

## NEWS RELEASE

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### Free recreation opportunities made possible through community partnerships

#### Summary

The Lions Club of Nanaimo, with key partner Save On Foods host free everyone welcome skate sessions on Sundays this year until March 24, 2019. Sunday, September 16 was the kick off at Frank Crane Arena. This valued project continues the long tradition of the Lions Club volunteer service to the community of Nanaimo.

This Friday, September 21 is the first Coast Capital Savings Random Act of Recreation Kindness with a free skate at the Nanaimo Ice Centre. The first swim will be held on Friday, September 28. The Coast Capital Savings free swims and skates will be held monthly until March 2019.

Skate and helmet rentals are included at the free skate sessions. For more information, dates, times and locations please visit the Nanaimo Parks and Recreation events pages on [nanaimo.ca](http://nanaimo.ca). Don't miss an opportunity to skate or swim for free this fall.

*Strategic Link:* These free skate and swim sessions contribute to the Community-Building Partnerships priority. It addresses Social Equity Strategic through cohesion, inclusion and engagement.

#### Key Points

- Lions Free Skates run from 12:00 pm to 1:30 pm on Sundays in Frank Crane Arena. On Nanaimo Clippers Junior 'A' game days, the skates will run from 10:45 am to 12:30 pm.
- Coast Capital Savings Swims are held once a month on Fridays, 7 to 9 pm in Beban Pool.
- The Coast Capital Savings skating sessions are also offered on selected Friday afternoons, 3:45 to 5:15pm, at the Nanaimo Ice Centre.

#### Quotes

"We are excited to see another year working with with some amazing sponsors and community partners in providing these free sessions to the community. Every year is better than the last proving that this program fills a huge community need. We are so thankful for the generous support and organization of the many sponsors."

Gary Paterson  
Recreation Coordinator - Arenas  
City of Nanaimo

#### Quick Facts

- Other key community partners include Alexandra's Restaurant, Chris Martin Personal Real Estate Corp., Re/Max of Nanaimo, GFL Environmental Inc., Little Valley Restoration & Collision, Nanaimo Hearing Clinic, Roto Rooter Sewer and Drain Cleaning Services, Super You Fitness and Nutrition, Widsten Property Management & Save-On-Foods.

Continued... Free recreation opportunities made possible through community partnerships

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