



## Information at [rdn.bc.ca/recreation](http://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



### **RDN Recreation and Parks October Events and Programs**

#### **Splish Splash Everyone Welcome Swim**

Splish splash everyone welcome swims at Ravensong Aquatic Centre are a water adventure you don't want to miss. The lifeguards are going to bring out all the pool toys for you to enjoy. From the rope swing to the snake to the dino ribs there will be water play for everyone. Saturday, October 6<sup>th</sup> from 10:00 am to 12:00pm. Regular admission. Phone RDN, Recreation and Parks 250-752-5014 or view skate and swim schedules online at [rdn.bc.ca/recreation](http://rdn.bc.ca/recreation).

#### **Mini Chefs**

Ages 5 to 8 years can join us to learn how to create a variety of healthy food options and snacks each week. Learn where our food comes from and take some home to share. Register for either Saturday October 6<sup>th</sup> or 13<sup>th</sup>. Program is held at Qualicum Beach Community Hall from 1:15 to 3:15 pm. Cost is \$20/person. Phone RDN, Recreation and Parks at 250-248-3252 to pre-register. View recreation programs online at [rdn.bc.ca/recreation](http://rdn.bc.ca/recreation).

#### **Kids in the Kitchen**

Calling all aspiring chefs 8 to 12 years old! Put your culinary skills to the test as we learn how to make a variety of tasty snacks and dishes that are healthy and delicious too. Learn all about your food, where it comes from and take some home to share. Register for either Saturday October 6<sup>th</sup> or 13<sup>th</sup>. Program is held at Qualicum Beach Community Hall from 3:30 to 5:30 pm. Cost is \$20/person. Phone RDN, Recreation and Parks at 250-248-3252 to pre-register. View recreation programs online at [rdn.bc.ca/recreation](http://rdn.bc.ca/recreation).

#### **Geology Tour**

Join Dr. Steven Earle for an interpretive geology tour on the beaches of Nanoose Bay. Learn simple identification techniques and a bit about the island's geological history. Transportation will be provided from your choice of either Oceanside Place Arena at 9:00 am or Nanoose Place at 9:30 am. Tuesday, October 9<sup>th</sup> from 9:30 am to 12:30 pm. Cost is \$29. Phone RDN, Recreation and Parks at 250-248-3252 to pre-register. View recreation programs online at [rdn.bc.ca/recreation](http://rdn.bc.ca/recreation).

#### **Flip Turn Clinic**

This clinic will focus on how to flip turn. Practice this key skill that will improve your swim time in the pool. Thursday, October 11<sup>th</sup> from 6:30 to 7:30 pm at Ravensong Aquatic Centre. Cost is \$10.80/person. Phone RDN, Recreation and Parks at 250-248-3252 to pre-register. View recreation programs online at [rdn.bc.ca/recreation](http://rdn.bc.ca/recreation).

#### **Disco Light Skate for all ages**

Catch dance fever under the disco lights at Oceanside Place Arena. The flashing lights and pumping music will take you back in time on Saturday October 13<sup>th</sup> from 7:30 to 9:00 pm. Regular admission. Phone RDN, Recreation and Parks 250-248-3252 or view skate and swim schedules online at [rdn.bc.ca/recreation](http://rdn.bc.ca/recreation)

### **Babysitters Certification Program 11-14yrs**

Become a Red Cross certified babysitter. This course introduces basic first aid, how to respond to emergency situations, explains baby and child care, offers advice on becoming a responsible babysitter, and tips for finding babysitting jobs. Price includes manual and certificate. Qualicum Commons, on Saturday, October 14<sup>th</sup> from 9:00 am to 4:00 pm, cost is \$48. Phone RDN, Recreation and Parks at 250-248-3252 to pre-register. View recreation programs online at [rdn.bc.ca/recreation](http://rdn.bc.ca/recreation).

### **Parksville Lion's and Save-On-Foods Free Family Skate**

This popular session is back starting October 14. Children must be accompanied by an adult, 19yrs+. Pond hockey is not available during this session. Oceanside Place Arena on Sundays from 12:15-1:45 pm. Free admission and skate rentals. Phone RDN, Recreation and Parks 250-248-3252 or view skate and swim schedules online at [rdn.bc.ca/recreation](http://rdn.bc.ca/recreation).

### **Amazing Race in the Parks**

This program will have you racing your way through Horne Lake Regional Park. You will discover road blocks and detours that will put your team dynamics to the test. The challenges will be fun and will leave you inspired to be in the outdoors. Families, teams and individuals welcome. Sunday, October 14 from 10:00 am to 12:00 pm. Cost is \$15. Phone RDN, Recreation and Parks at 250-248-3252 to pre-register. View recreation programs online at [rdn.bc.ca/recreation](http://rdn.bc.ca/recreation).

### **School's Out Everyone Welcome Skate or Swim**

Stay active on Thursday and Friday, October 18 and 19<sup>th</sup> with a swim at Ravensong Aquatic Centre or skate at Oceanside Place Arena. Everyone Welcome Swim is 1:00 to 2:30 pm. Everyone Welcome Skate is 1:30 to 3:00 pm. Reduced rate admission. Phone RDN, Recreation and Parks 250-248-3252 or view skate and swim schedules online at [rdn.bc.ca/recreation](http://rdn.bc.ca/recreation).

### **Pro D Camp**

Parents this is your Pro D day solution. Our experienced play leaders will provide a great day off school that is filled with creative art, active games and swimming. Thursday and Friday, October 18 and 19<sup>th</sup> from 8:30 am to 4:00 pm, at Qualicum Commons, RDN Activity Room 12. Cost is \$38. Phone RDN, Recreation and Parks at 250-248-3252 to pre-register. View recreation programs online at [rdn.bc.ca/recreation](http://rdn.bc.ca/recreation).

### **Canvas Art for Kids**

Jenny Hughes will guide you through how to paint a fantastic yet surprisingly simple acrylic painting. No experience necessary. All supplies are provided. Thursday, October 25<sup>th</sup> from 4:00 to 5:30 pm at Oceanside Art Studio. Cost is \$20. Phone RDN, Recreation and Parks at 250-248-3252 to pre-register. View recreation programs online at [rdn.bc.ca/recreation](http://rdn.bc.ca/recreation).

### **Adult Pottery Beginner Workshop**

Bring a group of friends and have a chance to play with clay. You will be introduced to the basics of pottery hand building. Bring your own ideas or be inspired in class. This class is for anyone with little or no experience with clay. Saturday October 27<sup>th</sup> from 2:00 to 4:00 pm. Cost is \$25/person. Phone RDN, Recreation and Parks at 250-248-3252 to pre-register. View recreation programs online at [rdn.bc.ca/recreation](http://rdn.bc.ca/recreation).

**Red Cross AED/CPR C**

Save a life when only seconds count. Get trained. This course is required for lifeguards and health care professionals. Topics covered are CPR and blocked airways for adults, children and infants and an introduction to automated external defibrillators (AED). Qualicum Commons, on Saturday, October 27<sup>th</sup> from 9:00 am to 3:00 pm. Cost is \$73. Phone RDN, Recreation and Parks at 250-248-3252 to pre-register. View recreation programs online at [rdn.bc.ca/recreation](http://rdn.bc.ca/recreation).

**Red Cross Emergency First Aid with AED/CPR**

Be prepared and get trained in first aid skills. Training includes home hazards, accident prevention, safety education, CPR, first aid skills for common emergencies and automated external defibrillators (AED). Retraining is recommended every three years. Qualicum Commons, on Saturday, October 27<sup>th</sup> from 9:00 am to 5:00 pm, cost is \$86. Phone RDN, Recreation and Parks at 250-248-3252 to pre-register. View recreation programs online at [rdn.bc.ca/recreation](http://rdn.bc.ca/recreation).

**Red Cross Standard First Aid with AED/CPR**

Be prepared; get trained with a two day course in first aid and cardiopulmonary (CPR C) skills. Training includes home hazards, accident prevention, safety education, CPR level C, first aid skills for common emergencies and automated external defibrillators (AED). Retraining is recommended every three years. Qualicum Commons, on Saturday and Sunday , October 27 and 28<sup>th</sup> from 9:00 am to 5:00 pm, cost is \$159. Phone RDN, Recreation and Parks at 250-248-3252 to pre-register. View recreation programs online at [rdn.bc.ca/recreation](http://rdn.bc.ca/recreation).

**Halloween Howl Swim**

Ghosts and goblins will be seen at Ravensong Aquatic Centre this night with a few tricks and games for the children. The howl will finish off with an annual piñata bash. Parents are free when accompanied by their children. Sunday, October 28<sup>th</sup> from 6:00 to 8:00 pm. Regular admission. RDN, Recreation and Parks 250-752-5014 or view skate and swim schedules online at [rdn.bc.ca/recreation](http://rdn.bc.ca/recreation)