



Random Acts of Recreation

From your friends at
Coast Capital Savings



Join us for the following **FREE** Sessions!

EVERYONE WELCOME SKATES

Friday, July 28, 3:45-5:15 pm &
Friday, August 18, 3:45-5:15 pm
at Nanaimo Ice Centre
(includes free rentals and helmets)

EVERYONE WELCOME SWIMS

Saturday, July 22 &
Saturday, August 27
1-3 pm
Kin Outdoor Pool at Bowen Park
(500 Bowen Rd)

www.nanaimo.ca • ireg.nanaimo.ca
250-756-5200



Take a
MOMENT