

## NEWS RELEASE

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### Register for winter programs with Parks, Recreation and Culture

#### Summary

The City of Nanaimo Department of Parks, Recreation and Culture is offering recreation programs and activities for the upcoming winter season. This includes swimming and skating lessons and courses in art, music, cooking, dance, fitness, yoga, first aid and more. In addition, there will be information on community events, including Winter Wonderland and the inaugural Activate - a family New Year's Day event to be held at Beban Park. Swimming lessons will be changing from a Red Cross program to a Lifesaving Society program. A matrix/conversion chart will be in the Winter Activity Guide.

Registration for programs begins on Wednesday, November 23.

Residents can look for program offerings in the following ways:

- View an online PDF of the Winter Activity Guide starting on Friday, November 18
- Pick up a hard copy of our program guide at Bowen Park, Beban Park Social Centre, Oliver Woods Community Centre and Nanaimo Aquatic Centre starting on Monday, November 20 (for those who do not have online access; limited copies available)
- Visit [recreation.nanaimo.ca](http://recreation.nanaimo.ca) and choose "Register for a Program" to search programs by various categories and key words (for the best user experience, please choose Chrome as the browser)

Register online through [recreation.nanaimo.ca](http://recreation.nanaimo.ca) (accounts should be set up in advance of registration day), by telephone at 250-756-5200 or in-person at Beban Park, Bowen Complex, Oliver Woods Community Centre and Nanaimo Aquatic Centre.

*Strategic Link:* The City of Nanaimo is offering programs that improve the health, wellness and livability of its citizens in our community.

#### Key Points

- Registration for winter programs begins on Wednesday, November 23.
- The online guide is available for viewing on Friday, November 18.
- The Winter Activity Guide has information on programs, events and other community services. In addition, there will be details on the new swimming lessons program starting in January 2023.

#### Quotes

"A great way to start the new year is with programs and events with Parks, Recreation and Culture. The Re-Imagine Nanaimo process identified how valuable these services are to our citizens. All of the options found in the Winter Activity Guide aim to enhance the livability for those who call the City of Nanaimo home, so get moving!"

Leonard Krog  
Mayor  
City of Nanaimo

Continued... Register for winter programs with Parks, Recreation and Culture

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