



## City Youth Recreation Programs

*September 15, 2009-* Nanaimo Parks Recreation and Culture Department is proud to offer an array of programs for all ages, abilities and interests. We are equally proud of our instructors that lead these programs. They each have different stories of inspiration and a sense of passion that has led them to share their interests with others. We have a great new line up of programs and instructors for pre-teens and youth. This fall and winter there are four new programs being lead by past National Women's Soccer Team member, Pene Kettett.

Pene Kettett's is an island girl whose soccer career is a testament to the power of staying focused on a dream. Growing up she had to battle every year for a position on her hometown boys' rep team. After a few years of playing with the boys, Pene secured a position on the provincial team that took third place in the Under 17 Nationals. She achieved this while staying focused on her goal, even while her mother was battling breast cancer. Pene went on to play for the University of Toledo in Ohio, winning a number of titles and awards for academic achievement and sports leadership including the title of NCAA Sports Women of the Year.

She currently plays on the Nanaimo United Women's Premier team and is thrilled to have the chance to work with Nanaimo's youth. She hopes to instill the value of hard work and looks forward to serving as an example of the power of determination. Nanaimo Parks, Recreation and Culture is excited to have Pene as a part our instructional line up.

The first of a handful of new programs being lead by Pene is 'Girls Get Fit' for twelve to sixteen year olds. The program is focused on promoting a positive self image and self esteem. The program will include an initial in classroom session while the rest of the sessions will be held at the fitness gyms for hands on training of safe and effective use of equipment. This program is offered three times throughout the fall and winter, with the first session beginning Friday, September 25<sup>th</sup>.

'Obstacle Madness' is geared for ten to fourteen year olds and uses a variety of equipment including hoola hoops, balls, bosu tubes, mini trampolines and agility ladders to make a variety of high energy obstacles and relay races. You'll develop coordination, speed, balance, and motor skills over the course of this program. There are two sessions of this program being offered, the first starts October 1<sup>st</sup>.

'Girls Rec Soccer' is for girls aged twelve to eighteen. This is the perfect program for players that may love the sport but just haven't found a team to play on yet or have moved on but still want to keep one foot on the ball. This would also make for some great extra practice time for girls playing on a NYSA team. There are three sessions of this program offered over the fall and winter, the first begins September 18<sup>th</sup>.

Finally to round out the lineup of new 'Pene' programs is a 'Learn to Run 5Km' for thirteen to eighteen year olds. In this program you'll find the motivation and coaching you need to meet that goal of completing a 5Km run. The program runs September 21<sup>st</sup> through November 23<sup>rd</sup> at Beban Social Centre.

If you or a youth you know are interested in taking any of these courses please call the department's youth coordinator today at 250 760 1141 for more information. You can register online at [www.nanaimo.ca](http://www.nanaimo.ca) , by phone or in person. For information on specific times, dates and locations please refer to the current leisure guide. Register soon as low registration often results in cancelled programs.

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**Attached Image:** PenePlaying.jpeg

**Media Contact**

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