

NEWS RELEASE

Distributed September 3, 2014

Sampler Weeks Starts September 7

Summary

Starting September 7 "try it before you buy it" with Sampler Week. The City of Nanaimo Parks, Recreation and Environment department is pleased to offer a week of select programs and classes for the public to enjoy at no cost.

Programs and classes that can be "sampled" include Nature Tykes, Yoga 4 Kids, Contemporary Line Dance, The Art of Paint - Acrylics and Parent & Child Hockey. Check out www.nanaimo.ca for a full list of available sample programs and classes.

Even though the courses are free, registration is still required except for programs indicated as "Drop-in". Register by visiting ireg.nanaimo.ca or calling 250-756-5200.

Strategic Link: Sampler Week supports the Social Equity pillar by providing affordable recreation for our community.

Key Points

- Sampler Week runs from Sunday, September 7 to Friday, September 12.
- Registration is required for Sampler Week courses. Call 250-756-5200 or visit ireg.nanaimo.ca

Quotes

"There are a lot of great programs and classes to try out. Space is limited so register today!"

Kathy Gonzales
Recreation Coordinator
City of Nanaimo

Quick Facts

- Miss out on the Sampler Week offerings in September? Another one will be offered from January 5 - January 10.

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View the online edition for more information -
<http://cnan.ca/1nYdJ3Q>