

## NEWS RELEASE

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### New Activity Guide Arriving August 23

#### Summary

It's that time again - the City of Nanaimo Fall and Winter Activity Guide will be ready for pick up starting August 23.

The guide features a variety of programs for all ages at facilities and parks throughout Nanaimo as well as information on other community programs. Starting Wednesday, August 27, registrants can sign up for programs such as Parent and Tot Floor Hockey, Learn to DJ, Creative Christmas Cards, Thai Cooking, Adult Hip Hop, Spanish Conversation, African Drumming, Spin Class, Circus Yoga, Streetwise Cycling, Dodge Ball, Skating Lessons and Swimming Lessons.

The public can also try out a variety of classes and activities for free during one of two Sampler Weeks being offered in the Fall and Winter. The first Sampler Week will be held Sunday, September 7 to Friday, September 12 and the second will be held Monday, January 5 to Saturday, January 10.

For online registration login information, contact the City at 250-756-5200.

*Strategic Link:* The Fall/Winter Activity Guide supports the Cultural Vitality pillar in the 2012-2015 Corporate Strategic Plan by promoting a broad concept of culture encompassing creativity/innovation, arts, heritage, ethnicity, sport, recreation and leisure lifestyles.

#### Key Points

- The Fall and Winter Activity Guide will be out Saturday, August 23 and can be picked up at all City of Nanaimo recreation facilities, local grocery stores, malls and libraries.
- The public can "try it before they buy it" with two Sampler Weeks: September 7-12 and January 5-10.
- The Fall and Winter Activity Guide will be available for viewing online starting Wednesday, August 20.

#### Quotes

"I am happy to announce the arrival of the Fall and Winter Activity Guide. We are pleased to offer such a wide range of programs, special events and community information to meet the needs and interests of the citizens of Nanaimo."

Diana Johnstone  
Councillor and Chair of Parks & Recreation Commission  
City of Nanaimo

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