

NEWS RELEASE

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Many fall & winter programs available with Nanaimo Parks and Recreation

With the kids back in school, now is the perfect time to look at the many recreation programs offered this fall and Winter with Nanaimo Parks and Recreation. A variety of new programs are being offered this season and space is still available in many popular standards.

"With over 1,000 programs in our Fall and Winter Activity Guide, we have something for every age and every interest. From arts, crafts and cooking to dance yoga and fitness, we have many options to ease you back into your fall routines, says Elizabeth Williams, Manager of Recreation Services. "Registration has been very busy, and we even exceeded last year's total, but there are still many spaces available."

Some new programs this season include "Galaxy/Space Adventures" for young children, "Makeup: The Basics" for youth, "Fold Form Stamped Copper Bracelet" and "The Vegan Bakery" for adults.

Pick up a copy of the Fall & Winter Activity Guide at City of Nanaimo facilities, view it online at recreation.nanaimo.ca or call 250-756-5200 to register today.

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