



PARKS RECREATION & CULTURE

2026 SPRING ACTIVITY GUIDE

Guide current from March 29 - June 27



- p2** Admission & Registration Information
- p3** Childrens Programs
- p4** Youth Programs
- p4** Adult Programs
- p6** Swimming Lessons
- p9** Advanced Aquatics
- p10** Aquatic Centre Information
- p12** Fitness Centre Information One-on-One Training
- p13** Drop-In Fitness & Sports Programs
- p14** Registered Fitness Programs

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 11 for pool schedule

Schedule Changes:
Closed: Good Friday, April 3
Easter Monday, April 6
Victoria Day, May 18

REGISTRATION DAY
 Telephone and online registration begins
 Monday, March 2nd at 7:00am

SPECIAL EVENTS: [follow us](#) @ladysmithPRC

APRIL		
24	Pro-D Day Everyone Welcome Swim	
27	1:00-2:00pm	regular admission
MAY		
1-7	Youth Week Watch for more details - follow @ladysmithprc on Instagram and Facebook	
22	Dive In Cinema - "How to Train Your Dragon (Live Action)"	
	6:30-8:30pm	\$5.25 admission 113406
JUNE		
26	Kick Off Summer Pool Party	
	6:30-8:30pm	\$5.25 admission 113409

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

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

Cancellations

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

Refunds

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

how to REGISTER

Online Registration:

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

Telephone:

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

In Person:

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

REGISTRATION DAY

Telephone and online registration begins
Monday, March 2nd at 7:00am



Leisure Access Program

The Town of Ladysmith's Department of Parks, Recreation & Culture provides fee subsidies to eligible residents experiencing financial need in Municipality of North Cowichan, Cowichan Valley Regional District, City of Duncan, Cowichan Tribes Reserve Lands, and Town of Ladysmith.

The subsidy reduces fees for admissions and program registrations in Ladysmith. Proof of residency and household income below Statistics Canada Low-Income Cut-Offs (LICO) is required.

How do I apply?

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

What can the Leisure Access Program be used for?

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

Childrens Programs

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, April 8 - May 27

3-4yrs 3:15-4:00pm \$112/8 sessions **115031**
5-7yrs 4:10-4:55pm \$112/8 sessions **115032**

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.

Wednesdays, April 8 - May 27

5:00-5:45pm \$112/8 sessions **115106**

Sports & Activities

Soccer Tots - World Cup (3-4yrs)

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

Thursdays, April 23 - June 11

3:00-3:40pm \$96/8 sessions **113164**

Soccerama - World Cup (5-7yrs)

Featuring mega-fun in an encouraging environment so you can learn new skills or brush up on your game! Classes include warm-ups, personal ball skills, technical drills and games.

Instructor: Brett Hyslop

Forrest Field Turf

Thursdays, April 23 - June 11

3:45-4:30pm \$96/8 sessions **113165**



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, April 8 - 29

5-9yrs 4:15-4:45pm \$48/4 sessions **113462**

9-13yrs 4:45-5:15pm \$48/4 sessions **113565**

Wednesdays, May 6 - 27

5-9yrs 4:15-4:45pm \$48/4 sessions **113871**

9-13yrs 4:45-5:15pm \$48/4 sessions **113872**



Have a child that loves the pool?

Check out
Junior Lifeguard Club on pg 9!

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, April 10 - May 29

5-7yrs 5:00-6:00pm \$40/8 sessions **113197**

8-10yrs 6:00-7:00pm \$40/8 sessions **113383**

11-13yrs 7:00-8:00pm \$40/8 sessions **113387**

GIRLS Friday Night Hoops (8-13yrs)

This session is just for girls! Join us for a fun night of basketball skills, drills and games! Focus is on PLAY. All skill levels welcome.

FJCC Gymnasium

Fridays, April 10 - May 29

8-10yrs 6:00-7:00pm \$40/8 sessions **113380**

11-13yrs 7:00-8:00pm \$40/8 sessions **113381**



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!! *5 yr olds must have attended Kindergarten.

FJCC Rec Room/Gymnasium

Friday, April 24

9:00am-3:00pm \$45/1 session **113190**

Monday, April 27

9:00am-3:00pm \$45/1 session **113191**



LaFF Family Resource Program

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

LaFF Mornings at Aggie Hall

A drop-in program for children ages 0-6yrs old and their caregivers (parents, grandparents, relatives, caregivers, etc.). Come for a morning of play, creativity, exploration, community, connectedness, access to 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.



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



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



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

follow us /ladysmithPRC subscribe prc@ladysmith.ca

Youth Programs

General Interest

Red Cross Stay Safe! (9-13yrs)

Real-world scenarios often call on children to respond to challenges. The Stay Safe! program teaches applicable and age-appropriate skills, while increasing and reinforcing a youth's capacity to improve his or her own safety. Whether in their community or on their own, this group will be given better tools to Stay Safe! in a variety of different situations.

Prerequisite: Ages 9 yrs+ or completion of grade 3.
FJCC Meeting Room

Mondays, April 27

9:30am-4:30pm \$55/1 session **113400**

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: Ages 11 yrs+ or completion of grade 5.
FJCC Rec Room

Saturdays, June 13 & 20

9:00am-1:00pm \$70/2 sessions **113398**

Leaders in Training (12-16yrs)

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

FJCC Rec Room

Wednesdays, April 8 - May 13

3:15-4:45pm \$250/6 sessions **114476**

High Five: Principles of Healthy Child Development for Leaders (15yrs+)

This High Five training provides participants with a nationally recognized certification that will assist them in working with children's programs in sport, recreation and education. The focus is ensuring each child's social, emotional and cognitive needs are being met. This certification program helps leaders gain more confidence, knowledge, and tools when leading children's programs. Learn best practices for healthy childhood development, and how to create environments where children thrive.... AND earn a certificate too!

FJCC Rec Room

Wednesday, May 6

3:30-7:30pm \$95/1 session **113426**



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

Keep an eye on Instagram for event details! @ladysmithprc



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!

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

Designed for youth to engage in a variety of fun sports and games. Participants can enjoy gym sports like basketball, soccer, and dodgeball, as well as table games such as foosball and air hockey. Whether it's scoring a goal or mastering a new game, pre-teens will have a blast while making new friends and staying active.

FJCC Gymnasium/Rec Room

Wednesdays, April 15 - June 3 3:15-4:30pm

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, April 16 - June 4 2:45-4:15pm

Youth Zone (12-18yrs)

The YOUthZone 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, April 17 - June 5 6:00-8:00pm

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 MARCH 2 @ 7:00am

STEP 1

Visit www.reccowichan.ca and click **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

STEP 4

Click **REGISTER**

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

Adult Programs

General Interest

Wire Wrapped Rings & Crystal Pendant - Beginners (16yrs+)

In this workshop, participants will learn a variety of techniques for making wire wrapped jewelry, including several rings, crystal wrapping, pendant making, and chain-making. Each participant will make and take home 10 completed items. All supplies included.

Instructor: Alicia Meek

FJCC Program Room

Saturday, April 4

11:00am-2:00pm \$79/1 session **114415**

Herbal First Aid & Plant Walk: Spring Focus (16yrs+)

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.

Instructor: Alicia Meek

FJCC Program Room

Saturday, May 16

11:00am-2:00pm \$79/1 session **114396**

Intro to Wild Foraging (16yrs+)

This workshop is partially indoors and partially outdoors. Inside, 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. Each participant will also create their own foraged product to take home, putting your new skills into action.

Instructor: Alicia Meek

FJCC Program Room

Sunday, May 17

11:00am-2:00pm \$64/1 session **114410**



INFO / REGISTRATION **250.245.6424**

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prc@ladysmith.ca

Adult Programs

NEW

Health & Wellness

**Register for all 5 in the series and receive \$25 off total registration cost!*

Eye Care and Digital Detox (14yrs+)

Modern life places constant demands on our eyes and nervous system. In this workshop, learn traditional Ayurvedic eye care practices, gentle exercises, and daily habits that help reduce eye strain, dry eyes, calm the mind, and restore visual and mental clarity - especially helpful for those spending long hours on screens!

FJCC Program Room

Monday, April 13

2:00-4:00pm

\$30*/1 session

113541

Self-Massage: Hands and Feet (14yrs+)

Hands and feet are rich in nerve endings and play a powerful role in relaxation and circulation. This session teaches soothing Ayurvedic self-massage techniques that promote grounding, ease tension, and support restful sleep. Ideal for winding down at the end of the day.

FJCC Program Room

Monday, April 20

2:00-4:00pm

\$30*/1 session

113542

Self-Massage: Face, Scalp & Neck (14yrs+)

Relieve tension where we hold it most! Learn gentle self-massage techniques for the face, scalp, and neck that support relaxation, healthy skin, and mental calm. This workshop offers practical tools for stress relief and self-care that fit easily into a daily routine.

FJCC Program Room

Monday, April 27

2:00-4:00pm

\$30*/1 session

113543

Oral Care for Mental Clarity (14yrs+)

Ayurveda views oral care as an important foundation for overall health. Explore simple daily practices to care for your mouth, tongue and teeth that support digestion, immunity, and mental clarity, while promoting a fresh, clean feeling of greater awareness of mind-body connections!

FJCC Program Room

Monday, May 4

2:00-4:00pm

\$30*/1 session

113545

Organ Health & Emotional Balance (14yrs+)

This workshop introduces the Ayurvedic perspective on how physical organ health and emotional well-being are interconnected. Learn practical lifestyle and self-care approaches that support organ health, emotional resilience, and a deeper understanding of your body's signals!

FJCC Program Room

Monday, May 11

2:00-4:00pm

\$30*/1 session

113547

MEET YOUR INSTRUCTOR!

Sonja Zupanec is a certified Ayurvedic Panchakarma Technician (PKT) and Ayurveda Wellness Coach (AWC).



General Interest

NEW

Fresh Pasta Workshop (16yrs+)

Learn the basics of scratch-made pasta! Participants will make traditional pasta dough with and without eggs, and experiment with fresh green dough made from kale or spinach. Perfect for beginners and food lovers.

Aggie Hall

Saturday, May 30

11:00am-2:00pm

\$50/1 session

113437



Walking Better Using the Alexander Technique (AT)

Do you have aches and pains that prevent you from walking? Do you feel stiff, achy or strained or out of balance when walking? - Alexander Technique is a body-mind-method to develop more body awareness, release excess tension, and change habitual posture and movement. AT helps you find ease and balance in walking and put a spring in your step! Please come in comfortable clothes, and bring a few paperback books as a headrest.

FJCC Program Room

Thursday, June 4

3:30-5:30pm

\$25/1 session

114176

Sports & Activities

NEW

Women's Taekwondo and Self-Defense (16yrs+)

Our Taekwondo classes for women are the perfect opportunity to build strength and confidence in a supportive community! Master Moy, a 7th Dan Blackbelt, 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, April 8 - 29

5:15-6:00pm

\$60/4 sessions

113567

Wednesdays, May 6 - 27

5:15-6:00pm

\$60/4 sessions

113873

Dance

Modern Square Dance Series for Experienced and Newly Graduated Square Dancers (16yrs+)

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, April 7 - May 12

1:15-3:30pm

\$45/6 sessions

113431

\$10 drop-in (space permitting)



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, April 2 - June 11

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



Friends of Holland Creek

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.



UPCOMING SPRING EVENTS:

Community Bioblitz in Holland Creek

Friends of Holland Creek biologists and naturalists are excited to offer guided walks and wildlife identification as part of the 4-day Yellow Point Ecological Society 2026 Bioblitz. Bring the whole family and join us!

- April 25th, 10:00am-1:00pm
- Meet at Dogwood Dip Trail Head

Family Scavenger Hunt in Holland Creek

Have fun learning to identify common invasive plants which have escaped into Holland Creek. This is a self-guided event.

- April 24 - 27
- Start at the Mackie Road trailhead

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

Meadow & Shrubbery Care at Transfer Beach

First Monday of each month, 10:00am-12:00pm
Meet at the Kinsmen Shelter by the native plant beds

Invasive Species Removal at Holland Creek

Third Monday of each month, 10:00-12:00pm
Second Saturday of each month, 10:00am-12:00pm

First time volunteers are asked to join us at 9:30am on Saturdays for a **newcomer orientation**. 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.

Swimming Lessons

SWIMMING LESSON REGISTRATION

- There are **THREE** different sets of lessons with **TWO** different registration dates
- Registration for sets 2 and 3 will not open until lesson set 1 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
March 30 - April 23

Registration opens Monday, March 2nd @ 7:00am



LESSON SET #2
May 4 - 28

Registration for lesson sets 2 and 3 opens Monday, April 27th @ 7:00am



LESSON SET #3
June 1 - 25



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 March 30	Set #2 - starting May 4	Set #3 - starting June 1
Mondays/Wednesdays \$52.50/7 sessions 9:30-10:00am 112720 5:00-5:30pm 112724	Mondays/Wednesdays \$52.50/7 sessions 9:30-10:00am 112728 5:00-5:30pm 112729	Mondays/Wednesdays \$60/8 sessions 9:30-10:00am 112732 5:00-5:30pm 112733
Tuesdays/Thursdays \$60/8 sessions 4:00-4:30pm 112727	Tuesdays/Thursdays \$60/8 sessions 4:00-4:30pm 112730	Tuesdays/Thursdays \$60/8 sessions 4:00-4:30pm 112734

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 March 30	Set #2 - starting May 4	Set #3 - starting June 1
Mondays/Wednesdays \$52.50/7 sessions 9:30-10:00am 112735 5:00-5:30pm 112736	Mondays/Wednesdays \$52.50/7 sessions 9:30-10:00am 112740 5:00-5:30pm 112742	Mondays/Wednesdays \$60/8 sessions 9:30-10:00am 112744 5:00-5:30pm 112745
Tuesdays/Thursdays \$60/8 sessions 4:00-4:30pm 112737	Tuesdays/Thursdays \$60/8 sessions 4:00-4:30pm 112743	Tuesdays/Thursdays \$60/8 sessions 4:00-4:30pm 112746

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 March 30	Set #2 - starting May 4	Set #3 - starting June 1
Mondays/Wednesdays \$52.50/7 sessions 10:30-11:00am 112747 4:30-5:00pm 112748	Mondays/Wednesdays \$52.50/7 sessions 10:30-11:00am 112750 4:30-5:00pm 112751	Mondays/Wednesdays \$60/8 sessions 10:30-11:00am 112753 4:30-5:00pm 112754
Tuesdays/Thursdays \$60/8 sessions 4:30-5:00pm 112749	Tuesdays/Thursdays \$60/8 sessions 4:30-5:00pm 112752	Tuesdays/Thursdays \$60/8 sessions 4:30-5:00pm 112755

How do I know what swimming level my child is?

If your child has previously taken swimming lessons, please refer to your last report card as to what level your child should be registered into next. If you haven't taken lessons before, or can't find your old report card, please call reception at 250.245.6424 to set up a \$15 swim assessment with one of our wonderful swim instructors.

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

Are there any private swimming lessons available?

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

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

INFO / REGISTRATION **250.245.6424**

ladysmith.ca

Swimming Lessons

Preschool (for children 3-5 years)

Preschool 1 OCTOPUS**

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



PARENT PARTICIPATION REQUIRED

Set #1 - starting March 30	Set #2 - starting May 4	Set #3 - starting June 1
Mondays/Wednesdays \$52.50/7 sessions 10:30-11:30am 112758 4:30-5:00pm 112759	Mondays/Wednesdays \$52.50/7 sessions 10:30-11:00am 112761 4:30-5:00pm 112762	Mondays/Wednesdays \$60/8 sessions 10:30-11:00am 112766 4:30-5:00pm 112767
Tuesdays/Thursdays \$60/8 sessions 5:00-5:30pm 112760	Tuesdays/Thursdays \$60/8 sessions 5:00-5:30pm 112765	Tuesdays/Thursdays \$60/8 sessions 5:00-5:30pm 112769
Saturdays (once a week April 11 - June 13) 4:30-5:00pm 112771 5:30-6:00pm 112772 \$67.50/9 sessions		

Preschool 2 CRAB

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



Set #1 - starting March 30	Set #2 - starting May 4	Set #3 - starting June 1
Mondays/Wednesdays \$52.50/7 sessions 10:00-10:30am 112773 5:00-5:30pm 112775	Mondays/Wednesdays \$52.50/7 sessions 10:00-10:30am 112778 5:00-5:30pm 112783	Mondays/Wednesdays \$60/8 sessions 10:00-10:30am 112785 5:00-5:30pm 112786
Tuesdays/Thursdays \$60/8 sessions 5:00-5:30pm 112776	Tuesdays/Thursdays \$60/8 sessions 5:00-5:30pm 112784	Tuesdays/Thursdays \$60/8 sessions 5:00-5:30pm 112788
Saturdays (once a week April 11- June 13) 5:00-5:30pm 112777 \$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 March 30	Set #2 - starting May 4	Set #3 - starting June 1
Mondays/Wednesdays \$52.50/7 sessions 10:00-10:30am 112794 5:30-6:00pm 112795	Mondays/Wednesdays \$52.50/7 sessions 10:00-10:30am 112800 5:30-6:00pm 112801	Mondays/Wednesdays \$60/8 sessions 10:00-10:30am 112805 5:30-6:00pm 112806
Tuesdays/Thursdays \$60/8 sessions 6:00-6:30pm 112796	Tuesdays/Thursdays \$60/8 sessions 6:00-6:30pm 112802	Tuesdays/Thursdays \$60/8 sessions 6:00-6:30pm 112807
Saturdays (once a week April 11- June 13) 5:30-6:00pm 112798 \$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 March 30	Set #2 - starting May 4	Set #3 - starting June 1
Mondays/Wednesdays \$52.50/7 sessions 5:30-6:00pm 112810	Mondays/Wednesdays \$52.50/7 sessions 5:30-6:00pm 112813	Mondays/Wednesdays \$60/8 sessions 5:30-6:00pm 112818
Tuesdays/Thursdays \$60/8 sessions 5:30-6:00pm 112811	Tuesdays/Thursdays \$60/8 sessions 5:30-6:00pm 112815	Tuesdays/Thursdays \$60/8 sessions 5:30-6:00pm 112819
Saturdays (once a week April 11- June 13) 4:30-5:00pm 112812 \$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 March 30	Set #2 - starting May 4	Set #3 - starting June 1
Mondays/Wednesdays \$52.50/7 sessions 5:30-6:00pm 112821	Mondays/Wednesdays \$52.50/7 sessions 5:30-6:00pm 112910	Mondays/Wednesdays \$60/8 sessions 5:30-6:00pm 112835
Tuesdays/Thursdays \$60/8 sessions 5:30-6:00pm 112822	Tuesdays/Thursdays \$60/8 sessions 5:30-6:00pm 112912	Tuesdays/Thursdays \$60/8 sessions 5:30-6:00pm 112836
Saturdays (once a week April 11- June 13) 4:30-5:00pm 112823 \$67.50/9 sessions		



HOW TO REGISTER

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

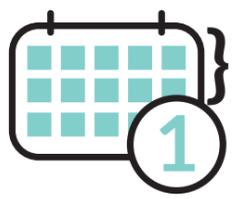
TELEPHONE: Call 250.245.6424. Please have course code ready for quick and accurate registration.

Set #1 - Registration begins Monday, March 2nd
Set #2 -
Set #3 - Registration begins Monday, April 27th

INFO / REGISTRATION 250.245.6424 | ladysmith.ca

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Swimming Lessons



LESSON SET #1
March 30 - April 23

Registration opens Monday, March 2nd @ 7:00am



LESSON SET #2
May 4 - 28

Registration for lesson sets 2 and 3 opens Monday, April 27th @ 7:00am



LESSON SET #3
June 1 - 25

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 March 30	Set #2 - starting May 4	Set #3 - starting June 1
Mondays/Wednesdays \$52.50/7 sessions 6:00-6:30pm 112825	Mondays/Wednesdays \$52.50/7 sessions 6:00-6:30pm 112833	Mondays/Wednesdays \$60/8 sessions 6:00-6:30pm 112839
Tuesdays/Thursdays \$60/8 sessions 3:30-4:00pm 112827 6:00-6:30pm 112828	Tuesdays/Thursdays \$60/8 sessions 3:30-4:00pm 112834 6:00-6:30pm 112837	Tuesdays/Thursdays \$60/8 sessions 3:30-4:00pm 112840 6:00-6:30pm 112871
Saturdays (once a week April 11- June 13) 4:30-5:00pm 112831 \$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 March 30	Set #2 - starting May 4	Set #3 - starting June 1
Mondays/Wednesdays \$52.50/7 sessions 5:30-6:00pm 112842	Mondays/Wednesdays \$52.50/7 sessions 5:30-6:00pm 112873	Mondays/Wednesdays \$60/8 sessions 5:30-6:00pm 112876
Tuesdays/Thursdays \$60/8 sessions 3:30-4:00pm 112868 5:30-6:00pm 112869	Tuesdays/Thursdays \$60/8 sessions 3:30-4:00pm 112874 5:30-6:00pm 112875	Tuesdays/Thursdays \$60/8 sessions 3:30-4:00pm 112877 5:30-6:00pm 112878
Saturdays (once a week April 11- June 13) 5:00-5:30pm 112870 \$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 March 30	Set #2 - starting May 4	Set #3 - starting June 1
Mondays/Wednesdays \$52.50/7 sessions 6:00-6:30pm 112879	Mondays/Wednesdays \$52.50/7 sessions 6:00-6:30pm 112883	Mondays/Wednesdays \$60/8 sessions 6:00-6:30pm 112886
Tuesdays/Thursdays \$60/8 sessions 3:30-4:00pm 112880 6:00-6:30pm 112881	Tuesdays/Thursdays \$60/8 sessions 3:30-4:00pm 112884 6:00-6:30pm 112885	Tuesdays/Thursdays \$60/8 sessions 3:30-4:00pm 112887 6:00-6:30pm 112888
Saturdays (once a week April 11- June 13) 5:30-6:00pm 112882 \$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 March 30	Set #2 - starting May 4	Set #3 - starting June 1
Mondays/Wednesdays \$52.50/7 sessions 6:00-6:30pm 112889	Mondays/Wednesdays \$52.50/7 sessions 6:00-6:30pm 112893	Mondays/Wednesdays \$60/8 sessions 6:00-6:30pm 112897
Tuesdays/Thursdays \$60/8 sessions 3:30-4:00pm 112890 5:30-6:00pm 112891	Tuesdays/Thursdays \$60/8 sessions 3:30-4:00pm 112894 5:30-6:00pm 112896	Tuesdays/Thursdays \$60/8 sessions 3:30-4:00pm 112898 5:30-6:00pm 112899
Saturdays (once a week April 11- June 13) 5:00-5:30pm 112892 \$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 March 30	Set #2 - starting May 4	Set #3 - starting June 1
Tuesdays/Thursdays \$68/8 sessions 3:15-4:00pm 112900	Tuesdays/Thursdays \$68/8 sessions 3:15-4:00pm 112902	Tuesdays/Thursdays \$68/8 sessions 3:15-4:00pm 112903
Saturdays (once a week April 11- June 13) 4:00-4:45pm 112901 \$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 March 30	Set #2 - starting May 4	Set #3 - starting June 1
Tuesdays/Thursdays \$68/8 sessions 3:15-4:00pm 112904	Tuesdays/Thursdays \$68/8 sessions 3:15-4:00pm 112907	Tuesdays/Thursdays \$68/8 sessions 3:15-4:00pm 112908
Saturdays (once a week April 11- June 13) 4:00-4:45pm 112905 \$76.50/9 sessions		

INFO / REGISTRATION **250.245.6424**

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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 April 17		
Fridays (once a week until June 19)		
5:30-6:30pm	112919	\$110/10 sessions

Swimmer 8 RANGER PATROL



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

Set #1 - starting April 17		
Fridays (once a week until June 19)		
5:30-6:30pm	112920	\$110/10 sessions

Swimmer 9 STAR PATROL



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

Set #1 - starting April 17		
Fridays (once a week until June 19)		
5:30-6:30pm	112921	\$110/10 sessions



Advanced Aquatics

Junior Lifeguard Club (8-13yrs)

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

FJCC Pool

Fridays, April 17 - June 19

5:30-6:30pm **\$110/10 sessions 112924**

Ladysmith Wave Makers (15yrs+)

Get ready to dive in and make some waves in this new pilot program. 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 your water bottle, goggles, and swim cap if you choose.

FJCC Pool

Thursdays, April 9 - June 11

6:30-7:30pm **\$120/10 sessions 113609**



Lifesaving Swim Instructor Course (15yrs+)

In the Lifesaving Society's Swim for Life Instructor/Course candidates will learn to teach all ages from infants to adults. Candidates are trained using a competency based model that walks them through teaching and evaluation philosophy and the techniques/approaches required to teach water rescue, first aid and related aquatic skills. Instructors also learn about long-term and short-term planning, class management and safety supervision.

Upon successful completion candidates will be certified to teach:

- Lifesaving Swim for Life Program
- Canadian Swim Patrol
- Junior Lifeguard Club
- Swim to Survive

100% Attendance and Participation is required to have successful completion of this course.

Pre-requisites: 15 years old by the last day of the course and Bronze Cross

FJCC Program Room/Pool

Fridays & Saturdays, April 10 - May 9

Fridays 4:00-7:00pm Saturdays 8:30am-3:30pm
\$375/10 sessions 113096

Mandatory Practicum to follow course

Lifesaving Swim Instructor Recert (15yrs+)

The Swim for Life Instructor Recert renews a candidate's Swim for Life Instructor award for 24 months. Candidates must successfully pass the course and complete a Swim for Life® skills assessment. Prerequisites: swim for Life Instructor (current within 5 years).

FJCC Program Room/Pool

Saturday, May 23

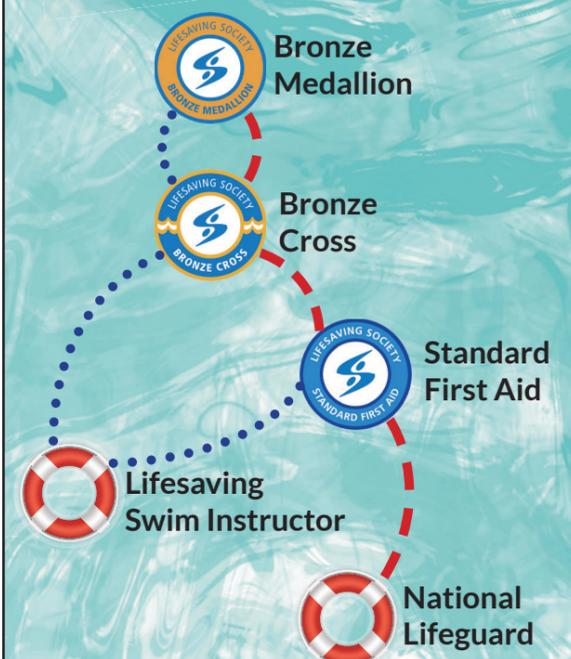
12:00-5:00pm **\$125/1 session 113104**

Become a LIFEGUARD & SWIM INSTRUCTOR!

WHY WORK IN AQUATICS?

- ✓ Learn lifesaving & leadership skills
- ✓ Get paid to stay active
- ✓ Flexible shifts that fit school schedules
- ✓ Make a difference in your community
- ✓ Pathway to long-term employment

STEPS TO GET HIRED



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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, 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

PRO D DAY
 EVERYONE WELCOME SWIM

Friday, April 24
 1:00-2:00pm
 Monday, April 27
 1:00-2:00pm
 General admission rates apply

DIVE-IN CINEMA

Join us in the pool to watch the movie
 How to Train Your Dragon (2025 Live Action)

Soggy popcorn
 NOT included.

Friday, May 22
 6:30-8:30pm
 Tickets \$5.25 **113406**

kick-off Summer POOL PARTY

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

Friday, June 26 6:30-8:30pm
 Tickets \$5.25 **113409**



LADYSMITH
 CELEBRATES

CANADA DAY

JULY 1, 2026
 TRANSFER BEACH PARK

Aquatic Schedule (effective March 29 - June 27)

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. With a variety of classes and times, there's something for everyone!

ALL SESSIONS BELOW ARE INCLUDED WITH A DROP-IN ADMISSION, PUNCH PASS OR MONTHLY PASS! See page 2 for more information on admissions.

THE POOL IS CLOSED TO PUBLIC DROP-IN EXCEPT DURING THE SCHEDULED PROGRAM TIMES LISTED 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	
Aqua HIIT 8:30-9:30am		Aqua HIIT 8:30-9:30am		Aqua HIIT 8:30-9:30am	Everyone Welcome Swim 1:30-3:30pm Hot Tub/Sauna available
Parent & Tot Swim 8:30-9:30am Hot Tub available		Parent & Tot Swim 8:30-9:30am Hot Tub available		Parent & Tot Swim 8:30-9:30am Hot Tub available	
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 Hot Tub available					
Noon Lengths / Parent & Tot / Therapy Swim 12:00-1:00pm Hot Tub/Sauna available	Noon Lengths / Parent & Tot / Therapy Swim 12:00-1:00pm Hot Tub/Sauna available	Noon Lengths / Parent & Tot / Therapy Swim 12:00-1:00pm Hot Tub/Sauna available	Noon Lengths / Parent & Tot / Therapy Swim 12:00-1:00pm Hot Tub/Sauna 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 6:30-8:00pm Hot Tub/Sauna available		Everyone Welcome Swim 6:30-8:00pm Hot Tub/Sauna available		Everyone Welcome Swim 6:30-8:00pm Hot Tub/Sauna available	

PLEASE NOTE: Children 7yrs+ can attend unaccompanied, children under 7yrs must be accompanied by an adult 19yrs+ (2 children/1 adult).
 Sauna is not available during aquatic fitness programs
 Pool is cleared 5 minutes BEFORE end time

Drop-In Aquatic 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!

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 HIIT

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

Monday / Wednesday / Friday 8:30-9:30am



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



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



Drop-In Aquatic Visits

Enjoy our wonderful pool during a drop-in aquatic visit. Drop-in when it's convenient for you!

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

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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
- 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

Drop-In Fitness & Sport Schedule (effective March 29 - June 27)

Be active on your own time with a schedule that works for you! Ladysmith Parks, Recreation & Culture offers a variety of drop-in sports and fitness programs, designed to keep everyone moving and having fun!

ALL SESSIONS BELOW ARE INCLUDED WITH A DROP-IN ADMISSION, PUNCH PASS OR MONTHLY PASS! See page 2 for more information on admissions.

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
Basketball 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
Everyone Welcome Badminton 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

Drop-In Sports Programs (13yrs+)

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

Drop-In Sports

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

Everyone Welcome Badminton

Mondays 7:15-8:45pm
Saturdays 8:30-10:30am

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 5:00-7:00pm



Pickleball

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

Beginner Pickleball

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

Intermediate Pickleball (self rated score of 2.75-3.75)

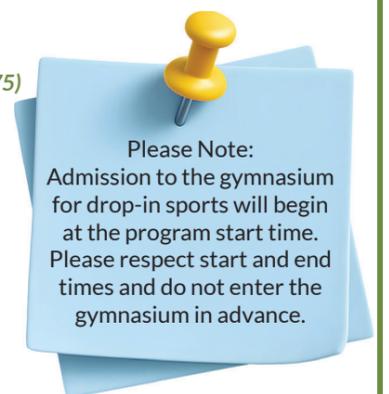
Tuesdays 8:00-10:30am
Fridays 11:00am-1:00pm

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



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.

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.



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

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

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



Cardio Circuit

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

FJCC Gymnasium

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



INFO / REGISTRATION 250.245.6424 | ladysmith.ca

follow us   /ladysmithPRC  subscribe  prc@ladysmith.ca

Registered Fitness Programs

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Rise & Ride 6:15-7:00am \$8.25 drop-in			
	Strength & Stability 9:00-10:00am \$8.25 drop-in		Strength & Stability 9:00-10:00am \$8.25 drop-in		Saturday Spin 9:15-10:00am \$8.25 drop-in
	Spin-Core-Stretch 10:30-11:30am \$8.25 drop-in	Strength & Stability LITE 10:30-11:30am \$8.25 drop-in	Gentle Hatha Yoga 10:30-11:30am \$15 drop-in		
	Gentle Fit 10:30-11:30am		Gentle Fit 10:30-11:30am		
Get Active 12:00-1:00pm \$8.25 drop-in	Gentle Hatha Yoga 11:45-12:45am \$15 drop-in				SUNDAY
	Chair Beat Boxing 4:00-5:00pm \$15 drop-in		Adult Cardio Hip-Hop 4:45-5:45pm \$12 drop-in		Strong on Sundays 9:30-10:30am \$8.25 drop-in
3 C's 6:00-7:00pm \$8.25 drop-in	Strength & Stability 6:00-7:00pm \$8.25 drop-in	Step & Strength 6:00-7:00pm \$8.25 drop-in	3 C's 6:00-7:00pm \$8.25 drop-in	Dance Vibes 5:30-6:30pm \$16 drop-in	Sunday Stretch Session 10:45-11:30am \$8.25 drop-in
		Kickboxing 6:00-7:00pm \$8.25 drop-in			
Gentle Hatha Yoga 7:30-8:30pm \$15 drop-in	Beat Boxing Fitness 7:30-8:30pm \$15 drop-in	Belly Dancing 7:30-8:30pm \$16 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

**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. Shaded classes are applicable. \$35 plus GST

5 class pass

Please note: the 5 class pass will no longer be available for purchase after May 31, 2026.

Yoga

Gentle Hatha Yoga (16yrs+)

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

FJCC Fitness Studio

- Mondays, April 13 - May 4**
7:30-8:30pm \$48/4 sessions **113596**
 - Tuesdays, April 7 - May 5**
11:45am-12:45pm \$60/5 sessions **113598**
 - Thursdays, April 2 - May 7**
10:30-11:30am \$72/6 sessions **113600**
7:30-8:30pm \$72/6 sessions **113603**
 - Mondays, May 11 - June 15**
7:30-8:30pm \$72/6 sessions **113597**
 - Tuesdays, May 12 - June 16**
11:45am-12:45pm \$72/6 sessions **113599**
 - Thursdays, May 14 - June 18**
10:30-11:30am \$72/6 sessions **113602**
7:30-8:30pm \$72/6 sessions **113604**
- \$15 drop-in (space permitting)



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, April 18**
10:30am-12:00pm \$16/1 session **114025**
- Saturday, May 2**
10:30am-12:00pm \$16/1 session **114026**
- Saturday, June 13**
10:30am-12:00pm \$16/1 session **114027**

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 bases with a hint of cardio.

FJCC Fitness Studio

Sundays, April 5 - May 3

9:30-10:30am \$36.25/5 sessions **113483**

Sundays, May 10 - June 21

9:30-10:30am \$50.75/7 sessions **113484**

\$8.25 drop-in (space permitting)



Sunday Stretch Session (16yrs+)

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

FJCC Fitness Studio

Sundays, April 5 - May 3

10:45-11:30am \$36.25/5 sessions **113481**

Sundays, May 10 - June 21

10:45-11:30am \$50.75/7 sessions **113482**

\$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.

FJCC Fitness Studio

Thursdays, April 9 - May 28

4:45-5:45pm \$80/8 sessions **113553**

\$12 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, April 1 - May 6

6:00-7:00pm \$43.50/6 sessions **113495**

Wednesdays, May 13 - June 17

6:00-7:00pm \$43.50/6 sessions **113496**

\$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, April 1 - May 6

10:30-11:30am \$43.50/6 sessions **113499**

Wednesdays, May 13 - June 17

10:30-11:30am \$43.50/6 sessions **113501**

\$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, April 1 - May 6

6:00-7:00pm \$43.50/6 sessions **113497**

Wednesdays, May 13 - June 17

6:00-7:00pm \$43.50/6 sessions **113498**

\$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

Tuesdays, April 7 - May 5

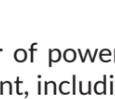
9:00-10:00am \$36.25/5 sessions **113471**

6:00-7:00pm \$36.25/5 sessions **113473**

Tuesdays, May 12 - June 16

9:00-10:00am \$43.50/6 sessions **113472**

6:00-7:00pm \$43.50/6 sessions **113474**



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.

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

Tuesdays, April 7 - May 5

10:30-11:30am \$36.25/5 sessions **113502**

Tuesdays, May 12 - June 16

10:30-11:30am \$43.50/6 sessions **113503**

Thursdays, April 2 - May 7

10:30-11:30am \$43.50/6 sessions **113493**

Thursdays, May 14 - June 18

10:30-11:30am \$43.50/6 sessions **113494**



Get Active (16yrs+)

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

FJCC Fitness Studio

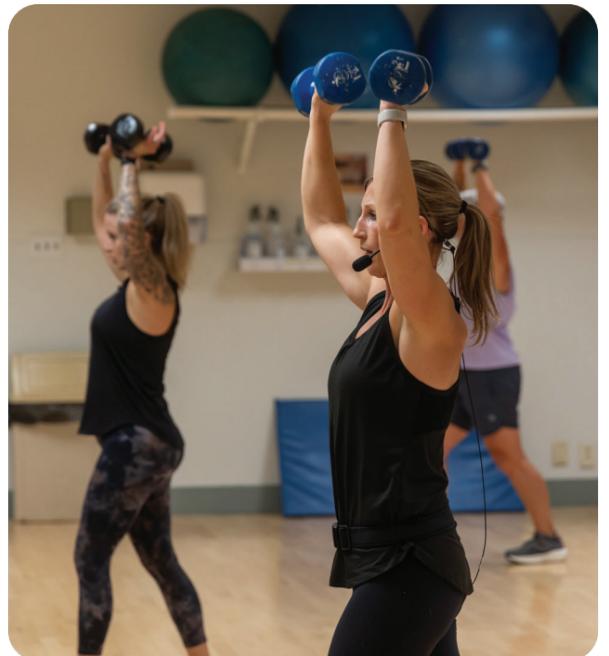
Mondays, April 13 - May 4

12:00-1:00pm \$29/4 sessions **113487**

Mondays, May 11 - June 15

12:00-1:00pm \$43.50/6 sessions **113488**

\$8.25 drop-in (space permitting)



Registered Fitness Programs

NEW

General Fitness

Check out these great **NEW** general fitness programs being offered this Spring. We are very excited to welcome these new instructors to our facility.

Belly Dancing (13yrs+)

A graceful blend of art and wellness, where flowing movements gently strengthen and stretch the body while awakening muscle awareness. Its low-impact rhythms invite mindfulness and ease, melting away stress and weaving a deeper connection between mind and body. Both exercise and self-expression, belly dance feels like a dance of the spirit as much as the body.

Instructor: Charmaine Lucier

FJCC Fitness Studio

Wednesdays, April 1 - May 20

7:30-8:30pm

\$120/8 sessions

113506

\$16 drop-in (space permitting)



Dance Vibes (16yrs+)

Experience DanceVibe, a high-energy fusion of global rhythms and strength training led by Connie. Each month explores a new style—from Bhangra and Flamenco to Salsa—combining easy-to-follow dance routines with targeted body conditioning. Come for the fun, stay for the energy, and leave stronger!

Instructor: Connie Crucil

FJCC Fitness Studio

Fridays, April 10 - May 8

5:30-6:30pm

\$60/5 sessions

113577

Fridays, May 15 - June 19

5:30-6:30pm

\$72/6 sessions

113579

\$16 drop-in (space permitting)



NEW

Minds in Motion®



A fitness and social program for people experiencing any form of early stage dementia. Clients must register and attend with a friend, family member or caregiver. A certified Fitness instructor will lead a fitness portion of the class; an Alzheimer Society facilitator supports the social time for the program. Registration fee is for the caregiver, persons living with dementia attend for free. Caregivers must be in attendance for all sessions.

FJCC Program Room

Wednesdays, May 13 - June 17

10:30am-12:00pm

\$60/6 sessions

115339



In partnership with the Alzheimer Society of BC and Yukon

Spin Classes

3 C's (16yrs+)

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

FJCC Fitness Studio

Mondays, April 13 - May 4

6:00-7:00pm

\$29/4 sessions

113489

Thursdays, April 2 - May 7

6:00-7:00pm

\$43.50/6 sessions

113491

Mondays, May 11 - June 15

6:00-7:00pm

\$36.25/5 sessions

113490

Thursdays, May 14 - June 18

6:00-7:00pm

\$43.50/6 sessions

113492

\$8.25 drop-in (space permitting)



Saturday Spin (16yrs+)

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

FJCC Fitness Studio

Saturdays, April 4 - May 9

9:15-10:00am

\$43.50/6 sessions

113479

Saturdays, May 16 - June 20

9:15-10:00am

\$43.50/6 sessions

113480

\$8.25 drop-in (space permitting)



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, April 7 - May 5

10:30-11:30am

\$36.25/5 sessions

113504

Tuesdays, May 12 - June 16

10:30-11:30am

\$43.50/6 sessions

113505

\$8.25 drop-in (space permitting)



Rise & Ride (16yrs+)

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

FJCC Fitness Studio

Wednesdays, April 1 - May 6

6:15-7:00am

\$43.50/6 sessions

113469

Wednesdays, May 13 - June 17

6:15-7:00am

\$43.50/6 sessions

113470

\$8.25 drop-in (space permitting)



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



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 MARCH 2 @ 7:00am

STEP 1

Visit www.reccowichan.ca and click **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

STEP 4

Click **REGISTER**

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

INFO / REGISTRATION 250.245.6424

ladysmith.ca