

Free recreation expo Saturday in Cumberland

Comox Valley Echo

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Are you feeling a little like the weather recently? Overcast, drizzly and slightly misty?

The warm temperature makes the damp tolerable, but cooler forecasts are not good news for those don't enjoy a dump of the white stuff.

Those who made New Year resolutions to be more active may feel restricted by the uncooperative inclemency of winter. How many people would follow their healthier resolutions if the New Year arrived in June?

Well, Active Comox Valley and two local Cumberland residents are making things easier with the first Cumberland Recreation Expo on Saturday, Jan. 30 at 10 a.m.

The free event will feature demonstrations, information booths, interactive programs and fun activities for all age at the Cumberland Recreation Institute hall on Dunsmuir Avenue.

Organizers Dana Starritt and Robin Burch are working with Active Comox Valley to showcase Cumberland's ability to serve the community with recreation opportunities provided by businesses, clubs, schools and the Recreation Institute.

"I am amazed by the variety of ways to get active within Cumberland," says Dana. "The aim of the expo is to increase public awareness about Cumberland's activities and programs, the affordability of local recreation and ideas for everyone to get active."

"This is the first recreation expo I have been involved with and it's a great idea," adds Robin. "It's a chance for businesses, clubs and studios to connect with a target market as well as having all these organizations in one place for the public to see demos or to try an activity for free."

The Recreation Institute will provide free trials of all their facilities including the climbing wall, the fitness studio and the squash courts. Or try out some local program such as Hatha yoga, Tai Chi, fitness bootcamp, Wii Sport or pole dancing, with instructors available to answer questions.

In addition, the seniors centre will showcase their programs, and health and wellness-oriented businesses will highlight the importance of diet and lifestyle choices.

Children's activities will be available with a licensed childcare provider so parents can try an activity or have a massage without worrying about their little ones.

The Cumberland Recreation Expo runs from 10 a.m. to 2 p.m. Saturday, Jan. 30. For more information, please call 250-400-8595.