

## NEWS RELEASE

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### Spring into Summer with Parks & Recreation

#### *New Activity Guide coming soon*

The City of Nanaimo, Parks and Recreation Department is pleased to announce that the 2018 Spring and Summer Activity Guide will be available for viewing on the City's website on Wednesday, February 28 and will be ready for pick up from City recreation centres on Friday, March 2. Spring and summer recreation program registration begins on Wednesday, March 7.

A variety of programs and events for all ages at facilities and parks throughout Nanaimo can be found in the Activity Guide along with information on several other community programs. A large number of new programs have been added, including Flamenco Dance, Kettlebell, Norwegian Cooking, Doggy Parkour, Lego Robotics, Fireside Stories and many more!

"We are excited to be releasing our Spring/Summer Activity Guide. I think you'll find we have done our best to create a well-rounded guide of programs, events and activities for the whole community," says Manager of Recreation Services, Liz Williams, "We hope you'll 'take a moment to move' with us this spring by participating in one of our many recreation programs or by visiting one of our beautiful parks."

Other notable additions include information on the temporary one-month Active Passes that are available until August. This limited time discounted pass provides individuals and/or families with unlimited access to public drop-in activities, including skating, swimming, weight rooms and drop-in gymnasium programs. Also included in the guide are the Summer Concerts in the Park schedules, Playground and Family Fun Night Program dates, summer camp options and detailed information on all programs.

In addition to creating and offering recreation programs and activities, Parks and Recreation staff are busy learning and implementing a new recreation software package. Starting August 2018, Nanaimo Parks and Recreation will launch a new program called PerfectMind. It will be used for registration, facility bookings and public drop-in admission purchases. Please follow the City of Nanaimo on Facebook or visit [www.nanaimo.ca](http://www.nanaimo.ca) closer to August for more details. Residents who have questions can direct them to [parksandrecreation@nanaimo.ca](mailto:parksandrecreation@nanaimo.ca) or 250-756-5200.

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