NEWS RELEASE

Distributed November 16, 2015

RBC Sports Day in Canada Gets Nanaimo Moving

City to take part in sixth annual RBC Sports Day in Canada

Summary

To mark this year's RBC Sports Day in Canada on Saturday, November 21 the City of Nanaimo is hosting a number of events.

The public is invited to Beban Park to partake in a ball hockey game in the parking lot near the Altrusa Park playground. The Nanaimo Skating Club will be offering a free skating lesson and then will show off their talent with a demonstration in Frank Crane Arena. After that, watch and cheer on your favourite team while the Midget Tier 1 Nanaimo Clippers take on the Midget Tier 2 Peninsula Eagles in a Rep league game.

Strategic Link: Community Building Partnerships: A Healthy Community that together and systematically addresses negative determinants and barriers to health and encourages healthy, active lifestyles.

Key Points

- RBC Sports Day in Canada is on Saturday, November 21.
- Activities will be held at Beban Park. Ball hockey game is 10 am-2 pm. Free skating lesson runs from 1:15-2:45 pm, a figure skating demo starts at 2:15 pm and a Rep league game starts at 3 pm with Midget Tier 1 (Nanaimo Clippers) taking on Midget Tier 2 (Peninsula Eagles).
- Another way residents can get involved in RBC Sports Day in Canada is by wearing a jersey, team or club uniform to school, work or play on Jersey Day on November 20.
- Other community groups will be hosting events across Nanaimo. For more information, check out the RBC Sports Day in Canada website.

Quotes

"We're really excited to bring Sports Day in Canada to Nanaimo for another year. It's going to be a great day in Beban Park so come on out and join in the fun!"

Gary Paterson
Recreation Coordinator - Arenas
City of Nanaimo

Quick Facts

- RBC Sports Day in Canada is a national celebration of the power of sport to build community and get Canadians moving. The official day caps off a week of more than 1,000 local events and includes a special broadcast on CBC Television.
- RBC is the title sponsor of RBC Sports Day in Canada, which is presented by ParticipACTION, in partnership with CBC Television, ICI Radio-Canada Télé and True Sport and is generously supported by Sport Canada and in BC through Healthy Families BC.
- The City of Nanaimo Parks, Recreation, and Environment department was recently awarded a grant from the RBC Foundation and its Learn to Play program to assist in the development of the Learn to Skate program.

-30-

Contact:

Gary Paterson
Recreation Coordinator - Arenas
City of Nanaimo
gary.paterson@nanaimo.ca
(250) 755-7536

View the online edition for more information -
http://cnan.ca/1HUcixB