

NEWS RELEASE

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RBC Sports Day in Canada Gets Nanaimo Moving

City to take part in fifth annual RBC Sports Day in Canada

Summary

To mark this year's RBC Sports Day in Canada on Saturday, November 29 the City of Nanaimo Parks, Recreation and Environment department is hosting a number of events.

Beban Park will host a number of events starting at 11:15 am including a free Learn-to-Skate lesson (ages 5-11 years) from 11:30 am to 12:15 pm at Frank Crane Arena, free NHL Learn-to-play Hockey program from 12:15 to 1:00 pm at Frank Crane Arena (ages 5-11 years; first timers only; skates, sticks and helmets provided), an Everyone Welcome Skate from 1:15 pm to 2:45 pm which will include a performance by the Nanaimo Skating Club and the public can take in a Nanaimo Minor Hockey game from 11:15 am to 12:30 pm at Cliff McNabb Arena featuring the Nanaimo Dragons vs Nanaimo Royals.

Oliver Woods Community Centre will host a number of events from 1:00 pm to 4:00 pm including Sport Trivia all afternoon, floor hockey and badminton from 1:00 pm to 1:45 pm, basketball from 2:00 pm to 2:45 pm, pickleball from 2:00 pm to 3:00 pm and soccer from 3:00 pm to 4:00 pm.

Nanaimo Aquatic Centre will host a \$3 Everyone Welcome swim from 4:00 pm to 7:00 pm with demonstrations from the Nanaimo Diamonds.

Other community groups will be hosting events across Nanaimo. For more information, check out the RBC Sports Day in Canada website.

Strategic Link: Community Building Partnerships: A Healthy Community that together and systematically addresses negative determinants and barriers to health and encourages healthy, active lifestyles.

Key Points

- RBC Sports Day in Canada is on Saturday, November 29.
- Events will be held at Oliver Woods Community Centre, Beban Park and Nanaimo Aquatic Centre. As well, community groups will be hosting events and open houses across Nanaimo.
- Another way residents can get involved in RBC Sports Day in Canada is by wearing a jersey, team or club uniform to school, work or play on Jersey Day on November 28.

Quotes

"We are thrilled to be part of RBC Sports Day in Canada. Sport is an important element of a healthy, thriving community. Join us for day filled with fun events in Nanaimo."

Gary Paterson
Recreation Coordinator - Arenas
City of Nanaimo

Quick Facts

- RBC Sports Day in Canada is a national celebration of the power of sport to build community and get

Canadians moving. The official day caps off a week of more than 1,000 local events and includes a special broadcast on CBC Television.

- RBC is the title sponsor of RBC Sports Day in Canada, which is presented by ParticipACTION, in partnership with CBC Television, ICI Radio-Canada Télé and True Sport and is generously supported by Sport Canada and in BC through Healthy Families BC.
- The City of Nanaimo Parks, Recreation, and Environment department was recently awarded a grant from the RBC Foundation and its Learn to Play program to assist in the development of the Learn to Skate program.

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