

COMOX VALLEY RECREATION GUIDE | WINTER 2025



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19 Wing
Comox

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TOWN OF
COMOX
Recreation

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THE VILLAGE OF
CUMBERLAND

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Courtenay
Recreation

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MESSAGE FROM THE CHAIR



Winter brings a lot of seasonal fun to our recreation facilities!

There are many events happening over the holiday season, such as our annual Skate with Santa, our Winter Wonderland skates, and our annual Robbins & Co. free community New Year's Eve Swim and Skate. It's a healthy way to celebrate the start of the new year!

You can also give the 'gift of recreation' this holiday season. Sports and Aquatic centre gift cards are available for our many programs and memberships, and make an easy and healthy gift for just about everyone! We wish you a happy and active holiday season! For program and schedule information check out our website at www.comoxvalleyrd.ca/rec

Melanie McCollum
Chair
Comox Valley Recreation
Commission

CVRD SPORTS CENTRE 3001 Vanier Drive Courtenay, V9N 5Y2

Phone 250-334-9622
Fax 250-334-1042

6-lane pool, sauna, hot tub, wellness centre, 2 ice arenas, outdoor track and field and meeting rooms.

EXHIBITION GROUNDS 4839 Headquarters Road Courtenay

Phone 250-334-9622

Horseback riding, special events and other seasonal activities. Riding ring pass options available:

- Monthly Pass (person) \$26.52
- Monthly Pass (family) \$63.65
- Annual Pass (person) \$79.57
- Annual Pass (family) \$196.27

Reminder - pass must be on your person when using the grounds. Please bring your horse council # when purchasing at the Sports Centre front desk.

CVRD AQUATIC CENTRE

377 Lerwick Road
Courtenay, V9N 9G4

Phone 250-334-2527
Fax 250-334-2587

Wave pool, 2 indoor waterslides, tot slide, 8-lane 25m pool, fitness studio, sauna, steam room, hot tub, meeting room and swim shop.



ADMISSION RATES - SEPTEMBER 1, 2024 TO AUGUST 31, 2025

	POOLS, FITNESS, WELLNESS CENTRES & ARENAS		MEMBERSHIPS - FULL FACILITIES ACCESS			
ADMISSION	SINGLE DROP IN	10 VISIT PASS	1 MONTH	3 MONTH	6 MONTH	1 YEAR
TOT (2 & UNDER)	NO CHARGE					
CHILD (3-12) OR PWD	\$3.45	\$31.05	\$41.40	\$105.60	\$173.90	\$273.25
TEEN (13-18) OR STUDENT (ID REQUIRED)	\$4.05	\$36.45	\$48.60	\$123.95	\$204.10	\$320.75
ADULT (19-59)	\$6.45	\$58.05	\$77.40	\$197.40	\$325.10	\$510.85
SENIOR (60-84)	\$5.45	\$49.05	\$65.40	\$166.80	\$274.70	\$431.65
GOLDEN AGE (85+)	NO CHARGE					
FAMILY (6 MAX - MIN 1 ADULT5/SENIOR & 1 CHILD/TEEN)	\$13.80	\$124.20	\$165.60	\$422.30	\$695.50	\$1092.95
LOCKERS	\$0.50	N/A	MEMBERSHIP PASSES: <ul style="list-style-type: none"> • Membership fees take into consideration the shorter arena season and pool shutdowns. • Drop-in activities may be subject to change or cancellation. • Prorated refunds may be granted for medical reasons with a doctor's note, or proof of relocation outside the CVRD. • For 1 year passes - pre-authorized monthly payment plans are available - 50% due at time of purchase and three subsequent monthly payments with Visa or MC. 			
SKATE RENTAL	\$4.00	\$36.00				
SKATE SHARPENING	\$6.10	\$54.90				
KAYAK SWIM	\$8.90	\$80.10				
<i>Monthly & annual memberships are now available to purchase online! Please note if you do not have a membership card, you must have one printed at the customer service desk.</i>						

SWIMMING & ICE LESSON PRICE LIST

30 Minute Class
 School age (ages 6-13)
 10 Classes - \$75.00
 Preschool (5 & under)
 10 Classes - \$76.50

45 Minute Class
 10 Classes - \$103.00

1 Hour Class
 10 Classes - \$121.50

Private Lessons
 Private - \$34.10

All lessons are pro-rated based on the number of classes in each course.

Special Sessions

- Super Saver Admission \$2.50/person
- Professional Admission \$22.30/instructor
 - *Professional admission applies to instructors/trainers bringing clients to facilitate personal training or instruction sessions during public pool, wellness centre or arena programs. Please note that the clients are required to pay regular admission fees.*

Economy Passes

- Minimum purchase 150 passes.
- Valid for one year from date of purchase - no refunds or extensions.
- Includes access to CVRD Sports & Aquatic Centres pool, fitness centres and arenas during public sessions.
- Registered programs are not included.

Child/Teen/Student/PWD \$3.00 each
 Adult \$5.50 each
 Senior \$4.50 each

Please call 250-334-9622 ext 3707 to arrange for purchase of bulk admissions.



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Winter Registration starts November 18

HOW TO REGISTER

You may register for our programs or classes online, in person or by phone.

Fees must be paid in full at the time of registration. Online and phone registrations accept Visa or MasterCard.

ONLINE

The preferred option!

Go to www.comoxvalleyrd.ca/rec and click on the Register for Activities & Programs button or access login directly at comoxvalley.perfectmind.com.

IN PERSON

At the Sports or Aquatic Centres during operating hours. Payment methods include cash, cheque, debit card, Visa or MasterCard.

**Sports Centre - 3001 Vanier Drive, Courtenay
Aquatic Centre - 377 Lerwick Road, Courtenay**

Please note: Front desk closes 15 minutes before the end of the swim/wellness centre closure.

BY PHONE

**SPORTS CENTRE 250-334-9622
AQUATIC CENTRE 250-334-2527**

September 2024 to June 2025

Mon to Fri 8:00am-8:30pm
Sat & Sun 8:00am-4:00pm

In person and phone-in registrations are not available on statutory holidays.

FINANCIAL ASSISTANCE FOR RECREATION SERVICES

LEAP

Leisure for Everyone Accessibility Program

LEAP provides eligible Comox Valley residents with 52 FREE drop-ins to each municipal recreation department – the CVRD, City of Courtenay, Town of Comox and Village of Cumberland. LEAP participants also receive a \$350 subsidy per family member, that can be used towards the cost of registered CVRD recreation programs at the CVRD Sports and Aquatic Centres. The subsidy can be applied when registering for programs online or in-person.

Regional financial assistance programs have been combined into one simple form that you can use to apply for LEAP and your home community's program (City of Courtenay RAP, Town of Comox TRIP and Village of Cumberland FAIR) in a single step. Please apply at your local recreation centre or online.

Persons With Disabilities (PWD) who do not qualify for LEAP may apply for a reduced rate with supporting documentation. Must be a CVRD resident - application forms available at CSR stations.

REGISTRATION GUIDELINES

Course Full? Add your name to a waitlist so we can contact you if space becomes available or classes are added.

Cancellations: Classes may be cancelled due to low registration numbers. Register early to avoid disappointment.

Classes Missed due to illness, weather, power failures or other events beyond our control will not be refunded or credited.

Change of Plans? Unless advised otherwise:
1. If you withdraw or transfer prior to a course start date, or before the end of the 3rd class, a \$7.50 admin fee will be charged, and a pro-rated refund or credit for the remainder will be issued.*

2. Pro-rated refunds or credits after the 3rd class will only be considered for medical reasons or relocation outside the CVRD.*

3. Seven days cancellation notice is required for leisure pool rentals.

**Exceptions apply to all leadership courses, CVHL and private lessons. Withdraws or transfers not available online - in person or by phone only.*

Late Registrations:

Most programs allow for late registration. Swimming and ice lesson registration will only be accepted until the 3rd class.

***Winter registration opens
Monday, November 18 at
8:00 am!***

SCAN ME



BIRTHDAY PARTIES

Call 250-334-9622, ext 0 for party registration and information, or drop into the Sports or Aquatic Centres.

SWIM BIRTHDAY PARTY PACKAGES AQUATIC CENTRE

Includes swimming for up to 10 children and 2 adults during an everyone welcome swim, locker tokens and room rental.

Cost is \$73.05 (Pre-register)

Available during most

Everyone Welcome Swims

Can access the room at 12:30pm, and the Everyone Welcome Swim starts at 1:00pm (1-5pm) - 3 hrs in the room, admission for 10 children, 2 adults, 12 locker tokens. Upon arrival the group has the option to pay for extra admissions. If you withdraw prior to 48 hours before your booking, a \$7.50 withdraw fee will be charged. After 48 hours, no refunds will be given. Cancellation in person or by phone only.

Register Online!

Birthday Party Room Damage/Cleaning Fee

A \$45.00 fee will be charged if there is damage (i.e. holes or tape on walls) or if the facility is not lightly cleaned before end of rental (i.e. all garbage is in containers, any mess on walls/tables/chairs is wiped down and all personal items are removed).

SKATE BIRTHDAY PARTY PACKAGES SPORTS CENTRE

Includes skating for up to 10 children and 2 adults during an everyone welcome skate, skate rentals and room rental.

Cost is \$73.05 (Pre-register)

Zamboni ride for the Birthday child may be available for an additional fee of \$36.00.

Available Saturdays & Sundays and some weekday options are also available

September-May. If you withdraw prior to 48 hours before your booking, a \$7.50 withdraw fee will be charged. After 48 hours, no refunds will be given. Cancellation in person or by phone only.

Register Online!

Does your party need a PARTYOLOGIST? What's that? It's a fun, energetic lifeguard/swim instructor or skate/hockey instructor dedicated to making sure your party attendees have a great time. The \$36 cost includes a 1 hour activity leader to organize and lead a variety of age appropriate games for your party. Call 250-334-9622 ext 0 for more information.

WAVE POOL PARTY AQUATIC CENTRE

Up to 25 people can enjoy the wave pool and waterslides at this shared rental space

5:00-6:00 pm Saturdays & Sundays!

Cost is \$135.65 plus tax (Pre-register)

Available Saturdays & Sundays

September 3 - March 29

(Locker tokens and room rental are an additional cost - 7 day cancellation notice required) **Register Online!**

EXCLUSIVE ICE PARTY SPORTS CENTRE

Book the full sheet of ice for one hour, for up to 100 people.

Includes room rental and birthday child gets a Zamboni ride! Please note times are subject to ice availability. Cost is \$188.80 plus tax + insurance (14 day cancellation notice required)

To book ice time please visit

www.comoxvalleyrd.ca/parks-recreation/recreation-facilities/facility-rentals

to check ice availability, and **submit a booking request form.**



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Winter Registration starts November 18

AQUATIC CENTRE POOLS & FITNESS

SEPTEMBER 3, 2024 - MARCH 31, 2025



WAVE POOL *Please note facility is CLOSED statutory holidays.*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
OPEN Swim Monday to Thursday 6:00-9:00 am Friday 6:00-11:00 am Shared Space					OPEN Swim 6:00-9:00 am Shared Space	
Everyone Welcome 11:00-1:00 pm Waves & Slides Open					Everyone Welcome 1:00-5:00 pm Waves & Slides Open	
Everyone Welcome 6:30-8:00 pm Waves & Slides Open				Everyone Welcome 1:00-9:30 pm Waves & Slides Open	Wave Pool Party Rentals 5:00-6:00 pm Call to book! *Cancelled after Mar 22	
16+ Swim 8:00-9:30 pm Shared Space - Waves & Slides Open					Everyone Welcome 6:00-8:00 pm Waves & Slides Open *cancelled after Mar 22	

25 METRE POOL *Please note facility is CLOSED statutory holidays.*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Lane Swim+ 6:00-11:00 am Shared Space - Lengths (min 2)					Lane Swim+ 6:00 AM-1:00 pm Lengths (min 2)	
Everyone Welcome 11:00 AM-1:00 pm Waves & Slides Open - Lengths (min 2)						Lane Swim + 9:00-1:00 pm- Lengths (min 2)
*Lane Swim+ 1:00-8:00 pm Shared Space - Lengths (min 2) (*Tue & Thu 1 lane 5-6 pm)					Everyone Welcome 1:00-5:00 pm Waves & Slides Open - Lengths (min 2)	
				Everyone Welcome 2:00-9:30 pm Waves & Slides Open +Lengths (min 2)	Lane Swim+ (min 2) Kayak Hour 5:00-6:00 pm *cancelled after Mar 22	FITNESS SCHEDULE SEE PAGE 18 SEE PAGE 7 FOR SPECIAL SWIMS, SCHEDULE CHANGES AND POOL CLOSURE INFORMATION
16+ Swim 8:00-9:30 pm Shared Space - Lengths (min 2) Waves & Slides Open					Everyone Welcome 6:00-8:00 pm Waves & Slides Open +Lengths (min 2) *cancelled after Mar 22	

Visit www.comoxvalleyrd.ca/registration and click on Drop-In Availability for most up to date schedule information.

AQUATIC CENTRE FITNESS STUDIO (*16+) & HOT TUB HOURS (12+)
September 3, 2024 - March 31, 2025
 Monday – Friday 6:00 am - 9:30 pm
 *Saturday until Mar 22 6:00 am - 8:00 pm
 *Saturday Mar 23-Jun 30 6:00 am - 5:00 pm
 Sunday 9:00 am - 5:00 pm
**Please note persons 12-15 may use the fitness studio when supervised by an adult.*

Water Play (all ages)
September 6, 2024 - March 31, 2025
 Join the guards at the Aquatics Centre for a variety of activities including group challenges, games, dance offs and more. Regular admission rates apply.
 Fridays, 7:00-8:30 pm
 Saturdays, 1:00-2:30 pm
 Sundays, 1:00-2:30 pm



DROP-IN PROGRAM DESCRIPTIONS

PLEASE REFER TO THE APPROPRIATE POOL SCHEDULE

Lane Swim+

At least 2 lanes are available for length swimming during these times. Additional lanes will be available if not in use by other programs and rentals. Flutter boards, pull buoys and hand paddles are available on deck and suggested lane speed signs (i.e. Leisure, Moderate and Fast) will be posted. The backstroke flags will be up whenever possible (i.e. when the diving board is not in use). Lane etiquette pamphlets are available on site and online for your convenience.

Everyone Welcome Swim

All ages welcome and fun encouraged at this high energy swim time in the Wave Pool. The waves, slides and various water features will be on intermittently throughout the swim. Please note the 25 M Lane Pool is not always open during the Everyone Welcome Swims (please see schedule). When the lane pool is open there is space for large toys (i.e. foam canoes, mats etc.) and the diving board is available. 2 lanes are also reserved for length swimmers and other areas of the pools may be set aside for other programs or rentals. See special event calendar & Water Play schedule for the "extra" fun times.

OPEN Swim

Although this swim is open to everyone it is targeted at people looking for a more relaxed pace than the Everyone Welcome Swim. The waves and slides will generally be off and a minimum of 2 lanes will be reserved for length swimmers if the 25 M Lane Pool is open. Rentals and programs will be taking place in the pools at the same time so the space will be shared. Please give organized group activities the right of way.

16+ Swim

This time is for youth 16+ and adults only. 2 lanes are available for length swimming and the waves and slides will be on intermittently. Rentals and programs will be taking place in the pools at the same time. Please note the diving board will be closed if there are rentals/programs using that space. Some nights have value added programs such as scuba, water polo or volleyball. Check the schedule for dates/times.

Kayak Hour

Bring your kayak and practice your moves. \$8.90 per person with kayak. Sharing a kayak - extra kayakers pay regular admission.

Water Polo (14+)

September 3, 2024 - March 13, 2025

Staff will review the basic skills/rules for the 1st 15 minutes and then set up a game with everyone on site that wants to give it a try.

Regular admission rates apply.

Tuesdays & Thursdays 8:15-9:30 pm

Special Swims & Schedule Changes

Nov 23 - Sharks Swim Meet - CVAC 25 Meter Lane Pool Closed at 1:00 pm

Dec 22 - Extra open swim 9 am-1 pm at CVAC

Dec 23, 24 & 27 - Winter Break CVAC Wave Pool SuperSaver Swim from 11:00-1:00 pm

Dec 24 - CVAC & CVSC CLOSED at 3 pm

Dec 28 & 29 - Extra open swim 9 am-1pm at CVAC

Dec 30 & 31- Extra Supersaver swim 11am-1 pm at CVAC

Dec 23 & 27- Extra EW Swim 6:30-8:00 pm at CVAC Main Pool

Dec 25/26 - STAT - CLOSED

Dec 30 - Extra EW Swim 6:30-8:00 pm at CVAC Main Pool

Dec 31 - New Year's Eve Swim & Skate 5-8 pm at CVSC. CVAC CLOSED at 3 PM

Jan 1 - STAT - CLOSED

Jan 2-3 - Winter Break CVAC Wave Pool SuperSaver Swim from 11:00-1:00 PM

Jan 2-3 - Extra EW Swim 6:30-8:00 PM at CVC Main Pool

Jan 4 - Extra Open Swim 9:00-1:00 PM at CVAC

Feb 8 - Sharks Swim Meet - CVAC 25 Meter Lane Pool Closed at 7AM -7PM

Feb 17 - STAT - Family Day at CVSC - Free Swim 1-5 PM & Skate 1-3 PM

Feb 18 - Pro-D Day CVAC Wave Pool SuperSaver Swim 3:00-6:30 PM

Mar 17-21 & 24-28 - Spring Break CVAC Wave Pool SuperSaver Swim from 11:00-1:00 PM

Mar 17-20 & 24-27 - Extra EW Swim 6:30-8:00 PM at CVAC Main Pool

Mar 22, 23, 29 & 30 - Extra Open Swim 9:00-1:00 PM at CVAC

Mar 22 - Jun 30 - CVAC Pool CLOSED on Saturdays & Sundays after 5 PM

Check the events listing on pages 9-14 for more information.



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Winter Registration starts November 18

SPORTS CENTRE POOL & WELLNESS CENTRE

25 METRE LANE POOL September 3, 2024 - March 31, 2025

*Please Note: pool will be closed for Winter Break (Dec 23, 2024-Jan 3, 2025)
Spring Break (Mar 17-28, 2025) and on Statutory Holidays.*



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Lane Swim 6:00-7:30 am Shared Space - Lengths (min 2)				Lane Swim 6:00-7:30 am Shared Space - Lengths (min 2)
Open Swim until Dec 22 7:30 am-1:30 pm starting Jan 6 7:30-8:45 am & 9:45-1:30 pm Shared Space - 2 lanes for lane swim		Open Swim until Dec 22 7:30 am-1:30 pm starting Jan 6 7:30-8:45 am & 9:45-1:30 pm Shared Space - 2 lanes for lane swim		Open Swim until Dec 22 7:30 am-1:30 pm starting Jan 6 7:30-8:45 am & 9:45-1:30 pm Shared Space - 2 lanes for lane swim

Please note: Beginning Jan 6 Swim Fit moves from the Aquatic Centre to the Sports Centre pool 8:45-9:45 am.

Sports Centre Wellness Centre



The Comox Valley Sports Centre Wellness Centre is open to everyone aged 16+ or for 12-15 year olds that are supervised by an adult. 12-15 year olds may use the gym unsupervised with proof of taking a gym orientation. See pool schedule for list of special events and/or cancellations.

General Hours of Operation

September 3, 2024 - March 31, 2025

Monday to Thursday 6:00 am-9:00 pm
 Friday 6:00 am-7:00 pm
 Saturday & Sunday 7:00 am-2:30 pm

Please note: during the Winter & Spring Break pool closure the gender neutral changeroom & showers will still be open during the above hours.

Supervised Hours until March 31, 2025

This is a great time for people who need assistance, or youth aged 12-15 to use the weight room facility without an adult, or for anyone with questions about equipment or workouts to drop-in.

Monday to Friday 1:00-2:30 pm

Sauna & Hot Tub

September 3, 2024 - March 31, 2025

Please Note: Sauna & Hot Tub will be closed for Winter Break (Dec 23, 2024-Jan 3, 2025), Spring Break (Mar 17-28, 2025) and on Statutory Holidays.

Monday, Wednesday & Friday
 6:00 am-1:30 pm

Plus additional hours if open for rentals.



COMOX VALLEY SPORTS & AQUATIC CENTRES POOL RULES

In our pool you must:

- Wear clean & appropriate bathing attire.
- Take a cleansing shower with soap and warm water before entering the pools or saunas.
- Ensure all children under the age of 7 are closely supervised (within arms reach) and accompanied in the water by a responsible person at least 16 years of age. We recommend a maximum of three children under the age of 7 to one adult.

The following is not allowed in our pool:

- Entering the pool while ill—this includes open sores, bandages, head colds, discharging ears or noses or infected eyes.
- Strollers or outside shoes on the pool deck.
- Bringing food, gum or drinks in the pool area.
- Running, fighting, or engaging in other conduct likely to cause an injury.
- Foul language or aggressive behaviour.
- Contaminating or fouling the pool.
- Using or being under the influence of intoxicants.

Articles on the pool deck are left at your own risk. A wallet locker in the CVAC lobby and larger lockers are available in all the changerooms for your convenience.

Visit www.comoxvalleyrd.ca/registration and click on Drop-In Availability for most up to date schedule information.



SPECIAL EVENTS

NOVEMBER

Welcome to the GOO ZONE (all ages)

Messy Wet Aquatic Fun
Lifeguards have stocked up on all kinds of goo for this event including slime, pudding and shaving cream. Come prepared to get covered and have fun.

Aquatic Centre
Saturday, Nov 16
2:00-4:00 pm
Regular Admission

Parent Teacher Day Skate

(all ages)
Enjoy your Parent/Teacher Interview Day. Great rates in effect.

Sports Centre Arena #2
Thursday, Nov 21
3:00-4:45 pm
SuperSaver rate - \$2.50

Hockey Jersey Contest (all ages)

Break out your old jersey and wear them to the rink for a chance to win prizes. Fun hockey skills and skating activities planned.

Sports Centre Arena #2
Friday, Nov 29
3:00-4:45 pm
Regular Admission



Community Sponsored Skate (all ages)

Proudly sponsored by Fisher-Smith & Associates, Royal LePage in Comox

Join us for a free everyone welcome skate and games. Skate rentals are included, please bring a helmet from home.

Sports Centre Arena #2
Sunday, Nov 17
3:00-5:00 pm
FREE



Fisher-Smith & Associates will be onsite with a community BBQ for everyone at the community skate and are inviting participants to bring a donation for the Sharing the Christmas Spirit Hamper program. Both monetary donations and nonperishable food donations will be accepted.

Frozen Themed Skate Party (6-12)

Registration Required
Pizza & Skating Party

Join us for an afternoon of sleigh races, reindeer rescues, Olaf ice bowling, building a snowman and breaking the ice to free the frozen toys. 2 hours of fun - includes admission, fruit/healthy snack and 2 slices of pizza.

Sports Centre Arena #2
58464 Saturday, Nov 23
3:00-5:00 pm
\$10.00



*Registration starts day of event online or call in to 250-334-9622 7am-1pm
limited spaces available.

Epic Beach Party Night (7-12)

Registration Required
Pizza & Swimming Party

Night full of games, crazy challenges, hula hoop competition, pineapple bowling, bad karaoke, dance off, limbo contest, trivia and more. Fee includes admission, fruit/healthy snack, 2 slices of pizza and beach themed party favours.

Aquatic Centre
58468 Friday, Nov 22
6:00-8:00 pm
\$10.00



*Registration starts day of event online or call in to 250-334-9622 7am-3pm
limited spaces available.

International Family Recreation Program - Newcomer Family Swim & Skates (all ages)

The CVRD has partnered with the Immigrant Welcome Centre to offer a series of free Newcomer Family Swims & Skates at the Comox Valley Sports & Aquatic Centres. Come and enjoy recreation opportunities and also meet families who are new to the Comox Valley. **Registration is required so please visit <https://immigrantwelcome.ca/services/events-calendar/> or reach out to staff at IWC in Courtenay 250-338-6359.**



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Winter Registration starts November 18

SPECIAL EVENTS

DECEMBER



Red and Green Skate

(all ages)
 Come dressed in your best red and green outfit for this winter themed skate. Prizes for the best outfits. We will also have some fun stations set up like candy hockey, box hockey and snowflake making.

Sports Centre Arena #2
Friday, Dec 6
3:00-4:45 pm
Regular Admission

Red & Green Swim

(all ages)
 Candy canes for anyone wearing a red or green swim suit! Lots of red and green activities planned including the jello slide, strawberry syrup squirt, candy cane hockey and gingerbread splat.

Aquatic Centre
Saturday, Dec. 7
2:00-4:00 pm
Regular Admission

Santa Skate

(all ages)
 Come skate with Santa and get your picture taken with him in front of the Zamboni. Skate rentals included – bring your camera!

Sports Centre Arena #2
Saturday, Dec 14
3:00-5:00 pm
Regular Admission



SuperSaver Winter Break Swims

(all ages)
 Visit the CVAC Wave Pool this winter break!
 Aquatic Centre
Dec 23, 24 & 27 & Dec 30, 31 & Jan 2 & 3
11:00-1:00 PM
SuperSaver Rate - \$2.50

SCUBA (13+)

The CVRD has partnered with Pacific Pro Dive so youth aged 13+ and adults can give scuba a try at no additional cost. Please note: youth aged 13-18 must have a waiver signed by a guardian.

Try It Scuba

30-minute sessions available – 1st come, 1st served. Sign up on the pool deck starting at 8:00 PM. Contact www.pacificprodiver.com for more info.

Aquatic Centre
Mondays Oct 21-Dec 16
No class Nov 11
Mondays Jan 6-Mar 17
No class Feb 17
8:00-9:30 PM
Regular Admission



SPECIAL EVENTS

DECEMBER



Winter Wonderland

(all ages)

Arena #1 will be transformed into a winter wonderland by the CVRD skate staff this holiday season. For a week this space becomes magical and is decorated with trees, lights and other seasonal cheer. Shiny hockey players will get to enjoy a 1/3rd of the rink and experience what it's like to play pond hockey while others can enjoy their skate among the trees. This area is available for rent outside of the public times for family, community or corporate functions.

Sports Centre Arena #2

Dec 21-23, 1:00-3:00 pm & 6:00-8:00 PM

Dec 24 & 27, 1:00-3:00 pm

Regular Admission

Welcome to the GOO ZONE (all ages)

Messy Wet Aquatic Fun

Lifeguards have stocked up on all kinds of goo for this event including slime, pudding and shaving cream. Come prepared to get covered and have fun.

Aquatic Centre

Saturday, Dec 21

2:00-4:00 pm

Regular Admission

Winter Wonderland Skate (all ages)

Hosted by Gord Johns, MP for Courtenay-Alberni

Join us at the CVSC for a complementary Everyone Welcome Skate from 1-3 PM. Includes complementary admission, skate rentals and snack from the concession. Helmets are required - please bring one from home.

Sports Centre Arena #2

Wednesday, Dec 23

1:00-3:00 PM

FREE



New Year's Eve Family Swim & Skate

(all ages)

Proudly sponsored by Robbins and Company

Join us at the Comox Valley Sports Centre for an evening of family fun. Activities include swimming, skating, shiny hockey, face painting and cool prize draws. The concession will also be open!

Sports Centre

Tuesday, Dec. 31

5:00-8:00 pm

FREE



Robbins & Company
Chartered Professional Accountants



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Winter Registration starts November 18

SPECIAL EVENTS

JANUARY

Poolside Beach Party (7-12) *Registration Required* Pizza & Swimming Party

Night full of games, crazy challenges, hula hoop competition, pineapple bowling, bad karaoke, dance off, limbo contest, trivia and more. Fee includes admission, fruit/healthy snack, 2 slices of pizza and beach themed party favours.

Aquatic Centre
Friday, Jan 10
6:00-8:00 PM
\$10.00



*Registration starts day of event online or call in to 250-334-9622 7am-3pm
limited spaces available.

Frozen Games (all ages)

Everything is better frozen! Try milk jug curling, frozen bean bag toss, frozen hockey jerseys, penguin dives and have a freeze on ice.

Sports Centre Arena #2
Friday, Jan 10
3:00-4:45 pm
Regular Admission

We Love all Things Hockey! (all ages)

Test your hockey skills in a fun non-competitive event. Participants will be able to test their shot speed, skate speed and shooting accuracy. Prizes will be given out in each category.

Sports Centre Arena #2
Friday, Jan 24
3:00-4:45 pm
Regular Admission

Welcome to the GOO ZONE (all ages) Messy Wet Aquatic Fun

Lifeguards have stocked up on all kinds of goo for this event including slime, pudding and shaving cream. Come prepared to get covered and have fun.

Aquatic Centre
Saturday, Jan 18
2:00-4:00 PM
Regular Admission



SPECIAL EVENTS

FEBRUARY



Epic Beach Party Night 2.0 (7-12)

Registration Required

Pizza & Swimming Party

Join us for a jam packed night of flamingo races, coconut smash, pineapple bowling, musical beach towels, water fight, limbo competition and more! Fee includes admission, fruit/healthy snack, 2 slices of pizza and beach themed party favours.

Aquatic Centre

Friday, Feb 7

6:00-8:00 PM

\$10.00

*Registration starts day of event online or call in to 250-334-9622 7am-3pm
limited spaces available.

Parent & Tot Pool Party (all ages)

Toddler friendly games and activities are planned to make this visit to the pool extra fun. Don't miss out!

Aquatic Centre

Sunday, Feb 2

1:00-2:30 PM

Regular Admission

SuperSaver Pro-D Day Swim (all ages)

Visit the CVAC Wave Pool this Pro-D Day!

Aquatic Centre

Tuesday, Feb 18

3:00-6:30 PM

SuperSaver Rate - \$2.50

Welcome to the GOO ZONE (all ages)

Messy Wet Aquatic Fun

Lifeguards have stocked up on all kinds of goo for this event including slime, pudding and shaving cream. Come prepared to get covered and have fun.

Aquatic Centre

Saturday, Feb 22

2:00-4:00 PM

Regular Admission

Valentine's Day Swim (all ages)

2 for 1 Swim Night

Come dressed in PINK or RED and get in two for one!

Aquatic Centre

Friday, Feb 14

6:30-8:00 PM

2 for 1 Admission

Family Day Swim & Skate (all ages)

Proudly sponsored by Arbor Dental Centre

Join us at the CVSC for a free Everyone Welcome Skate from 1-3 PM and an Everyone Welcome Swim from 1-5 PM.

Sports Centre Pool & Arena #2

Monday, Feb 17

1:00-3:00 PM Skate

1:00-5:00 PM Swim

FREE



Valentine's Day Skate (all ages)

2 for 1 Friendship Skate

Bring a friend for free today and participate in a number of on and off ice challenges.

Sports Centre Arena #2

Friday, Feb 14

3:00-4:45 pm

2 for 1 Admission

Pink Shirt Day (all ages)

Join the movement to stop bullying and spread kindness. Wear a pink shirt today and your friend gets to swim for free.

Aquatic Centre

Wednesday, Feb 26

6:30-8:00 PM

2 for 1 Admission

Pink Shirt Day (all ages)

Join the movement to stop bullying and spread kindness. Wear a pink shirt today and your friend gets to skate for free.

Sports Centre Arena #2

Wednesday, Feb 26

6:30-8:30 pm

2 for 1 Admission



follow us



Winter Registration starts November 18

SPECIAL EVENTS

MARCH

Beach Party on Ice
(all ages)

Skate along to some fun summertime tunes while we celebrate the arrival of spring after a longgggg winter. We will host a variety of fun ice games with prizes!

Sports Centre Arena #2

Friday, Mar 7

3:00-4:45 pm

Regular Admission

**Welcome to the
The GREEN - GOO
ZONE** (all ages)

Messy Wet Aquatic Fun

Lifeguards have stocked up on all kinds of goo for this event including slime, pudding and shaving cream. Come prepared to get covered and have fun. Think GREEN!

Aquatic Centre

Saturday, Mar 15

2:00-4:00 PM

Regular Admission

**Build, Bail & Hope to
Float** (all ages)

We supply the cardboard and duct tape – you supply the ingenuity and teams of 4. Design, build and hope to float your cardboard boat across the pool. Fun for all.

Aquatic Centre

Sunday, Mar 9

2:00-4:00 PM

Regular Admission

**SuperSaver Spring
Break Swims** (all ages)

Visit the CVAC Wave Pool this spring break!

Aquatic Centre

Mar 17-21 & 24-28

11:00-1:00 PM

SuperSaver Rate - \$2.50

**Tiny Tot & Coolest
Game Wrap Up Party**

Registration Required

(2024/2025 Tiny Tot & Coolest Game Participants)

All Tiny Tot and Coolest Game participants and their families are invited to a fun wrap up party. The event will include a fun hockey game, family skate and a pizza party. There will also be a staff photographer on hand to take pictures of your hockey star. If you wish to attend this free event simply register the number of people in your family that will be attending.

Sports Centre Arena #2

Saturday, Mar 15

12:45-4:45 pm

FREE to all 2024/2025 Tiny Tot & Coolest Game Participants

Please Note: You must pre-register for this program.

FREE



PRO-D DAY PROGRAMS *(Registered Programs)*



DID YOU KNOW? If the minimum number of registrants is not met, we may have to cancel our courses. These decisions are made up to one week prior to the start date so register early to avoid disappointment!

Winter registration opens Monday, November 18 at 8:00 am!

NEW! 2 Line Grind

(various age groups)

The Ultimate Hour of Hockey

Looking for something to do on Pro D day? Join us for this fast paced, intense hockey experience. Each ice slot can have up to 20 players (10 per team) and one goalie register. Lines will change on the buzzer to ensure all players get lots of ice time.



Sports Centre

Tuesday, Feb 18

9:00-10:00 am U11

10:15-11:15 am U13

11:30-12:30 pm U15

12:45-1:45 pm U17

2:00-3:00 pm Female only ages

11-14

\$10.00

Surfs Up (7-11)

Pro-D Daycamp for Kids

Ride the waves and slides at our water park all day! Our aquatics staff will play games and lead activities that will further develop your swimming skills while having a blast. Try a number of aquatic sports like water polo, underwater hockey and synchronized swimming. Plan on having a bunch of wet, organized fun. Please bring a lunch, swim suit, several towels and active wear – we will be going outside if the weather is nice. Participants must feel comfortable in deep water.

Aquatic Centre

58633 Tuesday, Feb 18

10:00-3:00 pm

\$45.00



follow us



Winter Registration starts November 18

REGISTERED PROGRAMS

Aquatic Centre Titan's (10-14)

Water Polo Club

Water polo is a combination of swimming, wrestling, basketball, soccer and baseball – what more fun could you ask for? Develop the fundamental water skills required to play water polo and see a massive improvement in your swimming, treading water and passing skills. Increase your aquatic endurance and power in a fun team environment. This is an introductory program and no previous experience is required – participants just must be comfortable in deep water (level 4 swimming minimum). Focus is on skill development, team building and fun.

Aquatic Centre

Sundays 11:45-12:30 pm

58569 Nov 3-Dec 15 (7)

Jan 5-Mar 16 (11)

\$110.00 (11)

Babysitting Course (11+)

Do you want to become a certified Red Cross babysitter? This course will help you understand all the aspects of caring for children and prepare you for the responsibility. Register now, so you can babysit and earn some money while having fun. Fee includes snack, manual and mini first aid kit.

Aquatic Centre

Tuesday & Thursdays

Jan 7-23 (6)

4:30-6:30 pm

\$55.00

*Winter registration opens
Monday, November 18 at
8:00 am!*

(JLC) Junior Lifeguard Club (8-14)

The Junior Lifeguard Club offers a unique aquatic alternative for those kids who really love the water. JLC keeps kids interested and active in aquatics – especially quick learners and those caught between levels or programs. Friends can join together even if they are of different ages and abilities. Sign up today and develop your: swimming, lifesaving, fitness, lifesaving knowledge, community education, leadership and teamwork skills. Participants will also be working on their Rookie Patrol, Ranger Patrol and Star Patrol certificates. JLC welcomes members that can swim at least 25 metres and tread water for 2 minutes.

Aquatic Centre

Fridays

58498 Jan 10-Mar 14 (10)

4:00-6:00 pm

\$106.00



WINTER BREAK PROGRAMS

Splash Zone (7-11)

Aquatics Camp for Kids

Wet, wet fun! Each day kids will work on their swimming and water sport skills in a structured class but they will also get plenty of game and free time in the pool. During the “dry” portion of the day they will be playing active games outside and creating some cool crafts. At least 3 hours of pool time everyday! Please bring a lunch, swim suit, several towels and active wear/runners. Must feel comfortable in the water.

Aquatic Centre

Monday, Tuesday & Friday

59122 Dec 23, 24 & 27

10:00-3:00 pm

\$120.00 (3)

Babysitter SUPERSTAR Course (11+)

Do you want to become an aquatic and babysitter superstar? Learn the basics of babysitting and earn your Red Cross Babysitters Certificate while also working on your junior lifeguarding skills. What a great combo – serious fun for serious kids! Includes swimming, mini first aid kit, manual and a kid approved healthy snack each day. Please bring a healthy lunch and swim gear.

Aquatic Centre

Thursday & Friday

59121 Jan 2 & 3

10:00-3:00 pm

\$80.00 (2)

Swim for Life Camp (6-9)

Have your kids learn valuable swimming skills and water-safe attitudes this winter. This program includes 2—45 minute Lifesaving Society Swim for Life swim lessons along with other in and out of water activities. Loads of educational fun!

Aquatic Centre

Thursday & Friday

59123 Jan 2 & 3

10:00-3:00 pm

\$80.00 (2)

WINTER BREAK LESSONS

Winter break 2024 five-day lesson set offered one time only for a reduced rate of \$25.00. Come help our apprenticing instructors get the experience they need!

WINTER BREAK SWIMMING LESSONS AT THE AQUATIC CENTRE

LEVELS	MONDAY TO FRIDAY
Winter Break	Dec 23, 27 & 30, & Jan 2 & 3
Jellyfish/Goldfish	4:45pm
Seahorse	5:20pm
Octopus	3:00pm 3:35pm 4:10pm 4:45pm
Crab	4:45pm 5:55pm
Orca	4:10pm
Sea Lion/Narwhal	5:20pm
Swimmer 1	3:00pm 5:20pm
Swimmer 2	3:35pm 5:55pm
Swimmer 3	3:00pm 3:50pm
Swimmer 4	3:00pm 3:50pm
Swimmer 5/6	4:40pm
Swimmer 7-10 Patrol	5:30pm
Private Lessons - Single	5:55pm



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Winter Registration starts November 18

AQUATIC WELLNESS PROGRAMS

ADAPTIVE FITNESS PROGRAMS (Registered)

AquaMotion Level 2 – gentle shallow warm water class with an introduction to deep water for those wanting to increase their muscle strength and endurance.

AquaMotion Level 3 – shallow to deeper warm water class ideal for those looking to improve their cardio-respiratory fitness, balance and posture.

Aquatic Hip & Knee – for participants that are pre or 6-week post op. This class is designed for people of all abilities looking to strengthen their joints pre and post-surgery and allows participants to work at their own pace for their recovery. Medical professional consent required. Classes take place in the warm water of the wave pool.

REGISTERED ADAPTIVE FITNESS PROGRAMS FALL/WINTER - AQUATIC CENTRE

SESSIONS/LEVELS <i>Registration is on going - sign up anytime for classes in progress.</i>	MONDAY & WEDNESDAY Nov 25-Dec 18 (8) Jan 6-Feb 5 (10) Feb 10-Mar 12 (9) <i>no class Feb 17</i>	TUESDAY & THURSDAY Nov 26-Dec 19 (8) Jan 7-Feb 6 (10) Feb 11-Mar 13 (9) <i>no class Feb 18</i>
AQUATIC HIP & KNEE	10:00-11:00am 2:00-3:00pm	1:00-2:00pm
AQUAMOTION 2	9:00-10:00am	
AQUAMOTION 3	1:00-2:00pm	10:00-11:00am

ADAPTIVE FITNESS
\$95.00 for 10 classes
(sessions are pro-rated)

Winter registration opens Monday, November 18 at 8:00 am!

DROP IN FITNESS PROGRAMS

Aquafit – build your endurance, strength and flexibility. This great cardio workout tones muscles while avoiding impact. Participants have the option of being in the shallow or deep water (floatation belts provided).

Swim Fit – this class is all what you make it. We have qualified swim instructors/fitness staff on deck with intense workouts planned. Need stroke correction? We can help you with that too!

** Note facility change on Jan 6 below.*

AQUATIC FITNESS CLASS SCHEDULE COMOX VALLEY AQUATIC CENTRE

September 3, 2024 - March 31, 2025 (starting Jan 6 Swim Fit moved to Sports Centre)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Aquafit 6:30-7:15am	Aquafit 6:30-7:15am	Aquafit 6:30-7:15am	Aquafit 6:30-7:15am	Aquafit 6:30-7:15am
Starting Jan 6 **Swim Fit 8:45-9:45am	Aquafit 9:00-10:00am	Starting Jan 6 **Swim Fit 8:45-9:45am	Aquafit 9:00-10:00am	Starting Jan 6 **Swim Fit 8:45-9:45am
Aquafit 10:00-11:00am		Aquafit 10:00-11:00am		Aquafit 10:00-11:00am
Aquafit 1:00-2:00pm		Aquafit 1:00-2:00pm		Aquafit 1:00-2:00pm
	Aquafit Warm Water 2:00-3:00pm		Aquafit Warm Water 2:00-3:00pm	
Aquafit 5:15-6:15pm		Aquafit 5:15-6:15pm		



AQUATIC CENTRE

Yellow classes in the

25 M Pool

Blue classes in the

Wave Pool

Green classes at the

**Sports Centre Pool

Visit www.comoxvalleyrd.ca/registration and click on Drop-In Availability for most up to date schedule information.



ARE YOU INTERESTED IN EMPLOYMENT AS A LIFEGUARD/INSTRUCTOR?

Becoming a Lifeguard is as easy as 1, 2, 3, 4, 5

Bronze Star (optional)

This program develops swimming proficiency, lifesaving skill and personal fitness. Candidates refine their stroke mechanics, acquire self-rescue skills, and apply fitness principles in training workouts. Bronze Star is excellent preparation for success in Bronze Medallion and provides a fun introduction to lifesaving sport.

1

Bronze Medallion

Teaches an understanding of the lifesaving principles embodied in the four components of water rescue education: judgment, knowledge, skill, and fitness. It challenges the candidate both mentally and physically. Candidates acquire the assessment and problem-solving skills needed to make good decisions in, on and around the water.

2

Bronze Cross

Bronze Cross begins the transition from lifesaving to lifeguarding and prepares candidates for responsibilities as Assistant Lifeguards. Candidates strengthen and expand their lifesaving skills and begin to apply the principles and techniques of active surveillance in aquatic facilities. Bronze Cross emphasizes the importance of teamwork and communication in preventing and responding to aquatic emergencies.

4

National Lifeguard Pool (NL)

The National Lifeguard Pool certification is designed to develop the fundamental values, judgment, knowledge, skills and fitness required by lifeguards. The National Lifeguard course emphasizes the lifeguarding skills, principles and practices, and the decision-making processes which will assist the lifeguard to provide effective safety supervision in swimming pool environments. This course now includes the required lifeguard AMOA certification and participants will require computer/internet access. Online portion to be completed in advance on the LSS website.

5

Lifesaving Society Swim Instructor

This course prepares the instructor to teach and evaluate basic swim strokes and related skills. Candidates acquire proven teaching methods, a variety of stroke development drills and correction techniques. Current Swim Instructors teach and certify candidates in all levels of the Swim for Life program.

Lifesaving Instructor (LSI)

Lifesaving Instructors are trained to teach the Canadian Swim Patrol Program awards, as well as the Bronze Star, Bronze Medallion, Bronze Cross, Lifesaving Fitness and Distinction awards. Candidates are trained in and must demonstrate skills, knowledge and attitudes at Competency Level 1 to include all aspects of learning as well as various approaches required to teach water rescue, first aid and related aquatic skills in the Canadian Lifesaving Program. Candidates also learn about long-range and short-term planning, class management, safety supervision and the principles of evaluation.

CALA Vertical Water Training

This comprehensive course includes the essential tools necessary to design and lead safe, effective, holistic water based group classes and one to one sessions geared to a variety of people with a diversity of health conditions from healthy to post rehabilitation. A combination of land and water 'activity-based' sessions are complimented with applied theoretical sessions. Course fee includes CALA registration and open book exam.

CALA Group Aqua Fitness

Group Aqua Fitness is taken after completing the compulsory Vertical Water Training. This course provides the opportunity for aspiring aquafitness leaders and participants to expand their knowledge about fitness theory related to water. Anatomy and physiology is presented in an applied manner with respect to exercising in water. Group Aqua Fitness provides increased opportunity to practice and fine tune leadership skills to gain confidence in preparation for the certification process. Course fee includes cost of the formal evaluation if completed during the course. If participants wish to have additional practice time before being evaluated the cost of an evaluation is \$35.

Aquatic Fitness - Adaptive Workshop

This course is for trained instructors wanting to work with and teach aquatic fitness classes to groups with various chronic conditions (i.e. Parkinson's Disease, MS, post polio, Hip/knee replacements etc.). This course includes classroom and practical study. Be prepared to be in the pool for up to five hours over the weekend. BCRPA (16 credits)/CALA (credits pending).

Emergency First Aid with CPR C/AED (EFA)

EFA is a WorkSafeBC Occupational Level 1 equivalent and can be used in the workplace. Using hands-on training and practice, this basic first aid course will give you confidence to respond effectively in an emergency. You will learn lifesaving skills such as CPR/AED and obstructed airway procedures to respond to adult, child and infant emergencies. You will also learn to recognize and respond to respiratory and circulatory emergencies including asthma, allergic reactions, heart attack, stroke, and bleeding.

3

Standard First Aid with CPR C/AED (SFA)

SFA is a WorkSafeBC Occupational Level 1 equivalent and can be used in the workplace. This course includes comprehensive training covering all aspects of first aid, CPR and AED use. Whether you need training for employment or simply want to be prepared to respond to life-threatening emergencies, this course will give you the skills and knowledge to act with confidence. In addition to the material covered in Emergency First Aid, candidates will learn how to treat head/neck injuries, soft tissue and musculo-skeletal injuries and medical emergencies.



follow us



Winter Registration starts November 18

19

FIRST AID & AQUATIC LEADERSHIP COURSES

COURSE	DATES	DAYS	TIME	COST	COURSE#	PRE-REQUISITES (please bring proof to 1st day)
Bronze Star	Feb 4-20	Tue & Thu	4:00-6:00pm	\$110.00*		Recommended candidates can demonstrate the Swim to Survive challenge
Bronze Medallion	Jan 11-Feb 1	Sat	1:30-7:00pm	\$275.00*		13 years by last day of course or Bronze Star
Bronze Cross	Feb 8-Mar 1	Sat	1:30-7:00pm	\$210.00*		Bronze Medallion (at CVSC Feb 8)
National Lifeguard (NL) - Pool Option	Nov 29-Dec 21	Fri Sat	5:30-9:30pm 12:00-8:00pm	\$525.00*	59252	15 years by last day of course, Bronze Cross & AEC or SFA (recommended to be current)
	Mar 22 & 25-29	Sat & Mon-Fri	1:00-9:00pm			
Lifesaving Society Swim Instructor & Lifesaving Instructor Combo	Dec 23, 24, 27, 28, 30, 31 & Jan 2 & 3	Mon-Sat & Mon-Fri	9:00-5:00pm	\$650.00*	59256	15 years by last day of course and Bronze Cross (need not be current)
	Mar 8 & 15, 17-21	Sat Mon-Fri	9:00-6:00pm			
Emergency First Aid (EFA) & CPR C	Nov 10	Sun	9:00-6:00pm	\$95.00*	59420	12 years old minimum/15 years recommended <i>Must call in to register 250-334-9622 ext 0</i>
	Mar 9	Sun	9:00-6:00pm			
Standard First Aid (SFA) & CPR C	Nov 10 & 17	Sun	9:00-6:00pm	\$140.00*	59420	12 years old minimum/15 years recommended <i>Must call in to register 250-334-9622 ext 0</i>
	Mar 9-16	Sun	9:00-6:00pm			
NL Precert/Resert	Feb 23	Sun	9:00-6:00pm	\$175.00*		Previous NL Award and recommended CPRC (current within the year.) Must have a current AMOA or completed the online portion of the course.
LSS Swim Instr & Lifesaving Instr Combo Recert	Mar 2	Sun	12:00-8:00pm	\$125.00		Lifesaving Instructor current within 5 years of certification

*Reuseable pocket mask required for this course. If you do not have a pocket mask, you will be charged an additional \$16.00 for one.

GET HIGH SCHOOL CREDITS

British Columbia and Yukon high school students can use Bronze Cross, Lifesaving Instructor and Swim Instructor and NLS certifications for credit toward high school graduation. Credits available:

- Bronze Cross is worth 2 credits for Grade 11.
- Lifesaving Instructor + Bronze Cross are worth 3 credits for Grade 11.
- National Lifeguard – Pool/Core option (NLS) is worth 2 credits for Grade 12.
- Lifesaving Swim Instructor is worth 2 credits for Grade 11.

Leadership classes will be subject to a \$45.00 withdrawal/transfer fee for withdrawals or transfers less than a week from start date. No withdrawals/refunds after class starts, except for medical reasons.

To view upcoming courses in BC please visit:
www.lifesaving.bc.ca/courses



LIFESAVING SOCIETY SWIM LESSONS



PARENT & TOT LESSONS (Ages 4 months-3 years) - 30 minute classes

Parent & Tot 1 Jellyfish 4-12 Months	Enter & exit the water safely with tot, readiness for submersion, hold tot on front with eye contact, hold tot on back with head & back support, front float (face out & asst.), back float (asst.), float wearing PFD (asst.), arms - splashing/ reaching/paddling (on front & back), & legs-tickling/splashing/kicking (on front & back).
Parent & Tot 2 Goldfish 12-24 Months	Entry from sitting position (asst.), exit the water (asst.), blow bubbles on & in water, face wet & in water, attempt to recover object below surface, entry from sitting position wearing PFD & return (asst.), front float (face in & asst.), back float (asst.), kicking on front & back (asst.), & surface passes with continuous contact.
Parent & Tot 3 Seahorse 24-36 Months	Jump entry (asst.), entry & submerge from sitting position (asst.), exit the water - unassisted, hold breath underwater (asst.), attempt to open eyes underwater, attempt to recover object from bottom, standing jump entry/return to edge (asst.), jump entry & float wearing PFD (asst.), front & back "starfish" floats (asst.), front & back "pencil" floats (asst.), kicking on front & back (asst.), & underwater passes.

PRE-SCHOOL LESSONS (ages 3-5 years) - 30 minute classes

Preschool 1 Octopus	Enter & exit shallow water (asst.), jump into chest-deep water (asst.), face in water, blow bubbles in water, float on front & back (3 sec. each) asst., safe movement in shallow water wearing PFD, & glide on front & back (3m each) asst.
Preschool 2 Crab	Enter & exit shallow water wearing PFD, jump into chest-deep water, submerge, submerge & exhale 3 times, float on front & back (3 sec. each) wearing PFD or with buoyant aid, roll laterally front to back & back to front wearing PFD, glide on front & back (3m each) wearing PFD or with buoyant aid, & flutter kick on back with buoyant aid 5m.
Preschool 3 Orca	Jump into deep water wearing PFD & return & exit, sideways entry wearing PFD, hold breath underwater 3 sec., submerge & exhale 5 times, recover object from bottom in waist deep water, back float & roll to front & swim 3m, float on front & back 5 sec. each, roll laterally front to back & back to front, glide on front & back 3m each, flutter kick on back 5m, & flutter kick on front 5m.
Preschool 4 Sea Lion	Jump into deep water, return & exit, sideways entry, tread water 10 sec. wearing PFD, open eyes underwater, recover object from bottom in chest deep water, wearing a PFD-sideways entry into deep water-tread 15 sec.- swim/kick 5m, front float-roll to back-swim 5m, glide on side 3m, flutter kick on front 7m-on back 7m-on side 5m, & front crawl 5m wearing PFD.
Preschool 5 Narwhal	Forward roll entry wearing PFD, tread water 10 sec., submerge & hold breath 5 sec., recover object from bottom in chest-deep water, wearing PFD-sideways entry into deep water-tread 20 sec.-swim/kick 10m, whip kick in vertical position 20 sec. with a PFD or buoyant aid, front crawl 5m, back crawl 5m, interval training-4 x 5m flutter kick on back with 30 sec. rests.

SWIM KIDS LESSONS (ages 5-12 years) - 30 minute class (levels 1-2)/45 minute class (levels 3-6)/60 minute class (levels 7-9)

Swimmer 1	Enter & exit shallow water, jump into chest-deep water, jump into deep water wearing PFD, tread water 30 sec. wearing PFD, hold breath underwater 5 sec., submerge & exhale 5 times, open eyes underwater, float on front & back 5 sec. each, roll laterally front to back & back to front, glide on front/back & side 3m each, flutter kick on front & back 5m each, & front crawl 5m wearing PFD.
Swimmer 2	Jump into deep water-return & exit, sideways entry wearing PFD, tread water 15 sec., recover object from bottom in chest-deep water, wearing PFD-jump into deep water-tread 30 sec.-swim/kick 15m, flutter kick on front/back & side 10m each, whip kick in vertical position 30 sec. with aid, front crawl & back crawl 10m each, & interval training-4 x 5m flutter kick with 20 sec. rest.
Swimmer 3	Kneeling dive into deep water, forward roll entry into deep water, tread water 30 sec., handstand in shallow water, front somersault (in water), jump into deep water-tread 30 sec.-swim/kick 25m, flutter kick on back 5m-reverse direction & flutter kick on front 5m, flutter kick on front 5m-reverse direction & flutter kick on back 5m, whip kick on back 10m, front crawl & back crawl 15m each, & interval training-4 x 15m flutter kick with 20 sec. rest.
Swimmer 4	Standing dive into deep water, tread water 1 min., swim underwater 5m, roll entry into deep water-tread 1 min.-swim 50m, whip kick on front 15m, breaststroke arms drill 15m, front crawl & back crawl 25m each, interval training-4 x 25m front or back crawl with 20 sec. rests, & sprint front crawl 25m.
Swimmer 5	Shallow dive into deep water, tuck jump (cannonball) into deep water, jump entry into deep water-tread 2 min., stationary eggbeater kick 30 sec., back somersault (in water), roll entry into deep water-tread 90 sec.-swim 75m, breaststroke 25m, front crawl & back crawl 50m each, head-up front crawl 10m, interval training-4 x 50m front or back crawl with 30 sec. rests, interval training-4 x 15m breaststroke with 30 sec. rests, & sprint front crawl & back crawl 25m each.
Swimmer 6	Stride entry into deep water, compact jump into deep water, legs-only surface support 45 sec., swim underwater 10m to recover object, eggbeater kick on back 15m, scissor kick 15m, breaststroke 50m, front crawl & back crawl 100m each, head-up swim 25m, interval training-4 x 25m breaststroke with 30 sec. rests, sprint breaststroke 25m & workout 300m.
Swimmer 7-9 Patrol	After completing Swimmer 6 this is the next step. This course is a blended program where participants will work towards their Rookie Patrol, Ranger Patrol and Star Patrol certificates. Participants will continue to develop their strokes, increase their endurance and learn first aid and water rescue skills.

TEEN & ADULT LESSONS (Ages 12+) - 45 minute classes

Teen/Adult Beginner	Beginner swimmers welcome! Don't like getting your face wet? Never felt comfortable floating? Want to learn how to do more than just dog paddle?
Teen/Adult Inter/Advanced	Designed for swimmers that feel comfortable in the water and can swim at least 2 lengths. Small class size means we can cater to each individuals needs whether you just want to learn how to do butterfly or work on your strokes for your next triathlon.

PRIVATE LESSONS (ages 3+) - 30 minute classes

Single	Does your child keep repeating the same level? Need that extra practice to get you through to the next level? Register for a single private lesson.
Personalized Lessons	Do the scheduled lessons not fit into your schedule? Have difficulty concentrating in a class situation? Registering more than one child in the same level? These private lessons follow the regular lesson set dates and times. Register for private lessons for the entire lesson set and receive 10% off.



SWIMMING LESSONS

TO REGISTER SEE PAGE 4 FOR ONLINE OR PHONE IN REGISTRATION INFORMATION

PLEASE NOTE: No classes Feb 8, 17 & 18

WINTER Swim Lesson registration opens at 8:00 AM, Monday November 18



LESSONS - AQUATIC CENTRE

LEVEL	MONDAY ONLY Nov 4-Dec 16 (6) no class Nov 11	TUESDAY & THURSDAY Dec 3-19 (6)	WEDNESDAY ONLY Oct 30-Dec 18 (8)	FRIDAY ONLY Nov 1-Dec 20 (8)	SATURDAY ONLY Nov 2-Dec 21 (8)	SUNDAY ONLY Nov 3-Dec 15 (7)
FALL C	Nov 4-Dec 16 (6) no class Nov 11	Dec 3-19 (6)	Oct 30-Dec 18 (8)	Nov 1-Dec 20 (8)	Nov 2-Dec 21 (8)	Nov 3-Dec 15 (7)
FALL D						
WINTER A	Jan 6-Mar 9 (9) No class Feb 17	Jan 7-30 (8)	Jan 8-Mar 12 (10)	Jan 10-Mar 14 (10)	Jan 11-Mar 15 (9) No class Feb 8	Jan 12-Mar 16 (10)
WINTER B		Feb 4-Mar 13 (11) No class Feb 18				
PARENT & TOT 1 & 2 JELLYFISH/GOLDFISH	9:00am 4:45pm	5:15pm	9:35am 4:45pm	10:10am	9:35am	9:35am
PARENT & TOT 3 SEAHORSE	9:35am 5:15pm	5:50pm	10:10am 5:15pm	9:00am	9:00am	11:20am
PRESCHOOL 1 OCTOPUS	9:00am 10:10am 3:35pm 4:10pm 4:45pm	10:00am 10:30am 3:35 pm 4:40pm	9:35am 10:10am 3:35pm 4:10pm 4:45pm	9:00am 9:35am 10:10am	9:00am 9:35am 10:10am 10:45am 11:15am 11:20am 11:55am 12:30pm	9:00am 9:35am 10:10am 10:40am 11:55am 12:30pm
PRESCHOOL 2 CRAB	9:35am 3:35pm 4:10pm 5:50pm	10:00am 4:10pm 5:15pm	9:00am 3:35pm 4:10pm 5:50pm	9:35am	9:35am 10:10am 12:30pm	10:10am 11:55am
PRESCHOOL 3 ORCA	10:10am 4:10pm	10:30am 5:50pm	9:00am 4:10pm		9:35am 10:40am	9:00am 10:45am
PRESCHOOL 4 & 5 SEA LION/NARWHAL	5:15pm	4:45pm	5:15pm		11:55am	10:10am
SWIMMER 1	3:35pm 4:10pm 4:45pm	4:10pm 4:40pm	3:35pm 4:10pm 4:45pm		9:00am 9:35am 10:10am 10:45am 11:20am 12:30pm	9:00am 9:35am 10:40am 11:20am 12:30pm
SWIMMER 2	3:35pm 5:15pm 5:50pm	3:35pm 5:15pm 5:50pm	3:35pm 5:15pm 5:50pm		9:00am 10:10am 11:15am 11:55am	9:00am 10:10am 12:30pm
SWIMMER 3	4:45pm 6:25pm	3:50pm 6:25pm	4:45pm 6:25pm		9:00am 9:50am	9:50am 10:40am
SWIMMER 4	5:30pm 6:25pm	3:50pm 7:15pm	5:30pm 6:25pm		9:00am	9:00am 11:30am
SWIMMER 5	7:15pm	4:40pm	7:15pm		9:50am	9:50am
SWIMMER 6	7:15pm	5:30pm	7:15pm		10:40am	9:00am
SWIMMER 5/6		6:25pm				
SWIMMER 7-9 PATROL		7:15pm	7:00pm		12:00pm	
TEEN/ADULT BEGINNER		6:25pm				
TEEN/ADULT INT/ADV		7:15pm				
PRIVATE LESSONS	5:50pm 6:20pm 6:55pm 7:00pm 7:30pm		5:50pm 6:20pm 7:00pm 7:30pm		11:20am 12:15pm	12:30pm
PERSONALIZED LESSONS	6:25pm		6:25pm		9:00am 10:45am 12:30pm	9:35am 10:45am

Please be advised we reserve the right to withdraw participants registered in the wrong level due to safety concerns.

LIFESAVING SOCIETY LEARN TO SWIM PROGRAM

Swim for Life is a complete learn-to-swim program that offers programs for parent & tots, preschoolers, school aged children and adult/seniors. Easy to follow and progress through, Swim for Life leads seamlessly into the lifesaving Society's lifesaving and lifeguard training awards. The program is endorsed by the international Life Saving Federation and the Commonwealth Royal Life Saving Society.

Important Swim Lesson Information:

- Participants please meet your swimming instructor on the pool deck by the sign for the appropriate level. You will have to have a cleaning shower before entering the water. If you/your child gets cold easily you may want to wait until just before the start of the class to get wet. Please remove your shoes before accessing the pool deck.
- Preschool levels and levels 1-2 generally take place in the Wave Pool with the occasional visit to the 25 meter pool Levels 3 and up will generally take place in the 25 meter pool.
- Some swim lessons such as the weekday morning lessons take place during public swimming times - so the pool space will be shared.



PUBLIC ICE PROGRAMS

SEPTEMBER 3, 2024 - MARCH 31, 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
70+ Hockey 9:15-10:30am Arena #2		70+ Hockey 9:15-10:30am Arena #2			PLEASE NOTE: All skaters must wear a CSA approved helmet - limited helmets available on site! Please bring one from home.	
65+ Hockey 10:45-12:15pm Arena #1	70+ Hockey 10:45-12:15pm Arena #1	65+ Hockey 10:45-12:15pm Arena #1	70+ Hockey 10:45-12:15pm Arena #1	65+ Hockey 10:45-12:15pm Arena #1		
Everyone Welcome 12:30-1:30pm Arena #1	Stick & Puck 12:30-1:45pm Arena #1	Everyone Welcome 12:30-1:30pm Arena #1	Stick & Puck 12:30-1:45pm Arena #1	Everyone Welcome 12:30-1:30pm Arena #1		
55+ Hockey 1:45-3:15pm Arena #1		55+ Hockey 1:45-3:15pm Arena #1		55+ Hockey 1:45-3:15pm Arena #1		
	Everyone Welcome & Shinny 3:00-4:45pm Arena #2		Everyone Welcome & Shinny 3:00-4:45pm Arena #2	Everyone Welcome & Shinny 3:00-4:45pm Arena #2	Everyone Welcome 3:00-5:00pm Arena #2	
Everyone Welcome & Shinny *6:30-8:30pm Arena #2		Everyone Welcome & Shinny 6:30-8:30pm Arena #2				

Visit www.comoxvalleyrd.ca/registration and click on Drop-In Availability for most up to date schedule information.

Programs Available by Booking

Save time and book your space online. When you book your hockey spot the space is reserved for you. You can book your space up to 10 days in advance but must cancel at least 24 hours before the start of your ice time. If you are unable to book online please contact a customer service representative at 250-334-9622.

Hockey (55+, 65+ & 70+)

Full hockey gear including helmet required. **Please book your space online.** Limited to 26 players/2 goalies. Please note the various age divisions.

Drop in Programs

Everyone Welcome Skate

All ages welcome. Shinny Hockey is only available during designated times where indicated on the schedule.

Shinny Hockey

All ages welcome! A soft puck will be used and a portion of the rink will be blocked off for participants to play shinny hockey. All participants must wear a helmet, gloves, long sleeve shirt and pants. Don't forget your stick. Limited to 20 players/2 goalies max.

Stick & Puck

This session focuses on individual stick handling and puck shooting activities to help maintain your hockey conditioning and skills. Casual hockey skills practice with no passing, game play/scrimmages, group drills or competition. Limited to 20 people max. As hard pucks will be permitted - participants should be wearing full gear but at a minimum must have a helmet & gloves. All ages welcome!

Hockey Sleds - FREE

8 adult & 4 child sized sleds available on site

Skate Sharpening—\$6.10
Books of 10 economy tickets available
Hours of Operation are during public program times:
Mon/Wed 9:15-3:00 PM
6:30-8:30 PM
Tue/Thu/Fri 10:45-1:45 PM
3:00-4:45 PM
Sat/Sun 3:00-4:45 PM

Skate Rentals—\$4.00
Books of 10 economy tickets available



follow us

Winter Registration starts November 18

PUBLIC ICE PROGRAMS

Short Notice Ice Rental

Short Notice Ice Rentals are available Monday to Friday during our pre-season/regular season for \$45 per hour and spring/summer season for \$65 per hour (excluding statutory holidays). You can only book a maximum of 2 days in advance through the administration office and regular rental procedures are in effect including insurance requirements. Please note: You must book weekend rentals by Friday at 2:00 PM.

To book ice time please visit www.comoxvalleyrd.ca/parks-recreation/recreation-facilities/facility-rentals to check ice availability, and **submit a booking request form.**

Special Skates & Schedule Changes

Nov 17 –Free CVSC Skate 3:00-5:00 pm Sponsored by Fisher~Smith & Associates, Royal LePage Comox

Nov 21 – Parent Teacher Day Supersaver – EW 3:00-4:45 pm

Dec 21-27 – SPECIAL SKATE SCHEDULE – Winter Wonderland – all other EW skates canceled

Dec 24 – CLOSED at 3 pm

Dec 25/26 – STAT – Christmas & Boxing Day – CLOSED

Dec 31 – CLOSED at 3 pm

Dec 31 – New Year's Eve Free Family Swim & Skate 5-8 pm – Sponsored by Robbins & Company

Jan 1 – STAT – New Years – CLOSED

Jan 5 – Minor Hockey Tournament – 55+ & 65+ Hockey & 12:15 EW Cancelled

Feb 14 – Valentines Friendship 2 for 1 Skate – EW 3-4:45 pm

Feb 17 – STAT – Family Day – Free CVSC Skate 1-3 pm & Swim 1-5 pm – Sponsored by Arbor Dental Centre

Feb 26 – Pink Shirt Day – EW 6:30-8:30 pm Wear Pink and get 2 for 1 rate

Mar 17-28 – Spring Break

Apr 18 – STAT – Good Friday – CLOSED

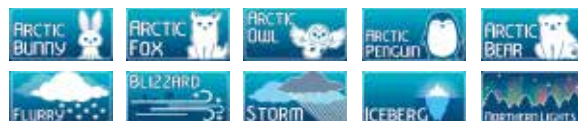
Apr 21 – STAT –Easter Monday – CLOSED

Mar 31-May 12 – EW on Monday's 6:30-8:30 pm Cancelled

Check the events listing on pages 9-14 for more info.



REGISTERED ICE PROGRAM DESCRIPTIONS



Parent & Tot Skating Lessons (Ages 2-5 years) - 30 minute classes	
Parent & Tot Skating Lessons	Enjoy playing a variety of games on the ice with your child while you both develop your skating skills. No previous skating experience is required for either participant - it's all about the fun!
Parent & Tot Hockey Lessons***	Parents and tots will get a chance to develop both their skating and hockey skills during this program. Lots of family fun - emphasis on skill development. Kids require full gear/parents just need a helmet with cage/face shield.
Ice Blades - Preschool Learn to Skate Lessons (Ages 3-5 Years) - 30 minute classes	
Arctic Bunny	Using games and activities participants will spend quality time learning how to become comfortable on the ice. Proper form and balance is introduced and practiced.
Arctic Fox	Participants actively participate in group activities and are gaining an increasing distance with forward marching or gliding. Backwards skills are introduced and practiced.
Arctic Owl	Participants are comfortable with both forward and backwards gliding on alternate feet. Forward crossovers are introduced and practiced.
Arctic Penguin	More complex skating positioning is introduced, such as slalom ski and outside edge work. Participants are encouraged to practice a combination of at least three basic skills together.
Arctic Bear	Participants are comfortable doing backwards crossovers and are introduced to parallel stopping. Participants are encouraged to practice a combination of at least four basic skills together.
Ice Blades - Youth Learn to Skate Lessons (Ages 6-13 Years) - 30 minute classes	
Flurry	Participants will be introduced to a variety of simple skating skills and balance positions on the ice.
Blizzard	Participants are comfortable with both forward and backwards gliding on alternate feet. Forward crossovers are introduced and practiced.
Storm	Participants are comfortable combining four or more simple skills in one skill session and are introduced complex skills, such as crossovers with momentum.
Iceberg	Participants are introduced to parallel stops and pumping for speed.
Northern Lights	Participants are comfortable with advanced skills such as pivots, inside edge work and staggered slalom ski course.
Homeschool Lessons	The regular Ice Blades program curriculum will be taught through a series of blended levels. Just inform the customer service representative what level your child is in when you register. Parents and other siblings can choose to pay a drop in fee and skate during the lesson time or network in the lobby.
Learn to Play Hockey (Ages 3-13 Years) - 45 minute classes for Tiny Tots & 1 hour classes for Coolest Game	
Tiny Tot Hockey (3-6 yr)***	Give ice hockey a try and learn basic hockey skills. Instructors will introduce your child to the world of hockey through a variety of fun drills and mini-games. All participants must be able to skate on their own. <i>(All Tiny Tot & Coolest Game participants and their families from the 2023-24 season are invited to the wrap up party on Mar 16 12:45-4:45 PM - please register your Tiny Tot or Coolest Kid at the front desk.)</i>
Coolest Game on Earth (7-13 yr)***	If you have never played ice hockey before, this is the program for you. Learn the basic skills and have fun. All participants must be able to skate on their own. <i>(All Tiny Tot & Coolest Game participants and their families from the 2023-24 season are invited to the wrap up party on Mar 16 12:45-4:45 PM - please register your Tiny Tot or Coolest Kid at the front desk.)</i>
Para Ice Hockey (Ages 5+ Years) - 75 minute classes	
Para Ice Hockey (5-14 yrs or 15+ yrs)***	Para Ice Hockey (formerly known as Sledge Hockey) is an adapted version of stand up ice hockey. Participation is open to both people with physical disabilities and people who are able bodied. Instead of skates, players sit in specially designed sleds. Players move around on the ice using two sticks, which have a spike-end for pushing and a blade-end for shooting. Upper body strength, core stability and finger dexterity are necessary for full, independent participation in the sport. Adaptations such as push bars, anti-tippers, chest straps and higher backs on the sledges are available for those who may need the extra support. The first ½ hr of the program is spent getting ready (gear on/strapping into sled) then the 45 min class is spent developing your skills and having fun. Shin pads, helmet with cage, gloves and elbow pads.
Discover Hockey (Ages 18+) - 75 minute classes	
Discover Hockey (18+)***	The goal of the program is to improve participants hockey skills to the point that they would feel comfortable joining a beginner hockey league. Expect lots of support in a positive learning environment, increased love of the game and to have fun. Program includes on ice instructional sessions and 4 scrimmage games. Fall session is \$264.28 + \$40.00 for a hockey jersey if you don't already have one (15 classes)
Private Lessons (Ages 3+) - 30 minute classes	
Private Lessons	Want to learn how to skate or work on your hockey skills? Private lessons only cost \$34.10 per 1/2 hour. All ages and abilities welcome at our private lessons. Please call 334-9622 ext 0 to register or ext 3708 if you are interested in alternative days/times.



REGISTERED ICE PROGRAMS

Ice skating is a great way to get exercise, meet people and have fun. To learn the basics of skating, it is important to start out on the right ‘foot’ by taking a few lessons. On-ice instruction prevents the development of bad habits, improves confidence and helps to master the basic techniques. Learning to skate also develops coordination, poise and good posture. Getting started takes only a little knowledge and plenty of enthusiasm! For ice program fees see page 3.

SESSIONS/PROGRAMS	MONDAY & WEDNESDAY	TUESDAY & THURSDAY	SATURDAY	SUNDAY
FALL 2024 <i>Winter registration starts Monday, Nov 18 at 8:00 am.</i>	Nov 13-Dec 18 (11) Jan 6-Feb 5 (10) Feb 10-Mar 12 (9)	Nov 19-Dec 19 (10) Jan 7-Feb 6 (10) Feb 11-Mar 13 (9)	Nov 2-Dec 14 (7) Jan 4-Mar 15 (11)	Nov 3-Dec 15 (7) Jan 5-Mar 9 (10)
Parent & Tot Skating Lessons (2-5)				12:45pm
**Parent & Tot Hockey Lessons (2-5)				1:30pm
Ice Blades - Preschool Skate Lessons (3-5)				
Arctic Bunny			12:45pm, 1:30pm, 2:15pm	12:45pm, 2:15pm
Arctic Fox		10:00am	1:30pm, 2:15pm	
Arctic Owl		10:00am	2:15pm	
Arctic Penguin			12:45pm	
Arctic Bear			12:45pm	
Ice Blades - Youth Skate Lessons (6+)				
Flurry			2:15pm	1:30pm, 2:15pm
Blizzard			1:30pm	
Storm			12:45pm	
Iceberg			12:45pm	
Northern Lights			1:30pm	
Homeschool Lessons	3:15pm			
***Tiny Tot Hockey (3-6)			12:45pm	
**Coolest Game (6+)			1:45pm	
***Para Ice Hockey (5+)				1:30pm
***Discover Hockey (18+)				8:30pm (Winter 17 classes)
Private Skating Lessons	3:15pm			

PLEASE NOTE: All on ice participants (caregivers & children) MUST wear a CSA approved helmet. Please bring one from home—hockey helmet with face shield recommended. Skate rentals included in lesson fee.

** Participants must supply their own gear including a helmet with a cage or face shield, hockey gloves & stick. Full gear is recommended.

*** Participants must supply their own gear including a helmet with a cage or face shield, hockey gloves & stick, neck guard, shin/shoulder/elbow pads, hockey pants/socks & jock or jill.

Unsure what level to register for? Drop by and have your or your child's ability assessed for free at one of our Everyone Welcome Skates! Includes skate rentals.



REGISTERED ICE PROGRAMS

Adult Recreational Hockey Program (18+)** League Style Hockey

The CVRD Adult Hockey Program provides an opportunity for individuals aged 18+ to play recreational, non-contact, ice hockey. This program is designed for those who wish to play for fun and are newer to hockey or just looking to play at a slower pace than the CVHL Intermediate League. Ice hockey can be a tremendous source of fun, fitness and camaraderie when played according to league rules and with the right attitude. Teams will be created each week with some juggling of players based on ability. Our goal is to have a good balance of skill on each team. Each game will have one referee, a scorekeeper and access to two sets of jerseys. Come join the fun!

Sports Centre Arena #2

Sundays

Jan 5-Mar 16, 2025 no game Feb 9

5:15-6:30 PM

\$121.00 (11)

**Winter registration opens
Monday, November 18 at
8:00 am!**



follow us



Winter Registration starts November 18



Comox Valley Emergency Management

Prepare for Disaster. Recover Faster.



Emergency Preparedness can be:

- Knowing the hazards in your area
- Building an emergency kit
- Making a plan
- Registering for emergency notifications
- Starting a Neighbourhood Emergency Preparedness Team (NEPP)

Protect Your Home with FireSmart™

FireSmart is a community-based program that provides tips, resources and activities to increase your community's defense against wildfire. For a free FireSmart evaluation call your local fire department.

FireSmart™, Intelli-feu and other associated Marks are trademarks of the Canadian Interagency Forest Fire Centre.



Get prepared and find ways to reduce your risk exposure to hazards and extreme weather. For more information, visit: www.comoxvalleyrd.ca/emergency

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