

October/November 2011

Parks, Recreation & Culture Newsletter

2nd Artificial Turf Field Now Open

The new turf field at Beban is now open, and it is fabulous! John Barsby High School Football team gave the field its first workout as they played Surrey Holy Cross in the first game of the highschool football season. It was a perfect day for a football game, and there was a great crowd on hand to cheer on the teams.

To quote Coach Stevenson of the Bulldawgs, "Everyone was absolutely impressed and quite frankly, thrilled to be there. In a word, WOW!"

The field can accommodate a number of different sports, including soccer, field hockey, field lacrosse and football. To book the field, call 250 756 5200 and speak to the field allocations clerk.

Check out a video of the game!
<http://youtube.com/BDpd3aPv2Q>



Calendar of Upcoming PRC Events

Glow in the Dark Skates

Frank Crane Arena

October 4 & 18 / November 1 & 15

6:30 to 8 pm

Join us at Frank Crane Arena for these special event skates. Regular admission rates apply.

Pick up a glow necklace for \$2.

Nanaimo Christmas Market

Beban Social Centre

Friday, Nov 18 12-8 pm

Saturday, Nov 19, 10 am -5pm

Sunday, Nov 20, 10 am-4pm

We've done an overhaul on this holiday event- adding holiday craft workshops, children's activities and more. Discover over 100 tables of homemade crafts, food & other unique gift ideas. Admission is still only \$2!

Feature Programs

Learn from the Masters: Ever wondered how Emily Carr started a painting? Learn about four of B.C.'s best known artists of the 20th century through stories, discussion & art activities. Held at the Nanaimo Art Gallery, this 4 week course starts Monday, October 17 from 2-5 pm. Barcode: 106238

Pre-Natal Yoga: Moms-to-be can prepare their body for the changes of birth in this class. Learn breathing & relaxation techniques to help during labour. Childminding available for siblings. Join us for one or all three lesson sets being offered; October, November & December. Barcodes: 106395, 106412, 106411

CHIC's Healthy Cooking Series: Girls, come out & learn how to cook easy and healthy recipes. Good food for girls on the go! Monday, October 3-31 (105455) AND Monday, Nov 7-28 (109171) 6:30-8 pm

Pumpkins, Goblins, & Halloween Treats is a Halloween Party just for 3 to 5 year olds! We will play games & make crafts all in the Halloween theme. Be sure to come in costume for this spooky but fun event. Saturday, October 29 from 10:30 am to 12:30 pm at Beban Park. Register today!

JUST FOR YOU...

Ask for our "Parks, Recreation and Culture Newsletter Subscribers Gift" at your local recreation centre before October 15 (or until supplies run out!).



Did you hear?

- We've added 1 day a week swimming lesson sessions based on your OVERWHELMING response to our Facebook poll. For information about availability & times call 250 756 5200 or stop by one of our front counters. You can register online at ireg.nanaimo.ca
- You can now view our drop-in gym, public swim & skate times online & download them to your smart phone or outlook calendar.
- You can borrow horseshoes & discs at Bowen Complex registration counter M-F for free. All you have to do is leave some form of ID (Sorry, not available weekends- YET!)
- You can feed the ducks at both Oliver Woods Community Centre & Bowen Park. Pick up a bag of duck food at the front counters of either facility. Please don't feed them bread, as its not good for their tummies!
- The new Parks & Trails brochure is now available at all PRC facilities
- You can view the latest Activity Guide online, and now we've linked the barcodes directly to IReg so you don't have to switch back & forth

Youth Program Participants Provide Thousands of Volunteer Hours

This summer, the 100+ youth who participated in the department's LIT and Quest provided 12,307 volunteer hours to the community! The top three volunteers were Quest member Joshua Grossgardt with over 304 hours; LIT Ashlee Hayes who logged 250.25 hours and Taylor Johnstone with 221.75 hours.

The leadership programs include a series of training sessions on topics, such as public speaking, team building, childminding, interview skills and the ever popular clown class. Participants can focus on specific program areas, such as aquatics and arenas or in general recreation.

For many it's a great stepping stone to full time summer job placements with the department and future work experience. There is a focus on building confidence, professionalism and making new friends. Program participants volunteer their time with department summer camps and programs and various community events.

"We had such a great group this year. They were full of enthusiasm and taught us as much as we taught them for sure. They truly are our superheroes," says Pene

Kellett, LIT & Quest program Coordinator.

The Leaders in Training and Quest programs have been offered by the department for 29 years with over 3,000 participants to date. The fall session is now underway with 41 participants. Watch for them at PRC programs and events.

If you are interested in learning more about these programs, please call Cheryl Krytor at 250-756-5200 or visit www.nanaimo.ca

Keeping Kids Active

Did you know only 10% of children in North America today get enough physical activity in a day? [CLICK HERE](#)

City of Nanaimo PRC wants to help reverse that trend. Last year we launched the Grade 5 Active Pass which provided students (born in the year 2000) free admission to public swimming, skating and drop-in gym times.

We want to continue to encourage those that participated so have added a Grade 6 Pass. Ask at our front counters to have 12 free sessions loaded onto your card.

For more information about the program, check out pg. 29 of the Activity Guide or ask any of our registration staff.

PR & C in Pictures

Check out more of our photo albums & videos here



1. Madhatters Tea Party
2. LIT/Quest Summer Crew
3. Westwood Watch
4. Terry Fox Run

Recreation Facility Admission Rates Increased

You may have noticed you are paying a little bit more for public admission activities. Generally, admission rates increased by twenty five cents. The rate for children 12 and under has remained the same. Children 2 and under and seniors 80+ will continue to enjoy free admission. The new rates took effect September 1, 2011.

Parks, Recreation & Culture is committed to providing accessible recreation opportunities to the community. For individuals and families requiring additional financial assistance, the department offers the Leisure Economic Access Policy (LEAP). For information about the program, please contact Chris Robinson at chris.robinson@nanaimo.ca.

For information about general admission rates, please visit the City's website at www.nanaimo.ca or call 250 756 5200.



Energy Upgrades at Nanaimo Aquatic Centre

Major energy efficiency upgrades were a key part of the annual shut down at the Nanaimo Aquatic Centre last month. The 10-year-old facility, which has seen over 5 million visitors since opening in 2001, received significant energy upgrades in addition to regular maintenance. The upgrades are in keeping with the City's energy conservation policy and provincial sustainability goals.

"We are pleased to have included these energy upgrades to the Nanaimo Aquatic Centre. Not only will they save us money in the long run, but they will help us to achieve our goals towards a more sustainable existence," explains Diana Johnstone, Parks, Recreation & Culture Chair and Councillor.

The energy saving upgrades included replacing the current ozone water treatment system with an ultraviolet system. This change over will reduce operating costs by \$20,000 per year through a reduction of 322,000 kwh of electricity or enough to power 30 homes. An added benefit of the transition will be the reduction in the chlorine smell within the facility.

Perhaps most noticeable to facility users will be new low flow showers in the change rooms. The new showers will reduce natural gas consumption by 359 GJ, save over \$5,000 per year & eliminate 19 tones of green house gas emissions. Sensors have

been installed to control lighting and water pumps. All of the upgrades combined will reduce facility electricity use by 537,000 kwh per year which is enough electricity to power 50 homes in Nanaimo for a year.

Other upgrades included condensing natural gas boilers, better heat recovery from changeroom exhaust air and new variable frequency drives on hot water pumps. Some of these upgrades are similar to the type of energy upgrades available to residents, just on a larger scale. It is expected all the upgrades will save the City approximately \$80,000 per year in operational costs.

The electrical bundle cost of the upgrades will be \$250,599. The City will receive a BC Hydro incentive for \$111,000 towards this total. The cost for the new boilers is \$170,200, of which \$19,950 will be covered by a FortisBC incentive. The energy upgrades were included in the 2011 facility operations budget.

For more information about the energy upgrades, please contact the City's Energy Manager, Bruce Joiner, at 250 755 7504. For information about the Nanaimo Aquatic Centre, you can visit www.nanaimo.ca or contact Aquatics Manager, Sandy Raddysh, at 250 756 5200.

Watch for our 'Winter Wonders' flyer in early December. It will be packed with great holiday programs and events!

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

CONTACT US:



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