

August 19, 2014

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### **Fall registration for recreation and fitness programs starts Aug. 22 – New programs!**

Fall is approaching, so now's the time to sign up for a recreation program or fitness class.

The City of Campbell River Recreation and Culture Department offers a wide range of activities for all ages and interests – and all program details will be posted Aug. 22 on the City's website ([www.campbellriver.ca](http://www.campbellriver.ca)) under Parks, Recreation and Culture. The Recreation Guide will also be delivered to area homes in the August 27 Courier-Islander newspaper.

*"The guide is full of information on favourite programs like Family Gym and lunchtime fitness at the Community Centre as well as new early years offerings like Dinosaur Daze and Multi Sport Stars. For easy reference, the guide also has community directory of sports and recreation organizations and information about how to get financial assistance for programs and sports,"* says recreation programmer Kevin Elmore.

*"We have received some great community feedback in the past year and you'll see some of these ideas in our upcoming fall programming,"* adds recreation programmer Margaret Lukban. *"Parents with young children told us they wanted more opportunities to participate in active fitness programs, and they'd wanted to keep the kids busy too, so we're offering more activities for parents and kids at the same time."*

New this fall, the Busy Bees program for children 3 to 5 years will run at the same time as the Wednesday cross-fit program and during the new Saturday fitness program Quick Start.

In response to feedback requesting unstructured play for teens, this fall there'll be a free teen drop-in gym time on Wednesdays from 2:30 to 4:30 p.m.

For more information about recreation and culture programs, please contact the Sportsplex at 250-923-7911 or the Campbell River Community Centre at 250-286-1161.

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