

Spring 2018

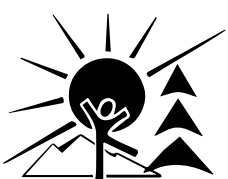
Leisure Guide

April - June



*Registration starts
February 13!*

*Spring Break
Programming!*



Echo Centre 250-723-2181 | Echo Aquatic and Fitness Centre 250-720-2514
Alberni Valley Multiplex 250-720-2518 | Alberni Valley Museum 250-720-2863
4255 Wallace Street, Port Alberni, BC V9Y 3Y6

   #playinpa



children & youth programs

Musical Kids 2-5 years Echo Centre

In this program children are introduced to rhythm and note reading, melody, dynamics and more as they sing, move, play rhythm and instruments. Explore the piano, participate in listening activities and have loads of fun!

Instructor: Dorianne Miller

Thu Apr 5-Jun 7 9-9:45 am \$60/10

Music Makers 1-4 years Echo Centre

Enrich your child's life with music! Join Dorianne for this very popular introduction to music program and enjoy 45 minutes of singing, rhythm, activities, movement, musical games and instruments. A warm and happy musical exploration!

Mon Apr 5-Jun 7 10-10:45 am \$60/10

I Can Dance 3-6 years Gyro Youth Centre

If you love to dance, this program is for you! During "I Can Dance" young dancers will be introduced to creative dance and ballet basics using lots of fun, music, stories, crafts and imagination. Includes a mini recital for families and friends on the last day of camp!

Fri Apr 6-May 25 3-4 pm \$48/8

Dance Moves 6-9 years Gyro Youth Centre

A fun filled Friday afternoon includes music, dance, arts, crafts, and other activities. "Dance Moves" will introduce dancers to basic ballet, jazz and modern dance techniques. Children will learn basic steps, movement across the floor and a short dance combination. Family and friends are invited to watch a simple dance recital on the last day!

Fri Apr 6-May 25 4:15-5:15 pm \$48/8

Let's Be Pretzels Yoga 5-9 years Echo Centre

Stand tall like a tree, be strong like the mountains, and fly like an eagle! With your imagination, anything is possible! Children learn basic yoga moves, develop positive character traits, build self-confidence and explore nature through storytelling, songs, games and crafts.

Fri Apr 6-Jun 1 3:30-4:30 pm \$48/8
(no class May 4 - Heritage Weekend)



Mother's Day Gift Surprise 7-12 years Echo Centre

Show your mom that she's the best! Join us for this creative, engaging program where children create their own gift for their mother, for Mother's Day.

Thu May 9 6-8 pm \$26/1



Paint the Night Away 12-17 years Gyro Youth Centre

Have you ever wanted to attend a paint night? We have one just for you. Enjoy a fun filled night out with your friends and take home your beautiful painting. Light refreshments and supplies are included. *Instructor: Marinka Kurucz*

Mon Jun 4 6-8 pm \$15/1

Home Alone 9-13 years Alberni Valley Museum

Does your child spend time alone at home for brief periods? This class will provide them with general house safety, fire safety, how to deal with emergency phone calls, how to deal with strangers, personal safety and fun snack ideas.

Instructor: Cathy Bagley

Sat May 12 1-4 pm \$30/1

Girl Ventures 11-17 years Gyro Youth Centre

Girl Ventures! Starring super girls and amazing leaders! Have tons of fun each week taking part in super cool, fun activities such as rollerblading, bath bomb making, arts, crafts, active games and more! You will also learn some important stuff about healthy eating as you cook up lots of different healthy snacks, gain leadership skills and make new friends! *Instructor: Marinka Kurucz*

Mon Apr 23-May 14 6-8 pm \$40/4



Girls Night Out - Spa Night! 12-18 years Echo Centre

Bring your friends to a Girls Night Out - Spa Night! From face masks, manicures, pedicures and even a deep conditioning hair treatment, this night will have it all. Finish off the day with a hot tub, sauna and swim at Echo Pool. *Instructor: Jessica Gilchrist*

Sat May 12 5:30-8 pm \$20/1

Adaptive Ball Hockey 13+ Glenwood Centre

This program will provide teens and adults with cognitive or physical challenges the skills required to play the game of hockey. We will be able to assist those people who need access to gear. For more information contact Erik Waldriff at 250-735-2987. *Instructor: Erik Waldriff*

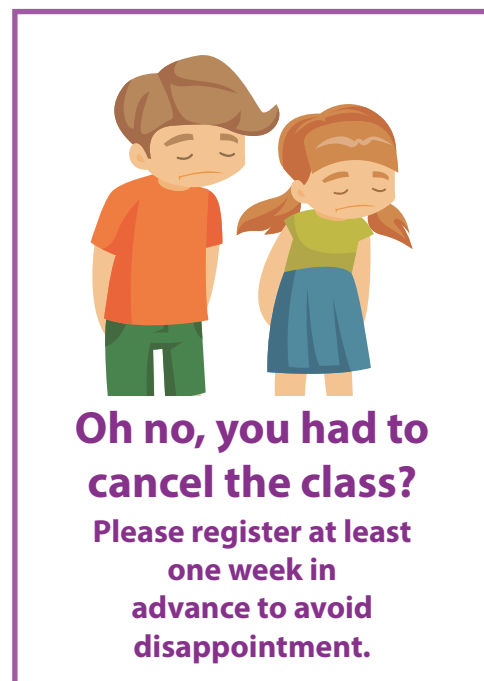
Fri Apr 20-May 25 2:45-3:45 pm \$30/6



Babysitting Course 11-14 years Echo Centre

This Red Cross Babysitting Course is designed to help prepare students in becoming responsible babysitters. Course includes safety considerations, child behaviour, childcare, as well as an introduction to games, songs and other activities for children. A Red Cross Babysitter's certificate is awarded to those who successfully complete the course.

Thu May 16, 23, 30 5:30-8:30 pm \$45/3
(last session 5:30-7:30 pm)



Program fees stated within the 2018 Spring Leisure Guide reflect City Resident discounted rates. Non City Residents may pay higher fees.

children & youth programs

Romper Room and Wave Pool 11-17 years Meet at Echo Centre

Join us for 2 hours of fun climbing the walls and learning some basic climbing skills from the trained staff at the Romper Room in Nanaimo. Bring along a bagged lunch, bathing suit and towel and then it's off to the Nanaimo Wave pool for a couple hours of fun before heading back home.

Instructor: Jessica Gilchrist

Sat Apr 21 8:30 am-4 pm \$50/1
Sat Jun 16 8:30 am-4 pm \$50/1

Airhouse Nanaimo and Wave Pool 13-17 years Meet at Echo Centre

Have you heard of the Airhouse in Nanaimo? This cool new trampoline facility is a must see! Join us for some active airtime at Airhouse Nanaimo. Make sure you bring along a bagged lunch, bathing suit and towel because it's then off to the Nanaimo Wave pool for a couple hours of fun before heading back home. *Instructor: Jessica Gilchrist*

Sat May 26 8:30 am-4 pm \$50/1

Teen Yoga 12-17 years Echo Centre

A class designed just for youth to introduce the foundations of a yoga practice focusing on creating strong bodies and minds to face stressful situations and outside pressure. Each session will highlight themes such as personal wellness, community involvement, positive self-image, calming techniques, and mindfulness. All levels of experience are welcome. *Instructor: Christina Brack, Inner Stillness Yoga*

Thu Apr 12-May 24 3:30-4:30 pm \$42/7

Port Alberni Minor Basketball Assoc (PAMBA) ADSS Armada Gym

This basketball program is designed to develop fundamental skills, sportsmanship and the love of the game of basketball. This 8-week program will provide plenty on court time with a focus on participation, development and fun. Ball and jersey are provided! *Instructor: Port Alberni Minor Basketball Association*

Mon/Wed Apr 4-May 30 \$90 incl. ball & jersey
(no class May 21)
Grades 3 - 5 5:30-6:30 pm
Grades 6 - 8 6:45-7:45 pm

Mini Master Chef 7-12 years Echo Centre

Do you like to help out in the kitchen? Become a master chef! Cook with confidence! Mini master chefs will be introduced to a variety of simple, healthy, easy to prepare meal options that are great for after school snacks, or impressing your friends! Join us for this very popular cooking program!

Thu Apr 26, May 3, 10 6-8 pm \$45/3

Baker's Dozen 7-12 years Echo Centre

Do you want to bake like the pros? Learn to create your own home made treats for birthdays, Halloween, or Christmas and other special occasions. Learn to bake and decorate a variety of treats for all occasions during this three session baking program.

Tue May 22, 29, Jun 5 6-8 pm \$45/3

Top Chef Teens 11-17 years Gyro Youth Centre

Travel the globe of cuisines and learn some great dishes from around the world! Learn the basics of preparation and execution on creating these awesome dishes. Classes will also cover menu planning and basic nutrition. *Instructor: Jessica Gilchrist*

Tue/Thu Mar 20, 22, 27, 29 6-8 pm \$40/4
Fri Apr 6-27 6-8 pm \$40/4
Fri May 25-Jun 15 6-8 pm \$40/4



at the Pool

For children 12 years and under
Host * Games * Cake * Pop/Juice * Fun!
12:30 - 2:00 pm
Saturdays or Sundays
4:00 - 5:30 pm Saturdays only

One Play Leader/Lifeguard will come early to set up for your party. Your games leader will then organize and lead one and one half (1½) hours of games and activities on deck and in the pool. After your party, the play leader stays to tidy up. An 8"x12" personalized birthday cake with candles and a beverage is included in the rental fee. Parents are welcome to bring other food and party favours (usually not necessary). Up to 14 participants can enjoy the adjacent public swim session FREE!
\$160.00 including GST. Please call 250-720-2514 or come in to the Aquatic Centre to book your birthday party.

celebrate with us!



at the Multiplex

For children 12 years and under
Saturdays, 1:30 - 3:30 pm

Each party includes: admission, birthday cake, small beverage and skate rental (if necessary). Enjoy an hour and a half (1½) of ice skating and then move up to our upstairs viewing area to cut the cake and open the gifts for the remainder of the session. Make your Birthday Party bookings early as only a limited number of party spaces are available.
Cost: \$8.50 per child (min. charge \$85).
Call us for reservations at 250-720-2518.

at Glenwood

Glenwood is a super location for a child's birthday party. The facility has plenty of space for a wide range of activities including floorhockey, indoor soccer and rollerblading. Call 250-723-2181 for more information.

at Gyro

Suitable for children of all ages. Foosball, park outside, kitchen facilities.
Call 250-723-2181 for more information.



at the Museum

Come Celebrate with Us!

Special themed birthday parties are available on Saturdays at the museum. Four themes to choose from: Dinosaurs, Victorian Tea Party, Old Time Games, and Archaeology. Times are 10:00 am or 1:00 pm. Birthday parties include program of activities, crafts and games, cake and juice. Each party is two hours. Cost is \$110.00 per party of up to 12 children.

A Night at the Museum Sleepover

Spend the night at the museum and enjoy a program of activities, crafts, games, movie and a flashlight tour of the museum before settling down in your sleeping bag for the night! A perfect overnight program for youth and children's groups. A wonderful way to celebrate a special birthday or just get a group together and enjoy the museum. We can theme the evening to a variety of themes and can work with you if your group is studying for a badge or certificate. Sleepovers include program, activities, snacks, crafts, movie, breakfast and a swim session. Available Saturdays at 6:00 pm to Sunday noon. Minimum of 12, to a maximum of 40 participants. Cost \$35.00 per person.

Murder at the Museum

Yes it's murder at the museum and you and your friends are suspects! Our costumed Murder Mystery Parties include everything for a fun evening of suspense including an appetizer buffet, beverages, invitations, programmed murder mystery and museum staff to lead you through five scenes to the final conclusion where you find out "Who Done It". Suitable for adults and older teens. Minimum of 8 guests up to 12. Cost \$250.00 per party.

adult programs

Adult Fitness Classes - 16+ unless otherwise noted

Fit Beginnings

A twice a week gentle fitness program for those who have been sedentary for a long time. Participants, who may have health concerns such as overweight, diabetes, hypertension or other chronic conditions and who find it difficult to be physically active and fit into other exercise classes, are invited to join. This program, offers a supportive environment, lots of group support and exercises modified to meet the participant's need. *Instructor: Ester Haack*
Tue & Thu Mar 27-May 31 12:15-1:15 pm \$85.50
(no class May 3)

Fit Beginnings II

Need more of a challenge? Try Fit Beginnings II. This program is still considered a gentle fitness program but is slightly more challenging than Fit Beginnings. Participants in this program will use exercise bands and weights to improve muscle strength and flexibility. Participants will receive group and individual support from the instructor. Exercise equipment will vary depending on each individual's ability and the instructor will help to modify exercises to fit their needs and maximize the benefits for each individual. This program offers a very supportive environment and offers a great opportunity to improve your physical health. It is not necessary to have done Fit Beginnings to register in this program. *Instructor: Ester Haack*
Tue & Thu Mar 27-May 31 1:30-2:30 pm \$85.50
(no class May 3)

Chair Fit Exercise Program

Much of this low impact program will be done sitting in chairs, with some standing and walking around the room. Exercise bands and light weights will be utilized to improve muscle strength, flexibility and range of motion. Suitable for those with physical limitations and mobility issues. *Instructor: Ester Haack.*
Wed ongoing until May 30 1-2 pm
\$32/7 session punch pass

Introduction to Nordic Walking Program

Nordic Walking originated in Finland as a fitness walking exercise that involves a total body activity with specialty designed poles. Nordic Walking promotes balance, flexibility and stability while walking and results in increased endurance and strength. Evidence shows that Nordic Walking provides a better total fitness result than regular walking as the workout engages arm, upper body and back muscles. It provides great resistance training, increases cardiac fitness and burns more calories. This program offers participants an introduction to Nordic Walking. It will provide an individualized approach to customizing and fitting your poles, provide lessons in proper walking techniques and knowledge about best practices. This program is designed to provide you with all you need to know to get you started and on your way. Join us and take walking to the next level! Poles will be provided if needed. *Instructor: Ester Haack*
Wed May 23 & 30 11:30-12:30 pm \$20/2



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Strong by Zumba Echo Centre

Strong by Zumba is an exciting new class that combines body weight, muscle conditioning, cardio, plyometric and explosive moves such as high knees and burpees intermingled with isometric moves like lunges, squats and kickboxing. Developed by internationally recognized fitness professionals, this program has been carefully choreographed so that music propels your every movement. The result is a highly motivating and fun class that will challenge your muscles and cardio system, pushing you to a new level of fitness! Designed for both men and women, this program provides a high energy, maximum demand workout that will allow you to take your fitness to the next level. Check out this link to see what Strong by Zumba is all about: <https://www.youtube.com/watch?v=v9aQWKt934c>
Instructor: Anne Cappus.

Set I			
Mon	Feb 26-Mar 26	6:30-7:30 pm	\$30/5
Set II			
Mon	Apr 16-May 14	6:30-7:30 pm	\$30/5

Zumba Evenings Echo Centre

Zumba is the most fun fitness class you will ever try! This class is non-judgmental, easy to follow and no previous dance experience is necessary. Zumba combines multiple dance styles using Latin and world rhythms with cardio, muscle conditioning, balance and flexibility moves for a super fun, amazing and effective workout that will torch those calories! Zumba is for everyone and is suitable for all fitness levels. *Instructor: Anne Cappus.*

Set I			
Thu	Mar 1-Apr 5	5:15-6:15 pm	\$36/6
Set II			
Thu	Apr 19-May 17	5:15-6:15 pm	\$24/4

(no class May 3)

Chair Yoga Gyro Centre

Chair Yoga modifies traditional Yoga postures into a safe, gentle and gradual system that does not require great limberness or stamina. It is a holistic program that consists of bends, lifts and twists performed with specific breathing exercises. It incorporates step-by-step relaxation and meditation techniques that help release tension throughout the body, improve concentration, increase circulation to the heart and elevate moods. Yoga exercises work on every part of the body, stretching and toning muscles, joints, the spine and the entire skeletal system as well as lands and nerves, helping to keep all systems in optimum health. Chair Yoga is done seated or standing while using the chair for support. Enjoy the benefits of exercise without it being strenuous or painful. Chair Yoga is achievable for everyone, whatever your physical condition. It will help you to regain and maintain your health, well-being, independence and will most certainly improve your quality of life. *Instructor: Jane Thompson*

Set I			
Mon	Feb 26-Mar 26	1-2 pm	\$40/5
Set II			
Mon	Apr 9-May 14	1-2 pm	\$48/6

Total Body Conditioning Echo Centre

Sign up for this full body workout!! Take your fitness level to your own personal best. Build up your strength and target key areas such as glutes and abs through this total body conditioning program! Get in shape, challenge yourself to a new fitness level and have fun doing it. This class is offered twice per week to ensure you keep your energy up throughout the week. *Instructor: Nomi Samson*

Tue & Thu	ongoing	4-5 pm	\$45/10
			\$5 drop-in



Morning Kickstart Echo Centre

Kickstart your day! Join Nomi every Monday, Wednesday and/or Friday for a great whole body workout and start your day right! Healthy beginners and first timers are always welcome. There are a variety of choices, modifications and adaptations to each exercise to accommodate every fitness level. *Instructor: Nomi Samson.*
M W F ongoing 9-10 am \$45/10
(No class Mar 30, Apr 2, May 4, May 21)
\$5 drop-in

Complete Cardio, Core & Stretch * For Women Only Gyro Centre

Join this fusion fitness class and energize your morning! Bellyfit classes offer much more than just a workout. Intelligently designed for women to offer a full body you need, the mental calm you deserve and the connectedness you crave. Each class is a fusion of three main movement practices - Fitness, Dance and Yoga. It incorporates cardio, core components, music and dance and focuses on posture, balance, toning, stretch and strengthening. Expect to sweat, sculpt, tone and tighten! Take the time for yourself that you deserve and join us in this amazing body, mind and spirit program. *Instructor: Christina Brack*

Set I			
Tue	Feb 27-Apr 3	10:15-11:15 am	\$42/6
Set II			
Tue	Apr 10-May 15	10:15-11:15 am	\$42/6

Mom and Baby Fitness Echo Centre

Come check out this fitness class designed just for new moms *with* their babies or young children (up to 3 years old)! Share in quality time with your baby as you tighten and tone, strengthen those much needed core muscles, burn calories and improve your endurance! (Babies should be pre-crawling and moms at least 6 weeks post-partum with approval from doctor). *Instructor: Nomi Samson*

Set I			
Wed & Fri	Mar 7-Apr 20	10:15-11:15 am	\$65/13
			<i>(no class Mar 30)</i>
Set II			
Wed & Fri	May 23-Jun 22	10:15-11:15 am	\$50/10



Echo Yoga Classes with Pip

For all Yoga classes, please bring a blanket and be prepared to work in bare feet. *Instructor: Pip Van Nispen*

Supportive Yoga Echo Centre

Supportive yoga designed to build strength, flexibility and stamina for beginners or ongoing yoga practitioners who experience physical limitations and need more options in their practice.

Set I			
Mon	Mar 5-Apr 23	11-12:30 pm	\$49/7
			<i>(no class Apr 2)</i>
Set II			
Mon	Apr 30-Jun 18	11-12:30 pm	\$49/7
			<i>(no class May 21)</i>

Yoga - Ongoing Echo Centre

This program is suitable for ongoing experienced yoga practitioners who wish to develop a deeper awareness in their asana practice including inversions.

Set I			
Tue	Mar 6-Apr 24	5:30-7 pm	\$56/8
Set II			
Tue	May 1-Jun 19	5:30-7 pm	\$56/8

Boot Camps with Scott Beckett

Boot Camps are a tried and true workout that provides the results you are looking for! Scott's programs incorporate circuit training and uses a variety of equipment such as exercise balls, bosus, resistance tubing, weights, steps and your own body weight. Scott modifies exercises to accommodate all abilities and as a certified fitness instructor he is knowledgeable of adapting workout routines due to injuries. Workout sessions are always engaging and Scott applies the most current training instruction to give you your best results. During a whole body workout that will develop core strength, a balanced system and will create stronger, leaner and more flexible muscles.

Metabolic Circuit Training Echo Centre

Participants will enjoy various athletic drills, interval training and circuit workouts resulting in an increased metabolic rate and improved fat burning. The instructor will include a variety of exercise techniques to keep your sessions fun, fresh and exciting. This program will tone and firm up all your muscles with a focus on abs, glutes and arms. Metabolic Circuit Training is proven to boost your metabolism, burn fat better, improve your endurance, build strength and supercharge your fitness level. All fitness levels welcome!

Set I			
Mon & Wed	Feb 26-Apr 4	5:15-6:15 pm	\$66/11
			<i>(no class Apr 2)</i>
Set II			
Mon & Wed	Apr 9-May 9	5:15-6:15 pm	\$60/10

Boot Camp - Morning Echo Centre

Set I			
Tue & Thu	Feb 27-Apr 5	9-10 am	\$72/12
Set II			
Tue & Thu	Apr 10-May 10	9-10 am	\$60/10

Boot Camp - Noon Hilton Centre

What better way to spend your lunch hour! Life is busy and this program is a great way to take a little time for yourself in your busy schedule. Join us for 1, 2 or 3 days a week. You decide what works best for you!

1 day/ week	\$30
2 days/ week	\$60
3 days/ week	\$90
Set I	
M W F	Feb 26-Apr 6 12:10-1 pm
	<i>(no class Mar 30 or Apr 2)</i>
Set II	
M W F	Apr 9-May 11 12:10-1 pm

Boot Camp - After Work Hilton Centre

Set I			
Tue & Thu	Feb 27-Apr 5	5:15-6:15 pm	\$72/12
Set II			
Tue & Thu	Apr 10-May 10	5:15-6:15 pm	\$60/10

Taking Strides Walking Program AV Multiplex - Upper Lounge

The Integrated Community Services has partnered with the Parks, Recreation and Heritage Department to facilitate this program. Join a representative from Island Health for a morning walk at the Multiplex. Walking will strengthen muscles and bones, enhance your balance and well-being as well as help you relax and sleep better. If you find it difficult to maintain your motivation to walk by yourself, this is a great program to keep you engaged and active. Join us in the upper lounge of the Multiplex and start on your walk and receive guidance from a registered nurse and social support from other participants. This program is free of charge and no registration is required. Simply drop-in and join in a walk with others!

Fridays 10:30-11:30 am Free!



adult programs

Watercolour Painting 16+ Echo Centre

Do you have an afternoon open and are interested in water color painting? Now is your chance to learn or improve upon your existing skills. Join Peggy Burkosky and explore water color painting. Peggy is a traditional water color illustrator and charcoal/conté portrait artist. Her work has been exhibited throughout Canada, the United States, England, Italy and Japan. Open up a wonderful world of water color painting! Enjoy experimenting with colors, techniques and designs. A supply list is available from Echo Centre. *Instructor: Peggy Burkosky*
Thu Apr 19-May 24 9:30-12:30 pm 100/6



Gentle Vinyasa Flow Yoga Echo Centre

Move with your breath in an integrated and mindful way through the practice of Vinyasa Yoga. This class is intended to be an introduction for those new to Vinyasa/Flow Yoga, or a gentle pace for those with more experience. We will practice in a way that both builds and maintains vital energy. Leave each class feeling grounded but steady and focused. Ease into a calm evening by clearing out any stress from the week and quieting the mind to prepare for rest at the end of each class. Meditation practice will be strengthened during this class set. Yoga or movement experience is beneficial, but not necessary. Participants must be able to move from seated/kneeling/reclined to standing. *Instructor: Alysia Miller.*

Wed	Feb 28-Apr 4	5:30-6:30 pm	\$54/6
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Root to Rise Morning Flow Yoga Echo Centre

Begin your day with a clear, calm mind, and a strong, steady body. This Vinyasa Flow Yoga-style class will begin quietly with seated meditation, and grow to a gently flowing sequence based around Sun Salutations. Create feelings of positivity and wholeness that will follow you throughout your day. Yoga or movement experience is beneficial, but not necessary. Participants must be able to move from seated/kneeling/reclined to standing. *Instructor: Alysia Miller.*

Tue	Feb 27-Apr 3	6:30-7:30 am	\$54/6
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Over 50's Weight Training (Adult 50+) Aquatic Centre

As we age, strength training becomes more important to maintaining a healthy lifestyle! Join Scott in the Fitness Room at the Aquatic Centre for this introductory course. Learn proper form and body position for safe, effective strength training. *Instructor: Scott Beckett*

Set I			
Tue & Thu	Feb 20-Mar 29	10:30-11:30 am	\$96/12
Set II			
Tue & Thu	Apr 3-May 10	10:30-11:30 am	\$96/12

Beginner/Intermediate Wheel Throwing 16+ Echo Centre - Craft Room

For beginners and intermediates, this class emphasizes basic throwing techniques to learn how to or improve your ability to make mugs and bowls. The small class size allows for individual help and progress. Fee includes firing cost. Clay and glazes will be available for purchase at the class. *Instructor: Yolande Fournier*
Wed Mar 21-May 9 6:30-9:30 pm \$95/8



Beginner/Intermediate Clay Sculpting 16+ Echo Centre - Craft Room

Clay sculpting and hand building is back! This class emphasizes basic sculpting techniques to learn how to or improve your ability with clay. The small class size allows for individual help and progress. Fee includes firing cost. Clay and glazes will be available for purchase at the class. *Instructor: Yolande Fournier*
Tue Mar 20-May 8 7-9:30 pm \$95/8



Oh no, you had to cancel the class? Please register at least one week in advance to avoid disappointment.

echo sunshine club - for active agers 50+!

over 50's activities

The following programs are some of the activities that run regularly through the Sunshine Club. We encourage you to drop-in and try our programs. The first visit is free of charge and if you would like to sign up on a regular basis, please purchase a Sunshine Club membership. Memberships are \$70 annually and your membership includes participation to as many activities as you would like! There are over 40 activities to choose from!

The Echo Sunshine Club office is located at 4255 Wallace Street at Echo Centre. Office hours are Monday to Thursday, 9 am – 4 pm and Friday, 9 am – 3:30 pm. Phone 250 720-2505.

Bridge Echo Centre

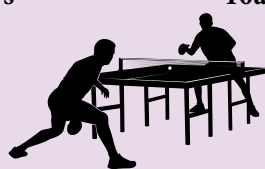
The Social Bridge Club meets year-round, every Tuesday evening at 6:30 pm. Bridge is a wonderfully social game that is enjoyed by many. If you play bridge at home with friends or in other clubs and would like to play more bridge, come and meet some new friends or maybe some you know already. Beginners are always welcome. We operate on a drop in basis but you must come with a partner. The fee is \$1.00 per person, per week with prizes awarded at the end of each session.

Tuesdays 6:30 pm

Table Tennis Echo Centre

Speed up your reflexes and enjoy the game of table tennis. Equipment is supplied, but participants may bring their own racquet if they prefer. Both experienced and beginner players are welcome to join.

Tuesdays 8:45-10:45 am
Wednesday 7-9 pm
Fridays 10am-12 pm



Pickleball Glenwood Centre

Pickleball has arrived in Port Alberni! Pickleball is a fusion of all the racquet sports. It is played on a badminton-sized court and uses paddles (similar to table tennis) and a whiffle ball. It is a user-friendly game, easy to learn and is a very social sport. All ages and abilities can enjoy this game. Beginners are always more than welcome. If you have ever enjoyed a racquet sport, this is a great game for you. We encourage you to drop by and join in the fun. Don't worry if you haven't played before because you will pick up the game in no time! All paddles, balls and nets are supplied. We play at Gyro Recreation Park until the weather makes it impossible to play outside and then we move to Glenwood until warmer weather returns.

Mondays 7-9 pm
Wednesday & Fridays 9-11 am

Floor Curling Glenwood Centre

Come out and enjoy a great afternoon of floor curling, fun and socialization. Floor curling is very similar to ice curling but is easily adapted to accommodate those players who have back or knee problems. There is no sweeping and it is played indoors twice a week at Glenwood Centre. Wooden rocks with handles and shuffle board wax are used for the game. Floor curling is an easy game to learn and beginners are always welcome. No previous curling experience is required. All equipment is supplied and drop-ins are welcome. We would love for you to join us. New teams are drawn every morning. We encourage you to come to Glenwood Centre and join in the fun – you will be glad you did!

Tuesdays & Thursdays 9-12 pm

Guitar Lessons Echo Centre

If you are interested in learning how to play the guitar, please join us! This is a course for absolute beginners. You do not need to be able to read music or have any musical background in order to play. You will learn some basic strums and five chords that will enable you to play most songs and sing along with others. You will need a guitar, a tuner, a capo, some picks, a three ring binder and a pencil or pen.

Wednesday 10-11 am



Carpet Bowling Echo Centre

Carpet bowling is a great activity to play for all ages and abilities. It is an easy game to learn if you have never played before. Each week, we have a wonderful time playing together. We encourage you to join us to have fun, challenge yourself and enjoy socializing with others. If you would like to learn how to play, please come at 1:00 pm so we can show you what to do before the games start. We hope you join us!

Tuesdays & Thursdays 1:15-3:15 pm



If you're 50+ and want opportunities for an active lifestyle, the chance to meet new friends or renew old acquaintances, take part in an activity or bus trip, or perhaps volunteer your time ... the Sunshine Club has it all!

Memberships are available on a September – August basis and can be bought at the Sunshine Club office for \$70 per person. Pro-rated memberships are available starting Thursday, March 1. This offer is available only to first time members and persons who have not been a member of the Club in the past 5 years. Pro-rated memberships from March - August 31, 2018 can be purchased for a fee of \$35 per person.

check out the opportunities available!

physical activities

Biking Groups
Carpet Bowling
Canoe/Kayak Group
Floor Curling
Limber Up Exercises
Pickleball
Saturday Hikers
Table Tennis
Tai Chi
Volleyball

Round Dancing
Scottish Country Dancing
Shimmy Sisters
Strummers (Guitar)
Ukulele

hobbies

Book Clubs
Digital Photography
Gardening
Pottery
Quilting
Spanish Group
Stamp Crafts
Tuesday Hobbies
Watercolour Painting
Woodworking

music/dance

Autoharp
Beginner Ukulele
Clogging
Guitar Lessons
Line Dancing
Monthly Dances

cards

Bridge
Cribbage
Whist
Games
Mah Jong
Pool/Snooker
Table Games

other

Bus Trips
Computer Lessons
Friendly Phone Service
Holiday Tours
Library Cart
Lunch Bunch
Lunch Service
Monthly Dances
Trailer Club
Volunteer Opportunities

craft and bake sale! Saturday, March 3 1 - 3 pm at Echo Centre Everyone Welcome



Join us this afternoon for a cup of tea and an opportunity to purchase some delicious baking, beautiful cards, hand crafted items, woodworking, quilting, pottery, books, household items and more. Everyone is welcome and admission is free. In addition to the baking and crafts there will be raffles, 50/50 draw, hampers and a tea service. For more info, please phone the Echo Sunshine Club at 250-720-2505.



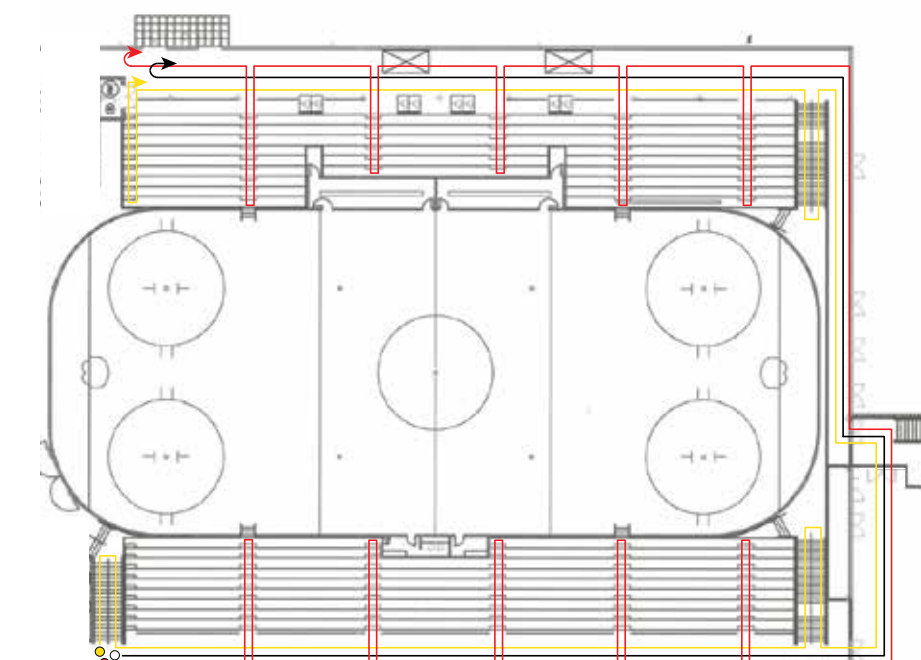
Plexfit
AT THE AV MULTIPLEX



Taking Strides Walking Program AV Multiplex - Upper Lounge

The Integrated Community Services has partnered with the Parks, Recreation and Heritage Department to facilitate this program. Join a representative from Island Health for a morning walk at the Multiplex. Walking will strengthen muscles and bones, enhance your balance and well-being as well as help you relax and sleep better. If you find it difficult to maintain your motivation to walk by yourself, this is a great program to keep you engaged and active. Join us in the upper lounge of the Multiplex and start on your walk and receive guidance from a registered nurse and social support from other participants. This program is free of charge and no registration is required. Simply drop-in and join in a walk with others!

Fridays 10:30-11:30 am Free!



- "Take it Easy" (white)
- "Take the Next Step!" (gold)
- "Take it to the MAX!" (red)



wellness wednesday workshops

Join us for our *Wellness Wednesdays!* In partnership with Island Health, we will be offering free workshops to help improve your health and well-being. Although these workshops are free, registration is recommended. Please call 250-731-1313 to register.

'My Voice' Advance Care Planning AV Multiplex - Upper Lounge

Do you know who will speak for you if you aren't able to do so? Who will make your medical treatment decisions? Do they know what your wishes are? 'My Voice' workshop will bring you the latest information about Advance Care Planning.

Wed Mar 28 10:00 - 11:30 am Free!

Getting a Better Night's Sleep AV Multiplex - Upper Lounge

Many people have a difficulty getting a good night's sleep. Lack of sleep can have a negative effect on your health. This presentation can help you to understand how sleep works, what can affect the sleep process, and what strategies you can learn to help you get a better night's sleep.

Wed Apr 11 10:00 - 11:30 am Free!

Spring Cleaning for Mental Well-Being AV Multiplex - Upper Lounge

Springtime can feel like a new start. Use this time to reflect on the mental clutter that may be holding you back from realizing your full potential. Join us to help with methods to find mental clarity and ways to start fresh.

Wed May 10 10:00 - 11:30 am Free!



PORT ALBERNI PARKS, RECREATION AND HERITAGE

PORT ALBERNI *Grab a box!*

CARDBOARD CHALLENGE

Make something amazing!

Come on out for the Port Alberni Cardboard Challenge. Create amazing cardboard projects, toys and more – the only limit is your imagination! All ages, no cost. All supplies provided!

all ages – FREE FAMILY FUN!

12 • 3 PM **sat, March 3rd**
glenwood centre

In partnership with the Vancouver Island Regional Library

Join the Easter Bunny and his helpers for an afternoon of wonderful fun!

EASTER BUNNY BONANZA!

\$6.00 per child (parents & guardians free)
Children's registration required

Saturday, March 31
11:00 am - 1:00 pm
Echo Centre

A special Thank You! to the Port Alberni Toy Run, and all of our sponsors and volunteers for making this community event possible!

Join us at Echo Centre and celebrate a "hoppy" Easter with us! Your family will enjoy a variety of Easter themed activities such as an Easter egg hunt, crafts, treats, games, and many other fun, interactive activities for everyone in the family!

PORT ALBERNI PARKS, RECREATION AND HERITAGE

MAY 24, 2018

Walk with your Doc

Join your doctor on **Thursday, May 24, 2018**
Bob Dailey Stadium
5:00 - 7:00 pm

Plus enjoy:
• the live music
• explore the community fitness and health displays
• enter the free draws

Phone your doctor's office now to REGISTER and join in the fun!

Encouraging and promoting the importance of physical activity.

BCMA

YOUTH BUSKING AT THE QUAY

Calling all musicians, artists, performers, magicians and more!
(ages 12 - 18)

Applications for a **Youth Busking at the Quay** permit are available **June 1st**

Note: there is no fee for the permit for those selected.

Echo Centre 250-723-2181 | Echo Aquatic and Fitness Centre 250-720-2514
Alberni Valley Multiplex 250-720-2518 | Alberni Valley Museum 250-720-2863
4255 Wallace Street, Port Alberni, BC V9Y 3T6
#playingpa

DAD'S NIGHT OUT

Free Drop in for dads and their kids! Ages 3 and up – No Registration Required! See below for our great schedule of fall events!

April 4
Swimming at Echo Pool (4255 Wallace St)
6:30 - 8 pm

April 18
Outdoor games at the Early Years Centre (3500 Argyle St)
6:00 - 7:00 pm

May 2
Skating at the Multiplex (3737 Roger St)
6:15 - 7:45 pm

May 16
Swimming at Echo Pool (4255 Wallace St)
6:30 - 8 pm

May 30
Fun night at the Museum (4255 Wallace St)
6:30 - 7:30 pm

June 13
Music and movement at the Early Years Centre (3500 Argyle St)
6:00 - 7:00 pm

June 27
Join us at the Maritime Discovery Centre for a boat load of fun!
6:30 - 7:30 pm

BIKE TO WORK AND SCHOOL WEEK

Bike to Work Week Schedule:

May 26, Saturday – Skills and Drills; Urban Cycling (Registration Required. Please call Echo Centre)
May 26, Saturday – Fairy Garden & Intro to biking
May 27, Sunday – Wild Ride (Registration Required. Please call Echo Centre)

Celebration Stations:

May 28 7-9am @ Ozzie's Cycle Pancake Breakfast. Kickoff to Bike to Work Week.
May 29, 8-10am @ Steampunk Café 4-6 pm @ Steampunk Café
May 30, 4-6pm @ Barclay Hotel
May 31, 7-9am – Buylow Foods
June 1, 4-6pm @ Victoria Quay Yoga for Cyclists. No mat necessary. Just bike on down! All Bike to Work Week participants free.
June 2, Saturday, 2pm – Bike Parade – Meet at Echo Centre. Wear costumes and bring supplies to decorate your bike if you wish!
June 9th – Monster Mountain: Beginners Mountain Bike (Registration Required. Please call Echo Centre).
June 16th – Arts Cycle (Registration Required. Please call Echo Centre).

Followed by Bike Finale at Harbour Quay. Everyone Welcome. Drop in.

Bike to Work and School Week brought to you by Cycle Alberni. To participate in all of these free events please register online at www.biketowork.ca. See more details of the schedule at www.biketowork.ca/port-alberni.

Spring Forward!

Sunday March 11

GET A KIT!

Please note Echo Centre does not sell emergency kits.

5210

Enjoy- 720 or more vegetables & fruits every day
Power down- at least 10 hours of screen time a day
Play actively- at least 60 minutes every day
Choose healthy- 100% sugar-sweetened drinks

To help families enjoy our park and stay active, with the generous support of Kiwanis, the City has installed a Playbox at Waterfront Park. This box is filled with all sorts of play equipment including soccer balls, basketballs, badminton racquets, skipping ropes, chalk, tennis racquets and more! Anyone can access the Playbox for free anytime they want, you just have to call Echo Centre (250-723-2181) to sign up and receive your lock access code. Children, teens, parents, grandparents, families of all kinds can use the Playbox equipment. We want to see our children and their families be active outside!

Sign up for free at Echo Activity Centre or Echo Aquatic Centre to receive code and Playbox updates!

KIWANIS PLAYBOX

FOR ACCESS CALL: 250-723-2181

Live 5210

Unlock the box, unleash the fun!



Life is about to get a whole lot easier when it comes to having fun in your community!
In May 2018 the City of Port Alberni will be launching its new online registration system with the Parks, Recreation and Heritage Department. This new system will allow you to search, register and pay for your favourite recreational programs from the comfort of your own home - any device, any day, any time!

multiplex programs

Multiplex Rentals

During the ice season, the Multiplex is available for private rentals. It's a great opportunity for families and/or friends to get together to play hockey, or just enjoy ice skating.

*Ice skate rentals are available on an individual or group basis for your private rental. Please inform the Multiplex Receptionist when reserving ice time. Phone 250-720-2518 to book.

Ice Rentals

Prime Time \$185 per hour
Youth Rate \$90 per hour
Special Day Rate \$90 per hour (6:30 am - 3 pm weekdays)
 * GST will be added to all rental rates.



PRIVATE SKATING LESSONS

The Alberni Valley Multiplex staff are offering private skating lessons for those more comfortable with a one to one session with a skating instructor. Lessons are offered as single sessions which are 30 minutes in duration. These lessons are great for those just learning to skate, or others who may want to work on specific aspects of skating, i.e. stopping, backwards skating, crossovers, etc.

Lessons are \$25 per 30 minute instruction period (adults add GST) and are scheduled as requested and when ice time allows

For more information, or to reserve a private lesson, please call the Multiplex at 250-720-2518.

PUBLIC ICE SKATING SCHEDULE January 10 to March 31, 2017		
Monday	50+ Shinny Hockey	10:15 - 11:45 am
Tuesday	Noon Shinny	12:00 - 1:30 pm
Wednesday	Tiny Tots Adult Skate Everyone Welcome	10:15 - 11:45 am 11:45 - 1:00 pm 6:15 - 7:45 pm
Thursday	60+ Shinny Hockey Noon Shinny	10:15 - 11:30 am 12:00 - 1:30 pm
Friday	50+ Shinny Hockey Stick & Puck Parents & Beginners	10:15 - 11:45 am 1:00 - 2:30 pm 6:30 - 8:00 pm
Saturday	Everyone Welcome	1:30 - 3:15 pm
Sunday	Family Skate Everyone Welcome	1:00 - 2:45 pm 3:00 - 4:45 pm

Public sessions cancelled for statutory holidays - January 1, February 12.
 See special schedule for Family Day events.

glenwood

13 & Under Rollerblading

Friday Nights

February 16, 23

March 2, 16, 23

April 6, 13, 20, 27

5:30 - 8 pm

Admission \$2.00

Enjoy awesome music and hanging with your friends!



Rent Glenwood Centre for :

Birthday Parties There's plenty of space for the birthday gang to run around at Glenwood. Parents can organize activities such as soccer, floorhockey, rollerblading etc.

Tennis & Ballhockey When the wet weather makes outdoor play difficult, Glenwood Centre is a great alternative. It's a great indoor location for tennis, ballhockey, softball practice, etc.

A Rollerblading Party On a special occasion like a birthday or just a company social. Rollerblade rentals are available along with the skate shop attendant who can play your favorite music while you blade.

Weddings, Dances and Special Events Glenwood Centre is a large multi-purpose facility that is very suitable for a wide range of uses. The 14,000 sq. ft. open floor spaces makes the facility a great location for weddings, dances, banquets and other large social events.

Our Parks, Recreation and Heritage Department strives to offer a full complement of quality programs for our community and we are constantly looking to develop and expand our programs.

If you have a skill or talent for instructing or leading an activity that you think members of the community would be interested in, please submit a program proposal. Programs could include sports, music, art, cooking, baking, special interests and much more.

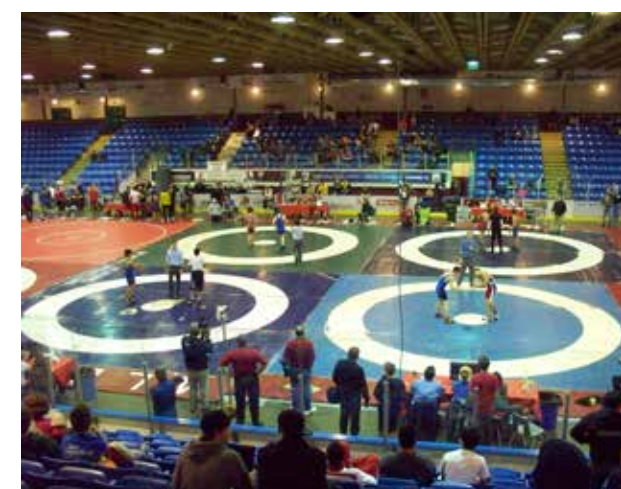


Submit a Program Proposal Form to the front desk at Echo Centre or email to recprograms@portalberni.ca

Proposals are available from Echo Centre or online at www.portalberni.ca
 Proposals are accepted year-round.

Program fees stated within the 2018 Spring Leisure Guide reflect City Resident discounted rates. Non City Residents may pay higher fees.

From graduations to weddings
 From baby showers to sports events
 From corporate meetings to birthday parties



pr&h facility rentals

Parks, Recreation & Heritage offers a range of spaces for community events. Our professional team is available to assist with your special events, sport tournament or meeting. Consider one of our many venues, from our pool to our arena, from meeting rooms to parks, we offer quality rentals for you.

Facility Bookings available:

- Gyro Youth Centre** - A great venue for family gatherings and birthdays! Activity Room, Lounge area, basic kitchen, shuffleboard, table tennis and billiards. Capacity for approximately 60 seated
- Echo Park Fieldhouse** - Ideal setting for your board or AGM meetings, and workshops. Capacity for 30 seated.
- Glenwood Centre** - Perfect for birthday parties and large events like dances, fundraisers, ballhockey and MORE! Capacity for 600 seated.
- Echo Centre** - Various size rooms that can accommodate anything from your wedding of 200 people to meeting rooms for 20 people. Our staff will set up your tables and chairs to suit your needs.

Reserve a park for a \$30 fee for your family picnic, birthday party or wedding!

- Waterfront Park (Canal Beach)** – 2151 Plywood Drive
- Gyro Rec Park and Spray**– 3245 7th Avenue
- Williamson Park & Spray** – 3700 Craig Street
- Weaver Park** – 5th Avenue
- Roger Creek Park Shelter** – 4720 Pemberton Road
- Kiwanis Park & Spray** - 16th Avenue
- Harbour Quay** – Bottom of Argyle Street
- Blair Park & Spray** – 5095 Pineo Road (On Margaret Street alongside the Kltsuksis Walkway)



Please call Echo Centre at 250-723-2181, ask for the booking clerk (Monday – Thursday 11 – 5) and we'll be happy to help you book your event!

museum programs

Museum Hours: Tuesday to Saturday 10:00 am to 5:00 pm Thursdays to 8:00 pm

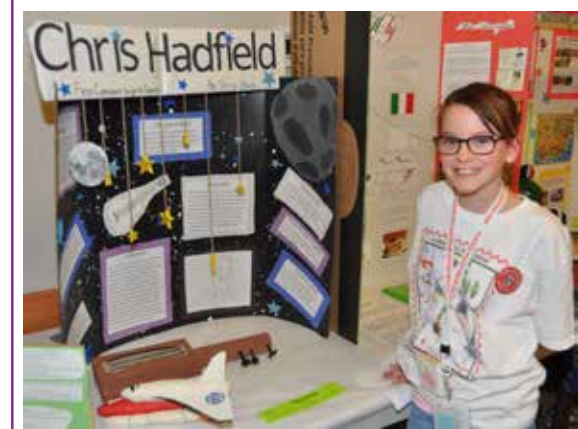
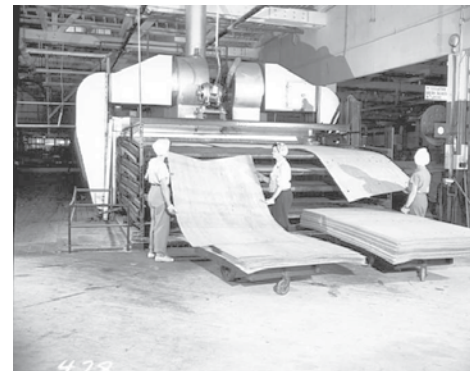
Exhibits

The Homefront - World War II in British Columbia

Opening November 2017

The "Home Front" exhibit will recognize and commemorate the 75th anniversary of the changes experienced in the province during the Second World War, particularly in resource-based communities, following Japan's entry into WWII in 1942. The exhibit will introduce some of the overall provincial themes including: Japanese internment, the construction of military

camp, women entering the industrial workforce, impacts on First Nations communities, the development of Home Guard military units, blackouts, and rationing. It will then more closely examine how these affected the Alberni Valley in particular.



Alberni Valley Museum - Heritage Fair – 2018 Register Your Class or School Now!

The Museum is hosting its 16th Annual Regional Heritage Fair, May 4th and 5th. Teachers are invited to involve their classrooms in creating history projects in their classroom. Participating students present their projects and take part in a series of heritage workshops on Friday May 4th. Community Heritage Day – on the Saturday the public is invited to view the projects and meet the students and view interesting exhibits and displays by our local heritage and arts organizations. The day will culminate with an award presentation to students. Please contact the Museum Education Curator to register your classroom or school.



"Picture That"

Did you know that the Museum has a collection of over 21,000 historic photographs and that you can access most of them on line using our gallery computer or you can search from home at portalberni.pastperfectonline.com Copies of Museum photos can be ordered as well.



Margaret Burde's Party Easter April 15th, 1914

Enid Garrard, Nancy Covell, Betty Hilton, Joyce Garrard, "Bunbie(?)" McClintock, Enid Thompson

Billy Wood, ? Crowshaw, Margaret Burde, Freda Hilton, Mary Prescott, Warren Paul, Dorritt Paul

Girlie Johnston, Sammy Garrard, ? Cowell, ? Garrard, Betsy Prescott

[The first 6 names must be the girls in the back, the next 7 names are the middle seated children, the last 5 names are the front row in front of the chairs plus the little girl with the jump rope, who must be Betsy Prescott].

museum programs

SCHOOL PROGRAMS

Available for booking starting October 23, 2017

The Alberni Valley Museum offers a variety of school programs for Kindergarten through Grade Twelve classes. Interactive and engaging programs are offered at two sites: the Museum and the Maritime Discovery Centre. Opportunities to discover Port Alberni and Provincial History, from First Nations Culture and Pioneer experiences to Forestry and Maritime heritage our programs address many of the prescribed learning outcomes of the Social Studies Curriculum. **The Beta Sigma Phi Legacy Fund connects our students with the museum by providing the funds to cover the program fee for all Port Alberni School classes attending museum programs. In recognition of the sorority's 60th Anniversary local chapters formed this legacy fund to enable Port Alberni youth to learn about their history and heritage.**



All programs must be booked in advance. To discuss your program needs, please call the Education Curator 250-720-2523. To book your class visit, please call the Booking Clerk at Echo Centre 250-723-2181.

Dinosaur Discovery - Primary Grades - K-3

Your students discover the work of Palaeontologists as they dig for dinosaur bones etc.

Travel Ways - Grade K-2

Explore the Museum and the history of transportation in this fun and active program.

Museum Discovery - Grade 1-2

Explore the Museum and discover what goes on behind the scenes. Some fun activities have been added to this program.

Pioneer Family - Grade Three

Travel back in time and discover Port Alberni life in the 1890's.

Grasses and Cedar Bark - Grade Four

Focuses on traditional Nuu-Chah-Nulth culture and utilizes the Museum collection.

Maritime Matters - Grade Five

Explore the history of lighthouses, West Coast exploration and navigation at the Maritime Centre.

Archaeology - Grade Seven

Provides an opportunity for your students to discover the work of Archaeologists.

Local History Study - Grades 8-12

A multi visit program that allows your students an opportunity to utilize the research resources of the Museum and Archives and discover some of the history of the Alberni Valley.

On the HOME FRONT - Grades 7-12

Available November 1 to May 25, 2018

In conjunction with our new Home Front exhibit your class will have the opportunity to explore the exhibit as well as take part in discussion and activities that will examine the effects of the war on the people left behind at home. Topics will include: Japanese Internment, Home Guard Militia, Women in the Work Force, Rationing, Children and the War Effort.

Film Fest Port Alberni

Film Fest series will be held at 5:00 pm at the Paramount Theatre on the following Sunday evenings:

March 18 - The Leisure Seeker
April 29 - C'est La Vie

Cost is \$10.00 per person per single film. Single tickets available at the door on film night.

BIRTHDAY PARTIES, MURDER MYSTERIES AND SLEEPOVERS

Come Celebrate with Us!

Birthday Parties

Special themed birthday parties are available on Saturdays at the Museum: Four themes to choose from: Dinosaurs, Victorian Tea Party, Old Time Games, and Archaeology. Times 10 am or 1 pm. Birthday parties include program of activities, crafts and games, cake and juice. Each party is two hours - Cost \$110⁰⁰ per party of up to 12 children.



A Night at the Museum Sleepover

Spend the night at the museum and enjoy a program of activities, crafts, games, movie and a flashlight tour of the museum before settling down in your sleeping bag for the night! A perfect overnight program for youth and children's groups a wonderful way to celebrate a special birthday or just get a group together and enjoy the museum. We can theme the evening to a variety of themes and can work with you if your group is studying for a badge or certificate. Sleepovers include program, activities, snacks, crafts, movie, breakfast and a swim session. Available Saturdays – 6 pm to Sunday 12 noon. Minimum of 12, to a maximum of 40 participants. Cost \$35⁰⁰ per person.

Murder at the Museum

Yes it's murder at the museum and you and your friends are suspects! Our costumed Murder Mystery Parties include everything for a fun evening of suspense! Including an appetizer buffet, beverages, invitations, programmed murder mystery and museum staff to lead you through five scenes to the final conclusion where you find out "Who Done It". Suitable for adults and older teens. Minimum of 8 guests up to 12. Cost \$250⁰⁰ per party.

Museum Shop

The Museum Shop now features new lines of unique jewellery, scarves, bags, toys and giftware as well as our local history books! Remember us for all your gift needs.



Volunteers

Interested in researching community history, learning new skills, educating young people, greeting visitors and working with the Alberni Valley Museum's outstanding display of artefacts? Join the Museum's Volunteer Team! Opportunities are available for the fall and winter. Shifts are normally once a week, 3-4 hours, Tuesday to Saturday. Training is provided.

Alberni District Historical Society Archives

The Alberni District Historical Society manages the community archives, which are located in the Museum. Volunteers make the archives available Tuesdays and Thursdays, 10:00 am to 3:00 pm or by appointment. Call 723-2181, local 267 (on the above days) to make arrangements. The archives preserves and collects the community's paper treasures. If you have anything you feel should be added to the archives or you are unsure about, make sure you bring it in. The society holds four informative meetings in the museum throughout the year, each meeting features an interesting guest speaker and the public is always welcome.

The next meetings are:
Thursday, March 15th,
Thursday April 19th, and
Thursday, May 17th all at 7:00 pm.



aquatic programs

PUBLIC SWIM SCHEDULE

8:00 am Sunday September 10, 2017 to 8:00 pm Saturday June 30, 2018
(except for holidays - please see special holiday schedules)

Please note: The gym is open during the times noted below except for Tues & Thurs mornings, 10:30-11:30 am

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
6:00 - 8:45 am Adult Lane Swim (3)	6:00 - 8:45 am Adult Lane Swim (3)	6:00 - 8:45 am Adult Lane Swim (3)	6:00 - 8:45 am Adult Lane Swim (3)
8:00 - 9:45 am Family Swim	8:00 - 9:45 am Family Swim	8:00 - 9:45 am Family Swim	8:00 - 9:45 am Family Swim
9:00 - 9:45 am Adult Aqua Fit/16+	9:00 - 9:45 am Adult Aqua Fit/16+	9:00 - 9:45 am Adult Aqua Fit/16+	9:00 - 9:45 am Adult Aqua Fit/16+
10:00 - 3:00 pm Adult Lane Swim (3)	10:00 - 11:30 am School Lessons	10:00 - 11:30 am School Lessons	10:00 - 11:30 am School Lessons
10:00 - 12:00 pm Preschool Lessons	11:30 - 3:00 pm Adult Lane Swim (3)	11:30 - 3:00 pm Adult Lane Swim (3)	11:30 - 3:00 pm Adult Lane Swim (3)
12:00 - 12:45 pm Gentle Aqua Fit	12:00 - 12:45 pm Gentle Aqua Fit	12:00 - 12:45 pm Gentle Aqua Fit	12:00 - 12:45 pm Gentle Aqua Fit
1:00 - 3:00 pm Everyone Welcome	1:00 - 3:00 pm Everyone Welcome	1:00 - 3:00 pm Everyone Welcome	1:00 - 3:00 pm Everyone Welcome
5:30 - 6:30 pm Adult Lane Swim (3)	3:00 - 7:30 pm Pre-registered Lessons	5:30 - 6:30 pm Adult Lane Swim (3)	3:00 - 7:30 pm Pre-registered Lessons
6:30 - 8:00 pm Everyone Welcome	7:30 - 8:15 pm Adult Aqua Fit/16+	6:30 - 8:00 pm Everyone Welcome	7:30 - 8:15 pm Adult Aqua Fit/16+
8:00 - 8:45 pm Adult Aqua Fit/16+	7:30 - 9:00 pm Adult Lane Swim (2)	8:00 - 8:45 pm Adult Aqua Fit/16+	7:30 - 9:00 pm Adult Lane Swim (2)
8:00 - 9:00 pm Adult Lane Swim (1)		8:00 - 9:00 pm Adult Lane Swim (1)	

FRIDAY	SATURDAY	SUNDAY	
6:00 - 8:45 am Adult Lane Swim (3)	8:00 - 10:00 am Adult Lane Swim(3)	8:00 - 1:30 pm Adult Lane Swim(3)	Echo Aquatic and Fitness Centre Port Alberni Parks and Recreation Department Rentals or info:250-720-2514 www.portalberni.ca For your safety: Children under 7 must be directly supervised by an adult who is in the water and within arm's reach. Children under 3 are not permitted in the hot tub at any time.
8:00 - 9:45 am Family Swim	9:30 - 12:30 pm Pre-registered Lessons		
9:00 - 9:45 am Adult Aqua Fit/16+	12:00 - 1:30pm Adult Lane Swim (3)	10:00 - 12:00 pm Family Swim	
10:00 - 11:30 am School Lessons	12:30 - 2:00 pm Birthday Party Swim Bookings	12:30 - 2:00 pm Birthday Party Swim Bookings	
11:30 - 3:00 pm Adult Lane Swim (3)	2:00 - 4:00 pm Everyone Welcome	2:00 - 4:00 pm Everyone Welcome	
12:00 - 12:45 pm Gentle Aqua Fit	4:00 - 6:00pm Adult Lane Swim(3)	4:00 - 5:30 pm Adult Lane Swim(1) "Best Rate" Rentals	
1:00 - 3:00 pm Everyone Welcome	4:00 - 5:30 pm Birthday Party Swim Bookings	6:00 - 8:00 pm Everyone Welcome	
5:00 - 6:00 pm Adult Lane Swim (2)	6:30 - 8:00 pm Everyone Welcome		
5:15 - 6:00 pm Adult Aqua Fit/16+			
6:30 - 8:00 pm Everyone Welcome	8:00 - 10:00 pm Rentals Available	8:00 - 10:00 pm Rentals Available	
8:00 - 9:00 pm Teen (12+) Swim			

Pool Closed for all statutory holidays

aquatic programs

RED CROSS LEVELS

Recommended Age	Swim Lesson Aquatic Ladder	Class Time
SWIM KIDS		
6 - 12 years	Swim Kids 10	45 min
6 - 12 years	Swim Kids 9	45 min
6 - 12 years	Swim Kids 8	45 min
6 - 12 years	Swim Kids 7	45 min
6 - 12 years	Swim Kids 6	45 min
6 - 12 years	Swim Kids 5	45 min
SWIM PRESCHOOL		
6 - 12 years	Swim Kids 4	30 min
5/6 and older	Swim Kids 3	30 min
5/6 and older	Swim Kids 2	30 min
5/6 and older	Swim Kids 1	30 min
SWIM PRESCHOOL - Parent/Caregiver & Tot		
24 - 36 months	Sea Turtle	30 min
12 - 24 months	Duck	30 min
4 - 12 months	Starfish	30 min

MONDAY & WEDNESDAY PM	
Set 1: Apr 9 - May 9 (10 lessons)	
Set 2: May 23 - Jun 20 (9 lessons)	
Children 5 & Under	
Starfish/Duck (Parent & Infant)	3 pm
Sea Turtle (Parent & Infant)	3:30 pm
Sea Otter	4 pm
Salamander	4:30 pm
Sunfish	5 pm

TUESDAY & THURSDAY PM	
Set 1: Apr 10 - May 10 (10 lessons)	
Set 2: May 22 - Jun 21 (10 lessons)	
Children 5 & Under	
Starfish/Duck (Parent & Infant)	3 pm
Sea Turtle (Parent & Infant)	5:30 pm
Sea Otter	3:30, 4:30, 6:30 pm
Salamander	4, 5, 6, 7 pm
Sunfish	3, 4:30 pm
Crocodile/Whale	3:30 pm

Children 5/6 - 12 Years	
Swim Kids Level 1 & 2	4, 4:30, 5, 5:30, 6:45 pm
Swim Kids Level 3 & 4	4, 5, 5:30, 6, 6:45 pm
Swim Kids Level 5 & 6	4:15, 5 pm
Swim Kids Level 7 - 10	6 pm

MONDAY AM	
Set 1: Apr 9 - Jun 18 (10 lessons)	
No class May 21 - Victoria Day	
Children 4 - 36 months and 3 - 5 years of age	
Starfish/Duck (Parent & Infant)	10 am
Sea Turtle (Parent & Infant)	10:30 am
Sea Otter	11 am
Salamander	11:30 am

SATURDAY AM	
Set 1: Apr 7 - Jun 16 (10 lessons)	
No class May 19 - Victoria Day Weekend	
Children 5 & Under	
Starfish/Duck (Parent & Infant)	10 am
Sea Turtle (Parent & Infant)	11 am
Sea Otter	9:30, 11:30 am
Salamander	10:30, 12 pm
Sunfish	11:30 am
Crocodile/Whale	10 am

Children 5/6 - 12 Years	
Swim Kids Level 1 & 2	10, 10:30, 11 am
Swim Kids Level 3 & 4	10, 10:30 am
Swim Kids Level 5	10:30 am
Swim Kids Level 6	10:15 am
Swim Kids Level 7, 8, 9 or 10	11:15 am

Swim Lesson Fee		
45 min x 8 lessons	\$58.80 CR	\$88.00 NCR
45 min x 9 lessons	\$66.15 CR	\$99.00 NCR
45 min x 10 lessons	\$73.50 CR	\$111.00 NCR
30 min x 8 lessons	\$44.00 CR	\$66.00 NCR
30 min x 9 lessons	\$49.50 CR	\$74.25 NCR
30 min x 10 lessons	\$55.00 CR	\$82.50 NCR

SPRING BREAK 2018
swimming skating rollerblading disc golf

Spring Break SUPER PASS can be purchased at:
• Echo Centre
• Echo Aquatic Centre
• Alberni Valley Multiplex

2 WEEKS FOR \$15

Buy your pass now to enjoy a range of recreational opportunities with Parks & Rec!

COST: \$8 per week OR both weeks for \$15 **WOW!**

For additional info please call 250-723-2181

Gentle Aqua Fitness

A low to no impact alternative to regular aqua fitness. Ideal for those who want to avoid weight-bearing exercise and build core strength and balance.

Monday to Friday 12:00 - 12:45 pm

Join the Gentle Aqua Fit class for:

- 5 - 7 minutes of warm up activity, followed by
- 30 minutes of continuous modified aqua fitness movements, and then
- 5 - 7 minutes of cool down and gentle stretch activity.



For participants 16 years and older, 13 - 15 years (if accompanied by adult/parent) *non-swimmers welcome!

Monday to Friday 9:00 - 9:45 am

Tue & Thur evenings 7:30 - 8:15 pm
Mon & Wed evenings 8:00 - 8:45 pm
Friday evenings 5:15 - 6:00 pm

Gentle Aqua Fit
Monday to Friday 12:00 - 12:45 pm

Regular Admission rates apply

Private Lessons (30 minutes)
Available for Adults & Children on request

SET 1 & 2

Tu/Thu between 3:30 - 4:30 pm
Available during Tue/Thu PM lesson dates. Swimmers learn at their own pace, or have an opportunity to brush up on already learned strokes or skills.

Private Lesson Fees

1 Lesson x 30 min \$23.00
(plus GST for adults)

For two swimmers \$34.50
(plus GST for adults)

Spring Leadership Classes

Bronze Star
Sundays April 22 - May 13 (4 classes)
10:00 am - 12:30 pm
\$74.00
Prerequisites: Must be 12 years old, Level 6 or higher

National Lifeguard
Tue-Fri, Mon-Thu
March 20 - 23 and March 26 - 29 (8 classes)
10:00 am - 4:00 pm
\$377.00
Prerequisites: Bronze Cross and First Aid with CPR-C (does not need to be current), 16+ years old.

Water Safety Instructor
If interested, please contact Miki Schwarz, Aquatic Programmer at 250-720-2504 or miki_schwarz@portalberni.ca

Oh no, you had to cancel the class?
Please register at least one week in advance to avoid disappointment.

Masters Advanced Adult Swimming

Masters is for Advanced Adult Swimmers with established strokes and swim skills of varying ability from recreational to competitive. Our coach will provide advice to swimmers to help them meet their swimming speed and fitness goals, with practice sets and drills for various skill levels. Strokes will be monitored and help will be offered with efficiency.

SET I
Tue & Thu Apr 10-May 10 5:30-6:30 pm \$64.16/10

SET II
Tue & Thu May 22-Jun 21 5:30-6:30 pm \$64.16/10

Youth Maintenance Swimming

For youth that want to improve or build on existing swimming strokes and skills. Youth age 11 - 15 will participate in sessions designed to develop: Strength & Endurance, Stroke Efficiency & Speed.

SET I
Tue Apr 10-May 8 4-5 pm \$27/5

SET II
Tue May 22-Jun 19 4-5 pm \$27/5

Junior Lifeguard Program

Lifeguarding and swimming skills for youth 11-15 years old. Learn basic techniques and physical standards towards being a swim instructor and lifeguard. Youth interested in Leadership courses and employment in the field of Aquatics will find these sessions helpful in preparation for those goals.

SET I
Thu Apr 12-May 10 4-5 pm \$27/5

SET II
Thu May 24-Jun 21 4-5 pm \$27/5



Echo Aquatic and Fitness Centre
Fees & Charges (effective Sept 01, 2014)

Group	Individual Admissions	Admission Fees							
		10 Pack Tickets		One Month Pass		Three Month Pass		Annual Pass	
		Non-City Resident	City Resident	Non-City Resident	City Resident	Non-City Resident	City Resident	Non-City Resident	City Resident
Child (5-18 yrs)	3.00	30.00	24.00	48.00	28.80	96.00	57.60	288.00	172.80
Adult (19-54 yrs)	5.00	50.00	40.00	80.00	56.00	160.00	112.00	480.00	336.00
Senior (55-80 yrs)	3.00	30.00	24.00	48.00	28.80	96.00	57.60	288.00	172.80
Family	12.00	120.00	90.00	180.00	120.00	320.00	240.00	960.00	720.00
Shower	3.25								
Hourly Rates - Youth Groups/Swim Meets (not including staff)		BEST RATE SHARED SWIM PARTY							
Per Lane		\$14.00							
Shallow Pool		\$27.00							
Shared Use of Fitness Centre		\$40.00							
Adult Groups		Birthday Party Booking							
Full Facility including one staff person		\$206.00							
25 meter pool including one staff person		\$155.00							
Shared 25 meter pool including one staff person		\$77.00							
Private Lessons		Saturday 4:00 - 5:30 pm Saturday or Sunday 12:30 - 2:00 pm \$152.38 + 5% tax = \$160.00 (Includes 8x12 cake, plus 4L of beverage and 1 Play leader) Max 14 Swimmers. Party guests may also join the 2-4 pm Everyone Welcome. If no cake - \$132.38 + 5% tax = \$139.00							
Private Lessons: \$23.00 per 1/2 hour									
Note: Adult Lessons add 5% GST									

Alberni Adventures Camp

Ages 7-12

Meet at Echo Centre

Fri Mar 23 10-4 pm \$50

Join us for our Spring Break Adventure camp! We will play fun, active games, as well as travel around Port Alberni to take part in many activities, such as bowling, skating, swimming and many more! *****Activities subject to change without notice**

Dino Camp

Ages 8-12

AV Museum

Mon - Thu Mar 26-29 9-12 noon \$50

Love Dinosaurs? The popular Dino Camp is back! This spring break come and learn more about these awesome creatures. We'll be having some prehistoric fun connecting with the Dinosaur pros at the Royal Tyrell Museum in Alberta, as well as taking part in a fossil dig right here at the Alberni Valley Museum. Snacks included.

Homefront Kids

Ages 9-12

Museum

Mon - Fri Mar 19-23 1-3:30 pm \$60

Love history and crafts? This spring break have some fun travelling back in time and finding out what kids did in the 1940's for fun and to help while the war was on! Each day will focus on crafts and activities with a recycle reuse theme while finding out about food, clothing, and home life and how they were impacted by the war. Snacks included.



Top Chef Teens

Ages 11-17

Gyro Youth Centre

Tue/Thu Mar 20,22,27,29 6-8 pm \$40

Top Chef Teens is our newest youth program! In this jam packed Spring Break Addition! You will travel the globe of cuisines and learn some great dishes from around the world! Learn the basics of preparation and execution on creating these awesome dishes. Classes will also cover menu planning and basic nutrition. *Instructor: Jessica Gilchrist*

Spring Break Pizza Party and More Camp

Ages 8-12

Meet at Echo Centre

Mon Mar 19 10-4 pm \$50

This program features a variety of activities such as skating at the Multiplex, rollerblading at Glenwood Centre, a personal pizza party at Boston Pizza, bowling at Rainbow Lanes, and finishing the day off with a swim at Echo Centre. Bring your snacks, swim attire (rollerblades and skates are provided). *****Activities subject to change without notice**

Snow Tubing at Mount Washington

Ages 12 - 17

Meet at Echo Centre

Wed Mar 21 8-3 pm \$55

Head for the hills for a fun day riding the tubes at Mt. Washington's Ozone Snow Tubing Park. Bring a bagged lunch to have at the lodge before heading out for 2 hours at the Park. Must be 42' to ride. **Weather Dependent*

SPRING BREAK



MARCH 19 - 30

Buy your pass now to enjoy a range of recreational opportunities with Parks, Recreation and Heritage. Swimming, skating and rollerblading sessions. Can be purchased at Echo Centre, Alberni Valley Multiplex and Echo Aquatic Centre.

\$8 per week or \$15 for a two week pass



PRO DAY Pizza Party!

Ages 7-12

Meet @ Echo Centre

Mon Apr 9 10-4 pm \$50

This program features a variety of activities such as skating at the Multiplex, rollerblading at Glenwood Centre, a personal pizza party, bowling at Rainbow Lanes, and finishing the day off with a swim at Echo Centre. Bring your snacks, swim attire (rollerblades and skates are provided). *****Activities subject to change without notice**

PRO DAY CAMPS



PRO DAY Alberni Adventurers

Ages 7-12

Meet @ Echo Centre

Mon May 14 10-4 pm \$50

Join us for our Alberni Adventurers Pro Day Camp! We will play fun, active games throughout the day as well as travelling around town to take part in bowling, swimming, skating, driving range, and many more. *****Activities subject to change without notice**



SPRING BREAK SCHEDULES

SWIMMING ICE SKATING ROLLERBLADING

Sunday March 18	Monday March 19	Tuesday March 20	Wednesday March 21
Adult Lane Swim (3) 8:00 - 1:30pm Family Swim 10:00 - 12:00am Everyone Welcome 2:00 - 4:00pm Everyone Welcome 6:00 - 8:00pm	Adult Lane Swim (3) 6:00 - 8:45am Family Swim 8:00 - 11:30am Adult Aqua Fit/16+ 9:00 - 9:45am Adult Lane Swim(3) 10:00-1:45pm Gentle Aqua Fit 12:00 - 12:45pm Everyone Welcome 2:00 - 4:00 pm Everyone Welcome 6:30 - 8:00 pm Adult Aqua Fit/16+ 8:00 - 8:45 pm Adult Lane Swim (1) 8:00 - 9:00 pm	Adult Lane Swim (3) 6:00 - 8:45am Family Swim 8:00-11:30am Adult Aqua Fit/16+ 9:00 - 9:45am Adult Lane Swim (3) 10:00-1:45pm Gentle Aqua Fit 12:00 - 12:45pm Everyone Welcome 2:00 - 4:00pm Everyone Welcome 6:00 - 7:30pm Adult Aqua Fit/16+ 7:30 - 8:15pm Adult Lane Swim (2) 7:30 - 9:00pm	Adult Lane Swim (3) 6:00 - 8:45am Family Swim 8:00 - 11:30am Adult Aqua Fit/16+ 9:00 - 9:45am Adult Lane Swim(3) 10:00-1:45pm Gentle Aqua Fit 12:00 - 12:45pm Everyone Welcome 2:00 - 4:00 pm Everyone Welcome 6:30 - 8:00 pm Adult Aqua Fit/16+ 8:00 - 8:45 pm Adult Lane Swim (1) 8:00 - 9:00 pm
Thursday March 22	Friday March 23	Saturday & Sunday March 24/25	Monday March 26
Adult Lane Swim (3) 6:00 - 8:45am Family Swim 8:00-11:30am Adult Aqua Fit/16+ 9:00 - 9:45 am Adult Lane Swim (3) 10:00-1:45pm Gentle Aqua Fit 12:00 - 12:45pm Everyone Welcome 2:00 - 4:00pm Everyone Welcome 6:00 - 7:30pm Adult Aqua Fit/16+ 7:30 - 8:15pm Adult Lane Swim (2) 7:30 - 9:00pm	Adult Lane Swim (3) 6:00 - 8:45am Family Swim 8:00-11:30am Adult Aqua Fit/16+ 9:00 - 9:45am Adult Lane Swim (3) 10:00-1:45pm Gentle Aqua Fit 12:00 - 12:45pm Everyone Welcome 2:00 - 4:00 pm Adult Aqua Fit /16+ 5:15 - 6:00 pm Adult Lane Swim (2) 5:00 - 6:00pm Everyone Welcome 6:30 - 8:00 pm Teen Swim /12+ 8:00 - 9:00 pm	Adult Lane Swim (3) 8:00 - 1:30pm Family Swim 10:00 -12:00am Everyone Welcome 2:00 - 4:00pm Everyone Welcome 6:00 - 8:00pm	Adult Lane Swim (3) 6:00 - 8:45am Family Swim 8:00 - 11:30am Adult Aqua Fit/16+ 9:00 - 9:45am Adult Lane Swim(3) 10:00-1:45pm Gentle Aqua Fit 12:00 - 12:45pm Everyone Welcome 2:00 - 4:00 pm Everyone Welcome 6:30 - 8:00 pm Adult Aqua Fit/16+ 8:00 - 8:45 pm Adult Lane Swim (1) 8:00 - 9:00 pm
Tuesday March 27	Wednesday March 28	Thursday March 29	Friday March 30
Adult Lane Swim (3) 6:00 - 8:45am Family Swim 8:00-11:30am Adult Aqua Fit/16+ 9:00 - 9:45 am Adult Lane Swim (3) 10:00-1:45pm Gentle Aqua Fit 12:00 - 12:45pm Everyone Welcome 2:00 - 4:00pm Everyone Welcome 6:00 - 7:30pm Adult Aqua Fit/16+ 7:30 - 8:15pm Adult Lane Swim (2) 7:30 - 9:00pm	Adult Lane Swim (3) 6:00 - 8:45am Family Swim 8:00 - 11:30am Adult Aqua Fit/16+ 9:00 - 9:45am Adult Lane Swim(3) 10:00-1:45pm Gentle Aqua Fit 12:00 - 12:45pm Everyone Welcome 2:00 - 4:00 pm Everyone Welcome 6:30 - 8:00 pm Adult Aqua Fit/16+ 8:00 - 8:45 pm Adult Lane Swim (1) 8:00 - 9:00 pm	Adult Lane Swim (3) 6:00 - 8:45am Family Swim 8:00-11:30am Adult Aqua Fit/16+ 9:00 - 9:45 am Adult Lane Swim (3) 10:00-1:45pm Gentle Aqua Fit 12:00 - 12:45pm Everyone Welcome 2:00 - 4:00pm Everyone Welcome 6:00 - 7:30pm Adult Aqua Fit/16+ 7:30 - 8:15pm Adult Lane Swim (2) 7:30 - 9:00pm	CLOSED Good Friday Saturday March 31 Adult Lane Swim (3) 8:00 - 1:30pm Family Swim 10:00 -12:00am Everyone Welcome 2:00 - 4:00pm Everyone Welcome 6:00 - 8:00pm

Glenwood Rollerblading Schedule		
Mon Mar 19	Family Rollerblading	10:00 - 11:30 am
Wed Mar 21	Everyone Welcome	1:00 - 2:30 pm
Fri Mar 23	13 & Under	5:30 - 8:00 pm
Mon Mar 26	Family Rollerblading	10:00 - 11:30 am
Wed Mar 28	Everyone Welcome	1:00 - 2:30 pm
Fri Mar 30	GOOD FRIDAY	CLOSED

Multiplex Ice Skating Schedule		
Mon Mar 19	Everyone Welcome	1:30 - 3:00 pm
Tue Mar 20	Everyone Welcome	10:00 - 11:30 am
Wed Mar 21	Tiny Tots Adult Skate Everyone Welcome	10:15 - 11:45 am 11:45 - 1:00 pm 6:15 - 7:45 pm
Thur Mar 22	Family Skate	10:00 - 11:30 am
Fri Mar 23	Everyone Welcome Parents & Beginners	1:30 - 3:00 pm 6:30 - 7:45 pm
Sat Mar 24	Everyone Welcome	1:30 - 3:15 pm
Sun Mar 25	Family Skate Everyone Welcome	1:00 - 2:45 pm 3:00 - 4:45 pm
Mon Mar 26	Everyone Welcome	1:30 - 3:00 pm
Tue Mar 27	Family Skate	10:00 - 11:30 am
Wed Mar 28	Tiny Tots Adult Skate Everyone Welcome	10:15 - 11:45 am 11:45 - 1:00 pm 6:15 - 7:45 pm
Thu Mar 29	Family Skate	10:00 - 11:30 am
Fri Mar 30	GOOD FRIDAY	CLOSED
Sat Mar 31	Everyone Welcome	1:30 - 3:15 pm
Sun April 1 - Ice Out		