

News Release

FOR IMMEDIATE RELEASE

February 3, 2015



Family Day Activities In The Cowichan Valley

Duncan, BC - The Island Savings Centre, Cowichan Lake Sports Arena, Cowichan Aquatic Centre, Kerry Park Recreation Centre, Shawnigan Lake Community Centre, and Frank Jameson Community Centre are offering free recreation opportunities as part of the February 9th Family Day statutory holiday, and residents are invited to participate.

The Island Savings Centre (ISC) is offering two recreation options again this year. On Monday, February 9, 2015, a free public skate will be held in the Cowichan Arena from 12:00 p.m. to 1:20 p.m. and from 2:00 p.m. to 3:20 p.m. In addition, the ISC will host free drop-in sports in the Multi-Purpose Hall from 12:00 p.m. to 3:00 p.m. Participants will be able to choose from a variety of sports including pickleball, basketball, badminton and more. Equipment will be available and organizers suggest that participants bring athletic footwear.

The Cowichan Lake Sports Arena is offering a free Family Day public skate from 3:30 p.m. to 4:50 p.m. Free skate rentals are included along with complimentary hot chocolate.

The Kerry Park Recreation Centre invites the community to a family-focused skating session from 1:00 p.m. to 2:15 p.m. on Family Day; admission and skate rentals are free. The Shawnigan Lake Community Centre, in partnership with the Shawnigan Lake Museum, will be hosting "All Roads Lead to Shawnigan Lake" from 11:00 a.m. to 2:00 p.m. on Family Day. This event will feature art activities, floor hockey, plus a passport style scavenger hunt through the streets of Shawnigan.

The Cowichan Aquatic Centre will host a free Family Day Swim from 12:00 p.m. to 4:00 p.m. while the Frank Jameson Community Centre will host a free swim from 12:00 p.m. to 3:30 p.m.

Cowichan Valley Regional District Board Chair Jon Lefebure states "on Family Day, we have wonderful opportunities for families to spend time together enjoying our recreational facilities". Event organizers would like to thank the Canadian Union of Public Employees and acknowledge the financial support of the Province of British Columbia relating to free Family Day activities.

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For more information, please contact:

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