

NANAIMO PARKS, RECREATION & CULTURE *Summer 2021 Programs*

June to August 2021

Registration Begins on
Wednesday, May 5



For your safety while participating in our programs, COVID-19 safety protocols are in place.

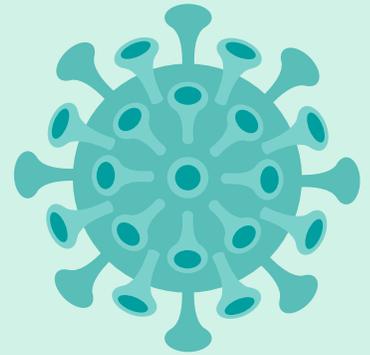
recreation.nanaimo.ca
250-756-5200





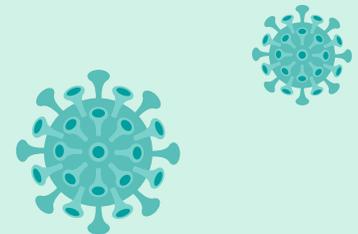
KEEPING YOU SAFE

while you participate with us



Parks, Recreation and Culture staff and instructors have been hard at work following all Provincial Health Orders to keep you safe and healthy while you participate in our programs. This includes:

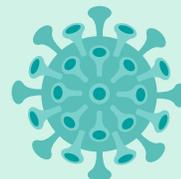
- Enhanced cleaning of our facilities, including high-touch points
- Ensuring that rooms used for programs can adequately allow for proper physical distancing
- Lowering participation numbers so that there is less contact with others
- Wearing of masks in all public areas
- Allowing only those taking part in programs into the buildings to keep visitors safe
- Providing hand sanitizing stations at each entrance
- Staffing facility entrances with Facility Ambassadors to help you know where your program is located and where to exit
- Keeping track of visitors who come into facilities to allow for contact tracing
- Increasing our outdoor program offerings - especially during the warmer summer season



Please do not come to our buildings or participate in programs if you:



- Have any of the following symptoms:
 - Fever
 - Chills
 - New or worsening cough
 - Shortness of breath
 - New muscle aches or headache
 - Sore throat
- Have travelled outside of Canada within the last 14 days
- Are a close contact of a person who tested positive for COVID-19



STOP COVID-19

PLEASE NOTE:

Some programs may have to be cancelled or delayed due to restrictions from Provincial Health Orders. All changes will be communicated to participants and 100% of registration fees will be refunded.

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PRE-REGISTERED DROP-IN SCHEDULE

Nanaimo Aquatic Centre Schedule

July 4 to September 5 (no sessions on stat holidays - Aug 2)

SUN	MON	TUE	WED	THU	FRI	SAT
50 METRE LEISURE & LENGTHS 6:30-11:15 am	LEISURE & LENGTHS 6:30-10 am THERAPY AQUAFIT 9-10 am	LEISURE & LENGTHS 6:30-11:30 am	LEISURE & LENGTHS 6:30-10 am THERAPY AQUAFIT 9-10 am	LEISURE & LENGTHS 6:30-11:30 am	LEISURE & LENGTHS 6:30-10 am THERAPY AQUAFIT 9-10 am	EVERYONE WELCOME (lane swimming available) 8:30 am-7 pm
11:30 am-12:30 pm CLEAN	10:15-11:15 am CLEAN	11:45 am-12:30 pm CLEAN	10:15-11:15 am CLEAN	11:45 am-12:30 pm CLEAN	10:15-11:15 am CLEAN	
Lesson/Rentals 12-4 pm	LEISURE & LENGTHS 11:15 am-2:45 pm	LEISURE & LENGTHS 12:45-4:15 pm	LEISURE & LENGTHS 11:15 am-2:45 pm	LEISURE & LENGTHS 12:45-4:15 pm	LEISURE & LENGTHS 11:15 am-2:45 pm	
4-4:30 pm CLEAN	3-3:45 pm CLEAN	4:30-5 pm CLEAN	3-3:45 pm CLEAN	4:30-5 pm CLEAN	2:45-3:15 pm CLEAN	
EVERYONE WELCOME 4:30-8 pm (lane swimming available)	Lessons/Rentals 3:15-9 pm LEISURE ONLY 7:45-8:45 pm	LEISURE & LENGTHS 5:15-6:45 pm	Lessons/Rentals 3:15-9 pm TETHERED AQUAFIT 7:15-8:15 pm LEISURE ONLY 7:45-8:45 pm	LEISURE & LENGTHS 5:15-6:45 pm	EVERYONE WELCOME (lane swimming available) 3:15-7 pm	

Nanaimo Aquatic Centre Weight Room Schedule

July 4 to September 5 (no sessions on stat holidays - Aug 2)

SUN	MON	TUE	WED	THU	FRI	SAT
6:30 am-8 pm	6:30 am-8 pm	6:30 am-6:45 pm	6:30 am-8 pm	6:30 am-6:45 pm	6:30 am-6:45 pm	9 am-6:45 pm
1 hour sessions with 15 minutes between for cleaning						

Please see the following pages for important information for aquatic and weight room users.

IMPORTANT INFORMATION FOR NANAIMO AQUATIC CENTRE USERS

Nanaimo Aquatic Centre is a place of wellness:

- Please stay home if you are feeling unwell
- Wash your hands regularly
- Masks are recommended when not in the water
- Shower before using the pool and after using the hot tub, sauna or steam room

General Information:

- All sessions are available for pre-registration 72 hours in advance
- Drop in registration is available if the session is not full
- 1 hour sessions continue for both the pool and the gym
- Individuals can access the change room at any time during their swim
- Entrances and exits now available from the front (or from the deck following your swim)
- Schedules are subject to change

Lane Swimming

- Participant numbers will be increasing over the summer
- The lazy river and spray features will be available during this swim
- Waves will NOT be available during leisure swims
- Hot tub, sauna and steam room will be available after July 12
- Mats and pool toys are available for use
- Other equipment may be upon request (eg. noodles or barbells)

Everyone Welcome

- Waves, lazy river, spray features and slides will be available after July 12
- Mats and pool toys will be available
- Hot tub, sauna, and steam room will be available after July 12

Weight Room

- Individuals are ask to continue wiping down the equipment before and after use
- Participant numbers have been increased
- Showers and change rooms remain unavailable for gym users



Hello Summer Holidays

Summer is such a fun season!
The weather is warm, the days are long, and the opportunities to play are all around us...

Here are a few ways to help make your summer more memorable!



See the following pages for summer daycamps & programs!

Water Parks

Open June to September

9 am-8 pm

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

(weather depending)

Westwood Lake Lifeguards

Daily, June 29 to September 5

12-6 pm

(weather depending; including Canada Day, BC Day and Labour Day)

PLAYGROUND PROGRAM

July 7 to September 1

Hey, kids ages 5 to 12! Drop in to one of our neighbourhood playgrounds this summer and join in for FREE family fun! Activities could include games, arts & crafts and sports!

Monday to Friday, 10 am-3:30 pm

- HAREWOOD CENTENNIAL PARK (740 Howard Ave)

Monday, Tuesday, Thursday & Friday, 10 am-3:30 pm

Wednesday, 1:30-7 pm

- MANSFIELD PARK (850 Cadogan St)

Monday & Tuesday, 10 am-3:30 pm

Wednesday, 1:30-7 pm

- COUNTRY HILLS PARK (2899 White Blossom Way)
- LINLEY VALLEY GYRO PARK (5787 Linley Valley Way)

Thursday & Friday, 10 am-3:30 pm

- HAWTHORNE PARK (620 Sarum Rise Way)
- WESTDALE/LESLIE CRES. PARK (5409 Westdale Rd)

Nanaimo Aquatic Centre Weight Room Schedule

July 4 to September 5 (no sessions on stat holidays - Aug 2)

SUN	MON	TUE	WED	THU	FRI	SAT
6:30 am-8 pm	6:30 am-8 pm	6:30 am-6:45 pm	6:30 am-8 pm	6:30 am-6:45 pm	6:30 am-6:45 pm	9 am-6:45 pm
1 hour sessions with 15 minutes between for cleaning	1 hour sessions with 15 minutes between for cleaning	1 hour sessions with 15 minutes between for cleaning	1 hour sessions with 15 minutes between for cleaning	1 hour sessions with 15 minutes between for cleaning	1 hour sessions with 15 minutes between for cleaning	1 hour sessions with 15 minutes between for cleaning

Weight Room Programs Interest Lists

Call Us to Add Your Name to the Interest Lists

As a result of the current pandemic, we have not scheduled any Weight Room Orientations or Personal Training Sessions. We will continue to evaluate the local situation and adhere to local health guidelines, and when it is safe to do so and permitted, we will program the dates and times to facilitate a course.

In the meantime, if you are interested in participating in the programs listed below at a future time, please register yourself using Course ID numbers listed by the course title. We will do our best to schedule something in the near future for you. Once we have the dates and time confirmed we will contact you and offer you the chance to register.

Please note that we are unable to guarantee an orientation or personal training session due to current health orders, facility space and the availability of a trainer or attendant.

Weight Room Orientation - Youth

13 Years & Up

56128

Safe use of weight room equipment is important to us. Orientations are designed to familiarize you with our facility and to give you an orientation of the basics of strength training. An orientation is recommended before using our facilities. Once you have completed an orientation you can sign up for one of our registered drop-in sessions without a parent or guardian. You may be required to provide proof of completion to the attendant and/or front desk. Cost for this program is \$5.

Weight Room Orientation - Adult

56129

If you are unfamiliar with the weight room equipment and want to learn to use it safely, sign up for an orientation with one of our weight room attendants. They will walk you through the machines and show you how to use them safely, and allow you to exercise correctly for the best benefits. Cost for this program is \$5.

Personal Training Sessions - Adult

56130

Personal training isn't just for the rich and famous. Our personal trainers will help educate, motivate and inspire you to accomplish goals that matter to you. You can 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! This session includes access to the facility on the day of the training session. Cost for this program is \$48.



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PRE-REGISTERED DROP-IN SCHEDULE

Summer Arenas Schedule

Monday, June 28 to Saturday, September 4 (no sessions on stat holidays - Jul 1 & Aug 2)

Programs	SUN	MON	TUE	WED	THU	FRI	SAT
Everyone Welcome	3-4:30 pm NIC		6-7:30 pm NIC	6:30-8 pm NIC			1-2:30 pm NIC
Adult Leisure 19+					11:45 am- 1:15 pm NIC		
Adult Scrub Hockey 19+ No contact scrimmage.		11:45 am -1:15 pm NIC		11:45 am -1:15 pm NIC		11:45 am -1:15 pm NIC	
Senior Scrub 60+ & Senior Scrub Hockey 70+		8-9:15 am NIC2	10:45 am -12 pm (70+) NIC	8-9:15 am NIC		8-9:15 am NIC	10-11:15 am (70+) NIC
Stick 'n' Puck Children under 8 must be accompanied onto the ice by an adult.	1:45-2:45 pm NIC					3-4 pm Cliff McNabb	11:30 am -12:45 pm NIC
Adult Co-Ed Scrimmage						9-10:30 am (starting Aug 6) NIC	

Arena Schedule Changes

Arena schedules have adjustments for tournaments, statutory holidays and special events. Please check our drop-in schedule on our website at recreation.nanaimo.ca for the latest information.



PARTICIPANTS WITH SPECIAL NEEDS ARE WELCOME TO PUBLIC SKATING SESSIONS!

Everyone Welcome Limited to 40 skaters. Lap skating to fun music. Designed for skaters of all ages and abilities, these sessions provide an opportunity for all members of the community to get active. Helmets are strongly recommended. Look for our fun "Game Zone" at these sessions held at the far end of the ice surface using sponge pucks.

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.

Adult/Senior/70+ Scrub (Adult 18+, Senior 60+) Goalies play for free. Maximum of 24 on the ice.

Stick 'n' Puck Whether you're new to the game of hockey or are looking to brush up on your skills. Get on the ice in a non-game, recreational setting. Space is limited, and session rules do apply. Please bring your own pucks.

Adult Co-Ed Scrimmage This is about non-competitive hockey. Our leaders are on the ice to organize and direct the play. Previous hockey experience is recommended. Full gear is required. Goalies are welcome.

Pre-Registered Drop-in Programs

- All pre-registered drop in programs require advanced registration. Registration is available 72 hours prior the start of the session online at: <https://cityofnanaimo.perfectmind.com/> (personal account is required)
- Registration is also available by telephone at (250) 756-5200 or at the front counter in advance at Nanaimo Aquatic Centre, Bowen Park Complex or Oliver Woods Community Centre.
- Drop in at the time of session is not permitted; schedule subject to change.
- Please arrive no earlier than 20 minutes for your session to change into gear.

PRE-REGISTERED DROP-IN SCHEDULE

Oliver Woods Community Centre Schedule

Monday, June 28 to Tuesday, August 31 (no sessions on stat holidays - Jul 1 & Aug 22)

Programs	SUN	MON	TUE	WED	THU	FRI	SAT
Badminton Singles* 16+			8:45-10:15 am (no sessions on Jul 6 & Aug 17)		10:30 am-12 pm (no sessions on Jul 8 & Aug 19)	10-11:30 am (no sessions on Jul 9 & Aug 20)	
Pickleball Singles* 16+ Tennis-like game played on a badminton court using a perforated, slow moving ball and paddle. All levels welcome.		12:30-2 pm (no sessions on Jul 5 & Aug 16)			8:45-10:15 am (no sessions on Jul 8 & Aug 19)		

*** Single play only with a maximum of 8 players per session. Players will stay on one court per day and are only permitted to register for one of each session per day. No switching opponents during the same time slot.**

Pre-Registered Drop-in Programs

- All pre-registered drop in programs require advanced registration. Registration is available 72 hours prior the start of the session online at: <https://cityofnanaimo.perfectmind.com/> (personal account is required)
- Registration is also available by telephone at (250) 756-5200 or at the front counter in advance at Oliver Woods Community Centre, Bowen Complex and Nanaimo Aquatic Centre.
- Drop in at the time of session is not permitted.
- Users will not have access to the change rooms or showers. Come dressed for your activity and exit the facility immediately following the session.
- Schedule subject to change. This current schedule reflects the current Provincial Health Orders.



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Nanaimo Recreation Facilities

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:

- **Departure Bay Activity Centre** (1415 Wingrove St)
- **Kin Hut Activity Centre** (2730 Departure Bay Rd)
- **Rotary Activity Centre** (850 Third St)

--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 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





Early Years & Children's

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



For your safety while participating in our programs, COVID-19 safety protocols are in place.

Gym Pals

1 to 4 Years

This is parent participation time for tots to explore and develop motor skills.

Mon, Jun 7-28	2:30-3:30 pm	\$30/4	54671
Fri, Jun 4-25	10:45-11:45 am	\$30/4	54674

Oliver Woods Community Centre

Ants on Parade

3 to 6 Years

Have your kids ever wondered what the mounds of dirt are in the forest? Have they seen the ants moving on the mound? Have they ever watched ants marching or foraging. Join us for ant crafts, experiments and more. This is a parent participation class.

Instructor: Judy Wickland

Sun, May 2	10-11:15 am	\$10/1	55769
Sun, May 2	11:30 am-12:45 pm	\$10/1	55775

Beban Park Participark

Silly Spiders

3 to 6 Years

Are your spidey senses tingling? Come explore the amazing world of spiders - what they eat, the types of webs they spin and why. This is a parent participation course.

Instructor: Judy Wickland

Sun, May 16	10-11:15 am	\$10/1	55766
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Linley Valley (parking off Rock City Road)

Under the Surface

3 to 6 Years

Did you know that there is a mysterious world living just beneath the surface of our oceans and streams? Come explore with us in search of these critters and learn about the life surrounding the shoreline. Discover what that slimy stuff is that gets stuck between your toes and much more. This is a parent participation class. Stay for a picnic after class.

Instructor: Judy Wickland

Sat, May 29	1:15-2:30 pm	\$10/1	55767
Sat, May 29	2:45-4 pm	\$10/1	55768

Pipers Lagoon Park - picnic tables facing the ocean

Wild Life is Everywhere NEW!

3 to 6 Years

Discover the creatures and critters that call this park home. Let's explore together the wonders of this particular ecosystem with activities and information sharing. This is a parent participation class.

Instructor: Judy Wickland

Sun, Jun 6	10-11:15 am	\$10/1	55940
Sun, Jun 6	11:30 am-12:45 pm	\$10/1	56776

Colliery Dam Park



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PLAY AND LEARN



Monthly Early Years Programs

for ages 3 to 5

Our monthly "Play & Learn" early years programs, led by experienced and dedicated staff, will teach your child how enjoyable learning can be! Through interactive play, songs, stories, crafts and basic academic prep activities, your child will develop skills that will help prepare them for Kindergarten and for years to come. Please send your child dressed appropriately for all weather conditions. For your safety while participating in our programs, COVID-19 safety protocols are in place.

Busy Bees - Beban Park

Please note that this is an outdoor-based program with the majority of the program being spent outside.

Mondays, 9-11 am

Sep: \$40 (#55014)	Feb: \$60 (#55030)
Oct: \$60 (#55016)	Mar: \$40 (#55032)
Nov: \$100 (#55021)	Apr: \$60 (#55033)
Dec: \$40 (#55025)	May: \$80 (#55034)
Jan: \$80 (#55028)	Jun: \$40 (#55035)

Beban Social Centre

Animal Crackers - Beban Park

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

Sep: \$100 (#55052)	Feb: \$160 (#55057)
Oct: \$160 (#55053)	Mar: \$120 (#55058)
Nov: \$160 (#55054)	Apr: \$160 (#55059)
Dec: \$100 (#55055)	May: \$180 (#55060)
Jan: \$160 (#55056)	Jun: \$100 (#55061)

Beban Social Centre

Animal Crackers - Beban Park

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

Sep: \$80 (#55066)	Feb: \$160 (#55080)
Oct: \$180 (#55067)	Mar: \$100 (#55081)
Nov: \$160 (#55077)	Apr: \$160 (#55082)
Dec: \$120 (#55078)	May: \$160 (#55083)
Jan: \$160 (#55079)	Jun: \$120 (#55084)

Beban Social Centre

Kinder Prep* - Beban Park

Tuesdays/Thursdays, 9-11 am

Sep: \$100 (#55113)	Feb: \$160 (#55127)
Oct: \$160 (#55114)	Mar: \$120 (#55127)
Nov: \$160 (#55115)	Apr: \$160 (#55128)
Dec: \$100 (#55120)	May: \$180 (#55129)
Jan: \$160 (#55121)	Jun: \$100 (#55130)

Beban Social Centre

Kinder Prep* - Beban Park

Wednesdays/Fridays, 9-11 am

Sep: \$80 (#55131)	Feb: \$160 (#55137)
Oct: \$160 (#55132)	Mar: \$100 (#55138)
Nov: \$160 (#55133)	Apr: \$160 (#55139)
Dec: \$120 (#55134)	May: \$160 (#55141)
Jan: \$160 (#55135)	Jun: \$120 (#55142)

Beban Social Centre

Teddy Bears - Bowen Park

Please note that this is an outdoor-based program with the majority of the program being spent outside. Note new time starting in September.

Mondays/Wednesdays, 11:30 am-1:30 pm

Sep: \$120 (#55036)	Feb: \$140 (#55041)
Oct: \$140 (#55037)	Mar: \$100 (#55042)
Nov: \$180 (#55038)	Apr: \$140 (#55043)
Dec: \$100 (#55039)	May: \$160 (#55044)
Jan: \$160 (#55040)	Jun: \$100 (#55045)

Bowen Park Complex

Kinder Prep* - Bowen Park NEW!

Mondays/Wednesdays, 9-11 am

Sep: \$120 (#58093)	Feb: \$140 (#58098)
Oct: \$140 (#58094)	Mar: \$100 (#58099)
Nov: \$180 (#58095)	Apr: \$140 (#58100)
Dec: \$100 (#58096)	May: \$160 (#58101)
Jan: \$160 (#58097)	Jun: \$100 (#58102)

Bowen Park Complex

Doodle Bugs - Oliver Woods

Please note that this is an outdoor-based program with the majority of the program being spent outside.

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

Sep: \$120 (#55098)	Feb: \$160 (#55106)
Oct: \$160 (#55099)	Mar: \$120 (#55107)
Nov: \$160 (#55100)	Apr: \$160 (#55108)
Dec: \$100 (#55101)	May: \$180 (#55109)
Jan: \$160 (#55102)	Jun: \$100 (#55110)

Oliver Woods Community Centre

Kinder Prep* - Oliver Woods

Tuesdays/Thursdays, 9-11 am

Sep: \$120 (#55236)	Feb: \$160 (#55245)
Oct: \$160 (#55237)	Mar: \$120 (#55250)
Nov: \$160 (#55239)	Apr: \$160 (#55246)
Dec: \$100 (#55241)	May: \$180 (#55254)
Jan: \$160 (#55243)	Jun: \$100 (#55258)

Oliver Woods Community Centre

Kinder Prep* - Oliver Woods

Mondays/Wednesdays, 9-11 am

Sep: \$120 (#55259)	Feb: \$140 (#55285)
Oct: \$140 (#55277)	Mar: \$100 (#55286)
Nov: \$180 (#55280)	Apr: \$140 (#55287)
Dec: \$100 (#55283)	May: \$160 (#55288)
Jan: \$160 (#55284)	Jun: \$100 (#55289)

Oliver Woods Community Centre

Kinder Prep* - Oliver Woods

Fridays, 9-11 am

Sep: \$40 (#55290)	Feb: \$80 (#55297)
Oct: \$100 (#55291)	Mar: \$40 (#55299)
Nov: \$80 (#55294)	Apr: \$80 (#55300)
Dec: \$60 (#55295)	May: \$80 (#55301)
Jan: \$80 (#55296)	Jun: \$60 (#55302)

Oliver Woods Community Centre

*Kinder Prep is only for children entering Kindergarten in September of 2022. Busy Bees, Animal Crackers, Teddy Bears & Doodle Bugs are for children 3 to 5 years; all children must be potty trained.

There will be no refunds after the first class has started. Withdrawals can be made up to 72 hours prior to the first class for a full refund. If withdrawal is made less than 72 hours prior to the first class, but before the first class has started, you will be charged for the first class.

MOVE! ENGAGE! EXPLORE!
DISCOVER! LEARN! PLAY!

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.

Instructor: Nasya Moore

Sat, Jun 5-26	10-10:30 am	\$28/4	54652
Sat, Jun 5-26	12:30-1 pm	\$28/4	54655
Sat, Jul 3-31	10-10:30 am	\$35/5	56979
Sat, Jul 3-31	12:30-1 pm	\$35/5	56982
Sat, Aug 7-28	10-10:30 am	\$28/4	56986
Sat, Aug 7-28	12:30-1 pm	\$28/4	56989

Oliver Woods Community Centre

Baby Ballet - The Next Steps

3 to 5 Years

This is a class for little dancers who have already taken Baby Ballet. This is a continuation of level one, including more steps, music, and movement. Children should wear leotards, shorts, and dance slippers if available. If not, then bare feet is acceptable.

Instructor: Nasya Moore

Sat, Jun 5-26	11:30 am-12 pm	\$28/4	54654
Sat, Jun 5-26	2-2:30 pm	\$28/4	54657
Sat, Jul 3-31	11:30 am-12 pm	\$35/5	56981
Sat, Jul 3-31	2-2:30 pm	\$35/5	56984
Sat, Aug 7-28	11:30 am-12 pm	\$28/4	56988
Sat, Aug 7-28	2-2:30 pm	\$28/4	56991

Oliver Woods Community Centre

Junior Ballet NEW!

6 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. The children will be led in fun, engaging dance steps and movements to some energetic music. Children should wear leotards, shorts and dance slippers if available. If not, then bare feet is acceptable. This is a parent participation program (only one caregiver, please).

Instructor: Nasya Moore

Sat, Jun 5-26	2:45-3:15 pm	\$28/4	54658
Sat, Jul 3-31	2:45-3:15 pm	\$35/5	56985
Sat, Aug 7-28	2:45-3:15 pm	\$28/4	56992

Oliver Woods Community Centre

Musical Dance Theatre

3 to 5 Years

Time to get theatrical! This program is based on dancing, acting and singing. Children will learn proper dance fundamentals. Children should wear leotards, shorts, and dance slippers if available. If not, then bare feet is acceptable.

Instructor: Nasya Moore

Sat, Jun 5-26	10:45-11:15 am	\$28/4	54653
Sat, Jun 5-26	1:15-1:45 pm	\$28/4	54656
Sat, Jul 3-31	10:45-11:15 am	\$35/5	56980
Sat, Jul 3-31	1:15-1:45 pm	\$35/5	56983
Sat, Aug 7-28	10:45-11:15 am	\$28/4	56987
Sat, Aug 7-28	1:15-1:45 pm	\$28/4	56990

Oliver Woods Community Centre

Wiggles & Giggles

6 to 18 Months

Formerly "Dance with Me", babies and toddlers will develop a love for music, movement and building friendships through fun songs, simple actions and toy props. Parent participation is required. Please bring a small pillow and baby blanket, handheld maraca/rattle/toy or musical instrument and your child's favourite stuffy or toy.

Instructor: Chiara

M-F, Jul 5-9	9-9:30 am	\$40/5	57095
M-F, Jul 12-16	9-9:30 am	\$40/5	57096

Lion's Pavilion at Maffeo Sutton Park

Dance, Craft & Play NEW!

In this fun, outdoor setting, we will be exploring some different dance styles and creating crafts to incorporate into our dances and games. No dance experience necessary.

Instructor: Chiara

2 to 3 Years

M-F, Jul 5-9	9:45-10:45 am	\$60/5	57097
M-F, Jul 12-16	9:45-10:45 am	\$60/5	57098

4 to 5 Years

M-F, Jul 5-9	11 am-12 pm	\$60/5	57099
M-F, Jul 12-16	11 am-12 pm	\$60/5	57100

Lion's Pavilion at Maffeo Sutton Park

Intro to Hip Hop

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

5 to 7 Years

Fri, May 14-Jun 4	4:15-5 pm	\$48/4	51394
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8 to 11 Years

Fri, May 14-Jun 4	5:15-6 pm	\$48/4	51396
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Vibe Dance Studios



Zumba Kids

7 to 11 Years

These classes feature kid-friendly routines. We break down the steps, add games, activities and cultural exploration elements into the class structure. This helps develop a healthy lifestyle and incorporates fitness as a natural part of children's lives by making fitness fun.

Instructor: Shandra Mayes

Fri, Jun 4-25 4:30-5:15 pm \$32/4 55051

Oliver Woods Community Centre

Yoga for Kids

Kids yoga assists children in their focus skills, teaches self-awareness, builds self-esteem, self-respect and is empowering. Parent participation is not required. Please bring your own yoga mat.

Instructor: Gypsy Hart

6 to 10 Years

Wed, Jun 2-30 3:30-4:30 pm \$40/5 55049

Instructor: Myah Rogerson

6 to 9 Years

Wed, Jul 7-28 9-10 am \$32/4 57405

10 to 13 Years

Wed, Jul 7-28 10:15-11:15 am \$24/3 57406

Oliver Woods Community Centre

Street-Smarts Commuter Cycling Skills

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

6 to 8 Years

Sun, May 16 1:30-4:30 pm \$40/1 55251

8 to 11 Years

Sun, May 16 9:30 am-12:30 pm \$40/1 55247

Beban Park Social Centre

Basketball Fundamental NEW!

Movement Skills

6 to 10 Years

Did you know basketball is one of the world's fastest growing sports? Come find out why during this fun and educational program. Your coach will teach you the fundamental movements of basketball through footwork, dribbling, shooting mechanics and passing.

Wed, Jun 2-30 4-5 pm \$35/5 54928

Oliver Woods Community Centre

Junior Badminton

10 to 15 Years

Get instruction and practice time for the beginner or intermediate player. The emphasis is on skill development and game play.

Instructor: Helen Binns

Mon, May 10-Jun 14 4-5 pm \$40/5 54973

Oliver Woods Community Centre

Progressive Tennis - Spring

Learn tennis in a fun cooperative team environment using smaller racquets, lighter balls and smaller courts so kids can develop skills more quickly. All equipment is provided. Clean gym shoes are required.

5 to 7 Years

Sun, May 23-Jun 27 1:30-2:30 pm \$96/6 55577

8 to 11 Years

Sun, May 23-Jun 27 2:30-3:45 pm \$120/6 55578

Westwood Tennis Club

Taekwondo

This program emphasizes 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

Sat, Jun 5-19 10-10:35 am \$29/3 55582

M/W, Aug 9-16 3:45-4:20 pm \$29/3 57479

M/W, Aug 23-30 3:45-4:20 pm \$29/3 57480

8 to 12 Years

Sat, Jun 5-19 10:45-11:20 am \$29/3 55585

Tu/Th, Aug 10-17 3:45-4:20 pm \$29/3 57481

Tu/Th, Aug 24-31 3:45-4:20 pm \$29/3 57482

World Tae Kwon Do Academy (4300 Wellington Rd)



GOLDEN BUCKET CHALLENGE

May 5 to July 28

See page 17

Tae Kwon Do & Hapkido

12 Years +

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

M/W, Jun 7-14	6:10-6:50 pm	\$35/3	55589
M/W, Aug 9-16	6:10-6:50 pm	\$35/3	57483
M/W, Aug 23-30	6:10-6:50 pm	\$35/3	57484

World Tae Kwon Do Academy (4300 Wellington Rd)

Karate - Spring

4 to 7 Years

Learn to perform basic karate moves and improve motor skills. Designed to teach self-discipline with courtesy and respect strongly emphasized. See Summer Section for summer sessions.

Mon, Jun 7-28	4:30-5:10 pm	\$25/4	55746
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Shima Karate (3032 Barons Rd)

Karate - Spring

8 to 12 Years

Now kids move into the older program training twice a week where they will start learning katas and have anti-bullying discussions. See Summer Section for summer sessions.

M/W, May 17-31	5:30-6:10 pm	\$25/4	55752
T/Th, Jun 1-10	4:30-5:10 pm	\$25/4	55754
T/Th, Jun 15-24	4:30-5:10 pm	\$25/4	55755

Shima Karate (3032 Barons Rd)

Rock Climbing - Spring

6 to 12 Years

Come out and give indoor rock climbing a try. We provide all the gear and staff to introduce kids to the exciting sport of rock climbing. No experience necessary. Do it for the fitness and the fun! See Summer Section for summer sessions.

Wed, Jun 2-23	4-6 pm	\$80/4	55602
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Romper Room Climbing Gym (4235 Boban Dr)

Piano - Private Beginner Lessons

5+ Years

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

Instructor: A. Margarita Hillers

Tue, Jun 1-22	3:30-4 pm	\$85/4	49449
Tue, Jun 1-22	4:05-4:35 pm	\$85/4	49450
Tue, Jun 1-22	4:40-5:10 pm	\$85/4	49451
Tue, Jun 1-22	5:15-5:45 pm	\$85/4	49452
Tue, Jun 1-22	5:50-6:20 pm	\$85/4	49453

Bowen Park Complex



Hello Summer Holidays

Summer is such a fun season!
The weather is warm, the days are long, and the opportunities to play are all around us...

Here are a few ways to help make your summer more memorable!



See the following pages for summer daycamps & programs!

Water Parks

Open June to September

9 am-8 pm

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

(weather depending)

Westwood Lake Lifeguards

Daily, June 29 to September 5

12-6 pm

(weather depending; including Canada Day, BC Day and Labour Day)

PLAYGROUND PROGRAM

July 7 to September 1

Hey, kids ages 5 to 12! Drop in to one of our neighbourhood playgrounds this summer and join in for FREE family fun! Activities could include games, arts & crafts and sports!

Monday to Friday, 10 am-3:30 pm

- HAREWOOD CENTENNIAL PARK (740 Howard Ave)

Monday, Tuesday, Thursday & Friday, 10 am-3:30 pm

Wednesday, 1:30-7 pm

- MANSFIELD PARK (850 Cadogan St)

Monday & Tuesday, 10 am-3:30 pm

Wednesday, 1:30-7 pm

- COUNTRY HILLS PARK (2899 White Blossom Way)
- LINLEY VALLEY GYRO PARK (5787 Linley Valley Way)

Thursday & Friday, 10 am-3:30 pm

- HAWTHORNE PARK (620 Sarum Rise Way)
- WESTDALE/LESLIE CRES. PARK (5409 Westdale Rd)

**NEW Clues
Posted Every
Wednesday!**



GOLDEN BUCKET CONTEST

**EXPLORE YOUR PARKS & TRAILS!
YOU COULD WIN SOME GREAT PRIZES!**



HOW TO PLAY:

1. Each Wednesday from **May 5 to July 28**, follow the Golden Bucket each week by watching for a new clue on Facebook, Twitter, Instagram and on our website.
2. Use the clue to find the Golden Bucket sticker hidden in one of our parks.
3. Once you find the Golden Bucket sticker, use a QR App or your smartphone camera for a question related to that particular location.
4. Submit your answer about this park and qualify to win some fun weekly prizes from the City of Nanaimo and Coast Expression Adventure Centre and the GRAND PRIZE of a **Kayak Tour** for you and 4 of your friends **courtesy of Coastal Expression Adventure Centre** (value of \$300)!



cityofnanaimo



nanaimoparksandrec (#ilovemyparksandrec)

Welcome to City of Nanaimo, Parks, Recreation & Culture

KIDS Summer CAMPS

Where memories
are created that last
a lifetime!



Design Your Own Summer Schedule!

These six camps listed below take place Monday to Friday from 8:30 am to 4:30 pm.

Pick the days and locations that best meet your family's needs! (\$42/day)

- Camp Wild • Camp Holidaze • Bowen Explorers
- Girls Get Active • Adventure Sports Camp • Camp Compass

Our camps are filled with fun and adventure each day! Our camp leaders will ensure your child's day camp experience is a memorable one. Each day is comprised of various activities, including lots of games, sports, arts, crafts, drama, storytelling and outdoor exploring. Out trips, special guests, gym time and special theme days may also be part of the camp experience, and our camps follow all COVID-19 protocols to keep your child safe. **The camps listed above are held primarily outdoors.**

We select our camp leaders for their maturity, skills and experience with children. In addition to planning and supervising our camps, these staff members receive training in leadership, safety and emergency procedures. They are also certified in both first aid and CPR. Our LIT and QUEST youth volunteers assist leaders with program activities.

How To Sign Up for Full Day Camps Online:

1. Go to recreation.nanaimo.ca
2. Search keyword listed for each camp
3. Choose which child you want to register
4. Register for the days you want
5. Continue shopping or checkout

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

Camper Drop off & Pick Up

- Please allow extra time to sign in on the first day of each camp and bring completed medical forms to each camp.
- Parents/guardians or authorized persons **must** sign their child(ren) in and out daily (mandatory); no drop off prior to start time.
- On-time drop off and prompt pick up are important. **\$1/minute** charges are in effect for late pick ups.
- If your child has any serious medical conditions, behavioural concerns or any other issues that may affect their experience at camp, please inform the Recreation Coordinator at 250-756-5200.
- To ensure that all children can participate fully in all indoor and outdoor/off-site activities, please prepare them with suitable clothing for all types of weather. Remember, these camps are held primarily outdoors.
- Activities will run as scheduled unless the conditions necessitate a change in schedule. In this case, alternate indoor activities will be offered (be prepared for unexpected weather changes). The camp structure and programming may change once the session starts depending on the weather, space and campers' needs.
- Please see page 50 for cancellation and refund information.



Nanaimo Parks, Recreation and Culture Full Day Camps

MIX AND MATCH! Design your ultimate summer by choosing a variety of days and locations from the six options below!

The camps listed in this yellow box run from 8:30 am to 4:30 pm and cost \$42/day.

Camp Wild 6 to 10 Years

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

ONLINE KEYWORD SEARCH: WILD

- JULY - Mon, Jul 5 to Fri, Jul 30
- AUGUST - Tue, Aug 3 to Fri, Sep 3

Oliver Woods Community Centre

Camp Holiday: 6 to 11 Years

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

ONLINE KEYWORD SEARCH: HOLIDAY

- JULY - Mon, Jul 5 to Fri, Jul 30
- AUGUST - Tue, Aug 3 to Fri, Sep 3

Departure Bay Activity Centre

Bowen Explorers 6 to 11 Years

Embrace your spirit of adventure and create experiences that last a lifetime. Our summer camps offer opportunities to play, build relationships and explore the outdoors. Camp held primarily outdoors, so please dress for the weather. Register by the day to suit your schedule.

ONLINE KEYWORD SEARCH: EXPLORERS

- JULY - Mon, Jul 5 to Fri, Jul 30
- AUGUST - Tue, Aug 3 to Fri, Sep 3

Bowen Park Complex

Girls Get Active Camp 6 to 12 Years

Join and connect with leaders and other girls. Discover what you love about yourself, and learn to celebrate it. Embrace your inner awesomeness, meet new friends and build confidence while participating in a variety of active outings mixed with arts, crafts, swimming, games and team-building activities. Register by the day to suit your schedule. Camp held primarily outdoors, so please dress for the weather.

ONLINE KEYWORD SEARCH: GIRLS GET ACTIVE

- JULY - Mon, Jul 5 to Fri, Jul 30
- AUGUST - Tue, Aug 3 to Fri, Sep 3

Nanaimo Ice Centre

Camp Compass 8 to 12 Years

This camp will be entirely outdoors with various "home-base" drop-off and pick-up location from which your camper will explore all that our City has to offer beyond four walls. Register by the day to suit your schedule.

ONLINE KEYWORD SEARCH: COMPASS

- Jul 19-23: Kinsmen Park (Departure Bay)
- Aug 16-20: Bowen Park

Adventure Sports Camp 8 to 12 Years

Join us for a day of fun sports and activities designed to engage skill development, play and sportsmanship. Our leaders will make this fun, exciting and educational with everything from traditional sports and games to ones you've maybe never tried before. Meet new friends and experience sports - just for the fun of it and maybe to discover your passion. Camp held primarily outdoors, so please dress for the weather.

ONLINE KEYWORD SEARCH: ADVENTURE SPORTS

- JULY - Mon, Jul 5 to Fri, Jul 16 & Mon, Jul 26 to Friday, Jul 30
- AUGUST - Tue, Aug 3 to Fri, Aug 13 & Mon, Aug 23 to Fri, Sep 3

Harewood Covered Sports Court



Click here for a full listing of daily course IDs for these camps.



cityofnanaimo



nanaimoparksandrec (#ilovemyparksandrec)

Nanaimo Parks, Recreation & Culture Weekly Camps

Full and partial day camps.

Tree Frog Camp

3 to 5 Years

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

M-F, Jul 5-9	9-11 am	\$100/5	53886
M-F, Jul 12-16	9-11 am	\$100/5	53887
M-F, Jul 19-23	9-11 am	\$100/5	53888
M-F, Jul 26-30	9-11 am	\$100/5	53889
Tu-F, Aug 3-6	9-11 am	\$80/4	53890
M-F, Aug 9-13	9-11 am	\$100/5	53891
M-F, Aug 16-20	9-11 am	\$100/5	53892
M-F, Aug 23-27	9-11 am	\$100/5	53893

M-F, Jul 5-9	12-2 pm	\$100/5	56905
M-F, Jul 12-16	12-2 pm	\$100/5	56906
M-F, Jul 19-23	12-2 pm	\$100/5	56907
M-F, Jul 26-30	12-2 pm	\$100/5	56908
Tu-F, Aug 3-6	12-2 pm	\$80/4	56909
M-F, Aug 9-13	12-2 pm	\$100/5	56910
M-F, Aug 16-20	12-2 pm	\$100/5	56911
M-F, Aug 23-27	12-2 pm	\$100/5	56912

Kin Hut Activity Centre

Wiggles & Giggles

6 to 18 Months

Formerly "Dance with Me", babies and toddlers will develop a love for music, movement and building friendships through fun songs, simple actions and toy props. Parent participation is required.

Instructor: Chiara

M-F, Jul 5-9	9-9:30 am	\$40/5	57095
M-F, Jul 12-16	9-9:30 am	\$40/5	57096

Lion's Pavilion at Maffeo Sutton Park

Dance, Craft & Play NEW!

In this fun, outdoor setting, we will be exploring some different dance styles and creating crafts to incorporate into our dances and games. No dance experience necessary.

Instructor: Chiara

2 to 3 Years

M-F, Jul 5-9	9:45-10:45 am	\$60/5	57097
M-F, Jul 12-16	9:45-10:45 am	\$60/5	57098

4 to 5 Years

M-F, Jul 5-9	11 am-12 pm	\$60/5	57099
M-F, Jul 12-16	11 am-12 pm	\$60/5	57100

Lion's Pavilion at Maffeo Sutton Park



Facebook & Twitter:
cityofnanaimolocalgovernment
Instagram: NanaimoParksandRec

Yoga for Kids

Kids yoga assists children in their focus skills, teaches self-awareness, builds self-esteem, self-respect and is empowering. Parent participation is not required. Please bring your own yoga mat.

Instructor: Myah Rogerson

6 to 9 Years

Wed, Jul 7-28	9-10 am	\$32/4	57405
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10 to 13 Years

Wed, Jul 7-28	10:15-11:15 am	\$24/3	57406
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Oliver Woods Community Centre

Junior Leaders in Training Camp

11 to 15 Years

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

M-F, Jul 5-16	8:30 am-4:30 pm	\$360/10	57391
M-F, Jul 19-30	8:30 am-4:30 pm	\$360/10	57392
Tu-F, Aug 3-13	8:30 am-4:30 pm	\$324/9	57393
M-F, Aug 16-27	8:30 am-4:30 pm	\$360/10	57394

Beban Park Social Centre

Junior Lifeguard Summer Camp

8 to 12 Years

Develop new lifesaving skills and learn attitudes that could one day save your life or someone else's. Focus is on fun, teamwork and skill development with games and activities themed around lifesaving, lifeguarding and first aid.

A must for youth that love the water but are looking for more than lessons. Participants must be at a Swim Kids 4 or higher to register.

M-F, Jul 5-9	12:30-4:30 pm	\$150/5	57666
M-F, Aug 23-27	12:30-4:30 pm	\$150/5	57667

Westwood Lake Park

Mermaid Camp

8 to 12 Years

Born to be a mermaid? Who says dreams have to stay dreams? Transform your feet into fins while exploring the depths of the Westwood Sea! Participants must be at a Swim Kids 4 or higher to register. Bring your own Mermaid Tail or one will be provided for use during the program.

M-F, Jul 19-23	12:30-4:30 pm	\$150/5	57663
M-F, Aug 16-20	12:30-4:30 pm	\$150/5	57664

Westwood Lake Park

Survivor Camp

8 to 12 Years

Young castaways will embark on an incredible journey in an effort to outwit, outplay and outlast one another. Compete for the ultimate prize and bragging rights while completing the Swim to Survive challenge! Participants must be at Swim Kids Level 4 or higher to register.

M-F, Aug 9-13	12:30-4:30 pm	\$150/5	57665
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Westwood Lake Park

Cool Kids Skate Camp

6 to 11 Years

Enjoy a line up of activities, including a daily skating lesson, hockey for fun, a movie and various outdoor activities. We recommend all participants complete a minimum of RecSkate 1 prior to participation. Helmets are mandatory. Register by the day (runs 8:30 am-5 pm). Cost is \$42 per day.

ONLINE KEYWORD SEARCH: COOL KIDS

- JULY - Mon, Jun 28 to Fri, Jul 23
- AUGUST - Tue, Aug 3-Fri, Aug 13

Nanaimo Ice Centre

Centennial Kids Sports Camp NEW!

6 to 11 Years

This full-day camp introduces children to a myriad of popular sports and games covering field, dry-floor and ice. Campers will enjoy a line-up of activities between sports which will include some skating, soccer, lacrosse, baseball, floor hockey. Children should bring warm clothing appropriate for beginner skating.

Mon, Jul 26	8:30 am-5 pm	\$42/1	53290
Tue, Jul 27	8:30 am-5 pm	\$42/1	53291
Wed, Jul 28	8:30 am-5 pm	\$42/1	53292
Thu, Jul 29	8:30 am-5 pm	\$42/1	53293
Fri, Jul 30	8:30 am-5 pm	\$42/1	53294

Cliff McNabb Arena

ReCHockey Camp

6 to 12 Years

Hockey players will love this full-day development camp packed with games and activities built around hockey drills, skills training and scrimmage time. Full gear is required. Cost is \$42 per day, and camp goes from 8:30 am-5 pm.

ONLINE KEYWORD SEARCH: RECHOCKEY CAMP

- JULY - Mon, Jun 28 to Fri, Jul 23
- AUGUST - Tue, Aug 3-Fri, Aug 13

Nanaimo Ice Centre

Partnership Camps and Programs

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

Camp ParadiCE

6 to 16 Years

A camp for recreational figure skaters (minimum RecSkate 5). Learn skills at your own pace with an emphasis on fun and participation. Each day will include three ice times, other fun off-ice activities and a movie time.

M-F, Aug 23-27	8:45 am-5 pm	\$200/5	53270
M-F, Aug 30-Sep 3	8:45 am-5 pm	\$200/5	53269

Nanaimo Ice Centre

Tennis Camp - Serve, Swing, Swim

8 to 12 Years

Bring your racquet for this introduction to tennis. Strokes and strategies are covered, and most days include a swim. Other activities round out an active day. This camp will run rain or shine. Tennis racquet is available if needed.

M-F, Jul 5-9	8:30 am-4:30 pm	\$220/5	55639
M-F, Jul 12-16	8:30 am-4:30 pm	\$210/5	55641
M-F, Jul 19-23	8:30 am-4:30 pm	\$210/5	55645
M-F, Jul 23-30	8:30 am-4:30 pm	\$210/5	55646
Tu-F, Aug 3-6	8:30 am-4:30 pm	\$168/4	55647
M-F, Aug 9-13	8:30 am-4:30 pm	\$210/5	55654
M-F, Aug 16-20	8:30 am-4:30 pm	\$210/5	55655
M-F, Aug 23-27	8:30 am-4:30 pm	\$210/5	55656

Bowen Park Tennis Courts

Progressive Tennis

Learn tennis in a fun, cooperative team environment using smaller racquets, lighter balls and smaller courts so kids can develop more quickly. All equipment provided.

Instructor: North Island Tennis Academy

5 to 7 Years

M-F, Jul 5-9	9-10 am	\$75/5	57435
M-F, Jul 19-23	9-10 am	\$75/5	57436
M-F, Aug 9-13	9-10 am	\$75/5	57437
M-F, Aug 23-27	9-10 am	\$75/5	57438

8 to 11 Years

M-F, Jul 5-9	10-11:30 am	\$112/5	57439
M-F, Jul 19-23	10-11:30 am	\$112/5	57440
M-F, Aug 9-13	10-11:30 am	\$112/5	57441
M-F, Aug 23-27	10-11:30 am	\$112/5	57442

Westwood Lake Tennis Club

Newcastle Island/Saysutshun

Adventure Camp

8 to 12 Years

Learn to kayak, canoe, stand-up paddle board and how to use a compass and GPS. Spend time beach combing, exploring tidal pools, investigating rock formations and learning about the ocean and the environment. Participants must be able to swim 50 metres with a PFD or be at Swim Kids Level 4.

M-Th, Jul 5-8	9 am-3 pm	\$259/4	58007
M-Th, Jul 19-12	9 am-3 pm	\$259/4	58009

Coastal Expression Adventure Centre (1840 Stewart Ave)

Dart Party Daycamp

9 to 14 Years

This camp teaches skills in simple circuits, problem solving and teamwork. Focusing on the STEM (Science, Technology, Engineering) aspects of NERF Blasters, participants will learn how to take apart their provided blaster, the simple machine inside, the simple circuit that powers it and how to solder in a more efficient circuit. Campers will spend time modifying their blasters, taking breaks outside and playing NERF inside. Participants will not only learn valuable skills, but they will also get a blaster that they modified and get to take home!

Instructor: Island Dart Party Staff

M-F, Jul 5-9	9 am-3 pm	\$315/5	54945
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Nanaimo Ice Centre

Tae Kwon Do & Hapkido

12 to 19 Years

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

M/W, Jun 7-14	6:10-6:50 pm	\$35/3	55589
M/W, Aug 9-16	6:10-6:50 pm	\$35/3	57483
M/W, Aug 23-30	6:10-6:50 pm	\$35/3	57484

World Tae Kwon Do Academy (4300 Wellington Rd)

Taekwondo

This program emphasizes 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

Sat, Jun 5-19	10-10:35 am	\$29/3	55582
M/W, Aug 9-16	3:45-4:20 pm	\$29/3	57479
M/W, Aug 23-30	3:45-4:20 pm	\$29/3	57480

8 to 12 Years

Sat, Jun 5-19	10:45-11:20 am	\$29/3	55585
Tu/Th, Aug 10-17	3:45-4:20 pm	\$29/3	57481
Tu/Th, Aug 24-31	3:45-4:20 pm	\$29/3	57482

World Tae Kwon Do Academy (4300 Wellington Rd)

Karate

4 to 7 Years

Learn to perform basic karate moves and improve motor skills. Designed to teach self-discipline with courtesy and respect strongly emphasized.

Mon, Jul 5-26	4:30-5:10 pm	\$25/4	57420
Wed, Jul 7-28	4:30-5:10 pm	\$25/4	57421
Thu, Aug 5-26	3:30-4:10 pm	\$25/4	57422
Fri, Aug 6-27	5:15-5:55 pm	\$25/4	57423

Shima Karate (3032 Barons Rd)

Karate

8 to 12 Years

Now kids move into the older program training twice a week where they will start learning katas and have anti-bullying discussions.

M/W, Jul 5-14	3:30-4:10 pm	\$25/4	57424
T/Th, Jul 20-29	4:30-5:10 pm	\$25/4	57425
M/W, Aug 4-16	3:30-4:10 pm	\$25/4	57426
T/Th, Aug 17-26	4:30-5:10 pm	\$25/4	57427

Shima Karate (3032 Barons Rd)

Karate

12 to 19 Years

Get traditional karate training, sparring and self-defense. Fitness, strength development and flexibility are part of the curriculum.

M/W, May 17-31	6:30-7:25 pm	\$25/4	55759
M/W, Jun 7-16	6:30-7:25 pm	\$25/4	55760
M/W, Jun 21-30	6:30-7:25 pm	\$25/4	55761
M/W, Jul 19-28	6:30-7:25 pm	\$25/4	57428
M/W, Aug 4-16	6:30-7:25 pm	\$25/4	57429
M/W, Aug 18-30	6:30-7:25 pm	\$25/4	57430

Shima Karate (3032 Barons Rd)



GOLDEN BUCKET CHALLENGE

May 5 to July 28

See page 17



Partnership Camps and Programs

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

Eli Pasquale Basketball Camp

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

Instructor: Eli Pasquale Coaches

6 to 9 Years (1/2 day)

M-F, Jul 5-9	9 am-12 pm	\$140/5	58147
M-F, Aug 16-20	9 am-12 pm	\$140/5	57606

8 to 14 Years (full day)

M-F, Jul 5-9	9 am-4 pm	\$230/5	57604
M-F, Aug 16-20	9 am-4 pm	\$230/5	57608

10 to 14 Years (1/2 day)

M-F, Jul 5-9	1-4 pm	\$140/5	57601
M-F, Aug 16-20	1-4 pm	\$140/5	57605

Oliver Woods Community Centre

Soccertron Soccer Camp

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

Instructor: Soccertron Coaches

3 to 4 Years

Tue-Fri, Aug 3-6	9:30-10:30 am	\$68/4	57575
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4 to 5 Years

Tue-Fri, Aug 3-6	10:45-11:45 am	\$68/4	58166
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6 to 9 Years

Tue-Fri, Aug 3-6	9 am-12 pm	\$115/4	57574
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10 to 14 Years

Tue-Fri, Aug 3-6	9 am-12 pm	\$115/4	57573
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7 to 14 Years (full day)

Tue-Fri, Aug 3-6	9 am-4 pm	\$188/4	57572
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Bowen West Field

KAM Soccer Camp

6 to 13 Years

Coaches will guide you through the basics of soccer incorporating lots of time play games. Price includes a KAM soccer jersey. Full day camp includes swimming in the afternoon.

Instructor: Kam Soccer Coaches

M-F, Jul 5-9	9 am-4 pm	\$245/5	57517
M-F, Jul 5-9	9 am-12 pm	\$145/5	57514
M-F, Jul 19-23	9 am-4 pm	\$245/5	57518
M-F, Jul 19-23	9 am-12 pm	\$145/5	57515
M-F, Aug 9-13	9 am-4 pm	\$245/5	57519
M-F, Aug 9-13	9 am-12 pm	\$145/5	57516

Bowen West Field

Paddle Canada Basic Kayaker for Juniors

12 to 16 Years

Grab a friend and come learn the fundamental skills and knowledge to paddle in protected ocean waters. Learn about the equipment needed, how to get in and out of your kayak from shore, paddle strokes, capsizing and rescuing skills. Upon successfully completing the course, you will receive a certificate from Paddle Canada. All paddling equipment provided.

Instructor: Coastal Expression Staff

Sa/Su, Jul 17 & 18	10 am-2 pm	\$159/2	57511
Sa/Su, Aug 14 & 15	10 am-2 pm	\$159/2	57512

Coastal Express Adventure Centre (1840 Stewart Ave)

Rock Climbing Summer Camp

6 to 12 Years

Climb the walls as you make new friends and learn from experienced climbers. We mix in some non-wall time to keep things interesting. No climbing experience is necessary. Please bring a helmet.

M-F, Jul 5-9	9:30-11:30 am	\$150/5	57443
M-F, Jul 5-9	12-2 pm	\$150/5	57447
M-F, Jul 12-16	9:30-11:30 am	\$150/5	57444
M-F, Jul 12-16	12-2 pm	\$150/5	57448
M-F, Jul 19-23	9:30-11:30 am	\$150/5	57445
M-F, Jul 19-23	12-2 pm	\$150/5	57449
M-F, Jul 26-30	9:30-11:30 am	\$150/5	57446
M-F, Jul 26-30	12-2 pm	\$150/5	57450
M-F, Aug 9-13	9:30-11:30 am	\$150/5	57451
M-F, Aug 9-13	12-2 pm	\$150/5	57454
M-F, Aug 16-20	9:30-11:30 am	\$150/5	57452
M-F, Aug 16-20	12-2 pm	\$150/5	57455
M-F, Aug 23-27	9:30-11:30 am	\$150/5	57453
M-F, Aug 23-27	12-2 pm	\$150/5	57456

Romper Room Climbing Gym (4385B Boban Dr)



PLEASE NOTE:
Some programs may have to be cancelled or delayed due to restrictions from Provincial Health Orders. All changes will be communicated to participants and 100% of registration fees will be refunded.



Partnership Camps and Programs

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

Byte Camp - Intro to Coding

9 to 12 Years

Discover how much fun it is to build your own game! You will be introduced to basic coding skills with easy software and get to use those skills to make your own games. You will also learn how to create your own 2D vector artwork to make characters and levels that are entirely your own.

The final project is a game that you can take home.

M-F, Jul 5-9 9 am-3 pm \$400/5 57528

Beban Park Social Centre

Byte Camp - Intro to Coding Level 2

9 to 12 Years

Level-up your coding and artwork skills! You will take on advanced character movements and level design to make unique characters, levels and gameplay. The final project is a game that you can take home to share with friends. Previous coding experience in Scratch or Byte Camp's - Intro to Coding is recommended as a prerequisite.

M-F, Jul 19-23 9 am-3 pm \$400/5 57529

Beban Park Social Centre

Byte Camp - Claymation Movie

Production

9 to 12 Years

Make your own clay characters come to life!

You will work with a partner to build your own clay characters, sets and props, develop your own script, shoot your movie scenes and then learn to edit and add sounds and special effects.

Don't worry, parents, there will be plenty of time devoted to outdoor games and activities!

Tu-F, Aug 3-6 9 am-3 pm \$345/4 57527

Beban Park Social Centre

Byte Camp - 3D Animation

11 to 14 Years

Ever wonder how those awesome 3D animated movies like Shrek or Toy Story are made? Spend the week learning how by modeling, animating and telling your own stories in 3D. You'll use Blender, a wonderful (& free!) 3D software, to design characters that jump off the screen and then make them come alive by adding voices, soundtracks and completing your own animated short film.

M-F, Jul 26-30 9 am-3 pm \$400/5 57530

Beban Park Social Centre

Byte Camp - 3D Video Game Design

11 to 14 Years

Invent your own digital worlds levels, adventures and quests using Blender, a great (& free) 3D Game Engine. You will learn to make their own custom controls and gameplay using Blender's unique Logic Bricks design interface. Instructors will lead you through exercises to introduce the most important 3D game design skills in the early part of the week and then support you on your own projects. The final project is a game you can take home on USB. Byte Camp's 3D Animation course is a prerequisite.

M-F, Aug 9-13 9 am-3 pm \$400/5 57531

Beban Park Social Centre





Youth Programs



For your safety while participating in our programs, COVID-19 safety protocols are in place.

Home Alone

10 to 12 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, May 22	9 am-12 pm	\$45/1	55174
Sat, May 22	1-4 pm	\$45/1	55175
Sat, Jun 5	9 am-12 pm	\$45/1	55176
Sat, Jun 5	1-4 pm	\$45/1	55177
Sat, Jun 19	9 am-12 pm	\$45/1	55178
Sat, Jun 19	1-4 pm	\$45/1	55179
Sun, Jul 11	9 am-12 pm	\$45/1	57591
Sun, Jul 11	1-4 pm	\$45/1	57592
Sun, Aug 15	9 am-12 pm	\$45/1	57593
Sun, Aug 15	1-4 pm	\$45/1	57594

Beban Park Social Centre

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. This curriculum provides first aid information and how to give appropriate care in the event of an emergency.

Sat, May 29	9 am-4:30 pm	\$60/1	55169
Sat, Jun 12	9 am-4:30 pm	\$60/1	55170
Sat, Jun 26	9 am-4:30 pm	\$60/1	55171
Sat, Jul 10	9 am-4:30 pm	\$60/1	57589
Sat, Aug 14	9 am-4:30 pm	\$60/1	57590

Beban Park Social Centre

After School Youth Art **NEW!**

11 to 18 Years

Each week we will explore a new avenue of art and create our own masterpieces. This is a great program for all levels of youth artists.

Wed, Jun 2-23	4-5 pm	\$32/4	54987
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Nanaimo Aquatic Centre

Youth Art - Comic & Graphic **NEW!**

11 to 18 Years

Have you ever wanted to create your own comic or graphic novel? This course will teach you the fundamentals of graphic novel and comic creation ranging from character design, how to plan your comic, creating page layouts and more!

Tu/Th, Jul 6-29	5-7 pm	\$140/8	57586
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Tu/Th, Aug 3-26	5-7 pm	\$140/8	57588
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Kin Hut Activity Centre

Dungeons & Dragons Club

11 to 18 Years

Join the City of Nanaimo in partnership with the Boys and Girls Club of Central Vancouver Island to explore the world of Dungeons and Dragons! Play as an all-knowing wizard, a hulking Viking or maybe a pixie. The sky is the limit. Have fun outwitting enemies, solving puzzles or saving a town from a dragon in this fun tabletop game.

Beginners and advanced players are all welcome. Please bring your favorite snack, a pencil and some dice.

Thu, May 6-27	3:30-5:30 pm	\$40/4	54983
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Thu, Jun 3-24	3:30-5:30 pm	\$40/4	54984
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Nanaimo Aquatic Centre

Youth Dodgeball

11 to 17 Years

Each week our instructor will facilitate a variety of styles of dodgeball, such as Doctor, Change Team, Everyone's It and more! No experience is necessary for this fun new team-orientated program.

Tue, Jun 1-22	5:30-6:30 pm	\$32/4	54995
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Departure Bay Activity 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.

Tue, Jun 1-22	6-7 pm	\$32/4	54997
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Oliver Woods Community Centre

Youth Floor Hockey

11 to 17 Years

Each session participants will learn the fundamentals of floor hockey, play skill building games and finish the session with a shoot out or fun game. Please bring your own hockey stick.

Tue, Jun 1-22	7-8 pm	\$32/4	54999
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Departure Bay Activity Centre

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.

Instructor: Helen Binns

Wed, May 10-Jun 24	5:15-6:15 pm	\$40/5	54970
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Oliver Woods Community Centre

Youth Strength & Conditioning NEW!

12 to 18 Years

This low intensity training class helps develop muscular strength, core strength, flexibility and power – all in a safe, fun and exciting way! This type of training involves repeated rounds of high intensity effort followed by varied recovery times. This class will use equipment, such as free weights, medicine balls and resistance bands. Fun music and high energy makes this a class you will love! Please bring a water bottle and hand towel with you to class.

Instructor: Kim Ross

Sat, Jun 5-26	1-2 pm	\$32/4	55006
Sat, Jul 3-24	1-2 pm	\$32/4	57879
Sat, Aug 7-28	1-2 pm	\$32/4	57880

Departure Bay Activity Centre

Karate

12 to 19 Years

Get traditional karate training, sparring and self-defense. Fitness, strength development and flexibility are part of the curriculum.

M/W, May 17-31	6:30-7:25 pm	\$25/4	55759
M/W, Jun 7-16	6:30-7:25 pm	\$25/4	55760
M/W, Jun 21-30	6:30-7:25 pm	\$25/4	55761
M/W, Jul 19-28	6:30-7:25 pm	\$25/4	57428
M/W, Aug 4-16	6:30-7:25 pm	\$25/4	57429
M/W, Aug 18-30	6:30-7:25 pm	\$25/4	57430

Shima Karate (3032 Barons Rd)

Tae Kwon Do & Hapkido

12 Years +

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

M/W, Jun 7-14	6:10-6:50 pm	\$35/3	55589
M/W, Aug 9-16	6:10-6:50 pm	\$35/3	57483
M/W, Aug 23-30	6:10-6:50 pm	\$35/3	57484

World Tae Kwon Do Academy (4300 Wellington Rd)

RecSkate Pre-Teen/Teen

12 to 17 Years

Get an introduction to arenas, including lesson teaching, skate patrol, safety and facility tour. This is a great bridge to our LIT and Quest programs and is for all levels of skating.

Mon, May 17-Jun 21	6:45-7:45 pm	\$60/5	53248
Thu, May 20-Jun 24	5:30-6:30 pm	\$72/6	53251
Mon, Jun 28-Aug 9	6:45-7:45 pm	\$72/6	53249
Thu, Jul 8-Aug 12	6:15-7:15 pm	\$72/6	53252

Nanaimo Ice Centre

Sat, May 22-Jun 26	11:15 am-12:15 pm	\$72/6	53254
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Cliff McNabb Arena

FREE!

Youth Drop-In



The ultimate place to have some fun on a week night!

We offer regular gymnasium activities for youth in Nanaimo for ages 10 to 17.

Fridays until June 25

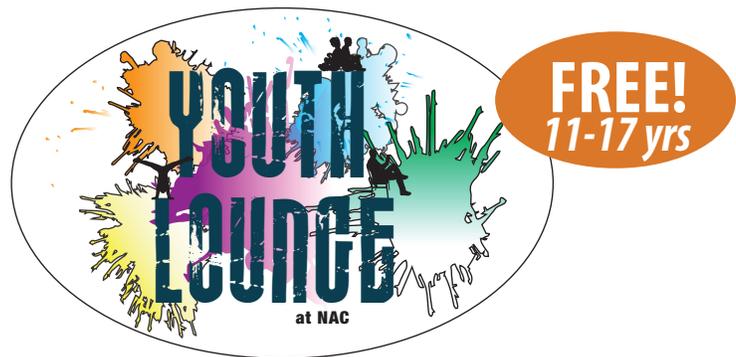
6-7:30 pm

Departure Bay Activity Centre

FREE (please pre-register using course ID #54989)



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



Wednesdays until June 16, 3-6 pm, Nanaimo Aquatic Centre

Please pre-register using course ID #50161

- XBOX • WII • FOOSEBALL • AIR HOCKEY • CHARGING STATION • SNACKS
- MUSIC • BEAN BAG CHAIRS • FREE WIFI • MUCH MORE!



Boys & Girls Club of Central Vancouver Island

Youth Lounge is proudly brought to you by the City of Nanaimo and Boys & Girls Club of Central Vancouver Island.

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



cityofnanaimo



nanaimoparksandrec (#ilovemyparksandrec)

LEADERS IN TRAINING (LIT) PROGRAM

Over 39 Years of Creating Community Leaders

Since 1982, the Leaders in Training program has been helping youth in Nanaimo learn about leadership and basic job skills while volunteering throughout our community.



Want more details about the program?
Check out our FAQ at www.nanaimo.ca/goto/LIT

LIT (LEADERS IN TRAINING)

13-18 YEARS

(Must be at least 13 years old by December 31, 2021 and starting Grade 8 in September 2021)

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, making balloon animals and basic resume writing and interview skills. Once you have completed training, you will choose from a variety of placement options around Nanaimo and will volunteer between 50 and 90 hours between June and August.

- ★ 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, Jun 7 6:30-8:30 pm 55860
- Tue, Jun 8 6:30-8:30 pm 55861

Clowning 101

- Wed, Jun 9 6:30-8:30 pm 55862
- Thu, Jun 10 6:30-8:30 pm 55863

On the Job 101

- Mon, Jun 14 6:30-8:30 pm 55864
- Tue, Jun 15 6:30-8:30 pm 55865

Teamwork 101

- Tue, Jun 22 6:30-8:30 pm 56294
- Wed, Jun 23 6:30-8:30 pm 56293

WANT TO JOIN? HERE'S HOW:

STEP #1

Register for LIT using barcode 55859. The cost is \$125.

STEP #2

Register for the **LIT University Workshops**. These are held at Beban Park Social Centre. You must attend all four - no exceptions. (See box to left.)

STEP #3

Attend **Orientation** on Saturday, June 19, 10 am-3 pm, at Beban Park Social Centre.

STEP #4

Attend **Placement Sign-Up** on Saturday, June 19, 3-4:30 pm, at Beban Park Social Centre.

STEP #5

Go to your **Placements** to volunteer, learn new skills, make new friends and have fun!



QUEST PROGRAM

14-18 YEARS



Have you completed the Leaders in Training (LIT) program, and want to continue developing your leadership skills? **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 night
- ★ Have the chance to define your area of interest



WANT TO JOIN? HERE'S HOW:

STEP #1

Register for a Quest (barcode 55858). The cost is \$150.

STEP #2

Attend **Orientation** on Friday, June 11, 8 pm at Beban Park Social Centre. At orientation, you can choose to remain in Quest Community or specialize in Arenas, Aquatics or ***NEW THIS YEAR*** Environment. In Quest Environment, you will help develop an environmental initiative team spearheading change in the community while completing some aspects of traditional Quest community.

STEP #3

Attend **Placement Sign-Up** on Friday, June 11, 8-9 pm at Beban Park Social Centre

STEP #4

Go to your **Placements** to volunteer, learn new skills, make new friends and have fun!



cityofnanaimo



nanaimoparksandrec (#ilovemyparksandrec)



Adult Programs



For your safety while participating in our programs, COVID-19 safety protocols are in place.

Intro to Nature Drawing and Journalling

Enjoy the outdoors while participating in art. What could be better? Learn ways to use your journal to enhance curiosity, creativity and sharpen your naturalist's eye. Discover simple techniques to improve your visual memory and help you draw what you see. You will be shown how to use a graphite, pen, watercolour and gouache for fast field sketches. Draw wildflowers, trees, mushrooms, mammals, birds, reptiles, amphibians, insects, landscapes, seascapes and skies with the help of our skilled instructor.

Instructor: Helen Binns
Wed, May 26-Jun 16 6-8:15 pm \$44/8 55927
Bowen Park Upper Picnic Shelter (near Kin Pool)

Beachstones and Silver NEW!

Learn to rivet, drill, patina and texture beachstones and beach glass. Create unique pieces with rivets and stones and learn to set without soldering. These new found skills can be the beginning of a new passion. There is a \$50 material fee that is required on the first day, payable to the instructor.

Instructor: Cheryl Jacobs
Sun, Jun 20 10 am-4 pm \$80/1 55575
Oliver Woods Community Centre

Greek Style Feta

This is a demonstration taste, touch and feel class where you will learn how to make your own feta cheese. Go home with ingredients and cultures to make your own at home.

Instructor: Paula Maddison
Thu, Jun 10 6-8 pm \$65/1 55933
Beban Park Social Centre

Mozzarella, Burrata and Bocconcini

Learn how to make your own hand-stretched mozzarella cheese in this demonstration, taste, touch and feel class. Instructions and ingredients to make over four pounds of mozzarella at home are included.

Instructor: Paula Maddison
Thu, Jul 8 6-8 pm \$65/1 57534
Beban Park Social Centre

Paneer and Halloumi

Halloumi is a semi-hard, unripened brined cheese. Using store-bought milk, learn how easy it is to make your own pressed cheese. Cultures and instructions will be provided so you can make your own at home.

Instructor: Paula Maddison
Thu, Aug 12 6-8 pm \$65/1 57535
Beban Park Social Centre

The Chado Tea Ceremony - NEW!

An Introduction to Japanese

This workshop introduces you to Chado (The Way of Tea). Chado is an iconic tradition within the Japanese culture also known as the Tea Ceremony. It is based on a zen philosophy. Come experience the spirit and tastes of Japanese culture.

Instructor: Naomi Sato
Mon, Jun 7 5:30-7 pm \$30/1 55935
Bowen Park Complex

Let's Wear Yukata - NEW!

An Introduction to Japanese

In this workshop, you will learn the idea of Kimono - the basic difference from Western clothing and how to wear Yukata. Then, you can enjoy taking photos of yourself with Yukata. The workshop will be an excellent chance to experience the Japanese culture and ethnic fashion through Yukata. The items for wearing Yukata are prepared (rental fee is included), and two photo shoots are included.

Instructor: Naomi Sato
Mon, Jun 14 5:30-7 pm \$30/1 55938
Bowen Park Complex



PLEASE NOTE:
Some programs may have to be cancelled or delayed due to restrictions from Provincial Health Orders. All changes will be communicated to participants and 100% of registration fees will be refunded.

Ballroom & Latin Dance - Beginner

Introduction to International Ballroom and Latin dancing. Be introduced to the Social Foxtrot, Quickstep, Cha Cha and Rumba. Have fun while keeping your body agile. No previous dancing experience required.

Instructor: Nelson Wong

Wed, May 26-Jun 30	8-9 pm	\$48/6	55367
Wed, Jul 7-Aug 25	8-9 pm	\$64/8	57469

Bowen Park Complex

Ballroom & Latin Dance - Beginners Continuation

A quick review of basic techniques covered in the beginner class will be followed by more advanced variations. Try the Waltz, Tango, Foxtrot, Viennese Waltz, samba and more. At least one ballroom and one Latin dance will be taught in each session.

Partners only from the same household/bubble.

Instructor: Nelson Wong

Mon, May 31-Jun 28	6:30-7:30 pm	\$45/5	55368
Mon, Jul 5-Aug 30	6:30-7:30 pm	\$72/8	57466

Bowen Park Complex

Ballroom & Latin Dance - Advanced

A continuous technique class for those who wish to learn more. At least one ballroom and one Latin dance will be taught in each class. Partners only from the same household/bubble.

Instructor: Nelson Wong

Mon, May 31-Jun 28	8-9 pm	\$45/5	55370
Mon, Jul 5-Aug 30	8-9 pm	\$72/8	57467

Bowen Park Complex

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, May 26-Jun 30	6:30-7:30 pm	\$48/6	55365
Wed, Jul 7-Aug 25	6:30-7:30 pm	\$64/8	57468

Bowen Park Complex

Flamenco Moods and Moves

Experience the soulful music and song of flamenco through dance! You will learn pasos (steps), palos (rhythms), palmas (rhythmic clapping), and more. Movements will be combined to create mini-choreographies. Wear comfortable smooth-soled shoes with a small heel.

Instructor: Heather Sandison

Tue, May 25-Jun 29	6:30-8 pm	\$53/5	55904
Tue, Jul 6-27	6:30-8 pm	\$42/4	57475
Tue, Aug 3-24	6:30-8 pm	\$42/4	57476

Beban Park Social Centre

Barre Fitness **NEW!**

This is a hybrid workout class that combines ballet-inspired moves with elements of Pilates, dance, yoga and strength training. Most classes incorporate a ballet barre and use classic dance moves, such as plies, alongside static stretches. Barre also focuses on high reps of small range movements.

Instructor: Shandra Mayes

Sat, Jun 5-26	1-2 pm	\$32/4	55875
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Oliver Woods Community Centre

Zumba

Ditch the workout and join the party! This Latin and international dance-based fitness class that will get you moving to a variety of music styles from reggae to disco to salsa.

Instructor: Tamara Graham

Mon, Jun 7-28	5:15-6:16 pm	\$32/4	54812
Mon, Jul 5-26	5:15-6:16 pm	\$32/4	56789
Mon, Aug 9-30	5:15-6:16 pm	\$32/4	56790

Oliver Woods Community Centre

Instructor: Angel Jones

Tue, Jun 1-29	9:15-10:15 am	\$40/5	54814
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Oliver Woods Community Centre

Instructor: Angel Jones

Thu, May 20-Jun 24	9:30-10:30 am	\$48/6	56304
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Rotary Field House

Zumba Gold

Intended for those new to Zumba or those 60 +. Ditch the workout and join the party! This Latin and international dance-based fitness class that will get you moving to a variety of music styles from reggae to disco to salsa.

Instructor: Shandra Mayes

Mon, Jun 7-28	9:30-10:30 am	\$32/4	54807
Mon, Jul 5-26	9:30-10:30 am	\$32/4	57416
Mon, Aug 9-30	9:30-10:30 am	\$32/4	57417

Oliver Woods Community Centre

Charcoal Cleansers & Scrubs

The beauty benefits of Bamboo Charcoal include balancing oily skin, treating acne, tightens pores and is incredibly soothing! In this fun and informative class, make and take an activated sea salt and charcoal facial bar (deep cleanser and detoxifier), chamomile and charcoal cleanser, French green clay and charcoal body wash and an organic fruit extract and charcoal facial scrub. We will also discuss sit baths and dry brushing for circulation and toning. (There is a fee of \$28 for supplies payable to the instructor.)

Instructor: Cheryl Theilade, Scentimental Creations

Sat, Jul 17	10 am-12:30 pm	\$40/1	57536
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Kin Hut Activity Centre

Natural Sun Protection Skincare

Customize your sun protection - worry free! Look after your skin and hair naturally by making your own beach and poolside essentials. You will make and take home a tropical sun lotion, aloe after-sun spray, chamomile hair treatment and a SPF lip balm. Recipes on hair rinses and deep conditioners are also included. (There is a fee of \$28 for supplies payable to the instructor.)

Instructor: Cheryl Theilade, Scentimental Creations

Sun, Jul 18	10 am-12:30 pm	\$40/1	57538
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Kin Hut Activity Centre

Solid Scent Perfumes & Sprays

Aromatic essences are derived from portions of plants. Discover the alternative form of healing by working with the top ten essential oils, their therapeutic properties and how to safely and effectively use them everyday. Discuss creating your own essential oil medicine cabinet. Create blends for sleep, concentration, lymphatic drainage, scarring, acne and other ailments. Make a personal synergy (blend), a roll-on, massage oil, a solid scent perfume and a perfume spray. Recipes and blends are provided. (There is a fee of \$28 for supplies payable to the instructor.)

Instructor: Cheryl Theilade, Scentimental Creations

Sat, Jul 17	1-3:30 pm	\$40/1	57537
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Kin Hut Activity Centre



Organic Hemp Body Care

Discover the amazing properties of hemp seed oil! This exceptionally rich oil is high in essential omega fatty acids and proteins, absorbs well into the skin and is very healing and rejuvenating. Participants will make and take home a hemp body lotion, hemp seed body exfoliant, heavenly hemp bath and body oil and a hemp seed soap. (There is a fee of \$28 for supplies payable to the instructor.)

Instructor: Cheryl Theilade, Scentimental Creations

Sun, Jul 18	1-3:30 pm	\$40/1	57539
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Kin Hut Activity Centre



Piano - Private Beginner Lessons

5+ Years

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

Instructor: A. Margarita Hillers

Tue, Jun 1-22	3:30-4 pm	\$85/4	49449
Tue, Jun 1-22	4:05-4:35 pm	\$85/4	49450
Tue, Jun 1-22	4:40-5:10 pm	\$85/4	49451
Tue, Jun 1-22	5:15-5:45 pm	\$85/4	49452
Tue, Jun 1-22	5:50-6:20 pm	\$85/4	49453

Bowen Park Complex



Spanish Immersion - Level 1

This is one week of concentrated learning with a communicative approach in a friendly and constructive atmosphere.

Instructor: Martha Fortin

M-Th, Jul 5-8	6-8:30 pm	\$99/4	57464
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Bowen Park Complex

Spanish Immersion - Level 2

This exciting week of immersion offers you the opportunity to develop fluency. You will improve your communication and comprehension of the language through a conversational approach and other techniques.

Instructor: Martha Fortin

M-Th, Jul 12-15	6-8:30 pm	\$99/4	57465
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Bowen Park Complex



Get Out and Explore!

Nanaimo History Walking Tour

Discover Downtown Nanaimo on foot with your born and raised tour guide. During the tour, you will see and hear about Nanaimo history, development, historical buildings and much more. (No transportation required; meet at the Historic Bastion).

Instructor: Tracks Outdoor Adventure Staff

Wed, May 12	10 am-12 pm	\$25/1	56034
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Meet at Nanaimo Bastion on Front St

South Island Circle Tour

Enjoy a scenic day tour on the Pacific Marine Route departing Nanaimo to Victoria, Victoria to Sooke, Sooke to Port Renfrew and Port Renfrew to Lake Cowichan. This is one of the only circle driving tours on the Island. There will be many stops for breaks and photo opportunities.

Instructor: Tracks Outdoor Adventure Staff

Wed, Jun 9	8:30 am-6 pm	\$125/1	56035
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Meet in Beban Park Breezeway

Cowichan Valley Wine Tour

Our most popular tour. Taste the fine award-winning red, white and sparkling wines of the Cowichan Valley, including the famous blackberry dessert wine. We will be stopping at three separate vineyards for tour and tasting. Tour includes transportation and tour group tasting fees at each venue. There will be time for a lunch stop (not included in fee).

Instructor: Tracks Outdoor Adventure Staff

Wed, Jun 23	10 am-4:30 pm	\$125/1	56036
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Meet in Beban Park Breezeway

Mt. Washington Alpine Resort and Paradise Meadow Walk

Scenic walk through Paradise Meadows with free time at the Alpine Mountain. Relax, hike or take a chair lift ride (not included). Transportation from Nanaimo and guided hike is included in the fee. Please bring your own lunch or money for lunch.

Instructor: Tracks Outdoor Adventure Staff

Wed, Jul 14	8 am-5 pm	\$95/1	56044
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Meet in Beban Park Breezeway



PLEASE NOTE:

Some programs may have to be cancelled or delayed due to restrictions from Provincial Health Orders. All changes will be communicated to participants and 100% of registration fees will be refunded.



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Adult First Aid

For your safety while participating in our programs, COVID-19 safety protocols are in place.

Every year countless bystanders help in emergencies. You can make a difference! 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 us at 250-756-5200.

Emergency Child Care First Aid, CPR B/AED

This Red Cross first aid course is designed 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. Fee includes a manual, a pocket mask to take home and virtual certificate. Re-training is recommended every three years.

Sat, Jun 5	9 am-5:30 pm	\$99	55911
Sat, Jul 17	9 am-5:30 pm	\$99	57470

Beban Park Social Centre

Standard First Aid, CPR C/AED

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. 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.

Sa/Su, Jun 26 & 27	9 am-5:30 pm	\$177	55915
Sa/Su, Aug 14 & 15	9 am-5:30 pm	\$177	57472

Beban Park Social Centre

Emergency First Aid, CPR C/AED

This Red Cross first aid course gives training in the skills necessary to deal with breathing and circulatory emergencies. It includes CPR C and instruction on the use of AED, as well as EpiPens and metered dose inhalers. Treatment for wounds, bleeding, unconsciousness and shock will also be covered. This is accepted by BCRPA for fitness professionals and WorkSafe OFA Level 1. Fee includes manual, a pocket mask to take home and virtual certificate. Re-training is recommended every three years.

Sat, Jun 26	9 am-5:30 pm	\$98	55917
Sat, Aug 14	9 am-5:30 pm	\$98	57471

Beban Park Social Centre

CPR C & AED (Adult, Child, Infant)

This Red Cross CPR course is for general knowledge, first responders, workplace teams, lifeguards, nurses, nursing students or any student requiring this for further training or entry into a school program. The content includes adult, child and infant CPR, as well as AED training. Conscious and unconscious choking will also be covered. Fee includes a manual, a pocket mask to take home and a virtual certificate. Re-training is recommended every three years.

Wed, Jun 30	5:45-10:45 pm	\$65	50884
Wed, Aug 25	5:45-10:45 pm	\$65	57473

Beban Park Social Centre

CPR C & AED Recertification

This Red Cross CPR course is designed for those who want to recertify their Basic Rescuer CPR C certificate. The course covers CPR skills for infant, child and adult, choking emergencies (conscious and unconscious) and airway management techniques. Certification includes AED training. Fee includes pocket mask and a virtual certificate to take home. Please bring proof of CPR C award current within three years.

Wed, Jun 16	6:30-10:30 pm	\$50	55887
Wed, Jul 28	6:30-10:30 pm	\$50	57474

Beban Park Social Centre





Adult Outdoor/Sport



For your safety while participating in our programs, COVID-19 safety protocols are in place.

Family Night Paddle

Up to 12 Years & Adult

How about a fun evening with the little ones? Let's get outdoors on the water. We will spend the evening in stable recreation single or double kayaks enjoying the protected waters of Newcastle Island. All paddling equipment provided. Price is for one parent and one child.

Wed, Jun 16	6-8:30 pm	\$50/1	55855
Thu, Jun 24	6-8:30 pm	\$50/1	55856

Coastal Expression Adventure Centre (1840 Stewart Ave)

Simply Kayaking

If you've never been in a kayak before, this tour is perfect for you. Our popular introductory tour includes a lesson on shore followed by a two-hour paddle on calm waters. All equipment is provided. (* Ladies only).

Wed, May 12 *	6-9 pm	\$50/1	55838
Tue, May 25	6-9 pm	\$50/1	55835
Fri, Jul 23	6-9 pm	\$50/1	57497
Tue, Jul 27	6-9 pm	\$50/1	57494
Tue, Aug 24	5-8 pm	\$50/1	57495

Coastal Expression Adventure Centre (1840 Stewart Ave)



Nanaimo Bar Sunset Paddle

Spend an evening on the water relaxing and enjoying what our ocean has to offer. We will take a short break on a sandy beach to enjoy a taste of Nanaimo with the delicious Nanaimo Bar. YUM!

Sat, May 15	5-8:30 pm	\$65/1	55844
Sat, Jun 19	6-9:30 pm	\$65/1	55843
Mon, Jul 5	6-9:30 pm	\$65/1	57498
Sat, Jul 10	6-9:30 pm	\$65/1	57500
Wed, Jul 14	6-9:30 pm	\$65/1	57499
Mon, Aug 9	5-8:30 pm	\$65/1	57501
Sat, Aug 14	5-8:30 pm	\$65/1	57502
Sat, Aug 28	5-8:30 pm	\$65/1	57503

Coastal Expression Adventure Centre (1840 Stewart Ave)

Caves of Jesse Island Paddle

Every time you take the ferry to Horseshoe Bay, you pass by Jesse Island - an island at the mouth of Departure Bay. During high tide you can paddle around and through them. If we are lucky, we will see a group of seals soaking up the warm sun on the rocks nearby.

Sun, May 16	8-10:30 am	\$55/1	55851
Sun, Jun 13	7-9:30 pm	\$55/1	55852
Sun, Jul 4	3:30-6 pm	\$55/1	57488
Wed, Jul 7	6-8:30 pm	\$55/1	57485
Wed, Jul 14	7-9:30 pm	\$55/1	57486
Sun, Jul 18	1-3:30 pm	\$55/1	57489
Wed, Jul 28	9-11:30 am	\$55/1	57487
Sun, Aug 1	2:30-5 pm	\$55/1	57492
Wed, Aug 4	4-6:30 pm	\$55/1	57490
Sun, Aug 15	11:30 am-2 pm	\$55/1	57493
Wed, Aug 18	4-6:30 pm	\$55/1	57491

Coastal Expression Adventure Centre (1840 Stewart Ave)

Mother's Day Paddle

This is a great way to spend a nice, memorable evening with mom on the water in a kayak enjoying the sunset. Enjoy a nice leisure paddle around Saysutshun (Newcastle Island).

Sun, May 9	6-9 pm	\$55/1	55853
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Coastal Expression Adventure Centre (1840 Stewart Ave)

Father's Day Paddle

This is a great way to spend a nice, memorable evening with dad on the water in a kayak enjoying the sunset. Enjoy a nice leisure paddle around Saysutshun (Newcastle Island).

Sun, Jun 20	6-9 pm	\$55/1	55854
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Coastal Expression Adventure Centre (1840 Stewart Ave)

Full Moon Paddle

Enjoy an evening out paddling under the light of the full moon. Experience the beauty of the night and hopefully experience the magical effect of phosphorescence.

Thu, Jun 24	8-11 pm	\$60/1	55841
Sun, Aug 22	7:30-10:30 pm	\$60/1	57496

Coastal Expression Adventure Centre (1840 Stewart Ave)



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Discover Stand Up Paddle Boarding

Want to learn how to paddle board? This is the perfect introduction tour to learn some of the basics and take a short tour on the calm waters of Westwood Lake.

Instructor: Coastal Expression Staff

Thu, May 27	6-8 pm	\$65/1	55847
Sun, Jun 6	6-8 pm	\$65/1	55848
Thu, Jun 17	6-8 pm	\$65/1	55849
Tue, Jun 29	6-8 pm	\$65/1	57506
Sun, Jul 4	6-8 pm	\$65/1	57510
Thu, Jul 15	6-8 pm	\$65/1	57508
Thu, Jul 29	6-8 pm	\$65/1	57509

Westwood Lake Park

Bicycle Maintenance for Intermediates

16 Years+

Do you have the basic knowledge of bike repair but would like to dive into things a little deeper? In this class, we will dive into derailleurs, brakes, cable replacement and brake pad replacement.

Please bring your own bike.

Sun, May 2	12:30-4:30 pm	\$40/1	55140
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Departure Bay Activity Centre

Trailblazers

Come enjoy fresh air and good company while exploring some of the hiking trails around the Nanaimo area. Complete a 5-7 km hike with balance work and a good stretch. Must wear good walking/hiking shoes and be in good physical health. Locations will vary.

Instructor: Laurah-Lee Christie

Thu, May 20-Jun 17	9-10:30 am	\$40/5	56950
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Meet at Westwood Lake - second parking lot

Xeriscaping/Gardening to NEW!

Conserve Water

Those of us living on Vancouver Island have realized that water may be the next crisis in gardening. Our facilitator will discuss cultivating drought resistant soil, water collection facts and water saving ideas. This will include irrigation ideas, both landscaping and food production and trees and bushes.

Instructor: Connie Kuramoto

Sat, May 15	1:30-3:30 pm	\$20/1	50949
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Pine Street Community Gardens (271 Pine St)

Tae Kwon Do & Hapkido

12 Years +

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

M/W, Jun 7-14	6:10-6:50 pm	\$35/3	55589
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World Tae Kwon Do Academy (307-4300 Wellington Rd)

Indoor Tennis - Beginner

Participants will learn and practice serving, ground strokes and net play, as well as learning the rules of tennis. Please bring your own tennis racquet, water bottle and clean court shoes.

Instructor: North Island Tennis Academy Staff

Thu, Jul 8-29	6:30-8 pm	\$192/4	57431
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Thu, Aug 5-26	6:30-8 pm	\$192/4	57432
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North Island Tennis Academy

Indoor Tennis - Intermediate

Participants will continue to work on their tennis skills focusing on technique and game strategy. Taught as an intermediate level class. Please bring your own tennis racquet, water bottle and clean court shoes.

Instructor: North Island Tennis Academy Staff

Thu, Jul 8-29	8-9:30 pm	\$192/4	57433
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Thu, Aug 5-26	8-9:30 pm	\$192/4	57434
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North Island Tennis Academy

PLEASE NOTE:

Some programs may have to be cancelled or delayed due to restrictions from Provincial Health Orders. All changes will be communicated to participants and 100% of registration fees will be refunded.

Invasive Plant Work Parties

Join like-minded individuals and tackle invasive plants during one of our work parties. Your efforts really make a difference in improving our environment's health. All equipment and training are provided.

Join us for any of the following work parties:

Sat, May 1	10 am-2 pm	56299 (broom removal at Linley Gyro Park & DROP ZONE*)
Sat, May 8	10 am-12 pm	56233 (ivy & broom removal at Pipers Lagoon Park)
Sat, May 13	10 am-12 pm	56754 (broom removal at Lotus Pinatus Park)
Thu, May 15	10 am-12 pm	56753 (broom removal at Sugarloaf Mountain)
Wed, May 26	10 am-12 pm	56234 (ivy & broom removal at Pipers Lagoon Park)
Sat, May 29	10 am-2 pm	56300 (ivy removal at Bowen Park & DROP ZONE*)



Invasive Plant Drop Zones

- Saturday, May 1, 10 am-2 pm (#56299) at Linley Gyro Park
- Saturday, May 29, 10 am-2 pm (#56300) at Bowen Park off Wall Street

*Come anytime between 10 am and 2 pm for the work party

For more information on BROOM BUSTS in your neighbourhood, please visit www.broombusters.org.



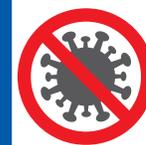
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Adult Yoga/Fitness



For your safety while participating in our programs, COVID-19 safety protocols are in place.

Barre Fitness **NEW!**

This is a hybrid workout class that combines ballet-inspired moves with elements of Pilates, dance, yoga and strength training. Most classes incorporate a ballet barre and use classic dance moves, such as plies, alongside static stretches. Barre also focuses on high reps of small range movements.

Instructor: Shandra Mayes

Sat, Jun 5-26 1-2 pm \$32/4 55875

Oliver Woods Community Centre

STRONG Nation™ Fitness **NEW!**

This combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep - and maybe even five more!

Instructor: Shandra Mayes

Sat, Jun 5-26 2:30-3:30 pm \$32/4 55878

Oliver Woods Community Centre

Tabata

Tabata training is a type of high intensity interval training designed to get your heart rate up in that hard anaerobic zone for short periods of time. Workouts will include cardio, strength training and core stability work using a variety of fun and dynamic exercises and drills.

Instructor: Angel Jones

Fri, Jun 4-25 9:15-10:15 am \$32/4 54833

Oliver Woods Community Centre

HIIT

High-intensity interval training (HIIT) is a form of interval training, a cardiovascular exercise strategy alternating short periods of intense anaerobic exercise with less intense recovery periods. Join the group for fast-paced and fun workouts that generally consist of a warm-up period followed by repetitions of high-intensity exercises separated by medium intensity exercises for active recovery and then a cool down period.

Instructor: Holly Monaghan

Thu, Jun 3-24 5:30-6:30 pm \$32/4 54829

Thu, Jul 8-29 5:30-6:30 pm \$32/4 57418

Thu, Aug 5-26 5:30-6:30 pm \$32/4 57419

Oliver Woods Community Centre

Outdoor Circuit

Come and exercise at circuit stations with a focus on strength, balance and light cardio. Each station will have one person at it, and it will be timed to keep proper distancing as we move station to station. There will be group segments and a stretch component lead by the instructor to keep things varied and fun. Please bring weights if you have them, but they are not necessary. Beginner to intermediate levels. Please bring a mat or towel to use on the ground.

Instructor: Tara McNeil - The Shape You're In

Fri, Jul 2-30 9-9:50 am \$40/5 56923

Fri, Aug 6-27 9-9:50 am \$32/4 56924

Kinsmen Park at Departure Bay

Rookie Boot Camp

This is a fun and challenging morning fitness class that incorporates cardio, strength and flexibility with various levels so you can work at your own pace and get a great workout! Variations of circuit training, boot camp, traditional aerobics and dance combinations will keep your body moving and improving. This class is for beginner to intermediate levels.

Instructor: Angel Jones

Mon, Jun 7-27 9:15-10:15 am \$32/4 54805

Wed, Jun 2-30 9:15-10:15 am \$40/5 54819

Oliver Woods Community Centre

PLEASE NOTE:

Some programs may have to be cancelled or delayed due to restrictions from Provincial Health Orders. All changes will be communicated to participants and 100% of registration fees will be refunded.

Rock Your Body Boot Camp

Finish your day with a workout that will leave you feeling energized and rejuvenated. Workouts will include cardio, strength training and core stability work, using a variety of fun and dynamic exercises and drills.

Instructor: Heidi Robinson

Wed, Jun 2-30	5-6 pm	\$40/5	54823
Mon, Jun 7-28	5-6 pm	\$32/4	54817

Oliver Woods Community Centre

Fri, Jul 2-30	5-6 pm	\$40/5	56968
Mon, Jul 5-26	5-6 pm	\$32/4	56969
Fri, Aug 6-27	5-6 pm	\$32/4	56971
Mon, Aug 9-30	5-6 pm	\$32/4	56970

Harry Wippen Sports Field

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 stretch and mindful meditation. You must bring your own yoga mat.

Instructor: Myah Rogerson

Wed, Jun 2-30	6:15-7:15 pm	\$40/5	54825
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Instructor: Heidi Robinson

Fri, Jun 4-25	12:15-1:15 pm	\$32/4	54831
Fri, Jul 2-30	12:15-1 pm	\$40/5	56972
Fri, Aug 6-27	12:15-1 pm	\$32/4	56977

Morningside Park (3996 Morningside Dr)

Baby & Me Fitness NEW!

Come on out and enjoy this parent and baby fitness class. Wear your baby while you squat and lunge with an extra emphasis on building core strength. This class is for all fitness levels and is a fun way to socialize with other parents while getting a great workout in! Please bring a baby carrier if you have one.

Instructor: Angel Jones

Tue, Jun 1-29	10:45-11:30 am	\$40/5	55073
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Oliver Woods Community Centre

Stretch, Balance, Build

This class will be perfect for you if you are looking to improve your balance, become more flexible and build or maintain your strength. Focus will be on balancing exercises and poses and will be adding a weight component for strength but also to allow the poses to be more challenging and beneficial. Moves are slow and focused, and there will be a chair available for those that need it to sit or balance. The stretch can be done on the floor or in a chair. Please bring your own weights if you have them and your own mat if you want to go to the floor.

Instructor: Kim Ross

Wed, Jun 2-30	12:15-1:15 pm	\$40/5	54821
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Oliver Woods Community Centre

Instructor: Tara McNeil - The Shape You're In

Fri, Jul 2-30	10:30-11:10 am	\$50/5	56925
Fri, Aug 6-27	10:30-11:10 am	\$32/4	56926

Kinsmen Park at Departure Bay

Stretch & Tone

This class has two light cardio segments and the rest of the class will focus on flexibility, balance, core, and strength. We will use weights and your body to improve all these areas. Many exercises will cover compound moves and there will be a chair to help with balance if needed and core work. Bring your own weights if you have them, but they are not necessary. Beginner to intermediate levels. No floor work in this class. You must bring your own yoga mat.

Instructor: Kim Ross

Thu, Jun 3-24	12:30-1:30 pm	\$32/4	54827
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Oliver Woods Community Centre

Total Body Fitness

Whether you are just starting your fitness or are an advanced student, you are welcome here. Your fitness level will be challenged accordingly. We incorporate fun exercises and equipment, such as free weights, medicine balls and more, to keep the class exciting and challenging.

Instructor: Kim Ross

Mon, Jun 7-28	9-10 am	\$32/4	58154
Mon, Jul 5-26	9-10 am	\$32/4	58155

Rotary Field House

Zumba

Ditch the workout and join the party! This Latin and international dance-based fitness class that will get you moving to a variety of music styles from reggae to disco to salsa.

Instructor: Tamara Graham

Mon, Jun 7-28	5:15-6:16 pm	\$32/4	54812
Mon, Jul 5-26	5:15-6:16 pm	\$32/4	56789
Mon, Aug 9-30	5:15-6:16 pm	\$32/4	56790

Oliver Woods Community Centre

Instructor: Angel Jones

Tue, Jun 1-29	9:15-10:15 am	\$40/5	54814
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Oliver Woods Community Centre

Instructor: Angel Jones

Thu, May 20-Jun 24	9:30-10:30 am	\$48/6	56304
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Rotary Field House

Zumba Gold

Intended for those new to Zumba or those 60+. Ditch the workout and join the party! This Latin and international dance-based fitness class that will get you moving to a variety of music styles from reggae to disco to salsa.

Instructor: Shandra Mayes

Mon, Jun 7-28	9:30-10:30 am	\$32/4	54807
Mon, Jul 5-26	9:30-10:30 am	\$32/4	57416
Mon, Aug 9-30	9:30-10:30 am	\$32/4	57417

Oliver Woods Community Centre



Pilates

You will create long and lean muscles and improve your posture and balance in this mat class. Pilates increases your awareness of alignment and breath while creating greater flexibility in your joints and muscles. Modifications will be offered for all levels. Pilates is a great compliment to your existing classes. It helps a wide range of individuals at all stages of life. It is a low impact, strengthening series of exercises that is easily adaptable for all levels of ability and age. You must bring your own yoga mat.

Instructor: Jane Bockman

Thu, Jun 3-24	6:45-7:45 pm	\$32/4	54682
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Oliver Woods Community Centre

Thu, Jul 8-29	3-4 pm	\$32/4	54685
Thu, Aug 5-26	3-4 pm	\$32/4	54686

Maffeo Sutton - by the Lion's Pavilion

Fundamental Pilates NEW!

Are you interested in strengthening your core? If so, this class is for you! A stronger core and flexible spine can reduce lower back pain, improve balance and posture. You will learn the fundamentals of Pilates exercises that are gentle and effective requiring no experience. This class will have you leaving feeling taller, stronger, and more relaxed!

Instructor: Jane Bockman

Tue, Jun 1-29	1:30-2:30 pm	\$40/5	55216
Tue, Jul 6-27	1:30-2:30 pm	\$32/4	56783
Tue, Aug 3-24	1:30-2:30 pm	\$32/4	56784

Oliver Woods Community Centre

Gentle Yogalates NEW!

Are you interested in strengthening your core while practicing a gentle yoga class? If so, this class is for you! A stronger core and flexible spine can reduce lower back pain, improve balance and posture. You will learn pilates and yoga exercises that are gentle and effective requiring no experience. This class combines yoga mindfulness, stretching and relaxation. Please bring your own yoga mat.

Instructor: Jane Bockman

Tue, Jun 1-29	12-1 pm	\$40/5	54697
Tue, Jul 6-27	12-1 pm	\$32/4	56781
Tue, Aug 3-31	12-1 pm	\$40/5	56782

Oliver Woods Community Centre

Yogalates

A cross between Yoga and Pilates, this will combine Pilates and Yoga for a total body workout focused on toning the glutes, thighs and stomach. This low-impact workout will increase your fitness level. Develop your core strength and stabilization through Pilates poses, and improve your flexibility, muscular strength, posture and alignment through Yoga/Pilates poses, breathing and relaxation.

Instructor: Gypsy Hart

Thu, Jun 3-24	5:15-6:15 pm	\$32/4	54738
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Oliver Woods Community Centre

Kundalini Yoga

Kundalini yoga is an uplifting, energizing and transformative type of yoga that uses physical postures, powerful breath work, audible chants or "mantras" and hand gestures or "mudras" to produce full body awareness and personal empowerment. You must bring your own yoga mat.

Instructor: Myah Rogerson

Wed, Jun 2-30	7:30-8:45 pm	\$40/5	54748
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Oliver Woods Community Centre

Gentle Yoga

This program is a great introduction to yoga poses in a Hatha-based yoga class combined with core conditioning and stabilizing exercises to improve posture and alignment. You will enjoy the benefits of increased flexibility and deep relaxation. Leave feeling taller, leaner and more relaxed. You must bring your own yoga mat.

Instructor: Jane Bockman

Fri, Jun 4-25	9:30-10:30 am	\$32/4	54752
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Oliver Woods Community Centre

Fri, Jul 2-30	9-10 am	\$40/5	57052
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Fri, Aug 6-27	9-10 am	\$32/4	57053
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Oliver Woods Community Centre

Instructor: Heather Honey

Mon, Jun 7-28	6:30-7:30 pm	\$32/4	55203
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Mon, Jul 5-26	6:30-7:30 pm	\$32/4	57047
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Mon, Aug 9-30	6:30-7:30 pm	\$32/4	57051
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Oliver Woods Community Centre

Instructor: Amber Neuman-Brochez

Sat, Jun 5-26	9:45-10:45 am	\$32/4	54741
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Oliver Woods Community Centre



Hatha Yoga

This rejuvenating class will release tension from the muscles from everyday life and sports activities. Learn to breathe deeply while experiencing a flow of postures to stimulate the body physically and mentally. Through this practice you enhance flexibility, increase muscle tone and concentration, detoxify the organs and feel a deep state of relaxation. You must bring your own yoga mat.

Instructor: Melissa Hill

Thu, Jun 3-24	11 am-12 pm	\$32/4	54733
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Oliver Woods Community Centre

Instructor: Karen Shortt

Mon, Jun 7-28	5:30-6:30 pm	\$32/4	58150
Mon, Jul 5-26	5:30-6:30 pm	\$32/4	58151

Bowen Park Complex

Flow & Form Yoga

Flow and Form Yoga encourages a balance between flexibility, strength, and endurance. Emphasizing correct body alignment and precision while enjoying a sense of well-being and increased relaxation. Some yoga experience is recommended but not required. Please bring your own yoga mat.

Instructor: Heather Honey

Tue, Jun 1-29	5:30-6:30 pm	\$40/5	54745
Tue, Jul 6-27	5:30-6:30 pm	\$32/4	57045
Tue, Aug 3-31	5:30-6:30 pm	\$40/5	57050

Oliver Woods Community Centre

Light Vinyasa Yoga

Vinyasa Yoga (also known as flow) links breath to movement using Hatha poses in a gently flowing sequence, interspersed with static poses. Students can expect to build strength, endurance, flexibility, balance and cardiovascular ability. This Light Vinyasa class builds a foundation for beginners and is also a great option for continuing students looking for a slower pace without inversions. You must bring your own yoga mat.

Instructor: Amber Neuman-Brochez

Sat, Jun 5-26	11 am-12 pm	\$32/4	54750
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Oliver Woods Community Centre

Vinyasa 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. Please bring your own yoga mat.

Instructor: Karen Shortt

Wed, Jun 9-30	5:30-6:30 pm	\$32/4	58152
Wed, Jul 7-28	5:30-6:30 pm	\$32/4	58153

Bowen Park Complex

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 required. You must bring your own yoga mat.

Instructor: Gypsy Hart

Tue, Jun 1-29	5:15-6:15 pm	\$40/5	54743
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Oliver Woods Community Centre

Restorative Yoga NEW!

Restorative yoga is a style of yoga that encourages physical, mental and emotional relaxation. Appropriate for all levels, restorative yoga is practiced at a slow pace, focusing on long holds, stillness and deep breathing. Please bring your own yoga mat.

Instructor: Jane Bockman

Mon, Jun 7-28	3-4 pm	\$32/4	55816
Mon, Jul 5-26	3-4 pm	\$32/4	57054
Mon, Aug 9-30	3-4 pm	\$32/4	57055

Oliver Woods Community Centre

Active Retired Yoga

Everything you need to know about yoga for seniors in one place. Retirement is the perfect time to try some new things and pick up some healthy habits you may not have had time to consider in your working years. If you have never tried yoga, check out this class and experience some of the benefits of yoga, such as restoring flexibility and stability, managing of pain and inflammation and improving sleep quality.

Instructor: Gypsy Hart

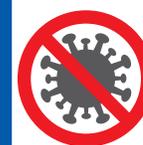
Wed, Jun 2-30	9-10 am	\$40/5	56187
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Oliver Woods Community Centre





60+ Fitness Classes



For your safety while participating in our programs, COVID-19 safety protocols are in place.

Gentle Yoga

This is a Hatha style class that focuses on gentle stretches before each pose. Time is given to rest or relax briefly after anything that is strenuous. This is not a flow class.

Instructor: Heather Honey

Fri, Jul 2-23	10-11 am	\$26/4	57067
Fri, Aug 6-27	10-11 am	\$26/4	57077

Bowen Park - Tennis Wall

Chair Yoga

This class is designed for people who experience difficulty doing floor exercise. Yoga exercises have many benefits, including stretching, relaxing and helping you to feel energized.

Instructor: Russell McNeil

Mon, Jun 7-28	11:45 am-12:45 pm	\$26/4	54137
Mon, Jul 5-26	11:30 am-12:30 pm	\$26/4	56886
Mon, Aug 9-30	11:30 am-12:30 pm	\$26/4	56887

Bowen Park Complex

Dance Fitness

Open to those who want a basic 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 older adults.

Instructor: Maria Elena Jitton Pothorin

Sat, Jun 5-26	10:30-11:30 am	\$20/3	54267
Sat, Jul 3-31	9-10 am	\$33/5	57583
Sat, Aug 7-26	9-10 am	\$26/4	57584

Bowen Park - Tennis Wall

Sculpt & Tone

This includes a warm up, cardio, resistance training and a cool down/stretch. This would benefit older adults for bone and joint health by developing lean muscle and increasing metabolism.

Instructor: Brian Sugiyama

Tue, Jun 1-29	12:30-1:30 pm	\$26/4	54242
Tue, Jul 6-27	9-10 am	\$26/4	57059
Tue, Aug 3-24	9-10 am	\$26/4	57060

Bowen Park - Tennis Wall

Wed, Jun 2-30	9:30-10:30 am	\$33/5	54248
Wed, Jul 7-28	9-10 am	\$26/4	57064
Wed, Aug 4-25	9-10 am	\$26/4	57065

Beban Social Centre Breezeway

Thu, Jun 3-24	10-11 am	\$26/4	54245
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Virtual Class

Balance & Mobility

Balance, movement and mobility - the three steps you need to maintain a healthy lifestyle. The instructor will lead you through easy exercises to improve stability and potentially prevent falls. The workouts assist in improving posture, muscle strength and speed, sharpening reflexes, expanding flexibility and firming your core. The instructor may also give tips on fall proofing your home.

Instructor: Russell McNeil

Tue, Jun 1-29	3:30-4:30 pm	\$33/5	54170
Tue, Jul 6-27	3:30-4:30 pm	\$26/4	56893
Tue, Aug 3-31	3:30-4:30 pm	\$33/5	56894

Oliver Woods Community Centre

BellyFit

The Bellyfit System is designed for women of all ages, stages, sizes and levels of ability. This class will start with a guided posture check and opening meditation and then continue with 35 minutes of cardio and a cool down.

Instructor: Maria Elena Jitton Pothorin

Thu, Jul 8-29	9:30-10:30 am	\$26/4	57585
Thu, Aug 5-26	9:30-10:30 am	\$26/4	57587

Bowen Park Tennis Wall





Pool Programs



For your safety while participating in our programs, COVID-19 safety protocols are in place.

Summer 2021 - Swimming Lesson Descriptions

1. Swimming lessons have been changed to accommodate patrons during these unprecedented times.
2. The lessons focus on learning to swim safely. Instructors will identify skills completed and share ideas to continue to improve and develop swimmers' skills in the water.
3. Six NEW levels ranging from Beginners to Advanced (stroke technique) allow swimmers to practice skills progressively and follow the principles of swimming: buoyancy, gravity, propulsion and resistance at their own pace.
4. The number of registrants has changed for each lesson in order to maintain safe physical distancing while in the water.
5. Swimmers will receive a Feedback Report outlining skills achieved and skills still being worked on at the end of their lesson set. Red Cross report cards will not be used at this time.
6. Masks are required to be worn anywhere inside the facility except while in the water.
7. Swimmers in the first three lessons plus Intermediate 4 (3-6 year olds) must have a consistent parent or guardian attend (that is 16 years or older and comfortable in water) with them in the pool. The parent or guardian will assist the participant in the water to practice swimming skills under the direction of the instructor. Please ensure the support person is from the same "Bubble" as the participant. For consistency and safety, please ensure the same person attends each lesson whenever possible.
8. We apologize in advance, but if the parent or guardian is unable to be in the water, the registrant will not be able to attend that day.



Overview of Summer 2021 Swimming Lessons

<p>Beginner 1 AGES 3-6 YEARS & 6 YEARS & UP (Parent/Guardian Participation)</p> <ul style="list-style-type: none"> • Orientation to water • Submersion • Front & Back Floating (Assisted & Unassisted) • General comfort in the water 	<p>Intermediate 4 AGES 3-6 YEARS (Parent/Guardian Participating) 7 YEARS & UP (Not Assisted by Parent/Guardian)</p> <ul style="list-style-type: none"> • Rolling Glides (Front Glide into Side Glide) • Back Crawl • Front Crawl • Swim 50 metres • Surface Support
<p>Beginner 2 AGES 3-6 YEARS & 6 YEARS & UP (Parent/Guardian Participation)</p> <ul style="list-style-type: none"> • Front and Back Floating (Unassisted) • Front and Back Gliding (Assisted & Unassisted) • Introduction to deeper water 	<p>Advanced 5 7 YEARS & UP (Not Assisted by a Parent/Guardian)</p> <ul style="list-style-type: none"> • Back Crawl • Front Crawl • Whip Kick • Elementary Backstroke • Swim 100 metres
<p>Intermediate 3 AGES 3-6 YEARS & 6 YEARS & UP (Parent/Guardian Participation)</p> <ul style="list-style-type: none"> • Front and Back Swims (Unassisted) • Side Gliding (Assisted) • Swim 25 metres 	<p>Advanced 6 7 YEARS & UP (Not Assisted by a Parent/Guardian)</p> <ul style="list-style-type: none"> • Back Crawl • Front Crawl • Elementary Backstroke • Breast Stroke • Swim 200 metres

NOTE: Levels 1 to 4 are divided into two age groups (3-6 years and 6 years & up). Please ensure registration is for the appropriate age. Swim Level 5 and 6 are reserved for those 7 years and up.

To assist with registration, please follow the conversion chart below:

<ul style="list-style-type: none"> • Beginner swimmer • Never taken swimming lessons • Nervous to learn to swim • Sea Otter (incompleted) • Swim Kids 1 (incompleted) 	➔	<p>Register in Beginner 1 \$6.75/lesson</p>
<ul style="list-style-type: none"> • Sea Otter (completed) • Salamander (incompleted) • Swim Kids 1 (completed) • Swim Kids 2 (incompleted) 	➔	<p>Register in Beginner 2 \$6.75/lesson</p>
<ul style="list-style-type: none"> • Salamander (completed) • Sunfish (incompleted) • Sunfish (completed) • Crocodile (incompleted) • Swim Kids 2 (completed) • Swim Kids 3 (incompleted) 	➔	<p>Register in Intermediate 3 \$6.75/lesson</p>
<ul style="list-style-type: none"> • Crocodile (completed) • Whale (incompleted) • Whale (completed) • Swim Kid 3 (completed) • Swim Kids 4 (incompleted) • Swim Kids 4 (completed) • Swim Kids 5 (incompleted) • Swim Kids 5 (completed) • Swim Kids 6 (incompleted) 	➔	<p>Register in Intermediate 4 \$6.75/lesson</p>
<ul style="list-style-type: none"> • Swim Kids 6 (completed) • Swim Kids 7 (incompleted) • Swim Kids 7 (completed) • Swim Kids 8 (incompleted) 	➔	<p>Register in Advanced 5 \$6.75/lesson</p>
<ul style="list-style-type: none"> • Swim Kids 8 (completed) • Swim Kids 9 (incompleted) • Swim Kids 9 (completed) • Swim Kids 10 (incompleted) • Swim Kids 10 (completed) 	➔	<p>Register in Advanced 6 \$6.75/lesson</p>



Nanaimo Aquatic Centre Summer Lessons

SUNDAYS	MONDAYS	WEDNESDAYS
SET 1: July 4-25 (4 lessons)	SET 1: July 5-26 (4 lessons)	SET 1: July 7-28 (4 lessons)
SET 2: August 8-29 (4 lessons)	SET 2: August 9-30 (4 lessons)	SET 2: August 4-25 (4 lessons)

		1:15 pm	1:30 pm	2:00 pm	2:15 pm	2:45 pm	3:00 pm	3:45 pm	4:00 pm	4:30 pm	4:45 pm	5:15 pm	5:30 pm	6:00 pm	6:15 pm	6:45 pm	3:45 pm	4:00 pm	4:30 pm	4:45 pm	5:15 pm	5:30 pm	6:00 pm	6:15 pm	6:45 pm		
Parent Participation	30 Minute Classes	Beginner 1 (3-6 years)	x					x								x					x				x		
		Beginner 1 (6 years & up)				x	x					x					x	x							x		
		Beginner 2 (3-6 years)	x						x		x										x					x	
		Beginner 2 (6 years & up)	x			x	x						x					x	x								
		Intermediate 3 (3-6 years)			x						x									x						x	
		Intermediate 3 (6 years & up)		x						x										x							
		Intermediate 4 (3-6 years)			x									x							x						x
		Intermediate 4 (7 years & up)			x										x												
		Intermediate 4 (7 years & up)						x				x							x								
		Advanced 5 (7 years & up)		x							x										x						
Advanced 6 (7 years & up)				x						x																	

Westwood Lake Summer Lessons



TUESDAYS & THURSDAYS (twice a week/6 lessons)
SET 1: July 6-22
SET 2: July 27-August 12
SET 3: August 17-September 2

		10:45 am	11:30 am	12:15 pm	
Parent Participation	30 Minute Classes	Beginner 1 (3-6 years)	x		
		Beginner 2 (3-6 years)	x		
		Beginner 1 (7 years & up)		x	
		Beginner 2 (7 years & up)		x	
		Intermediate 3 (3-6 years)	x		
		Intermediate 3 (7 years & up)			x
		Intermediate 4 (7 years & up)		x	
		Advanced 5 (7 years & up)			x
Advanced 6 (7 years & up)			x		

Junior Lifeguard Club

8 to 12 Years



Do you or someone you know love the water and enjoy helping others? Members of the Junior Lifeguard Club learn about lifesaving and lifeguarding from our fun aquatics staff while developing new swim skills, strengthening their community involvement in aquatics and making new friends.

At this time, we have not scheduled this program. As we continue to evaluate the local situation, we plan to offer this program as soon as we are able. (See page 20 for Junior Lifeguard Camp as an option.)

Please add your name to the Interest List by calling 250-756-5200 or emailing parksandrecreation@nanaimo.ca so that when we are ready to go, those on the interest list will be contacted first to register.



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Advanced Aquatic Courses Interest Lists

Contact Us to Add Your Name to An Interest List

Advanced aquatic courses help participants obtain a greater understanding of lifesaving principals in water and assist in developing judgement, knowledge, skills and fitness. Add your name to an Interest List for the courses below to enhance and develop your aquatic skills!

As a result of the current pandemic, we are scheduling limited Aquatic Leadership Courses at this time. We will continue to follow current Provincial Health Orders, and when it is safe to do so, we will create additional advanced aquatic courses and notify those on the Interest Lists to register.

To place your name on an Interest List, please call us at 250-756-5200 or email parksandrecreation@nanaimo.ca.



BRONZE MEDALLION (13 yrs)

This teaches lifesaving principles of water rescue education: judgement, knowledge, skills and fitness.



BRONZE CROSS (completed Bronze Medallion)

This is the beginning of the transition from lifesaving to lifeguarding and strengthens lifesaving skills.



NATIONAL LIFEGUARD POOL (NL)

(15 yrs, complete Bronze Cross and Standard First Aid with CPR C)

Emphasizes lifeguarding skills and the decision-making processes to provide effective safety supervision in a swimming pool.



WATER SAFETY INSTRUCTOR (WSI) - COMPONENT 1 (15 yrs)

Skills Evaluation - prepares the candidate to prepare and focus on strategies to develop fitness, water safety and swimming skills.

WATER SAFETY INSTRUCTOR (WSI) - COMPONENT 2 (15 yrs)

Candidates will receive and be given all materials and resources which include the Course package and the use of WSI Online for assignments.



WATER SAFETY INSTRUCTOR (WSI) - COMPONENT 3 (Completed Component 1 & 2)

Part 1- complete 8 hours of practice teaching before Component 3 with a WSI during swimming lessons.
Part 2- a 24-hour combination of class and pool sessions. Candidates are evaluated on their knowledge and ability to apply theory to plan, teach and evaluate swimming.

National Lifeguard Waterfront Re-Cert
Sat, Jun 12 9 am-6 pm \$120 57094
Westwood Lake Park

Bronze Medallion
Sun, Jul 4-25 12-6 pm \$185 57668
Westwood Lake Park

National Lifeguard Waterfront
Su-Tu, Jun 25-27 9 am-6 pm \$270 57101
Westwood Lake Park

Bronze Cross
Sun, Aug 8-29 12-6 pm \$155 57669
Westwood Lake Park





Arena Programs

 For your safety while participating in our programs, COVID-19 safety protocols are in place.

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.

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, glide 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 (RecSkate)

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.



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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	\$7.50
RecSkate (3-5 yrs)	30 minutes	\$7.50
RecSkate (6-11 yrs)	45 minutes	\$11
RecFigure Skate	45 minutes	\$11
Various RecSkates (pre-teen/teen)	60 minutes	\$12
Private RecSkate (all ages) *	30 minutes	\$28

* For private RecSkate lessons, specific lesson 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 \$32 for a 30-minute lesson. Call Gary Paterson, Arenas Coordinator, at 250-755-7536 for details.

CLIENTS WITH SPECIAL NEEDS

- Participants with special needs are welcome to register. Please contact our Arenas Coordinator at 250-755-7536 for information



DROP-IN SESSIONS

- Check out our drop-in options on page 10 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 once a month on Sunday afternoons from 3-4:30 pm.

- May 16 (Cliff McNabb)
- June 13 (Cliff McNabb)
- July 18 (Nanaimo Ice Centre)
- August 15 (Nanaimo Ice Centre)

Regular admission rates apply.

***PLEASE NOTE:**
Pre-registration is required for "Glow in the Dark" and "Starlight Skates", and limited spaces are available.

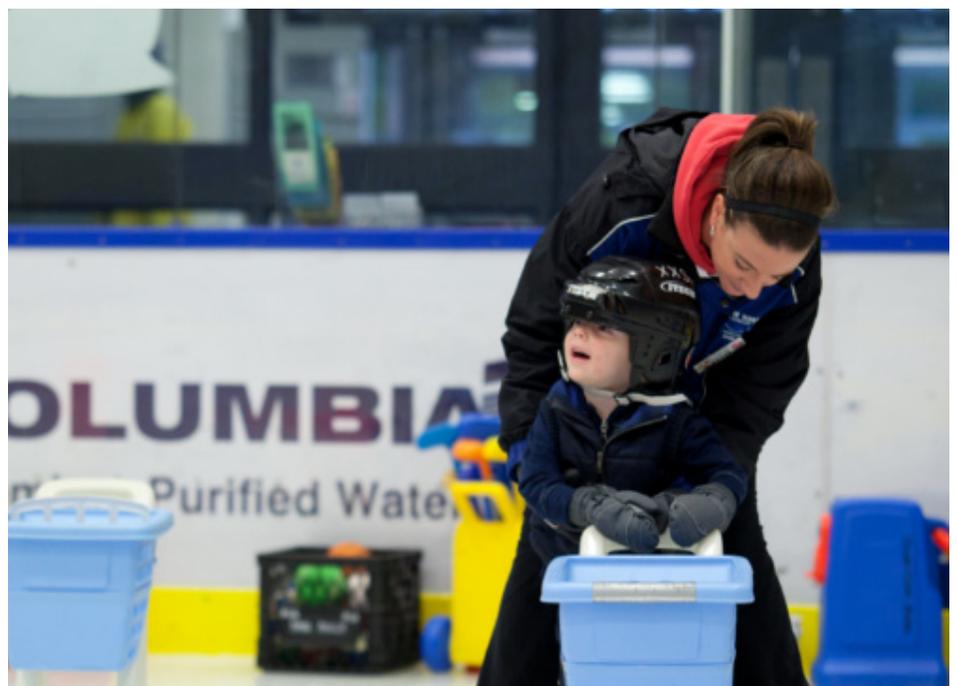
Starlight Skate*

Our **Starlight Skate** is an opportunity to come out and enjoy our soft light "stars" and passive LED glow lights. This is a great time for couples and families after dinner or that night out with friends.

Regular admission rates apply.

Held on the following Wednesdays, 6:30-8 pm at Nanaimo Ice Centre:

- May 5 • June 2
- July 7 • August 4



Skating Lessons

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

Monday, May 17-June 21 • 5 weeks • **Nanaimo Ice Centre** (no lesson May 24)

3:30-4 pm	Boots 1 52903	Boots 2 52951	Rec 1 53111	Rec 2 53503	Rec 3 54025	Rec 4 54520	Private 53360
4-4:45 pm	Rec 1 53114	Rec 2 53506	Rec 3 54027	Rec 4 54522	Rec 5 54552	Private 4-4:30 pm 53361	
4:45-5:15 pm	Boots 1 52904	Boots 2 52952	Rec 1 53112	Rec 2 53504	Rec 3 54026	Rec 4 54521	Private 53362
5:15-6 pm	Rec 1 53115	Rec 2 53507	Rec 3 54028	Rec 4 54523	Rec 6/7 53305	RecFigure 53238	
6-6:30 pm	Boots 1 52905	Boots 2 52953	Rec 1 53113	Rec 2 53505	Private 53363	Private 53364	
6:45-7:45 pm	Pre-Teen/Teen 53248	Adult RS 52988	Private 6:45-7:15 pm 53365	Private 6:45-7:15 pm 53366	Private 6:45-7:15 pm 53367		
7:15-7:45 pm	Private 53368	Private 53369	Private 53370				

Thursday, May 20-June 24 • 6 weeks • **Nanaimo Ice Centre**

3:30-4:15 pm	Rec 1 53122	Rec 2 53800	Rec 3 54036	Rec 4 54531	Rec 5 54555	Rec 6/7 53308	
4:15-4:45 pm	Boots 1 52917	Boots 2 52958	Rec 1 53123	Rec 2 53799	Rec 3 54035	Rec 4 54530	Private 53443
5:30-6:30 pm	Pre-Teen/Teen 53251	Adult RS 52991	Private 5:30-6:30 pm 53444	Private 5:30-6:30 pm 53445	Private 6-6:30 pm 53446	Private 6-6:30 pm 53447	

Friday, May 21-June 25 • 6 weeks • **Cliff McNabb Arena**

9:30-10 am	Boots 1 52920	Rec 1 53127	Rec 3 54041	Rec 4 53536	Ad. Practice 9:30-10:30 am 53234		
10-10:30 am	Boots 2 52961	Rec 2 53804	Private 53458	Adult RS 10:30-11:30 am 52994	Ad. Advanced 10:30-11:30 am 53236		

Saturday, May 22-June 26 • 6 weeks • **Cliff McNabb Arena**

9-9:45 am	Rec 1 53134	Rec 2 53915	Rec 3 54048	Rec 4 54543	Rec 5 54559	Private 9-9:30 am 53474	
9:45-10:15 am	Boots 1 52925	Boots 2 52966	Rec 1 53132	Rec 2 53913	Rec 3 54046	Rec 4 54541	Private 53475
10:30-11:15 am	Rec 1 53135	Rec 2 53916	Rec 3 54049	Rec 4 54544	Rec 6/7 53312	RecFigure 53241	Private 10:30-11 am 53476
11:15-11:45 am	Boots 1 52926	Boots 2 52967	Rec 1 53133	Rec 2 53914	Rec 3 54047	Rec 4 54542	Pre-Teen/Teen 11:15-12:15 53254
11:45 am-12:15 pm	Boots 1 52924	Boots 2 52965	Private 53477	Private 53478	Private 53479	Private 53480	Private 53481

Wednesday, June 2-23 • 4 weeks • **Cliff McNabb Arena**

12:30-1 pm	Private 53386	Private 1-1:30 pm 53387					
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SET ONE



FOR FALL 2021 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.



FULL GEAR Equipment Requirement 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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RecSkate Pre-Teen/Teen

12 to 17 Years

Get an introduction to arenas, including lesson teaching, skate patrol, safety and facility tour. This is a great bridge to our LIT and Quest programs and is for all levels of skating.

Mon, May 17-Jun 21	6:45-7:45 pm	\$60/5	53248
Thu, May 20-Jun 24	5:30-6:30 pm	\$72/6	53251
Mon, Jun 28-Aug 9	6:45-7:45 pm	\$72/6	53249
Thu, Jul 8-Aug 12	6:15-7:15 pm	\$72/6	53252

Nanaimo Ice Centre
Sat, May 22-Jun 26 11:15 am-12:15 pm \$72/6 53254
Cliff McNabb Arena



RecFigure Skate - Beginner

6 to 16 Years

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

Mon, May 17-Jun 21	5:15-6 pm	\$55/5	53238
Sat, May 22-Jun 26 *	10:30-11:15 am	\$66/6	53241
Mon, Jun 28-Aug 9	5:15-6 pm	\$66/6	53239
Thu, Jul 8-Aug 12	5-5:45 pm	\$77/7	53242
M-F, Aug 23-27	11-11:45 am	\$55/5	53243
M-F, Aug 30-Sep 3	11-11:45 am	\$55/5	53244

Nanaimo Ice Centre / Cliff McNabb Arena *

RecFigure Skate - Advanced

6 to 17 Years

This will consist of freeskating skills, such as jumps and spins and an introduction to ice dance in a full ice context. Participants should have completed RecFigure Skate Level 3.

Wed, May 19-Jun 23	4-5 pm	\$72/6	52971
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Nanaimo Ice Centre

Skating Lessons

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

Monday, June 28-August 9 • 6 weeks • Nanaimo Ice Centre (no lesson Aug 2)

3:30-4 pm	Boots 1 52906	Boots 2 52954	Rec 1 53116	Rec 2 53792	Rec 3 54029	Rec 4 54524	Private 53371
4-4:45 pm	Rec 1 53119	Rec 2 53795	Rec 3 54031	Rec 4 54526	Rec 5 54553	Private 4-4:30 pm 53372	
4:45-5:15 pm	Boots 1 52907	Boots 2 52955	Rec 1 53117	Rec 2 53793	Rec 3 54030	Rec 4 54525	Private 53373
5:15-6 pm	Rec 1 53142	Rec 2 53796	Rec 3 54032	Rec 4 54527	Rec 6/7 53306	Rec Figure 53239	
6-6:30 pm	Boots 1 52908	Boots 2 52956	Rec 1 53118	Rec 2 53794	Private 53374	Private 53375	
6:45-7:45 pm	Pre-Teen/Teen 53249	Adult RS 52989	Private 6:45-7:15 pm 53376	Private 6:45-7:15 pm 53377	Private 6:45-7:15 pm 53378		
7:15-7:45 pm	Private 53379	Private 53380	Private 53381				

Thursday, July 8-August 12 • 6 weeks • Nanaimo Ice Centre

3:30-4 pm	Boots 1 52918	Boots 2 52959	Rec 1 53124	Rec 2 53801	Rec 3 54037	Rec 4 54532	Private 53448
	Private 53449						
4-4:45 pm	Rec 1 53125	Rec 2 53802	Rec 3 54039	Rec 4 54534	Rec 5 54556	Rec 6/7 53309	Private 4:15-4:45 pm 53450
4:45-5:30 pm	Rec 2 60972	Rec 3 60973	Rec 4 60975	Rec 5 54557	Rec 6/7 53310	Rec Figure 53242	
5:45-6:15 pm	Private 53451	Private 53452					
6:15-7:15 pm	Pre-Teen/Teen 52992	Adult RS 53252	Private 6:15-6:45 pm 53453	Private 6:15-6:45 pm 53454			
6:45-7:15 pm	Private 53455	Private 53456					

Monday-Friday, August 23-27 • 5 lessons • Nanaimo Ice Centre

9-9:45 am	Rec 1 53138	Rec 2 53918	Rec 3 54051	Rec 4 54546	Rec 5 54560	Private 8:15-8:45 am 53482	Private 8:15-8:45 am 53483
9:45-10:15 am	Boots 1 52927	Boots 2 52968	Rec 1 53136	Rec 2 53917	Rec 3 54050	Rec 4 54545	Private 53484
10:15-11 am	Rec 1 53139	Rec 2 53919	Rec 3 54052	Rec 4 54547	Rec 6/7 53313	Private 10:30-11 am 53485	
11-11:45 am	Rec Figure 53243	Private 11-11:30 am 53486	Private 11-11:30 am 53487	Private 11-11:30 am 53488	Private 11-11:30 am 53489		

Monday-Friday, August 30-September 3 • 5 lessons • Nanaimo Ice Centre

9-9:45 am	Rec 1 53140	Rec 2 53921	Rec 3 54063	Rec 4 54549	Rec 5 54561	Private 8:15-8:45 am 53490	Private 9-9:30 am 53491
9:45-10:15 am	Boots 1 52928	Boots 2 52969	Rec 1 53137	Rec 2 53920	Rec 3 54053	Rec 4 54548	Private 53492
10:15-11 am	Rec 1 53141	Rec 2 53922	Rec 3 54064	Rec 4 54550	Rec 6/7 53314	Private 10:30-11 am 53493	
11-11:45 am	Rec Figure 53244	Private 11-11:30 am 53494	Private 11-11:30 am 53495	Private 11-11:30 am 53496	Private 11-11:30 am 53497		

SET TWO

SUMMER SET

RecSkate Homeschool

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

Mon, May 17-Jun 21	10:30-11:30 am	\$60/5	53074
Wed, May 19-Jun 23	12:30-1:30 pm	\$72/6	53075

Cliff McNabb Arena

RecSkate Adults

For new skaters or those who may need to brush up on skills. Skaters will be able to develop skills at their own pace and work towards earning the bronze, silver and gold lapel pins if desired.

Mon, May 17-Jun 21	6:45-7:45 pm	\$60/5	52988
Thu, May 20-Jun 24	5:30-6:30 pm	\$72/6	52991
Fri, May 21-Jun 25 *	10:30-11:30 am	\$72/6	52994
Mon, Jun 28-Aug 9	6:45-7:45 pm	\$72/6	52989
Thu, Jul 8-Aug 12	6:15-7:15 pm	\$72/6	52992

Nanaimo Ice Centre / * Cliff McNabb Arena

RecSkate Adults Practice

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, May 21-Jun 25	9:30-10:30 am	\$45/6	53234
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Cliff McNabb Arena

RecSkate Adults Advanced

This class for experienced skaters will have 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, May 21-Jun 25	10:30-11:30 am	\$72/6	53236
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Nanaimo Ice 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 includes other activities, too. We recommend that skaters have passed a minimum of RecSkate 1. Rentals are free if required.

Fri, May 7	8:30 am-5 pm	\$42/1	53268
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Nanaimo Ice Centre

RecHockey 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 includes other activities, too. We recommend that skaters have passed a minimum of RecSkate 1. Rentals are free if required.

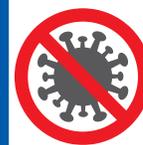
Fri, May 7	8:30 am-5 pm	\$42/1	53267
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Nanaimo Ice Centre





Hockey Programs



For your safety while participating in our programs, COVID-19 safety protocols are in place.

Hockey Rascals

4 to 6 Years

Looking to get your little hockey player ready for the fall? This program focuses on hockey FUNDamentals, including skating, puck handling and shooting. You must supply your own helmet with face cage, stick and gloves, and full gear is recommended.

Thu, May 20-Jun 24	4:45-5:30 pm	\$66/6	53189
Thu, Jul 8-Aug 12	5:30-6:15 pm	\$66/6	53190

Nanaimo Ice Centre

NEW!

Fri, May 21-Jun 25	4:15-5 pm	\$66/6	53193
Fri, May 21-Jun 25	5:30-6:15 pm	\$66/6	53194

Cliff McNabb Arena

Everyone Can Play Hockey

7 to 11 Years

This is a great first-timer experience emphasizing the FUNDamentals of Canada's greatest game. We recommend a minimum of RecSkate 2 be completed. Please supply your own helmet with a face cage, stick and gloves, and full gear is recommended.

Thu, May 20-Jun 24	4:45-5:30 pm	\$66/6	52931
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Nanaimo Ice Centre



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, May 22-Jun 26	8:15-9 am	\$66/6	53256
Sat, May 22-Jun 26	12:15-1 pm	\$66/6	53258
M-F, Aug 23-27	8:15-9 am	\$55/5	53259
M-F, Aug 30-Sep 3	8:15-9 am	\$55/5	53260

Cliff McNabb Arena

Nanaimo Ice Centre

7 to 9 Years

Sat, May 22-Jun 26	8:15-9 am	\$66/6	53262
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Cliff McNabb Arena

7 to 12 Years

Sat, May 22-Jun 26	12:15-1 pm	\$66/6	53264
M-F, Aug 23-27	8:15-9 am	\$55/5	53265
M-F, Aug 30-Sep 3	8:15-9 am	\$55/5	53266

Cliff McNabb Arena

Nanaimo Ice Centre

Power Skating Basics **NEW!**

6 to 12 Years

Get introduced to skating techniques necessary to develop greater power and strength to improve their game. BACK TO BASICS looks at speed, balance, agility and coordination. Full gear required.

Wed, May 19-Jun 23	5:15-6:16 pm	\$66/6	54496
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Nanaimo Ice Centre

Power Skating

This program is designed to develop strength, power, flexibility and endurance for hockey. Emphasis is on correct technique and body position. Full gear is required. \$12 per session.

Peanut: 4 to 6 Years - 4:30-5:30 pm

Mon, Aug 23	53204	Tue, Aug 24	53205
Wed, Aug 25	53206	Thu, Aug 26	53207
Fri, Aug 27	53208		

6 to 7 Years - 4:30-5:30 pm

Recommended for first or second year hockey players.

Mon, Aug 23	53209	Tue, Aug 24	53210
Wed, Aug 25	53211	Thu, Aug 26	53212
Fri, Aug 27	53213		

8 to 9 Years - 5:45-6:45 pm

An intermediate level program with a minimum of two full years of hockey experience.

Mon, Aug 23	53214	Tue, Aug 24	53215
Wed, Aug 25	53216	Thu, Aug 26	53217
Fri, Aug 27	53218		

10 to 14 Years - 5:45-6:45 pm

Designed for advanced level skaters. We recommend all players have a minimum of four to five years of hockey experience.

Mon, Aug 23	53219	Tue, Aug 24	53220
Wed, Aug 25	53221	Thu, Aug 26	53222
Fri, Aug 27	53223		

Nanaimo Ice Centre



Pre-Season Hockey

A pre-season session time to get a jump start on the upcoming hockey season. Ice time will consist of skills and drills, as well as a short scrimmage. This is a co-ed program. Please register early, as this fills up quickly. Full gear is required.

4 to 6 Years

M-F, Aug 16-20 12:45-1:45 pm \$60/5 53228

6 to 7 Years

M-F, Aug 16-20 1:45-3 pm \$65/5 53229

8 to 9 Years

M-F, 16-20 2-3:15 pm \$65/5 53230

10 to 14 Years

M-F, Aug 16-20 3:15-4:45 pm \$70/5 53231

Girls Only (4 to 11 Years)

M-F, Aug 16-20 3:30-5 pm \$70/5 53232
Nanaimo Ice Centre

Advanced Stickhandling Skills - **NEW!** 12 to 17 Years

This program is for any player interested in challenging and advancing their stickhandling and puck control abilities. Our excellent staff will introduce skills and drills that will encourage more creative use of your stick in game-like settings. Skaters will be placed into two groups based on ability to help them to develop the confidence with the puck and teach them the skills required to be successful in their games. Full gear required.

Mon, May 17-Jun 21 8-9 pm \$108/9 57715

Wed, May 19-Jun 23 8:15-9:15 pm \$72/6 56777

Mon, Jun 28-Aug 9 8-9 pm \$72/6 57969

Wed, Jun 30-Sep 1 8:15-9:15 pm \$120/10 56778
Nanaimo Ice Centre



Adult Intro to Hockey

Specifically designed for the casual hockey player. Co-ed sessions will consist of skill practice and game play. Focus will be on skill development and positional play.

Wed, Jun 30-Sep 1 8:15-9:30 pm \$130/10 52986
Nanaimo Ice Centre

Adult Stickhandling 101

Whether new to the game or playing since you could walk, you can always improve your skills. Learn skills that can be taken off-ice and mastered. Includes correct hand positioning, dribbling, toe control, faking skills and much more. Full gear is required.

Mon, Jun 28-Aug 9 8-9 pm \$72/6 52974
Nanaimo Ice Centre

Adult Hockey Scrimmage

This is all about non-competitive hockey. Our leaders are on the ice to organize and direct the play. Previous hockey experience is recommended. Full gear is required. Goalies are welcome.

Fri, Jul 2-Sep 3 9:30-11 pm \$120/10 52977
Nanaimo Ice Centre

Custom Hockey Privates **NEW!**

4 + 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 player development and others. Small groups (2 - 3) are also welcome. Contact the Recreation Coordinator at (250) 755-7536 for more information. Full gear is recommended.

Fri, May 21-Jun 25 5-5:30 pm \$192/6 53226

Fri, May 21-Jun 25 5-5:30 pm \$192/6 53227
Nanaimo Ice Centre

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

- Please pre-register at recreation.nanaimo.ca
- 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 8 for location information.

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



cityofnanaimo



nanaimoparksandrec (#ilovemyparksandrec)

3 Easy Ways to Register FOR YOUR NANAIMO PARKS, RECREATION & CULTURE PROGRAMS:

1. ON-LINE

Register and view your transactions on-line.

Available 24/7 with a valid credit card.

Go to recreation.nanaimo.ca to create your account or to access your established account.

2. IN PERSON

Pay for programs using cash, cheque, credit/debit card or gift cards at

Oliver Woods Comm. Centre- (M-F, 8:30 am-4:30 pm; S/Su, 9:30 am-2:30 pm)

Bowen Complex - (M-F, 8:30 am-4:30 pm)

Nanaimo Aquatic Centre - (M-F, 6:30 am-7 pm; S/Su, 8 am-8 pm)

3. BY PHONE

Call **250-756-5200** and leave your name & phone number.

We will call you back in the order calls are received.

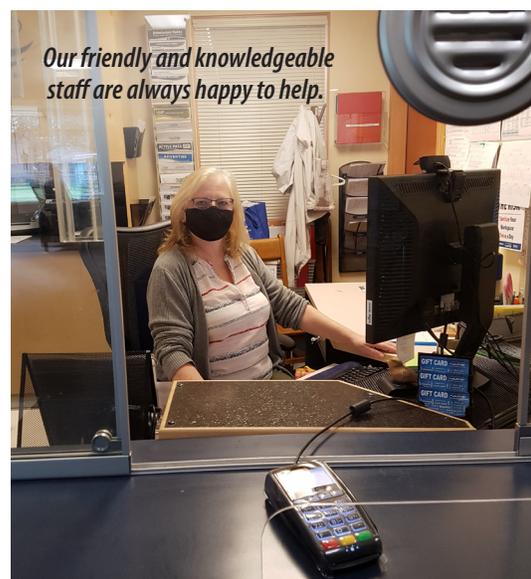
Payment is by credit card (American Express, Visa, MasterCard - card holder must be present).

PROGRAM CANCELLATIONS AND REFUNDS

Programs: Full refunds will be processed by contacting reception before the course starts due to illness. A partial refund will be given if you have to cancel part way through because of illness. No refunds on single days missed for any reason. Full refunds are issued when Nanaimo Parks, Recreation and Culture cancels a program. 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.

Parks, Trails & Facilities

This summer, get out and explore your parks and trails! Pick up your copy of the Parks and Trails brochure for local areas to discover.



- Go bird watching at **Buttertubs Marsh**. You may even see a Painted Turtle sunning on a log!
- Walk along the **Georgia Greenway** located between Sixth and Seventh Street.
- Take your four-legged friend to one of the City's **off-leash dog areas**.
- Play a round of disc golf at **Bowen Park**.
- Do a circuit workout at the **Oliver Woods Outdoor Wellness Park**.
- Build a driftwood fort at **Neck Point Park**. While you're there, find the fairy doors.
- Try out the inclusive equipment at the **Maffeo Sutton Playground**.
- Go biking at the **Steve Smith Bike Park** or **Beban Park Pump Track**.
- Skateboard at **May Richard Bennett Skate Park** or **Harewood Centennial Park**.
- Visit the **Rotary Garden** at **Maffeo Sutton Park** for stunning views of the waters in Nanaimo's waterfront.
- Check out the newly re-built stairs at **Rotary Seabold Park** to visit one of Nanaimo's beautiful beaches while you get a great stair workout.





PUBLIC ENGAGEMENT RESULTS ARE IN!

Wow Nanaimo! You’ve shared some great insights during the first phase of REIMAGINE NANAIMO – what’s great about our City, what needs work and fantastic idea for the future. Here are a few highlights. Note: the results are based on responses gathered from both the statistical survey and public questionnaire.

HOW DO WE VIEW OUR EXISTING FACILITIES?



TOP 3 FACILITIES PEOPLE ARE MORE SATISFIED WITH

PUBLIC RECREATION AND CULTURAL

- 1 Aquatic Centres
- 2 Cinemas
- 3 Fitness Centres and Gymnasiums

PARKS AND OPEN SPACE

- 1 Walking / Hiking / Running Trails
- 2 Neighbourhood & Waterfront Parks
- 3 Playgrounds



TOP 3 FACILITIES PEOPLE ARE LESS SATISFIED WITH

PUBLIC RECREATION AND CULTURAL

- 1 Outdoor Performance Venues
- 2 Arts & Cultural Workshop Spaces
- 3 Large & Small Performance Spaces

PARKS AND OPEN SPACE

- 1 Community & Edible Gardens
- 2 Urban Plazas
- 3 Waterfront Parks

WHAT ARE OUR FUTURE PRIORITIES?



Providing diverse cultural opportunities



Protecting our natural areas



Ensuring good access to arts and cultural experiences



Providing public access to waterfront areas



ARE WE PARTICIPATING IN ACTIVITIES ?

Over 84% of participants in both surveys have attended an event or activity at a City-owned arts and culture facility in the past 5 years



Over 50% of participants in both surveys have registered for a City-led parks and recreation program in the past 5 years



To see a summary of what our community has shared so far, take a browse through the Phase 1-Engagement Summary available at www.getinvolvednanaimo.ca.

WHAT IS REIMAGINE NANAIMO?

REIMAGINE NANAIMO is the community's opportunity to create a collective vision and road map for our future City. As our population grows beyond 100,000 residents, we need to collectively imagine how our spaces and places will evolve to better meet the needs of our natural environment and of all who call Nanaimo home.

WHAT'S NEXT?

The ideas gathered during the Phase 1 - Public Engagement are now being used in Phase 2 of the process to identify a range of potential scenarios and options for Nanaimo's future. Later this spring, we'll be asking for your review and thoughts on these emerging directions. To stay informed, please subscribe to **Getinvolvednanaimo.ca** for project updates. Stay tuned!

COMPLETE

WE ARE HERE!



PHASE 1
GATHERING IDEAS
SUMMER / FALL 2020



PHASE 2
EXPLORING SCENARIOS
SPRING / SUMMER 2021



PHASE 3
DEVELOPING PLANS
FALL 2021

getinvolvednanaimo.ca



Hello Summer

Water Parks

Open June to September

9 am-8 pm

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

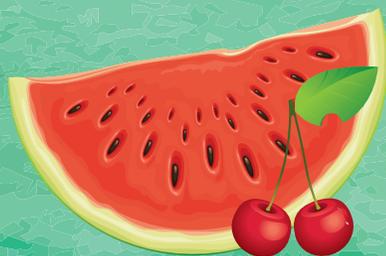
(weather depending)

Westwood Lake Lifeguards

Daily, June 29 to September 5

12-6 pm

(weather depending; including Canada Day, BC Day and Labour Day)



PLAYGROUND PROGRAM

July 7 to September 1

Hey, kids ages 5 to 12! Drop in to one of our neighbourhood playgrounds this summer and join in for FREE family fun! Activities could include games, arts & crafts and sports!

Monday to Friday, 10 am-3:30 pm

- HAREWOOD CENTENNIAL PARK (740 Howard Ave)

Monday, Tuesday, Thursday & Friday, 10 am-3:30 pm

Wednesday, 1:30-7 pm

- MANSFIELD PARK (850 Cadogan St)

Monday & Tuesday, 10 am-3:30 pm

Wednesday, 1:30-7 pm

- COUNTRY HILLS PARK (2899 White Blossom Way)
- LINLEY VALLEY GYRO PARK (5787 Linley Valley Way)

Thursday & Friday, 10 am-3:30 pm

- HAWTHORNE PARK (620 Sarum Rise Way)
- WESTDALE/LESLIE CRES. PARK (5409 Westdale Rd)