

News Release

FOR IMMEDIATE RELEASE

September 22, 2015



Free Recreation Days in the Cowichan Valley

Duncan, BC - Cowichan Valley Regional District along with the Municipality of North Cowichan facilities are teaming up to offer Free Recreation Day events in September. Fuller Lake Arena; Cowichan Aquatic Centre; Island Savings Centre; Cowichan Lake Sports Arena; Youbou Bowling Alley; and the Kerry Park Recreation Centre are participating facilities.

On Friday, September 25, 2015 Cowichan Lake Recreation is offering a free skate from 6:30 pm to 7:50 pm at the Cowichan Lake Sports Arena and the Youbou Bowling Alley is offering free bowling from 6:30 pm to closing.

The Island Savings Centre is offering two recreation options. On Saturday, September 26, 2015 they're hosting a free public skate from 1:00 pm to 2:50 pm. In addition, the Island Savings Centre will host free drop-in sports in the Multi-Purpose Hall from 12:00 pm to 3:00 pm. Participants will be able to choose from a variety of sports including pickleball, basketball, ball hockey and more.

The Cowichan Aquatic Centre will host a free public swim from 11:00 am to 1:00 pm on Sunday, September 27, 2015 while the Fuller Lake Arena is offering a free public skate from 2:40 pm to 4:00 pm.

The Kerry Park Recreation Centre will host a free public skate from 1:00 pm to 2:15 pm on Sunday, September 27, 2015.

All the facilities are proud to be able to provide these free opportunities to the community. This is an annual event that is part of a combined effort, across the region, to promote physical activity and well-being for all residents of the Cowichan Valley.

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For more information, please contact:

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