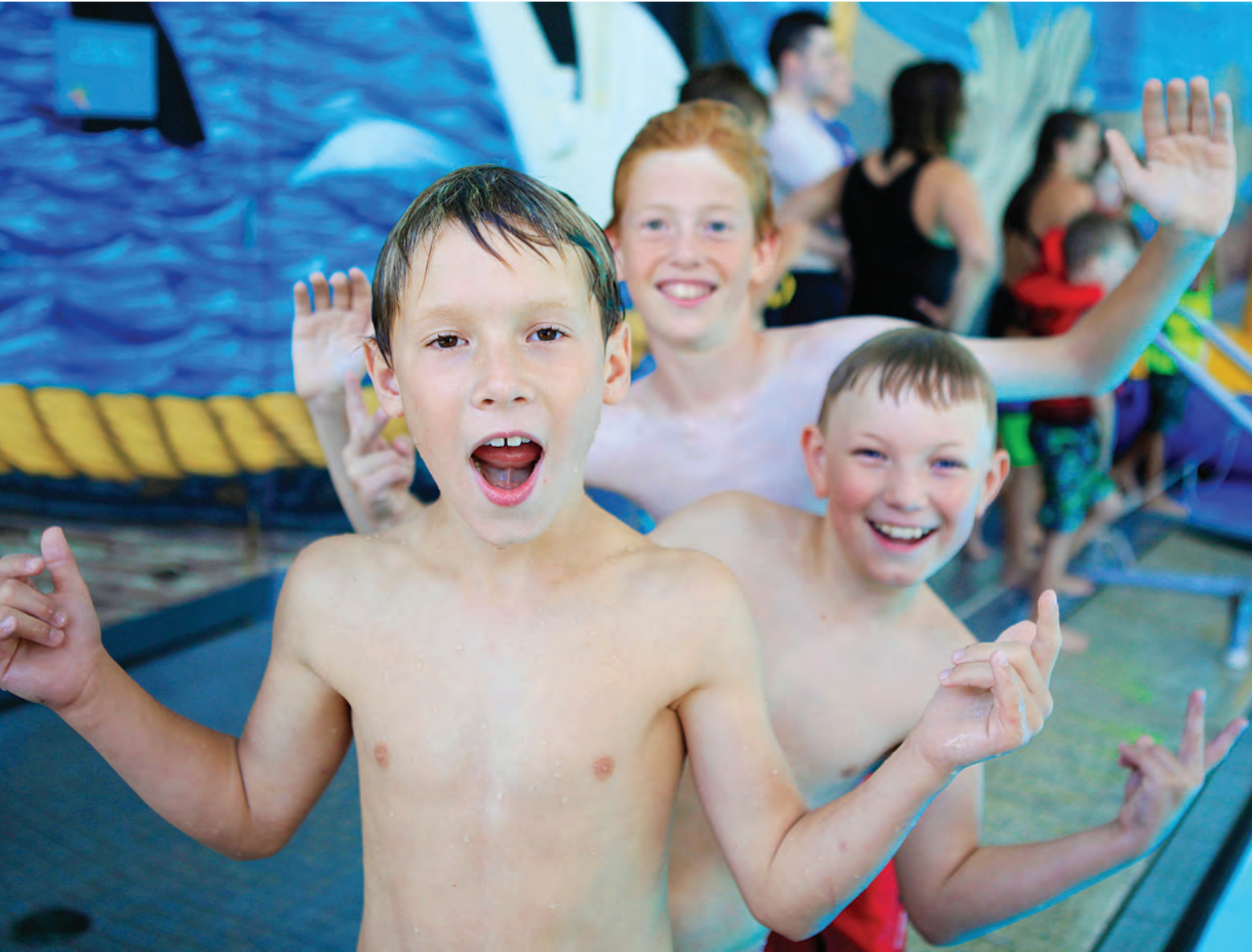


ACTIVE LIVING GUIDE

SPRING/SUMMER 2016
EFFECTIVE UNTIL AUGUST 2016



WHAT'S NEW THIS SEASON?

CAMP SONIC 8-10 YEARS P18

ADULT BEGINNER HOCKEY P39

GUITAR LESSONS P31

*REGISTRATION STARTS
MONDAY, MARCH 7, 2016*

rdn.bc.ca/recreation

Come play outside!



New: Camp Sonic in Parksville for 8-10 year olds and Camp Kowabunga in Qualicum Beach now includes a swim lesson option.

Check out the great line up of camps starting on page 16.



Register at rdn.bc.ca/recreation

Ravensong Aquatic Centre
737 Jones St, Qualicum
250-752-5014

Oceanside Place Arena
830 W Island Hwy, Parksville
250-248-3252

Find us on:





“My son had an absolute blast at camp! It was our first camp experience. We had him enrolled for the whole summer. He came home excited and talking about his activities.” Melanie B

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Ravensong Aquatic Centre Spring Schedule Mar 26-Jul 2, 2016

Schedule subject to change without notice. Check rdn.bc.ca/recreation for holiday and schedule changes.

MAIN POOL						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early Bird 6:00-9:00am Details online	Early Bird 6:00-9:30am Details online	Early Bird 6:00-9:00am Details online	Early Bird 6:00-9:30am Details online	Early Bird 6:00-9:00am Details online	Early Bird 7:00-9:00am Details online	
Aquafit Deep & Shallow 9:00-10:00am	Aquafit Shallow 9:30-10:30am	Aquafit Deep & Shallow 9:00-10:00am	Aquafit Shallow 9:30-10:30am	Aquafit Deep & Shallow 9:00-10:00am	Swim Lessons 9:00am-12:00pm	
Morning Moves 10:00-11:00am	Arthritic Therapy 10:30-11:30am	Morning Moves 10:00-11:00am	Arthritic Therapy 10:30-11:30am	Morning Moves 10:00-11:00am		Family Swim 10:00am-12:00pm Adult must be with child.
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	Noon Lengths 12:00-1:30pm
Adult Only Lengths 12:00-1:00pm	Adult Only Lengths 12:00-1:00pm	Adult Only Lengths 12:00-1:00pm	Adult Only Lengths 12:00-1:00pm	Adult Only Lengths 12:00-1:00pm	Everyone Welcome 1:30-5:00pm	Everyone Welcome 1:30-5:00pm
Closed	Closed	Closed	Closed	Closed		
Afternoon Lengths 2:30-3:30pm	Afternoon Lengths 2:30-3:30pm	Afternoon Lengths 2:30-3:30pm	Afternoon Lengths 2:30-3:30pm	Afternoon Lengths & Swim Clubs 2:30-4:30pm	Rent the Pool 5:00-6:00pm	Rent the Pool 5:00-6:00pm
Swim Lessons 3:00-6:30pm	Swim Lessons 3:30-7:30pm	Swim Lessons 3:00-6:30pm	Swim Lessons 3:30-7:30pm	Teen Swim 13-18yrs 7:00-9:00pm	Everyone Welcome 6:00-8:00pm	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		Adult Swim 8:00-9:00pm	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	

Grey boxes indicates reduced rate of \$4.00/adult and \$2.00/child.

LEISURE POOL: A smaller pool with warmer temperature open for drop-in splashers of all ages.

6:00am-1:00pm 6:30-10:00pm	6:00am-9:30pm 12:00-1:00pm 2:30-3:30pm 7:30-9:30pm	6:00am-1:00pm 6:30-10:00pm	6:00am-9:30pm 12:00-1:00pm 2:30-3:30pm 7:30-9:30pm	6:00am-1:00pm 2:30-6:30pm	7:00-9:00am 12:30-5:00pm 6:00-9:00pm	10:00am-12:00pm Families Only 12:00-5:00pm 6:00-9:00pm
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Saturday to Thursday the last hour of the day is adult only.

SAUNA/STEAM ROOM AND WHIRLPOOL

6:00am-1:00pm 2:30-10:00pm	6:00am-1:00pm 2:30-3:30pm 4:30-9:30pm	6:00am-1:00pm 2:30-10:00pm	6:00am-1:00pm 2:30-3:30pm 4:30-9:30pm	6:00am-1:00pm 2:30-6:30pm	7:00-9:00am 12:00-5:00pm 6:00-9:00pm	10:00am-12:00pm Families Only 12:00-5:00pm 6:00-9:00pm
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Saturday to Thursday the last hour of the day is adult only.

Early Bird Sessions: Most early bird sessions share the pool with other swim groups. For specific details go to rdn.bc.ca/recreation.

Family Swim: Enjoy your family time at Ravensong. All children and youth must be accompanied by an adult and all adults must be accompanied by a child or youth.

Pool Closures: Mar 25, 28, May 23, Jul 1, Aug 1

Be smart before you post!



REMEMBER, not everyone wants or consents to having their photo being taken.

Inside our facilities and while participating in programs, ensure you have permission from the program staff before you take any pictures or video. Recreation staff may take pictures during our program for publications. If you prefer not to have your child's picture taken, please tell the photographer and/or program staff.

Ravensong Aquatic Centre Summer Schedule Jul 3-Aug 19, 2016

Schedule subject to change without notice. Check rdn.bc.ca/recreation for holiday and schedule changes.

MAIN POOL						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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		
	Arthritic Therapy 10:30-11:30am		Arthritic Therapy 10:30-11:30am		Family Swim 10:00am-12:00pm Adult must be with child.	Family Swim 10:00am-12:00pm Adult must be with child.
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	Adult Noon Lengths 12:00-1:30pm
Everyone Welcome 1:30-4:00pm	Everyone Welcome 1:30-4:00pm	Everyone Welcome 1:30-4:00pm	Everyone Welcome 1:30-4:00pm	Everyone Welcome 1:30-4:00pm	Everyone Welcome 1:30-5:00pm	Everyone Welcome 1:30-5:00pm
Before Dinner Dip 4:00-6:30pm (shared pool)	Before Dinner Dip 4:00-6:30pm (shared pool)	Before Dinner Dip 4:00-6:30pm (shared pool)	Before Dinner Dip 4:00-6:30pm (shared pool)	Before Dinner Dip 4:00-6:30pm (shared pool)	Rent the Pool 5:00-6:00pm	Rent the Pool 5:00-6:00pm
Swim Lessons 3:00-6:30pm	Swim Lessons 3:30-7:30pm	Swim Lessons 3:00-6:30pm	Swim Lessons 3:30-7:30pm	Everyone Welcome 6:00-8:00pm	Everyone Welcome 6:00-8:00pm	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			
Adult Swim 8:00-9:00pm	Adult Swim 8:30-9:30pm	Adult Swim 8:00-9:00pm	Adult Swim 8:30-9:30pm			
Grey boxes indicates reduced rate of \$4.00/adult and \$2.00/child.						
LEISURE POOL: A smaller pool with warmer temperature open for drop-in splashers of all ages.						
6:00am-9:00am 12:00-9:00pm	6:00-9:00am 12:00-6:00pm 7:30-9:30pm	6:00am-9:00am 12:00-9:00pm	6:00-9:00am 12:00-6:00pm 7:30-9:30pm	6:00am-9:00am 12:00-8:00pm	8:00am-5:00pm Families Only 10:00am-12:00pm 6:00-8:00pm	10:00am-5:00pm Families Only 10:00am-12:00pm 6:00-8:00pm
Saturday to Thursday the last hour of the day is adult only.						
SAUNA/STEAM ROOM AND WHIRLPOOL						
6:00-9:00am 11:00am-9:00pm	6:00-9:00am 11:00am-6:00pm 7:00-9:30pm	6:00-9:00am 11:00am-9:00pm	6:00-9:00am 11:00am-6:00pm 7:30-9:30pm	6:00-9:00am 11:00am-8:00pm	8:00am-5:00pm Families Only 10:00am-12:00pm 6:00-8:00pm	10:00am-8:00pm Families Only 10:00am-12:00pm
Saturday to Thursday the last hour of the day is adult only.						

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 three children 7 years of age or under, or under 4 feet tall, per adult is required.

Personal belongings: Can be kept in lockers at a cost of \$.25-\$.50. Staff are not responsible for lost or stolen items.

Accessibility: From our parking lot to our pool amenities, accessibility is our goal. Call for more details.

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 in these hot spot areas is 5 minutes.

Annual Maintenance Closure: Aug 20-Sep 11

Get your Active Pass Today!



10x Active Pass Enjoy a discounted admission rate to public swimming, skating, pickleball and drop-in gym times with the Active Pass.

Enjoy unlimited admissions and greater savings for longer term memberships opt for a 3, 6, or 12 month **Active Living Card** and we'll include free skate rentals. Monthly payment plans are available at no additional charge.

Admissions (includes 5% GST)

	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	\$3.16	\$4.22	\$6.03	\$4.71	Free	\$12.23 \$16.39 w rentals
10x Active Pass		\$28.46	\$38.01	\$54.29	\$42.42		\$110.04 \$147.53 w rentals
Reduced Rate		\$2.00	\$2.00	\$4.00	\$4.00		
Skate Rentals		\$1.51	\$1.51	\$3.00	\$3.00		
10x Rentals Pass		\$13.65	\$13.65	\$26.99	\$26.99		

Active Living Card (includes 5% GST)

3-month		\$82.25	\$109.77	\$156.69	\$122.51		\$318.01
6-month		\$148.06	\$197.58	\$282.04	\$220.52		\$572.42
12-month		\$222.08	\$296.37	\$423.06	\$330.78		\$858.62

Please note: Active Living Card fees take into consideration the shorter arena season and pool shutdowns. A \$5.80 replacement fee will be charged for any lost or stolen Active Living Cards. Special rules in effect for extension requests.

Corporate & Volunteer Group Recreation Pass

A 15% discount is available for non-profit organizations and local businesses within District 69 purchasing 10 or more annual adult Active Living Cards at one time. Contact Melinda Burton, Senior Program Secretary at 250-248-3252 for more information.

Grade Five Active Living Card and Grade Six Activity Pass

The Grade Five Active Living Card provides a year of free admissions to public swim, skate and drop-in gym sessions. Grade six students receive a 10x Active Pass for free admission to public swim, skate and drop-in gym sessions. Pick up a form at Ravensong Aquatic Centre or Oceanside Place Arena or online at rdn.bc.ca/recreation.

Celebrate WITH A PARTY

AT THE POOL

Looking for a splashing good way to celebrate your birthday? Pool parties are full of wet and wonderful birthday fun. There are options available such as inflatable pool toys. Note all children seven years of age and under must be accompanied by an adult while in the pool. Maximum 3 children per adult.

Party options:

- Pool toy \$40.50
- Extra child 60 min \$3.01 (package 1&2)
- Extra child 90 min \$4.01 (package 1&2)

PACKAGE 1 (1 HOUR)

One hour of wacky wet birthday fun in the pool with a party leader. The price includes swim admission, party leader and games in the pool. Relax and leave the activities to us.

Saturday or Sunday
\$97.84 up to 10 children

PACKAGE 2 (1.5 HOURS)

One and a half hours of wet and wacky fun with a birthday party leader. Spend an hour of splashing fun and excitement in the pool then get dried off and dressed into your party gear and enjoy a pizza and some juice. Leave the pool activities, set up and clean up to us so that you can relax and enjoy the party.

Saturday or Sunday
\$164.59 up to 10 children

PACKAGE 3

Rent all three pools. We will help with any special requests at a minimal cost, just let us know.

Saturday or Sunday
5:00-6:00 pm
\$128.69/hour up to 79 adults & children

at the Arena, Gym, or Pool

Unless noted, prices do not include tax.

Bookings must be made at least 14 days in advance.

Phone 250-248-3252 or 250-752-5014 or email recparks@rdn.bc.ca



AT THE GYM

GYMNASTICS PACKAGE (2 HOURS)

Invite your friends to a birthday party with gymnastics instructor Leah-Lollipop. Leah will lead games and activities for one hour on the gymnastics equipment. Parents will have a space to set up a snack and cake break before Leah wraps up the party with parachute games.

Qualicum Commons		
Sa, Apr 2	3:15-5:15 pm	35717
Sa, Apr 9	3:15-5:15 pm	35718
Sa, Apr 23	3:15-5:15 pm	35719
Sa, Apr 30	3:15-5:15 pm	35720
\$175 max 12 children		

AT THE ARENA

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 are available April to July.

CREATE YOUR OWN PARTY

Plan your party during a public skate session and purchase a 10x active pass for admissions and rentals to get a discounted price. The Lobby space is available at no charge but must be booked in advance or rent the party room for a reasonable fee.

Child (4-12yrs) 10x active pass w/ skate rentals is \$42.11 (inc. tax)

DISCO LIGHT PRIVATE RENTAL (1 HOUR)

Make your party a "Disco Light" event. You provide the music and friends, we will supply the disco lighting, skate rentals, and admissions. Call for dates available.

\$175 up to 75 people

Spring Break Out Everyone Welcome Swims

Join us for organized games every Tuesday and Thursday afternoon during Spring Break. Try water polo, underwater hockey and other fun activities organized by our swim leaders. See online schedules for all spring break swim and skate times.

Ravensong Aquatic Centre
 Tu/Th, Mar 15/17 1:30-4:00 pm Regular admission
 Tu/Th, Mar 22/24 1:30-4:00 pm Regular admission

Second Sunday Market and Pancake Breakfast

Second Sunday of every month 8:00am-12:00pm
 Lighthouse Community Centre
 250-757-9991 www.communityhall.ca

Bradley Centre Pancake Breakfast

3rd Sun until Nov 9:00-11:30 am
 250-248-2336 or bradleycentre@shaw.ca

Errington Hall Coffee House

1st Sat each month until May, 7:30 pm
 www.erringtonhall.bc.ca

Brant Wildlife Festival

March 19 to April 17
 www.brantfestival.bc.ca

Water Day

Qualicum Commons
 Apr 3
 See page 31

Vancouver Island Skate International

Oceanside Place Arena
 Apr 8-10
 www.skatinginbc.com

10th Annual Golden Shoe Hunt

The RDN is fortunate to have 12 Regional Parks and over 180 Community Parks in the seven Electoral Areas. Take some time to explore these treasures with your family. Clues for the shoe locations will be posted weekly to rdn.bc.ca/recreation, RDN Facebook and RDN Twitter starting April 15th.

Apr 15 -May 20 Free

Pickleball Free Drop-In

Pickleball is a game for all ages. From beginner to competitive player, everyone can play. Drop-in times are self-regulated, Bring your friends. Nine courts will be available.

Oceanside Place Arena
 Mo, Apr 18 9:00 am-3:30 pm Drop-in Free

Extreme Teen Swims



The last Friday of the month things get extreme with activities geared to our teen crowd. Be prepared for exclusive access to the Dino Ribs inflatable toy, great music and more.

Ravensong Aquatic Centre
 Fr, Apr 29 7:00-9:00 pm Regular admission
 Fr, May 27 7:00-9:00 pm Regular admission
 Fr, Jun 24 7:00-9:00 pm Regular admission

Youth Week Teen Swim 13-18yrs

Celebrate Youth Week at Ravensong with a free swim. Youth 13 to 18 years can celebrate with a wild, wet and active swim with friends.

Ravensong Aquatic Centre
 Fr, May 6 7:00-9:00 pm Free

Home Show

Oceanside Place Arena
 May 6-8
 www.homeshowtime.com

Mother's Day in Lighthouse Country

Su, May 10
 Contact: Taffy at 250-757-9981 or www.communityclub.ca



10th Annual
Golden Shoe Hunt
 April 15th-May 20th

The 10th Annual Golden Shoe Hunt will encompass regional and community parks in electoral areas A to H.

Clues and instructions for the locations of the shoes will be posted weekly to rdn.bc.ca/recreation, RDN Facebook and RDN Twitter starting April 15th so get your shoes, maps and hiking partners ready.

**ORCA Mothers' Day
10k Run and 5k Run/Walk**

Su, May 8
www.orcarunning.ca

Pro D Day Swim

School is out for the day so stay active at the pool.

Ravensong Aquatic Centre
Fr, May 13 1:00-2:30 pm Reduced Rate

The Great Garage Sale

Clean out that attic and sell no longer needed items at the Great Garage Sale! The arena will be transformed into a giant flea market with lots of room for those wonderful treasures. Whether you are a buyer or a seller, this is where you will want to be, rain or shine. Book your space today. See page 38 for booking info.

Oceanside Place Arena
Sa, May 14 9:00 am-1:00 pm Free admission

National Lifejacket Day 2016

In partnership with the Canadian Red Cross, Ravensong will be marking the day by incorporating lifejacket safety into our lessons all week long. Join us for a special Water Safety swim and see some of the Lifeguards in action.

Ravensong Aquatic Centre
We, May 18 6:30-8:00 pm Regular admission

Frozen Swim

A certain princess will be making another appearance at the pool during the family swim. Come enjoy games, crafts, and frozen fun with this themed swim.

Ravensong Aquatic Centre
Sa, May 21 10:00 am-12:00 pm Regular admission

Qualicum Beach Family Day

Su, May 29
Qualicum Beach Community Park
www.qbfamilyday.com

**Qualicum Beach Family Day
Free Swim**

Ravensong Aquatic Centre
Su, May 29 10:00 am-12:00 pm Free

Bike to Work Week

May 30-Jun 5
www.biketowork.ca

Qualicum Beach Triathlon

Su, Jun 26. For more information and to register visit qualicumbeachtriathlon.com

The River Run

10 K Run and 5km Run/Walk
Su, Jun 12 10:00am
Englishman River Regional Park
www.theriverrun.ca

Crazy Canada Day Swim

Get out your toques and bring your national pride to Ravensong to celebrate Canada Day with an early theme swim that will bring out the Canuck in everyone. There will be activities for the whole family to enjoy.

Ravensong Aquatic Centre
We, Jun 29 6:30-8:00 pm Regular admission

Canada Day Celebrations Fr, July 1

Parksville Community Park
Qualicum Beach Legion No. 76
Meadowood Celebration
www.meadowoodresidents.com
Lighthouse
Bowser Legion No. 211
Contact: 250-757-9222 www.rc211.ca

Teddy Bear Picnic

Sa, Jul 9
Jack Bagley field, Nanoose Bay
Quality Foods 250-468-7131

Parksville Beach Festival

Jul 15-Aug 21
Parksville Beach
www.parksvillebeachfest.ca

**Parksville Lions International
Kite Festival**

Jul 16-17
Parksville Community Park
Tom Roy 250-248-6614



Picnic and Play

Kids bring your adults and your dinner to play in your local community parks. This is a fun family evening and a great way to explore your community. Games and activities are provided by the RDN Recreation and Parks leaders, but we encourage you to bring a family favourite along. Propane BBQ's welcome.

Henry Morgan Community Park
95 Henry Morgan Drive, Bowser
Fr, Jul 8 5:00-8:00 pm FREE
Sandpiper/ Boulbee Community Park
1291 Ormonde Dr, French Creek
Fr, Aug 5 5:00-8:00 pm FREE
Maple Lane Community Park,
1035 Maple Lane Dr, San Pareil
Fr, Aug 26 5:00-8:00 pm FREE

**Monday Munchkinland
Drop-in 0-6yrs**

Bring your family and come play at the Munchkinland Exploration Centre this summer. This is a free drop-in program for children six years and under and a caregiver.

Family Place Munchkinland
Mo, Jul 11-25 9:30-11:30 am Free
Mo, Aug 8-22 9:30-11:30 am Free

**Beat the Heat
Everyone Welcome Skate**

Beat the heat this summer and go for a refreshing skate at Oceanside Place Arena. No session on Aug 10.
We, Jul 13-Aug 17 6:45-8:15 pm Regular admission

Qualicum Beach Day

Su, Jul 17
www.qualicumbeach.com

Special Events

Race to Rio Week

Celebrate the Olympic Games at Ravensong with water activity challenges all week long. Enjoy underwater obstacle courses and relay races during the afternoon everyone welcome swims.

Ravensong Aquatic Centre
Mo/We/Fr, Aug 8-12 1:30-4:00pm Regular admission

Coombs Fair

Aug 13-14
Coombs Fairgrounds
250-752-9757 www.coombsfair.com

Kidfest

Su, Aug 14 10:00 am-3:00 pm
Parksville Beach
Kidfest.ca

Quality Foods Children's Sandcastle Competition

Su, Aug 14
Parksville Beach
Qualityfoods.ca

Hi Neighbour Day

Sa, Aug 20 8:00 am-11:00 pm
Errington Community Park and War Memorial Hall
www.erringtonhall.bc.ca

59th Annual Qualicum Beach Ocean Mile Swim

Take part in this long standing community event that celebrates the beauty of our Oceanfront community. All levels of fitness and those who just want to support participants are welcome. The one mile course runs along the shoreline of picturesque Qualicum Beach. Registration is free and starts at 1:00 pm. The swim starts at 3:00 pm.

Qualicum Beach
Su, Aug 21 1:00 pm Free registration
3:00 pm Swim start

Quality Foods Festival of Lights

Sa, Aug 21
Parksville Beach

Check these community calendars for more great events:

rdn.youth.bc.ca

visitparksvillequalicumbeach.com/

arrowsmithrecreation.ca

parksvillequalicum.whatsondigest.com/



Inflatable Pool Fun at Ravensong Aquatic Centre

Every weekend afternoon this spring the inflatable pool toys will be out at these times.

Sa/Su 2:30-3:30 pm

Mo/We 7:00-7:30 pm

Summer inflatable pool toy hours

Mo-Fr 2:30-3:30 pm

Mo/We/Fr 7:00-7:30 pm

Did you know RDN Recreation and Parks...

...provided \$52,074 in grant funding to 29 community groups for recreation projects, events and programs in our community. See page 57 to find out how your group can apply.



...celebrates local residents that have won a provincial or national title for sport or artistic performance. Do you know someone who could be nominated? See page 55 to find out how.



...has installed a third automated external defibrillator (AED) in the Oceanside Place Arena lobby and continues to offer training sessions to the user groups. If you are interested in first aid training, see page 25.



...has partnered with SD69 to provide aquatic leadership courses to secondary school students who would like to become lifeguards and/or swim instructors. Find out more on page 36



...is meeting with community groups to discuss interest in an Outdoor Multi Sport Complex.

...offers children in grade five and six an activity pass that gives free access to public swimming, skating and afterschool drop-in gym sessions. See page 56 for details.

...celebrated Ravensong Aquatic Centre's 20th Anniversary in 2015.

...is upporting local community groups with the Canada 150 celebrations.

Stay up to date with these and more initiatives online at rdn.bc.ca/recreation. Follow the links under District 69 Recreation.

Corporate & Volunteer Group Recreation Pass

Now available

Non-profit organizations and local businesses can purchase 10 or more annual active adult membership passes and receive a 15% discount. Passes can be used for public sessions at both Ravensong Aquatic Centre and Oceanside Place Arena. See page 56 for details.





SPRING PROGRAMS

NEW

Parent & Tot Gym Time 2-5yrs

Join your child for a morning of exploration and gym time fun. This is a great time for some exercise and a chance to meet other young families. Parent participation required.

Instructor: Katie Lonsdale
 Qualicum Commons
 Mo, Apr 11-May 16 10:00-11:00 am \$39/6 35816

Tot Soccer and Sports 3-5yrs

Get your preschooler moving while learning the basics of soccer. Other games will be played to develop running, jumping, kicking and balance.

Instructor: Katie Lonsdale
 Qualicum Commons
 Mo, Apr 11-May 16 11:15am-12:00pm \$39/6 35706

Parent and Tot Gymnastics

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.

Instructor: Leah-Lollipop
 Qualicum Commons
 14mo-3yrs
 Fr, Apr 1-29 9:15-10:00 am \$55/5 35730
 *combined class for P&T/Tiny Tot 2-4yrs
 Fr, Apr 1-29 10:15-11:00 am \$55/5 35733
 *combined class for P&T/Tiny Tot 14mo-4yrs
 Fr, Apr 1-29 4:45-5:30 pm \$55/5 35731
 14mo-3yrs
 Sa, Apr 2-30 9:15-10:00 am \$55/5 35732

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 and retention listening skills.

Instructor: Leah-Lollipop
 Qualicum Commons
 *combined class for P&T/Tiny Tot 2-4yrs
 Fr, Apr 1-29 10:15-11:00 am \$55/5 35733
 *combined class for P&T/Tiny Tot 14mo-4yrs
 Fr, Apr 1-29 4:45-5:30 pm \$55/5 35731
 Tiny Tot 3-4yrs
 Sa, Apr 2-30 10:15-11:00 am \$55/5 35734

Kindergym 4-5yrs

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

Instructor: Leah-Lollipop
 Qualicum Commons
 Fr, Apr 1-29 11:15 am-12:15 pm \$55/5 35735

Do you have an idea for a program you'd like to offer through the RDN

Recreation and Parks department? We'd love to hear about it.

Where do you start?

Start by developing your idea, including a title, objectives, brief description and requirements for space and equipment. Fill out the form and submit it along with your resume and copies of any relevant certificates.

What is the best time to submit a proposal?

Typically we plan our program line up six months in advance so we have time to make sure the program appears in one of our two annual Active Living Guides (March/August). That said we accept proposals year round.

Download the program proposal form at rdn.bc.ca/recreation.

SUMMER

Camp Littlefoot 3-5yrs

Encourage your preschooler's independence through this active program. Each day leave your preschooler with our qualified staff at Munchkinland to explore, play games, sing songs and make new friends.

Instructor: Jenny Everett			
Family Place Munchkinland			
Pirates and Undersea Adventures			
Tu-Th, Jul 12-14	9:30-11:30am	\$52/3	35740
Dino Days			
Tu-Th, Jul 19-21	9:30-11:30am	\$52/3	35741
Farm Animals			
Tu-Th, Jul 26-28	9:30-11:30am	\$52/3	35742
Monkeys in the Rainforest			
Tu-Th, Aug 9-11	9:30-11:30am	\$52/3	35743
Outer Space			
Tu-Th, Aug 16-18	9:30-11:30am	\$52/3	35744
Silly Science			
Tu-Th, Aug 23-25	9:30-11:30am	\$52/3	35745



Kindergym 4-5yrs

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

Instructor: Leah-Lollipop			
Qualicum Commons			
Mo-Fr, Jul 4-8	9:30-10:30 am	\$55/5	35748

Summer Fun Dance Camp 3-5yrs

This is an introduction to the world of dance for little ones. Creative movement, song and dance and ballet basics will be introduced during this week. The final class will be open to viewing with a small performance at the end.

Innovate Dance Arts			
Mo-Fr, Jul 11-15	9:45-10:30 am	\$55/5	35750
Innovate Dance Arts			
Mo-Fr, Jul 11-15	10:45-11:30 am	\$55/5	35751

British Soccer First Kicks 3-4yrs

This class is a fun introduction to the basic elements of soccer. All registrants will receive a soccer ball, T-shirt, and player evaluation. Parents are encouraged to join in the fun. Register before June 6 and receive a free soccer jersey.

Nanoose, Jack Bagley Field			
Mo-Fr, Jul 18-22	9:00-10:00 am	\$80.50/5	35656
Qualicum Beach Community Park			
Mo-Fr, Aug 8-12	9:00-10:00 am	\$80.50/5	35657
Springwood Community Park			
Mo-Fr, Aug 29-Sep 2	9:00-10:00 am	\$80.50/5	35658

British Soccer Mini Soccer 4-5yrs

Your soccer player will participate in FUNDamental practices, skill-building activities and small sided games. All registrants will receive a soccer ball, T-shirt, and player evaluation. Register before June 6 and receive a free soccer jersey.

Nanoose, Jack Bagley Field			
Mo-Fr, Jul 18-22	10:30 am-12:00 pm	\$96.85/5	35659
Qualicum Beach Community Park			
Mo-Fr, Aug 8-12	10:30am-12:00pm	\$96.85/5	35660
Springwood Community Park			
Mo-Fr, Aug 29-Sep 2	10:30am-12:00pm	\$96.85/5	35661

Monday Munchkinland Drop-in 0-6yrs

Bring your family and come play at the Munchkinland Exploration Centre this summer. This is a free drop-in program for children six years and under and a caregiver.

Family Place Munchkinland			
Mo, Jul 11-25	9:30-11:30 am	Free	
Mo, Aug 8-22	9:30-11:30 am	Free	

Picnic and Play

Kids bring your adults and your dinner to play in your local community parks. This is a fun family evening and a great way to explore your community. Games and activities are provided by the RDN Recreation and Parks leaders, but we encourage you to bring a family favourite along. Propane BBQ's welcome.

Henry Morgan Community Park			
95 Henry Morgan Drive, Bowser			
Fr, Jul 8	5:00-8:00 pm	FREE	
Sandpiper/ Boulton Community Park			
1291 Ormonde Dr, French Creek			
Fr, Aug 5	5:00-8:00 pm	FREE	
Maple Lane Community Park,			
1035 Maple Lane Dr, San Pareil			
Fr, Aug 26	5:00-8:00 pm	FREE	

Storybook Village 0-6yrs

Imagine an entire child-size village for children to play in, with a post office, fire hall, and other buildings, connected by a pathway full of pedal cars and trikes. Storybook Village is located in the heart of Qualicum Beach, on the grounds of Qualicum Commons and is a creative way for caregivers and children to spend a summer morning. Dates will be posted at www.oblt.ca

Qualicum Commons			
Tu-Th	10:00 am-12:00 pm	Free	

Be smart before you post!



See page 4.

LONGEST DAY OF PLAY

Jun 21, 2015

PARTICIPACTION



GO Jr. Rangers Program 6-10yrs

Get Outside (GO) and become an official GO Jr. Ranger in Moorecroft Regional Park this spring. Jump into nature with a Park Naturalist leading the way to discover the secrets and excitement of the natural world. Nature activities, crafts and adventures await your child. Receive a certificate at your first program and a sticker for each completed program. Collect all 6 stickers and become an official GO Jr. Ranger. Children must have attended kindergarten to register.

Instructor: RLC Park Services		
Moorecroft Regional Park		
Full Certificate		
Sa, May 7-Jun 11	10:00-11:15am	\$10/1 or \$54/6 35708
Nocturnal Detectives		
Sa, May 7	10:00-11:15am	\$10/1 or \$54/6 35709
Watershed Warriors		
Sa, May 14	10:00-11:15am	\$10/1 or \$54/6 35710
Beavers 'R Us		
Sa, May 21	10:00-11:15am	\$10/1 or \$54/6 35711
Forest Friends		
Sa, May 28	10:00-11:1 am	\$10/1 or \$54/6 35712
Ocean Explorers		
Sa, Jun 4	10:00-11:15am	\$10/1 or \$54/6 35713
Kids		
Sa, Jun 11	10:00-11:15am	\$10/1 or \$54/6 35714

SPRING PROGRAMS

Thinker Tinker Club 7-11yrs NEW

Bring your ideas to life: make an electronic circuit, build a vehicle or other project, adapt your design and test-run your invention.

Instructor: Katie Lonsdale		
Qualicum Commons		
We, Apr 13-May 18	3:15-5:00pm	\$40/6 35707

Learn to Mountain Bike 8-adult

Get outside and ride. Develop your mountain and trail riding techniques and score some cool riding gear including t-shirt and water bottle. First up is a bike and helmet check at Arrowsmith Bikes, the next four weeks will be at Jack Bagley field in Nanoose Bay then off to Top Bridge Mountain Bike Park for the final four weeks. Children, youth and adults at all skill levels welcome.

Instructor: Kebble Sheaff		
Arrowsmith Bikes		
We, Apr 13-Jun 8	6:30-8: 00pm	\$79/9 35725

Mountain Bike Group Rides 8-14yrs NEW

Get on your bike! Put your skills to the test with these friendly group rides for kids. Attend some or all of these rides for one low price. Learn the local trails and hang out with other riders.

Instructor: Kebble Sheaff		
Top Bridge Mountain Bike Park		
Mo, Apr 4-25	6:00-7:30 pm	\$20/4 36235

Girls (and Moms) on the Move

Join us for this fun and friendly mother daughter program focused on healthy and creative activity. Each fun and supportive session will focus on a different activity including Yoga and a fitness circuit. Moms, grandmothers, aunts or adult friends are invited to join their girls in this unique introduction to a variety of physical and social activities.

Bowser Elementary School		
Mo, Apr 11-May16	3:00-4:30pm	\$42/6 36231

Claytime Creations 6-12yrs

Join local pottery artist Anne Marie Veale to learn the skills and creativity of wheel work and hand building. Create your own masterpiece with clay. Fee includes all supplies and bisque firing. Allow four weeks to dry and bisque fire.

Instructor: Anne Marie Veale		
Qualicum Commons		
Tu, Apr 12-May 3	3:00-5:00 pm	\$92/4 35715
Tu, May 10-31	3:00-5:00 pm	\$92/4 35716

These programs are offered in Area H; Bowser, Deep Bay, Qualicum Bay & Area.

Beginner Tennis Lessons 7-13yrs

Learn the basics of tennis from a certified Tennis Canada instructor, Alan Oslie. You will practice serving, returning, and baseline to net play, footwork and strategy. Instruction is energetic and fun. All levels welcome. Bring your own tennis racquet.

Instructor: Alan Oslie
 Springwood Tennis Courts
 Mo, May 30-Jun 20 4:30-6:00 pm \$50/4 35728

See page 19 for Tennis Camps

Home Alone 9-12yrs

You know you are growing up when you get to stay at home alone, but there are a few things you should learn before you go solo. Our 'Home Alone' program will teach you to manage general safety, fire safety, emergency phone calls, dealing with strangers, and a few snack ideas.

Qualicum Commons
 Fr, May 13 Pro D Day 9:30am-12:00 pm \$27/1 35726
 Fr, May 13 Pro D Day 12:30-3:00 pm \$27/1 35727

Gymnastics for Special Needs 5-18yrs

Enjoy moving your body, improving your balance and developing coordination. This class supports children with a variety of attention, learning and motor concerns. Skill development will be at a slower pace and individualized, depending on the needs of the class.

Instructor: Leah-Lollipop
 Qualicum Commons
 Sa, Apr 2-30 11:15 am-12:00 pm \$55/5 35738

Junior Gymnastics 5-8yrs

Develop your balance, coordination, strength and flexibility as you play games and activities. Gymnastics is a great way burn off your energy. Participants will receive a certificate and ribbon upon completion of the program.

Instructor: Leah-Lollipop
 Qualicum Commons
 Fr, Apr 1-29 3:30-4:30 pm \$55/5 35736
 Sa, Apr 2-30 12:30-1:30 pm \$55/5 35737

Senior Gymnastics 8-12yrs

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. Participants will receive a certificate and ribbon upon completion of the program.

Instructor: Leah-Lollipop
 Qualicum Commons
 Sa, Apr 2-30 1:30-3:00 pm \$82.50/5 35739
 Birthday Parties at the Gym
 Sa, 3:15-5:15 pm See page 7 for details.



Drop-in Gym

Pick up an Active pass and drop-in to swim, skate or gym times. Drop-in gym is a great after school activity. If your child takes the bus to either Parksville Elementary School or Qualicum Commons, you can arrange to have them get off and join in the gym fun. All grades welcome.

Qualicum Commons
 Mo 3:00-4:30 pm
 Former Parksville Elementary School
 Tu, Th, 3:00-5:00 pm

Child 10x Active Pass \$28.46
 Student 10x Active Pass \$38.01
 Grade 5 and 6 Active and 10X Active passes will also be accepted for drop-ins.

Monthly schedules are posted online at rdn.bc.ca/recreation.

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.

Sa, Apr 2-Jun 11 10:30-11:00 am \$63.70/10 35314

Diving Club 8-12yrs

Learn the basics of diving through progressive land, water and springboard skills. Work at your own pace to learn front and back pike jumps and dives, hurdle jumps, tucks and advanced dives like flips and somersaults. Participants must be comfortable in deep water. Pre-requisite: Swim Kids Level 4.

Sa, Apr 2-Jun 11 11:00 am-12:00 pm \$90/10 35307
 Mo-Fr, Aug 2-12 11:00 am-12:00 pm \$81/9 31649

Breaststroke Boot Camp 6yrs+

Whip your whip kick into shape. Our instructor Lars Bakstad will coach you through some common hurdles of the breaststroke including whip kick troubleshooting and timing. Pre-requisite: Swim Kids Level 4.

Th, Mar 31-Apr 28 4:00-4:30 pm \$31.85/5 36255
 Th, Jun 2-23 4:00-4:30 pm \$25.50/4 36257

Picnic and Play NEW

Kids bring your adults and your dinner to play in your local community parks. This is a fun family evening and a great way to explore your community. Games and activities are provided by the RDN Recreation and Parks leaders, but we encourage you to bring a family favourite along. Propane BBQ's welcome.

Henry Morgan Community Park
 95 Henry Morgan Drive, Bowser
 Fr, Jul 8 5:00-8:00 pm FREE

Sandpiper/ Boulton Community Park
 1291 Ormonde Drive, French Creek
 Fr, Aug 5 5:00-8:00 pm FREE

Maple Lane Community Park
 1035 Maple Lade Dr, San Paniel
 Fr, Aug 26 5:00-8:00 pm FREE

Summer Camps at a glance

	Jul 4-8	Jul 11-15	Jul 18-22	Jul 25-29
Preschool 3-5yrs		Camp Littlefoot	Camp Littlefoot	Camp Littlefoot
	Gymnastics Camp	Dance Camp	Soccer Camp	
Children 6-12yrs	Camp Kowabunga	Camp Kowabunga	Camp Kowabunga	Camp Kowabunga
	Camp Bigfoot	Camp Bigfoot	Camp Bigfoot	Camp Bigfoot
	Camp Sonic	Camp Sonic	Camp Sonic	Camp Sonic
	New Adventure Camp	New Adventure Camp	New Adventure Camp	New Adventure Camp
			QFN Playground	QFN Playground
	Tennis Camp	Tennis Camp	Tennis Camp	Tennis Camp
	Claytime Creations	Dance Camp		Basketball Camp
	Gymnastics Camp	Golf Camp	Soccer Camp	Mixed Media Art
		GO Wild Outdoor Camp		
	VIU Marine Camp		VIU Marine Camp	
Youth 11-16yrs	L.I.T. Training	Express Camp	Express Camp	Express Camp
	New Adventure Camp	New Adventure Camp	New Adventure Camp	New Adventure Camp
	Tennis Camp	Tennis Camp	Tennis Camp	Tennis Camp
			Byte Camp	Basketball Camp

RDN Summer Leaders

The secret to our successful summer program is our enthusiastic leaders. The RDN hires only the best most energetic applicants to be a part of our program staff! All of our leaders are required to hold current first aid with CPR tickets, have clean criminal records and participate in a multi-day orientation and training session. Many of our summer staff team are pursuing post-secondary education and learning valuable skills in recreation, teaching, and early childhood education. Our summer leaders are committed to providing your children with a fantastic summer experience.



Aug 2-5	Aug 8-13	Aug 15-19	Aug 22-26	Aug 29-Sep2
Camp Littlefoot	Camp Littlefoot	Camp Littlefoot		
Soccer Camp			Soccer Camp	
Camp Kowabunga	Camp Kowabunga	Camp Kowabunga	Camp Kowabunga	Camp Kowabunga
Camp Bigfoot	Camp Bigfoot	Camp Bigfoot	Camp Bigfoot	Camp Bigfoot
Camp Sonic	Camp Sonic	Camp Sonic	Camp Sonic	
New Adventure Camp	Camp Notch	Camp Notch	Camp Notch	
QFN Playground	QFN Playground	QFN Playground	QFN Playground	
Guitar Camp	Tennis Camp	Tennis Camp	Tennis Camp	
Byte Camp		Drawing and Painting	Claytime Creations	Byte Camp
Girls Hockey Camp	Soccer Camp		Golf Camp	Soccer Camp
GO Wild Outdoor Camp			GO Wild Outdoor Camp	
VIU Marine Camp			VIU Marine Camp	
Express Camp	Express Camp	Express Camp	Express Camp	Express Camp
New Adventure Camp				
	Tennis Camp	Tennis Camp	Tennis Camp	
Girls Hockey Camp				



Summer Camps MAKE FRIENDS, BE ACTIVE



Come play outside

We have a full summer of fantastic camps to offer. Your camper will enjoy games, crafts, adventures to local parks and attractions and more.

Daily Camp Routine

8:00-9:30	Doors open and sign in
9:30-10:00	Camp kick off
10:00-10:15	Morning snack
10:15-12:00	Morning activity
12:00-12:30	Lunch
12:30-2:45	Afternoon activity
2:45-3:00	Afternoon snack
3:00-3:30	Camp wrap up
3:30-5:00	Camp pick-up and sign out

Detailed camp calendars will be available after July 4th at Oceanside Place Arena, Ravensong Aquatic Centre and online at rdn.bc.ca/recreation

Refund policy see page 58.

Camp Kowabunga 6-10yrs

Join in the action with games, crafts and local adventures in Qualicum Beach. This camp goes swimming at Ravensong Aquatic Centre on Tuesday and Thursday afternoons except during pool maintenance closure. Weekly registration is encouraged; limited daily registration of \$32/1 is available. Note: 5 year old children who have completed kindergarten may register.

Qualicum Commons

Mo-Fr, Jul 4-8	8:00 am-5:00 pm	\$144/week	35923
Mo-Fr, Jul 11-15	8:00 am-5:00 pm	\$144/week	35928
Mo-Fr, Jul 18-22	8:00 am-5:00 pm	\$144/week	35934
Mo-Fr, Jul 25-29	8:00 am-5:00 pm	\$144/week	35940
Tu-Fri, Aug 2-5	8:00 am-5:00 pm	\$115/week	35946
Mo-Fr, Aug 8-12	8:00 am-5:00 pm	\$144/week	35952
Mo-Fr, Aug 15-19	8:00 am-5:00 pm	\$144/week	35957
Mo-Fr, Aug 22-26	8:00 am-5:00 pm	\$144/week	35963
Mo-Fr, Aug 29-Sep 2	8:00 am-5:00 pm	\$144/week	35969



Camp Kowabunga with Swim Lessons 6-10yrs NEW

Take advantage of this great combo package with savings. Your camper will attend Camp Kowabunga and get a swim lesson every day. One of our leaders will walk campers to and from the pool daily for their lesson. Fee includes 2 weeks of camp and swim lesson set. Space is limited to 10 campers.

Qualicum Commons / Ravensong Aquatic Centre

Swim Kids Levels 1, 2, 3, 4 (30 minute lesson)			
Mo-Fri, Jul 4-15	8:00am-5:00pm	\$349/2	36270
Swim Kids Levels 5, 6, 9,10 (1 hour lesson)			
Mo-Fri, Jul 4-15	8:00am-5:00pm	\$375/2	36271

Camp Bigfoot 6-8yrs

Each week is filled with indoor and outdoor activities including two weekly out trips using public transit. Weekly registration is encouraged; limited daily registration of \$32/1 is available. Note: 5 year old children who have completed kindergarten may register.

Former Parksville Elementary School

Mo-Fr, Jul 4-8	8:00 am-5:00 pm	\$144/week	35786
Mo-Fr, Jul 11-15	8:00 am-5:00 pm	\$144/week	35787
Mo-Fr, Jul 18-22	8:00 am-5:00 pm	\$144/week	35763
Mo-Fr, Jul 25-29	8:00 am-5:00 pm	\$144/week	35769
Tu-Fri, Aug 2-5	8:00 am-5:00 pm	\$115/week	35796
Mo-Fr, Aug 8-12	8:00 am-5:00 pm	\$144/week	35795
Mo-Fr, Aug 15-19	8:00 am-5:00 pm	\$144/week	35775
Mo-Fr, Aug 22-26	8:00 am-5:00 pm	\$144/week	35801
Mo-Fr, Aug 29-Sep 2	8:00 am-5:00 pm	\$144/week	35917

Camp Sonic 8-10yrs NEW

You and your friends will have a blast at this action-packed camp. Each week you will play games, sports, and explore the arts. Public transit will be used for weekly out trips including swimming at Ravensong Aquatic Centre. Weekly registration is encouraged; limited daily registration of \$32/1 is available.

Former Parksville Elementary School

Mo-Fr, Jul 4-8	8:00 am-5:00 pm	\$144/week	36047
Mo-Fr, Jul 11-15	8:00 am-5:00 pm	\$144/week	36053
Mo-Fr, Jul 18-22	8:00 am-5:00 pm	\$144/week	36059
Mo-Fr, Jul 25-29	8:00 am-5:00 pm	\$144/week	36065
Tu-Fri, Aug 2-5	8:00 am-5:00 pm	\$115/week	36071
Mo-Fr, Aug 8-12	8:00 am-5:00 pm	\$144/week	36076
Mo-Fr, Aug 15-19	8:00 am-5:00 pm	\$144/week	36082
Mo-Fr, Aug 22-26	8:00 am-5:00 pm	\$144/week	36088
Mo-Fr, Aug 29-Sep 2	8:00 am-5:00 pm	\$144/week	36094

New Adventure Camp 10-13yrs

Join the New Adventure Camp crew for an active summer. Each week will be filled with at least two out trips, plus a mixture of onsite activities including slacklining, beach volleyball and water activities. Come see what new adventures we have in store for you this summer. Weekly registration is encouraged; limited daily registration of \$36/1 is available.

Parkville Curling Club			
Mo-Fr, Jul 4-8	8:00 am-5:00 pm	\$162/week	35818
Mo-Fr, Jul 11-15	8:00 am-5:00 pm	\$162/week	35824
Mo-Fr, Jul 18-22	8:00 am-5:00 pm	\$162/week	35830
Mo-Fr, Jul 25-29	8:00 am-5:00 pm	\$162/week	35836
Tu-Fr, Aug 2-5	8:00 am-5:00 pm	\$130/week	35842

Camp Notch 6-12yrs

This full day camp is hosted in Nanoose Bay. Each week is filled with interactive, onsite, theme based camp fun. Weekly registration is encouraged; limited daily registration of \$32/1 is available. Note: 5-year-old children, who have completed Kindergarten, are welcome to register. This camp uses public transit for out trips.

Nanoose Place			
Mo-Fr, Aug 8-12	8:00 am-5:00 pm	\$144/week	35894
Mo-Fr, Aug 15-19	8:00 am-5:00 pm	\$144/week	36100
Mo-Fr, Aug 22-26	8:00 am-5:00 pm	\$144/week	36106

Summer Playground at Qualicum First Nation Campground 6-12yrs

Spend your summer days by the beach and in the cool of the forest. Join your friends for outdoor play, crafts and games. We encourage pre-registration to avoid disappointment, a limited amount of drop-ins are available. Note: 5 year old children who have completed Kindergarten may register.

Qualicum First Nation Campground			
Tu, Jul 19	10:00 am-3:00 pm	\$16/1	36017
We, Jul 20	10:00 am-3:00 pm	\$16/1	36018
Th, Jul 22	10:00 am-3:00 pm	\$16/1	36019
Tu, Jul 26	10:00 am-3:00 pm	\$16/1	36020
We, Jul 27	10:00 am-3:00 pm	\$16/1	36021
Th, Jul 28	10:00 am-3:00 pm	\$16/1	36022
Tu, Aug 02	10:00 am-3:00 pm	\$16/1	36023
We, Aug 03	10:00 am-3:00 pm	\$16/1	36024
Th, Aug 04	10:00 am-3:00 pm	\$16/1	36025
Tu, Aug 09	10:00 am-3:00 pm	\$16/1	36026
We, Aug 10	10:00 am-3:00 pm	\$16/1	36027
Th, Aug 11	10:00 am-3:00 pm	\$16/1	36028
Tu, Aug 16	10:00 am-3:00 pm	\$16/1	36029
We, Aug 17	10:00 am-3:00 pm	\$16/1	36030
Th, Aug 18	10:00 am-3:00 pm	\$16/1	36031
Tu, Aug 23	10:00 am-3:00 pm	\$16/1	36032
We, Aug 24	10:00 am-3:00 pm	\$16/1	36033
Th, Aug 25	10:00 am-3:00 pm	\$16/1	36034

Express Camp 11-14yrs

A truly unique summer experience that is unmatched on the island. Jump in the RDN van with our specialized youth leaders for an experience you will never forget; choose your adventure from Comox to Cowichan. Detailed calendars will be available July 4th at Oceanside Place Arena, Ravensong Aquatic Centre and online at www.rdn youth.ca and www.rdn.bc.ca/recreation.

Oceanside Place Arena			
Wild Play Monkido Aerial Adventure			
Mo, Jul 11	9:00 am-4:00 pm	\$45/1	35858
Movie and Swim in Nanaimo			
Tu, Jul 12	9:00 am-4:00 pm	\$45/1	35870
Mt Washington Hike and Bungee Trampoline			
We, Jul 13	9:00 am-4:00 pm	\$45/1	35869
Fossil Dig in Courtenay			
Mo, Jul 18	9:00 am-4:00 pm	\$45/1	35890
Horne Lake Caving			
Tu, Jul 19	9:00 am-4:00 pm	\$45/1	35891
Fuller Lake Swim			
We, Jul 20	9:00 am-4:00 pm	\$45/1	35892
Stand Up Paddleboarding			
Mo, Jul 25	9:00 am-4:00 pm	\$45/1	35877
Romper Room Climbing Gym			
Tu, Jul 26	9:00 am-4:00 pm	\$45/1	35878
Go Karts and Riverside Waterslides			
We, Jul 27	9:00 am-4:00 pm	\$45/1	35880
Movie and Swimming in Nanaimo			
Tu, Aug 2	9:00 am-4:00 pm	\$45/1	35862
Nanaimo Canoe and Kayaking on Long Lake			
We, Aug 3	9:00 am-4:00 pm	\$45/1	35864
Wild Play Monkido Aerial Adventure			
Th, Aug 4	9:00 am-4:00 pm	\$45/1	35857
Mo-Fr, Aug 8-12	9:00 am-4:00 pm	\$195/wk	35879
Courtenay Laser Tag			
Mo, Aug 8	9:00 am-4:00 pm	\$45/1	35881
Fossil Dig in Courtenay			
Tu, Aug 9	9:00 am-4:00 pm	\$45/1	35882
Stand Up Paddle Boarding and Swim			
We, Aug 10	9:00 am-4:00 pm	\$45/1	35865
Romper Room Climbing Gym			
Th, Aug 11	9:00 am-4:00 pm	\$45/1	35883
Mt Washington Hike and Bungee Trampoline			
Fr, Aug 12	9:00 am-4:00 pm	\$45/1	35889
Mo-Fr, Aug 15-19	9:00 am-4:00 pm	\$195/wk	35854
Elk Falls Suspension Bridge			
Mo, Aug 15	9:00 am-4:00 pm	\$45/1	35859
Newcastle Island Adventure			
Tu, Aug 16	9:00 am-4:00 pm	\$45/1	35849
Horne Lake Caving			
We, Aug 17	9:00 am-4:00 pm	\$45/1	35866
Fuller Lake Swim			
Th, Aug 18	9:00 am-4:00 pm	\$45/1	35850
Go Karts and Riverside Waterslides			
Fr, Aug 19	9:00 am-4:00 pm	\$45/1	35851
Mo-Fr, Aug 22-26	9:00 am-4:00 pm	\$195/wk	35853
Deep Bay Marine Station			
Mo, Aug 22	9:00 am-4:00 pm	\$45/1	35852
Movie and Bumper Boats			
Tu, Aug 23	9:00 am-4:00 pm	\$45/1	35855
Courtenay Laser Tag			
We, Aug 24	9:00 am-4:00 pm	\$45/1	35856
The Abyss Hike and Swim at Fuller Lake			
Th, Aug 25	9:00 am-4:00 pm	\$45/1	35856
Nanaimo Canoe and Kayaking on Long Lake			
Fr, Aug 26	9:00 am-4:00 pm	\$45/1	35868

Junior Gymnastics 5-8yrs

Develop your balance, coordination, strength and flexibility as you play games and activities. Gymnastics is a great way burn off your energy. Participants will receive a certificate and ribbon upon completion of the program.

Instructor: Leah-Lollipop			
Qualicum Commons			
Mo-Fr, Jul 4-8	10:45am-12:15pm	\$82.50/5	35746

Senior Gymnastics 8-12yrs

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.

Instructor: Leah-Lollipop			
Qualicum Commons			
Mo-Fr, Jul 4-8	1:00-4:00pm	\$165/5	35747

See page 13 for preschool gymnastics camp**Junior Tennis Camp 7-14yrs**

Our 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.

Instructor: Murray Hough			
Springwood Park Tennis Courts			
Mo-Fr, Jul 4-8	9:00 am-12:00 pm	\$92/5	35646
Mo-Fr, Jul 11-15	9:00 am-12:00 pm	\$92/5	35647
Mo-Fr, Jul 18-22	9:00 am-12:00 pm	\$92/5	35648
Mo-Fr, Jul 25-29	9:00 am-12:00 pm	\$92/5	35649
Mo-Fr, Aug 8-12	9:00 am-12:00 pm	\$92/5	35650
Mo-Fr, Aug 15-19	9:00 am-12:00 pm	\$92/5	35651
Mo-Fr, Aug 22-26	9:00 am-12:00 pm	\$92/5	35652

Basketball Camp 7-14yrs

Carl Macdonald brings over 15 years of experience. 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 handed out at the end of camp with emphasis placed upon cooperation, leadership and sportsmanship. Players will be grouped according to age and experience.

Instructor: Carl MacDonald			
Springwood Elementary School			
Mo-Fr, Jul 25-29	1:00-4:00 pm	\$99/5	35628

Summer Camps

British Soccer First Kicks 3-4yrs

A fun introduction to the basic elements of soccer. All registrants will receive a soccer ball, T-shirt, and player evaluation. Parents are encouraged to join in the fun. Register before June 6 and receive a free soccer jersey.

Nanoose, Jack Bagley Field				
Mo-Fr, Jul 18-22	9:00 -10:00 am	\$80.50/5	35656	
Qualicum Beach Community Park				
Mo-Fr, Aug 8-12	9:00-10:00 am	\$80.50/5	35657	
Springwood Community Park				
Mo-Fr, Aug 29-Sep 2	9:00-10:00 am	\$80.50/5	35658	

British Soccer Mini Soccer 4-5yrs

FUNDamental practices, skill-building activities and small sided games. All registrants will receive a soccer ball, T-shirt, and player evaluation. Register before June 6 and receive a free soccer jersey.

Nanoose, Jack Bagley Field				
Mo-Fr, Jul 18-22	10:30 am-12:00 pm	\$96.85/5	35659	
Qualicum Beach Community Park				
Mo-Fr, Aug 8-12	10:30 am-12:00 pm	\$96.85/5	35660	
Springwood Community Park				
Mo-Fr, Aug 29-Sep 2	10:30 am-12:00 pm	\$96.85/5	35661	

British Soccer Half Day 6-12yrs

Players of all ages and abilities will have the rare opportunity to receive high-level soccer coaching from a team of international experts. Each day includes individual foot skills, technical and tactical practices, small-sided games, and coached scrimmages. Players are grouped into age appropriate groups. All registrants will receive a soccer ball, T-shirt, and player evaluation. Register before June 6 and receive a free soccer jersey.

Nanoose, Jack Bagley Field				
Mo-Fr, Jul 18-22	9:00 am-12:00 pm	\$130/5	35635	
Mo-Fr, Jul 18-22	1:00-4:00 pm	\$130/5	35636	
Qualicum Beach Community Park				
Mo-Fr, Aug 8-12	9:00 am-12:00 pm	\$130/5	35637	
Mo-Fr, Aug 8-12	1:00-4:00 pm	\$130/5	35638	
Springwood Community Park				
Mo-Fr, Aug 29-Sep 2	9:00 am-12:00 pm	\$130/5	35639	
Mo-Fr, Aug 29-Sep 2	1:00-4:00 pm	\$130/5	35640	

British Soccer Full Day 7-12yrs

Players of all ages and abilities will have the rare opportunity to receive high-level soccer coaching from a team of international experts. The morning session follows the half-day curriculum with the afternoon session involving more expansive work on techniques and match play. Players are grouped into age appropriate groups. All registrants will receive a soccer ball, T-shirt and camp poster. Register before June 6 and receive a free soccer jersey.

Nanoose, Jack Bagley Field				
Mo-Fr Jul 18-22	9:00 am-4:00 pm	\$170/5	35632	
Qualicum Beach Community Park				
Mo-Fr, Aug 8-12	9:00 am-4:00 pm	\$170/5	35633	
Springwood Community Park				
Mo-Fr, Aug 29-Sep 2	9:00 am-4:00 pm	\$170/5	35634	

Junior Golf Camps 7-12yrs

This camp will focus on introducing new golfers to the game in a fun and safe environment and will teach juniors the development program skills. Students are placed in appropriate groups based on age and level of development. One week of camp includes 15 hours of coaching (10 golf and 5 fitness training), a discount on practice balls between classes, green fees during camp, clubs if needed, and unlimited practice balls during camp hours.

Randle Golf Academy at Morningstar				
Mo-Fr, Jul 11-15	9:00 am-12:00 pm	\$229/5	36114	
Mo-Fr, Aug 22-26	9:00 am-12:00 pm	\$229/5	36115	

Girl's Only Hockey Camp 8-15yrs

Join professional hockey player, Carly Haggard, 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.

8-11yrs				
Tu-Fr, Aug 2-5	11:00 am-3:15 pm	\$197/4	36153	
12-15yrs				
Tu-Fr, Aug 2-5	12:30-4:45 pm	\$197/4	36152	

Summer Fun Dance Camp 6-9yrs

This dance sampler will offer children a variety of dance moves including ballet, jazz, tap and musical theatre. Parents are invited to the final class to watch a small group performance. Beginners welcome. Children must have completed kindergarten to register in this camp.

Innovate Dance Arts				
Mo-Fr, Jul 11-15	9:30 am-12:15 pm	\$120/week	35749	

See page 13 for preschool dance camp

Claytime Creations Camp 6-12yrs

Join local pottery artist Anne Marie Veale to learn the skills and creativity of wheel work and hand building. Create your own masterpiece with clay. Fee includes all supplies and bisque firing. Allow four weeks to dry and bisque fire. Limited daily registration of \$45/1 is available.

Instructor: Anne Marie Veale				
Qualicum Commons				
Mo-Fr, Jul 4-8	10:00 am-3:00 pm	\$225/week	36236	
Mo-Fr, Aug 22-26	10:00 am-3:00 pm	\$225/week	35809	

Play with Paint: Mixed Media 11-16yrs

The course will lead you through instructions, demonstrations and hands-on exercises, providing tips and offering insights into the art of collage and mixed media. You will learn how to use spackle, different acrylic gels and mediums, transfers, collage, cheese cloth, tissue paper, magazine paper, washes and glazes, inks and more

McMillan Arts Centre				
Mo-Fr, Jul 25-29	1:00-4:00 pm	\$75/5	36129	

Drawing and Painting 8-12yrs

Explore your creative side. Drawing and painting will be based on what you can see, remember, or imagine. Some 3D wood sculpture construction will be incorporated into the program.

McMillan Arts Centre				
Mo-Fr, Aug 15-19	9:30 am-12:30 pm	\$125/5	35642	

Guitar Music and Rhythm 8-12yrs

Learn how to play guitar in a group setting. Skills will include picking and strumming as well as writing your own song. Please bring a guitar if you have one. Guitars are available upon request.

McMillan Arts Centre
We-Fr, Aug 3-5 1:00-3:00 pm \$75/3 35645

Byte Camp – Introduction to Coding Jr 9-12yrs

NEW

Discover how much fun it is to build your own video game. You will be introduced to basic coding skills with easy to use drag-and-drop software and use those skills to make your own game. You will also learn how to create a 2D vector artwork to make characters and levels that are your own. The final project is a game that you can take home on USB or proudly share with friends online.

Qualicum Beach Digital Media Studio
Mo-Fr, Aug 29-Sep 2 9:00 am-3:00 pm \$250/5 36112

Byte Camp - 2D Animation on Tablet 9-12yrs

Turn your drawing skills into awesome animation skills on our tablets. Participants will learn to storyboard and use some advanced animation skills to make their characters really come alive on the screen. Principles like squash and stretch, anticipation and exaggeration will be introduced in fun lessons and students will produce their own animated short films by the end of the week.

Qualicum Beach Digital Media Studio
Tu-Fr, Aug 2-5 9:00 am-3:00 pm \$205/4 35641

Byte Camp - 3D Animation 11-14yrs

Are you dreaming of a career with PIXAR? Spend the week learning how by modeling, animating and telling your own stories in 3D. You'll use Blender, free 3D software, to design characters that jump off the screen and come alive by adding voices, soundtracks and completing your own animated short film. Final projects are usually group projects with each student contributing a character and a scene.

Qualicum Beach Digital Media Studio
Mo-Fr, Jul 18-22 9:00 am-3:00 pm \$250/5 35665

GO Wild Outdoor Camp 6-12yrs

Get Outside (GO) for nature exploration, hands on discovery and lots of outdoor play at Moorecroft Regional Park. Campers will have the opportunity for seashore exploration, forest adventures, interactive crafts, nature based games, and lots more. Join us and get ready to GO-Wild this Season.

Moorecroft Regional Park
Mo-Fr Jul 11-15 9:00 am-3:00pm \$180/5 35643
Mo-Fr, Aug 8-12 9:00 am-3:00pm \$180/5 35644
Mo-Fr, Aug 22-26 9:00 am-3:00pm \$180/5 35817

Marine Adventures at VIU Deep Bay Marine Field Station

Join us for a camp filled with hands-on marine science. Look after the marine animals, work in the lab on science experiments, explore life in the tanks and on the beach, make crafts, take boat trips on a working research vessel and more. Optional lunch included for an additional fee. Weekly registration is encouraged; limited daily registration of \$55/1 is available.

VIU Deep Bay Marine Field Station
Fishy Fun Camp 6-8yrs
Mo-Fr, Jul 4-8 9:30 am-3:30 pm \$250/5 35981
Tu-Fr, Aug 2-5 9:30 am-3:30 pm \$200/4 35987
Lunch option \$5/1, \$25/5, \$20/4



Ocean Adventures Camp 9-12yrs
Mo-Fr, Jul 18-22 9:30 am-3:30 pm \$250/5 35993
Mo-Fr, Aug 22-26 9:30 am-3:30 pm \$250/5 35999
Lunch option \$5/1, \$25/5

Picnic and Play

Kids bring your adults and your dinner to play in your local community parks. This is a fun family evening and a great way to explore your community. Games and activities are provided by the RDN Recreation and Parks leaders, but we encourage you to bring a family favourite along. Propane BBQ's welcome.

Henry Morgan Community Park
95 Henry Morgan Drive, Bowser
Fr, Jul 8 5:00-8:00 pm FREE

Sandpiper/ Boulton Community Park
1291 Ormonde Drive, French Creek
Fr, Aug 5 5:00-8:00 pm FREE

Maple Lane Community Park
1035 Maple Lane Dr, San Paniel
Fr, Aug 26 5:00-8:00 pm FREE



Leaders In Training 13-17yrs

Leaders In Training (LIT) is a program designed specifically for YOUTH to develop tangible leadership skills that will benefit themselves and their community. Under the supervision of supportive mentors, youth experience working with a team of other like-minded individuals, learn basic group management skills, and develop a repertoire of games and crafts. Mandatory hands on workshops in leadership, teamwork, and child management are provided on Jul 4 to 8. A recognition certificate and letter will be given after completion of 45 volunteer hours in RDN summer camps and events. Pick up a registration package at Oceanside Place Arena or Ravensong Aquatic Centre for further details. This course fills quickly with a maximum of 25 youth. Register early to avoid disappointment.

Oceanside Place Arena
Mo-Fr, Jul 4-8 10:00 am-2:30 pm \$70 36113



Babysitters Certification Program 11-14yrs

Become a Red Cross certified babysitter. This course introduces basic first aid, how to respond to emergency situations, explains baby and child care, offers advice on becoming a responsible babysitter, and tips for finding babysitting jobs. Price includes manual and certificate.

Qualicum Commons			
Sa, Apr 2	9:00 am-4:00 pm	\$45/1	35610
Su, May 1	9:00 am-4:00 pm	\$45/1	35611
Bowser Elementary School			
Fr, May 13	9:00 am-4:00 pm	\$45/1	36242

Cartooning 10yrs +

Explore the FUNdamentals of drawing all things cartoon. We'll draw people, costumes, props, landscapes, buildings, vehicles, animals, and more; all the things you need for a rich story world.

Qualicum Commons			
Sa, Apr 9-30	10:00 am-12:00 pm	\$68/4	35612

Youth Group Guitar Lessons 14yrs+ NEW

This class is ideal for youth with at least 6 months of guitar experience. This small group lesson makes learning music fun. You will learn chord shapes, popular songs, scales and improvisation. Please bring your own guitar and tuner.

Instructor: Hugh Yardley			
Qualicum Commons			
Su, Apr 10-May 1	2:00-3:00 pm	\$72/4	36243

Private Guitar Lessons 11yrs+ NEW

Learn to play guitar in a safe, fun and comfortable setting. Lessons will be tailored to your level and interests. More advanced players will learn finger picking, note reading, scales and modes. These are four, half hour private lessons.

Instructor: Hugh Yardley			
Qualicum Commons			
Mo, Apr 4-25	6:00-6:30 pm	\$75/4	36250
Mo, Apr 4-25	6:30-7:00 pm	\$75/4	36251
Mo, Apr 4-25	7:00-7:30 pm	\$75/4	36252
Mo, Apr 4-25	7:30-8:00 pm	\$75/4	36253
Mo, May 2-30	6:00-6:30 pm	\$75/4	35682
Mo, May 2-30	6:30-7:00 pm	\$75/4	35683
Mo, May 2-30	7:00-7:30 pm	\$75/4	35684
Mo, May 2-30	7:30-8:00 pm	\$75/4	35685

Group Vocal Lessons 15yrs+ NEW

These small group vocal lessons are for people who enjoy singing in choirs or groups and would like to strengthen their singing voice and would like to try singing solo.

Instructor: Sharon Tomczyk			
Qualicum Commons			
Sa, Apr 2-23	11:00 am-12:00 pm	\$72/4	35690
Sa, May 28-Jun 18	11:00 am-12:00 pm	\$72/4	36245

Graphic Novels 10yrs+

Learn the basics of graphic novel creation, a popular, fast-growing, and rewarding genre. We will explore storyboarding, picture panels, speech bubbles, layout and characterization.

Qualicum Commons			
Sa, May 14-Jun 4	10:00 am-12:00 pm	\$68/4	36370

Youth One on One Singing Lessons 13yrs+ NEW

Private singing lessons with vocal instructor Sharon Tomczyk. Perfect for people that have always wanted to sing but don't currently feel confident about their singing voice.

Instructor: Sharon Tomczyk			
Qualicum Commons			
Sa, Apr 2-9	12:00-1:00 pm	\$72/2	36180
Sa, Apr 2-9	1:30-2:30 pm	\$72/2	36181
Sa, Apr 16-23	12:00-1:00 pm	\$72/2	36246
Sa, Apr 16-23	2:30-2:30 pm	\$72/2	36247

Song Writing Enhancement 15yrs+ NEW

This workshop will explore how to write songs. You will learn tips and ideas on how to enhance, enliven and add more character to your songs.

Instructor: Sharon Tomczyk			
Qualicum Commons			
Tu, May 3-24	6:30-8:30 pm	\$90/4	35686

Learn to Mountain Bike 8-adult NEW

Get outside and ride. Develop your mountain and trail riding techniques and score some cool riding gear including t-shirt and water bottle. First up is a bike and helmet check at Arrowsmith Bikes, the next 4 weeks will be at Jack Bagley field in Nanoose Bay then off to Top Bridge Mountain Bike Park for the final four weeks. Children, youth and adults at all skill levels welcome.

Instructor: Kebble Sheaff			
Arrowsmith Bikes			
Wed, Apr 13-Jun 8	6:30-8:00 pm	\$79/9	35725

Pickleball for Youth 11-14yrs NEW

Pickleball is social, engaging and great exercise. All equipment provided.

Oceanside Place Arena			
Th, Apr 28-May 19	3:30-4:15 pm	\$18/3	35536
Th, May 26 - Jun 9	3:30-4:15 pm	\$18/3	35537

Introduction to Pickleball 15yrs+ NEW

Knowledgeable instructors will explain the sport, rules, equipment, scoring, and court etiquette and get you playing the game. Upon completion of this intro program, you will have the skills to join the drop-in sessions. Equipment is provided.

Oceanside Place Arena			
Tu, Apr 26-May 10	1:00-2:15 pm	\$27/3	35526
Tu, May 17-31	1:00-2:15 pm	\$27/3	35527

Extreme Certification Week

15-18yrs

Get job ready during your spring break.

Red Cross Emergency First Aid with AED/CPR

Oceanside Place Arena
Mo, Mar 21 9:00 am-5:00 pm \$84.40/1 35620

Red Cross Standard First Aid with AED/CPR

Oceanside Place Arena
Mo-Tu, Mar 21-22 9:00 am-5:00 pm \$155.35/2 35619

Foodsafe

Oceanside Place Arena
Tu, Mar 22 9:00 am-1:00 pm \$75/1 35815

Workplace Safety and WHMIS

Oceanside Place Arena
Th, Mar 23 9:00 am-3:00 pm \$100/1 36043

Youth Employment Workshop

Parksville Career Centre
Fr, Mar 24 9:00 am-3:00 pm FREE 36044

Leaders In Training 13-17yrs

Leaders In Training (LIT) is a program designed specifically for YOUth to develop tangible leadership skills that will benefit themselves and their community. Under the supervision of supportive mentors, youth experience working with a team of other like-minded individuals, learn basic group management skills, and develop a repertoire of games and crafts. Mandatory hands on workshops in leadership, teamwork, and child management are provided on Jul 4 to 8. A recognition certificate and letter will be given after completion of 45 volunteer hours in RDN summer camps and events. Pick up a registration package at Oceanside Place Arena or Ravensong Aquatic Centre for further details. This course fills quickly with a maximum of 25 youth. Register early to avoid disappointment.

Oceanside Place Arena
Mo-Fr, Jul 4-8 10:00 am-2:30 pm \$70 36113

See page 36 for Aquatic Leadership.

May 1-7, 2016 is YOUth Week!

Youth Week is a national celebration of youth held annually May 1 to 7. It is a week of fun, interaction, and celebration intended to build a strong connection between young people and their communities.

To find out more and get involved go to www.rdn youth.ca or contact Kelly Valade, RDN Youth Recreation Programmer at kvalade@rdn.bc.ca or 250-248-3252.



Sing, Sing, Sing Workshop 13yrs+ NEW

Learn to sing and perform a popular song in two or three-part harmony in this 2-hour fun workshop.

Instructor: Sharon Tomczyk
Qualicum Commons
We, May 4 6:30-8:30 pm \$20/1 36249

Free Your Voice Workshop 14yrs+ NEW

Free your authentic singing voice in this playful and informative vocal lesson workshop. Experience the foundations of healthy singing, improve pitch control, increase your range, learn techniques to get the most out of your voice and exercises that encourage a clearer tone.

Instructor: Sharon Tomczyk
Qualicum Commons
Sa, May 7 1:00-3:00 pm \$20/1 36248

Youth Week Teen Swim 13-18yrs

Celebrate the start of Youth Week at Ravensong with a free swim. Youth 13 to 18 years can celebrate with a wild, wet and active swim with their friends.

Ravensong Aquatic Centre
Fr, May 6 7:00-9:00 pm Free

Extreme Teen Swims NEW

The last Friday of the month things get extreme during our teen swim with activities geared to our teen crowd. Be prepared for exclusive access to the Dino Ribs inflatable toy, great music and more.

Ravensong Aquatic Centre
Fr, Apr 29 7:00-9:00 pm Regular admission
Fr, May 27 7:00-9:00 pm Regular admission
Fr, Jun 24 7:00-9:00 pm Regular admission



New Adventure Camp 10-13yrs

Join the New Adventure Camp crew for a very active summer. Each week will be filled with at least two out trips, plus a mixture of onsite activities including slacklining, beach volleyball and water activities. Come see what new adventures we have in store for you this summer. Weekly registration is encouraged; limited daily registration of \$32/1 is available.

Parksville Curling Club			
Mo-Fr, Jul 4-8	8:00am-5:00 pm	\$162/week	35818
Mo-Fr, Jul 11-15	8:00am-5:00 pm	\$162/week	35824
Mo-Fr, Jul 18-22	8:00am-5:00 pm	\$162/week	35830
Mo-Fr, Jul 25-29	8:00am-5:00 pm	\$162/week	35836
Tu-Fr, Aug 2-5	8:00am-5:00 pm	\$130/week	35842

Byte Camp: 3D Animation 11-14yrs

Are you dreaming of a career with PIXAR? Spend the week learning how by modeling, animating and telling your own stories in 3D. You'll use Blender, free 3D software, to design characters that jump off the screen and come alive by adding voices, soundtracks and completing your own animated short film. Final projects are usually group projects with each student contributing a character and a scene.

Qualicum Beach Digital Media Studio			
Mo-Fr, Aug 29-Sep 2	9:00 am-3:00 pm	\$250/week	35665



What's Up

For the most up to date information on what's happening go to rdnyouth.ca

Express Camp 11-14yrs

A truly unique summer experience that is unmatched on the island. Jump in the RDN van with our specialized youth leaders for an experience you will never forget; choose your adventure from Comox to Cowichan. Detailed calendars will be available July 4th at Oceanside Place Arena, Ravensong Aquatic Centre and online at www.rdnyouth.ca and www.rdn.bc.ca/recreation.

Oceanside Place Arena			
Wild Play Monkido Aerial Adventure			
Mo, Jul 11	9:00 am-4:00 pm	\$45/1	35858
Movie and Swim in Nanaimo			
Tu Jul 12	9:00 am-4:00 pm	\$45/1	35870
Mt Washington Hike and Bungee Trampoline			
We Jul 13	9:00 am-4:00 pm	\$45/1	35869
Fossil Dig in Courtenay			
Mo, Jul 18	9:00 am-4:00 pm	\$45/1	35890
Horne Lake Caving			
Tu, Jul 19	9:00 am-4:00 pm	\$45/1	35891
Fuller Lake Swim			
We, Jul 20	9:00 am-4:00 pm	\$45/1	35892
Stand Up Paddleboarding			
Mo, Jul 25	9:00 am-4:00 pm	\$45/1	35877
Romper Room Climbing Gym			
Tu, Jul 26	9:00 am-4:00 pm	\$45/1	35878
Go Karts and Riverside Waterslides			
We, Jul 27	9:00 am-4:00 pm	\$45/1	35880
Movie and Swimming in Nanaimo			
Tu, Aug 2	9:00 am-4:00 pm	\$45/1	35862
Nanaimo Canoe and Kayaking on Long Lake			
We, Aug 3	9:00 am-4:00 pm	\$45/1	35864
Wild Play Monkido Aerial Adventure			
Th, Aug 4	9:00 am-4:00 pm	\$45/1	35857
Mo-Fr, Aug 8-12	9:00 am-4:00 pm	\$195/wk	35879
Courtenay Laser Tag			
Mo, Aug 8	9:00 am-4:00 pm	\$45/1	35881
Fossil Dig in Courtenay			
Tu, Aug 9	9:00 am-4:00 pm	\$45/1	35882
Stand Up Paddle Boarding and Swim			
We, Aug 10	9:00 am-4:00 pm	\$45/1	35865
Romper Room Climbing Gym			
Th, Aug 11	9:00 am-4:00 pm	\$45/1	35883
Mt Washington Hike and Bungee Trampoline			
Fr, Aug 12	9:00 am-4:00 pm	\$45/1	35889
Mo-Fr, Aug 15-19	9:00 am-4:00 pm	\$195/wk	35854
Elk Falls Suspension Bridge			
Mo, Aug 15	9:00 am-4:00 pm	\$45/1	35859
Newcastle Island Adventure			
Tu, Aug 16	9:00 am-4:00 pm	\$45/1	35849
Horne Lake Caving			
We, Aug 17	9:00 am-4:00 pm	\$45/1	35866
Fuller Lake Swim			
Th, Aug 18	9:00 am-4:00 pm	\$45/1	35850
Go Karts and Riverside Waterslides			
Fr, Aug 19	9:00 am-4:00 pm	\$45/1	35851
Mo-Fr, Aug 22-26	9:00 am-4:00 pm	\$195/wk	35853
Deep Bay Marine Station			
Mo, Aug 22	9:00 am-4:00 pm	\$45/1	35852
Movie and Bumper Boats			
Tu, Aug 23	9:00 am-4:00 pm	\$45/1	35855
Courtenay Laser Tag			
We, Aug 24	9:00 am-4:00 pm	\$45/1	35856
The Abyss Hike and Swim at Fuller Lake			
Th, Aug 25	9:00 am-4:00 pm	\$45/1	35856
Nanaimo Canoe and Kayaking on Long Lake			
Fr, Aug 26	9:00 am-4:00 pm	\$45/1	35868



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 Commons

Sa, Apr 23	9:00 am-3:00 pm	\$71/1	36174
Sa, May 28	9:00 am-3:00 pm	\$71/1	36175
Th, Aug 4	9:00 am-3:00 pm	\$71/1	36176

Red Cross AED/CPR C Recert 14yrs+

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 Commons

We, May 4	4:00-6:00 pm	\$44.30/1	36187
We, Jul 6	4:00-6:00 pm	\$44.30/1	36191

See page 23 for First Aid programs for 15-18 years.

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

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, automated external defibrillators and first aid skills for common emergencies. Retraining is recommended every three years.

Qualicum Commons

Sa, May 14	9:00 am-5:00 pm	\$84.40/1	36196
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Red Cross Emergency First Aid with AED/CPR 14yrs+

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

Qualicum Commons

Sa, Apr 23	9:00 am-5:00 pm	\$84.40/1	36199
Sa, May 28	9:00 am-5:00 pm	\$84.40/1	36200
Th, Aug 4	9:00 am-5:00 pm	\$84.40/1	36201

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 National Lifeguard Certification.

Qualicum Commons

Sa/Su, Apr 23/24	9:00 am-5:00 pm	\$155.35/2	36211
Sa/Su, May 28/29	9:00 am-5:00 pm	\$155.35/2	36212
Th/Fr, Aug 4/5	9:00 am-5:00 pm	\$155.35/2	36213





Minds in Motion™

Find support through this fitness and social program for people experiencing early stage memory loss due to Alzheimer's disease or a related dementia. A certified fitness instructor will guide you through a gentle routine followed by some social time including games and activities. Partners/ caregivers register at no extra cost.

Instructor: Alzheimer Society and Doug Pickard
Parkville Community & Conference Centre

Fr, Apr 1-May 6	1:30-3:30 pm	\$42/6	35569
Fr, May 13-Jun 17	1:30-3:30 pm	\$42/6	35570
Fr, Jun 24-Jul 29	1:30-3:30 pm	\$35/5	35571

Healthy Walk and Talk with the Doc

NEW

Need a wellness wake up? Join us for our FREE weekly walk and talk series. Dr. Poteryko and special guests will begin with a short talk on healthy living and then follow it with a healthy gentle 20-30 minute walk in the community parks and trails. This program will run rain or shine.

Instructor: Dr. Poteryko
Qualicum Civic Centre

We, Jun 1-29	10-11:15 am	Free	35692
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Seated Fitness – Level 1

This is the first level of our healthy lifestyle series and is 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.

Instructor: Jeannine Krefting
Qualicum Commons

Mo, We, Feb 29-Apr 27	9:45-10:45 am	\$87.92/17	35580
Mo, We, May 2-Jun 22	9:45-10:45 am	\$77.58/15	35615

Instructor: Pauline Vandermoore
Parkville Community & Conference Centre

Tu, Th, Mar 1-Apr 21	10:00-11:00 am	\$82.75/16	35581
Tu, Th, Apr 26-Jun 16	10:00-11:00 am	\$82.75/16	35616

Gentle Fit – Level 2

This is the second level of our healthy lifestyle series and is designed for varied abilities and includes modified movements for either sitting or standing. The focus is on balance, flexibility, core strength and stability. This class is ideal for older adults who use a walker or cane.

Instructor: Jeannine Krefting
St Edmunds Church

Mo, Th, Apr 4-28	11:45 am-12:45 pm	\$50.64/8	35550
Mo, Th, May 2-26	11:45 am-12:45 pm	\$44.31/7	35551
Mo, Th, May 30-Jun 23	11:45 am-12:45 pm	\$50.64/8	35618

Gentle Cardio – Level 3

This is the third level of our healthy lifestyle series and is a low impact aerobics class for older adults who want to increase their fitness and cardio levels. With a focus on endurance, coordination and core stability, participants will leave feeling strong and energized. Participants must be able to be on their feet for 45 minutes.

Instructor: Jeannine Krefting
St Edmunds Church

Mo, Th, Apr 4-28	1:30-2:30 pm	\$50.64/8	35548
Mo, Th, May 2-26	1:30-2:30 pm	\$44.31/7	35549
Mo, Th, May 30-Jun 23	1:30-2:30 pm	\$50.64/8	35617

Non Impact Aerobics (NIA)

'Love your body, love your life' with fusion fitness done to soul-stirring music. Use dance, healing, martial arts, and the wisdom of the body to strengthen mind and spirit. Experience a Non Impact Aerobic (NIA) fitness class like no other.

Instructor: Tristan Campbell
Qualicum Beach Community Hall

Tu, Mar 15-Apr 19	10:00-11:00 am	\$68/6	35573
Tu, Apr 26-May 31	10:00-11:00 am	\$68/6	35575

Belly Fit

A holistic fitness experience designed for the female body, mind and spirit. Class includes cardio and core work with inspiration from Bollywood, African dance, Pilates and Yoga.

Instructor: Cora Schiller
St Edmunds Church

Th, Apr 7-May 26	5:30-6:30 pm	\$82.40/8	35545
Th, Jun 2-30	5:30-6:30 pm	\$51.50/5	35621

Beginner Hula Hooping Series

Join us for an energy packed series on this past time from the past. You will be using various sized and weighted hoops and learn the foundation of both on and off body techniques. Everyone is welcome including youth 12 years and older with an attending adult.

Instructor: Cora Schiller
Oceanside Place Arena

We, Apr 6-May 4	6:30-7:30 pm	\$50/5	35543
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Gentle Yoga

This class is a delicious and unique blend of yin, restorative and traditional Hatha yoga asana. The objectives are to release deep tension holding patterns, to quiet the mind and to connect with your higher self. This class is perfect for beginners or those looking for a slower paced, gentle practice. Please bring a yoga mat.

Hot N. Cool Yoga Club Parksville
 Tu, Th, Apr 12-May 12 1:00-2:15 pm \$125/10 35552

Strength and Stretch

NEW

Looking to add more strength and stretch training into your daily routine? This class will focus on easy to follow exercises using body weights and free weights to help to build overall strength, increase balance, stability and flexibility.

St Edmunds Church
 Instructor: Pauline Vandermoore
 Tu, Apr 5-May 24 6:00-7:00 pm \$72/8 36261

Pickleball Drop-In at Qualicum Beach

Drop-in and find out what all the buzz is about. Pickleball is a sport that mixes elements of a number of court sports and ping pong. A great way to get moving in a social setting. Three courts will be set up at the Qualicum Beach Civic Centre.

Qualicum Beach Civic Centre
 Mo, We, Fr, Mar 2-Apr 15 9:00-11:00 am
 Drop-in \$3.50/1
 No sessions Mar 18, 25, 28, Apr 13

Pickleball Drop-In at Oceanside Place Arena

Nine courts will be available. Join us on Mon, Apr 18 for FREE drop-in Pickleball.

Oceanside Place Arena
 Mo-Fr, Apr 18-Jun 23 9:00 am-4:30 pm
 Drop-in \$3/1
 No sessions May 5, 6, 23, Jun 10

Introduction to Pickleball 15yrs+

Knowledgeable instructors will explain the sport, rules, equipment, scoring, and court etiquette and get you playing the game. Upon completion of this intro program, you will have the skills to join the drop-in sessions. Equipment is provided.

Oceanside Place Arena
 Tu, Apr 26-May 10 1:00-2:15 pm \$27/3 35526
 Tu, May 17-31 1:00-2:15 pm \$27/3 35527

Pickleball for Advanced Beginner 19yrs+

If you know the basic skills of pickleball and are interested in advancing your skills, then this class is for you.

Oceanside Place Arena
 Tu, Apr 26-May 10 2:30-3:45 pm \$27/3 35530
 Tu, May 17-31 2:30-3:45 pm \$27/3 35531
 We, Apr 27-May 11 1:00-2:15 pm \$27/3 35532
 We, May 18-Jun 1 1:00-2:15 pm \$27/3 35533

Pickleball for Intermediate 19yrs+

This class provides advance instruction for the competitive player wanting to improve their game.

Oceanside Place Arena
 We, Apr 27-May 11 2:30-3:45 pm \$27/3 35534
 We, May 18-Jun 1 2:30-3:45 pm \$27/3 35535

Beginner Tennis Instruction

Learn the basics of tennis; serving, returning, baseline to net play, footwork and strategy. Classes are taught by Tennis Canada Certified instructor, Alan Oslie.

Instructor: Alan Oslie
 Springwood Tennis Courts
 Mo, May 30-Jun 20 6:30-8:00 pm \$50/4 35544

Co-ed 6 on 6 Summer Soccer 16yrs+

Are you a soccer enthusiast and avid soccer player? This league is perfect for you to hone your skills. With six weeks of round robin play and a two day wrap up tournament, it is a social and active way to spend your summer evenings. Please register before June 30. Sub list will open for registration on July 2.

Kwalikum Secondary School
 Th, Jul 7-Aug 25 6:00-8:30 pm \$25.75/8 35625
 Th, Jul 7-Aug 25 6:00-8:30 pm Sub list \$11.50 35626

Lawn Bowling for Beginners

NEW

Are you looking for an activity that you can do all year? The Qualicum Beach Lawn Bowling Club has beautiful indoor and outdoor facilities that are perfect for all seasons. Take this five week program to learn the basics of indoor and outdoor bowling on full size carpet greens. This game is a strategic, challenging and fun sport that can be enjoyed by people of all ages.

Qualicum Beach Lawn Bowling Indoor Green
 Tu, Apr 5- May 3 5:30-7:00 pm \$40/5 35691

Learn to Mountain Bike 8-adult

Get outside and ride. Develop your mountain and trail riding techniques and score some cool riding gear including t-shirt and water bottle. First up is a bike and helmet check at Arrowsmith Bikes, the next 4 weeks will be at Jack Bagley field in Nanoose Bay then off to Top Bridge Mountain Bike Park for the final four weeks. Children, youth and adults at all skill levels welcome.

Instructor: Kebble Sheaff
 Arrowsmith Bikes
 We, Apr 13-Jun 8 6:30-8:00 pm \$79/9 35725

Recreational Golf Lessons

Are you new to golf or looking for a tune-up on the basics? Beginner lessons cover the basics of putting, chipping, full swing with irons and woods. Participants will learn a proper foundation on which to build their game. The series finishes with an outing on the golf course to learn game flow, basic rules and golf etiquette. Class includes a learning manual and use of clubs if needed. Class maximum is 6 students.

Randle Golf Academy at Morningstar
 Women's only lessons
 Mo, Apr 4-May 2 10:00-11:00 am \$140/5 36116
 Mo, Apr 4-May 2 6:00-7:00 pm \$140/5 36117
 Th, Apr 7-May 5 6:00-7:00 pm \$140/5 36118
 Mo, May 9-Jun 13 6:00-7:00 pm \$140/5 36119
 Tu, May 10-Jun 7 10:00-11:00 am \$140/5 36120
 We, May 11-Jun 8 2:00-3:00 pm \$140/5 36121
 Th, May 12-Jun 9 2:00-3:00 pm \$140/5 36122
 Th, May 12-Jun 9 6:00-7:00 pm \$140/5 36123
 Mo, Jun 20-Jul 18 10:00-11:00 am \$140/5 36259
 We, Jun 22-Jul 20 7:00-8:00 pm \$140/5 36260

Co-ed lessons **NEW**
 Tu, Apr 5-May 3 5:00-6:00 pm \$140/5 36124
 Tu, May 10-Jun 7 5:00-6:00 pm \$140/5 36125
 We, May 11-Jun 8 6:00-7:00 pm \$140/5 36126
 Th, Jun 23-Jul 21 6:00-7:00 pm \$140/5 36127

Walking and Talking with Certified Park Naturalists

Park Naturalists love to walk, talk and share the incredible natural world we have around us. Join one for a stroll in our local parks and trail systems. There'll be plenty of stops along the way and leave you with a greater appreciation for the wonders of the surrounding area. You'll come back feeling refreshed, inspired and comfortable spending time in these areas in the future.

People, Plants and Bugs

Enjoy a stroll along the Lighthouse Country Regional Trail - as we reveal the many local plants that you could use for your own survival and comfort on a daily basis. See, touch, taste and feel as our Park Naturalist brings samples to share from hand salve for your cracked gardening hands to a new (but old) way to make your next bit of rope.

Instructor: RLC Park Naturalists
Lighthouse Country Regional Trail
Th, May 12 10:00 am-12:00 pm \$15.50/1 35589

Intertidal Mecca

Welcome to Moorecroft Regional Park, the intertidal mecca of Vancouver Island's east shores. From barnacles to the "love cycle" of the sea cucumber, you don't want to miss this interesting session in the tidal pools.

Instructor: RLC Park Naturalists
Moorecroft Regional Park
Tu, Jun 7 1:00-3:00 pm \$15.50/1 35586

Salmon Forest

It's time for some big biodiversity with a walk in a salmon forest with a certified Park Naturalist. From the new life of the tiny salmon, fry to the ancient giant trees, come discover the Big Qualicum River Regional Trail's unique ecosystem. Do trees really eat salmon? Yes.

Instructor: RLC Park Naturalist
Big Qualicum River Regional Trail
Th, Jun 9 10:00 am-12:00 pm \$15.50/1 35588

Geology Tour

Join Dr. Steven Earle for an interpretive geology tour on the beaches of Nanoose Bay. Learn simple identification techniques and a bit about the island's geological history. Transportation will be provided from your choice of either Oceanside Place Arena at 9:00 am or Nanoose Place at 9:30 am.

Instructor: Dr. Steven Earle
Nanoose Place
We, Jun 15 9:30 am-12:30 pm \$27.75/1 35553

Horne Lake Canoe Tour

Join us for a new twist on a nature walk; a nature paddle. A brief introductory canoe lesson will start you off – no experience necessary- followed, by a paddle along the shoreline of Horne Lake. All canoes, safety equipment and transportation to and from Oceanside Place are provided.

Oceanside Place Arena
Instructor: RLC Naturalist
Sa, Jun 4 9:00 am-1:30 pm \$52/1 35560
Sa, Aug 6 9:00 am-1:30 pm \$52/1 36130

Bird Tour

Bring your camera and binoculars for a walk with RLC Park Naturalists. This two hour tour of Moorecroft Regional Park will sure to delight novice and expert bird watchers, as this beautiful park is home to a diverse list of species.

Moorecroft Regional Park
Instructor: RLC Naturalist
Tu, May 31 7:30-9:30 am \$15.50/1 35562

Kayaking

These tours are perfect for beginners. The kayak, gear and basic instruction in paddling strokes and safety procedures are included. Double kayaks are available to paddle with a friend or for a younger family member. Please ask for your kayaking trip outline when registering which includes what to wear, bring and directions to the launch site. Instructor: These tours are led by Adventuress Sea Kayaking

Discover Kayaking

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

Nanoose
Sa, Jun 11 9:45 am-2:30 pm \$61.30/1 35565

Full Moon Howl

Experience the magic of kayaking on the ocean by the light of the full moon.

Parksville
Sa, May 21 7:00-9:15 pm \$52/1 35564

Wildlife Lunch 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.

Nanoose
Su, Jun 12 9:45 am-2:00 pm \$79/1 35563

Sunset Paddle

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

Qualicum Beach
Sa, Jun 25 7:30-9:45 pm \$52/1 35566

Oceanside Family Tour

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

Qualicum Beach
Su, Jun 26 10:00 am-12:15 pm \$52/1 35567

Canada Day Fireworks Paddle

A special way to celebrate Canada. Paddle off the Parksville shoreline and watch the spectacular fireworks display.

Parksville
Fr, Jul 1 8:30-11:00 pm \$61.30/1 35568

Paddleboarding

Experience the fastest growing way to get out on the ocean! Flat-water paddle boarding is easy to learn and provides a gentle head-to-toe workout and exhilarating view of the water, shoreline and island scenery. Float along the ocean at your own pace enjoying your exhilarating surroundings. This introductory program will cover the basics of this gentle water sport.

Instructor: Micheal Addiscott
Qualicum Beach Waterfront
Mo, Tu, Jun 20-21 6:00-7:30 pm \$70/2 35753
Tu, We, Jul 19-20 10:00-11:30 am \$70/2 35627

Hiking Information Session

Have you ever wanted to explore some of the area’s beautiful mountains? A local alpine guide shares tips and resources for family adventures and avid hikers. Ask questions before heading out on our 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.

Note: This course is MANDATORY for all new participants in the Alpine Hikes; Arrowsmith CPR Regional Trail, Mount Cokely, Mount Moriarty, Mount Arrowsmith.

Instructor: Michael Addiscot

Oceanside Place Arena			
Mo, Apr 18	6:30-8:30 pm	\$8.75/1	35558
Mo, Jun 13	6:30-8:30 pm	\$8.75/1	35559

Hikes

These guided hikes are refreshingly timeless and are scheduled in order of increasing difficulty. Trails are a mixture of rough footpath, developed trail and woodlot. If you have questions, please contact the Recreation and Parks Department for more information. Times are approximate.

Hike Intensity Rating

- ★ Long stretches of steady incline and steep terrain
- ★★ Steep terrain, consistent climb, alpine conditions
- ★★★ Very steep terrain, consistent climb, alpine conditions

Mount Horne★ (750 m, 5 hrs)

Embarking on this hike from the spectacular Cathedral Grove, this tour will take you through both man-made and natural elements that remind us of the history of the area. The scenic climb ends with a rocky scramble to the top of the bluff where you can see out to Mount Arrowsmith Massif and the Alberni Inlet.

Instructor: Michael Addiscot

Ravensong Aquatic Centre			
Sa, May 7	8:00 am-1:00 pm	\$30/1	35557

Wesley Ridge ★ (600 m, 7 hrs)

Hike steep, old-growth forest trails to the ridge for a look at 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.

Instructor: Michael Addiscot

Ravensong Aquatic Centre			
Sa, May 21	8:00 am-3:00 pm	\$35/1	35556

Mount Benson Regional Park ★ (1019 m, 9 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, Sunshine Coast and Washington State. Transportation provided from Oceanside Place to trail head.

Instructor: Michael Addiscot

Oceanside Place Arena			
Sa, Jun 4	8:00 am-5:00 pm	\$35/1	35555

Alpine Hikes

These guided day trips are rigorous and meant to introduce fit hikers to our precious and popular mid-island alpine areas. Attendance at a Hiking Information Session to learn more about what to expect when venturing outdoors is mandatory for all new participants.

Arrowsmith CPR Regional Trail ★★ (3,150 ft., 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.

Instructor: Michael Addiscot

Ravensong Aquatic Centre			
Sa, Jun 18	8:00 am-5:00 pm	\$45/1	35542

Mount Cokely ★★ (5,301 ft., 9hrs)

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. Transportation provided from Ravensong Aquatic Centre to trail head.

Instructor: Michael Addiscot

Ravensong Aquatic Centre			
Sa, Jul 9	8:00 am-5:00 pm	\$45/1	35622

Mount Moriarty ★★★ (5,282 ft., 10hrs)

Hike from Labour Day Lake along the ‘Stairmaster’ - a steep forest trail leading to the summit, then along an undulating alpine ridge where it is beautiful beyond words. Transportation provided from Ravensong Aquatic Centre to trail head.

Instructor: Michael Addiscot

Ravensong Aquatic Centre			
Sa, Jul 16	8:00 am-6:00 pm	\$50/1	35623

Mount Arrowsmith ★★★ (5,962 ft., 11hrs)

Our ascent takes us up “Judges Route” to the highest peak and crown jewel of southern Vancouver Island’s alpine region. The route is steep and loose so be prepared to scramble, use handholds, careful foot placement, and watch for quick changes in weather as you climb up this iconic mountain. Transportation provided from Ravensong Aquatic Centre to trail head.

Instructor: Michael Addiscot

Ravensong Aquatic Centre			
Sa, Jul 23	8:00 am-7:00 pm	\$50/1	35624



NEW

Cooking at VIU Deep Bay Marine Station

Join Chef Lila Ruzicka and her team for delicious learning and scrumptious dining. You will leave with a wealth of new knowledge and skills, a complementary recipe booklet, and a full stomach! Classes are either demonstration or light hands on. Discounted price for couples or for individuals booking a full series of three programs.

SPRING FAVOURITE SERIES

Artisanal Bread

There's nothing better than the smell of freshly baked bread, especially when you bake it yourself. We will create a glorious braided Easter loaf, authentic Focaccia, the best pizza dough and homemade rainforest crisps. Includes a light lunch, plus take home your own Easter loaf, a pack of crisps and a recipe booklet. Light hands-on.

Sa, Mar 19 1:00-3:30 pm \$75/1 or \$195/3 36228
second person \$65/1

High Tea Basics

Learn the secrets to the perfect scone, and create gourmet tea sandwiches and charming sweets. Tips on presentation, ingredients and gluten free ideas will be shared while you sip on artisanal teas and dine on delicious goodies. You will leave with a selection of scones and house preserves, and the skills to host your own garden tea party. Demonstration.

Su, Apr 3 1:00-3:30 pm \$75/1 or \$195/3 36036
second person \$65/1

High Tea II

If you already know the basics behind pastries and want to learn some more professional pastry chef magic this class is for you. We will focus on the elusive French Macarons, chocolate ganache, glazing, icing and piping, as well as versatile lemon curd and whimsical delicious garnishes. Tips on presentation, specialty ingredients and gluten free ideas will be shared. You will leave with French Macarons and the skills of a French pastry chef. Bon Appetit! Advanced Demonstration.

Sa, Apr 16 1:00-3:30 pm \$75/1 or \$195/3 36037
second person \$65/1

INTERNATIONAL FLAVOURS SERIES

Eastern European Old World

Explore Eastern Europe through its different cuisines, from Blinis to Pierogis to Borscht. What is Hasenpfeffer anyway? Come and find out! These are soul satisfying, delicious, hearty dishes guaranteed to bring out the pampushka in you. After enjoying a multi-course feast with beer and wine pairing, you will leave feeling stuffed and satisfied. Light hands-on.

Sa Apr 30 1:00-4:30 pm \$95/1, \$225/3 36038
second person \$75/1

Taste of India

We will fill the room with intoxicating aromas as we guide you through authentic Indian recipes full of spices and flavor. This lesson and tasty feast, paired with beer and wine, will give you the confidence to hit the spice market and create an Indian Feast of your own. Light hands-on.

Sa, May 14 1:00-4:30 pm \$95/1, \$225/3 36039
second person \$75/1

Thai at Home

Who needs take away? There are five fundamental flavors in Thai cuisine – sweet, spicy, sour, bitter and salty. Explore these flavors and the crucial role that garlic, chilies and lemon, grass play in preparing a Thai feast which you will enjoy paired with beer and wine. Leave feeling full, inspired and ready to cook Thai-style cuisine. Light hands-on.

Sa May 28 1:00-4:30 pm \$95/1, \$225/3 36040
second person \$75/1

Foraging for Wild Edibles on the Seashore

Some of the year's lowest tides will occur in March and April, uncovering a variety of edible treasures. Join us on an intertidal foraging excursion on the beach, learn harvesting techniques, and sample salty-sweet ocean delicacies. Foragers will learn about First Nations' use of shellfish, local marine ecology, species identification and what island wines complement the organic ocean treats. Participants will return to the marine station for a short cooking demonstration and a shellfish themed meal paired with Vancouver Island wines all prepared by Chef Lila Ruzicka. Active hands-on.

VIU Deep Bay Marine Field Station
Su, Mar 13 1:00-6:00 pm \$125/1 36041
Sa, Apr 9 11:00 am-4:00 pm \$125/1 36042

Group Guitar Lessons

This class is ideal for youth and adults with at least 6 months of guitar experience. You will learn chord shapes, popular songs, scales and improvisation. Please bring your own guitar and tuner.

Instructor: Hugh Yardley
Qualicum Commons

Su, Apr 10-May 1 1:00-2:00 pm \$72/4
35681

Private Guitar Lessons 11yrs+ NEW

Learn to play guitar in a safe and comfortable one on one setting. Lessons are tailored to your level and interests. More advanced players will learn finger picking, note reading, scales and modes. These are four, half hour private lessons.

Instructor: Hugh Yardley
Qualicum Commons

Mo, Apr 4-25	6:00-6:30 pm	\$75/4	36250
Mo, Apr 4-25	6:30-7:00 pm	\$75/4	36251
Mo, Apr 4-25	7:00-7:30 pm	\$75/4	36252
Mo, Apr 4-25	7:30-8:00 pm	\$75/4	36253
Mo, May 2-30	6:00-6:30 pm	\$75/4	35682
Mo, May 2-30	6:30-7:00 pm	\$75/4	35683
Mo, May 2-30	7:00-7:30 pm	\$75/4	35684
Mo, May 2-30	7:30-8:00 pm	\$75/4	35685

Group Vocal Lessons 15 yrs+ NEW

These small group vocal lessons are for people who enjoy singing in choirs or groups and would like to strengthen their singing voice and would like to try singing solo.

Instructor: Sharon Tomczyk
Qualicum Commons

Sa, Apr 2-23	11:00-12:00 pm	\$72/4	35690
Sa, May 28-Jun 18	11:00-12:00 pm	\$72/4	36245

Adult One on One Singing Lessons NEW

These private singing lessons are perfect for people that have always wanted to sing but don't currently feel confident about their singing voice.

Instructor: Sharon Tomczyk
Qualicum Commons

We, May 4, 11	11:00-12:00 pm	\$72/2	35688
We, May 4, 11	12:00-1:00 pm	\$72/2	36262
We, May 18, 25	11:00-12:00 pm	\$72/1	35689
We, May 18, 25	12:00-1:00 pm	\$72/1	36263

Song Writing Workshop 15 yrs+ NEW

This workshop will explore how to write songs. You will learn tips and ideas on how to enhance, enliven and add more character to your songs.

Qualicum Commons

Tu, May 3-24	6:30-8:30 pm	\$90/4	35686
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Water Day

Qualicum Commons

Sunday, April 3, 2016

10:00 am – 5:00 pm

Free community events with interactive booths, workshops and speakers.

Kids Activities – Artists – Food Concession – Live Music – Workshops.

Pre-register in one or all of these free workshops.



Your Community's Water

Ever wonder where your water comes from and how it's managed? Learn all about your community's water, from source to tap and beyond – including data gaps and current research.

Qualicum Commons

Su, Apr 3	10:15-11:00 am	Free	35591
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First Nation's Stories

Inspire your whole family, while hearing from First Nation's storytellers who will share a unique cultural perspectives on water and habitat, historically and today.

Qualicum Commons

Su, Apr 3	11:00-11:45 am	Free	35592
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Life in Your Watershed

Come learn what creatures you share your watershed with, the habitat they need to survive and why diversity is essential for a healthy environment.

Qualicum Commons

Su, Apr 3	11:45-12:30 pm	Free	35593
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Efficient Irrigation

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 how to get your system ready for the summer: ensure it delivers water effectively, schedule it efficiently and utilize water-saving hardware for a water smart system.

Qualicum Commons

Su, Apr 3	12:30-1:30 pm	Free	35594
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Rainwater Harvesting

Come and discover how you can put rainwater to use on your property, whether for irrigating your garden, flushing your toilets or creating a rain garden. Discover from experts the ins and outs of harvesting rainwater that falls on your property, including system components, design options and best practices.

Qualicum Commons

Su, Apr 3	1:30-2:30 pm	Free	35590
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Lawn Alternatives

Water use doubles in the summer. Discover ways to adopt edible and native plants, beautiful rock gardens, and surfaces that protect and recharge groundwater into your gardening plan. Have your yard look vibrant without chemicals or excess water. Save money and resources.

Qualicum Commons

Su, Apr 3	2:30-3:30 pm	Free	35595
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Water Wise Veggie Gardening

Convert yard space to food production – learn how to get started growing fruits and vegetables year round to improve your self-sufficiency and nutrition, even in drought conditions. Topics include planning for year-round food production, pesticide free gardening, soil enrichment and a healthy 'Soil Food Web'.

Qualicum Commons

Su, Apr 3	3:30-4:30 pm	Free	35596
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Private Swim Lessons

Looking for some one on one help? Working on a specific goal or skill? Need some flexibility in your schedule? If so, private lessons might just be the answer. Semi-private lessons can also be arranged for small groups of friends and family members.

Up to four 30 minute lessons	\$27.20/lesson
Five or more 30 minute lessons	\$24.85/lesson
Semi private for 2 people	\$39.40/lesson
Each additional person	\$13.75/lesson

Adaptive Swim Program 3-15yrs

This is an adaptive swim program for children who have been experiencing difficulties in achieving their swimming goals. This facilitated time provides minimal sensory distractions, and a supportive environment appropriate for children with a wide range of challenges that are looking to integrate into other swimming programs in the future. Program supported by ASBC.

Mo, Apr 4-May 30	1:00-1:45 pm	\$60/8	36147
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Homeschool Lessons 4yrs +

Sign up on line or in person for our afternoon lessons that are tailor made for families that homeschool their children. The Red Cross Swim Kids Program will be taught during these lessons.

Preschool			
We, Mar 30-May 25	2:00-2:30 pm	\$57.35/9	35313
Swim Kids 1/2			
We, Mar 30-May 25	1:30-2:00 pm	\$57.35/9	35309
Swim Kids 3/4			
We, Mar 30-May 25	2:00-2:30 pm	\$57.35/9	35310
Swim Kids 5/6			
We, Mar 30-May 25	1:30-2:15 pm	\$67.50/9	35311
Swim Kids 7-10			
We, Mar 30-May 25	1:30-2:15 pm	\$67.50/9	35312

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.

Sa, Apr 2-Jun 11	10:30-11:00 am	\$63.70/10	35314
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Diving Club 8-12yrs

Learn the basics of diving through progressive land, water and springboard skills. Work at your own pace to learn front and back pike jumps and dives, hurdle jumps, tucks and advanced dives like flips and somersaults. Participants must be comfortable in deep water. Pre-requisite: Swim Kids Level 4.

Sa, Apr 2-Jun 11	11:00 am-12:00 pm	\$90/10	35307
Mo-Fr, Aug 2-12	11:00 am-12:00 pm	\$81/9	31649

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. Pre-requisite: Swim Kids Level 6. A one day option is available.

Tu/Th, Mar 31-Apr 28	4:00-5:00 pm	\$81/9	35365
Tu/Th, May 3-26	4:00-5:00 pm	\$72/8	35366
Tu/Th, May 31-Jun 23	4:00-5:00 pm	\$72/8	35447

Breaststroke Boot Camp 6yrs+ NEW

Whip your whip kick into shape. Our instructor Lars Bakstad will coach you through some common hurdles of the breaststroke including whip kick troubleshooting and timing. Pre-requisite: Swim Kids Level 4.

Th, Mar 31-Apr 28	4:00-4:30 pm	\$31.85/5	36255
Th, Jun 2-23	4:00-4:30 pm	\$25.50/4	36257

Aqua-Smorg 9-13yrs

Give yourself a break from swimming lessons and join an instructor in this fun-filled water class which includes water polo, synchronized swimming, diving, water games, underwater hockey, lifesaving, and more. Pre-requisite: Swim Kids 4.

Mo-Fr, Jul 4-8	11:00 am-12:00 pm	\$62.30/5	36168
Mo-Fr, Jul 11-15	11:00 am-12:00 pm	\$62.30/5	36170
Mo-Fr, Aug 15-19	4:00-5:00 pm	\$62.30/5	36169

Adult Swim Basics 16yrs+

Increase your comfort level in the water through floats, movement and breathing skills. You can start to develop swimming stroke techniques and endurance. Water safety knowledge and skills are also covered. Please check swim lesson schedule on page 34 for dates and times.

Be smart before you post!



See page 4.

Aquafit

These drop-in 60 minute classes are designed with you in mind. Workouts are led by a qualified instructor, who will challenge you with exercises to keep you moving. Join us for one of our aquafit classes during the week. For your convenience when choosing a class we have listed the intensity beside the class.

- ★ This class is for beginners and those looking for rehabilitation and physiotherapy.
- ★★ These classes are for participants that are active on a regular basis.
- ★★★ These classes are for consistently active individuals, emphasizing advanced techniques and intensity that will challenge even experienced participants.

★ **Arthritic Therapy Swim**

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

Tu/Th 10:30-11:30 am Regular admission

★★ **Morning Moves**

These drop-in 60 minute exercise classes are aimed at the 50+ crowd with music that will be easy to listen to while you work out with a qualified instructor. These classes will provide you with a workout with little to no impact 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. A low impact exercise class.

Mo/We/Fr 10:00-11:00 am Regular admission

★★ **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 45 minutes long including 5-10 minute warm up, 30 minute cardio and 5-10 minute strength and stretching.

Mo/We/Fr 9:00-10:00 am Regular admission
 Tu/Th 9:30-10:30 am Regular admission

★★ **Aquafit**

These drop-in 60 minute exercise classes are designed with you in mind. Work out with a qualified instructor, who will challenge you with exercises that provide a workout with little to no impact 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.

Mo/We/Fr 9:00-10:00 am Regular admission
 Tu/Th 9:30-10:30 am Regular admission
 Tu/Th 7:30-8:30 pm Regular admission

★★★★ **Adult Swim for Fitness 16yrs+**

Our experienced swim instructor will provide you with a workout that improves your strokes and endurance. Each session you will swim between 1000-2000 metres. A one day option is available. Pre-requisite: must be able to swim 200 metres continuously. Please check swim lesson schedule on page 34 for dates and times.

See page 26 for more adult fitness programs.



Inflatable Pool Fun at Ravensong Aquatic Centre

Every weekend afternoon this spring the inflatable pool toys will be out at these times.

Sa/Su 2:30-3:30 pm
 Mo/We 7:00-7:30 pm




Summer inflatable pool toy hours
 Mo-Fr 2:30-3:30 pm
 Mo/We/Fr 7:00-7:30 pm

See all of our events on page 8 or view online.






SPRING SWIMMING LESSONS

		MONDAY/WEDNESDAY No Lesson May 23 Mar 30-Apr 27 (9) May 2-25 (7) May 30-Jun 22 (8)						TUESDAY/THURSDAY Mar 31-Apr 28 (9) May 3-26 (8) May 31-Jun 23 (8)							SATURDAY No Lessons May 21 Apr 2-Jun 11 (10)													
		3:00 PM	3:30 PM	4:00 PM	4:30 PM	5:00 PM	5:30 PM	6:00 PM	9:30 AM	10:00 AM	10:30 AM	11:00 AM	11:30 AM	3:30 PM	4:00 PM	4:30 PM	5:00 PM	6:00 PM	6:30 PM	7:00 PM	7:30 PM	9:00 AM	9:30 AM	10:00 AM	10:30 AM	11:00 AM	11:30 AM	12:00 PM
PARENT & TOT	STARFISH										X												X			X		
	DUCK										X												X			X		
	SEA TURTLE	X										X		X										X				
PRESCHOOL (3-5 YEARS)	30 MINUTE CLASS																											
	SEA OTTER	X			X				X			X		X	X					X		X		X	X			
	SALAMANDER		X					X		X			X					X				X		X				
	SUNFISH			X			X			X			X								X			X				
	CROCODILE			X			X		X				X								X			X				
	WHALE				X								X									X						
	SK 1		X			X							X						X			X						
SCHOOL AGED (5 YEARS+)	60 MINUTE CLASS																											
	SK 2		X			X						X							X			X						
	SK 3/4			X				X				X	X							X								
	SK 5/6					X						X							X									
	SK 7/8			X								X									X							
	SK 9/10																		X									
	ADULT	BASICS						X																				
FITNESS																									X			

Parent & Tot Lesson Descriptions (4 months-3 years)

 <p>STARFISH * 4-12 Months * Parent participation is required * Safe entries, exits and play in the water</p>	 <p>DUCK * 4-24 Months * Parent participation is required * Safe entries, exits and play in the water</p>	 <p>SEA TURTLE * 2-3 years * Parent participation is required * Safe entries, exits and play in the water * Assisted front and back floats</p>
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Preschool Lessons (3-5 years)

 <p>SEA OTTER (1) * Front and back floats assisted * Front and back glides assisted * Swim up to 1 metre upon completion of level</p>	 <p>SALAMANDER (2) * Front and back floats and glides unassisted * Jumping into chest-deep water unassisted * Swim up to 2 metres upon completion of level</p>	 <p>SUNFISH (3) * Entering deep water safely * Kicking performed during glides * Swim 5 metres continuously upon completion of level</p>
 <p>CROCODILE (4) * Jumping into deep water * Further improve front and back swim * Swim continuously 15 metres upon completion</p>	 <p>WHALE (5) * Learning sitting dives * increasing distance on front and back glides with kick * Swim 15 metres continuously upon completion</p>	<p>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 lessons.</p>

		MONDAY-FRIDAY No Lessons Aug 1 Jul 4 - 15 (10) Jul 18 - 29 (10) Aug 2 - 12 (9)					TUESDAY-THURSDAY Jul 5-28 (8) Aug 2-18 (6)				
		9:00 AM	9:30 AM	10:00 AM	10:30 AM	11:00 AM	11:30 AM	5:30 PM	6:00 PM	6:30 PM	7:00 PM
PARENT & TOT	STARFISH							X			
	DUCK					X		X			
	SEA TURTLE						X				
PRESCHOOL (3-5 YEARS)	SEA OTTER	X			X		X		X	X	X
	SALAMANDER		X	X			X	X			X
	SUNFISH	X		X						X	
	CROCODILE	X		X						X	
	WHALE					X		X			X
SCHOOL AGED (5 YEARS+)	SK 1		X		X				X		
	SK 2		X		X				X		
	SK 3/4	X		X						X	
	SK 5/6	X		X					X		
	SK 7/8	X						X		X	
	SK 9/10			X							

How to register for swim lessons on line

- ✓ **STEP 1** Login to www.rdn.bc.ca/recreation click on Online Program Registration (call for your logins if needed)
- ✓ **STEP 2** Go to Advanced Search
- ✓ **STEP 3** Enter key word (e.g. Swim), start date, and/or day of week.

STUCK? CALL 250 248-3252 FOR HELP



Lesson Fees

30 minute lessons \$63.70/10
60 minute lessons \$90.00/10
Price is prorated for fewer than 10 lessons

Swim Kids Lesson Descriptions (5 years and over)

<p>SK 1</p> <ul style="list-style-type: none"> * Introduction to the water and pool area * Front and back floats and glides * Basic swimming on front * Swim 5 metres 	<p>SK 2</p> <ul style="list-style-type: none"> * Improved front and back swim * Deep water activities * Endurance built on flutter kick and glides * Swim 10 metres 	<p>SK 3</p> <ul style="list-style-type: none"> * Introduces front crawl and basics of back crawl * Roll-over swims * Introduction to kneeling dives * Swim 15 metres
<p>SK 4</p> <ul style="list-style-type: none"> * Further development of front crawl * Improvement on diving and surface support in deep water * Swim 25 metres 	<p>SK 5</p> <ul style="list-style-type: none"> * Back crawl arms are introduced * Sculling and whip kick basics are introduced * Front and back crawl for 15 meters * Swim 50 metres 	<p>SK 6</p> <ul style="list-style-type: none"> * Continual refinement of front and back crawl * Elementary backstroke is introduced * Diving and surface support are improved * Swim 75 metres
<p>SK 7</p> <ul style="list-style-type: none"> * Continual refinement of front and back crawl * Introduces whip kick on the front * Endurance is improved through timing swimming * Swim 150 metres 	<p>SK 8</p> <ul style="list-style-type: none"> * Continual refinement of front and back crawl * Feet first surface dives are taught * Breaststroke is introduced * Swim 300 metres 	<p>SK 9</p> <ul style="list-style-type: none"> * Front crawl, back crawl and breast stroke continue to be refined. * Students are pushed to improve fitness level * Swim 400 metres
<p>SK 10</p> <ul style="list-style-type: none"> * Further refinement of strokes * An introduction to scissor kick * Head first surface dives are taught * Swim 500 metres 	<p>Missed Lessons Due to the number of participants in swimming lessons, we are unable to schedule make-up classes</p>	<p>Not sure which swimming level to register for? We offer free swim assessments during any of our "Everyone Welcome" swims. Please ask reception.</p>



How to become a Lifeguard/Swim Instructor

Lifeguard

Steps 1 & 2



Bronze Medallion and Cross can be taken together or separately.

Prerequisite for Bronze Medallion is 13 yrs old.

Prerequisite for Bronze Cross is Bronze Medallion.

Lifeguard

Steps 3 & 4



Standard First Aid can be taken by anyone 13 yrs and older. Once someone has completed Standard First Aid and Bronze Cross they can register for a National Lifeguard Course.

Swim Instructor

Step 1



The prerequisite for the Water Safety Instructor course is either Emergency First Aid or Bronze Cross. Both can be taken at 13 yrs of age.

Swim Instructor

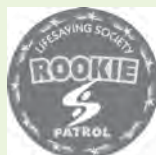
Step 2



Water Safety Instructor

The Water Safety Instructor Course involves both in person and online learning. Candidates will need to be 15 yrs or older in order to take this course.

Optional



Jr Lifeguard Club is for children 8-10 yrs.



Bronze Star is for children 10-13 yrs old.

AQUATIC LEADERSHIP

Interested in volunteering at the pool?

There are volunteer opportunities available for those wanting to help with swimming lessons or to be an assistant to children with disabilities or with residents from the extended care unit Eagle Park. If you are interested, give the Aquatic Programmer a call. Pre-requisite: Bronze Cross and a criminal record check.

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 lifeguarding. This program prepares you for Bronze Star by working on the Canadian Swim Patrol levels of Rookie, Ranger and Star. Pre-requisite: Swim Kids Level 5

Sa, Apr 2-Jun 11	9:00-10:00 am	\$90/10	35315
Mo-Fr, Jul 18-29	11:00 am-12:00 pm	\$90/10	36221

Bronze Star 10-13yrs

This is a great course for keen swimmers who have completed Canadian Swim Patrol and Red Cross Swim Kids Level 10 and want to keep their skills up, while they wait to enroll in the Bronze Medallion program.

Su, Apr 3-17	1:00-4:30 pm	\$90/3	36166
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Bronze Medallion/CPR A 13yrs+

This course teaches individuals how to respond to lifesaving situations through judgement, skill, knowledge and physical fitness. First aid including CPR and treatment of obstructed airways is taught.

Su, Apr 24-May 8	12:00-5:00 pm	\$221.91/4	36167
Mo-Fr, Jul 18-22	1:00-5:00 pm	\$221.91/5	36226

Bronze Cross/CPR C 13yrs+

This course introduces teamwork in rescues, spinal injuries and more advanced lifesaving techniques. This course is a pre-requisite for National Lifeguard certification.

Su, May 29-Jun 19	12:00-5:00 pm	\$139.26/4	36167
Mo-Fr, Jul 25-29	1:00-5:00 pm	\$221.91/5	36226

Lifesaving Camp 13yrs+

Take your Bronze Medallion, Bronze Cross and CPR/AED all at once. Skills include: blocked airways, CPR, first aid, water rescues, spinal injuries, teamwork, stroke efficiency and an endurance swim. Register for one or all of these courses.

Su, Apr 24-Jun 19	12:00-5:00 pm	\$325.10/8	36167
Mo-Fr, Jul 18-29	1:00-5:00 pm	\$325.10/10	36256

WATER SAFETY INSTRUCTOR STEP 1

Step 1 involves three components: swim stroke and water safety skills screening, online modules, and a teaching practicum (8-10 hours). The swim stroke and water safety skills screening is designed to ensure candidates can swim to a Red Cross Swim Kids Level 10 standard and will include an evaluation. At the end of the stroke screening session, successful candidates will continue on to the online portion of the course. Once the online modules are complete, please contact the Aquatic Programmer, Anne Porteous, aporteous@rdn.bc.ca to set up the practicum hours.

Mo/We, Apr 4/6	3:30-7:30 pm	\$225/2	36362
Su, Apr 10	9:00 am-5:00 pm	\$225/1	36363
Mo/We, May 16/18	3:30-7:30 pm	\$225/2	36364
Su, May 15	9:00 am-5:00 pm	\$225/1	36365

Water Safety Instructor STEP 2

The second and final step in the new Canadian Red Cross WSI program is to apply everything you have learned in Step 1, in both classroom and pool sessions. 100% attendance is required to complete this course. Pre-requisite: successful completion of all components in Step 1.

Fr, Jun 3, 10	3:30-7:30 pm		
Sa, Jun 4, 11	9:00 am-5:30 pm	\$170/4	36366

Water Safety Instructor Recert 16yrs+

This one day recertification workshop will prepare you to teach Red Cross swimming lessons.

Su, Jun 18	9:00 am-2:00 pm	\$98.60/1	36160
Su, Aug 6	9:00 am-2:00 pm	\$98.60/1	36161

Lifesaving Instructor Recert 16yrs+

Need to recertify your Lifesaving Instructor? This is a four hour course that will include all the up to date material needed to teach the Bronze family: Bronze Star, Medallion and Cross.

Sa, Jun 25	9:00 am-1:00 pm	\$98.60/1	36162
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NL Pool Option Course 16yrs+

This national certification program teaches and trains candidates lifeguarding skills that include teamwork, leadership, communication and prevention. Pre-requisites: Bronze Cross (need not be current) and Standard First Aid within 1 year.

Sa-We/Fri, Aug 13-17/19			
9:00 am-6:00 pm	\$375.95/6		36165

NL Precert/Recert 16yrs+

This one day recertification is mandatory to keep your National Lifeguard certification current. Although not a requirement, the BC & Yukon Branch NL committee highly recommends that candidates attend an NL precert to promote professional development and success. Prerequisites: proof of a NL pool option award, proof of a CPR C award (current certification recommended).

Su, Jun 19	9:00-6:00 pm	\$118.45/1	36163
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See page 25 for First Aid classes.



Pickleball Drop-In

Pickleball is a game for all ages. From beginner to competitive player, everyone can play. Nine courts will be available. No attendants on duty during drop-in session. Join us on Monday, April 18 for a FREE drop-in day.

Oceanside Place Arena	
Mo-Fr, Apr 18-Jun 23	9:00 am-4:30 pm Drop-in \$3.50/1
No sessions May 5, 6, 23, Jun 10	

Pickleball Instruction

Our instructors are passionate for the game and excited to bring the sport to you. Hugh Bohm, head instructor, is a Sports Canada Certified Racquet Instructor. He loves Pickleball and is looking forward to more people playing this great game.

Pickleball for Youth 11-14yrs

Pickleball is social, engaging and great exercise. All equipment provided.

Th, Apr 28-May 19	3:30-4:15 pm	\$18/3	35536
Th, May 26 - Jun 9	3:30-4:15 pm	\$18/3	35537

Pickleball Drop-In see page 27.

Introduction to Pickleball 15yrs+

Knowledgeable instructors will explain the sport, rules, equipment, scoring, and court etiquette and get you playing the game. Upon completion of this intro program, you will have the skills to join the drop-in sessions. Equipment is provided.

Tu, Apr 26-May 10	1:00-2:15 pm	\$27/3	35526
Tu May 17-31	1:00-2:15 pm	\$27/3	35527

Pickleball for Advanced Beginner 19yrs+

If you know the basic skills of pickleball and are interested in advancing your skills, then this class is for you.

Tu, Apr 26-May 10	2:30-3:45 pm	\$27/3	35530
Tu, May 17-31	2:30-3:45 pm	\$27/3	35531
We, Apr 27-May 11	1:00-2:15 pm	\$27/3	35532
We, May 18-Jun 1	1:00-2:15 pm	\$27/3	35533

Pickleball for Intermediate 19yrs+

This class provides advance instruction for the competitive player wanting to improve their game.

We, Apr 27-May 11	2:30-3:45 pm	\$27/3	35534
We, May 18-Jun 1	2:30-3:45 pm	\$27/3	35535

The Great Garage Sale

Clean out that attic and sell no longer needed items at the Great Garage Sale. The arena will be transformed into a giant flea market with lots of room for those wonderful treasures. Whether you are a buyer or a seller, this is where you will want to be, rain or shine. Book your space today.

Sa, May 14	9:00 am-1:00 pm	Free admission
Sa, May 14	9:00 am-1:00 pm	
	\$10/1 space no table	35538
	\$19/1 space 1 table	35538
	\$20/2 spaces no table	35538
	\$38/2 spaces 2 tables	35538

Beat the Heat Everyone Welcome Skate

Beat the heat this summer and go for a refreshing skate at Oceanside Place Arena. No session on Aug 10.

We, Jul 13-Aug 17	6:45-8:15 pm	Regular admission
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Public Skate Schedule

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

Note: Apr 11-Jun 26
Ice out on Howie Meeker Arena

Special events see page 8 for more events.

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 are available April to July. Phone 250-248-3252 or email recparks@rdn.bc.ca

Co-ed Hockey League 19yrs+

The co-ed league is a non-contact recreational hockey league. Players of intermediate skill levels will find this league ideal. Each team has two practises and nine officiated games. Team jerseys included. A game schedule will be provided. Full gear required.

Note: Beginner players are welcome. Experienced players may register if they are playing with a spouse or friend but are asked to ensure that play is lowered to the level of the other players.

Tu/Th, Mar 29-Jun 16 9:00-10:30 pm \$152/11 36150

Goalie

Tu/Th, Mar 29-Jun 16 9:00-10:30 pm FREE 36151

Adult Beginner Hockey

NEW

Have you 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

Mo, Apr 11-May 16 8:00-9:00 pm \$60/6 36157

Co-ed Scrub Hockey 18yrs+

Enjoy our national pastime with your friends or spouse. The game time is self monitored; however, there must be at least one woman on the ice at all times (not including goal tenders). Full gear is required. Drop-ins are available once course minimums are met.

Th, Jul 14-Aug 25 7:45-9:15 pm \$63/7 36158

Goalie

Th, Jul 14-Aug 25 7:45-9:15 pm FREE 36159

Drop-in \$15/1

Girl's Only Hockey Camp 8-15yrs

Join professional hockey player, Carly Haggard, 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.

8-11yrs

Tu-Fr, Aug 2-5 11:00 am-3:15 pm \$197/4 36153

12-15yrs

Tu-Fr, Aug 2-5 12:30-4:45 pm \$197/4 36152

Women Only Hockey Camp 16yrs+

Improve your hockey skills with professional hockey player, Carly Haggard and her incredible instructors. Two ice and one dryland training sessions will help you. Goalies are welcome; register as a goalie and Carly will ensure specialized goalie instruction.

Sa, Aug 6 10:00 am-3:30 pm \$60/1 36154

OCEANSIDE PLACE ARENA EVENTS

OMHA Pee Wee Hockey Tournament
Sa/Su, Mar 12-14
oceansidehockey.com

OMHA Atom Hockey Tournament
Tu-Th, Mar 15-17
oceansidehockey.com

OMHA Novice/Initiation Hockey Tournament
Fr-Su, Mar 18-20
oceansidehockey.com

Sandy Shores Spring School
Mo-Fr, Mar 29-Jun 17
sandyshoresskatingclub.com

Grumpy Old Men Hockey Tournament
Fr-Su, Apr 1-3

Vancouver Island Skate International
Fr-Su, Apr 8-10
Skatinginbc.com

Oceanside Premier Hockey League Tournament
Fr-Su, Apr 18-20

2016 Island Open Taekwondo Championships
Sa, Apr 30

Home Show
Fr-Su, May 6-8
homeshowtime.com

Lacrosse "Shark Attack" Tournament
Sa/Su, Jun 10-12
oceansidelacrosse.com

Sandy Shores Summer Skating School
Mo-Fr, Jul 4-Aug 12
sandyshoresskatingclub.com

Turcotte Stickhandling School for Adults & Children
Mo-Fr, Jul 11-15 and Jul 25-29
turcottehockey.com

Girls Only Hockey Camp
Tu-Fr, Aug 2-5
rdn.bc.ca/recreation

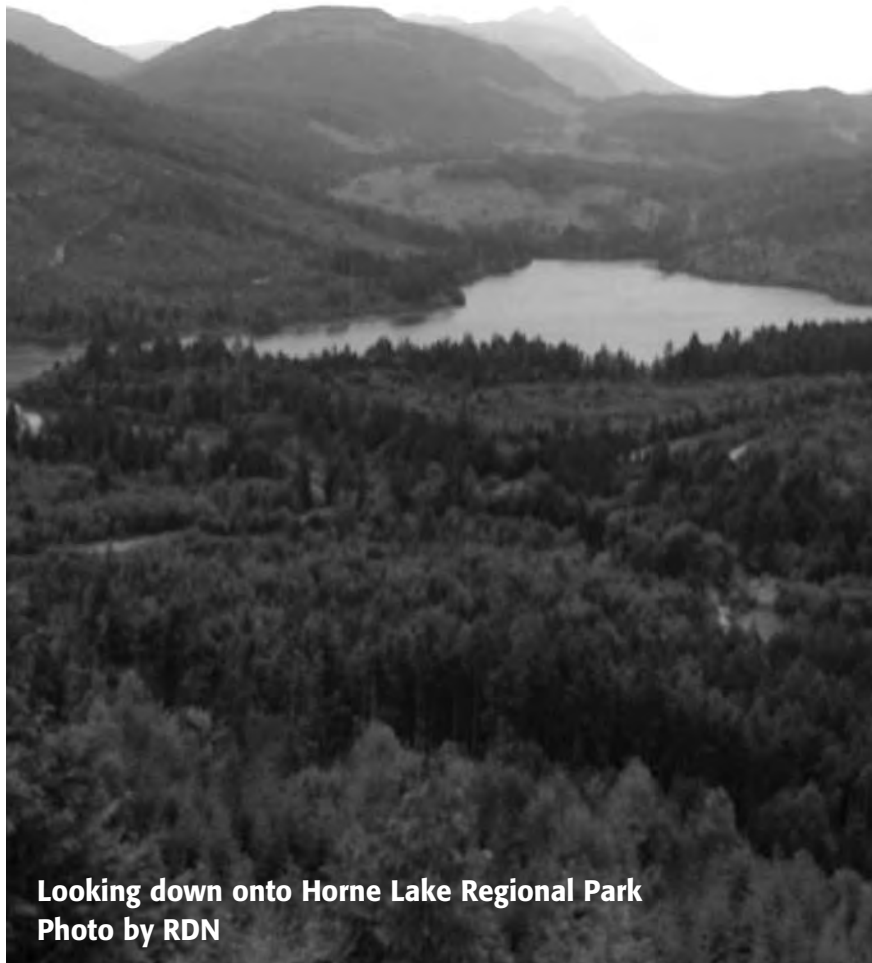
Women's Only Hockey Camp
Sa, Aug 6
rdn.bc.ca/recreation

Gold in the Net
Mo-Fr, Aug 8-19
goldinthenet.com

Heath Dennison Hockey School
Mo-Fr, Aug 8-19
heathdennisonpowerskatingschool.com

Oceanside Generals Main Camp
Sa-Su, Aug 12-14
generals.vijhl.com

Oceanside Minor Hockey Conditioning
Th-Mo, Aug 25-29
OceansideHockey.com



Looking down onto Horne Lake Regional Park
Photo by RDN

Blue Water Place Community Park

The big trees remaining after subdivision had become weak and were removed before they started failing. New trees for the next generation of park woodland have been planted.

Blueback Community Park

Exciting works are in store for Blueback: oceanfront staging area and toilet-change room, parking, benches and more. Complicated drainage has delayed completion but it should all be finished for summer.

Dunsmuir Community Park

A well-attended Open House has generated lots of ideas about how this long-standing Lighthouse Country Park could be developed in the years ahead. First decision: official park name change from Centennial to Dunsmuir Community Park.

Parksville-Qualicum Beach Links

Pedestrian and cyclist travel between École Oceanside Elementary School and the rear of Wembley Mall will be a lot safer now that the Province and the City of Parksville have completed Wembley Road edge upgrades.

Outdoor Classroom Curriculum

Nanoose Bay Elementary School is piloting the first SD69 outdoor classroom. Every Monday, Grade K/1/2 children will be out exploring nature at Moorecroft Regional Park and other outdoor venues in our area.

Nanaimo River Ginger Comes to Oceanside

Students with the Tamagawa Program involving VIU's International Program, G.R. Paine Horticulture Centre and Milner Gardens and Tokyo's Tamagawa University, learned how to harvest and propagate wild ginger sustainably. Cuttings were lifted under permit from a large wild ginger plantation at Nanaimo River Regional Park. Most of the new plants produced will be set out at Milner Gardens for education and demonstration purposes; the balance will be returned to the Regional Park.



PARK NEWS



More ACTs

The Arrowsmith Community Trail network is growing: the Price Road Trail was completed last fall and the Cranswick Road Trail between Grafton and Matterson should be done by end of 2016. Thanks to the Province for undertaking important surface water ditching along the Cranswick road allowance.



Nature Notes

Parks and Trails to do list:

- ✓ Be like a hummingbird, enjoy spring flowering shrubs salmonberry and thimbleberry.
- ✓ Spot the white fawn lilies and trilliums at Top Bridge and Englishman River Regional Park.
- ✓ Google a tide guide and get out to the beach.
- ✓ Take a friend for a roll on the wheelchair accessible Lighthouse Country Regional Trail.
- ✓ Go to rdn.bc.ca/parks to discover the parks and trails in your community.

See page 28 for parks programs

Visit RDN campground parks for the day or overnight.



RDN Camp Grounds

There are great family camping experiences to be had at Horne Lake and on Gabriola Island. Call to reserve your site and prepare to explore.

Horne Lake Regional Park
250-248-1134

Descanso Bay Regional Park
250-247-8255



Pacific Madrone (Arbutus)
Photo by RDN



Spring is for the White Fawn Lily
Photo by RDN



Budding Gary Oak
Photo by RDN

Community Advertisers

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

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Oceanside Minor Lacrosse
Oceanside Youth Soccer Society
Oceanside Track & Field
Combs Fairground - Arrowsmith
Hall & Activity Building
Horne Lake Caves - Island
Pacific Adventures
Oceanside BMX
Girl Guides of Canada

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RLC Parks Services
– Horne Lake Campground
RLC Parks Services – Nature House
Navy League Cadet Corps
Admiral Yanow
Royal Canadian Sea Cadet
Corps Esquimalt
Discover Montessori

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Qualicum International
Student Program
893 Beaufort Squadron Air Cadets
Peggy's Yoga
Yoga 4 You

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Deep Bay Marine Field Station, VIU
Cassandra Karras' School
of Highland Dance
Innovate Dance Arts, formerly
Parksville Ballet
Ravensong Water Dancers
Ravensong Breakers Aquatic Club
Qualicum Beach Physiotherapy

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Children's Discovery Centre
Building Learning Together
St John Ambulance First Aid
Kidfest
Qualicum First Nations
Thimbleberry Family Child Care
Sunrise Preschool

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Career Centre
Society of Organized Services

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Bard to Broadway
Nanoose Place
ACRA, Arrowsmith Community
Recreation Association

Redeem your QF Points for Rec Bucks!

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!



Oceanside Minor Lacrosse

Open to Boys & Girls ages 5 - 17
Box Lacrosse March - July



Field Lacrosse
September – February



For further information or registration enquires:
www.oceansidelacrosse.com
reg@oceansidelacrosse.com



SPRING SOCCER
Games, friends and fun

REGISTRATION NOW OPEN
NEW PLAYERS WELCOME

SATURDAY GAMES STARTING
APRIL 9TH

REGISTER ONLINE:
OCEANSIDEYOUTHSOCCER.COM

Be active 60 minutes a day.

Get ready!
Training starts right after spring break.

Junior Development
ages 9-13yrs (2003-2007)

Midget, Youth, Senior
ages 14 and older (Born 2002 and earlier)

REGISTRATION & INFORMATION NIGHT
Tues. Feb. 23rd, 6:30-8pm @ BSS auditorium
Check oceansidetrackfield.ca

Girl Guides of Canada
Guides du Canada

Girl Greatness starts here!

Register Online Today
www.girlguides.ca
or contact Kris Kjellbotn
250-248-0062

Horne Lake Caves

Spectacular By Nature



CRYSTALS • FOSSILS
NEW UNDERGROUND SLIDE
TRIPADVISOR RANKED #1
WWW.HORNELAKE.COM
(250) 248-7829

OCEANSIDE BMX

We are located in Qualicum Beach, British Columbia Canada, on Vancouver Island and our track can be found by following 1st Ave. West off of Memorial Blvd. From 1st Ave. West, turn left on Park, which will lead to a parking lot. If you park near the upper right corner of the lot you will see an access road with a yellow gate. Walk along the access road to the BMX track.

NEW RIDER CLINIC
MONDAY, APRIL 18th
Sign-up: 5:30-6:30 pm

2016 SCHEDULE
First Race-Tuesday, April 19th
Racing Tuesdays-April-September
Registration: 5:30-6:30 pm
Phone: 250-619-0064
Email: rgrecht@shaw.ca
Website: erikgoetzingerbmx.net

Coombs Fairground
1014 Ford Road Coombs

Sports Events at the
Arrowsmith Hall & Activity Building

- Youth Volleyball, Sun 7pm
- Volleyball, Mon & Wed 7pm
- Badminton, Tue & Thu 1pm
- Ladies' Badminton, Wed 1:30pm
- Youth Sport Drop In, Wed 6:30pm
- Oceanside Floor Curling Club, M-W-F, 1 pm

Please check our website for contacts and activity updates or to book your own sports event, activity or meeting.

250.248.4458
www.coombsfair.com

Discovery is in
Our Nature...



Visit our Provincial Park
Nature Houses &
Gift Shops:

- Goldstream
- Rathrevor Beach
- Miracle Beach

Special Events, Public Programs, Tours,
Naturalists for Hire & more...

naturehouse.ca

Go Camp! Go Learn! Go Play!



Store

Campground

Rentals

Nature is closer
than you think...



Kayak, Canoe &
Paddleboard
Rentals &
Lessons



www.rlcparks.ca
(250) 248-0500



**Navy League Cadet
Corps Admiral Yanow**
9-12 years

Youth looking for fun, adventure and
challenge are invited to join!

Youth participate in marksmanship, first
aid, camping, boating, physical training,
sports activities, music programs,
citizenship and friendships.

Ongoing registration Thursdays, Parksville
Elementary School, 6:30-8:30pm.

Adult volunteers are also needed!

Call 250-248-2677 for details



**Royal Canadian Sea
Cadet Corps Esquimalt**
12-18 years

Youth looking for fun, adventure and a
challenge are invited to join!


Youth participate in marksmanship, first
aid, camping, boating, physical training,
sports activities, music programs,
citizenship, friendships, and even paid
summer training camps!

Ongoing registration Wednesdays,
Parksville Elementary School,
6:30-9:00pm.

Contact one of our officers at our League
Headquarters 250-248-2677

Adult volunteers are also needed!

Call 250-248-2677 for details



There are
followers
and leaders.
And then
there are
trailblazers.

Discover
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Parksville campus
Primary School

for children going places

**REGISTRATION
NOW OPEN**

dm-school.ca
250.760.0615
office@dm-school.ca



...become a
HOMESTAY family
HOST FAMILIES NEEDED!

Qualicum International Student Program (District 69-Oceanside) is looking for host families. Homes are needed for both short-term (2wks-3mos) and long-term (5-10mos+). Monthly remuneration is paid. Build lasting relationships and experience a new culture!



CONTACT US:
250-951-0857
homestay@sd69.bc.ca
www.schoolincanada.ca

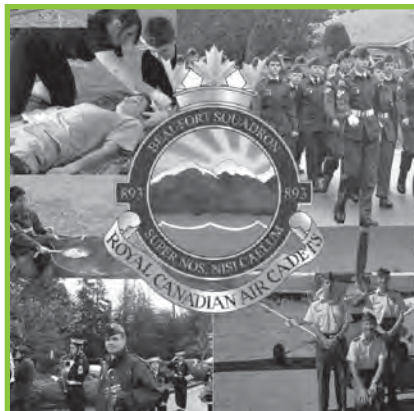


Grade 5 & 6's

This Fall get your
Grade 5
unlimited active card
or
Grade 6
10 x active pass

Enjoy free admission to public swims and skates at Ravensong Aquatic Centre and Oceanside Place Arena

See page 56 for details



Royal Canadian Air Cadets

893 BEAUFORT SQUADRON

"Above Us Only Sky"

We offer a positive and fun environment—participate in flying and gliding, camping trips, biathlon, marksmanship, and more!

You even get paid to go to summer camp!

Registration open to boys and girls, ages 12-18 years.

Ongoing registration Tuesdays, Qualicum Beach Airport, Hangar A3 6:15-9pm.
www.893aircadets.ca
893air@gmail.com

Peggy Fok RYT-500

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Yoga Instructor*

private/public classes (one-on-one/group)

250-927-5647
info@silvermoments.ca



Tracey Pike,
BCRPA
Certified Hatha
Yoga Instructor

Ongoing classes in Qualicum & Parksville, for Schedule visit

www.yoga4you.me

or call (250) 248-4168

Deep Bay Marine Field Station
Marine aquariums, touch tanks
and more!

Open Daily 10-4



Check our
website for
upcoming
activities

viu.ca/deepbay
250.740.6611



Deep Bay
Marine Field
Station



Instructor & Championship-Level
Dancer, **Cassandra Karras**,
is accepting enrolment for
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6 week intro classes available throughout the year.
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Share the joy of highland dance!

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250-240-1234
casskarras@gmail.com
www.facebook.com/cassandrakarrashighlanddance

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Our club has children and adult
programs: Recreation, Advanced
Recreation, Competitive and
Masters (adults only) levels.
Everyone is welcome.

www.ravensongsynchro.com or email
secretary@ravensongsynchro.com



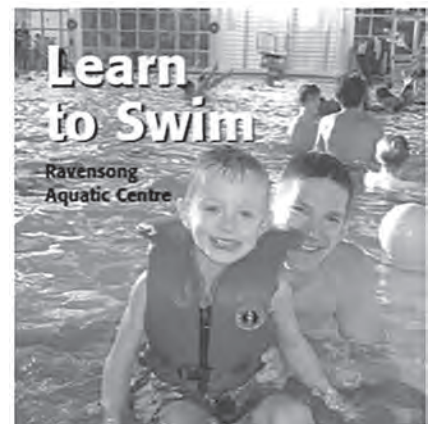
*'Building self-esteem and character
through competitive sportsmanship'*



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Expert coaches
Great team spirit and camaraderie
Open to ages 5 - 18
Registration year round
For further information or
registration enquires:

www.racbreakers.ca
breakerregistrar@gmail.com



Learn
to Swim

Ravensong
Aquatic Centre

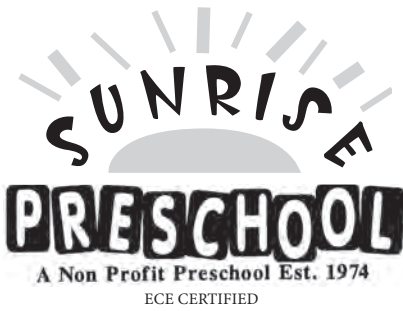


Qualicum
PHYSIOTHERAPY
CLINIC

Cory Pahl BMR, PT
Ezra Canfield B.Sc., Kin., M.Sc.P.T.
Laurie Vanderhoeven BSc.(PT), MCPA, CAMT
Kyley Mohrenberger M.Sc.P.T.

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- AEDs



NEW Emergency Medical Responder (EMR) course register today!

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 nanaimo@bc.sja.ca
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**Sunday
 August 14, 2016**
 10am-3pm
 Parksville
 Community Park
www.kidfest.ca

"Low cost, fun-filled day for the whole family!"

Join us to
Explore Nature through Play

MUNCHKINLANDS
Go Out and About!
 Weekly March to June

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 admin@oblt.ca
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Children's Discovery Centre

Preschool & Daycare for children 30mths to 5yrs
 Out of school care for children up to 12yrs
 Early Childhood Educators

"Offering fun and stimulating activities in a creative and safe learning environment"

Located at Qualicum Beach Elementary School
 Open Pro-D days and during school breaks
 For more information pls contact 250.752.4343
childrensdiscoverycentre@hotmail.com
www.childrensdiscoverycentre.ca
 License #KRIS-9MSM2R

Thimbleberry Childcare

Early care and learning.

Nature inspired for Preschool age.
 Qualicum Beach 250-752-8342
Thimbleberrychildcare.com
thimbleberrychildcare@gmail.com

Qualicum First Nation Child Care Centre

Licensed Daycare and Preschool
 30months - 5 years
 Open Monday to Friday

Full-time, Part-time and Drop-in.

Everyone Welcome!
 250-757-8092
 303 Salish Way
 Qualicum Beach

Providing free employment services in the Oceanside area for over 40 years!



- Resumé and Cover Letter writing assistance
- Labour Market Information
- Internet Access for Job Search
- Employment Counselling
- Local Job Postings
- Wage Subsidy Program
- Annual Hiring Fair
- BladeRunners Programs
- And so much more!



www.careercentre.org | 250.248.3205

Promoting healthy and vibrant community living

FREE



Society of Organized Services

Offering a variety of free programs for local **Preschoolers, Children, Youth, Adults, Seniors and Families**



Funded by SOS Thrift Shop purchases, and community donations

SOS Child, Youth & Family Centre | www.sosd69.com | sos@sosd69.com
Parksville 245 West Hirst Ave. | 250.248.2093
Qualicum Commons 744 Primrose St. | 250.752.2040



ERRINGTON • COOMBS • HILLIERS
WHISKEY CREEK • MEADOWOOD

CONNECTING COMMUNITY THROUGH
SPORTS • ARTS • CULTURE
arrowsmithrecreation.ca

Click on [CALENDAR](#)
to see what's happening in Arrowsmith!
Upcoming events are highlighted.

Click on [LINKS](#)
to connect with local community organizations.

ACRA invites you and your family
to come out and enjoy all
the activities and events.

Arrowsmith Recreation Team

Kim Longmuir kimlongmuir@telus.net
Jennifer Bate jenniferbate@gmail.com
Randy Longmuir rlongmuir@telus.net



NANOOSE PLACE

FULLY MODERN COMMUNITY CENTRE
FACILITIES FOR ALL OCCASIONS

ADULT PROGRAMMES

CLOGGING • TAI CHI • YOGA
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SENIOR PROGRAMMES

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CARDS • BADMINTON • MAJONG

CHILDRENS PROGRAMMES

MOMS N TOTS • AFTER SCHOOL ACTIVITIES

"A FAMILY AFFAIR"

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AND RECREATION SOCIETY
2925 NORTHWEST BAY ROAD, BOX 272,
NANOOSE BAY, BC V9P 9J9
nanooseplace@shawbiz.ca
468-5339



Bard to Broadway
Theatre Society's
Performing Arts
and Education Series
2016. No experience
necessary.

**19th Annual Summer Youth
Theatre Workshop 7-14yrs**

Let's put on a show! Fun, skills and two
performances at the Village Theatre.
July 10-16, 10:00am-4:00pm
\$148+ GST

Contact Thea: tstavroff@telus.net
or (250) 752-9867.

**JuMP! Junior Music and
Performance 6-12yrs**

Daily classes in vocals, improv,
musical theatre and dance.
July 18-23, 9:00am-3:00pm
\$180 + GST.*

TMT Teen Musical Theatre 13-18yrs

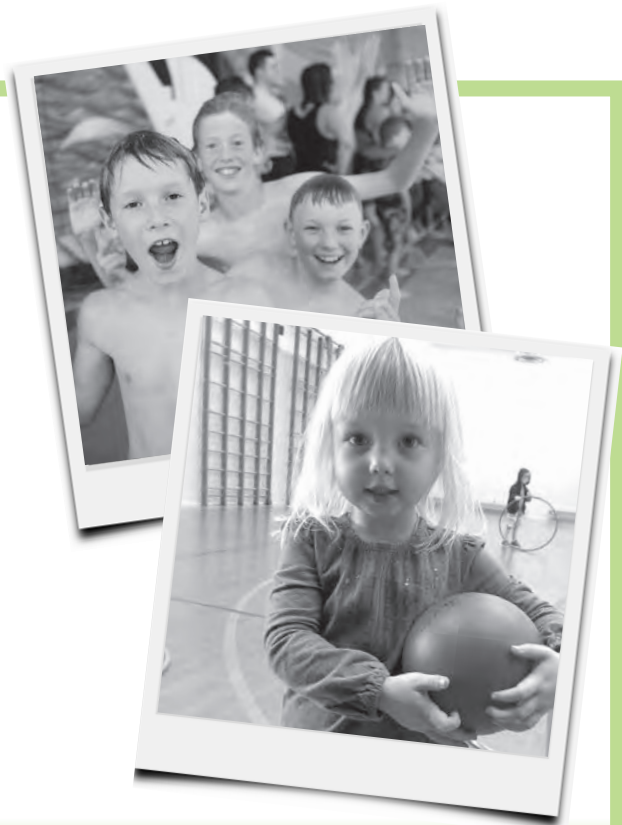
TMT is a three week workshop focusing
on musical theatre with daily classes in
singing, dancing, acting and stagecraft.
Jul 25-Aug 13, \$275 +GST.*

*Contact: HilaryWhelton, wheltonc@shaw.ca
or 250-752-0547 for JuMP and TMT.

We'd love to see your photos too.

In each issue of the RDN Recreation and Parks Active Living
guide we try to capture photos of local people enjoying recreation
in our community. As you look through this guide you may
recognize a few faces taking part in recreation activities.

Do you have a photo of your kids, your partner, or yourself
recreating in a community program, or at Oceanside Place
Arena, Ravensong Aquatic Centre or in a RDN Park or trail?
Email your photos to recparcs@rdn.bc.ca and your photo
may be used in our next active living guide. If your photos
are selected you will be asked for photo permission.



Community Directory

people to see... things to do... places to go...
and support services too.

PEOPLE TO SEE...

RECREATION ORGANIZATIONS

Arrowsmith Community Recreation Assoc (ACRA) Kim Longmuir	248-8515
District 69 Recreation Commission	248-3252
Errington War Memorial Hall Association	www.erringtonhall.bc.ca
Nanoose Bay Recreation and Activities Society .Eve Flynn	468-5339
Nanoose Place Seniors	468-1491
Oceanside Community Arts Council	248-8185
Parksville Seniors Activity Centre	Aileen Fabris 248-3200
Parksville Golden Oldies Sports Assn (PGOSA) .Brian Ball	240-0007
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	Office	248-4458
Arrowsmith Search & Rescue	Office	752-7774
	Ken Neden	951-0304
Bow Horne Bay Comm Club	Lynette Twigge	757-9781
Building Learning Together	Brenna Landry	947-8252
Cadets...		
Air Cadets	Headquarters	1-778-410-0221
Army Cadets		755-5361
Navy League Cadets		248-2677
Sea Cadets	Headquarters	248-2677
Elks Lodge #589	Don Walker	248-4395
Fish & Game Assoc	Larry Blair	752-0726
Freemasons Concorde Lodge 79	Brian Lapp	228-4479
Historical Societies...		
PV & District Historical Society	Buddy Williams	248-6966
PV Museum & Archives	Buddy Williams	248-6966
History...		
QB Family History Society	Lola Cook	594-5556
QB Historical & Museum Society	Netanja Waddell	752-5533
KAIROS	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	Mike	586-4374
Qualicum Bay	George Stringer	335-2991
Lioness Clubs...		
Parksville	Georgina Gilmour	954-0010
Newcomers Clubs...		
Qualicum Beach	www.qbnewcomers.org	
Parksville	Linda Burgess	586-9104
	lgburgesspnc@gmail.com	
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	Mary Beil	248-9380
Girl Guides of Canada	Kris Kjellboth	248-0062
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		viviensears@shaw.ca
University Women's Club	Mary Ellen Campbell	752-0868
Youth...		
Plus One Youth Centre	Mia Lewis	752-6766
SOS	Ext 0	248-2093

ENVIRONMENTAL GROUPS

Arrowsmith Ecological Assoc	Janet Chomolok	248-2894
Arrowsmith Naturalist Club	Dave Hutchings	752-1613
Broombusters	Joanne Sales	752-4816
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 Region	Monica Shore	753-3245
Nanoose Naturalists	Tony Ransom	468-5346
Nanoose Streamkeepers	Roy Burns	468-9703
	John Dunn	390-4229
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)	Liz Sahlstrom	248-4458
	coombsfair@shaw.ca	
Bard to Broadway Shelly Rd Ctr	Rich & Leana	927-0641
Bare Roots Studio Rentals	Crystal	954-2273
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		586-0099
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 Hall	757-9991	Sheena McCorquadale
	778-424-9900	Hall
Little Qualicum Hall-Dashwood	752-5014	
MacMillan Arts Centre (MAC)	468-8185	Dave Wright
Milner Gardens and Woodland	752-6153	
Nanoose Library Hall	240-2702	Stormy Sweet
Nanoose Place	468-5339	Eve Flynn
Oceanside Place Arena	248-3252	RDN
Parksville Community Centre	248-6234	Carmen Christensen
Parksville Curling Club	248-3764	
Parksville & Dist Historical Society	248-6966	president@parksvillemuseum.ca
Parksville Legion Branch #49 Hall	248-5633	
Parksville Skateboard Park	248-5412	City of Parksville
Parksville Tae Kwon Do	954-3359	
Qualicum Curling Rink	752-6162	
Qualicum Beach Community Hall	752-1992	Tanya
Qualicum Beach Civic Centre	752-1992	Tanya
Qualicum Beach Farmers Market	248-8005	
Qualicum Beach Legion Branch #76 Hall	752-9632	Richard Paugh
Qualicum Beach Museum	752-5533	Netanja Waddell
Qualicum Beach Skateboard Park	752-1992	Town of QB
Ravensong Aquatic Centre	752-5014	
Rotary House (Sunrise)	752-7269	Trevor
School District 69 Gyms	248-2067	
Society of Organized Services (SOS)	248-2093	
The Old School House Art Centre (TOSH)	752-6133	
The Southgarden (Coombs)	752-3950	Sharon Tomczyk

THINGS TO DO...

ARTS

Clubs...		
Decosmos Fine Arts Society	738-0272	Lynn Orris
Mid Island Floral Art Club	752-8525	Katherine Van Beyeren
Literacy/Writing...		
Tale Spinners	586-4250	Ray Mitchell
TLC@BLT Public Computer Lab	248-4041	Brenna Landry
Women's Writing Circle	954-3452	Sherry Konigsberg
Writing/Memoirs	594-8448	Helen Duggan
MacMillan Arts Centre (MAC)	www.macmillanartcentre.com	
Painting...		
Monk Art Gallery/Studio	248-8189	
Photography...		
Oceanside Photographers	586-3323	Gail Courtice
Pottery...		
Arrowsmith Potters Guild Station Gallery	954-1872	info@arrowsmithpottersguild.bc.ca
Arts Afire Pottery	248-5949	Kim Hancock
Creative Clay for Kids & Teens	757-8041	Anne Marie Veale
Textile Arts...		
Arrowsmith Needle Arts Guild	752-0601	Marie
Machine Knitters	954-0020	Eva-Mary Sertel
PV Quilt House Quilters	248-4773	Mary Smith
QB Weavers & Spinners	738-0034	Sylvia Dwyer
Weaving	821-2756	Elserine Sprenger
Woodturning	757-8041	Jason Marlow

DANCE

Ballet...		
Innovate Dance Arts	248-9522	Deena DeVito-Carl
QB School of Dance	752-0227	Shari Selva
Ballroom/Latin Dance	248-7131	Andy Mundy
	www.cortajacadance.ca	
Forever Yung Dance Studio	240-0533	Ken Yung
	www.foreveryungdancestudio.com	

Belly Dance...		
Elaine De Rooy	752-3750	
Clogging	468-7478	Sharon Lafferty
Line Dancing	248-9224	Bert Grindley
	248-7131	Andy Mundy
	www.cortajacadance.ca	
Old-Time R & R/Country Dancing	752-8542	Bill Wilson
Scottish Dance...		
Highland Dance	240-1234	Cassandra Karras
Oceanside Scottish Country	738-1555	Kevan Hill-Tout
Square Dance...		
PV Sand Dollars	951-0135	Deb & Ray Schmidt
	954-2132	Ron Ervin
QB Circle 8's	752-9951	Lena Groenendyk
Dance Meditation	954-3452	Sherry Konigsberg

MUSIC & THEATRE

Associations and Groups...		
Bard to Broadway	1-877-752-6813	248-0444
Children's Theatre	Thea	752-9867
Coombs Country Blue Grass	Cliff Raymor	248-1009
Coombs Country Opera	Terry Whibley	248-6075
Dist 69 Registered Music Teachers	Rosemary Lindsay	951-7129
Dolphin Music	Sher	468-2097
ECHO Players Theatre	Box Office	752-3522
IACT w Dolphin Bay Music	752-9867	468-2097
Oceanside Concert Band	Jeff Bailey	468-2700
PV & Dist Music Assoc	Jeff Bailey	468-2700
Youth/Senior Marimba	Fahlon Smith	951-9886
Guitar...		
Yardley Instruments	Hugh Yardley	927-2452
Piano & Theory...		
Piano	Amber Pitre	927-4501
Cathy's Music Studio	Cathy Grandmont	752-5846
Lynne Rogers	954-7664	
Piano (All ages)	Gina Land	927-3005
Piano by the Sea	Kyrstal Jean	586-2522
Violin...		
BC Old Time Fiddlers	Ruby Gudbranson	248-5626
Violin Lessons	Marjorie Cullerne	248-9339
Voice...		
Children/Youth Choir	Allison Shaw	954-2110
Esteem Vocals	Sharon Tomczyk	752-3950
Everyvoice Singers	Carolyn or Fern	248-1074
Lynne Rogers	954-7664	
PV Community Choir	Rosemarie	468-2730
Sound Connection Choir	Sharon Tomczyk	752-3950
Village Voices	Rosemary Lindsay	951-7129

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
Oceanside Senior's	Stan Brownlee	752-8760
Parksville (evening)	David Feaver	248-8857
PGOSA	Ivan Mann	248-0255
Baseball...		
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	www.nanoosecps.ca	
Oceanside Dragon Boat Paddlers	Mary Connelly	248-5824
	Louise Dawson	752-2535
Schooner Cove Yacht Club	Bonnie Curl	468-2091

Community Directory

ACBL Bridge.....	Eleanor Fletcher.....	954-1762	Floor Curling...		
Fairwinds Bridge.....	Ed Zydyk.....	758-9446	Lighthouse.....		757-9711
PV Seniors' Drop-in Centre.....		248-3200	Floor Hockey...		
QB Duplicate Bridge.....	Lorraine Spik.....	752-8591	Lighthouse Youth/Men's.....	Kevin Bull.....	757-8423
QB Friendly Monday Night Bridge.....	Bob Watson.....	248-9427	RDN Recreation and Parks.....		248-3252
Carpet Bowling...			Flying...		
Lighthouse.....	Layne.....	757-8217	PV/QB Aero Club.....	Fred Evoy.....	594-6001
Qualicum Beach.....	Chris Vanderstoep.....	752-7414	PDQ Flyers.....	Bruce Berry.....	468-5249
Car Clubs...			4-H Clubs...		
Vintage Car Club.....	Brad McCluskie.....	714-5541	District Leader.....	Joan Larson.....	752-0395
Ocean Idlers.....	Clay Thompson.....	752-9615	Odd Stock.....	Rose Brittain.....	752-6621
Seaside Cruiser.....	Dave Field.....	752-8838	Football...		
Caving...			Oceanside Youth.....	Rom Novak.....	951-0532
Horne Lake Caves Provincial Park.....		927-0053	Harold Barker.....		954-1156
Chess...			Gardening...		
Bishops of Bowser.....	Robert McFetridge.....	757-8709	Alpine Gardeners of Central Van Isl.....	Mike Miller.....	248-3478
Youth.....	Gerry Wilson.....	752-3783	Bonsai Lessons.....	Peter and Inge.....	752-0176
Climbing...			Central Vancouver Island Orchid Soc.....	Mike Miller.....	248-3478
Little Mountain Climbing Wall.....		248-5721	Eaglecrest Garden Club.....	Katrina.....	752-5315
Coronation St Social Club of Oceanside.....	Dorothy Roberts.....	752-8080	Mt. Arrowsmith Rhododendron Soc.....	Marilyn Dawson.....	752-3694
Cricket...			Nanose Garden Club.....	Pam McCreedy.....	468-9184
Arrowsmith.....	Luke Downs.....	752-3161	QB Garden Club.....	Jackie Ferguson.....	752-4809
Croquet...			Golf Courses...		
PV/QB Club.....	Paul Hall.....	248-5870	Arrowsmith.....		752-9727
Curling...			Brigadoon.....		954-0644
Parksville Club.....	Al McAskile.....	248-3764	Eaglecrest.....		752-6311
PGOSA 55+ (wkly).....	Jim Powell.....	248-8341	Fairwinds.....		468-7666
Qualicum Beach Club (Sep-Mar).....		752-6162	Morningstar.....		248-2244
Cycling...			Pheasant Glen.....		752-8786
Oceanside BMX.....	Trisha Grecht.....	619-0064	Qualicum Beach.....		752-6312
Oceanside Cycling Coalition.....	www.oceansidecyclingcoalition.ca		Paradise Turf & Surf.....		248-6612
PV Bike Advisory.....	Gayle Jackson.....	954-4660	Riptide Lagoon.....		248-8290
PGOSA 55+.....	Hilde Emery.....	468-5779	Riverside Resort Campground.....		752-9544
Darts.....	Noela Ross.....	248-6786	Gymnastics...		
Fish & Game...			Flipside Gymnastics.....	Bill Poirier.....	756-9102
Archery.....	Rhonda.....	rdm25@hotmail.com	Monkey Business.....	Leah Sieben (Lollipop).....	616-1725
French Creek Hatchery.....	Pete Redford.....	752-6388	RDN Recreation & Parks.....		248-3252
Henry Range Chairman.....	John Wilson.....	954-3830	Hiking...		
Mid-Island Fly Fishing Club.....	www.midislandcastaways.com		Island Mt Ramblers (PV).....	Earl Morton.....	752-5625
Trap & Skeet.....	Diane Upper.....	757-8320	PGOSA 55+ (Thur).....	Cynthia Roberton.....	468-9324
Youth Rifle.....	John Lublinkhof.....	248-6737	PGOSA 55+(Wed).....	Pam Tindle.....	752-8349
Youth Shotgun.....	Bill Simpson.....	335-2222	RDN Recreation & Parks.....		248-3252
Fitness...			Women Only (Thur).....	Jill Steff.....	248-8742
Aquafit.....	RDN Ravensong Aq. Ctr.....	752-5014	Hockey...		
Better Bones & Body Balance.....	Pam Dellert.....	248-2771	Drop-in.....	Oceanside Place.....	248-3252
	Gina Allan.....	240-4840	Generals Junior "B".....	info@oceansidegenerals.com	
Hula Hoop & Belly Fit.....	Cora.....	752-9505	Oceanside Minor Hockey.....	www.oceansidehockey.com	
Hula Hoop Cardio Fitness.....	Sally Whibley.....	927-7175	Oceanside Place.....	Recreation and Parks.....	248-3252
Nanose Bay.....	Pam Dellert.....	248-2771	Over 28's.....	Matt Woods.....	248-6141
Parksville.....	Liz Moore.....	248-4116	Over 55's.....	Dave Feaver.....	248-8857
Qualicum.....	Gina Allan.....	240-4840	Premier League.....	Kevin Forsythe.....	927-2870
Seniors Therapeutic.....	Doug Pickard.....	927-4595	PGOSA Panters.....	Neil McInnis.....	954-2021
	Sally Whibley.....	927-7175	Women-Oceanside League.....		248-3252
Silver Foxes.....	Gina Allan.....	240-4840	Horseback Riding...		
Sports Conditioning.....	Doug Pickard.....	927-4595	Bluebird Riding School.....	Karen.....	751-4646
	Pam Dellert.....	248-2771	Equestrian.....	Gina Allan.....	240-4840
	Sally Whibley.....	927-7175	Errington.....	Becky Martens.....	248-9369
Therapeutic Fitness.....	Sheila Sutton.....	752-5858	Errington Therapeutic Riding Assoc.....	Regine Eder.....	325-5018
Sally Whibley.....		927-7175	Lessons.....	Wendy Walker.....	752-2980
Zumba.....	Anna Dodds.....	228-8412	Sherwood Riding Stables.....	April Walz.....	752-3527
Forever Yung Dance Studio.....		240-0533	Silver Spur Riding Club.....	silverspurridingclub.org	
Fitness Centres...			Tiger Lily Farm.....		248-2408
1 on 1 Fitness.....		752-0783	Horseshoes...		
Bodysculptors.....	Deanne.....	752-5553	PGOSA 55+.....	Peter Giesbrecht.....	248-4489
Bodyworks.....		248-3346	Kayak...		
Curves QB.....	Catherine.....	752-3399	Seaside Charters.....	Donn Manness.....	757-2000
Fairwinds Centre.....		468-5303	Kayak/Stand-Up Paddling.....	Kevin Forsythe.....	927-2870
Fluid Fitness Studio.....		927-4595	Kickboxing...		
Jim's Gym.....	Performance Centre.....	248-3144	Oya.....		757-2362
Powerhouse Fitness Bowser.....		778-424-FITT	Lacrosse...		
			Oceanside Minor.....	www.oceansidelacrosse.com	

Lawn Bowling...			
Parksville	Carol Bucyk	951-0823	
PGOSA	Ruth Brodie	752-7129	
Qualicum Beach	Dawn Rigg	752-7286	www.qblbc.com
Martial Arts...			
Kado Martial Arts	M & C Nicholson	248-7544	
Tae Kwon Do	Master Brett Fee	954-3359	
Pickleball...			
Oceanside Pickleball Club	Garry Kaita	468-9105	
PGOSA Pickleball	Jim Cunningham	738-0113	
RDN Recreation and Parks		248-3252	
Pilates	Anna Dodds	228-8412	
	Gina Allan	240-4840	
	Helen Duggan	594-8448	
	Sandra Acton	752-1749	
	Donna Doucett	228-6394	
	Liz Moore	248-4116	
	Cherece Rosvold	821-8828	
Pool/Billiards...			
PV Ladies	Joan Hogeweide	248-5008	
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...			
Oceanside Running Club Association (ORCA)		www.orcarunning.ca	
	Barb Low	468-1825	
Sailing...			
Bradbrooke Academy	Leanne or Tom	951-7245	
Nanaimo Yacht Club		618-1549	
Oceanside Charters		468-9244	
Senior Games	Trish Anderson	468-9498	
	Cheryl Sosnowski	390-5083	
	Tony Mayor	758-7036	
Science Centre...			
Deep Bay Marine Field Station		740-6611	
Skating...			
Oceanside Place		248-3252	
Power Skating	Heath Dennison	756-5896	
Sandy Shores Skating Club		594-5491	
Soccer...			
Oceanside Youth Soccer		www.oceansideyouthsoccer.com	
Oceanside Women's Soccer		954-3391	
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	Chuck Sardo	947-9955	
Special Olympics	Jacquie Cameron	594-9868	
Squash...			
Quality Resort Bayside	Ext 1426	248-8333	
Swimming Clubs...			
Masters Swim Club	Tom Manson	248-9883	
Ravensong Aquatic Club		breakerregistrar@gmail.com	
Ravensong Water Dancers Synchro Club	Carol MacFayden	248-7017	
Aqua Terra Club	Rob Williamson	954-1283	
Swimming Pools...			
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...			
Coastal	Lucette Fuerst	468-9048	
Fung Loy Kok Taoist Tai Chi		240-3387	
Oceanside Tai Chi	Janice Booth	618-6846	
Parksville/Qualicum Beach	Richard Botham	752-1231	
PV Taoist Tai Chi		240-3387	
Qigong	Helen Duggan	594-8448	
Taoist Health Recovery		www.taoist.org/parksville	
Tennis...			
Arrowsmith Tennis Club	Sue Wilson	248-7280	
Bowser Tennis Club	Robert Hunt	757-8307	
Bowser Indoor Mini	Robert Hunt	757-8307	
Junior Tennis	Jill Trelawny	954-3474	
PGOSA Tennis	Ed Gregory	752-7837	
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...			
Oceanside Triathlon 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	Ron Neufeld	951-0199	
PV Volleyball Club	Toni Bentzen	248-4949	
Walking...			
Mid-Island Club	Lorne Tetaranko	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 Parksville	Kevin Forsythe	927-2870	
Yoga...			
Ashtanga	Theresa Whitely	240-3075	
Bare Roots Yoga Centre	Crystal	954-2273	
Downdawg	Anna Dodds	228-8412	
Flow Hatha & Restorative	Liz Moore	248-4116	
Flow Hatha & Yin	Penny McGuire	240-3569	
Gentle, Restorative & Yin	Peggy	927-5647	
Hatha	Helen Duggan	594-8448	
	Nancy Hedberg	954-3733	
	Penny McGuire	240-3569	
	Irene Marsh	248-9475	
	Jill Sawchuk	752-7918	
	Tracey 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	
Parkinson Yoga	Peggy	927-5647	

Community Directory

... AND SUPPORT SERVICES TOO

Addictions...

Alanon.....	Lucky.....	954-0132
Alcoholics Anonymous.....		1-800-883-3968
Crisis Line.....		1-800-494-3888
Mental Health & Addiction Services.....		951-9550
Substance Abuse.....		947-8225

Childcare...

A Child's Place.....	Kat Pummell.....	954-0801
Arrowview Kids Club.....	Diane Girard.....	752-6620
Children's Discovery Centre.....	Susanna Jaeckal.....	752-4343
Dolphin Tales Preschool.....	Shirly-Ann.....	951-0887
Errington Co-op Preschool.....	Suzanne Vigneault.....	248-0605
Naturecraft Childcare Centre.....	Cynthia Scherer.....	951-3953
Lighthouse Country Kids Place.....	Kelly.....	757-9524
Morning Glory Preschool.....	Samantha Gibson.....	752-2722
Parkville's Promises Childcare.....	Sarina Tryon.....	586-8688
Little Star Children's Centre.....		752-4554
Qualicum First Nationa Child & Family Centre.....		757-8092
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

Counselling and Therapy ...

Art & Play Therapy for Children.....	Mehdi Naimi.....	240-1221
Family & Community Support.....	Susan Butler.....	248-0076
Chronic Health Conditions.....	Stephanie Peter.....	937-1223
District 69 Family Resource Association.....		752-6766
NVC Compassionate Connection.....	Sherry Konigsberg.....	954-3452
Rainbows (Ages 4-12yrs).....		248-3927
Society of Organized Services (SOS).....		248-2093
Self Management Programs.....		1-866-902-3767

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

Emergency Services...

911 Emergency.....		911
Crisis Line.....		1-800-494-3888
Crossroads Crisis Pregnancy Centre.....		1-866-714-2191
Emergency Assistance... SOS.....		Ext. 241 248-2093
Emergency Social Services.....		954-3411
Haven Society Community Victim Services.....		248-3500

Employment Services...

Career Centre.....		248-3205
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First Aid Training...

RDN Recreation and Parks.....	Ravensong Aq. Ctr.....	752-5014
St John Ambulance.....	Pat Threlfall.....	729-8889
Government Services.....		see blue pages in phone directory

Infant and Child Services...

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
La Leche League.....	Lesley.....	390-5184
Parent Support Circles.....	Sandi Halvorson.....	468-9658
Triple P Parenting.....		947-8242
		1-877-345-9777
PV/QB Public Health Services.....		947-8242

Massage/Reflexology...

Bowser Massage Therapy.....	Colin Crooks.....	797-5314
Go Chair Massage.....	Satori Konigsberg.....	954-3452
Qualicum Wellness Centre.....	Shireen Zant.....	752-5300
Reflexology Therapy (RCRT).....	Evie Wur.....	951-6387

Parent & Tot Groups...

Building Learning Together.....	Brenna Landry.....	947-8252
Morning Glory School.....		752-2722
Mother Goose and Friends.....	Brenna Landry.....	947-8252
Munchkinland.....	Brenna Landry.....	947-8252
WOW Bus.....	Brenna Landry.....	947-8252
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
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.....		1-800-665-5864
Oceanside Breast Cancer.....		752-8066
Oceanside Hospice Society.....	Lynn Wood.....	752-6227
Oceanside Prostate Cancer.....		752-7489
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
PV/QB Parkinson's Disease.....	Doug Pickard.....	927-4595
TOPS.....	Judy Chaffin.....	752-6686
		1-800-932-8677
White Cane Club.....	Katherine.....	752-5745

Support Services...

Caring for Kids at Christmas.....	Ext 229.....	248-2093
Everyone Rides.....	FRA.....	Ext 119 752-6766
Helpful Hands.....	Catherine Burkmar.....	248-0486
Income Tax (SOS).....	Ext 229.....	248-2093
KidSport.....	Recreation and 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

Want to join our list? Or see a wrong number?

Call 250-248-3252 or email recparcs@rdn.bc.ca to let us know.



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 will go on automatically based on field booking time or by contacting Davina Wuerch, 250-752-5014 or 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.

RDN Parks

Planning a family or group event? Regional and Community parks can offer refreshing venues for weddings, reunions and BBQs. Call 250-248-3252 for more information.

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.

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. Email fieldbooking@rdn.bc.ca

School Gymnasiums and Rooms

Contact School District 69 250-248-2067.

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 rdn.bc.ca/recreation or may be picked up at Oceanside Place Arena. Nominations received by April 30, 2016 will be considered for the next recognition event.

Affordable Recreation and Inclusion Services

Financial Assistance Program

RDN Recreation and Parks works together with the Society of Organized Services (S.O.S.) to provide financial assistance for people wanting to participate in 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 assist 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.

Recreation Inclusion Services

RDN Recreation and Parks takes a proactive approach to include people in programs and services. Our inclusive approach involves working with individuals and their families and planning ahead for their participation. Swimming, skating, and children's summer camps are most often requested. Instructors may be available to provide support 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 contact us. 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.

Please contact RDN Recreation and Parks at 250-248-3252 or 250-752-5014 for more information.

Support workers please note:

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.

Free Admission

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

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 or online at www.kidsportcanada.ca.

Children's Fitness and Arts Federal Tax Credit

Parents are reminded to keep receipts for sport, recreation and arts programs. Claim up to \$1000 per year for eligible expenses for each child under 16 years. Find out more from the Canada Revenue Agency.

Everybody Rides

Bicycles in good working order are gratefully accepted then redistributed for free to community members who need them. Contact Family Resource Assoc. 250-752-6766.

Grade 5/6 Active Living Card

Each fall, Grade 5 students will be eligible to receive a Grade 5 Active Living Card that provides free admissions to RDN public swim, skate and drop-in gym sessions from Sep 1 to Aug 31. Grade 6 students will receive a 10 visit admission to these sessions for the same time period.

For more information pick up a form at Ravensong Aquatic Centre or Oceanside Place Arena or online at rdn.bc.ca/recreation. Bring the completed form to either recreation offices along with a birth certificate or passport. Child must be present for photo. Photo id card will be issued.

Corporate & Volunteer Group Recreation Pass

The RDN Recreation and Parks Department is committed to helping our communities stay active. A 15% discount is available for non-profit organizations and local businesses within District 69 purchasing 10 or more annual active adult membership passes at one time. Active Passes are for use at both Ravensong Aquatic Centre and Oceanside Place Arena for public sessions. Contact Melinda Burton Senior Program Secretary at 250-248-3252 for more information.

Department Staff

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

Hannah King
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

Jennifer Hopewell
Recreation Programmer 5557

Colleen Jordan
Recreation Programmer 5551

Kelly Valade
Recreation Programmer 5560

Clayton Bannatyne
Chief Facility Operator. 5298

PARKS OFFICES 250-248-4744

Wendy Marshall
Manager of Parks Services 653

Joan Michel
Parks and Trails Coordinator. 658

Elaine McCulloch
Parks Planner 656

Lesya Fesiak
Parks Planner. 669

Kelsey Cramer
Parks Planner. 664

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 OFFICE 250-757-8118

Chrissie Finnie
Recreation Programmer
or email recparks@rdn.bc.ca



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 29, 2016 and September 30, 2016. Application forms and guidelines for both grants are available at both Recreation and Parks offices (Ravensong Aquatic Centre or Oceanside Place Arena) or at our website at www.rdn.bc.ca/recreation. For information, please call Cathy MacKenzie, 250-248-3252.

Registration starts March 7th!

3 easy ways to register!

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

Office Hours (subject to change)

Oceanside Place Arena
Mar 1-31
Mon-Fri 8:30 am-8:00 pm
Sat/Sun 9:00 am-3:30 pm

Apr 1-Aug 19
Mon-Fri 8:30 am-6:00 pm
Sat/Sun Closed



Aug 20-31
Mon-Fri 8:30 am-6:00 pm
Sat/Sun 12:00-5:00 pm

Ravensong Aquatic Centre
Mar 1-Jun 30
Mon/Wed 6:15 am-9:30 pm
Tue/Thu 6:15 am-9:00 pm
Fri 6:15 am-7:30 pm
Sat 7:15-8:30 pm
Sun 10:00 am-8:30 pm

Jul 2-Aug 19
Mon/Wed 6:15 am-8:30 pm
Tue/Thu 6:15 am-9:00 pm
Fri 6:15 am-7:30 pm
Sat 8:15 am-7:30 pm
Sun 10:00 am-8:30 pm

Aug 20-31
Mon-Fri 8:15 am-4:00 pm
Sat/Sun Closed

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

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.
7. Post-dated payments for summer programs may be arranged in advance.

REFUND POLICY:

Uh-oh, we had to cancel: Regrettably, if a minimum number of registrants are not met, we may have to cancel or combine classes due to insufficient registration. These decisions are made prior to the program start date. Please register early to avoid disappointment. A 100% refund is granted when we cancel a program.

Sorry, the course is full: If a program is full please ask staff to put your name on our waitlist. Staff review these lists continually and we will do our best to accommodate those waitlisted.

Customer Satisfaction: We care about your experience in our programs. Please contact our Programmer directly to discuss any questions, comments or concerns that you have with our recreation programs.

Extended Illness/Injury: In cases of extended illness or injury, a prorated refund or credit may be granted upon provision of a medical note.

Missed Classes: Classes missed due to sickness, vacation, or other reasons will not be refunded or credited.

Oops, changed your plans? A refund will be issued if we receive withdrawal notification at least 72 hours prior to the course start date. If less than 72 hours notice is given, no refund or credit will be issued.

Non-Sufficient Funds: An administration fee of \$10 will be charged on all non-sufficient funds (NSF) payments.

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
rdn.bc.ca/recreation

LET'S TALK TAX

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



Horne Lake Regional Park

Waterfront camping, canoeing and boating, programmed recreation available including caving at adjacent Horne Lake Caves Provincial Park.

www.rlcparks.ca
hornelake@rlcparks.ca
250-248-1134



Descanso Bay Regional Park

Spectacular oceanfront on Gabriola Island. Explore the coves and enjoy the sunsets
250-247-8255

This summer, explore your own backyard. Visit RDN campgrounds for the day or stay overnight.

Your parks and campgrounds are great outdoor settings for weddings, community events, company picnics, and more. Contact RDN Parks to find out more.

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



Keep everyone active all year round.

