



**PARKS
RECREATION
& CULTURE**

2026 SUMMER ACTIVITY GUIDE

guide current from June 28 - September 8



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REGISTRATION DAY

Telephone and online registration begins **Tuesday, May 19th** at 7:00am

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

Hours of Operation:
(subject to change)

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

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

Aquatic Centre
 See page 8 for pool schedule

Schedule Changes:
CLOSED:
 Canada Day, July 1
 August Long Weekend, August 1-3
 Labour Day Weekend, Sep 5 - 7

Facility Notices & Closures:

Annual Maintenance Closure
 August 15 - September 8
Pool Closed
 Reception and Fitness Centre open with adjusted hours
 Monday-Friday 6:00am-8:00pm
 Saturday 8:00am-12:00pm
 Sunday 8:00am-12:00pm

FJCC Roof Replacement Project
 August 1 - September 8
Pool open until August 14
 Reception and Fitness Centre open only
 Monday-Friday 6:00am-9:00pm
 Saturday 8:00am-6:00pm
 Sunday 9:00am-4:00pm

Admission & Registration Information

Admissions

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

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

Purchase a pass and save over single admission

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


Admission Rates (including GST)

	Tot (under 3 yrs)	Child (3-12yrs)	Youth (13-18yrs)	Adult (19-59yrs)	Senior (60-79yrs)	80+	Family (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



REGISTRATION DAY

Telephone and online registration begins
Tuesday, May 19th at 7:00am



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

Cancellations

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

Refunds

REGISTERED PROGRAMS	
Seven or more days before course begins	No cost to withdraw \$5 refund processing fee
Six days or less before course begins	No withdrawals/No refunds
MEDICAL WITHDRAWALS	
In case of extended illness or injury, where a person is unable to complete their program, a prorated refund or credit may be granted. 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.



Leisure Access Program

What is the Leisure Access Program?

The Town of Ladysmith, Department of Parks, Recreation & Culture provide a fee subsidy to those who are eligible and 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 the Municipality of North Cowichan, The Cowichan Valley Regional District, Stz'uminus First Nation, City of Duncan, Cowichan Tribes Reserves Lands, or the Town of Ladysmith; 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.

Camps

Schools Out Days

ADVENTURE ZONE

DAY CAMP

SUMMER EDITION



for children ages 6 to 12
Campers must have completed kindergarten

PLAY, CREATE and EXPLORE
with ADVENTURE ZONE
DAYCAMP this summer!

Each week will be full of crafts, sports, swimming, games 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!

Camp runs from 9:00am - 3:00pm

Week 1	Monday - Friday, July 6 - 10 FJCC Rec Room	116853	\$200/5 days
Week 2	Monday - Friday, July 13 - 17 FJCC Rec Room	116854	\$200/5 days
Week 3	Monday - Friday, July 20 - 24 FJCC Rec Room	116856	\$200/5 days
Week 4	Monday - Friday, July 27 - 31 FJCC Rec Room	116857	\$200/5 days
Week 5	Tuesday - Friday, August 4 - 7 Transfer Beach Kinsmen Shelter	116858	\$160/4 days
Week 6	Monday - Friday, August 10 - 14 Transfer Beach Kinsmen Shelter	116859	\$200/5 days
Week 7	Monday - Friday, August 17 - 21 Transfer Beach Kinsmen Shelter	116860	\$200/5 days

To allow for proper preparation and leader/child ratio, only weekly registrations are available.



The best way to play™

Our Daycamps are a step above. We have HIGH FIVE trained staff.

HIGH FIVE is the standard in Canada for those who manage and/or lead sport and recreation programs for children aged 6-12 years. The HIGH FIVE system is designed to specifically support the safety, well-being and healthy development of children in sport and recreation settings.

HIGH FIVE holds true to the following five **Principles of Healthy Child Development** that the research indicates are essential for quality programs.

★ **A Caring Adult** ★ **Friends** ★ **Play** ★ **Mastery** ★ **Participation**

Not every organization offers the HIGH FIVE standard of quality. We are proud to offer it here.

The result?

Better programs, more engaged staff and happier kids.

Commitment to Quality

- Our programs promote positive experiences by caring leaders
- Our programs foster friendships
- Our programs present opportunities for play
- Our programs teach skill development and mastery
- Our programs encourage participation
- Our programs welcome diversity and uniqueness
- Our programs protect participants in a safe and secure environment
- Our programs matter to the CAF community

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

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Camps

Specialty Camps

NEW Physical Literacy Fun Camp

Do you like to play? Our Child's Physical Literacy Fun Camp is an active, play-based program designed to help children build confidence, coordination, and a love of movement in a fun and supportive environment. Through games, sports, obstacle courses, teamwork challenges, and creative activities, participants develop fundamental movement skills such as running, jumping, throwing, balancing, and catching. The camp focuses on physical literacy, confidence, teamwork, and healthy habits while ensuring every child feels included, encouraged, and excited to be active each day.

FJCC Meeting Room, Gym, and Field

Monday - Friday, July 27- 31

8-12yrs

9:30am-11:30pm \$125/5 days **118821**

NEW Into to Performan Training Camp

Designed to help young athletes build the foundations for long-term success in sport and physical activity. Through interactive sessions and hands-on training, participants explore key topics such as sport psychology, basic anatomy, rest and recovery, nutrition, and the connection between neural and physical training. The camp combines movement-based activities with practical learning to help youth understand how the body and mind work together to improve performance, build healthy habits, and develop confidence both in sport and everyday life

FJCC Meeting Room, Gym, and Field

Monday - Friday, July 27- 31

13-18yrs

12:30-2:30pm \$175/5 days **118828**

World Cup Soccer Camp

This professionally developed program includes skills, drills, mini games, and fun competition for young soccer players wanting to learn new tricks and play the game of soccer. Please remember your water bottle and appropriate clothing for rain and shine! Camp includes a World Cup T-shirt!



FJCC Back Field

Monday - Friday, August 24 - 28

6-9yrs

9:00am-12:00pm \$135/5 days **116861**

10-12yrs

9:00am-12:00pm \$135/5 days **116863**

Aquatics

Junior Lifeguard Camp (8-13yrs)

Junior Lifeguard Camp is an action-packed aquatic challenge for those who love the water and who want more than learn-to-swim lessons. Designed by the Lifesaving Society for a serious purpose, but the process is pure fun. Lots of lifeguard-related activities with skill development based on personal-best achievement. Bring your lunch, snacks, towels, and a change of clothing.

Prerequisite: 8 years of age / swim 25 m / tread water for 1 minute.

FJCC Pool

Monday - Friday, July 20- 24

9:30am-2:00pm \$250/5 days **116798**

Tuesday - Friday, August 10 - 14

9:30am-2:00pm \$250/5 days **116799**



Youth Bloom Kids Cooking Camp (11-16yrs)

Join us for a fun and hands-on culinary adventure at our Youth Bloom Cooking Camp! Designed for aspiring young chefs ages 11-16, this camp offers a safe and engaging environment to learn essential cooking skills, explore different flavors and gain confidence in the kitchen. Campers will prepare delicious recipes and discover the joy of creating meals from scratch. No experience needed—just a passion for food and creativity!

Aggie Hall

Monday - Friday, July 20 - 24 *NO Class Wednesday

9:30am-1:00pm \$200/4 days

116865



Computer / Science / Technology

LEGO Robotics & Science - Extreme Battlebots Edition! (9-15yrs)

Woah, did you just take out the Ender Dragon with one hit? Quick put on your OP armor! Knock back your opponent so far they won't know what hit them! But watch out if they come back at you with Dragon Fire! Participants will transform the way they experience the game by learning how to mod by creating different custom objects designed to improve your chances in PvP! Using blockly coding they will program and test each mod they create thus adding a new level of gameplay to their Minecraft experience.

FJCC Program Room

Monday - Friday, July 27 - 31 9:00am-4:00pm \$415/5 days **117072**

Video Game Design and Science: 2D Platformer Edition! (8-14yrs)

Come and join our LITTLUNIVERSE for an exciting week of programming and science! Using Gameworker, participants will create their very own 2D Platformer game! Take the game home at the end of the week! Everyday campers will take home at least one of their science experiments! There will be a variety of fun indoor and outdoor activities! We will have game consoles, air hockey, foosball, arts and crafts, board games, and MORE! Participants will get their own LITTLUNIVERSE camp t-shirt!

FJCC Program Room

Tuesday - Friday, August 4 - 7 9:00am-4:00pm \$355/4 days **117069**

Minecraft Modding! (8-12yrs)

Woah, did you just take out the Ender Dragon with one hit? Quick put on your OP armor! Knockback your opponent so far they won't know what hit them! But watch out if they come back at you with Dragon Fire! Participants will transform the way they experience the game by learning how to mod by creating different custom objects designed to add a new level of gameplay to their Minecraft experience. * **Evening Program**

FJCC Program Room

Tuesday - Friday, August 4 - 7 5:30pm-7:00pm \$125/4 days **117902**

LEGO Robotics & Science - Minecraft Edition! (7-9yrs)

Chicken Jockey!!!! Come and join our LITTLUNIVERSE for an exciting week of LEGO, programming and science! With a teammate, dive into the world of engineering using LEGO's WeDo 2.0 Sets and Software! At the end of the week teams will build and program a large LEGO Robotic Minecraft World! Everyday campers will take home at least one of their science experiments! There will be a variety of fun indoor and outdoor activities! We will have game consoles, air hockey, foosball, arts and crafts, board games, and MORE! Participants will get their own LITTLUNIVERSE camp t-shirt!

FJCC Program Room

Monday - Friday, August 10 - 14 9:00am-4:00pm \$410/5 days **117901**



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ladysmith.ca

Youth & Adult Programs

PRC Youth Zone!

Come and have some fun with the YOUTH team. Each week has a different theme! Follow us on Instagram to find out more info



Wednesdays July 8 - Aug 12
Transfer Beach Sportsman Shelter
6:00pm - 8:00pm

(Ages 10 - 16)

Dance

Summer Fun Square Dances (16yrs+)

Experienced square dancers and graduates of square dance lessons are welcome to join these fun and air-conditioned afternoons hosted by the WheelArounds Square Dance Group. Feel free to bring a lunch and socialize before dancing at 1:00pm.

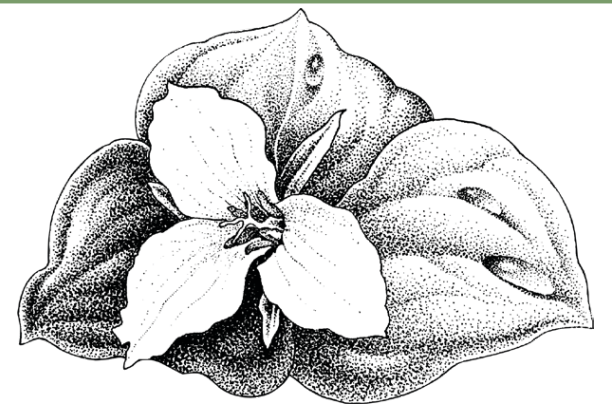
FJCC Fitness Studio

Tuesday, July 21

12:00-3:00pm \$10/1 session **116872**

Tuesday, August 11

12:00-3:00pm \$10/1 session **116870**



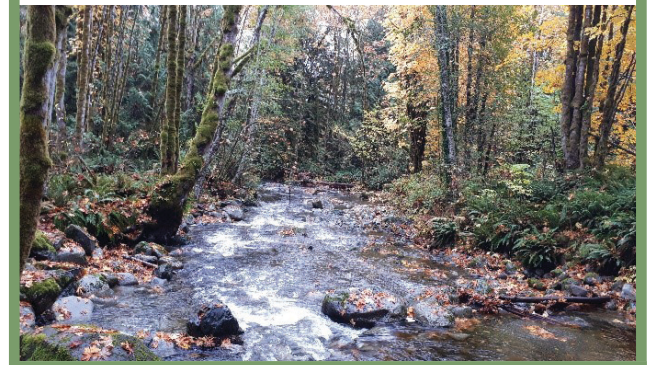
Friends of Holland Creek

Ladysmith, British Columbia

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

/friendsofhollandcreek

hollandcreekinvasives@gmail.com



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 Outside

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

Tuesdays, Wednesdays, & Thursdays July - August
9:30am-12:00pm Aggie Hall's Nature Play Space

LaFF Mornings at Aggie Hall

Drop-in program runs September-June, 9:30am-12:00pm, Aggie Hall, for children ages 0-6yrs and their adults. Check LaFF website for list of programming days.

LaFF'ternoons at Aggie Hall

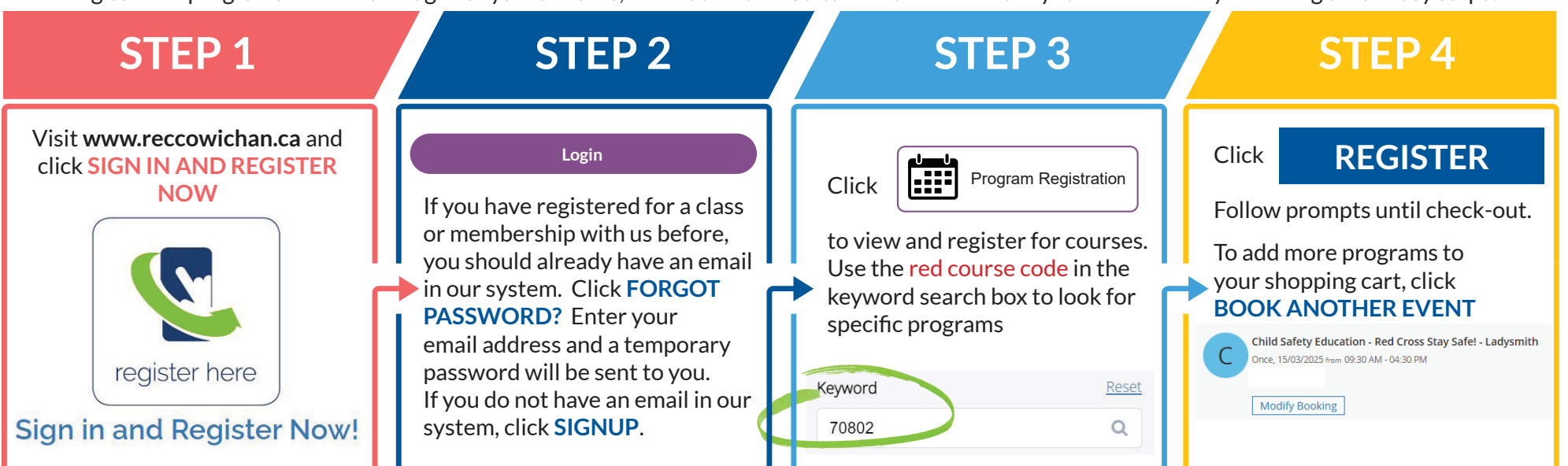
A drop-in program for parents/caregivers and children UP TO 1 year of age or pre-walking. At this time, older siblings are asked to not attend this program, please make other arrangements. An opportunity to circle up and build community and connection for yourself / your littles and access LaFF's clothing 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: laffexecutivedirector@shaw.ca Mail: Box 1830, Ladysmith, B.C. V9G 1B4
Phone: 250.210.0870 Aggie Hall: 1110-1st Ave, Ladysmith

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!

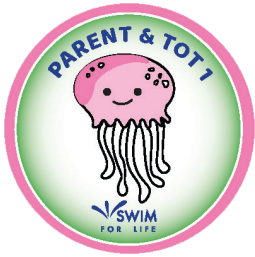


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Swimming Lessons

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.

Monday-Friday July 20 - August 31 9:30-10:00am **116987** 10x30min/\$75



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.

Monday-Friday July 20 - August 31 9:30-10:00am **116988** 10x30min/\$75



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. **parent/caregiver participation required**

Monday-Friday July 20 - August 31 5:30-6:00pm **116989** 10x30min/\$75



Preschool (for children 3-5 years)



Preschool 1 - OCTOPUS

Parent/caregiver participation required

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

Monday-Friday	July 6 - 17	9:30-10:00am	116990	5:00-5:30pm	116991	10x30min/\$75
Monday-Friday	July 20 - July 31	10:00-10:30am	116992	5:00-5:30pm	116993	10x30min/\$75
Monday-Friday	August 4 - 14	9:30-10:00am	116994	5:00-5:30pm	116995	9x30min/\$67.50



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.

Monday-Friday	July 6 - 17	10:30-11:00am	116996	4:30-5:00pm	116997	10x30min/\$75
Monday-Friday	July 20 - July 31	10:30-11:00am	116998	4:30-5:00pm	116999	10x30min/\$75
Monday-Friday	August 4 - 14	10:30-11:00am	117000	4:30-5:00pm	117001	9x30min/\$67.50



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.

Monday-Friday	July 6 - 17	9:30-10:00am	117006	5:30-6:00pm	117007	10x30min/\$75
Monday-Friday	July 20 - 31	9:30-10:00am	117008	5:30-6:00pm	117009	10x30min/\$75
Monday-Friday	August 4 - 14	9:30-10:00am	117010	5:30-6:00pm	117011	9x30min/\$67.50



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.

Monday-Friday	July 6 - 17	10:30-11:00am	117013	4:30-5:00pm	117014	10x30min/\$75
Monday-Friday	July 20 - July 31	10:30-11:00am	117015	4:30-5:00pm	117016	10x30min/\$75
Monday-Friday	August 4 - 14	10:30-11:00am	117017	4:30-5:00pm	117018	9x30min/\$67.50



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.

Monday-Friday	July 6 - 17	10:30-11:00am	117022	4:30-5:00pm	117023	10x30min/\$75
Monday-Friday	July 20 - July 31	10:30-11:00am	117025	4:30-5:00pm	117027	10x30min/\$75
Monday-Friday	August 4 - 14	10:30-11:00am	117028	4:30-5:00pm	117029	9x30min/\$67.50

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

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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.

Monday-Friday	July 6 - 17	10:00-10:30am	117030	4:30-5:00pm	117032	10x30min/\$75
Monday-Friday	July 20 - July 31	10:00-10:30am	117033	4:30-5:00pm	117034	10x30min/\$75
Monday-Friday	August 4 - 14	10:00-10:30am	117035	4:30-5:00pm	117036	9x30min/\$67.50



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.

Monday-Friday	July 6 - 17	9:30-10:00am	117037	5:00-5:30pm	117038	10x30min/\$75
Monday-Friday	July 20 - July 31	9:30-10:00am	117039	5:00-5:30pm	117040	10x30min/\$75
Monday-Friday	August 4 - 14	9:30-10:00am	117041	5:00-5:30pm	117042	9x30min/\$67.50



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.

Monday-Friday	July 6 - 17	10:00-10:30am	117043	6:00-6:30pm	117044	10x30min/\$75
Monday-Friday	July 20 - July 31	10:00-10:30am	117045	6:00-6:30pm	117046	10x30min/\$75
Monday-Friday	August 4 - 14	10:00-10:30am	117047	6:00-6:30pm	117048	9x30min/\$67.50



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.

Monday-Friday	July 6 - 17	10:30-11:00am	117049	5:00-5:30pm	117050	10x30min/\$75
Monday-Friday	July 20 - July 31	10:30-11:00am	117051	5:00-5:30pm	117052	10x30min/\$75
Monday-Friday	August 4 - 14	10:30-11:00am	117053	5:00-5:30pm	117061	9x30min/\$67.50



Swimmer 5

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

Monday-Friday	July 6 - 17	5:30-6:15pm	117063	10x45min/\$85
Monday-Friday	July 20 - July 31	5:30-6:15pm	117064	10x45min/\$85
Monday-Friday	August 4 - 14	5:30-6:15pm	117065	9x45min/\$76.50



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.

Monday-Friday	July 6 - 17	5:30-6:15pm	117066	10x45min/\$85
Monday-Friday	July 20 - July 31	5:30-6:15pm	117067	10x45min/\$85
Monday-Friday	August 4 - 14	5:30-6:15pm	117068	9x45min/\$76.50

Does your child love swimming?
Are they between the ages of 8-13?
Check out our Junior Lifeguard Camp!
See Pg 4!

Advanced Aquatics



Bronze Star (10-12yrs)

Bronze Star develops swimming proficiency, lifesaving skills, and personal fitness. Swimmers who have completed Swimmer 9 (Star Patrol) will refine their stroke mechanics, acquire self-rescue skills, and apply fitness principles in training workouts. Bronze Star is excellent preparation for lifesaving training in Bronze Medallion and provides a fun introduction to Lifesaving Sport.

Prerequisite - recommended candidates can swim 100 meters of front crawl, back crawl and breaststroke and have completed Swimmer 9 Star Patrol but not required.

Monday-Friday	July 6 - 10	2:00-4:00pm	116797	\$125/5 sessions
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Bronze Medallion (13yrs+)

Bronze Medallion challenges the candidate both mentally and physically. Judgment, knowledge, skill and fitness – the four components of water rescue – form the basis of Bronze Medallion training. Candidates acquire the assessment and problem-solving skills needed to make good decisions in, on and around the water. Bronze Medallion is a prerequisite for Assistant Lifeguard training in Bronze Cross.

Prerequisite: 13yrs by the last day of the course or proof of Bronze Star award.

Monday-Friday	July 13 - 17	12:00-5:30pm	116796	\$210/5 sessions
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Bronze Cross (13yrs+)

The Lifesaving Society's Bronze Cross begins the transition from lifesaving to lifeguarding and prepares candidates for responsibilities as Assistant Lifeguards. Candidates strengthen and expand their lifesaving skills and begin to apply the principles and techniques of active surveillance in aquatic facilities. Bronze Cross emphasizes the importance of teamwork and communication in preventing and responding to aquatic emergencies. Bronze Cross is a prerequisite for advanced training in the Society's National Lifeguard and leadership certification programs.

Prerequisite: Bronze Medallion

Monday-Friday	July 27 - 31	12:00-5:30pm	116795	\$195/5 sessions
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how to REGISTER



ONLINE: Visit www.reccowichan.ca and log in. On the schedule page, search for specific programs using the course code.

TELEPHONE: Call 250.245.6424 Please have the course code ready to ensure fast & correct registration.

REGISTRATION OPENS TUESDAY, MAY 19th @ 7:00am

INFO / REGISTRATION 250.245.6424 | ladysmith.ca

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Aquatic Centre Information

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




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

The Aquatic Area features:

- 4-lane, 25 metre pool
- Diving board, basketball hoops, rope swing and climbing wall
- Three slides for all levels of bravery
- Accessibility lift, aquatic wheelchairs, removable stairs and water run-way
- Therapy teach pool accessible by ramp with a shallow depth of zero sloping to 1.25 metres
- Hot Tub
- Dry sauna

Drop-In Aquatic Schedule (effective July 2- August 14)

The pool is not available for public drop-in outside the scheduled times below

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

Schedule is subject to change. For up-to-date information, visit www.ladysmith.ca/programs

PLEASE NOTE: Sauna is not available during aquatic fitness programs

Children 7yrs+ can attend unaccompanied, children under 7yrs must be accompanied by an adult 19yrs+ (2 children/1 adult). Pool is cleared 5 minutes BEFORE end time

PLEASE NOTE: The Shutdown Pool Party is a special event. The Everyone Welcome Swim will be cancelled during this time, and special event admission rates will apply. Regular admission prices and passes are not valid for this event.

SHUT DOWN POOL PARTY

AUGUST 13 / 6:30 - 8:30 PM
\$5.25 admission 117179

Follow us
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for all the details!



Watch for
POP-UP Pool Parties
Thursdays this Summer!
A different theme every week!
6:30 - 7:30pm



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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 12:00-1:00pm

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- Friday 1:00-2:00pm
Monday- Friday 6:30-7:30pm
Saturday 1:30-3:30pm

Drop-In Aquatic Fitness Programs

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

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

Aqua LITE

An ideal class for those motivated to relieve joint stiffness, improve mobility, and develop strength, balance and posture.

Mondays 11:00-11:45am
Wednesdays 11:00-11:45am
Fridays 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.

Tuesdays 11:00-11:45am
Thursdays 11:00-11:45am



Aqua HIIT

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

Mondays 8:30-9:30am
Wednesdays 8:30-9:30am
Fridays 8:30-9:30am



Aquatic Class Intensity Levels

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



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.

LADYSMITH
CELEBRATES

CANADA DAY

JULY 1, 2026 TRANSFER BEACH PARK

Watch for more information about activities planned

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Fitness Centre Information

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

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

The Fitness Centre features:

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

Facility Notices & Closures:

Annual Maintenance Closure

August 15 - September 8

Pool Closed

Reception and Fitness Centre open with adjusted hours

Monday-Friday 6:00am-8:00pm

Saturday 8:00am-12:00pm

Sunday 8:00am-12:00pm



FJCC Roof Replacement Project

August 1 - September 8

Pool open until August 14

Reception and Fitness Centre open only

Monday-Friday 6:00am-9:00pm

Saturday 8:00am-6:00pm

Sunday 9:00am-4:00pm



Registered Fitness Programs

Spin Classes

3 C's (16yrs+)

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

FJCC Fitness Studio

Mondays, July 6 - July 27

6:00-7:00pm \$29/4 sessions

116485

Thursdays, July 9 - July 30

6:00-7:00pm \$29/4 sessions

116486

\$8.25 drop-in (space permitting)



Dance

Adult Ballet Class (16yrs+)

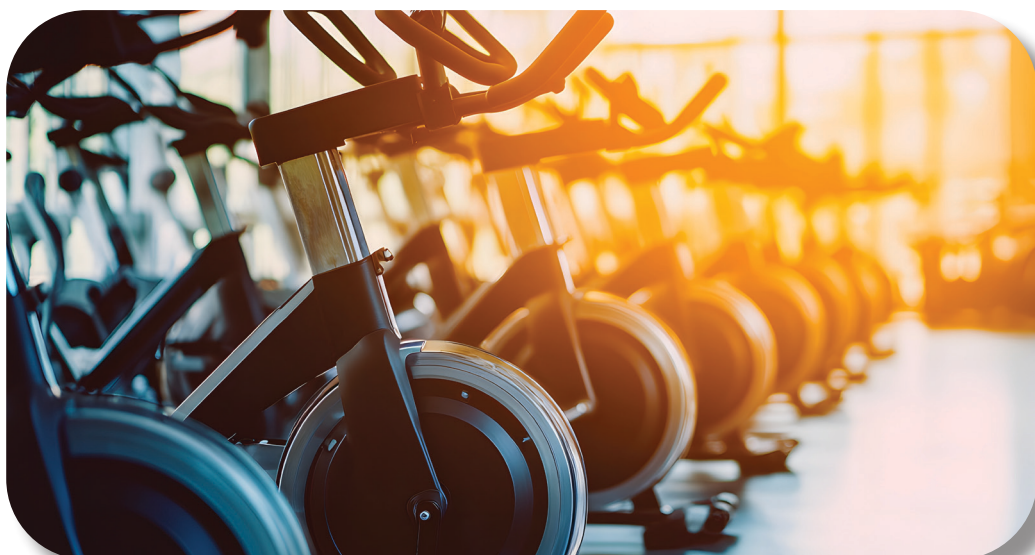
Our Adult Ballet program offers a welcoming and supportive environment for dancers of all experience levels, from beginners to those returning to the studio. Classes focus on building strength, flexibility, coordination, and grace through classical ballet technique, while encouraging artistry and personal expression. Whether you're looking for a creative outlet or a full-body workout, this program helps you move with confidence and joy. Please wear comfortable clothing and either ballet shoes or socks

FJCC Fitness Studio.

Mondays, July 6 - July 27

4:00-5:15pm \$80/4 sessions

116606



how to REGISTER



ONLINE: Visit www.reccowichan.ca and log in. On the schedule page, search for specific programs using the course code.

TELEPHONE: Call 250.245.6424 Please have the course code ready to ensure fast & correct registration.

REGISTRATION OPENS MAY 19th @ 7:00am

INFO / REGISTRATION 250.245.6424

ladysmith.ca

Registered Fitness Programs

General Fitness

Strong on Sundays (16yrs+)

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

FJCC Fitness Studio

Sundays, July 5 - July 26

10:00-11:00am \$29/4 sessions 116385

\$8.25 drop-in (space permitting)



NEW Fitness Blender (16yrs+)

Fall into fitness with a blend of some of the most effective workouts available! Join us for a different exercise trend each week; classes may include: 3-2-1, Cardio Circuit, Tabata Training, Obstacle Course, Stretching & Recovery, Pure Strength, and of course trainers choice.

FJCC Fitness Studio

Saturdays, July 4 - July 25

9:30-10:30am \$29/4 sessions 118390

\$8.25 drop-in (space permitting)



Kickboxing (16yrs+)

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, July 8- July 29

5:30-6:30pm \$29/4 sessions 116415

\$8.25 drop-in (space permitting)



Strength & Stability LITE (16yrs+)

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

FJCC Fitness Studio

Wednesdays, July 8 - July 29

10:30-11:30am \$29/4 sessions 116480

\$8.25 drop-in (space permitting)



Strength & Stability (16yrs+)

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

FJCC Fitness Studio

Thursdays, July 2 - July 30

9:00-10:00am \$36.25/5 sessions 116491

Tuesdays, July 7 - July 28

6:00-7:00pm \$29/4 sessions 116490

\$8.25 drop-in (space permitting)



Fitness Class Intensity Levels

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



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



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



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



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



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



Work It Circuit (16yrs+)

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

FJCC Fitness studio

Tuesdays, July 7 - July 28

9:00-10:00pm \$29/4 sessions 117630

\$8.25 drop-in (space permitting)



Step & Strength (16yrs+)

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, July 8- July 29

7:00-8:00pm \$29/4sessions 116492

\$8.25 drop-in (space permitting)



Gentle-Fit (16yrs+)

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

FJCC Program Room

Thursdays, July 2 - July 30

10:30-11:30am \$36.25/5 sessions 116495



Get Active (16yrs+)

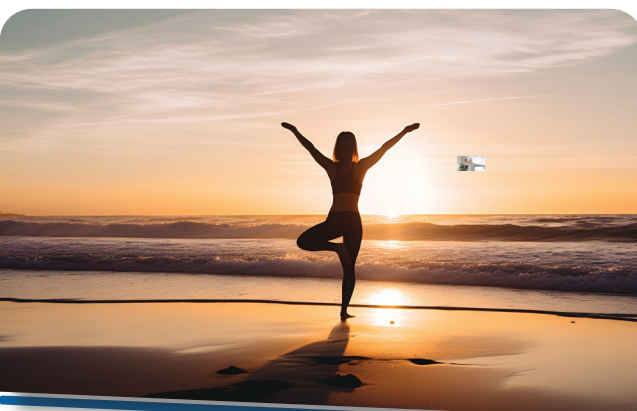
Being more active is good for your health! Join a community of older adults for a total-body workout appropriate for active agers. Get Active classes are designed to increase flexibility, joint stability, balance, coordination, agility, muscular strength and cardiovascular endurance all while having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

FJCC Fitness Studio

Mondays, July 6 - July 27

12:00-1:00pm \$29/4 sessions 116484

\$8.25 drop-in (space permitting)



Yoga

Sunrise Yoga (16yrs+)

A refreshing outdoor yoga class by the beach, designed to gently wake up your body and energize your mind. Flow through mindful movements and breathwork as the morning light and ocean air set the tone for a vibrant new day. Modifications are offered throughout, making the class welcoming and accessible. Please bring your own yoga mat.

Transfer Beach Ampitheatre

Thursdays, July 2 - August 13

7:30-8:30am \$105/7 sessions 117102



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Drop-In Fitness & Sport Programs

PLEASE NOTE:
August 1- September 8
Classes and Drop-in sports
will be paused during this
time

Drop-In Fitness & Sport Schedule (effective Jul 2 - 31)

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

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!

Badminton

Mondays and Thursdays 5:30-7:30pm

Indoor Soccer

Tuesdays 7:15-8:45pm
Fridays 1:00-3:00pm

Pickleball

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

Beginner Pickleball

Wednesdays 6:30-8:00am
Saturdays 10:30-12:00pm

Everyone Welcome Pickleball

Sundays 9:30-11:30am
Monday - Thursday 12:30-2:30pm

Intermediate Pickleball (self rated score of 2.75-3.75)

Fridays 6:30-8:30am

Advanced Pickleball (self rated score of 3.75-5.0)

Mondays and Thursdays 6:30-8:30am



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 Gymnasium and Fitness Studio
Monday/Friday 10:30-11:30am



Wondering what the heart icons mean?
See page 11 for more information
on Fitness Class Intensity Levels.



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