



PARKS
RECREATION
& CULTURE

2026 FALL ACTIVITY GUIDE

guide current from September 8 to December 19



p2 Admission & Registration Information

p3 Early Years & Childrens Programs

p4 Children & Youth Programs

p5 Adult Programs

p6 Aquatic Drop-in Programs

p8 Swimming Lessons

p11 Advanced Aquatics

p12 Fitness Centre Information One-on-One Training

p13 Registered Fitness Programs

p16 Drop-In Fitness & Sports Programs

REGISTRATION DAY
Telephone and online registration begins
Monday, August 10th 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 5 - September 7
Pool closed and reduced hours in Fitness Centre (check website or call for details)

Reduced Hours:	Closed:
Oct 12, Nov 11 - 11:30am-3:30pm	September 5, 6, 7, 30
Oct 31, Nov 26 - Closed at 4:00pm	December 25, 26
Dec 20, 24, 27 & 31 - Closed at 4:00pm	January 1
Dec 21,22, 23, 28, 29 & 30 - Closed at 8:00pm	

Special Events

September	October	November	
20  Terry Fox Run	12 Thanksgiving Everyone Welcome Swim Monday, October 12 1:30 - 3:30pm	11 Remembrance Day Everyone Welcome Swim Wednesday, November 11 1:30 - 3:30pm	
	23 Pro-D Day Everyone Welcome Swim Friday, October 23 1:00 - 2:00pm	30 Pro-D Day Everyone Welcome Swim Monday, November 30 1:00 - 2:00pm	
	24 Halloween Monster Bash Swim Saturday, October 24 3:00 - 5:00pm 6:30 - 8:30pm Family Friendly Come if you dare.... \$5.25 admission 121352 121354 	December	
	26 Pro-D Day Everyone Welcome Swim Monday, October 26 1:00 - 2:00pm	18 Dive in Cinema Friday, December 18 6:30 - 8:30pm Come and watch a movie while swimming in the pool! Tickets avialbe in advance. Use course code to register \$5.25 admission 121356 	

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, 2026							
	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	\$3.57	\$5.40	\$7.20	\$5.40	FREE	\$14.37
10x Pass		\$30.23	\$46.14	\$60.80	\$46.14		\$121.39
1-Month Membership		\$32.12	\$54.64	\$63.62	\$54.64		\$127.03
12-Month Membership			\$529.29	\$617.55	\$529.29		\$1232.98

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 10th at 7:00am



Leisure Access Program

The Town of Ladysmith’s Department of Parks, Recreation & Culture provides fee subsidies to eligible residents experiencing financial need who live within the Municipality of North Cowichan, Cowichan Valley Regional District, City of Duncan, Cowichan Tribes reserve lands, Stz’uminus First Nation, or theTown of Ladysmith. The subsidy reduces fees for admissions and program registrations in Ladysmith. Proof of residency and household income below Statistics Canada Low-Income Cut-Offs (LICO) is required.

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 a 50-percent discount on facility admissions.

Early Years & Childrens Programs

Dance

Intro to Ballet (5-10yrs)

Instructor: Rhythm Dance Instructors 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.

FJCC Fitness Studio

5-7yrs

Fridays, September 11 - October 16

3:30-4:15pm \$72/6 sessions

120060

Fridays, October 23 - November 27

3:30-4:15pm \$72/6 sessions

120063

8-10yrs

Fridays, September 11 - October 16

4:15-5:00pm \$72/6 sessions

124138

Fridays, October 23 - November 27

4:15-5:00pm \$72/6 sessions

124139

Intro to Jazz (5-7yrs)

Instructor: Rhythm Dance Instructors 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!

FJCC Fitness Studio

Wednesdays, September 9 - October 14

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

120056

Wednesdays, October 21 - November 25

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

120057

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!

Forrest Field

Thursdays, September 17 - November 19

3:00-3:45pm \$100/10 sessions

120086

Sports & Activities

KIDS Friday Night HOOPS (5-7yrs)

Join us for a fun night of basketball skills, drills and games! Focus is on PLAY.

All skill levels welcome.

FJCC Gymnasium

Fridays, September 11 - October 9

5:00-6:00pm \$25/5 sessions

120081

Fridays, October 23 - November 20

5:00-6:00pm \$25/5 sessions

125322

Soccerama (5-7yrs)

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.

Forrest Field

Thursdays, September 17 - November 19

3:45-4:30pm \$100/10 sessions

120087



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 \$5 per family or a 6 punch LaFF Pass for minimum suggested donation of \$25. 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



Town of Ladysmith Local Election 2026



250.245.6400



vote@ladysmith.ca



www.ladysmith.ca/election

The 2026 General Election will be held on Saturday, October 17, 2026. By casting a ballot, eligible voters will elect the Mayor and six (6) Councillors who will represent the Town of Ladysmith, as well as School Trustees who will serve the local school district, for the next four years.

Who can vote?

Eligible Resident and Non-Resident Property Electors can vote in the general election.

Resident Electors:

To register as a resident elector you must:

- be 18 years of age or older on general voting day, October 17, 2026;
- be a Canadian citizen;
- be a resident of British Columbia for at least 6 months immediately before the day of registration (at time of voting);
- be a resident of the Town of Ladysmith on the day of registration (at time of voting); and
- not be disqualified under the Local Government Act or any other enactment from voting in an election or assent voting and not otherwise disqualified by law.

Non-Resident Property Electors:

To register as a non-resident property elector you must:

- be 18 years of age or older on general voting day, October 17, 2026;
- be a Canadian citizen;
- be a resident of British Columbia for at least 6 months immediately before the day of registration (at time of voting);
- be a registered owner of real property in the Town of Ladysmith for at least 30 days immediately before the day of registration (at time of voting);
- not be entitled to register as a resident elector; and
- not be disqualified under the Local Government Act or any other enactment from voting in an election or assent voting and not otherwise disqualified by law.

When and where can I vote?

Advance Voting Day Wednesday, October 7	Advance Voting Day Wednesday, October 14	General Voting Day Saturday, October 17
City Hall (410 Esplanade) 8:00 am until 8:00 pm	City Hall (410 Esplanade) 8:00 am until 8:00 pm	Frank Jameson Community Centre (810 6 th Ave) 8:00 am until 8:00 pm

For more information on the 2026 Election, including Frequently Asked Questions, visit our website www.ladysmith.ca/election or by scanning the QR code.



INFO / REGISTRATION 250.245.6424

ladysmith.ca

follow us



/ladysmithPRC

subscribe



prc@ladysmith.ca

Children & Youth Programs

Dance

Intro to Hip Hop (5-10yrs)

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.

FJCC Fitness Studio

5-7yrs

Wednesdays, September 9 - October 14
4:15-5:00pm \$60/5 sessions 120058

Wednesdays, October 21 - November 25
5:10-5:55pm \$60/5 sessions 120059

8-10yrs

Wednesdays, September 9 - October 14
5:10-5:55pm \$60/5 sessions 124135

Wednesdays, October 21 - November 25
5:10-5:55pm \$60/5 sessions 124137

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.

Prerequisite: Minimum 9 years of age or completion of grade 3.

FJCC Meeting Room

Monday, October 26 (Pro D Day)
9:30am-4:30pm \$55/1 session 124245

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, November 21 & 28
9:00am-1:00pm \$70/2 sessions 124244

Leaders in Training LIT (12-16yrs)

The Leaders in Training (LIT) program is a youth leadership development initiative to prepare youth ages 12-16 for future employment within municipal recreation services. The program combines classroom-based learning with supervised practicum experience to build confidence, responsibility, and earn nationally recognized certification to improve job-readiness.

FJCC Rec Room

Tuesdays, October 6 - November 10
3:15-4:45pm \$250/6 sessions 123860

HOW TO REGISTER

ONLINE: Visit www.reccowichan.ca
Find specific programs using the red course code in the 'keyword' box.

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

REGISTRATION BEGINS
MONDAY, AUGUST 10th AT 7:00AM

Sports & Activities

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 9 - 23

5-9yrs

4:15-4:45pm \$36/3 sessions 120116

9-13yrs

4:45-5:15pm \$36/3 sessions 120120

Wednesdays, October 7 - 28

5-9yrs

4:15-4:45pm \$48/4 sessions 120117

9-13yrs

4:45-5:15pm \$48/4 sessions 120121

Wednesdays, November 4 - 25

5-9yrs

4:15-4:45pm \$36/3 sessions 120119

9-13yrs

4:45-5:15pm \$36/3 sessions 120122



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 11 -October 9

8-10yrs

6:00-7:00pm \$25/5 sessions 120082

11-13yrs

7:00-8:00pm \$25/5 sessions 120084

Fridays, October 23 -November 20

8-10yrs

6:00-7:00pm \$25/5 sessions 125323

11-13yrs

7:00-8:00pm \$25/5 sessions 125325

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 11 - October 9

8-10yrs

6:00-7:00pm \$25/5 sessions 120083

11-13yrs

7:00-8:00pm \$25/5 sessions 120085

Fridays, October 23 - November 20

8-10yrs

6:00-7:00pm \$25/5 sessions 125324

11-13yrs

7:00-8:00pm \$25/5 sessions 125424

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 23

9:00am-3:00pm \$45/1 session 123854

Monday, October 26

9:00am-3:00pm \$45/1 session 123855

Monday, November 30

9:00am-3:00pm \$45/1 session 123856

Adventure Zone Winter Camps (5-12yrs)

PLAY, CREATE and EXPLORE with ADVENTURE ZONE DAYCAMP this summer! Each week will be full of crafts, sports, games, swimming, and new friendships. Our passionate, experienced summer leaders create a FUN and SAFE environment, fostering positive relationships and self-worth, all while having a blast!

FJCC Gymnasium/Rec Room

Monday December 21 - Wednesday December 23

9:00am-3:00pm \$135/3 sessions 125403

Monday December 28 - Wednesday December 30

9:00am-3:00pm \$135/3 sessions 125404

Drop-In Youth Zone Programs

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 16 - December 9

3:00-4:15pm \$FREE 125423

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 17 - December 17

2:45-4:00pm \$FREE 125411

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 18 - December 4

6:00-8:00pm \$FREE 125419

INFO / REGISTRATION 250.245.6424

ladysmith.ca

Adult Programs

Dance (13yrs+)

Modern Social Square Dancing (16yrs+)

This Dance/Workshop session is designed for Square Dancers who wish to continue improving their dancing skills in a fun, music-filled environment. Experienced dancers will be able to expand their skills and review key moves in more challenging ways Singles or couples are welcome
FJCC Fitness Studio
Tuesdays, September 8 - December 8
12:30-2:00pm \$105/14 sessions **123790**
\$10.00 drop-in (space permitting)

Modern Social Square Dancing for Beginners

Discover the fun, friendship and energy of modern social square dancing! This beginner-friendly program introduces the basics in a welcoming and supportive environment. No previous square dancing experience is required. This class is also a good choice for those who wish to review the core moves of Square Dancing for continued success.
Tuesdays, September 8 - December 8
2:30-4:25pm \$105/14 sessions **121804**
\$10.00 drop-in (space permitting)

NEW Belly Dance (13yrs+)

A graceful blend of art and wellness, where flowing movements gently strengthen and stretch the body while awakening muscle awareness. Its low-impact rhythms invite mindfulness and ease, melting away stress and weaving a deeper connection between mind and body. Both exercise and self-expression, belly dance feels like a dance of the spirit as much as the body.
FJCC Fitness Studio
Tuesdays, September 8 - October 13
7:30-8:30pm \$90/6 sessions **119837**
Tuesdays, October 27 - December 1
7:30-8:30pm \$90/6 sessions **119839**
\$16.00 drop-in (space permitting)

NEW Dance Vibes (16yrs+)

Experience DanceVibe, a high-energy fusion of global rhythms and strength training led by Connie. Each month explores a new style—from Bhangra and Flamenco to Salsa—combining easy-to-follow dance routines with targeted body conditioning. Come for the fun, stay for the energy, and leave stronger!
FJCC Fitness Studio
Tuesdays, September 8 - October 20
4:30-5:30pm \$84/7 sessions **119878**
Tuesdays, October 27- December 15
4:30-5:30pm \$96/8 sessions **119879**
\$16.00 drop-in (space permitting)

Dance Vibes GOLD (50+yrs)

Same dance class but for those fifty and older.
Wednesdays, September 9 - October 21
12:00-1:00pm \$72/ 6 sessions **120048**
Wednesdays, October 28 - December 16
12:00-1:00pm \$84/ 7 sessions **120049**
\$16.00 drop-in (space permitting)

Adult Ballet (16yrs+)

Adult Ballet offers a welcoming and supportive environment for dancers of all experience levels, from beginners to those returning to the studio. Classes focus on building strength, flexibility, coordination, and grace through classical ballet technique, while encouraging artistry and personal expression. Whether you're looking for a creative outlet or a full-body workout, Please wear comfortable clothing and either ballet shoes or socks.
FJCC Fitness Studio
Thursdays, October 1 - November 19
4:00-5:15pm \$160/8 sessions **119852**
No drop-ins permitted

NEW Belly Dance - Beyond the Basics (13yrs+)

A graceful blend of art and wellness, where flowing movements gently strengthen and stretch the body while awakening muscle awareness. Its low-impact rhythms invite mindfulness and ease, melting away stress and weaving a deeper connection between mind and body. Both exercise and self-expression, belly dance feels like a dance of the spirit as much as the body.
FJCC Fitness Studio
Wednesdays, September 9 - October 14
7:30-8:30pm \$90/6 sessions **119840**
Wednesdays, October 28 - December 16
7:30-8:30pm \$90/6 sessions **119841**
\$16.00 drop-in (space permitting)

General Interest

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 17 - December 17
9:30-11:00am \$28/14 sessions **125178**
\$2.00 drop-in (space permitting)

NEW Minds in Motion

A fitness & social program for people experiencing any form of early stage dementia. Clients must register and attend with a friend, family member or caregiver. A certified Fitness instructor will lead a fitness portion of the class; an Alzheimer Society facilitator supports the social time for the program. Registration fee is for the caregiver, persons living with dementia attend for free. Caregivers must be in attendance for all sessions. After registration, please contact Gord Bureau (Alzheimer's Society of BC & Yukon) to complete your pre-screening questionnaire. He can be reached at (778)-746-2017.
FJCC Program Room
Wednesdays, September 9 - November 4
10:30am-12:00pm \$52.50/7 sessions **118836**

NEW 2027 Vision Board Creation

Are you ready to focus on changes and improvements in your life in 2027? Maybe it is a new car, improving your health, starting a new business, learning a new skill or beginning a new relationship. A vision board is a creative and visual tool used to help clarify, concentrate and maintain focus on specific life goals, dreams and intentions.
FJCC Program Room
Monday, December 28
1:00-4:30pm \$60/1 session **123859**

Health & Wellness (16yrs+)

Sounds Bath Mini Retreat

Join RMT Meaghan Morrissey for a calming mini retreat featuring gentle yoga, guided meditation, a restorative sound bath, and optional journaling. This peaceful experience is designed to help you relax, recharge, and reconnect with yourself — no experience needed.
FJCC Program Room
Tuesday, September 22
7:00-8:30pm \$35/1 session **123848**
Tuesday, October 20
7:00-8:30pm \$35/1 session **123849**
Tuesday, November 17
7:00-8:30pm \$35/1 session **123850**

NEW Intro to Crystals as Spiritual Tools

Discover the fascinating world of crystals in this hands-on introductory workshop. Explore how crystals are traditionally used in wellness and meditation practices, learn about different types and their common uses, and receive practical tips for selecting crystals based on size, cut and composition. Participants will also learn methods for cleaning and charging crystals, explore simple ways to use them at home, and take part in a guided crystal meditation.
FJCC Program Room
Thursday, September 10
6:00-9:00pm \$50/1 session **125193**
Saturday, October 3
1:00-4:00pm \$50/1 session **125194**

Spiritual Meditation

Join AnaLaRai for a weekly guided spiritual meditation designed to help you slow down, turn inward and connect with a deeper sense of self. Each session explores a different theme, with a focus on healing, consciousness expansion, peacefulness, past lives, spiritual growth and more. Whether you are new to meditation or have an established practice, you are invited to enjoy a welcoming space for quiet reflection, relaxation and personal discovery.
FJCC Program Room
Mondays, November 2 - November 30
6:30-7:30pm \$99/5 sessions **125192**

NEW Two things to do today....

Join Ben Gustafson for a welcoming four week workshop to help you feel calmer, more confident, and better equipped to navigate life's challenges. Through breathing, mindfulness, and practical tools, you'll learn to manage stress, build resilience and create healthy habits that last. Each session stands alone, so attend one or the full series. Participants receive a copy of 2 Things To Do Today: Healing Without the Hustle and a companion guide. No experience is necessary.
FJCC Program Room

Fridays, October 23 - November 13
6:00-7:30pm \$100/4 sessions **124733**
\$30 drop-in (space permitting)

Friends of Holland Creek Society



Friends of
Holland Creek
Ladysmith, British Columbia

We are working to protect the biodiversity of Holland Creek and are looking for members and volunteers! Contact us at for membership or event sign up.

 hollandcreekinvasives@gmail.com

 /friendsofhollandcreek



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 19)

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!

Aquatic Visits

Drop-In Aquatic Classes

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 HIIT 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	Aqua DEEP 11:00-11:45am	Aqua LITE 11:00-11:45am	Aqua DEEP 11:00-11:45am	Aqua LITE 11:00-11:45am	
Therapy Swim 11:00am-12:00pm <i>Hot Tub available</i>	Therapy Swim 11:00am-12:00pm <i>Hot Tub available</i>	Therapy Swim 11:00am-12:00pm <i>Hot Tub available</i>	Therapy Swim 11:00am-12:00pm <i>Hot Tub available</i>	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
Pool is not open to the public during grey blocks
No Everyone Welcome Swim on Saturday, October 24 and Friday, December 18

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

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.

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



SPECIAL SWIMS

THANKSGIVING EVERYONE WELCOME SWIM

Monday, October 12 1:30-3:30pm

HALLOWEEN MONSTER BASH SWIM

Saturday, October 24 \$5.25 admission
3:00-5:00pm Family Friendly **121352**
6:30-8:30pm Come if you Dare... **121354**
Tickets available in advance. Use course code to register.

PRO-D DAY EVERYONE WELCOME SWIM

Friday, October 23 1:00-2:00pm

PRO-D DAY EVERYONE WELCOME SWIM

Monday, October 26 1:00-2:00pm

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.

Monday / Wednesday/Friday 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.

Tuesday/Thursday 11:00-11:45am



Aqua HIIT

A high energy water workout that may include both shallow and/or deep water.

Monday / Wednesday/ Friday 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.



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 to those who need them.



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.

REMEMBRANCE DAY EVERYONE WELCOME SWIM

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

PRO-D DAY EVERYONE WELCOME SWIM

Monday, November 30 1:00-2:00pm

DIVE IN CINEMA -

Friday, December 18 \$5.25 admission
6:30-8:30pm **121356**

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

INFO / REGISTRATION **250.245.6424**

follow us



/ladysmithPRC

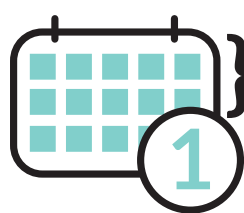
subscribe



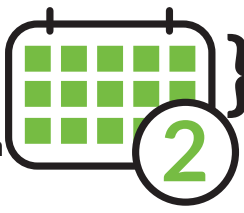
ladysmith.ca

prc@ladysmith.ca

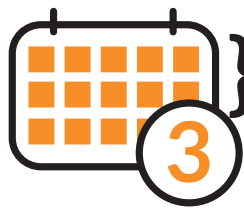
Swimming Lessons



LESSON SET #1
September 14 - October 7
Registration opens
Monday, August 10th @ 7:00am



LESSON SET #2
October 19- November 9
Registration opens
Tuesday, October 13th @ 7:00am



LESSON SET #3
November 23 - December 16
Registration opens
Monday, November 16th @ 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 14	Set #2 - starting October 19	Set #3 - starting November 23
Mondays/Wednesdays \$52.50/7 sessions 9:30-10:00am 121191 5:00-5:30pm 121200	Mondays/Wednesdays \$52.50/7 sessions 9:30-10:00am 121262 5:00-5:30pm 121264	Mondays/Wednesdays \$60/8 sessions 9:30-10:00am 121305 5:00-5:30pm 121307
Tuesdays/Thursdays \$60/8 sessions 4:00-4:30pm 121215	Tuesdays/Thursdays \$60/8 sessions 4:00-4:30pm 121289	Tuesdays/Thursdays \$52.50/7 sessions 4:00-4:30pm 121393

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 14	Set #2 - starting October 19	Set #3 - starting November 23
Mondays/Wednesdays \$52.50/7 sessions 9:30-10:00am 121192 5:00-5:30pm 121202	Mondays/Wednesdays \$52.50/7 sessions 9:30-10:00am 121267 5:00-5:30pm 121270	Mondays/Wednesdays \$60/8 sessions 9:30-10:00am 121310 5:00-5:30pm 121313
Tuesdays/Thursdays \$60/8 sessions 4:00-4:30pm 121216	Tuesdays/Thursdays \$60/8 sessions 4:00-4:30pm 121291	Tuesdays/Thursdays \$52.50/7 sessions 4:00-4:30pm 121394

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.

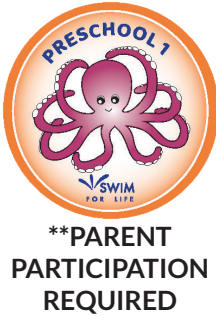


Set #1 - starting September 14	Set #2 - starting October 19	Set #3 - starting November 23
Mondays/Wednesdays \$52.50/7 sessions 10:30-11:00am 121193 4:30-5:00pm 121205	Mondays/Wednesdays \$52.50/7 sessions 10:30-11:00am 121273 4:30-5:00pm 121275	Mondays/Wednesdays \$60/8 sessions 10:30-11:00am 121321 4:30-5:00pm 121325
Tuesdays/Thursdays \$60/8 sessions 4:30-5:00pm 121217	Tuesdays/Thursdays \$60/8 sessions 4:30-5:00pm 121293	Tuesdays/Thursdays \$52.50/7 sessions 4:30-5:00pm 121396

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 14		Set #2 - starting October 19		Set #3 - starting November 23	
Mondays/Wednesdays \$52.50/7 sessions		Mondays/Wednesdays \$52.50/7 sessions		Mondays/Wednesdays \$60/8 sessions	
10:30-11:30am 121194	4:30-5:00pm 121207	10:30-11:00am 121276	4:30-5:00pm 121278	10:30-11:00am 121380	4:30-5:00pm 121381
Tuesdays/Thursdays \$60/8 sessions		Tuesdays/Thursdays \$60/8 sessions		Tuesdays/Thursdays \$52.50/7 sessions	
5:00-5:30pm 121220		5:00-5:30pm 121295		5:00-5:30pm 121399	
Saturdays (once a week Sep 19 -Dec 12)		4:30-5:00pm 121236	5:30-6:00pm 121242	\$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 14		Set #2 - starting October 19		Set #3 - starting November 23	
Mondays/Wednesdays \$52.50/7 sessions		Mondays/Wednesdays \$52.50/7 sessions		Mondays/Wednesdays \$60/8 sessions	
10:00-10:30am 121195	5:00-5:30pm 121209	10:00-10:30am 121279	5:00-5:30pm 121280	10:00-10:30am 121383	5:00-5:30pm 121384
Tuesdays/Thursdays \$60/8 sessions		Tuesdays/Thursdays \$60/8 sessions		Tuesdays/Thursdays \$52.50/7 sessions	
5:00-5:30pm 121222		5:00-5:30pm 121298		5:00-5:30pm 121401	
Saturdays (once a week Sep 19 -Dec 12)		5:00-5:30pm 121244	\$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 14		Set #2 - starting October 19		Set #3 - starting November 23	
Mondays/Wednesdays \$52.50/7 sessions		Mondays/Wednesdays \$52.50/7 sessions		Mondays/Wednesdays \$60/8 sessions	
10:00-10:30am 121196	5:30-6:00pm 121211	10:00-10:30am 121283	5:30-6:00pm 121284	10:00-10:30am 121385	5:30-6:00pm 121387
Tuesdays/Thursdays \$60/8 sessions		Tuesdays/Thursdays \$60/8 sessions		Tuesdays/Thursdays \$52.50/7 sessions	
5:30-6:00pm 121224		5:30-6:00pm 121300		5:30-6:00pm 121402	
Saturdays (once a week Sep 19 -Dec 12)		5:30-6:00pm 121247	\$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 14		Set #2 - starting October 19		Set #3 - starting November 23	
Mondays/Wednesdays \$52.50/7 sessions		Mondays/Wednesdays \$52.50/7 sessions		Mondays/Wednesdays \$60/8 sessions	
5:30-6:00pm 121197		5:30-6:00pm 121287		5:30-6:00pm 121391	
Tuesdays/Thursdays \$60/8 sessions		Tuesdays/Thursdays \$60/9 sessions		Tuesdays/Thursdays \$52.50/7 sessions	
6:00-6:30pm 121227		6:00-6:30pm 121301		6:00-6:30pm 121403	
Saturdays (once a week Sep 19-Dec 12)		4:30-5:00pm 121251	\$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 14		Set #2 - starting October 19		Set #3 - starting November 23	
Mondays/Wednesdays	\$52.50/7 sessions	Mondays/Wednesdays	\$52.50/7 sessions	Mondays/Wednesdays	\$60/8 sessions
	5:30-6:00pm 121198		5:30-6:00pm 121288		5:30-6:00pm 121392
Tuesdays/Thursdays	\$60/8 sessions	Tuesdays/Thursdays	\$60/8 sessions	Tuesdays/Thursdays	\$52.50/7 sessions
	6:00-6:30pm 121230		6:00-6:30pm 121303		6:00-6:30pm 121405
Saturdays (once a week Sep 19 -Dec 12)		4:30-5:00pm 121255	\$67.50/9 sessions		



HOW TO REGISTER

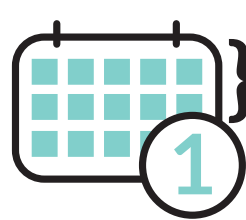
ONLINE: Visit www.reccowichan.ca
Find specific programs using the red course code in the 'keyword' box.

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

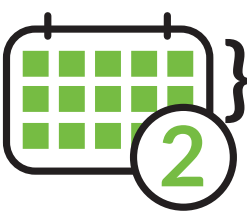
Set #1 - Registration begins Monday, Aug 10th
Set #2 - Registration begins Tuesday, Oct 13th
Set #3 - Registration begins Monday, Nov 16th



Swimming Lessons



LESSON SET #1
September 8 - October 9
Registration opens
Monday, August 10th @ 7:00am



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



LESSON SET #3
November 24 - December 18
Registration opens
Monday, November 16th @ 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 14	Set #2 - starting October 19	Set #3 - starting November 23
Mondays/Wednesdays \$52.50/7 sessions 6:00-6:30pm 121201	Mondays/Wednesdays \$52.50/7 sessions 6:00-6:30pm 121252	Mondays/Wednesdays \$60/8 sessions 6:00-6:30pm 121290
Tuesdays/Thursdays \$60/ 8 sessions 3:30-4:00pm 121203 6:00-6:30pm 121204	Tuesdays/Thursdays \$60/8 sessions 3:30-4:00pm 121254 6:00-6:30pm 121258	Tuesdays/Thursdays \$52.50/7 sessions 3:30-4:00pm 121292 6:00-6:30pm 121296
Saturdays (once a week Sep 19 -Dec 12) 4:30-5:00pm 121206 \$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 14	Set #2 - starting October 19	Set #3 - starting November 23
Mondays/Wednesdays \$52.50/7 sessions 5:30-6:00pm 121208	Mondays/Wednesdays \$52.50/7 sessions 5:30-6:00pm 121261	Mondays/Wednesdays \$60/8 sessions 5:30-6:00pm 121299
Tuesdays/Thursdays \$60/8 sessions 3:30-4:00pm 121210 5:30-6:00pm 121212	Tuesdays/Thursdays \$60/8 sessions 3:30-4:00pm 121263 5:30-6:00pm 121265	Tuesdays/Thursdays \$52.50/7 sessions 3:30-4:00pm 121302 5:30-6:00pm 121304
Saturdays (once a week Sep 19 - Dec 12) 5:00-5:30pm 121214 \$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 14	Set #2 - starting October 19	Set #3 - starting November 23
Mondays/Wednesdays \$52.50/7 sessions 6:00-6:30pm 121218	Mondays/Wednesdays \$52.50/7 sessions 6:00-6:30pm 121271	Mondays/Wednesdays \$60/8 sessions 6:00-6:30pm 121306
Tuesdays/Thursdays \$60/8 sessions 3:30-4:00pm 121219 6:00-6:30pm 121221	Tuesdays/Thursdays \$60/8 sessions 3:30-4:00pm 121272 6:00-6:30pm 121274	Tuesdays/Thursdays \$52.50/7 sessions 3:30-4:00pm 121308 6:00-6:30pm 121309
Saturdays (once a week Sep 19 -Dec 12) 5:30-6:00pm 121223 \$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 14	Set #2 - starting October 19	Set #3 - starting November 23
Mondays/Wednesdays \$52.50/7 sessions 6:00-6:30pm 121225	Mondays/Wednesdays \$52.50/7 sessions 6:00-6:30pm 121277	Mondays/Wednesdays \$52.50/7 sessions 6:00-6:30pm 121311
Tuesdays/Thursdays \$60/8 sessions 3:30-4:00pm 121328 5:30-6:00pm 121231	Tuesdays/Thursdays \$60/8 sessions 3:30-4:00pm 121281 5:30-6:00pm 121282	Tuesdays/Thursdays \$52.50/7 sessions 3:30-4:00pm 121314 5:30-6:00pm 121315
Saturdays (once a week Sep 19 -Dec 12) 5:00-5:30pm 121233 \$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 15	Set #2 - starting October 20	Set #3 - starting November 24
Tuesdays/Thursdays \$68/8 sessions 3:15-4:00pm 121234	Tuesdays/Thursdays \$68/8 sessions 3:15-4:00pm 121285	Tuesdays/Thursdays \$59.50/7 sessions 3:15-4:00pm 121317
Saturdays (once a week Sep 19-Dec 12) 4:00-4:45pm 121239 \$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 15	Set #2 - starting October 20	Set #3 - starting November 24
Tuesdays/Thursdays \$68/8 sessions 3:15-4:00pm 121241	Tuesdays/Thursdays \$68/8 sessions 3:15-4:00pm 121286	Tuesdays/Thursdays \$59.50/7 sessions 3:15-4:00pm 121318
Saturdays (once a week Sep 19 -Dec 12) 4:00-4:45pm 121243 \$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 25		
Fridays (once a week until November 27)		
5:30-6:30pm	121245	\$110/10 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 25		
Fridays (once a week until November 27)		
5:30-6:30pm	121246	\$110/10 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 25		
Fridays (once a week until November 27)		
5:30-6:30pm	121248	\$110/10 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 25 - November 27

5:30-6:30pm \$110/10 sessions 121249

National Lifeguard Pool Recert (16yrs+)

Prerequisites: National Lifeguard certification. A Lifesaving Society NL certification is valid for two years from the date of certification and must be **current for employment**. This clinic is for individuals needing to recertify their NL award.

FJCC Program Room/Pool

Friday, September 11

1:30-9:00pm \$135/1 session 121640

Emergency First Aid and CPR C (Basic) (12yrs+)

The Swim for Life Emergency First Aid is a WorkSafe BC Occupational Level 1 equivalent and can be used in the workplace. Using hands-on training and practice, this basic first aid course will give you confidence to respond effectively in an emergency. You will learn lifesaving skills such as CPR/AED and obstructed airway procedures to respond to adult, child and infant emergencies. You will also learn to recognize and respond to respiratory and circulatory emergencies including asthma, allergic reactions, heart attack, stroke and bleeding.

FJCC Rec Room

Saturday, November 14

8:30-5:00pm \$100/1 session 121644

Ladysmith Wave Makers - Masters Swimming (15yrs+)

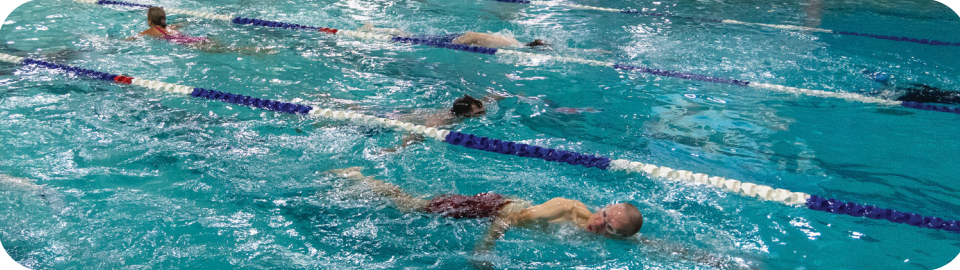
Get ready to dive in and make some waves! Ladysmith Wave Makers - Masters Swimming is for swimmers looking for a guided workout with a certified Swim Coach. Under the guidance of your coach, you will improve endurance, refine technique, and get a great work out at the same time. Be sure to remember your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

FJCC Pool

Thursdays, September 24 - November 19

6:30-7:30pm \$108/9 sessions 121357

\$14 drop-in (space permitting)



Standard First Aid and CPR C (Intermediate) (12yrs+)

OFA Level 1 Equivalent Standard First Aid is a WorkSafe BC Occupational Level 1 equivalent and can be used in the workplace. This course includes comprehensive training covering all aspects of first aid, CPR and AED use. Whether you need training for employment or simply want to be prepared to respond to life-threatening emergencies, this course will give you the skills and knowledge to act with confidence. In addition to the material covered in Emergency First Aid, candidates will learn how to treat head/neck injuries, soft tissue and skeletal injuries and medical emergencies.

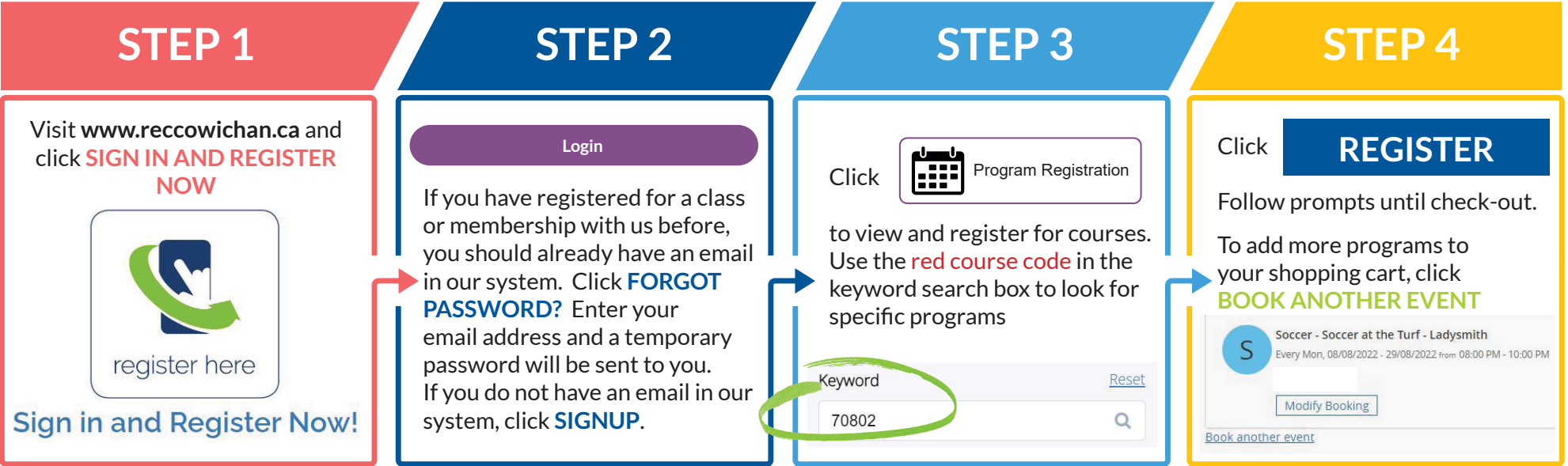
FJCC Rec Room

Saturday September 26 - Sunday September 27

8:30am-5:00pm \$175/2 sessions 121642

 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!





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:

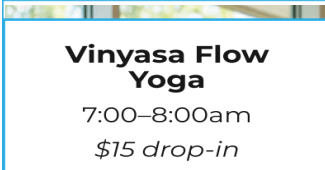
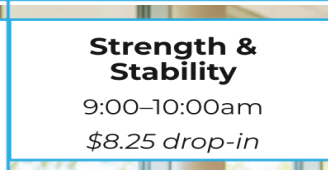
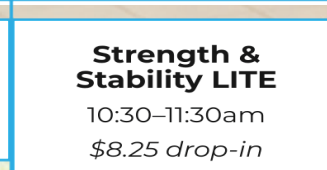
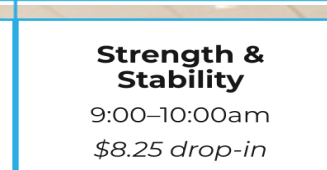
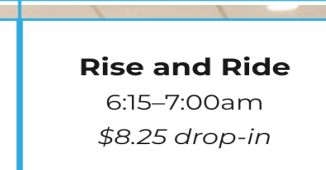
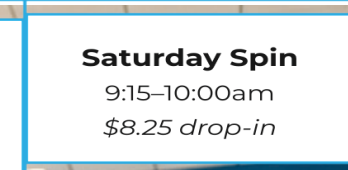
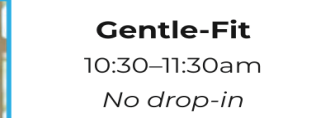
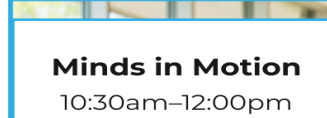
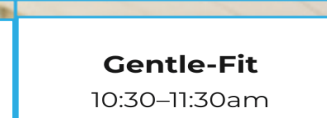
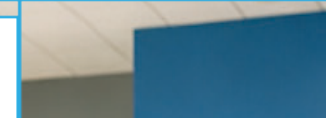
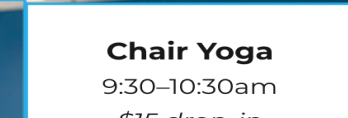
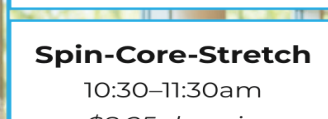
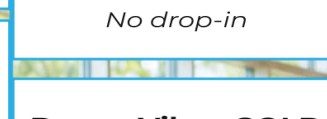
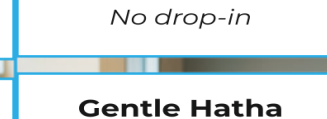
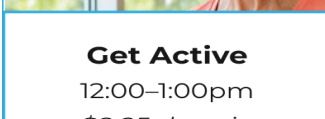
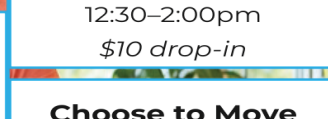
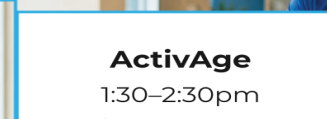
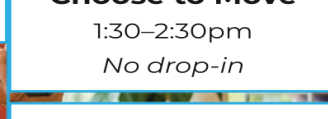
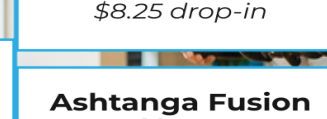
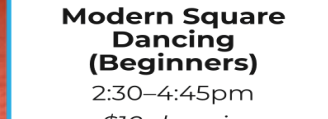
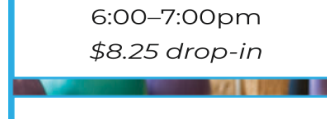
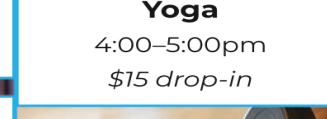
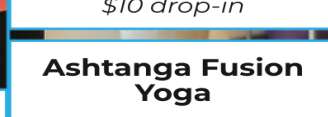
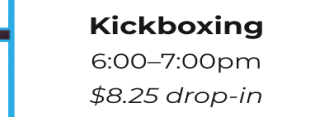
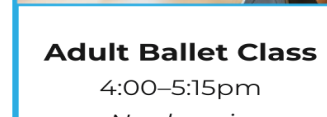
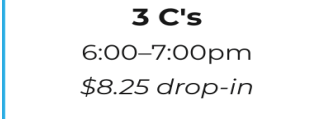
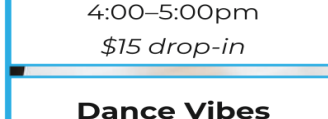
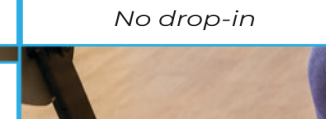
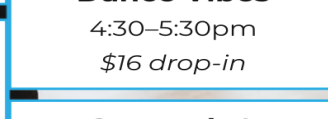
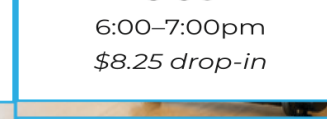
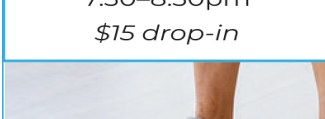
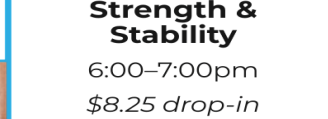
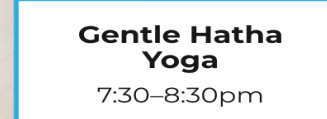
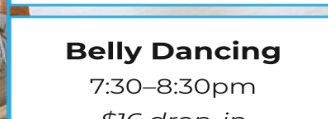
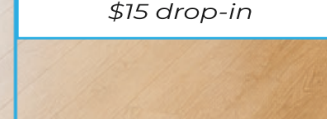
- Creatively utilize the variety of equipment our facility has to offer
- Incorporate compound muscle movements
- Teach you a greater understanding of postural alignment, core strength and balance training
- Challenge and empower you to become stronger, energized and motivated with exercises that are a step above the basics

\$55/1 hr session; \$45 semi-private/per person/1 hr session



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!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
 Vinyasa Flow Yoga 7:00–8:00am \$15 drop-in	 Strength & Stability 9:00–10:00am \$8.25 drop-in	 Strength & Stability LITE 10:30–11:30am \$8.25 drop-in	 Strength & Stability 9:00–10:00am \$8.25 drop-in	 Rise and Ride 6:15–7:00am \$8.25 drop-in	 Saturday Spin 9:15–10:00am \$8.25 drop-in		
 Gentle Hatha Yoga 7:30–8:30pm \$15 drop-in	 Gentle-Fit 10:30–11:30am No drop-in	 Minds in Motion 10:30am–12:00pm No drop-in	 Gentle-Fit 10:30–11:30am No drop-in	 Chair Yoga 9:30–10:30am \$15 drop-in	 Yin Yoga & Meditation 11:00am–12:00pm \$15 drop-in		
	 Spin-Core-Stretch 10:30–11:30am \$8.25 drop-in	 Dance Vibes GOLD 12:00–1:00pm \$16 drop-in	 Gentle Hatha Yoga 10:30–11:30am \$15 drop-in				
	 Get Active 12:00–1:00pm \$8.25 drop-in	 Modern Square Dancing 12:30–2:00pm \$10 drop-in	 Strength & Conditioning 6:00–7:00pm \$8.25 drop-in			 ActivAge 1:30–2:30pm \$8.25 drop-in	 Adult Cardio Hip Hop 7:00–8:00pm No drop-in
 3 C's 6:00–7:00pm \$8.25 drop-in	 Choose to Move 1:30–2:30pm No drop-in	 Ashtanga Fusion Yoga 4:00–5:00pm \$15 drop-in					
 Gentle Hatha Yoga 7:30–8:30pm \$15 drop-in	 Modern Square Dancing (Beginners) 2:30–4:45pm \$10 drop-in	 Kickboxing 6:00–7:00pm \$8.25 drop-in	 Adult Ballet Class 4:00–5:15pm No drop-in	 Adult Cardio Hip Hop 7:00–8:00pm No drop-in	 SUNDAY		
	 Ashtanga Fusion Yoga 4:00–5:00pm \$15 drop-in	 Beyond Basics Belly Dancing 7:30–8:30pm \$16 drop-in	 3 C's 6:00–7:00pm \$8.25 drop-in				
 Gentle Hatha Yoga 7:30–8:30pm \$15 drop-in	 Dance Vibes 4:30–5:30pm \$16 drop-in	 Belly Dancing 7:30–8:30pm \$16 drop-in	 Gentle Hatha Yoga 7:30–8:30pm \$15 drop-in	 Sunday Stretch Session 10:45–11:30am \$8.25 drop-in	 Sunday Stretch Session 10:45–11:30am \$8.25 drop-in		
	 Strength & Stability 6:00–7:00pm \$8.25 drop-in		 Gentle Hatha Yoga 7:30–8:30pm \$15 drop-in				
 Belly Dancing 7:30–8:30pm \$16 drop-in	 Belly Dancing 7:30–8:30pm \$16 drop-in	 Belly Dancing 7:30–8:30pm \$16 drop-in		 Belly Dancing 7:30–8:30pm \$16 drop-in			
 Belly Dancing 7:30–8:30pm \$16 drop-in	 Belly Dancing 7:30–8:30pm \$16 drop-in		 Belly Dancing 7:30–8:30pm \$16 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 (16+yrs)

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
Thursdays, September 10 - October 22
6:00-7:00pm \$50.75/7 sessions **119855**
Mondays, September 14 - October 19
6:00-7:00pm \$36.25/5 sessions **119885**
Mondays, October 26 - December 14
6:00-7:00pm \$58/8 sessions **119886**
Thursdays, October 29 - December 17
6:00-7:00pm \$50.75/7 sessions **119856**
\$8.25 drop-in (space permitting)

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 12 - October 24
9:15-10:00am \$43.50/6 sessions **119921**
Saturdays, October 31 - December 19
9:15-10:00am \$50.75/7 sessions **119922**
\$8.25 drop-in (space permitting)

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 8 - October 20
10:30-11:30am \$50.75/7 sessions **119902**
Tuesdays, October 27 - December 15
10:30-11:30am \$58/8 sessions **119903**
\$8.25 drop-in (space permitting)



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
Fridays, September 11 - October 23
6:15-7:00am \$43.50/6 sessions **119882**
Fridays, October 30 - December 18
6:15-7:00am \$58/8 sessions **119883**
\$8.25 drop-in (space permitting)

Registered Fitness Programs

Yoga (16yrs+)

NEW Vinyasa Flow Yoga

Build strength, flexibility, and balance in this energizing vinyasa flow class that links breath and movement into a smooth, continuous sequence. Each session will move through dynamic poses to warm the body, build heat, and cultivate mindful focus.
FJCC Fitness Studio
Mondays, September 14 - October 19
7:00-8:00am \$60/5 sessions **123614**
Mondays, October 26 - December 14
7:00-8:00am \$96/8 sessions **123615**
\$15 drop-in (space permitting)



NEW Yin Yoga & Meditation

Yin Yoga is a passive practice designed to help you sit more comfortably and for longer periods of time in meditation by stretching connective tissue around the joints. In a Yin Yoga practice, we hold poses anywhere from 1 to 20 minutes (usually 3 to 7, or 2 minutes for beginners) in order to access deeper layers of fascia. This class will begin with 45 minutes of Yin Yoga followed by a 15 minute guided meditation.
FJCC Fitness Studio
Saturdays, September 26 - October 10
11:00am-12:00pm \$36/3 sessions **123618**
Saturdays, October 24 - December 19
11:00am-12:00pm \$96/8 sessions **123692**
\$15 drop-in (space permitting)



NEW Chair Yoga

Yoga in a chair! Great for office workers, students, the elderly, commuters, and at home workers, and a great alternative to traditional yoga if you are struggling with balance issues, limited range of motion, or just the support of a chair to reach a pose that you feel has been challenging for you.
FJCC Program Room
Saturdays, September 12 - October 24
9:30-10:30am \$60/5 sessions **123616**
Saturdays, October 31 - December 19
9:30-10:30am \$84/7 sessions **123617**
\$15 drop-in (space permitting)



NEW Ashtanga Fusion Yoga

Build strength, flexibility, and balance in this energizing vinyasa flow class that links breath and movement into a smooth, continuous sequence. Each session will move through dynamic poses to warm the body, build heat, and cultivate mindful focus.
FJCC Program Room
Tuesdays & Thursdays September 8 - October 15
4:00-5:00pm \$110/11 sessions **125361**
\$15 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
Thursdays, September 10 - October 22
10:30-11:30am \$84/7 sessions **119846**
7:30-8:30pm \$84/7 sessions **119848**
Mondays, September 14 - October 19
7:30-8:30pm \$60/5 sessions **119842**
Mondays, October 26 - December 14
7:30-8:30pm \$96/8 sessions **119843**
Thursdays, October 29 - December 17
10:30-11:30am \$96/8 sessions **119847**
7:30-8:30pm \$84/7 sessions **119849**
\$15 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.



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.



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 12	4:00-5:30pm	120077
Saturday, October 3	4:00-5:30pm	120078
Saturday, November 7	4:00-5:30pm	120079
Saturday, December 12	4:00-5:30pm	120080

reccowichan

reccowichan

Email / Username
A
Password
A
Forgot password?

Login

INTRODUCING OUR
MOBILE APP

Say hello to our new mobile app that puts the best of the Cowichan Valley's recreation opportunities right at your fingertips!

DOWNLOAD IN APP STORE

CVRD REC

MUNICIPALITY OF NORTH Cowichan

RECREATION



FREE 3-MONTH PROGRAMS

55+ and ready to get moving?

Discover **ActivAge** and **Choose to Move**—two supportive programs designed to help you build strength, increase confidence and feel your best.

Registered Fitness Programs

General Fitness Programs (16yrs+)

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 13 - October 18
10:45-11:30am \$43.50/6 sessions **119919**
Sundays, October 25 - December 13
10:45-11:30am \$58/8 sessions **119920**
\$8.25 drop-in (space permitting)

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 8 - October 20
9:00-10:00am \$50.75/7 sessions **119890**
6:00-7:00pm \$50.75/7 sessions **119888**
Thursdays, September 10 - October 22
9:00-10:00am \$50.75/7 sessions **119893**
Tuesdays, October 27 - December 15
9:00-10:00am \$58/8 sessions **119892**
6:00-7:00pm \$58/8 sessions **119889**
Thursdays, October 29 - December 17
9:00-10:00am \$58/8 sessions **119894**
\$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 9 - October 21
10:30-11:30am \$43.50/6 sessions **119900**
Wednesdays, October 28 - December 16
10:30-11:30am \$58/8 sessions **119901**
\$8.25 drop-in (space permitting)

NEW Choose to Move (55yrs+)

Are you an older adult looking for motivation to become physically active? Choose to Move is a FREE 3-month program for older adults who are inactive and wishing to become more active. Choose to Move is not a fitness class or movement class. It is a motivational coaching program where you will meet with an Activity Coach and other participants to discuss ways to incorporate more physical activity into your life. To learn more about Choose to Move visit www.choosetomove.ca.

FJCC Program Room

Tuesdays, September 22 - November 17
1:30-2:30pm \$FREE/8 sessions **123470**

Choose to Move Information Session!

This is an information session for BCRPA's Choose to Move program; the goal of this session is to provide you with the information you may need in order to feel confident in registering for the full program listed above. *The information session is a prerequisite to register for the program.

FJCC Program Room

Tuesday, September 15
1:30-2:30pm \$FREE/1 session **123532**

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 14 - October 19
12:00-1:00pm \$36.25/5 sessions **122442**
Mondays, October 26 - December 14
12:00-1:00pm \$58/8 sessions **122443**
\$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 11 - October 2
7:00-8:00pm \$40/4 sessions **121798**
Fridays, October 9 - November 6
7:00-8:00pm \$40/4 sessions **121801**
No drop-ins permitted



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 9 - October 21
6:00-7:00pm \$43.50/6 sessions **119853**
\$8.25 drop-in (space permitting)
Wednesdays, October 28 - December 16
6:00-7:00pm \$50.75/7 sessions **119854**
\$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 8 - October 20
10:30-11:30am \$43.50/6 sessions **119904**
Thursdays, September 10 - October 15
10:30-11:30am \$43.50/6 sessions **119906**
Tuesdays, October 27 - December 17
10:30-11:30am \$58/8 sessions **119905**
Thursdays, October 29 - December 17
10:30-11:30am \$58/8 sessions **119907**

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 13 - October 18
9:30-10:30am \$43.50/6 sessions **119910**
Sundays, October 25 - December 13
9:30-10:30am \$58/8 sessions **119911**
\$8.25 drop-in (space permitting)

NEW Strength & Conditioning

In this class you will build strength, boost endurance, and elevate your fitness in a dynamic full-body workout. Using a variety of equipment including step platforms, resistance bands, and dumbbells. You'll move through challenging strength and cardio intervals designed to improve muscular endurance, power, and cardiovascular fitness

FJCC Fitness Studio

Wednesdays, September 9 - October 21
6:00-7:00pm \$43.50/6 sessions **119859**
Wednesdays, October 28 - December 16
6:00-7:00pm \$50.75/7 sessions **119861**
\$8.25 drop-in (space permitting)

NEW ActivAge (55yrs+)

ActivAge™ is a free 3-month group-led physical activity program for inactive older adults. It introduces participants to physical activity and reinforces their commitment to incorporate it into their daily lives. This fun and social program is progressive with planned physical activities (stretching, activity, and cool-down). The focus is on improving activities associated with daily living, strengthening muscles used day-to-day (ie: bending, lifting, etc). Each class incorporates physical activities that engage participants, and features in-class discussions and resources to improve overall health and physical well-being.

FJCC Program Room

Thursdays, September 24- November 26
1:30-2:30pm \$FREE/10 sessions **123474**

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 10th AT 7:00AM

INFO / REGISTRATION 250.245.6424 | ladysmith.ca

follow us



/ladysmithPRC

subscribe



prc@ladysmith.ca

Drop-In Fitness & Sport Programs

Drop-In Fitness & Sport Schedule (effective Sep 8 - Dec 19)

Drop-In Fitness Classes

Drop-In Sports

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Everyone Welcome Pickleball 6:30-8:00am		Beginner Pickleball 6:30-8:00am			
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				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 11:00am-1:00pm	
Basketball 5:00-7:00pm	Volleyball 5:15-6:45pm			Indoor Soccer 1:30-3:30pm	
Everyone Welcome Badminton 7:15-8:45pm	Indoor Soccer 7:15-8:25pm	Beginner Pickleball 7:30-8:45pm	Intermediate Badminton 6:00-8:00pm		
					SUNDAY
					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 7:15-8:45pm
Saturdays 8:30-10:30am

Volleyball

Tuesdays 5:15-6:45pm

Indoor Soccer

Tuesdays 7:15-8:25pm
Fridays 1:30-3:30pm

Intermediate Badminton

Thursdays 6:00-8:00pm

Basketball

Mondays 5:00-7:00pm

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
Wednesdays 6:30-8:00am & 7:30pm-8:45pm

Intermediate Pickleball (self rated score of 2.75-3.75)

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

Advanced Pickleball (self rated score of 3.75-5.0)

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

Everyone Welcome Pickleball

Mondays 6:30-8:00am
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/Gymnasium

Monday / Friday

10:30-11:30am

