

NOVEMBER 24, 2020

**FOLLOWING PROVINCIAL HEALTH ORDER, INDOOR GROUP PHYSICAL ACTIVITIES TEMPORARILY SUSPENDED AT STRATHCONA GARDENS, SPORTSPLEX AND CAMPBELL RIVER COMMUNITY CENTRE**

In response to today's Provincial Health Order, Strathcona Regional District and the City of Campbell River are temporarily suspending all indoor group physical activities. At this time, amateur sport and group activities following viaSport phase 3 guidelines continue.

Effective immediately, programs temporarily suspended until further notice at Strathcona Gardens are:

- All aquatic fitness classes
- All Chronic Disease Management / rehabilitation classes
- All Strathcona Gardens registered group ice programming (including public skating).

Strathcona Gardens will continue to offer the following individual exercise, with safe physical distance maintained:

- Private one-on-one fitness sessions
- Private skating sessions
- Lane swimming

At the Sportsplex and Community Centre:

- All indoor fitness classes are cancelled
- The weight room is still open

In place of 9 a.m. classes that were scheduled for Wednesday through Friday this week, the City's recreation department will provide Facebook LIVE classes. To join, find the Recreation and Culture Department, City of Campbell River Page on Facebook, and follow along. (If you are unable to tune in live, you can watch it later on Facebook.) Join us for:

- Triple SSS with Jen (Strength, Stability, Stretch) – Wednesday
- Yoga with Cindy – Thursday
- Pump it up! with Sally – Friday

The Province has said updated public health guidance for in-person group physical activities will be available by November 30. Updated COVID-19 safety plans that comply with the new guidance will be required before recreation staff can resume these programs.

Both the City and Strathcona Regional District appreciate the community's patience and support as service levels are adjusted to comply with the evolving public health requirements. As new information is available, details will be posted online at [www.strathconagardens.com/covid-19](http://www.strathconagardens.com/covid-19) and at [www.campbellriver.ca/covid-19](http://www.campbellriver.ca/covid-19) and through the City's and SRD's social media channels.

For the most recent province-wide restrictions visit [www.gov.bc.ca/covid19restrictions](http://www.gov.bc.ca/covid19restrictions).

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