

# Parks, Recreation & Culture Newsletter



## HOLIDAY ACTIVITY IDEAS

•Head to one of our local parks with your camera and get some shots of the family in action to use for holiday cards.

•If the snow should fly this winter, head to Bowen Park and check out the wide wooded trails perfect for pulling a sled full of little ones or try out those snow shoes you normally only get to wear up at the ski hill.

•Bake a batch of cookies with the little ones. While the goodies are in the oven, have the children decorate a brown paper bag however they like. These little homemade packages will make great gifts for friends and neighbours.

•Check out a family open gym session at Oliver Woods Community Centre on Saturday or Sunday. These sessions are geared for 3 to 7-year-olds. We also offer Family Pickle Ball and Badminton drop in times for families with older children.

## Calendar of Upcoming Events

There is a lot happening in our community over the next couple of months! Here are a few options.

**HAPPY HOLIDAZE FAMILY FUN SWIM**  
Friday, December 18, 6:30-8:30 pm  
Nanaimo Aquatic Centre

Keep the family active this holiday season and have a splashing good time together.

**FREE SWIMMING LESSONS**  
December 21 to 31  
Nanaimo Aquatic Centre

This is our special "aquatics" holiday gift to you. Call us early at 250-756-5200 to register, as space is limited.

**WINTER WONDERLAND 2009**

•Monday, December 28  
11 am-4:45 pm & 7:30-9 pm  
•Tuesday, December 29  
11 am-4:45 pm & 7:30-9 pm  
•Wednesday, December 30  
11 am-4:45 pm & 7:30-9 pm  
•Thursday, December 31  
11 am-4:45 pm & at Finale 2009  
•Friday, January 1  
11 am-3 pm  
Frank Crane Arena

Looking for a great setting to spend time with visiting family? Head to Frank

Crane Arena which will be transformed into a winter village for public skate sessions held daily. Admission is only \$1 and includes skate and helmet rentals.

**FINALE 2009**  
Thursday, December 31, 7 pm-12 am  
Beban Park (2300 Bowen Rd)

This is Nanaimo's family-friendly New Year's Eve party! Guests enjoy skating, swimming, crafts, activities, interactive games and live entertainment. No need to book the babysitter this year. Come and ring in the new year together!

**SPLISH, SPLASH, SPLOSH FAMILY FUN SWIM**  
Sunday, January 17, 1:30-3 pm  
Beban Pool

Spend a winter afternoon poolside with your family where great games are planned!



## DID YOU KNOW?

The City of Nanaimo was recently awarded \$1 million as part of the Recreational Infrastructure Grant Program which is a part of the Federal Government's Economic Action Plan. The money is to be spent towards the redevelopment of Beban Park Complex. Watch for dates for public open house sessions to be announced in January. The project completion date is March 2011.



## FITNESS CENTRES

Stay active this holiday season at either of the City Fitness Gyms. Both offer cardio machines, weights and dedicated stretching areas. The gym at the Nanaimo Aquatic Centre got a total upgrade of its cardio machines this past summer, including some new 'arch trainers'. Clients looking for adapted equipment will also find a 'Nustep' bike, active pass trainer and weight machines which are wheelchair accessible.

The gym at Beban is more intimate and provides a great view of the pool deck, so if you have a child or partner taking part in a swim program, you could get in a workout at the same time.

The admission rate for adults is \$5.75. This gets you into the gym, pool and rink if you want to work in a bit of cross training. Drop in and monthly passes are also available. Please note gyms are only for those 16 years and older and that proper gym attire must be worn.

- NAC GYM HOURS  
Mon-Fri, 6 am to 9:30 pm  
Sat & Sun, 7:30 am to 9:30 pm
- BEBAN GYM HOURS  
Mon & Wed, 6 am to 8:30 pm  
Tue/Thu/Fri, 6 am to 7 pm  
Sat & Sun, 9:30 am to 7 pm

## Parks Update

### BOWEN PARK

Phase two of the Bowen Park enhancement project will include an outdoor classroom. The new facility will be located near the duck pond and will include terraced seating and a raised stage area. The space will be used for department programs, outdoor classroom sessions for local schools and will be available for private rentals. The tender for construction is out now and closes December 10, 2009. The facility will open late spring.

### NECK POINT PARK

In June of this past summer the City purchased an additional 3.1 acres of land adjoining Neck Point Park. Since then, the existing residence and outbuildings have been removed, trails and walkways have been established and a railing has been installed along the water's edge. An official ribbon cutting is planned for Thursday, December 17.

The current master plan for the park has been in place since 1999. With this recent

acquisition, it is now time to revisit the plan and work with the public on how we want to see the park evolve. Public input sessions will be held in January 2010. In the meantime, you are encouraged to visit the park. Watch for the public open house dates to be announced via the City website and local newspapers.



## Did You Know?

You can join the more than 1,500 'fans' of the City of Nanaimo's Facebook page and be the first to find out about City happenings. You can also follow us on Twitter.

You can register any time for programs with Parks, Recreation and Culture online at [www.ireg.nanaimo.ca](http://www.ireg.nanaimo.ca). Get your family user name and PIN code today by calling 250-756-5200.

You can vote for Nanaimo in the Gamestown 2010 Contest and help us win \$100,000 for facility upgrades. Visit [www.gamestown2010.ca](http://www.gamestown2010.ca) before January 4 to vote.

Next newsletter  
available in  
February 2010!

Don't want to receive this newsletter? Contact 250-756-5200 to be removed from our mailing list.

## CONTACT US

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