






# COMOX VALLEY RECREATION GUIDE

SPRING/  
SUMMER  
2025

**ONE GUIDE,  
two seasons!**  
See inside cover for  
Spring and Summer  
registration dates



 <b>19 Wing Comox</b>	 <b>TOWN OF COMOX</b> Recreation	 <b>RECREATION THE VILLAGE OF CUMBERLAND</b>	 <b>Courtenay Recreation</b>	 <b>Comox Valley REGIONAL DISTRICT</b>
<b>2</b>	<b>6</b>	<b>49</b>	<b>59</b>	<b>146</b>



**MESSAGE FROM THE CHAIR**



Spring & summer are around the corner and with the approach of warmer weather, it's time to get thinking of water safety with one of our swim lessons. The Lifesaving Societies water safety program is developed to instruct everyone how to swim by teaching both basic and advanced water safety rules.

For updated program and schedule information at [www.comoxvalleyrd.ca/rec](http://www.comoxvalleyrd.ca/rec) and stay connected with us by following [comoxvalleyrd](#) on Facebook and Twitter for the latest news, events and recreation tips.

Have a healthy, active spring!

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) \$27.85  
Monthly Pass (family) \$66.83  
Annual Pass (person) \$83.55  
Annual Pass (family) \$206.08

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

ADMISSION	POOLS, FITNESS, WELLNESS CENTRES & ARENAS		MEMBERSHIPS - FULL FACILITIES ACCESS			
	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 ADULTS/SENIOR & 1 CHILD/TEEN)	\$13.80	\$124.20	\$165.60	\$422.30	\$695.50	\$1092.95
LOCKERS	\$0.50	N/A	<b>MEMBERSHIP PASSES:</b> <ul style="list-style-type: none"> <li>• <b>Membership fees take into consideration the shorter arena season and pool shutdowns.</b></li> <li>• Drop-in activities may be subject to change or cancellation.</li> <li>• Prorated refunds may be granted for medical reasons with a doctor's note, or proof of relocation outside the CVRD.</li> <li>• 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.</li> </ul>			
SKATE RENTAL	\$4.00	\$36.00				
SKATE SHARPENING	\$6.10	\$54.90				
KAYAK SWIM	\$8.90	\$80.10				
<i>Monthly &amp; 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.**



# 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](http://www.comoxvalleyrd.ca/rec) and click on the Register for Activities & Programs button or access login directly at [comoxvalley.perfectmind.com](http://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**

**March 2025 to June 2025**

Mon to Fri 8:00am-8:30pm

Sat & Sun 8:00am-4:00pm

**July & August 2025**

Mon to Fri 8:00am-6:00pm

**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.

**Spring registration opens Monday, March 10 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 some Everyone Welcome Swims

Can access the room a half hour prior to start of the Everyone Welcome Swim. 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!**

## 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!**

## 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 15**

(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](http://www.comoxvalleyrd.ca/parks-recreation/recreation-facilities/facility-rentals)**

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

*\*Staff can provide instructions on purchasing insurance through MIA website.*

### 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).

### 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.



# AQUATIC CENTRE POOLS & FITNESS

## MARCH - JUNE 30, 2025



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

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Lane Swim+</b> 6:00-11:00 am Shared Space - Lengths (min 2) (*1 lane only M/W/F 10:00-11:00 am, T/Th 9:00-10:00 am)					<b>Lane Swim+</b> 6:00 AM-1:00 pm Lengths (min 2)	
<b>Everyone Welcome</b> 11:00 AM-1:00 pm Waves & Slides Open - Lengths (min 2)						<b>Lane Swim +</b> 8:00-1:00 pm Lengths (min 2)
<b>*Lane Swim+</b> 1:00-8:00 pm Shared Space - Lengths (min 2)					<b>Everyone Welcome</b> 1:00-5:00 pm Waves & Slides Open - Lengths (min 2)	
				<b>Everyone Welcome</b> 2:00-9:30 pm Waves & Slides Open +Lengths (min 2)	<b>Lane Swim+ (min 2)</b> <b>Kayak Hour</b> 5:00-6:00 pm *cancelled after Mar 16	<b>FITNESS SCHEDULE</b> SEE PAGE 158  SEE PAGE 151 FOR SPECIAL SWIMS, SCHEDULE CHANGES AND POOL CLOSURE INFORMATION
<b>16+ Swim</b> 8:00-9:30 pm Shared Space - Lengths (min 2) Waves & Slides Open					<b>Everyone Welcome</b> 6:00-8:00 pm Waves & Slides Open +Lengths (min 2) *cancelled after Mar 16	

Visit [www.comoxvalleyrd.ca/registration](http://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+)

March - June 30, 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	8:00 am - 5:00 pm

\*Please note persons 12-15 may use the fitness studio when supervised by an adult.

#### Water Play (all ages)

Until March 30, 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.

## Special Swims & Schedule Changes

**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

**Apr 18** – STAT – Good Friday – CLOSED

**Apr 21** – STAT – Easter Monday – CLOSED

**May 10** – Sharks Swim Meet - CVAC 25 Meter Lane Pool Closed at 1:00 PM

**May 11** – Sharks Swim Meet - CVAC 25 Meter Lane Pool Closed UNTIL 1:00 PM

**May 19** – STAT – CLOSED

**Jun 21 - Sep 1** – As part of our program to ensure a safe and well-maintained environment, our facilities undergo regular maintenance during the summer months, which, from time to time, may require the occasional facility shutdown. We apologize for any inconvenience this may cause and appreciate your understanding.

**Jun 21-Aug 8** - CVSC pool CLOSED

**Jun 28 & 29** – Extra Open Swim 9:00-1:00 PM at CVAC

**Jul 1** – STAT – Canada Day – Pool CLOSED

**Jul 2- Aug 8** – CVAC Summer Pool Schedule in effect

**Aug 1** - Blue Devils Swim Meet - CVAC CLOSED at 11:30 AM

**Aug 2** - Blue Devils Swim Meet - CVAC CLOSED

**Aug 3** - Blue Devils Swim Meet - CVAC CLOSED

**Aug 4** - CLOSED for STAT- BC Day

**Aug 9-Sep1** - CVAC CLOSED

**Aug 9-29** - CVSC Summer Pool Schedule in effect

**Sep 2** – CVAC & CVSC Regular Schedules in effect

*Check the events listing on pages 153-155 for more information.*



# SPORTS CENTRE POOL & WELLNESS CENTRE

25 METRE LANE POOL March -June 20, 2025

Please Note: pool will be closed for Spring Break (Mar 17-28, 2025) and on Statutory Holidays.



CVRD Sports Centre Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Lane Swim</b> 6:00-7:30 am Shared Space - Lengths (min 2)				<b>Lane Swim</b> 6:00-7:30 am Shared Space - Lengths (min 2)
<b>Open Swim</b> 7:30-8:45 am Shared Space - 2 lanes for lane swim		<b>Open Swim</b> 7:30-8:45 am Shared Space - 2 lanes for lane swim		<b>Open Swim</b> 7:30-8:45 am Shared Space - 2 lanes for lane swim
<b>Swim Fit</b> 8:45-9:45 am Drop-Ins, Swim with workout and stroke correction		<b>Swim Fit</b> 8:45-9:45 am Drop-Ins, Swim with workout and stroke correction		<b>Swim Fit</b> 8:45-9:45 am Drop-Ins, Swim with workout and stroke correction
<b>Open Swim</b> 9:45-1:30 pm Shared Space - 2 lanes for lane swim		<b>Open Swim</b> 9:45-1:30 pm Shared Space - 2 lanes for lane swim		<b>Open Swim</b> 9:45-1:30 pm Shared Space - 2 lanes for lane swim

**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**  
**March - June 30, 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: Spring Break pool closure the gender neutral changeroom & showers will still be open during the above hours.*

**Supervised Hours until June 20, 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**  
**March - June 20, 2025**  
*Please Note: Sauna & Hot Tub will be closed for 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](http://www.comoxvalleyrd.ca/registration) and click on Drop-In Availability for most up to date schedule information.





# 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**  
**63667 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.*



# SPECIAL EVENTS

## APRIL



CVRD Special Events

### Galactic Glow (10-15)

Just GLOW this Friday Night. Enjoy the low light atmosphere, chill with your friends, skate, snack, listening to tunes and have fun! This time is for just youth to relax and participate in some fun galactic themed games/challenges and group activities. Admission includes glow item and skate rentals.

**Sports Centre Arena #2**  
**Friday, Apr 11**  
**6:30-8:30 PM**  
**Supersaver Rate - \$2.50**

### Taylor Swift Pizza, Dance & Rollerskate Party (6-12)

Dance and sing to your favourite Taylor Swift songs in Arena #1. There will be dance offs, Taylor Swift trivia and lip sync competitions. Three hours of fun - includes pizza, drinks and ice cream cones. Bring your helmet and rollerskates/blades/scooters (anything with wheels) if you got them!

**Sports Centre Arena #1**  
**64649 Friday, Apr 25**  
**5:00-8:00 PM**  
**\$10.00 Registration starts day of event online or call in to 250-334-9622 @ 7am**  
**\*limited spaces available**



### Beach Splash Bash (7-12)

**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**  
**63594 Friday, Apr 11**  
**6:00-8:00 PM**  
**\$10.00 Registration starts day of event online or call in to 250-334-9622 @ 7am**  
**\*limited spaces available**



### Welcome to the EGG-CITED 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, Apr 19**  
**2:00-4:00 PM**  
**Regular Admission**

### 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. In offering this program we would like to acknowledge the financial support of the Province of British Columbia.



# SPECIAL EVENTS

## MAY/JUNE

### Extreme Rec Night (11-16)

Extreme Rec Night is back! Get in on the fun as we cruise through some of our local rec centres and participate in rock climbing, swimming, pizza, snacks and more! Transportation included from the LINC, pick up the CV Aquatic Centre at 10:30 pm. Part of our BC Youth Week Festivities. For more info please see page 84.

**\$10 or \$15/drop-in if space allows**

**LINC Youth Centre**

**Please pre-register through <https://bit.ly/extremerec> by May 1 or call the Lewis Centre at 250-338-5371**

### 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, May 17**

**2:00-4:00 PM**

**Regular Admission**

### Friday Night at the Movies (all ages) Family Popcorn and Movie Night

Join us for a family movie night in Arena 1. We will play a different movie each event – see schedule below. Admission fee includes popcorn and a juice box or pop. Movie starts at 7:00 PM – lot of time for kids to ride their trikes, bikes, rollerskates or other big toys around the rink beforehand. Strollers, skateboards and scooters welcome. Please bring helmets and wear them while using your wheeled toys. Doors open at 5:45 PM and movie starts at 7 PM.

**Sports Centre**

**Friday June 6 – CARS**

**Friday June 13 – Moana Friday**

**June 20 – The Incredibles**

**6:00-9:00 PM**

**\$3 per person or \$12 per family of up to 6**

### Taylor Swift Themed Pool Party (7-12)

**Pizza & Swimming Party**

Come dance, sing and swim to your favourite Taylor Swift songs. There will be fun dance offs, karaoke, Taylor Swift trivia and lip sync competitions.

2 hours of fun - includes admission, fruit/healthy snack and 2 slices of pizza.

**Aquatic Centre**

**63595 Friday, May 9**

**6:00-8:00 PM**

**\$10.00 Registration starts day of event online or call in to 250-334-9622 @ 7am \*limited spaces available.**



### Graffiti Ice (all ages)

The ice is coming out! Don't miss out on all the fun and help us paint it before it's gone. We supply the spray paint, bingo dabbers and felts! Skates or shoes with spikes welcome for this artistic challenge. Prizes available for a variety of categories.

**Sports Centre**

**Sunday, May 18**

**3:00-5:00 PM**

**FREE**

### 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, June 8**

**1:00-2:30 PM**

**Regular Admission**

### Summer Kick Off (all ages)

Last Friday Swim of the Regular Season, help us kick off the summer in style. Do all the things you have always wanted to do at the pool – but were told no: bubbles, shaving cream, water guns, sidewalk chalk.....! We will also bring out all the toys including the underwater dolphins and we will be dyeing the pool Rock'in Red! Celebrate the start of summer at the pool!

**Aquatic Centre**

**Friday, June 27**

**6:00-8:00 PM**

**Regular Admission**

*Please Note: We are dyeing our wave pool red with special pool dye. There may be temporary red colour transfer onto skin and bathing suits.*



# REGISTERED PROGRAMS - SPRING

## (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**  
**62638 Apr 11-Jun 20 (10)**  
**No class April 18**  
**4:00-6:00 pm**  
**\$160.00 (15)**

## 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**  
**62641 Friday, Jun 27**  
**10:00-3:00 PM**  
**\$45.00**

## Aquatic Centre Titans (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**  
**62640 Apr 6-Jun 22 (11)**  
**No class May 11**  
**11:45-12:30 PM**  
**\$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 manual, mini first aid kit and learn how to prepare a healthy snack.

**Tuesdays & Thursdays**  
**62639 Jun 3-19 (6)**  
**4:30-6:30 PM**  
**\$55.00**

**Spring registration opens Monday, March 10 at 8:00 am!**

SPRING BREAK SWIMMING LESSONS AT THE SPORTS CENTRE	
LEVELS	MONDAY TO FRIDAY
Spring Break	Mar 17-28 (10)
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



# SPRING BREAK DAYCAMPS

## Swim for Life Camp (6-9)

Have your kids learn valuable swimming skills and water-safe attitudes this spring. 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**  
**62642 Mar 17-21 (5)**  
**62643 Mar 24-28 (5)**  
**10:00-3:00 PM**  
**\$200.00 (5)**

## Coollest Game on Earth (7-12)\*\*

### Introduction Hockey Camp

Learn how to play the coolest game on earth in a fun, non-competitive environment. Our coaching staff will be focusing on skill development. Beginner's level of skating is required as well as the ability to change themselves and tie their own skates. Skate rentals are included.

**Sports Centre**  
**61685 Mar 17-21 (5)**  
**10:00-3:00 PM**  
**\$185.00**

## Impact Sports Daycamp (6-12)

### Swim, Skate & Play Sports

This action packed camp with introduce your kids to a ton of sports. We will be using the track, playing skill development games and introducing a variety of field sports each day in addition to a visit to the rink or pool each day. Great daycamp for those high energy kids that just want to have fun. Come prepared for all weather and conditions. Skate rentals included.

**Sports Centre**  
**63506 Mar 24-28 (5)**  
**10:00-3:00 PM**  
**\$185.00**

## 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**  
**62645 Mar 17-21**  
**10:00-3:00 PM**  
**\$200.00 (5)**

## C.I.A. - CVRD Ice Academy (8-14)\*\*\*

### Intermediate Hockey Skills & Conditioning Camp

This camp is designed to condition and improve the skills of intermediate players that are looking for a spring break ice fix. Players will improve performance in their endurance, agility and skill development in this faced paced camp. There will be a skills competition on the last day. Full gear is required.

**Sports Centre**  
**61689 Mar 24-28 (5)**  
**10:00-3:00 PM**  
**\$185.00**

## H2O x2 (6-12)

### Swim & Skate Daycamp

Swim and skate all day! Program includes swimming and skating instructional sessions plus free time swims/skates, games, crafts and outdoor activities. Program fee includes all facility drop-in fees and skate rentals.

**Sports Centre**  
**63507 Mar 17-21 (5)**  
**10:00-3:00 PM**  
**\$185.00**

## Junior Lifeguard Camp (8-12)

The Junior Lifeguard Camp is designed to let kids participate in activities similar to those of real lifeguards – in a safe, fun and controlled setting. Friends can join together even if they are of different ages and abilities. Kids will learn attitudes and skills that could one day save a life:

- Learn about lifesaving and lifeguarding
- Enjoy friendly competition and special events
- Challenge themselves to aim for personal bests
- Hang out
- Get water fit
- Make friends
- Have a great time!

Participants must be able to swim at least 25 metres and tread water for 2 minutes to sign up.

**Aquatic Centre**  
**62644 Mar 24-28**  
**10:00-3:00 PM**  
**\$200.00 (5)**



# 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.

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

## REGISTERED ADAPTIVE FITNESS PROGRAMS SPRING - AQUATIC CENTRE

SESSIONS/LEVELS	MONDAY & WEDNESDAY	TUESDAY & THURSDAY
<i>Registration is on going - sign up anytime for classes in progress.</i>	Mar 31-May 7 (11) no class Apr 21 May 12-Jun 18 (11) no class May 19	Apr 1-May 8 (12)  May 13-Jun 19 (12)
<b>AQUATIC HIP &amp; KNEE</b>	10:00-11:00am 2:00-3:00pm	1:00-2:00pm
<b>AQUAMOTION 2</b>	9:00-10:00am	
<b>AQUAMOTION 3</b>	1:00-2:00pm	10:00-11:00am

**Spring registration opens  
Monday, March 10 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 below.*

## AQUATIC FITNESS CLASS SCHEDULE COMOX VALLEY AQUATIC CENTRE March - June 30, 2025

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

*Note: SC closes June 20*



# 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 musco-skeletal injuries and medical emergencies.



# FIRST AID & AQUATIC LEADERSHIP COURSES

COURSE	DATES	DAYS	TIME	COST	COURSE#	PRE-REQUISITES (please bring proof to 1st day)
<b>Bronze Medallion</b>	Apr 5-26	Sat (CVAC)	1:30-7:00pm	\$275.00*	59212	13 years by last day of course or Bronze Star
	Jun 30-Jul 4	Mon-Fri (CVAC) <i>no class Jul 1</i>	10:30-5:30pm		63597	
<b>Bronze Cross</b>	May 3-11	Sat (CVSC) Sun	12:30-6:00pm	\$210.00*	63841	Bronze Medallion
	Jul 7-10	Mon-Thu (CVAC)	10:30-5:30pm		64682	
<b>National Lifeguard (NL) - Pool Option</b>	Mar 22 & 24-28	Sat & (CVAC) Mon-Fri	1:00-9:00pm	\$525.00*	29254	15 years by last day of course, Bronze Cross & AEC or SFA (recommended to be current)
	May 30-Jun 21	Fri (CVAC) Sat	5:30-9:30pm 9:00-5:00pm		63645	
	Jul 15-22	Tue-Fri (CVAC) Mon-Tue	9:00-5:00pm		63646	
<b>Lifesaving Society Swim Instructor &amp; Lifesaving Instructor Combo</b>	Mar 8 & 15, 17-21	Sat (CVSC) Mon-Fri	9:30-6:30pm	\$650.00*	59412	15 years by last day of course and Bronze Cross (need not be current)
	Aug 11-19	Mon-Fri (CVAC)	12:00-8:00pm		64271	
<b>Emergency First Aid (EFA Basic) &amp; CPR C</b>	May 17	Sat (CVAC)	9:00-6:00	\$95.00*	63650	12 years old minimum/15 years recommended <i>Must call in to register 250-334-9622 ext 0</i>
	Jul 11	Fri (CVAC)	9:00-6:00pm		63651	
<b>Standard First Aid (SFA Intermediate) OFA 1 &amp; CPR C</b>	May 17 & 24	Sat (CVAC)	9:00-6:00pm	\$140.00*	63650	12 years old minimum/15 years recommended <i>Must call in to register 250-334-9622 ext 0</i>
	Jul 11 & 14	Fri & Mon (CVAC)	9:00-6:00pm		63651	
<b>NL Precert/Resert</b>	Jun 22	Sun (CVAC)	9:00-6:00pm	\$175.00*	63652	Previous NL Award and recommended CPRC (current within the year.) Must have a current AMOA or completed the online portion of the course.
<b>LSS Swim Instr &amp; Lifesaving Instr Combo Recert</b>	Jun 1	Sun (CVAC)	12:00-8:00pm	\$125.00	63655	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.**

**NEW Coming September 2025  
Adult Leadership (18 & over)  
Watch for it in the next Recreation Guide!**

To view upcoming courses in BC please visit: [www.lifesaving.bc.ca/courses](http://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 FOR ONLINE OR PHONE IN REGISTRATION INFORMATION

PLEASE NOTE: No classes Apr 18 & 21, May 11 & 19

**SPRING Swim Lesson registration opens at 8:00 AM, Monday March 10**



## LESSONS - AQUATIC CENTRE

CVRD Swimming Lessons

LEVEL	MONDAY ONLY	TUESDAY & THURSDAY	WEDNESDAY ONLY	FRIDAY ONLY	SATURDAY ONLY	SUNDAY ONLY
<b>SPRING A</b> <b>SPRING B</b> <b>SPRING C</b>	Mar 31-Jun 16 (10) <i>no class Apr 21 &amp; May 19</i>	Apr 1-May 1 (10) May 6-29 (8) Jun 3-26 (8)	Apr 9-Jun 18 (11)	Apr 4-Jun 20 (11) <i>no class Apr 18</i>	Apr 5-Jun 21 (12)	Apr 6-Jun 22 (11) <i>no class May 11</i>
<b>PARENT &amp; TOT 1 &amp; 2 JELLYFISH/GOLDFISH</b>	9:00am 4:45pm	5:15pm	9:35am 4:45pm	10:10am	9:35am	9:35am
<b>PARENT &amp; TOT 3 SEAHORSE</b>	9:35am 5:15pm	5:50pm	10:10am 5:15pm	9:00am	9:00am	11:20am
<b>PRESCHOOL 1 OCTOPUS</b>	9:00am 10:10am 3:35pm 4:10pm 4:45pm	10:00am 10:30am 3:35pm 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
<b>PRESCHOOL 2 CRAB</b>	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
<b>PRESCHOOL 3 ORCA</b>	10:10am 4:10pm	10:30am 5:50pm	9:00am 4:10pm		9:35am 10:40am	9:00am 10:45am
<b>PRESCHOOL 4 &amp; 5 SEA LION/NARWHAL</b>	5:15pm	4:45pm	5:15pm		11:55am	10:10am
<b>SWIMMER 1</b>	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
<b>SWIMMER 2</b>	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
<b>SWIMMER 3</b>	4:45pm 6:25pm	3:50pm 6:25pm	4:45pm 6:25pm		9:00am 9:50am	9:50am 10:40am
<b>SWIMMER 4</b>	5:30pm 6:25pm	3:50pm 7:15pm	5:30pm 6:25pm		9:00am	9:00am 11:30am
<b>SWIMMER 5</b>	7:15pm	4:40pm	7:15pm		9:50am	9:50am
<b>SWIMMER 6</b>	7:15pm	5:30pm	7:15pm		10:40am	9:00am
<b>SWIMMER 5/6</b>		6:25pm				
<b>SWIMMER 7-9 PATROL</b>		7:15pm	7:00pm		12:00pm	
<b>TEEN/ADULT BEGINNER</b>		6:25pm				
<b>TEEN/ADULT INT/ADV</b>		7:15pm				
<b>PRIVATE LESSONS</b>	5:50pm 6:20pm 6:55pm 7:00pm 7:30pm		5:50pm 6:20pm 7:00pm 7:30pm		11:20am 12:15pm	12:30pm
<b>PERSONALIZED LESSONS</b>	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

MARCH 17 - MAY 18, 2025 *\*APRIL 1 TO MAY 18 ALL SESSIONS IN ARENA #2*



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>65+ Hockey</b> 10:45-12:15pm Arena #1	<b>70+ Hockey</b> 10:45-12:15pm Arena #1	<b>65+ Hockey</b> 10:45-12:15pm Arena #1	<b>70+ Hockey</b> 10:45-12:15pm Arena #1	<b>65+ Hockey</b> 10:45-12:15pm Arena #1	<b>PLEASE NOTE: All skaters must wear a CSA approved helmet - limited helmets available on site - please bring one from home.</b>	
<b>Everyone Welcome</b> 12:30-1:30pm Arena #1	<b>Stick &amp; Puck</b> 12:30-1:45pm Arena #1	<b>Everyone Welcome</b> 12:30-1:30pm Arena #1	<b>Stick &amp; Puck</b> 12:30-1:45pm Arena #1	<b>Everyone Welcome</b> 12:30-1:30pm Arena #1		
<b>55+ Hockey</b> 1:45-3:15pm Arena #1		<b>55+ Hockey</b> 1:45-3:15pm Arena #1		<b>55+ Hockey</b> 1:45-3:15pm Arena #1		
	<b>Everyone Welcome &amp; Shinny</b> 3:30-4:45pm Arena #2				<b>Everyone Welcome</b> 3:00-5:00pm Arena #2	
<b>Everyone Welcome &amp; Shinny</b> *6:30-8:30pm Arena #2	<i>*Please note: Monday EW cancelled after Mar 30</i>	<b>Everyone Welcome &amp; Shinny</b> 6:30-8:30pm Arena #2				

CVRD Public Ice Programs

Visit [www.comoxvalleyrd.ca/registration](http://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.

### 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

## 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



follow comoxvalleyrd

# PUBLIC ICE PROGRAMS

## Short Notice Ice Rental

Short Notice Ice Rentals are available Monday to Friday during our 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](http://www.comoxvalleyrd.ca/parks-recreation/recreation-facilities/facility-rentals) to check ice availability, and **submit a booking request form.**



## Special Skates & Schedule Changes

**Mar 17** - 65+ 10:45 am & 55+ 1:45 pm hockey Cancelled

**Mar 17-28** - Spring Break

**Apr 18** - STAT - Good Friday - CLOSED

**Apr 21** - STAT - Easter Monday - CLOSED

**Mar 16-May 18** - EW & Shinny Thu & Fri 3:00-4:45 pm Cancelled

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

Check the events listing on pages 153-155 for more info.

**DROP-IN**

## Ball Hockey! NEW!

The CVRD has partnered with the C4 Ball Hockey League to bring a new drop-in program for youth this Spring. The C4 association is bringing volunteer coaching staff with National & International Ball Hockey Experience, with one coach winning gold for Team Canada last year!

Ball hockey combines running, using a stick to catch, passing, and hitting a ball which gives your child an opportunity to develop several key fundamental movement skills through playing.

Participants will also benefit from the joy of having fun with kids who are close in age and skill level.

Each session will include a skills & drills portion and a fun scrimmage where the participants can apply their skills to game play.

With guest coaches coming in from the C4 Ball Hockey League, this program promises to be fun, exciting and exhausting!

**Players need to bring a helmet (cage recommended), jock/jill, shin/knee pads and a stick. Sessions are drop in only and regular admission of \$3.45 per session applies.**

**Program runs every Tuesday from April 29- July 22, 2025 (no session July 1).**

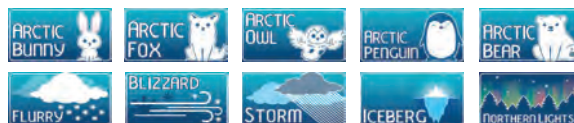
**Youth grades 1-3 (ages 6-9) from 3-4:30 pm**

**Youth grades 4-7 (ages 9-12) from 4:30-6 PM**

**NEW**



# REGISTERED ICE PROGRAM DESCRIPTIONS



<b>Parent &amp; Tot Skating Lessons (Ages 2-5 years) - 30 minute classes</b>	
<b>Parent &amp; Tot Skating Lessons</b>	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!
<b>Parent &amp; Tot Hockey Lessons***</b>	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.
<b>Ice Blades - Preschool Learn to Skate Lessons (Ages 3-5 Years) - 30 minute classes</b>	
<b>Arctic Bunny</b>	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.
<b>Arctic Fox</b>	Participants actively participate in group activities and are gaining an increasing distance with forward marching or gliding. Backwards skills are introduced and practiced.
<b>Arctic Owl</b>	Participants are comfortable with both forward and backwards gliding on alternate feet. Forward crossovers are introduced and practiced.
<b>Arctic Penguin</b>	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.
<b>Arctic Bear</b>	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.
<b>Ice Blades - Youth Learn to Skate Lessons (Ages 6-13 Years) - 30 minute classes</b>	
<b>Flurry</b>	Participants will be introduced to a variety of simple skating skills and balance positions on the ice.
<b>Blizzard</b>	Participants are comfortable with both forward and backwards gliding on alternate feet. Forward crossovers are introduced and practiced.
<b>Storm</b>	Participants are comfortable combining four or more simple skills in one skill session and are introduced complex skills, such as crossovers with momentum.
<b>Iceberg</b>	Participants are introduced to parallel stops and pumping for speed.
<b>Northern Lights</b>	Participants are comfortable with advanced skills such as pivots, inside edge work and staggered slalom ski course.
<b>Homeschool Lessons</b>	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.
<b>Learn to Play Hockey (Ages 3-13 Years) - 45 minute classes for Tiny Tots &amp; 1 hour classes for Coolest Game</b>	
<b>Tiny Tot Hockey (3-6 yr)***</b>	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 &amp; 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>
<b>Coolest Game on Earth (7-13 yr)***</b>	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 &amp; 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>
<b>Para Ice Hockey (Ages 5+ Years) - 75 minute classes</b>	
<b>Para Ice Hockey (5-14 yrs or 15+ yrs)***</b>	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.
<b>Discover Hockey (Ages 18+) - 75 minute classes</b>	
<b>Discover Hockey (18+)***</b>	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)
<b>Private Lessons (Ages 3+) - 30 minute classes</b>	
<b>Private Lessons</b>	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.

CVRD Registered Ice Programs



# 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 147.

SESSIONS/PROGRAMS	MONDAY & WEDNESDAY	TUESDAY & THURSDAY	SATURDAY	SUNDAY
<b>SPRING 2025</b>	Mar 31-Apr 16 (6) Apr 23-May 14 (7)	Apr 1-17 (6) Apr 22-May 15 (8)	Apr 5-May 17 (7)	Apr 6-May 18 (7)
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				
***Tiny Tot Hockey (3-6)			12:45pm	
**Coolest Game (6+)			1:45pm	
***Para Ice Hockey (5+)				1:30pm
***Discover Hockey (18+)				8:30pm

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.*

# AQUATIC CENTRE POOLS & FITNESS

## SUMMER JULY 2 - AUGUST 8, 2025



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>OPEN Swim</b> 6:00-9:00 am Shared Space					<b>OPEN Swim</b> 6:00-9:00 am Shared Space
<b>CLOSED for Swimming Lessons &amp; Fitness/Rehab Classes</b> 9:00 am-2:00 pm					<b>Everyone Welcome</b> 9:00-12:00 pm Waves & Slides Open
<b>Everyone Welcome</b> 2:00-5:00 pm Waves & Slides Open					
<b>OPEN Swim</b> 5:15-7:00 pm	<b>Everyone Welcome</b> 7:30-9:00 pm	<b>OPEN Swim</b> 5:15-7:00 pm	<b>Everyone Welcome</b> 7:30-9:00 pm	<b>OPEN Swim</b> 5:15-7:00 pm	

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Lane Swim+</b> 6:00 am-5:00 pm Shared Space - Lengths (min 2) - 8:45-9:45 am 1 lane available					<b>Lane Swim+</b> 6:00 am -12:00 pm Lengths (min 2)
<b>OPEN Swim</b> 5:15-7:00 pm	<b>Lane Swim+</b> 5:15-7:30 pm Shared Space - Lengths (min 2)	<b>OPEN Swim</b> 5:15-7:00 pm	<b>Lane Swim+</b> 5:15-7:30 pm Shared Space - Lengths (min 2)	<b>OPEN Swim</b> 5:15-7:00 pm	<b>Everyone Welcome</b> 9:00-12:00 pm Waves & Slides Open - Lengths (min 2)
	<b>Everyone Welcome</b> 7:30-9:00 pm Waves & Slides Open - Lengths (min 2)		<b>Everyone Welcome</b> 7:30-9:00 pm Waves & Slides Open - Lengths (min 2)		

Visit [www.comoxvalleyrd.ca/registration](http://www.comoxvalleyrd.ca/registration) and click on Drop-In Availability for most up to date schedule information.

*As part of our program to ensure a safe and well-maintained environment, our facilities undergo regular maintenance during the summer months, which, from time to time, may require the occasional facility shutdown. We apologize for any inconvenience this may cause and appreciate your understanding.*

#### AQUATIC CENTRE FITNESS STUDIO (\*16+) & HOT TUB, SAUNA & STEAM ROOM (12+) July 2 - August 8, 2025

Mon, Wed & Fri 6:00am-7:00pm  
 Tue & Thu 6:00am-9:00pm  
 Sat 6:00am-12:00pm  
 Sun Closed

*\*Please note persons 12-15 may use the fitness studio when supervised by an adult.*



**For Summer Fitness Schedule & Programs please see page 173.**



# SPORTS CENTRE POOLS & FITNESS

## SUMMER AUGUST 9-29, 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Lane Swim+ 6:00 am - 1:00 pm</b> Shared Space - Lengths (min 2) & Rentals Programs 9:00-10:00 am & 12:00-1:00 pm 1 lane available					<b>Lane Swim 6:00-9:00 am</b> <i>(cancelled after Aug 23)</i>
<b>Rehab &amp; Therapy Swim 10:00-11:00 am</b> Shared Space - Rehab & Therapy Drop-Ins. Lengths (min 2) & Rentals/Programs	<b>Lane Swim 10:00-11:00am</b>	<b>Rehab &amp; Therapy Swim 10:00-11:00 am</b> Shared Space - Rehab & Therapy Drop-Ins. Lengths (min 2) & Rentals/Programs	<b>Lane Swim 10:00-11:00am</b>	<b>Rehab &amp; Therapy Swim 10:00-11:00 am</b> Shared Space - Rehab & Therapy Drop-Ins. Lengths (min 2) & Rentals/Programs	<b>Everyone Welcome + Lanes (2) 9:00-12:00 pm</b> <i>(cancelled after Aug 23)</i>
<b>Rehab &amp; Therapy Swim 1:00-2:00 pm</b> Shared Space - Rehab & Therapy Drop-Ins & Rentals Programs					
<b>Everyone Welcome 5:15-7:00 pm</b> Shared Space	<b>Lane Swim + 5:15-7:30 pm</b> Shared Space - Length (min 2) & Rentals/Programs	<b>Everyone Welcome 5:15-7:00 pm</b> Shared Space	<b>Lane Swim + 5:15-7:30 pm</b> Shared Space - Length (min 2) & Rentals/Programs	<b>Everyone Welcome 5:15-7:00 pm</b> Shared Space	
	<b>Everyone Welcome 7:30-9:00</b> Shared Space		<b>Everyone Welcome 7:30-9:00</b> Shared Space		

Visit [www.comoxvalleyrd.ca/registration](http://www.comoxvalleyrd.ca/registration) and click on Drop-In Availability for most up to date schedule information.

### SPORTS CENTRE WELLNESS CENTRE, HOT TUB & SAUNA (\*16+)

August 9-30, 2025

Mon, Wed & Fri 6:00am-7:00pm  
 Tue & Thu 6:00am-9:00pm  
 Sat 6:00am-12:00pm  
 Sun Closed

\*Please note persons 12-15 may use the fitness studio when supervised by an adult.

### Rehab & Therapy Swim

A more relaxing swim targeting those with sensory challenges and/or those working on self or group rehabilitation or therapy. Associated rentals and programs will be taking place in the pool at the same time.

**For Summer Fitness Schedule & Programs please see page 173.**





# SWIM LESSONS - SUMMER

SESSIONS/LEVELS	MONDAY TO FRIDAY	TUESDAY & THURSDAY
<b>SUMMER A</b> Aquatic Centre	Jul 2-11 (8)	Jul 3-24 (7)
<b>SUMMER B</b> *Aquatic Centre	Jul 14-25 (10)	Jul 29-Aug 21 (8) *first 4 classes CVAC *last 4 classes CVSC
<b>SUMMER C</b> Aquatic Centre	Jul 28-Aug 1 (9) No class Aug 4	
<b>JELLYFISH/GOLDFISH</b>	11:45am	5:15pm
<b>SEAHORSE</b>	11:10am	5:50pm
<b>OCTOPUS</b>	10:00am 10:35am 11:10am 11:45am	5:15pm 5:50pm 6:25pm 7:00pm
<b>CRAB</b>	10:00am 10:35am 11:45am	5:15pm 6:25pm
<b>ORCA</b>	10:00am 11:45am	5:50pm
<b>SEALION/NARWHAL</b>	11:10am	
<b>SWIMMER 1</b>	10:00am 10:35am 11:45am	5:15pm 5:50pm
<b>SWIMMER 2</b>	10:30am 11:10am	5:15pm 7:00pm
<b>SWIMMER 3</b>	10:00am	5:50pm
<b>SWIMMER 4</b>	10:50am	6:40pm
<b>SWIMMER 5</b>	10:00am	6:25pm
<b>SWIMMER 6</b>	10:50am	6:25pm
<b>SWIMMER 7-10</b> PATROL	11:45am	6:25pm
<b>PRIVATE LESSON -</b> <b>SINGLE</b>	11:45am <b>PLUS Fridays ONLY</b> 9:00am 9:30am 12:15pm 12:45pm	
<b>PERSONALIZED-</b> <b>LESSON PACKAGE</b>	11:10am	

SESSIONS/LEVELS	MONDAY TO FRIDAY
<b>SUMMER D</b> Sports Centre	Aug 11-22 (10)
<b>OCTOPUS</b>	3:15pm 3:50pm
<b>CRAB</b>	4:25pm
<b>ORCA</b>	3:50pm
<b>SEALION/NARWHAL</b>	4:25pm
<b>SWIMMER 1</b>	3:15pm 4:05pm
<b>SWIMMER 2</b>	3:50pm 4:40pm
<b>SWIMMER 3</b>	3:15pm
<b>SWIMMER 4</b>	4:05pm
<b>SWIMMER 5/6</b>	3:15pm
<b>PRIVATE LESSONS - SINGLE</b>	3:15pm 4:25pm

**Summer registration opens  
Monday, April 28 at 8:00  
am!**



CVRD Swimming Lessons



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# SUMMER DAYCAMPS

## Wild & Wacky Outdoor Adventures (7-12)

### Outdoor Based Daycamp

Participate in a rainforest scavenger hunt and learn about the incredible characteristics of the rainforest – from the tallest cedar to the smallest banana slug! Explore nature in a whole new way. Play in the dirt, run through the woods and splash in the river. Program primarily takes place at the Exhibition Grounds and will include a swim at the Tsolum River each day.

**Sports Centre**  
**Monday to Friday**  
**64257 Jul 21-25 (5)**  
**64258 Aug 18-22 (5)**  
**10:00-3:00 PM**  
**\$200.00 (5)**

## Junior Lifeguard Camp (9-12)

### Open Water Challenge

This Junior Lifeguard Camp is very similar to the July camp except it is primarily outside. Jr. Guards will learn and practice open water rescues at the ocean, lake and river in addition to the pool. Different drop off/pick up location each day. See daycamp schedule for more information.

**Various Locations**  
**64265 Jul 28-Aug 1**  
**10:00-3:00 PM**  
**\$200.00 (5)**

## River Explorers (7-12) Outdoor Adventure Daycamp

Tsolum River is the focus of this program. Learn about the river, it's history, stories, flora and fauna. Scavenge in the forest and find your craft supplies while making new friends. Program primarily takes place at the Exhibition Grounds. Each day will include a swim at the river, nature activities, games and other outdoor fun.

**Sports Centre**  
**64255 Jul 2-4 (3)**  
**64256 Jul 28-Aug. 1 (5)**  
**64365 Aug 11-15 (5)**  
**10:00-3:00 PM**  
**\$200.00 (5)**

## Gootastic Daycamp (7-10)

**Goopy, Sticky, Messy, Don't Try This at Home Camp** Spend the day making slimy concoctions, then get covered in it and get hosed off before going home. In between goo production spend the day swimming, getting dirty and having fun. Gloves and safety glasses provided when experiments like coke and Mentos are underway. Wear clothes you can get dirty and be prepared to sit on a garbage bag on the way home. Program primarily takes place at the Exhibition Grounds. Each day will include a swim at the river.

**Exhibition Grounds**  
**64261 Jul 7-11**  
**10:00-3:00 PM**  
**\$200.00 (5)**

## Adventures in Magic (7-10)

### Imagination Outdoor Daycamp

In this camp you will get to make potions and magic wands and build a fairy house in addition to going on a forest walk looking for the "hidden people" and swimming at the enchanted Tsolum River or skate on our magical frozen lake (Arena #1) each day. Skate rentals included.

**Sports Centre**  
**64259 Jul 14-18**  
**64260 Aug 5-8**  
**10:00-3:00 PM**  
**\$200.00 (5)**

## 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 and a healthy snack every day! Please bring a lunch, swim suit, several towels and active wear/runners. Must feel comfortable in the water.

**Aquatic Centre July**  
**Sports Centre August**  
**64262 Jul 7-11**  
**64263 Aug 11-15**  
**10:00-3:00 PM**  
**\$200.00 (5)**



**Summer registration opens  
Monday, April 28 at 8:00  
am!**



# SUMMER DAYCAMPS

## Babysitter SUPERSTAR Course (11+)

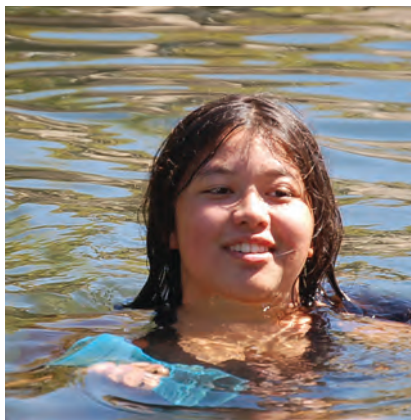
Do you want to become an aquatic and babysitter superstar? Learn the basics of babysitting and earn your Red Cross Babysitters Certificate while also working on your junior lifeguarding skills. What a great combo – serious fun for serious kids! Includes swimming, mini first aid kit and manual. Please bring a doll or teddy bear (the approx. size of a baby), healthy lunch and swim gear.

**Sports Centre**  
64267 Aug 18-22  
10:00-3:00 PM  
\$200.00 (5)

## C.I.A. - CVRD Ice Academy (8-14)\*\*\* Intermediate Hockey Skills & Conditioning Camp

This camp is designed to condition and improve the skills of intermediate players that are looking for a summer ice fix. Players will improve performance in their endurance, agility and skill development in this fast paced camp. There will be a skills competition on the last day. Full gear is required.

**Sports Centre**  
63497 Aug 25-29  
10:00-3:00 PM  
\$200.00 (5)



## Swim to Survive (7-12) Aquatic Daycamp

This program was designed to teach young people the necessary self-rescue skills they will need if they are going to be around the water. This is an extremely fun and educational week. Don't forget to bring a lunch, lots of towels and a change of clothes you can swim in (including shoes). Learn essential self-rescue skills including how to get oriented after an unexpected entry, support yourself at the surface and how to swim to safety.

**Aquatic Centre**  
64268 Aug 5-8  
10:00-3:00 PM  
\$160.00 (4)

## Impact Sports Daycamp (6-12) Skate & Play Sports

This action packed camp will introduce your kids to a ton of sports. We will be using the track, playing skill development games and introducing a variety of field sports each day in addition to some ice time each day. There will even be visits to the swimming pool on the first two days. Great daycamp for those high energy kids that just want to have fun. Come prepared for all weather and conditions. Skate rentals included.

**Sports Centre**  
64205 Jul 7-11 (5)  
64206 Jul 14-18 (5)  
63498 Jul 28-Aug 1 (5)  
63499 Aug 25-29 (5)  
10:00-3:00 PM  
\$200.00



## Coollest Game on Earth (7-12)\*\*

**Introduction Hockey Camp**  
Learn how to play the coolest game on earth in a fun, non-competitive environment. Our coaching staff will be focusing on skill development. Beginner's level of skating is required as well as the ability to change themselves and tie their own skates. Skate rentals are included.

**Sports Centre**  
63500 Jul 28-Aug 1 (5)  
10:00-3:00 PM  
\$200.00

## H2O x2 (6-12)

### Swim & Skate Daycamp

Swim and skate all day! Program includes swimming & skating instructional sessions, free time skates, games, crafts & outdoor activities. Program fee includes all facility drop-in fees and skate rentals.

**Sports Centre**  
63501 Aug 5-8 (4)  
63502 Aug 18-22 (5)  
10:00-3:00 PM  
\$200.00



CVRD Summer Daycamps



# SUMMER DAYCAMPS

## Ice Blades Skating Camp (6-12)

Fun, skating and games is what this camp is all about. This program provides an introduction into the world of ice-skating and is ideal for beginner skaters that want to improve their skills. This program will help you decide what ice activities to sign up for in the fall: more skating lessons, figure skating or hockey. Lots of fun and games – at least 2 hours of ice time every day. Skate rentals are included.

**Sports Centre**  
63503 Aug 5-8 (4)  
63504 Aug 18-22 (5)  
10:00-3:00 PM  
\$200.00

## Ball Hockey Introduction Camp (6-12)

**Sports Based Daycamp**  
Limited ball hockey experience? Or just missing the ice? We have a camp for that. This camp will include skill-based activities focusing on ball handling, shooting and scoring techniques, passing drills, deking, tips, screens & rebounds. Tons of weeklong fun for your hockey nut. You will need to provide your own hockey stick and helmet with face guard. Gloves recommended. Be prepared to get wet at some outside water games for a quick cool down each day.

**Sports Centre**  
63505 Jul 7-11 (5)  
64204 Jul 14-18 (5)  
10:00-3:00 PM  
\$200.00

**Summer registration opens Monday, April 28 at 8:00 am!**



CVRD Summer Daycamps



# AQUATIC WELLNESS PROGRAMS

## REGISTERED ADAPTIVE FITNESS PROGRAMS SUMMER - AQUATIC CENTRE

SESSIONS/LEVELS	MONDAY & WEDNESDAY	TUESDAY & THURSDAY
SUMMER AQUATIC CENTRE	JUL 2-AUG 6 (10) <i>no class Aug 4</i>	JUL 3-AUG 7 (11)
HIP & KNEE	9:00-10:00am	12:00-1:00pm
AQUAMOTION 2		9:00-10:00am
AQUAMOTION 3	12:00-1:00pm	

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

**Summer registration opens  
Monday, April 28 at 8:00  
am!**

See page 158 for program descriptions.

## AQUATIC FITNESS CLASS SCHEDULE COMOX VALLEY AQUATIC CENTRE July 2-August 8, 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>Aquafit</b> 6:30-7:15am		<b>Aquafit</b> 6:30-7:15am	
<b>Aquafit</b> 8:45-9:45am	<b>Aquafit</b> 8:45-9:45am	<b>Aquafit</b> 8:45-9:45am	<b>Aquafit</b> 8:45-9:45am	<b>Aquafit</b> 8:45-9:45am
<b>Aquafit Warm Water</b> 1:00-2:00pm	<b>Aquafit Warm Water</b> 1:00-2:00pm	<b>Aquafit Warm Water</b> 1:00-2:00pm	<b>Aquafit Warm Water</b> 1:00-2:00pm	<b>Aquafit Warm Water</b> 1:00-2:00pm

25 M Pool  
Wave Pool

## AQUATIC FITNESS CLASS SCHEDULE COMOX VALLEY SPORTS CENTRE August 11-25, 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>Aquafit</b> 6:30-7:15am		<b>Aquafit</b> 6:30-7:15am	
<b>Swim Fit</b> 7:45-8:45am		<b>Swim Fit</b> 7:45-8:45am		<b>Swim Fit</b> 7:45-8:45am
<b>Aquafit</b> 9:00-10:00am	<b>Aquafit</b> 9:00-10:00am	<b>Aquafit</b> 9:00-10:00am	<b>Aquafit</b> 9:00-10:00am	<b>Aquafit</b> 9:00-10:00am
<b>50+ Aquafit</b> 12:00-1:00pm	<b>Aquafit</b> 12:00-1:00pm	<b>50+ Aquafit</b> 12:00-1:00pm	<b>Aquafit</b> 12:00-1:00pm	<b>50+ Aquafit</b> 12:00-1:00pm

Sports Centre Pool



# PUBLIC ICE PROGRAMS - SUMMER



**JULY 28-AUGUST 30, 2025** *Facility closed on Statutory Holidays*

MONDAY	WEDNESDAY	FRIDAY	SATURDAY
<b>55+ Hockey</b> 9:30-10:45 am	<b>55+ Hockey</b> 9:30-10:45 am	<b>55+ Hockey</b> 9:30-10:45 am	
<b>Everyone Welcome</b> 6:00-7:30 pm	<b>Everyone Welcome</b> 6:00-7:30pm		<b>Everyone Welcome</b> 3:15-5:00 pm

**PLEASE NOTE:** All skaters must wear a CSA approved helmet - limited helmets available on site! Please bring one from home.

## Ice Blades (3-12) Learn to Skate Program

These lessons are designed with the beginner in mind! Our program offers an introduction into the world of ice-skating. Skate rentals are included but participants must supply their own CSA approved helmet.

**Arena 1**  
**Saturdays**  
**Aug 2-30 (5)**  
**1:45-2:15 PM ages 6+**  
**63496 (Flurry - Iceberg)**  
**2:30-3:00 PM ages 3-5**  
**63494 (Artic Bunny - Artic Owl)**  
**\$38.25**

## Tiny Tot Hockey (3-6) Level 1 & 2

Learn basic hockey skills and play a real hockey game every day! Coaches will introduce your child to the world of hockey through drills and skill development. Full gear required.

**Arena 1**  
**Saturdays**  
**63485 Aug 2-30 (5)**  
**12:30-1:15 PM**  
**\$60.75**

## Parent & Tot Skating Lessons (2-5 + Adult)

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, it's all about the fun. Skate rentals are included but all participants must supply their own CSA approved helmet.

**Arena 1**  
**Saturdays**  
**63495 Aug 2-30 (5)**  
**1:15-1:45 PM**  
**\$38.25**

## Private Skating Lessons (all ages)

Want to learn how to skate or work on your hockey skills? All ages welcome at our private lessons. Please call 334-9622 ext 0 to book your time.

**Arena 1**  
**Saturdays**  
**Aug 2-30 (5)**  
**12:30-1:00 PM**  
**1:15-1:45 PM**  
**\$34.10 per ½ hr**

**Summer registration opens Monday, April 28 at 8:00 am!**





## 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](http://www.comoxvalleyrd.ca/emergency)

IN PARTNERSHIP WITH

