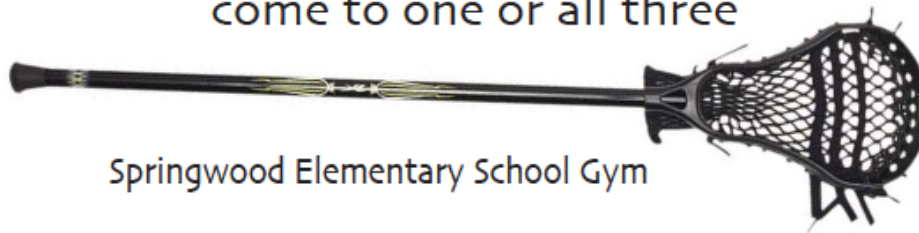


COMMUNITY NEWS



January 24, 2020

New and Returning Players
join us for
Drop-in Box Lacrosse
Free Try-it Sessions
come to one or all three



Springwood Elementary School Gym

Tuesdays, Jan 28 Intro to Lacrosse,
Feb 4 & Feb 11 Skills & Drills plus Feb 11 pizza will be served.
Mini Tyke/Tyke, ages 5-8 years: 6-6:45pm
Novice, ages 9-10 yrs: 6:45-7:30 pm

Mondays, 6-7:30 pm,
Jan 27 (sports conditioning), **Feb 3 & 10** (Skills & Drills)
Peewee and older divisions. 11-16 yrs

Bring a helmet with face mask, gloves and stick. Loaner sticks available.
Waiver required.



Contact Oceanside Minor Lacrosse
www.oceansidelacrosse.com

Follow us on Facebook
Oceanside Lacrosse Association

DROP-IN SWIMS and SKATES and UPCOMING EVENTS

View drop-in schedule online for all drop-in swims and skates and event details.

BC Provincial Family Day Free Swim & Skate

Ravensong Aquatic Centre
Mo Feb 17 10:00am-2:00pm swim
(Max 160 people)

Oceanside Place Arena
Mo Feb 17 1:00-4:00pm skate

Free admission and skate rentals.

We gratefully acknowledge the financial support of the Province of British Columbia and the Government of Canada and CUPE Local 401.

School's Out Everyone Welcome Skate

Oceanside Place Arena
Mo Feb 24 1:30-3:00pm
Reduced rate admission

Disco Light Skate for all ages

Catch dance fever under the disco lights
Oceanside Place Arena
Sa Feb 29 7:30-9:00pm
Sa Mar 14 7:30-9:00pm
Regular admission

Dad's Night Out: Free Skate Night

A free skate night on the pond at Oceanside Place Arena for dads and their kids to enjoy, courtesy of Building Learning Together.
Oceanside Place Arena
Tu Mar 3 6:45-7:45pm
Free admission and skate rentals

Water to Earth Month Everyone Welcome Swim

Ravensong Aquatic Centre
Tu Mar 24 1:30-4:00pm
Regular admission

Spring Break Swims and Skates

Mar 14-29
View times rdn.bc.ca/recreation



PLAY Oceanside is hosting the first Spring into Spring Break Week PLAY Passport. PLAY passports will be delivered to students before spring break starts and available online. You will have two weeks to complete activities and enter for a chance to win prizes. Stay tuned for details.

Spring Summer Active Living Guide

will be online Thursday, February 27

Create your wish list and be ready to register on Monday March 9



RDN RECREATION AND PARKS

Spring 2020

Spring Break Camps, programs and events



Register at rdn.bc.ca/recreation

Ravensong Aquatic Centre
737 Jones St, Qualicum Beach
250-752-0111

Oceanside Place Arena
830 W Island Hwy, Nanaimo
250-246-3252

Find us on





Presents:

A guided discussion centered on Canadian Human Rights; soliciting advocacy and local resource development presented at the Parksville Community Conference Centre.

Feb 8 - "The Right to Food" with Graham Riches
Mar 14 - "The Right to Shelter" with Renate Sutherland



Saturdays Feb 8 and Mar 14 from 1:30-3:30 pm

Tickets \$5.00 at the door

QF Gift Cards or Cash donations
collected for Orca Place Food Program

18th Annual Qualicum Beach Seedy Saturday (2020)

Theme: "Seeding the Future"

When: Saturday, February 1, 2020 10:00 a.m. - 3:30 p.m.

Seedy Saturday Events, Activities & Speakers

Where: Qualicum Beach Civic Centre, 747 Jones St, Qualicum Beach, BC

Seed Swap: Lions Room. Speakers: Windsor Room

Speakers: 10:30 a.m. - 11:30 a.m. Chris (Farmer) Brown

Topic: 'Local Food Solves Global Problems'

1:00 p.m. - 2:00 p.m. Joyce McMenamon

Topic: 'Backyard Composting'

Other Activities: 70+ participants, Seed Swap, Master Gardeners, Seedy Cafe, Milner Garden's 'Shoots with Roots' children's program, Door Prizes & Raffle

Raffle Prizes: (BC Gaming License # 122496)

*** Only 1000 Tickets at \$2.00 each ***

1st: Original Oil by Margery Blom valued at \$250

2nd: Glass Art Piece by Ted Jolda valued at \$200

3rd: Quality Foods Gift Certificate valued at \$200

4th: Dolly's Home Hardware Herb Planter valued at \$139.99

5th: Lee Valley Gift Certificate valued at \$100

Cost: Admission by Donation

Other: Town of Qualicum Beach truck in parking lot to collect pesticides and herbicides

Contact: Murray Chantler, Publicity Coordinator 250 248-7712

Email: publicity@qbseedysaturday.ca

Website: www.qbseedysaturday.ca



SMITH PERFORMANCE BASKETBALL

Elevate your game

Smith Performance basketball is a youth skills and player development group located on Vancouver Island

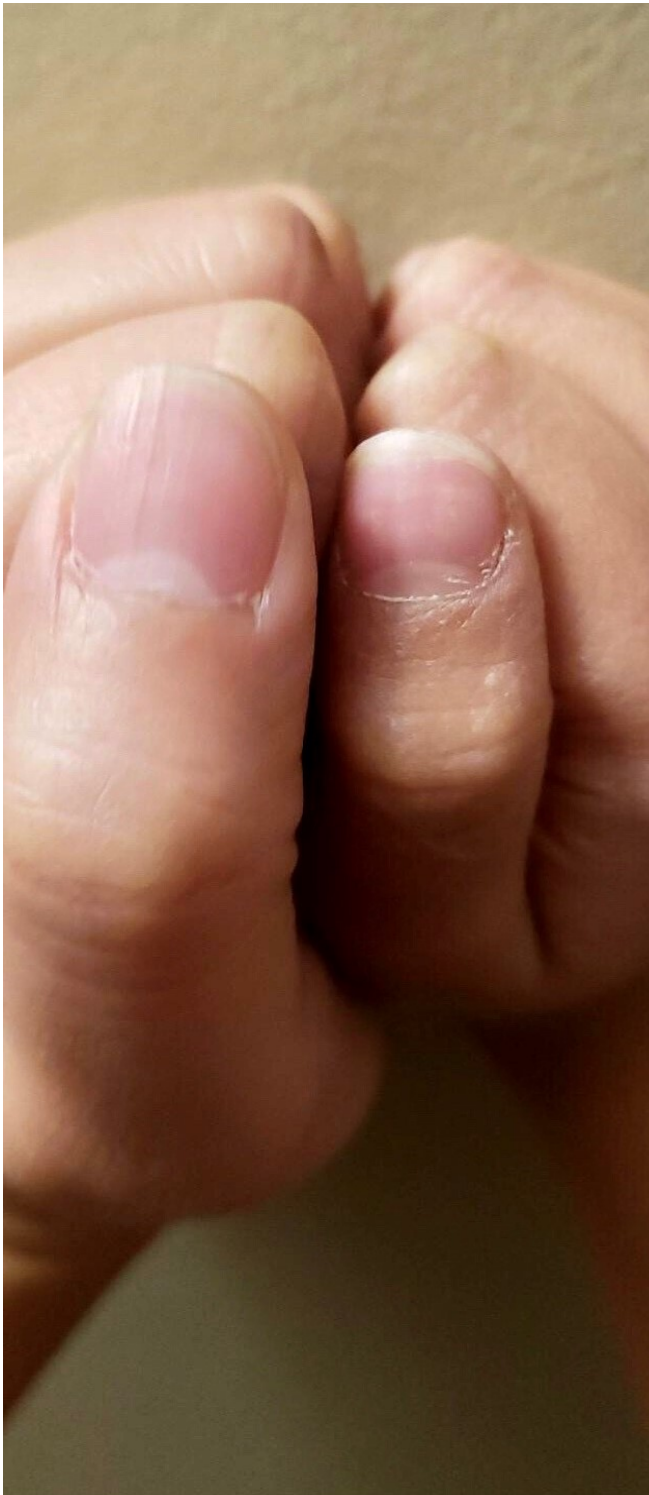
- +Individual Player Development
- +Group Training
- +Team/Coach Training and Support

8 week sessions for all ages from
5yrs to 18yrs.

Monday Ages 5-6 5:30pm-6:30pm Oceanside	Tuesday Ages 9-12 6:30pm-8:00pm Nanoose Bay	Wednesdays Ages 7-8 5:00pm-6:00pm Arrowview	Wednesday Ages 9-12 6:30pm-8:00pm Arrowview	Thursday Ages 15-18 6:00pm-8:00pm Nanoose Bay	Friday Ages 13-14 6:00pm-8:00pm Nanoose Bay
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Spaces are limited. Check website for more information.
Sign up now.

www.smithperformancebasketball.com



The Art of Parenting

Wednesdays (6 sessions)

January 15, 22, 29,

February 5, 19, 26

5-7 pm @ Munchkinland Parksville

494B Bay Ave Parksville

Safe and supportive group to learn about “cultivating courage, curiosity, and resilience” in children

**Based on Daniel Siegel 's
“The Yes Brain”
(light meal included)**

This is an opportunity to engage in art making, writing and group discussion in response to learning about your child's developing brain

Participants must pre-register and and participation in the first session in the series is required.

Registration fee is \$10 and includes a copy of "The Yes Brain"

Facilitators:

Heidi Abbott, Art Therapy Intern

Kutenai Art Therapy Institute

Judi Malcolm, Early Childhood Educator



PacificCARE

For more information or to pre-register

WWW.OBLT.CA

250-947-8252



PARKSVILLE THUNDER VOLLEYBALL CLUB

Presents:

“Train & Play” Girls Volleyball

WHO: Grades 5 - 7 Girls (born in 2007 to 2009);

WHEN: January 17 to March 6, 2020 (FRIDAYS) @ 6:45 pm to 8:00 pm;

WHERE: Springwood Elementary School, 450 Despard Ave., Parksville;

WHAT: This 8 week “Train and Play” program will help athletes acquire the basic skills for volleyball. It is essential for this age group to develop proper skills to better prepare them for school and Club volleyball in upcoming years;

COST: Register by December 20th (last day of school before holiday break) and pay \$60.00 per athlete. After this date, the fee goes up to \$70.00 each. Each athlete will receive a PVC Thunder warmup shirt. All athletes will be registered with Volleyball BC;

TO REGISTER: Email Rod Pick at rodpick@hotmail.com for further instructions and payment information to confirm your child's enrolment.

*******NOTE: REGISTER EARLY AS THERE WILL
LIMITED SPACE AVAILABLE FOR THIS PROGRAM.**



FREE SKATE LESSONS FOR YOUTH 13-18

Learn to stop without using the boards.

Mondays, 4:00-5:00pm

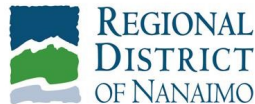
Sep 30-Oct 28

Nov 4-Dec 2

Jan 13-Feb 3

Feb 10-Mar 9

FREE with pre-registration.
Space is limited.



Register at rdn.bc.ca/recreation

Ravensong Aquatic Centre
737 Jones St, Qualicum Beach
250-752-5014

Oceanside Place Arena
830 W Island Hwy, Parksville
250-248-3252

Find us on



11-14yrs

BABYSITTERS CERTIFICATION

Get trained. Get hired.

Courses offered:

Nov 3, Dec 1, Jan 18,

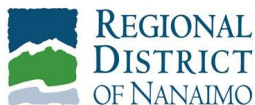
Feb 23, Mar 8

Sundays

9:00 am-4:00 pm

Qualicum Commons

\$49 Fee includes manual



Register at rdn.bc.ca/recreation

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