

NEWS RELEASE

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Take a Moment to Move this Spring

As spring slowly arrives, the City of Nanaimo Parks and Recreation department would like to remind residents of the many ways to take a moment to move this season. Spring Break camps, activities and special events are all being offered in the month of March.

While the kids take a break from school, mark these fun family activities on the calendar. A special Ryan Vending St. Paddy's Toonie Skate will be held on Saturday, March 17 from 1:15 – 2:45 pm in Frank Crane Arena. As well, two extra Everyone Welcome skates have been added mid-week. Nanaimo Aquatic Centre will host Peculiarly Thrilling Thursdays on March 22 and March 29 from 1-3 pm along with an Earth Week themed Dive-in Movie from 1-3 pm on Wednesday, March 28. Earth Hour will be recognized with a Glow Starlight Skate in Nanaimo Ice Centre on Saturday, March 24 from 7-9 pm.

Kathy Gonzales, Assistant Recreation manager said "be sure to pick up a copy of the 2018 Spring and Summer Activity Guide and plan your family fun." She would like to also like to remind residents that "there are still a few spaces left in Specialty Spring Break Camps. Please register soon by calling 250-756-5200 or online at ireg.nanaimo.ca."

Other special events kicking off this month include a lineup of Water to Earth Month activities at various locations and the Lions Free Swims start on Sunday, April 1 in Beban Pool from 2-3:30 pm. For more information, visit the events section of the City website for more information.

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