



PARKS
RECREATION
& CULTURE

2025 FALL ACTIVITY GUIDE

guide current from September 8 to December 20



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REGISTRATION DAY
Telephone and online registration begins
Monday, August 11th at 7:00am

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

Hours of Operation (subject to change):

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

Aquatic Centre
See page 6 for pool schedule

Schedule Changes:
Annual Maintenance: August 16 - September 7
Pool closed and reduced hours in Fitness Centre (check website or call for details)
Reduced Hours:
Oct 13, Nov 11 - 11:30am-3:30pm
Oct 31, Nov 27 - Closed at 4:00pm
Dec 24, 27 & 31 - Closed at 4:00pm
Dec 22, 23, 29 & 30 - Closed at 8:00pm
Closed:
August 30 - September 1
September 5, 6, 7
September 30
December 25, 26
January 1

SPECIAL EVENTS:

SEPTEMBER

14 Terry Fox Run
Register and donate online at www.terryfox.org

OCTOBER

13 Thanksgiving Everyone Welcome Swim
1:30-3:30pm regular admission rates apply

24 Pro-D Day Everyone Welcome Swim
1:00-2:00pm regular admission rates apply

18 Halloween Monster Bash Swims
3:00-5:00pm "Family Friendly" 101685
6:30-8:30pm "Come if you Dare..." 101687
\$5.25 admission Grab your ticket before crawl away!

NOVEMBER

10 Pro-D Day Everyone Welcome Swim
1:00-2:00pm regular admission rates apply

11 Remembrance Day Everyone Welcome Swim
1:30-3:30pm regular admission rates apply

DECEMBER

5 Pro-D Day Everyone Welcome Swim
1:00-2:00pm regular admission rates apply

19 Dive In Cinema - "Elio"
6:30-8:30pm \$5.25 admission 104269
Come watch a movie while swimming in the pool!
Tickets available in advance. Use course code to register.

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

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

Purchase a pass and save over single admission

Admission Rates (including GST) effective September 1, 2025							
	Tot (under 3 yrs)	Child (3-12yrs)	Youth (13-18yrs)	Adult (19-59yrs)	Senior (60-79yrs)	80+	Family (Parent(s) or guardian(s) with dependent children aged 18 & under)
Single Admission	FREE	\$3.50	\$5.11	\$6.99	\$5.11	FREE	\$13.68
10x Pass		\$29.63	\$43.73	\$59.03	\$43.73		\$115.61
1-Month Membership		\$31.49	\$51.79	\$61.77	\$51.79		\$120.98
12-Month Membership			\$501.70	\$599.56	\$501.70		\$1174.27

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

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. A \$5 processing fee will be applied to any approved refund or credit. 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.



REGISTRATION DAY

Telephone and online registration begins
Monday, August 11th at 7:00am



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.

Early Years & Childrens Programs

Dance



Pre-School Ballet (3-4yrs)

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.

Instructor: Rhythm Dance Instructors
Rhythm Dance Studio, Unit 5 - 19 High St., Ladysmith
Fridays, September 19 - October 24
2:30-3:05pm \$72/6 sessions **102935**
Fridays, November 7 - December 19
2:30-3:05pm \$84/7 sessions **104085**

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.

Instructor: Rhythm Dance Instructors
FJCC Fitness Studio
Fridays, September 12 - October 10
3:30-4:15pm \$60/5 sessions **102785**
Fridays, October 17 - December 5
3:30-4:15pm \$96/8 sessions **105515**

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!

Instructor: Rhythm Dance Instructors
FJCC Fitness Studio
Mondays, September 8 - October 13
3-4yrs 3:00-3:30pm \$72/6 sessions **102782**
5-7yrs 3:30-4:15pm \$72/6 sessions **102783**
8-10yrs 4:15-4:45pm \$72/6 sessions **102784**

Intro to Jazz (3-7yrs)

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!

Instructor: Rhythm Dance Instructors
FJCC Fitness Studio
Wednesdays, September 17 - October 22
3-4yrs 3:30-4:00pm \$72/6 sessions **102788**
5-7yrs 4:15-4:45pm \$72/6 sessions **104084**
Wednesdays, October 29 - December 17
3-4yrs 3:30-4:00pm \$96/8 sessions **105516**
5-7yrs 4:15-4:45pm \$96/8 sessions **105581**



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 Outside

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

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

For program and schedule updates, check the LaFF website or connect with them directly.
Website: www.familyandfriends.ca
Email: admin@familyandfriends.ca
Mail: Box 1830, Ladysmith, B.C. V9G 1B4
Phone: 250.210.0870
Aggie Hall: 1110-1st Ave, Ladysmith

#ilovetolaff
@LadysmithFamilyandFriends



Music

Jump into Music (6 months-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.

Instructor: Orith Horwitz
FJCC Program Room
Fridays, September 26 - October 31
10:00-10:50am \$90/6 sessions **102679**
Fridays, November 7 - December 19
10:00-10:50am \$105/7 sessions **102680**
\$17 drop-in (space permitting)



Sports & Activities



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!

Instructor: Brett Hyslop
Forrest Field Turf
Thursdays, September 18 - October 23
3:00-3:45pm \$60/6 sessions **102778**

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 Turf
Thursdays, September 18 - October 23
3:45-4:30pm \$60/6 sessions **102779**

Children & Youth Programs

Sports & Activities

NEW	Taekwondo and Self-Defence with Master Moy (5-13yrs)		
	An introductory program designed to build skills and have fun. Students will learn kicks, punches, blocks, and self-defense techniques through activities that develop coordination, balance, flexibility, strength and agility. Students will increase a sense of body awareness, focus, concentration, and self-confidence. FJCC Gymnasium		
	Wednesdays, September 10 - 24		
	5-9yrs		
	4:15-4:45pm	\$36/3 sessions	102937
	9-13yrs		
	4:45-5:15pm	\$36/3 sessions	102938
	Wednesdays, October 1 - 22		
	5-9yrs		
	4:15-4:45pm	\$48/4 sessions	103975
	9-13yrs		
	4:45-5:15pm	\$48/4 sessions	103976
	Wednesdays, November 5 - 26		
	5-9yrs		
	4:15-4:45pm	\$48/4 sessions	105557
	9-13yrs		
	4:45-5:15pm	\$48/4 sessions	105558

HOW TO REGISTER

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

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

REGISTRATION BEGINS
MONDAY, AUGUST 11th AT 7:00AM

General Interest

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. <u>Prerequisite:</u> Minimum 9 years of age or completion of grade 3. FJCC Meeting Room		
Tuesday & Thursday, November 18 & 20		
3:30-6:30pm	\$55/2 session	101676
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. <u>Prerequisite:</u> Minimum 11 years old or completion of grade 5. FJCC Rec Room		
Saturdays, September 27 & October 4		
9:00am-1:30pm	\$70/2 sessions	101677

Getting Bendy - Yoga for Kids (6-10yrs)		
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 with a direct connection to nature. FJCC Fitness Studio		
6-8yrs		
Thursdays, September 11 - October 9		
3:45-4:30pm	\$35/5 sessions	100200
9-10yrs		
Thursdays, October 30 - November 27		
3:45-4:30pm	\$35/5 sessions	100201



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, September 12 - October 17		
8-10yrs		
6:00-7:00pm	\$18/6 sessions	102786
11-13yrs		
7:00-8:00pm	\$18/6 sessions	102787
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, September 12 - October 17		
8-10yrs		
6:00-7:00pm	\$18/6 sessions	105520
11-13yrs		
7:00-8:00pm	\$18/6 sessions	105521

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		
Friday, October 24		
9:00am-3:00pm	\$45/1 session	103979
Monday, November 10		
9:00am-3:00pm	\$45/1 session	103980
Friday, December 5		
9:00am-3:00pm	\$45/1 session	103981

Drop-In Youth Zone Programs

Youth drop-in programs at the Frank Jameson Community Centre offer a safe, welcoming space for teens to connect, play, and be active. Whether you're into sports, studying, or just hanging out, there's something for everyone. No registration required—just show up, sign in, and join the fun!		
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, September 17 - December 10		
3:00-4:15pm	\$FREE	Register for all sessions using course code 105524 or just drop-in!
Youth Zone Study Hall (11-18yrs)		
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, September 18 - December 18		
2:45-4:00pm	\$FREE	
Youth Zone (12-18yrs)		
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! FJCC Gymnasium/Rec Room		
Fridays, September 19 - December 5		
6:00-8:00pm	\$FREE	

Adult Programs

Dance

Modern Social Square Dancing for Beginners and Returning Dancers (16yrs+)

Be part of a community, get your steps in, lose yourself in something, and have fun. Square dancing is the perfect form of dance for people who don't consider themselves to be dancers - all you have to do is step in time to the music to do the move that the caller tells you to do. Our music is varied across genres and time periods. Singles or couples equally welcome! As the course has a team of teachers, returning dancers as well as new dancers are welcome to join in the fun and progress in Social Square Dancing.

FJCC Fitness Studio

Tuesdays, September 9 - December 2

1:00-3:15pm \$97.50/13 sessions 102789

\$10.00 drop-in (space permitting)

Sports & Activities

NEW Taekwondo and Self-Defence with Master Moy (16yrs+)

Looking for a fun and exciting way to stay active and build confidence? Join our introductory Taekwondo classes with Master Moy, a 7th Dan Black belt with global experience. Master Moy will guide you through the basics of Taekwondo, helping to develop strength, focus, discipline, and leadership skills. You'll train in a friendly, motivating environment where respect, teamwork, and personal growth are always at the core.

FJCC Gymnasium

Wednesdays, September 10 - 24

5:15-6:00pm \$45/3 sessions 105543

Wednesdays, October 1 - 22

5:15-6:00pm \$60/4 sessions 103977

Wednesdays, November 5 - 26

5:15-6:00pm \$60/4 sessions 105559



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, September 18 - December 18

9:30-11:00am \$2 drop-in

NEW Friday Night Hoops Adult Basketball (16yrs+)

End your week with some friendly competition and fast-paced fun! Join us Friday nights for adult drop-in basketball - a great way to stay active, shoot some hoops, and connect with others in the community. Whether you're looking to get back into the game or just want a casual run, all skill levels are welcome. Bring your game face, your court shoes, and let's play!

FJCC Gymnasium

Fridays, September 12 - October 17

8:00-9:30pm \$30/6 sessions 105542

\$5 drop-in (space permitting)



General Interest (13yrs+)

Check out these informative workshops taught by Alicia Meek. All sessions will be held in the Lower Program Room at the Frank Jameson Community Centre.

Foraging in Fall - Roots, Mushrooms & More

Join to explore fall foraging, focusing on roots, mushrooms, and more. This class will be held half outdoor, half indoor.

Saturday, October 11

11:00am-1:00pm \$34/1 session 102798

Fire Cider

Learn to make your own fiery, immune-boosting herbal tonic! In this hands-on class, we'll combine ingredients like garlic, ginger, apple cider vinegar and much more to create a traditional remedy that supports digestion and immunity. You'll take home your own jar and the recipe to keep making it all season long.

Saturday, October 11

1:30-3:00pm \$39/1 session 102944

Fall Mushroom Foraging Indoor Presentation

Join us for a 2-hour indoor presentation on fall mushroom foraging. Learn how to identify and safely harvest mushrooms during the season, with tips on where to find them and how to use them.

Tuesday, October 14

6:30-8:30pm \$34/1 session 102952

Sauerkraut

Learn how to make your own probiotic-rich sauerkraut at home! This hands-on class covers the basics of fermentation, its health benefits, and simple steps to start fermenting at home. You'll leave with a jar of sauerkraut and the confidence to keep making your own.

Wednesday, November 5

6:30-8:30pm \$39/1 session 102955

Wire Wrapped Jewelry - Hammered

Take your wire wrapping skills to the next level with hammered techniques in this intermediate jewelry-making class. Learn how to create unique, textured pieces using wire and a hammer for stunning results. Experience not needed.

Tuesday, October 28

6:30-8:30pm \$45/1 session 102953



Holiday Wreath with Foraged Materials

Create a beautiful, nature-inspired holiday wreath using foraged materials. In this hands-on workshop, you'll craft a unique wreath to bring seasonal charm to your home.

Wednesday, November 12

6:30-8:30pm \$55/1 session 102956

Holiday Gift Crafting Workshop

Join us for a fun, jam packed 3-hour workshop where you'll create simple, handmade gifts using herbs, preserves, wire, plants, and basic crafting techniques. Perfect for adding a personal touch to your holiday presents!

Sunday, December 7

11:00am-2:00pm \$89/1 session 102957

Health & Wellness

Find More Ease in Movement with Alexander Technique (16yrs+)

The Alexander Technique is a holistic body-mind method that helps increase body awareness and reduce stress, tension, and pain. Unconscious habits and holding patterns often lead to physical discomfort and emotional imbalance. By learning practical strategies to recognize and change habitual posture and movement, you can experience upright, natural poise, effortless coordination, increased energy, improved well-being, and a greater sense of ease in both body and mind.

Instructor: Heike Walker

FJCC Program Room

Monday, October 6

4:00-6:00pm \$25/1 session 100015

Music

NEW Basic Guitar Lessons (16yrs+)

Want to learn how to play guitar? Join Instructor Brian Hicks to learn some basic guitar chords and progressions to get you playing around the campfire in no time. The course is designed for brand new musicians, or those who have played in the past.

FJCC Meeting Room

Wednesdays, September 17 - November 5


7:00-8:30pm \$100/8 sessions 105528



Friends of Holland Creek Society

We are working to protect the biodiversity of Holland Creek and are looking for members. Contact us at hollandcreekinvasives@gmail.com for membership or event sign up.

 /friendsofhollandcreek

 hollandcreekinvasives@gmail.com



Friends of
Holland Creek

Meadow & Shrubbery Care at Transfer Beach

Join Friends of Holland Creek to care for the Butterfly meadow and Bird shrubbery, collect seeds and learn about our native plants.

First Monday of the month until end of November, 10:00am-12:00pm
meet at the Kinsmen Shelter by the native plant beds

Walks & Work Bees in Holland Creek

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

Third Monday of the month until end of November, 10:00am-12:00pm
meet at the Information Hut on Methuen/6th Ave.

SPECIAL EVENTS:

Coastal Invasive Species Council

Online talk on managing the invasive species we will encounter in our work in the Ladysmith area.

Thursday October 2 7:00-9:00pm

iNaturalist for Nature

Discover the natural world around you with iNaturalist!

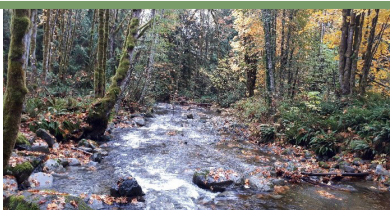
This beginner-friendly workshop will introduce you to the iNaturalist app—a powerful citizen science tool used to identify plants, animals, and fungi in your area. Learn how to make observations, upload photos, and contribute to global biodiversity data and local BioBlitz and restoration work. Perfect for nature lovers, families, and curious minds of all ages. Bring your smartphone or tablet and get ready to explore!

Wednesday October 29 7:00-9:00pm Register at www.reccowichan.ca 105706

Friends of Holland Creek Public Meeting

Share your ideas on how we can best protect Holland Creek and prepare for 2026. Location:TBD. Register by emailing hollandcreekinvasives@gmail.com.

Wednesday November 26 7:00-9:00pm



INFO / REGISTRATION **250.245.6424**

ladysmith.ca

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prc@ladysmith.ca



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

Aquatic Schedule (effective September 8 - December 20)

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 8:30-9:30am <i>Hot Tub available</i>		Parent & Tot Swim 8:30-9:30am <i>Hot Tub available</i>		Parent & Tot Swim 8:30-9:30am <i>Hot Tub available</i>	Everyone Welcome Swim 1:30-3:30pm <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 12:00-1:00pm <i>Hot Tub/Sauna available</i>	Noon Lengths / Parent & Tot / Therapy Swim 12:00-1:00pm <i>Hot Tub/Sauna available</i>	Noon Lengths / Parent & Tot / Therapy Swim 12:00-1:00pm <i>Hot Tub/Sauna available</i>	Noon Lengths / Parent & Tot / Therapy Swim 12:00-1:00pm <i>Hot Tub/Sauna available</i>	Noon Lengths / Parent & Tot / Therapy Swim 12:00-1:00pm <i>Hot Tub/Sauna available</i>	
					SUNDAY
					Everyone Welcome Swim 1:30-3:30pm <i>Hot Tub/Sauna available</i>
Everyone Welcome Swim 6:30-8:00pm <i>Hot Tub/Sauna available</i>		Everyone Welcome Swim 6:30-8:00pm <i>Hot Tub/Sauna available</i>		Everyone Welcome Swim 6:30-8:00pm <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
Pool is cleared 5 minutes BEFORE end time

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 12:00-1:00pm

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 8:30-9:30am
Monday - Friday 12:00-1:00pm

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.

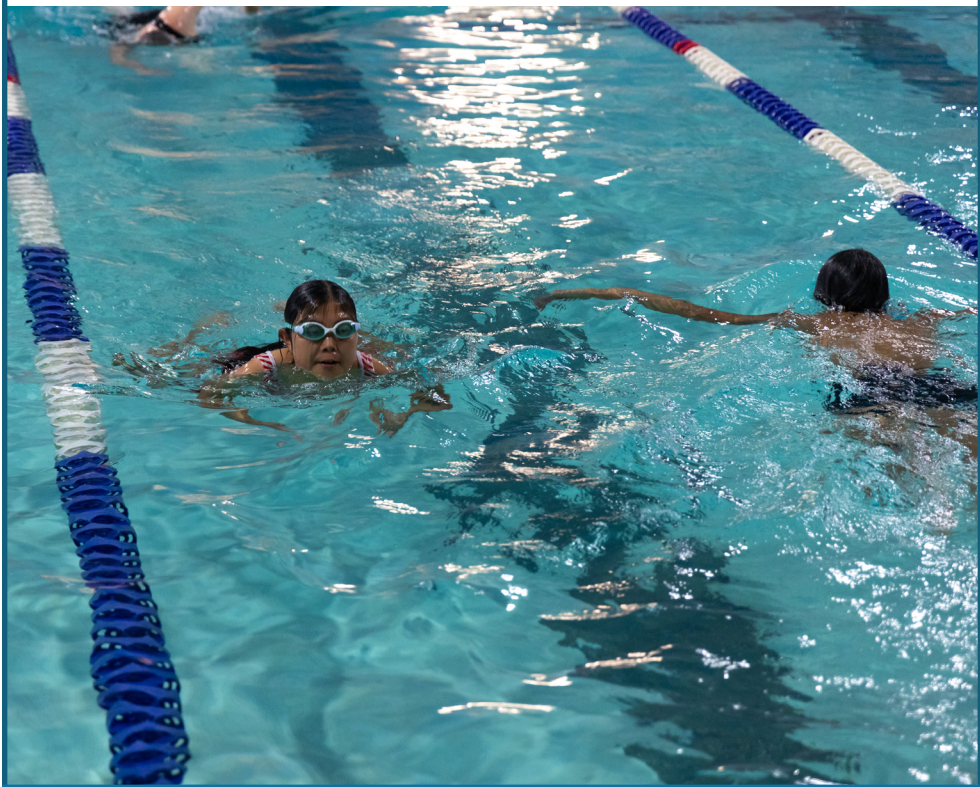
Please note: if you require assistance to and from the change room or in and out of the pool, you will be required to have an aid with you to assist you.

Monday - Friday 11:00am-1:00pm

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 1:30-3:30pm
Monday/Wednesday/Friday 6:30-8:00pm
Saturday 1:30-3:30pm



SPECIAL SWIMS

THANKSGIVING EVERYONE WELCOME SWIM

Monday, October 13 1:30-3:30pm

HALLOWEEN MONSTER BASH SWIM

Saturday, October 18 \$5.25 admission
3:00-5:00pm Family Friendly 101685
6:30-8:30pm Come if you Dare... 101687
Tickets available in advance. Use course code to register.

PRO-D DAY EVERYONE WELCOME SWIM

Friday, October 24 1:00-2:00pm

PRO-D DAY EVERYONE WELCOME SWIM

Monday, November 10 1:00-2:00pm

REMEMBRANCE DAY EVERYONE WELCOME SWIM

Tuesday, November 11 1:30-3:30pm

PRO-D DAY EVERYONE WELCOME SWIM

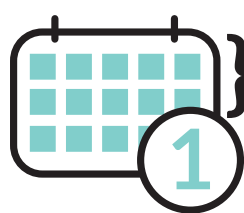
Friday, December 5 1:00-2:00pm

DIVE IN CINEMA - "Elio"

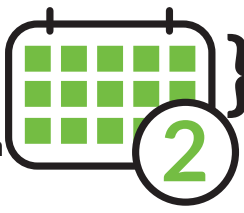
Friday, December 19 \$5.25 admission
6:30-8:30pm 104269

Come watch a movie while swimming in the pool!
Tickets available in advance. Use course code to register.

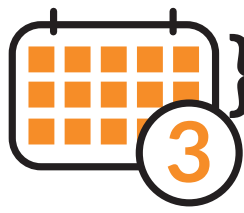
Swimming Lessons



LESSON SET #1
September 8 - October 9
Registration opens
Monday, August 11th @ 7:00am



LESSON SET #2
October 20 - November 13
Registration opens
Tuesday, October 14th @ 7:00am



LESSON SET #3
November 24 - December 18
Registration opens
Monday, November 17th @ 7:00am

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 \$15 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



Parent & Tot (for parents & children up to 3 years of age)

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.



Set #1 - starting September 8	Set #2 - starting October 20	Set #3 - starting November 24
Mondays/Wednesdays \$75/10 sessions 9:30-10:00am 101544 5:00-5:30pm 101585	Mondays/Wednesdays \$60/8 sessions 9:30-10:00am 101859 5:00-5:30pm 101860	Mondays/Wednesdays \$60/8 sessions 9:30-10:00am 101898 5:00-5:30pm 101899
Tuesdays/Thursdays \$67.50/9 sessions 4:00-4:30pm 101601	Tuesdays/Thursdays \$52.50/7 sessions 4:00-4:30pm 101861	Tuesdays/Thursdays \$60/8 sessions 4:00-4:30pm 101900

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.



Set #1 - starting September 8	Set #2 - starting October 20	Set #3 - starting November 24
Mondays/Wednesdays \$75/10 sessions 9:30-10:00am 101545 5:00-5:30pm 101593	Mondays/Wednesdays \$60/8 sessions 9:30-10:00am 101862 5:00-5:30pm 101863	Mondays/Wednesdays \$60/8 sessions 9:30-10:00am 101901 5:00-5:30pm 101902
Tuesdays/Thursdays \$67.50/9 sessions 4:00-4:30pm 101603	Tuesdays/Thursdays \$52.50/7 sessions 4:00-4:30pm 101864	Tuesdays/Thursdays \$60/8 sessions 4:00-4:30pm 101903

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.

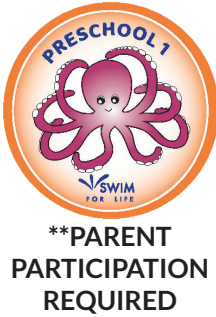


Set #1 - starting September 8	Set #2 - starting October 20	Set #3 - starting November 24
Mondays/Wednesdays \$75/10 sessions 10:30-11:00am 101546 4:30-5:00pm 101594	Mondays/Wednesdays \$60/8 sessions 10:30-11:00am 101865 4:30-5:00pm 101866	Mondays/Wednesdays \$60/8 sessions 10:30-11:00am 101904 4:30-5:00pm 101905
Tuesdays/Thursdays \$67.50/9 sessions 4:30-5:00pm 101607	Tuesdays/Thursdays \$52.50/7 sessions 4:30-5:00pm 101867	Tuesdays/Thursdays \$60/8 sessions 4:30-5:00pm 101906

Swimming Lessons

Preschool (for children 3-5 years)

Preschool 1 OCTOPUS** 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.



Set #1 - starting September 8		Set #2 - starting October 20		Set #3 - starting November 24	
Mondays/Wednesdays \$75/10 sessions		Mondays/Wednesdays \$60/8 sessions		Mondays/Wednesdays \$60/8 sessions	
10:30-11:30am 101550	5:00-5:30pm 101596	10:30-11:00am 101868	5:00-5:30pm 101869	10:30-11:00am 101907	5:00-5:30pm 101908
Tuesdays/Thursdays \$67.50/9 sessions		Tuesdays/Thursdays \$52.50/7 sessions		Tuesdays/Thursdays \$60/8 sessions	
5:00-5:30pm 101609		5:00-5:30pm 101870		5:00-5:30pm 101909	
Saturdays (once a week Sep 20 -Nov 29)		4:30-5:00pm 101759	5:30-6:00pm 101760	\$67.50/9 sessions	

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.



Set #1 - starting September 8		Set #2 - starting October 20		Set #3 - starting November 24	
Mondays/Wednesdays \$75/10 sessions		Mondays/Wednesdays \$60/8 sessions		Mondays/Wednesdays \$60/8 sessions	
10:00-10:30am 101552	4:30-5:00pm 101597	10:00-10:30am 101871	4:30-5:00pm 101872	10:00-10:30am 101910	4:30-5:00pm 101911
Tuesdays/Thursdays \$67.50/9 sessions		Tuesdays/Thursdays \$52.50/7 sessions		Tuesdays/Thursdays \$60/8 sessions	
5:00-5:30pm 101611		5:00-5:30pm 101873		5:00-5:30pm 101912	
Saturdays (once a week Sep 20 -Nov 29)		5:00-5:30pm 101761	\$67.50/9 sessions		

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.



Set #1 - starting September 8		Set #2 - starting October 20		Set #3 - starting November 24	
Mondays/Wednesdays \$75/10 sessions		Mondays/Wednesdays \$60/8 sessions		Mondays/Wednesdays \$60/8 sessions	
10:00-10:30am 101553	5:30-6:00pm 101599	10:00-10:30am 101874	5:30-6:00pm 101875	10:00-10:30am 101913	5:30-6:00pm 101914
Tuesdays/Thursdays \$67.50/9 sessions		Tuesdays/Thursdays \$52.50/7 sessions		Tuesdays/Thursdays \$60/8 sessions	
5:30-6:00pm 101613		5:30-6:00pm 101876		5:30-6:00pm 101915	
Saturdays (once a week Sep 20 -Nov 29)		5:30-6:00pm 101762	\$67.50/9 sessions		

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.



Set #1 - starting September 8		Set #2 - starting October 20		Set #3 - starting November 24	
Mondays/Wednesdays	\$75/10 sessions	Mondays/Wednesdays	\$60/8 sessions	Mondays/Wednesdays	\$60/8 sessions
	5:30-6:00pm 101568		5:30-6:00pm 101878		5:30-6:00pm 101933
Tuesdays/Thursdays	\$67.50/9 sessions	Tuesdays/Thursdays	\$52.50/7 sessions	Tuesdays/Thursdays	\$60/8 sessions
	6:00-6:30pm 101614		6:00-6:30pm 101879		6:00-6:30pm 101934
Saturdays (once a week Sep 20 -Nov 29)		4:30-5:00pm 101763	\$67.50/9 sessions		

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.



Set #1 - starting September 8		Set #2 - starting October 20		Set #3 - starting November 24	
Mondays/Wednesdays	\$75/10 sessions	Mondays/Wednesdays	\$60/8 sessions	Mondays/Wednesdays	\$60/8 sessions
	5:30-6:00pm 101578		5:30-6:00pm 101881		5:30-6:00pm 101935
Tuesdays/Thursdays	\$67.50/9 sessions	Tuesdays/Thursdays	\$52.50/7 sessions	Tuesdays/Thursdays	\$60/8 sessions
	6:00-6:30pm 101758		6:00-6:30pm 101882		6:00-6:30pm 101936
Saturdays (once a week Sep 20 -Nov 29)		4:30-5:00pm 101764	\$67.50/9 sessions		



HOW TO REGISTER

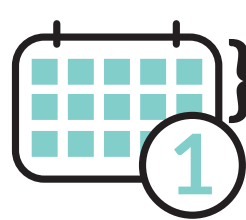
ONLINE: Click on the corresponding **red course code** to be taken to the course registration page on www.reccowichan.ca

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

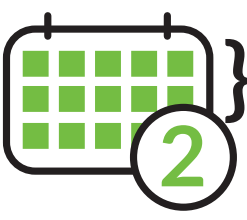
Set #1 - Registration begins Monday, Aug 11th
Set #2 - Registration begins Tuesday, Oct 14th
Set #3 - Registration begins Monday, Nov 17th



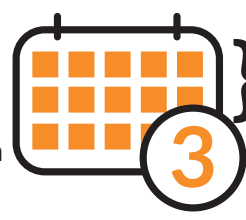
Swimming Lessons



LESSON SET #1
September 8 - October 9
Registration opens
Monday, August 11th @ 7:00am



LESSON SET #2
October 20 - November 13
Registration opens
Tuesday, October 14th @ 7:00am



LESSON SET #3
November 24 - December 18
Registration opens
Monday, November 17th @ 7:00am

Swimmer (children 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.

Set #1 - starting September 8	Set #2 - starting October 20	Set #3 - starting November 24
Mondays/Wednesdays \$75/10 sessions 6:00-6:30pm 101641	Mondays/Wednesdays \$60/8 sessions 6:00-6:30pm 101883	Mondays/Wednesdays \$60/8 sessions 6:00-6:30pm 101937
Tuesdays/Thursdays \$67.50/9 sessions 3:30-4:00pm 101765 6:00-6:30pm 101766	Tuesdays/Thursdays \$52.50/7 sessions 3:30-4:00pm 101884 6:00-6:30pm 101885	Tuesdays/Thursdays \$60/8 sessions 3:30-4:00pm 101938 6:00-6:30pm 101939
Saturdays (once a week Sep 20 -Nov 29) 4:30-5:00pm 101767 \$67.50/9 sessions		

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.

Set #1 - starting September 8	Set #2 - starting October 20	Set #3 - starting November 24
Mondays/Wednesdays \$75/10 sessions 5:30-6:00pm 101768	Mondays/Wednesdays \$60/8 sessions 5:30-6:00pm 101886	Mondays/Wednesdays \$52.48/8 sessions 5:30-6:00pm 101975
Tuesdays/Thursdays \$67.50/9 sessions 3:30-4:00pm 101642 5:30-6:00pm 101769	Tuesdays/Thursdays \$45.92/7 sessions 3:30-4:00pm 101887 5:30-6:00pm 101888	Tuesdays/Thursdays \$52.48/8 sessions 3:30-4:00pm 101976 5:30-6:00pm 101977
Saturdays (once a week Sep 20 -Nov 29) 5:00-5:30pm 101770 \$67.50/9 sessions		

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.

Set #1 - starting September 8	Set #2 - starting October 20	Set #3 - starting November 24
Mondays/Wednesdays \$75/10 sessions 6:00-6:30pm 101643	Mondays/Wednesdays \$60/8 sessions 6:00-6:30pm 101890	Mondays/Wednesdays \$60/8 sessions 6:00-6:30pm 101978
Tuesdays/Thursdays \$67.50/9 sessions 3:30-4:00pm 101771 6:00-6:30pm 101851	Tuesdays/Thursdays \$52.50/7 sessions 3:30-4:00pm 101891 6:00-6:30pm 101892	Tuesdays/Thursdays \$60/8 sessions 3:30-4:00pm 101979 6:00-6:30pm 101980
Saturdays (once a week Sep 20 -Nov 29) 5:30-6:00pm 101852 \$67.50/9 sessions		

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.

Set #1 - starting September 8	Set #2 - starting October 20	Set #3 - starting November 24
Mondays/Wednesdays \$75/10 sessions 6:00-6:30pm 101644	Mondays/Wednesdays \$60/8 sessions 6:00-6:30pm 101893	Mondays/Wednesdays \$60/8 sessions 6:00-6:30pm 101981
Tuesdays/Thursdays \$67.50/9 sessions 3:30-4:00pm 101853 5:30-6:00pm 101854	Tuesdays/Thursdays \$52.50/7 sessions 3:30-4:00pm 101894 5:30-6:00pm 101895	Tuesdays/Thursdays \$60/8 sessions 3:30-4:00pm 101982 5:30-6:00pm 101983
Saturdays (once a week Sep 20 -Nov 29) 5:00-5:30pm 101855 \$67.50/9 sessions		

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.

Set #1 - starting September 9	Set #2 - starting October 21	Set #3 - starting November 25
Tuesdays/Thursdays \$76.50/9 sessions 3:15-4:00pm 101645	Tuesdays/Thursdays \$59.50/7 sessions 3:15-4:00pm 101896	Tuesdays/Thursdays \$68/8 sessions 3:15-4:00pm 101984
Saturdays (once a week Sep 20 -Nov 29) 4:00-4:45pm 101856 \$76.50/9 sessions		

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.

Set #1 - starting September 9	Set #2 - starting October 21	Set #3 - starting November 25
Tuesdays/Thursdays \$76.50/9 sessions 3:15-4:00pm 101646	Tuesdays/Thursdays \$59.50/7 sessions 3:15-4:00pm 101897	Tuesdays/Thursdays \$68/8 sessions 3:15-4:00pm 101986
Saturdays (once a week Sep 20 -Nov 29) 4:00-4:45pm 101858 \$76.50/9 sessions		

Swimming Lessons

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.

Set #1 - starting September 19		
Fridays (once a week until November 21)		
5:30-6:30pm	101648	\$99/9 sessions

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.

Set #1 - starting September 19		
Fridays (once a week until November 21)		
5:30-6:30pm	101649	\$99/9 sessions

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.

Set #1 - starting September 19		
Fridays (once a week until November 21)		
5:30-6:30pm	101650	\$99/9 sessions



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, September 19 - November 21
5:30-6:30pm \$99/9 sessions 101651

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, September 25 - December 4
6:30-7:30pm \$120/10 sessions 102515
\$14 drop-in (space permitting)

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!

STEP 1

Visit www.reccowichan.ca and click **SIGN IN AND REGISTER NOW**

Sign in and Register Now!

STEP 2

Login

If you have registered for a class or membership with us before, you should already have an email in our system. Click **FORGOT PASSWORD?** Enter your email address and a temporary password will be sent to you. If you do not have an email in our system, click **SIGNUP**.

STEP 3

Click Program Registration

to view and register for courses. Use the **red course code** in the keyword search box to look for specific programs

Keyword

70802

Reset

STEP 4

Click **REGISTER**

Follow prompts until check-out.

To add more programs to your shopping cart, click **BOOK ANOTHER EVENT**

S Soccer - Soccer at the Turf - Ladysmith

Every Mon, 08/08/2022 - 29/08/2022 from 08:00 PM - 10:00 PM

Modify Booking

Book another event

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
- Cardio equipment, including treadmills, elliptical trainers, stationary, recumbent and spin bikes, stair climbers and rowing machines
- Stability, bosu and medicine balls, wobble boards, fit tubes, and TRX suspension
- Free weights ranging from 2 - 100lbs
- Wheelchair accessible
- Free Wi-Fi

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.

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

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

One-on-One Training Services 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.

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 session



INFO / REGISTRATION **250.245.6424**

follow us



/ladysmithPRC

subscribe



ladysmith.ca

prc@ladysmith.ca

Registered Fitness Programs

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 \$8.25 drop-in			
	Strength & Stability 9:00-10:00am \$8.25 drop-in		Strength & Stability 9:00-10:00am \$8.25 drop-in		Saturday Spin 9:15-10:00am \$8.25 drop-in
	Spin-Core-Stretch 10:30-11:30am \$8.25 drop-in	Strength & Stability LITE 10:30-11:30am \$8.25 drop-in	Gentle Hatha Yoga 10:30-11:30am \$15 drop-in		
	Gentle Fit 10:30-11:30am		Gentle Fit 10:30-11:30am		
Get Active 12:00-1:00pm \$8.25 drop-in	Gentle Hatha 2 11:45am-12:45pm \$15 drop-in				Strong on Sundays 9:30-10:30am \$8.25 drop-in
	Zumba 4:30-5:30pm \$12 drop-in				Sunday Stretch Session 11:00-11:45am \$8.25 drop-in
3 C's 6:00-7:00pm \$8.25 drop-in	Strength & Stability 6:00-7:00pm \$8.25 drop-in	Step & Strength 6:00-7:00pm \$8.25 drop-in	3 C's 6:00-7:00pm \$8.25 drop-in	Adult Cardio Hip-Hop 6:00-7:00pm	Prenatal Yoga 12:30-1:30pm \$22 drop-in
		Kickboxing 6:00-7:00pm \$8.25 drop-in		Adult Cardio Hip-Hop 7:00-8:00pm	
Gentle Hatha Yoga 7:30-8:30pm \$15 drop-in			Gentle Hatha Yoga 7:30-8:30pm \$15 drop-in		Postnatal Yoga 2:00-3:00pm \$22 drop-in

PLEASE NOTE: Late arrivals will not be permitted to fitness programs. PLEASE ARRIVE ON TIME.
Program start/end dates vary - see program descriptions for date details

Spin Classes (16yrs+)

3 C's
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, September 8 - October 20
6:00-7:00pm \$50.75/7 sessions
Thursdays, September 11 - October 23
6:00-7:00pm \$50.75/7 sessions
Mondays, November 3 - December 15
6:00-7:00pm \$50.75/7 sessions
Thursdays, November 6 - December 18
6:00-7:00pm \$50.75/7 sessions
\$8.25 drop-in (space permitting)



100069
100070
100253
102598

Saturday Spin
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, September 13 - October 25
9:15-10:00am \$50.75/7 sessions
Saturdays, November 8 - December 20
9:15-10:00am \$50.75/7 sessions
\$8.25 drop-in (space permitting)



100011
100255

Spin-Core-Stretch
Spin-Core-Stretch is a class that fuses both indoor cycling, core training and a relaxing stretch to finish off this this workout.
FJCC Fitness Studio
Tuesdays, September 9 - October 21
10:30-11:30am \$43.50/6 sessions
Tuesdays, November 4 - December 16
10:30-11:30am \$43.50/6 sessions
\$8.25 drop-in (space permitting)



100072
100257



Rise & Ride
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 and intervals while listening to motivating music. Participants modify their own cycling resistance and pace.
FJCC Fitness Studio
Wednesdays, September 10 - October 22
6:15-7:00am \$50.75/7 sessions
Wednesdays, November 5 - December 17
6:15-7:00am \$50.75/7 sessions
\$8.25 drop-in (space permitting)



100001
100250

Registered Fitness Programs

Yoga (16yrs+)

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, September 14 - October 26

12:30-1:30pm \$140/7 sessions 100082

Sundays, November 2 - December 21

12:30-1:30pm \$160/8 sessions 100246

\$22 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, September 14 - October 26

2:00-3:00pm \$140/7 sessions 100083

Sundays, November 2 - December 21

2:00-3:00pm \$160/8 sessions 100247

\$22 drop-in (space permitting)



Gentle Hatha Yoga

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, September 8 - October 20

7:30-8:30pm \$84/7 sessions 100043

Thursdays, September 11 - October 23

10:30-11:30am \$84/7 sessions 100055

7:30-8:30pm \$84/7 sessions 100052

Mondays, November 3 - December 15

7:30-8:30pm \$84/7 sessions 100268

Thursdays, November 6 - December 18

10:30-11:30am \$84/7 sessions 100265

7:30-8:30pm \$72/6 sessions 100266

\$15 drop-in (space permitting)

NEW Gentle Hatha 2

Connect with breath, explore mindful movement, and find balance in this gentle slower-paced hatha class for all abilities. Every week will be different, with each class including conscious breathing, asana, and time to rest and go inward. Modifications and prop suggestions will be made for anyone in need of a different approach or support in postures. This is your class, guided by your heart-led intentions, practiced in community.

FJCC Fitness Studio

Tuesdays, September 9 - October 21

11:45am-12:45pm \$72/6 sessions 101747

Tuesdays, November 4 - December 16

11:45am-12:45pm \$72/6 sessions 101748

\$15 drop-in (space permitting)



POP-UP YOGA

Check out these great opportunities to get bendy and explore yoga in a different way!

Each session is \$16 - sign up for one or all! Hope to see you there!

POP-UP Yoga Nidra (16yrs+)

Exhaustion and busyness have become badges of honour. What we think of as relaxing is, in fact, sensory diversion. For absolute relaxation, one must remain aware. This is true relaxation that Yoga Nidra can offer. Yoga Nidra is the ultimate practice of non-doing. The benefits of this ancient practice are innumerable: stress reduction, increased creativity, increased compassion, increased focus and productivity, improved health, banish stress, and freedom from tension.

FJCC Fitness Studio

Saturday, September 13 3:00-4:30pm 100276

Saturday, October 11 3:00-4:30pm 100277

Saturday, November 8 3:00-4:30pm 100278

Saturday, December 13 3:00-4:30pm 100279

POP-UP Spin Yoga Party (16yrs+)

Are you ready to ride, shine, and unwind? Join Tiffany under the disco lights for this 90-minute spin-yoga class where sweaty cardio meets stretchy zen. We'll get the night started with indoor spinning grooving through sprints, hills and intervals while pedalling to motivating music. As we transition into the last half of class we'll move through a feel-good yoga sequence intended to rest and restore peace in both mind and body. All yoga props can be provided.

FJCC Fitness Studio

Friday, October 3 6:30-8:00pm 101824

Friday, November 21 6:30-8:00pm 101825

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.



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.

Zumba (16yrs+)



Zumba Dance

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, September 9 - October 21

4:30-5:30pm \$60/6 sessions 100199

Tuesdays, November 4 - December 16

4:30-5:30pm \$60/6 sessions 100264

\$12 drop-in (space permitting)



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Registered Fitness Programs

General Fitness Programs (16yrs+)

NEW

Sunday Stretch Session

Wind down your weekend and prepare for the week ahead with this full body mobility class. This class will target all muscle groups and joint range of motion with a variety of body movements and equipment. Perfect for all fitness levels to work on mobility and flexibility to enhance overall body movement!

FJCC Fitness Studio

Sundays, September 14 - October 26

11:00-11:45am \$50.75/7 sessions

100328

Sundays, November 2 - December 21

11:00-11:45am \$58/8 sessions

100329

\$8.25 drop-in (space permitting)



Get Active

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, September 8 - October 20

12:00-1:00pm \$50.75/7 sessions

100035

Mondays, November 3 - December 15

12:00-1:00pm \$50.75/7 sessions

100258

\$8.25 drop-in (space permitting)



Gentle-Fit

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-IN permitted.

FJCC Program Room

Tuesdays, September 9 - October 21

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

100038

Thursdays, September 11 - October 23

10:30-11:30am \$50/75/7 sessions

100039

Tuesdays, November 4 - December 16

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

100259

Thursdays, November 6 - December 18

10:30-11:30am \$50.75/7 sessions

100260



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.

Classes with the icon are applicable.

\$35 plus GST



Strength & Stability

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, September 9 - October 21

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

100065

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

100066

Thursdays, September 11 - October 23

9:00-10:00am \$50.75/7 sessions

100030

Tuesdays, November 4 - December 16

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

100256

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

100263

Thursdays, November 6 - December 18

9:00-10:00am \$50.75/7 sessions

100261

\$8.25 drop-in (space permitting)



Adult Cardio Hip Hop

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.

FJCC Fitness Studio

Fridays, September 12 - October 10

6:00-7:00pm \$40/4 sessions

102780

7:00-8:00pm \$40/4 sessions

102781

Step & Strength

In this class, you'll get a high-intensity, full-body strength workout built around the step platform. Expect cardio intervals, as well as resistance training. This class will challenge and push your endurance, coordination, and power.

FJCC Fitness Studio

Wednesdays, September 10 - October 22

6:00-7:00pm \$50.75/7 sessions

100068

Wednesdays, November 5 - December 17

6:00-7:00pm \$50.75/7 sessions

100252

\$8.25 drop-in (space permitting)



Strength & Stability LITE

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, September 10 - October 22

10:30-11:30am \$50.75/7 sessions

100076

Wednesdays, November 5 - December 17

10:30-11:30am \$50.75/7 sessions

100251

\$8.25 drop-in (space permitting)



Kickboxing

This class will keep you on your toes! Join Amy for a class that combines cardio kickboxing, bag training, pad and glove work with a partner 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 Gymnasium

Wednesdays, September 10 - October 22

6:00-7:00pm \$50.75/7 sessions

100075

\$8.25 drop-in (space permitting)



Strong on Sundays

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, September 14 - October 26

9:30-10:30am \$50.75/7 sessions

100009

Sundays, November 2 - December 21

9:30-10:30am \$58/8 sessions

100245

\$8.25 drop-in (space permitting)



Wondering what the heart icons mean?
See page 14 for more information on Fitness Class Intensity Levels.



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Drop-In Fitness & Sport Programs

Drop-In Fitness & Sport Schedule (effective Sep 8 - Dec 20)

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	 Everyone Welcome Badminton 8:30-10:30am		
 Fitness Lite 10:30-11:30am	 Volleyball 5:15-6:45pm	 Everyone Welcome Pickleball 12:00-2:00pm	 Beginner Pickleball 12:00-2:00pm	 Fitness Lite 10:30-11:30am	 Everyone Welcome Pickleball 9:15-11:15am		
 Advanced Pickleball 12:00-2:00pm				 Intermediate Pickleball 11:30am-1:30pm			
 Everyone Welcome Badminton 5:30-7:30pm				 Indoor Soccer 1:30-3:30pm			
 Basketball 7:30-9:00pm	 Indoor Soccer 7:00-8:25pm	 Everyone Welcome Pickleball 12:00-2:00pm	 Intermediate Badminton 6:00-8:00pm	 Everyone Welcome Badminton 3:45-5:45pm	 Everyone Welcome Pickleball 9:15-11:15am		

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

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.

Drop-In Sports

Keep active on the courts with your favourite sport! Bring your friends or make some new ones during these great opportunities to play in a recreational environment. All skill levels welcome!

Everyone Welcome Badminton

Mondays 5:30-7:30pm
Fridays 3:45-5:45pm
Saturdays 8:30-10:30am

Volleyball

Tuesdays 5:15-6:45pm

Indoor Soccer

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

Intermediate Badminton

Thursdays 6:00-8:00pm

Basketball

Mondays 7:30-9:00pm

Pickleball

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

Beginner Pickleball

Tuesdays & 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 9:15-11:15pm



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.

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.

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

Monday / Wednesday / Friday 9:00-10:00am



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

Monday / Friday

10:30-11:30am

