



Lifeguards on Duty at Westwood Lake

For Immediate Release

July 12, 2010- The City of Nanaimo is pleased to announce that lifeguards are on duty at Westwood Lake from July 2nd to August 27th, 2010.

Westwood Lake is the only lifeguarded beach-swimming area in Nanaimo. Lifeguards are on duty daily (weather permitting) from 11am – 6pm at first beach only. The guards are fully certified for waterfront guarding by the National Lifeguard Service, and can respond to a variety of aquatic and first aid emergencies in the designated swimming area. Even with lifeguards on site, it is recommended that individuals and children who are not strong swimmers are closely supervised at all times and/or wear a Personal Flotation Device (PFD) while in the water.

In addition to the guarded swim area, the Parks, Recreation and Culture department has planned a variety of activities for children and families on Friday afternoons at Westwood Lake. “Playzone” activities include Rescue Ranger Day, Capture the Flag, The Amazing Race, and Mission Impossible. Events run from 1pm – 3pm every Friday and are free fun for the whole family. Can’t make it on a weekday? The second annual Westwood Lake Day takes place on Saturday August 21st, and will also include a variety of free activities and games for families.

For more information on Westwood Lake this summer, please contact Sandy Raddysh at 250-755-7574, or Sandy.Raddysh@nanaimo.ca. For information regarding other City of Nanaimo Aquatic Facilities (including Kin Pool), please call 250-756-5200.

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