 am | \$56/7 | [121591](tel:121591)

Wed, Sep 11-Oct 23 | 11 am-12 pm | \$56/7 | [121593](tel:121593)

Wed, Oct 30-Dec 18 | 9:45-10:45 am | \$64/8 | [121592](tel:121592)

Wed, Oct 30-Dec 18 | 11 am-12 pm | \$64/8 | [121594](tel:121594)

Oliver Woods Community Centre



Smart Moves Babies

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

Instructor: Robyn Mor

Infant Massage

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

Tue, Sep 17-Oct 15 | 10-10:55 am | \$60/5 | [127441](tel:127441)

Tue, Oct 22-Nov 19 | 10-10:55 am | \$60/5 | [130054](tel:130054)

Birth to Rolling

Tue, Sep 17-Nov 19 | 11-11:45 am | \$120/10 | [127443](tel:127443)

Crawling (or 7 months) to Standing

Tue, Sep 17-Nov 19 | 12-12:45 pm | \$120/10 | [127445](tel:127445)

Kin Hut Activity Centre

Oh, shoot!

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

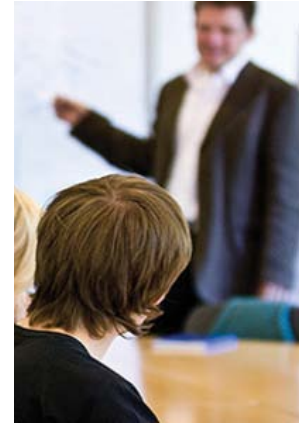
RECREATION FACILITY BOOKINGS & RENTALS

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

Multi-Purpose Halls

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

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



Outside Halls

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

Pools

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

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

Arenas

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

- **Cliff McNabb Arena** (2300 Bowen Rd)
NHL size ice sheet; 50 bleacher seats; conference room
- **Frank Crane Arena** (2300 Bowen Rd)
NHL size ice sheet; 1200 seating on floor and 2445 seating in stands; VIP Lounge
- **Nanaimo Ice Centre** (750 Third St.)
2 NHL size ice sheets; NIC 1 seating for up to 400 and NIC 2 seating for up to 186; lounge
- **Outdoor Sports Court at Harewood Centennial Park**
fully covered and lit 200' x 85' concrete slab with full dasher board system; basketball hoop available



ASK ABOUT OUR

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

Book an Event in a Park!



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PLAY & LEARN

Early Years Programs for
Ages 18 Mos. to 5 yrs

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

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

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

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



Julie Miller



Lynn Macaulay



Edie Vos

(Please note: there will be no refunds after the first class has started. Withdrawals can be made up to 72 hours prior to the first class for a full refund. If withdrawal is made less than 72 hours prior to the first class, you will be charged for the first class.

Cricket

18 Months to 3 Years

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

Instructor: Lynn Macaulay

Mondays, 9-11 am

Sep: \$60/3 (#112026) Feb: \$60/3 (#112031)
Oct: \$60/3 (#112027) Mar: \$60/3 (#112032)
Nov: \$60/3 (#112028) Apr: \$60/3 (#112033)
Dec: \$60/3 (#112029) May: \$60/3 (#115139)
Jan \$80/4 (#112030) Jun: \$60/3 (#115140)

Beban Park Social Centre

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

Sep: \$45/3 (#122067) Feb: \$60/4 (#122072)
Oct: \$75/5 (#122068) Mar: \$30/2 (#122073)
Nov: \$60/4 (#122069) Apr: \$75/5 (#122074)
Dec: \$45/3 (#122070) May: \$60/4 (#122075)
Jan \$60/4 (#122071) Jun: \$45/3 (#122076)

Oliver Woods Community Centre

Animal Crackers

3 to 5 Years

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

Instructors: Julie Miller & Edie Vos

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

Sep: \$120/6 (#119759) Feb: \$160/8 (#121893)
Oct: \$200/10 (#121889) Mar: \$80/4 (#121894)
Nov: \$160/8 (#121890) Apr: \$180/9 (#121895)
Dec: \$120/6 (#121891) May: \$180/9 (#121897)
Jan \$160/8 (#121892) Jun: \$120/6 (#121898)

Beban Park Social Centre

Doodle Bugs

3 to 5 Years

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

Instructor: Cindy Cormons

Tuesdays & Thursdays, 9-11 am

Sep: \$120/6 (#122016) Feb: \$160/8 (#122021)
Oct: \$200/10 (#122017) Mar: \$80/4 (#122025)
Nov: \$160/8 (#122018) Apr: \$180/9 (#122027)
Dec: \$120/6 (#122019) May: \$180/9 (#122028)
Jan \$160/8 (#122020) Jun: \$120/6 (#122029)

Oliver Woods Community Centre

Busy Bees **NEW!**

3 to 5 Years

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

Instructors: Julie Miller & Edie Vos

Wednesdays, 9-11 am

Sep: \$60/3 (#121942) Feb: \$80/4 (#121951)
Oct: \$100/5 (#121947) Mar: \$40/2 (#121952)
Nov: \$80/4 (#121948) Apr: \$100/5 (#121953)
Dec: \$60/3 (#121949) May: \$80/4 (#121954)
Jan \$80/4 (#121950) Jun: \$60/3 (#121955)

Beban Park Social Centre

Fridays, 9-11 am

Sep: \$60/3 (#121957) Feb: \$80/4 (#121962)
Oct: \$80/4 (#121958) Mar: \$40/2 (#121963)
Nov: \$100/5 (#121959) Apr: \$60/3 (#121964)
Dec: \$60/3 (#121960) May: \$100/5 (#121965)
Jan \$80/4 (#121961) Jun: \$60/3 (#121966)

Beban Park Social Centre

Kinder Prep

4 to 5 Years

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

Instructors: Julie Miller & Edie Vos

Wednesdays, 11:30 am-1:30 pm

Sep: \$60/3 (#121980) Feb: \$80/4 (#121985)
Oct: \$100/5 (#121981) Mar: \$40/2 (#121986)
Nov: \$80/4 (#122260) Apr: \$100/5 (#121987)
Dec: \$60/3 (#121983) May: \$80/4 (#121990)
Jan \$80/4 (#121984) Jun: \$60/3 (#121991)

Beban Park Social Centre

Fridays, 11:30 am-1:30 pm

Sep: \$60/3 (#122251) Feb: \$80/4 (#122263)
Oct: \$80/4 (#122259) Mar: \$40/2 (#122264)
Nov: \$100/5 (#121982) Apr: \$60/3 (#122265)
Dec: \$60/3 (#122261) May: \$100/5 (#122266)
Jan \$80/4 (#122262) Jun: \$60/3 (#122267)

Beban Park Social Centre

Tuesdays & Thursdays, 9-11 am

Sep: \$120/6 (#119760) Feb: \$160/8 (#121972)
Oct: \$200/10 (#121968) Mar: \$80/4 (#121974)
Nov: \$160/8 (#121969) Apr: \$180/9 (#121975)
Dec: \$120/6 (#121970) May: \$180/9 (#121976)
Jan \$160/8 (#121971) Jun: \$120/6 (#121977)

Beban Park Social Centre

Instructor: Cindy Cormons

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

Sep: \$120/6 (#119772) Feb: \$160/8 (#121998)
Oct: \$200/10 (#121993) Mar: \$80/4 (#121999)
Nov: \$160/8 (#121994) Apr: \$180/9 (#122000)
Dec: \$120/6 (#121996) May: \$180/9 (#122001)
Jan \$160/8 (#121997) Jun: \$120/6 (#122002)

Oliver Woods Community Centre

Kinder Prep - Active Shorts **NEW!**

4 to 5 Years

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

Instructor: Cindy Cormons

Mondays, 9-11 am

Sep: \$60/3 (#122047) Feb: \$60/3 (#122052)
Oct: \$60/3 (#122048) Mar: \$40/2 (#122053)
Nov: \$60/3 (#122049) Apr: \$60/3 (#122054)
Dec: \$60/3 (#122050) May: \$60/3 (#122055)
Jan \$80/4 (#122051) Jun: \$60/3 (#122056)

Oliver Woods Community Centre

Kinder Prep - Culinary Kids **NEW!**

4 to 5 Years

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

Instructor: Cindy Cormons

Wednesdays, 9-11 am

Sep: \$60/3 (#122057) Feb: \$80/4 (#122062)
Oct: \$100/5 (#122058) Mar: \$40/2 (#122063)
Nov: \$80/4 (#122059) Apr: \$100/5 (#122064)
Dec: \$60/3 (#122060) May: \$80/4 (#122065)
Jan \$80/4 (#122061) Jun: \$60/3 (#122066)

Oliver Woods Community Centre

Kinder Prep - Little Green Thumbs

NEW!

4 to 5 Years

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

Instructor: Cindy Cormons & Cindy Reynolds

Fridays, 9-11 am

Sep: \$60/3 (#119758) Feb: \$80/4 (#122042)
Oct: \$80/4 (#122038) Mar: \$40/2 (#122043)
Nov: \$100/5 (#122039) Apr: \$60/3 (#122044)
Dec: \$60/3 (#122040) May: \$100/5 (#122045)
Jan \$80/4 (#122041) Jun: \$60/3 (#122046)

Oliver Woods Community Centre

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



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Children's Arts & Crafts

Prehistoric Pals Craft & Play **NEW!**

2 to 5 Years

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

Instructor: Gabby Dunn

Fri, Sep 20 | 9:15-10:30 am | \$12/1 | [129987](#)

Kin Hut Activity Centre

Haunted Halloween Crafts & Games

2 to 5 Years

Calling all ghouls and goblins! Get into the Halloween spirit and create a spooky-themed craft with us or try your luck at one of our ghostly games. Parent participation is required.

Instructor: Gabby Dunn

Fri, Oct 25 | 9:30-10:30 am | \$12/1 | [128197](#)

Fri, Oct 25 | 10:45-11:45 am | \$12/1 | [128198](#)

Beban Park Social Centre

Candy Cane Crafts & Games

2 to 5 Years

It's almost the holidays which means it's the perfect time to create a holiday-themed craft and play some games! We will listen to some jingles and have a merry old time. Parent participation is required.

Instructor: Gabby Dunn

Fri, Dec 6 | 9:30-10:30 am | \$12/1 | [129077](#)

Fri, Dec 6 | 10:45-11:45 am | \$12/1 | [129078](#)

Beban Park Social Centre

Character Design Art

7 to 12 Years

In this course, we will focus on developing the necessary skills to create captivating and dynamic characters that will enhance your storytelling. Through lessons on drawing techniques, colour theory, shape manipulation and fashion design, you will learn how to effectively convey your characters' personalities to your audience. By the conclusion of this class, you will have acquired the essential tools to craft compelling and memorable characters. Project assignments will be tailored to accommodate your skill level.

Instructor: David Harvey

Sat, Sep 14-Oct 26 | 11:15 am-12:15 pm | \$56/7 | [126770](#)

Sat, Nov 2-Dec 21 | 11:15 am-12:15 pm | \$64/8 | [126774](#)

Oliver Woods Community Centre

Comic Book Development

7 to 13 Years

If you have a passion for cartoons or comics, this class is tailored for you! Throughout this course, we will delve into the art of crafting concise comic strips, creating delightful illustrations and developing captivating characters. Students will be motivated to discover their own distinct artistic style while drawing inspiration from the masterpieces of renowned cartoonists and illustrators. The projects will be adjusted to accommodate the skill level of each participant.

Instructor: David Harvey

Sat, Sep 14-Oct 26 | 10-11 am | \$56/7 | [126768](#)

Sat, Nov 2-Dec 21 | 10-11 am | \$64/8 | [126771](#)

Oliver Woods Community Centre

Mudpies - Pottery

3 to 5 Years

This class is designed to keep little hands busy while pinching, rolling and squeezing clay. Basic hand-building skills will be utilized as children have fun working on and creating each unique ceramic piece. Parent participation is not required.

Dress for mess!

Instructor: Selena Unger

Fri, Sep 6-20 | 11-11:45 am | \$60/3 | [129462](#)

Mon, Sep 9-23 | 10:30-11:15 am | \$60/3 | [129456](#)

Fri, Sep 27-Oct 11 | 11-11:45 am | \$60/3 | [129465](#)

Mon, Oct 7-28 | 10:30-11:15 am | \$60/3 | [129457](#)

Fri, Oct 18-Nov 1 | 11-11:45 am | \$60/3 | [129464](#)

Mon, Nov 4-25 | 10:30-11:15 am | \$60/3 | [129460](#)

Fri, Nov 8-22 | 11-11:45 am | \$60/3 | [129466](#)

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

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

Bowen Pottery Studio

Handbuilding for Children - Pottery

7 to 12 Years

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

Instructor: Selena Unger

Mon, Sep 9-Oct 7 | 4-5 pm | \$80/4 | [129453](#)

Mon, Oct 21-Nov 18 | 4-5 pm | \$80/4 | [129454](#)

Mon, Nov 25-Dec 16 | 4-5 pm | \$80/4 | [129455](#)

Bowen Pottery Studio



Children's Dance & Music

Music Together®

0 to 5 Years

Music Together® is an early childhood music and movement program filled with fun songs and confidence building musical activities that will get you and your child singing, dancing, playing and learning together! Families will take home a beautifully illustrated songbook and can use the CD or the app to help make music a joyful part of everyday life. For more information, please visit www.seasonstudio.com. Parent participation required. Siblings under 9 months may attend for free. There is a \$55 program fee for this course, which is non-refundable after the first class (siblings will receive a \$55 refund).

Instructor: Karita Sedun

Wed, Sep 25-Nov 27 | 9:15-10 am | \$130/10 | [127557](#)

Wed, Sep 25-Nov 27 | 10:15-11 am | \$130/10 | [127558](#)

Wed, Sep 25-Nov 27 | 11:15 am-12 pm | \$130/10 | [127559](#)

Thu, Sep 26-Nov 28 | 9:15-10 am | \$130/10 | [127560](#)

Thu, Sep 26-Nov 28 | 10:15-11 am | \$130/10 | [127561](#)

Thu, Sep 26-Nov 28 | 11:15 am-12 pm | \$130/10 | [127562](#)

Kin Hut Activity Centre

Kindermusik®

0 to 5 Years

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

Instructor: Nicole Arendt

Tue, Sep 3-24 | 9:15-10 am | \$80/4 | [127189](#)

Tue, Sep 3-24 | 10:15-11 am | \$80/4 | [127190](#)

Tue, Sep 3-24 | 11:15 am-12 pm | \$80/4 | [127191](#)

Tue, Oct 1-22 | 9:15-10 am | \$80/4 | [127192](#)

Tue, Oct 1-22 | 10:15-11 am | \$80/4 | [127193](#)

Tue, Oct 1-22 | 11:15 am-12 pm | \$80/4 | [127194](#)

Tue, Oct 29-Nov 19 | 9:15-10 am | \$80/4 | [127195](#)

Tue, Oct 29-Nov 19 | 11:15 am-12 pm | \$80/4 | [127196](#)

Tue, Oct 29-Nov 19 | 11:15 am-12 pm | \$80/4 | [127197](#)

Nanaimo Conservatory of Music (375 Selby St.)

Jingle Jammie Jam

0 to 5 Years

Join us in your coziest pjs for some festive singing, dancing and jingle jamming! Families will be led through musical fun from instrument play-alongs to tender lullabies. Parent participation is required. One registration per family. Additional family members are welcome at no additional cost.

Instructor: Karita Sedun

Wed, Dec 11 | 4-4:45 pm | \$20/1 | [127585](#)

Wed, Dec 11 | 5-5:45 pm | \$20/1 | [127586](#)

Mon, Dec 16 | 4-4:45 pm | \$20/1 | [127587](#)

Mon, Dec 16 | 5-5:45 pm | \$20/1 | [127797](#)

Wed, Dec 18 | 4-4:45 pm | \$20/1 | [127589](#)

Wed, Dec 18 | 5-5:45 pm | \$20/1 | [127590](#)

Wed, Dec 18 | 6-6:45 pm | \$20/1 | [129074](#)

Thu, Dec 19 | 4-4:45 pm | \$20/1 | [127591](#)

Thu, Dec 19 | 5-5:45 pm | \$20/1 | [127592](#)

Thu, Dec 19 | 6-6:45 pm | \$20/1 | [127593](#)

Beban Park Social Centre

Tykes & Twirls

18 Months to 3 Years

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

Instructor: Julianna Rossiter

Tue, Sep 17-Oct 15 | 10:15-10:45 am | \$45/5 | [122536](#)

Tue, Sep 17-Oct 15 | 11:45 am-12:15 pm | \$45/5 | [129069](#)

Tue, Oct 29-Nov 26 | 10:15-10:45 am | \$45/5 | [122537](#)

Tue, Oct 29-Nov 26 | 11:45 am-12:15 pm | \$45/5 | [129070](#)

Beban Park Social Centre

Is your account information current?

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



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Tiny Toes

2.5 to 4 Years

Does your child enjoy twirling around the house? Children will learn the basic foundations of ballet movement combined with creative play. This is a parent participation program.

Instructor: Julianna Rossiter

Tue, Sep 17-Oct 15 | 9:30-10 am | \$45/5 | [128524](#)

Tue, Sep 17-Oct 15 | 11-11:30 am | \$45/5 | [122539](#)

Tue, Oct 29-Nov 26 | 9:30-10 am | \$45/5 | [128525](#)

Tue, Oct 29-Nov 26 | 11-11:30 am | \$45/5 | [122540](#)

Beban Park Social Centre

Baby Ballet

3 to 5 Years

This can be your child's first introduction to ballet in a fun-filled environment. Children will develop balance and coordination while learning simple dance moves to music. Children should wear leotards, shorts and dance slippers if available. If not, then bare feet is acceptable. This is a parent participation program.

Sat, Sep 14-Oct 26 | 11:30 am-12 pm | \$56/7 | [121619](#)

Sat, Sep 14-Oct 26 | 1:45-2:15 pm | \$56/7 | [121624](#)

Sat, Nov 2-Dec 21 | 11:30 am-12 pm | \$64/8 | [121623](#)

Sat, Nov 2-Dec 21 | 1:45-2:15 pm | \$64/8 | [121625](#)

Oliver Woods Community Centre

Baby Ballet - The Next Steps

3 to 5 Years

This is for little dancers who have already taken Baby Ballet. They will learn more steps and movement. Children should wear leotards, shorts and dance slippers if available. If not, then bare feet is acceptable. Parent participation required.

Sat, Sep 14-Oct 26 | 12:15-12:45 pm | \$56/7 | [121620](#)

Sat, Nov 2-Dec 21 | 12:15-12:45 | \$64/8 | [121626](#)

Oliver Woods Community Centre

Junior Ballet

5 to 8 Years

This is a class for those dancers who are a bit older or who have taken Baby Ballet in the past and wish to continue their dancing. Children will be led in fun, engaging dance steps and movement to some energetic music. Children should wear leotards, shorts and dance slippers if available. If not, then bare feet is acceptable.

Sat, Sep 14-Oct 26 | 1-1:30 pm | \$56/7 | [121622](#)

Sat, Nov 2-Dec 21 | 1-1:30 pm | \$64/8 | [121627](#)

Oliver Woods Community Centre



Kids Bhangra Fitness

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

Instructor: Sukhi Sangha, Vancouver Island Bhangra

3 to 6 Years

Tue, Oct 1-22 | 4:30-5 pm | \$60/4 | [126021](#)

Tue, Nov 5-26 | 4:30-5 pm | \$60/4 | [126022](#)

7 to 13 Years

Tue, Oct 1-22 | 5:15-6 pm | \$80/4 | [126024](#)

Tue, Nov 5-26 | 5:15-6 pm | \$80/4 | [126025](#)

Beban Park Social Centre

Intro to Hip Hop

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

Instructor: Vibe Dance Academy

3 to 4 Years

Fri, Sep 13-Oct 18 | 3:45-4:15 pm | \$72/6 | [129962](#)

Fri, Sep 13-Oct 18 | 4-4:30 pm | \$72/6 | [129969](#)

Fri, Oct 25-Nov 29 | 3:45-4:15 pm | \$72/6 | [129971](#)

Fri, Oct 25-Nov 29 | 4-4:30 pm | \$72/6 | [129973](#)

5 to 7 Years

Fri, Sep 13-Oct 18 | 4:30-5:15 pm | \$75/6 | [129963](#)

Fri, Sep 13-Oct 18 | 4:45-5:30 pm | \$75/6 | [129970](#)

Fri, Oct 25-Nov 29 | 4:30-5:15 pm | \$75/6 | [129974](#)

Fri, Oct 25-Nov 29 | 4:45-5:30 pm | \$75/6 | [129975](#)

8 to 11 Years

Fri, Sep 13-Oct 18 | 5:30-6:15 pm | \$75/6 | [129967](#)

Fri, Oct 25-Nov 29 | 5:30-6:15 pm | \$75/6 | [129968](#)

Vibe Dance Studio (1969 Boxwood Rd)

Highland Dance

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

Instructor: Brigadoon Dance Academy

3 to 6 Years - Tartan Tots

Sun, Sep 29-Oct 27 | 3-3:45 pm | \$50/4 | [127803](#)

6 to 12 Years - Kilts & Hilts

Sun, Sep 29-Oct 27 | 2-2:45 pm | \$50/4 | [127804](#)

Oliver Woods Community Centre

Adaptive Highland Dance NEW!

3 to 12 Years

A friendly Highland dance class to explore creativity and expression through movement and music. Children are welcome to attend this class developed for all abilities, including children with diverse and developmental needs. Parent or aid will participate with each dancer.

Instructor: Brigadoon Dance Academy

Sun, Sep 29-Oct 27 | 1-1:45 pm | \$55/4 | [127806](#)

Oliver Woods Community Centre

Rhythm Kids®

Rhythm Kids® is designed for kids, ages 4 to 8, who will build up musical confidence using djembe drums, percussion instruments and the most important instruments of all, their voices and their bodies. Each semester, a new animal song collection will introduce music inspired by the rhythms of many different cultures, through singing, creative movement and musical games. Families can enjoy practice sessions at home with a cd/app, a songbook and online play-along videos. For more program information, please visit www.seasonstudio.com. Parent participation is required for level one and optional for level 2. There is a \$55 program fee for this course, which is non-refundable after the first class (siblings will receive a \$55 refund).

Instructor: Karita Sedun

4 to 5 Years (Pre K - Level 1)

Tue, Sep 24-Nov 26 | 4:15-5 pm | \$130/10 | [127543](#)

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

Tue, Sep 24-Nov 26 | 5:15-6 pm | \$130/10 | [127539](#)

Oliver Woods Community Centre

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, Sep 3-24 | 3:30-4 pm | \$88/4 | [128199](#)

Tue, Sep 3-24 | 4:05-4:35 pm | \$88/4 | [128200](#)

Tue, Sep 3-24 | 4:40-5:10 pm | \$88/4 | [128201](#)

Tue, Sep 3-24 | 5:15-5:45 pm | \$88/4 | [128202](#)

Tue, Sep 3-24 | 5:50-6:20 pm | \$88/4 | [128203](#)

Tue, Oct 1-22 | 3:30-4 pm | \$88/4 | [128204](#)

Tue, Oct 1-22 | 4:05-4:35 pm | \$88/4 | [128205](#)

Tue, Oct 1-22 | 4:40-5:10 pm | \$88/4 | [128206](#)

Tue, Oct 1-22 | 5:15-5:45 pm | \$88/4 | [128207](#)

Tue, Oct 1-22 | 5:50-6:20 pm | \$88/4 | [128208](#)

Tue, Oct 29-Nov 19 | 3:30-4 pm | \$88/4 | [128209](#)

Tue, Oct 22-Nov 19 | 4:05-4:35 pm | \$88/4 | [128210](#)

Tue, Oct 29-Nov 19 | 4:40-5:10 pm | \$88/4 | [128211](#)

Tue, Oct 22-Nov 19 | 5:15-5:45 pm | \$88/4 | [128212](#)

Tue, Oct 29-Nov 19 | 5:50-6:20 pm | \$88/4 | [128213](#)

Tue, Nov 26-Dec 17 | 3:30-4 pm | \$88/4 | [128214](#)

Tue, Nov 26-Dec 17 | 4:05-4:35 pm | \$88/4 | [128215](#)

Tue, Nov 26-Dec 17 | 4:40-5:10 pm | \$88/4 | [128216](#)

Tue, Nov 26-Dec 17 | 5:15-5:45 pm | \$88/4 | [128217](#)

Tue, Nov 26-Dec 17 | 5:50-6:20 pm | \$88/4 | [128218](#)

Bowen Park Complex





Children's Special Interest & Outdoor

Storytime & Crafts with Miss Lynn 3 to 5 Years

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

Instructor: Lynn Macaulay

Fri, Sep 27 | 9:30-10:30 am | \$8/1 | [128187](#)

Fri, Oct 11 | 9:30-10:30 am | \$8/1 | [128188](#)

Fri, Oct 25 | 9:30-10:30 am | \$8/1 | [128189](#)

Fri, Nov 8 | 9:30-10:30 am | \$8/1 | [128190](#)

Fri, Nov 22 | 9:30-10:30 am | \$8/1 | [128192](#)

Fri, Dec 6 | 9:30-10:30 am | \$8/1 | [128193](#)

Kin Hut Activity Centre

Dino Detectives 3 to 5 Years

As a new Dino Detective, you will try to uncover the hidden secrets of dinosaurs from millions of years ago. Excavate fossils buried in the sand, listen to dino tales, go on a scavenger hunt to find clues, create dino arts and crafts and so much more.

Instructors: Pam Brugge & Traci Boas

Mon, Sep 16-Oct 28 | 11:45 am-12:45 pm | \$50/5 | [128551](#)

Mon, Nov 4-Dec 9 | 11:45 am-12:45 pm | \$50/5 | [128552](#)

Kin Hut Activity Centre

Bug Detectives **NEW!** 3 to 6 Years

Explore the life of bugs. Children follow a bug trail and learn about the different life stages and habitats of bugs. This is a parent participation class.

Instructor: Judy Wickland

Sat, Sep 21 | 10-11:15 am | \$10/1 | [129048](#)

Westwood Lake Park (First Beach)

Adventure at the Seashore **NEW!** 3 to 6 Years

The seashore is full of surprises and always changing. Come explore with us and discover the critters life surrounding the shoreline. Find out what that slimy stuff is that gets stuck between your toes and much more. This is a parent participation class.

Instructor: Judy Wickland

Sat, Sep 14 | 10-11:15 am | \$10/1 | [129051](#)

Pipers Lagoon Park

Where Does Water Come From? **NEW!** 3 to 6 Years

Deep in the earth and high in the sky, water is all around us. Let's follow the journey of water - from raindrops to rivers and then back to the clouds.

This is a parent participation class.

Instructor: Judy Wickland

Sat, Sep 28 | 10-11:15 am | \$10/1 | [129104](#)

Woodstream Park

Wetland Wigglers **NEW!** 3 to 6 Years

Explore the acrobats and strange swimmers and learn what they can tell us about healthy wetlands. Look for frogs, great blue herons, ducks and more. This is a parent participation class.

Instructor: Judy Wickland

Sat, Oct 5 | 10-11:15 am | \$10/1 | [129063](#)

Brookwood Park



A Salmon's Journey **NEW!** 3 to 6 Years

Dive into the world of salmon. Follow the journey of the Pacific Salmon from stream to sea and back again through all the life stages. This is a parent participation class.

Instructor: Judy Wickland

Sat, Oct 19 | 10-11:15 am | \$10/1 | [129057](#)

Bowen Park (meet at the Duck Pond)

Bird Watch **NEW!** 3 to 6 Years

Have you ever looked out of your window and wondered what all of that chirping was about? What kind of bird was visiting your porch, your tree or your feeder and serenading you? This is a parent participation class.

Instructor: Judy Wickland

Sat, Oct 26 | 10-11:15 am | \$10/1 | [129107](#)

Buttertubs Marsh (Miner's Cottage)

Falling Leaves 3 to 6 Years

Fall is a wonderful time to drink in the beauty of trees - especially those whose leaves change colour and drop to the ground. Join us for fall crafts and to learn about why leaves fall in autumn and why they change colours in the fall. This is a parent participation class.

Instructor: Judy Wickland

Sat, Nov 2 | 10-11:15 am | \$10/1 | [129054](#)

Colliery Dam Park (meet at the washroom building)



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The Magic & Mystery of Trees **NEW!**

3 to 6 Years

Come into the forest and discover the secret world of trees. Learn about our own temperate rainforests and the animals that live here. A tree is much more than it seems. This is a parent participation class.

Instructor: Judy Wickland

Sat, Nov 16 | 10-11:15 am | \$10/1 | [129049](#)

Linley Valley Park

Under Your Feet **NEW!**

3 to 6 Years

Down where worms wiggle and microbes squirm, there's a whole world waiting to be discovered. . . Go beneath the earth's surface and explore the wonders hidden there. This is a parent participation class.

Instructor: Judy Wickland

Sat, Nov 23 | 10-11:15 am | \$10/1 | [129052](#)

Bowen Park (Lower Picnic Shelter)

Tracks? Who Goes There? **NEW!**

3 to 6 Years

Have you ever wondered if any animals live in the forest? Animals leave signs behind. We will learn some tracks and other signs that animals have been there. This is a parent participation class.

Instructor: Judy Wickland

Sat, Dec 7 | 10-11:15 am | \$10/1 | [129050](#)

Colliery Dam Park (meet at the washroom building)

Bowen Afterschool Nature Club **NEW!**

5 to 11 Years

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

Instructor: Bree Sinnott

Mon, Sep 9-Dec 16 | 3-5 pm | \$180/12 | [129032](#)

Bowen Park Complex

Intro to Fishing

8 Years +

Join Fishing for Fun to kick off our Fall Fishing Challenge and learn about the basics of freshwater fishing. The City of Nanaimo has covered the fishing license for this program for those over 16 years (no fishing license needed to partake).

Instructor: Fishing for Fun

Sun, Oct 20 | 11 am-12:30 pm | \$10/1 | [128709](#)

Sun, Oct 20 | 1-2:30 pm | \$10/1 | [128708](#)

Colliery Dam Park

Sat, Oct 26 | 11 am-12:30 pm | \$10/1 | [128711](#)

Sat, Oct 26 | 1-2:30 pm | \$10/1 | [128710](#)

Westwood Lake Park (First Beach)

Bats Aren't Just for Halloween **NEW!**

6 to 11 Years

Let's get batty about bats. Join one of our experts and discover what makes bats such amazing creatures and how we can protect their habitat to help them survive in the future. You will go home with a cool batty craft you can use for Halloween.

Sun, Oct 27 | 10-11:30 am | \$10/1 | [128877](#)

Oliver Woods Community Centre

Hug a Tree and Survive

9 to 12 Years

Children and their families love to explore the great outdoors by hiking, camping, biking and more. Sometimes curiosity draws kids away from family and friends. This AdventureSmart presentation will teach kids how to avoid getting lost in the woods and what to do if they get lost.

Instructor: Nanaimo Search and Rescue Outreach

Sat, Oct 26 | 10-11:30 am | FREE | [110770](#)

Oliver Woods Community Centre

Holiday Bird Count

5 to 12 Years

Join in a fun, family-friendly bird watching event giving kids an opportunity to help spot and identify birds while learning about the most common local species to be found in and around Nanaimo. Finish up with warm beverage and make a pine cone feeder craft to take home. This is a parent participation class.

Thu, Jan 2 | 10-11:30 am | \$10/1 | [128960](#)

Buttertubs Marsh (Miner's Cottage)

Stroll with the Pro - Ducks & Waterfowl

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

Sun, Sep 8 | 10-11:15 am | FREE/1 | [128966](#)

Buttertubs Marsh (meet at Miner's Cottage)

Sun, Oct 20 | 10-11:15 am | FREE/1 | [128968](#)

Sun, Nov 17 | 10-11:15 am | FREE/1 | [128969](#)

Diver Lake Park

Yoga for Kids

5 to 12 Years

Kids yoga assists children with their focus skills, teaches self-awareness, builds self-esteem, self-respect and is empowering. Yoga is great to pair with other sports, such as hockey and soccer.

Instructor: Gypsy Hart

Wed, Sep 11-Oct 23 | 3:30-4:30 pm | \$56/7 | [126705](#)

Wed, Oct 30-Dec 18 | 3:30-4:30 pm | \$64/8 | [126708](#)

Oliver Woods Community Centre

Let's Eat! Kids' Cooking

7 to 13 Years

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

Instructor: Nanaimo Foodshare

Tue, Sep 10-24 | 3:30-5:30 pm | \$100/3 | [127833](#)

Wed, Sep 11-25 | 3:30-5:30 pm | \$100/3 | [127834](#)

Tue, Oct 1-15 | 3:30-5:30 pm | \$100/3 | [127835](#)

Tue, Oct 22-Nov 5 | 3:30-5:30 pm | \$100/3 | [127836](#)

Wed, Oct 23-Nov 6 | 3:30-5:30 pm | \$100/3 | [127837](#)

Wed, Nov 13-27 | 3:30-5:30 pm | \$100/3 | [127838](#)

Tue, Dec 3-17 | 4-6 pm | \$100/3 | [127839](#)

Wed, Dec 4-18 | 3:30-5:30 pm | \$100/3 | [127843](#)

Bowen Park Complex



NANAIMO FAMILY FISHING CHALLENGE
OCTOBER 19-26

Get outside and come fish with us! Join Fishing for Fun to learn tips and tricks of this sport - or head out on your own to see what you can catch in one of our local lakes.

Fish release, Friday, October 25, 12 noon at Colliery Dam Park.

For more information on great prizes, regulations and how to get involved, visit www.nanaimo.ca in September.



Rose Garden dedication in Bowen Park (1966)



Children's Sports

Active Tots **NEW!**

2 to 5 Years

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

Wed, Sep 11-Oct 23 | 9:45-10:45 am | \$56/7 | [121591](#)

Wed, Sep 11-Oct 23 | 11 am-12 pm | [121593](#)

Wed, Oct 30-Dec 18 | 9:45-10:45 am | \$64/8 | [121592](#)

Wed, Oct 30-Dec 18 | 11 am-12 pm | \$64/8 | [121594](#)

Oliver Woods Community Centre

Soccer Tots

2 to 5 Years

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

Sat, Sep 14-Oct 26 | 9-10 am | \$40/5 | [121607](#)

Sat, Sep 14-Oct 26 | 10:15-11:15 am | \$40/5 | [121611](#)

Sat, Nov 2-Dec 21 | 9-10 am | \$64/8 | [121610](#)

Sat, Nov 2-Dec 21 | 10:15-11:15 am | \$64/8 | [121613](#)

Oliver Woods Community Centre

Indoor Soccer

6 to 10 Years

This is a co-ed program designed to develop basic soccer fundamentals, such as shooting, passing and dribbling. Gain leadership, team building and sportsmanship skills.

Wed, Oct 30-Dec 18 | 4:30-5:30 pm | \$64/8 | [121597](#)

Oliver Woods Community Centre

Soccer Skills & Drills

6 to 9 Years

Kick, dribble, pass and score! Join us for some soccer and learn the basics in this introductory class where the focus is FUN!

Thu, Sep 19-Oct 24 | 3:30-4:15 pm | \$40/5 | [128675](#)

Harewood Outdoor Sports Court

Basketball Skills & Drills

6 to 9 Years

Dribble, bounce and shoot! Join us for some basketball while learning the basics in this introductory class where the focus is FUN!

Tue, Sep 17-Oct 15 | 3:30-4:15 pm | \$40/5 | [126027](#)

Harewood Outdoor Sports Court

Basketball Fundamental Movement Skills

Did you know basketball is one of the world's fastest-growing sports? Your coach will teach you the fundamental movements of basketball through teaching skills, such as footwork, dribbling, shooting mechanics and passing.

Instructor: Will Properi-Porta/Rachel Swanson

6 to 9 Years

Wed, Sep 11-Oct 23 | 4-5 pm | \$56/7 | [121596](#)

Wed, Oct 30-Dec 18 | 4-5 pm | \$64/8 | [121599](#)

8 to 11 Years

Tue, Sep 10-Oct 22 | 3:45-4:45 pm | \$56/7 | [121564](#)

Wed, Oct 29-Dec 17 | 3:45-4:45 pm | \$64/8 | [121567](#)

10 to 13 Years

Fri, Sep 13-Oct 25 | 4:45-5:45 pm | \$48/6 | [121602](#)

Fri, Nov 1-Dec 20 | 4:45-5:45 pm | \$64/8 | [121605](#)

Oliver Woods Community Centre

Floor Hockey

7 to 10 Years

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

Mon, Sep 9-Oct 21 | 3:30-4:30 pm | \$40/5 | [121547](#)

Mon, Oct 28-Dec 16 | 3:30-4:30 pm | \$56/7 | [121553](#)

Oliver Woods Community Centre

Multi Sport Mixer

6 to 10 Years

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

Wed, Sep 11-Oct 23 | 4:30-5:30 pm | \$56/7 | [121598](#)

Oliver Woods Community Centre

Intro to Dryland Fitness **NEW!**

8 to 12 Years

Join our experienced trainer for fun, age-appropriate dryland exercises and drills that help deliver the agility, balance, coordination, strength and skill training that will help young athletes in a variety of sports, such as hockey, basketball, lacrosse and soccer.

Tue, Sep 10-Oct 22 | 5-6 pm | \$70/7 | [121579](#)

Tue, Oct 29-Dec 17 | 5-6 pm | \$80/8 | [121580](#)

Oliver Woods Community Centre



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Volleyball 8 to 12 Years

Bump! Pass! Spike! Learn the techniques and skills of volleyball through drills and games. This program is recommended for beginner to intermediate players.

Fri, Sep 13-Oct 25 | 4:45-5:45 pm | \$48/6 | [121604](#)

Fri, Nov 1-Dec 20 | 4:45-5:45 pm | \$64/8 | [121606](#)

Oliver Woods Community Centre

Junior Badminton 8 to 13 Years

Boost your techniques and skills for this awesome, fun game. Program includes drills, games, singles and double play. This is recommended for beginner to intermediate players.

Mon, Sep 16-Oct 21 | 4-5 pm | \$32/4 | [121556](#)

Mon, Oct 28-Dec 2 | 4-5 pm | \$40/5 | [121561](#)

Oliver Woods Community Centre

Progressive Tennis

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

5 to 7 Years

Sun, Sep 8-Oct 27 | 3-4 pm | \$137/7 | [129149](#)

Tue, Sep 10-Oct 22 | 4-5 pm | \$137/7 | [129148](#)

Tue, Oct 29-Dec 10 | 4-5 pm | \$137/7 | [129150](#)

Sun, Nov 3-Dec 15 | 3-4 pm | \$137/7 | [129151](#)

8 to 11 Years

Sun, Sep 8-Oct 27 | 4-5:30 pm | \$205/7 | [129139](#)

Wed, Sep 11-Oct 23 | 3:30-5 pm | \$205/7 | [129138](#)

Wed, Oct 30-Dec 11 | 3:30-5 pm | \$205/7 | [129144](#)

Sun, Nov 3-Dec 15 | 4-5:30 pm | \$205/7 | [129145](#)

12 to 16 Years

Fri, Sep 13-Oct 25 | 3:30-5 pm | \$205/7 | [129153](#)

Fri, Nov 1-Dec 13 | 3:30-5 pm | \$205/7 | [129154](#)

Westwood Tennis Club

On Guard! Fencing for Children 8 to 13 Years

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

Instructor: Georgia Newsome

Wed, Sep 11-Oct 23 | 5:15-6:15 pm | \$70/7 | [126712](#)

Wed, Oct 30-Dec 18 | 5:15-6:15 pm | \$80/8 | [126713](#)

Oliver Woods Community Centre

Junior Lifeguard Club 8 to 13 Years

Are you interested in a pause from swimming lessons? This program emphasizes fun and aquatic skill development based on personal-best achievement.

Building on skills they have from swimming lessons, participants will work to develop and improve swimming and other aquatic skills with emphasis on swim and lifesaving knowledge, leadership and teamwork, community education, competition, and personal fitness. This is serious fun!

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

Tue, Sep 10-Oct 22 | 6:45-7:30 pm | \$77/7 | [123234](#)

Tue, Oct 29-Dec 10 | 6:45-7:30 pm | \$77/7 | [123235](#)

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

Nanaimo Aquatic Centre

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

8 to 13 Years

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

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

Participants demonstrate an understanding of the True Sport Principals through performance, decision-making and role playing which include:
1. GO FOR IT 2. PLAY FAIR 3. RESPECT OTHERS
4. KEEP IT FUN 5. STAY HEALTHY 6. GIVE BACK.

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

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

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

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

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

Lifesaving Sport 1 & 2

Thu, Sep 12-Oct 24 | 7-7:45 pm | \$76/7 | [123447](#)

Thu, Oct 31-Dec 12 | 7-7:45 pm | \$76/7 | [123448](#)

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

Nanaimo Aquatic Centre

Lifesaving Sport 3-5

Thu, Sep 12-Oct 24 | 6-7 pm | \$76/7 | [123443](#)

Thu, Oct 31-Dec 12 | 6-7 pm | \$76/7 | [123444](#)

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

Nanaimo Aquatic Centre



Declaration of Nanaimo as “The Harbour City”

On May 1, 1986 during their official visit to Canada, Prince Charles and Princess Diana visited Nanaimo, and signed a declaration designating Nanaimo as “The Harbour City.” The certificate is hand illuminated and painted by Eve Cox and hangs in City Hall.



Taekwondo Ninjas

5 to 9 Years

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

Instructor: Master Moy, Kick High Martial Arts

Thu, Sep 19-Oct 10 | 4-4:30 pm | \$32/4 | [127942](#)

Thu, Oct 17-Nov 7 | 4-4:30 pm | \$32/4 | [127943](#)

Oliver Woods Community Centre

Taekwondo Tigers

7 to 13 Years

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

Instructor: Master Moy, Kick High Martial Arts

Thu, Sep 19-Oct 10 | 4:30-5 pm | \$32/4 | [127944](#)

Thu, Oct 17-Nov 7 | 4:30-5 pm | \$32/4 | [127945](#)

Oliver Woods Community Centre



Karate

4 to 7 Years

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

Tue, Sep 3-24 | 3:30-4:15 pm | \$25/4 | [129376](#)

Sat, Sep 7-28 | 3:15-4 pm | \$25/4 | [129378](#)

Sat, Oct 5-26 | 3:30-4:15 pm | \$25/4 | [129380](#)

Tue, Oct 8-29 | 4:15-5 pm | \$25/4 | [129381](#)

Tue, Nov 5-26 | 9:30-10:15 am | \$25/4 | [129384](#)

Tue, Nov 5-26 | 5:15-6 pm | \$25/4 | [129382](#)

Tue, Dec 3-31 | 4:30-5:30 pm | \$25/4 | [129386](#)

Shima Karate (3032 Barons Rd)

Karate

8 to 12 Years

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

M/W, Sep 9-18 | 3:30-4:20 pm | \$25/4 | [129390](#)

T/Th, Sep 10-19 | 4:30-5:20 pm | \$25/4 | [129392](#)

M/W, Oct 7-21 | 3:30-4:20 pm | \$25/4 | [129393](#)

T/Th, Oct 8-17 | 4:30-5:20 pm | \$25/4 | [129395](#)

M/W, Nov 4-18 | 3:30-4:20 pm | \$25/4 | [129398](#)

T/Th, Nov 5-14 | 4:30-5:20 pm | \$25/4 | [129399](#)

T/Th, Dec 3-12 | 3:30-4:20 pm | \$25/4 | [129400](#)

T/Th, Dec 3-12 | 4:30-5:20 pm | \$25/4 | [129401](#)

Shima Karate (3032 Barons Rd)

Shotokan Karate

8 to 15 Years

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

Instructor: Mike Czurka (6th degree black belt)

Tue, Sep 10-Oct 29 | 6-7 pm | \$64/8 | [127688](#)

Tue, Nov 5-Dec 17 | 6-7 pm | \$56/7 | [127689](#)

Bowen Park Complex

Taekwondo with Master Kim

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

4 to 7 Years

Mon, Sep 9-16 | 4:15-5 pm | \$25/2 | [129342](#)

Wed, Sep 11-18 | 4:15-5 pm | \$25/2 | [129343](#)

Fri, Sep 13-20 | 4:15-5 pm | \$25/2 | [129345](#)

Sat, Sep 14-28 | 10-10:40 am | \$25/2 | [129347](#)

Mon, Oct 7-21 | 4:15-5 pm | \$25/2 | [129358](#)

Wed, Oct 9-16 | 4:15-5 pm | \$25/2 | [129360](#)

Fri, Oct 11-18 | 4:15-5 pm | \$25/2 | [129362](#)

Sat, Oct 12-19 | 10-10:40 am | \$25/2 | [129364](#)

Fri, Nov 1-8 | 4:15-5 pm | \$25/2 | [129417](#)

Sat, Nov 2-9 | 10-10:40 am | \$25/2 | [129418](#)

Mon, Nov 4-18 | 4:15-5 pm | \$25/2 | [129370](#)

Wed, Nov 6-13 | 4:15-5 pm | \$25/2 | [129416](#)

Mon, Dec 2-9 | 4:15-5 pm | \$25/2 | [129419](#)

Wed, Dec 4-11 | 4:15-5 pm | \$25/2 | [129420](#)

8 to 12 Years

Tue, Sep 10-17 | 4:15-5 pm | \$25/2 | [129468](#)

Thu, Sep 12-19 | 4:15-5 pm | \$25/2 | [129469](#)

Fri, Sep 13-20 | 4:15-5 pm | \$25/2 | [129474](#)

Sat, Sep 14-28 | 10:50-11:20 am | \$25/2 | [129475](#)

Tue, Oct 1-8 | 4:15-5 pm | \$25/2 | [129477](#)

Thu, Oct 3-10 | 4:15-5 pm | \$25/2 | [129478](#)

Fri, Oct 11-18 | 4:15-5 pm | \$25/2 | [129479](#)

Sat, Oct 12-19 | 10:50-11:20 am | \$25/2 | [129480](#)

Tue, Nov 5-12 | 4:15-5 pm | \$25/2 | [129481](#)

World Taekwondo Academy (4300 Wellington Rd)

Rock Climbing

6 to 12 Years

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

Wed, Sep 4-25 | 4-6 pm | \$112/4 | [129533](#)

Fri, Sep 6-27 | 4-6 pm | \$112/4 | [129535](#)

Wed, Oct 2-23 | 4-6 pm | \$112/4 | [129537](#)

Fri, Oct 4-25 | 4-6 pm | \$112/4 | [129538](#)

Wed, Nov 6-27 | 4-6 pm | \$112/4 | [129539](#)

Fri, Nov 8-29 | 4-6 pm | \$112/4 | [129541](#)

Romper Room Climbing Gym (4235 Boban Dr)



cityofnanaimo



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School Break Camps

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

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

Fri, Oct 25 | 8:30 am-5 pm | \$46/1 | [122561](#)

Fri, Nov 8 | 8:30 am-5 pm | \$46/1 | [122562](#)

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

Beban Park Social Centre

Sports Action - Pro-D Camps 6 to 11 Years

Join us for an exciting multi-sport camp that blends gym sports, crafts and outdoor play. Camp leaders will teach the fundamentals of physical literacy while also incorporating fun and exciting activities.

Fri, Oct 25 | 8:30 am-5 pm | \$46/1 | [121433](#)

Fri, Nov 8 | 8:30 am-5 pm | \$46/1 | [121434](#)

Oliver Woods Community Centre

Holiday Cooking Camp **NEW!** 7 to 12 Years

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

Instructor: Nanaimo Foodshare

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

Beban Park Social Centre

RecSkate Pro-D Camp 6 to 11 Years

This half-ice recreational skating camp includes three ice times for lessons, stations, games and free time. Camp also includes other sports and activities. We recommend that skaters have passed a minimum of RecSkate 1. Please bring your own lunch and snacks. Rentals are free if needed. Full gear is required

Fri, Oct 25 | 8:30 am-5 pm | \$46/1 | [127471](#)

Fri, Nov 8 | 8:30 am-5 pm | \$46/1 | [127472](#)

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

Nanaimo Ice Centre

RecHockey Pro-D Camp 6 to 11 Years

This is a recreational, half-ice hockey camp for participants of varying abilities. Emphasis is on the FUNdamentals of hockey with two ice times for skills, scrimmage and stations. Helmet with face cage and gloves are required. We recommend that skaters have passed a minimum of RecSkate 2. Please bring a lunch, snack and water bottle. Full gear is required.

Fri, Oct 25 | 8:30 am-5 pm | \$46/1 | [127469](#)

Fri, Nov 8 | 8:30 am-5 pm | \$46/1 | [127470](#)

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

Nanaimo Ice Centre

Frosty Frolic Camp

5 to 10 Years

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

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

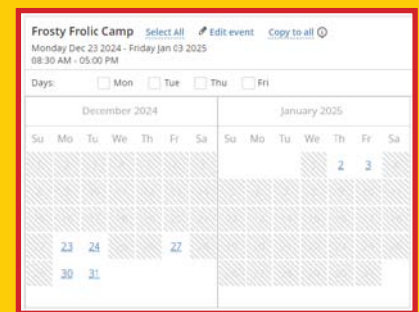
Beban Park Social Centre

FROSTY FROLIC CAMP New Registration Process!

There is a new process to register your children into our school break daycamps.

Beginning with Frosty Frolic Camp and starting on registration day (August 14), you can now register for multiple dates from one screen using one barcode!

WHAT'S NEW? CALENDAR VIEW!



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

PLEASE NOTE:

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

NEED SOME HELP?

Call us at 250-756-5200.



FREE Learn How to Ride the Bus Session

Are you feeling confused or unsure how to get around on transit? Then join us for a fun and FREE group session. Learn everything you need to know to be confident riding the bus. How to read the transit maps and schedules, buying passes and how it works for scooters, walkers, wheelchairs, bikes and more. We will bring a bus to the session so you can get a hands-on experience. Pre-registration is required. All ages welcome, children must be accompanied by an adult.

**Choose Your Payment Method
and Go with Umo**




bctransit.com/umo
Umo Customer Service
Toll-Free 877-380-8181



Ravensong Aquatic Centre

SAT Oct 5	1 p.m. - 2:30 p.m.	20348
SAT Oct 26	4 p.m. - 5:30 p.m.	20347

Beban Park

SUN Oct 20	1 p.m. - 2:30 p.m.	129112
SUN Oct 20	4 p.m. - 5:30 p.m.	129113

Oceanside Place Arena

SAT Oct 5	4 p.m. - 5:30 p.m.	20345
SAT Oct 26	1 p.m. - 2:30 p.m.	20346

To pre-register for the Ravensong or Oceanside events, call 250-248-3252 or 250-752-5014 or go online to rdn.bc.ca/recreation

To pre-register for the Beban Park event, call 250-756-5200 or go online to nanaimo.bc/parks-recreation-culture/parks-and-recreation-online-registration



COMMUNITY CONNECTIONS

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Kids Lesson programs, daily Drop-In sessions, Holiday Camps!

drop-in

camps

lessons

events



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*Come See,
Come Learn,
Come Experience
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significant Military Museum

Downtown Nanaimo (next to the Port Theatre)

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vimilitarymuseum.ca

Brigadoon
DANCE ACADEMY
HIGHLAND on VANCOUVER ISLAND



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

To request more information:
brigadoondanceacademy@shaw.ca or 250-756-3661

Please leave the dancer's name, age & grade



Brigadoon Dance Academy



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

COMMUNITY CONNECTIONS



Join the VIS Noteworthy Kids Choir!

Open to kids ages 7 - 12. No experience necessary.

FALL/ WINTER SESSION: Sept. 11, 2024 - Nov. 30, 2024

REHEARSALS: Wednesdays • 4:00 - 5:00 pm

REGISTRATION FEE: \$175

PROGRAM INFORMATION & LOCATION DETAILS

250-754-0177 • office@vancouverislandsymphony.com

vancouverislandsymphony.com



The Nanaimo 150 corporate logo and street banner was designed by local artist Amy Pye. The designs were inspired by the convergence of land and sea, and the unique blend of urban and rural life that makes our landscape truly exceptional. Pye's design will grab attention and inspire thoughtful reflection throughout the year. '150' becomes more than just a number and instead takes on life and transformative shape as it tells its story:

- Rural tradition meets urban innovation in a harmonious visual balance between nature and our modern city as recognizable symbols of our diverse landscape transform the shape of the 1-5-0 and cascade down the banner
- Fertile countryside meets bustling city streets
- The flight of an eagle reveals the bounties of the sea
- A soaring seaplane finds the solid structures of an urban centre

These dynamic relationships are highlighted by the artist coming to life as balanced opposites.



cityofnanaimo



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FALL ART CLASSES



LED BY PROFESSIONAL ARTISTS, 6-14 WEEKS (SEPT-DEC)

ADULT ART CLASSES

- Creative Journaling
- Introduction to Wet Felting
- Introduction to Acrylic Painting
- Drawing 101
- Printmaking 101
- Pottery

KIDS AFTER SCHOOL ART

For children 8-14 years old -an art experience beyond regular school curriculum, starting September 12

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WWW.NANAIMOCERAMICARTS.COM



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at Parks, Recreation & Culture

We are always looking for new program ideas.
Do you have a talent, hobby or program idea?

Share your program ideas and expertise by submitting our “Program Proposal Form” found at www.nanaimo.ca or call 250-756-5200.



NANAIMO YOUTH RESILIENCE STRATEGY

Building Safer Communities

Did you know?

The City of Nanaimo has been allocated \$1.8 million from Public Safety Canada (PSC) through the Building Safer Communities (BSC) Fund to develop and implement a strategic plan to address gun and gang violence and promote youth resiliency. Through this funding the Nanaimo Youth Resilience Strategy was created focusing on 6 areas to prevent youth from engaging in gun and gang violence. In July of 2023, the City launched the NYRS grants, and the top-scoring applications received funding for youth programs and services that launched in Fall 2023.

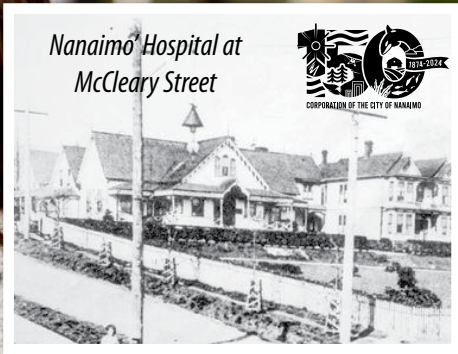
The recipients of the NYRS Building Safer Communities funding are:

- **Big Brother Big Sisters** - *Mindful Mentoring: Nurturing Resilience in Youth*
A multifaceted program integrating yoga, mindfulness meditation and cognitive therapeutic techniques.
- **BGC Central Vancouver Island** - *Nanaimo South Youth Hub*
Drop-in youth spaces at Fifth Street and Nanaimo Aquatic Centre providing registration-based options, navigating services, case management and activities for the most vulnerable youth.
- **Central Vancouver Island Multicultural Society** - *Connections*
Interactive workshops empowering youth to build a sense of belonging and create positive networks and coping strategies.
- **City of Nanaimo – Parks, Recreation & Culture Youth Initiatives**
City staff support a drop-in space with enhanced opportunities for recreational programs targeted to youth at risk and a school-based program focused on the well-being for grade 5 and grade 6 at identified sites.
- **Nanaimo Food Share** - *Food for Youth*
Providing food security, cooking and growing educational opportunities in safe youth gathering spaces.
- **Nanaimo Hornets Rugby Club** - *RugbyWorks*
Incorporating mentorship and positive socialization activities by providing a visible presence in neighbourhoods, leveraging social media, and volunteerism.
- **School District 68 -Uy' Sqwalawun** - *Good Heart & Mind*
Drop-in youth spaces at Woodlands Secondary, Pleasant Valley Elementary, and Georgia Avenue Community School with opportunities to connect with local Indigenous teachings, art, recreation, music and caring adult mentors.
- **Snuneymuxw First Nation** - *Youth Resiliency & Snawaylth*
Drop-in space at Snuneymuxw Gym with socio-emotional learning opportunities, life skills and traditional teachings.

For more information on the Nanaimo Youth Resilience Strategy, the focus areas, Steering Committee or the funding recipients:

- The NYRS Get Involved page at <https://www.getinvolvednanaimo.ca/nanaimo-youth-resilience>
- City's projects page at <https://www.nanaimo.ca/your-government/projects/building-safer-communities-gun-and-gang-violence-prevention>





Youth Programs

Babysitter Training

11 to 15 Years

The Red Cross Babysitting Course covers everything from managing difficult behaviours to essential content on leadership and professional conduct as a babysitter. This updated curriculum provides improved learning when it comes to first aid and giving the appropriate care in the event of an emergency. Red Cross sets the minimum age for this program; there will be no age exceptions.

Sat, Oct 5 | 9 am-4:30 pm | \$60/1 | [129408](#)

Sun, Dec 1 | 9 am-4:30 pm | \$60/1 | [129409](#)

Beban Park Social Centre

Home Alone

10 to 13 Years

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

Sat, Sep 21 | 9 am-12 pm | \$48/1 | [129402](#)

Sat, Sep 21 | 1-4 pm | \$48/1 | [129403](#)

Sun, Oct 20 | 9 am-12 pm | \$48/1 | [129406](#)

Sun, Oct 20 | 1-4 pm | \$48/1 | [129407](#)

Sat, Nov 30 | 9 am-12 pm | \$48/1 | [129404](#)

Sat, Nov 30 | 1-4 pm | \$48/1 | [129405](#)

Beban Park Social Centre

Mosaic Art NEW!

11 + Years

This workshop is designed for youth 11 years and up. Students will express their creativity while exploring the ancient art forms of mosaics. Students will complete a small project in a non-competitive environment. All tools and materials are included in the cost.

Instructor:

Thu, Oct 10-24 | 5:30-7 pm | \$75/3 | [129327](#)

Thu, Nov 7-21 | 5:30-7 pm | \$75/3 | [129328](#)

Bowen Park Complex

Creative Writing and Book Club

11 to 14 Years

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

Mon, Sep 16-Dec 9 | 5:30-7 pm | \$120/10 | [129280](#)

Nanaimo Aquatic Centre

Artistic Expressions: Cartooning

16 + Years

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

Instructor: David Harvey

Sat, Sep 14-Oct 26 | 12:30-1:30 pm | \$70/7 | [126793](#)

Sat, Nov 2-Dec 21 | 12:30-1:30 pm | \$80/8 | [126797](#)

Oliver Woods Community Centre

Let's Eat! Teens Rule the Kitchen

13 to 17 Years

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

Wed, Oct 2-16 | 3:30-5:30 pm | \$100/3 | [129320](#)

Bowen Park Complex

Tue, Nov 12-26 | 5-7 pm | \$100/3 | [129306](#)

Beban Park



Lifeguard & Swim Instructors Wanted with the City of Nanaimo!

You must be a minimum of 16 years old, hold a current CPR C, National Lifeguard Pool Certificate and a Lifesaving Swim Instructor Certification.

Apply: employment.opportunities@nanaimo.ca.

Rope Flow Fitness **NEW!**

13 to 18 Years

Rope Flow is a fun and fluid way to exercises that increases rhythm and balance. This class will challenge the brain and the body to coordinate movement. Whether you're an athlete or new to working out, this class will help you connect with your body better to increase your overall sense of well-being. This class can be a wonderful additional to any fitness regime as it is very low impact. Bring a water bottle and maybe a towel because you'll likely get sweaty!

Instructor: Dustin King

Tue, Sep 10-Oct 15 | 4:30-5:15 pm | \$60/6 | [129329](#)

Tue, Oct 22-Nov 26 | 4:30-5:15 pm | \$60/6 | [129330](#)

Beban Park Social Centre

Youth Fitness

13 to 15 Years

This training class helps develop muscular strength, core strength, flexibility and power - all in a safe, fun and exciting way! High energy and a great workout will make this a class you will love.

Instructor: Dustin King

Sun, Sep 8-Oct 27 | 4-5 pm | \$72/6 | [129286](#)

Sun, Sep 8-Oct 27 | 5:15-6:15 pm | \$72/6 | [129289](#)

Sun, Nov 3-Dec 15 | 4-5 pm | \$72/6 | [129980](#)

Sun, Nov 3-Dec 15 | 5:15-6:15 pm | \$72/6 | [129981](#)

Beban Pool Weight Room

Youth Badminton

12 to 19 Years

Take your badminton skills to the next level. Players should have two years of experience in the Junior Badminton program (or equivalent). Players must bring their own racquet.

Mon, Sep 9-Oct 28 | 5:15-6:15 pm | \$66/9 | [129274](#)

Mon, Nov 4-Dec 16 | 5:15-6:15 pm | \$66/9 | [129276](#)

Oliver Woods Community Centre

Youth Basketball

11 to 18 Years

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

Sun, Sep 8-Oct 27 | 3-4:30 pm | \$66/9 | [129273](#)

Sun, Nov 3-Dec 15 | 3-4:30 pm | \$66/9 | [129275](#)

Oliver Woods Community Centre



RecSkate Pre-Teen/Teen

12 to 17 Years

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

Thu, Sep 12-Oct 24 | 5:15-6 pm | \$91/7 | [123297](#)

Thu, Oct 31-Dec 12 | 5:15-6 pm | \$91/7 | [123298](#)

Nanaimo Ice Centre

Sat, Sep 14-Oct 26 | 11:15 am-12:15 pm | \$98/6 | [123311](#)

Sat, Nov 2-Dec 14 | 11:15 am-12:15 pm | \$98/6 | [123312](#)

Frank Crane Arena

RecFigure Skate - Beginner

6 to 16 Years

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

Helmets are mandatory.

Fri, Sep 13-Oct 25 | 5:15-6 pm | \$91/7 | [128384](#)

Sat, Sep 14-Oct 26 | 10:30-11:15 am | \$91/7 | [128386](#)

Fri, Nov 1-Dec 13 | 5:15-6 pm | \$91/7 | [128390](#)

Sat, Nov 2-Dec 14 | 10:30-11:15 am | \$91/7 | [128391](#)

Frank Crane Arena

Mon, Sep 9-Oct 28 | 5:15-6:15 pm | \$84/6 | [128379](#)

Thu, Sep 12-Oct 24 | 5:15-6 pm | \$91/7 | [128383](#)

Thu, Nov 2-Dec 14 | 4-4:45 pm | \$84/7 | [128388](#)

Mon, Nov 4-Dec 16 | 5:15-6:15 pm | \$84/6 | [128387](#)

Nanaimo Ice Centre

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.

Thu, Sep 12-Oct 24 | 5:15-6 pm | \$91/7 | [129013](#)

Thu, Oct 31-Dec 12 | 5:15-6 pm | \$91/7 | [129014](#)

Nanaimo Ice Centre

Fencing - All Levels

14 Years +

Beginner fencers receive instruction in the basic skills of foil fencing and will be introduced to sabre and epee. Experienced fencers receive instructions tailored to their needs in any of the three weapons (foil, sabre, epee). Challenge other fencers either using practice or electric equipment. All equipment is provided.

Instructor: Georgia Newsome

Wed, Sep 11-Oct 23 | 6:30-8 pm | \$98/7 | [126716](#)

Wed, Oct 30-Dec 18 | 6:30-8 pm | \$112/8 | [126717](#)

Oliver Woods Community Centre

Dungeons & Dragons Club - Beginner

11 to 18 Years

This program will introduce you to the basics of this fantasy role playing game, as well as support you in building skills in storytelling and character development. Over the course of the 10-week set, you will complete a campaign with your group and the dungeon master. Please bring a snack, water, pencil and some dice. Program is proudly presented in partnership with Literacy Nanaimo.

Fri, Sep 13-Dec 6 | 3-5 pm | FREE | [129281](#)

Nanaimo Aquatic Centre



Nanaimo Has an Official Flower



Hosackia pinnata (previously *Lotus pinnatus*, and also known as the Bog bird's-foot trefoil) was adopted by City Council as Nanaimo's floral emblem in 2010. It is a yellow and cream pea-like flowering perennial herb, grows in moist to wet habitat and flowers in the spring. Find this very rare gem in the Harewood Plains area.



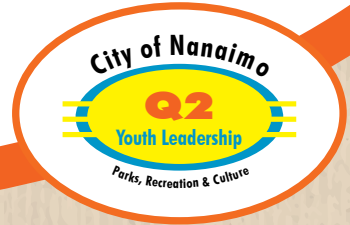
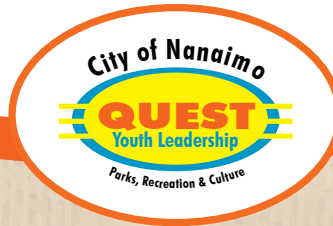
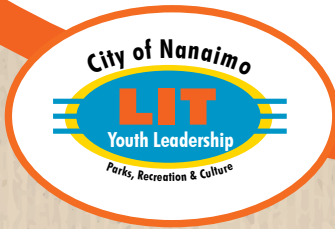
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YOUTH LEADERSHIP

Over 40 Years of Creating Community Leaders



LIT (Leaders in Training)

13-18 YEARS

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

Receive training on what it means to be a leader and have a job, as well as how to work with children. After completing the orientation, you will attend "LIT University" and delve into the specifics of leading games, working as a team, painting faces and basic resume writing and interview skills. Once you have completed training, you will choose from a variety of placement options and volunteer a minimum of 60 hours. (Note: All volunteer placements must be completed by March 31, 2025.)

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



How to Join:

1. Register for LIT using barcode 129083. Cost is \$170.
2. Register your parents for the Free Parent Info Night held on Wednesday, September 25, 6:30-7:30 pm (barcode 129088) at Beban Park. Your parents will find out what you will be doing at this program and what the expectations are. (If you are on the fence, we strongly recommend registering for LIT before the Parent Information Night as this program fills up quickly.)
3. Register for the LIT University Workshops. You must register for all four - no exceptions (see box below).
4. Attend Orientation on Sunday, October 6, 11 am-2 pm at Bowen Park Complex.
5. View and sign up using the online Placement Sign-Up.
6. Go to your Placements to volunteer, learn new skills, make new friends and have fun!

- Earn hours towards high school graduation requirements
- Get hands-on work experience in a variety of different settings
- Develop your leadership skills
- Learn about creating an effective resume and cover letter
- Contribute to your community
- Have the opportunity to work as a team
- Meet other volunteers and make new friends

LIT University Workshops

Children 101

• Mon, Oct 7, 6:30-9 pm 129084

On the Job 101

• Tue, Oct 8, 6:30-8:30 pm 129085

Clowning 101

• Wed, Oct 9, 6:30-9 pm 129086

Teamwork 101

• Thu, Oct 10, 6:30-8:30 pm 129087



QUEST 14-18 YEARS

Have you completed the Leaders in Training (LIT) Program and want to continue developing your leadership skills. If so, our Quest program is for you!



- Further develop your leadership skills
- Get an opportunity to assist with training the LIT volunteers
- Have more responsibility
- Get your first choice at volunteer placement sign-up
- Define your area of interest

How to Join:

1. [Register](#) for Quest using barcode [129082](#). Cost is \$170.
2. Attend [Orientation](#) on Sunday, October 6, 9 am-2 pm at Bowen Park Complex. At Orientation, you can choose to remain in Quest Community or specialize in Arenas, Aquatics or Environment. In Quest Environment, you will help develop an environmental initiative team spearheading change in the community while completing some aspects of the traditional Quest Community program.
3. Attend 1-2 [LIT University Sessions](#) to help train the LITs. You don't have to pre-register, but please make note of the dates and ensure you have some evening availability on those weeks (see previous page for dates).
4. View and sign up using the online [Placement Sign-Up](#).
5. Go to your [Placements](#) to volunteer, learn new skills, make new friends and have fun!

LIT was awesome! I gained so many new skills, and had a really fun time while doing it. I feel like I learned some really important lessons I can take into the real world, and it was a really great experience.
(LIT Participant)

Thank you for this fantastic program. I really think the community benefits from it – in addition to the great things it does for the kids.
(LIT Parent)

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



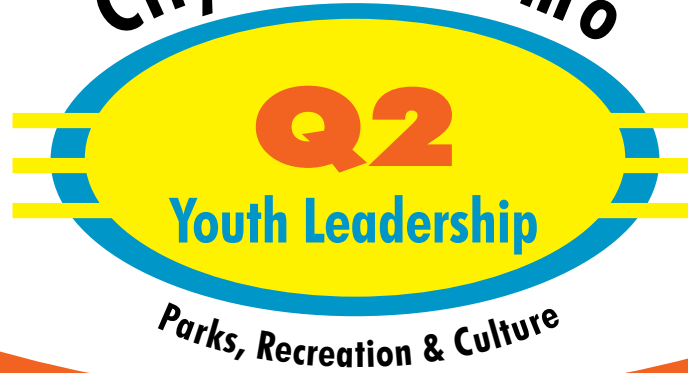
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NEW!

City of Nanaimo



Q2

14-19 YEARS

(Must be at least 14 years old by October 1, 2024)

Join our transformative youth leadership program where you will embark on a journey of personal and professional growth like never before!

- Engage in professional development and take away various certifications, such as First Aid, Food Safe, Bronze Medallion, High 5 or NCCP
- Lead and deliver a passion project close to your heart
- Create a plan for your future
- Network with professionals and peers in your field

Program Prerequisites:

1. Completion of LIT and Quest programs or relevant equivalent experience
2. 14-19 years of age (must be 14 years old by October 1, 2024)
3. Reside in Nanaimo
4. Demonstrate excelling leadership in their community (coaching, volunteering, school clubs, etc.)
5. Must attend all training and meetings once per month from October 2024 to June 2025
6. Up to 8 spots available

***This program runs October 2024 until June 2025. Cost is \$170 and is due upon successful admittance into the program.**

How to Apply:

1. Submit online application.
2. Submit a current resume.

Applications open September 3 and close September 30 at 4:30 pm

Applications and further details can be found at www.nanaimo.ca/goto/LIT

Program Outline:

- Oct-Dec: Training & Personal Development
- Jan-Mar: Professional Development
- Apr-Jun: Launch passion project

Fall Dates:

- Sat, Oct 19, 10 am-12 pm: Orientation
- Sat, Oct 19, 1-4 pm: Personal Development
- Mon, Oct 21, 6-9 pm: Team Building
- Mon, Nov 4, 6-9 pm: Marketing
- Mon, Nov 18, 6-9 pm: Program Planning

“This program is designed to empower youth leaders to make a positive impact on the community while honing their personal and professional skills.”



FREE!

Youth

SPARE BLOX



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



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

AGE 10 TO 13

Mon, Sep 16-Dec 9
5-6:30 pm
Park Avenue Elem.

AGE 11 TO 14

Mon, Sep 16-Dec 16
7-8:30 pm
Fairview Comm. School

AGE 10 TO 13

Tue, Sep 17-Dec 17
6-7:30 pm
Uplands Elem. School

AGE 10 TO 17

Tue, Sep 17-Dec 17
6:30-8 pm
Oliver Woods

AGE 13 TO 17

Wed, Sep 18-Dec 18
8:30-10 pm
John Barsby School

AGE 10 TO 13

Thu, Sep 19-Dec 19
6-7:30 pm
Chase River School



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

FREE!
11-18 yrs

YOUTH LOUNGE

Hang out at Nanaimo Aquatic Centre!

Two days to choose from:

Thu, Sep 19-Dec 19, 3-7 pm (#129089)

Fri, Sep 20-Dec 20, 2-9 pm (#129090) *

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



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



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

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

The new Youth Lounge logo was designed by youth artist contest winner, Victoria Wagler.



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prc_nanaimo (#ilovemyparksandrec)



Adult Arts & Crafts

Pottery Wheel - Beginner

14 + Years

Calling teens to adults with little or no previous experience working with clay. Dip your hands into something new. Learn basic techniques that will help you create pots, vases, bowls and much more. Clay, glazes and firings are included in the cost.

Instructor: Selena Unger or Nesta Morgan

Tue, Sep 3-Oct 8 | 6:30-9 pm | \$177/6 | [129285](#)

Fri, Sep 6-Oct 11 | 12:30-3 pm | \$177/6 | [129294](#)

Sat, Sep 7-Oct 12 | 1:30-4 pm | \$177/6 | [129315](#)

Sun, Sep 8-Oct 13 | 1:30-4 pm | \$177/6 | [129449](#)

Tue, Oct 29-Dec 3 | 6:30-9 pm | \$177/6 | [129287](#)

Fri, Nov 1-Dec 6 | 12:30-3 pm | \$177/6 | [129295](#)

Sat, Nov 2-Dec 7 | 1:30-4 pm | \$177/6 | [129317](#)

Sun, Nov 3-Dec 8 | 1:30-4 pm | \$177/6 | [129450](#)

Bowen Park Pottery Studio

Pottery Wheel - Level 2

14 + Years

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

Instructor: Selena Unger

Fri, Sep 6-Oct 11 | 4-6:30 pm | \$177/6 | [129301](#)

Fri, Nov 1-Dec 6 | 4-6:30 pm | \$177/6 | [129302](#)

Bowen Park Pottery Studio

Pottery Wheel - Intermediate

Join this class to learn how to create more complex items. Clay, glazes and firings are included in the cost. You must have completed a beginner class.

Instructor: Bari Precious

Mon, Sep 9-Oct 28 | 6:30-9 pm | \$177/6 | [129282](#)

Mon, Nov 4-Dec 16 | 6:30-9 pm | \$177/6 | [129283](#)

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, Oct 20-27 | 1-3:30 pm | \$60/2 | [129451](#)

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

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

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

Handbuilt Mug

Fri, Oct 18-25 | 12:30-3 pm | \$60/2 | [129305](#)

Fri, Oct 18-25 | 4-6:30 pm | \$60/2 | [129304](#)

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

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

Handbuilt Plant Pot

Tue, Oct 15-22 | 6:30-9 pm | \$60/2 | [129292](#)

Sat, Oct 19-26 | 1:30-4 pm | \$60/2 | [129318](#)

Bowen Park Pottery Studio

Drawing on the Basics **NEW!**

Don't know how to draw? Frustrated with trying to create a composition or under-drawing with dimension and shape? This course is especially for you. This weekly course offers you a chance to learn how to develop basic drawing skills. Each week you will experience insightful exercises, try out different tools, view informative fun demos and discover your hidden ability for drawing.

Instructor: Judy-Anne Wilson

Thu, Sep 19-Dec 12 | 1:45-3:35 pm | \$180/12 | [129136](#)

Oliver Woods Community Centre

Art as Meditation

Create art simply for the sake of making it. Let's learn about and explore a variety of art forms and how they can become a means of self-reflection, mindfulness, relaxation and meditation. We will explore Zentangle, Neurographic, Mandela, etc. Bring your own notebook and explore fun ways to bring joy into your life through art.

Instructor: Judy-Anne Wilson

Sat, Sep 21-Oct 26 | 1-3 pm | \$108/6 | [129132](#)

Sat, Nov 9-Dec 14 | 1-3 pm | \$108/6 | [129137](#)

Bowen Park Complex

See page 13 for Drop-In
Pottery Schedule

Artistic Expressions: Cartooning

16 + Years

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

Instructor: David Harvey

Sat, Sep 14-Oct 26 | 12:30-1:30 pm | \$70/7 | [126793](#)

Sat, Nov 2-Dec 21 | 12:30-1:30 pm | \$80/8 | [126797](#)

Oliver Woods Community Centre

Basket Weaving with English Ivy

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

Instructor: Alicia Meek

Wed, Oct 9 | 6:30-8:30 pm | \$29/1 | [129221](#)

Bowen Park Complex

Wire Wrapped Rings

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

Instructor: Alicia Meek

Wed, Oct 16 | 6:30-8:30 pm | \$45/1 | [130459](#)

Beban Park Social Centre

Wire Wrapping Crystals & Pendants

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, Dec 4 | 6:30-8:30 pm | \$45/1 | [129229](#)

Oliver Woods Community Centre



Stained Glass - Introduction

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

Instructor:

Sat, Sep 21-Oct 5 | 10 am-1 pm | \$150/3 | [129023](#)

Bowen Park Complex

Stained Glass - Beginner

This is for those who have completed the introduction program or have previously learned the basics. During this workshop, you will continue to practice your skills and complete a small panel using coloured glass. All materials and tools are included in the fee.

Instructor: Delores Gottenberg

Sat, Oct 19-Nov 2 | 10 am-1 pm | \$150/3 | [129027](#)

Bowen Park Complex

Stained Glass - Intermediate

This is for those who have completed the beginners course or for those who have done stained glass in the past and want to get back into it with a little help from an instructor. Learn about foiling, and get help brainstorming ideas for your own project ideas. All materials and tools are included in the fee.

Instructor: Delores Gottenberg

Sat, Nov 16-Dec 7 | 10 am-1 pm | \$260/4 | [129028](#)

Bowen Park Complex

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

**LET US
CONGRATULATE
YOU!**

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



Award recipients must be residents of Nanaimo.

All applications for the Fall 2024 awards must be completed in full and received no later than

Monday, September 16, 2024.

*Awards presented on **Monday, October 21, 2024.***

**To apply, email
awards@nanaimo.ca**

For more information, go to

www.nanaimo.ca/culture-environment/awards



cityofnanaimo



pvc_nanaimo (#ilovemyparksandrec)



Adult Cooking

Fermentation & Preservation

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

Instructor: Alicia Meek

Wed, Oct 2 | 6:30-8:30 pm | \$45/1 | [129218](#)

Beban Park Social Centre

Handmade Gnocchi & Two Sauces **NEW!**

In this hands-on course, enjoy two gnocchi dishes while making handmade gnocchi and two sauces from scratch. Bring a take-home container in case there are any leftovers.

Instructor: Alicia Meek

Sat, Oct 5 | 2-4 pm | \$45/1 | [129219](#)

Beban Park Social Centre

Herbal First Aid Kit **NEW!**

A practical class for you to begin building your own natural first aid kit. In this hands-on, take-home workshop you'll learn to prepare and utilize a variety of herbs for common ailments and emergencies.

Instructor: Alicia Meek

Sat, Oct 19 | 11:30 am-1:30 pm | \$49/1 | [129222](#)

Bowen Park Complex

Low Carb & Keto Cooking **NEW!**

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

Instructor: Alicia Meek

Tue, Oct 22 | 6:30-8:30 pm | \$45/1 | [129223](#)

Beban Park Social Centre

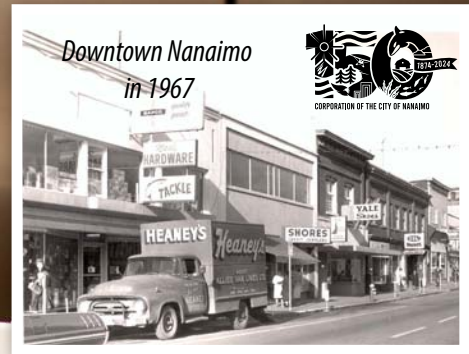
Healthy DIY Sushi **NEW!**

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

Wed, Oct 23 | 6-8:30 pm | \$45/1 | [129217](#)

Beban Park Social Centre



Homemade, Healthy Desserts & Chocolate **NEW!**

Join in for a fun, and delicious, hands-on class making healthyish desserts and chocolate.

Children are welcome.

Instructor: Alicia Meek

Wed, Oct 30 | 6:30-8:30 pm | \$45/1 | [129224](#)

Beban Park Social Centre

Budget Meal Planning

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

Wed, Nov 6 | 6:30-8:30 pm | \$45/1 | [129225](#)

Bowen Park Complex

Plant-Based Comfort Food **NEW!**

Join in an interactive, hands-on cooking class where you'll learn to create delicious, hearty dishes that are both comforting and plant-based. Bring a take-home container in case there are any leftovers.

Instructor: Alicia Meek

Sat, Nov 9 | 11:30 am-1:30 pm | \$45/1 | [129226](#)

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.

Mediterranean Kitchen **NEW!**

In this hands-on, delicious class, learn the principles and health benefits of the Mediterranean diet while making and enjoying multiple dishes.

Instructor: Alicia Meek

Tue, Nov 12 | 6:30-8:30 pm | \$45/1 | [129227](#)

Bowen Park Complex

Cooking with Superfoods **NEW!**

In this hands-on class, learn how to use and integrate common superfoods into the everyday. All ingredients can be found in local grocery stores. Taste the results and take home the recipes.

Instructor: Alicia Meek

Tue, Nov 19 | 6:30-8:30 pm | \$45/1 | [129334](#)

Bowen Park Complex

Healthy, Healing Spices and Herbs **NEW!**

Join in for an enlightening journey into the world of spices and herbs learning how they can transform your cooking and boost your health, while tasting these powerful ingredients.

Instructor: Alicia Meek

Wed, Nov 27 | 6:30-8:30 pm | \$45/1 | [129228](#)

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, Sep 11 | 7-9:30 pm | \$40/1 | [129206](#)

Wed, Oct 9 | 7-9:30 pm | \$40/1 | [129207](#)

Wed, Nov 13 | 7-9:30 pm | \$40/1 | [129208](#)

Wed, Dec 11 | 7-9:30 pm | \$40/1 | [129209](#)

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, Sep 25 | 7-9:30 pm | \$40/1 | [129210](#)

Wed, Oct 23 | 7-9:30 pm | \$40/1 | [129211](#)

Wed, Nov 20 | 7-9:30 pm | \$40/1 | [129212](#)

Bowen Park Complex



Beban Park - Nanaimo's premier recreation campus!



Construction began in 1976 on the first phase of Beban Park which included a pool and arena. Today, the property consists of a wave pool, an additional arena, a BMX Track, The Steve Smith Bike Park, a pump track, a mountain biking skills area, walking trails, tennis courts, a dog off-leash park, a community garden, an outdoor fitness circuit, a playground, an exhibition area and pickleball courts that will open this fall.

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

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, Sep 11-Oct 23 | 7-8 pm | \$70/7 | [129193](#)

Wed, Nov 6-Dec 11 | 7-8 pm | \$60/6 | [129196](#)

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, Sep 11-Oct 23 | 8-9 pm | \$70/7 | [129194](#)

Wed, Nov 6-Dec 11 | 8-9 pm | \$60/6 | [129197](#)

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, Sep 11-Oct 23 | 9-10 pm | \$70/7 | [129195](#)

Wed, Nov 6-Dec 11 | 9-10 pm | \$60/6 | [129198](#)

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, Sep 9-Oct 21 | 7-8 pm | \$50/5 | [129190](#)

Mon, Nov 4-Dec 9 | 7-8 pm | \$50/5 | [129199](#)

Bowen Park Complex

Ballroom & Latin Dance - Advanced

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

Instructor: Nelson Wong

Mon, Sep 9-Oct 21 | 8-9 pm | \$50/5 | [129191](#)

Mon, Nov 4-Dec 9 | 8-9 pm | \$50/5 | [129200](#)

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, Sep 9-Oct 21 | 9-10 pm | \$50/5 | [129192](#)

Bowen Park Complex

Dance Jam Group Fitness

Ready for a high energy dance class with a great blend of dance and cardio? Dance Jam will explore multiple genres of music while taking you through a great workout! Great for all levels!

Instructor: Monique Huijbrejtse

Tue, Sep 3-Oct 22 | 12-1 pm | \$64/8 | [126265](#)

Tue, Oct 29-Dec 17 | 12-1 pm | \$64/8 | [126269](#)

Oliver Woods Community Centre



Bhangra Fit

Discover the trendiest fitness craze: Bhangra Fit! Say goodbye to boring workouts and hello to the electrifying beats of this Indian dance sensation. Get ready for an intense, joyful experience that not only elevates your heart rate but also your spirits. With moves rooted in folk dance but revamped for a cardio blast. Plus, it's safe for all ages, so bring the whole family and join the fun!

Instructor: Sukhi Sangha

Tue, Oct 1-22 | 6:15-7 pm | \$80/4 | [124811](#)

Tue, Nov 5-26 | 6:15-7 pm | \$80/4 | [124813](#)

Beban Park Social Centre

Flamenco Sampler

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

Instructor: Heather Sandison

Mon, Nov 5-Dec 17 | 6:30-7:30 pm | \$42/4 | [129214](#)

Beban Park Social Centre

Flamenco - Basics

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

Instructor: Heather Sandison

Mon, Sep 23-Oct 28 | 6:30-7:30 pm | \$42/4 | [129213](#)

Beban Park Social Centre

Flamenco - Continuation NEW!

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

Instructor: Heather Sandison

Tue, Sep 10-Oct 22 | 6:30-8 pm | \$74/7 | [129215](#)

Tue, Nov 5-Dec 17 | 6:30-8 pm | \$74/7 | [129216](#)

Beban Park Social Centre



Adult First Aid

All courses below are operated in partnership with Canadian Red Cross, and they include a manual, pocket mask, 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 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, Sep 14 | 9 am-5:30 pm | \$99/1 | [128549](#)

Sat, Oct 19 | 9 am-5:30 pm | \$99/1 | [128557](#)

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

Beban Park Social Centre

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

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

Sat, Sep 21 | 9 am-5:30 pm | \$99/1 | [128567](#)

Sat, Oct 26 | 9 am-5:30 pm | \$99/1 | [128721](#)

Sat, Nov 23 | 9 am-5:30 pm | \$99/1 | [128720](#)

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, Sep 21 & 22 | 9 am-5:30 pm | \$177/2 | [128598](#)

Sat/Sun, Oct 26 & 27 | 9 am-5:30 pm | \$177/2 | [128625](#)

Sat/Sun, Nov 23 & 24 | 9 am-5:30 pm | \$177/2 | [128563](#)

Beban Park Social Centre



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Adult Outdoor, Sport & Wellness

Trailblazers

The Nanaimo area is packed with amazing hiking trails! Spending time in nature can help clear the mind, reduce stress and keep the body healthy. Come enjoy the fresh air and great company while completing a 5- to 7-kilometre hike with balance work, plus before and after the hike stretches. You must wear good walking/hiking shoes and be in good physical health

Instructor: Laurah-Lee Christie

Tue, Sep 17-Oct 22 | 9-10:30 am | \$60/6 | [128997](#)

Meet at Nanaimo Ice Centre Lobby

Tue, Oct 29-Dec 3 | 9-10:30 am | \$60/6 | [128999](#)

Meet in Bowen Park Complex Lobby

Nature & Namaste

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, Sep 12-Oct 17 | 9-10:30 am | \$60/6 | [129000](#)

Meet at Nanaimo Ice Centre Lobby

Thu, Oct 24-Nov 28 | 9-10:30 am | \$60/6 | [129001](#)

Meet in Bowen Park Complex Lobby

Nanaimo Watershed and River Walking Tour

Join local experts and stewardship volunteers to celebrate World Rivers Day on an interpretive walk along the Nanaimo River. This river is the spine of the Nanaimo Watershed. Learn what makes it so significant and how we are connected to the health of this watershed.

Sun, Sep 22 | 10 am-11:30 am | FREE/1 | [129986](#)

Meet at Bowen Park (lower picnic shelter)

Nanaimo River Watershed and Water Treatment Plant Bus Tour

Come see the amazing journey our drinking water takes from the mountains to our homes! Enjoy an exclusive 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, Sep 27 | 9 am-3:30 pm | \$20/1 | [128707](#)

South Fork Water Treatment Plant (2500 South Fork Rd)

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, Oct 6 | 12:30-4:30 pm | \$50/1 | [129131](#)

Beban Park Centennial Building

Intro to Pickleball

Learn to Play

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

Instructor: Lee MacDonald

Mon, Oct 7-28 | 1:15-3:15 pm | \$84/3 | [127067](#)

Mon, Nov 4-25 | 1:15-3:15 pm | \$84/3 | [127068](#)

Mon, Dec 2-16 | 1:15-3:15 pm | \$84/3 | [127070](#)

Oliver Woods Community Centre

Teens Welcome

If you see a program you would like to participate in outside of the Youth Section, give us a call to find out how you can participate!

Indoor Tennis Lessons - Beginner

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

Instructor: North Island Tennis Academy Staff

Tue, Sep 10-Oct 22 | 9:30-11 am | \$210/7 | [129169](#)

Wed, Sep 11-Oct 23 | 9-10:30 am | \$210/7 | [130951](#)

Thu, Sep 12-Oct 24 | 8-9:30 pm | \$210/7 | [129268](#)

Tue, Oct 29-Dec 10 | 9:30-11 am | \$210/7 | [129296](#)

Thu, Oct 31-Dec 12 | 8-9:30 pm | \$210/7 | [129300](#)

North Island Tennis Academy

Indoor Tennis Lessons - Intermediate

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

Instructor: North Island Tennis Academy Staff

Sun, Sep 8-Oct 27 | 1:30-3 pm | \$210/7 | [129293](#)

Tue, Sep 10-Oct 22 | 8-9:30 pm | \$210/7 | [129288](#)

Thu, Sep 12-Oct 24 | 9:30-11 am | \$210/7 | [129267](#)

Tue, Oct 29-Dec 10 | 8-9:30 pm | \$210/7 | [129297](#)

Wed, Oct 30-Dec 11 | 9-10:30 am | \$210/7 | [129298](#)

Thu, Oct 31-Dec 12 | 9:30-11 am | \$210/7 | [129299](#)

Sun, Nov 3-Dec 15 | 1:30-3 pm | \$210/7 | [129303](#)

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, Sep 11-Oct 23 | 6:30-8 pm | \$98/7 | [126716](#)

Wed, Oct 30-Dec 18 | 6:30-8 pm | \$112/8 | [126717](#)

Oliver Woods Community Centre

Historical Fencing with Combat Guild

11+ Years

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

Introduction

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

Sun, Oct 13-Dec 15 | 10-11 am | \$176/8 | [129734](#)

Beban Park Centennial Building

Core

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

Sun, Oct 13-Dec 15 | 11:15 am-1:15 pm | \$184/8 | [129733](#)

Beban Park Centennial Building

Core Historical Fencing D

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

Sun, Oct 13-Dec 15 | 11:15 am-1:15 pm | \$25/session

Beban Park Centennial Building

Intro to Tai Chi

This is for students with no or limited background and teaches Tai Chi-related exercises and the mini set of Tai Chi comprised of the first 17 moves of the long Tai Chi form based on the traditional Yang Style set. Sometimes called a moving meditation, this provides many health benefits, including stress relief and improved concentration.

Instructor: Mid Island Tai Chi Club

Wed, Sep 4-Oct 16 | 7-8:30 pm | \$56/7 | [129242](#)

Wed, Nov 6-Dec 11 | 7-8:30 pm | \$48/6 | [129284](#)

Beban Park Social Centre

Sitting Qigong

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

Instructor: Monika Lux

Wed, Sep 4-Nov 27 | 4:30-5:30 pm | \$143/13 | [129170](#)

Beban Park Social Centre

Standing & Walking Qigong

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

Instructor: Monika Lux

Mon, Sep 9-Dec 16 | 6-7 pm | \$132/12 | [129167](#)

Beban Park Social Centre

Shotokan Karate

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

Instructor: Mike Czurka (6th degree black belt)

Tue, Sep 10-Oct 29 | 7-8 pm | \$64/8 | [127690](#)

Tue, Nov 5-Dec 17 | 7-8 pm | \$56/7 | [127691](#)

Bowen Park Complex

Extensive Long Form Tai Chi

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

Instructor: Mid Island Tai Chi Club

Tue, Sep 3-Dec 17 | 7-8:30 pm | \$114/16 | [115983](#)

Beban Park Social Centre



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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, Sep 9-18 | 6:30-7:30 pm | \$25/4 | [129340](#)

M/W, Oct 7-17 | 6:30-7:30 pm | \$25/4 | [129344](#)

M/W, Nov 4-18 | 6:30-7:30 pm | \$25/4 | [129346](#)

M/W, Dec 2-11 | 6:30-7:30 pm | \$25/4 | [129348](#)

Shima Karate (3032 Barons Rd)

Karate for GenXers

Learn at a slower pace and ease into martial arts with no belts or gradings. Come to learn or re-learn martial arts history and techniques with a great group of like-minded people. Get a free uniform if you register at the dojo after the session.

Instructor: Shima Karate Staff

Sun, Sep 8-29 | 9-10 am | \$25/4 | [129365](#)

Sun, Oct 6-27 | 9-10 am | \$25/4 | [129368](#)

Sun, Nov 3-24 | 9-10 am | \$25/4 | [129369](#)

Sun, Dec 1-22 | 9-10 am | \$25/4 | [129373](#)

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, Sep 16-Nov 4 | 7:30-9:30 pm | \$66/6 | [129157](#)

Mon, Nov 18-Dec 16 | 7:30-9:30 pm | \$55/5 | [129158](#)

Beban Park Social Centre

People Living with Parkinson's NEW!

Using the Alexander Technique

Alexander Technique is an embodied approach that increases body awareness and assists in gaining more balance and a better sense of the body. Changing postural habits allows for better gate, more upright posture and more flexibility, as well as assisting in reducing muscle tone for less rigidity, reduced tremors and more fluidity in movement. Clinical studies have shown that AT is helpful for PLPD to gain better coping skills with postural challenges and day-to-day living. Acquire a better connection to oneself, a more positive outlook on life and more self-confidence!

Instructor: Heike Walker

Mon, Sep 16-Nov 25 | 3:30-5:30 pm | \$120/6 | [126008](#)

Bowen Park Complex

Improve Posture, Change NEW! Movement Habits

Exploring the Alexander Technique

Use the Alexander Technique to improve posture, reduce stress, change habits and expand your awareness. In this hands-on class, we explore the body's naturally efficient design for movement and understand how we interfere with it through ingrained habits. We will learn how to notice tightening, release muscle tension, re-establish better balance and move with ease. Instructors will use visual, verbal and kinaesthetic (hands-on) cues to teach better movement. Participants should be able to do gentle movements of walking, sitting and lying on a mat.

Instructor: Heather Walker

Thu, Nov 7-Dec 5 | 3:30-5 pm | \$100/5 | [129540](#)

Bowen Park Complex

Improve Your Posture

Using the Alexander Technique

Do you find yourself slouching in a chair? Is it difficult for you to keep good posture? Do you experience pain in your body? The Alexander Technique helps you increase body awareness, release muscle tension and move with more ease. Learn to find balance in sitting, standing, walking or any other activity without strain and effort!

Instructor: Heike Walker

Thu, Oct 10 | 4:30-6:30 pm | \$25/1 | [124544](#)

Bowen Park Complex



RECREATION PRESCRIPTION

Launching Fall 2024!

The City of Nanaimo Parks, Recreation and Culture is partnering with Vancouver Island University (VIU) and Nanaimo Ladysmith School District (SD68) to implement a program focused on well-being for youth in grades 5 and 6 this year.

Recreation Prescription focuses on physical activity, social connectedness and mental health components as prescriptions for overall wellbeing, health and resilience. The program will launch at selected schools in the Fall of 2024 and continue through till Spring of 2025 in this school-based program. Program participants will participate in a wide variety of activities in the areas of sports, recreation, culture, active transportation and nature-based learning. These activities will be facilitated by an interdisciplinary team made up of students from the Child and Youth Care, Recreation and Tourism, Kinesiology, Health and Human Services and Education faculties from Vancouver Island University. This program is funded by the Nanaimo Youth and Resilience Strategy (NYRS) through Building Safer Communities Grant fund.





Adult Special Interest

Conversation Spanish - Beginner **NEW!**

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

Instructor: Ray Diaz

Thu, Sep 5-Oct 10 | 6-8 pm | \$84/6 | [129159](#)

Bowen Park Complex

Conversation Spanish - **NEW!** Beginner Continuation

This is a continuation of the beginner's course. Speak and hear Spanish from the first day as you quickly gain basic conversation skills to communicate information about yourself, your family and friends, your work and your daily life. Learn pronunciation, expressions and vocabulary that will allow you to function in everyday settings.

Instructor: Ray Diaz

Thu, Oct 17-Nov 21 | 6-8 pm | \$84/6 | [129160](#)

Bowen Park Complex

Public Speaking

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

Instructor: Ange Frymire

Thu, Sep 5-Oct 24 | 6:30-8:30 pm | \$96/8 | [129325](#)

Bowen Park Complex



Creative Writing Level 1

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

Instructor: Ange Frymire

Tue, Sep 3-Oct 22 | 7-9 pm | \$96/8 | [129732](#)

Bowen Park Complex

Creative Writing Level 2

This is a continuation of Creative Writing 1. Participants can share their writing in a non-judgmental, safe and open space. There will also be writing prompts given each class, so strong awareness of writing fundamentals is needed for the participant to be fully engaged in writing exercises. Facilitated by an accomplished writer, author, storyteller, teacher, communications specialist, former broadcaster/journalist whose stories have been published in hundreds of print publications.

Instructor: Ange Frymire

Tue, Oct 29-Dec 17 | 7-9 pm | \$96/8 | [129326](#)

Bowen Park Complex



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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, Sep 3-24 | 3:30-4 pm | \$88/4 | [128199](#)

Tue, Sep 3-24 | 4:05-4:35 pm | \$88/4 | [128200](#)

Tue, Sep 3-24 | 4:40-5:10 pm | \$88/4 | [128201](#)

Tue, Sep 3-24 | 5:15-5:45 pm | \$88/4 | [128202](#)

Tue, Sep 3-24 | 5:50-6:20 pm | \$88/4 | [128203](#)

Tue, Oct 1-22 | 3:30-4 pm | \$88/4 | [128204](#)

Tue, Oct 1-22 | 4:05-4:35 pm | \$88/4 | [128205](#)

Tue, Oct 1-22 | 4:40-5:10 pm | \$88/4 | [128206](#)

Tue, Oct 1-22 | 5:15-5:45 pm | \$88/4 | [128207](#)

Tue, Oct 1-22 | 5:50-6:20 pm | \$88/4 | [128208](#)

Tue, Oct 29-Nov 19 | 3:30-4 pm | \$88/4 | [128209](#)

Tue, Oct 22-Nov 19 | 4:05-4:35 pm | \$88/4 | [128210](#)

Tue, Oct 29-Nov 19 | 4:40-5:10 pm | \$88/4 | [128211](#)

Tue, Oct 22-Nov 19 | 5:15-5:45 pm | \$88/4 | [128212](#)

Tue, Oct 29-Nov 19 | 5:50-6:20 pm | \$88/4 | [128213](#)

Tue, Nov 26-Dec 17 | 3:30-4 pm | \$88/4 | [128214](#)

Tue, Nov 26-Dec 17 | 4:05-4:35 pm | \$88/4 | [128215](#)

Tue, Nov 26-Dec 17 | 4:40-5:10 pm | \$88/4 | [128216](#)

Tue, Nov 26-Dec 17 | 5:15-5:45 pm | \$88/4 | [128217](#)

Tue, Nov 26-Dec 17 | 5:50-6:20 pm | \$88/4 | [128218](#)

Bowen Park Complex

Wild Food and Medicine Experience

This is an outdoor walking workshop where you will begin to identify local and common edible and medicinal plants. We will take a quick look at a diverse array of berries, trees, herbs, shoots and leafy greens found around us.

Instructor: Alicia Meek

Sat, Sep 21 | 11 am-12:30 pm | \$29/1 | [128996](#)

Bowen Park Complex

Foraging 101

Learn ethical foraging principles and practices, including where and where not to forage. Identify the most common native and non-native plants available for foraging in your local area.

Instructor: Alicia Meek

Sat, Sep 21 | 1:30-3 pm | \$29/1 | [128995](#)

Bowen Park (meet near the playground by the pool)



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

Sat, Oct 12 | 10 am-12 pm | \$20/1 | [128836](#)

Pine Street Community Garden (271 Pine St)

Sun, Oct 6 | 10 am-12 pm | \$20/1 | [128834](#)

Beaufort Park Food Forest

Advanced Fruit Tree Pruning

If you have some pruning experience or have taken an earlier class, this workshop can show you how to work on pest control, dormant oil spraying and other more complex tree care. Of course, there will still be focus on pruning techniques and skills but also plenty of time for your specific questions.

Instructor: Scott Wiskerke

Sat, Oct 26 | 10 am-12 pm | \$20/1 | [128837](#)

Pine Street Community Garden (271 Pine St)

Sun, Oct 27 | 10 am-12 pm | \$20/1 | [128838](#)

Beaufort Park Food Forest

Grow Great Garlic **NEW!**

Growing great garlic is easy if you know a few of the basics. Come to this workshop to learn about the different types of garlic to grow, how to prepare the soil and how to harvest and dry your garlic for storage. With a little bit of knowledge and a few bulbs of good quality garlic to start, you can provide your family with big bulbs delicious garlic from your garden. You will never want to buy tiny, shriveled up garlic again.

Instructor: Connie Kuramoto

Sat, Oct 5 | 1-3 pm | \$20/1 | [128839](#)

Pine Street Community Garden (271 Pine St)

Prep Your Garden for Winter **NEW!**

Now is the time to get your garden ready for winter. If you have a garden started, you will want to protect your plants from frosts to extend your season. If you are just starting a new garden bed, this is the ideal time to do it. We will also demo the planting up of a winter hardy vegetable planter. Come and learn some tips and tricks to extend your garden season well into winter and to be ready to get an early start on next year's garden.

Instructor: Connie Kuramoto

Sat, Oct 26 | 1-3 pm | \$20/1 | [128841](#)

Pine Street Community Garden (271 Pine St.)

Let's Propagate More Plants **NEW!**

Did you know that fall can be the ideal time to propagate some of our favourite food plants? Come and learn the techniques to take cuttings of grapes, currants, blueberries, thornless blackberry, and more. You will take home a few packs of cuttings with instructions for their ongoing care. We will provide you with propagation media and pots, as well as plant materials to take cuttings from, but feel free to bring your own plant materials as well.

Instructor: Connie Kuramoto

Sun, Oct 27 | 1-3 pm | \$20/1 | [128869](#)

Beban Park Learning Gardens

Start Your 2025 Garden Now **NEW!**

Yes! You can start your garden now if you know what to start and how. Come and learn the technique of winter sowing. Using this technique, seeds of cool loving plants can be planted now and grown slowly throughout the winter to be ready to plant out in the garden in early spring without the fuss of lights and heating cables and windowsills full of plants. This doesn't work with all plants but is really a great remedy for those antsy days in winter when you just want to get planting.

Instructor: Connie Kuramoto

Sun, Nov 24 | 1-3 pm | \$20/1 | [128871](#)

Beban Park Learning Gardens

Heavenly Herbs **NEW!**

Taste, touch and smell a wonderful variety of delicious & beautiful culinary and medicinal herbs. Herbs are tasty, drought tolerant, deer resistant, and will attract beneficial insects to your garden. Tour an established herb garden while you learn about growing, harvesting and eating. You will also get a healthy dose of herb history! Everyone will go home with a small selection of favourite herbs to start your own herb garden.

Instructor: Priscilla Brewer

Sat, Sep 14 | 10 am-12:30 pm | \$49/1 | [129316](#)

Priscilla's Garden (3290 Yellowpoint Rd)

Grow Gorgeous Garlic

Learn to grow healthy, huge, delicious garlic in your own backyard! We will discuss planting, growing and harvesting techniques and share favourite recipes. Everyone will go home with a small supply of garlic to plant, eat and replant for years to come.

Instructor: Priscilla Brewer

Sat, Oct 19 | 10 am-12:30 pm | \$45/1 | [129313](#)

Priscilla's Garden (3290 Yellowpoint Rd)

Natural Landscaping for Climate Change

Discover a new approach to landscaping! Wild and natural landscapes are relaxed and carefree, biodiverse, drought tolerant and more resilient to climate change. Priscilla will show you how to help nurture your piece of nature, garden with low maintenance plants and incorporate natural design features to create beautiful and functional outdoor living spaces. Everyone will go home with a small selection of native plants.

Instructor: Priscilla Brewer

Sat, Oct 5 | 10 am-12:30 pm | \$49/1 | [129314](#)

Priscilla's Garden (3290 Yellowpoint Rd)

Wild & Natural Winter Woodland Wreaths

Let nature provide the creative inspiration for some eco-friendly holiday wildcrafting. We will tour a beautiful winter woodland garden and then warm up with a hot drink in the cozy outdoor classroom where we will arrange foliage, twigs, lichen and berries into unique and gorgeous (100% compostable) woodland wreaths to take home.

Instructor: Priscilla Brewer

Sat, Nov 30 | 10 am-12:30 pm | \$59/1 | [129311](#)

Sun, Dec 1 | 10 am-12:30 pm | \$59/1 | [129312](#)

Priscilla's Garden (3290 Yellowpoint Rd)

Learn How to Ride the Bus NEW!

Are you feeling confused or unsure how to get around on transit? Learn everything you need to know to be confident riding the bus, including how to read the transit maps and schedules, buy passes and how it works for scooters, walkers, wheelchairs, bikes and more. We will bring a bus to the session so you can get a hands-on experience. Pre-registration is required. All ages welcome; children must be accompanied by an adult. See page 29 for more information.

Sun, Oct 20 | 1-2:30 pm | FREE/1 | [129112](#)

Sun, Oct 20 | 4-5:30 pm | FREE/1 | [129113](#)

Beban Park Parking Lot

Stroll with the Pro - Ducks & Waterfowl

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

Sun, Sep 8 | 10-11:15 am | \$FREE/1 | [128966](#)

Buttertubs Marsh (meet at Miner's Cottage)

Sun, Oct 20 | 10-11:15 am | \$FREE/1 | [128968](#)

Sun, Nov 17 | 10-11:15 am | \$FREE/1 | [128969](#)

Diver Lake Park

VOLUNTEERS in PARKS

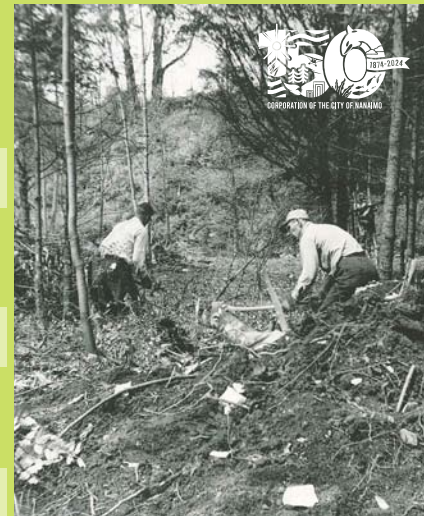
Are you passionate about the parks and trails that Nanaimo has to offer?
Consider participating in our **Volunteers in Parks** Program!

There are three ways to participate:

- 1 PARK AMBASSADOR:** As a Park Ambassador, you'll weave a vibrant tapestry of education and stewardship by visiting your chosen park regularly. Help fellow visitors embrace the beauty of nature while actively keeping the park clean. With your keen eye, you can observe the park's dynamic ecosystem and be the critical communicator reporting any issues and driving efforts for a sustainable environment.
- 2 ADOPT-A-PARK:** Gather your friends, family, or colleagues and form a volunteer group dedicated to keeping Nanaimo beautiful! By choosing a park, trail, or creek to adopt, you'll take covenant of a cherished area. Together, you will implement clean-up initiatives, planting days, and maintenance work, forging bonds with the land and each other while replenishing our local ecosystems.
- 3 WORK PARTIES:** Dive deep into nature's intricate web by participating in our Work Parties! Join a spirited crew dedicated to enhancing biodiversity in our parks and trails. These group efforts focus on native species restoration, invasives removal, and habitat preservation putting actions to your good intentions. Be part of a transformative journey for Nanaimo's ecosystems while teaming up with fellow conservation enthusiasts and making a tangible difference.

Gather a group for your own work party from your business, school group, club or organization or come to these planned events:

- **Wed, Sep 18, 10 am-12 pm**
Invasive Plant Removal at Bowen Park Park ([128929](#))
- **Wed, Oct 2, 10 am-12 pm**
Invasive Plant Removal at Pipers Lagoon Park ([128959](#))
- **Sat, Oct 26, 10 am-12 pm**
Invasive Plant Removal at Country Club Park 2 ([128952](#))
- **Wed, Nov 6, 10 am-12 pm**
Invasive Plant Removal at Bowen Park ([128923](#))
- **Sat, Nov 16, 10 am-12 pm**
Invasive Plant Removal at Diver Lake Park ([128596](#))



Work party in Bowen Park in 1953

If you would like to organize a work party in your neighborhood, please call 250-756-5200, email parksandrec@nanaimo.ca or check out our website ([search work party](#)).

Why participate?

Being part of the Volunteers in Parks Program not only fosters community spirit but enriches your life with purpose and connection to nature. Disconnect from screens and reconnect with the awe-inspiring beauty of our surroundings. Your involvement can help cultivate a brighter, more sustainable future for Nanaimo's enchanting green spaces.



cityofnanaimo



prc_nanaimo (#ilovemyparksandrec)

Goat 'n Oak Milk Soap Making **NEW!**

From pre-blended bases, learn the basics of cold process soap making from scratch! Make and take home a pint box of soap (long lasting herbal floral soap and citrus twist). Explore different ingredients, methods and techniques that you can use to create exciting soaps. Learn about troubleshooting, history and packaging/ decorating your soaps. You will take home a finished soap bar. Recipes for gourmet garden bar, pet soap, laundry soap and herbal shampoo are included. Please bring hand towel to class. Come to class scent free and bring an apron (or wear appropriate clothing). Please bring \$28 to class for the instructor to cover supply costs.

Instructor: Sentimental Creations

Sat, Oct 26 | 9-11:30 am | \$40/1 | [115778](#)

Bowen Park Complex

Aromatherapy & Spa Products

Make some body care gifts for someone special or keep for yourself. Aromatherapy is the alternative form of healing! Discuss the top ten essential oils and how to use them to create a personal aroma. Make a roll-on, a bath n' body oil, an aromatherapy body spray, an exfoliating sugar scrub plus six different tub fizzers in a variety of scents. Recipes on bath salts and pampering pedicure products are included.

Instructor: Sentimental Creations

Sat, Oct 26 | 12-2:30 pm | \$40/1 | [128674](#)

Bowen Park Complex

Botanical Body Care - **NEW!**

Creams, Lotions & Infused Oils

The beauty of making your own products is the knowing exactly what ingredients are being used and combining in recipes that address your skin type and/or skin problem (dry, sensitive, eczema, psoriasis, mature, acne and more). In this fun and informative class, make and take home a vitamin packed cream, an aloe vera moisturizer, rejuvenating facial oil and an herbal infused body oil. We will also have recipes on masks and gentle facial scrubs. Please bring \$28 to class for the instructor to cover supply costs.

Instructor: Sentimental Creations

Sat, Oct 26 | 3-5 pm | \$68/1 | [128676](#)

Bowen Park Complex

Non Toxic Home & Body Products **NEW!**

Explore simple and cost-effective DIY recipes for creating your own non-toxic cleaning products, skincare treatments and bath essentials using natural ingredients like vinegar, baking soda, essential oils and herbs.

Sat, Oct 5 | 11:30 am-1:30 pm | \$45/1 | [129220](#)

Beban Park Social Centre

Reading Tarot Cards: Learning **NEW!** the Ancient Art

Although reading Tarot can be used for its entertainment value alone, this course will go much deeper into this ancient art. It will show how meaningful interpretation of the cards can help to set a base upon which to build wisdom and clarity in thoughts and feelings and lives. When used with confidence, it will show how this very valuable tool can help in developing intuition and self-awareness.

Instructor: Queen Bee Tarot

Sat, Oct 5-26 | 1-2:30 pm | \$84/4 | [129066](#)

Bowen Park Complex

Tue, Oct 8-29 | 6-7:30 pm | \$84/4 | [129064](#)

Beban Park Social Centre

Reading Tarot Cards - Practice **NEW!**

Continue honing in on your tarot reading with the expertise of our instructor.

Instructor: Queen Bee Tarot

Sat, Dec 7-14 | 1-3 pm | \$42/2 | [129075](#)

Beban Park Social Centre

Astrology 101: The Zodiac **NEW!**

In this class, learn the Zodiac (the 12 signs, 4 elements and 3 modalities). This introductory class is best for the novice and provides an important foundation for future astro classes. Each student receives a take-home booklet to keep.

Instructor: Queen Bee Tarot

Sat, Nov 2 | 1-3 pm | \$48/1 | [129079](#)

Bowen Park Complex

Astrology 101: Houses & **NEW!** Planetary Associations

Learn the houses and planetary associations for each Zodiac sign. This foundational class is vital for birth chart interpretation. Each student receives a take-home booklet to keep.

Instructor: Queen Bee Tarot

Sat, Nov 9 | 1-3 pm | \$48/1 | [129080](#)

Bowen Park Complex

Astrology 101: Birth Chart 1 **NEW!**

What is a birth chart? Each student will receive a printed version of their birth chart, and we will begin reading and labeling our charts. Please be prepared to share your birth information (day, month, year, time and location) for this class.

Instructor: Queen Bee Tarot

Sat, Nov 16 | 1-3 pm | \$48/1 | [129081](#)

Bowen Park Complex

Astrology 101: Birth Chart 2 **NEW!**

Reading and understanding your birth chart can help with an understanding of your personality and karma. Please be prepared to share your birth information (day, month, year, time and location) for this class.

Instructor: Queen Bee Tarot

Sat, Nov 23 | 1-3 pm | \$48/1 | [129152](#)

Bowen Park Complex

Sigil Making **NEW!**

A sigil is a symbol drawn and created with intention that assists with manifestation, spells or energy alignment. In this workshop, we will learn all about sigils and make one to take home. All materials will be provided.

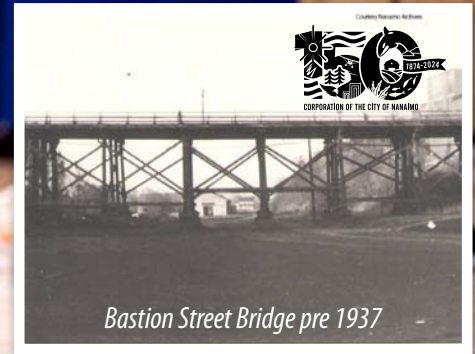
Instructor: Queen Bee Tarot

Sat, Sep 14 | 1-4 pm | \$48/1 | [129031](#)

Wed, Oct 30 | 5-8 pm | \$48/1 | [129033](#)

Beban Park Social Centre





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, Sep 9 | 3:30-5 pm | \$5/1 | [122435](#)
- Thu, Sep 12 | 3:30-5 pm | \$5/1 | [122885](#)
- Mon, Sep 16 | 3:30-5 pm | \$5/1 | [122436](#)
- Mon, Sep 23 | 3:30-5 pm | \$5/1 | [122437](#)
- Thu, Sep 26 | 3:30-5 pm | \$5/1 | [122890](#)
- Mon, Oct 7 | 3:30-5 pm | \$5/1 | [122438](#)
- Thu, Oct 10 | 3:30-5 pm | \$5/1 | [122891](#)
- Mon, Oct 21 | 3:30-5 pm | \$5/1 | [122441](#)
- Thu, Oct 24 | 3:30-5 pm | \$5/1 | [122892](#)
- Mon, Oct 28 | 3:30-5 pm | \$5/1 | [122444](#)
- Mon, Nov 4 | 3:30-5 pm | \$5/1 | [122446](#)
- Thu, Nov 7 | 3:30-5 pm | \$5/1 | [122893](#)
- Mon, Nov 18 | 3:30-5 pm | \$5/1 | [122448](#)
- Thu, Nov 21 | 3:30-5 pm | \$5/1 | [122894](#)
- Mon, Nov 25 | 3:30-5 pm | \$5/1 | [122450](#)
- Mon, Dec 2 | 3:30-5 pm | \$5/1 | [122451](#)
- Thu, Dec 5 | 3:30-5 pm | \$5/1 | [122896](#)
- Mon, Dec 9 | 3:30-5 pm | \$5/1 | [122453](#)
- Mon, Dec 16 | 3:30-5 pm | \$5/1 | [122454](#)
- Thu, Dec 19 | 3:30-5 pm | \$5/1 | [122897](#)

Nanaimo Aquatic Centre Weight Room

Adult Weightlifting 101 NEW!

Are you ready to master the fundamentals of weightlifting while enhancing your flexibility and cardiovascular fitness? This class is designed specifically for adults who want to succeed and feel confident in the weight room.

Instructor: Dustin King

Sun, Sep 15-Oct 27 | 6:30-7:30 pm | \$72/6 | [129097](#)

Sun, Nov 3-Dec 15 | 6:30-7:30 pm | \$72/6 | [129099](#)

Beban Park Social Centre

HIIT & Strength NEW!

Challenge your body with high energy interval cardio combined with strength training. This fun, full body workout will make you sweat and leave you feeling invigorated.

Instructor: Maki Kristiansen

Wed, Sep 11-Oct 16 | 5-6 pm | \$48/6 | [124226](#)

Wed, Oct 23-Nov 27 | 5-6 pm | \$48/6 | [124229](#)

Bowen Park Complex

Cardio Core NEW!

Start your weekend right with strength and cardio conditioning which will leave you feeling exhilarated. Plenty of modifications are available for different fitness levels.

Instructor: Maki Kristiansen

Sat, Sep 28-Nov 2 | 10:30-11:30 am | \$48/6 | [124231](#)

Sat, Nov 9-Dec 14 | 10:30-11:30 am | \$48/6 | [124232](#)

Bowen Park Complex

Adult Rope Flow NEW!

Rope flow is a gentle exercise that improves coordination by moving in all directions. This class enhances body awareness and smoothness in daily movements and boosts creativity helping you solve problems more effectively.

Instructor: Dustin King

Tue, Sep 10-Oct 15 | 5:30-6:15 pm | \$60/6 | [129411](#)

Tue, Oct 22-Dec 3 | 5:30-6:15 pm | \$70/7 | [129412](#)

Beban Park Social Centre



Jump Rope Fitness NEW!

Join us for a fun way to increase your cardio endurance. This class focuses on learning the fundamentals of skipping, such as basic bounce, footwork, crosses and double dutch. No previous jump rope experience is necessary.

Instructor: Elise Visentin

Tue, Sep 17-Nov 12 | 7-8 pm | \$64/8 | [128500](#)

Beban Park Social Centre



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PERSONAL TRAINING Options

Meet our Personal Trainers! See page 59.

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:

All sessions are one hour	PRIVATE	SEMI PRIVATE (1 other family or friend)
1 session	\$58	\$44 per person
3 sessions	\$157	\$119 per person
5 sessions	\$247	\$187 per person
10 sessions	\$464	



Scan the QR code to take you to our online intake form.



City of Nanaimo

ACTIVE PASSES

Get Fit & Save Money!



Get unlimited access to public swimming, skating, weight rooms and gymnasiums while saving money!

- Public/Length Swimming • Public Skating • Hockey Drop-in • Aquafit • Weight Rooms (16 yrs & up)
- Saunas & Steam Rooms • Hot Tubs & Water Slides • Drop-in Public Sports at Oliver Woods Recreation Centre

	Child	Youth/ Senior	Adult	Family
1 Month Pass	\$30.90	\$43.25	\$57.70	\$115.35
1 Year Pass	\$278.10	\$389.35	\$515	\$1028.95

Prices subject to change and include tax.

ONE MONTH OR ONE YEAR OPTIONS

DROP-IN Fitness & Yoga Classes

Looking for some flexibility in your fitness journey? Unable to register for an entire set of a class? Try out drop-in fitness class options. **D**

- Classes available for drop-in have this symbol **D**
- Drop-in fee is \$12 per class and must be paid on site to our front desk staff.
- We strongly suggest that all participants with pre-existing conditions or injuries seek medical clearance from their doctor prior to attending classes and should inform the instructor of any change in condition or injury.
- Drop-in classes are not included in the Active Pass package.
- All participants must pay the established drop-in fitness rate. 2 for 1 or Courtesy Passes cannot be used for these drop-in programs.
- Please note that class size is limited, so participation is on a first-come, first-served basis with our registered clients always having priority.

Early Start Spin **D**

This stationary bike workout will include intervals, hills, speed and endurance all set to great tunes to keep you motivated. A great exercise if you cannot do any impact cardio work.

Instructor: Gillian Goerzen

Thu, Sep 12-Oct 24 | 6:30-7:15 am | \$70/7 | [124539](#)

Thu, Oct 31-Dec 12 | 6:30-7:15 am | \$70/7 | [124540](#)

Nanaimo Aquatic Centre

Ride & Restore **D**

Combine interval training, hills, speed and endurance work followed by a 15-minute stretch to bring everything back down in this combo class.

Instructor: Heather Honey

Mon, Sep 16-Oct 28 | 6:45-7:45 pm | \$60/5 | [124129](#)

Mon, Nov 4-Dec 16 | 6:45-7:45 pm | \$72/6 | [124130](#)

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, Sep 13-Oct 25 | 12-12:45 pm | \$70/7 | [124870](#)

Fri, Nov 1-Dec 13 | 12-12:45 pm | \$70/7 | [124873](#)

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, Sep 9-Oct 21 | 5:30-6:30 pm | \$60/5 | [127388](#)

Mon, Nov 18-Dec 16 | 5:30-6:30 pm | \$60/5 | [127389](#)

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, Sep 11-Oct 16 | 5:30-6:30 pm | \$72/6 | [127386](#)

Wed, Nov 6-Dec 18 | 5:30-6:30 pm | \$84/7 | [127387](#)

Nanaimo Aquatic Centre

Dance Jam Group Fitness

Ready for a high energy dance class with a great blend of dance and cardio? Dance Jam will explore multiple genres of music while taking you through a great workout! Great for all levels!

Instructor: Monique Huibregtse

Tue, Sep 3-Oct 22 | 12-1 pm | \$64/8 | [126265](#)

Tue, Oct 29-Dec 17 | 12-1 pm | \$64/8 | [126269](#)

Oliver Woods Community Centre

Zumba

Ready for a high energy dance party? Come out and enjoy this hour of cardio featuring different rhythms of music. There is no wrong way to Zumba, so lace up your dancing shoes and come enjoy the party!

Instructor: Fab Lethbridge

Mon, Sep 9-Oct 21 | 6:30-7:30 pm | \$40/5 | [127078](#)

Mon, Oct 28-Dec 16 | 6:30-7:30 pm | \$56/7 | [127081](#)

Instructor: Rika Carlson

Wed, Sep 4-Oct 23 | 6-7 pm | \$64/8 | [126745](#)

Wed, Oct 30-Dec 18 | 6-7 pm | \$64/8 | [126746](#)

Oliver Woods Community Centre

Weekend Zumba **NEW!**

Are you looking for a high-energy, thrilling weekend activity? Come work out for an hour at Oliver Woods while listening to a range of upbeat musical rhythms. Put on your dancing shoes and join the celebration—no prior experience required!

Instructor: Rika Carlson

Sat, Sep 7-Oct 26 | 11:30 am-12:30 pm | \$64/8 | [126747](#)

Sat, Nov 2-Dec 21 | 11:30 am-12:30 pm | \$64/8 | [126761](#)

Oliver Woods Community Centre

Zumba Gold D

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, Sep 4-Oct 23 | 10:15-11:15 am | \$64/8 | [126735](#)

Mon, Sep 9-Oct 21 | 9-10 am | \$40/5 | [126732](#)

Mon, Oct 28-Dec 16 | 9-10 am | \$56/7 | [126733](#)

Wed, Oct 30-Dec 18 | 10:15-11:15 am | \$64/8 | [126737](#)

Oliver Woods Community Centre

Fri, Nov 22-Dec 20 | 9-10 am | \$40/5 | [126684](#)

Beban Park Social Centre

Bhangra Fit

Discover the trendiest fitness craze: Bhangra Fit! Say goodbye to boring workouts and hello to the electrifying beats of this Indian dance sensation. Get ready for an intense, joyful experience that not only elevates your heart rate but also your spirits. With moves rooted in folk dance but revamped for a cardio blast. Plus, it's safe for all ages, so bring the whole family and join the fun!

Instructor: Sukhi Sangha

Tue, Oct 1-22 | 6:15-7 pm | \$80/4 | [124811](#)

Tue, Nov 5-26 | 6:15-7 pm | \$80/4 | [124813](#)

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 D

Wed, Sep 11-Oct 23 | 9-10 am | \$56/7 | [127051](#)

Wed, Oct 30-Dec 18 | 9-10 am | \$64/8 | [127053](#)

PM

Mon, Sep 9-Oct 21 | 5-6 pm | \$40/5 | [127048](#)

Mon, Oct 28-Dec 16 | 5-6 pm | \$56/7 | [127050](#)

Mon, Jul 8-Aug 26 | 5-6 pm | \$56/7 | [116067](#)

Oliver Woods Community Centre

HIIT Hustle

High-intensity interval training (HIIT) involves alternating short bursts of intense anaerobic exercise with less intense recovery periods. Participants can expect fast-paced and enjoyable workouts that typically include a warm-up, high-intensity exercises and medium intensity exercises for recovery and a cool down.

Instructor: Heather Honey

Thu, Sep 19-Oct 24 | 5:30-6:30 pm | \$48/6 | [126806](#)

Thu, Oct 31-Dec 19 | 5:30-6:30 pm | \$64/8 | [126807](#)

Oliver Woods Community Centre

HIIT to Fit

High intensity interval training (HIIT) is a form of interval training - a cardiovascular exercise strategy alternating short periods of intense anaerobic exercise with less intense recovery periods. Join us for fun and fast-paced workouts consisting of a warm-up period followed by repetitions of high-intensity exercises separated by medium intensity exercises for active recovery followed by a cool down period.

Instructor: Kim Ross

Wed, Oct 2-Nov 6 | 9-10 am | \$48/6 | [124581](#)

Wed, Nov 13-Dec 18 | 9-10 am | \$48/6 | [124582](#)

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 Huibregtse

Tue, Sep 3-Oct 22 | 10:45-11:45 am | \$64/8 | [126255](#)

Tue, Oct 29-Dec 17 | 10:45-11:45 am | \$64/8 | [126260](#)

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

Thu, Sep 12-Oct 17 | 9-10 am | \$40/5 | [127668](#)

Thu, Nov 7-Dec 19 | 9-10 am | \$48/7 | [127669](#)

Beban Park Social 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, Sep 13-Oct 18 | 9-10 am | \$40/5 | [127670](#)

Fri, Nov 8-Dec 20 | 9-10 am | \$48/7 | [127671](#)

Beban Park Social Centre

Stretch, Balance, Build

This class is designed for anyone wanting to increase balance, flexibility and strength in a calm and welcoming setting. It will combine a series of targeted exercises to enhance the body's long-term flexibility and balance while building strength using light weights. 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.

Instructor: Kim Ross

Wed, Oct 2-Nov 6 | 12:15-1:15 pm | \$48/6 | [124584](#)

Wed, Nov 13-Dec 18 | 12:15-1:15 pm | \$48/6 | [124585](#)

Rotary Field House

Stretch & Tone

This class is designed for anyone wanting to increase balance, flexibility and strength through targeted exercises with light weights in a welcoming setting. There is a mat component included for floor work, but this is optional. Alternate chair options will be included assisting with balance, adding to some of the strength exercises and allowing for rest if needed. The stretches and range of motion movements benefit your muscles, tendons and fascia flexibility. Calm your mind and body and enhance your well being.

Instructor: Kim Ross

Thu, Oct 3-Nov 7 | 12:30-1:30 pm | \$48/6 | [124588](#)

Thu, Nov 14-Dec 19 | 12:30-1:30 pm | \$48/6 | [124589](#)

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, Oct 3-Nov 7 | 9-10 am | \$48/6 | [124586](#)

Thu, Nov 14-Dec 19 | 9-10 am | \$48/6 | [124587](#)

Mon, Nov 18-Dec 16 | 9-10 am | \$40/5 | [124590](#)

Rotary Field House



Please bring your own mat to fitness and yoga classes.



cityofnanaimo



prc_nanaimo (#lovemyparksandrec)

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, Sep 13-Oct 25 | 12:15-1:15 pm | \$56/7 | [127052](#)

Fri, Nov 1-Dec 20 | 12:15-1:15 pm | \$64/8 | [127054](#)

Oliver Woods Community Centre

Deep Stretch and Flow Fitness **NEW!**

Picture an entire hour dedicated to stretching every muscle in your body! Fundamental stretches and yoga positions will be performed, maintained, and later incorporated into sequences that will flow and repeat to soothing music. Enrolling in this course will lead to an increase in your overall strength, stronger stabilizer muscles and improved balance.

Instructor: Monique Huibregtse

Tue, Sep 3-Oct 22 | 9:30-10:30 am | \$64/8 | [126249](#)

Tue, Oct 29-Dec 17 | 9:30-10:30 am | \$64/8 | [126252](#)

Oliver Woods Community Centre

Yin Yoga

Yin Yoga is slower paced and more meditative. Poses are held longer and are designed to target connective tissues and ligaments rather than muscles. This class is great for all abilities.

Instructor: Cheryl Carew

Mon, Sep 9-Oct 28 | 5:30-6:30 pm | \$48/6 | [124119](#)

Thu, Sep 12-Oct 24 | 5:30-6:30 pm | \$56/7 | [124114](#)

Thu, Oct 31-Dec 19 | 5:30-6:30 pm | \$64/8 | [124117](#)

Mon, Nov 4-Dec 16 | 5:30-6:30 pm | \$48/6 | [124121](#)

Bowen Park Complex

Yang Yoga

This mixed style yoga class for beginners and intermediates will stretch the muscles and help to build your core.

Instructor: Cheryl Carew

Mon, Sep 9-Oct 28 | 6:45-7:45 pm | \$48/6 | [124125](#)

Thu, Sep 12-Oct 24 | 6:45-7:45 pm | \$56/7 | [124127](#)

Thu, Oct 31-Dec 19 | 6:45-7:45 pm | \$64/8 | [124128](#)

Mon, Nov 4-Dec 16 | 6:45-7:45 pm | \$48/6 | [124126](#)

Bowen Park Complex

Gentle Friday Yoga **D**

Join this gentle and meditative yoga practice. Suitable for anyone wishing to practice a calming paced class. Everyone is welcome, and everyone can benefit from a gentle practice. Find freedom of movement, flexibility and mindfulness.

Instructor: Jane Bockman

Fri, Sep 6-Oct 25 | 9-10 am | \$64/8 | [126198](#)

Fri, Nov 1-Dec 20 | 9-10 am | \$64/8 | [126200](#)

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, Sep 9-Oct 21 | 10:15-11:15 am | \$40/5 | [126219](#)

Mon, Oct 28-Dec 16 | 10:15-11:15 am | \$56/7 | [126221](#)

Oliver Woods Community Centre

Gentle Evening Yoga Stretch **NEW!**

Enjoy this evening class that is slow paced and restorative. We will stretch, breathe deeply and relax. No yoga experience necessary.

Instructor: Jane Bockman

Tue, Sep 3-Oct 22 | 7:45-8:45 pm | \$64/8 | [126180](#)

Tue, Oct 29-Dec 17 | 7:45-8:45 pm | \$64/8 | [126184](#)

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, Sep 17-Oct 22 | 5:30-6:30 pm | \$48/6 | [126245](#)

Tue, Oct 29-Dec 17 | 5:30-6:30 pm | \$64/8 | [126246](#)

Oliver Woods Community Centre



Relax and Renew Yoga **D**

Learn the basic yoga poses (asanas) taught in hatha yoga style. Each class focuses on alignment, balance, strength, flexibility and breathing exercises concluding with a short relaxation and meditation period. Please wear comfortable clothing. Bare feet are preferred. Please bring a water bottle, yoga mat and a blanket for the relaxation portion of the class.

Instructor: Laurah-Lee Christie

Mon, Sep 9-Oct 28 | 9-10 am | \$48/6 | [128392](#)

Mon, Nov 4-Dec 16 | 9-10 am | \$48/6 | [128393](#)

Bowen Park Complex

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, Sep 9-Oct 28 | 5:30-6:30 | \$48/6 | [124301](#)

Thu, Sep 12-Oct 31 | 5-6 pm | \$64/8 | [124767](#)

Mon, Nov 4-Dec 16 | 5:30-6:30 | \$48/6 | [124302](#)

Thu, Nov 7-Dec 19 | 5-6 pm | \$56/7 | [124768](#)

Rotary Field House

Instructor: Melissa Hill **D**

Thu, Sep 5-Oct 24 | 10:15-11:15 am | \$64/8 | [126241](#)

Thu, Oct 31-Dec 19 | 10:15-11:15 am | \$64/8 | [126242](#)

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, Sep 11-Oct 30 | 5-6 pm | \$64/8 | [124303](#)

Wed, Nov 6-Dec 18 | 5-6 pm | \$56/7 | [124304](#)

Rotary Field House

Instructor: Amber Neuman-Brochez

Sat, Sep 7-Oct 26 | 10-11 am | \$64/8 | [126205](#)

Sat, Nov 2-Dec 21 | 10-11 am | \$64/8 | [126207](#)

Oliver Woods Community Centre



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.

Restorative Yoga & Sound NEW! Healing Meditation

Restorative yoga is a gentle and nurturing form of mat yoga that includes using props to support your practice and the many benefits that come with it. Sound healing is an ancient practice that uses sound and music to promote healing and balance in the body and mind. You will be guided with relaxing sounds and the use of mantras and guided meditation.

Instructor: Gypsy Hart

Thu, Sep 12-Oct 24 | 9-10 am | \$56/7 | 126243

Thu, Oct 31-Dec 19 | 9-10 am | \$64/8 | 126244

Oliver Woods Community Centre

Finding Balance Yoga D

Blending strength and flexibility with focus and breath, this series of classes will help improve your balance. Each well-rounded class will incorporate a full body and mind practice building key skills to confidently practice balance poses. Join this series of classes and notice the difference in your balance and to your mind and body.

Instructor: Heidi Robinson

Wed, Sep 11-Oct 23 | 10:15-11:15 am | \$56/7 | 127056

Oliver Woods Community Centre

Happy Hips and Supple D Shoulders Yoga

Experiencing tightness in the hips? Looking to relax the shoulders? This holistic practice combines strength and flexibility to relieve tension in your hips and shoulders. Take note of the tranquil and comfortable feeling you experience following each session.

Instructor: Heidi Robinson

Wed, Oct 30-Dec 18 | 10:15-11:15 am | \$64/8 | 127057

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, Sep 10-Oct 22 | 5:15-6:15 pm | \$56/7 | 126230

Tue, Oct 29-Dec 17 | 5:15-6:15 pm | \$64/8 | 126233

Oliver Woods Community Centre

Pilates - All Levels

This is a mixed levels mat class designed to strengthen your core, improve balance and posture. We will elongate our muscles and enhance our mind/body connection. Pilates is beneficial for all of our activities.

Instructor: Jane Bockman

Tue, Sep 3-Oct 22 | 6:30-7:30 pm | \$64/8 | 126186

Tue, Oct 29-Dec 17 | 6:30-7:30 pm | \$64/8 | 126189

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, Sep 6-Oct 25 | 10:15-11:15 am | \$64/8 | 126193

Fri, Nov 1-Dec 20 | 10:15-11:15 am | \$64/8 | 126195

Oliver Woods Community Centre

Please bring your own mat to fitness and yoga classes.



MEET YOUR Personal Trainers

DUSTIN KING:

Personal Trainer/Weight Room Attendant

Dustin is a passionate personal trainer and online fitness coach with years of experience and multiple fitness certifications. He is currently a certified personal trainer, nutrition coach and flexibility coach working towards his corrective exercise specialization. He specializes in helping people overcome physical and mental barriers while helping to develop exercise knowledge and work ethic. Dustin is experienced in helping all ages and demographics and consistently strives to improve his knowledge as a coach.



BAILEY DIXON:

Personal Trainer

Bailey is new to Personal Training but has over 10 years of experience in the gym. She grew up playing competitive sports like lacrosse, volleyball and basketball. When not in the gym, you can find her at her other job working at a financial institution, enjoying the outdoors with her husband and dog, on the beach, watching movies and travelling.



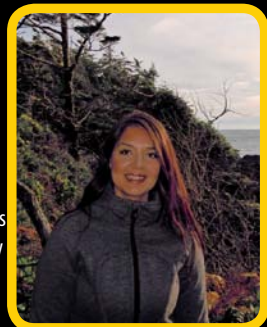
Bailey believes that a healthy lifestyle is much more than just lifting weights. It's about stretching, warming up, eating healthily, and getting necessary rest and enough sleep. Everybody is different, and she loves helping others see and experience what their bodies are capable of with just enough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

CINDY GUTIERREZ:

Personal Trainer/Weight Room Attendant

Cindy grew up playing many sports and has been lucky enough to have turned her passion for health and fitness into her career. When you don't see Cindy around the gym, she is most likely creating new healthy recipes. Along with her love of working out and baking, Cindy enjoys taking her dog out for hikes everyday around beautiful Vancouver Island and relaxing with a good book.

Cindy is certified in a number of areas and has instructed a variety of fitness classes, such as circuit training, group fitness, HIIT and seniors focused classes. Whether your goal is to lose body fat, gain strength, help alleviate chronic pain, or just overall fitness, Cindy has the guidance, motivation and knowledge to customize a program to help you reach your goals.



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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, Sep 11-Oct 23 | 9-10 am | \$56/7 | [126235](#)

Thu, Sep 12-Oct 24 | 5:15-6:15 pm | \$56/7 | [126238](#)

Wed, Oct 30-Dec 18 | 9-10 am | \$64/8 | [126237](#)

Thu, Oct 31-Dec 19 | 5:15-6:15 pm | \$64/8 | [126240](#)

Oliver Woods Community Centre

Chair Yogalates **D**

This gentle, yet effective, class provides a complete practice for strengthening the whole body while seated safely in a chair. You'll be surprised how challenged you can feel while preserving your safety, integrity and alignment. No experience is required.

Instructor: Gypsy Hart

Tue, Sep 10-Oct 22 | 9:30-10:30 am | \$56/7 | [126223](#)

Tue, Oct 29-Dec 17 | 9:30-10:30 am | \$64/8 | [126225](#)

Oliver Woods Community Centre

Aqua Yoga **NEW!**

18 Years +

Aqua Yoga is a fun and gentle form of stretching and strengthening performed in a warm pool where joints are supported, range of motion is maximized and resistance helps strengthen muscles. You will perform balance, breath work, centering, flowing movements and stationary strengthening and stretching postures for maximum health benefits. You don't need to go under the water or know how to swim.

Sat, Sep 14-Oct 26 | 8-9 am | \$37/6 | [129438](#)

Sat, Nov 2-Dec 7 | 8-9 am | \$37/6 | [129439](#)

Beban Park Pool

Minds in Motion

Alzheimer Society Fitness & Social Program

This is a fitness and social program for people experiencing early stage memory loss. Clients must register and attend with a friend, family member or caregiver. A certified fitness instructor will lead a fitness portion of the class; an Alzheimer Society facilitator supports the social time for the program. One fee for both participants.

Instructor: Jean Medley

Thu, Sep 12-Oct 17 | 10-11:30 am | \$40/5 | [126138](#)

Thu, Sep 12-Oct 17 | 1-2:30 pm | \$40/5 | [126137](#)

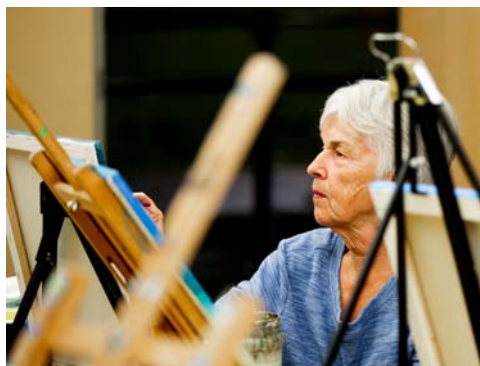
Thu, Oct 31-Dec 5 | 10-11:30 am | \$40/5 | [126140](#)

Thu, Oct 31-Dec 5 | 1-2:30 pm | \$40/5 | [126139](#)

Beban Park Social Centre

PARKS, RECREATION & CULTURE GIFT CARDS...

Good for so many things!



Gift Cards are available in any denomination. Use them for program registrations, Active Passes, swim and skate admissions and even facility rentals.



60+ Classes: no membership required!

Nanaimo Harbour City Seniors MEMBERSHIP INFORMATION

A Nanaimo Harbour City Seniors' Membership is open to those 60 years and older and is valid for the calendar year. Your membership provides you with access to several free programs with Parks, Recreation and Culture.

Membership can be purchased at any of our recreation centres, and the annual membership fee is \$46.

Program areas:

- ARTS & CRAFTS
- MUSIC & SINGING
- FITNESS, YOGA & TAI CHI
- POTTERY
- CARDS & GAMES
- DANCE CLASSES & SOCIALS
- VARIETY OF SPORTS



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.

Chair Yoga

This is designed for people who experience difficulty doing floor exercises. Enjoy the many benefits of this yoga class, including stretching, relaxing and helping you feel energized.

Instructor: Heather Walker

Tue, Sep 3-24 | 9-10 am | \$32/4 | [120295](#)

Tue, Oct 1-29 | 9-10 am | \$40/5 | [120296](#)

Tue, Nov 5-26 | 9-10 am | \$32/4 | [120297](#)

Tue, Dec 3-17 | 9-10 am | \$24/3 | [120298](#)

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. *Note the September 6-27 sessions are held outdoors at Bowen Park.

Instructor: Heather Honey

Fri, Sep 6-27 | 11 am-12 pm | \$32/4 | [121108](#) *

Fri, Oct 4-25 | 11 am-12 pm | \$32/4 | [121109](#)

Fri, Nov 1-29 | 11 am-12 pm | \$40/5 | [121110](#)

Fri, Dec 6-20 | 11 am-12 pm | \$24/3 | [121111](#)

Bowen Park Complex

Please bring your own mat to fitness and yoga classes.



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THURSDAY MUSICAL ENTERTAINMENT

Harbour City Members: \$2, Non-Members: \$4

You're invited to listen to some local talent at Bowen Complex on select Thursdays throughout the year. There is no age restriction and no need to pre-register. Just drop-in and pay at the Bowen Park office before the event begins.

Doors open at 12:45 pm, and the music begins at 1:30 pm. Tea, coffee and a mixture of cookies and treats will be served after.

Parking is free and there are several accessible spots available close to the entrance.



All Ages Welcome!

SEPTEMBER 19 - "Glen Foster"

Glen Foster is a Canadian songwriter and entertainer who has released 9 albums of his own music. He has been performing professionally for over 40 years. His recent song, "Friends Like That" was play listed on the Cashbox Top 50 picks of 2021. Glen currently performs with the Glen Foster Group which includes his wife, Maggy. They play their own original songs in addition to popular classic rock, dance tunes and modern-day standards.

OCTOBER 17 - "Marty Steel"

Marty Steel is the undisputed master of playing the keyboard bass lines like the great jazz organists of old. His versatility is unmatched by most any other with his ability to play the standards, classic rock, blues and many other styles mixing the tunes in a way that always leaves the audience wanting for more.

NOVEMBER 21 - "Rick Haug"

Rick plays a mixture of country and rock 'n roll songs from the 60s and 70s. Although he is just one person, he uses solid backup tracks to sound like a full band. Come boogie along to some of your old-time favourites. Dancing is encouraged!

DECEMBER 5, 1-3 PM - "Christmas Luncheon"

Join us for our annual Bowen Christmas Lunch catered by the Food Genie. Enjoy live background music with Kyle Shepard while your taste buds sing. Members and non members are welcome to attend. A big thank you to our sponsor, Berwick On the Lake Retirement Residences. Members: \$28; Non Members: \$33. Barcode: [120331](#).



DECEMBER 12 - "Songsters Choir Christmas Concert"

This talented group of performers have been practicing and are excited to put on a Christmas performance and sing-along which is guaranteed to get you into the holiday spirit.

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, Sep 11-Oct 2 | 10:45 am-12 pm | \$32/4 | [120305](#)

Wed, Oct 16-Nov 13 | 10:45 am-12 pm | \$40/5 | [120306](#)

Wed, Nov 27-Dec 18 | 10:45 am-12 pm | \$32/4 | [120307](#)

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, Sep 12-Oct 3 | 11 am-12:15 pm | \$32/4 | [129518](#)

Thu, Oct 17-Nov 14 | 11 am-12:15 pm | \$40/5 | [129519](#)

Thu, Nov 28-Dec 19 | 11 am-12:15 pm | \$32/4 | [129520](#)

Oliver Woods Community 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, Sep 3-24 | 10:30-11:30 am | \$32/4 | [122370](#)

Wed, Sep 4-25 | 10:30-11:30 am | \$32/4 | [130085](#)

Tue, Oct 1-22 | 10:30-11:30 am | \$32/4 | [127568](#)

Wed, Oct 2-30 | 10:30-11:30 am | \$40/5 | [130086](#)

Tue, Oct 29-Nov 19 | 10:30-11:30 am | \$32/4 | [127581](#)

Wed, Nov 6-27 | 10:30-11:30 am | \$32/4 | [130087](#)

Tue, Nov 26-Dec 17 | 10:30-11:30 am | \$32/4 | [127588](#)

Wed, Dec 4-18 | 10:30-11:30 am | \$24/3 | [130088](#)

Bowen Park Complex

Thu, Sep 5-26 | 10:30-11:30 am | \$32/4 | [128631](#)

Thu, Oct 3-Nov 7 | 10:30-11:30 am | \$32/4 | [128632](#)

Thu, Nov 21-Dec 19 | 10:30-11:30 am | \$40/5 | [128633](#)

Beban Park Social Centre

Instructor: **Heather Walker**

Fri, Oct 4-18 | 9:30-10:30 am | \$24/3 | [128626](#)

Fri, Nov 8-Dec 6 | 9:30-10:30 am | \$40/5 | [128627](#)

Bowen Park Complex



Balance & Mobility

The instructor will lead you through a variety of exercises to improve stability and confidence performing day-to-day activities. The workout may include cardiovascular components, lower and upper body strength training (using weights & bands), balancing exercises, and yoga-inspired techniques. The exercises are designed to improve posture, build muscle strength and speed, sharpen reflexes, expand flexibility and strengthen the core.

Instructor: Heather Walker

Wed, Sep 4-25 | 3-4 pm | \$32/4 | [120003](#)

Wed, Oct 2-30 | 3-4 pm | \$40/5 | [120004](#)

Wed, Nov 6-27 | 3-4 pm | \$32/4 | [120005](#)

Wed, Dec 4-18 | 3-4 pm | \$24/3 | [120006](#)

Oliver Woods Community Centre

Nordic Walking - Beginner

Nordic walking is an activity that is suitable for people of all ages, abilities and skills. Learn how to make the most of those poles while you walk. Please bring your own set if you have them, or some can be borrowed upon request.

Instructor: Kirsten

Sat, Sep 14-28 | 10:30 am-12 pm | \$42/3 | [120841](#)

Sat, Nov 9-23 | 10:30 am-12 pm | \$42/3 | [120843](#)

Beban Park Social Centre

Dance Fitness

Get the blood flowing with this easy-to-follow choreographed class set to music. Open to those who want a fitness course where you can go at your own pace, as well as those who want a higher intensity cardio workout. All stretches and flexibility work are designed for women.

Instructor: Mary Keel

Sat, Oct 5-26 | 9-10 am | \$32/4 | [120909](#)

Sat, Nov 2-30 | 9-10 am | \$40/5 | [120910](#)

Sat, Dec 7-21 | 9-10 am | \$24/3 | [120914](#)

Bowen Park Complex

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, Sep 3-Dec 17 | 6:30-9 pm | \$32/16 | [120657](#)

Bowen Park Complex

Tap Dance - Level 1

For those new to tap dance or looking for a refresher, come join the fun and advance at your own pace. Tap shoes are required.

Instructor: Melanie Kirk

Mon, Sep 9-Oct 21 | 10:15-11:15 am | \$40/5 | [120493](#)

Mon, Nov 4-Dec 16 | 10:15-11:15 am | \$48/6 | [120496](#)

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, Sep 9-Oct 21 | 11:30 am-12:30 pm | \$40/5 | [120514](#)

Mon, Nov 4-Dec 16 | 11:30 am-12:30 pm | \$48/6 | [120515](#)

Bowen Park Complex

People Living with Parkinson's NEW!

Using the Alexander Technique

Alexander Technique is an embodied approach that increases body awareness and assists in gaining more balance and a better sense of the body. Changing postural habits allows for better gate, more uprightness and more flexibility, as well as assisting in reducing muscle tone for less rigidity, reduced tremors and more fluidity in movement. Clinical studies have shown that AT is helpful for PLPD to gain better coping skills with postural challenges and day-to-day living. Acquire a better connection to oneself, a more positive outlook on life and more self-confidence!

Instructor: Heike Walker

Mon, Sep 16-Nov 25 | 3:30-5:30 pm | \$120/6 | [126008](#)

Bowen Park Complex

Improve Posture, Change NEW! Movement Habits

Exploring the Alexander Technique

Use the Alexander Technique to improve posture, reduce stress, change habits and expand your awareness. This is a hands-on class where we explore the body's naturally efficient design for movement and understand how we interfere with it through ingrained habits. We will use practical experiments to learn how to notice tightening, release muscle tension, re-establish better balance and move with ease. Instructors will use visual, verbal and kinaesthetic (hands-on) cues to teach better movement. Participants should be able to do gentle movements of walking, sitting and lying on a mat.

Instructor: Heather Walker

Thu, Nov 7-Dec 5 | 3:30-5 pm | \$100/5 | [129540](#)

Bowen Park Complex

Improve Your Posture

Using the Alexander Technique

Do you find yourself slouching in a chair? Is it difficult for you to keep good posture even if you try hard? Do you experience pain in your body at the end of the day? The Alexander Technique helps you increase body awareness, release muscle tension and move with more ease. Learn to find balance in sitting, standing, walking or any other activity without strain and effort!

Instructor: Heike Walker

Thu, Oct 10 | 4:30-6:30 pm | \$25/1 | [124544](#)

Bowen Park Complex



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FREE (OR ALMOST FREE) PROGRAMS

Especially for 60+ Participants



Mobile Hearing Clinic

Ears To You Mobile Hearing Clinic offers mobile hearing tests to people in Nanaimo helping treat and diagnose hearing issues. If you think you're dealing with hearing loss or need any assistance with adjusting or replacing your hearing aids, our ear care professionals can help you with quick, affordable diagnostic services and effective solutions. Our mobile hearing clinic can come straight to your front door. Our services include hearing aids, accessories and hearing tests. This is FREE, but please call us at 250-755-7501 to book an appointment.

Instructor: Ears to Your

Fri, Sep 20 9 am-12:30 pm	Wed, Sep 11 12:30-4 pm
Tue, Oct 15 9 am-12:30 pm	Wed, Oct 9 9 am-12:30 pm
Tue, Nov 12 9 am-12:30 pm	Wed, Nov 13 9 am-12:30 pm
Tue, Dec 10 9 am-12:30 pm	Wed, Dec 11 9 am-12:30 pm

Bowen Park Complex **Oliver Woods Comm. Centre**

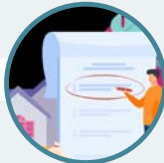
Will & Estate Planning

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, Sep 25 1:30-2:30 pm 129604
Wed, Nov 6 1:30-2:30 pm 129605

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 \$8/time; Non Members: \$10/time
Wed, Sep 4, Oct 2, Nov 6, Dec 4 | 10-11 am | 129614
Oliver Woods Community Centre



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 for one of these FREE sessions to discover:

DUCKS & WATERFOWL

Sun, Sep 8 | 10-11:15 am | 128966

Buttertubs Marsh (meet at Miner's Cottage)

Sun, Oct 20 | 10-11:15 am | 128968

Sun, Nov 17 | 10-11:15 am | 128969

Diver Lake Park



Dental Care Plan

The Canadian Dental Care Plan (CDCP) is helping make the cost of dental care more affordable for eligible Canadian residents. As of May 1, eligible seniors, children under 18 and adults with a valid Disability Tax Credit certificate have been able to have part of their dental visits paid under this plan. This presentation is by Harbour City Dental and they will help you learn more about the plan and give you the chance to ask any questions you may have regarding it.

Wed, Oct 16 | 1:30-2:30 pm | 129721

Bowen Park Complex



Being Proactive, Aging at Home

Join us for a FREE information session on how to age safely at home. Be proactive and prevent falls by exploring accessibility equipment costs and what home modifications can be made for aging in place, such as installing grab bars, ramps, mobility equipment or a stairlift. Refreshments will be provided. Presented by Helena Brennert, BSN and Linden Lennox, Sales Representative with HME Home Health.

Wed, Sep 18 | 1:30-2:30 pm | 129616

Bowen Park Complex



Canada Revenue Agency Webinars

These online, FREE seminars available to anyone interested. You'll need access to a computer and download the Windows App to access. At the end of each webinar, you'll have the chance to ask questions.

BENEFITS FOR ADULTS 65+

Benefits, credits and deductions you could be eligible for are the Disability Tax Credit, GST/HST credit, medical expenses, Canada caregiver credit and pension income splitting.

Wed, Aug 28 | 10-11 am

BENEFITS & CREDITS FOR PERSONS WITH DISABILITIES

If you live with a disability or have a dependent with a disability, there are benefits and tax credits available to you and the people who support you.

Tue, Sep 24 | 1-2 pm

If you're interested in these free webinars, please email chelsea.barr@nanaimo.ca for a link.

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.

Dining Out!

Discover some local cuisine! Meals are not included; walker accessible.

ASTERA'S GREEK TAVERNA IN NANAIMO

Mon, Sep 2 | 4:30-8 pm | \$20/1 | [129355](#)

KALVAS THE LOGHOUSE IN PARKSVILLE

Mon, Sep 9 | 4-8 pm | \$35/1 | [130356](#)

THE VIEW OCEANSIDE GRILL

Thu, Sep 19 | 4:30-8 pm | \$20/1 | [129357](#)

LION RAMPART PUB IN MAPLE BAY

Fri, Oct 11 | 4-8:30 pm | \$35/1 | [129375](#)

BOLD KNIGHT IN NANAIMO

Sat, Oct 12 | 4:30-8 pm | \$15/1 | [129396](#)

TIGH-NA-MARA CEDARS RESTAURANT

Wed, Oct 23 | 4-8 pm | \$30/1 | [129374](#)

DISCOVERY ROOM AT VIU

Thu, Oct 24 | 4-8 pm | \$15/1 | [130354](#)

MAST HEAD IN COWICHAN BAY

Fri, Nov 29 | 4-8 pm | \$35/1 | [129397](#)

Meet at Bowen Park

Salt Spring Fall Fair and Ganges Market

Come and discover the fair and market on beautiful Salt Spring Island!

Sat, Sep 7 | 8:30 am-5:30 pm | \$125/1 | [129331](#)

Meet at Bowen Park

Victoria

Spend the day shopping, dining, strolling through a museum, meeting up with friends/family, gambling or catching an IMAX show.

Sun, Sep 15 | 8 am-5:30 pm | \$55/1 | [129339](#)

Wed, Sep 25 | 8 am-5:30 pm | \$55/1 | [129341](#)

Tue, Oct 15 | 8 am-5:30 pm | \$55/1 | [129366](#)

Fri, Oct 25 | 8 am-5:30 pm | \$55/1 | [129367](#)

Fri, Nov 15 | 8 am-5:30 pm | \$55/1 | [129388](#)

Mon, Nov 25 | 8 am-5:30 pm | \$55/1 | [129389](#)

Sun, Dec 15 | 8 am-5:30 pm | \$55/1 | [129491](#)

Meet at Bowen Park

Squamish Gondolas

This is a self-guided tour. With several viewing decks you will have spectacular views of Howe Sound and we will have lunch on top that is 885 metres above sea level.

Tue, Sep 17 | 7:30 am-7:30 pm | \$175/1 | [129335](#)

Meet at Bowen Park

Malahat Skywalk & Kinsol Tressel

Ascend the spiral ramp to peak adventure. At 250 metres above sea level, the tower provides sweeping views of Mt. Baker, Finlayson Arm, the Saanich Peninsula and islands in two countries. Lunch is at Bridgemens Bistro.

Mon, Sep 23 | 8 am-5:30 pm | \$85/1 | [129349](#)

Meet at Bowen Park

South Island Nursery Hop

The nurseries we will visit are Blenkinsop Garden Works, Elk Lake, Patio Garden Centre, Dinter Nursery and Klein Nursery.

Mon, Sep 30 | 8 am-5 pm | \$50/1 | [129353](#)

Meet at Bowen Park

Qualicum Market Day

Saturday market where the motto is "Make It, Bake It, Grow it!" We will stop at Little Qualicum Cheese Works and have lunch at Shady Rest Pub on the beach.

Sat, Oct 5 | 8 am-5 pm | \$55/1 | [129359](#)

Meet at Bowen Park

Port Renfrew

Visit Botanical Beach and have lunch at the Port Renfrew Pub.

Mon, Oct 7 | 8 am-5 pm | \$75/1 | [129361](#)

Meet at Bowen Park

Taylor River/Port Alberni Salmon Run

We will check out the Taylor River Sockeye Run and Stamp Falls for the Chinook and Coho. October is a very camera perfect time of year. Lunch will be at Starboard Restaurant.

Fri, Oct 18 | 8 am-5:30 pm | \$50/1 | [129371](#)

Meet at Bowen Park

Ucluelet & Tofino

Spend time at the beach eating lunch (pack your own or go into Tofino for lunch and do some shopping). We will go to Ucluelet to the Amphitrite Point Lighthouse and take in the rugged coastal view of the Wild Pacific Trail. Bring your camera as the photo opportunities are endless!

Fri, Sep 20 | 8 am-8 pm | \$75/1 | [129351](#)

Sun, Oct 20 | 8 am-8 pm | \$75/1 | [129372](#)

Wed, Nov 20 | 8 am-8 pm | \$75/1 | [129391](#)

Fri, Dec 20 | 8 am-8 pm | \$75/1 | [129492](#)

Meet at Bowen Park

Sidney by the Sea

Learn about the different sea creatures that live in the Salish Sea at the Shaw Discovery Centre (not included). Take a walk along the water front and check out the local shops. This program is self-guided and walker accessible.

Sat, Sep 14 | 8 am-5:30 pm | \$55/1 | [129337](#)

Thu, Oct 10 | 8 am-5:30 pm | \$55/1 | [129363](#)

Sun, Nov 10 | 8 am-5:30 pm | \$55/1 | [129383](#)

Meet at Bowen Park

Ikea Coquitlam

Shopping at Ikea! What could be better? Price includes ferry costs.

Mon, Nov 4 | 7:30 am-8 pm | \$125/1 | [129379](#)

Meet at Bowen Park

Cowichan Wine Tour & Lunch

Enjoy touring three vineyards in the Cowichan Valley, including Rocky Creek, Emandare, Alderlee and Enrico. We will stop at the Rock Cod in Cowichan Bay for lunch. The price includes wine tastings. This program is walker accessible.

Sun, Nov 17 | 9:30 am-5:30 pm | \$115/1 | [129387](#)

Meet at Bowen Park

Ladysmith Light-Up

Take in this 30th anniversary of this local tradition! Enjoy the lights, parade, fireworks, crafts and more. Dress warmly for the cool night air. We will park right beside the parade route. Please bring a chair if you want. This trip is self-guided and walker accessible.

Thu, Nov 28 | 3:30-9 pm | \$55/1 | [129394](#)

Meet at Bowen Park

Butchart Garden Christmas Lights

This will help you get into the Christmas spirit! We will arrive to the gardens in time to see them turning on the lights. Stroll through the gardens at your own pace, enjoying thousands of lights and music. There is caroling, skating and snacks on site. Be sure to dress warm and bring your skates (rentals are available there). Admission to the garden is included. This program is walker accessible and self-guided.

Thu, Dec 12 | 3-9 pm | \$115/1 | [129490](#)

Meet at Bowen Park

Nanaimo Christmas Light Tour

If you'd like to see the Christmas lights in Nanaimo, join us on this local light tour. We will start with dinner at the Hong Kong House. This program is walker accessible. Meal is not included.

Sat, Dec 21 | 3:30-10 pm | \$35/1 | [129493](#)

Sun, Dec 22 | 3:30-10 pm | \$35/1 | [129606](#)

Meet at Bowen Park

See the Harbour City Seniors Newsletters for more trip options. Meals are not included, and some trips have extra fees to cover ferry or admission costs.



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PLEASE NOTE: Registration for Fall & Winter Aquatic programs started on August 7 and is open now.

Pool Programs

SWIM LESSONS • LIFEGUARDING • FITNESS • TRAINING

With a variety of swim lessons, aquatic training and water sports for children, youth and adults, we make swimming easy and fun. Our trained aquatics staff will assist you in choosing the right program to meet your needs.



Pool Special Events

Join us for some fun for the whole family!
(Regular admission applies.)

Halloween Howl

Come to our “goulish” swim complete with fun for the whole family!

Sunday, October 27 • 9 am-12 pm • Beban Park Pool

Snowball Swim

Winter-themed fun in the warm waters of the pool.

Sunday, December 22 • 9 am-12 pm • Beban Park Pool

Super Hero Swims

Join our super hero staff for some super hero-themed activities.

Friday, Mar 21 • 6-8 pm • Nanaimo Aquatic Centre

Friday, Mar 28 • 6-8 pm • Nanaimo Aquatic Centre



Lifeguard Instructors Wanted with the City of Nanaimo!

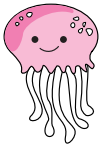
You must be a minimum of 16 years old, hold a current CPR C, National Lifeguard Pool Certificate and a Lifesaving Swim Instructor Certification.

Apply: employment.opportunities@nanaimo.ca.

PARENT & TOT LESSONS

Ages 4-36 months

Caregiver participation is required. Progression is based on age.



Jellyfish
4-12 months



Goldfish
13-24 months



Seahorse
25-36 months

PRESCHOOL LESSONS

Ages 3-5 years

Progression is based on completion of level.



Octopus

- Blowing bubbles with face in water
- Front and back floats and glides with instructor help



Crab

- Front and back floats and glides with buoyant aid
- Roll-over floats
- 5M back swim with buoyant aid



Orca

- Front, back and roll-over floats and glides
- 5M swims on front and back



Sea Lion

- Basic front crawl and side glides
- Deep-water activities
- 7M swim on front and back



Narwhal

- Deep-water swimming
- 5M front and back crawl
- 4 x 5M swim on back

To advance to Swimmer Lessons, your child must be 6 years old on the first day of lessons. If they have completed Narwhal, they will advance to Swimmer 2. All other preschool swimmers will benefit from gaining more experience in Swimmer 1.

SWIMMER LESSONS

Progression is based on completion of level. **Ages 6-14 years**



Swimmer 1

- Front and back floats and swims
- Roll-over swims and basic front crawl
- 5M swim on front and back



Swimmer 2

- Deep-water activities
- Front, back and side swims
- 10M front and back crawl



Swimmer 3

- Front and back floats and swims
- Roll-over swims and basic front crawl
- 15M swim on front and back



Swimmer 4

- Tread water for 1 minute
- Basic breaststroke
- 25M front and back crawl
- Swim to Survive Standard



Swimmer 5

- Eggbeater for 30 seconds
- 25M breaststroke
- 50M front and back crawl



Swimmer 6

- 50M breaststroke
- 100M front and back crawl
- 300M distance swim



Swimmer 7/Rookie Patrol

- Front and back crawl and breaststroke mastery
- Lifesaving: victim recognition and ready position
- First Aid: primary assessment and calling EMS



Swimmer 8/Ranger Patrol

- Eggbeater kick and object support
- First Aid: obstructed airway, checking breathing; shock
- Removing conscious victim



Swimmer 9/Star Patrol

- First Aid: bone, joint injuries, asthma, allergic reactions
- Support and removal of unconscious victim
- 300M swim in 9 minutes

Swimming Lesson Tips for Success

We are pleased to bring you the Lifesaving Society's Swim for Life Program to highlight the importance of swimming and water safety skills. Swimming can be fun and is also a necessary life skill. Help your child start swimming on the right foot.

- Evaluate your child's swim ability and choose a class level, date and time. Not sure of their ability? Stop by one of our pools during an "Everyone Welcome" swim session and have one of the lifeguards evaluate your child (depending on staff availability).
- Register for a class online or at one of our facilities early, as classes fill up quickly.
- Arrive early to check-in and familiarize your child with the facility. Please have your child ready for class at the start of the lesson time.
- Lockers are available and recommended. Tokens can be purchased from our front desk staff.
- Have your child go to the bathroom before lessons. Children who are not potty trained must wear a swim diaper (available for purchase at the front desk).
- All patrons must shower before entering the pool.
- Bring your child's towel onto the pool deck to keep your child warm before and after lessons.
- Please stay home if not feeling well.
- At the end of lessons, your instructor will recommend the appropriate level for the next set of lessons. Levels are frequently repeated to allow students to master skills and feel successful before moving onto a new level.



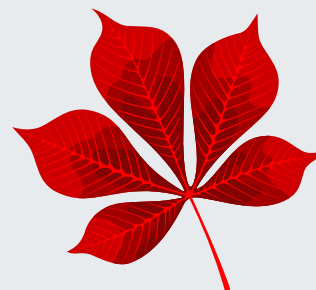
Pricing for Swimming Lessons (lesson prices are pro-rated for holidays & swim meets)	
30 Minute Lessons	\$70/10 lessons
45 Minute Lessons	\$110/10 lessons
60 Minute Lessons	\$140/10 lessons
30 Minute Private Lessons *add additional swimmer	\$150/5 lessons \$225/5 lessons

Waitlists for Swimming

Is a swimming class full? Put your child's name on the waitlist for the specific class you want. If a spot comes up, we will contact you. If there is enough interest in a particular level, we will do our best to create a new class and contact you to see if it works for your schedule.

Shopping for Swim Lessons Using the "X" Grid

- STEP 1** Choose your desired day of the week (Monday, Tuesday, etc.)
- STEP 2** Select the lesson best suited for your swimmer (Jellyfish, Orca, Swimmer 1, etc.)
- STEP 3** View the time available for that lesson ("x" indicate available times)
- STEP 4** Register in person, over the phone or online through recreation.nanaimo.ca
- Provide the clerk with the level and your choice of dates
 - Search for swim lessons in recreation.nanaimo.ca using a key word(s) in the search field (Jellyfish, for example)



Fall & Winter Lessons - Beban Pool

**Note: Due to high demand of swimming lessons, last minute withdrawals may impact course offerings. Please provide as much notice as possible if a withdrawal from a swim lesson is required.*



MON & WED Beban Pool

FALL SET 1: Sep 9-Oct 2 (7 lessons)
 FALL SET 2: Oct 7-Nov 6 (9 lessons)
 FALL SET 3: Nov 13-Dec 11 (9 lessons)

WINTER SET 1: Jan 13-Feb 5 (8 lessons)
 WINTER SET 2: Feb 10-Mar 12 (9 lessons)

NOTE: Private lessons run once weekly either Mondays or Wednesdays

No lessons on Sep 30, Oct 14, Nov 11 & Feb 17

TUE & THU Beban Pool

FALL SET 1: Sep 10-Oct 3 (8 lessons)
 FALL SET 2: Oct 8-Nov 7 (10 lessons)
 FALL SET 3: Nov 12-Dec 12 (10 lessons)

WINTER SET 1: Jan 14-Feb 6 (8 lessons)
 WINTER SET 2: Feb 11-Mar 13 (10 lessons)

		6:30 am	7:00 am	7:30 am	8:30 am	9:00 am	9:30 am	10:00 am	10:30 am	3:00 pm	3:30 pm	3:45 pm	4:00 pm	4:30 pm	5:00 pm	5:30 pm	6:00 pm	6:30 pm	7:00 pm	3:00 pm	3:30 pm	4:00 pm	4:15 pm	4:30 pm	5:00 pm	5:30 pm	6:00 pm	6:30 pm	
Parent Participation	Jellyfish																												
	Goldfish						x																						
	Seahorse							x																					
Preschool Prog. (3-5yrs)	30 Min. Classes																												
	Octopus			x		x		x			x		x	x	x	x	x						x	x	x				
	Crab		x			x	x				x		x	x		x						x	x					x	x
	Orca	x				x		x			x		x	x		x	x						x	x				x	x
	Sea Lion						x						x		x	x	x											x	
	Narwhal												x		x										x				
	Private					x				x																			
School Ages Program (6-13 yrs)	45 Min.																												
	Swimmer 1					x								x		x	x	x	x			x					x	x	x
	Swimmer 2	x														x	x	x	x	x								x	
	Swimmer 3		x												x							x		x					
	Swimmer 4												x		x							x	x						
	Swimmer 5												x									x		x					
Swimmer 6												x									x		x						
14 yrs +	60 min.																												
	Teen/Adult 1																												

TUE OR THU Beban Pool

Tue: Sep 17-Oct 8 (4 lessons)
 Thu: Sep 19-Oct 10 (4 lessons)

		10:00 am	10:30 am	11:00 am	11:30 am
30 Min	Private	x	x	x	x



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Fall & Winter Lessons - Beban Pool

**Note: Due to high demand of swimming lessons, last minute withdrawals may impact course offerings.
Please provide as much notice as possible if a withdrawal from a swim lesson is required.*



FRI Beban Pool	SAT Beban Pool	SUN Beban Pool
FALL SET 1: Sep 13-Oct 25 (7 lessons)	FALL SET 1:	FALL SET 1: Sep 8-Oct 20 (7 lessons)
FALL SET 2: Nov 1-Dec 13 (7 lessons)	Sep 14-Oct 26 (7 lessons)	FALL SET 2: Oct 27-Dec 15 (7 lessons)
WINTER SET 1: Jan 17-Mar 14 (9 lessons)	FALL SET 2:	WINTER SET 1: Jan 12-Mar 9 (9 lessons)
	Nov 2-Dec 14 (7 lessons)	
	WINTER SET 1:	
	Jan 18-Mar 15 (9 lessons)	

		3:00 pm	3:30 pm	4:00 pm	4:30 pm	5:00 pm	5:15 pm	5:30 pm	5:45 pm	6:00 pm	6:15 pm	6:30 pm	6:45 pm	7:00 pm	9:00 am	9:30 am	10:00 am	10:15 am	10:30 am	11:00 am	11:30 am	12:00 pm	12:00 pm	12:30 pm	1:00 pm	1:30 pm	1:45 pm	2:00 pm	2:30 pm	3:00 pm	3:15 pm	3:30 pm	4:00 pm	4:30 pm		
Parent Participation	Jellyfish																			X									X							
	Goldfish														X			X		X					X								X			
	Seahorse															X	X						X	X												X
Preschool Prog. (3-5 yrs)	Octopus	X			X	X		X		X	X				X			X		X			X		X				X				X			X
	Crab		X			X									X		X		X				X		X									X		
	Orca			X					X	X					X				X						X				X							X
	Sea Lion											X				X			X										X							
	Narwhal											X					X																X			
School Ages Program (6-13 yrs)	Swimmer 1					X						X	X	X	X	X			X	X			X	X	X	X	X	X	X	X	X	X	X	X	X	
	Swimmer 2						X		X						X			X					X		X			X					X		X	
	Swimmer 3											X							X				X	X		X									X	
	Swimmer 4											X			X						X			X								X	X	X		
	Swimmer 5						X											X						X					X							
	Swimmer 6						X								X									X			X		X		X					
	Swim Patrol: Rookie, Ranger, Star														X	X				X								X								
14 yrs +	Teen/Adult 1																						X													
	Teen/Adult 2																						X													

Waitlists for Swimming

Is a swimming class full that you wanted? Put your child's name on the waitlist for the specific class you want. If a spot comes up, we will contact you. If there is enough interest in a particular level, we will do our best to create a class and contact you to see if the new class works for your schedule. Continue to check our website, as new classes are being added periodically throughout the season.

Fall & Winter Lessons - Nanaimo Aquatic Centre

**Note: Due to high demand of swimming lessons, last minute withdrawals may impact course offerings. Please provide as much notice as possible if a withdrawal from a swim lesson is required.*



MON & WED Nanaimo Aquatic Centre	TUE Nanaimo Aquatic Centre	THU Nanaimo Aquatic Centre
SET 1: Sep 9-Oct 2 (7) SET 2: Oct 7-Nov 6 (9) SET 3: Nov 13-Dec 11 (9) SET 4: Jan 13-Feb 5 (8) SET 5: Feb 10-Mar 12 (9)	SET 1: Sep 10-Oct 22 (7) SET 2: Oct 29-Dec 10 (7) WINTER: Jan 14-Mar 4 (8)	SET 1: Sep 12-Oct 24 (7) SET 2: Oct 31-Dec 12 (7) WINTER: Jan 16-Mar 6 (8)
No lessons on Sep 30, Oct 14, Nov 11 & Feb 17		



		9:30 am	10:00 am	10:00 am	10:30 am	11:00 am	10:00 am	10:30 am	11:00 am
Preschool (3-5yrs)	Octopus	x							
	Orca		x						
School Ages/Teen Adult Program (6-13 yrs/Teen & Adult)	30 Min. Private			x	x				
	Swimmer 1/2						x		
	Swimmer 3/4							x	
	45 Min. Swimmer 5/6								x
1hr	Teen/Adult 1					x			



Teen & Adult Swim Lessons **NEW!**

Whether you're just starting out or just want help with your strokes, this teen and adult swim program is for you! Work with certified instructors to learn to swim or improve your current swimming ability and fitness. You'll develop confidence in the water and smooth, recognizable strokes. You'll be able to set your own goals in consultation with your instructor. Water Smart education is included in all adult levels.

Level 1: Shallow Water Orientation

You will work towards 10-15m swim on your front and back. You will learn safe entries into shallow and deep water, develop skills while wearing a PFD and learn breath control and underwater skills. Floats, glides, flutter kick and vertical whip kick are introduced. Your fitness will improve through interval training and learning how to perform front crawl and back crawl.

M/W, Sep 9-Oct 22 | 6:30-7:30 pm | \$98/7 | [127298](#)

Sat, Sep 14-Oct 26 | 12-1 pm | \$98/7 | [127304](#)

M/W, Oct 7-Nov 6 | 6:30-7:30 pm | \$126/9 | [127300](#)

Sat, Nov 2-Dec 14 | 12-1 pm | \$98/7 | [127308](#)

M/W, Nov 13-Dec 11 | 6:30-7:30 pm | \$126/9 | [127301](#)

M/W, Jan 13-Feb 5 | 6:30-7:30 pm | \$112/8 | [127302](#)

Sat, Jan 18-Mar 15 | 12-1 pm | \$126/9 | [127313](#)

M/W, Feb 10-Mar 12 | 6:30-7:30 pm | \$126/9 | [127303](#)

Beban Park Pool

Tue, Sep 10-Oct 22 | 11 am-12 pm | \$98/7 | [127058](#)

Tue, Oct 29-Dec 10 | 11 am-12 pm | \$98/7 | [127129](#)

Tue, Jan 14-Mar 4 | 11 am-12 pm | \$112/8 | [127130](#)

Nanaimo Aquatic Centre



Level 2: Stroke Development

Develop your fitness by working on two interval training workouts, sprints and further developing your front crawl and back crawl. You will learn Swim to Survive® skills and further develop deep water entries/ skills while wearing a PFD. Whip kick is further developed along with an introduction to breaststroke.

Swimmers in this lesson should be comfortable in deep water. (Prerequisite: Teen & Adult Level 1.)

Sat, Sep 14-Oct 26 | 12-1 pm | \$98/7 | [127335](#)

Sat, Nov 2-Dec 14 | 12-1 pm | \$98/7 | [127335](#)

Sat, Jan 18-Mar 15 | 12-1 pm | \$126/9 | [127336](#)

Beban Park Pool

Junior Lifeguard Club

8 to 13 Years

Are you interested in a pause from swimming lessons? This program emphasizes fun and aquatic skill development based on personal-best achievement.

Building on skills they have from swimming lessons, participants will work to develop and improve swimming and other aquatic skills with emphasis on swim and lifesaving knowledge, leadership and teamwork, community education, competition, and personal fitness. This is serious fun!

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

Tue, Sep 10-Oct 22 | 6:45-7:30 pm | \$77/7 | [123234](#)

Tue, Oct 29-Dec 10 | 6:45-7:30 pm | \$77/7 | [123235](#)

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

Nanaimo Aquatic Centre



Home School Lessons **NEW!**

Swimmer 1/2

Starting with assisted floats, glides, kicks and jumps, these new swimmers will develop their confidence and learn how to open their eyes, exhale, and hold their breath underwater. With practice, they will develop their ability to tread water, improve their kicking skills and try their front and back crawl. Prerequisites are Swimmer 1 or Preschool 5.

Thu, Sep 12-Oct 24 | 10-10:30 am | \$49/7 | [127011](#)

Thu, Oct 31-Dec 12 | 10-10:30 am | \$49/7 | [127027](#)

Thu, Jan 16-Mar 6 | 10-10:30 am | \$56/8 | [127032](#)

Nanaimo Aquatic Centre

Home School Lessons **NEW!**

Swimmer 3/4

In these lessons, swimmers learn how to dive and do in-water somersaults and handstands to develop weight-transfer skills. They'll learn the Swim to Survive® skills and standard, practice whip kick on their back and further develop their front and back crawl. Swimmers will become better at diving, treading water and swimming underwater with an introduction to breaststroke.

Thu, Sep 12-Oct 24 | 10:30-11 am | \$49/7 | [126928](#)

Thu, Oct 31-Dec 12 | 10:30-11 am | \$49/7 | [126954](#)

Thu, Jan 16-Mar 6 | 10:30-11 am | \$56/8 | [126959](#)

Nanaimo Aquatic Centre



Home School Lessons **NEW!**

Swimmer 5/6

Swimmers will master dives and swimming in deep water while further developing their Swim to Survive® skills and learning eggbeater kick. Breaststroke, front and back crawl are further developed with the addition of interval training and sprinting drills to challenge swimmers. Level 6 swimmers will become proficient at deep water skills including stride entries and compact jumps. They'll continue to develop lifesaving kicks, such as eggbeater and scissor kick. Head-up swims, interval training and a 300m workout develop strength and endurance.

Thu, Sep 12-Oct 24 | 11-11:45 am | \$77/7 | [127244](#)

Thu, Oct 31-Dec 12 | 11-11:45 am | \$77/7 | [127247](#)

Thu, Jan 16-Mar 6 | 11-11:45 am | \$88/8 | [127263](#)

Nanaimo Aquatic Centre

AquaGo **NEW!**

5 to 12 Years

AquaGO is an introduction to artistic swimming. Athletes will learn the basics of safe entry, floating, breathing and body positions. All abilities and genders are welcome. Athletes new to swimming can register for AquaGo 1-2; athletes with some experience (Swim Kids 3+) can join AquaGo 3-4.

Instructor: Nanaimo Diamonds

AquaGo 1-2

Sun, Oct 6-Dec 15 | 9-10 am | \$310/10 | [129202](#)

Sun, Jan 12-Mar 16 | 9-10 am | \$310/10 | [129203](#)

AquaGo 3-4

Sun, Oct 6-Dec 15 | 10-11 am | \$310/10 | [129204](#)

Sun, Jan 12-Mar 16 | 10-11 am | \$310/10 | [129205](#)

Beban Park Pool

Intro to Synchro **NEW!**

8 to 13 Years

Dive into the world of grace and athleticism with our Intro to Synchro class. This fun and engaging program offers young swimmers a chance to explore Artistic Swimming (formerly know as synchronized swimming) in a supportive and encouraging environment.

Instructor: Nanaimo Diamonds

Thu, Oct 3-Dec 12 | 6-7:30 pm | \$396/11 | [129435](#)

Thu, Jan 9-Mar 13 | 6-7:30 pm | \$360/10 | [129436](#)

Beban Park Pool

Aqua Yoga **NEW!**

18 Years +

Aqua Yoga is a fun and gentle form of stretching and strengthening performed in a warm pool where joints are supported, range of motion is maximized and resistance helps strengthen muscles. You will perform balance, breath work, centering, flowing movements and stationary strengthening and stretching postures for maximum health benefits. You don't need to go under the water or know how to swim.

Sat, Sep 14-Oct 26 | 8-9 am | \$37/6 | [129438](#)

Sat, Nov 2-Dec 7 | 8-9 am | \$37/6 | [129439](#)

Beban Park Pool



Pre-Registered Aquafit

Shallow/Deep Combo

This is designed for both shallow and deep water aquafit enthusiasts. Enjoy the benefits of training your cardio, strength and flexibility in this water fitness class. Participants can choose to stay in the shallow water or participate in deep water with an aquafit floatation belt. *This class requires pre-registration in order to participate.*

Sun, Sep 8-Oct 20 | 8:15-9 am | \$43/7 | [128050](#)

Thu, Sep 12-Oct 24 | 7:15-8 pm | \$43/7 | [128055](#)

Sun, Oct 27-Dec 8 | 8:15-9 am | \$43/7 | [128052](#)

Thu, Oct 31-Dec 12 | 7:15-8 pm | \$43/7 | [128056](#)

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

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

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

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

Beban Park Pool



LSS Sport Fundamentals (5-Level Progression)

8 to 13 Years

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

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

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

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

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

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

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

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

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

Lifesaving Sport 1 & 2

Thu, Sep 12-Oct 24 | 7-7:45 pm | \$76/7 | [123447](#)

Thu, Oct 31-Dec 12 | 7-7:45 pm | \$76/7 | [123448](#)

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

Nanaimo Aquatic Centre

Lifesaving Sport 3-5

Thu, Sep 12-Oct 24 | 6-7 pm | \$76/7 | [123443](#)

Thu, Oct 31-Dec 12 | 6-7 pm | \$76/7 | [123444](#)

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

Nanaimo Aquatic Centre



cityofnanaimo



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Join the Team! Be a Lifeguard!

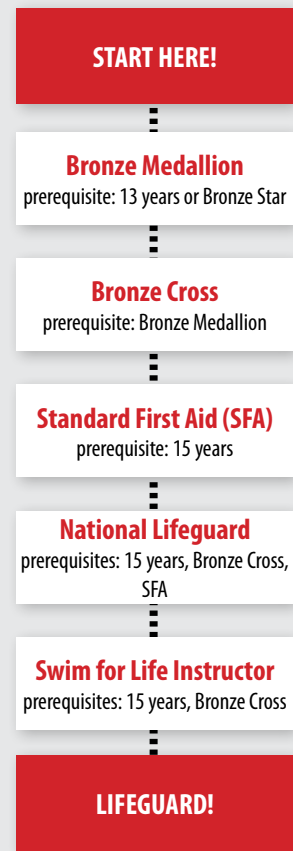
BUILD THE FOUNDATION FOR SUCCESS!

Lifeguards prevent drowning, teach water safety and provide leadership in our community. Consult one of our Aquatic Coordinators at 250-756-5200 to help plan your lifeguard training.



RECOMMENDED PATH:







- 1 **Bronze courses** develop lifesaving fitness and decision-making skills.
- 2 **Standard First Aid** provides practical skills to handle emergency response situations.
- 3 **National Lifeguard** promotes prevention of drowning and aquatic-related injuries.
- 4 **Instructor Training** prepares you to teach swimming lessons and lifesaving skills.




CAREER OPPORTUNITIES:

www.nanaimo.ca/your-government/careers/job-postings

Advanced Aquatic Courses

Course	Dates	Day	Time	Fee	Location	Course ID	
Bronze Medallion	Oct 19-Nov 9	Sat	11:30 am-5 pm	\$199	Beban	122203	
	Jan 11-Feb 1	Sat	11:30 am-5 pm	\$199	Beban	122204	
Judgement, knowledge, skill and fitness will be evaluated. Students acquire the assessment and problem-solving skills needed to make good decisions in, on and around the water. Prerequisites: Bronze Star (does not have to be current) or be 13 years of age (by last day of the course). 100% attendance is mandatory for completion.							
Bronze Cross	Nov 23-Dec 14	Sat	11:30 am-5 pm	\$195	Beban	122205	
	Feb 8-Mar 1	Sat	11:30 am-5 pm	\$195	Beban	122206	
Students begin transitioning from lifesaving to lifeguarding and prepare for assistant lifeguard responsibilities. Students begin to strengthen and expand their lifesaving skills and apply active surveillance principles and techniques in aquatic facilities. The importance of teamwork and communication are emphasized in this course. Prerequisites: Bronze Medallion (does not have to be current). 100 % attendance is mandatory for completion.							
Standard First Aid	Sep 21-22	Sat & Sun	9 am-5:30 pm	\$177	Beban	128598	
	Oct 26-27	Sat & Sun	9 am-5:30 pm	\$177	Beban	128625	
	Nov 23-24	Sat & Sun	9 am-5:30 pm	\$177	Beban	128563	
This Red Cross First Aid course includes all of the Emergency First Aid and CPR C instruction on day one before covering head and spine injuries, bone and joint injuries, environmental conditions, poisons and sudden medical emergencies on day two. Prerequisites: 13 years of age is recommended. 100 % attendance is mandatory for completion.							
National Lifeguard	Dec 22-24 & Dec 27-31	Sun-Tue, Fri-Tue	9 am-3:30 pm	\$499	Beban	122307	
	Mar 17-27	Mon-Thu	10 am-4:30 pm	\$499	Beban	122308	
This is the national standard for lifeguards in Canada. Candidates develop the fundamental values, judgement, knowledge, skills and fitness required by lifeguards. Prerequisites: 15 years of age (by last day of course), Bronze Cross (does not have to be current), Standard First Aid (does not have to be current). 100% attendance is mandatory for completion.							
Swim for Life Instructor	Sep 28-Nov 2	Sat	8 am-5 pm	\$450	Beban	122312	
	Jan 12-Feb 16	Sun	9 am-6 pm	\$450	Beban	122313	
Students will be certified to teach the Lifesaving Society's programs, such as Swim for Life and Canadian Swim Patrol. Prerequisites: 15 years of age (by last day of course), Bronze Cross (does not have to be current). 100% attendance is required.							
Lifesaving Instructor	Jan 4-Feb 8	Sat	8:30 am-3 pm	\$450	Beban	123239	
	Students will be certified to teach the Lifesaving Society Bronze Program and Junior Lifeguard Club. Prerequisites: 15 years of age and completion of Bronze Cross.						

Recertification Courses

Course	Dates	Day	Time	Fee	Location	Course ID	
National Lifeguard	Sep 21	Sat	9 am-6 pm	\$120	Beban	122309	
	Dec 8	Sun	9 am-6 pm	\$120	Beban	122310	
	Mar 1	Sat	9 am-6 pm	\$120	Beban	122311	
Proof of previous certifications: NL Pool, CPR C and AMOA (need not be current)							
Lifesaving Instructor	Sep 6	Fri	4:30-9 pm	\$120	Beban	116941	
Swim Instructor	Oct 5	Sat	9:30 am-3 pm	\$120	NAC	122314	

NOTE: All candidates are required to present their original certification at the start of the recertification clinic. 100% attendance is mandatory for completion.

REFUND POLICY: Withdrawals with refund will only be provided for Aquatic Leadership courses with a minimum of **seven days advanced notice**. Withdrawals within seven days of start date are refunded at 50%. No refunds on or after start date.





Arena Programs

Welcome to Nanaimo RECSKATE



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

Boots to Blades 1 & 2 2 to 5 Years

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

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

RecSkate 1

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

RecSkate 2

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

RecSkate 3

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

RecSkate 4

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

RecSkate 5

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

RecSkate 6/7

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

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

Private RecSkate Lessons

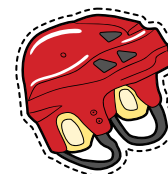
One-on-one instruction. These are great for accelerating your learning, mastering that one problem skill or preparing for the next level. Our instructors will work from the RecSkate program material or address specific skills as needed. Skate rentals are included. See recreation.nanaimo.ca for availability.

RecFigure Skate - Child/Teen 6 to 16 Years

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

RecSkate - Pre-Teen/Teen 12 to 17 Years

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



Skating Lesson Information

SKATING EQUIPMENT

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

LESSON TIMES AND PRICES

LESSON	LENGTH OF LESSON	COST PER CLASS
Boots to Blades 1 & 2	30 minutes	\$9
RecSkate (3-5 yrs)	30 minutes	\$9
RecSkate (6-11 yrs)	45 minutes	\$13
RecFigure Skate	45 or 60 minutes	\$14/hr or \$13 for 45 min
Various RecSkates (pre-teen/teen)	60 minutes	\$14
Private RecSkate (all ages) *	30 minutes	\$30

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

CUSTOM PRIVATE SKATING LESSONS

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

DO YOU REQUIRE ADDITIONAL SUPPORT?

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



DROP-IN SESSIONS

- Check out our drop-in options on page 10-11 or check our online schedule at recreation.nanaimo.ca.



GLOW IN THE DARK

Skates

SKATE IN OUR ATMOSPHERE OF DIMMED LIGHTING AND SPECIAL EFFECTS!

Held on the following Tuesdays, 6:30-8 pm at Frank Crane Arena:

- September 3
- October 1
- November 5
- December 3

STARLIGHT

Skate

This is a great way to escape the hustle and bustle while enjoying lap skating with our soft light stars and passive LED lighting.

Regular admission rates apply.

Held on the following Sundays, 4-6 pm at Nanaimo Ice Centre:

- September 22 • October 20
- November 17 • December 15



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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, September 8 until March 30 12-1:30 pm

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



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

Fall Skating Lessons - SET 1

Monday, Sep 9-Oct 28 • 6 lessons • Frank Crane Arena (no lesson Sep 30 & Oct 14)

10:30-11:30 am	RS HomeSch 123520						
11:45 am-12:15 pm	Boots 1 123446	Boots 2 124142	Rec 3 128132	Rec 4 127732	Private 124420		
12:15-12:45 pm	Boots 1 123452	Boots 2 124143	Rec 1 124333	Rec 2 127784	RS Adult 12:45-1:45 pm 123487	Private 12:45-1:15 pm 124422	Private 1:15-1:45 pm 124423

Monday, Sep 9-Oct 28 • 6 lessons • Nanaimo Ice Centre (no lesson Sep 30 & Oct 14)

3:30-4 pm	Boots 1 123455	Boots 2 124144	Rec 1 124336	Rec 2 127787	Rec 3 128130	Rec 4 127735	Private 124424
4-4:45 pm	Rec 1 124942	Rec 2 128085	Rec 3 128285	Rec 4 124772	Rec 5 124316	Private 4-4:30 pm 124426	
4:45-5:15 pm	Boots 1 123456	Boots 2 124145	Rec 1 124338	Rec 2 127794	Rec 3 128131	Rec 4 127736	Private 124434
5:15-6 pm	Rec 2 128087	Rec 3 128288	Rec 4 124773	Rec 6/7 124235	RecFigure 5:15-6:15 pm 128379	RS Adult 5:15-6:15 pm 123500	
6:15-6:45 pm	Private 124435	Private 124436	Private 124438	Private 124439	Private 124440	Private 124441	

Wednesday, Sep 11-Oct 23 • 7 lessons • Frank Crane Arena

12:30-1:30 pm	RS HomeSch 123524	Private 12:30-1 pm 126859	Private 1-1:30 pm 126860	Private 1:30-2 pm 126861			
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Wednesday, Sep 11-Oct 23 • 7 lessons • Nanaimo Ice Centre

3:30-4 pm	Boots 1 123458	Boots 2 124146	Rec 1 124339	Private 124443			
4-4:45 pm	Rec 1 124945	Rec 2 128088	Private 4-4:30 pm 124445				
4:45-5:15 pm	Boots 1 123459	Boots 2 124147	Rec 2 127801	Private 124446			

Thursday, Sep 12-Oct 24 • 7 lessons • Nanaimo Ice Centre

3:30-4 pm	Boots 1 123460	Boots 2 124148	Rec 1 124340	Rec 2 127809	Rec 3 128133	Rec 4 127737	Private 124448
4-4:45 pm	Rec 1 124948	Rec 2 128089	Rec 3 128289	Rec 4 124774	Rec 5 124320	Rec 6/7 124244	
4:45-5:15 pm	Boots 1 123461	Boots 2 124153	Rec 1 124343	Rec 2 127810	Rec 3 128134	Rec 4 127738	Private 124449
5:15-6 pm	RecFigure 128383	Teen 123297	RS Adult 123509	Private 5:15-5:45 pm 124450	Private 5:15-5:45 pm 124451	Private 5:15-5:45 pm 124452	Private 5:15-5:45 pm 124453

Friday, Sep 13-Oct 25 • 7 lessons • Frank Crane Arena

9:30-10 am	Boot 1 123462	Rec 1 124348	Rec 3 128135	Rec 4 127739	Private 124455		
10-10:30 am	Boots 2 124155	Rec 2 127811	Private 124458	Adult Pract. 9:30-10:30 am 123315	RS Adult 10:30-11:30 am 123516	RS Adult Adv. 10:30-11:30 am 123285	
3:30-4 pm	Boots 1 123463	Boots 2 128090	Rec 1 124349	Rec 2 127812	Rec 3 128136	Rec 4 127740	Private 124459
4-4:45 pm	Rec 1 124949	Rec 2 128090	Rec 3 128290	Rec 4 124778	Rec 5 124325	Private 4-4:30 pm 124460	
4:45-5:15 pm	Boots 1 123464	Boots 2 124158	Rec 1 124351	Rec 2 127813	Rec 3 128137	Rec 4 127741	Private 124461
5:15-6 pm	Rec 2 128109	Rec 3 128292	Rec 4 124870	Rec 6/7 124267	RecFigure 128384	Private 5:15-5:45 pm 124463	

Saturday, Sep 14-Oct 26 • 7 lessons • Frank Crane Arena

9-9:45 am	Boots 1 9:15-9:45 am 123465	Boots 2 9:15-9:45 am 124160	Rec 1 124952	Rec 2 128092	Rec 3 128293	Rec 4 124781	Rec 5 124329
9:45-10:15 am	Boots 1 123466	Boots 2 124161	Rec 1 124352	Rec 2 127814	Rec 3 128140	Rec 4 127744	Private 124464
10:30-11:15 am	Rec 1 124953	Rec 2 128093	Rec 3 128295	Rec 4 124782	Rec 6/7 124310	RecFigure 128386	
11:15-11:45 am	Boots 1 123467	Boots 2 124162	Rec 1 124353	Rec 2 127815	Rec 3 128141	Rec 4 127746	Teen 11:15-12:15 123311
11:45 am-12:15 pm	Private 124466	Private 124467	Private 124471	Private 124472	Private 124473		

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

Fall Skating Lessons - SET 2

Monday, Nov 4-Dec 16 • 6 lessons • Frank Crane Arena (no lesson Nov 11)

10:30-11:30 am	RS HomeSch 123521						
11:45 am-12:15 pm	Boots 1 123475	Boots 2 124163	Rec 3 128145	Rec 4 127747	Private 124481		
12:15-12:45 pm	Boots 1 123477	Boots 2 124165	Rec 1 124404	Rec 2 127816	RS Adult 12:45-1:45 pm 123488	Private 12:45-1:15 pm 124483	Private 1:15-1:45 pm 124484

Monday, Nov 4-Dec 16 • 6 lessons • Nanaimo Ice Centre (no lesson Nov 11)

3:30-4 pm	Boots 1 123478	Boots 2 124172	Rec 1 124405	Rec 2 127817	Rec 3 128143	Rec 4 127751	Private 124485
4-4:45 pm	Rec 1 124954	Rec 2 128094	Rec 3 128296	Rec 4 124783	Rec 5 124317	Private 4-4:30 pm 124488	
4:45-5:15 pm	Boots 1 123482	Boots 2 124177	Rec 1 124406	Rec 2 127818	Rec 3 128144	Rec 4 127752	Private 124489
5:15-6 pm	Rec 2 128095	Rec 3 128297	Rec 4 124784	Rec 6/7 124240	RecFigure 5:15-6:15 pm 128387	RS Adult 5:15-6:15 pm 123501	
6:15-6:45 pm	Private 124491	Private 124492	Private 124493	Private 129494	Private 124496	Private 124498	

Wednesday, Oct 30-Dec 11 • 7 lessons • Frank Crane Arena

12:30-1:30 pm	RS HomeSch 123525	Private 12:30-1 pm 126864	Private 1-1:30 pm 126865	Private 1:30-2 pm 126868			
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Wednesday, Oct 30-Dec 11 • 7 lessons • Nanaimo Ice Centre

3:30-4 pm	Boots 1 123485	Boots 2 124183	Rec 1 124407	Private 124500			
4-4:45 pm	Rec 1 124961	Rec 2 128096	Private 4-4:30 pm 124502				
4:45-5:15 pm	Boots 1 123486	Boots 2 124184	Rec 2 127819	Private 124503			

Thursday, Oct 31-Dec 12 • 7 lessons • Nanaimo Ice Centre

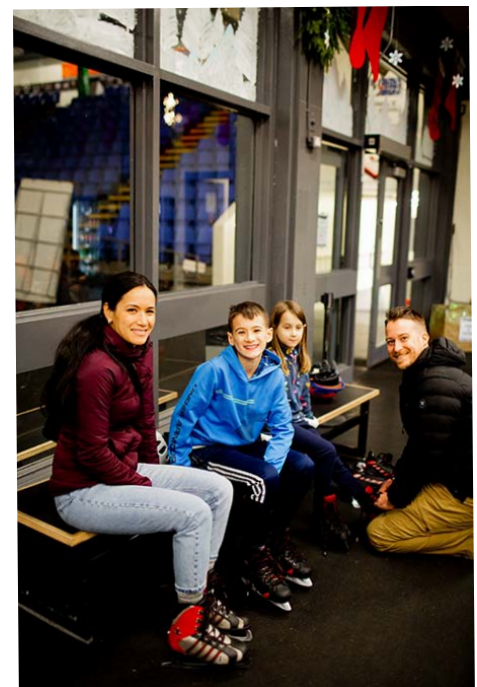
3:30-4 pm	Boots 1 123491	Boots 2 124185	Rec 1 124408	Rec 2 127826	Rec 3 128146	Rec 4 127753	Private 126663
4-4:45 pm	Rec 1 124962	Rec 2 128097	Rec 3 128298	Rec 4 124787	Rec 5 124321	Rec 6/7 124249	
4:45-5:15 pm	Boots 1 123493	Boots 2 124186	Rec 1 124425	Rec 2 127827	Rec 3 128147	Rec 4 127754	Private 126664
5:15-6 pm	RecFigure 128388	Teen 123298	RS Adult 123511	Private 5:15-5:45 pm 126665	Private 5:15-5:45 pm 126666	Private 5:15-5:45 pm 126667	Private 5:15-5:45 pm 126668

Friday, Nov 1-Dec 13 • 7 lessons • Frank Crane Arena

9:30-10 am	Boot 1 123494	Rec 1 124433	Rec 3 128148	Rec 4 127755	Private 126669		
10-10:30 am	Boots 2 124188	Rec 2 127828	Private 126670	Adult Pract. 9:30-10:30 am 123316	RS Adult 10:30-11:30 am 123517	RS Adult Adv. 10:30-11:30 am 123287	
3:30-4 pm	Boots 1 123497	Boots 2 124189	Rec 1 124437	Rec 2 127829	Rec 3 128149	Rec 4 127756	Private 126671
4-4:45 pm	Rec 1 124964	Rec 2 128098	Rec 3 128299	Rec 4 124788	Rec 5 124326	Private 4-4:30 pm 126672	
4:45-5:15 pm	Boots 1 123499	Boots 2 124190	Rec 1 124442	Rec 2 127831	Rec 3 128150	Rec 4 127757	Private 126673
5:15-6 pm	Rec 2 128101	Rec 3 128300	Rec 4 124789	Rec 6/7 124307	RecFigure 128390	Private 5:15-5:45 pm 126674	

Saturday, Nov 2-Dec 14 • 7 lessons • Frank Crane Arena

9-9:45 am	Boots 1 9:15-9:45 am 123502	Boots 2 9:15-9:45 am 124191	Rec 1 124966	Rec 2 128102	Rec 3 128302	Rec 4 124790	Rec 5 124330
9:45-10:15 am	Boots 1 123503	Boots 2 124192	Rec 1 124444	Rec 2 127832	Rec 3 128151	Rec 4 127758	Private 126675
10:30-11:15 am	Rec 1 124967	Rec 2 128104	Rec 3 128303	Rec 4 124795	Rec 6/7 124311	RecFigure 128391	
11:15-11:45 am	Boots 1 123506	Boots 2 124193	Rec 1 124447	Rec 2 127841	Rec 3 128156	Rec 4 127759	Teen 11:15-12:15 123312
11:45 am-12:15 pm	Private 126676	Private 126677	Private 126678	Private 126679	Private 126680		



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



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RecSkate Homeschool

A great learn-to-skate option for children during daytime hours! Here you have the chance to learn skills from our popular RecSkate program in a supportive group environment. Development of balance, agility, and coordination is a great start to any ice sport. All levels of skaters will be accommodated. Parents are welcome to register with their child.

Mon, Sep 9-Oct 28 | 10:30-11:30 am | \$84/6 | [123520](#)

Wed, Sep 11-Oct 23 | 12:30-1:30 pm | \$98/7 | [123524](#)

Wed, Oct 30-Dec 11 | 12:30-1:30 pm | \$98/7 | [123525](#)

Mon, Nov 4-Dec 16 | 10:30-11:30 am | \$84/6 | [123521](#)

Frank Crane Arena

RecSkate Pre-Teen/Teen

12 to 17 Years

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

Thu, Sep 12-Oct 24 | 5:15-6 pm | \$91/7 | [123297](#)

Thu, Oct 31-Dec 12 | 5:15-6 pm | \$91/7 | [123298](#)

Nanaimo Ice Centre

Sat, Sep 14-Oct 26 | 11:15 am-12:15 pm | \$98/6 | [123311](#)

Sat, Nov 2-Dec 14 | 11:15 am-12:15 pm | \$98/6 | [123312](#)

Frank Crane Arena



RecFigure Skate - Beginner

6 to 16 Years

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

Fri, Sep 13-Oct 25 | 5:15-6 pm | \$91/7 | [128384](#)

Sat, Sep 14-Oct 26 | 10:30-11:15 am | \$91/7 | [128386](#)

Fri, Nov 1-Dec 13 | 5:15-6 pm | \$91/7 | [128390](#)

Sat, Nov 2-Dec 14 | 10:30-11:15 am | \$91/7 | [128391](#)

Frank Crane Arena

Mon, Sep 9-Oct 28 | 5:15-6:15 pm | \$84/6 | [128379](#)

Thu, Sep 12-Oct 24 | 5:15-6 pm | \$91/7 | [128383](#)

Thu, Oct 31-Dec 12 | 4-4:45 pm | \$91/7 | [128388](#)

Mon, Nov 4-Dec 16 | 5:15-6:15 pm | \$84/6 | [128387](#)

Nanaimo Ice Centre

RecFigure Skate - Advanced

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.

Thu, Sep 12-Oct 24 | 5:15-6 pm | \$91/7 | [129013](#)

Thu, Oct 31-Dec 12 | 5:15-6 pm | \$91/7 | [129014](#)

Nanaimo Ice Centre

RecSkate Adult

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

Mon, Sep 9-Oct 28 | 12:45-1:45 pm | \$84/6 | [123487](#)

Fri, Sep 13-Oct 25 | 10:30-11:30 am | \$98/7 | [123516](#)

Fri, Nov 1-Dec 13 | 10:30-11:30 am | \$98/7 | [123517](#)

Mon, Nov 4-Dec 16 | 12:45-1:45 pm | \$84/6 | [123488](#)

Frank Crane Arena

Mon, Sep 9-Oct 28 | 5:15-6:15 pm | \$84/6 | [123500](#)

Thu, Sep 12-Oct 24 | 5:15-6 pm | \$91/7 | [123509](#)

Thu, Oct 31-Dec 12 | 5:15-6 pm | \$91/7 | [123511](#)

Mon, Nov 4-Dec 16 | 5:15-6:15 pm | \$84/6 | [123501](#)

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, Sep 13-Oct 25 | 9:30-10:30 am | \$56/7 | [123315](#)

Fri, Nov 1-Dec 13 | 9:30-10:30 am | \$56/7 | [123316](#)

Frank Crane Arena

RecSkate Adults Advanced

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

Fri, Sep 13-Oct 25 | 10:30-11:30 am | \$98/7 | [123285](#)

Fri, Nov 1-Dec 13 | 10:30-11:30 am | \$98/7 | [123287](#)

Frank Crane Arena





Horse racing at Beban Park in 1935

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, Sep 14-Oct 26 | 8:15-9 am | \$91/7 | [123053](#)
 Sat, Sep 14-Oct 26 | 12:15-1 pm | \$91/7 | [123054](#)
 Sat, Nov 2-Dec 14 | 8:15-9 am | \$91/7 | [123055](#)
 Sat, Nov 2-Dec 14 | 12:15-1 pm | \$91/7 | [123056](#)
Frank Crane Arena

7 to 12 Years

Sat, Sep 14-Oct 26 | 8:15-9 am | \$91/7 | [123065](#)
 Sat, Sep 14-Oct 26 | 12:15-1 pm | \$91/7 | [123067](#)
 Sat, Nov 2-Dec 14 | 8:15-9 am | \$91/7 | [123070](#)
 Sat, Nov 2-Dec 14 | 12:15-1 pm | \$91/7 | [123073](#)
Frank Crane Arena

Hockey Rascals

3 to 5 Years

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

Fri, Sep 13-Oct 25 | 4:15-5 pm | \$91/7 | [122973](#)
 Fri, Sep 13-Oct 25 | 5:30-6:15 pm | \$91/7 | [122986](#)
 Fri, Nov 1-Dec 13 | 4:15-5 pm | \$91/7 | [122981](#)
 Fri, Nov 1-Dec 13 | 5:30-6:15 pm | \$91/7 | [122988](#)
Cliff McNabb Arena

Power Skating Basics

6 to 12 Years

Get introduced to skating techniques necessary to develop greater power and strength to improve your game. This will help with speed, balance, agility and coordination. Full gear required.

Thu, Sep 12-Oct 24 | 3:30-4:15 pm | \$91/7 | [122818](#)
 Thu, Sep 12-Oct 24 | 4:15-5 pm | \$91/7 | [122822](#)
 Thu, Oct 31-Dec 12 | 3:30-4:15 pm | \$91/7 | [122821](#)
 Thu, Oct 31-Dec 12 | 4:15-5 pm | \$91/7 | [122823](#)
Nanaimo Ice Centre

Elite Power Skating

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

6 to 9 Years

Mon, Sep 9-Oct 28 | 7-8 am | \$78/6 | [122916](#)
 Wed, Sep 11-Oct 9 | 7-8 am | \$65/5 | [122921](#)
 Fri, Sep 13-Oct 11 | 7-8 am | \$65/5 | [122927](#)
 Wed, Oct 16-Nov 13 | 7-8 am | \$65/5 | [122923](#)
 Fri, Oct 18-Nov 15 | 7-8 am | \$65/5 | [122928](#)
 Mon, Nov 4-Dec 16 | 7-8 am | \$78/6 | [122917](#)
 Wed, Nov 20-Dec 18 | 7-8 am | \$65/5 | [122924](#)
 Fri, Nov 22-Dec 20 | 7-8 am | \$65/5 | [122929](#)

10 to 14 Years

Mon, Sep 9-Oct 28 | 7-8 am | \$78/6 | [122923](#)
 Wed, Sep 11-Oct 9 | 7-8 am | \$65/5 | [122936](#)
 Fri, Sep 13-Oct 11 | 7-8 am | \$65/5 | [122941](#)
 Wed, Oct 16-Nov 13 | 7-8 am | \$65/5 | [122937](#)
 Fri, Oct 18-Nov 15 | 7-8 am | \$65/5 | [122942](#)
 Mon, Nov 4-Dec 16 | 7-8 am | \$78/6 | [122933](#)
 Wed, Nov 20-Dec 18 | 7-8 am | \$65/5 | [122938](#)
 Fri, Nov 22-Dec 20 | 7-8 am | \$65/5 | [122943](#)
Frank Crane Arena

Custom Private Power Skating Lessons

These one-on-one private power skating lessons are perfect for individual skill development. These will help with speed, balance, agility and coordination. Small groups (2-3) are also welcome. Full gear is recommended.

Nanaimo Ice Centre

Wed, Sep 11-Oct 9 | 3:15-3:45 pm | \$170/5 | [123530](#)
 Wed, Sep 11-Oct 9 | 3:15-3:45 pm | \$170/5 | [123532](#)
 Wed, Sep 11-Oct 9 | 3:45-4:15 pm | \$170/5 | [123533](#)
 Wed, Sep 11-Oct 9 | 3:45-4:15 pm | \$170/5 | [123534](#)
 Wed, Sep 11-Oct 9 | 4:15-4:45 pm | \$170/5 | [123535](#)
 Wed, Sep 11-Oct 9 | 4:15-4:45 pm | \$170/5 | [123536](#)
 Wed, Sep 11-Oct 9 | 4:45-5:15 pm | \$170/5 | [123537](#)
 Wed, Sep 11-Oct 9 | 4:45-5:15 pm | \$170/5 | [123538](#)

Wed, Oct 16-Nov 13 | 3:15-3:45 pm | \$170/5 | [123541](#)
 Wed, Oct 16-Nov 13 | 3:15-3:45 pm | \$170/5 | [123542](#)
 Wed, Oct 16-Nov 13 | 3:45-4:15 pm | \$170/5 | [123543](#)
 Wed, Oct 16-Nov 13 | 3:45-4:15 pm | \$170/5 | [123544](#)
 Wed, Oct 16-Nov 13 | 4:15-4:45 pm | \$170/5 | [123545](#)
 Wed, Oct 16-Nov 13 | 4:15-4:45 pm | \$170/5 | [123547](#)
 Wed, Oct 16-Nov 13 | 4:45-5:15 pm | \$170/5 | [123549](#)
 Wed, Oct 16-Nov 13 | 4:45-5:15 pm | \$170/5 | [123551](#)

Wed, Nov 20-Dec 11 | 3:15-3:45 pm | \$136/4 | [123611](#)
 Wed, Nov 20-Dec 11 | 3:15-3:45 pm | \$136/4 | [123613](#)
 Wed, Nov 20-Dec 11 | 3:45-4:15 pm | \$136/4 | [123616](#)
 Wed, Nov 20-Dec 11 | 3:45-4:15 pm | \$136/4 | [123618](#)
 Wed, Nov 20-Dec 11 | 4:15-4:45 pm | \$136/4 | [123620](#)
 Wed, Nov 20-Dec 11 | 4:15-4:45 pm | \$136/4 | [123623](#)
 Wed, Nov 20-Dec 11 | 4:45-5:15 pm | \$136/4 | [123625](#)
 Wed, Nov 20-Dec 11 | 4:45-5:15 pm | \$136/4 | [123626](#)

Cliff McNabb Arena

Fri, Sep 13-Oct 11 | 5-5:30 pm | \$170/5 | [123653](#)
 Fri, Oct 18-Nov 15 | 5-5:30 pm | \$170/5 | [123658](#)
 Fri, Nov 22-Dec 13 | 5-5:30 pm | \$136/4 | [123659](#)



cityofnanaimo



prc_nanaimo (#lovemyparksandrec)

STICK 'n' PUCK

ALL AGES

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

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

RULES

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

EQUIPMENT REQUIREMENTS

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



See page 6 for admission & page 10 for location information.

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

Advanced Stickhandling Skills 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.

Mon, Sep 9-Oct 28 | 7-8 pm | \$78/6 | [123094](#)

Mon, Nov 4-Dec 16 | 7-8 pm | \$78/6 | [123095](#)

Nanaimo Ice Centre

Female Focused Hockey Skills NEW! D

18 Years +

This program is designed to help players with their skill development and situational game play. Instructors will focus on developing positional play and improving passing, shooting, and puck handling skills. Session is instructed by our experienced hockey leader. This is a registered program, but is also drop-in accessible. Full gear is required.

Sun, Sep 8-Oct 27 | 9:30-10:45 pm | \$104/8 | [123267](#)

Sun, Nov 3-Dec 15 | 9:30-10:45 pm | \$91/7 | [123268](#)

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, Sep 9-Oct 28 | 7-8 pm | \$78/6 | [123128](#)

Mon, Nov 4-Dec 16 | 7-8 pm | \$78/6 | [123129](#)

Nanaimo Ice Centre

Adult Hockey 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. Full gear is required.

Fri, Sep 13-Oct 25 | 9:45-11:15 pm | \$91/7 | [123061](#)

Fri, Nov 1-Dec 13 | 9:45-11:15 pm | \$91/7 | [123062](#)

Cliff McNabb Arena

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 to skate, pass and shoot while getting some great exercise in a safe and stimulating environment. No skating ability is required, but participants should be steady on their feet. Support workers are welcome, but independence is encouraged. Full gear is required.

Wed, Sep 11-Oct 23 | 9:45-11 am | \$91/7 | [123020](#)

Wed, Oct 30-Dec 11 | 9:45-11 am | \$91/7 | [123029](#)

Nanaimo Ice Centre



Our kids thrived in the power skating program! The coaches are incredible - enthusiastic, skilled and truly invested in helping the players improve and excel.



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.

Custom Private Hockey Lessons

6 Years +

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

Nanaimo Ice Centre

Tue, Sep 10-Oct 8 | 3:15-3:45 pm | \$170/5 | [123132](#)
Tue, Sep 10-Oct 8 | 3:15-3:45 pm | \$170/5 | [123133](#)
Tue, Sep 10-Oct 8 | 3:15-3:45 pm | \$170/5 | [123135](#)
Tue, Sep 10-Oct 8 | 3:15-3:45 pm | \$170/5 | [123136](#)
Tue, Sep 10-Oct 8 | 3:45-4:15 pm | \$170/5 | [123137](#)
Tue, Sep 10-Oct 8 | 3:45-4:15 pm | \$170/5 | [123138](#)
Tue, Sep 10-Oct 8 | 3:45-4:15 pm | \$170/5 | [123140](#)
Tue, Sep 10-Oct 8 | 3:45-4:15 pm | \$170/5 | [123141](#)
Tue, Sep 10-Oct 8 | 4:15-4:45 pm | \$170/5 | [123142](#)
Tue, Sep 10-Oct 8 | 4:15-4:45 pm | \$170/5 | [123143](#)
Tue, Sep 10-Oct 8 | 4:15-4:45 pm | \$170/5 | [123144](#)
Tue, Sep 10-Oct 8 | 4:15-4:45 pm | \$170/5 | [123145](#)

Wed, Sep 11-Oct 9 | 3:15-3:45 pm | \$170/5 | [123339](#)
Wed, Sep 11-Oct 9 | 3:15-3:45 pm | \$170/5 | [123341](#)
Wed, Sep 11-Oct 9 | 3:15-3:45 pm | \$170/5 | [123342](#)
Wed, Sep 11-Oct 9 | 3:15-3:45 pm | \$170/5 | [123344](#)
Wed, Sep 11-Oct 9 | 3:45-4:15 pm | \$170/5 | [123345](#)
Wed, Sep 11-Oct 9 | 3:45-4:15 pm | \$170/5 | [123347](#)
Wed, Sep 11-Oct 9 | 3:45-4:15 pm | \$170/5 | [123348](#)
Wed, Sep 11-Oct 9 | 3:45-4:15 pm | \$170/5 | [123349](#)
Wed, Sep 11-Oct 9 | 4:15-4:45 pm | \$170/5 | [123350](#)
Wed, Sep 11-Oct 9 | 4:15-4:45 pm | \$170/5 | [123351](#)
Wed, Sep 11-Oct 9 | 4:15-4:45 pm | \$170/5 | [123352](#)
Wed, Sep 11-Oct 9 | 4:15-4:45 pm | \$170/5 | [123353](#)

Tue, Oct 15-Nov 12 | 3:15-3:45 pm | \$170/5 | [123146](#)
Tue, Oct 15-Nov 12 | 3:15-3:45 pm | \$170/5 | [123148](#)
Tue, Oct 15-Nov 12 | 3:15-3:45 pm | \$170/5 | [123149](#)
Tue, Oct 15-Nov 12 | 3:15-3:45 pm | \$170/5 | [123150](#)
Tue, Oct 15-Nov 12 | 3:45-4:15 pm | \$170/5 | [123151](#)
Tue, Oct 15-Nov 12 | 3:45-4:15 pm | \$170/5 | [123152](#)
Tue, Oct 15-Nov 12 | 3:45-4:15 pm | \$170/5 | [123153](#)
Tue, Oct 15-Nov 12 | 3:45-4:15 pm | \$170/5 | [123154](#)
Tue, Oct 15-Nov 12 | 4:15-4:45 pm | \$170/5 | [123155](#)
Tue, Oct 15-Nov 12 | 4:15-4:45 pm | \$170/5 | [123156](#)
Tue, Oct 15-Nov 12 | 4:15-4:45 pm | \$170/5 | [123157](#)
Tue, Oct 15-Nov 12 | 4:15-4:45 pm | \$170/5 | [123158](#)

Wed, Oct 16-Nov 13 | 3:15-3:45 pm | \$170/5 | [123354](#)
Wed, Oct 16-Nov 13 | 3:15-3:45 pm | \$170/5 | [123355](#)
Wed, Oct 16-Nov 13 | 3:15-3:45 pm | \$170/5 | [123356](#)
Wed, Oct 16-Nov 13 | 3:15-3:45 pm | \$170/5 | [123357](#)
Wed, Oct 16-Nov 13 | 3:45-4:15 pm | \$170/5 | [123358](#)
Wed, Oct 16-Nov 13 | 3:45-4:15 pm | \$170/5 | [123359](#)
Wed, Oct 16-Nov 13 | 3:45-4:15 pm | \$170/5 | [123360](#)
Wed, Oct 16-Nov 13 | 3:45-4:15 pm | \$170/5 | [123361](#)
Wed, Oct 16-Nov 13 | 4:15-4:45 pm | \$170/5 | [123362](#)
Wed, Oct 16-Nov 13 | 4:15-4:45 pm | \$170/5 | [123363](#)
Wed, Oct 16-Nov 13 | 4:15-4:45 pm | \$170/5 | [123364](#)
Wed, Oct 16-Nov 13 | 4:15-4:45 pm | \$170/5 | [123365](#)
Tue, Nov 19-Dec 17 | 3:15-3:45 pm | \$170/5 | [123159](#)
Tue, Nov 19-Dec 17 | 3:15-3:45 pm | \$170/5 | [123160](#)
Tue, Nov 19-Dec 17 | 3:15-3:45 pm | \$170/5 | [123161](#)
Tue, Nov 19-Dec 17 | 3:15-3:45 pm | \$170/5 | [123162](#)
Tue, Nov 19-Dec 17 | 3:45-4:15 pm | \$170/5 | [123163](#)
Tue, Nov 19-Dec 17 | 3:45-4:15 pm | \$170/5 | [123164](#)
Tue, Nov 19-Dec 17 | 3:45-4:15 pm | \$170/5 | [123165](#)
Tue, Nov 19-Dec 17 | 3:45-4:15 pm | \$170/5 | [123166](#)
Tue, Nov 19-Dec 17 | 4:15-4:45 pm | \$170/5 | [123169](#)
Tue, Nov 19-Dec 17 | 4:15-4:45 pm | \$170/5 | [123170](#)
Tue, Nov 19-Dec 17 | 4:15-4:45 pm | \$170/5 | [123171](#)
Tue, Nov 19-Dec 17 | 4:15-4:45 pm | \$170/5 | [123172](#)

Wed, Nov 20-Dec 18 | 3:15-3:45 pm | \$170/5 | [123367](#)
Wed, Nov 20-Dec 18 | 3:15-3:45 pm | \$170/5 | [123368](#)
Wed, Nov 20-Dec 18 | 3:15-3:45 pm | \$170/5 | [123369](#)
Wed, Nov 20-Dec 18 | 3:15-3:45 pm | \$170/5 | [123370](#)
Wed, Nov 20-Dec 18 | 3:45-4:15 pm | \$170/5 | [123372](#)
Wed, Nov 20-Dec 18 | 3:45-4:15 pm | \$170/5 | [123375](#)
Wed, Nov 20-Dec 18 | 3:45-4:15 pm | \$170/5 | [123378](#)
Wed, Nov 20-Dec 18 | 3:45-4:15 pm | \$170/5 | [123380](#)
Wed, Nov 20-Dec 18 | 4:15-4:45 pm | \$170/5 | [123381](#)
Wed, Nov 20-Dec 18 | 4:15-4:45 pm | \$170/5 | [123383](#)
Wed, Nov 20-Dec 18 | 4:15-4:45 pm | \$170/5 | [123384](#)
Wed, Nov 20-Dec 18 | 4:15-4:45 pm | \$170/5 | [123385](#)

Cliff McNabb Arena

Fri, Sep 13-Oct 11 | 5-5:30 pm | \$170/5 | [123413](#)
Fri, Sep 13-Oct 11 | 5-5:30 pm | \$170/5 | [123414](#)
Fri, Oct 18-Nov 15 | 5-5:30 pm | \$170/5 | [123415](#)
Fri, Oct 18-Nov 15 | 5-5:30 pm | \$170/5 | [123416](#)
Fri, Nov 22-Dec 13 | 5-5:30 pm | \$136/4 | [123417](#)
Fri, Nov 22-Dec 13 | 5-5:30 pm | \$136/4 | [123418](#)

Cliff McNabb Arena

Frank Crane Arena

Sat, Sep 14-Oct 12 | 7:45-8:15 am | \$170/5 | [123428](#)
Sat, Sep 14-Oct 12 | 7:45-8:15 am | \$170/5 | [123429](#)
Sat, Sep 14-Oct 12 | 7:45-8:15 am | \$170/5 | [123430](#)
Sat, Oct 19-Nov 16 | 7:45-8:15 am | \$170/5 | [123431](#)
Sat, Oct 19-Nov 16 | 7:45-8:15 am | \$170/5 | [123432](#)
Sat, Oct 19-Nov 16 | 7:45-8:15 am | \$170/5 | [123433](#)
Sat, Nov 23-Dec 14 | 7:45-8:15 am | \$136/4 | [123434](#)
Sat, Nov 23-Dec 14 | 7:45-8:15 am | \$136/4 | [123435](#)
Sat, Nov 23-Dec 14 | 7:45-8:15 am | \$136/4 | [123436](#)

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



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2024 Street
Banner Design
by Amy Pye



Culture & Events

CALL FOR SUBMISSIONS

Don't miss out on the chance to be a part of our community's extraordinary and quickly growing arts and culture scene!

STREET BANNER DESIGN - The call is open for 2025 banners!
This program offers artists and designers an opportunity to submit proposals for original banner artwork that will be hung in Nanaimo's downtown area.

Deadline for Submissions: Monday, August 26, 2024

NANAIMO'S POET LAUREATE - The call is open!
The City of Nanaimo's next Poet Laureate will serve as a literary ambassador for the City of Nanaimo. Through their role they raise the profile of literary arts in our community by creating and presenting poetic works and activities that are relevant to our times and respond to our place. Nanaimo's next Poet Laureate will engage and inspire, bring their own unique voice and experience to collaborate and realize poetry projects for the benefit of our community.

Deadline for Submissions: Monday, September 16, 2024

2025 CULTURE AWARDS - The call is open for 2025 nominations!
The Culture Awards recognize outstanding organizations, groups or individuals in the arts and culture fields. This is your opportunity to recognize people and groups that you believe have made a significant contribution to making Nanaimo a culturally vibrant city.

Deadline for Submissions: Monday, December 2, 2024

***Check the City of Nanaimo website for details
on applying for the above opportunities under
Culture: Calls for Artists & Poets.***

NEW PUBLIC ART: WHAT & WHERE

The City's Temporary Public Art Program offers artists of diverse backgrounds and skillsets the opportunity to create artwork for public spaces in Nanaimo. This fall, newly unveiled Temporary Public Art projects and projects-soon-to-come can be enjoyed in several locations around the city. Here is what to see and where to find them:

- **Chimes for the South End** by Jesse Gray: Deverill Square Gyro 2 Park
- **Moon Snail House** by Amber & Matthew Morrison: Piper's Lagoon
- **ReWilders** by Robert Turriff: Colliery Dam Park
- **Siwul tu Tumuxw** by Eliot White-Hill, Kwulasultun: Old City Quarter

EVENT SPOTLIGHT

The **Concerts in the Park** series are free concerts showcasing local talent against the backdrop of some of Nanaimo's most beautiful parks!



Baby Bleu performing

Coming Soon

The Culture & Events team has many exciting projects and events coming this Fall & Winter including ongoing cultural events and the unveiling of more public art projects and opportunities!



Follow us on prc_nanaimo on Instagram or subscribe to the "Love Arts Nanaimo" newsletter through our website at nanaimo.ca

THANK YOU, KAMAL!

Nanaimo's Poet Laureate

Since 2021, Kamal Parmar has served as the City of Nanaimo's Poet Laureate. As the City's literary ambassador, Kamal has captivated and inspired, sharing her passion for poetry with audiences of all ages. From free poetry readings, to mentoring local youth, to organizing creative poetry projects seen throughout the city, Kamal's passion and dedication is undeniable. Her contributions to the community while serving as Poet Laureate will continue to be felt for many years to come - a deserving legacy for an extraordinary poet!

As Kamal's term as Poet Laureate comes to an end this fall, we sincerely thank her for the creativity, dedication, and expertise she has shared while in this role. Thank you, Kamal!



Is it Fall?

by Kamal Parmar

Fall,
magical and breathtaking,
exotic smell of rosy peaches,
dew drenched meadows dotted with grazing cows
that linger much after the day is done
and the amber sunlight fading into the approaching dusk.
Shadows no longer linger across vast stretches of rolling corn fields
as the blazing thread of summer pulls away.
Long Lake glistens silver,
kayaks and paddle boats glide over its silky waters
skirted by tall conifers and stately pines.
A lone seagull swoops low.
Swans fly westwards,
spearheading the autumn sky in a v-shaped necklace.
The ocean ringed by a row of snow-capped mountains,
dazzles a deep opal.
The earth's canvas a mosaic of blazing red of the maple
the dazzling yellow of the aspen and the birch.
The air is balmy and the sky speckled with a few fluffy clouds
that float high like balloons,
tinted with the amber light of the fading sun.
Every year, the Fall fairy greets Nanaimo,
its wispy wings, emblazoned in gold.
Who can ever forget the first blush of Autumn?



PROJECT HIGHLIGHT:

Poetry in the Park

During your next nature walk through Bowen Park, look for lines of poetry with attached QR codes at a number of scenic locations and enjoy Poetry in the Park! This project can be accessed using personal devices and available QR codes while on location in Bowen Park, or through the City of Nanaimo's Youtube channel: <https://www.youtube.com/@CityOfNanaimo>



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City of Nanaimo Culture Partners

A SELECTION OF UPCOMING SPOTLIGHT EVENTS



THE PORT THEATRE PRESENTS:

spotlight SERIES

2024-2025 SEASON



FRANKENSTEIN
BALLET VICTORIA
OCTOBER 25, 2024



SONG OF THE NORTH
MAY 14, 2025



WINTER HARP
DECEMBER 14, 2024



NUTCRACKER
ROYAL WINNIPEG BALLET
DECEMBER 6-8, 2024



**AS YOU LIKE IT, OR THE LAND
ACKNOWLEDGEMENT**
OCTOBER 15, 2024



Ô-CELLI
BELGIAN CELLO OCTET
NOVEMBER 22, 2024



**LES BALLETS TROCKADERO
DE MONTE CARLO**
FEBRUARY 5, 2025

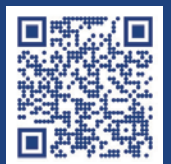
**TICKETS
ON SALE
NOW!**

Check out **ALL** the Spotlight shows!

VISIT: porttheatre.com/spotlight

TICKET CENTRE: **250-754-8550**

SCAN ME



Supported by the Province of British Columbia





2024 FALL & WINTER PROGRAMS

- Oct 4-26 | Lantern Tours
- Oct 16 & 23 | Brother XII Presentations
- Nov 16 | Métis Heritage Celebration
- Oct 3-31 | Spooktober
- Sep-Jun | School & Homeschool Programs



Contact us
250-753-1821



Visit our website
WWW.NANAIMOMUSEUM.CA

LEARN MORE





Learn more about Saturday Studios,
Pro D-Day Camps, Teen Programs and
Adult Workshops at Nanaimo Art Gallery.

NanaimoArtGallery.ca

City of Nanaimo Parks and Facilities Update & Improvements



**Nanaimo BMX Race Track
Redevelopment**



**Opening of two artificial turf fields at
Harewood Centennial Park**



**Throwing/hammer
cages, discus cage
& shotput rings at
Rotary Bowl**



**Millstone Bridge
replacement in
Bowen Park**

CITY OF NANAIMO PARKS AND FACILITIES...
*Enhancing the
livability of our
community*



**Eight pickle ball courts
coming to Beban Park**



**Westwood Lake Phase 1 improvements
complete with Phase 2 beginning this fall**



**New boardwalk trail at Cottle Lake
(Linley Valley Park)**



**Playground coming to
Harry Wipper Park**



**Playground coming to
Westhaven Park**



cityofnanaimo



prc_nanaimo (#ilovemyparksandrec)

NANAIMO COMMUNITY POLICING

VOLUNTEERS NEEDED!



THERE'S A VARIETY OF WAYS TO GET INVOLVED:

- ✓ Speed Watch
- ✓ Crime Watch Patrols
- ✓ 529 Garage Bike Registrations
- ✓ Safety Campaigns
- ✓ Community Development
- ✓ Fun Community Events

WE NEED:

Caring, passionate people concerned about community safety to assist the RCMP and the City of Nanaimo in delivering crime prevention programs and to get involved in community safety initiatives.



INTERESTED?

Attend an Information Session to learn more

Please contact Dan Hopkins,
Community Policing
Coordinator, (250)-755-4531
for more information



Register for your Fall programs today!



3 Easy Ways to Register FOR YOUR NANAIMO PARKS, RECREATION & CULTURE PROGRAMS:

1. ONLINE

Register and view your transactions online.
Available 24/7 with a valid credit card or
with your account credit.

Go to recreation.nanaimo.ca to login and/or
create your account.

2. IN PERSON

Pay for programs using cash, cheque, credit/debit card or
gift cards at any of the locations listed below.
Phone 250-756-5200 to confirm hours.

- Beban Park (2300 Bowen Rd) • Nanaimo Ice Centre (750 Third St.)
- Bowen Park (500 Bowen Rd) • Oliver Woods Comm. Centre (6000 Oliver Rd)
- Nanaimo Aquatic Centre (741 Third St.)

3. BY PHONE

Call 250-756-5200 and leave your name & phone number.
We will call you back in the order calls are received.
Payment is by credit card (card holder must be present)
or with your account credit.

NEW!!

On Registration Day,
the following hours
of operation will be
in effect to serve you
better!

- Beban Park
6 am-8 pm
- Bowen Park
6 am-4:30 pm
- Nanaimo Aquatic Centre
6 am-9 pm
- Nanaimo Ice Centre
6 am-6 pm
- Oliver Woods Community Centre
6 am-7 pm

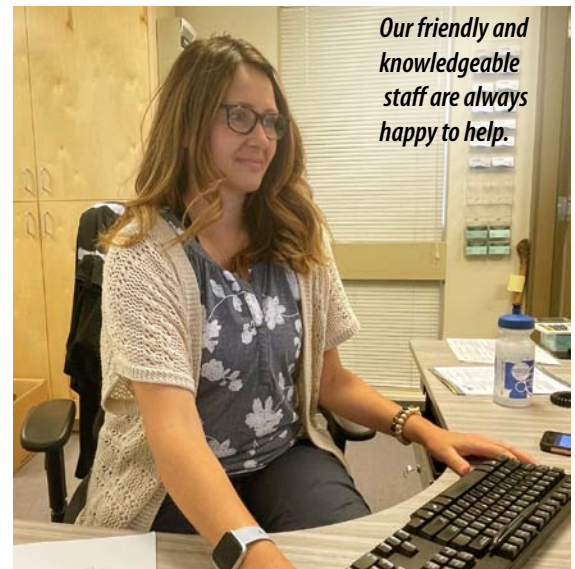
*Serving
You
Better!*

PROGRAM CANCELLATIONS AND REFUNDS

Programs: Full refunds will be processed by contacting Reception a minimum of 72 hours prior to program start date (less supply costs where applicable). Full refunds are issued when Nanaimo Parks, Recreation and Culture cancels a program or when a program is not convenient due to course changes. Every effort is made to cancel in a timely manner (3 to 5 days prior to course start date). Some exceptions may apply.

Passes: Passes are non-refundable and non-transferable, and a \$2 replacement card fee applies if card is lost or stolen. Credits and refunds are not available for promotional passes. Check at the time of purchase for details. Occasionally, a facility may be unavailable due to special events, holidays and maintenance closures. In these cases, the pass holder will not be credited.

Refunds: Payments made by Visa, MasterCard or Debit will be credited to the original credit/debit card (some restrictions apply). All other refunds are refunded by cheque and processed within 10 working days. A fee will apply to NSF or incomplete payments.



Our friendly and knowledgeable staff are always happy to help.

OH, NO! WE HAD TO CANCEL IT!

Sometimes programs get cancelled due to low registration because people wait until the last minute to register. Please try to register as early as possible to avoid disappointment.

SORRY, THAT COURSE IS FULL...

Many of our most popular classes fill up quickly. Please register early to avoid disappointment. Ask to be added to the waitlist free of charge.

CHANGE OF PLANS?

If you need to withdraw from a program because your plans change, please call 250-756-5200 at least 72 hours prior to the course start date for a full refund.



cityofnanaimo



prc_nanaimo (#ilovemyparksandrec)



NANAIMO

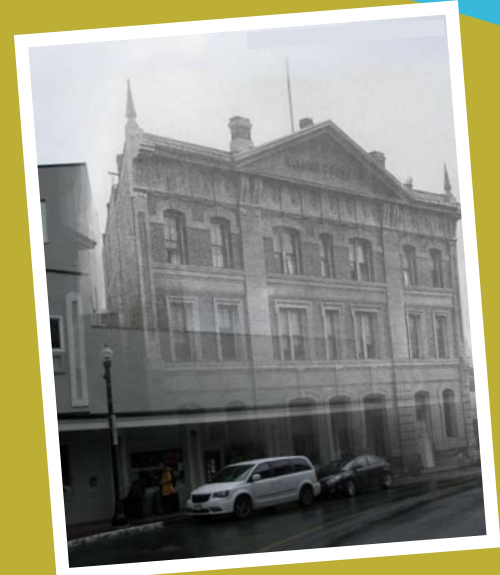
then & now



Fitzwilliam Street



Commercial Street



Front Street



Commercial Street



Skinner Street



Victoria Crescent



Terminal Avenue



Fitzwilliam Street



Victoria Crescent



Wentworth/Wallace Streets

Historical photos courtesy of Nanaimo Archives