

## NEWS RELEASE

Distributed February 6, 2023

### Family Day fun with Parks, Recreation and Culture

#### Summary

The City of Nanaimo Department of Parks, Recreation and Culture has Family Day activities planned for the Family Day long weekend. Supported by the Province of British Columbia, the following free family-friendly events will take place at Oliver Woods Community Centre on Monday, February 20:

- **FAM JAM:** Drop by for gym play, bouncy castles, arts, crafts, face painting, an obstacle course with Kim from Kim's Cardio and a story time with Ms. Lynn happening throughout the day (please pre-register for the story time starting on Friday, February 17).
- **STORYWALK®:** Come by and read "A Handful of Buttons" by author Carmen Parets Luge found in the Oliver Wood Playground area. It will be available February 18-26.
- **SCAVENGER HUNT:** Find one of 6 hidden tickets throughout Oliver Woods Park to win some great family prizes.
- **DROP-IN SPORTS:** Participate in pickleball, badminton, basketball, volleyball or an open gym at various time throughout the day.

The following public drop-in events are happening on Monday, February 20 with regular admission rates:

- Everyone Welcome Swim, 12-5 pm at Nanaimo Aquatic Centre
- Stick 'n' Puck, 11:30 am-1 pm at Frank Crane Arena
- Everyone Welcome Skate, 1:15-3:15 pm at Frank Crane Arena

*Strategic Link:* Providing free and low cost recreation activities supports a livable community.

#### Key Points

- Free events held at Oliver Woods Community Centre are proudly supposed by the Province of British Columbia.
- Swimming and skating events on February 20 have an admission fee.

#### Quotes

"You are invited to spend your Family Day participating in a variety of activities with Parks, Recreation and Culture. Sports, arts, crafts, games, scavenger hunts, obstacle courses and so much more! We are grateful to the Province of British Columbia for their financial support."

Tyler Brown  
Acting Mayor  
City of Nanaimo

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