

## NEWS RELEASE

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### Take a moment to move this fall and winter

#### *New Activity Guide released*

#### Summary

The City of Nanaimo is pleased to announce the Fall and Winter Activity Guide is now available for viewing on the City's website and to pick up in City recreation centres.

A variety of programs and events for all ages at facilities and parks throughout Nanaimo can be found in the City of Nanaimo Parks and Recreation Activity Guide along with information on other community programs. Starting Wednesday, August 23, registrants can sign up for programs such as Bollywood Dance, Adult Improv and Basic Cooking and, for the kids, Galaxy/Space Adventures, Cheese Making and Hapkido.

Other notable additions include the expansion of the Spare Blox Youth Drop-in program to Nanaimo Ice Centre on Friday mornings starting September 15 and, to continue celebrating Canada's 150th, a special Canada 150 Group Fitness Pass for drop-in group fitness classes will be available for purchase for \$52 per month of \$150 for four months.

More information on new programs and promotions is available in the new Fall and Winter Activity Guide.

*Strategic Link:* The Fall/Winter Activity Guide supports an Active Lifestyle by providing recreational and sporting opportunities.

#### Key Points

- The City of Nanaimo Parks and Recreation Fall and Winter Activity Guide was made available on the City website and at City of Nanaimo recreation facilities August 16. It will be available in local grocery stores, malls and libraries by Saturday, August 19.
- For online registration login information, contact the City at 250-756-5200.

#### Quotes

"With a theme of "Take a Moment to Move", Nanaimo Parks and Recreation has made sure to include a wide variety of new programs and classes to do just that. Pick up a copy and discover the many activities our City has to keep you active this fall and winter!"

Richard Harding  
Director, Parks & Recreation  
City of Nanaimo

Continued... Take a moment to move this fall and winter

**Contact:**

Tracy Loewen  
Communications and Marketing Specialist  
City of Nanaimo  
tracy.loewen@nanaimo.ca  
250-755-7527



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