



EFFECTIVE UNTIL AUGUST 2013

Active Living Guide Spring / Summer 2013

WHAT'S HAPPENING THIS SEASON?

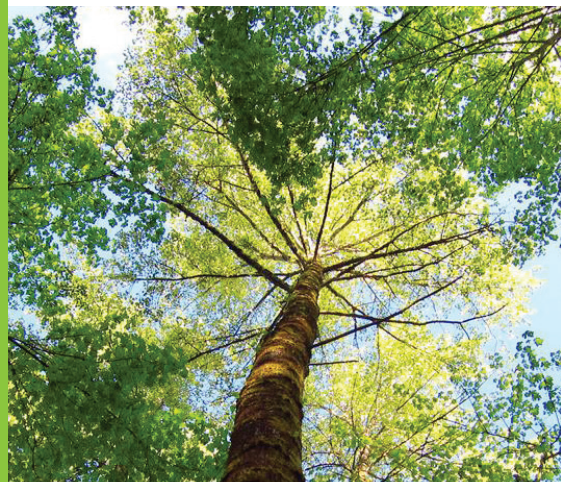
BRITISH SOCCER CAMP

THE "FUN" DAMENTALS OF CIRCUS!

GYMNASTICS CAMP

NEW ADULT GUIDED HIKES

GOLDEN SHOE HUNT



Active Just For The Health Of It!
www.rdn.bc.ca/recreation


Register for Summer Camp and bring back play!


Make friends and create great memories.



www.rdn.bc.ca/recreation
250-248-3252 | 250-752-5014



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"Camp Bigfoot has exceeded our expectations. We look forward to hearing about the great activities our son does every day. Thanks for giving our son such a super summer." – a Bigfoot parent.



Lighthouse Country Regional Trail

250.248.3252 OR 250.752.5014 TO REGISTER TODAY! SPRING/SUMMER 2013

Ravensong Aquatic Centre Schedule Spring March 28-June 30, 2013

*Schedule subject to change without notice

Check www.rdn.bc.ca for schedule changes.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Early Bird 6:00-9:00am	Early Bird 6:00-9:30am	Early Bird 6:00-9:00am	Early Bird 6:00-9:30am	Early Bird 6:00-9:00am	Early Bird 7:00-9:00am
	Aquafit Deep & Shallow 9:00-10:00am	Aquafit & Widths 9:30-10:30am	Aquafit Deep & Shallow 9:00-10:00am	Aquafit & Widths 9:30-10:30am	Aquafit Deep & Shallow 9:00-10:00am	
	Parent & Tot Leisure pool 9:00am-1:00pm		Parent & Tot Leisure pool 9:00am-1:00pm		Parent & Tot Leisure pool 9:00am-1:00pm	
Family Swim 10:00am-12:00pm Adults must be with a child	Nifty Fifty 10:00-11:00am	Arthritic Swim 10:30-11:30am	Nifty Fifty 10:00-11:00am	Arthritic Swim 10:30-11:30am	Nifty Fifty 10:00-11:00am	
		Parent & Tot Leisure pool 11:30am-1:00pm		Parent & Tot Leisure pool 11:30am-1:00pm		
Noon Lengths 12:00-1:30pm	Noon Lengths 11:00am-12:00pm 4 lanes	Noon Lengths 11:30am-12:00pm 4 lanes	Noon Lengths 11:00am-12:00pm 4 lanes	Noon Lengths 11:30am-12:00pm 4 lanes	Noon Lengths 11:00am-12:00pm 4 lanes	Noon Lengths 12:00-1:30pm
Everyone Welcome 1:30-5:00pm	Adults Only Lengths 12:00-1:00pm	Adults Only Lengths 12:00-1:00pm	Adults Only Lengths 12:00-1:00pm	Adults Only Lengths 12:00-1:00pm	Adults Only Lengths 12:00-1:00pm	Everyone Welcome 1:30-5:00pm
RENT THE POOL 5:00-6:00pm	Afternoon Lengths 2:30-3:30pm	Afternoon Lengths & MS Group 2:30-3:30pm	Afternoon Lengths 2:00-3:30pm	Afternoon Lengths & MS Group 2:30-3:30pm	Afternoon Lengths & Special Olympics 2:00-4:30pm	RENT THE POOL 5:00-6:00pm
Everyone Welcome 6:00-8:00pm	Everyone Welcome 6:30-8:00pm	Aquafit & Widths 7:30-8:30pm	Everyone Welcome 6:30-8:00pm	Aquafit & Widths 7:30-8:30pm		Everyone Welcome 6:00-8:00pm
Adult Swim 8:00-9:00pm	Adult Swim 9:00-10:00pm	Adult Swim 8:30-9:30pm	Adult Swim 9:00-10:00pm	Adult Swim 8:30-9:30pm	Teen Swim 7:00-9:00pm (13-18yrs only)	Adult Swim 8:00-9:00pm
Leisure Pool						
Saturday to Thursday the last hour of the day is Adult Only						
10:00am-5:00pm 6:00-9:00pm	6:00am-1:00pm 2:30-3:00pm 6:30-10:00pm	6:00am-9:00am 11:30am-1:00pm 2:30-3:30pm 7:30-9:30pm	6:00am-1:00pm 2:00-3:00pm 6:30-10:00pm	6:00am-9:00am 11:30am-1:00pm 2:30-3:30pm 7:30-9:30pm	6:00am-1:00pm 2:00-6:30pm	8:00-9:00am 12:30-5:00pm 6:00-9:00pm
Sauna / Steam Room & Whirlpool						
Saturday to Thursday the last hour of the day is Adult Only						
10:00am-5:00pm 6:00-9:00pm Families Only 10:00am-12:00pm	6:00am-1:00pm 2:30-10:00pm	6:00am-1:00pm 2:30-3:30pm 5:00-9:30pm	6:00am-1:00pm 2:00-10:00pm	6:00am-1:00pm 2:30-3:30pm 5:00-9:30pm	6:00am-1:00pm 2:00-6:30pm	8:00-9:00am 12:00-5:00pm 6:00-9:00pm

Grey box indicates special rate of \$3.00/adult/senior and \$1.50/child/student.

Please Note: Children 7 years of age and under, or under 4-feet tall, must be within arms reach of a parent or guardian (16 years of age or older), while in the facility. A maximum ratio of 3 children 7 years of age or under, or under 4-feet tall, per adult.

Hot Spot Areas:

Patrons 15 years of age and under must be accompanied by a parent or guardian (16 years of age or older) in the Whirlpool, Sauna or Steam room. A recommended maximum time for children is 5 minutes due to the extreme heat in these areas. For the enjoyment and safety of all, please abide by the policy and guidelines posted.

Early Bird Sessions

During most of our Early Bird swim sessions the pool will be shared with other swim groups. For specific lane details go online to www.rdn.bc.ca

Accessibility

From our parking lot to our pool amenities, accessibility is our goal. Call us for more details or feedback.

Ravensong Aquatic Centre Summer Schedule July 2 - August 16, 2013

*Schedule subject to change without notice

Check www.rdn.bc.ca for schedule changes.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Early Bird 6:00-8:00am	Early Bird 6:00-8:00am	Early Bird 6:00-8:00am	Early Bird 6:00-8:00am	Early Bird 6:00-8:00am	Early Bird 8:00-10:00am
	Aquafit Deep & Shallow 8:00-9:00am	Aquafit Shallow 8:00-9:00am	Aquafit Deep & Shallow 8:00-9:00am	Aquafit Shallow 8:00-9:00am	Aquafit Deep & Shallow 8:00-9:00am	
Family Swim 10:00am-12:00pm Adults must be with a child.	Swim Lessons 9:00am-12:00pm	Swim Lessons 9:00am-12:00pm	Swim Lessons 9:00am-12:00pm	Swim Lessons 9:00am-12:00pm	Swim Lessons 9:00am-12:00pm	Family Swim 10:00am-12:00pm
		Arthritic Swim 11:00-12:00pm		Arthritic Swim 11:00-12:00pm		Adult Noon Lengths 12:00-1:00pm
Adult Noon Lengths 12:00-1:30pm	Adult Noon Lengths 12:00-1:30pm	Adult Noon Lengths 12:00-1:30pm	Adult Noon Lengths 12:00-1:30pm	Adult Noon Lengths 12:00-1:30pm	Adult Noon Lengths 12:00-1:30pm	
	Parent & Tot Leisure Pool 12:00-1:30pm	Parent & Tot Leisure Pool 12:00-1:30pm	Parent & Tot Leisure Pool 12:00-1:30pm	Parent & Tot Leisure Pool 12:00-1:30pm	Parent & Tot Leisure Pool 12:00-1:30pm	
Everyone Welcome 1:30-4:30pm	Everyone Welcome 1:30-5:00pm	Everyone Welcome 1:30-5:00pm	Everyone Welcome 1:30-5:00pm	Everyone Welcome 1:30-5:00pm	Everyone Welcome 1:30-5:00pm	
Before Dinner Dip 4:30-6:00pm	Before Dinner Dip 5:00-6:30pm	Before Dinner Dip 5:00-6:30pm	Before Dinner Dip 5:00-6:30pm	Before Dinner Dip 5:00-6:30pm	Before Dinner Dip 5:00-6:30pm	Rent the Pool 5:00-6:00pm
Everyone Welcome 6:00-8:00pm	Everyone Welcome 6:30-8:00pm	Aquafit & Lane 7:30-8:30pm	Everyone Welcome 6:30-8:00pm	Aquafit & Lane 7:30-8:30pm	Everyone Welcome 6:30-8:00pm	Everyone Welcome 6:00-8:00pm
Adult Swim 8:00-9:00pm	Adult Swim 8:00-9:00pm	Adult Swim 8:30-9:30pm	Adult Swim 8:00-9:00pm	Adult Swim 8:30-9:30pm		

Leisure Pool

Saturday to Thursday the last hour of the day is Adult Only

10:00am-9:00pm Families Only 10:00am-12:00pm	6:00-9:00am 12:00-9:00pm	6:00-9:00am 12:00-6:00pm 7:30-9:30pm	6:00-9:00am 12:00-9:00pm	6:00-9:00am 12:00-6:00pm 7:30-9:30pm	6:00-9:00am 12:00-8:00pm	8:00am-5:00pm 6:00-8:00pm Families Only 10:00am-12:00pm
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Sauna / Steam Room & Whirlpool

Saturday to Thursday the last hour of the day is Adult Only

10:00am-9:00pm Families Only 10:00am-12:00pm	6:00-9:00am 12:00-9:00pm	6:00-9:00am 12:00-6:30pm	6:00-9:00am 12:00-9:00pm 7:30-9:30pm	6:00-9:00am 12:00-6:30pm 7:30-9:30pm	6:00am-9:00pm 12:00-8:00pm	8:00am-5:00pm 6:00-8:00pm Families Only 10:00-12:00pm
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Grey box indicates special rate of \$3.00/adult/senior and \$1.50/child/student.

Pool Closures: Mar 29, Apr 1, May 20, Jul 1, Aug 5.
Annual Maintenance Closure: Aug 17-Sep 8.



Personal belongings

For the safekeeping of your belongings, please take precautions by using lockers (at a cost of \$.25 or \$.50) or take your belongings to the pool deck and leave within your view. We cannot be responsible for lost or stolen items.



Admissions (includes 5% GST effective April 1, 2013)

	Tot 0-3 yrs	Children 4-12 yrs	Student 13-18 yrs (or with valid student ID)	Adult 19-59 yrs	Senior 60-79 yrs	Golden 80 yrs+	Family
Drop-in	Free	\$2.87	\$3.82	\$5.46	\$4.27	Free	\$11.09 \$14.86 w rentals
10x Active Pass	Free	\$25.83	\$34.44	\$49.14	\$38.43	Free	\$99.75 \$133.77 w rentals
Special Rate	Free	\$1.50	\$1.50	\$3.00	\$3.00	Free	
Skate Rentals	Free	\$1.38	\$1.38	\$2.73	\$2.73	Free	
10x Rentals Pass	Free	\$12.39	\$12.39	\$24.57	\$24.57	Free	

Active Living Card (includes 5% GST effective April 1, 2013)

	Tot	Children	Student	Adult	Senior	Golden	Family
3-month	Free	\$74.53	\$99.37	\$141.96	\$111.11	Free	\$288.29
6-month	Free	\$134.16	\$178.87	\$255.53	\$200.00	Free	\$518.92
12-month	Free	\$201.22	\$268.31	\$383.29	\$ 300.01	Free	\$778.39

Active Living Cards include:

- Admission to both facilities for public swimming and skating sessions.
- Admission to Aquafit and Scrub Hockey sessions.
- Free skate rentals at Oceanside Place Arena.
- Monthly payment plan available at no additional charge.
- Greater savings for longer term memberships.

Please note:

- *Active Living Card fees take into consideration the shorter arena season and pool shutdowns.*
- *A \$5.00 replacement fee will be charged for any lost or stolen Active Living Cards.*
- *Special rules in effect for requests for extensions on cards.*



Facility Rentals

RDN Recreation Facilities

Oceanside Place - 2 arenas, leisure ice surface, meeting room, multipurpose room, dressing rooms and lobby. Contact Debbie Couturier 250-248-3252 or dcouturier@rdn.bc.ca.

Ravensong Aquatic Centre - indoor pool (6 lanes), leisure pool, whirl pool, sauna, steam room, 4 family change rooms, coin lockers. Contact Davina Wuerch 250-752-5014 or dwuerch@rdn.bc.ca.

Fields

The City of Parksville, Town of Qualicum Beach and School District 69 have outdoor fields suitable for seasonal, occasional and tournament play. To reserve a field for tournament or league play, forward your request prior to the start of the regular season. Email fieldbooking@rdn.bc.ca.

Spring/summer league and tournament requests are due in March.

Fall/winter league and tournament requests are due in August.

Springwood Park lights are available by purchasing tokens at the City of Parksville Public Works Yard 1116 Herring Gull Way.

Qualicum Beach Community Park lights are available by contacting the Town of Qualicum Beach, Sue Hood at 250-752-6921.

Please note: municipal fields are closed for semi-annual maintenance in March and September.

Other Facilities

Parksville Community Park - gazebo, picnic shelter, beach volleyball court. Contact City of Parksville, 250-951-2484.



Parksville Community Park - Lacrosse box, sport field. Contact RDN Recreation and Parks at fieldbooking@rdn.bc.ca.

School gymnasiums and rooms

Contact School District 69 250-248-2067.

Tennis Courts

Courts are available at Springwood Park (6), Qualicum Beach (3), Parksville Community Park (2) and Ballenas Secondary School (3). Clubs may book seasonal court times.

Note: A full listing of halls, art centres, skateboard parks and outdoor spaces with contact information is listed on page 50.



We're Proud of You!

RDN Performance Recognition Program

The District 69 Recreation Commission recognizes local individuals and members of teams who have won a provincial, inter-provincial or national title for sport or artistic performance.

Nomination forms are available online at www.rdn.bc.ca/recreation or may be picked up at Oceanside Place Arena.

Nominations received by April 26, 2013 will be considered for the next Recognition Event.

2013 Summer Camps at a Glance

	Jul 2-5	Jul 8-12	Jul 15-19	Jul 22-26	Jul 29-Aug 2
Preschool					
3-5yrs Pages 10-11	Gymnastics Camp	Camp Littlefoot	Camp Littlefoot	Camp Littlefoot	Camp Littlefoot
		British Soccer Camp			British Soccer Camp
Children					
6-12yrs Pages 12-15		Qualicum Beach Playground	Qualicum Beach Playground	Qualicum Beach Playground	Qualicum Beach Playground
	Camp Bigfoot	Camp Bigfoot	Camp Bigfoot	Camp Bigfoot	Camp Bigfoot
	Adventure Camp	Adventure Camp	Adventure Camp	Adventure Camp	Adventure Camp
		Camp Notch	Bowser Breeze Camp	Camp Notch	Camp Notch
	Tennis Camp	Tennis Camp	Tennis Camp	Tennis Camp	Tennis Camp
	Gymnastics Camp	Golf Camp	Golf Camp	Golf Camp	Golf Camp
		British Soccer Camp	CVI Basketball Camp	Aqua Smorg	British Soccer Camp
Youth					
11-16yrs Pages 16-17		Express Camp	Express Camp	Express Camp	Express Camp
	Tennis Camp	Tennis Camp	Tennis Camp	Tennis Camp	Tennis Camp
	L.I.T. Training	Golf Camp	Golf Camp	Golf Camp	Golf Camp
	Byte Camp	British Soccer Camp	CVI Basketball Camp		

RDN Summer Leaders

You and your child will enjoy our enthusiastic leaders this summer as the RDN hires only the best to be a part of our program staff! All instructors are required to have current first aid, CPR, a clean criminal record and participate in an orientation. Many summer staff are pursuing post-secondary education and learning valuable skills in recreation, teaching, and early childhood education. These leaders are a big part of the success of our programs and are committed to providing your children with a fantastic summer experience.

Come Play Outside!



Aug 6-9	Aug 12-16	Aug 19-23	Aug 26-30	
	Camp Littlefoot	Camp Littlefoot	British Soccer Camp	

Qualicum Beach Playground	Qualicum Beach Playground	Qualicum Beach Playground	Summer Camp Roundup	
Camp Bigfoot	Camp Bigfoot	Camp Bigfoot		
Adventure Camp	Adventure Camp	Adventure Camp		
Young Chef	Camp Notch	Young Chef (Bowser)		
Tennis Camp	Tennis Camp			
Byte Camp	Circus Camp		British Soccer Camp	
Girls Hockey Camp	Junior Lifeguard (Water Camp)	CVI Basketball Camp		



Express Camp	Express Camp	Express Camp
Tennis Camp	Tennis Camp	Byte Camp
Girls Hockey Camp	Bronze Star (Water Camp)	CVI Basketball Camp





Preschool Run, Jump, Play!

SPRING

Creative Movement and Dance 1.5-6yrs

Explore the magical world of movement, dance and music with Margaret Dent. Parents and children are encouraged to dance in this fun and welcoming atmosphere. Develop your flexibility, strength and coordination. Parent participation is encouraged and is required for children under 3yrs.

Arrowview Elementary School
Sat 10:30-11:15am \$31/8
29908 Apr 6-Jun 8

Sports for Shorts 3-5yrs

Running, jumping, throwing and laughing... this is the key to any great sport! Enjoy a fun introduction to a variety of sports and games. Children will develop their physical literacy and fundamental movement and skills.

Winchelsea Elementary School
Sat Apr 13-Jun 8 \$49/8
29301 10:30-11:15am **3-4yrs**
29907 11:30-12:15pm **4-5yrs**

Lighthouse Tot Soccer 3-5yrs

What could be more fun than kicking a soccer ball with your child on a sunny spring morning? Children will begin to learn basic soccer skills with the emphasis on motor development and fun. Parent participation is required.

Lighthouse Community Centre Field
Sat 10:00-10:45am \$35/6
29905 Apr 6-May 11



Mom & Baby Yoga

A wonderful way to take care of your mind, body and baby post pregnancy. Strengthen your core, improve your posture, build confidence, and relax using inspirational yoga postures, breath and meditation. Meet other new moms and create community. This class will be taught with two instructors so that personal instruction can be given, along with help to care for your little one.

Lighthouse Community Hall
Fri 9:30-10:30am \$60/6
29903 Apr 12-May 17



NEW

Parent and Tot Gymnastics 1.5-3yrs

This active group is as busy for the parent as it is exciting for the child! Come and join in group games and activities that introduce concepts of under and over, stop and go, fast and slow, high and low. Parent (or energetic grandparent) participation is required.

Parksville Community Centre
Fri 9:00-9:45am \$88/8
29914 Apr 12-Jun 7

Nanoose Bay Elementary School
Wed 3:45-4:30pm \$88/8
29915 Apr 17-Jun 5

NEW

Tiny Tot Gymnastics 3-4yrs

Designed to be fun and fast moving to keep the attention span of 3 and 4 year-olds, this class is guaranteed to teach fundamental movements and physical safety skills while in the gym, at home or on the playground. This is a great introduction in a structured class setting and will develop attention, retention, and listening skills

Parksville Community Centre
Fri 10:00-10:45am \$88/8
29917 Apr 12-Jun 7

Winchelsea Elementary School
Fri 4:30-5:15pm \$88/8
29918 Apr 12-Jun 7

Winchelsea Elementary School
Tue-Fri 9:00-9:45am \$44/4
29958 Jul 2-5

NEW

Kindergym 4-6yrs

Play games with numbers, letters and shapes while you learn introductory gymnastic skills. Come and learn how to cartwheel! Learn balance, motor control, safe landings and more!

Parksville Community Centre
Fri 11:00am-12:00pm \$88/8
29919 Apr 12-Jun 7

Winchelsea Elementary School
Tue-Fri 10:00-11:00am \$44/4
29960 Jul 2-5

**SUMMER**

NEW

Tiny Tot Gymnastics 3-4yrs

Enjoy a four-day camp version of the spring-time program.

Winchelsea Elementary School
Tue-Fri 9:00-9:45am \$44/4
29958 Jul 2-5

NEW

Kindergym 4-6yrs

Enjoy a four-day camp version of the spring-time program.

Winchelsea Elementary School
Tue-Fri 10:00-11:00am \$44/4
29960 Jul 2-5

Camp Littlefoot 3-5yrs

This active program will have your preschooler exploring Munchkinland, playing games, and singing songs. Weekly themes focus on imagination, adventures, creative play and outdoor explorations.

Family Place Munchkinland
9:30-11:30am Tue/Wed/Thu \$49/3
29952 Jul 9-11 Pirates & Undersea Adventures
29953 Jul 16-18 Dino Days
29954 Jul 23-25 Knights and Princesses
29955 Jul 30-Aug 1 Monkeys in the Rainforest
29956 Aug 13-15 Meet Me at the Zoo
29957 Aug 20-22 Silly Science

NEW

British Soccer First Kicks 3-4yrs

A fun introduction to the very basic elements of the game. All registrants will receive a soccer ball, T-shirt, individual hand written player evaluation and camp poster.

Instructor: Challenger Sports.

Qualicum Beach Community Park
Mon-Fri Jul 8-12 \$75/5
30050 9:00-10:00am

Springwood Community Park
Mon-Fri Jul 29-Aug 2 \$75/5
30051 9:00-10:00am

Springwood Community Park
Mon-Fri Aug 26-30 \$75/5
30125 9:00-10:00am

NEW

British Soccer Mini Soccer 4-5yrs

FUNDamental practices, skill-building activities and small sided games. All registrants will receive a soccer ball, T-shirt, individual hand written player evaluation and camp poster.

Instructor: Challenger Sports.

Qualicum Beach Community Park
Mon-Fri Jul 8-12 \$90/5
30052 10:30am-12:00pm

Springwood Community Park
Mon-Fri Jul 29-Aug 2 \$90/5
30053 10:30am-12:00pm

Springwood Community Park
Mon-Fri Aug 26-30 \$90/5
30126 10:30am-12:00pm

What is Physical Literacy?

Children need to move! Jumping and running. Throwing and climbing. These types of movement skills are the basis of physical literacy. When children are physically literate, they tend to be more adept at sports and grow up to be more confident. Confident kids are happy kids and are on their way to becoming active adults.

For more information, see the Canadian Sport for Life website at www.canadiansportforlife.ca or www.activeforlife.ca.

Where Can My Child Learn Physical Literacy?

- Visit your local parks and trails.
- Participate in an RDN recreation program.
- Try out a local sport, dance or martial arts program, club or league.
- Swim at Ravensong Aquatic Centre or skate at Oceanside Place.
- Go to the playground.
- Play catch – start slow and easy with a bean bag.
- Visit Munchkinland.
- Join an SOS program.
- Join a parent and tot group.
- Run with your child!
- Jump with your child!



Children Make Friends, Be Active!

SPRING

Children's Yoga 5-11yrs

Children can do yoga too! Join Meagan & Lindsey for this interactive yoga class. Children will improve strength, balance, coordination and flexibility in a fun, relaxed environment. Class may be divided into two age groups.

Bowser Elementary School
Wed 3:00-4:00pm \$40/6
29904 Apr 10-May 15



Lighthouse Trekkers 6-11yrs

Discover the trails and parks in Lighthouse Country! Research shows that children are happier and healthier when outdoor time is in better balance with indoor time. Spend time outdoors discovering a new trail or park within Electoral Area H each week. Hiking, exploring and maybe even treasure hunting will be included! Bowser Elementary School pick-up only by RDN van.

Bowser Elementary School
Mon 3:00-4:30pm \$49/5
30033 Apr 15-May 13



Never Bee Lost 5-7yrs

Do your kids know what to do if they are lost? Kidproof's famous "Steps to Staying Safe" are taught in this valuable and popular class.

Oceanside Place
Sat 1:00-2:00pm \$19/1
29910 May 25

Home Alone 9-12yrs

Be prepared! Learn to manage general safety, fire safety, emergency phone calls, dealing with strangers, and snack ideas for times when you are left alone at home for brief periods.

Oceanside Place
Sat 9:30am-12:30pm \$26/1
29911 Apr 20
29912 May 25

**See page 38 for Birthday Parties
at the pool.**

Junior Can-Gym 5-8yrs

NEW

Develop your balance, coordination, strength and flexibility as you play games and activities - guaranteed to burn off your after-school energy! This is a national development program and gymnasts will receive a progress report and certificate or badge upon completion of the program.

Nanose Bay Elementary School
Wed 2:30-3:30pm \$88/8
29922 Apr 17-Jun 5

Winchelsea Elementary School
Fri 3:30-4:30pm \$88/8
29923 Apr 12-Jun 7

Winchelsea Elementary School
Tue-Fri 11:15am-1:15pm \$88/4
29961 Jul 2-5

Senior Can-Gym 9yrs+

NEW

Develop your physical skills for success in a variety of sports! Improve your strength, flexibility, power and endurance while hanging, tumbling and jumping through this active class.

Winchelsea Elementary School
Fri 5:30-7:00pm \$132/8
29924 Apr 12-Jun 7

Winchelsea Elementary School
Tue-Fri 1:30-4:30pm \$132/4
29963 Jul 2-5

Emergency Information

Parents are required to complete an Emergency Contact Form for each child before attending a Recreation and Parks summer program. Please be sure to pick up a form at either Oceanside Place Arena, Ravensong Aquatic Centre, or go online to www.rdn.bc.ca/recreation.

Refund Policy

For registered programs, please withdraw 72 hours prior to start of course for a full refund. If for any reason you are dissatisfied with any of the program services you receive you may request a refund by contacting either Oceanside Place Arena or Ravensong Aquatic Centre.

Camp Bigfoot 6-8yrs

With a balance of outdoor and indoor activities including community field trips to the beach and Ravensong Aquatic Centre, campers will come home with great stories about their adventures. Each week is filled with age appropriate activities that encourage creativity, participation and enthusiasm from all campers. Weekly registration is encouraged; limited daily registration is available. Note: 5 yr old children who have completed Kindergarten are welcome to register.

Parkville Elementary School
Mon-Fri 8:00am-5:00pm
\$131.50/week \$30/1

29358 Jul 2-5 \$105.20
29363 Jul 8-12
29369 Jul 15-19
29403 Jul 22-26
29378 Jul 29-Aug 2
29384 Aug 6-9 \$105.20
29389 Aug 12-16
29395 Aug 19-23

Adventure Camp 9-12yrs

Join the Adventure Camp crew for a very active summer. Each week will be filled with a mixture of onsite activities and exciting trips by transit, walking and our very own bus. Be prepared, water activities, games, crafts and drama are a part of every day at camp! This is a very popular program that offers weekly registration. Sign up early to avoid disappointment.

Parkville Elementary School
Mon-Fri 8:00am-5:00pm
\$151.50/week \$33/1

29313 Jul 2-5 \$132/4
29346 Jul 8-12
29317 Jul 15-19
29323 Jul 22-26
29329 Jul 29-Aug 2
29334 Aug 6-9 \$132/4
29339 Aug 12-16
29357 Aug 19-23



Day Camps Come Play Outside!

Summer Camp Round Up 6-12yrs

With school just around the corner, what's a parent with fidgety kids to do? Jump off the couch and check out our summer camp round up for sizzling games to super hero adventures. Daily and by the week registration is available. Book early to join in on the fun. This is the last kick at the can before school starts.

Qualicum Beach Community Park
Concession Building
Mon-Fri 8:00am-5:00pm
30138 Aug 26-30
\$131.50/week \$30/1

Program Payment Options

You may pay for summer camps with post-dated cheques. Contact our reception staff to make arrangements for this service. Also, check out page 56 for information on our Financial Assistance Program.

Camp Notch 6-12yrs

A full day program for the children in Nanoose Bay. Four weeks filled with onsite, theme based activities, right in your own community. Note: 5 yr old children who have completed Kindergarten, are welcome to register.

Nanoose Bay Elementary School
Mon-Fri 8:00am-5:00pm
\$131.50/week

29404 Jul 8-12
29405 Jul 22-26
29406 Jul 29-Aug 2
29407 Aug 12-16

Bowser Breeze Camp

Calling all Lighthouse Country campers! Enthusiastic leaders will treat your child to a week of crafts, drama, games and giggles, all close to home. Children must have completed Kindergarten to register for this camp.

Bowser Elementary School
Mon-Fri 10:00am-2:00pm
29906 Jul 15-19 \$66.95/5





Sports and Specialty Camps

NEW

British Soccer Full Day 7-12yrs

The morning session follows the half day curriculum with the afternoon session involving more expansive work on techniques and match play in fun drills and game related situations. Players are split into age appropriate groups. All registrants will receive a soccer ball, T shirt, individual hand written player evaluation and camp poster.

Instructor: Challenger Sports
Qualicum Beach Community Park
Mon-Fri 9:00am-4:00pm
30044 Jul 8-12 \$160/5

Springwood Community Park
Mon-Fri 9:00am-4:00pm
30045 Jul 29-Aug 2 \$160/5

Springwood Community Park
Mon-Fri 9:00am-4:00pm
30127 Aug 26-30 \$160/5

NEW

British Soccer Half Day 6-12yrs

This three hour program provides technical and introductory instruction in all areas of the game of soccer. Each day finishes with the opportunity to play small-sided games in the camp world cup. Emphasis is placed upon individual skill development, core techniques and small-sided games. Players are split into age appropriate groups. All registrants will receive a soccer ball, T-shirt, individual hand written player evaluation and camp poster.

Instructor: Challenger Sports
Qualicum Beach Community Park
Mon-Fri Jul 8-12 \$120/5
30048 9:00am-12:00pm
30153 1:00-4:00pm

Springwood Community Park
Mon-Fri Jul 29-Aug 2 \$120/5
30049 9:00am-12:00pm
30154 1:00-4:00pm

Springwood Community Park
Mon-Fri Aug 26-30 \$120/5
30128 9:00am-12:00pm
30155 1:00-4:00pm

Junior Tennis Camp 7-14yrs

Whether you want to learn the game or improve your skills, tennis is a sport for life. Expert tennis instructor, Murray Hough, will lead you through an exciting and challenging week of drills and games. Other sports and games will be incorporated into the program for warm-ups, breaks and in case of rain. Players will be grouped according to age and experience.

Springwood Park Tennis Courts
Mon-Fri 9:00am-12:00pm \$85/5
29933 Jul 2-5 \$68/4
29934 Jul 8-12
29935 Jul 15-19
29936 Jul 22-26
29937 Jul 29-Aug 2
29938 Aug 6-9 \$68/4
29939 Aug 12-16

Bowser Junior Tennis

Instructor: Gordon Verge
Bowser Tennis Courts
Mon/Wed/Fri 10:00-11:00am or
11:00am-12:00pm \$45/6 sessions
July 3,5,8,10,12,15 Note: First Bowser class is 10:00am-12:00pm. Instructor will divide class into two, one hour groups.
Contact: Debbie Penley, 250-757-9560 or bowsertennis@gmail.com to register.



Central Vancouver Island Basketball Camp (CVI) Gr. 3-6

Come join the fun with CVI Basketball Camp. Carl Macdonald brings over 15 years of experience to share drills, skills and games with a focus on the FUNDamentals of basketball. Get ready for some defensive play, one on one, three on three and five on five. Achievement awards will be given out at the end of camp with emphasis placed upon cooperation, leadership and citizenship.

Springwood Middle School Gym
Mon-Fri 1:00-4:00pm \$99/5
29931 Jul 15-19

Springwood Middle School Gym
Mon-Fri 9:00am-12:00pm \$99/5
29967 Aug 19-23

Junior Golf Camp 7-14yrs

Never golfed before? Golf is a sport for all ages. Have fun learning the proper techniques for full swing, pitching, chipping, sand play and putting with the instructors at the Brent Morrison Golf Academy. All equipment provided.

Pheasant Glen Golf Resort
Mon-Thu 1:00-2:00pm \$70/4
29968 Jul 8-11
29969 Jul 15-18
29970 Jul 22-25
29971 Jul 29-Aug 1

Young Chef 9-12yrs

Sponsored by Thrifty Foods, Young Chef is a fun and engaging camp allowing children to learn the basics of food preparation, cooking techniques, healthy eating and the fun of creating and enjoying their own cuisine. Budding Young Chefs are sure to enjoy hands-on, educational, nutritional snack preparations. Program includes a grocery store tour and one snack per day.

Half Day

Society of Organized Services
Tue-Fri Aug 6-9 \$25/4
30025 9:00am-12:00pm
30026 1:00-4:00pm

Full Day

Lighthouse Community Hall
Mon-Fri 9:00am-3:00pm \$55/5
30027 Aug 19-23



Byte Camp - Music and Video Production 9-12yrs

Make your own music and music video! Camp time will be split between digital music composition, video filming and editing. Use amazing software tools to craft your very own song from scratch. Play an instrument? Bring it to camp to record yourself and add a digital backup band. Experiment with video and editing techniques to make the video as cool as your tune. Learn how to add special effects too! No music or video experience necessary.

Oceanside Place
9:00am-3:00pm \$225/4
29927 Aug 6-9

The "FUN"damentals of Circus! 8-12yrs

NEW

Run away and join the circus and still be home for dinner! Join VestaFire Entertainment for this children's circus camp: a fun-filled experience with exciting skills to learn which will motivate and challenge your child. Small instructor/participant ratio will focus on non-competitive skill development and performance presence. Children will hoop, clown, and spin poi, all while having tremendous amounts of fun. Parents are invited to enjoy the show on the last class. All practice tools will be provided.

Oceanside Place Pond
Mon-Fri 1:30-4:30pm \$130/5
30032 Aug 12-16

Bowser Elementary School
Mon-Fri 9:00am-12:00pm \$99/5
30030 Aug 12-16



Junior Can-Gym 5-8yrs

NEW

Develop your balance, coordination, strength and flexibility as you play games and activities - guaranteed to burn off your after-school energy! This is a national development program and gymnasts will receive a progress report and certificate or badge upon completion of the program.

Winchelsea Elementary School
Tue-Fri 11:15am-1:15pm \$88/4
29961 Jul 2-5

Senior Can-Gym 9yrs+

NEW

Develop your physical skills for success in a variety of sports! Improve your strength, flexibility, power and endurance while hanging, tumbling and jumping through this active class.

Winchelsea Elementary School
Tue-Fri 1:30-4:30pm \$132/4
29963 Jul 2-5

See page 27 for Water Camps.



Qualicum Beach Playground

6-12yrs

A drop-in program with daily themes designed to offer active, onsite adventures. The perfect program for children who want flexibility and enjoy getting outside to play. Monthly calendars will be available June 25 at Oceanside Place, Ravensong Aquatic Centre and online www.rdn.bc.ca/recreation. Note: a maximum of 20 participants will be accepted on a first come, first served basis, each day.
Mon-Fri 9:00am-3:30pm
Jul 8-Aug 23

Qualicum Beach Community Park
Concession Building
Note: No program Aug 5
\$19/1 day pass \$76/5 punch pass



Youth

Engaged Youth

- Healthy Experiences

- Infinite Possibilities

SPRING

Babysitters Certification Program 11-14yrs

Learn valuable, practical information and become a certified babysitter. Be more confident and knowledgeable so you can go out and get your next job. Price includes manual and certificate.

Oceanside Place Multipurpose Room
Sat 9:00am-4:00pm \$43.25/1
29925 May 4
29926 June 1

Yoga for Youth 11-16yrs

Join Meagan and Lindsey's class which will offer an introduction to the practice of yoga that can last a lifetime. Yoga teaches flexibility, centers the mind, helps promote self-confidence, and can be part of an active lifestyle.

Bowser Elementary School
Wed 4:30-5:30pm \$55/6
30031 Apr 10- May 15



Acro Gym 13yrs+ NEW

Acrobatics and tumbling for youth.

Winchelsea Elementary School
Fri 7:15-8:15pm \$20/4
30158 Apr 12-May 3
30159 May 17-Jun 7

SUMMER

Leaders In Training 13-16yrs

Leaders In Training (LIT) is a program designed specifically for youth. Come join us to gain experience in the areas you love. Mandatory hands on workshops in leadership, teamwork, and child management, are provided on July 3, 4, and 5. A recognition certificate will be given after 40 volunteer hours. Pick up a registration package for further details. This class fills quickly. Max size 25 youth, register early to avoid disappointment.

Parksville Elementary School Gym
Wed-Fri 11:00am-3:30pm \$64
29930 Jul 3-5

Express Camp 11-14yrs

One day adventures designed just for youth! Jump on the bus for a day or a week and find all the exciting things you can do in Oceanside and beyond. Throughout the day youth will experience: time to make new friends, a scheduled activity (1-2 hours), and playing games at the beach or parks. Experienced leaders will guide you through a summer you will never forget! Detailed calendars will be available at Oceanside Place, Ravensong Aquatic Centre and online at www.rdn.bc.ca/recreation.

Oceanside Place
9:00am-4:00pm \$39/1 or \$175/week

29972 Week 1 Mon-Fri Jul 8-12
29973 Mon Romper Room Climbing Gym
29974 Tue Canoe & Kayak
29975 Wed Horne Lake Adventure
29976 Thu Bowling & Swimming in Nanaimo
29977 Fri Newcastle Island

29978 Week 2 Mon-Fri Jul 15-19
29979 Mon Pottery
29980 Tue Fossil Dig in Courtenay
29981 Wed Denman Island
29982 Thu McLean Mill Train
29983 Fri Pitch & Putt & Swim

29984 Week 3 Mon-Fri Jul 22-26
29985 Mon Chemainus Adventure
29986 Tue Canoe & Kayak
29987 Wed Frisbee Golf & Swim
29988 Thu Romper Room Climbing Gym
29989 Fri Transfer Beach Adventure

29990 Week 4 Mon-Fri Jul 29-Aug 2
29991 Mon Pottery
29992 Tue Movie & Swim in Nanaimo
29993 Wed Moorecroft Park Adventure
29994 Thu The Abyss hike in Nanaimo
29995 Fri Newcastle Island

29996 Week 5 Tue-Fri Aug 6-9 \$140/4
29997 Tue Romper Room Climbing Gym
29998 Wed Fossil Dig in Courtenay
29999 Thu Canoe & Kayak
30000 Fri Denman Island

30001 Week 6 Mon-Fri Aug 12-16
30002 Mon Pitch & Putt & Bowling
30003 Tue Movie and Swim in Nanaimo
30004 Wed Horne Lake Adventure
30005 Thu Comox Air Force Museum
30006 Fri Romper Room Climbing Gym

30007 Week 7 Mon-Fri Aug 19-23
30008 Mon Hike in Strathcona Park
30009 Tue Canoe & Kayak
30010 Wed Denman Island
30011 Thu Newcastle Island
30012 Fri Fuller Lake Swim

Junior Tennis Camp 7-14yrs

Whether you want to learn the game or improve your skills, tennis is a sport for life. Expert tennis instructor, Murray Hough, will lead you through an exciting and challenging week of drills and games. Other sports and games will be incorporated into the program for warm-ups, breaks and in case of rain. Players will be grouped according to age and experience.

Springwood Park Tennis Courts
Mon-Fri 9:00am-12:00pm \$85/5
29933 Jul 2-5 \$68/4
29934 Jul 8-12
29935 Jul 15-19
29936 Jul 22-26
29937 Jul 29-Aug 2
29938 Aug 6-9 \$68/4
29939 Aug 12-16

Byte Camp 11-14yrs

3-D Animation

Dreaming of a career with PIXAR? Ever wonder how those wonderful 3D animated movies like Shrek, Toy Story and The Incredibles are made? Spend the week learning how by modeling, animating and telling your own stories in 3D. You'll use wonderful (and 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. Final projects will be posted on-line and handed out on take-home USB sticks to show to friends and family.

Qualicum Beach Civic Centre
Tue-Fri 9:00am-3:00pm \$225/4
29928 Jul 2-5

**See page 27
for Water Camps.**

Byte Camp 11-14yrs

Flash Video Game Design

Create your own wacky characters, cool game play and fun levels in your very own on-line game! Campers will start the week making short animated films, and each day new programming skills will be taught to help them make the animations interactive. The final project is a video game built from scratch that will go on-line and is handed out on take-home USB sticks! Have a look at www.bytecamp.ca for hundreds of great games from previous years! Lots of time during the week is devoted to outdoor activities so that your child is fresh for new challenges.

Qualicum Beach Civic Centre
Mon-Fri 9:00am-3:00pm \$275/5
29929 Aug 19-23



Making Culture Count! The Town of Qualicum Beach's Cultural Plan

Increasing opportunities for youth to lead and participate in arts and culture is an important goal of *Making Culture Count!* The Town is collaborating with the RDN in offering two creative camps, Flash Video Game Design and 3-D Animation, to youth in our area. Find out more about the plan at www.qualicumbeach.com.

Junior Golf Camp 7-14yrs

Never golfed before? Golf is a sport for all ages. Have fun learning the proper techniques for full swing, pitching, chipping, sand play and putting with the instructors at the Brent Morrison Golf Academy. All equipment provided.

Pheasant Glen Golf Resort
Mon-Thu 1:00pm-2:00pm \$70/4
29968 Jul 8-11
29969 Jul 15-18
29970 Jul 22-25
29971 Jul 29-Aug 1

Central Vancouver Island Basketball Camp (CVI) Gr. 7-10

Come join the fun with CVI Basketball Camp. Carl Macdonald brings over 15 years of experience to share drills, skills and games with a focus on the FUNDamentals of basketball. Sessions are geared to raising the individual level of play for each participant. Get ready for some defensive play, one on one, three on three and five on five. Participants receive achievement awards at the end of camp with emphasis placed upon cooperation, leadership and citizenship.

Springwood Middle School Gym
Mon-Fri 9:00am-12:00pm \$99/5
29932 Jul 15-19

Springwood Middle School
Mon-Fri 1:00-4:00pm \$99/5
29966 Aug 19-23

YOUTH EVENTS

Pizza & Music Swim Night 11-18yrs

You spoke up and we heard your request. This night will feature mood lighting, FREE pizza and the rockin' beats of Vancouver Island's Premier DJ, DJ All Good.

Ravensong Aquatic Centre
Fri May 3 Free
7:00-9:00pm



Come Meet our DJ

Peter Poole (DJ All Good) is Vancouver Island's Premier DJ. All Good carries a fun loving, anything goes type of style that always pleases. Love of great music is the foundation that his DJ house is built upon.

CommunityCONNECTIONS



Youth Week May 1-7

Celebrate youth in our community during BC Youth Week, May 1-7. Youth Week is an international celebration recognizing the value, diversity and positive contributions youth make in their communities. Be sure to catch one of several events including everything from sporting events, art shows, free swims and random acts of kindness. To find out what's happening in your community, check out www.bcyouthweek.com and www.rdn.bc.ca/recreation

Contact Kelly Valade,
kvalade@rdn.bc.ca or 250-248-3252
to nominate a youth to be recognized
for their positive contribution to the
community or to add your youth week
activity or event.

What is the Regional District of Nanaimo Youth Recreation Service Plan (YRSP) 2011-2016?

Go to www.rdn.bc.ca/recreation to read the YRSP which shares the voice of youth, parents, youth recreation agencies, educators, RDN staff and community members that contributed with spirited commitment to the strategic planning process.

YouthLink

YouthLink was started in 2003 by School District 69, Regional District of Nanaimo, Ministry of Children and Families and community agencies and organizations to assist youth ages 12-18 and their families. It began as a way to connect the support available in the community for youth and their families, and to identify the gaps where support was needed.

YouthLink's participants meet on a monthly basis to raise awareness of issues, connect efforts, share resources and brainstorm effective ways of supporting young people in our community.

Some of YouthLink participants are:

Associated Family and Community Support Services
Vancouver Island Regional Library
Career Centre
Child and Youth Mental Health
City of Parksville
Family Resource Association
Ministry of Children and Family Development
RCMP, and Victim Services
Regional District of Nanaimo
Arrowsmith Community Recreation Team
School District 69, First Nations Liaisons
Society of Organized Services
Town of Qualicum Beach
Vancouver Island Health Authority Public Health
Life skill, tutors
Youth Action Committee
Aboriginal Child and Youth Mental Health
Local clergy
Building and Learning Together (BLT)
PASS/Woodwinds Alternate Program
Discovery – Youth and Family Substance Use Services

For more information about YouthLink contact:

Rollie Koop, School District 69: 250-954-4681

Susan Martin, Ministry of Children and Family Development: 250-954-4737

Kelly Valade, RDN Recreation and Parks: 250-248-3252

MISSION STATEMENT: To promote and contribute to a vibrant youth recreation network

Gentle Yoga

An introduction to yoga, this class is suitable for all levels, especially those who are just beginning yoga or prefer a gentle class. No flexibility required!

Lighthouse Community Hall
Thu 9:30-10:45am \$70/8
29902 Apr 4-May 23



Mom and Baby Yoga

A wonderful way to take care of your mind, body and baby post pregnancy. Strengthen your core, improve your posture, build confidence, and relax using inspirational yoga postures, breath and meditation. Meet other new moms and create community. This class will be taught with two instructors so that personal instruction can be given, along with help to care for your little one.

Lighthouse Community Hall
Fri 9:30-10:30am \$60/6
29903 Apr 12-May 17



Seated Fitness

Joan Shaver leads a slow and steady, progressive group exercise program suitable for people with chronic health conditions or those who need to recover their stamina after an illness or operation. Safe movements focus on improving balance, flexibility and strength.

Qualicum Beach Community Hall
Mon/Wed 10:00-11:00am
29512 Apr 3-May 29 \$82.75/16

Society of Organized Services
Tue/Thu 1:00-2:00pm
29514 Apr 2-May 23 \$82.75/16



Adult Active For Life!

Minds in Motion™

A fitness and social program for people experiencing early stage memory loss due to Alzheimer's disease or a related dementia. Includes a fitness portion with a certified fitness instructor, followed by activities or games and social time in a relaxed atmosphere. Register with a friend, family member or care partner at no additional cost.

Parkville Community & Conference Centre
Instructor: Doug Pickard
Fri 1:30-3:00pm
29478 Apr 5-May 17 \$43.40/7
29479 May 24-Jun 28 \$37.20/6

Hatha Yoga

NEW

Students will learn to move through traditional yoga poses in this class. They will strengthen, stretch and tone their bodies while developing focus, balance and agility. Modifications and variations will be taught making this a great class for everyone! All you need to get started is a yoga mat. Come and join in the fun of doing YOGA!

Hot N Cool Yoga Club Parkville
Mon/Wed 9:30-10:45am
30055 Apr 8-May 8 \$120/10

Hot N Cool Yoga Club Qualicum Beach
Tue/Thu 10:00-11:15am
30056 Apr 9-May 9 \$120/10



PARTICIPATION

Let's get moving.

Zumba® 101 workshop

NEW

Struggling with a certain dance step or rhythm? Or just want a review of the basics moves? This class is for YOU! We will be breaking down 4 basic rhythms that we use in a Zumba class; merengue, salsa, cumbia and reggaeton.

Qualicum Beach Elementary School
Tue 4:00-5:30pm \$12/1
29524 Apr 2

Springwood Middle School
Tue 7:15-8:45pm \$12/1
29522 Apr 2

Nanoose Library Hall
Thu 2:00-3:30pm \$12/1
29526 Apr 4

Zumba Gold®

The same Zumba formula with modified moves and pacing that makes for a great workout, in a gentler format. Enjoy Anna Dodd's party-like atmosphere, zesty Latin music and the sheer vibrancy of each class.

Qualicum Beach Elementary School
Tue 4:00-5:00pm \$26.25/3
29523 Apr 16-30
29528 May 7-28

Nanoose Library Hall
Thu 2:00-3:00pm \$26.25/3
29525 Apr 18-May 2
29529 May 9-30

Zumba® 16yrs+

A Latin-inspired, dance fitness class that combines dance movements to create a dynamic, exciting, fitness system. The class format combines fast and slow rhythms that tone and sculpt your body in a truly fun way! Come out and join the party!

Springwood Middle School
Tue 7:15-8:15pm \$26.25/3
29520 Apr 16-30
29527 May 7-28

**See page 27
for Aquafit classes**

Nia

"Love your body, love your life" with fusion fitness done to soul-stirring music. Use dance, healing, marital arts, and the wisdom of the body to strengthen and enliven body, mind and spirit. Join Maxine to experience a fitness class like no other.

Qualicum Beach School of Dance
Thu 10:00-11:00am \$74.65/8
29477 Apr 11-May 30

McMillan Arts Centre
Mon 10:00-11:00am \$55.20/6
29773 Apr 8-May 13

RunFluid Running Clinic

Are you a new or potential runner? Learn how to set up a manageable run plan with Doug Pickard, Personal Trainer and running coach. Doug's Runfluid Method consists of four main elements; a weekly run program, running form, pacing, and mind/body synch. Make the commitment and you will get from the couch to the roads and trails with the best chance of success!

Fluid Fitness Studio
Mon 5:00-6:00pm \$72/10
29506 Apr 8-Jun 10

Nordic Walkers 16yrs+

Add some variety to your walking routine! Nordic walking is increasing in popularity due to the fact that it is an incredible, full body workout. If you are comfortable walking 20-40 minutes, join Michael Addiscott from the Outsider, the Outdoor Store and learn how to walk with Nordic Poles. Poles will be provided.

Outsider, Qualicum Beach
Mon 5:15-6:45pm \$45.60/6
29509 Apr 29-Jun 10

**See page 31
for First Aid classes**

Pack Walk

Learn to be the leader of your pack while getting exercise for both you and your dog. That's right, this is a walking group where you get to bring your best friend! Certified Master Dog Trainer and Fitness Trainer Scarlett Luke will take you and rover on a 1 hour group walk to learn why the pack walk is so important. This is especially effective for shy and/or hyperactive dogs. Training principles will also be discussed.

Bosleys Pet Food Plus Parksville
Sun 2:00-3:00pm \$41.25/4
29530 Apr 21-May 12

Introduction to Digital Photography

Do you want to improve your existing skills? Oceanside photographer Michael Van der Tol can help you discover more with your camera. With a focus on composition and the art of photography, you will develop your technical, visual and creative skills. Knowledge of digital photography is required, but please bring your own DSLR or point and shoot camera.

Oceanside Place Arena
Sun 9:00am-5:00pm \$91.50/1
29455 Apr 21

Edible Native Plant Walk

Join local herbalist and plant enthusiast Stephanie Mills, for a plant walk through our local parks. Get introduced to the wild plants that you can eat; Stinging Nettles, Salal, Miner's Lettuce and more! Discover how to identify, harvest, prepare and incorporate them into your own back yard.

Englishman River Regional Park
Wed 4:30-6:30pm \$15/1
29531 May 8
29532 May 15

Moorecroft Regional Park
Wed 4:30-6:30pm \$15/1
29533 May 22
29534 May 29

Golf Lessons

See immediate improvement in your golf skills with the excellent instruction from the P.G.A. professionals at Brent Morrison Golf Academy. Book a series of lessons and see success right through the season! Brent Morrison Golf Academy at Pheasant Glen

Ladies Only Golf Lessons

A full, four-hour lesson set for women only. Bring the girls from work! A great introduction to golf covering; full swing, chipping, pitching, sand play and putting. Tue 6:00-7:00pm \$95.75/4
29456 May 7-28

Twilight Golf Lessons

What a wonderful way to spend a summer evening! A four hour lesson set covering full swing and short game. Learn proven techniques to take to the course and lower your handicap! Tue 6:00-7:00pm \$95.75/4
29457 Apr 9-30
29458 Jun 4-25

Women's Soccer

Oceanside Women's Soccer is looking for new recruits! Any women 18 years and older who know or like soccer should come out. Contact Barb Spencer barb.wildman-spencer@shaw.ca, 250-954-3391 or Heather Morrison heathermorrison123@gmail.com, 250-586-7726.

Parksville Evening Badminton

Interested in playing co-ed badminton? Adults over the age of 19 are welcome to drop-in on Monday and Wednesday evenings from 7:00-9:00 pm at Springwood Middle School gym. Beginners or experienced players are all welcome. Contact David Feaver at 250-248-8857 for more information.

Kayaking

Perfect for beginners! These Adventureess Sea Kayaking Tours includes the kayak, gear, basic instruction in paddling strokes, and safety procedures. No experience is necessary. Double kayaks are available to paddle with a friend or for younger family members. Please ask for your Kayaking Trip Outline when registering which has directions to the launch site.

Sea Lion Kayaking Tour

Explore the seashore in Nanoose as we gaze at colourful sea stars, bald eagles, and paddle past a sea lion haul-out.

The Jib in Nanoose
Sat 9:45am-12:00pm \$50/1
29500 Apr 27

Sunset Paddle

The best way to unwind after a busy day. Paddle into the sunset. Gaze at the glow of the setting sun, breathe deep and relax.

Wall Beach Nanoose
Sat 7:15-9:30pm \$50/1
29502 May 18

Discover Kayaking

Come on out and get your feet wet! This relaxing 2½-hour lesson includes kayak, equipment orientation, intro to 4 paddling strokes, launching and exiting techniques, and a mini paddle on the water.

Wall Beach Nanoose
Sat 9:15am-12:00pm \$59/1
29501 Jun 15

Mistaken Island Kayaking Tour

Come for a paddle in Nanoose where the views are fabulous, the wildlife is abundant, and the quiet is utterly relaxing. Curious harbour seals pop up their noses and sometimes even follow us as we kayak past their rocky haul-out. Keep a keen lookout for turkey vultures, oyster catchers, and river otters. We stop for a picnic on the beach, so pack your lunch.

The Jib in Nanoose
Sun 9:45am-2:00pm \$79/1
29503 Jun 16



Qualicum Beach Family Tour

NEW

Geared especially for families, we paddle at a slower pace along the shoreline with breathtaking views of the Coast Mountains, and we meander up the Qualicum River on the look-out for birds and other creatures. Double kayaks available for those with younger family members.

Surfside Dr. Qualicum Beach
Sun 11:15am-1:30pm \$50/1
29505 Jun 30

Canada Day Fireworks Paddle

A special way to celebrate Canada! We will paddle off the shores of Parksville and watch the spectacular fireworks display.

Public beach access, Mariner Way
Mon 8:45-11:30pm \$59/1
29504 Jul 1

Co-ed 6 on 6 Summer Soccer

16yrs+

Are you a local soccer enthusiast and avid soccer player? This league is perfect for you to hone your skills during the summer. With 6 weeks of round robin play and a 2 day wrap up tournament, this is sure to be a social and active way to spend your summer evenings. Men and women welcome. Please register before June 21. Sub list will open for registration June 22.

Kwalikum Secondary School
Thu 6:00-8:30pm \$19.65/8
29507 Jul 4-Aug 15
29508 Sub list \$10.30



Hiking Information Session

Have you ever wanted to explore some of our beautiful mountains? Are you unsure of how to do so? A local alpine guide shares tips and resources for family adventures and avid hikers. Ask questions before heading out on guided hikes or self-guided exploration in Regional Parks. Get advice on clothing, equipment and route planning to help you stay safe and enjoy the outdoors.

Oceanside Place
Mon 6:30-8:30pm \$6.50/1
29941 Apr 15
29942 Jun 3

GUIDED HIKES

Hikes are refreshingly timeless and scheduled in order of increasing difficulty. Trails are a mixture of rough footpath, developed trail and woodlot. If you have questions, please contact Recreation and Parks for more information.

* Level terrain

** Rolling terrain with minor slopes

*** Some hill and steep terrain

**** Long stretches of steady incline and steep terrain

***Little Mountain (approx. 4 hrs.)

Enjoy meandering through lovely second growth forest with picturesque canopies and incredible rock formations. Then scramble to the top of Little Mountain via the "Wrecked" trail, where the Adrian Brodie movie was filmed in 2010.

Oceanside Place
Sat 8:00am-12:00pm \$30/1
29945 Apr 27

****Wesley Ridge (600 m, approx. 7 hrs.)

Hike steep, old-growth forest trails to the ridge and look out to the Salish Sea and the nearby peaks of Mt. Cokely and Mt. Arrowsmith. This is a chance to test your personal fitness and make some alpine hiking goals.

Ravensong Aquatic Centre
Sat 8:00am-3:00pm \$35/1
29947 May 4

****Mount Benson Regional Park (1019 m, approx. 6 hrs.)

Start your journey up the mountain on the floating boardwalk at Witchcraft Lake. Climb steadily up rough forest trail to the peak and be rewarded with stunning panoramic views of Nanaimo and beyond.

Oceanside Place
Sat 8:00am-2:00pm \$35/1
29946 May 11

GUIDED ALPINE HIKES

These full-day trips are rigorous and meant to introduce fit hikers to our precious and popular mid-island alpine areas. Join Michael Addiscott at a Hiking Information Session to learn more about what to expect when venturing outdoors.

Meet at Ravensong Aquatic Centre
Parking lot

*****Steep terrain, consistent climb,
alpine conditions

*****Very steep terrain, consistent climb,
alpine conditions

*****Arrowsmith CPR Regional Trail (3,150 ft, approx. 9hrs)

Hike the steep historic trail that connects Cameron Lake to the sub-alpine. Along the way, pass waterfalls, ponds and lookouts with great views up and down the Georgia Strait.

Sat 8:00am-5:00pm \$45/1
29948 May 25

*****Mount Cokely (5,301 ft, approx. 7hrs)

Ascend via the "Saddle" route and scramble to the summit ridge using handholds and careful foot placement for a rewarding view including a possible glimpse of the Olympic Peninsula in Washington State. Includes: hikers whistle and personal first aid pouch. Register by May 24. Min. of 8 registrants.

Sat 8:00am-5:00pm \$55/1
30079 Jun 1

*****Mount Moriarty (5,282 ft, approx. 10hrs)

Hike from Labour Day Lake, and ascend the 'Stairmaster', a steep forest trail that leads to a long, undulating alpine ridge, where it is beautiful beyond words. Includes: hikers whistle and personal first aid pouch. Register by May 24. Min. of 8 registrants needed.

Sat 8:00am-6:00pm \$60/1
30080 Jun 15

*****Mount Arrowsmith (5,962 ft, approx. 11hrs)

Our ascent takes us up "Judges Route" to the highest peak and crown jewel of southern Vancouver Island's alpine region. Although the route is not technical, it is steep so be prepared to scramble, use handholds, and careful foot placement, and watch for quick changes in weather as you climb up this iconic mountain. Includes: hikers whistle and personal first aid pouch. Register by May 24. Min. of 8 registrants needed.

Sat 8:00am-7:00pm \$65/1
29951 Jul 6



FREE Team WaterSmart Workshops

Lawn Alternatives and Xeriscaping

Have your yard look vibrant without chemicals or excess water! There are many beautiful alternatives to turf grass that require little upkeep. Local expert landscaper Tyler Huston will discuss options for Xeriscaping, Naturescaping, Artificial Turf and Permeable Pavers: choices for creating a landscape that doesn't lead to wasted water.

Parkville City Hall 100 Jensen Ave. E, Parkville
Sat 10:30am–12:00pm Free
29486 Apr 13

Oliver Woods Community Centre
6000 Oliver Rd. Nanaimo
Sat 10:30am–12:00pm Free
29487 Apr 27

Efficient Irrigation: Be Smart with your Sprinkler System

Do you have an in-ground irrigation system? There may be leaks, clogs and inefficient nozzles that are wasting water and costing you money! Learn what to look for when getting your sprinkler system ready for the summer. Valuable tips on maintenance and scheduling provided by Team WaterSmart and Iritex Irrigation Inc.

Qualicum Beach Civic Centre 747 Jones Str.
Sat 10:30am–12:00pm Free
29488 May 4

Lantzville Legion 7227 Lantzville Rd
Sat 10:30am–12:00pm Free
29489 May 11

Living Soil, Lovely Garden!

A lovely garden has its roots in healthy, living soil. Organic Master Gardener Connie Kuramoto demonstrates simple techniques for enriching your soil – mulching, lasagna layering, groundcovers, and more. Soil specialist Kathleen Millar introduces the importance of the tiny critters that make up a healthy 'Soil Food Web' to create an environment where water is stored easily, pests are naturally kept in check, and plants thrive.

Nanoose Place 2925 Northwest Bay Rd.
Sat 10:30am–12:00pm Free
29490 Apr 6

Save it for a Sunny Day: Rainwater Harvesting Options

On the coast, winter rain is plentiful – and free! Why not catch it and save it for the dry months? Local experts from Rainwater Connection will provide hands-on examples of rainwater system components and discuss different design options so that you can use "sky water" to irrigate your garden.

Lantzville Legion 7227 Lantzville Rd.
Sat 1:30–3:00pm Free
29491 Mar 23

Errington War Memorial Hall 1390 Errington Rd.
Sat 10:30am–12:00pm Free
29492 Mar 30

Landscaping With Native Plants

Including native plants in your landscape saves water, creates habitat and looks lovely. Join Susan Fisher of NALT Native Plant Nursery to embark on a visual tour of plants native to our region and learn how to use them in your garden. A brief demonstration to help you get started propagating your own plants will be included. We will take a nature walk on-site in the Parnassian Woods to explore the plants in their natural habitats. Wear boots for muddy walking!

NALT Natural Abundance Native Nursery
3145 Frost Rd. Cassidy
Sat 10:00am–12:00pm Free
29493 Jun 1

Living on the Water: Stewardship for Streamside Landowners

Some of us are lucky enough to live beside a creek or stream. Landscaping practices by the streamside are unique; different than for your average yard. This in-situ workshop takes place at the beautiful Miller Road Community Park, where biologist Dave Clough will talk about stream life, backyard activity awareness, and stormwater management and demonstrate native plant landscaping. Participants will come away with knowledge of how to care for their streamside property and take home a native plant seedling to get started on their planting!

Miller Road Community Park
815 Miller Rd. French Creek
Sat 1:30–3:00pm Free
29900 May 25

Septic Smart Workshop

Do you have a septic system? Then this FREE workshop is for you! Learn about proper care and maintenance and have your questions answered by industry experts. What you learn may promote the longevity of your system and save you money. Participants go home with a free SepticSmart Kit.

Cedar Heritage Centre
1644 MacMillan Road
Wed 6:30–8:00pm Free
30082 Mar 27

Oliver Woods Community Centre
Nanaimo 6000 Oliver Rd. Nanaimo
Sat 1:30–3:00pm Free
30083 Apr 20

Lighthouse Community Hall
240 Lions Way, Qualicum Bay
Mon 1:30–3:00pm Free
30084 Apr 22

Little Qualicum Hall
1210 Centre Rd. Qualicum Bay
Sat 10:30am–12:00pm Free
30085 Apr 27

Nanoose Library Hall
2489 Nanoose Rd.
Tue 6:30–8:00pm Free
30088 May 7

Lantzville Legion
7227 Lantzville Rd.
Sun 1:30–3:00pm Free
30086 May 26

Aquatic Lesson Descriptions

Parent and Tot Program 4mo-3yrs

Learn with a parent or caregiver, activities are taught through songs and play.

Starfish - About facility orientation, active supervision, safe entries and exits, staying warm, choking prevention, supports and holds for the caregiver, buoyancy and movement.

Duck - Active supervision, Stop Look Ask!, shallow water entries and exits, PFD and me, when and how to get help, choking response, rhythmic breathing, buoyancy and movement, submersion (optional).

Sea Turtle - Stop Look Ask!, jumping into chest deep water, PFD and me, assisted front and back floats, assisted front swims.

Super Tot Program 3yrs

Super Ducks - Emphasizing water orientation, breath control and floating.

Super Frogs - Front and back floats, front glides, kicking and PFD's.

Super Pollywogs - Covers rollovers, glides, kicking (distance).

Preschool Program 4-5yrs

Sea Otter - Using games and activities, swimmers learn to open their eyes under water, further develop basic floats and glides, and swim 1 metre. They also learn age-appropriate water safety skills.

Salamander - Learn about active supervision, Stop Look Ask an adult, jump into chest deep water, buoyant objects, rhythmic breathing, front float and recovery, front glides with kick and a distance swim of 2 metres.

Sunfish - Learn about safe entries, surface support, floats and recovery in deep water, front and back and side glides with kick, roll over glides and a distance swim of 5 metres.

Crocodile - Learn about changing direction in deep water, jumping into deep water, surface support, calling for help, glides with kick, front and back swims for 5 metres and a distance swim of 10 metres.

Whale - Learn about when and where it is safe to swim, jump into deep water and tread water for 20 seconds, stop throw and call for help, front and back swims for 7 metres, as well as a 15 metre continuous swim.

Swim Kids Program 6yrs+

Swim Kids Level 1 - Swimmers receive an orientation to water and the pool area and work on floats, glides and kicking. Swimmers build their endurance by working on the 5m front swim.

Swim Kids Level 2 - Swimmers work on propulsion skills to move through the water and to remain at the surface. Swimmers work on the front swim (5m) and learn about deep-water activities and proper use of a Personal Flotation Device (PFD). Fitness activities include the 10m flutter kick and a 10m distance swim.

Swim Kids Level 3 - This level provides an introduction to diving, and teaches swimmers how to make wise choices about where and when to swim. Endurance is achieved by building strength in the flutter kick and a 15-metre swim.

Swim Kids Level 4 - This level introduces the front crawl (10m) and back swim with shoulder roll (15m). Swimmers work on kneeling dives, surface support (45 seconds, deep water) and developing a greater sense of self-safety by understanding their own limits. Endurance is built through a 25m swim.

Swim Kids Level 5 - This level introduces the back crawl (15m), sculling skills, whip kick on the back, stride dives and treading water. Front crawl increases to 15m. An introduction to safe boating skills is also included. Endurance is developed through a 50m swim.

Swim Kids Level 6 - This level refines front crawl with a focus on hand entry and breathing (25m), back crawl with a focus on arm positions and body roll (25m), and introduces elementary backstroke (15m), safety on ice, and rescue of others with throwing assists. Swimmers demonstrate the front dive and their ability to tread water in deep water for 1½ minutes. Endurance is built through dolphin kick and a 75m swim.

Swim Kids Level 7 - This level builds skills and endurance for the front crawl (50m), back crawl (50m) and elementary back stroke (25m) and introduces whip kick on the front. Swimmers learn about airway and breathing obstructions, reach assists and stride entry. Swimming endurance is increased to a 150m swim.

Swim Kids Level 8 - Hypothermia, dangers of open water, rescue breathing, surface dives, stride entries, front and back crawl, elementary backstroke and breaststroke and a distance swim of 300 metres.

Swim Kids Level 9 - Wise choices and peer influence, boating regulations, self ice rescue, surface dives, shallow dives, front and back crawl, elementary backstroke and breaststroke, as well as a 400 metre distance swim.

Swim Kids Level 10 - Introduction to butterfly and scissor kick, fitness, sun safety, rescue of others from the ice, surface dives, as well as a 500 metre endurance swim.

Lesson Fees

Parent and Tot \$55.80/10

Super Tot \$60.25/10

Preschool \$60.25/10

Swim Kids (1/2hr) \$55.80/10

Swim Kids (1hr) \$82.40/10

Please note all prices are prorated for less than 10 lessons

Swim Lesson Registration Info:

- We offer free swim evaluations during any of our "Everyone Welcome" swim sessions, please check with the front reception desk.
- Lessons missed due to illness will not be refunded or credited.
- If your child has a special need please contact our inclusion programmer for assistance.

Change of plans?

A full credit to your account or a refund will be issued if we receive withdrawal notification 72 hours prior to the start of the lesson.

During the lessons:

- Parents are welcome to view the lessons from the pool deck.
- Please remove your street shoes while on the deck.
- Please remember no food or drinks on the pool deck.
- Please remember to bring your child's previous report card to your new instructor; new evaluations will be added to the original card.
- Each instructor will have a posted sign with the specific level that they are teaching.
- On the 5th lesson, classes will end five minutes early so that parents are able to talk to the instructors for a half way evaluation.
- All unclaimed report cards are filed at the front reception desk under the child's last name for one year.

Lesson Support

During our afterschool and weekend lessons we have lesson support staff who will assist you with any questions or concerns that you may have regarding your child's lessons.

Photo and Video Policy

No image recording devices in change rooms.

Spring Lesson Start Dates

Mon/Wed
#1 Apr 3-May 1 / 9 lessons
#2 May 6-29 / 7 lessons
#3 Jun 3-26 / 8 lessons
No lesson May 20

Tue/Thu
#1 Apr 2-May 2 / 10 lessons
#2 May 7-30 / 8 lessons
#3 Jun 4-27 / 8 lessons

Sat
Apr 6-Jun 1 / 8 lessons
No lessons May 18

Parent & Tot 4mo-2 yrs
Starfish
Duck
Sea Turtle
Max 10 per class

START TIMES

START TIMES

START TIMES

11:00am
11:00am
10:30am

10:30am
11:00am
10:00am

Super Tot 3yrs
Super Ducks
Super Frogs
Super Pollywogs
Max 4 per class

3:00pm
3:00pm
3:00pm

9:30am, 4:30pm
9:30am, 4:00pm
10:30am, 3:30pm

10:00am, 12:00pm
10:30am, 12:00pm
10:30am

Preschool 4/5yrs
Sea Otter
Salamander
Sunfish
Crocodile
Whale
Preschool Stokers
Max 4 per class

4:30pm
4:30pm, 6:00pm
4:00pm, 5:30pm
3:30pm, 6:00pm
4:00pm
4:00pm

9:00am, 4:30pm, 7:00pm
11:00am, 3:30pm, 6:30pm
10:00am, 4:00pm, 7:00pm
10:00am, 4:30pm, 6:30pm
9:00am, 4:00pm

9:30am, 11:00pm
9:30am, 11:30am, 12:00pm
9:30am, 11:30am, 12:00pm
9:00am, 11:00am
9:30am, 11:30am
10:30am

Swim Kids 6yrs+
Level 1
Level 2
Level 3
Level 3/4
Level 4
½ hr lesson / Max 6 per class

3:30pm
5:00pm

3:30pm, 5:00pm

3:30pm, 6:30pm
3:30pm, 7:00pm

3:30pm, 4:30, 7:00pm

9:00am, 10:00am
9:00am, 10:30am
11:00am
9:00am, 10:00am
11:30am

Level 5/6
Level 7/8
Level 9/10
1 hr lesson / Max 8 per class

5:00pm
4:00pm #1 & 3
4:00pm #2

3:30pm, 6:30pm
6:30pm #1 & 3, 4:00pm #2
4:00pm #1 & 3, 6:30pm #2

9:00am, 11:00am
9:00am
10:00am

Summer Lesson Start Dates

Mon-Fri
Jul 2-12 / 9 lessons
Jul 29-Aug 9 / 9 lessons
No lesson Aug 5

Mon-Fri
Jul 15-26 / 10 lessons

Tue/Thu
Jul 2-25 / 8 lessons
Jul 30-Aug 15 / 6 lessons

START TIMES

START TIMES

START TIMES

Parent and Tot 4mo-2 yrs
Starfish
Duck
Sea Turtle
Max 10 per class

10:00am
11:00am
11:00am

10:30am
11:30am
10:00am

Super Tot 3yrs
Super Ducks
Super Frogs
Super Pollywogs
Max 4 per class

9:30am, 10:30am
10:00am, 11:30am
9:30am

9:00am, 10:00am
10:30am, 11:30am
9:00am

6:00pm
6:00pm
7:00pm

Preschool 4/5yrs
Sea Otter
Salamander
Sunfish
Crocodile
Whale
Preschool Stokers
Max 4 per class

10:30am, 11:30am
9:30am, 10:30am, 11:30am
9:30am, 10:30am
9:00am, 10:30am
9:30am
11:00am

10:00am, 11:30am
9:00am, 10:00am, 11:00am
9:00am, 10:00am
9:30am, 11:00am
9:00am
11:00am

6:30pm
6:00pm
7:00pm
7:00pm
6:00pm
6:00pm

Red Cross Swim Kids 6yrs+
Level 1
Level 2
Level 3
Level 3/4
Level 4
½ hour lesson/ Max 6 per class

9:00am, 10:00am
9:00am, 10:00am
9:00am, 10:00am
10:30am
9:00am, 10:00am

9:30am, 10:30am
9:30am, 10:30am
9:30am, 10:30am
10:00am
9:30am, 10:30am

7:00pm
6:30pm

6:30pm

Level 5/6
Level 7/8
Level 9/10
1 hour lesson / Max 8 per class

9:00am, 11:00am
9:00am
10:00am

9:00am, 11:00am
10:00am
9:00am

6:30pm
6:30pm
6:00pm



Aquatics

A Great Place To Cool Off

Private Swim Instruction

- Does your child keep repeating the same level?
- Do the scheduled lessons not fit into your personal schedule?
- Does your child have difficulty concentrating in a class situation?
- Are you a beginner yourself and would like to join in?

If you answered yes to any of these questions, maybe private or semi-private lessons are what you're looking for. One lesson or a set of private lessons could quickly help you with stroke correction or skill development. These lessons are available for anyone at any swimming ability.

Private \$24.40/30 minutes when booking up to four lessons \$22.28/30 when booking five or more lessons

Lessons for 2 people \$35.38/30 minutes. Each additional person \$12.36.

Free to be Me

Inclusion Swim Program 3-8yrs

A swim program that is a stepping stone to becoming inclusive in main stream programs. This program is for those children with developmental disabilities. New for spring 2013 this will also be a time that children and their caregivers are welcome to come and enjoy the facilities with minimal sensory distractions.

Wed 1:00-1:45pm \$40/6
29666 May15-Jun19

Homeschool Lessons 5-16yrs

Sign up on line or in person for our afternoon lessons that are tailor made for those that homeschool their children. Our regular Swim Kids Program curriculum will be taught during the 8 classes.

Mon 1:00-1:45pm
Apr 8-Jun 3 \$70/8
29672 Preschool
29668 Level 1/2
29669 Level 3/4
29670 Level 5/6
29671 Level 7 and over

Kids Swim for Fitness 6-15yrs

This advanced children's swim program focuses on strength and endurance swimming under the guidance of a swim instructor. This is a perfect motivator for those who are now competent swimmers and are looking to work on their endurance. This is a non competitive program. Must have completed Swim Kids Level 6. There is a one day option on request.

Tue 4:00-5:00pm \$72.50/10
29747 Apr 2-May 2
29748 May7-30
29750 Jun 4-27

Junior Jumpsters 6-8yrs

This is a fun introduction to the diving board for younger children. Participants will learn basic jumping and diving skills. Participant must be comfortable in deep water.

Sat 11:00-11:30am \$45.95/8
29673 Apr 6-Jun1

Diving Club 8-13yrs

Learn the basics of diving through progressive land, water and springboard skills. Move on at your own comfort level to practice more advanced skills such as front and back pike jumps and dives, hurdle jumps, tucks, and advanced dives like flips and somersaults. Candidates must be comfortable in deep water. Pre-requisite: Swim Kids Level 4.

Sat 10:00-11:00am \$65.95/8
29665 Apr 6-Jun 1

Adult Swim Basics 16yrs+

Great course to help increase your comfort level in the water through floats, movement and breathing skills. You can start to develop your swim strokes, technique, and endurance. Water safety knowledge and skills are also covered.

Mon/Wed 5:30-6:30pm \$75.85/9
29651 Apr 3-May 1
29652 Jun 3-26

Adult Swim Strokes 16yrs+

Improve your stroke and endurance. This is a great session for those wanting to work on technique.

Mon/Wed 5:30-6:30pm \$59/7
29656 May 6-29

Adult Swim for Fitness 16yrs+

This program is designed for those swimmers wanting to refine their strokes, improve their overall fitness and enjoy swimming with other people. Our experienced swim instructor will provide a workout that will challenge you to improve your strokes and endurance for the upcoming triathlon in June. Participants need to be comfortable swimming 200 metres continuously. Each workout will be between 1000-2000 metres depending on your skill level.

Tue/Thu 7:30-8:30pm \$65.60/10
29653 Apr 2-May 2
29654 May 7-30
29655 Jun 4-27

Senior Stroke Improvement

This program will allow you to progress at your own pace under the direct supervision of an instructor, and promotes safety and comfort in the water. A variety of activities and water safety tips will be presented.

Tue/Thu 1:00-1:45pm 36.15/6
29770 Jun 4-20

Aquafit

Join us for one of our aquafit classes during the week. We offer a wide range of classes to get you active and fit! See page 4 & 5 for class times.

Class Intensity Ratings:

* This class is for beginners looking for rehabilitation and physiotherapy.

**for participants that are active on a regular basis.

*** for consistently active individuals, emphasizing advanced techniques and intensity that will challenge even experienced participants.

Aquafit**

These drop-in 60-minute exercise classes are designed to challenge you with low-impact exercises to keep you moving while being easy on your joints! Start each class with 5-10 min of warm-up, 30-35 min of cardio and 10-15 min of strength and stretching.

Mon-Fri
Drop-in admission fees apply

Deep Water Aquafit**

Drop in to one of our deep water aquafit classes that provide physical conditioning using the water as resistance. Tone and strengthen your muscles without the impact of dry land exercises. Classes are designed for all fitness levels and are 45 minutes long including 5-10 minute warm up, 30 minute cardio and 5-10 minute strength and stretching.

Mon/Wed/Fri
Drop-in admission fees apply

Arthritic Therapy Swim*

This drop-in program is an excellent 45 minute water workout for those with limited mobility and includes joint rotation and mobility exercises and activities. Participants agree they feel much better when they attend regularly.

Tue/Thu
Drop-in admission fees apply

Nifty Fifties**

These drop-in 60 minute low-impact exercise classes are aimed at the 50+ crowd with music that will be easy to listen to while you workout with a qualified instructor. Start each class with 5-10 min of warm-up, 30-35 min of cardio and 10-15 min of strength and stretching.

Mon/Wed/Fri
Spring only
Drop-in admission fees apply

Aqua Zumba®***

A Latin inspired fitness class, Aqua Zumba is a high energy, easy to follow workout that will help with calorie burning and body toning. Come and join this fun and exhilarating class!

Sun 5:00-6:00pm \$61.25/ 7
30160 Apr 7-May 26

WATER CAMPS

Aqua-Smorg 9-13yrs

Give yourself a break from swimming lessons and join an instructor in this fun-filled water camp which includes water polo, synchronized swimming, diving, water games, snorkeling, lifesaving and first aid. Lots of fun and something new for you to try out!!

Pre-requisite: Swim Kids Level 4.

Mon-Fri 4:00-5:00pm \$58.75/5
29834 Jul 15-19
30072 Aug 12-16

Junior Lifeguard Water Camp 8-10yrs

Each day will include a lesson in lifesaving, a lunch break with a movie or a craft session and an afternoon activity! At the end of the session you will have completed either your Rookie Ranger or Swim Patrol certificate with badges and stickers.

Pre-requisite: Swim Kids Level 5

Mon-Fri 9:00am-4:00pm \$170/5
30144 Mar 18-22
29840 Jul 15-19
30073 Aug 12-16

Bronze Star Water Camp 10-13yrs

Each day includes a lesson in Bronze Star, a lunch break with a movie or a craft session and an afternoon activity. At the end of the session, if you have completed your Bronze Star, you will receive a certificate with badges and a medal!

Pre-requisite: Swim Kids Level 5

Mon-Fri 9:00-4:00pm \$170/5
30145 Mar 18-22
29837 Jul 15-19
30091 Aug 12-16

See page 38 for Birthday Parties at the pool.



How to become a Lifeguard/Swim Instructor

- | | | | |
|-------------------|---|-------------------|---|
| Step one | Attend a free lifeguard seminar | Step six | National Lifeguard Pool Option
16 yrs and up
Must have Standard First Aid with CPR C
Must be current within one year |
| Step two | Bronze Star
THIS STEP IS OPTIONAL | | |
| Step three | Bronze Medallion
13yrs and up or completion of Bronze Star | Step seven | Assistant Water Safety Instructor
15 yrs and up |
| Step four | Bronze Cross
Completion of Bronze Medallion. | Step eight | Water Safety Instructor
16 yrs and up and completion of
Assistant Water Safety Instructor |
| Step five | Standard First Aid
13 yrs and up | Step nine | Submit your resume to the Aquatic
Programmer |

Pre-requisites:

ASSISTANT WATER SAFETY INSTRUCTORS:	→	15 YEARS OF AGE
WATER SAFETY INSTRUCTORS:	→	AWSI & 16 YEARS OF AGE
BRONZE MEDALLION	→	13 YEARS OF AGE
BRONZE CROSS	→	BRONZE MEDALLION & 13 YEARS OF AGE
STANDARD FIRST AID	→	NO PRE-REQUISITE
NATIONAL LIFEGUARD SERVICE:	→	16 YEARS OF AGE & STANDARD FIRST AID (WITHIN 2 YR) & BRONZE CROSS

High School Students in British Columbia can receive credits towards their graduation by successfully completing Bronze Cross, Standard First Aid National Lifeguard, Assistant Water Safety Instructors and Water Safety Instructors. Please reference <http://www.bced.gov.bc.ca/graduation/courseinfo/welcome.htm> for further information.

LEADERSHIP

Junior Lifeguard Club 8-10yrs

The first step in aquatic leadership for kids who love the water and may be interested in becoming involved in lifesaving. This program prepares you for Bronze Star by working on the Canadian Swim Patrol levels of Rookie, Ranger and Star. You will learn skills that include first aid, lifesaving and swimming proficiency.

Pre-requisite: Swim Kids Level 5

9:00-10:00am \$63.95/8
29674 Sat Apr 6-Jun 1

Bronze Star/CPR A 10-13yrs

A great course for keen swimmers who have completed Canadian Swim Patrol and Red Cross Swim Kids Level 10 and who are waiting to turn 13 years for Bronze Medallion.

11:00am-12:00pm \$67.15/8
29664 Sat Apr 6-Jun 1

Lifesaving Camp 13yrs+

ALL IN ONE! Take your Bronze Medallion, and Bronze Cross all at once. Skills include: rescue breathing, blocked airways, CPR/AED, first aid, water rescues, spinal injuries, teamwork, stroke efficiency and an endurance swim. You can choose to take one or both of these courses.

Sun 12:00-5:00pm
29752 Apr 7-Jun 2

Mon/Wed 1:00-6:00pm
29886 Jul 3-29

Bronze Medallion \$201.20/8
Bronze Cross \$127.45/8
Combined \$295.65/8

Interested in volunteering at the pool?

There are volunteer opportunities available for those wanting to help out with swimming lessons, assist children with disabilities, or work with residents from the extended care unit, Eagle Park. If you are interested, give us a call. You need Assistant Water Safety Instructor Certification and a criminal record check.

NLS Pool Option Course 16yrs+

The National Lifeguard Service Pool Certification is designed to develop the fundamental values, judgment, knowledge, skills, and fitness required by lifeguards. The NLS course emphasizes the lifeguarding skills, principles and practices, and the decision-making processes which will assist the lifeguard to provide effective safety supervision in swimming pool environments. Pre-requisites: Proof of a Bronze Cross award, proof of a Standard First Aid (current certification recommended), 16 years of age by the last day of the course.

Tue/Wed/Thu 9:00am-6:00pm \$325/6
29888 Aug 6-15

NLS Precert/Recert

The objective of the Precert clinic is to provide NLS candidates an opportunity to review NLS skills and knowledge and to provide education on new information before the start of the Recert clinic. Although not a requirement, the BC & Yukon Branch NLS Committee highly recommends that candidates attend an NLS Precert to promote professional development and success. Prerequisites: Proof of a NLS pool option award, proof of a CPR C award (current certification recommended).

Sat 9:00am-6:00pm \$108.15/1
29754 Jun 8

Assistant Water Safety Instructor 15yrs+

The Assistant Water Safety Instructor Course (AWSI) introduces candidates to the foundation of instructional skills by focusing on the theoretical knowledge that supports learning and teaching. This course prepares the candidate for the WSI course and provides leadership development opportunities.

Tue/Thu 3:30-7:30pm Sat 8:00am-1:00pm
\$286/9
29657 Apr 2-Apr 20

Water Safety Instructor 16yrs+

This Red Cross certification teaches candidates the techniques to become a skilled water safety instructor. Basic physical principles and teaching progressions will make you a qualified instructor ready to teach all levels including Parent and tot, Preschool, Swim Kids and Adults. Pre-requisite: Assistant Water Safety Instructors.

Tue/Thu 3:30-7:30pm
Sat 8:00am-1:00pm \$299/9
29772 May 7-Jun 1

Water Safety Instructor Recert

This one-day recertification workshop will have you ready to teach with fresh new ideas.

Sat 9:00am-1:00pm \$92.70/1
29771 Jun 15
29898 Aug 10

Lifesaving Instructor Recert 16yrs+

Do you need to recertify as a Lifesaving Instructor? This is a five hour recert that will include all the up to date material needed to teach the Bronze family; Bronze star, Medallion and Cross.

Sat 9:00am-2:00pm \$90.20/1
29753 Jun 22
29887 Jul 27

Lifeguard Seminar

How do I get a job at the pool? Working as a lifeguard/swim instructor is a great job for youth to earn a very desirable wage, work in a great team environment, learn valuable leadership and life skills and most of all have FUN working with kids! It can be overwhelming trying to figure out what course to take and when, to ensure you are qualified and ready to work by age 16. Come to the information session to find out everything you need to know about working in a pool!

Wed 4:00-5:00pm FREE
30059 Apr 3
29751 Jun 19

AQUATIC SPECIAL EVENTS

Regular admission applies to all special events unless stated otherwise. See page 6 for admission rates.

Pool Toy Times

On spring weekends, the large pool toys will be out at the following times:

Sat 1:30-2:00pm and 4:00-4:30pm
Sun 1:30-2:00pm and 3:30-4:00pm

On summer weekdays the large pool toys will be out at the following times:

Mon-Fri 1:30-2:00pm and 3:30-4:00pm

Spring Break Out

Come join us for some action packed adventures Mon, Wed and Fri of Spring Break. Our fun leaders will be leading many different games and activities based on daily themes. Prizes will be awarded and there will be fun for all ages/abilities from the young to the young at heart. A schedule of events is available online.

Everyone Welcome
Mar 18-30

Tinkerbell Family Fun Swim

In a magical place not far away Tinkerbell is coming to share the day! All pixies and pirates please come and join us at Ravensong!

Family Swim
Sat Mar 30 10:00am-12:00pm

Mardi Gras Pro D Day Swim

During our afternoon public swim session there will be lots to celebrate on your day off! Enjoy a carnival of events that will include mask making!

Everyone Welcome
Fri May 3 1:00-3:00pm
Special Rate

FREE Swim for Youth Week

Celebrate Youth week at Ravensong! Youth 11-18 will have an opportunity to be active, wild and wet! Bring your friends and join in the celebration!

Fri May 3
7:00-9:00pm FREE

Move for Health Day

Come and get active at Ravensong! Move for Health Day events bring people together in a spirit of fun, inclusivity, and support of healthy active living.

Sat May 11
1:30-5:00pm FREE

Family Minute to Win It

Family fun challenges for Mother's and Father's Day. Compete for prizes and bragging rights! A variety of games that give you a minute to win it!

Everyone Welcome
Sun May 12 10:00am-12:00pm
Sun Jun 16 2:00-4:00pm

National Lifejacket Day

The Canadian Red Cross and Ravensong Aquatic Centre challenge you to join them in marking the day by submitting an entry into our National Lifejacket Day colouring contest. Colouring sheets and entry details will be available in our pool lobby, on line at www.rdn.bc.ca/recreation and on Facebook May 1. All entries due May 16 4:30pm.

Thu May 16

Bubble Bonanza Family Swim

Join us for bubbles of fun! What a fun way to share family time by making the largest bubbles and seeing how long they will last.

Sat May 18
10:00am-12:00pm
Family swim

Qualicum Beach Family Day Swim

QB Royal Bank is sponsoring a Free Swim from 10am till 12:00 at Ravensong. Sunday May 26th is a special day for everyone to enjoy. Interactive participation is the goal at this year's event as we encourage you to come out and play.

Sun May 26
10:00am-12:00pm FREE

Qualicum Beach Triathlon

Sun Jun 23
Contact Pheona: 250-951-0159

School's Out Rodeo!

Celebrate your first day of summer vacation rodeo style! Our Ravensong team will keep you busy with an action packed afternoon full of games and fun.

Everyone Welcome
Fri Jun 28 1:00-3:00pm

Special Rate Tuesdays

Every week... all summer! Now that's a great deal!

Everyone Welcome
Tue Jul 2-Aug 13 1:30-5:00pm

Wacky Wednesdays

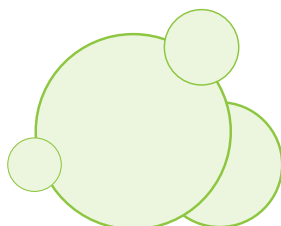
They are back! Join the lifeguards the second Wednesday of the month for a splashin' fun time at Ravensong!

Everyone Welcome
Wed Jul 10 & Aug 18
6:30-8:00pm

56th Annual Qualicum Beach Ocean Mile Swim

Come out and celebrate this long standing community, family fun event that includes a one mile swim at Qualicum Beach. Registration starts at 1:00pm and the swim starts at 3:00pm.

Qualicum Beach
Sun Aug 11 FREE





CANADIAN RED CROSS

Red Cross AED/CPR C 14yrs+

Save a life...when only seconds count.
GET TRAINED. This course is required for lifeguards and Health Care Professionals. Topics covered are CPR and blocked airways for adults, children and infants and introduction to automated external defibrillators.

Qualicum Beach Civic Centre
Sat 9:00am-3:00pm \$65/1
30093 Apr 27
30094 Jun 8

Red Cross AED/CPR C Recert

Need to re certify? Or do you just want to review your skills? Now's the time! This course covers CPR and rescue breathing techniques for adults, children and babies and information on automated external defibrillators.

Qualicum Beach Civic Centre
Wed 4:00-7:00pm \$41/1
30095 Apr 24
30096 Jun 26
29777 Jul 24

Red Cross Child Care Emergency First Aid with AED/CPR 14yrs+

Do you live or work with small children? This course is designed for parents and caregivers of children. Approved by the Provincial Community Care Licensing Branch, this course covers home hazards, accident prevention, safety education, CPR and first aid skills for common emergencies. The course will also cover information on automated external defibrillators. Retraining is recommended every 3 years.

Qualicum Beach Civic Centre
Sat 9:00am-5:00pm \$80/1
30097 Apr 20

Red Cross Emergency First Aid with AED/CPR 14yrs+

This course is designed to teach people about injury prevention. This course covers home hazards, safety education, CPR, automated external defibrillation and first aid skills for common emergencies. Retraining is recommended every 3 years.

Qualicum Beach Civic Centre
Sat 9:00am-5:00pm \$80/1
30098 May 4

Red Cross Standard First Aid with AED/CPR C 14yrs+

This is a 16 hour course that includes training in cardio pulmonary resuscitation level C, automated external defibrillation, injury prevention, first aid treatment of shock, bleeding, broken bones and more. This is a pre-requisite for NLS.

Qualicum Beach Civic Centre
Thu/Fri 9:00am-4:30pm \$145/2
30099 Jul 4-5



Red Cross First Aid:
Save a life...when only seconds count.
Get Trained!



Arena Keep Cool At Oceanside Place

Scrub Hockey 9-15yrs

Register for some fun, scrub hockey. Program leader will be on ice to monitor session to ensure it is safe and fair. Full gear required. Space is limited to 26 pre-registered players. Goalies are free. If more than 2 goalies attend, the goalies will rotate turns during the session.

9-12yrs

Thu 7:00-8:15pm \$42/7
30151 Jun 6-Jul 18
30150 Goalie

12-15yrs

Mon 7:00-8:30pm \$42/6
30110 Jul 8-Aug 19
30111 Goalie

Girls Scrub Hockey 9-13yrs

Tue 7:00-8:15pm \$42/7
30108 Jul 9-Aug 20
30109 Goalie

Try Girls Hockey 5-14yrs

OMHA and the RDN are teaming up to provide girls with the opportunity to try the fabulous game of hockey. We provide the gear and instruction, you provide the enthusiasm! Registration is FREE but please register in advance. All equipment provided. 1:00-1:30pm, get your gear, 1:30-2:30pm is ice time.

30130 Sat May 25 1:00-2:30pm FREE

Co-ed Hockey League 19yrs+

The co-ed league is all about playing non-contact recreational hockey. Players of beginner to intermediate skill levels will find this league ideal. Teams are selected from a pre-league skate on Mar 18. Each team has 2 practices and 8 officiated games, Mar 25 - May 22, and will wrap up with a weekend tournament May 24-25. Team jerseys included. Game days and times vary. A game schedule will be issued with exact dates and times.

30102 Female Skater \$145/10 and tournament
30100 Male Skater \$145/10 and tournament
30101 Goalie FREE

Co-ed Scrub Hockey 18yrs+

Enjoy our national pastime with your friends or spouse! This scrub hockey session offers men and women the opportunity to play together. The game time is self-monitored; and, there must be at least two women on the ice at all times (not including goal tenders). Players must be able to skate forward and backwards and be able to stop without using the boards. Full equipment is mandatory.

Tue Jun 18-Aug 6 8:30-10:00pm \$70/8
30112 Female Skater
30114 Male Skater
30113 No charge/Goalie

Beginner Hockey for Teens and Adults 15yrs+

NEW

You have always wanted to play hockey but are just not sure of your skills? Then join our excellent instructors for fun instruction and learn about this great game. You must be able to skate the width of the ice and safely stop. Full gear is required. If you do not have gear, contact the Arena programmer and we will try to help you from the gear loan program

30115 Mon Jul 8-Aug 19 8:45-10:00pm \$50/6





FEMALE HOCKEY CAMPS

Women's Only Hockey Camp

16yrs+

Women, now is your chance to improve your hockey skills with Carly Haggard and her incredible instructors. Two on ice and one dryland training session will help move you forward in this great sport. Goalies are welcome. Register as a goalie and Carly will ensure specialized goalie instruction.

Sat Aug 10 \$60/1
30103 10:00-2:00pm
30105 Goalie

Girl's Only Hockey Camp 8-15yrs

Join professional hockey player, Carly Haggard, owner of the PASS Female Hockey School, for a great opportunity to improve your hockey skills under the direction of one of the best female hockey players in Canada. Each training session will include two daily on ice sessions and daily hockey specific off ice training.

Tue-Fri Aug 6-9 \$195/4
29776 11:00-3:15pm 8-11yrs
29775 12:30-4:45pm 12-15yrs

Oceanside Place Events

Mar 16-18

OMHA Pee Wee Hockey Tournament
oceansidehockey.com

Mar 19-21

OMHA Atom Hockey Tournament
oceansidehockey.com

Mar 22-24

OMHA Novice/Initiation Hockey Tournament
oceansidehockey.com

Mar 29-31

Easter Hockey Tournament

Apr 2-May 17

Sandy Shores Spring School
sandyshoresskatingclub.com

Apr 5

Russia vs Canada Goodwill Hockey
Oceanside Place. Entry by donation.

Apr 5-Apr 7

Grumpy Old Men Hockey Tournament

Apr 12-14

Vancouver Island Skate International

Apr 15-Jul 14

Ice out of Howie Meeker Arena

May 10-12

Home Show
homeshowtime.com

June 3-9

Tykes Lacrosse Tournament

June 27

Ballenas Secondary School
Commencement

Jul 2-Aug 6

Sandy Shores Summer Skating School
sandyshoresskatingclub.com

Jul 2-6 and Jul 15-19

Turcotte Stickhandling School for
Adults & Children
turcottehockey.com

Aug 6-10

Girls Only and Women's Only
Hockey Camps
rdn.bc.ca/recreation

Aug 12-23

Gold in the Net
goldinthenet.com

Aug 19-23

Heath Dennison Hockey School
heathdennisonpowerskatingschool.com

Aug 26-Sep 1

OMHA Conditioning Camp
oceansidehockey.com

Beat the Heat Everyone Welcome Skate

Beat the heat this summer and go for a refreshing skate at Oceanside Place.

Wed Jul 10-Aug 21 6:45-8:15pm
Regular admission. No session Aug 14.

Public Skate Schedule

Current skate schedule is online at
www.rdn.bc.ca. Schedules are posted
monthly and subject to change.

All Inclusive Rental Rates

"All Inclusive Rates" for private ice or dry floor rentals are a great option for your next birthday, group or special event. This rate includes your ice rental, skate rentals, and a rental attendant. Dry floor rentals available April to June. Phone 250-248-3252 or email recparks@rdn.bc.ca



Horne Lake Regional Park

Parks and Trails

Something for Everyone

How Are We Doing?

Do you find the park and trail updates in this Guide useful?

Would you rather get your park and trail information from the RDN web site?

Please tell us what you think about the Active Living Guide park pages by emailing recparks@rdn.bc.ca.

Thanks!

Web Map
Park Info at Your Fingertips
Soon, RDN Web Map will include a whole new level of park information like the location of trails, benches, toilets, signs, parking areas and more. Right now, use the Web Map to find all your community and regional parks and water accesses. Use the time series aerial photography layers to examine change in the landscape over the last decade. The RDN Web Map: a great resource at your fingertips!



Trillium



Fawn Lily



Skunk Cabbage

Englishman River Regional Park: a great place to view Trillium, Fawn Lilies and Skunk Cabbage in the spring.

Community Parks and Trails Strategy

Public Process Launched

Each electoral area has its own portfolio of community parks and trails (CPTs), whereas regional parks and trails are shared and funded by all electoral areas and municipalities in the RDN. CPTs typically arise as a by-product of residential land development. They are meant to serve the needs of the new development as well as the electoral area as a whole.

The Official Community Plan for an electoral area provides policy directives about the types of parks the community wants and potential locations, however

it has become clear that more detailed information about community needs and desires would be helpful when it comes to planning, negotiating the acquisition of and developing CPTs.

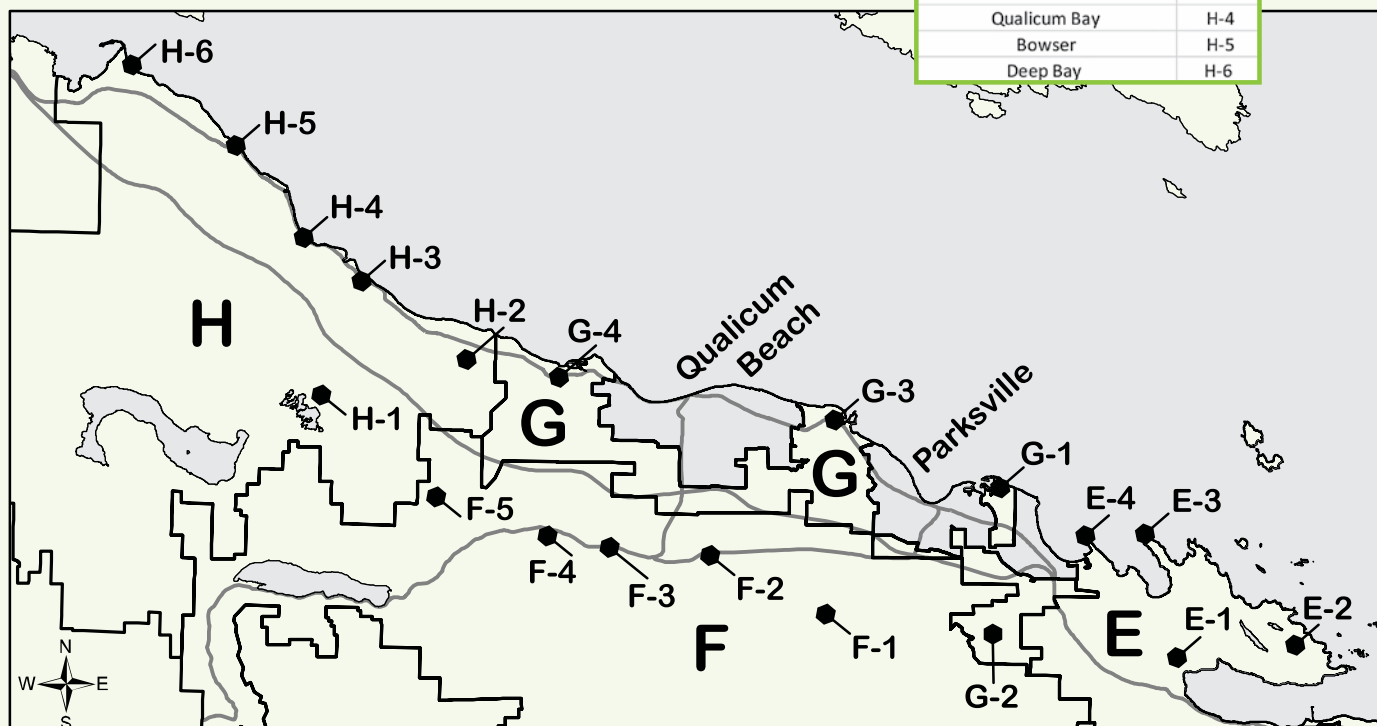
The RDN has initiated the Community Parks and Trails Strategy process for electoral areas E, F, G and H in order to determine where residents would like to see community park expansion and where public trail connections will enable residents to walk or ride safely and conveniently within their community.



This is an opportunity for you to shape the future of your community. Please come out and add your voice to the process. The strategy wraps up in September.

For information on the Community Parks and Trails Strategy and related open houses, working groups, surveys, and reports, see the RDN web site or contact recparks@rdn.bc.ca.

Neighbourhoods of Electoral Areas E, F, G and H	
Fairwinds	E-1
Red Gap	E-2
Beachcomber	E-3
Madrona	E-4
Errington	F-1
Coombs	F-2
Hilliers	F-3
Whiskey Creek	F-4
Corcan Rd/Meadowood	F-5
San Pareil	G-1
Englishman River	G-2
French Creek	G-3
Dashwood	G-4
Spider Lake	H-1
Oakdowne	H-2
Dunsmuir	H-3
Qualicum Bay	H-4
Bowser	H-5
Deep Bay	H-6

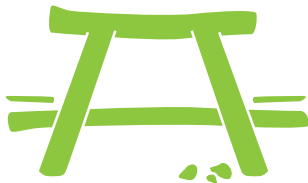




Swallowtail



Northern Alligator Lizard



COMMUNITY PARK NEWS

Meadowood Way Community Park From Planning to Development

Planning is finished and it's onto the development of a natural playground, sports court and parking lot at this large community park north of the Little Qualicum in Area F. Thanks again to the Province for development funds and to the Corcan-Meadowood Residents Association for supplementing resources.

Henry Morgan Community Park A Little Gem in the Making

This small Area H community park in downtown Bowser is being transformed into a play space that will delight young and old. Plan to drop by this summer and check it out!

Blueback Community Park Beyond Blackberries

Nanoose (Area E) residents are providing input on how this half-acre oceanfront park should be developed, and will vote on a preferred park concept plan this spring. Currently, the blackberry covered park offers a couple of footpaths running to a protected cove and beach popular with the recreational diving community. Go to the RDN web site home page, type the park name into the search box and you'll be linked to the Blueback project page.

Maple Lane Community Park Renewing Old Faces

The children of San Pareil (Area G) have been enjoying little Maple Lane Community Park for decades. Neighbourhood volunteers built the park entrance sign back in the day and in 2012, Park staff gave it a facelift. Welcome!

REGIONAL PARKS & TRAILS NEWS

After a couple of years of public process, the management plans for **Moorecroft Regional Park** and **Little Qualicum River Regional Park** have been completed. Thanks to everyone who participated in the process. Both management plans are posted on the RDN web site and you're encouraged to take a look.

At Moorecroft, we'll continue with the tear-down of old unsafe buildings while fixing up trails and increasing the protection of sensitive ecosystems. Protection of sensitive Garry Oak meadow ecosystem has already begun with for the introduction of split rail fence in the picnic area and at Vesper Point. Watch for the beautiful Camas Lily at Vesper this spring. And, it's now official: at **Moorecroft Regional Park**, all dogs must be on leash.

Two new side channel bridges are in place at **Englishman River Regional Park**, thanks to labour supplied by the Community Fisheries Development Centre. The fisheries workers, who provide caretaking services and operate the hatchery and DFO side channel at the Park, also built the new trail with stairs connecting the Top Bridge Crossing suspension bridge and the DFO weir on the Park Road.

Accessibility on the **Lighthouse Country Regional Trail** took a great leap forward with the addition of handicapped toilets at each end of the trail and handicapped parking spaces and drop off zone at the Lionness Blvd parking lot. It's never been easier for those who rely on chairs, medi-scooters and other assists to spend time recreating, exercising and socializing in the woods. Great for everyone else too!



Moorecroft
Regional Park



Horne Lake
Regional Park

We're pleased to introduce RLC Parks Services, the new operator at **Horne Lake Regional Park**. RLC operates most BC Parks on Vancouver Island and is thrilled to expand their well-known parks programs to Horne Lake Regional Park. You can look forward to Survivors! Horne Lake, naturalist-led interpretive programs, canoe and kayak lessons, Learn to Fish, and much more. Check out rlcparks.ca to find out about kids summer day camps, school group adventures, special events you won't want to miss and everything else happening at Horne Lake Regional Park. And what's a summer without some camping?

For information and reservations: hornelake@rlcparks.ca and 250-248-1134.





Community Advertisers

Browse through our community advertisers section for other great opportunities to be active this season. Look for information from:

BIRTHDAY PARTIES AT THE POOL

Bookings must be made at least seven days in advance by calling 250-752-5014. Goodie bags are available for \$3 each at time of booking.

Package #1 Self-Directed Party

Sometimes the birthday child and guests just want to swim together and do their own thing at Everyone Welcome Swims. In this option, you purchase a ten visit admission pass at the discounted price. The children then get to direct their own games and play in the pool. Check out our theme and special event swims for added fun. \$27.55 (up to 10 children)

Package #2 Party (1 hour)

One hour of pool time with a party leader. Party times are between 1:30-5pm, Saturday and 1:30-4pm Sunday. \$78.62 (up to 10 children)

Package #3 Party (1.5 hours)

One hour of wet and wild fun during the Everyone Welcome Swim; then get dressed and join us in the lobby for birthday munchies! Party times are between 1:30-5:00pm Saturdays and 1:30-4:00pm Sundays. Price includes ten children and a party leader. Price is dependent on food choices.

Package #4 Private Pool Party (1 hour)

Have your own private party in the Pool. For an added cost a party leader will be with the group from start to finish, beginning with games and activities in the pool for an hour. Party times are 5-6pm Saturday and 4-5pm or 5-6pm Sundays. \$129.38 (up to 79 people) \$40.71 for a party leader.

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Website www.blt.sd69.bc.ca

www.OceansideBLT.ca

Facebook: BLT Oceanside

BLT 2 Go Oceanside

Twitter: @goosetrx @BLT_2_Go

BLT Programs:

- Alphabet Garden
- BLT2Go Bus (youth and adult programs NEW!)
- Dads' Night Out
- Mother Goose and Friends
(call 250-248-3252 to register)
- Mother Goose on the Loose NEW!
- Munchkinland Adventure Centre Qualicum
- Munchkinland Discovery Centre French Creek
- Storybook Village
- TLC@BLT (Technology Learning Centre NEW!)
- Words on Wheels Bus

**Building Learning Together Coalition
of Community Partners
250-248-4041**



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www.oceansidemontessorischool.org

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- Admission to Aquafit and Scrub Hockey sessions.
- Free skate rentals at Oceanside Place Arena.

See page 6 for more information



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www.viu.ca/parksville/abe

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Parksville, B.C. V9P 2H3 250-248-3205 ext. 243 or 233



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Development des
ressources humaines Canada
Le développement humain et l'emploi





Errington • Coombs • Hilliers
Whiskey Creek • Meadowood

COMMUNITY EVENTS arrowsmithcalendar.com

*Click on CALENDAR to see
what's happening in Arrowsmith!*

Upcoming events are highlighted.

*Click on LINKS to connect with
local community organizations.*

**Arrowsmith Community invites you
and your family to come out and
enjoy all the activities and events.**

Community and Activity Coordinators:
Marilynn Sims mailsims@telus.net
Kim Longmuir ranlong@telus.net



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468-5339



Lighthouse
Recreation
Commission

IT'S HAPPENING IN AREA H

(Qualicum Bay, Bowser, Deep Bay)

Badminton


Junior Tennis

Special Family Events

*Have an idea for a program
or would you like to instruct a class?
We want to hear from you.*

Contact: Phyllis Taylor
250-757-9363
wandptaylor@shaw.ca

The Lighthouse Recreation (LRC)
is a volunteer organization that promotes
and co-ordinates recreational activities
in Area H.

 Find us on Facebook.



August 10 & 11

Celebrating 100 Years!

Visit our website for special Centennial
events info

Be a fair exhibitor, volunteer or drop by for some
old-fashioned fun

Contact: 250-752-9757
or info@coombsfair.com

See you at our Centennial Fair!

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www.parksvilleballet.com

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When?

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Late-April through
mid-September.

More information

can be found at
www.erikgoetzingerbmx.net,
by phoning 250-927-4454
or by e-mail to
Trisha Grecht
at rgrecht@shaw.ca

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for new riders)



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abodysculpting.com

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ERRINGTON COMMUNITY CHILDCARE CENTRE

Serving Errington
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- Pre-school Programs
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for 5-12 year olds.
- All summer camp care



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2 ICE SESSIONS, YOGA
AND ROAD HOCKEY
Nanaimo
August 6-9 2013
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August 12-16, 2013
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\$199 plus HST

Email: hdpowerskating@shaw.ca
www.heathdennison.ca

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Camping, boating,
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reasons why you
should visit!



www.rlcpcparks.ca
(250) 248-1134



Sandy Shores Skating Club

offers fun and engaging programs for all ages and level of skaters.



WINTER SESSION
Mid-September - Mid-March

SPRING SESSION
March - May

CANSKATE • CANPOWER • FIGURE SKATING

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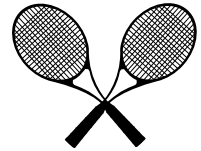
AWARDS, BADGES, STICKERS, PERFORMANCE REPORTS | 45 MINUTE SESSIONS | SPECIAL EVENTS

REGISTER NOW!

CONTACT LARRY 250-756-6151 AND LAUNIE 250-594-5491

Sandyshoresskatingclub.com





www.arrowsmithtennis.ca
Ph: 250-468-1786

***Still haven't been to Horne Lake Caves?
Not into caving? We have something for everyone!***

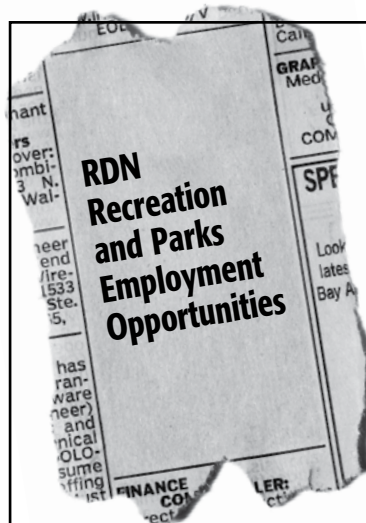


BCParks

**Get active
60 minutes
a day!**

Our community is bursting with activities for children. BMX riding; mountain biking; drop-in sports in Coombs; girls clubs; story time; boys clubs; running clubs; lunch hour sports; chess club; art groups; theatre; sports and special events too! Program details can be found in your school newsletter and at the following websites and community places:

- sd69.bc.ca/Community/Pages/
- blt.sd69.bc.ca
- sosd69.com
- arrowsmithcalendar.com
- viu.ca/milnergardens/education-programs.asp
- virl.bc.ca/programs-and-events



Aquatics

If you are interested in working as a casual Lifeguard/Instructor at Ravensong Aquatic Centre, please drop off your resume and cover letter with attention to the Aquatic Programmer or send by email to aporteous@rdn.bc.ca.



YOGA  YOU

Tracy Pike,
BCRPA
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Ongoing classes in Qualicum & Parksville,
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Cory Pahl BMR, PT
Linda McCulloch BSR, PT
Janet Hepenstall BSR, MCPA, CERT. AP
Laurie Vanderhoeven BSc(PT), MCPA, CAMT

#1 - 140 West 1st Ave.
Qualicum Beach, BC V9K 2R5
Ph (250) 752-3212

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Village Theatre, Qualicum
Beach welcomes new members
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A warm welcome awaits you at
the Village Theatre.
Call 250-752-3522 for more
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website at

www.echoplayers.ca



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Come be a part of our small club
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Great team spirit and camaraderie

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www.racbreakers.ca
breakerregistrar@gmail.com

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250-240-1234

FREE Programs for All Ages



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From babies to seniors,
SOS programs meet important
needs in District 69.

Children's Programs are designed to support and strengthen physical and emotional health of newborn to grade-school age children.

Teen/Young Adult Programs are designed to encourage and support self-esteem and self-sufficiency.

Family Programs are designed to support and strengthen the wellbeing of the whole family.

Adult and Seniors Programs are designed to address current and individual issues such as health and mobility.

Call or visit SOS for a full listing of our community programs and services.

(The SOS Program Guide can also be downloaded from the SOS web site at www.sosd69.com)

Golden Shoe Hunt

April 12-May 17, 2013



Search for the
Golden Shoe
while you experience
local parks and trails
in the RDN

Get outdoors and have fun!
Weekly clues can be found on the
RDN website, facebook or twitter.
www.rdn.bc.ca 250-248-3252 or 888-828-2096



IS IT EVEN POSSIBLE TO PLAY AND NOT SMILE?

Playing outside kept us happy and healthy.
Isn't it time it did the same for our kids?

BRING BACK PLAY



PARTICIPACTION

Let's get moving.

participACTION.com



Special Events in Oceanside

Coombs Museum

Open daily 12:00-4:00pm
Fri Mar 15- Mon Apr 1
Fri-Sun Apr, May and Nov
Jun 1-Oct 30
Adjacent to the Coombs General Store
Open by request: Sharon 250-248-6655

Lighthouse Country Pancake Breakfast

Second Sunday of every month
8:00am-12:00pm
Contact: 250-757-9991
www.communityclub.ca

Brant Wildlife Festival

Mar 22-Apr 6
www.brantfestival.bc.ca

Tinkerbelle Family Fun Swim

Ravensong Family Swim
Sat Mar 30 10:00am-12:00pm
250-752-5014

Russia VS Canada Goodwill Hockey Game

Apr 5 7:00pm
Oceanside Place Arena
250-248-6300 Ext. 3
Entry by donation

Motorcycle Swap Meet

Sun Apr 7 10:00am-1:00pm
Coombs Fairgrounds
Contact: Mike Carter 250-954-0656

Golden Shoe Hunt

Apr 12-May 17
The RDN is fortunate to have 12 Regional Parks and over 180 Community Parks in the 7 Electoral Areas, take some time to explore these treasures with your family! Clues and instructions for both hunts will be posted on www.rdn.bc.ca/recreation and on Facebook and Twitter.

Vancouver Island Skate International

Oceanside Place Arena
Apr 12-14
www.skatinginbc.com

Coombs Farmers' Institute Auction

Sun Apr 21 11:00am
Coombs Fairgrounds
Contact: Colin Springford 250-468-7510

Mardi Gras Pro D Day Swim

Ravensong Everyone Welcome Swim
Fri May 3 1:00-3:00pm
250-752-5014

Errington Farmers' Market

Sat May 4-Sep 28 10:00am-1:00pm
Errington Community Park
Contact: Susanne Vignault 954-2922
www.erringtonfarmersmarket.ca

Youth Week

May 1-7
How will you celebrate? Free stuff for youth all week!
Contact Kelly Valade, RDN Youth Programmer, at 250-248-3252 or kvalade@rdn.bc.ca.

FREE Youth Week Teen Swim

Ravensong Aquatic Centre
Fri May 3 7:00-9:00pm
250-752-5014

Home Show

Oceanside Place Arena
May 10-12
homeshowtime.com

Move for Health Day Swim

Ravensong Aquatic Centre
Sat May 11 1:30-5:00pm FREE
250-752-5014

Mother's Day in Lighthouse Country

Sun May 12
Contact: Taffy at 250-757-9981 or
www.communityclub.ca

Family Minute to Win It Swim

Everyone Welcome
Ravensong Aquatic Centre
Sun May 12 10:00am-12:00pm
Sun Jun 16 2:00-4:00pm
250-752-5014

National Lifejacket Day

Thu May 16

Bubble Bonanza Family Swim

Ravensong Aquatic Centre
Sat May 18
10:00am-12:00pm
250-752-5014

Qualicum Beach Museum Summer Season Opening

Sat May 25 10:00am
587 Beach Road
Summer hours: Tue-Sat 11:00 am-4:00 pm
Admission is by donation

Qualicum Beach Family Day

Sun May 26
Qualicum Beach Community Park
Volunteers needed!
www.qbfamilyday.com

Qualicum Beach Family Day Free Swim

Free Swim sponsored by Qualicum Beach Royal Bank
Ravensong Aquatic Centre
Sun May 26
10:00am-12:00pm
250-752-5014

Bike to Work Week

May 27-Jun 2

www.oceansidecyclingcoalition.ca

Parksville Fish and Game Annual Gun Show and Sale

Sun Jun 2 8:00am-3:00pm

Coombs Fairgrounds

Contact: Graham 250-752-1855

Coombs Community Picnic

Fri Jun 7 5:00-8:00pm

Coombs Fairgrounds

Contact: Marlene Stahley 250-954-1944

The River 5km Run/Walk

Sun Jun 9 10:00am

Englishman River Regional Park

www.TheRiverRun.ca

www.mvives.bc.ca

20th Anniversary**Father's Day Show and Shine**

Jun 14-16

www.seasidecruisers.com

Qualicum Beach Triathlon

Sun Jun 23

Ravensong Aquatic Centre

Contact Pheona at 250-951-0159

www.qualicumbeachtriathlon.com

School's Out Rodeo Swim!

Ravensong Aquatic Centre

Fri Jun 28 1:00-3:00pm

250-752-5014

Lighthouse Bluegrass Festival

Jun 27-30 Canada Day long weekend

Lions Way in Qualicum Bay

Discount advance tickets

Contact Linda 250-752-0383 or

www.lighthousebluegrass.com

**Canada Day Celebrations
Mon July 1****Parksville Community Park****Qualicum Beach**

Legion No. 76

Lighthouse

Bowser Legion No. 211

Contact: 250-757-9222

www.rcl211.ca

Bard to Broadway Summer Theatre

Jul-Sep

B2B Box Office 250-752-4470

www.b2btheatre.com

Special Rate Tuesdays

Every week... all summer!

Now that's a great deal!

Everyone Welcome

Ravensong Aquatic Centre

Tue Jul 2-Aug 13 1:30-5:00pm

250-752-5014

Teddy Bear Picnic

Sat Jul 6

Jack Bagley field, Nanoose Bay

Contact: Quality Foods 250-468-7131

Parksville Beach Festival

Jul 13-Aug 18

Parksville Beach

www.parksvillebeachfest.ca

**Parksville Lions International
Kite Festival**

Jul 20-21

Parksville Community Park

Contact: Tom Roy 250-248-6614

Qualicum Beach Day

Sun Jul 21 10:00am-4:00pm

Qualicum Beach Esplanade

www.qualicumbeach.com

35th Coombs Bluegrass Festival

Thu-Sun Aug 1-4

Coombs Rodeo Grounds

Contact: info@coombsbluegrass.com or

www.coombsbluegrass.com

"Blast From the Past" Show and Shine

Sat Aug 3 8:00am-3:00pm \$15/per entry

Public entry by donation

Coombs Fairgrounds

Contact: Clay Thompson 250-752-9615 or

lorryclay@shaw.ca

Oceanside Overdrive Car Show

Sun Aug 4

Parksville Community Park

Contact: AJ Rose 250-927-9213

Coombs Fair Celebrates 100 Years

Aug 10-11

Coombs Fairgrounds

Contact: Janet 250-752-9757

www.coombsfair.com

**56th Annual Qualicum Beach Ocean
Mile Swim**

Sun Aug 11

Contact: 250-752-5014

Bike for Your Life

Sun Aug 11

Parksville Civic and Technology Centre

Family cycle tour 15km, 35km, 50km,
70km and 100km routes.

www.bikeforyourlife.org

Hi Neighbour Day

Sat Aug 17 10:00am-3:00pm

Entertainment, farmers' market, parade,
auction

9:00pm-12:00am

Dance with Victoria's Carmanah

Errington Community Park and

War Memorial Hall

Contact: Bob Herbison 250-248-9810

www.erringtonhall.bc.ca

Quality Foods Festival of Lights

Sat Aug 17

Parksville Beach

**Quality Foods Children's
Sandcastle Competition**

Sun Aug 18

Parksville Beach

**Ocean Idlers Car Club
Show and Shine Fund Raiser
for Cops for Cancer**

Sat Aug 31 8:00am-2:00pm \$15/per entry

Public entry by donation

Qualicum Beach Golf Club

Contact: Clay Thompson 250-752-9615

lorryclay@shaw.ca

Volleybash 23

Aug 31-Sep 1

Parksville Community Park

www.oceansideoutdoorsport.com

**Check these community
calendars for more details:**

visitsparkvillequalicumbeach.com

arrowsmithcalendar.com

harbourliving.ca

PEOPLE TO SEE...

RECREATION ORGANIZATIONS

Arrowsmith Community Enhancement Society (ACES)	Steve Stahley	954-1944
District 69 Recreation Commission		248-3252
Errington War Memorial Hall Association	www.erringtonhall.bc.ca	
Lighthouse Recreation Commission	Patty Biro	757-8366
Nanose Bay Recreation and Activities Society		
	Eve Flynn	468-5339
Nanose Place Seniors	George Mercer	468-2014
Oceanside Community Arts Council		248-8185
Parksville Seniors Activity Centre	Catherine Larner	248-3200
Parksville Golden Oldies Sports Assn (PGOSA)		
	Shirley Sterlinger	248-3218
Qualicum Beach Senior's Centre		752-0420
RDN Recreation and Parks		248-3252
Society of Organized Services (SOS)		248-2093
The Old School House Art Centre (TOSH)		
	Corinne James	752-6133

ASSOCIATIONS AND SERVICE CLUBS

Arrowsmith Agricultural Association		
	Janet Boley	752-9757
	Doreen Patterson	752-9366
Arrowsmith Search & Rescue	Hall	752-7774
	Ken Neden	951-0304
Building Learning Together	Liz	248-4041
Cadets...		
Air Cadets	Headquarters	1-778-410-0221
Navy League Cadets		248-2677
Sea Cadets	Headquarters	248-2677
Elks Lodge #589	Don Walker	248-4395
Fish & Game Assoc	Larry Blair	752-0726
Fraternal Order of Eagles	Shane Ovington	248-3922
Historical Societies...		
PV & District Historical Society	Buddy Williams	248-6966
PV Museum & Archives	Buddy Williams	248-6966
History...		
QB Family History Society	Carol Hansen	752-3998
QB Museum	Netanja Waddell	752-5533
KAİROS	Hans Kratz	752-1345
Kiwanis Club	Pat Webber	752-0144
Legion (Royal Canadian)...		
Bowser Branch #211		757-9222
Parksville Branch #49	Mike	248-5633
Qualicum Beach Branch #76	Richard Paugh	752-9632
Lions Clubs...		
Parksville	Duane Round	248-5806
Qualicum Bay	George Stringer	335-2991
Lioness Clubs...		
Parksville	Georgina Gilmour	954-0010
Newcomers Clubs...		
Qualicum Beach	www.qbnewcomers.org	
Parksville	Marian Moser	586-3359
Rotary Clubs...		
Parksville AM	John O'Brien	248-5177
Parksville PM	Raven Pruden	821-8459
Qualicum Beach Sunrise	Ken Walker	kgw@lunar.ca
Qualicum Beach Eve	Ray Lajeunesse	752-8886
Scouts and Guides...		
Scouts/Beavers	Gordon Buckingham	468-5612
Girl Guides of Canada	Susan Zutz	468-9537
Scouts Canada		1-888-scouts now
Seniors ...		
OAP #152	Layne Thornton	757-8217
Society of Organized Services (SOS)		248-2093
Pensioners & Hobbyists	Hildegard Buschhaus	248-2980
Probus Parksville	T. Marsland	752-1072
Probus Qualicum Beach	Harry Bassett	752-9222
Recreation Centres	see Recreation Organizations	
Wednesdays at Knox	Adele Paruk	248-4421
SPCA	Nadine Durante	248-3811
Toastmasters		933-4340
Tourism...		
Lighthouse Country Business Assoc		
	Betsy Poel	757-8442
PQB Tourism	Karyn Doerksen	248-6300

Women...

Beta Sigma Phi	Cindy Hutchison	752-1425
Little Qualicum Women's Institute	Ann Batham	752-1275
Oceanside Women's Business Network	vivienne@shaw.ca	
University Women's Club	Mary Ellen Campbell	752-0868
Youth...		
Plus One Youth Centre	Erin	752-6766
SOS	Ext 0	248-2093
Youth Art Market		240-1221

ENVIRONMENTAL GROUPS

Arrowsmith Ecological Assoc	Janet Chomolok	248-2894
Arrowsmith Naturalist Club	Dave Hutchings	752-1613
Friends of French Creek Conservation Society		
	Ceri Peacey	752-4720
Harvest Bounty Festival Society	Barbara Ebell	468-2332
Lantzville Streamkeepers	John Dunn	390-4229
Mid Vancouver Island Habitat Enhancements Society		
	Faye Smith	752-9297
Mount Arrowsmith Biosphere Foundation		
	Richard Crowley	586-0190
Nanose Naturalists	Tony Ransom	468-5346
Nile Creek Enhancement Society	Diane Sampson	757-8775
North Island Wildlife Recovery Centre		248-8534
Oceanside Young Naturalist Club	Alison Baker	757-8551
Pacific Salmon Foundation	Barb	752-1083
PQ Bird Walk Group	Neil Robins	954-1928
QB Streamkeepers	David James	594-6788
The Nature Trust of BC	Tom Reid	751-3218

PLACES TO GO...

FACILITIES, HALLS & OUTDOOR SPACES

Arrowsmith Hall (Coombs Fairgrounds)		
	Janet Boley	752-9757
Bard to Broadway Shelly Rd Centre		
	Rich & Leana	927-0641
Bradley Centre	Gunter	248-2336
Bowser Legion #211		757-9222
Deep Bay Marine Field Station		740-6611
Descanso Bay Regional Park		247-8255
Errington Farmer's Market	Susanne Vigneault	954-2922
Errington War Memorial Hall	Denise	248-5685
Forever Yung Dance Studio	Ken Yung	240-0533
Horne Lake Regional Park		248-1134
	hornelake@rlcparks.ca	
Lighthouse Community Centre	Lois Nelson	757-9938
	or	757-8481
Little Qualicum Hall-Dashwood		752-5014
MacMillan Arts Centre (MAC)	Dave Wright	248-8185
Milner Gardens and Woodland		752-6153
Nanose Library Hall	Stormy Sweet	240-2702
Nanose Place	Eve Flynn	468-5339
Oceanside Place	Debbie	248-3252
Parksville Ballet School	Linda Klassen	248-9522
Parksville Community Centre	Carmen Christensen	248-6234
Parksville Curling Club		248-3764
Parksville & Dist Historical Society		248-6966
	president@parksvillemuseum.ca	
Parksville Legion Branch #49 Hall		248-5633
Parksville Skateboard Park	City of Parksville	248-5412
Parksville Tae Kwon Do		954-3359
Qualicum Curling Rink		752-6162
Qualicum Beach Community Hall	Tanya	752-1992
Qualicum Beach Civic Centre	Tanya	752-1992
Qualicum Beach Farmers Market		248-8005
QB Historical & Museum Society	Netanja Waddell	752-5533
Qualicum Beach Legion Branch #76 Hall		
	Richard Paugh	752-9632
Qualicum Beach Museum	Netanja Waddell	752-5533
Qualicum Beach Skateboard Park		
	Town of QB	752-1992
Ravensong Aquatic Centre		752-5014
Rotary House. (Sunrise)	Trevor	752-7269
School District 69 Gyms		248-2067
Society of Organized Services (SOS)		248-2093
The Old School House Art Centre (TOSH)		752-6133
Youth Art Market		240-1221

THINGS TO DO...

ARTS

Clubs...

Decosmos Fine Arts Society..... Lynn Orris..... 738-0272
Mid Island Floral Art Club..... Katherine Van Beyeren..... 752-8525

Literacy/Writing...

Celebrating! ABLEspace..... Sherry Konigsberg..... 954-3452
Tale Spinners..... Ray Mitchell..... 586-4250
TLC@BLT Public Computer Lab..... Erin Slawson..... 248-4041
Women's Writing Circle..... Sherry Konigsberg..... 954-3452
Writing/Memoirs..... Helen Duggan..... 594-8448
MacMillan Arts Centre (MAC)..... www.macmillanartcentre.com

Painting...

Monk Art Gallery/Studio..... 248-8189

Photography...

Oceanside Photographers..... Gail Courtice..... 586-3323

Pottery...

Arrowsmith Potters Guild Station Gallery..... 954-1872
info@arrowsmithpottersguild.bc.ca
Arts Afire Pottery..... Kim Hancock..... 248-5949
Creative Clay for Kids & Teens at TOSH.....
Ann-Marie Veale..... 757-8041

Textile Arts...

Arrowsmith Needle Arts Guild..... Marie..... 752-0601
Machine Knitters..... Eva-Mary Sertel..... 954-0020
PV Quilt House Quilters..... Mary Smith..... 248-4773
QB Weavers & Spinners..... Sylvia Dwyer..... 738-0034
Weaving..... Elserine Sprenger..... 821-2756
Woodturning..... Jason Marlow..... 757-8041

DANCE

Ballet...

PV Ballet School..... Linda Klassen..... 248-9522
PV Ballet School Aux..... 248-9522
QB School of Dance..... Shari Selva..... 752-0227
Ballroom/Latin Dance..... Andy Mundy..... 248-7131
www.cortajadance.ca

Forever Yung Dance Studio..... Ken Yung..... 240-0533
www.foreveryungdancestudio.com

Belly Dance..... SOS EXT 242..... 248-2093

Clogging..... Sharon Lafferty..... 468-7478

Line Dancing..... Bert Grindley..... 248-9224

Andy Mundy..... 248-7131
www.cortajadance.ca

Old-Time R & R/Country Dancing..... Bill Wilson..... 752-8542

Scottish Dance...

Highland Dance..... Cassandra Karras..... 240-1234

Oceanside Scottish Country..... Janetta Begg..... 752-3151

Square Dance...

PV Sand Dollars..... Deb & Ray Schmidt..... 951-0135

Ron Ervin..... 954-2132

QB Circle 8's..... Lena Groenendyk..... 752-9951

Dance Meditation..... Sherry Konigsberg..... 954-3452

SPORTS, GAMES & HOBBIES

Amateur Ham Radio..... Len Hooper..... 752-9278

Badminton...

Ladies Afternoon Club..... Margaret Derham..... 752-1103

Lighthouse Adult..... Bob Hunt..... 757-8307

Nanoose Bay..... Eve Flynn..... 468-5339

Parksville (evening)..... David Feaver..... 248-8857

PGOSA..... Ivan Mann..... 248-0255

Baseball...

Mid Island Sr. Mens..... Don Svensen..... 752-2494

Oceanside Minor Baseball..... www.oceansidebaseball.ca

Royals..... Scott Rodway..... 752-6160

Basketball...

Oceanside Tsunami..... Jim Putz..... 752-2186

Central VI Basketball Club..... Carl Macdonald..... 740-0415

or..... carl@cvibasketball.com

Boating...

Ballenas Power and Sail Squadron.....

Bob Lineham..... 757-8332

Deep Bay Yacht Club..... Roz Lewis..... 751-8269

Nanoose Bay Power and Sail Squadron.....

Diane Hutton..... 752-9209

Schooner Cove Yacht Club..... Bonnie Curl..... 468-2091

Bowling...

PGOSA 55+ (5 pin)..... Cathleen Critchley..... 248-2667

Sunset Lanes..... 248-6411

Boxing...

Genesis Boxing & Fitness..... Rick Rae..... 248-5511

OYA Women's Kick..... Deborah Robinson..... 757-9626

Camping...

Bowen Twilight Campers..... Marie Swithin..... 758-7807

Descanso Bay Regional Park..... 247-8255

Horne Lake Regional Park..... 248-1134

hormelake@rlcparks.ca

Rainforest North Equipment Rental.....

Karen Alden..... 667-3121

Tribune Bay Outdoor Education Centre.....

Gordon Campbell..... 335-0080

Cards...

ACBL Bridge..... Eleanor Fletcher..... 954-1762

Fairwinds Bridge..... Ed Zdyk..... 758-9446

PV Seniors' Drop-in Centre..... 248-3200

QB Duplicate Bridge..... Lorraine Spik..... 752-8591

QB Friendly Monday Night Bridge.....

Bob Watson..... 248-9427

Carpet Bowling...

Lighthouse..... Layne..... 757-8217

Qualicum Beach..... Maggie Harrison..... 752-1156

Car Clubs...

Vintage Car Club..... Brad McCluskie..... 714-5541

Ocean Idlers..... Clay Thompson..... 752-9615

Seaside Cruiser..... Dave Field..... 752-8838

Caving...

Horne Lake Caves Provincial Park..... 927-0053

Chess ...

Bishops of Bowse..... Robert McFetridge..... 757-8709

Youth..... Gerry Wilson..... 752-3783

Climbing...

Little Mountain Climbing Wall..... Al Halverson..... 248-5721

Coronation St Social Club of Oceanside.....

Dorothy Roberts..... 752-8080

Cricket...

Arrowsmith..... Luke Downs..... 752-3161

Croquet...

PV/QB Club..... Paul Hall..... 248-5870

Curling...

Parksville Club..... Al McAskile..... 248-3764

PGOSA 55+ (wkly)..... Terry Dyer..... 752-8824

PGOSA 55+ Bonspiel..... Al McAskile..... 248-9386

Qualicum Beach Club (Sep-Mar)..... 752-6162

Cycling...

Oceanside BMX..... Trisha Grecht..... 248-4262

Oceanside Cycling Coalition..... www.oceansidecyclingcoalition.ca

PV Bike Advisory..... Gayle Jackson..... 954-4660

PGOSA 55+..... Hilde Emery..... 468-5779

Darts..... Noela Ross..... 248-6786

MUSIC & THEATRE

Associations and Groups...

Bard to Broadway..... 1-877-752-6813

248-0444

Coombs Country Blue Grass..... Cliff Raymor..... 248-1009

Coombs Country Opera..... Terry Whibley..... 248-6075

Dist 69 Registered Music Teachers Rosemary Lindsay..... 951-7129

ECHO Players Theatre..... Box Office..... 752-3522

Oceanside Concert Band..... Jeff Bailey..... 468-2700

PV & Dist Music Assoc..... Jeff Bailey..... 468-2700

Youth/Senior Marimba..... Fahlon Smith..... 951-9886

Piano & Theory...

Cathy's Music Studio..... Cathy Grandmont..... 752-5846

Piano (All ages)..... Gina Land..... 927-3005

Violin...

BC Old Time Fiddlers..... Ruby Gudbranson..... 248-5626

Violin Lessons..... Marjorie Cullerne..... 248-9339

Voice...

Children/Youth Choir..... Allison Shaw..... 954-2110

Everyvoice Singers..... Carolyn or Fern..... 248-1074

PV Community Choir..... Rosemarie..... 468-2730

Village Voices..... Rosemary Lindsay..... 951-7129

Fish & Game...		
Archery	Rhonda	rdm25@hotmail.com
French Creek Hatchery	Pete Redford	752-6388
Henry Range Chairman	John Wilson	954-3830
Trap & Skeet	Diane Upper	757-8320
Youth Rifle	John Lublinkhof	248-6737
Youth Shotgun	Bill Simpson	335-2222
Fitness...		
AquaFit	RDN Ravensong Aq. Ctr	752-5014
Belly Dancing (SOS)	Ext. 242	248-2093
Better Bones & Body Balance	Pam Dellert	248-2771
	Gina Allan	240-4840
Hula Hoop Cardio Fitness	Cora	752-9505
Hula Hoop Cardio Fitness	Sally Whibley	927-7175
Nanoose Bay	Pam Dellert	248-2771
Parkville	Liz Moore	248-4116
Qualicum	Anita Charron	586-1515
Seniors Therapeutic	Doug Pickard	927-4595
	Sally Whibley	927-7175
Silver Foxes	Diana Lockwood	248-3161
Sports Conditioning	Doug Pickard	927-4595
	Pam Dellert	248-2771
	Sally Whibley	927-7175
Therapeutic Fitness	Sheila Sutton	752-5858
	Sally Whibley	927-7175
Zumba	Anna Dodds	228-8412
	Forever Yung Dance Studio	240-0533
	SOS. Ext. 242	248-2093
Fitness Centres...		
1 on 1 Fitness		752-0783
Bodysculptors	Deanne	752-5553
Bodyworks		248-3346
Curves QB	Catherine	752-3399
Fairwinds Centre		468-5303
Fluid Fitness Studio		927-4595
Jim's Gym	Performance Centre	248-3144
Powerhouse Fitness Bowser		778-424-FITT
Floor Curling...		
Lighthouse		757-9711
Floor Hockey...		
Lighthouse Youth/Men's	Kevin Bull	757-8423
RDN Recreation and Parks		248-3252
Flying...		
PV/QB Aero Club	Fred Evoy	594-6001
PDQ Flyers	Bruce Berry	468-5249
4-H Clubs...		
District Leader	Joan Larson	752-0395
Odd Stock	Rose Brittain	752-6621
Football...		
Oceanside Youth	Rom Novak	951-0532
	Harold Barker	954-1156
Gardening...		
Bonsai Lessons	Peter and Inge	752-0176
Central Vancouver Island Orchid Soc.		
	Mike Miller	248-3478
Eaglecrest Garden Club	Katrina	752-5315
Mid Island Community Garden Assn		
	Donna MacPherson	248-3788
Mt. Arrowsmith Rhododendron Soc.		
	Ann Robertson	752-5997
Nanoose Garden Club	Pam McCready	468-9184
QB Garden Club	Jackie Ferguson	752-4809
Golf Courses...		
Arrowsmith		752-9727
Brigadoon		954-0644
Eaglecrest		752-6311
Fairwinds		468-7666
Morningstar		248-2244
Pheasant Glen		752-8786
Qualicum Beach		752-6312
Golf (Mini)...		
Paradise Turf & Surf		248-6612
Riptide Lagoon		248-8290
Riverside Resort Campground		752-9544
Hiking...		
Island Mt Ramblers (PV)	Earl Morton	752-5625
PGOSA 55+ (Thur)	Cynthia Robertson	468-9324
PGOSA 55+ (Wed)	Pam Tindle	752-8349
Women Only (Thur)	Jill Steff	248-8742

Hockey...		
Drop-in	Oceanside Place	248-3252
Generals Junior "B"	Sylvain Giroux	954-7347
Oceanside Minor Hockey	www.oceansidehockey.com	
Oceanside Place	Recreation & Parks	248-3252
Over 28's	Matt Woods	248-6141
Over 55's	Dave Feaver	248-8857
	Mike Pimlott	248-0413
Premier League	Andre St. Arnault	616-0116
PGOSA Panthers 60+	Chico Hammond	619-9824
PGOSA Panthers 65+	Bob Ormond	468-7470
PGOSA Panthers 70+	Vern Fraser	954-3721
PGOSA Panthers 75+	Ed Melville	752-6608
PGOSA Panthers 80+	Jim Smith	248-2815
Women-Seagals	Jan Taekema	468-0215
Women-Shadowmakers	Louise Clarke	821-1103
Women-Nanaimo League	www.nanaimoislanders.com	
Horseback Riding...		
Bluebird Riding School	Karen	751-4646
Equestrian	Gina Allan	240-4840
Errington	Becky Martens	248-9369
Errington Therapeutic Riding Assoc.		
	Kim Jury	758-8648
Lessons	Wendy Walker	752-2980
Sherwood Riding Stables	April Walz	752-3527
Silver Spur Riding Club	silverspurridingclub.org	
Tiger Lily Farm		248-2408
Horseshoes...		
PGOSA 55+	Peter Giesbrecht	248-4489
Kayak...		
Seaside Charters	Donn Manness	757-2000
Kayak/Stand-Up Paddling	Kevin Forsythe	927-2870
Kickboxing...		
Oya		757-2362
Lacrosse...		
Oceanside Minor	www.oceansidelacrosse.com	
Lawn Bowling...		
Parkville	Pat Kelly	951-0670
Qualicum Beach	Dawn Rigg	752-7286
	www.qblbc.com	
Martial Arts...		
Kado Martial Arts	M & C Nicholson	248-7544
Kickboxing	Debby Robinson	757-2362
Tae Kwon Do	Master Brett Fee	954-3359
Pilates		
	Cherece Rosvold	821-8828
	Gina Allan	240-4840
	Helen Duggan	594-8448
	Sandra Acton	752-1749
	Donna Doucett	248-6394
	Liz Moore	248-4116
Pool/Billiards...		
PV Ladies	Sondra Mawdsley	752-6701
QB Ladies	Jill Steff	248-8742
Racquetball...		
French Creek Resort		248-3998
Ringette	Beth Ross	248-2384
Rock Climbing...		
Little Mt Climbing Gym	Allen Halverson	248-5721
Rock & Gem Club	Marion Barclay	248-6177
Running...		
Rod Bailey		927-4690
Oceanside Running Club Association (ORCA)	www.orcarunning.ca	
RDN Recreation and Parks		248-3252
Sailing...		
Bradbrooke Academy	Leanne or Tom	951-7245
Oceanside Charters		468-9244
Senior Games	Trish Anderson	468-9498
	Cheryl Sosnowski	390-5083
	Tony Mayor	758-7036
Skating...		
Oceanside Place		248-3252
Power Skating	Heath Dennison	756-5896
Sandy Shores Club	Ext 365	248-3252
Soccer...		
Dave Evans Soccer School		752-1897
Oceanside Youth Soccer		248-4100
Oceanside Women's Socce		954-3391
PGOSA	David James	594-6788
Senior Men's	Rod Morrison	752-1120

Softball...
 Dist 69 Mixed Orthodox.....pqbortho69@shaw.ca
 Dist 69 Mixed Slo-Pitch.....Tim Desmarais.....954-8337
 Dist 69 Minor Softball.....Kris McNichol.....954-7510
 Rep Team 55+.....Paul Perkins.....752-3782
 Rep Team 70+.....Fred Evoy.....468-5675
 Seniors Slo-Pitch.....Gregg Dawe.....821-1289
 Special Olympics.....John Lerner.....752-0429

Squash...
 Quality Resort Bayside.....Ext 1426.....248-8333

Swimming Clubs...
 Masters Swim Club.....Gid.....954-0138
 Ravensong Aquatic Club.....breakerregistrar@gmail.com
 Ravensong Water Dancers Synchro Club.....Sharon Morton.....248-9166
 Stacey Ryhorchuk.....240-3766
 Aqua Terra Club.....Rob Williamson.....954-1283

Swimming Pools...
 French Creek Resort (summer).....248-3998
 Ravensong Aquatic Centre.....752-5014
 Riverside Resort Campground (summer).....752-9544

Table Tennis...
 QB Table Tennis.....Alan Walker.....248-6158

Tae Kwon Do...
 PV Taekwondo Academy.....Master Brett Fee.....954-3359
 QB Taekwondo Academy.....Master Brett Fee.....240-5198

Tai Chi...
 Ability Balanced Learning.....Sherry Konigsberg.....954-3452
 Coastal.....Lucette Fuerst.....468-9048
 Oceanside Tai Chi.....Janice Booth.....468-5789
 Parkville/Qualicum Beach.....Richard Botham.....752-1231
 PV Taoist Tai Chi.....240-3387
 Qigong.....Helen Duggan.....594-8448
 Taoist Health Recovery.....www.taoist.org/parkville
 Women's/Girls Style.....Sherry Konigsberg.....954-3452

Tennis...
 Arrowsmith Tennis Club.....Cynthia Sage.....248-5702
 Bowser Tennis Club.....Robert Hunt.....757-8307
 Bowser Indoor Mini.....Robert Hunt.....757-8307
 PGOSA Tennis.....Ed Gregory.....248-8882
 PGOSA Pickleball.....Gereth McCaskill.....248-2414
 Qualicum Beach Tennis Club.....Glenys Hewitt.....586-5736
 Schooner Cove.....468-7691

Track & Field...
 Oceanside Track and Field Club..Kim & Randy Longmuir..248-8515

Triathlon...
 Aqua Terra Club.....Rob Williamson.....954-1283

Ultimate Frisbee.....Diana.....248-4660

Volleyball...
 Beach Volleyball.....Shane Hyde.....753-2826
 Dist 69 League (Adult).....Colin Deegan.....248-8115
 PGOSA.....Betty Cordiner.....752-8988
 PV Volleyball Club.....Toni Bentzen.....248-4949

Walking...
 Mid-Island Volkssport.....Jody Vogler.....752-5630
 Nanoose Heart & Stroke Walking Group.....Sandy.....468-1934
 Qualicum Beach.....Myra Davies.....752-4480
 Gail Courtice.....586-3323
 PGOSA.....Kim & Jill Brown.....954-3213

Wallyball...
 French Creek Resort.....248-3998
 PV/QB League.....Sandy Klee.....248-4366

Windsurfing...
 Windsurfing Parkville.....Kevin Forsythe.....927-2870

Yoga...
 Ashtanga.....Theresa Whitely.....240-3075
 Ayurveda.....Andrea Webber.....954-1786
 Flow Hatha & Yin.....Penny McGuire.....240-3569
 Hatha.....Helen Duggan.....594-8448
 Nancy Hedberg.....954-3733
 Penny McGuire.....240-3569
 Irene Marsh.....248-9475
 Jill Sawchuk.....240-3075
 Liz Moore.....248-4116
 Tracy Pike.....248-4168
 Sarah Oliver.....www.livingwellbodyworks.ca
 Hatha-Vinyasa.....Helen Duggan.....594-8448
 Hot n Cool Yoga Club.....Eileen Doyle.....586-4202

Iyengar.....Pip van Nispen.....248-6359
 Laughing Hatha Yoga.....954-3733
 Society of Organized Services (SOS).Ext 242.....248-2093

... AND SUPPORT / SERVICES TOO!

Addictions...
 Alanon.....Lucky.....954-0132
 Alcoholics Anonymous.....1-800-883-3968
 Mental Health & Addiction Services.....947-8228
 Substance Abuse.....947-8225
 Women's 16 Step, Self Help Group (SOS).....Ext 225. 248-2093

Childcare...
 A Child's Place.....Kat Pummell.....954-0801
 Arrowview Kids Club.....Diane Girard.....752-6620
 Children's Discovery Centre.....Susanna Jaeckal.....752-4343
 Errington Childcare.....Linda Doukakis.....248-7210
 Errington Co-op Preschool.....Suzanne Vigneault.....248-0605
 Lighthouse Country Kids Place...Kelly.....757-9524
 Parkville's Promises Childcare.(French Immersion).....Lynn Moore.....248-3686
 Elidah Jewer.....752-4554
 Little Promises Preschool.....Lynn Moore.....248-3686
 Morning Glory Childcare Centre.....752-2722
 PacificCARE Childcare Resource and Referral.....1-888-480-2273
 Puddle Jumpers Childcare.....Kelly Mowat.....951-0576
 Springboard Family Ctr.....Kestin Dore.....951-0011
 Sunrise Preschool.....Britt Sundberg.....248-8552
 Thimbleberry Family Daycare.....Elizabeth O'Neill.....752-8342
 Winchelsea's Promises Childcare..Lynn Moore.....248-3686

Counselling and Therapy ...
 Art & Play Therapy for Children...Mehdi Naimi.....240-1221
 Family & Community Support....Susan Butler.....248-0076
 Chronic Heath Conditions.....Stephanie Peter.....937-1223
 District 69 Family Resource Association.....752-6766
 Rainbows (Ages 4-12yrs).....248-3927
 Society of Organized Services (SOS).....248-2093
 Self Management Programs.....1-866-902-3767
 or.....www.selfmanagementbc.ca

Taoist Health Recovery.....www.taoist.org/parkville

Emergency Services...
 911 Emergency.....911
 Crisis Line.....248-3111
 Crossroads Crisis Pregnancy Centre.....1-866-714-2191
 Emergency Assistance....SOS Ext 0.....248-2093
 Emergency Social Services.....954-3411
 Haven Homes (24 hr. SOS program)Ext 1.....248-2093
 Haven Society Community Victim Services.....248-3500

Employment Services...
 Career Centre.....248-3205

First Aid Training...
 RDN Recreation and Parks.....Ravensong Aq. Ctr.....752-5014
 St John Ambulance.....Bill Bass.....729-8889
 Government Services.....see blue pages in phone directory

Infant and Child Services...
 Celebrating! ABLEspace.....Sherry Konigsberg.....954-3452
 Child Abuse Hotline.....310-1234
 Child & Youth Mental Health Services.....954-4737
 D69 Family Resource Association.....752-6766
 Grandparents Raising Grandchildren.....1-877-345-9777
 Health Unit.....947-8222
 Healthy Beginnings.....947-8222
 La Leche League.....Lesley.....390-5184
 Munchkinland.....Erin Slawson.....248-4041
 Parent Support Circles.....Sandi Halvorson.....468-9658
 1-877-345-9777

Massage/Reflexology...
 Bowser Massage Therapy.....Colin Crooks.....797-5314
 Qualicum Wellness Centre.....Shireen Zant.....752-5300
 Reflexology Therapy (RCRT).....Evie Wur.....951-6387

Parent & Tot Groups...
 Building Learning Together.....Erin Slawson.....248-4041
 Morning Glory School.....752-2722
 Mother Goose and Friends.....Erin Slawson.....248-4041
 Munchkinland.....Erin Slawson.....248-4041
 WOW Bus.....Erin Slawson.....248-4041
 Nanoose Children Centre.....Lana.....468-1784
 Nanoose Place Moms & Tots.....Eve Flynn.....468-5339
 Oceanside Baby Wearers.....Lin Snow.....586-7133

RDN Recreation and Parks.....	248-3252	
Society of Organized Services (SOS)	Ext 0 248-2093	
Support Groups...		
Alzheimer's Society of BC.....	1-800-462-2833	
Caregivers Group.....	248-2719	
Canadian Cancer Society	752-3222	
Caregivers Support Services.....	Isobel Gemmell..... 468-5687	
D69 Family Resource Association.....	752-6766	
Divorce Support Group.....	Brian Robertson..... 752-5513	
Eating Disorder	Janice Briggs	248-0076
Health Outreach Stations with Tutors for Seniors		
	Oceansidehosts.webstarts.com	
Health Recovery Class	240-3387	
Heart & Stroke Foundation	1-888-754-5274	
Mid Island HIV/Aids Society.....	Anita..... 753-2437	
MS Support Group	Stu Berry..... 954-3786	
Multiple Sclerosis Society.....	Isobel Gemmell..... 468-1757	
Oceanside Better Breathers Group	Doug Hill	752-5905
Oceanside Hospice Society	Lynn Wood	752-6227
Oceanside Outreach to Older Adults.....		
	Lou Drage.....	248-9747
Oceanside Stroke Recovery.....	Kathleen Falvai	752-9796
Osteoporosis Canada, Mid Island Chapter.....	www.osteoporosis.ca	
	Lisa Leger.....	951-0243
Overeaters Anonymous	Elise	248-2719
	Lorri.....	248-2582
TOPS.....	Judy Chaffin	752-6686
		1-800-932-8677
White Cane Club.....	Lois Nelson	757-9938
Support Services...		
Caring for Kids at Christmas	Ext 229.....	248-2093
Helpful Hands	Catherine Burkmar	248-0486
Income Tax (SOS).....	Ext 229.....	248-2093
KidSport.....	Recreation & Parks	248-3252
Meals-on-Wheels (SOS).....	Ext 225.....	248-2093
Medical Appointment Transportation.....		
	(SOS)Ext 221	248-2093
PV & Dist Assoc for Community Living.....		
	Margaret Baker	248-2933
Recreation Assistance (SOS)	Ext 241.....	248-2093
Salvation Army	Information	248-8794
	Foodbank.....	248-8793
Society of Organized Services (SOS)		248-2093
Oceanside Gate Keepers Program(Elder Abuse).....		248-0455
Volunteer Centre		248-2637
Welcome Wagon.....	Bev McLeod	248-4720

RDN Recreation and Parks provides this space as a community service. The groups listed here are responsible for updating their information and should call 250-248-3252 or email recparks@rdn.bc.ca when changes occur.



Redeem your
QF Points
for Rec Bucks!

**Quality
FOODS**



Cash in 200,000 QF Points
for \$20 worth of Rec Bucks!
Redeem for any program or
service, including rentals,
program registration, camping
fees, swimming or skating.
Great for **fundraising!**

Canadian Physical Activity Guidelines

FOR CHILDREN - 5 – 11 YEARS

Guidelines



For health benefits, children aged 5-11 years should accumulate at least 60 minutes of moderate- to vigorous-intensity physical activity daily. This should include:



Vigorous-intensity activities at least 3 days per week.



Activities that strengthen muscle and bone at least 3 days per week.



More daily physical activity provides greater health benefits.

Let's Talk Intensity!

Moderate-intensity physical activities will cause children to sweat a little and to breathe harder. Activities like:

- Bike riding
- Playground activities

Vigorous-intensity physical activities will cause children to sweat and be 'out of breath'. Activities like:

- Running
- Swimming

Being active for at least 60 minutes daily can help children:

- Improve their health
- Do better in school
- Improve their fitness
- Grow stronger
- Have fun playing with friends
- Feel happier
- Maintain a healthy body weight
- Improve their self-confidence
- Learn new skills

Parents and caregivers can help to plan their child's daily activity. Kids can:

- | | |
|--|---|
| <input checked="" type="checkbox"/> Play tag – or freeze-tag! | <input checked="" type="checkbox"/> Play an active game at recess. |
| <input checked="" type="checkbox"/> Go to the playground after school. | <input checked="" type="checkbox"/> Go to the beach. |
| <input checked="" type="checkbox"/> Walk, bike, rollerblade or skateboard to school. | <input checked="" type="checkbox"/> Go "puddle hopping" on a rainy day. |

60 minutes a day. You can help your child get there!



Affordable Recreation in the RDN

Financial Assistance Program

RDN Recreation and Parks works together with the Society of Organized Services (S.O.S.) to provide financial assistance for recreation programs including swimming, skating, day camps and other registered programs. Financial assistance is available for low-income residents who live in District 69.

RDN Recreation and Parks assists participants younger than 5 years and older than 15 years including adults and seniors for RDN activities. The S.O.S. assists children 0-18 years of age in other community activities. The process is simple and confidential and must be done in advance of registering to avoid disappointment.

If this assistance would enable you, or someone you know, to participate in a recreation program found in this guide, please contact the S.O.S. at 250-248-2093 or call Cathy MacKenzie at 250-248-3252. Confidentiality is assured.

Q-Points

Redeem 200,000 Quality Foods Points for \$20 worth of Rec Bucks! Use Rec Bucks to purchase swim/skate passes, program registration, RDN camping fees and facility rentals. Enquire at the Quality Foods customer service desk to obtain your Rec Bucks.

KidSport

KidSport is a program offered by Sport B.C. for children age 18 years and under to participate in a sport season of their choice. KidSport is available to low income families who face social or financial barriers to participating in sport. First-time applicants receive priority for grant funding.

Please apply early as this program is in high demand and Sport B.C. may require 4-6 months to process applications. Parents should apply for fall sports in May and spring sports in January.

For more information regarding applications or to make a contribution, please call 250-248-3252.

Children's Fitness and Arts Federal Tax Credit

Parents are reminded to keep receipts for sport, recreation and arts programs. Claim up to \$500 per year for eligible expenses paid for each child under 16 years. Find out more from the Canada Revenue Agency.

Free Admission!

Children 3 years and under and adults 80 years and older receive free admission at Oceanside Place Arena and Ravensong Aquatic Centre! Special rate sessions for all ages are also available at both locations.

Recreation Inclusion Services

RDN Recreation and Parks takes a proactive approach to include all people in programs and services, in a non-discriminatory manner. Our inclusive approach involves working with individuals and their families, planning ahead for their participation and promoting general programs to all. The department focuses on including people with disabilities in the general recreation services provided, with swimming, skating, and children's summer camps being the most often requested. Instructors may be available to provide support to individuals in our programs, whether it is minimal or one-to-one, at no charge to the participant. If you, or someone you know, requires support please let us know in advance of the program. To ensure qualified staff are available and to provide the best experience for your child, requests for summer camp support must be received by June 15.

If support is arranged privately to assist someone with a disability during a swim or skate session, the assistant is admitted at no charge. It is expected that the assistant will be present alongside the participant for the duration of the activity.

If you have any questions or wish to discuss further, please contact RDN Recreation and Parks at 250-248-3252 or 250-752-5014 for more information about our inclusion services for people with disabilities.

Department Staff

**Messages (see below)*

Oceanside Place250-248-3252

Tom Osborne

General Manager Recreation and Parks 5565

RECREATION SERVICES

Dean Banman

Manager of Recreation Services 5554

John Marcellus

Superintendent of Arena Services 5552

Sandra Pearson

Superintendent of Recreation

Program Services 5561

Ann-Marie Harvey

Senior Secretary 5562

Melinda Burton

Senior Program Secretary 5563

Debbie Couturier

Arena Program Secretary 5555

Cathy MacKenzie

Recreation Programmer 5550

Valerie McNutt

Recreation Programmer 5566

Judith Koeleman

Recreation Programmer 5557

Colleen Jordan

Recreation Programmer 5551

Kelly Valade

Recreation Programmer 5560

TBA

Chief Facility Operator 5559

PARKS SERVICES

Wendy Marshall

Manager of Parks Services 5553

Joan Michel

Parks and Trails Coordinator 5558

Elaine McCulloch

Parks Planner 5556

Margaret Paridaen

Parks Planner 5564

Dave Palidwor

Superintendent of Park Planning 5569

Ravensong Aquatic Centre

.250-752-5014

Mike Chestnut

Superintendent of Aquatic Services 3105

Davina Wuerch

Aquatic Program Secretary 3103

Anne Porteous

Recreation Programmer 3106

Bowser Office250-757-8118

Chrissie Finnie

Recreation Programmer

*If at any time the answering machine responds to your call you may reach any of the above staff or leave a message by dialing their corresponding number.



Recreation Grants




The District 69 Recreation Commission offers Youth and Community Grants three times annually to area organizations needing financial assistance to stage recreation programs or special events. Eligible applicants are of district-wide interest or benefit and are either new or expanding.

Youth Grants are available for recreation programs or projects for youth age 11-18 years. Community Grants are available for all age groups. Grants are awarded for up to \$2,500 and may be used for equipment, materials and supplies, but may not be used for wages or honorariums.

The next grant application deadlines are April 26, 2013 and September 27, 2013. Application forms and guidelines for both grants are available at both Recreation and Parks offices or at our website at www.rdn.bc.ca/recreation. For information, please call Cathy MacKenzie, 250-248-3252.

Registration starts today!

3 easy ways to register!

1.  **ONLINE**
2.  **PHONE-IN**
3.  **WALK-IN**

Registration and Office Hours

SUBJECT TO CHANGE

OCEANSIDE PLACE ARENA



MARCH-AUGUST
MON-FRI 8:30AM-6:00PM
SAT/SUN CLOSED

RAVENSONG AQUATIC CENTRE

MARCH 1-JUNE 30
MON/WED 8:15AM-9:30PM
TUE/THU 8:15AM-9:00PM
FRI 8:15AM-8:30PM
SAT 8:45AM-8:30PM
SUN 9:45AM-8:30PM

JULY 2-AUGUST 16
MON/WED 7:45AM-8:30PM
TUE/THU 7:45-9:00PM
FRI 7:45AM-7:30PM
SAT 8:45AM-7:30PM
SUN 9:45AM-8:30PM

Please be sure to have the following ready when registering:

- Course name and code
- Registrant's birthdate
- Information regarding allergies or disabilities for registrants
- Cheque payable to the Regional District of Nanaimo
- Your  or  number and expiration date
- Post-dated payments for summer programs may be arranged in advance.

General Registration Policy:

1. All registrations are processed on a first-come, first-serve basis.
2. Pre-registration is required for all classes except when specified as a drop-in class.
3. RDN Recreation and Parks reserves the right to cancel any programs.
4. If you have not received a receipt prior to the class start date, please call to confirm registration.
5. Please read confirmation receipts carefully for information on dates, times, supplies, etc. Thank you!
6. Prices are subject to change.

REFUND POLICY:

For registered programs, please withdraw 72 hours prior to course start date for a full refund. If you are not satisfied with any program services, you may request a refund by contacting either Oceanside Place or Ravensong Aquatic Centre.

Refund cheques will be issued on a full or pro-rated basis by the Regional District of Nanaimo. Please allow 2-3 weeks for processing.

LET'S TALK TAX

Fees in this guide do not include taxes. HST/GST will be applied to applicable fees.

Recreation and Parks

Serving you in two locations



OCEANSIDE PLACE ARENA
PHONE: 250-248-3252
Fax: 250-248-3159
830 West Island Highway
Parksville, BC V9P 2X4



RAVENSONG AQUATIC CENTRE
PHONE: 250-752-5014
Fax: 250-752-5019
737 Jones Street
Qualicum Beach, BC V9K 1S4

EMAIL
recparks@rdn.bc.ca

WEBSITE
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