

## NEWS RELEASE

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### Spring into Action with Parks & Recreation

*Spring and Summer registration coming soon*

The City of Nanaimo, Parks and Recreation Department is pleased to announce that the 2019 Spring and Summer Activity Guide is available for viewing on the City's website today and will be ready for pick up from City recreation centre Friday, March 1. Spring and summer recreation program registration begins on Wednesday, March 6.

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 The Basics of Papier Mache, Creative Journaling, Vegan Cooking, Beginner Ballroom Bliss, Boxercise and so many more!

"We are excited to be releasing our Spring/Summer Activity Guide. We work hard to continually provide a wide array of programs and events that the whole community can participate in," says Manager of Recreation Services, Liz Williams, "We hope you'll 'take a moment to move' with us by participating in one of our many programs, lessons, camps and special events and by visiting one of our beautiful parks."

Also included in the guide are the Summer Concerts in the Park schedules, Playground and Family Fun Night Program dates and detailed information on all programs. You will notice our popular summer day camps have changed to meet community demands of a mix and match registration option, instead of a weekly commitment.

Registration can be done online at [recreation.nanaimo.ca](http://recreation.nanaimo.ca) or by phone at 250-756-5200. Online and phone registration will begin at 6:00 am on March 6.

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