

Parks, Recreation & Culture Newsletter

Summer is in full swing!

Don't panic just because the calendar says it's mid August. There is still plenty of summer left. Remember here in paradise we often enjoy great weather right through September, so get out there and find your place!

Check out our summer flyer for some ideas for the dog days of summer!



Calendar of Events

Summer Concert Series Wednesdays, 6-7:30pm Maffeo Sutton Park

Aug 14: Terra Zetto
Aug 21: Saskia & Darrel
Aug 28: Nanaimo Chamber Orchestra

Free Swimming Lessons Aug 26-30, 9am-12pm, Westwood Lake

All levels available. Please register in advance.

Fall/Winter Registration Begins Wed., Aug 28

Register in person, online or by phone

Sampler Week Sept 7-13

Try a program for free! Check out the Sampler Week schedule on page 3 of this newsletter.

Club Friday Teen Dance Fri., Sept 20, 7-11pm, Beban Social Centre

Glow in the Dark Skate Tue, Sept 10, 6:30-8pm, Frank Crane Arena

Twoonie Skate Fri., Sep 13 1:45-3:45pm NIC 2

Terry Fox Run Sun., Sept 15, Bowen Park Registration @ 9am Run Starts @ 10am

Nanaimo Rivers Day Sun., Sept 29

Join us for tours & talks at some of Nanaimo's favourite river sites.

Roger's Rookie Tour Tennis Tournament

Sat., Sept 21
Beban Tennis Courts
Register ireg.nanaimo.ca barcode
123500

JUST FOR YOU...

We have 50 newsletter subscriber gifts waiting for you to claim (10 per facility). Come & get 'em while they last!

Parks Update

It's been a busy summer! Upgrades to the Departure Bay Water Park have been enjoyed by many looking to beat this summer's record temperatures. Recently updated Mansfield Park is one of the sites of our free playground program and is getting rave reviews. The new trails off of Rutherford Road at the Linley Point Pond are proving popular as well.

Other park projects in the works for this fall...

- **Public Art Requests for Proposals** will be issued in mid September. Artists please watch for notices in local papers & on the City website.
- A new playground will be installed thanks to a VIP initiative at **Ocean View Park**.
- Work on both the Beban Park Master Plan draft and the update of the Maffeo Sutton Park Master Plan.
- Continued work in Harewood Centennial Park.

For more information about parks projects, please visit [LINK](#)

Fall/Winter Program Registration

When: Begins Wednesday, August 28

How: 3 easy ways...

- 1) Phone:** **250.756.5200**. Please be prepared to hold and/or leave your name and number. We handle over 2,000 phone calls on registration day, so sometimes things get a bit hectic. We promise we will call you back in the order you called.
- 2) Online:** Visit ireg.nanaimo.ca to search for programs and register. It is most helpful if you have the barcode or at least name of program handy when searching. Please note if you've never registered online you'll have to call ahead of time to get your PIN code. We recommend you do it BEFORE August 28.
- 3) In Person:** Stop by any of the five recreation centres to register with one of our friendly front desk staff. They are a great resource for program ideas and suggestions.

Sponsorship Workshop Series

The City of Nanaimo, Parks, Recreation & Culture, along with our partner, Coastal Community Credit Union, are hosting a SPONSORSHIP WORKSHOP SERIES. These will be led by industry expert, BRENT BAROOTES OF THE PARTNERSHIP GROUP.

These sessions are ideal for non profit groups

• Sports Teams • Event Organizers • Cultural Organizations • Corporate Partners • Municipal Leaders • Economic Development Groups • Community Development Professionals & Students

Session 1 (Barcode 123473)

Tuesday, September 24, 9 am-4:30 pm
"Sponsorship Overview, Inventory Asset Identification & Valuation of Assets"

Session 2 (Barcode 123474)

Thursday, October 17, 9 am-4:30 pm
"Prospecting Sponsors, Getting Meetings and Discovery"

Session 3 (Barcode 123475)

Thursday, November 21, 9 am-4:30 pm
"How to Build Proposals that Sell"

Session 4 (Barcode 123476)

Thursday, January 23, 9 am-4:30 pm
"Sponsorship Activation, Fulfilment & Summits"

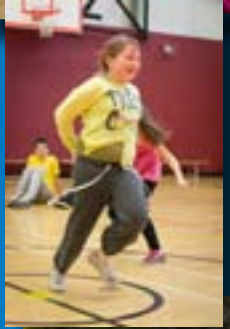
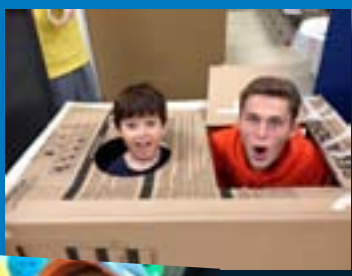
Cost is \$50 per session or \$175 for all 4 (use barcode 123472)

For more information, please contact Liz Williams, Manager of Recreation & Culture Services, at liz.williams@nanaimo.ca or 250.755.7526.

Summer 2013 Snap Shots

Sampler Week - Sep 7-13

We know getting back into the fall routine can be a bit of a challenge, so to help you get into the swing of things we've created "Sampler Week" during which we invite you to try out some programs and see if they are a fit for you.



LOCATION	SAT Sep 7	SUN Sep 8	MON Sep 9	TUE Sep 10	WED Sep 11	THU Sep 12	FRI Sep 13
Oliver Woods Community Centre 6000 Oliver Road			ROOKIE BOOT CAMP 9:15-10:15 am 125377	ROOKIE BOOT CAMP 9:15-10:15 am 125377 SPARE BLOX 7-9 pm (drop-in) GUYS YOGA 7-8 pm 125373	ROOKIE BOOT CAMP 9:15-10:15 am 125377 ART OF PAINT 1 7-9 pm 125376	ROOKIE BOOT CAMP 9:15-10:15 am 125377 RESTORATIVE YOGA 10:30-11:30 am 125375 HATHA YOGA STRETCH 6-7 pm 125374	
Beban Park 2300 Bowen Road			DRAWING 7-9 pm 125366	BELLY DANCE 6:15-7:15 pm 125367	PROGRESSIVE TENNIS (5-6 yrs) 3:30-4:30 pm 123662 LEADERS IN TRAINING "Try it Night" 6:30-8 pm 125372 ADULT BALLET 7:15-8:30 pm 125371 LEARNING TO EXERCISE AGAIN 12-12:50 pm 125391 1-1:50 pm 125392	PROGRESSIVE TENNIS (7-9 yrs) 3:30-4:45 pm 123511	PROGRESSIVE TENNIS (10-11 yrs)* 3:15-4:30 pm 123660 *This course is held at Westwood Tennis Club.
Frank Crane Arena 2300 Bowen Road		LIONS SKATE (includes free rentals) 12-1:30 pm (drop-in)	SKATES TO STICKS TOT HOCKEY 11:45 am-12:45 pm 125769		HOME SCHOOL HOCKEY 11:15 am-12:15 pm 125770 PARENT/TOT SKATE 12:30-2 pm (drop-in) FAMILY SKATE 6:30-8 pm (drop-in)		
Beban Pool 2300 Bowen Road	AQUA DANCE 4-4:45 pm 125757	LEARN TO DIVE 1-2:30 pm 125758 STREAMLINERS 3-4:30 pm (drop-in)	CROSS TRAINING AQUAFIT 6-7 pm (drop-in)		ASK A FITNESS TRAINER 4-8 pm (drop-in)	ASK A FITNESS TRAINER 9 am-1 pm (drop-in)	
Nanaimo Ice Centre 750 Third Street							STICK 'N PUCK FAMILY 3:15-4:15 pm (drop-in)
Rotary Field House 850 Third Street	Nia 11 am-12 pm 122683						
Harewood Activity Centre 195 Fourth Street					BARRE FIT 5:30-6:30 pm 121980 LATIN DANCE FOR WOMEN 6:30-7:30 pm 121991		
Bowen Park 500 Bowen Road						WATERCOLOUR PAINTING 7-9 pm 125363	

Yes, these programs are **free**, but please register in advance using the barcodes included in this chart so that we can plan for your attendance.

(You do not have to register for any "drop-in" programs.)

Please check out the Activity Guide for course descriptions.

HAPPY SAMPLING!

Nature & Health

Food for thought...

- *The higher the amount of vegetation, the lower the crime rate in an area.*
- *The more greenery, the higher levels of optimism and sense of effectiveness reported.*
- *The more natural the view, from a home, the better girl study participants scored on tests of concentration & self discipline.*
- *ADD symptoms in children are relieved after spending time in nature. The greener the setting, the more the relief.*
- *The greater the amount of greenery in common spaces, the higher the levels of mutual caring and support among neighbours.*

The above are key findings of a study conducted at the University of Illinois regarding the health and social benefits of Urban Greenery. These were presented recently at a conference hosted by UVIC's Public Health & Social Policy Department.



What's on in Your City Arenas?

As with all of Parks, Recreation and Culture's services and programs, the City's arenas are programmed with a commitment to providing programs and events that meet the needs of all segments of our community.

You'll find that our line up of programs cater to all ages, tots through seniors. We offer drop in sessions geared towards all ages and abilities making our arenas a place for everyone.

Our popular RecSkate program is a progressive skating skills training program which provides the foundation for success in both hockey and figure skating. The emphasis is on encouragement through comprehensive feedback.

No matter when you learn, skating helps to develop fundamental movement skills, sport skills and the ABCs- agility, balance, coordination and speed- of physical literacy.

Back this fall will be our popular sponsored skates, thanks to our partners 'The Lions Club of Nanaimo' and 'Ryan Vending'. Through the year we offer low cost and free skate sessions, special event skates with glow lights and all sorts of fun themes.

So with all this in mind be sure to stop by the arenas this fall and explore a part of Canada's cultural heritage-on-ice sports!



Campers say the darndest things...

Camp Leader: "Who is your favourite action hero?"

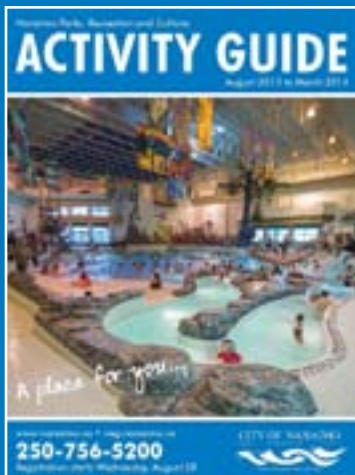
Camper: "The old guy from Indiana Jones."

Camp leader: "You mean Harrison Ford?"

Camper: "Yup. He's like 71 and still as active as ever."

Camper: "I am going to stick my head in my backpack and act all spontaneous."

Coming August 24!



CONTACT US:

Phone: 250-756-5200 web: www.nanaimo.ca

Internet Registration: ireg.nanaimo.ca

Questions or comments? E-mail us at askprc@nanaimo.ca



Culture Update

NEW CULTURE PLAN FOR NANAIMO: Our vision for culture is that "Nanaimo will be a healthy, vibrant and prosperous community that recognizes the importance of creativity and cultural vitality for quality of life and place." The new Nanaimo Cultural Plan, "A Cultural Plan for a Creative City" draft, will be presented to city council and then to the public at an open house before its final adoption this fall. For more information, please phone Bob Kuhn at 250-760-1139.

NEW CITY BANNERS INSTALLED: The new banner design is the creative work of local artist, Cody Klingbeil. The image depicts two of Nanaimo's popular outdoor activities: walking the many parks and trails available here and enjoying time on the water. This is the third year of the banner contest. The goal is to raise local participation in Nanaimo's public art program, beautify the city and create local identity. The next banner design contest will be held in the winter of 2013. Watch for notices in local papers, on the city website and on city Twitter and Facebook pages.

OUTDOOR PUBLIC ART TEMPORARY EXHIBIT: If you've visited Maffeo Sutton Park recently, you've probably already noticed the new art pieces installed this spring. This collection will be on display until May 2014. Videos detailing the creative process behind the pieces are being finalized and will be able to be accessed on the city's website, online public art inventory and at the pieces. Information about public art in Nanaimo, including an inventory of permanent public art, can be found at <http://cna.ca/dXGoQA>.

NEW MOBILE ART APP: The City of Nanaimo is currently developing a mobile application for iPhone, Android and Blackberry that will use your current location to find public art near you and information on that particular art piece. Look for it in the new year.

NEW PUBLIC ART PIECE INSTALLED AT THE "SERVICE AND RESOURCE CENTRE" (411 Dunsmuir Street): This art piece, entitled "Social Mixer" by artist Mark Ashby, will surely brighten up the walls of the SARC lobby. Check it out this October.

POET LAUREATE: Nanaimo's Poet Laureate will serve as the "people's poet". This appointed person will participate in the literary life of Nanaimo and serve as a literary ambassador. Nanaimo's first Poet Laureate will be announced this fall.



Street artists will be invited from Western Canada to compete in a chalk or street art festival along Commercial Street. Artists will plan and create art on the street or sidewalk that creates a Trompe l'oeil. In other words, to create an illusion. For other Nanaimo Culture Days event information, please contact Nanaimo Arts Council at 250-729-3974.

Next newsletter October 2013