

SEPTEMBER 2026

FREE

PROGRAMS

See our Activity Guide for even more programs!

NANAIMO PARKS, RECREATION & CULTURE
Fall 2026/Winter 2027 Activity Guide

September 2026 to March 2027



recreation.nanaimo.ca
250-756-5200

Registration starts on Wednesday, August 12 (Aquatics)
Wednesday, August 19 (all other programs)



Court Kids 1 to 5 Years

This is a FREE, fun safe space to introduce your child to unstructured physical activity! Your child will get to play, move, climb, jump, slide and have a blast while burning off some energy on a variety of gym equipment. Parent/caregiver participation is required. This program is drop-in only; no registration required.

Instructors: Pam Brugge & Traci Boas

Tue, Sep 22-Dec 1 | 9-11 am | FREE | Drop-In

Beban Park Social Centre

Wildsafe Adventures

Learn how to stay safe while enjoying the outdoors with WildSafeBC. Discover practical tips to prevent human-wildlife conflicts, including bear behavior, attractant management and what to do during an encounter. Perfect for families, hikers and nature enthusiasts of all ages. This is a free event, but registration is required.

Sat, Sep 12 | 3:30-4:30 pm | FREE | 172443

Westwood Lake Park



Lions Free Skates

These take place every Sunday, 12-1:30 pm from September 30 to March 21 at Frank Crane Arena thanks to The Lions Club and a variety of local sponsors.

Nanaimo Aquatic Centre re-opens on Monday, October 5th!
Come and check out the new water feature and more accessible front desk/guest services area. See recreation.nanaimo.ca for the most up-to-date swimming and weight room schedules.

Spare Blox



Youth drop-in program. *These start the week of September 21.*

-Mondays, 5-6:30 at Park Avenue Elem (ages 10-14)

-Mondays, 7-8:30 pm at Fairview School (ages 11-15)

-Tuesdays, 6-7:30 pm at Uplands Elem (ages 10-13)

-Tuesdays, 6:30-8 pm at Oliver Woods (ages 13-17)

-Wednesdays, 8:30-10 pm at John Barsby (ages 13-17)

-Thursdays, 6-7:30 pm at Syuwenc't Elem (ages 10-14)

Youth Lounge - POP UPS!



Hang out at Oliver Woods on September 18 & 25, 3-9 pm for a variety of activities, including music, swimming, skating, video games and snacks. Youth Lounge returns to Nanaimo Aquatic Centre on October 8 & 9.

Stress Management - 60+

It is of primary importance that we learn to cope with stress before it causes physical, mental and emotional harm. Learn how to reduce it in your life and what causes it in this free workshop.

Presenters: Kamal Parmar, Functional Medicine Practitioner

Sat, Sep 12 | 11 am-12 pm | 173403

Bowen Park Complex

Westwood Lake Labour Day Swim

Monday, September 7, 12-5:30 pm at First Beach at Westwood Lake.

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parksandrecreation@nanaimo.ca



CITY OF NANAIMO
THE HARBOUR CITY
PARKS, RECREATION & CULTURE