



North Vancouver Recreation Commission

MEDIA RELEASE / PHOTO OPPORTUNITY

Nov 14, 2014

NVRC provides families with opportunities to play and create together! Registration for 2015 programs starts November 19th.

North Vancouver, B.C. – North Vancouver Recreation & Culture (NVRC) invites families to get active and creative together this winter with a wide range of arts and recreational opportunities specifically designed for families. NVRC and its partner organizations offer free and low cost programs, family drop-ins and parent participation registered programs that deliver important health and wellness benefits including physical agility, balance and coordination, skill development, creative expression and fun for family members of all ages.

DROP-IN ACTIVITIES on now include:

- \$2 Family & Public Skate at Canlan Ice Sports on Tuesdays from 3:45-5:15pm
- Public Swims at all three pools (Ron Andrews, Karen Magnussen and Harry Jerome) throughout the week and on weekends. Look for special \$2 swims on Tuesdays. Check the schedule online at www.nvrc.ca.
- Parent Participation Art Drop-in at John Braithwaite Community Centre (2-5year old) on Fridays from 9:30-10:30am for \$1 per child
- Parent Participation Open Gym at John Braithwaite Community Centre (1month -5 years old) on Tuesdays and Thursdays from 9:30-10:30am and on Fridays from 9:15-10:15am for \$1 per child.
- Parent Participation Open Gym at Lynn Valley Community Recreation Centre (6months-4years old) on Tuesdays from 10-11:30am and Thursdays from 10:45am-12:15pm for \$2.50 per child or \$4 per family (cash only)
- Family Drop-In Climbing at Parkgate Community Centre one night only on Saturday November 29 6-8pm for only \$2 per person.

REGISTERED PROGRAMS starting in January, 2015 include:

- Pottery Programs for Families
- Imaginative Play: Sing! Dance! Act! (2-3 years old)
- Dancin' Toddlers (18-36 months)
- Arty Pants Parent Participation (2-4 years old)
- Gymnastics Parent Participation (2-3 years old)
- Floor Hockey Parent Participation (2-5 years old)
- Run Bike Parent & Tot (2-4 years old)

Registration for programs starting in January 2015 starts on Wednesday, November 19th at 7:00am. For more information on Parent Participation and Family Programs and how to register, visit North Vancouver Recreation & Culture's website at www.nvrc.ca or call 604-987-Play (7529).

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For more information, contact:

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NOTE: photos available
