

NEWS RELEASE

Distributed January 26, 2018

Family Day Swim, Skate & Gym Times

Take part in our recreational activities this Family Day!

This Family Day holiday weekend, the City of Nanaimo is celebrating family play with a few special, family-focused activities. On Sunday, February 11, 2018 Oliver Woods will be offering Gym Pals from 10:00 a.m. to 2:00 p.m. Gym Pals is available for kids between the ages of 1-4 with parent participation required. Activities encourage climbing, riding, jumping and playing. The cost is \$5 for the first child and siblings are an additional \$1 charge.

On Monday, February 12, 2018 an Everyone Welcome swim will be held from 12:00-6:00 p.m. at the Nanaimo Aquatic Centre (NAC). If you are looking for a unique pool experience, come watch our Dive-In Movie "A Bug's Life" on our poolside screen from 1:00-3:00 p.m. Michial Seginowich, Aquatics Coordinator adds "we will have a big, inflatable bug in the pool and you are welcome to bring your own floatie if you like."

Across the street at the Nanaimo Ice Centre (NIC), there is an Everyone Welcome skate from 12:00-1:30 p.m. and 1:45-3:15 p.m. on Monday, February 12, 2018. The Family Day Parent & Tot skate will take place from 1:30-2:30 p.m. and Stick n' Puck sessions will run from 12:15-1:15 p.m. and 2:45-3:45 p.m. "Our Family Day programming offers something for every member of the family," says Gary Paterson, Arena Coordinator. "Fun recreational hockey with an on-ice leader, Parent and Tot with toys and games, and our popular Everyone Welcome sessions for a great family work-out."

Regular admission rates will apply for these activities. Please check our Public Schedules listed on the City's website for more information.

-30-

Contact:

Sheila Gurrie
City Clerk
City of Nanaimo
MediaRequests@nanaimo.ca



View the online edition for more information -
<http://cnan.ca/2DMsBVB>