



PARKS
RECREATION
& CULTURE

2026 WINTER ACTIVITY GUIDE

guide current from January 1 to March 31



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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



REGISTRATION DAY
Telephone and online registration begins
Monday, December 1st at 7:00am



Schedule Changes:
Winter Break Schedule: December 21 - January 3

21 4:00pm closure	22 8:00pm closure	23 8:00pm closure	24 4:00pm closure	25 CLOSED	26 CLOSED	27 4:00pm closure
28 4:00pm closure	29 8:00pm closure	30 8:00pm closure	31 4:00pm closure	1 CLOSED	2 8:00pm closure	3 4:00pm closure

Reduced Hours:
Family Day, February 16 - 11:30am-3:30pm

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

PLEASE NOTE:

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

Registrations

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

Cancellations

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

Refunds

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



REGISTRATION DAY
Telephone and online registration begins
Monday, December 1st at 7:00am



Leisure Access Program

What is the Leisure Access Program?

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

Who Can Apply?

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

How do I apply?

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

What can the Leisure Access Program be used for?

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

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.

Early Years & Childrens Programs

Music

Jump Into Music (6 months - 4yrs)

This one-of-a-kind music and movement program engages, educates, and entertains parent and child on a musical journey around the world. Stimulate mind/body/spirit through diverse activities creating a well-rounded experience! A great way for families to bond, gaining exposure to musical rudiments and culture. Parent assistance is required. Call to register for 25% sibling discount.
FJCC Program Room
Fridays, January 16 - March 13
10:00-10:50am \$135/9 sessions **108741**
\$17 drop-in (space permitting)



Yoga

Getting Bendy - Yoga for Kids (6-8yrs)

In this class, learning is intentional, acting like an animal is normal, and fun is mandatory! Kids will learn to connect their body, mind and breath with playful movement. Practice together through flowing yoga poses that promote balance, concentration, strength and flexibility with a direct connection to nature.
FJCC Fitness Studio
Thursdays, January 8 - January 29
3:45-4:30pm \$28/4 sessions **108575**
Thursdays, Feburary 12 - March 5
3:45-4:30pm \$28/4 sessions **108577**



LaFF
LADYSMITH
FAMILY + FRIENDS
RESOURCE PROGRAM

LaFF Family Resource Program

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

LaFF Mornings at Aggie Hall

A drop-in program for children ages 0-6yrs old and their caregivers (parents, grandparents, relatives, caregivers, etc.). Come for a morning of play, creativity, exploration, community, connectedness, access LaFF's clothing exchange and food pantry and so much more!
Tuesday-Friday 9:30am-12:00pm

LaFF'ternoons at Aggie Hall

A drop-in program for parents/caregivers and children UP TO 1 year of age or pre-walking. At this time, older siblings are asked to not attend this program, please make other arrangements. An opportunity to circle up and build community and connection for yourself / your littles and access LaFF's clothing exchange and food pantry.
Wednesdays 12:15-1:45pm

LaFF Outside

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

  **#ilovetolaff**
@LadysmithFamilyandFriends

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

Dance

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

Intro to Jazz (3-7yrs)

Learn fundamentals of jazz dance in this progressive class. Work on various steps, choreography, and flexibility... not only will you work hard, you'll have a great time learning to dance to the fun upbeat music too. No experience necessary!
Wednesdays, January 7 - February 11
3-4yrs 3:30-4:10pm \$72/6 sessions **108750**
5-7yrs 4:15-5:00pm \$72/6 sessions **108759**

Intro to Ballet (5-7yrs)

In these classes, little dancers develop a broad range of dance and movement skills incorporating components such as music awareness, play using creative imagination, and dance focusing on body awareness, flexibility, posture, and poise. This class leads the students naturally into further study of ballet and other dance forms.
Fridays, January 9 - February 13
3:30-4:15pm \$72/6 sessions **108746**



Sports & Activities

Friday Night Hoops (5-13yrs)

Join us for a fun night of basketball skills, drills and games! Focus is on PLAY. All skill levels welcome.
FJCC Gymnasium
Fridays, January 16 - March 13
5-7yrs 5:00-6:00pm \$36/9 sessions **109911**
8-10yrs 6:00-7:00pm \$36/9 sessions **108782**
11-13yrs 7:00-8:00pm \$36/9 sessions **108784**

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
Friday January 16 - March 13
8-10yrs 6:00-7:00pm \$36/9 sessions **108785**
11-13yrs 7:00-8:00pm \$36/9 sessions **108786**

NEW

Hoops
For 5-7yr
olds!



Taekwondo and Self-Defense (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, January 7 - January 28
5-9yrs 4:15-4:45pm \$48/4 sessions **108987**
9-13yrs 4:45-5:15pm \$48/4sessions **108991**
Wednesdays, Feburary 4 - February 25
5-9yrs 4:15-4:45pm \$48/4 sessions **108994**
9-13yrs 4:45-5:15pm \$48/4sessions **108995**

NEW

Game On - 3V3 Floor Hockey (11-14yrs)

Join coach K for 6 weeks of floor hockey at FJCC. Sessions will include skills and drills, a healthy snack, 3v3 games, and a chance to meet former NHLer and current TWU coach Ben Walter as well as current VIU goalie Jeremy Robar.
FJCC Gymnasium
Tuesdays, January 13 - February 17
3:00-4:30pm \$72/6 sessions **109054**



Schools Out Days

Adventure Zone Pro-D Daycamp (5-12yrs)

Plan ahead and register for Adventure Zone Daycamp! It's a wonderful opportunity for kids to stay local, meet new friends, and try new things while doing activities they love: sports, crafts, games and having lots of fun! Our day also includes time in the POOL! Space is limited, register today!!
FJCC Gymnasium/Rec Room
Monday, February 9
9:00am-3:00pm \$45/1 session **109001**

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

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Children and Youth Programs

General Interest

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, January 17 - 24

9:00am-1:00pm \$70/2 sessions 108894

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, February 9

9:30am-4:30pm \$55/1 session 108895

Drop-In Youth Zone Programs

Youth drop-in programs at the Frank Jameson Community Centre offer a safe, welcoming space for teens to connect, play, and be active. Whether you're into sports, studying, or just hanging out, there's something for everyone. No registration required, programs are FREE! —just show up, sign in, and join the fun!

NEW

LSS Lunchtime Leadership (12-18yrs)

Join Coach K for a welcoming, skills-focused program designed to help high school students build confidence, strengthen leadership abilities, and connect with positive mentors—all during the school lunch hour.

FJCC Rec Room

Tuesdays & Thursdays, January 6 - March 12

12:00-12:40pm

\$FREE

109548

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, January 7 - February 4

3:15-4:30pm

\$FREE

109094

Wednesdays, February 11 - March 11

3:15-4:30pm

\$FREE

109095

Youth Zone Study Hall (10-14yrs)

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, January 15 - March 12

2:45-4:15pm

\$FREE

109690

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 and 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, January 9 - March 13

6:00-8:00pm

\$FREE

Adventure Zone Spring Break Daycamp (5-12yrs)

PLAY, CREATE and EXPLORE with ADVENTURE ZONE DAYCAMP! Each week, the Daycamps have a new theme full of crafts, sports, games, STEM activities, and new friendships. We'll go swimming too! Our passionate, experienced leaders create a FUN, SAFE, and FRIENDLY environment all while having a blast!

FJCC Gymnasium/Rec Room

Monday-Friday, March 16 - 20

9:00am-3:00pm \$200/5 days 109013

Monday-Friday, March 23 - 27

9:00am-3:00pm \$200/5 days 109039



Join us for SPRING BREAK
Everyone Welcome Swims!
Monday-Friday from 1:00-2:00pm
March 16 - 27

Youth Bloom 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, March 16 - 20

1:00-4:30pm \$200/4 sessions 109417

No Class Wednesday

Adult Programs

General Interest

Self-Care Mini Retreat - Spring Reset

Welcome the energy of spring with a gentle, nourishing self-care circle focused on renewal and clarity. Together we'll move through sound healing, stretching, breathwork, and reflective journaling. The evening will close with a flower essence tasting and a mini oracle card pull.

Tuesday, March 3

6:00-8:00pm \$35/1 session 109853

Herbal First Aid & Plant Walk: Spring Focus

Discover local spring plants for natural healing. We'll explore herbs like plantain, nettle, and cleavers, then make seasonal remedies including a plantain salve, nettle tincture, and cleansing cleavers tea. Leave with your own creations and the knowledge to support spring wellness naturally.

Saturday, March 14

10:30am-1:30pm \$35/1 session 109858

Check out these informative workshops taught by Alicia Meek. All sessions will be held in the Program Room at the Frank Jameson Community Centre. (16yrs+)

Weaving the Wild: Nature Mobiles & Dreamcatchers

Using English ivy and other foraged materials such as twigs, feathers, moss, and flowers, you'll weave your own nature-inspired mobile or dreamcatcher. Each piece will be unique—a reflection of the season and your personal connection to the wild.

Saturday, March 14

2:30-4:30pm \$45/1 session 109860

Intro to Wild Foraging

Starting indoors, you'll learn essential plant identification skills and important pieces of foraging knowledge to help you forage safely and confidently. Then, we'll take a guided outdoor walk to practice identifying and harvesting wild edibles and medicinal plants.

Sunday, March 15

11:00am-2:00pm \$64/1 session 109863



Wild Culinary Walk: Spring Greens & Blossoms

Join us for a guided spring plant walk to discover fresh edible greens and blossoms, including chickweed, miner's lettuce, dandelion, and nettle tips. Learn how to identify, harvest, and use these wild plants in everyday cooking and enjoy a simple on-site tasting.

Tuesday, March 31

12:30-2:30pm \$39/1 session 109855

Broom Making with Scotch Broom (16yrs+)

Join us to learn broom making using Scotch broom and English Ivy. In this fully hands-on workshop, you'll craft your own functional and beautiful broom from these invasive plants.

Tuesday, March 31

3:00-5:30pm \$65/1 session 109865

INFO / REGISTRATION 250.245.6424

ladysmith.ca

Adult Programs

Health & Wellness

Restore Balance and Managing Fear of Falling Using the Alexander Technique (AT)

Do you easily lose balance? Do you feel stiff and inflexible? Are you afraid of falling? – Fear of falling can be a significant concern, impacting physical and cognitive function, independence and well-being. – AT is a body-mind-method that teaches individuals to improve posture, movement and overall coordination. It helps to increase body awareness, release excess tension, and reduce the risk of falling and injuries. Applying AT principles assist in moving with greater ease, improved balance and more confidence!

Instructor: Heike Walker

FJCC Program Room

Monday, March 23

3:30-5:30pm

\$25/1 session

109490

NEW

Ana-La-Rai is a Pure Source Channel who has dedicated her life to guiding and uplifting others on their spiritual journeys. Join her in the Program Room at the Frank Jameson Community Centre for these new program opportunities. (16yrs+)

2026 Vision Board, with a Twist!

Are you ready to focus on changes and improvements in your life in 2026? 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.

Saturday, January 3

12:00-4:00pm

\$75/1session

109465

Spiritual Meditation

Join channel Ana-La-Rai as she guides you through a meditation focusing on the energies of light, love, peace, and more. Some meditations will be to journey within for healing, learning more about yourself, and past lives. Focus on inner relaxation and peace, leaving the mediation more aligned.

Tuesdays, January 20 - February 24

6:30-7:30pm

\$99/5 sessions

109454

Working and Playing with Crystals

Experience the magic of crystals! During this workshop we will review and discuss how to purchase crystals, how to cleanse old and new crystals, how the energies of crystals are changing, as well as ways to use crystals in your home. Participants will get to hold and experience a variety of different crystals. After discussion, 2-3 demonstrations of crystal layouts will be completed.

Saturday, February 7

1:00-4:00pm

\$49/1session

109468

Improving your Life with Daily Spiritual Practices

Are you intrigued how daily spiritual practices can support you? Join me to learn and experience a variety of practices clients use to decrease their stress levels and increase their peace and connection to the Universe. Some of the practices we will be discussing include meditation, journaling, mantras, guides, divination cards, crystals and more. Participants will be invited to share their own daily practice and the differences it makes in their lives. Workshop will conclude with a guided meditation.

Wednesday, March 11

1:00-4:00pm

\$49/1session

109467

Sports & Activities

Taekwondo and Self-Defense (16yrs+)

Looking for a fun and exciting way to stay active and build confidence? Join our introductory Taekwondo classes with Master Moy, a 7th Dan Black belt with global experience. Our Taekwondo classes for teens and adults are the perfect opportunity to build strength and confidence in a supportive community! Master Moy will guide you through the basics of Taekwondo, helping to develop strength, focus, discipline, and leadership skills. Whether learning self-defence, making new friends, or just having fun, our classes are the perfect way to get started on your martial arts journey. You'll train in a friendly, motivating environment where respect, teamwork, and personal growth are always at the core.

FJCC Gymnasium

Wednesdays, January 7 - 28

5:15-6:00pm

\$60/4 sessions

109696

Wednesdays, February 4 - 25

5:15-6:00pm

\$60/4 sessions

109698

Toonie Table Games for Older Adults

Drop in for a fun, social morning designed for adults 55+. Enjoy table tennis, billiards, and board games—equipment and coffee provided! Bring a friend or meet new ones as you play and connect.

FJCC Rec Room

Thursdays, January 8 - March 12

9:30-11:00am

\$2 drop-in

General Interest

Navigating BC Transit in the Cowichan Valley

Discover how easy it is to get around the Cowichan Valley using BC Transit! This informative session will introduce participants to local and interregional transit options, and handyDART services. Learn how to plan your trips, understand fare options, and navigate the system with confidence. We'll cover everything from reading schedules to riding safely and comfortably. Perfect for new riders, seniors, or anyone looking to make the most of public transportation in the region.

Topics Covered:

- Trip planning information and tools
- Rider safety and etiquette
- Overview of handyDART services

- Understanding fares and the UMO App or Card
- Local and interregional routes

FJCC Program Room

Tuesday, January 13

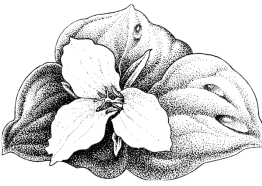
\$FREE

1:00-3:00pm

108740

6:00-8:00pm

108742



Friends of
Holland Creek

Friends of Holland Creek Society

Love Holland Creek? So do we! The Friends of Holland Creek Society is a local group of volunteers working to protect the trail and the creek's natural beauty and biodiversity. Join us in keeping our park healthy by helping remove invasive plants and supporting native species.

We host regular **Work Bees** - a fun and rewarding way to get outdoors, meet neighbours, and make a difference:

- **First and Third Monday of each month** (starting January 19) / 10:00am-12:00pm
- **Second Saturday of each month** (starting January 10) / 10:00am-12:00pm

Meet us at the **Holland Creek Trailhead on Dogwood Drive** or the **Information Hut at Methuen Street and 6th Avenue**.

Find out more, sign up for events, or become a member at www.friendsofhollandcreek.ca. You can also reach us via email hollandcreekinvasives@gmail.com or follow us on [Facebook](#).

iNaturalist for Nature

Discover the natural world around you! This beginners workshop will introduce you to the iNaturalist app—a powerful citizen science tool used to identify plants, animals, and fungi. Learn how to make observations, upload photos, and contribute to global biodiversity data and local BioBlitz and restoration work. Bring your smartphone or tablet and get ready to explore!

FJCC Meeting Room

Wednesday, February 11

6:30-8:30pm

\$FREE

109641



Music

Basic Guitar Lessons (16yrs+)

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

FJCC Program Room

Wednesdays, January 14 - March 4

7:00-8:30pm

\$100/8 sessions

109159

Dance

Modern Square Dance Series for Experienced and Newly Graduated Square Dancers

This 10 week session is designed for dancers who have participated in a 9-12 week SSD Square Dance program and any experienced dancers including folks who wish to review more complex moves and improve their Square Dancing skills. The sessions will extend the key components of Social Square Dancing by reviewing key moves and figures and providing lots of opportunities for dancing to modern square dancing music.

FJCC Fitness Studio

Tuesdays, January 6 - March 10

1:15-3:30pm

\$75/10 sessions

109055

\$10 drop-in (space permitting)



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 January 4 to March 31)

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!

 - All pools closed to public drop-in

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



FAMILY DAY FREE SWIM

Celebrate Family Day with a
FREE Everyone Welcome Swim at the FJCC!

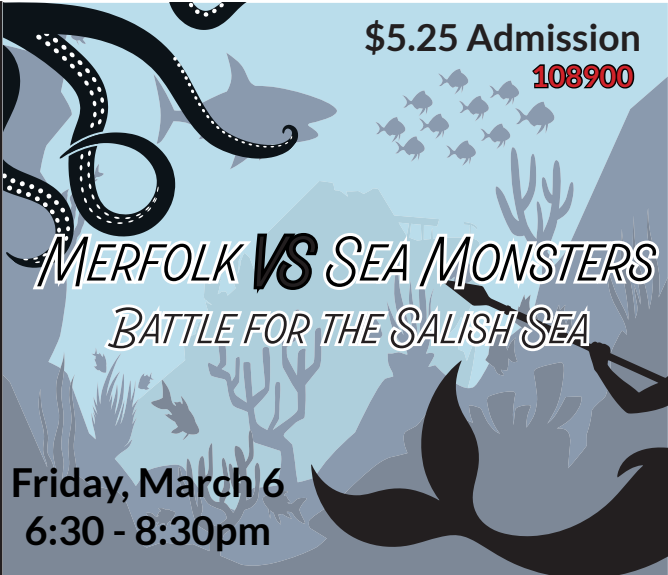
Monday, February 16
12:00-1:30pm OR 2:00-3:30pm



RETRO DIVE-IN CINEMA

Friday, February 6
6:30-8:30pm
Movie Loading.....

\$5.25 Admission
108898



MERFOLK VS SEA MONSTERS

BATTLE FOR THE SALISH SEA

Friday, March 6
6:30 - 8:30pm

\$5.25 Admission
108900

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.

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


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.

SPECIAL SWIMS

RETRO DIVE-IN CINEMA

Friday, February 6 6:30-8:30pm 108898

Tickets available in advance. Use course code to register.

PRO D DAY EVERYONE WELCOME SWIM

Monday, February 9 1:00-2:00pm

FAMILY DAY FREE SWIMS

Monday, February 16 12:00-1:30pm 2:00-3:30pm

MERFOLK VS SEA MONSTERS SPECIAL SWIM

Friday, March 6 6:30-8:30pm 108900

Tickets available in advance. Use course code to register.

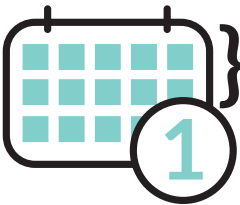
SPRING BREAK EVERYONE WELCOME SWIMS

Monday - Friday March 16 - 27 1:00-2:00pm

Swimming Lessons

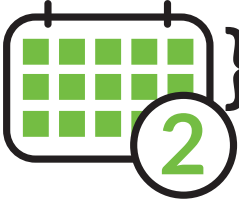
SWIMMING LESSON REGISTRATION

- There are **TWO** different sets of lessons with **TWO** different registration dates
- Registration for the next set of lessons will not open until the previous lesson set has ended. This will allow parents to learn whether their child has passed a level before registering for the next set. It will also allow parents who were not able to get in the first set another chance and date for registration.



LESSON SET #1
January 5 - February 5

Registration opens Monday, December 1st @ 7:00am



LESSON SET #2
February 17 - March 12

Registration opens Monday, February 9th @ 7:00am



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 January 5		Set #2 - starting February 17	
Mondays/Wednesdays	\$75/10 sessions	Mondays/Wednesdays	\$52.50/7 sessions
9:30-10:00am 106121	5:00-5:30pm 106122	9:30-10:00am 106124	5:00-5:30pm 106125
Tuesdays/Thursdays	\$75/10 sessions	Tuesdays/Thursdays	\$60/8 sessions
	4:00-4:30pm 106123		4:00-4:30pm 106126

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 January 5		Set #2 - starting February 17	
Mondays/Wednesdays	\$75/10 sessions	Mondays/Wednesdays	\$52.50/7 sessions
9:30-10:00am 106128	5:00-5:30pm 106130	9:30-10:00am 106132	5:00-5:30pm 106134
Tuesdays/Thursdays	\$75/10 sessions	Tuesdays/Thursdays	\$60/8 sessions
	4:00-4:30pm 106131		4:00-4:30pm 106136

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 January 5		Set #2 - starting February 17	
Mondays/Wednesdays	\$75/10 sessions	Mondays/Wednesdays	\$52.50/7 sessions
10:30-11:00am 106137	4:30-5:00pm 106138	10:30-11:00am 106140	4:30-5:00pm 106141
Tuesdays/Thursdays	\$75/10 sessions	Tuesdays/Thursdays	\$60/8 sessions
	4:30-5:00pm 106139		4:30-5:00pm 106142

How do I know what swimming level my child is?

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

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

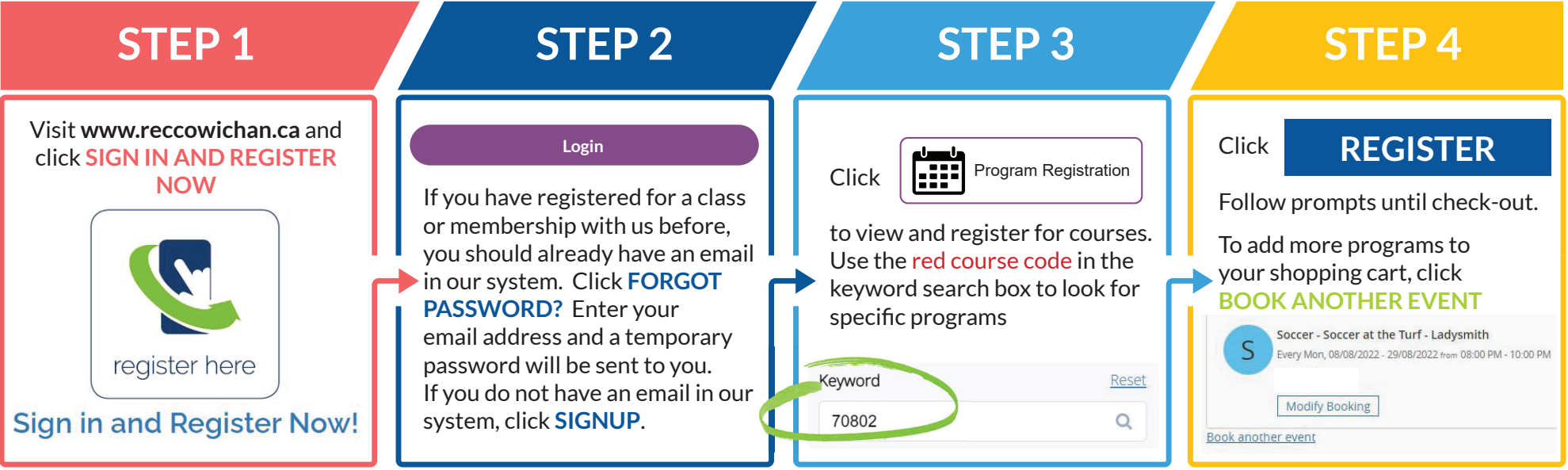
Are there any private swimming lessons available?

Ladysmith Parks, Recreation & Culture is pleased to offer private swim lessons for children, teens, and adults who want individual instruction. We are always working on expanding our private lesson opportunities but please note, due to staff availability, there are limited spots available. We have a Private Lesson Interest List where interested participants are called when private lesson time slots become available. To be added to the private lesson interest list, please call 250.245.6424.

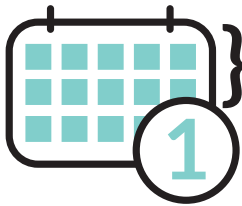
\$35 private 30min lesson; \$20 semi-private (per person) 30min lesson

 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!

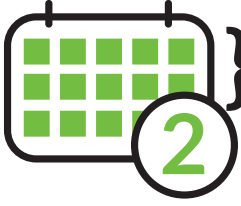


Swimming Lessons



LESSON
SET #1
January 5 - February 5

Registration opens Monday, December 1st @ 7:00am



LESSON
SET #2
February 17 - March 12

Registration opens Monday, February 9th @ 7:00am



Preschool (for children 3-5 years)

Preschool 1 OCTOPUS (Parent participation required)



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

Set #1 - starting January 5	Set #2 - starting February 17
Mondays/Wednesdays \$75/10 sessions 10:30-11:00am 106198 4:30-5:00pm 106201	Mondays/Wednesdays \$52.50/7 sessions 10:30-11:00am 106216 4:30-5:00pm 106217
Tuesdays/Thursdays \$75/10 sessions 5:00-5:30pm 106202	Tuesdays/Thursdays \$60/8 sessions 5:00-5:30pm 106218
Saturdays (January 17 - March 14)	4:00-4:30pm 106213 5:30-6:00pm 106215

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 January 5	Set #2 - starting February 17
Mondays/Wednesdays \$75/10 sessions 10:00-10:30am 106220 5:00-5:30pm 106222	Mondays/Wednesdays \$52.50/7 sessions 10:00-10:30am 106225 5:00-5:30pm 106226
Tuesdays/Thursdays \$75/10 sessions 5:00-5:30pm 106223	Tuesdays/Thursdays \$60/8 sessions 5:00-5:30pm 106227
Saturdays (January 17 - March 14)	5:00-5:30pm 106224 \$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 January 5	Set #2 - starting February 17
Mondays/Wednesdays \$75/10 sessions 10:00-10:30am 106228 5:30-6:00pm 106229	Mondays/Wednesdays \$52.50/7 sessions 10:00-10:30am 106233 5:30-6:00pm 106235
Tuesdays/Thursdays \$75/10 sessions 5:30-6:00pm 106230	Tuesdays/Thursdays \$60/8 sessions 5:30-6:00pm 106236
Saturdays (January 17 - March 14)	5:30-6:00pm 106231 \$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.

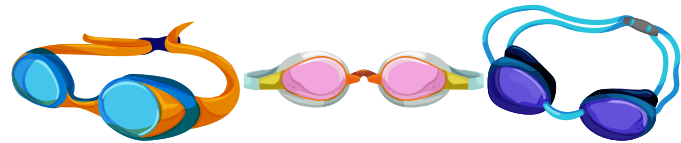
Set #1 - starting January 5	Set #2 - starting February 17
Mondays/Wednesdays \$75/10 sessions 5:30-6:00pm 106240	Mondays/Wednesdays \$52.50/7 sessions 5:30-6:00pm 106245
Tuesdays/Thursdays \$75/10 sessions 6:00-6:30pm 106241	Tuesdays/Thursdays \$60/8 sessions 6:00-6:30pm 106247
Saturdays (January 17 - March 14)	4:30-5:00pm 106242 \$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 January 5	Set #2 - starting February 17
Mondays/Wednesdays \$75/10 sessions 5:30-6:00pm 106248	Mondays/Wednesdays \$52.50/7 sessions 5:30-6:00pm 106253
Tuesdays/Thursdays \$75/10 sessions 6:00-6:30pm 106249	Tuesdays/Thursdays \$60/8 sessions 6:00-6:30pm 106254
Saturdays (January 17 - March 14)	4:30-5:00pm 106252 \$67.50/9 sessions

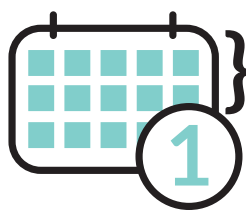


CHECK OUT OUR GREAT ASSORTMENT
OF GOGGLES AND OTHER SWIM
ACCESSORIES FOR PURCHASE!

ASK RECEPTION FOR MORE
INFORMATION!

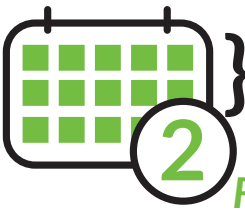


Swimming Lessons



LESSON
SET #1
January 5 - February 5

Registration opens Monday, December 1st @ 7:00am



LESSON
SET #2
February 17 - March 12

Registration opens Monday, February 9th @ 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 January 5	Set #2 - starting February 17
Mondays/Wednesdays \$75/10 sessions 6:00-6:30pm 106275	Mondays/Wednesdays \$52.50/7 sessions 6:00-6:30pm 106279
Tuesdays/Thursdays \$75/10 sessions 3:00-3:30pm 106276 6:00-6:30pm 106277	Tuesdays/Thursdays \$60/8 sessions 3:00-3:30pm 106280 6:00-6:30pm 106282
Saturdays (January 17 - March 14) 4:30-5:00pm 106278 \$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 January 5	Set #2 - starting February 17
Mondays/Wednesdays \$75/10 sessions 5:30-6:00pm 106283	Mondays/Wednesdays \$52.50/7 sessions 5:30-6:00pm 106287
Tuesdays/Thursdays \$75/10 sessions 3:30-4:00pm 106284 5:30-6:00pm 106285	Tuesdays/Thursdays \$60/8 sessions 3:30-4:00pm 106288 5:30-6:00pm 106289
Saturdays (January 17 - March 14) 5:00-5:30pm 106286 \$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 January 5	Set #2 - starting February 17
Mondays/Wednesdays \$75/10 sessions 6:00-6:30pm 106290	Mondays/Wednesdays \$52.50/7 sessions 6:00-6:30pm 106294
Tuesdays/Thursdays \$75/10 sessions 3:00-3:30pm 106291 6:00-6:30pm 106292	Tuesdays/Thursdays \$60/8 sessions 3:00-3:30pm 106295 6:00-6:30pm 106296
Saturdays (January 17 - March 14) 5:30-6:00pm 106293 \$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 January 5	Set #2 - starting February 17
Mondays/Wednesdays \$75/10 sessions 6:00-6:30pm 106297	Mondays/Wednesdays \$52.50/7 sessions 6:00-6:30pm 106301
Tuesdays/Thursdays \$75/10 sessions 3:30-4:00pm 106298 5:30-6:00pm 106299	Tuesdays/Thursdays \$60/8 sessions 3:30-4:00pm 106302 5:30-6:00pm 106303
Saturdays (January 17 - March 14) 5:00-5:30pm 106300 \$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 January 5	Set #2 - starting February 17
Tuesdays/Thursdays \$85/10 sessions 3:15-4:00pm 106304	Tuesdays/Thursdays \$68/8 sessions 3:15-4:00pm 106306
Saturdays (January 17 - March 14) 4:00-4:45pm 106305 \$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 January 5	Set #2 - starting February 17
Tuesdays/Thursdays \$85/10 sessions 3:15-4:00pm 106307	Tuesdays/Thursdays \$68/8 sessions 3:15-4:00pm 106309
Saturdays (January 17 - March 14) 4:00-4:45pm 106308 \$76.50/9 sessions	

Looking for a
great gift idea?

reccowichan
GIFT CARDS
available in any denomination

Pick one up from reception
at the Frank Jameson
Community Centre



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, December 1st
Set #2 - Registration begins Monday, February 9th



INFO / REGISTRATION 250.245.6424

ladysmith.ca

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 January 16		
Fridays (once a week until March 13)		
5:30-6:00pm	106310	\$99/9 sessions

Swimmer 8 RANGER PATROL



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

Set #1 - starting January 16		
Fridays (once a week until March 13)		
5:30-6:00pm	106311	\$99/9 sessions

Swimmer 9 STAR PATROL



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

Set #1 - starting January 16		
Fridays (once a week until March 13)		
5:30-6:00pm	106312	\$99/9 sessions

Advanced Aquatics



Junior Lifeguard Club (8-13yrs)

The Junior Lifeguard Club provides an action-packed challenge for kids who love the water but who want more than “lessons.” JLC stresses fun and aquatic skill development based on personal-best achievement. Building on skills they already have, JLC members work to develop and improve swimming and other aquatic skills with emphasis on: Swimming skills, Lifesaving skills, Lifesaving knowledge, Leadership & teamwork, Community education, Competition, Personal fitness. The Junior Lifeguard Club is for quick learners, those between levels or programs, and those who thrive in an energetic learning environment.

Prerequisite: Must be able to swim at least 25m and tread water for 2 minutes.

FJCC Pool

Fridays, January 16 - March 13
5:30-6:30pm \$99/9 sessions 106313

Bronze Medallion (13yrs+)

Bronze Medallion, is the Lifesaving Society’s flagship certification, it teaches an understanding of the lifesaving principles embodied in the four components of water rescue education: judgment, knowledge, skill, and fitness. 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.

FJCC Pool

Monday - Friday, March 16 - 20
12:00-5:30pm \$210/5 sessions 108891



Bronze Cross

Bronze Cross is designed for lifesavers who want the challenge of more advanced training, including an introduction to safety supervision. 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.

FJCC Pool

Monday - Friday, March 23 - 27
12:00-5:30pm \$195/5 sessions 108892



Standard First Aid with CPR C/AED Recertification (15yrs+)

Standard First Aid is a WorkSafeBC 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. Recertification of Standard First Aid with CPR C/AED is achieved by attending an 8 hour Standard First Aid with CPR-C/AED Recertification course.

FJCC Meeting Room

Saturday, March 7
8:30am-5:00pm \$100/1 session 108896



National Lifeguard Pool Recert (16yrs+)

This clinic is for individuals needing to recertify their NL award. A current AMOA certification is required and CPR-C or Standard First Aid award is recommended. A Lifesaving Society NL certification is valid for two years from the date of certification and must be current for employment.

Prerequisites: National Lifeguard certification.

FJCC Pool

Friday, February 13
1:00-8:30pm \$135/1 session 108893

Ladysmith Wave Makers - Masters Swimming (15yrs+)

Get ready to dive in and make some waves in the new the pool. 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 workout at the same time. Be sure to remember you water bottle, goggles, and swim cap if you choose.

FJCC Pool

Thursdays, January 8 - March 12
6:30-7:30pm \$120/10 sessions 109295



Fitness Centre Information

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

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

The Fitness Centre features:

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

One-on-One Training Services

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

Youth ages 13-15 welcome!

Youth Orientation (13-15yrs)

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

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

Please be advised that youth and parent/guardian are required to complete Par-Q+, Code of Conduct and Waiver forms prior to appointment.
\$25/1 hr session

Never visited the Fitness Centre before?

Basic Orientation (16yrs+)

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

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

Please be advised that you are required to complete a Par-Q+ form prior to your appointment.
\$25/1 hr session

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

An Exercise Session just for YOU!

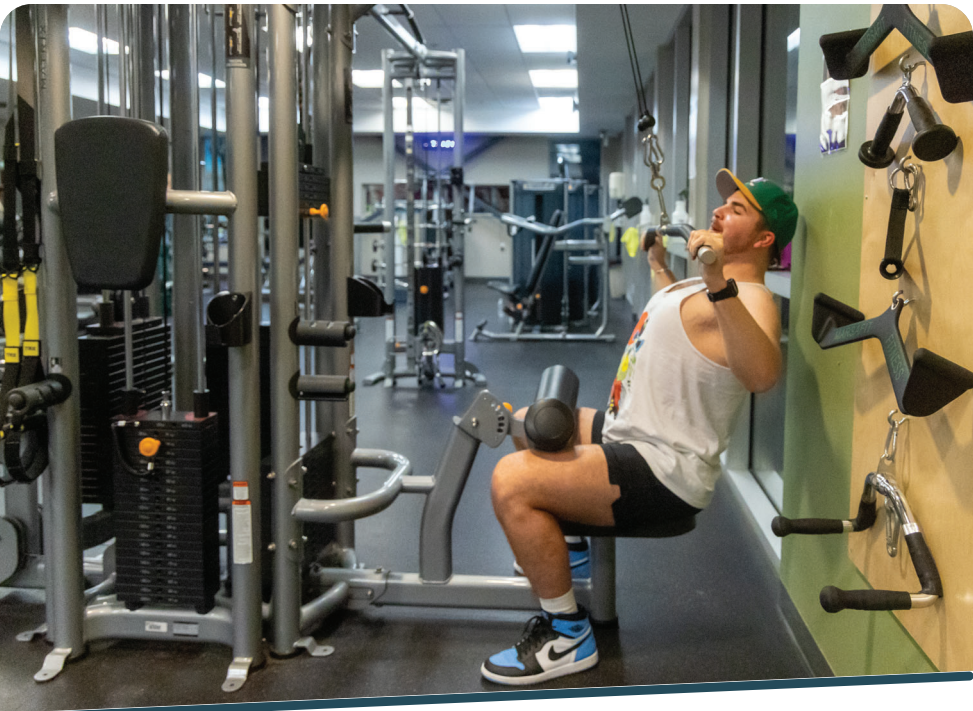
Personal Exercise Session

Are you someone who needs extra motivation and accountability? Not interested in group exercise classes or the structure that comes with a detailed training plan or are you bored of your basic plan?

During your one-hour personal exercise session, your trainer will:

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

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


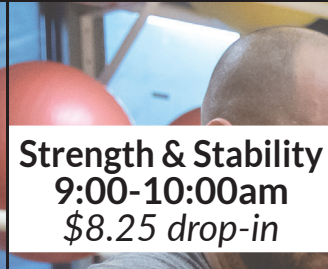
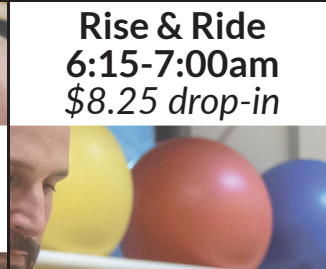
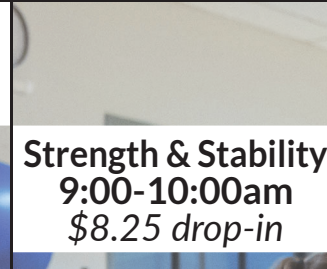


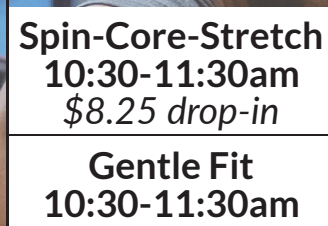
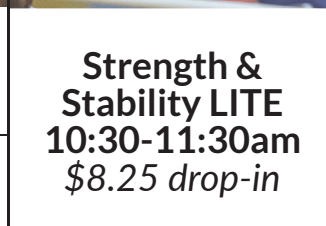
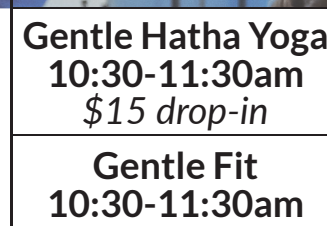

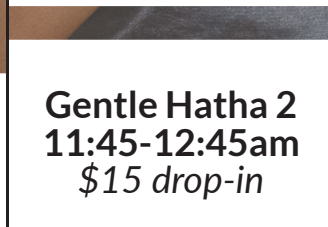

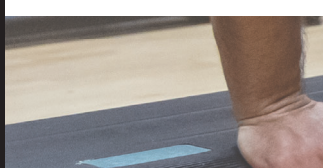


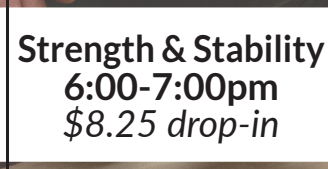
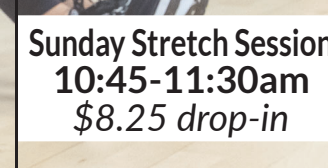
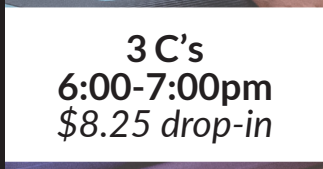

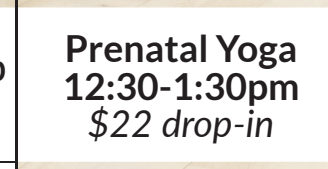



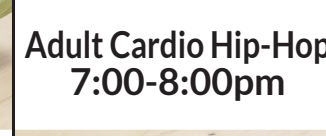
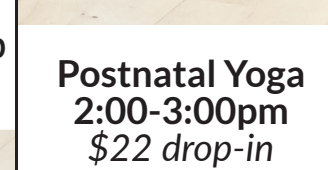
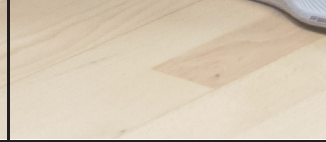


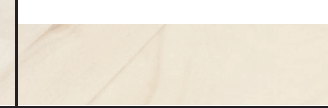
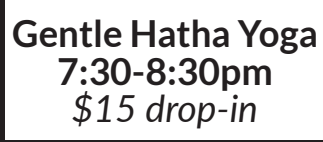


INFO / REGISTRATION **250.245.6424**

ladysmith.ca

Registered Fitness Programs

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

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

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, January 5 - February 9

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

Thursdays, January 8 - February 12

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

Thursday, February 19 - March 26

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

Mondays, February 23 - March 30

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

\$8.25 drop-in (space permitting)



108370

108306

108308

108371

Rise and Ride (16yrs+)

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

FJCC Fitness Studio

Wednesdays, January 7 - February 11

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

Wednesdays, February 18 - March 25

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

\$8.25 drop-in (space permitting)



108301

108302

Saturday Spin (16yrs+)

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

FJCC Fitness Studio

Saturdays, January 10 - February 14

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

Saturday, February 21 - March 28

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

\$8.25 drop-in (space permitting)



108299

108300



Spin-Core-Stretch (16yrs+)

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, January 6 - February 10

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

Tuesdays, February 17 - March 31

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

\$8.25 drop-in (space permitting)



108350

108351



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

INFO / REGISTRATION 250.245.6424 | ladysmith.ca

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prc@ladysmith.ca

Registered Fitness Programs

General Fitness

Gentle-Fit (16yrs+)

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

FJCC Fitness Studio

Tuesdays, January 6 - February 10

10:30-11:30am \$43.50/6 sessions **108333**

Thursdays, January 8 - February 12

10:30-11:30am \$43.50/6 sessions **108329**

Tuesdays, February 17 - March 31

10:30-11:30am \$50.75/7 sessions **108334**

Thursdays, February 19 - March 26

10:30-11:30am \$43.50/6 sessions **108331**



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, January 5 - February 9

12:00-1:00pm \$43.50/6 sessions **108360**

Mondays, February 23 - March 30

12:00-1:00pm \$43.50/6 sessions **108361**

\$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

FJCC Gymnasium

Wednesdays, January 7 - February 11

6:00-7:00pm \$43.50/6 sessions **108304**

Wednesdays, February 18 - March 25

6:00-7:00pm \$43.50/6 sessions **108305**

\$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.



Strength and Stability (16yrs+)

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

FJCC Fitness Studio

Tuesdays, January 6 - February 10

9:00-10:00am \$43.50/6 sessions **108345**

6:00-7:00pm \$43.50/6 sessions **108322**

Thursdays, January 8 - February 12

9:00-10:00am \$43.50/6 sessions **108347**

Tuesdays, February 17 - March 31

9:00-10:00am \$50.75/7 sessions **108346**

6:00-7:00pm \$50.75/7 sessions **108323**

Thursdays, February 19 - March 26

9:00 - 10:00am \$43.50/6 sessions **108349**

\$8.25 drop-in (space permitting)



Step and Strength

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

FJCC Fitness Studio

Wednesdays, January 7 - February 11

6:00-7:00pm \$43.50 **108324**

Wednesdays, February 18 - March 25

6:00-7:00pm \$43.50 **108325**

\$8.25 drop-in (space permitting)



Strength and Stability LITE (16 yrs+)

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, January 7 - February 11

10:30-11:30am \$43.50/6sessions **108338**

Wednesdays, February 18 - March 25

10:30-11:30am \$43.50/6 sessions **108341**

\$8.25 drop-in (space permitting)



Adult Cardio Hip-Hop (14yrs+)

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. NO DROP-IN permitted.

FJCC Fitness Studio

Fridays, January 9 - February 6

6:00-7:00pm \$50/5 sessions **108998**

7:00-8:00pm \$50/5 sessions **109000**



Afraid of Commitment? Purchase a 5 CLASS PASS!

A 5 class pass is designed to allow patrons to easily drop-in to empty spots in REGISTERED FITNESS PROGRAMS. The pass expires after 3 months and DOES NOT include classes taught by contract instructors. Classes with icon are applicable. \$35 plus GST



INFO / REGISTRATION **250.245.6424**

ladysmith.ca

Registered Fitness Programs

Yoga

Gentle Hatha Yoga (16yrs+)

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

FJCC Fitness Studio

Mondays, January 12 - March 9

7:30-8:30pm \$96/8 sessions **108373**

Thursdays, January 15 - March 12

10:30-11:30am \$108/9 sessions **108379**

7:30-8:30pm \$108/9 sessions **108376**

\$15 drop-in (space permitting)

Gentle Hatha 2 (16yrs+)

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

FJCC Fitness Centre

Tuesdays, January 13 - March 10

11:45am-12:45pm \$108/9 sessions **108381**

\$15 drop-in (space permitting)

Prenatal Yoga (16yrs+)

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

FJCC Fitness Studio

Sundays, February 22 - March 29

12:30-1:30pm \$120/6 sessions **108572**

\$22 drop-in (space permitting)

Postnatal Yoga for Mom and Baby (16yrs+)

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

FJCC Fitness Studio

Sundays, February 22 - March 29

2:00-3:00pm \$120/6 sessions **108574**

\$22 drop-in (space permitting)



Skip the LINE Register ONLINE!

Register for programs offered through Ladysmith Parks, Recreation and Culture in the comfort of your own home by following these easy steps!
REGISTRATION OPENS DECEMBER 1 @ 7:00am

STEP 1

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



[Sign in and Register Now!](#)

STEP 2

Login

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

STEP 3

Click  Program Registration

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

Keyword

[Reset](#)

STEP 4

Click **REGISTER**

Follow prompts until check-out. To add more programs to your shopping cart, click **BOOK ANOTHER EVENT**

Looking for a great gift idea?

reccowichan
GIFT CARDS
available in any denomination

Pick one up from reception at the Frank Jameson Community Centre



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

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, January 17 10:30am-12:00pm 108839

Saturday, February 14 10:30am-12:00pm 108840

Saturday, March 7 10:30am-12:00pm 108841

Pop-Up Spin Yoga Party (16yrs+)

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

FJCC Fitness Studio

Friday, February 20 6:30-8:00pm 110255

Friday, March 20 6:30-8:00pm 110256

Drop-In Fitness & Sport Schedule (effective January 4 - March 31)

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

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

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

Drop-In Sports Programs (13yrs+)

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

Drop-In Sports

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

Everyone Welcome Badminton

Mondays 5:00-7:00pm
Saturdays 8:30-10:30am

Intermediate Badminton

Thursdays 6:00-8:00pm

Indoor Soccer

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

Volleyball

Tuesdays 5:15-6:45pm

Basketball

Mondays 7:15-8:45pm

Pickleball

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

Beginner Pickleball

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

Intermediate Pickleball (self rated score of 2.75-3.75)

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

Advanced Pickleball (self rated score of 3.75-5.0)

Mondays 12:00-2:00pm
Thursdays 8:00-10:30am
Fridays 6:30-8:00am

Everyone Welcome Pickleball

Mondays 6:30-8:00am
Wednesdays 12:00-2:00pm
Sundays 9:15-11:15am

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.



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

Drop-In Fitness Programs (16yrs+)

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

Fitness Lite

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

FJCC Gymnasium/Fitness Studio
Mondays 10:30-11:30am
Fridays 10:30-11:30am



Something NEW!
Monday Fitness Lite classes will now be held in the gymnasium

Cardio Circuit

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

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

