

## NEWS RELEASE

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### Westwood Lake Lifeguards on Duty & Water Safety Week

#### Summary

It is officially summertime! With the warm weather, comes the desire to spend more time outdoors, especially cooling down with a swim. The City of Nanaimo Parks, Recreation and Environment department is pleased to announce lifeguards will be on duty at Westwood Lake daily from 12 pm to 6 pm starting June 30 until August 31.

July 7 – 11 is Water Safety Week at Westwood Lake. Visitors to Westwood Lake can participate in some great activities while learning about water safety.

*Strategic Link:* Lifeguards on duty and Water Safety Week support the Cultural Vitality Pillar in the 2012-2015 Corporate Strategic Plan by promoting sport, recreation and leisure lifestyles.

#### Key Points

- Lifeguards will be on duty at Westwood Lake daily from 12 pm to 6 pm starting June 30 until August 31.
- Water Safety Week at Westwood Lake runs from July 7 – 11.
- Swimming lessons are available at Westwood Lake. Register online at [ireg.nanaimo.ca](http://ireg.nanaimo.ca) or by calling 250-756-5200.

#### Quotes

"Come on out to Westwood Lake, one of Nanaimo's favourite summer park destinations. Residents can learn water safety skills during Water Safety Week and enjoy a swim in the lake all summer."

Taz Hartwick  
Recreation Coordinator - Aquatics  
City of Nanaimo

#### Quick Facts

- Starting June 30, blue umbrellas will be provided at Westwood Lake Park for beachgoers to reduce their time in the sun. The Blue Umbrella Program is in partnership with the Canadian Cancer Society.
- Westwood Lake Park will be open on Canada Day (July 1), all other facilities will be closed.

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**Contact:**

Taz Hartwick  
Recreation Coordinator - Aquatics  
City of Nanaimo  
taz.hartwick@nanaimo.ca



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