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"PARK IT" Family Challenge

This July & August, join the Parks, Recreation and Culture challenge to discover the parks in your own neighbourhood!

Park your car and then walk, ride your bike or scoot to the area and then try some of the activities suggested below.

Let us know what you did by sending us a photo through Instagram using the hashtag #ilovemyparksandrec or email us your photo to parksandrecreation@nanaimo.ca.

YOU COULD WIN SOME GREAT PRIZES!

Meet our Quest Team for *Random Acts of Kindness*

~Wed, Jul 29 • 6 pm • Maffeo Sutton Park~

~Wed, Aug 19 • 6 pm • Neck Point Park~

Meet our RECREATION STAFF for *Random Pop-ins at the parks listed throughout the summer to give out swag*



South End Parks

- Bowen Park
- Cariboo Park
- Cinnabar Valley Park
- Comox Park
- Country Hill Park
- Janes Park
- Pawson Park
- Petroglyph Park
- Ranchview Park
- Westwood Lake Park

Central Parks

- Beban Park
- Brackenwood Park
- Diver Lake Park
- Forest Drive Park
- Hawthorne Park
- Keighley Park
- Maffeo Sutton Park
- Mansfield Park
- Staffordshire Park
- Westwood Lake Park

North End Parks

- Brookwood Park
- Carmanah Park
- Cottle Creek Park
- Daynes Park
- Groveland Park
- Kenwill Park
- Linley Valley Drive Park
- Roxanne Park
- Westdale/Leslie Park
- Westhaven Park

Family Activity Ideas

- Pack a picnic dinner
- Kick a soccer ball
- Play "Tag"
- Meet up with a family that is "in your bubble"
- Play "Can't Touch the Ground"
- Learn to pump a swing
- Play "Eye Spy"
- Throw a frisbee
- Bird watch

Be creative and share your activities!



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