



**PARKS
RECREATION
& CULTURE**

2025 SPRING ACTIVITY GUIDE

guide current from April 1 to June 30



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Frank Jameson Community Centre 810 6th Avenue, Ladysmith B.C.

Hours of Operation:
(subject to change)

Reception Office
Monday - Friday 6:00am - 9:00pm
Saturday 8:00am - 6:00pm
Sunday 9:00am - 4:00pm

Fitness Centre
Monday - Friday 6:00am - 9:00pm
Saturday 8:00am - 6:00pm
Sunday 8:00am - 4:00pm

Aquatic Centre
See page 10 for pool schedule

Schedule Changes:
Closed: Good Friday, April 18
Easter Monday, April 21
Victoria Day, May 19

REGISTRATION DAY
Telephone and online registration begins
Monday, March 3rd at 7:00am

SPECIAL EVENTS:

APRIL

25-28 FAMILY SCAVENGER HUNT WITH FOHC

MAY

1-7 YOUTH WEEK

5 PRO-D DAY SWIM 1:00-2:00pm

9 DIVE-IN CINEMA - MOANA 2
6:30-8:30pm \$5.25 tickets available in advance

JUNE

13 KICK OFF SUMMER POOL PARTY
6:30-8:30pm \$5.25 tickets available in advance

Admission & Registration Information

Admissions

Below admission rates allow access to the following programs at the Frank Jameson Community Centre:

- Drop-In Aquatic Visits
- Drop-In Aquatic Fitness Programs
- Fitness Centre visits
- Drop-in Fitness Programs
- Drop-in Sports Programs

Purchase a pass and save over single admission

During your visit to the FJCC, we invite you to attend multiple programs while you are here!


Admission Rates (including GST)

	Tot (under 3 yrs)	Child (3-12yrs)	Youth (13-18yrs)	Adult (19-59yrs)	Senior (60-79yrs)	80+	Family <small>(Parent(s) or guardian(s) with dependent children aged 18 & under)</small>
Single Admission	FREE	\$3.43	\$4.84	\$6.78	\$4.84	FREE	\$13.03
10x Pass		\$29.05	\$41.45	\$57.31	\$41.45		\$110.10
1-Month Membership		\$30.87	\$49.09	\$59.98	\$49.09		\$115.22
12-Month Membership			\$475.55	\$582.10	\$475.55		\$1118.36

PLEASE NOTE:


- 10x passes are non-transferable, non-refundable and do not expire.
- Monthly passes are non-transferable and non-refundable. No 'holds' permitted for 1 month passes. 12 month passes can be placed on 'hold' for a minimum of two weeks two times per pass. A scheduled monthly payment plan is available for 12 month passes with a valid Visa or Mastercard.

Registrations



REGISTRATION DAY

Telephone and online registration begins
Monday, March 3rd at 7:00am



Full payment is required at time of registration. All registrations are processed on a first-come, first-served basis. Sadly, excellent programs are sometimes cancelled when people wait until the last minute to register. We need to make decisions three to five days prior to the start date of our programs to allow for proper preparation. **Please register early to avoid disappointment.**

Cancellations

Programs are subject to cancellation due to insufficient registration or changes in facility operation. If this occurs, a full refund will be issued. The refund will be issued based on the method of payment. In the event that a program or an individual class is cancelled, every attempt will be made to have the class or program rescheduled.

Refunds

REGISTERED PROGRAMS	
Seven or more days before course begins	No cost to withdraw \$5 refund processing fee
Six days or less before course begins	No withdrawals/No refunds
MEDICAL WITHDRAWALS	
In case of extended illness or injury, where a person is unable to complete their program, a prorated refund or credit may be granted. Classes missed due to sickness, vacation, or other reasons will not be refunded or credited. *Less program supply fees if applicable.	

how to REGISTER

Online Registration:

Visit www.reccowichan.ca to register and view your transaction online. Available 24/7 with a valid credit card.

Telephone:

Call 250.245.6424 during office hours and use your Visa or Mastercard. Full payment is required at time of registration. See page 1 for reception hours.

In Person:

Visit the Frank Jameson Community Centre at 810-6th Ave., Ladysmith during office hours. Payment is accepted by cash, cheque, credit or debit card. Phone 250.245.6424 to confirm hours or see page 1 for reception hours.



Leisure Access Program

What is the Leisure Access Program?

The Town of Ladysmith, Department of Parks, Recreation & Culture provide a fee subsidy to Ladysmith, CVRD Area G & H residents who are in financial need. The subsidy enhances access to recreation and is available for admissions and program registration in Ladysmith. Proof of income and residency is required to determine the eligibility for the program.

Who Can Apply?

To be eligible for assistance, applicants must be residents of Ladysmith, CVRD Area G & H and have a total household income below Stats Canada low-income cutoffs. Proof of financial status must be provided.

How do I apply?

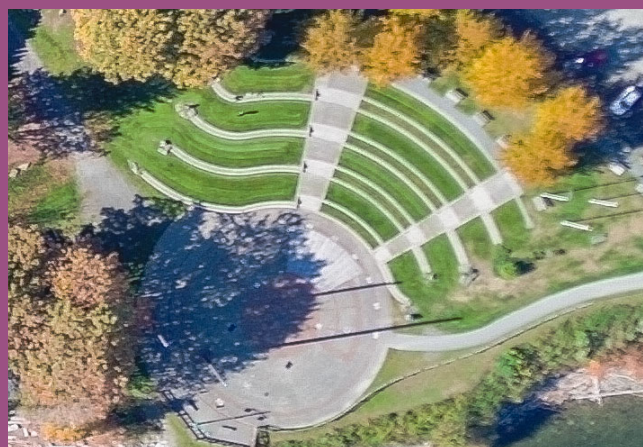
Applications can be found on our website or a physical copy can be requested by contacting the Frank Jameson Community Centre. Include with your application the documentation required, see application for details.

What can the Leisure Access Program be used for?

The program includes a 50-percent reduction in cost for most programs four times per year (one per season) and 50-percent discount on facility admissions.

Facility Rentals

Ladysmith Parks, Recreation & Culture has a variety of facilities that can be rented for everything from birthday parties, workshops, meetings to weddings. Consider us when planning your next event!



**AMPHITHEATRE
TRANSFER BEACH**
200 Capt. Tristan de Konnick Way

- large grass seating area
- perfect for weddings
- electricity available



**KINSMEN SHELTER
TRANSFER BEACH**
200 Capt. Tristan de Konnick Way

- 960 sq. ft. shelter
- 2 picnic tables
- electricity available



**SPORTSMAN SHELTER
TRANSFER BEACH**
200 Capt. Tristan de Konnick Way

- 231 sq. ft. shelter
- 2 picnic tables
- electricity available



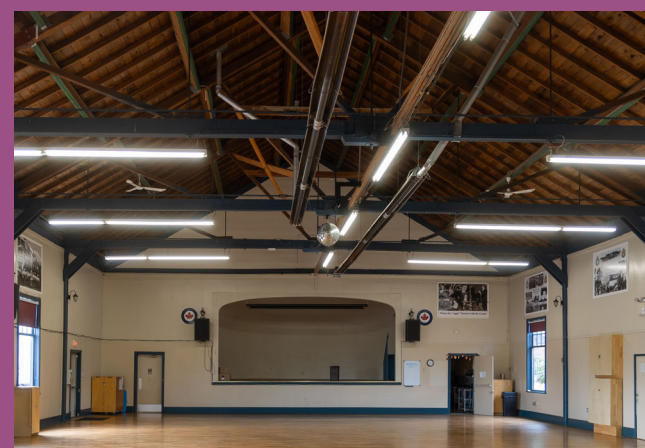
**PROGRAM ROOM
FRANK JAMESON COMMUNITY CENTRE**
810 6th Avenue

- 780 sq. ft.
- fridge
- tables & chairs available
- great for groups of up to 40 people



**MEETING ROOM
FRANK JAMESON COMMUNITY CENTRE**
810 6th Avenue

- 375 sq. ft.
- tables & chairs available
- great for groups of up to 20 people



AGGIE HALL
1110 1st Avenue

- 3000 sq. ft. hall
- stage
- kitchen
- tables & chairs available
- great for large gatherings of up to 275 people



**SWIMMING POOL
FRANK JAMESON COMMUNITY CENTRE**
810 6th Avenue

- 25 metre main pool
- leisure pool
- hot tub/dry sauna



**GYMNASIUM
FRANK JAMESON COMMUNITY CENTRE**
810 6th Avenue

- 6000 sq. ft.
- stage
- tables & chairs available



**REC ROOM
FRANK JAMESON COMMUNITY CENTRE**
810 6th Avenue

- 2400 sq. ft.
- air hockey, ping pong & foosball available for fee
- fridge & microwave
- tables & chairs available

How to Book a Facility

Telephone:

Call 250.245.6424 during office hours.

In Person:

Visit the Frank Jameson Community Centre at 810-6th Ave, Ladysmith, during office hours.

Cancellations:

The Town of Ladysmith reserves the right to cancel or alter rentals should conditions arise that necessitate scheduling changes. In the event of any strike or lockout, the Town of Ladysmith will not be held responsible or liable for providing said facility.

Email:

Email bookings@ladysmith.ca. Please include:

- Facility(ies) required
- Date(s) of rental
- Type of function

Please note that payment is required at time of booking unless an alternative payment schedule has been agreed upon.

Some functions or facilities may require a security deposit.

Refunds:

The Licensee will notify the Town of Ladysmith Department of Parks, Recreation and Culture of cancellation at least 72 hours prior to the event; otherwise the Licensee will be required to pay the full amount of the rental fee.

INFO / REGISTRATION **250.245.6424** | ladysmith.ca

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Early Years and Childrens Programs

Music

Jump into Music (6months-4yrs)

This one-of-a-kind music and movement program engages, educates, and entertains parent and child on a musical journey around the world. Stimulate mind/body/spirit through diverse activities creating a well-rounded experience! A great way for families to bond, gaining exposure to musical rudiments and culture. Parent assistance is required. Call to register for 25% sibling discount.



FJCC Program Room
Fridays, April 4 - May 23
 10:00-10:50am \$105/7 sessions **88038**

Fridays, June 6 - July 25
 10:00-10:50am \$105/7 sessions **93867**
 \$18.00 drop-in (space permitting)

Sports & Activities

World Cup Soccer Tots (3-4yrs)

An active, fun-filled class for tots on the move! Children will develop motor skills in a lively atmosphere of friendship and cooperation - come on, the ball is waiting! Parent assistance is required. Instructor: Brett Hyslop



Forrest Field
Thursdays, April 24 - June 12
 3:00-3:40pm \$96/8 sessions **93768**

Family Physical Literacy Frenzy (3-8yrs)

Join us for a family physical literacy free play in the gym. Each play station will focus on a different aspect of physical literacy using fun equipment and awesome games.

FJCC Gymnasium
Mondays, April 7 - May 5
 10:30-11:30am \$25/4 sessions **94434**
Mondays, May 12 - June 16
 10:30-11:30am \$31.25/5 sessions **94435**



Join us for

POP-UP PARK PLAYTIME

in our local parks this Spring!
 Games & activities for children & families.

Fridays from 9:00-11:00am
 May 30 Brown Dr Park
 June 27 Davis Rd School
 July 25 Transfer Beach



Schools Out Days

Adventure Zone Pro D Daycamp (5-12yrs)

Plan ahead and register for Adventure Zone Daycamp! It's a wonderful opportunity for kids to stay local, meet new friends, and try new things while doing activities they love: sports, crafts, games and having lots of fun! Our day also includes time in the POOL! Space is limited, register today!! FJCC Gymnasium/Rec Room

Monday, May 5
 9:00am-3:00pm \$45/1 session **93773**

ADVENTURE ZONE SUMMER DAYCAMP

Play, create, and explore at **Adventure Zone Daycamp** this summer! Each week of camp has new and exciting crafts, sports, games, swimming and new friendships.

Monday- Friday 9:00am-3:00pm

Watch for more details in the 2025 Summer Activity Guide, available in May

weekly camps starting July 7

Ages 6-12

Dance

Have a budding dancer in the house? These great classes taught by Rhythm Dance Instructors are the perfect way to introduce your child to the world of dance! All classes taught in the FJCC Fitness Studio.

Intro to Hip Hop Dance (3-10yrs)

In this introductory Hip Hop class your young dancer will learn basic hip hop grooves and techniques. The class will focus on high energy movement, musicality, and choreography all while dancing to great hip hop beats! Clean running shoes or bare feet required. No experience necessary!

Mondays, April 7 - May 12
Ages 3-4yrs
 3:00-3:30pm \$60/5 sessions **94452**
Ages 5-7yrs
 3:40-4:25pm \$60/5 sessions **94456**
Ages 8-10yrs
 4:30-5:15pm \$60/5 sessions **94458**

Intro to Jazz (5-10yrs)

Learn fundamentals of jazz dance in this progressive class. Work on various steps, choreography, and flexibility...not only will you work hard, you'll have a great time learning to dance to the fun upbeat music too. No experience necessary!

Ages 5-7yrs
Wednesdays, April 9 - May 14
 3:30-4:15pm \$72/6 sessions **94463**
Ages 8-10yrs
Wednesdays, April 9 - May 14
 4:30-5:15pm \$72/6 sessions **94464**



LaFF Family Resource Program

A drop-in program held at Aggie Hall (1110-1st Ave, Ladysmith) for children ages 0-6yrs old and their caregivers (parents, grandparents, relatives, caregivers, etc.). Cosponsored by the Town of Ladysmith with generous support from the Province of BC, United Way CNVI and others. Minimum suggested donation of \$4 per family or a 6 punch LaFF Pass for minimum suggested donation of \$20. LDCU/LHCA sponsored passes available - talk to staff.

LaFF Mornings at Aggie Hall

A drop-in program for children ages 0-6yrs old and their caregivers (parents, grandparents, relatives, caregivers, etc.). Come for a morning of play, creativity, exploration, community, connectedness, access LaFF's clothing exchange and food pantry and so much more!

Tuesday-Friday 9:30am-12:00pm

LaFF'ternoons at Aggie Hall

A drop-in program for parents/caregivers and children UP TO 1 year of age or pre-walking. At this time, older siblings are asked to not attend this program, please make other arrangements. An opportunity to circle up and build community and connection for yourself / your littles and access LaFF's clothing exchange and food pantry.

Wednesdays 12:15-1:45pm

LaFF Outside

Check the LaFF website for upcoming LaFF Outside days at the Nature Play Space at Aggie Hall as well as other locations.

#ilovetolaff
 @LadysmithFamilyandFriends

For program and schedule updates, check the LaFF website or connect with them directly.

Website: www.familyandfriends.ca
 Email: laffexecutivedirector@shaw.ca
 Mail: Box 1830, Ladysmith, B.C. V9G 1B4
 Phone: 250.210.0870
 Aggie Hall: 1110-1st Ave, Ladysmith



Intro to Ballet (5-7yrs)

In these classes, little dancers develop a broad range of dance and movement skills incorporating components such as music awareness, play using creative imagination, and dance focusing on body awareness, flexibility, posture, and poise. This class leads the students naturally into further study of ballet and other dance forms.

Fridays, April 25 - June 6
 3:30-4:15pm \$60/5 sessions **94444**

INFO / REGISTRATION 250.245.6424

ladysmith.ca

Children and Youth Programs

Sports & Activities

World Cup Soccerama (5-7yrs)

Featuring mega-fun in an encouraging environment so you can learn new skills or brush up on your game! Classes include warm-ups, personal ball skills, technical drills and games.
Instructor: Brett Hyslop
Forrest Field
Thursdays, April 24 - June 12
3:45-4:30pm \$96/8 sessions **93771**



Sports After School (9-14yrs)

Our Sports After-School Program offers a fun, engaging, and active environment for children to develop their athletic skills while fostering teamwork, leadership, and sportsmanship. Participants will have the opportunity to explore a variety of sports, including basketball, soccer, pickleball, and more. The program is designed to accommodate all skill levels, from beginners to advanced players, and focuses on building confidence, physical literacy, and social skills.
FJCC Gymnasium
Mondays, April 7 - May 12
3:00-4:00pm \$28/4 sessions **93917**
Mondays, May 26 - June 16
3:00-4:00pm \$28/4 sessions **93923**

Attention YOUth!

Would you be interested in joining a fun, hands-on cooking program to learn new skills and create delicious dishes?



We're 'cooking up' some culinary classes! Add your name to the interest list and we will be in touch when they're out of the oven! **95010**

Friday Night HOOPS (8-13yrs)

Join us for a fun night of basketball skills, drills and games! Focus is on PLAY. All skill levels welcome.
FJCC Gymnasium
Fridays, April 25 - May 30
Ages 8-10
6:00-7:00pm \$30/6 sessions **93876**
Ages 11-13
7:00-8:00pm \$30/6 sessions **93884**

GIRLS Friday Night HOOPS (8-13yrs)

This session is just for girls! Join us for a fun night of basketball skills, drills and games! Focus is on PLAY. All skill levels welcome.
FJCC Gymnasium
Fridays, April 25 - May 30
Ages 8-10
6:00-7:00pm \$30/6 sessions **93870**
Ages 11-13
7:00-8:00pm \$30/6 sessions **93874**

Youth Zone Pre-Teen Program (10-14yrs)

Designed for youth to engage in a variety of fun sports and games. Participants can enjoy gym sports like basketball, soccer, and dodgeball, as well as table games such as foosball and air hockey. Whether it's scoring a goal or mastering a new game, pre-teens will have a blast while making new friends and staying active.
FJCC Gymnasium/Rec Room
Wednesdays, April 16 - May 28
3:00-4:15pm \$FREE/7 sessions **93774**

Yoga

Getting Bendy - Yoga for Kids(6-9yrs)

In this class, learning is intentional, acting like an animal is normal, and fun is mandatory! Kids will learn to connect their body, mind and breath with playful movement. Practice together through flowing yoga poses that promote balance, concentration, strength and flexibility.
FJCC Fitness Studio
Thursdays, April 10 - May 8
3:45-4:30pm \$35/5 sessions **94811**



BC Youth Week is an annual provincial celebration of youth. Look forward to a week of fun filled activities & celebrations recognizing the interests, accomplishments and contributions youth make to our community!

Keep an eye on Instagram for event details!

/ladysmithprc



General Interest

Youth Study Hall (10-18yrs)

Bring your homework and your friends to the rec room for study hall. Enjoy a safe and collaborative space to make new connections, play some table games and receive tutoring or homework assistance if needed.
FJCC Rec Room
Thursdays, April 3 - May 29
2:45-4:15pm \$FREE/9 sessions **90219**

High Five: Principles of Healthy Child Development for Leaders (14yrs+)

This High Five training provides participants with a nationally recognized certification that will assist them in working with children's programs in sport, recreation and education. The focus is ensuring each child's social, emotional and cognitive needs are being met. This certification program helps leaders gain more confidence, knowledge, and tools when leading children's programs. Learn best practices for healthy childhood development, and how to create environments where children thrive.... AND earn a certificate too!
FJCC Program Room
Monday, May 5
10:00am-2:00pm \$95/1 session **93776**



Red Cross Stay Safe! (9-13yrs)

Real-world scenarios often call on children to respond to challenges. The Stay Safe! program teaches applicable and age-appropriate skills, while increasing and reinforcing a youth's capacity to improve his or her own safety. Whether in their community or on their own, this group will be given better tools to Stay Safe! in a variety of different situations.
Prerequisite: Minimum 9 years old or completion of grade 3.
FJCC Meeting Room
Monday, May 5
9:30am-4:30pm \$55/1 session **94367**

Red Cross Babysitter Training (11-16yrs)

The Canadian Red Cross Babysitting course covers everything from managing difficult behaviors to essential content on leadership and professional conduct as a babysitter. Babysitting promises to deepen and enhance the responsibility that older youth feel when caring for younger children. This updated curriculum, complete with new science, also provides improved learning when it comes to giving the appropriate care in the event of an emergency.
Prerequisite: Minimum 11 years old or completion of grade 5.
FJCC Rec Room
Saturdays, June 7 & 14
9:00am-1:30pm \$70/2 sessions **94368**

YOUTH ZONE

in the rec room @ the FJCC

The YOUth Zone offers a relaxed and welcoming space for youth to hang out, socialize, and have fun. Listen to music, play air hockey or pool, video games, do arts & crafts, or just come chill and connect with others. Whether you're looking to chill or get creative, the YOUth Zone is the place to be!

Fridays, April 4 - May 30
6:00-8:00pm \$FREE



Curious about using the Fitness Centre?

Youth ages 13-15 are welcome to use the Fitness Centre unsupervised upon completion of the Youth Orientation. For more details on the Youth Orientation and how to get started, see page 16.

INFO / REGISTRATION **250.245.6424** | **ladysmith.ca**

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Adult Programs

Dance

Modern Social Square Dance for New and Experienced Dancers (16yrs+)

This 8 week session is designed for newer dancers who have participated in a 9 - 12 week SSD Square Dance program, experienced dancers, or folks who have previously square-danced and wish to pick up their skills and re-join the Square Dance community. This course is not designed for brand-new dancers. The sessions will extend the key components of Social Square Dance by reviewing key moves and figures and providing lots of opportunities for dancing to modern Square Dance music.

FJCC Fitness Studio

Tuesdays, March 25 - May 13

1:30-3:30pm

\$60/8 sessions

94409

\$10 drop-in (space permitting)



General Interest

West Coast Plants (16yrs+)

Experience an outdoor walking workshop where you'll begin to identify local and common edible and medicinal plants. A quick look at a diverse array of berries, trees, herbs, shoots, and leafy greens.

Instructor: Alicia Meek

FJCC Program Room

Tuesday, April 22

6:00-7:30pm

\$39/1 session

94387

Mushroom Foraging and ID (16yrs+)

In this workshop, you'll learn about the health benefits of medicinal mushrooms. We'll cover common types, how they can support your well-being, and easy ways to use them. Handouts with basic information will be provided.

Instructor: Alicia Meek

FJCC Program Room

Wednesday, May 7

6:00-8:00pm

\$39/1 session

94388

Basic Dog Training (for dogs 4 months+)

This class is suitable for dogs with no previous training or dogs new to your family. The goal of the class is to provide the basics for clear communication to teach fundamental behaviors: sit/down/stay, recall and walking politely on leash. Class is limited to 4 participants to ensure lots of individual time with the instructor.

Instructor: Sarah Lane

FJCC Program Room

Wednesdays, April 9 - May 14

4:00-5:00pm

\$220/6 sessions

94155



Toonie Table Games for Spunky Older Adults

Calling all Spunky Older Adults (55+)... Grab a friend (or meet a new friend) and join us for a drop-in and social morning of games, including table tennis, billiards, and board games. We'll have the equipment and coffee on!

FJCC Rec Room

Thursdays, April 3 - June 26

9:30-11:00am

\$2 drop-in



Friends of Holland Creek

Friends of Holland Creek Society

We are working to protect the biodiversity of Holland Creek and are looking for members.

UPCOMING SPRING EVENTS:

Community Bioblitz in Holland Creek

Friends of Holland Creek biologists and naturalists will provide guided walks and wildlife identification as part of the 4-day Yellow Point Ecological Society 2025 Bioblitz.

April 26th, 10:00am - 1:00pm

meet at Dogwood Dip Trail Head

Family Scavenger Hunt in Holland Creek

Have fun identifying common invasive plants which have escaped into Holland Creek.

April 25th - April 28th - self guided event

start at the Mackie Road trailhead

Meadow & Shrubbery Care at Transfer Beach

Join Friends of Holland Creek to care for the Butterfly meadow and Bird shrubbery we helped plant in 2024 and do some invasive plant control.

First Monday of every month, 10:00am - 12:00pm

meet at the Kinsmen Shelter by the native plant beds

Walks & Work Bees at Holland Creek

Join Friends of Holland Creek for interpretive walks or invasive plant control.

Third Monday of every month, 10:00am - 12:00pm

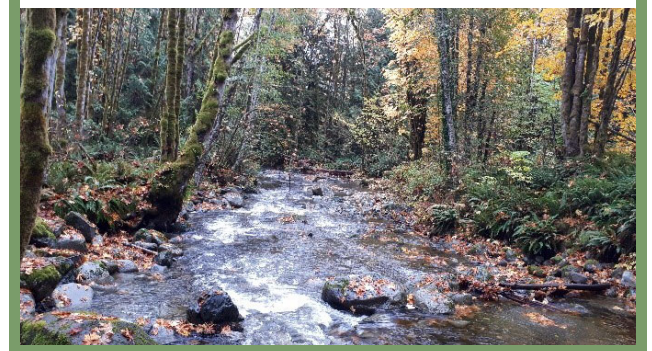
meet at the Information Hut on Methuen/6th Ave.



/friendsofhollandcreek

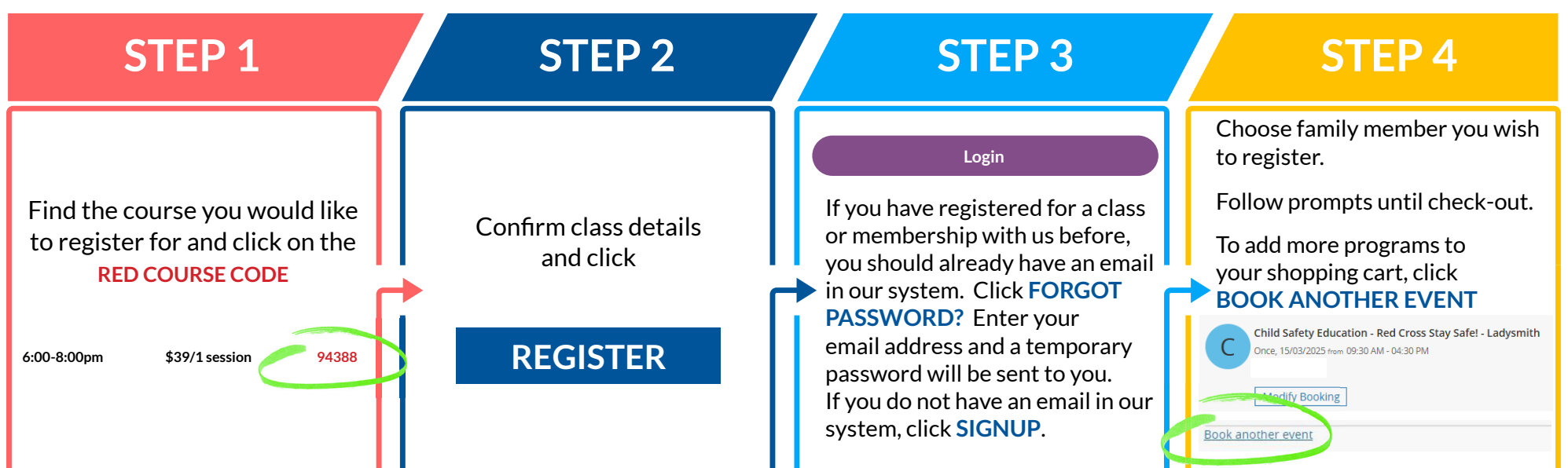


hollandcreekinvasives@gmail.com



 Skip the LINE  Register ONLINE! 

Register for programs offered through Ladysmith Parks, Recreation and Culture in the comfort of your own home by following these easy steps!



INFO / REGISTRATION 250.245.6424

ladysmith.ca



Swimming Lessons



PARENT & TOT LEVELS

4 MONTHS - 3 YEARS

Parent & Tot 1 JELLYFISH 4-12 months

Jellyfish provides an orientation to water for infants and their parent/caregiver. Parents/caregivers will learn how to swim safely with their infant in the pool through instruction of holds and supports. Infants will be introduced to getting their face wet, blowing bubbles and floating with the help of their caregiver.

Parent & Tot 2 GOLDFISH 12-24 months

Goldfish teaches toddlers how to play in the water safely! They'll learn how to enter and exit the water with help from their parent/caregiver and will play games to encourage them to get their face wet and blow bubbles in the water. Toddlers will also develop floating and kicking skills with the support of their parent/caregiver

Parent & Tot 3 SEAHORSE 24-36 months

Seahorse teaches toddlers how to safely enter the water wearing a PFD. They'll develop underwater skills such as submersion and opening their eyes underwater. 'Starfish' floats, 'pencil' floats and kicking skills are taught using songs and games.



SWIMMER LEVELS

5 YEARS +

Swimmer 1

These beginners will become comfortable jumping into the water with and without a PFD. They'll learn how to open their eyes, exhale and hold their breath underwater. Floats, glides and kicking skills are introduced.

Swimmer 2

These swimmers will jump into deeper water and learn to be comfortable falling sideways into the water wearing a PFD. They'll learn how to tread water, develop kicking skills, and will be introduced to front crawl and back crawl.

Swimmer 3

These swimmers will learn how to dive and will do in-water somersaults and handstands to develop weight-transfer skills. They'll learn Swim to Survive® skills, whip kick on back and will further develop their front crawl and back crawl.

Swimmer 4

These swimmers will become better at diving, treading water, and swimming underwater. They'll learn the Swim to Survive® standard and start to develop breaststroke. Front crawl and back crawl are further developed.

Swimmer 5

These swimmers will master dives and swimming in deep water. They'll further their Swim to Survive® skills and start to develop eggbeater kick. Breaststroke, front crawl, and back crawl are further developed. Interval training and sprinting drills continue to challenge these swimmers.

Swimmer 6

These swimmers will become proficient at deep water skills including stride entries and compact jumps. They'll develop lifesaving kicks such as eggbeater and scissor kick. Breaststroke, front crawl, and back crawl are further developed. Head-up swims, interval training and a 300m workout develop strength and endurance.



PRESCHOOL LEVELS

3 - 5 YEARS

Preschool 1 OCTOPUS *PARENT PARTICIPATION REQUIRED*

Octopus is a transitional level which transfers the preschooler to the care of the instructor. Preschoolers will have fun learning to get in and out of the water. They'll learn how to put their face in the water, blow bubbles in the water, and how to float and glide.

Preschool 2 CRAB

Crab teaches preschoolers how to safely jump into chest-deep water and how to swim wearing a PFD. They'll learn submersion skills and continue to work on floats, glides, and kicking with buoyant objects.

Preschool 3 ORCA

Orca teaches preschoolers how to enter deep water safely wearing a PFD. They'll learn how to submerge and exhale underwater, retrieve objects underwater, and will continue developing their floating, gliding and kicking skills.

Preschool 4 SEA LION

Sea Lion teaches deep-water entries and treading water wearing a PFD. Preschoolers will become skilled at retrieving objects from the bottom of the pool in chest-deep water and performing front and side glide. Front crawl wearing a PFD is also introduced.

Preschool 5 NARWHAL

Narwhal teaches Swim to Survive® skills wearing a PFD. Front crawl and back crawl are introduced as well as interval fitness training. Preschoolers will also learn how to tread water and perform vertical whip kick with a buoyant aid. Once complete, preschoolers can register into Swimmer 2.

CANADIAN SWIM PATROL

Swimmer 7 ROOKIE PATROL

Rookie Patrol swimmers continue developing front crawl, back crawl and breaststroke. Swimmers develop individual fitness to meet a timed 100m swim and 350m workout. Water proficiency skills include swimming with clothes, ready position, and feet-first/head-first surface dives. Demonstrating the ability to conduct a primary assessment and calling EMS are included as first aid skills. Victim recognition and throwing assists are other key elements of the program.

Swimmer 8 RANGER PATROL

Ranger Patrol enhances capability in the water including stride entries and underwater, forward and backward somersaults. Swimmers learn lifesaving sport skills with a lifesaving stroke medley, timed object support and a non-contact rescue with a buoyant aid. Eggbeater kick and increased fitness levels are developed to meet a 200m timed swim. First aid focuses on unconscious victims and obstructed airway procedures.

Swimmer 9 STAR PATROL

Star Patrol challenges swimmers with a 300m timed swim, 600m workout and a 25m object carry. Strokes are continued to be refined. Lifesaving skills include use of rescue aids, defense methods, victim removals and supporting a victim in shallow water. First aid focuses on treatment of bone or joint injuries and respiratory emergencies. Once complete, swimmers register into Bronze Star.

How do I know what swimming level my child is?

If your child has previously taken swimming lessons, please refer to your last report card as to what level your child should be registered into next. If you haven't taken lessons before, or can't find your old report card, please call reception at 250.245.6424 to set up a \$20 swim assessment with one of our wonderful swim instructors.

We kindly request that you don't register your child in swimming levels above or below their swimming ability.

Are there any private swimming lessons available?

Ladysmith Parks, Recreation & Culture is pleased to offer private swim lessons for children, teens, and adults who want individual instruction. We are always working on expanding our private lesson opportunities but please note, due to staff availability, there are limited spots available. We have a Private Lesson Interest List where interested participants are called when private lesson time slots become available.

To be added to the private lesson interest list, please call 250.245.6424.
\$35 private 30min lesson; \$20 semi-private (per person) 30min lesson

INFO / REGISTRATION **250.245.6424**

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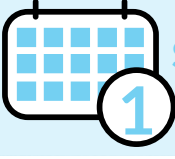
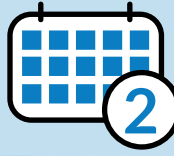




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Swimming Lessons

PARENT & TOT LEVELS (4 months - 3 years)

 Registration for all three Spring Lesson Sets begins Monday, March 3 rd at 7:00am	 Spring Lesson Set #1		 Spring Lesson Set #2		 Spring Lesson Set #3	
	Mon/Wed Mar 31 - Apr 30	Tue/Thu Apr 1 - May 1	Mon/Wed May 5 - 28	Tue/Thu May 6 - 29	Mon/Wed June 2 - 25	Tue/Thu June 3 - 26
 Parent & Tot 1 JELLYFISH	9:30-10:00am 93987 \$67.50/9		9:30-10:00am 93990 \$52.50/7		9:30-10:00am 93993 \$60/8	
	5:00-5:30pm 93988 \$67.50/9	5:00-5:30pm 93989 \$75/10	5:00-5:30pm 93991 \$52.50/7	5:00-5:30pm 93992 \$60/8	5:00-5:30pm 93994 \$60/8	5:00-5:30pm 93996 \$60/8
 Parent & Tot 2 GOLDFISH	9:30-10:00am 93999 \$67.50/9		9:30-10:00am 94002 \$52.50/7		9:30-10:00am 94006 \$60/8	
	5:00-5:30pm 94000 \$67.50/9	5:00-5:30pm 94001 \$75/10	5:00-5:30pm 94003 \$52.50/7	5:00-5:30pm 94005 \$60/8	5:00-5:30pm 94007 \$60/8	5:00-5:30pm 94008 \$60/8
 Parent & Tot 3 SEAHORSE	10:30-11:00am 94010 \$67.50/9		10:30-11:00am 94047 \$52.50/7		10:30-11:00am 94052 \$60/8	
	4:30-5:00pm 94011 \$67.50/9	5:30-6:00pm 94012 \$75/10	4:30-5:00pm 94048 \$52.50/7	5:30-6:00pm 94049 \$60/8	4:30-5:00pm 94053 \$60/8	5:30-6:00pm 94054 \$60/8

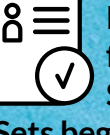
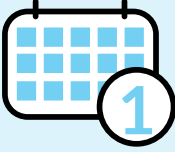







NEW Pre-School Comfort Lessons 3-6yrs

Pre-school Comfort Lessons are designed to create a space for children new to the water or stuck in a level to become comfortable in the water through play based learning preparing them to move into the Lifesaving Society Swim for Life program once comfortable.

Participants will receive an evaluation of their "I Can" skills and a recommendation as to what level to register the Swim For Life Program if they are ready.

Spring Lesson Set #1		Spring Lesson Set #2		Spring Lesson Set #3	
Mon/Wed	Mar 31 - Apr 30	Mon/Wed	May 5 - 28	Mon/Wed	June 2 - 25
4:00-4:30pm	94481 \$67.50/9 sessions	4:00-4:30pm	94482 \$52.50/7 sessions	4:00-4:30pm	94483 \$60/8 sessions

PRESCHOOL LEVELS (3-5 years)

 Registration for all three Spring Lesson Sets begins Monday, March 3 rd at 7:00am	 Spring Lesson Set #1			 Spring Lesson Set #2		 Spring Lesson Set #3	
	Mon/Wed Mar 31 - Apr 30	Tue/Thu Apr 1 - May 1	Saturday Apr 12 - June 28	Mon/Wed May 5 - 28	Tue/Thu May 6 - 29	Mon/Wed June 2 - 25	Tue/Thu June 3 - 26
 *Preschool 1 OCTOPUS	10:30-11:00am 94055 \$67.50/9	4:30-5:00pm 94057 \$75/10	4:30-5:00pm 94060 \$75/10	10:30-11:00am 94064 \$52.50/7	4:30-5:00pm 94073 \$60/8	10:30-11:00am 94075 \$60/8	4:30-5:00pm 94080 \$60/8
	5:00-5:30pm 94056 \$75/10	6:00-6:30pm 94058 \$75/10	5:30-6:00pm 94061 \$75/10	5:00-5:30pm 94072 \$52.50/7	6:00-6:30pm 94074 \$60/8	5:00-5:30pm 94079 \$60/8	6:00-6:30pm 94081 \$60/8
 Preschool 2 CRAB	10:00-10:30am 94091 \$67.50/9	4:00-4:30pm 94094 \$75/10	5:00-5:30pm 94098 \$75/10	10:00-10:30am 94099 \$52.50/7	4:00-4:30pm 94102 \$60/8	10:00-10:30am 94124 \$60/8	4:00-4:30pm 94133 \$60/8
	4:30-5:00pm 94092 \$67.50/9	5:00-5:30pm 94096 \$75/10		4:30-5:00pm 94100 \$52.50/7	5:00-5:30pm 94106 \$60/8	4:30-5:00pm 94132 \$60/8	5:00-5:30pm 94134 \$60/8
 Preschool 3 ORCA	10:00-10:30am 94142 \$67.50/9		5:30-6:00pm 94145 \$75/10	10:00-10:30am 94193 \$52.50/7		10:00-10:30am 94196 \$60/8	
	5:30-6:00pm 94143 \$67.50/9	5:30-6:00pm 94144 \$75/10		5:30-6:00pm 94194 \$52.50/7	5:30-6:00pm 94195 \$60/8	5:30-6:00pm 94197 \$60/8	5:30-6:00pm 94198 \$60/8
 Preschool 4 SEA LION	5:30-6:00pm 94199 \$67.50/9	6:00-6:30pm 94200 \$75/10	4:30-5:00pm 94201 \$75/10	5:30-6:00pm 94202 \$52.50/7	6:00-6:30pm 94203 \$60/8	5:30-6:00pm 94204 \$60/8	6:00-6:30pm 94205 \$60/8
 Preschool 5 NARWHAL	5:30-6:00pm 94207 \$67.50/9	6:00-6:30pm 94208 \$75/10	4:30-5:00pm 94209 \$75/10	5:30-6:00pm 94281 \$52.50/7	6:00-6:30pm 94282 \$60/8	5:30-6:00pm 94283 \$60/8	6:00-6:30pm 94284 \$60/8

* transitional level -Parents/Caregivers required in water

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Swimming Lessons

NEW School Aged Comfort Lessons 6-12yrs

School Aged Comfort Lessons are designed to create a space for children new to the water or stuck in a level to become comfortable in the water through play based learning preparing them to move into the Lifesaving Society Swim for Life program once comfortable. **Participants will receive an evaluation of their "I Can" skills and a recommendation as to what level to register the Swim For Life Program if they are ready.**

Spring Lesson Set #1		Spring Lesson Set #2		Spring Lesson Set #3	
Mon/Wed	Mar 31 - Apr 30	Mon/Wed	May 5 - 28	Mon/Wed	June 2 - 25
4:00-4:30pm	94484 \$67.50/9	4:00-4:30pm	94485 \$52.50/7	4:00-4:30pm	94486 \$60/8



SWIMMER LEVELS (5 years +)

Registration for all three Spring Lesson Sets begins Monday, March 3rd at 7:00am	Spring Lesson Set #1			Spring Lesson Set #2		Spring Lesson Set #3	
	Mon/Wed Mar 31 - Apr 30	Tue/Thu Apr 1 - May 1	Saturday Apr 12 - June 28	Mon/Wed May 5 - 28	Tue/Thu May 6 - 29	Mon/Wed June 2 - 25	Tue/Thu June 3 - 26
Swimmer 1	3:30-4:00pm 94287 \$75/10 6:00-6:30pm 94285 \$67.50/9	3:30-4:00pm 94288 \$75/10	4:30-5:00pm 94289 \$75/10	3:30-4:00pm 94291 \$60/8 6:00-6:30pm 94290 \$52.50/7	3:30-4:00pm 94292 \$60/8	6:00-6:30pm 94293 \$60/8	3:30-4:00pm 94294 \$60/8 6:00-6:30pm 94295 \$60/8
Swimmer 2	3:30-4:00pm 94296 \$67.50/9 5:30-6:00pm 94298 \$75/10	3:30-4:00pm 94297 \$75/10	5:00-5:30pm 94299 \$75/10	3:30-4:00pm 94301 \$60/8 5:30-6:00pm 94300 \$52.50/7	3:30-4:00pm 94302 \$60/8	5:30-6:00pm 94303 \$60/8	3:30-4:00pm 94304 \$60/8 5:30-6:00pm 94305 \$60/8
Swimmer 3	3:30-4:00pm 94306 \$67.50/9 6:00-6:30pm 94309 \$75/10	3:30-4:00pm 94307 \$75/10	5:30-6:00pm 94311 \$75/10	3:30-4:00pm 94357 \$52.50/7 6:00-6:30pm 94359 \$60/8	3:30-4:00pm 94358 \$60/8	6:00-6:30pm 94360 \$60/8	3:30-4:00pm 94361 \$60/8 6:00-6:30pm 94363 \$60/8
Swimmer 4	3:30-4:00pm 94314 \$67.50/9 6:00-6:30pm 94316 \$75/10	3:30-4:00pm 94315 \$75/10	5:30-6:00pm 94317 \$75/10	3:30-4:00pm 94318 \$52.50/7 6:00-6:30pm 94321 \$60/8	3:30-4:00pm 94319 \$60/8	6:00-6:30pm 94344 \$60/8	3:30-4:00pm 94345 \$60/8 5:30-6:00pm 94346 \$60/8
Swimmer 5	3:00-3:45 94347 \$85/10	3:00-3:45 94348 \$68/8			3:00-3:45pm 94348 \$68/8		3:00-3:45pm 94349 \$68/8
Swimmer 6	3:00-3:45 94350 \$85/10	3:00-3:45 94351 \$68/8			3:00-3:45pm 94351 \$68/8		3:00-3:45pm 94352 \$68/8

CANADIAN SWIM PATROL

	Fridays Apr 25-Jun 27
Swimmer 7 ROOKIE PATROL	5:30-6:30pm 94353 \$110/10
Swimmer 8 RANGER PATROL	5:30-6:30pm 94354 \$110/10
Swimmer 9 STAR PATROL	5:30-6:30pm 94355 \$110/10

Advanced Aquatics

Junior Lifeguard Club (8-13yrs)

Junior Lifeguard Club is a multi-level program where 8-13 year olds can learn attitudes and skills that could one day save a life. The JLC is designed to let kids participate in activities similar to those of real lifeguards.

FJCC Pool

Fridays, April 25 - June 27

5:30-6:30pm \$110/10 sessions 94364

Ladysmith Wave Makers - Masters Swimming (15yrs+)

Get ready to dive in and make some waves! Ladysmith Wave Makers - Masters Swimming is for swimmers looking for a guided workout with a certified Swim Coach. Under the guidance of your coach, you will improve endurance, refine technique, and get a great work out at the same time. Be sure to remember your water bottle, goggles, and swim cap if you choose.

FJCC Pool

Thursdays, April 10 - June 12

6:30-7:30pm \$150/10 sessions 94851

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Aquatic Centre Information

The Aquatic area at the Frank Jameson Community Centre features a large and a smaller, warmer pool, perfect for everyone. Bring the whole family for a swim or stop by for a soak in the hot tub after a workout.

Children under 7 years must be accompanied in water and within arms reach of parent or person 19 years plus (2 children/1 adult).

The Aquatic Area features:

- 4-lane, 25 metre pool
- Diving board, basketball hoops, rope swing and climbing wall
- Three slides for all levels of bravery
- Accessibility lift, aquatic wheelchairs, aquatic walker, removable stairs and water run-way
- Therapy teach pool accessible by ramp with a shallow depth of zero sloping to 1.16 metres
- Hot Tub
- Dry sauna

Aquatic Schedule (effective April 1 - June 30)

Come take a dip in the pool with these 'drop-in' activities. Ladysmith Parks, Recreation & Culture offers a variety of drop-in aquatic visits and aquatic fitness programs ALL INCLUDED WITH A DROP-IN ADMISSION, PUNCH PASS OR MONTHLY PASS! With a variety of classes and times, there's something for everyone!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Early Bird Lengths 6:00-8:15am <i>Hot Tub/Sauna available</i>		Early Bird Lengths 6:00-8:15am <i>Hot Tub/Sauna available</i>		Early Bird Lengths 6:00-8:15am <i>Hot Tub/Sauna available</i>	
Aqua HIIT 8:30-9:30am		Aqua DEEP 8:30-9:30am		Aqua HIIT 8:30-9:30am	
Parent & Tot Swim 8:30-9:25am <i>Hot Tub available</i>		Parent & Tot Swim 8:30-9:25am <i>Hot Tub available</i>		Parent & Tot Swim 8:30-9:25am <i>Hot Tub available</i>	Everyone Welcome Swim 2:00-3:55pm <i>Hot Tub/Sauna available</i>
Aqua LITE 11:00-11:45am	Swim & Shape Up 11:00am-12:00pm <i>Hot Tub/Sauna available</i>	Aqua LITE 11:00-11:45am	Swim & Shape Up 11:00am-12:00pm <i>Hot Tub/Sauna available</i>	Aqua DEEP 11:00-11:45am	
Therapy Swim 11:00am-12:00pm <i>Hot Tub available</i>	Therapy Swim 11:00am-12:00pm	Therapy Swim 11:00am-12:00pm <i>Hot Tub available</i>	Therapy Swim 11:00am-12:00pm	Therapy Swim 11:00am-12:00pm <i>Hot Tub available</i>	
Noon Lengths / Parent & Tot / Therapy Swim 12:00-12:55pm <i>Hot Tub/Sauna available</i>	Noon Lengths / Parent & Tot / Therapy Swim 12:00-12:55pm <i>Hot Tub/Sauna available</i>	Noon Lengths / Parent & Tot / Therapy Swim 12:00-12:55pm <i>Hot Tub/Sauna available</i>	Noon Lengths / Parent & Tot / Therapy Swim 12:00-12:55pm <i>Hot Tub/Sauna available</i>	Noon Lengths / Parent & Tot / Therapy Swim 12:00-12:55pm <i>Hot Tub/Sauna available</i>	SUNDAY
Everyone Welcome Swim 6:30-7:55pm <i>Hot Tub/Sauna available</i>		Everyone Welcome Swim 6:30-7:55pm <i>Hot Tub/Sauna available</i>		Everyone Welcome Swim 6:30-7:55pm <i>Hot Tub/Sauna available</i>	Everyone Welcome Swim 1:30-3:25pm <i>Hot Tub/Sauna available</i>

PLEASE NOTE: Children 7yrs+ can attend unaccompanied, children under 7yrs must be accompanied by an adult 19yrs+ (2 children/1 adult).
Sauna is not available during aquatic fitness programs

SPECIAL SWIMS

PRO D DAY EVERYONE WELCOME SWIM

MONDAY, MAY 5 1:00-2:00pm

DIVE-IN CINEMA

MOANA 2

FRIDAY, MAY 9 6:30-8:30pm \$5.25 admission

There will be no Friday evening Everyone Welcome Swim

KICK OFF SUMMER POOL PARTY

FRIDAY, JUNE 13 6:30-8:30pm \$5.25 admission

There will be no Friday evening Everyone Welcome Swim

Please Note:
SCHEDULE IS SUBJECT TO CHANGE.
See page 1 for specific stat holiday closures.
For up-to-date information, visit
www.ladysmith.ca/programs

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PRO D DAY
EVERYONE WELCOME SWIM

Monday, May 5
1:00-2:00pm
General admission rates apply

DIVE-IN CINEMA

Join us in the pool to watch the movie "Moana 2"
Soggy popcorn NOT included.

Friday, May 9 from 6:30-8:30pm
Tickets \$5.25 94862

kick-off Summer POOL PARTY

Warmer days are here - time to start cooling off in the pool! Join us for fun activities and lets celebrate the arrival of summer break!

Friday, June 13 from 6:30-8:30pm
Tickets \$5.25 94948

Drop-In Aquatic Visits

Enjoy our wonderful pool during a drop-in aquatic visit. Drop-in when it's convenient for you! ALL INCLUDED WITH A DROP-IN ADMISSION, PUNCH PASS OR MONTHLY PASS!

Length Swims

Kick start your day with some early morning laps or get your kilometer of lengths in at lunch during our length swims. There will be four lanes; casual, slow, medium and fast. Please pick the lane most appropriate for your swim speed.

Monday/Wednesday/Friday 6:00-8:15am
Monday - Friday 12:00-12:55pm

Swim and Shape Up

With two lanes available for lane swimming, and a self-directed workout posted on the chalkboard, this is a great time to work out in the pool at your own pace.

Tuesday/Thursday 11:00am-12:00pm

Parent and Tot Swim

Do you have a tiny human who needs to burn off energy in the morning or before their afternoon nap? We have just the thing to make that happen while having fun in the pool! The Parent and Tot swim is geared towards children not yet school aged and their caregiver.

Monday/Wednesday/Friday 8:30-9:25am
Monday - Friday 12:00-12:55pm



Therapy Swim

If you need the warmth of the Therapy Teach Pool to loosen up your muscles, decrease the gravity on your joints, to work on pre or post-surgery exercises or just to get in some unassisted walking with the support of the water then the Ladysmith Therapy Swim is for you.

Please note: if you require assistance to and from the change room or in and out of the pool, you will be required to have an aid with you to assist you.

Monday - Friday 11:00am-12:00pm
Monday - Friday 12:00-12:55pm

Everyone Welcome Swim

A great time to enjoy the main pool and the therapy pool, diving board, climbing wall and slides. No length swimming during this time.

Sunday 1:30-3:25pm
Monday/Wednesday/Friday 6:30-7:55pm
Saturday 2:00-3:55pm

Drop-In Aquatic Fitness Programs

Welcome to Aquatic Fitness at Ladysmith Parks, Recreation & Culture! These instructor led fitness classes are designed to give you a full workout without a full commitment. Drop-in when it's convenient for you! ALL INCLUDED WITH A DROP-IN ADMISSION, PUNCH PASS OR MONTHLY PASS!

Each class will include a warm-up to get participants ready for the workout, cardio, strength, cooldown and a stretch to refresh participants for the rest of their day. It is recommended for all classes that participants have comfort in deep water.



Aqua LITE
An ideal class for those motivated to relieve joint stiffness, improve mobility, and develop strength, balance and posture.
Mondays 11:00-11:45am
Wednesdays 11:00-11:45am

Aqua DEEP
A class that will give participants a great cardio workout and tone muscles with no impact on their joints. Buoyancy belts are recommended during this class.
Wednesdays 8:30-9:30am
Fridays 11:00-11:45am

Aqua HIIT
A high energy water workout that may include both shallow and/or deep water.
Mondays 8:30-9:30am
Fridays 8:30-9:30am

Aquatic Class Intensity Levels

The intensity levels are used as a guideline. Each individual may choose to work at their own pace. Warm up is an important component of your workout PLEASE SHOW UP ON TIME FOR CLASS.

L **LOW** - beginner level, new to fitness, low impact, mild cardio intensity, gentle strength training for joints. Great for those returning to fitness post injury or surgery. Great for prenatal moms and active agers.

M **MODERATE** - intermediate fitness level, possibility of jumping and turning with more dynamic movement. Good body mechanics. Good cardio base. Variety of equipment used. Some compound muscle movements may be introduced. Some modifications may be given.

H **HIGH** - Advanced fitness levels. Working out of your comfort zone to approximately 90% of maximum heart rate. Full range of motion around joints is ideal. Injury free. Variety of equipment used. Lots of compound muscle movements. Coordination and agility are also used in this type of class.

Fitness Centre Information



New to fitness? Want to improve your fitness level or recovering from an injury? The Fitness Centre at the Frank Jameson Community Centre allows you to work towards your fitness goals with a variety of cardio and strength equipment. Check with your health care practitioner before starting an exercise program if you are new to exercise or returning after an absence.

Please note: Personal trainers, kinesiologists, and physiotherapists not employed or authorized by the Town of Ladysmith may not train clients within the Fitness Centre.

The Fitness Centre features:

- 3000 sq ft of cardio, strength training, and free-weight equipment
- 14 pieces of cardio equipment, including treadmills, elliptical trainers, stationary and recumbent bikes, stair climbers and rowing machine
- Stability, bosu and medicine balls, wobble boards, fit tubes, and TRX suspension
- Free weights ranging from 2 - 100lbs
- Wheelchair accessible
- Free Wi-Fi

Drop-In Fitness & Sport Schedule (effective April 1 - June 30)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Cardio Circuit 9:00-10:00am	Intermediate Pickleball 8:00-10:30am	Cardio Circuit 9:00-10:00am	Advanced Pickleball 8:00-10:30am	Cardio Circuit 9:00-10:00am	Badminton 8:30-10:30am
Fitness Lite 10:30-11:30am				Fitness Lite 10:30-11:30am	
Advanced Pickleball 12:00-2:00pm	Beginner Pickleball 12:00-2:00pm	Everyone Welcome Pickleball 12:00-2:00pm	Beginner Pickleball 12:00-2:00pm	Intermediate Pickleball 11:30am-1:30pm	
				Indoor Soccer 1:30-3:30pm	
	Volleyball 5:15-6:45pm			Badminton 3:45-5:45pm	SUNDAY
Badminton 6:00-8:00pm	Indoor Soccer 7:00-8:25pm		Intermediate Badminton 6:00-8:00pm		Everyone Welcome Pickleball 9:15-11:15am
				Basketball 8:00-9:00pm	

Schedule is subject to change. See page 1 for specific stat holiday closures. For up-to-date information, visit www.ladysmith.ca/programs



WE LOVE OUR REGULARS! and we'd love for YOU to become one!

Buying a pass or membership allows you to skip the line and quickly scan in for your visit. Check your membership status, add additional passes, and even check out how many times you've visited the facility online at reccowichan.ca

Save money! Buying a pass or membership is more cost effective! All the programs listed on this page are included in any pass or membership purchased.

For more information on passes and memberships, see page 2.

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Drop-In Sports Programs (13yrs+)

With no commitment to league play, it's easy to drop-in whenever it's convenient and join like-minded sport enthusiasts. ALL INCLUDED WITH A DROP-IN ADMISSION, PUNCH PASS OR MONTHLY PASS! Please pay drop-in admission prior to entering gym, participants must be present at time of admission purchase, space is limited, we operate on a first-come, first-served basis, schedule is subject to change without notice.

Badminton

Whether you're a beginner looking to practice the basics or an experienced player seeking a casual match, these sessions provide the perfect opportunity to improve your skills, meet new people, and stay active.

Mondays 6:00-8:00pm
Fridays 3:45-5:45pm
Saturdays 8:30-10:30am
Intermediate Badminton
Thursdays 6:00-8:00pm

Indoor Soccer

Our drop-in soccer sessions provide a fun and dynamic environment for players of all skill levels to enjoy the game. Experience the excitement of soccer in a friendly, supportive atmosphere!

Tuesdays 7:00-8:25pm
Fridays 1:30-3:30pm



Please Note:
 Admission to the gymnasium for drop-in sports will begin at the program start time. Please respect start and end times and do not enter the gymnasium in advance.

Volleyball

Join our drop-in volleyball for a fun, social and active way to play! Whether you're a beginner or a seasoned player, this open session allows you to jump in, meet others, and enjoy a game of volleyball.

Tuesdays 5:15-6:45pm

Basketball

Our drop-in basketball program offers a casual, fun environment for players of all skill levels to get active and enjoy the game. No registration required - just show up, play, and meet fellow basketball enthusiasts!

Fridays 8:00-9:00pm

The intention of our programs is to create an inclusive environment where participants can learn new skills, meet friends, be active, share their sport with others and play together regardless of skill level. At this facility, recreational programs are NOT about winning, competitive, or aggressive play. For more information on competitive or league play, please inquire at our front desk for private rental space.

Pickleball

A tennis-like game played on a badminton court using a perforated, slow moving ball and a smooth paddle.

Beginner Pickleball

Tuesdays 12:00-2:00pm
Thursdays 12:00-2:00pm

Intermediate Pickleball (self rated score of 2.75-3.75)

Tuesdays 8:00-10:30am
Fridays 11:30am-1:30pm

Advanced Pickleball (self rated score of 3.75-5.0)

Mondays 12:00-2:00pm
Thursdays 8:00-10:30am

Everyone Welcome Pickleball

Wednesdays 12:00-2:00pm
Sundays 9:15-11:15am



Drop-In Fitness Programs (16yrs+)

These instructor led fitness classes are designed to give you a full workout without a full commitment. Drop-in when it's convenient for you! ALL INCLUDED WITH A DROP-IN ADMISSION, PUNCH PASS OR MONTHLY PASS! Please note: Late arrivals will not be permitted to fitness programs - please arrive on time.

Fitness Lite

Low to moderate impact and fun; 30-20-10! Get your groove on with 30 minutes cardio - 20 minutes to focus on form with safe strength, balance and core exercises - 10 minutes to relax and stretch out your muscles! This class is ideal for those who want a solid workout without high impact and intensity.

FJCC Fitness Studio

Mondays 10:30-11:30am
Fridays 10:30-11:30am



Cardio Circuit

A 'do-it-all' high intensity circuit style class that will get your heart pumping and muscles strong! Challenge your body's ability using a variety of equipment and compound muscle movements. This is a high intensity class, if you have mobility issues or injuries you should see your doctor or speak with the instructor prior to participation.

FJCC Gymnasium

Mondays 9:00-10:00am
Wednesdays 9:00-10:00am
Fridays 9:00-10:00am



Wondering what the heart icons mean? See page 15 for more information on Fitness Class Intensity Levels.



INFO / REGISTRATION 250.245.6424

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Registered Fitness Programs

Registered Fitness Program Schedule

Ladysmith Parks, Recreation and Culture is proud to offer a variety of registered fitness programs - which one will fit in your schedule? If registration minimums are not met, classes may be cancelled - register to secure your spot! Drop-in spots may be available based on registration numbers in select programs - call 250.245.6424 for more information regarding drop-in availability of classes.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Rise & Ride 6:15-7:00am \$8 drop-in			
	Strength & Stability 9:00-10:00am \$8 drop-in		20/20/20 9:00-10:00am \$8 drop-in		Saturday Spin 9:15-10:00am \$8 drop-in
	Gentle-Fit 10:30-11:30am	Strength & Stability LITE 10:30-11:30am \$8 drop-in	Gentle-Fit 10:30-11:30am		
	Spin-Core-Stretch 10:30-11:30am \$8 drop-in		Gentle Hatha Yoga 10:30-11:30am \$15 drop-in		
Get Active 12:00-1:00pm \$8 drop-in					
	Zumba 4:30-5:30pm \$12 drop-in				
		Kickboxing 6:00-7:00pm \$8 drop-in			
3 C's 6:00-7:00pm \$8 drop-in	Strength & Stability 6:00-7:00pm \$8 drop-in	Work It Circuit 6:30-7:30pm \$8 drop-in	3 C's 6:00-7:00pm \$8 drop-in		Strong on Sundays 9:30-10:30am \$8 drop-in
Gentle Hatha Yoga 7:30-8:30pm \$15 drop-in			Gentle Hatha Yoga 7:30-8:30pm \$15 drop-in	Adult Cardio Hip Hop 7:00-8:00pm	Prenatal Yoga 11:00am- 12:30pm \$22 drop-in
					Postnatal Yoga 12:30-1:30pm \$22 drop-in
					SUNDAY

PLEASE NOTE: Late arrivals will not be permitted to fitness programs. PLEASE ARRIVE ON TIME.

Spin Classes

3 C's (16yrs+)

Circuit, Cycle & Core...in no particular order. This class is sure to challenge you beyond your fitness boundaries! This class is great for healthy beginners looking for the right kick-start or for fitness fanatics looking to add variety into your workouts. This 60 min class is sure to energize your cardio system, sculpt your muscles and harden your core! Limited spots available, register early to secure your spot in this fun, friendly, high octane class!

FJCC Fitness Studio

Mondays, April 7 - May 12

6:00-7:00pm \$43.50/6 sessions **94093**

Thursdays, April 10 - May 15

6:00-7:00pm \$43.50/6 sessions **94136**

Mondays, May 26 - June 23

6:00-7:00pm \$36.25/5 sessions **94095**

Thursdays, May 22 - June 26

6:00-7:00pm \$43.50/6 sessions **94137**

\$8.00 drop-in (space permitting)



Rise and Ride (16yrs+)

Wake up with the sun and join us for an early indoor ride. It's a great way to get in a vigorous workout and a feel good way to begin your day. Spin up and over hills, enjoy sprints & intervals while listening to motivating music. Participants modify their own cycling resistance and pace.

FJCC Fitness Studio

Wednesdays, April 9 - May 14

6:15-7:00am \$43.50/6 sessions **94097**

Wednesdays, May 21 - June 25

6:15-7:00am \$43.50/6 sessions **94101**

\$8.00 drop-in (space permitting)

Saturday Spin (16yrs+)

Spin into your weekend with the motivation of great music, fun cycling drills and creative instructors. You will feel successful after this 45 minute heart pumping sweat session.

FJCC Fitness Studio

Saturdays, April 12 - May 17

9:15-10:00am \$43.50/6 sessions **94103**

Saturdays, May 24 - June 28

9:15-10:00am \$43.50/6 sessions **94105**

\$8.00 drop-in (space permitting)



Afraid of Commitment?

Purchase a **5 class pass**!!

A 5 class pass is designed to allow patrons to easily drop-in to empty spots in REGISTERED FITNESS PROGRAMS.

The pass expires after 3 months and DOES NOT include classes taught by contract instructors. Highlighted programs are eligible.

\$35 plus GST

Spin-Core-Stretch (16yrs+)

Spin-Core-Stretch is a class that fuses both indoor cycling, core training and a relaxing stretch to finish off the workout.

FJCC Fitness Studio

Tuesdays, April 8 - May 13

10:30-11:30am \$43.50/6 sessions **94238**

Tuesdays, May 20 - June 24

10:30-11:30am \$43.50/6 sessions **94239**

\$8.00 drop-in (space permitting)



Wondering what the heart icons mean? See page 15 for more information on Fitness Class Intensity Levels.

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Registered Fitness Programs

General Fitness

Gentle-Fit (16yrs+)

Gentle Fit features range of motion exercises that help loosen up joints that are stiff from inactivity. It focuses on safe, functional exercises that will make your activities of daily living seem easier. Increase your confidence with the balance component of this class that will also aid in fall prevention. No drop-ins permitted.

FJCC Program Room

Tuesdays, April 8 - May 13

10:30-11:30am \$43.50/6 sessions **94241**

Thursdays, April 10 - May 15

10:30-11:30am \$43.50/6 sessions **94244**

Tuesdays, May 20 - June 24

10:30-11:30am \$43.50/6 sessions **94243**

Thursdays, May 22 - June 26

10:30-11:30am \$43.50/6 sessions **94245**



Get Active (16yrs+)

Being more active is good for your health! Join a community of older adults for a total-body workout appropriate for active agers. Get Active classes are designed to increase flexibility, joint stability, balance, coordination, agility, muscular strength and cardiovascular endurance all while having friendly fun and being social.

FJCC Fitness Studio

Mondays, April 7 - May 12

12:00-1:00pm \$36.25/5 sessions **94233**

Mondays, May 26 - June 23

12:00-1:00pm \$36.25/5 sessions **94236**

\$8.00 drop-in (space permitting)



NEW Adult Cardio Hip Hop (16yrs+)

In this high energy hip hop class you will learn basic hip hop grooves and techniques while getting a great cardio workout. The class will focus on high energy movement, musicality, and choreography all while dancing to great hip hop beats! Clean running shoes required and no experience necessary.

Instructor: Ethan Cooke

Fridays, April 4 - May 9

7:00-8:00pm \$50/5 sessions **94411**



Zumba

Zumba Dance (16yrs+)

Zumba Dance is a Latin inspired dance class, using modern music and easy dance steps, that compliment the music. You'll forget you're sweating as you sing along. Low and high energy versions will be shown for most music - you pick your level. The class includes; a warm-up, a cardio section, some core work and a cool down/stretch.

FJCC Fitness Studio

Tuesdays, April 8 - May 13

4:30-5:30pm \$60/6 sessions **94109**

Tuesdays, May 20 - June 24

4:30-5:30pm \$60/6 sessions **94110**

\$12 drop-in (space permitting)



HOW TO REGISTER

ONLINE: Click on the red course code to be taken to the registration page on www.reccowichan.ca

TELEPHONE: Call 250.245.6424. Please have course code ready for quick and accurate registration.

REGISTRATION BEGINS MONDAY, MARCH 3 AT 7:00AM



Strong on Sundays (16yrs+)

Prep your muscles for the week ahead so you feel powerful enough to take on the world. Challenge your body's strength using a variety of equipment and compound muscle movements. This class is primarily strength bases with a hint of cardio.

FJCC Fitness Studio

Sundays, April 6 - May 11

9:30-10:30am \$43.50/6 sessions **91805**

Sundays, May 18 - June 22

9:30-10:30am \$43.50/6 sessions **91811**

\$8.00 drop-in (space permitting)



Kickboxing (16yrs+)

This class will keep you on your toes! Join Amy for a class that is a combines cardio kickboxing, pad and glove work with a partner, core and strength training to give you a total body workout. This high energy class will push you to reach new levels of fitness training. Challenge yourself to train your body like you've never done before! Come try something new!

FJCC Fitness Studio

Wednesdays, April 9 - May 14

6:00-7:00pm \$43.50/6 sessions **94138**

Wednesdays, May 21 - June 25

6:00-7:00pm \$43.50/6 sessions **94139**

\$8 drop-in (space permitting)



Strength & Stability (16yrs+)

Skip the cardio and join us for an hour of power in this total body Strength and Stability conditioning class. A variety of equipment, including your own bodyweight will be utilized to sculpt, tone and develop muscles. This class will have an emphasis on safe and proper form. Exercise choices will be based on functional movement patterns.

FJCC Fitness Studio

Tuesdays, April 8 - May 13

9:00-10:00am \$43.50/6 sessions **94114**

6:00-7:00pm \$43.50/6 sessions **91815**

Tuesdays, May 20 - June 24

9:00-10:00am \$43.50/6 sessions **94115**

6:00-7:00pm \$43.50/6 sessions **91816**

\$8.00 drop-in (space permitting)



Work It Circuit (16yrs+)

In this class, things will always be interesting as you move from station to station using a variety of equipment, alternating between resistance and cardio intervals and moving your body through an endless variety of exercises. This class is a full body workout that will make you sweat, have your heart-rate elevated and leave you feeling satisfied with the WORK you put into IT!

FJCC Gymnasium

Wednesdays, April 9 - May 14

6:30-7:30pm \$43.50/6 sessions **94140**

Wednesdays, May 21 - June 25

6:30-7:30pm \$43.50/6 sessions **94141**

\$8.00 drop-in (space permitting)



Strength & Stability LITE (16yrs+)

This 60-minute resistance class is a lighter version to our classic Strength & Stability program. Same great instructors teaching the same great class at a beginner to intermediate level. This class will also include mobility movements.

FJCC Fitness Studio

Wednesdays, April 9 - May 14

10:30-11:30am \$43.50/6 sessions **91813**

Wednesdays, May 21 - June 25

10:30-11:30am \$43.50/6 sessions **91814**

\$8.00 drop-in (space permitting)



20/20/20 (16yrs+)

In this total body sweat session you can expect approximately 20 minutes of cardio, 20 minutes of strength and 20 minutes of core. The result is a fun, uplifting, full-body workout with lots of options.

FJCC Fitness Studio

Thursday, April 10 - May 15

9:00-10:00am \$43.50/6 sessions **94116**

Thursdays, May 22 - June 26

9:00-10:00am \$43.50/6 sessions **94117**

\$8.00 drop-in (space permitting)



Fitness Class Intensity Levels

The intensity levels are used as a guideline. Each individual may choose to work at their own pace. Warm up is an important component of your workout PLEASE SHOW UP ON TIME FOR CLASS with additional time to check in with instructor to ensure your program choice is right for you.



RESTORATIVE - restorative fitness, no impact. May require medical clearance. Perhaps the use of a mobility aid, health issues to consider.



GENTLE - beginner level, very low impact, low cardio intensity, rehabilitative fitness, some classes may require medical clearance. Perhaps the use of a mobility aid, health issues to consider



LOW - beginner level, new to fitness, low impact, mild cardio intensity, gentle strength training for joints. Great for those returning to fitness post injury or surgery. Great for prenatal moms and active agers.



MODERATE - intermediate fitness level, possibility of jumping and turning with more dynamic movement. Good body mechanics. Good cardio base. Variety of equipment used. Some compound muscle movements may be introduced. Some modifications may be given.



HIGH - Advanced fitness levels. Working out of your comfort zone to approximately 90% of maximum heart rate. Full range of motion around joints is ideal. Injury free. Variety of equipment used. Lots of compound muscle movements. Coordination and agility are also used in this type of class.



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Registered Fitness Programs

Yoga

Gentle Hatha Yoga (16yrs+)

Gentle Hatha Yoga is perfect for individuals seeking a gentle approach to wellness for body and mind, and relief from stress. Explore sensations through movement, breath and meditation. This class incorporates restorative poses with gentle reclined, seated and kneeling poses to help students safely develop flexibility and strength. Suitable for everyone, from beginners to intermediate and advanced practitioners looking to slow down, stretch more and practice mindful movement.

FJCC Fitness Studio

Mondays, April 7 - May 12

7:30-8:30pm \$72/6 sessions **94086**

Thursdays, April 10 - May 15

10:30-11:30am \$72/6 sessions **94082**

7:30-8:30pm \$72/6 sessions **94083**

Mondays, May 26 - June 23

7:30-8:30pm \$60/5 sessions **94087**

Thursdays, May 22 - June 26

10:30-11:30am \$72/6 sessions **94088**

7:30-8:30pm \$72/6 sessions **94089**

\$15.00 drop-in (space permitting)



Prenatal Yoga

Flow and connect with your growing baby during this sacred time in a supportive, relaxing, and strengthening environment. Learn postures designed for pregnancy through all trimesters, as well as how to modify existing asanas. Breathwork, pelvic floor health, and poses to assist and help during labor will be taught.

FJCC Fitness Studio

Sundays, April 6 - May 11

11:00am-12:00pm \$120/6 sessions **94247**

Sundays, May 18 - June 22

11:00am-12:00pm \$120/6 sessions **94248**

\$22.00 drop-in (space permitting)



Postnatal Yoga for Mom and Baby

Move and breath with your baby in a supportive, gentle, kind environment. Classes are designed with new moms and their babies in mind and incorporate gentle stretches, core strengthening postures, breath work, and poses you can do with your baby. Newborns up to 12 months.

FJCC Fitness Studio

Sundays, April 6 - May 11

12:30-1:30pm \$120/6 sessions **94249**

Sundays, May 18 - June 22

12:30-1:30pm \$120/6 sessions **94250**

\$22.00 drop-in (space permitting)



HOW TO REGISTER

ONLINE: Click on the **red course code** to be taken to the registration page on www.reccowichan.ca

TELEPHONE: Call 250.245.6424. Please have course code ready for quick and accurate registration.

REGISTRATION BEGINS MONDAY, MARCH 3 AT 7:00AM

One-on-One Training Services

Take your health, vitality and energy to the next level with one of our one-on-one training services. Whichever option you choose, feel confident in knowing you will receive quality personal attention, guidance and knowledge in the safest possible exercise environment. Working with a certified BCRPA Personal Trainer is your assurance that our trainers have the highest qualifications in the industry, current first aid & CPR certifications, and appropriate insurance coverage.

Never visited the Fitness Centre before?

Basic Orientation (16yrs+)

Are you new to fitness or new to our facility? Our basic orientation is the perfect program to get you started and comfortable in this new environment. During this one hour session you will learn:

- A basic total body exercise program
- How to use our cardio equipment
- Safe technique and set-up of our strength training machines
- Effective stretches for your body

Please be advised that you are required to complete a Par-Q+ form prior to your appointment.

\$25/1 hr session

Youth ages 13-15 welcome!

Youth Orientation (13-15yrs)

Youth ages 13-15 are welcome to use the Fitness Centre unsupervised upon completion of the Youth Orientation. During this orientation youth will learn:

- Fitness Centre etiquette
- Exercise safety
- How to warm-up and prepare your body for exercise
- Strength machines
- Safe stretches
- NO FREE WEIGHTS, DUMBBELLS, PLATES OR BARBELLS ARE PERMITTED UNTIL YOUTH IS 16 YEARS.

Please be advised that youth and parent/guardian are required to complete Par-Q+, Code of Conduct and Waiver forms prior to appointment.

\$25/1 hr session

If you are interested in booking a **BASIC ORIENTATION** or a **YOUTH ORIENTATION**, visit www.reccowichan.ca

- go to "program registration", then "personal training" to select your session.

Forms must be filled out prior to your session. Forms can be picked up from reception at the Frank Jameson Community Centre or a PDF copy can be emailed to you by request.

An Exercise Session just for YOU!

Personal Exercise Session

Are you someone who needs extra motivation and accountability? Not interested in group exercise classes or the structure that comes with a detailed training plan or are you bored of your basic plan? During your one-hour personal exercise session, your trainer will:

- Creatively utilize the variety of equipment our facility has to offer
 - Incorporate compound muscle movements
 - Teach you a greater understanding of postural alignment, core strength and balance training
 - Challenge and empower you to become stronger, energized and motivated with exercises that are a step above the basics
- \$55/1 hr session; \$45 semi-private/per person/1 hr



Find out where you are at.

Body Composition Testing

When you are beginning a new exercise program it can be helpful to complete fitness tests to help determine your current health status and physical fitness level. These tests help provide some baseline measurements that can be monitored to gauge progress and exercise success.

\$20/30 minute session



PERSONAL EXERCISE SESSIONS & BODY COMPOSITION TESTING are by appointment only. A **TRAINING REQUEST FORM** must be filled out prior to your session. Forms can be picked up from reception at the Frank Jameson Community Centre or a PDF copy can be emailed to you by request. Once forms are received, a member of our team will contact you to book an appointment.

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