

March 17, 2016

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**Spring Rec Guide arrives Friday, March 18**

Tap in to your creative side, lace up your runners, find land for your community garden, plan a block party (with our help) and mark your calendar with upcoming special events. The Spring 2016 Campbell River Recreation Guide is loaded with popular courses and great new offerings.

*“So much of what is offered in the Spring Rec Guide is free,”* remarked Lynn Wark, manager of recreation and culture for the City of Campbell River. *“There are eight free programs for small children, including our popular Family Gym, which takes place at both the Campbell River Community Centre and Sportsplex. Grades 6 to 12 can attend Youth on the Go or drop-in to Youth Open Gym. And, seniors can take advantage of two new, free British Columbia Recreation and Parks Association courses: Choose to Move, which encourages seniors to get moving, and Activage™, which helps participants increase their activity levels.”*

In addition to free offerings, there have a number of events taking place this spring and new drop-in programs for children, and adults.

Subtidal Sundays, an active family event, begins with collecting items from the beach for viewing and discussion in the Discovery Passage Explorer Lab. While older children explore, younger family members will enjoy stories, crafts and puppets during this two-hour activity taking place three Sundays this spring: April 10, May 15 and June 12 from 10 a.m. to noon.

The kick ball league is starting up again, a fly-fishing course will draw people to the river, and three bike courses for children will get all ages outside.

Added to the regular drop-in fitness courses schedule is a Spin and Core class. It combines a 45-minute spin class with 15-minutes of core and stretch work – just one of 21 different fitness classes offered each week.

Spring special events such as the annual Plant and Jumble Sale, three-day Vancouver Island Fibre Fest, Youth Week Carnival Night, and Bike to Work Week will bring celebration and festivities to the community. And, for residents interested in planning their own special event, the new Block Party program is worth exploring. Four applicants will be chosen to put on an event and will receive a party package, which could include tables, chairs, tents, sports equipment, activity gear and even staff to help get the party started.

The Spring 2016 Campbell River Recreation Guide is available in the Friday, March 18 edition of the Campbell River Mirror. It can also be viewed online or downloaded at [CampbellRiver.ca/RecreationGuide](http://CampbellRiver.ca/RecreationGuide)

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