

November 9, 2015

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### **RBC Sports Day in Canada celebrated with a week of free activities in Campbell River**

Get ready to play! RBC Sports Day in Canada – a national celebration of the power of sport to build community and get Canadians moving – brings seven days of free fun to Campbell River.

From Nov. 15 to 21, the Community Centre, Sportsplex, Strathcona Gardens and numerous sport organizations throughout the city, are offering loads of free sports and activities to get as many community members involved in sport and fitness as possible.

*“Sports Week is a chance to celebrate and enjoy the power of sport, build community and national spirit, and facilitate healthy and active living,”* said Lynn Wark, the City’s manager of recreation and culture. *“We are encouraging community members to take advantage of these free activities to see how sport and active recreation can enhance their lives.”*

During the week, people can participate in more than 50 free activities, including drop-in fitness classes, weight room access, swimming, skating, badminton, pickle ball, shuffle board, underwater hockey, water polo and karate.

On Friday, Nov. 20, community members can skate or swim for free at Strathcona Gardens when they show up wearing a favourite jersey, team or club uniform.

Drop in at the Sportsplex, Community Centre or Strathcona Gardens to pick up a schedule. Find the information online at [www.campbellriver.ca/Sportsweek](http://www.campbellriver.ca/Sportsweek) to see what we have to offer.

It’s fun, it’s free, and it’s a whole week in Campbell River!

RBC is the title sponsor of RBC Sports Day in Canada, which is presented by ParticipACTION, CBC and True Sport, working in collaboration with national sporting organizations and their networks of coaches, athletes and sports enthusiasts across the country.

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