






COMOX VALLEY RECREATION GUIDE

SPRING/
SUMMER
2025

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



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

ONE GUIDE, two seasons!

Our Spring & Summer programs are in this **one** guide. This gives you early access to plan your favourite summer activities!



One guide, two separate registration dates!
Here's how to navigate this guide:

Spring & Summer program registration starts Monday March 10

This includes: - both spring & summer programs for adults, fitness & more
- CVRD spring & summer swim lessons

Summer Camp registration starts Monday April 28

Any programs with orange activity codes registration starts on this date
This includes: summer camps & swim lessons at the Outdoor Pool

CVRD SPORTS & AQUATIC CENTRES



comoxvalleyrd.ca/rec
250-334-9622

COMOX RECREATION



comox.ca/rec
250-339-2255



COURTENAY RECREATION



courtenay.ca/rec
250-338-5371
250-338-1000

CUMBERLAND RECREATION



cumberland.ca/rec
250-336-2231



19 WING COMOX



cfmws.ca/comox
250-339-8211
Ext. 252-8315



What's Inside . . .



2
19 Wing
Comox

Spring & Summer Registration starts
Preferred: **March 10 at 9:00 am**
Open: **March 17 at 9:00 am**

cfmws.ca/comox



6
Comox
Recreation

Spring & Summer Registration starts
March 10 at 6:00 am
Summer Camp Registration starts
April 28 at 6:00 am

comox.ca/rec



49
Cumberland
Recreation

Spring & Summer Registration starts
March 10 at 7:00 am
Summer Camp Registration starts
April 28 at 7:00 am

cumberland.ca/rec



59
Courtenay
Recreation

Spring & Summer Registration starts
March 10 at 7:15 am
Summer Daycamp & Pool Registration starts
April 28 at 7:15 am

courtenay.ca/rec



146
CVRD Sports
& Aquatic
Centres

Spring Registration starts
March 10 at 8:00 am
Summer Registration starts
April 28 at 8:00 am

comoxvalleyrd.ca/rec



Adapted Programs for Diverse Abilities.....104
 Volunteer Opportunities.....177
 Community Groups178 - 189
 Community Directory190

"We respectfully acknowledge that the land on which we recreate is the traditional unceded territory of the K'ómoks First Nation."

Fall Registration starts Monday August 11

Cover photo by Nick Thornton @ www.nickthorntonphoto.com



19 Wing Comox
Welcome



19 Wing Fitness and Community Centre (FCC)

1575 Military Row Lazo BC V0R 2K0
250-339-8211 ext 252-8315

Hours of Operation

Monday - Friday
Defence Team Only 6am - 8:30am
Everyone Welcome 8:30am-9pm

Saturday & Sunday

Everyone Welcome 7am-6pm
Holidays CLOSED

Glacier Gardens Arena

1435 Military Row Lazo BC V0R 2K0
250-339-8211 ext 252-8314

Glacier Greens Golf Course

1200 Knight Road, Comox BC V0R 2K0
250-339-6515

Bistro19 Lounge

250-339-8163

REGISTRATION OPTIONS

IN-PERSON: 19 Wing Fitness Centre Customer Service Desk

PHONE: 250-339-8211 ext. 252-8315

NEW ONLINE OPTION - scan the QR Code to get to PSP Online

RECREATION PASSES

CATEGORY	SINGLE	FAMILY
REGULAR: Active Canadian Forces, Veterans, Foreign Military while employed at 19 Wing, and their families.		
1 Year	\$155	\$243
Facility Drop-in	Adult (19yrs+) \$5 Youth (7-18yrs) \$3	---
ORDINARY: Current and Retired DND Public Servants, Staff of Non-Public Funds, MFRC, DCC, Serving RCMP and their families.		
1 Year	\$294	\$58
Facility Drop-in	Adult (19yrs+) \$6 Youth (7-18yrs) \$4	---
ASSOCIATE: All others not identified in above categories.		
1 Year	\$540	\$805
Facility Drop-in	Adult (19yrs+) \$8 Youth (7-18yrs) \$5	---
Options available for 1 month, 3 month or 6 month passes in all categories listed above.		

PSP Online Registration



Drop-in Recreation

Gymnasium access is available by Drop-in or with a valid Rec Pass.

Open Gym

31 March - 29 June

Monday 8-9pm
 Tuesday 11:45am - 1pm
 3:30-5:30pm
 Thursday 8-9pm
 Friday 9-10am
 11:45am - 1pm
 5-6:15pm
 Saturday 7am-1pm
 4-6pm
 Sunday 7-10am
 11:45am - 1pm

Open Gym

30 June - 31 August

Monday 8-9pm
 Tuesday 11:45am - 1pm
 3:30-5:30pm
 Thursday 8-9pm
 Friday 9-10am
 11:45am - 1pm
 5-6:15pm
 Saturday 7am-1pm
 4-6pm
 Sunday 7-10am
 12-6pm



Aquatics

POOL SCHEDULE 31 March - 29 June 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Lane Swim	7:30-8:30am 11am-12:30pm 7-8pm	11am-12:30pm 4:30-6pm	7:30-8:30am 11am-12:30pm 7-8pm	11am-12:30pm 3:30-4:30pm	7:30-8:30am 11am-12:30pm	3-4pm	10am-12pm 3-4pm
Open Swim	5-7pm	6-7:30pm		4:30-6pm		1-3pm	1-3pm
Home-school Swim			1-2:30pm 9 Apr - 11 Jun				
Swimming Lessons			5:15-6:30pm 9 Apr - 11 Jun			8:30am-12pm 5 Apr - 21 Jun	

POOL SCHEDULE 30 June - 31 August 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Lane Swim	7:30-8:30am 11am-12:30pm 7-8pm	11am-12:30pm 3-5pm	7:30-8:30am 11am-12:30pm 7-8pm	11am-12:30pm 3-5pm	7:30-8:30am 11am-12:30pm	12-1pm	12-1pm
Open Swim	5-7pm	1-3pm	5-7pm	1-3pm		1-3pm	1-3pm

All swim times are available to the general public, Defence Team Only time does not apply to the pool. Schedule is subject to change on short notice for military training, practices, and events.

AquaFit Mondays & Wednesdays 4-5pm (deep or shallow water) Spring Only 7 April - 11 June

This no-impact class is designed to improve your muscle strength, cardiovascular fitness, range of motion, posture & flexibility while using the resistance of the water. All while having fun moving to great music! Buoyancy belts and/or Pool Noodles are provided to ensure proper focus on safe, effective body alignment while working your deep core muscles the entire class! No swimming skills are required, other than feeling comfortable in deep water with the use of a buoyancy belt. Shallow water option available, instructor teaches from deep end. All fitness levels and ages welcome.

Instructor: Alana Hoever

CAF/DND & Rec Pass Holders: \$8 Drop-in without Rec Pass: \$10

Pre-Register for the term and receive \$2 off per class!



Military Preferred Registration starts 10 March at 9am
 General Public Registration starts 17 March at 9am





Programs

Priority to Military users, age 18yrs+

Building Strength

*Mondays & Thursdays
2:30-3:30pm*

Summer Only 7-31 July

Want to get strong, but don't know the right way to get there? This class will point you in the right direction to achieve just that! The basis is full body strength focusing on squats, deadlifts, bench press, overhead press and bent over rows. These are all movements that are part of activities of daily living, in one way or another. The building strength class will help you become more confident and have better safety awareness while lifting heavier weights in the gym, at work, or even at home.
Instructor: Blair Grinde
With Rec Pass: \$70
Without Rec Pass: \$84

Fit Forward

*Tuesdays & Thursdays 9-10am
Summer Only 4-22 August*

A progressive fitness program perfect for beginners and those returning to fitness. Designed to help achieve your health and wellness related goals through guided exercises. This program aims to progressively build fitness levels, increase confidence in performing exercises, develop sustainable healthy habits, and teach proper form. This is a great way to start your fitness journey and step into a healthier, more confident you. No experience needed.

Instructor: Nicola Knubley
With Rec Pass: \$50
Without Rec Pass: \$60

Swim Stroke Clinic

*Tuesdays & Thursdays
7:30-8:30am*

Summer Only 7 July - 3 August

Designed to improve technique and efficiency in freestyle and backstroke, learn basics of new

Summer Camps

Weekly Kids Summer Camp

Age 6-11yrs
Regular \$225
Ordinary \$250
Associate \$275

Volunteer with our weekly summer camp!
\$100 honorarium
Contact:
komoxkidsca@gmail.com

In-person Registration is encouraged as completed forms are required to confirm registration. Forms can be found at: cfmws.ca/Comox/SummerCamp

Week 1: July 7-11
Around the World

Week 2: July 14-18
Mad Science

Week 3: July 21-25
Animal Adventure

Week 4: July 28 - August 1
Spirit Week

Week 5: August 11 - 15
Nature Explorers

No camp August 5 - 8
Are you between 13-18yrs of age, looking for volunteer opportunities this summer?

Additional Camps

Abstract Volleyball Camp 25-28 August, age 12-18yrs

Get pumped up for the school volleyball season at this 'technical tune up' camp. Athletes will experience Canadian University and National level coaching with Jesse Knight, a Level III coach with international experience. Camp focuses on the balance of strong basic skill development with high performance techniques and tactics.
CAF/DND/Rec Pass \$250
All Other Participants \$275

Shooters Basketball Camp 18-21 August, age 10-18yrs

This Camp is all about scoring points! Shooting skill development, challenges and games. Coached by Larry Street and Blake Tobacca.
**Players bring their basketball
CAF/DND/Rec Pass \$110
All Other Participants \$135



strokes, experience different training techniques and start developing speed in the pool. Recommended for those who are already comfortable in the water, and who can confidently swim 25-50m without help, or those with experience looking to get additional coaching and advice.
Please note this is not a learn to swim program.
Instructor: Rowen Grimshaw
 With Rec Pass: \$70
 Without Rec Pass: \$84

Classes

Spring 7 Apr - 20 Jun
Summer 7 Jul - 22 Aug

Bootcamp

Thursdays 11:45am-12:45pm
Gymnasium/Outdoors
 Spring 10 Apr - 19 Jun
 Summer 7 Jul - 22 Aug
 A total body workout that will challenge you everytime. Achieve your goals and have fun while doing it!
 Drop-in with Rec Pass: \$10
 Drop-in without Rec Pass: \$12

Combat

Mondays 11:45am-12:45pm
Gymnasium/Outdoors
 Spring 7 Apr - 16 Jun
 Summer 7 Jul - 22 Aug
 A high intensity workout that includes functional movements and strength challenges. Never the same workout twice!
 Drop-in with Rec Pass: \$10
 Drop-in without Rec Pass: \$12

Gentle Hatha Flow Yoga

Mondays 7-8pm
Multi-purpose Room
 Spring 7 April - 9 June
 Summer 7 July - 25 August
 Explore the benefits of gentle movement with intentional breathing to soothe your nervous system, release turbulent thoughts, ease physical tension,

balance energy and leave feeling refreshed body, mind and spirit. Options offered to encourage you to try, linger, rest and breathe as you require, moment by moment. Classes led from a trauma-sensitive approach to optimize choice-making.

Instructor: Janet Haigh
 CAF/DND & Rec Pass Holders: \$12
 Drop-in without Rec Pass: \$15
Pre-Register for the term and receive \$2 off per class!

Noon Hour Yoga

Wednesdays 11:45am-12:45pm
Multi-purpose Room
 Explore a combination of mindful movements and postures where you can find flexibility, strength, and balance within your body. Focus on challenging yourself or recovery with this guided practice.
Instructor: Adrienne Lema
 Drop-in with Rec Pass: \$10
 Drop-in without Rec Pass: \$12

Spin

Tuesdays 11:45am-12:45pm
Multi-purpose Room
 Spring 8 April - 17 June
 Summer 7 Jul - 22 Aug
 The only thing you'll miss is the traffic! No matter your cycling experience, you are sure to have a workout you won't forget.



Take your fitness routine up a notch, whether you're a beginner looking to get started or an advanced rider trying to reach a goal, we've got you covered.
 Drop-in with Rec Pass: \$10
 Drop-in without Rec Pass: \$12

Youth Weightroom

Orientation (13-17yrs only)

A Youth Weightroom Orientation is required for unsupervised access to our weightroom & cardio room.
Call to be added to our waitlist!
250-339-8211 ext. 252-8315
Dates and times To Be Confirmed
 Registration is required, payment due at time of enrollment
Instructor: PSP Fitness Instructor
 Military & Rec Pass Holders: \$12
 All Other Dependants: \$18

19 Wing Recreational Clubs

- *Auto Hobby
- *Backcountry Hunters & Anglers
- *Comox Traditional Karate Club
- *Comox Yacht Club
- *Pacific Divers Scuba Club
- *Silver Totems Hockey Club
- *Garden Club
- *Wood Hobby Club

cfmws.ca/Comox/Rec



Military Preferred Registration starts 10 March at 9am
 General Public Registration starts 17 March at 9am





**Spring & Summer
Registration:**

Monday, Mar 10 at 6:00 am



**Summer Camp
Registration:**

Monday, Apr 28 at 6:00 am

Hours of Operation:

Monday to Friday

6:00 am - 9:30 pm

Saturday & Sunday

8:00 am - 4:30 pm

Please Note:

The Front Desk closes 15 min prior to the building closing.

Building Closed:

Good Friday - **Apr 18**
Easter Monday - **Apr 21**
Victoria Day - **May 19**
Canada Day - **Jul 1**
BC Day - **Aug 4**
Labour Day - **Sep 1**

Comox Community Centre

TABLE OF CONTENTS

PROGRAMS

Adults..... 42
Children & Youth.....27-29
Family..... 27
Martial Arts..... 24-25
Preschool..... 26
Racquet Sports..... 22-23

FITNESS

Fitness 11-16
Fitness Studio9
Personal Training8
Spin & TRX..... 10-11
Yoga..... 16-21
Zumba & Dance 21

GENERAL

Birthday Parties..... 44
Contact Info7
d’Esterre 46-47
Facility Rentals 45
Registration & Refunds 48
Special Events..... 43

SUMMER CAMPS ☀

Art 39-40
Camp Comox..... 32-33
Camps at a Glance..... 30-31
Computer Science..... 41
Hands on Farm 35
Preschool Camps..... 34
Sailing..... 38
Sports..... 36-37
Video Arts 40

In this Issue...






Summer Camps
See pages 30 - 41



Group Fitness Flex
See page 12

Three Easy Ways To Register:

-  **Online:** www.comox.ca/rec
-  **By Phone:** 250-339-2255
-  **In Person:** 1855 Noel Avenue, Comox

Contact Us:

General Inquires:

Comox Community Centre
1855 Noel Ave, Comox BC
V9M 2H4
250-339-2255

 info@comox.ca

Recreation Director

Ted Hagmeier Ext. 5682

Recreation Supervisor

Justin Wolfe Ext. 5683

Recreation Programmers

Robyn Smalley Ext. 5700
Hanna Stoddart Ext. 5837

Facility & Field Bookings

Karen Ferland Ext. 5696

Follow Us:

 facebook.com/comoxcommunitycentre

 [@comoxcommunitycentre](https://instagram.com/comoxcommunitycentre)

Legend:

 FREE Program  Drop-in Program  New Program

 Program offered during Childminding **-C** Contractor led program

 Summer Camp Pages

Blue activity code registration starts **March 10**
Orange activity code registration starts **April 28**

Message from the Mayor

As we head into spring, I'm happy to share our combined spring and summer recreation guide that offers so many activities



and programs for the whole family to enjoy. With spring and summer breaks just around the corner, are you wondering how to keep the kids engaged and entertained? Look no further! We're proud to offer a variety of camps and programs that are as diverse as they are fun! For families keen to plan ahead, we have two key registration dates: Spring and summer programs:

March 10

Summer day camps:

April 28.

Register for the always popular Camp Comox, the Hands-on Farm Club, Fencing Camp and more!

We're also excited to celebrate Youth Week, May 1 - 7 with free drop-in activities, opportunities for prizes for youth and more!

May 10 is Move for Health Day, a day focused on activity and movement. It's a chance to connect with friends while participating in activities you enjoy! Also, mark your calendars as the Hands on Farm at Filberg Park opens in June. It's a favourite for little ones who love connecting with adorable animals like bunnies, goats, and chicks, all in a charming farm-like setting.

We look forward to seeing you at the Comox Community Centre and all the other events and programs planned for the spring and summer season.

Nicole Minions

Mayor, Town of Comox





MEET OUR TRAINERS



Gammy Brar



Glenn Hascarl



Jill Nelson*



Laurel Dickson



Marty Gates*



Paula Dickie



Signi Caine*

I Want To Get Started Right Away

Quick Start: \$75 + gst
QuickStart PAIR: \$89 + gst
 With this single 90 min session you will be able to safely & confidently use the Fitness Studio: complete orientation to the equipment and Fitness Studio etiquette. Includes a generic workout plan.

Quick Start Plus: \$149 + gst
Quick Start Plus PAIR: \$175 + gst
 Build your confidence with a little more attention: 30 min verbal consult with a trainer to review your current status/goals followed by 2 x 1 hour training sessions. Includes a personalized workout plan.

I'm Ready For More...

Refresher: \$75 + gst
 Break through fitness plateau. Refresh motivation & your workout. Must have completed 4 sessions with a CCC trainer within 12 months: 15 min consult to discuss goals. 45 min session to review a new plan. Required for ongoing clients, at trainer's discretion.

Maintenance Packages:
 10 x 1 hr sessions for \$479 + gst (PAIR \$579 + gst)
 5 x 1 hr sessions \$239 + gst (PAIR \$289 + gst)
 Must be a pre-existing client.

Add on a session for \$55 + gst (PAIR \$65 + gst)

I Have a Goal I Want to Achieve

Performance: \$239 + gst
 Move your fitness to the next level: 30 min verbal consult with a trainer to review your goals plus 4 x 1 hour training sessions and a personalized progressive workout plan.

Performance Plus: \$429 + gst
 As above with 8 x 1 hour sessions of training.

Specialized Training Packages

Quick Start Plus Specialized: \$169 + gst
 Take your first steps toward better health and quality of life. Ideal for those with chronic conditions, post-rehab needs, or injury recovery. Package includes a 30 min consultation to review your health history and limitations, plus 2 x 1hr personalized training sessions to start your fitness journey. Doctors referral required. **Select trainers only.*

Specialized: \$279 + gst
 As above with 4 x 1hr training sessions

Specialized Plus: \$495 + gst
 As above with 8 x 1hr training sessions

Specialized Maintenance:
 5 x 1hr for \$279 + gst
 10 x 1hr for \$559 + gst

Personal Training questions? Contact us to discuss options: info@comox.ca

FITNESS STUDIO

Fitness Studio Hours:

Monday to Friday | 6:00 am - 9:30 pm
 Saturday & Sunday | 8:00 am - 4:30 pm

Ask A Trainer

	Spring Mar 30 - Jun 28	Summer Jun 30 - Aug 31
Mon	9:00 - 11:00 am & 3:00 - 9:30 pm	9:00 - 11:00 am & 12:00 - 6:30 pm
Tue	3:00 - 9:30 pm	12:00 - 6:30 pm
Wed	9:00 - 11:00 am & 3:00 - 9:30 pm	9:00 - 11:00 am & 12:00 - 6:30 pm
Thu	3:00 - 9:30 pm	12:00 - 6:30 pm
Fri	9:00 - 11:00 am & 3:00 - 9:30 pm	9:00 - 11:00 am & 12:00 - 6:30 pm
Sat	8:30 am - 3:00 pm	8:30 am - 3:00 pm
Sun	8:30 am - 3:00 pm	8:30 am - 3:00 pm

The Community Centre is closed Apr 18, 21, May 19, Jul 1, Aug 4 & Sep 1



Comox Fitness Studio

RATES

Fitness Studio Rates	Adult 19 - 59 years	Senior 60 years +	Student 12 - 18 years	Family
Drop-in	\$6.85	\$5.80	\$4.75	\$14.05
10 Visits	\$61.65	\$52.20	\$42.75	\$126.50
1 Month	\$73	\$61	\$51	\$149
3 Months	\$149	\$119	\$99	\$306
6 Months	\$249	\$197	\$154	\$511
1 Year	\$389	\$310	\$240	\$799
Unlimited Courts & Fitness Studio Pass - 3 months	\$209	\$159	\$139	

Prices, conditions, and schedules are subject to change without notice. Visit comox.ca/rec for the latest info.

Access for youth 12 - 15 years:

Youth 12 - 15 years may access the Fitness Studio, when:

1. An 'Ask A Trainer' is present, student must identify themselves to Reception and the Fitness Studio attendant. **OR**
2. Accompanied by an adult 19 years or older who will supervise the student at all times and is responsible for the safety of the student and any damages incurred due to incorrect use of the machines. **OR**
3. After completing a Fitness Studio Orientation.



SPRING & SUMMER REGISTRATION STARTS MONDAY MARCH 10
 SUMMER CAMP REGISTRATION STARTS MONDAY APRIL 28

See page 7





Spin Spin & TRX

14 years & up

Cover all your workout needs in one class! 25 min of high intensity spin followed by 25 min of muscular strength and endurance using the TRX suspension system. Finish up with a 10 min stretch. No session Apr 21.

Location: Spin Room

Instructor: Glenn Hascarl

Tue & Thu | 9:15 - 10:15 am

#17682 | Apr 1 - May 15 | \$112 + gst

#17683 | May 20 - Jun 26 | \$96 + gst

#17684 | Jul 3 - Aug 14 | \$104 + gst

Instructor: Glenn Whelan

Tue | 5:30 - 6:30 pm

#17711 | Apr 1 - Jun 24 | \$104 + gst

Instructor: Leanne Gray

Mon | 6:15 - 7:00 am

#18041 | Mar 31 - May 12 | \$48 + gst

#18042 | May 26 - Jun 23 | \$40 + gst

Tue | 6:15 - 7:00 am

#18043 | Jul 8 - Aug 5 | \$40 + gst

Wed | 9:15 - 10:15 am

#18037 | Apr 2 - May 14 | \$56 + gst

#18038 | May 21 - Jun 25 | \$48 + gst

Youth Spin & Strength

12 - 19 years

This combo spin/strength & core class is a fun opportunity to workout to music you love in the company of your peers & classmates. Emphasis on FUN will be integrated throughout the whole class! No sessions Apr 21 & May 19.

Instructor: Michaela Jelen

Location: Spin Room

Mon | 4:00 - 4:45 pm

#17702 | Apr 7 - Jun 30 | \$77

Spin & Stretch with Michaela

14 years & up

Each class will be a combination of various cycling components and drills; long hill rides, short punchy climbs, flat cadence intervals, watt based drills and even some HIIT sets. Never the same ride twice! Let the music inspire you to challenge your own fitness. Finish with a thorough lower body stretch. No sessions Apr 21 & May 19.

Instructor: Michaela Jelen

Location: Spin Room

Mon | 6:45 - 7:30 pm

#17700 | Apr 7 - Jun 30 | \$88 + gst

Fri | 6:15 - 7:00 am

#17701 | Apr 4 - Jun 27 | \$96 + gst

Spin, Core & Pelvic Floor

14 years & up

Enjoy 25 minutes of gentle spin, followed by 20 minutes of post-partum-safe core and pelvic floor exercises, plus a relaxing stretch. This class is perfect for anyone looking to strengthen their deep core and pelvic floor. Rebuild your strength in a welcoming, supportive environment. Pre-mobile babies are welcome too!

Instructor: Laurel Dickson

Location: Spin Room

Tue | 11:45 am - 12:30 pm

#17639 | Apr 1 - May 13 | \$70 + gst

#17640 | May 20 - Jun 24 | \$60 + gst

Early Bird Spin with Leanne

14 years & up

Rise and shine ride. Kickstart the morning with a vigorous heart pumping workout. A variety of skills and drills accompanied with motivating music will help you push your fitness to the next level.

Instructor: Leanne Gray

Location: Spin Room

Wed | 6:15 - 7:00 am

#18021 | Apr 2 - May 14 | \$49 + gst

#18022 | May 21 - Jun 25 | \$42 + gst

Seniors Spin with Leanne

60 years & up

Start your day with an energizing, moderately paced spin session designed to help you stay active and strong. This class offers a variety of skills and drills, all set to uplifting music, to support maintaining or improving your fitness at any stage of life.

Instructor: Leanne Gray

Location: Spin Room

Wed | 8:15 - 9:00 am

#18025 | Apr 2 - May 14 | \$49 + gst

#18026 | May 21 - Jun 25 | \$42 + gst

Summer Series with Leanne

14 years & up

Stay active this summer with energizing morning spins and strength-building evening workouts! Kickstart your day with Summer Sunrise Spin, a fun, music-driven ride to boost endurance. In the evening, challenge your muscles in Summer Strength Circuit, using bodyweight, kettlebells, dumbbells, and bands for a full-body workout.

Instructor: Leanne Gray

Summer Spin

Location: Spin Room

Tue | 7:15 - 8:00 am

#18047 | Jul 8 - Aug 5 | \$40 + gst

Summer Strength

Location: Gym B

Thu | 5:30 - 6:30 pm

#18056 | Jul 10 - Aug 7 | \$40 + gst

Spin & Core with Leanne



14 years & up

Improve endurance, build strength and have FUN in this spin and core combo workout. Core work builds strength and stability in your abdominal and low back areas. No session Apr 21.

Instructor: Leanne Gray

Location: Spin Room

Mon | 9:15 - 10:15 am

#18029 | Mar 31 - May 12 | \$48 + gst

#18030 | May 26 - Jun 23 | \$40 + gst

Wed | 9:15 - 10:15 am

#18031 | Jul 9 - Aug 6 | \$40 + gst

Fri | 9:15 - 10:15 am

#18033 | Apr 4 - May 16 | \$48 + gst

#18034 | May 23 - Jun 27 | \$48 + gst

Looking for a different type of full body workout? Checkout Women's Kickboxing on pg 25.

Spin Strength Stretch with Leanne

14 years & up

20 minutes of heart pounding spin, 30 minutes of muscle stimulating resistance training using the TRX, bands and dumbbells, finish with a relaxing 10 minutes stretch. The perfect combo class.

Instructor: Leanne Gray

Location: Spin Room

Thu | 6:15 - 7:15 pm

#18045 | Apr 3 - May 15 | \$56 + gst

#18046 | May 22 - Jun 26 | \$48 + gst

TRX Suspension Training with Leanne

14 years & up

TRX Suspension training adds a new dimension to fitness training. Leverage body weight versus gravity to develop muscular strength and endurance, balance, stability and joint range of motion. An all levels class that will revolutionize the way you think about those "same old gym exercises!". No session Apr 21.

Instructor: Leanne Gray

Location: Spin Room

Mon | 5:30 - 6:30 pm

#18049 | Mar 31 - May 12 | \$48 + gst

#18050 | May 26 - Jun 23 | \$40 + gst

Thu | 5:00 - 6:00 pm

#18053 | Apr 3 - May 15 | \$56 + gst

#18054 | May 22 - Jun 26 | \$48 + gst

Fitness

Kickboxing Bootcamp

16 years & up

Get stronger, release stress and have an amazing time in this bootcamp. Learn kickboxing skills while incorporating cardio and strength training using weights and various equipment. Finish off with core and mobility work and leave feeling strong and energized.

Instructor: Laurel Dickson

Location: Gym B

Wed | 9:15 - 10:15 am

#17638 | Apr 2 - May 7 | \$48 + gst

Butts, Guts & Biceps

16 years & up

Every week is something different in this total body class, incorporating strength training and cardio conditioning using a variety of equipment and body weight exercises. You will be sure to leave sweaty and energized for the day.

Instructor: Paula Dickie

Location: Gym A

Tue & Thu | 10:15 - 11:15 am

#17632 | Apr 3 - Jun 19 | \$230 + gst

Advanced

Tue & Thu | 9:00 - 10:00 am

#17633 | Apr 3 - Jun 19 | \$230 + gst



SPRING & SUMMER REGISTRATION STARTS MONDAY MARCH 10

 SUMMER CAMP REGISTRATION STARTS MONDAY APRIL 28


See page 7



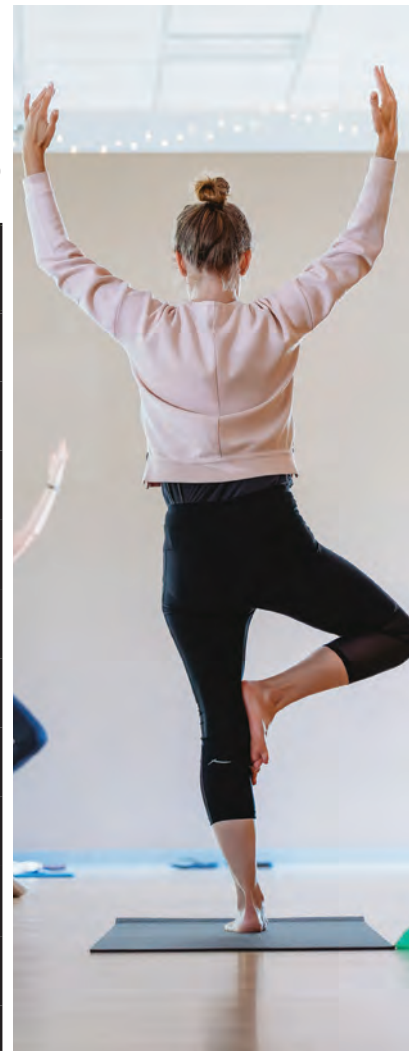
Fitness cont'd Group Fitness Flex

16 years & up

Register for the Group Fitness Flex Class and have access to 11 classes per week during prime-time hours. Come as often as you want. No pre-booking, no hassle. Show up and work out! No sessions Apr 21, May 19 & Aug 4.

Spring #17675 Mar 31 - Jun 28 \$199 + gst					
Mon	9:00 am	75 min	Room C	Laura 	Breathe, Burn & Build Yoga
	5:15 pm	60 min	Gym A	Michaela	Strength & Cardio Circuit
Tue	4:30 pm	45 min	Spin Room	Carol	Spin & Core
	6:45 pm	45 min	Spin Room	Laurel	Rhythm Ride
Wed	5:15 pm	60 min	Room C	Suzy	Pilates 101
	5:15 pm	60 min	Spin Room	Paul	Spin & Stretch
Fri	7:15 am	60 min	Gym A	Michaela	Strength & Cardio Circuit
Sat	8:30 am	75 min	Room B	Laura	Breathe, Burn & Build Yoga
	9:00 am	45 min	Spin Room	Laurel	Rhythm Ride
	10:15 am	45 min	Gym B	Laurel	Buff Body Circuit

We want to build a great program. Classes and schedules subject to change based on attendance and feedback.



Summer #17676 Jul 2 - Aug 30 \$99 + gst					
Mon	9:00 am	75 min	Room C	Laura	Breathe, Burn & Build Yoga
	5:15 pm	60 min	Gym A	Michaela	Strength & Cardio Circuit
Tue	4:30 pm	45 min	Spin Room	Carol	Spin & Core
Wed	5:15 pm	60 min	MP Hall	Suzy	Pilates 101
	5:15 pm	60 min	Spin Room	Paul	Spin & Stretch
Fri	7:15 am	60 min	Gym B	Michaela	Strength & Cardio Circuit
Sat	8:30 am	75 min	Room B	Laura	Breathe, Burn & Build Yoga

We want to build a great program. Classes and schedules subject to change based on attendance and feedback.

Women's Strength & Core

16 years & up

Join our small group classes tailored for you. Build strength, improve mobility, and enhance core stability with a focus on proper form, and pelvic floor health. Each session includes a personalized exercise plan.

Instructor: Signi Caine

Location: Gym B / MP Hall

Beginner

New to weight training? Learn the basics of strength training, form & function.

Tue | 10:30 - 11:30 am

#17617 | Apr 8 - May 13 | \$120 + gst

#17618 | May 20 - Jun 24 | \$120 + gst

Tue | 7:45 - 8:45 am

#18078 | Jul 15 - Aug 19 | \$120 + gst

Thu | 12:00 - 1:00 pm

#17630 | Apr 10 - May 15 | \$120 + gst

#17631 | May 22 - Jun 26 | \$120 + gst

Intermediate

You've done the beginner class and are ready for more.

Tue | 5:15 - 6:15 pm

#17624 | Apr 8 - May 13 | \$120 + gst

#17625 | May 20 - Jun 24 | \$120 + gst

Tue | 10:30 - 11:30 am

#18080 | Jul 15 - Aug 12 | \$100 + gst

Wed | 7:45 - 8:45 am

#17626 | Apr 9 - May 14 | \$120 + gst

#17627 | May 21 - Jun 25 | \$120 + gst

Wed | 12:00 - 1:00 pm

#17628 | Apr 9 - May 14 | \$120 + gst

#17629 | May 21 - Jun 25 | \$120 + gst

Thu | 9:00 - 10:00 am

#18081 | Jul 17 - Aug 21 | \$120 + gst

Advanced

Returning participants or comfortable with strength training and more.

Tue | 12:00 - 1:00 pm

#17619 | Apr 8 - May 13 | \$120 + gst

#17620 | May 20 - Jun 24 | \$120 + gst

Thu | 10:45 - 11:45 am

#17621 | Apr 10 - May 15 | \$120 + gst

#17622 | May 22 - Jun 26 | \$120 + gst

Women's Strength Circuit

16 years & up

Join our small group circuit training for a personalized, results-driven workout! Build strength, improve mobility, and enhance core stability with expert guidance and a focus on proper form. Enjoy a dynamic, full-body routine tailored to your fitness level, ensuring you stay challenged, supported, and on track toward your goals.

Instructor: Signi Caine

Location: MP Hall

Wed | 9:00 - 10:00 am

#18082 | Jul 15 - Aug 12 | \$120 + gst

Small Group Training with Paula

16 years & up

Get the benefits and results of one on one personal training in this group strength training class. Improve your lifting form, confidence with weights and increase full body strength/mobility/flexibility and core. Receive a structured workout plan each session. No sessions Apr 21 & May 19.

Instructor: Paula Dickie

Location: Gym A

Mon | 2:00 - 3:00 pm

#17634 | Apr 7 - Jun 16 | \$180 + gst

Wed | 6:45 - 7:45 am

#17635 | Apr 9 - Jun 18 | \$220 + gst

Wed | 10:45 - 11:45 am

#17636 | Apr 9 - Jun 18 | \$220 + gst

Postpartum Fitness Class

16 years & up

It is never too late to strengthen and rehab your body after giving birth. Gain strength, improve posture, heal your core and reconnect with your pelvic floor. Pre-mobile babies welcome. Join six weeks postpartum or with advice from your medical professional. No session Apr 18.

Instructor: Laurel Dickson

Location: MP Hall

Fri | 10:30 - 11:30 am

#17642 | Apr 4 - May 16 | \$60 + gst

#17681 | May 23 - Jun 27 | \$60 + gst

Stroller Fit

16 years & up

Enjoy exercising outdoors with other parents and their children! Using your stroller, bands and body weight, we strengthen all muscle groups. Finish with core and pelvic floor work. Children from 6 weeks onwards welcome to join in your own stroller. Please bring your own mat and dress for west coast weather.

Instructor: Laurel Dickson

Location: Marina Park

Wed | 9:30 - 10:30 am

#17637 | May 14 - Jun 25 | \$70 + gst





Fitness cont'd 50+ Strength Training

50 years & up
Prevent or even reverse the signs of aging. Protect your bone density, improve your strength, work on balance and increase joint range of motion in this Fitness Studio circuit training program. New participants see Glenn prior to program start during Ask A Trainer hours.

Instructor: Glenn Hascarl

Location: Fitness Studio

Tue & Thu | 11:00 am - 12:00 pm
#17685 | Apr 1 - May 15 | \$112 + gst
#17686 | May 20 - Jun 26 | \$96 + gst
#17687 | Jul 3 - Aug 14 | \$104 + gst

Forever Fit: Move & Groove

18 years & up
Movin' and Groovin' on a Monday to start your week right! Tick all the fitness 'boxes' with this one fabulous workout. Cardio for your heart, a variety of equipment for your muscles, mat work for your core, round this out with balance training and a full body relaxing stretch! Leave class energized for your day and your whole week! No sessions Apr 21 & May 19.

Instructor: Glenny Whelan

Location: Gym A

Mon | 10:30 - 11:30 am
#17704 | Apr 7 - Jun 23 | \$80 + gst

Strength & More



16 years & up
Improve your mobility and endurance for healthy independent, fully-functioning longevity. Develop strength, core strength, flexibility, agility, balance and coordination and recognize the mind body connection. No sessions Apr 18 & May 19.

Instructor: Joyce Leong

Location: Gym A

Mon | 9:15 - 10:15 am
#17768 | Apr 7 - Jun 30 | \$88 + gst
#17771 | Jul 7 - Jul 28 | \$32 + gst
Wed | 9:15 - 10:15 am
#17769 | Apr 2 - Jun 25 | \$104 + gst
#17772 | Jul 2 - Jul 30 | \$40 + gst
Fri | 9:15 - 10:15 am
#17767 | Apr 4 - Jun 27 | \$96 + gst
#17770 | Jul 4 - Jul 25 | \$32 + gst

Did you know you can drop-in to some of our fitness classes including all Group Fitness Flex when space permits?

\$10/class for any of our non-contractor programs.

NeuroWellness Movement

19 years & up
Exercise therapy for neurological conditions. Improve quality of life and reduce symptom progression caused by degenerative neurological conditions such as Parkinsons disease. Research-based NeuroFit BC exercises with high-intensity and big movements activate muscles for daily activities. The repetition of these specific, exaggerated motions unlock muscle stiffness and restrictions. No sessions Apr 21 & May 19.

Level 1

Level 1 is geared for those who are walking without aids and are able to get up and down off the floor unassisted.

Location: MP Hall

Instructor: Mary Jo White

Mon | 1:15 - 2:15 pm
#17873 | Mar 31 - Jun 23 | \$143 + gst
Wed | 1:15 - 2:15 pm
#17875 | Apr 2 - Jun 25 | \$169 + gst

Location: Gym B

Instructor: Sharon Van Heyningen

Mon | 10:30 - 11:30 am
#17877 | Mar 31 - Jun 23 | \$143 + gst
Wed | 10:30 - 11:30 am
#17878 | Apr 2 - Jun 25 | \$169 + gst

Level 2

Level 2 is geared for those who may require a gait aid or have a care worker/spouse attend with them; and may need extra time and assistance when getting down or up from the floor.

Location: MP Hall

Instructor: Mary Jo White

Mon | 2:15 - 3:15 pm
#17874 | Mar 31 - Jun 23 | \$143 + gst
Wed | 2:15 - 3:15 pm
#17876 | Apr 2 - Jun 25 | \$169 + gst

Determination Bootcamp - C

16 years & up
 RIP it up! Train like an athlete!
 Be ready for a challenge in the intense yet fun filled indoor/outdoor exercise program. Bring your fitness to a new level. Resistance training, cardiovascular conditioning, body weight exercises, partner drills, core strength and much more will be addressed in this well-developed bootcamp. Please do not register for this class if you have unresolved back issues. No sessions May 19, Jul 1 & Aug 4.

Instructor: Steve Thomson
 Location: Gym B

Mon & Wed | 5:15 - 6:15 pm

1 x week

#17712 | May 12 - Jul 7 | \$160 + gst

#17714 | Jul 14 - Aug 25 | \$120 + gst

2 x Week

#17713 | May 12 - Jul 9 | \$340 + gst

#17715 | Jul 14 - Aug 27 | \$260 + gst

Early Riser

Tue & Thu | 6:15 - 7:15 am

1x week

#17869 | May 13 - Jul 10 | \$160 + gst

#17870 | Jul 15 - Aug 21 | \$120 + gst

2x week

#17716 | May 13 - Jul 10 | \$340 + gst

#17717 | Jul 15 - Aug 21 | \$240 + gst

Determination Core Cardio FitCamp - C

16 years & up
 A high intensity intermediate level class designed to tighten the abs and carve curves. High Intensity Interval Training (HIIT) combined with core work to leave you sweaty and sculpted!

Instructor: Steve Thomson
 Location: Gym B

Fri | 7:30 - 8:30 am

#17720 | May 9 - Aug 1 | \$200 + gst

Abs & Stretch - C



16 years & up
 A perfect combination of abdominal exercises and lower extremity stretches. This class is designed to promote strength and stability in the musculature that supports the spine. Tighten the tummy, increase flexibility and possibly help that low back issue you may have.
 Intermediate level class.

Instructor: Steve Thomson

Location: Gym B

Tue | 9:00 - 10:00 am

#17718 | May 13 - Aug 12 | \$200 + gst

Core Plus - C

50 years & up
 Core and strength training with functional movement exercises.
 Prerequisite: must be able to get down and up from the floor.

Instructor: Steve Thomson

Location: Gym B

Thu | 10:30 - 11:30 am

#17719 | May 8 - Jul 31 | \$186 + gst

Steve Thomson refund policy: No withdrawals or refunds after the session starts unless due to injury or illness. A doctors note will be required.

Osteoporosis Fit - C

50 years & up
 Build your muscles and bones! Join "Bone Fit" trained Kinesiologist for this full body strengthening series with a focus on safe movement mechanics for preventing fragility fractures. If you have osteoporosis or osteopenia, this class is for you!

Instructor: Stephanie Devonshire

Location: Origin Integrated Health

Thu | 12:00 - 1:00 pm

#18014 | Apr 3 - May 8 | \$198 + gst

Falls Prevention Workshop - C

18 years & up
 Join Registered Kinesiologist for a talk on preventing falls on. Topics discussed include age related changes in the body, risk factors as we age, the dangers of falls, and the preventative intervention of exercise therapy. This workshop will also offer the option of assessing individual balance and lower extremity strength.

Instructor: Stephanie Devonshire

Location: Origin Integrated Health

Thu | 12:00 - 12:45 pm

#18018 | May 22 | \$25 + gst





Fitness cont'd Core & Strength for Peri/ Menopause - C

35 - 65 years

Level 1

Join a kinesiologist to build strength and stability as you head into Perimenopause/ Menopause. Kim will guide you through a progressive tailored program, starting with core/hip stability and working up to safe weight lifting with good form. Starting now is vital to maintain bone density and bolster the body during these hormonal changes.

Instructor: Kim Jaccard

Location: Origin Integrated Health

Tue | 5:30 - 6:30 pm

#18015 | Apr 1 - May 6 | \$180 + gst

#18016 | May 20 - Jun 24 | \$180 + gst

Level 2

Take the next step towards building strength for perimenopause/ menopause. With your foundation from Level 1, learn how to build muscle and strong bones, and better manage the changes that take place during this phase of life. Must have taken Level 1 to join.

Thu | 6:00 - 7:00 pm

#18017 | Apr 3 - May 8 | \$198 + gst

Outdoor Strength & Fitness - C

35 years & up

Looking for a women's centered fitness class that utilizes our incredible local green spaces to receive the health benefits that come from movement in nature? With a specialization in coaching women through the mid-life transition join coach Tina as she takes you through a total body strength workout, focusing on joint mobility, stabilization, and functional movement patterns.

Instructor: Tina Wilson

Location: Various Comox Parks

Rising Strong

Tue | 7:00 - 8:00 am

#17689 | Apr 1 - May 13 | \$98 + gst

#17690 | May 20 - Jun 24 | \$84 + gst

#17692 | Jul 15 - Aug 19 | \$84 + gst

Thu | 7:00 - 8:00 am

#17688 | Apr 3 - May 15 | \$98 + gst

#17691 | May 22 - Jun 26 | \$84 + gst

#17693 | Jul 10 - Aug 14 | \$84 + gst

Stronger Together

Tue | 9:00 - 10:00 am

#17694 | Apr 1 - May 13 | \$98 + gst

#17696 | May 20 - Jun 24 | \$84 + gst

#17698 | Jul 15 - Aug 19 | \$84 + gst

Thu | 9:00 - 10:00 am

#17695 | Apr 3 - May 15 | \$98 + gst

#17697 | May 22 - Jun 26 | \$84 + gst

#17699 | Jul 10 - Aug 14 | \$84 + gst

Yoga

Barre

16 years & up

Barre is a fusion of Pilates, yoga and ballet. Barre engages muscles you would not normally target - the ones deep inside your body that squats, lunges and sit-ups alone just can't reach. With high-reps and low-impact movements, barre challenges anyone looking to fine-tune their muscles - no ballet or experience required. Beginners welcome. Bring your own mat if you have one. Chairs may be used in place of a bar. No sessions Apr 21 & May 19.

Instructor: Deborah Rogers

Location: Room C

Mon | 11:00 - 11:45 am

#17602 | Mar 31 - Jun 23 | \$88 + gst

Wed | 11:00 - 11:45 am

#17603 | Apr 2 - Jun 25 | \$104 + gst

Gentle Hatha & Yoga Nidra with Kelly



16 years & up

Beginner friendly, gentle movements, breath connections and stillness will release stiff joints, and lengthen muscles. Transition slowly between seated, standing and reclined postures. Finish with a guided sleep meditation to release tension from mind and body. All levels welcome.

Instructor: Kelly Yaskiw

Location: Room B

Thu | 9:15 - 10:30 am

#17816 | Apr 10 - Jun 5 | \$90 + gst

Gwen's Gentle Yoga Flow

16 years & up

Enjoy a slow and gentle yoga flow combining basic yoga poses to feel stronger, more flexible, balanced and relaxed. Perfect for the beginner or those desiring a gentler practice.

Instructor: Gwen Frankowski

Location: Room B

Wed | 10:45 - 11:45 am

#17658 | Apr 2 - Jun 25 | \$104 + gst

Gwen's Hatha Yoga

16 years & up
Blend breath with poses that provide insight into body awareness and alignment. Increase physical strength, balance, focus and flexibility while relieving stress and tension in the body. A relaxing way to end your week. No session Apr 18.

Instructor: Gwen Frankowski
Location: Room B

Fri | 12:00 - 1:00 pm
#17659 | Apr 4 - Jun 27 | \$96 + gst

Gwen's Yoga Flow

16 years & up
Flow through poses that unite breath with movement to improve overall strength, balance, flexibility, and focus. Regular practice will help to identify areas of tightness, muscle imbalance and provide a renewed awareness of body alignment. Leave energized, revitalized, refreshed, and relaxed.

Instructor: Gwen Frankowski
Location: Room B

Wed | 9:30 - 10:30 am
#17660 | Apr 2 - Jun 25 | \$104 + gst
Sat | 10:30 - 11:30 am
#17661 | Apr 5 - Jun 28 | \$104 + gst



Gwen's Yoga Strength & Core

16 years & up
A fun combination of strength & core made even better with yoga! See improved strength, balance, body awareness, alignment and flexibility. The class ends with a deep relaxing and restorative rest. Equipment use may include; weights, balls, sliders and bands. No session Apr 18.

Instructor: Gwen Frankowski
Location: MP Hall

Fri | 1:15 - 2:15 pm
#17662 | Apr 4 - Jun 27 | \$96 + gst

Gentle Yoga with Katherine

16 years & up
Gentle yoga for all bodies! Enjoy a class designed to calm your central nervous system and promote wellness through gentle movement combined with breath awareness. Build your resilience and increase your body confidence and mobility.

Instructor: Katherine Andrews
Location: Room C

Tue | 5:30 - 6:30 pm
#17677 | Apr 15 - Jun 17 | \$100 + gst

Location: Room A
Thu | 5:45 - 6:45 pm
#17679 | Apr 3 - Jun 19 | \$100 + gst

Pilates Primer Plus

16 years & up
Discover how Pilates can help strengthen your core, improve balance and enhance flexibility. Plus enjoy relaxation and stretching. No experience necessary.

Instructor: Suzy Williamson
Location: Room C

Tue | 11:00 - 12:00 pm
#18057 | Apr 1 - May 6 | \$72 + gst
#18058 | May 13 - Jun 17 | \$72 + gst

Gentle Pilates-Yoga Fusion

16 years & up
Feel fantastic with a class that blends the best of Yoga and Pilates, resulting in a stronger core, improved balance and flexibility, and an understanding of how to use your breath and movement to calm your mind and increase your well-being.

Instructor: Suzy Williamson
Location: Room C

Wed | 4:00 - 5:00 pm
#18059 | Apr 2 - May 7 | \$72 + gst
#18060 | May 14 - Jun 18 | \$72 + gst

Thu | 11:30 am - 12:30 pm
#18061 | Apr 3 - May 8 | \$72 + gst
#18062 | May 15 - Jun 19 | \$72 + gst

Location: MP Hall

Wed | 4:00 - 5:00 pm
#18068 | Jul 16 - Aug 20 | \$72 + gst

Did you know you can drop-in to our yoga classes when space permits?

Glenny, Gwen, Kelly, Katherine, Laura & Suzy - \$10
Kerry - \$14
Birgit & Tanya - \$15
Karen - \$17
Caroline - \$20
Julie - \$30





Yoga cont'd Rise & Glow Pilates - Yoga Flow

16 years & up
Are you an early-riser who'd like to start the day with joint-friendly, core strengthening and spine nurturing exercises that also enhance your flexibility, coordination and balance? Energize your morning and wake up your muscles. Finish the session with a guided mindful relaxation. No session Apr 18.

Instructor: Suzy Williamson
Location: Room B

Fri | 7:30 - 8:30 am
#18063 | Apr 4 - May 9 | \$60 + gst
#18064 | May 16 - Jun 20 | \$72 + gst

Pilates - Yoga Flow

16 years & up
Enjoy a pleasing sequence that incorporates key principles from both Yoga and Pilates. Expect a full-body workout that challenges your core strength and increases your muscular endurance, flexibility and balance. Finish each class with a soothing stretch. Leave feeling energized yet relaxed. No session Apr 18.

Instructor: Suzy Williamson
Location: Room B

Fri | 9:00 - 10:00 am
#18065 | Apr 4 - May 9 | \$60 + gst
#18066 | May 16 - Jun 20 | \$72 + gst

Outdoor Pilates - Yoga Flow

16 years & up
Enjoy a pleasing sequence that incorporates key principles from both Yoga and Pilates. Expect a full-body workout that challenges your core strength and increases your muscular endurance, flexibility and balance. Finish each class with a soothing stretch. You'll leave feeling energized, yet relaxed.

Instructor: Suzy Williamson
Location: Anderton Park

Tue | 8:45 - 9:45 am
#18067 | Jul 15 - Aug 19 | \$72 + gst

Pilates Yoga Fusion

16 years & up
Build strength and tone your core muscles while improving flexibility and creating harmony in the body for stress reduction. This fusion is the best of both disciplines. Pilates exercises and yoga poses will give you a full body workout with focus on proper movement. Each class ends with soothing relaxation. All levels welcome. No sessions Apr 21 & May 19.

Instructor: Glenny Whelan
Location: Room B

Mon | 9:00 - 10:15 am
#17708 | Apr 7 - Jun 23 | \$80 + gst

Location: Room C
Tue | 6:45 - 7:45 pm
#17710 | Apr 1 - Jun 24 | \$104 + gst

Pilates

16 years & up
Pilates is a low impact workout effective at strengthening, lengthening, and toning the muscles through repetitive and controlled movements. It trains the body as an integrated whole while focusing on the core, improving flexibility, posture and increase joint range of motion.

Instructor: Glenny Whelan
Location: Room B

Thu | 5:30 - 6:30 pm
#17707 | Apr 3 - Jun 26 | \$104 + gst

Intermediate Pilates

The class may use dynamic and energizing flows and will include a variety of props. Previous Pilates class experience recommended.

Thu | 6:45 - 7:45 pm
#17706 | Apr 3 - Jun 26 | \$104 + gst

Barre Express - C



16 years & up
Strengthen, lengthen and transform your body in this fun & effective ballet-inspired workout. In just 45 minutes you will condition your core, fire up your muscles and increase your endurance. Get ready to improve your balance, flexibility, and alignment. Leave feeling energized and ready to take on the rest of your day!

Instructor: Kerry Heming
Location: Room B

Tue | 11:45 am - 12:30 pm
#18074 | Apr 1 - May 13 | \$84 + gst
#18075 | May 20 - Jun 24 | \$72 + gst

Location: MP Hall 2
#18076 | Jul 8 - Aug 5 | \$48 + gst

We encourage you to bring your own yoga props;

however, we have mats, blocks and bolsters to borrow in most yoga classes.

Birgit's Gentle Flow Yoga - C



16 years & up

A gentler approach to a style of yoga that encourages a lot of movement. We will attempt to accommodate any physical limitations you may have. Beginners are welcome. No sessions Apr 21, May 19 & Aug 4.

Instructor: Birgit Nilson

Location: MP Hall

Mon | 9:00 - 10:15 am

#17773 | Mar 31 - Jun 2 | \$112 + gst

#17774 | Jul 7 - Aug 25 | \$100 + gst

Birgit's Hatha Yoga - C



16 years & up

An ancient practice that teaches traditional yoga poses with a specific focus on alignment. Beginners are welcome.

Instructor: Birgit Nilson

Location: Room B

Tue | 9:00 - 10:15 am

#17779 | Apr 1 - Jun 3 | \$140 + gst

Location: Room C

Wed | 9:00 - 10:15 am

#17790 | Apr 2 - Jun 4 | \$140 + gst

Location: MP Hall

Tue | 9:00 - 10:15 am

#17780 | Jul 8 - Aug 26 | \$112 + gst

Birgit's Vinyasa Flow Yoga - C



16 years & up

If you enjoy lots of movement at a fast pace, this class is for you. Poses follow a sequence that finishes with relaxation and quiet time. Some experience necessary.

Instructor: Birgit Nilson

Location: Room C

Thu | 9:00 - 10:15 am

#17793 | Apr 3 - Jun 5 | \$140 + gst

Birgit's Senior Yoga - C

50 years & up

Traditional Yoga poses are modified to accommodate the older adult. Each practice intends to release joints, improve balance, strength and flexibility and finishes with relaxation and breathing exercises. Beginners are welcome. No sessions Apr 21, May 19 & Aug 4.

Instructor: Birgit Nilson

Location: MP Hall

Mon | 10:30 - 11:45 am

#17776 | Mar 31 - Jun 2 | \$112 + gst

#17778 | Jul 7 - Aug 25 | \$100 + gst

Wed | 10:45 am - 12:00 pm

#17791 | Apr 2 - Jun 4 | \$140 + gst

#17792 | Jul 9 - Aug 27 | \$112 + gst

Birgit's Yoga for Mobility - C

16 years & up

A great place to begin for anyone who is new to yoga and/or those with physical limitations.

Instructor: Birgit Nilson

Location: MP Hall

Tue | 10:45 am - 12:00 pm

#17787 | Apr 1 - Jun 3 | \$140 + gst

#17789 | Jul 8 - Aug 26 | \$112 + gst

Tanya's Gentle Yoga - C

10 years & up

Whether you are new to yoga or have years of experience, this class is for you. Enjoy gentle movements, deep stretches, and poses that enhance flexibility, strength, and balance. Relieve stress and experience the profound benefits of this practice. Our skilled instructor creates a tranquil environment where you can relax comfortably and feel welcomed.

Instructor: Tanya Sedunow

Location: MP Hall

Thu | 7:15 - 8:45 pm

#17615 | Apr 3 - Jun 19 | \$156 + gst

Tanya's Hatha Yoga - C

10 years & up

This welcoming Hatha class is perfect for beginners and returning students. It is an active class designed to enhance strength and flexibility, while easing everyday stress and tension from both the body and mind. Multiple options are provided so you can practice at your own level. However, the pace may not suit those looking for a gentle yoga session.

Instructor: Tanya Sedunow

Location: MP Hall

Thu | 5:30 - 6:45 pm

#17614 | Apr 3 - Jun 19 | \$144 + gst

Karen's Iyengar Yoga Level 1 - C



16 years & up

Iyengar Yoga pays close attention to precision and alignment and is steeped in the ancient tradition of yoga. This active class uses intelligent sequencing to improve posture, increase strength, flexibility and self-awareness. Iyengar Yoga can be adapted for all bodies with the use of props and focus on alignment. No session Apr 18.

Instructor: Karen Gibson

Location: Room C

Mon | 5:30 - 6:45 pm

#18088 | Mar 31 - Jun 2 | \$112 + gst

Fri | 9:00 - 10:30 am

#18073 | Apr 4 - Jun 6 | \$135 + gst

Karen's Iyengar Yoga Level 2 - C



16 years & up

Suitable for those with 6 months Iyengar Yoga experience who are ready to improve technique and increase intensity while still emphasizing proper form.

Instructor: Karen Gibson

Location: Room C

Tue | 9:00 - 10:30 am

#18077 | Apr 1 - Jun 3 | \$150 + gst





Yoga cont'd Restorative Yoga Therapy - C



16 years & up

Discover healing and joy as you explore gentle, mindful movement. You'll develop body awareness, re-pattern movement habits, and calm your nervous system to address pain and dysfunction. Learn to recognize your body's signals, optimize movement, and build energy reserves. Join a certified Yoga Therapist for a transformative four-week session.

Instructor: Julie Cook

Location: Room C

Mon | 7:30 - 8:45 pm

#18086 | Apr 7 - May 5 | \$100 + gst

Location: Room B

Tue | 4:30 - 5:45 pm

#18087 | Apr 1 - 22 | \$100 + gst

Location: Room A

Wed | 12:45 - 2:00 pm

#18085 | Apr 3 - 23 | \$100 + gst

Pilates Tone & Stretch - C



16 years & up

Improve your strength, flexibility, and alignment in this gentle yet challenging Pilates class. We'll begin with a series of exercises that strengthen your core, build heat in your body and mobilize your joints. We'll then move into some deeper stretches that elongate your muscles and release tension in your body. No session Jul 23.

Instructor: Kerry Heming

Location: Room C

Wed | 12:15 - 1:15 pm

#18009 | Apr 2 - May 14 | \$84 + gst

#18010 | May 21 - Jun 25 | \$72 + gst

Location: Room B

#18011 | Jul 2 - Aug 6 | \$72 + gst

Pilates Barre Burn - C

16 years & up

This challenging class will combine the precision and control of Pilates with the strength and endurance of Barre to give you a full-body burning workout! Improve your flexibility, stability, balance and alignment while redefining your core and toning all of your muscles. Set to upbeat music and is the perfect opportunity to take your fitness routine to the next level!

Instructor: Kerry Heming

Location: Room B

Fri | 10:30 - 11:30 am

#18003 | Apr 4 - May 16 | \$72 + gst

#18004 | May 23 - Jun 27 | \$72 + gst

Location: MP Hall

#18005 | Jul 4 - Aug 8 | \$72 + gst

Pilates Barre Express - C



16 years & up

This class combines the precision and control of Pilates with the strength and balance elements of Barre to give you a full-body sculpting workout! Improve your balance and flexibility while developing deep core strength in this fun & uplifting class.

All levels welcome. No session Jul 23.

Instructor: Kerry Heming

Location: Room C

Wed | 1:30 - 2:15 pm

#18006 | Apr 2 - May 14 | \$84 + gst

#18007 | May 21 - Jun 25 | \$72 + gst

Location: Room B

#18008 | Jul 2 - Aug 6 | \$60 + gst

Full Body Pilates - C



16 years & up

Pilates is an innovative system of safe, effective exercises that focuses on core strength, joint mobility and mitigates aches and pains in the body. Get ready to tone, lengthen and strengthen your muscles, while improving your posture, balance, flexibility, coordination, and more! All levels welcome.

Instructor: Kerry Heming

Location: Room B

Mon | 10:45 - 11:45 am

#18012 | Apr 7 - May 12 | \$60 + gst

#18013 | May 26 - Jun 30 | \$72 + gst

Pilates Mobility & Stretch - C

16 years & up

Improve your flexibility and alignment and calm your nervous system in this feel-good stretch class. Begin with a sequence of exercises that get your joints moving. Then hold long stretches, which lengthen muscles and release tension. Get ready to stand taller.

Instructor: Kerry Heming

Location: Room B

Tue | 10:30 - 11:30 am

#18000 | Apr 1 - May 13 | \$84 + gst

#18001 | May 20 - Jun 24 | \$72 + gst

Location: MP Hall 2

#18002 | Jul 8 - Aug 5 | \$60 + gst

Gentle Somatic Movement - C



16 years & up

Discover the therapeutic benefits of gentle somatic movement, a mindful practice designed to release chronic pain and stress. Through slow, intentional movements and breath awareness, improve flexibility, coordination, and body awareness. For all levels.

Instructor: Carolyn Pigott

Location: Room C

Tue | 1:00 - 2:30 pm

#18069 | Apr 1 - Jun 24 | \$249 + gst

Yoga for Shoulder Health - C



18 years & up

Join an Athletic Therapist to improve shoulder mobility and strength. Relieve muscle tension and prevent future injuries. Perfect for desk workers, athletes, and anyone experiencing tightness, discomfort or poor posture. Learn exercises that promote long-term shoulder health and support overall well-being. This is a moderate level class and not intended for those with acute injuries.

Instructor: Jorden Smith

Location: Origin Integrated Health

Mon | 6:30 - 7:30 pm

#18019 | Mar 31 - May 5 | \$168 + gst

Chair Yoga - C



55 years & up

Join an Athletic Therapist in this small, personalized class. Its a welcoming and accessible intro to yoga, perfect for all age or anyone with limited mobility. Focus on gentle movements and mindful breathing while using a sturdy chair for support.

Instructor: Jorden Smith

Location: Origin Integrated Health

Thu | 10:30 - 11:30 am

#18020 | Apr 3 - May 1 | \$150 + gst

Zumba & Dance Social Dance

18 years & up

Jive, waltz or swing into the weekend! Join for an evening of social self-led dance. Dances can include (but are not limited to) foxtrot, waltz, tango, Viennese waltz, quickstep, rhumba, cha cha, jive, west coast swing, salsa, bachata, country two step. No session Apr 18.

Location: MP Hall

Fri | 7:00 - 9:00 pm

Drop-in | \$5

#17834 | Apr 4 - Jun 27 | \$48 + gst

#17835 | Jul 4 - Aug 29 | \$36 + gst

Ballroom Dance - Beginner

18 years & up

Join Rockin' Robin for a fun approach to learning the three most usable dances: The Foxy Foxtrot, the Energetic Jive and the Graceful Waltz. No tests, no pressure, just lots of fun. Dance your cares away! Registrants must supply their own partners. Fee is for each person.

Instructor: Robin Pearson

Location: Room C

Thu | 7:00 - 8:00 pm

#17535 | Apr 17 - Jun 19 | \$101 + gst



Zumba

14 years & up

Fitness infused with Latin rhythms, international dance and popular music. The melodies will inspire you, the moves will spice up your fitness routine! Dance and sweat your way to a healthier, happier mind and body. Childminding not available Saturdays.

Instructor: Gloria Grieve

Apr 1 - Jun 28



Tuesdays	9:15 - 10:15 am	MP Hall	Zumba Toning
Wednesdays	9:15 - 10:15 am	MP Hall	Zumba Gold
Thursdays	9:15 - 10:15 am	MP Hall	Zumba + Stretch
Fridays	9:15 - 10:15 am	MP Hall	Zumba Toning
Saturdays	10:00 - 11:00 am	MP Hall	Zumba

All Zumba classes are drop-in.

\$6.85/drop-in - Adult; \$5.80/drop-in - Senior; \$4.75/drop-in - Student
10 & 20 visit cards available





Racquet Sports Squash Junior Lessons

8 - 14 years

This series teaches juniors how to have fun and gain confidence on the squash court. Rules, gameplay and basic technical skills will be covered.

Instructor: Denys Laporte

Location: Courts

Squash Starters

Wed | 4:00 - 5:00 pm

#17842 | Apr 9 - May 7 | \$45 + gst

Novice Next Steps

Wed | 5:00 - 6:00 pm

#17840 | Apr 9 - May 7 | \$45 + gst

Meet and Play Friday Squash

14 years & up

Finish the work week off right and head to the courts. Meet other squash players for some friendly, self-organized recreational games.

Location: Courts

Fri | 4:30 - 6:30 pm

Drop-in | Apr 4 - Jun 20 | \$6.30

Juniors & Family Squash Sessions

8 - 19 years

Get on the court Sundays this winter with players alike or challenge your family members! Court bookings are free during this time and are a great opportunity to practice skills learned in lessons. Equipment is available to borrow if needed.

Location: Courts

Sun | 11:00 am - 1:00 pm

Drop-in | Apr 6 - Aug 31 | FREE!



Beginner Squash Lessons for Women

14 years & up

This women's only series will teach you how to have fun on the squash court! Rules, gameplay and basic technical skills will be covered. Receive free entry to the Women's League following the lesson. Racquets and eye guards are available for participants.

Instructor: Denys Laporte

Location: Courts

Tue | 6:00 - 7:00 pm

#17837 | Apr 8 - May 6 | \$45 + gst

Women's Squash League

14 years & up

This league is for new and experienced women to find social and competitive match play. New players are always welcome. Participants registered in Beginner Squash Lessons for Women may join the league free of charge. Drop-in, or register for the season.

Location: Courts

Tue | 7:00 - 9:00 pm

#17843 | Apr 8 - May 6 | \$24 + gst

Squash Private Lesson

All Ages

Take advantage of our private squash lessons available for all skill levels. Get introduced to the basics, enhance upon pre-existing skills or refresh skills needed to enter a league. All lessons are one hour. Call 250-339-2255 to book a lesson.

Instructor: Denys Laporte

Location: Courts

\$28 + gst / hr

Junior Tennis - C

Learn tennis the fun way! Through games and activities, you'll sharpen your skills, boost confidence, and improve your rally.

Instructor: Simon Richards

Beginner Red Ball

5 - 10 years

Location: Robb Rd Courts

Tue | 3:15 - 4:15 pm

#17644 | Apr 1 - Apr 22 | \$56

#17645 | May 6 - May 27 | \$56

#17646 | Jun 3 - Jun 24 | \$56

Intermediate Orange Ball

7 - 15 years

Location: Robb Rd Courts

Tue | 4:30 - 5:45 pm

#17647 | Apr 1 - Apr 22 | \$56

#17648 | May 6 - May 27 | \$56

#17649 | Jun 3 - Jun 24 | \$56

Fri | 4:30 - 5:45 pm

#17663 | May 9 - May 30 | \$56

#17664 | Jun 6 - Jun 27 | \$56

Advanced Green Dot

9 - 17 years

Location: Anderton Courts

Thu | 4:15 - 5:45 pm

#17650 | Apr 3 - Apr 24 | \$56

#17651 | May 8 - May 29 | \$56

#17652 | Jun 5 - Jun 26 | \$56

Adult Tennis Beginner/ Intermediate - C

18 years & up

Add Tennis into your weeknight routine and you'll fall in love with it. Meet others, learn fundamental techniques and strategies and improve your game in a fun environment. Suitable for complete beginners to intermediate players.

Instructor: Simon Richards

Location: Anderton Courts

Thu | 6:00 - 7:30 pm

#17653 | Apr 3 - Apr 24 | \$68 + gst

#17654 | May 8 - May 29 | \$68 + gst

#17655 | Jun 5 - Jun 26 | \$68 + gst

#17656 | Jul 3 - Jul 24 | \$68 + gst

Tennis - Private Lesson - C

All Ages
 Improve your Tennis game with one-on-one instruction! Please contact the Front Desk at 250-339-2255 to coordinate your lesson, and visit simontennis.ca for more info.
 Instructor: Simon Richards
 Location: Robb Rd Courts
 \$65 + gst/hr

Youth Badminton

10 - 16 years
 Discover the excitement of badminton with this beginner-friendly program! Learn basic shots, practice footwork patterns, explore different grips, and develop an impressive serve. Equipment is provided, or bring your own. Join us and build skills, confidence, and have a great time on the court! No sessions Apr 21, May 5 & 19.
 Instructor: Mario Guitard
 Location: Gym A
Mon | 3:30 - 4:50 pm
#17613 | Mar 31 - May 26 | \$60

Badminton Wednesdays

16 years & up
 Benefits of badminton go far beyond the body! Enjoy this high energy and fast paced sport. Please wear non-marking court shoes and bring your own racquet. Protective eye guards are strongly recommended. Register to secure a spot for the season or drop in. Shuttles provided.
 Location: Gym B
Wed | 12:30 - 2:30 pm
#17887 | Apr 2 - Jun 18 | \$85 + gst
Drop-in | \$8

Check out summer Tennis Camps on pg 37.

Table Tennis Social

16 years & up
 Table Tennis adds years on your life! Better yet, table tennis is everyone's sport and the best way to learn is to practice, practice, practice! Drop in for self-led table tennis with other community members. 2 tables, paddles and balls provided
 Location: Courts
Beginner/Intermediate
Wed | 1:00 - 4:00 pm
Drop-in | Apr 2 - Jun 25 | \$2
Advanced
Tue | 1:00 - 4:00 pm
Drop-in | Apr 1 - Jun 24 | \$2

Pickleball Lessons

16 years & up
 Learn the basics of pickleball and improve your skills! Focus on developing technique and understanding the court, so you can play your best game yet.
 Instructor: Jane Kolmatycki & Joe McNeil
 Location: Gym A
Tue | 5:15 - 6:15 pm
#17886 | Apr 8 - May 6 | \$50 + gst
 Location: Gym B
Thu | 5:15 - 6:15 pm
#17832 | Apr 10 - May 8 | \$50 + gst

Pickleball Schedule >>>
Mar 31 - May 17

Mon	Tue	Wed	Thu	Fri	Sat
11:45 am - 1:45 pm 0-2.5 Gym A	12:45 - 2:45 pm 3.5 - 4.25 Gym A		12:45 - 2:45 pm 0-2.5 Gym B	10:15 am - 12:15 pm 2.5-3.5 Gym B	11:30 am - 1:30 pm 3.5-4.25 Gym B
12:00 - 2:00 pm 2.5-3.5 Gym B	1:30 - 3:30 pm 4.25+ Gym B	1:30 - 3:30 pm 2.5-3.5 Gym A	3:00 - 5:00 pm 4.25+ Gym B	12:30 - 2:30 pm 4.25+ Gym B	
	6:30 - 8:30 pm 0-2.5 Gym A	3:45 - 5:45 pm All Levels Gym B	6:45 - 8:45 pm 3.5-4.25 Gym B	1:00 - 3:00 pm All Levels Gym A	

0 - 2.5	Beginner level. Learn the basics of the game: scoring, serving, ground strokes and volley.
2.5 - 3.5	Players consistent in serving, returning, and volleying; knowing the rules and fundamentals of the game.
3.5 - 4.25	Players should have dependable strokes and with direction and control, aggressive net play, show teamwork in doubles and use the short game.
4.25 + above	Players who are looking for competitive play.
All Levels	Any skill level welcome.

Registration opens 5 days prior (to the hour) to the start of the respective daily session.
 Register online at www.comox.ca/rec with your online account to secure your spot.
 Withdrawing **online up to midnight the day before** incurs no admin charge.
 Withdrawing in person/over the phone will incur a **\$1 charge** up to 1 hour prior to the session start time. No refunds given if withdrawing within the hour before the session start time.

*Schedules are subject to change without notice. Visit comox.ca/rec for the latest info.
 No sessions Apr 5, 18, 21, May 3, 19.





Martial Arts Explore Fencing

10 - 15 years

Leap into one of the original European martial arts. Fence for fun and fitness, and develop your skills. This dynamic form of ancient combat teaches skill, strategy and improves fitness. All equipment is provided including fencing masks, and protective jackets.

Instructor: Bill Harrower

Location: Gym B

Wed | 6:45 - 7:45 pm

#17795 | Apr 9 - Jun 11 | \$80

Advanced Fencing Practice

15 years & up

Sharpen your strategy and boost your bladework! Practice with advanced fencers to work on skills and techniques. All equipment is provided. Age exceptions based on coaches' recommendation.

Instructor: Bill Harrower

Location: Gym B

Tue | 7:00 - 9:00 pm

#17794 | Apr 8 - Jun 17 | \$77 + gst

Drop-in | \$7.50

Fencing Workout

15 years & up

Take a lunge and fence for fun and fitness while improving your skills and techniques. It's a unique and fast paced workout that you won't get anywhere else. Suitable for all levels including fencing first timers. All equipment is provided including protective jackets and masks. Age exceptions based on coaches' recommendation.

Instructor: Rowan Presly

Location: Gym B

Wed | 8:00 - 9:00 pm

#17796 | Apr 9 - Jun 11 | \$80 + gst

Woo Kim Intro to Taekwondo - C

5 - 8 years

If you have never done Taekwondo before this class is for you. Learn the basic foundational skills like kicking, blocking, punching, and life skills: courtesy, confidence and perseverance. Kids 9 years of age please join the Junior class directly. Instructor permission required to progress to the Tigers/Juniors classes.

Instructor: Jonah Canary

Location: Room C

5 - 6 years

Thu | 5:00 - 5:30 pm

#17733 | Apr 3 - May 22 | \$89

7 - 8 years

Thu | 5:40 - 6:10 pm

#17734 | Apr 3 - May 22 | \$89

Woo Kim Taekwondo Tigers - C

5 - 8 years

Taekwondo is a Korean martial art and an Olympic sport. Students learn Taekwondo with an emphasis on fun! Physical skills such as balance, coordination and flexibility are coupled with building mental and social skills like confidence, cooperation and focus. No sessions Apr 21 & May 19.

Instructor: Richard Dobbs

Location: MP Hall

Mon & Wed | 3:30 - 4:15 pm

#17709 | Mar 31 - Jun 18 | \$260

Taekwondo Juniors - C

8 - 15 years

Starting at white belt, students will progress through the coloured belt system while learning exciting kicks, dynamic hand strikes and self defense all in a supportive, inclusive and structured learning environment. Students will build confidence, strength, endurance, coordination, flexibility, and reflex reactions. No sessions Apr 21 & May 19.

Instructor: Richard Dobbs

Location: MP Hall

Lower Belts

Mon & Wed | 4:20 - 5:10 pm

#17730 | Mar 31 - Jun 18 | \$260

Higher Belts

Mon & Wed | 5:15 - 6:05 pm

#17731 | Mar 31 - Jun 18 | \$260

Taekwondo classes sanctioned by BC and Canadian Taekwondo Federation.

Beginner Brazilian Jiu Jitsu Fundamentals - C

12 years & up

Brazilian Jiu Jitsu (BJJ) is a martial art that focuses on self-defence through grappling, ground fighting and submissions. This BJJ class is structured with new students and beginners in mind. Basic concepts of positional control as well as escapes and submissions will be covered. Classes will progress from partner drills to positional sparring and then to live “rolling”. Enjoy this full body workout that will help to relieve stress, boost confidence and build camaraderie with training partners. No sessions Apr 21 & May 19.

Instructor: Richard Dobbs

Location: Gym A

Mon & Wed | 7:30 - 8:40 pm

#17735 | Mar 31 - Jun 18 | \$276 + gst

Woo Kim Womens Kickboxing - C



12 years & up

Kickboxing is a fun and social class where you’ll work the whole body through targeted conditioning, partner target drills, boxing drills and core stability training. You’ll learn basic boxing system which is great for beginners and continues to challenge as you advance. Gloves and wraps are required and can be purchased through the instructor. No session Apr 21.

Instructor: Richard Dobbs

Location: Gym B

Mon | 9:00 - 10:00 am

#17739 | Mar 31 - May 12 | \$89 + gst

Check out our martial arts summer camps!

Fencing and Taekwondo, pg 36.

Jr. Karate - C

7 - 13 years

Discover the exciting world of Shito-ryu Karate! Build confidence, discipline, balance, and coordination while having fun with other kids in a safe, supportive environment. Learn powerful karate skills that will help you become stronger, both inside and out. No sessions Apr 21 & May 19.

Instructor: Pam Ross

Location: MP Hall

Mon & Wed | 6:15 - 7:15 pm

#17855 | Mar 31 - Jul 11 | \$225

Teen & Adult Karate - C

13 years & up

Embrace traditional Japanese Shito-ryu Karate to improve overall physical and mental fitness through body conditioning and self-defense skills. The safe and encouraging practice of karate techniques will help you develop confidence, enhance concentration, and relieve stress. Discover how karate can be a path to wellness, fitness, and fun! No sessions Apr 21 & May 19.

Instructor: Pam Ross

Location: MP Hall

Mon & Wed | 7:30 - 8:45 pm

#17854 | Mar 31 - Jun 9 | \$245 + gst

Tibetan White Crane Tai Chi

16 years & up

Improve agility, flexibility and overall health and well-being by performing a sequence of slow and relaxed motions. The class introduces the “Needle in Cotton” form which is a treasure of the Tibetan White Crane Kung Fu system. The form is described as “peace in motion” and is a set of Qigong movements said to carry the practitioner into a healthy and long life. No sessions Apr 21 & May 19.

Instructor: Tom Haber

Location: Room C

Mon | 2:30 - 3:30 pm

#17674 | Apr 7 - Jun 9 | \$88 + gst

Karate classes sanctioned by Karate Canada and Karate BC with NCCP certified instructors. An annual Karate BC membership fee will be collected in class.





Preschool Gym Bugs

Birth - 5 years

Come and play, climb, run and have fun with your child on Sunday mornings! There are cars, balls, climbing toys and more! Parent supervision is required.

Instructor: Ameya Wagner

Location: Gym A

Sun | 8:30 - 10:00 am

Drop-in | Apr 6 - Jun 29 | \$5/family



Baby and Me

All Ages

Join this weekly session with a local doula and postpartum parenting specialist to support your journey through matrescence - from preparing to conceive, through birth, and until you're fully settled and thriving postpartum. Enjoy tea and snacks in a relaxed, confidential space where you can reflect, share, laugh, cry, and gain confidence. Feel free to drop in anytime during the session we understand the challenges of leaving the house with a baby!

Instructor: Serena Oliveira

Location: MP Hall

Thu | 1:00 - 2:30 pm

Drop-in | Apr 3 - Jun 26 | FREE!



Grandparent & Tot Open Gym

Birth - 4 years

Take advantage of open gym times and drop into our facility to play with your grandchildren and meet other active seniors in the community. A variety of toys and sports are provided. Adult supervision required.

Location: Gym A

Thu | 1:00 - 2:45 pm

Drop-in | Apr 3 - Jun 26 | FREE!



Childminding

2 months - 4 years

Let us take care of your little ones while you take care of yourself! Guardian must stay in the building. No sessions Apr 18, 21 & May 19.

Instructor: Victoria Rigdon &

Kandie Eschbaumer

Location: Room A

Mon - Fri | 8:45 - 10:45 am

Drop-in | Mar 31 - Jun 27

1 child: \$3.25/visit or

\$32.50/10 punch card

2 children: \$5.75/visit or

\$57.50/10 punch card



Toddler Yoga with Kelly

1 - 4 years

Little yogis, welcome! Enter this fun class of breathing exercises, songs, stretches, silly wiggles and animal sounds. Adult supervision is required, participation is optional.

Instructor: Kelly Yaskiw

Location: Room B

Thu | 11:00 - 11:45 am

#17817 | Apr 10 - Jun 5 | \$85 + gst

Circle Time & Early Arts

2 - 5 years

Shake out your sillies, move around, and have fun! Laugh, sing, dance, and play with instruments while learning to follow directions, cooperate, and move your body. Kids will also enjoy fun projects and crafts, sparking creativity while having a blast! Adult participation required.

Instructor: Genevieve Marshall

Location: Room A

Wed | 11:15 - 12:15 pm

#17822 | Apr 9 - Jun 4 | \$48

Hand-In-Hand Nature Education Program - C

2.75 - 4 years

This outdoor education program offers a unique learning experience using nature, play-based and child-led curriculum. Children must be out of diapers. For info and registration visit hand-in-handeducation.com

Instructors: Hand-In-Hand

Nature Educators

Location: Filberg Park

Seeds | 2.75 - 3 years

Tue & Thu | 9:00 am - 12:00 pm

\$270/month

Roots | 3.75 - 4 years

Mon, Wed & Fri | 9:00 am - 12:00 pm

\$340/month

Extended Afternoon Hours

Only available to children registered in Roots.

Mon, Wed & Fri | 12:00 - 3:00 pm

\$340/month

Family

Mother Nature's Circle

All Ages

Celebrate upcoming Mother's Day with community, reflection, and connection. Enjoy mindful practices, craft activities, and meaningful sharing moments in a beautiful botanical garden. Celebrate all mother figures in your life: mothers, daughters, grandmothers, and more while surrounded by the joy of Mother Nature.

Instructor: Serena Oliveira

Location: Stage at Filberg Park

Sun | 1:00 - 3:00 pm

#17818 | May 4 | \$10 + gst

Early Years Collaborative - Parent Speaker Series



All Ages

Drop in to our free, one hour parenting sessions. Experts in our community will offer knowledge and tools to help you parent with more confidence. Stay tuned for specific topics and join us! Childminding is available, so bring the kids along!

Location: MP Hall

Tue | 5:30 - 6:30 pm

#17534 | Apr 15 - May 13 | FREE!

Family Open Gym



All ages

Take advantage of open gym times and drop into our facility to play a variety of sports. Equipment provided. Children under 10 years must be supervised.

Location: Gym B

Sun | 8:00 - 9:45 am

Mon | 2:30 - 4:15 pm

Drop-in | Mar 31 - Jun 29 | \$3/family

Wed | 3:00 - 4:15 pm

Thu | 8:00 - 10:00 am

Fri | 2:45 - 4:00 pm

Drop-in | Apr 2 - Jun 26 | FREE!

Children & Youth Intergenerational Intro to Golf



5 - 13 years

Golf is a sport for every age! Learn and enjoy golf alongside a grandparent through fun games and activities. Explore fundamentals like grip, stance, and swing, and get ready for fun on the mini-putt or a lifelong hobby on the greens! Equipment provided. No session May 19.

Instructor: Caden Ward

Location: Village Park

Mon | 5:00 - 6:00 pm

#17810 | May 12 - Jun 16 | \$35

First Tee Intro to Golf

7 - 13 years

Golf Canada fundamental skills will prepare you for your first round at a pitch and putt or par 3 course. Practice gripping, swinging different clubs with proper stance through fun, interactive games and challenges. Beginners welcome; equipment provided. No session Apr 18.

Instructor: Caden Ward

Location: Gym B

Fri | 4:15 - 5:15 pm

#17808 | Apr 4 - May 9 | \$35

#17809 | May 16 - Jun 13 | \$35

Floor Hockey

7 - 11 years

Bring your friends for some fun, fast paced after school Floor Hockey! Each session will incorporate skill building for stick handling and passing, while engaging in games and scrimmage play. No slapshots, non-contact. Eye protection provided and required. Let's hit the ground running! No session Apr 18.

Instructor: Caden Ward

Location: Gym B

Fri | 5:30 - 6:15 pm

#17812 | Apr 4 - May 9 | \$35

#17813 | May 16 - Jun 13 | \$35

Intro to Rugby

8 - 11 years

Get ready for non-contact flag-rugby! Develop your skills to run, catch, and throw, all while having a blast outdoors, rain or shine. No experience needed-just bring your energy and prepare to learn and play! Please dress for weather and wear cleats or grippy running shoes for play on grass. No session May 19.

Instructor: Caden Ward &

Saskia Morton

Location: Village Park

Mon | 3:15 - 4:15 pm

#17811 | Apr 28 - Jun 23 | \$70





Children & Youth cont'd Preteen Hangout

9 - 13 years

Hang with your friends, it's the weekend! Kick back with Nintendo switch, foosball, basketball and more. Choose your own adventure with Caden leading the fun! No session Apr 18, and May 2 (check out Extreme Rec night on pg 43 instead).

Instructor: Caden Ward

Location: Gym B

Fri | 6:30 - 8:00 pm

Drop-in | Apr 4 - Jun 27 | \$3

12 + Open Sports

12 years & up

Challenge your peers in an exciting open sports time. Play basketball, practice rallying, and more while having fun and getting active! Equipment provided. Volleyball or racquet sports nets not available. No session May 3.

Location: Gym B

Sat | 2:00 - 4:15 pm

Drop-in | Apr 12 - Aug 30

Students: \$1.30/drop-in

Adults: \$3.50/drop-in

Basketball Open Gym

10 - 18 years

Inclusive basketball open drop-in for individuals, families and community members. Equipment provided. No session Apr 21 & May 19.

Location: Gym B

Mon | 6:45 - 9:15 pm

Drop-in | Apr 7 - Jun 23 | \$1.30 + gst

Youth Open Gym

10 - 18 years

Take advantage of youth only open gym times and drop into our facility to play a variety of sports. Equipment provided. No sessions Apr 18, 21 & May 19.

Location: Gym A

Mon | 6:30 - 7:15 pm

Tue & Thu | 3:00 - 4:45 pm

Wed | 6:00 - 7:15 pm

Drop-in | Apr 1 - Jun 25 | FREE!

Fri | 8:00 - 9:30 pm

Drop-in | Apr 4 - Jun 27 | \$1.30



C
Y
C

Comox Youth Council

13 - 18 years

Get involved! Join this engaged group of youth dedicated to creating a positive atmosphere for residents in the Comox Valley. Plan and facilitate community events and initiatives for all ages in hopes of uplifting our community, gain volunteer hours for graduation requirements and have FUN with other like minded youth. Email comox.youthcouncil@gmail.com to get involved and learn more.

Instructor: Comox Youth Council

Location: Room B

Wed | 4:00 - 5:15 pm

Apr 2 - Jun 25 | FREE!

Did you know we have a Youth Activity Pass!?

The \$30 annual pass is good for use on Youth Open Gym times, Preteen Hangout and all racquet sports/court. All equipment is included with pass.

Youth Spin & Strength

12 - 18 years

This combo spin/strength & core class is a fun opportunity to workout to music you love in the company of your peers & classmates. Emphasis on FUN will be integrated throughout the whole class! No sessions Apr 21 & May 19.

Instructor: Michaela Jelen

Location: Spin Room

Mon | 4:00 - 4:45 pm

#17702 | Apr 7 - Jun 30 | \$77 + gst

Youth Badminton

10 - 18 years

Discover the excitement of badminton with this beginner-friendly program! Learn basic shots, practice footwork patterns, explore different grips, and develop an impressive serve. Equipment is provided, or bring your own. Join us and build skills, confidence, and have a great time on the court! No sessions Apr 21, May 5 & 19.

Instructor: Mario Guitard

Location: Gym A

Mon | 3:30 - 4:50 pm

#17613 | Mar 31 - 26 | \$60

Watercolour Nature Series: Spring Foliage

9 - 14 years

Show your love of trees and flowers using watercolour. Explore cherry blossoms and other spring flowers with pen and watercolour washes. Walk away with a masterpiece and new skills!

Instructor: Lisa Zervakis

Location: Room A

Sat | 1:00 - 3:00 pm

#17889 | Apr 5 | \$25

Volunteer Ready! Summer Camp Volunteer Orientation

12 - 17 years

Complete your required volunteer hours towards graduation! Take your leadership to the next level and gain invaluable volunteer experience during our children's summer day camps. Participation in an orientation is mandatory before helping in camp.

Location: Room B

Mon | 1:00 - 2:30 pm

#17836 | Jun 30 | FREE!

Home Alone - C

9 - 12 years

Wondering when it's safe to leave your child at home alone before or after school or while you run errands? This empowering session helps your child feel confident and prepared, teaching essential skills for home and personal safety, handling emergencies, and dealing with strangers.

Instructor: Laura Arkell

Location: Room A

Sat | 9:00 am - 3:00 pm

#17641 | Jun 7 | \$90

Babysitter Basics - C

11 - 17 years

Learn to be a responsible babysitter! Upon completion of this course you will receive a Canada Safety Council certificate and leave feeling confident to deal with challenging scenarios and emergencies that may arise while babysitting.

Instructor: Laura Arkell

Location: Room A

Sat | 9:00 am - 4:00 pm

#17643 | Jun 21 | \$100

Drawing, Painting and Sculpture - C

7 - 14 years

Budding artists can try different art techniques while learning about composition and famous artists and will be encouraged to think about the world around them and how to add story and meaning to their art. All projects are unique, combining various skills and mediums to create personalized works of art. Materials supplied.

Instructor: Tish Doyle-Morrow

Location: Room A

Tue | 3:30 - 5:00 pm

#17823 | Apr 22 - Jun 17 | \$275

Location: Marina Park Genoa

Wed | 3:30 - 5:00 pm

#17824 | Apr 23 - Jun 18 | \$275

Advancing Art for Teens - C

12 - 16 years

This small and dynamic studio class encourages you to develop work based on your interests. Experiment with materials while further learning about the principles and elements of art. Create larger acrylic canvases, in depth drawings, sculptures and printmaking. New projects are offered throughout and you will be introduced to a variety of contemporary and historical artists to draw inspiration from. Materials provided.

Instructor: Tish Doyle-Morrow

Location: Marina Park Genoa

Wed | 6:30 - 8:15 pm

#17825 | Apr 23 - Jun 18 | \$275

Balanced Kids Yoga - C

6 - 11 years

Get ready for yoga games, songs, mindfulness, asanas (poses), breathing practices, and tons of fun! Emily will help you go from being a silly monkey to discovering how yoga and meditation can bring peace and help manage your emotions and energy. Embrace feeling strong and calm!

Instructor: Emily Bailey

Location: Room B

Thu | 3:45 - 4:30 pm

#17797 | Apr 3 - May 8 | \$90

SEA Acting for Kids - C

10 - 15 years

Discover the world of acting! Learn performance techniques, create confidence, and build your communication skills through collaborative games, acting exercises & performance. Build your memorisation skills while following directions and channel all your energy into showcasing your inner superstar.

Instructor: Stephen Arthur

Location: MP Hall

Thu | 3:30 - 5:00 pm

#17673 | Apr 3 - Jun 19 | \$180

Want to continue acting and creating this summer?

Acting and Art camps on pg 39 - 40.



Discover Summer

with the Comox Community Centre



Jun 30 - Jul 4

Camp Comox | 5 - 11 yrs | *see pages 32 - 33*
Forest Fun | 5 - 7 yrs | *see page 34*
Tiny Explorers & Mighty Adventurers | 3 - 8 yrs | *see page 34*
Farm Club | 9 - 12 yrs | *see page 35*
Soccertron Camps | 3 - 15 yrs | *see pages 36 - 37*
Compass Adventure Ocean Camps | 5 - 16 yrs | *see pages 38 - 39*
Tish's Studio Art | 6 - 10 yrs | *see pages 39 - 40*

Jul 7 - 11

Camp Comox | 5 - 11 yrs | *see pages 32 - 33*
Forest Fun | 5 - 7 yrs | *see page 34*
Tiny Explorers & Mighty Adventurers | 3 - 8 yrs | *see page 34*
Farm Club | 9 - 12 yrs | *see page 35*
Musical Theatre | 5 - 12 yrs | *see page 36*
En Garde Fencing Camp | 8 - 10 yrs | *see page 36*
Tennis Camps | 5 - 15 yrs | *see page 37*
Compass Adventure Ocean Camps | 5 - 16 yrs | *see pages 38 - 39*
Tish's Studio Art | 7 - 12 yrs | *see pages 39 - 40*
Byte Camp | 9 - 12 yrs | *see page 41*



Jul 14 - 18

Camp Comox | 5 - 11 yrs | *see pages 32 - 33*
Forest Fun | 5 - 7 yrs | *see page 34*
Tiny Explorers & Mighty Adventurers | 3 - 8 yrs | *see page 34*
Farm Club | 9 - 12 yrs | *see page 35*
En Garde Fencing Camp | 8 - 14 yrs | *see page 36*
Tennis Camps | 5 - 15 yrs | *see page 37*
Compass Adventure Ocean Camps | 5 - 16 yrs | *see pages 38 - 39*
Tish's Studio Art | 7 - 12 yrs | *see page 40*
LITTLUNIVERSE Camps | 6 - 14 yrs | *see pages 40 - 41*

Jul 21-25

Camp Comox | 5 - 11 yrs | *see pages 32 - 33*
Forest Fun | 5 - 7 yrs | *see page 34*
Tiny Explorers & Mighty Adventurers | 3 - 8 yrs | *see page 34*
Farm Club | 9 - 12 yrs | *see page 35*
Soccertron Camps | 3 - 15 yrs | *see pages 36 - 37*
Tennis Camps | 5 - 15 yrs | *see page 37*
SEA Acting - Theatre Camp | 10 - 15 yrs | *see page 40*
Compass Adventure Ocean Camps | 5 - 16 yrs | *see pages 38 - 39*
Alpine Adventure Camp | 7 - 12 yrs | *see page 37*
Tish's Studio Art | 7 - 12 yrs | *see page 39 - 40*
LITTLUNIVERSE Camps | 6 - 14 yrs | *see page 40 - 41*





Jul 28 - Aug 1

Camp Comox | 5 - 11 yrs | *see pages 32 - 33*
Forest Fun | 5 - 7 yrs | *see page 34*
Tiny Explorers & Mighty Adventurers | 3 - 8 yrs | *see page 34*
Farm Club | 9 - 12 yrs | *see page 35*
Leader in Training | 13 - 17 yrs | *see page 36*
Taekwondo Camp | 7 - 12 yrs | *see page 36*
Beach Rescue Camp | 13 - 16 yrs | *see page 39*
Compass Adventure Ocean Camps | 5 - 16 yrs | *see pages 38 - 39*
Alpine Adventure Camp | 7 - 12 yrs | *see page 37*
Tish's Studio Art | 11 - 15 yrs | *see page 40*

Aug 5 - 8

Camp Comox | 5 - 11 yrs | *see pages 32 - 33*
Forest Fun | 5 - 7 yrs | *see page 34*
Tiny Explorers & Mighty Adventurers | 3 - 8 yrs | *see page 34*
Farm Club | 9 - 12 yrs | *see page 35*
Beach Rescue Camp | 13 - 16 yrs | *see page 39*
Compass Adventure Ocean Camps | 5 - 16 yrs | *see pages 38 - 39*



Aug 11 - 15

Camp Comox | 5 - 11 yrs | *see pages 32 - 33*
Forest Fun | 5 - 7 yrs | *see page 34*
Tiny Explorers & Mighty Adventurers | 3 - 8 yrs | *see page 34*
Farm Club | 9 - 12 yrs | *see page 35*
Taekwondo Camp | 7 - 12 yrs | *see page 36*
Beach Rescue Camp | 10 - 12 yrs | *see page 39*
Compass Adventure Ocean Camps | 5 - 16 yrs | *see pages 38 - 39*
Alpine Adventure Camp | 7 - 12 yrs | *see page 37*
Byte Camp | 11 - 14 yrs | *see page 41*
SEA Acting - Theatre Camp | 10 - 15 yrs | *see page 40*

Aug 18 - 22

Camp Comox | 5 - 11 yrs | *see pages 32 - 33*
Forest Fun | 5 - 7 yrs | *see page 34*
Tiny Explorers & Mighty Adventurers | 3 - 8 yrs | *see page 34*
Beach Rescue Camp | 10 - 12 yrs | *see page 39*
Basketball Camp | 6 - 15 yrs | *see page 37*
Compass Adventure Ocean Camps | 5 - 16 yrs | *see pages 38 - 39*
Tish's Studio Art | 7 - 12 yrs | *see page 40*
SEA Acting - Theatre Camp | 10 - 15 yrs | *see page 40*



Aug 25 - 29

Camp Comox | 5 - 11 yrs | *see pages 32 - 33*
Forest Fun | 5 - 7 yrs | *see page 34*
Tiny Explorers & Mighty Adventurers | 3 - 8 yrs | *see page 34*
Soccertron Camps | 3 - 15 yrs | *see pages 36 - 37*
Taekwondo Camp | 7 - 12 yrs | *see page 36*
Beach Rescue Camp | 10 - 12 yrs | *see page 39*
Compass Adventure Ocean Camps | 5 - 16 yrs | *see pages 38 - 39*
Tish's Studio Art | 6 - 8 yrs | *see page 39*



SPRING & SUMMER REGISTRATION STARTS MONDAY MARCH 10
 SUMMER CAMP REGISTRATION STARTS MONDAY APRIL 28

See page 7





Discover Summer

with the Comox Community Centre

Summer Day Camp Camp Comox

5 - 11 years

Create unforgettable summer memories, make new friends, and explore exciting activities, crafts, and outdoor fun! Each week of camp features unique activity themes, plus field trips by bus to amazing backyard locations. Try new things, discover new interests, and build lasting friendships—an unforgettable summer awaits!

Location: Gym A

Mon - Fri | 8:00 am - 5:00 pm

***Tue - Fri** | 8:00 am - 5:00 pm

****Wed - Fri** | 8:00 am - 5:00 pm

5 - 7 years

#17849 | **Jul 2 - 4 | \$125

#18097 | Jul 7 - 11 | \$209

#18098 | Jul 14 - 18 | \$209

#18099 | Jul 21 - 25 | \$209

#18100 | Jul 28 - Aug 1 | \$209

#18101 | *Aug 5 - 8 | \$169

#18102 | Aug 11 - 15 | \$209

#18103 | Aug 18 - 22 | \$209

#18104 | Aug 25 - 29 | \$209

8 - 11 years

#18105 | **Jul 2 - 4 | \$125

#18106 | Jul 7 - 11 | \$209

#18107 | Jul 14 - 18 | \$209

#18108 | Jul 21 - 25 | \$209

#18109 | Jul 28 - Aug 1 | \$209

#18110 | *Aug 5 - 8 | \$169

#18111 | Aug 11 - 15 | \$209

#18112 | Aug 18 - 22 | \$209

#18113 | Aug 25 - 29 | \$209



You must register your child(ren) into the 2025 Day Camp Form #16998 before enrolling in summer camps.



What to bring:

*Make sure to label all belongings.

- Backpack
- 2 healthy snacks & lunch
- Waterbottle
- Appropriate footwear for running inside and out
- Bathing suit & towel
- Sunscreen applied prior to arriving plus extra in bag to re-apply

What to leave home:

- Nut or nut-butter food products
- Electronic devices, toys and anything you don't want to lose

For more ways to make your summer a success see the **Welcome to Summer Camp!** handbook.



Meet Your Summer Camp Coordinator!

Luke is an energetic, fun, and safety-focused Summer Camp Coordinator. He brings fresh ideas and years of experience, having worked with Comox Community Centre camps for over 3 years and volunteered at the Hands on Farm as a youth. Luke is a 4th-year Kinesiology student at UVic, and he enjoys nature, fly fishing, and basketball. Luke knows that camp will be an amazing place make new friends and try new things! Fun fact – Luke loves LEGO, Pokémon, and sports!

Flexible Drop-off & Pick-up Every Day!

We've got you covered with great hours to fit your schedule!

Drop-off: 8:00 - 9:00 am

Pick-up: 4:00 - 5:00 pm

Enjoy a stress-free morning and afternoon while your child has an awesome time at camp!



SPRING & SUMMER REGISTRATION STARTS MONDAY MARCH 10
SUMMER CAMP REGISTRATION STARTS MONDAY APRIL 28

See page 7





Tiny Explorers

3 - 6 years

Touch, lift, look...your little one will make plenty of discoveries at camp all week long.

Mon - Fri | 8:30 - 11:30 am

***Tue - Fri** | 8:30 - 11:30 am

****Wed - Fri** | 8:30 - 11:30 am

Location: Hands on Farm
Explore Filberg park, play on the fields, dig around at the surrounding beaches and get up close with the barnyard animals of the Hands on Farm!

#18114 | **Jul 2 - 4 | \$65

#18116 | Jul 7 - 11 | \$105

#18117 | Jul 14 - 18 | \$105

#18118 | Jul 21 - 25 | \$105

#18119 | Aug 11 - 15 | \$105

Location: Tot Lot Park
Explore Tot Lot Park, try arts and crafts, play games in nature, and enjoy the playground, sports field, and Community Centre visits!

#18120 | Jul 28 - Aug 1 | \$105

#18121 | *Aug 5 - 8 | \$85

#18122 | Aug 18 - 22 | \$105

#18123 | Aug 25 - 29 | \$105

Mighty Adventurers

5 - 8 years

Seek the shady hollows of the park for a picnic lunch before the exploration begins! Your little one will be excited for the adventures to come all week long!

Mon - Fri | 12:00 - 4:00 pm

***Tue - Fri** | 12:00 - 4:00 pm

****Wed - Fri** | 12:00 - 4:00 pm

Location: Hands on Farm
Walk the winding pathways and find hidden spaces within Filberg Park, visit the furry friends at Hands on Farm and venture to the local beaches!

#18115 | **Jul 2 - 4 | \$79

#18124 | Jul 7 - 11 | \$129

#18125 | Jul 14 - 18 | \$129

#18126 | Jul 21 - 25 | \$129

#18127 | Aug 11 - 15 | \$129

Location: Tot Lot Park
Explore Tot Lot Park, try arts and crafts, play games in nature, and enjoy the playground, sports field, and Community Centre visits!

#18128 | Jul 28 - Aug 1 | \$129

#18129 | *Aug 5 - 8 | \$105

#18130 | Aug 18 - 22 | \$129

#18131 | Aug 25 - 29 | \$129

Forest Fun Camp

5 - 7 years

Seek the shady hollows of the park for a picnic lunch before the exploration begins! Your little one will be excited for the adventures to come all week long!

Mon - Fri | 8:30 am - 4:00 pm

***Tue - Fri** | 8:30 am - 4:00 pm

****Wed - Fri** | 8:30 am - 4:00 pm

Location: Hands on Farm
Wander through Filberg Park, discover hidden spots, meet cute animals at Hands on Farm, and enjoy fun at the nearby beaches. A day full of adventure, animals, and exciting discoveries is waiting!

#17850 | **Jul 2 - 4 | \$105

#18132 | Jul 7 - 11 | \$175

#18133 | Jul 14 - 18 | \$175

#18134 | Jul 21 - 25 | \$175

#18135 | Aug 11 - 15 | \$175

Location: Tot Lot Park
Explore Tot Lot Park, play games in nature, and enjoy the playground, sports field, and Community Centre visits! Take on new activities, fun challenges, and exciting local adventures!

#18136 | Jul 28 - Aug 1 | \$175

#18137 | *Aug 5 - 8 | \$140

#18138 | Aug 18 - 22 | \$175

#18139 | Aug 25 - 29 | \$175

You must register your child(ren) into the 2025 Day Camp Form #16998 before enrolling in summer camps.



HANDS ON FARM



Farm Club

9 - 12 years

Learn all about the care of our farmyard friends! Assist with animal feeding and grooming, cleaning chores and guest education. Animals have a way of bringing out the best in us! Gain understanding and responsibility from this immersive experience. No session Aug 4.

Location: Hands on Farm at Filberg Park

Morning

- Mon - Fri | 9:00 am - 12:30 pm
- *Tue - Fri | 9:00 am - 12:30 pm
- **Wed - Fri | 9:00 am - 12:30 pm
- #17583 | **Jul 2 - Jul 4 | \$65
- #17584 | Jul 7 - 11 | \$105
- #17585 | Jul 14 - 18 | \$105
- #17586 | Jul 21 - 25 | \$105
- #17587 | Jul 28 - Aug 1 | \$105
- #17588 | *Aug 5 - 8 | \$85
- #17589 | Aug 11 - 15 | \$105

Afternoon

- Mon - Fri | 1:00 - 4:30 pm
- *Tue - Fri | 1:00 - 4:30 pm
- **Wed - Fri | 1:00 - 4:30 pm
- #17590 | **Jul 2 - Jul 4 | \$65
- #17591 | Jul 7 - 11 | \$105
- #17592 | Jul 14 - 18 | \$105
- #17593 | Jul 21 - 25 | \$105
- #17594 | Jul 28 - Aug 1 | \$105
- #17595 | *Aug 5 - 8 | \$85
- #17596 | Aug 11 - 15 | \$105

Opening Spring 2025!

Comox's very own petting farm opens for children of all ages who want to walk and talk with the barnyard animals!

Location: Filberg Park

Every day | 10:00 am - 4:00 pm

Drop-in | *June 9 - Aug 17

\$6 for 1 - 3 people

\$10 for 4 - 6 people

\$40 Summer Family Pass (up to 5 people)

Group Bookings

Call 250-702-FARM (3276) starting May 12 to make reservations for your school group or birthday party.

**Please note that Filberg Park and Hands on Farm is not open to the public Jul 28 - Aug 8*



SPRING & SUMMER REGISTRATION STARTS MONDAY MARCH 10

SUMMER CAMP REGISTRATION STARTS MONDAY APRIL 28

See page 7





Summer Camp cont'd Musical Theatre Camp

5 - 12 years
Everyone has a place on stage! Build confidence and new skills through song and dance and create memories with new friends that will last beyond the 'final curtain call!'. The cast will play age-appropriate theatre games, learn lines, songs and choreographed scenes to a classic musical. Family and friends can watch the cast perform the last day of camp. Note this camp is two weeks.

Instructor: Genevieve Marshall
Location: MP Hall

Mon - Fri | 1:00 - 3:00 pm
#17847 | Jul 7 - 18 | \$199

Leader in Training - Youth Camp

13 - 17 years
Ready to level up your leadership skills? Learn how to lead games, engage younger campers, build teamwork, and communicate effectively—all while having fun! Gain real-life experience supporting Summer Camp and make a positive impact as a volunteer. Don't miss the chance to grow and inspire!

Instructor: Camp Coordinator
Location: Room B

Mon - Fri | 1:00 - 3:00 pm
#17902 | Jul 28 - Aug 1 | \$59 + gst



En Garde - Explore Fencing Camp

8 - 10 years
Leap into one of the original European martial arts. Fence for fun and fitness, while making friends in a beginner friendly environment. This dynamic form of ancient combat teaches skill, strategy and improves fitness. All equipment is provided including fencing masks, and protective jackets. Program not suitable for those with previous experience as it is designed for new fencers and is limited in size.

Instructor: Bill Harrower
Location: Gym B

Mon - Fri | 1:00 - 3:00 pm
#17760 | Jul 7 - 11 | \$90

Fencing in Action Camp

8 - 14 years
Have you tried fencing and are ready to take your skills to the next level? Sharpen your skills, refine your technique and enhance your strategy in a fun and supportive environment. This program is perfect for fencers with some experience who want to further develop their skills.

Instructor: Bill Harrower
Location: Gym B

Mon - Fri | 1:00 - 3:00 pm
#17761 | Jul 14 - 18 | \$90

Taekwondo Camp - C

7 - 12 years
Whether you're new to martial arts or a veteran of the club, you'll enjoy learning and practicing kicking, punching, and self-defense. Kids will engage with and grow through the "Tenets of Taekwondo" (Courtesy, Integrity, Perseverance, Self-Control, Indomitable Spirit) while enjoying games, sports, and crafts.

Instructor: Louis Payne
Location: Room C

Mon - Fri | 9:00 am - 4:00 pm
#17753 | Jul 28 - Aug 1 | \$249
#17755 | Aug 11 - 15 | \$249
#17756 | Aug 25 - 29 | \$249

Soccertron Soccertots - C

3 - 5 years
Welcome to Soccertots! During each session there are themed skills that the coaches target for development. We ensure that these skills are taught correctly so as to form a foundation for future growth. As always, our staff believe that fun is the most important part of FUNdamentals!

Instructor: Soccertron Coaches
Location: Village Park

3 - 4 years
Mon - Fri | 9:30 - 10:30 am
***Mon, Wed - Fri** | 9:30 - 10:30 am
#17750 | *Jun 30 - Jul 4 | \$86
#17749 | Jul 21 - 25 | \$107
#17748 | Aug 25 - 29 | \$107

4 - 5 years
Mon - Fri | 10:45 - 11:45 am
***Mon, Wed - Fri** | 10:45 - 11:45 am
#17752 | *Jun 30 - Jul 4 | \$86
#17754 | Jul 21 - 25 | \$107
#17751 | Aug 25 - 29 | \$107

You must register your child(ren) into the 2025 Day Camp Form #16998 before enrolling in summer camps.

Soccertron Camp - C

6 - 15 years

Catch all the soccer excitement this summer with Soccertron the established leader in providing superbly organized soccer experience. From enthusiastic, professionally trained coaches who motivate students through student centered learning to a strong progression of skill development. We never forget that fun is the most important part of FUNdamentals. Camps include a team t-shirt and end with a fun tournament on Friday. There will be a fun water session each day. Bring a towel and swim suit, pick up is at Marina Park waterpark (Full Day camp only). No session Jul 1.

Instructor: Soccertron Coaches
Location: Village Park

Full Day

8 - 15 years

Mon - Fri | 9:00 am - 4:00 pm

***Mon, Wed - Fri** | 9:00 am - 4:00 pm

#17740 | *Jun 30 - Jul 4 | \$211

#17738 | Jul 21 - 25 | \$264

#17737 | Aug 25 - 29 | \$264

Half Day

6 - 9 years

Mon - Fri | 9:00 am - 12:00 pm

***Mon, Wed - Fri** | 9:00 am - 12:00 pm

#17747 | *Jun 30 - Jul 4 | \$132

#17745 | Jul 21 - 25 | \$165

#17746 | Aug 25 - 29 | \$165

10 - 14 years

Mon - Fri | 9:00 am - 12:00 pm

***Mon, Wed - Fri** | 9:00 am - 12:00 pm

#17743 | *Jun 30 - Jul 4 | \$132

#17744 | Jul 21 - 25 | \$165

#17741 | Aug 25 - 29 | \$165



Interested in volunteering with Summer Camp?

Email Hanna at hstoddart@comox.ca, or fill out a volunteer application at the Front Desk.

Eli Pasquale Basketball Camp - C

6 - 15 years

Eli Pasquale has been bringing basketball to our community since 1984. The classic co-ed half day programs plus full day camp will teach Eli's Guard Series. Improve on your one on one skills and develop offensive and defensive skills for multi-player and team play.

Instructor: Pasquale Coaches
Location: Gym B

Half Day

6 - 9 years

Mon - Fri | 9:00 am - 12:00 pm

#17736 | Aug 18 - 22 | \$165

10 - 14 years

Mon - Fri | 1:00 - 4:00 pm

#17732 | Aug 18 - 22 | \$165

Full Day

8 - 15 years

Mon - Fri | 9:00 am - 4:00 pm

#17729 | Aug 18 - 22 | \$264

Tennis Camp - C

5 - 15 years

Ace your summer with tennis camp! Build skills like serving, rallying, and volleying through fun games on the outdoor court. Make new friends, boost your confidence, and fall in love with the sport in a supportive and engaging environment.

Instructor: Simon Richards
Location: Robb Rd Tennis Courts

Red Ball

5 - 10 years

Mon - Fri | 9:00 - 10:00 am

#17666 | Jul 7 - 11 | \$68

#17667 | Jul 14 - 18 | \$68

#17668 | Jul 21 - 25 | \$68

Orange/Green Ball

7 - 15 years

Mon - Fri | 10:15 - 11:45 am

#17669 | Jul 7 - 11 | \$79

#17670 | Jul 14 - 18 | \$79

#17671 | Jul 21 - 25 | \$79

Alpine Adventure Camp - C



7 - 12 years

Get ready for an exhilarating adventure filled with exploration, challenges and outdoor fun! From heart-pumping mountain biking to thrilling hikes, engaging games and creative crafts - there's something for everyone and so much more! Our dynamic leaders are dedicated to ensuring every young adventurer experiences the time of their lives in a safe and controlled environment. Join us for an unforgettable week packed with excitement and fun!

Instructor: Mount Washington Camp Leaders

Location: Mount Washington

Mountain Biking

Mon - Fri | 10:00 am - 3:00 pm

#18070 | Jul 21 - 25 | \$179

#18071 | Aug 11 - 15 | \$179

Hiking

Mon - Fri | 10:00 am - 3:00 pm

#18072 | Jul 28 - Aug 1 | \$179





Summer Camp cont'd Go Sailing: Cat Card Level 1 - C

8 - 14 years
Get your Cat Card with Go Sailing Level 1! Full-day format, giving beginners even more time to explore the world of sailing. Participants will learn water and sailing safety, boat parts, rigging, steering, wind awareness and basic maneuvers. With Hobie catamaran and experienced instructors. No sessions Jul 1 & Aug 4.

Instructor: Compass Adventure
Location: Marina Park

- Mon - Fri** | 8:30 am - 3:00 pm
- *Tue - Fri** | 8:30 am - 3:00 pm
- **Mon, Wed - Fri** | 8:30 am - 3:00 pm
- #17972** | **Jun 30 - Jul 4 | \$276
- #17985** | Jul 7 - 11 | \$345
- #17986** | Jul 14 - 18 | \$345
- #17987** | Jul 21 - 25 | \$345
- #17988** | Jul 28 - Aug 1 | \$345
- #18094** | *Aug 5 - 8 | \$276
- #17989** | Aug 11 - 15 | \$345
- #17990** | Aug 18 - 22 | \$345
- #17991** | Aug 25 - 29 | \$345

Go Sailing: Cat Card Level 2 - C

9 - 16 years
Advance your skills and get your Cat Card with Go Sailing Level 2! Full-day format, designed for sailors ready to build on their knowledge of boat handling, rigging, sail trimming and wind awareness while mastering more advanced maneuvers. Using the Hobie catamaran, this hands-on camp provides ample practice time and encourages teamwork and confidence. No sessions Jul 1 & Aug 4.

Instructor: Compass Adventure
Location: Marina Park

- Mon - Fri** | 8:30 am - 3:00 pm
- *Tue - Fri** | 8:30 am - 3:00 pm
- **Mon, Wed - Fri** | 8:30 am - 3:00 pm
- #17973** | **Jun 30 - Jul 4 | \$276
- #17992** | Jul 7 - 11 | \$345
- #17993** | Jul 14 - 18 | \$345
- #17994** | Jul 21 - 25 | \$345
- #17995** | Jul 28 - Aug 1 | \$345
- #18095** | *Aug 5 - 8 | \$276
- #17996** | Aug 11 - 15 | \$345
- #17997** | Aug 18 - 22 | \$345
- #17998** | Aug 25 - 29 | \$345

**3.85% Compass Adventure Service Fee
is added to each registration.**

For details regarding withdrawals and refunds, visit compassadventure.ca

SeaSide Adventure - C

5 - 7 years
An all-new immersive experience, this camp offers hands-on activities, Tiki Wiki sailboat rides, some local indigenous history and fun-filled beach time at Comox Bay. Balancing adventure and education, build ocean confidence and lasting memories. Wrapping up with air-conditioned classroom time for the perfect mix of fun and learning for young adventurers! No sessions Jul 1 & Aug 4.

Instructor: Compass Adventure
Location: Marina Park

- Mon - Fri** | 8:30 am - 3:00 pm
- *Tue - Fri** | 8:30 am - 3:00 pm
- **Mon, Wed - Fri** | 8:30 am - 3:00 pm
- #17913** | **Jun 30 - Jul 4 | \$252
- #17915** | Jul 7 - 11 | \$315
- #17916** | Jul 14 - 18 | \$315
- #17917** | Jul 21 - 25 | \$315
- #17918** | Jul 28 - Aug 1 | \$315
- #17914** | *Aug 5 - 8 | \$252
- #17919** | Aug 11 - 15 | \$315
- #17920** | Aug 18 - 22 | \$315
- #17921** | Aug 25 - 29 | \$315

Tiki Mana Adventure - C

7 - 9 years
Hop aboard Tiki Mana with catamaran sailing, kayaking, paddle-boarding and shore-line exploration. Learn important water safety, ocean immersion, paddling techniques and sailing techniques. With some local indigenous history, fun teamwork challenges and beach games. No sessions Jul 1 & Aug 4.

Instructor: Compass Adventure
Location: Marina Park

- Mon - Fri** | 8:30 am - 3:00 pm
- *Tue - Fri** | 8:30 am - 3:00 pm
- **Mon, Wed - Fri** | 8:30 am - 3:00 pm
- #17933** | **Jun 30 - Jul 4 | \$300
- #17935** | Jul 7 - 11 | \$375
- #17936** | Jul 14 - 18 | \$375
- #17937** | Jul 21 - 25 | \$375
- #17938** | Jul 28 - Aug 1 | \$375
- #17934** | *Aug 5 - 8 | \$300
- #17939** | Aug 11 - 15 | \$375
- #17940** | Aug 18 - 22 | \$375
- #17941** | Aug 18 - 22 | \$375



Ocean Adventure - C Explorer

9 - 11 years

Perfect for younger participants, introduces paddle-boarding, kayaking and sailing in a safe, structured environment. Enjoy inflatable water park fun, beach games and shoreline exploration while learning water safety and paddling techniques. Every day is packed with hands-on activities and teamwork challenges. No sessions Jul 1 & Aug 4.

Instructor: Compass Adventure
Location: Marina Park

Mon - Fri | 8:30 am - 3:00 pm

***Tue - Fri** | 8:30 am - 3:00 pm

****Mon, Wed - Fri** | 8:30 am - 3:00 pm

#17942 | **Jun 30-Jul 4 | \$340

#17944 | Jul 7 - 11 | \$425

#17945 | Jul 14 - 18 | \$425

#17946 | Jul 21 - 25 | \$425

#17955 | Jul 28 - Aug 1 | \$425

#17943 | *Aug 5 - 8 | \$340

#17956 | Aug 11 - 15 | \$425

#17957 | Aug 18 - 22 | \$425

#17958 | Aug 25 - 29 | \$425

Navigator

11 - 14 years

Push your skills to the next level with this camp focused on more advanced paddle-boarding, kayaking and sailing instruction. Explore the Comox Bay on guided expeditions, master paddling techniques and build confidence with independent challenges. Water park fun, beach games and leadership opportunities. No sessions Jul 1 & Aug 4.

Instructor: Compass Adventure
Location: Marina Park

Mon - Fri | 8:30 am - 3:00 pm

***Tue - Fri** | 8:30 am - 3:00 pm

****Mon, Wed - Fri** | 8:30 am - 3:00 pm

#17963 | **Jun 30-Jul 4 | \$340

#17965 | Jul 7 - 11 | \$425

#17966 | Jul 14 - 18 | \$425

#17967 | Jul 21 - 25 | \$425

#17968 | Jul 28 - Aug 1 | \$425

#17964 | *Aug 5 - 8 | \$340

#17969 | Aug 11 - 15 | \$425

#17970 | Aug 18 - 22 | \$425

#17971 | Aug 25 - 29 | \$425

Kids Beach Rescue Camp* - C

10 - 12 years

Learn lifesaving techniques, practice basic first aid, and try fun rescue activities with experienced waterfront lifeguards. Build confidence, teamwork, and foundational skills to safely navigate and respond to challenges in open-water environments.

Instructor: Jacob Sandler, North Island Aquatic Club

Location: Kye Bay Playground

Mon - Fri | 9:00 am - 3:00 pm

#17867 | Aug 11 - 15 | \$295

#17865 | Aug 18 - 22 | \$295

#17866 | Aug 25 - 29 | \$295

Teen Beach Rescue Camp* - C

13 - 16 years

Train with experienced waterfront lifeguards to master lifesaving techniques, practice first aid, and participate in realistic rescue scenarios. Build strength, endurance, and the skills needed to respond effectively to emergencies in open-water environments.

Instructor: Jacob Sandler, North Island Aquatic Club

Location: Kye Bay Playground

Mon - Fri

***Tue - Fri** | 12:30 - 5:30 pm

#17863 | Jul 28 - Aug 1 | \$265 + gst

#17864 | *Aug 5 - 8 | \$212 + gst

**Beach Rescue Camps: Wetsuit required; must pass swim/run tests and be able to walk up to 2km of uneven terrain.*

Animals in Art - C

7 - 12 years

A fun filled week for those kids who love drawing, painting and sculpting animals using many different art materials.

Instructor: Tish Doyle-Morrow

Location: Genoa at Marina Park

Wednesday session is outdoors at Filberg Park.

Mon - Fri | 8:45 am - 12:00 pm

#17827 | Jul 7 - 11 | \$225

For inspiration, a mobile petting zoo will visit one morning

Location: Genoa at Marina Park

Mon - Fri | 8:45 am - 3:00 pm

#17859 | Aug 18 - 22 | \$450

Or choose a half day option:

Drawing & Painting

Mon - Fri | 8:45 am - 12:00 pm

#17860 | Aug 18 - 22 | \$225

Sculpture

Mon - Fri | 12:30 - 3:00 pm

#17861 | Aug 18 - 22 | \$220

Art Exploration - C

6 - 10 years

Embrace summer with color and creativity! Mix, glue, draw, and paint while having fun telling stories through art with other kids who love to create.

Instructor: Tish Doyle-Morrow

Location: Genoa at Marina Park

6 - 10 years

Wed - Fri | 8:45 am - 3:00 pm

#17826 | Jul 2 - 4 | \$270

6 - 8 years

Mon - Thu | 8:45 am - 12:00 pm

#17862 | Aug 25 - 28 | \$275



SPRING & SUMMER REGISTRATION STARTS MONDAY MARCH 10

SUMMER CAMP REGISTRATION STARTS MONDAY APRIL 28

See page 7





Summer Camp cont'd Sculpture for Kids - C

7 - 12 years
In this fun class students learn to create 3D art using a variety of materials including clay, wire, found materials and paper.

Instructor: Tish Doyle-Morrow
Location: Marina Park Genoa

Mon - Fri | 8:45 am - 12:00 pm
#17831 | Jul 21 - 25 | \$225

Drawing and Printmaking - C

11 - 15 years
Love to draw and experiment with mark making? Explore your creativity using a variety of materials and techniques.

Instructor: Tish Doyle-Morrow
Location: Marina Park Genoa

Mon - Thu | 9:00 am - 12:00 pm
#17857 | Jul 28 - 31 | \$225

Advanced Acrylic Painting for Teens - C

11 - 15 years
Get ready to explore painting in a fun and creative environment! Bring in images that inspire you, and experiment with colors and techniques.

Instructor: Tish Doyle-Morrow
Location: Marina Park Genoa

Mon - Thu | 1:30 - 3:30 pm
#17858 | Jul 28 - 31 | \$225

You must register your child(ren) into the 2025 Day Camp Form #16998 before enrolling in summer camps.

Animation & Cartooning - C

7 - 12 years
Bring your ideas to life with animation and cartooning projects! Experience storytelling in a new and exciting way.

Instructor: Tish Doyle-Morrow
Location: Marina Park Genoa

Full Day
Explore cartooning and animation! Students are required to bring a device (iPad or smartphone) on Thursday and Friday with the Stopmotion Studio app downloaded
Mon - Fri | 8:45 am - 3:00 pm
#17828 | Jul 14 - 18 | \$450

Morning Cartooning

Each participant develops unique characters and will create a cartoon book/graphic novel to bring home.
Mon - Fri | 8:45 am - 12:00 pm
#17829 | Jul 14 - 18 | \$225

Afternoon Animation

Create two different storylines Device with Stopmotion Studio required.
Mon - Fri | 12:30 - 3:00 pm
#17830 | Jul 14 - 18 | \$220
Tish's Art Camps: All materials supplied. Please bring a nut-free snack and lunch. Movement breaks at the park are incorporated throughout the day. See contractor refund policy at online class listings.

SEA School of Acting - Theatre Camp - C



10 - 15 years
Step into the world of acting! Led by a professional actor/screenwriter, this program develops your acting skills and brings creativity to life.

Instructor: Stephen Arthur
Location: MP Hall

Mon - Fri | 12:30 - 4:30 pm
Rising Stars of Stage

Embody unique characters on stage through games and improv, building confidence to perform in a dynamic group showcase.

#17844 | Jul 21 - 25 | \$225

Future Stars of the Silver Screen

Dive into acting for the camera and create your own mini-showreel to take home and share.

#17845 | Aug 11 - 15 | \$225

Performing Arts in the Park

Rehearse and perform a play in the stunning Filberg Amphitheatre, building confidence and creativity in a unique outdoor setting.

Location: Stage at Filberg Park

Mon - Fri | 12:30 - 4:30 pm
#17846 | Aug 18 - 22 | \$225

Video Game Design and Science - C

7 - 10 years
Come and join our LITTLUNIVERSE for an exciting week of programming and science! Using Gamemaker, participants will create their very own 2D Platformer game! Their games will have different types of enemies to defeat, background music, items to collect, elements such as ladders and doors, and MORE! Take the game home at the end of the week!

Instructor: LITTLUNIVERSE
Location: Room A

Mon - Fri | 9:00 am - 4:00 pm
#17724 | Jul 14 - 18 | \$435
#17727 | Jul 21 - 25 | \$435



Minecraft Modding - C

8 - 12 years

PvP Edition

Woah, did you just take out the Ender Dragon with one hit? Quick put on your OP armor! Knockback your opponent so far they won't know what hit them! But watch out if they come back at you with Dragon Fire! Participants will transform the way they experience the game by learning how to mod by creating different custom objects designed to improve your chances in PvP! Using blockly coding they will program and test each mod they create thus adding a new level of gameplay to their Minecraft experience.

Instructor: LITTLUNIVERSE

Location: Room B

Mon - Fri | 5:00 - 6:30 pm
#17725 | Jul 14 - 18 | \$125

Explosive Edition

Wait, is that an RPG? Ruuuuuun! Watch out for Steve holding the grenade! Oh no it's an airstrike! No creeper or villager is safe! Participants will transform the way they experience the game by learning how to mod by creating different custom objects designed to cause destruction! Using blockly coding they will program and test each mod they create thus adding a new level of gameplay to their Minecraft experience.

Instructor: LITTLUNIVERSE

Location: Room B

Mon - Fri | 5:00 - 6:30 pm
#17728 | Jul 21 - 25 | \$125

Participants in Minecraft Modding should already have some experience with the world of Minecraft.

They will not need access to their Minecraft account as they will be using our accounts and will be playing on private servers.

LEGO Robotics & Science - C

Gorilla Battlebots Edition!

6 - 9 years

Let's get ready to rumble! Come and join our LITTLUNIVERSE for an exciting week of LEGO, programming and science! With a teammate, dive into the world of engineering using LEGO Education's Spike Essential Sets and Software! At the end of the week teams will build and program Battlebots for a fun tournament! Everyday campers will take home at least one of their science experiments! There will be a variety of fun indoor and outdoor activities! We will have game consoles, air hockey, foosball, arts and crafts, board games, and MORE!

Instructor: LITTLUNIVERSE

Location: Room C

Mon - Fri | 9:00 am - 4:00 pm
#17726 | Jul 21 - 25 | \$420

Samurai Battlebots Edition!

9 - 14 years

Let's get ready to rumble! Join us for an exciting week of LEGO, programming and science! Dive into the world of engineering using LEGO Education's EV3 Mindstorms Sets and Software. At the end of the week, build and program Battlebots for a fun tournament. Everyday campers will take home at least one of their science experiments! There will be a variety of fun indoor and outdoor activities. We will have game consoles, air hockey, foosball, arts and crafts, board games, and MORE!

Instructor: LITTLUNIVERSE

Location: Room C

Mon - Fri | 9:00 am - 4:00 pm
#17723 | Jul 14 - 18 | \$420

Participants in full day camps will get their own LITTLUNIVERSE camp t-shirt. No refunds within 7 days of the program start date.

Byte Camp: Introduction to Coding - C

9 - 12 years

Discover how much fun it is to build your own game! Students will be introduced to basic coding skills with Scratch and get to use those skills to make their very own games. Students will learn how to create their own 2D vector artwork to make characters and levels that are entirely their own. The final project is a game that you can access and play or proudly share with friends online.

Instructor: Byte Camp

Educational Society

Location: Room A

Mon - Fri | 9:00 am - 4:00 pm
#17757 | Jul 7 - 11 | \$395

Byte Camp: 3D Animation - C

11 - 14 years

Dreaming of a career with PIXAR? Ever wonder how those awesome 3D animated movies like Shrek, Toy Story and Frozen are made? Spend the week learning how by modeling, animating and telling your own stories in 3D. You'll use Blender, a 3D software, to design characters that jump off the screen and then make them come alive by adding voices, soundtracks and completing a group-made short film.

Instructor: Byte Camp

Educational Society

Location: Room A

Mon - Fri | 9:00 am - 4:00 pm
#17758 | Aug 11 - 15 | \$395





Adult CPR A

14 years & up
Learn the skills needed to respond to cardiovascular and choking emergencies in adults. Registration is required.

Instructor: Comox Fire Rescue
Location: Comox Fire Rescue

Fri | 1:00 - 3:00 pm
#17527 | Apr 25 | FREE!
#17528 | May 16 | FREE!
#17529 | Jun 6 | FREE!



Personal Emergency Preparedness

18 years & up
Learn helpful information and advice for individuals and families to be prepared for after a disaster occurs. Registration is required.

Instructor: Comox Fire Rescue
Location: Comox Fire Rescue

Fri | 10:00 am - 12:00 pm
#17522 | Apr 11 | FREE!
#17523 | May 2 | FREE!
#17524 | Jun 6 | FREE!



Time Together Club

All ages
Join this seniors' and kids' drop-in playgroup, supported by the Seniors' Intergenerational Action Network. Children, families, youth and seniors want more time together. Drop in for coffee, meet seniors and kids, share in art projects, crafts, and games, and have fun!

Instructor: Ann Brown
Location: Room B

Wed | 1:00 - 3:00 pm
Drop-in | Apr 2 - Jun 25 | FREE!



Ukulele

10 years & up
The ukulele is small yet mighty! Suitable for the beginner musician with no prior musical experience. Learn all the basics including rhythm, beginner music theory, how to chord, strum and read chord charts. No session Apr 21.

Instructor: Ruth Rae
Location: Room B

Level 1 - Beginner
Mon | 5:00 - 6:00 pm
#17880 | Mar 31 - May 12 | \$84 + gst
#17883 | May 26 - Jun 23 | \$70 + gst

Level 2 - Advanced Beginner
Mon | 6:15 - 7:15 pm
#17881 | Mar 31 - May 12 | \$84 + gst
#17884 | May 26 - Jun 23 | \$70 + gst

Level 3 - Intermediate
Mon | 7:30 - 8:30 pm
#17882 | Mar 31 - May 12 | \$84 + gst
#17885 | May 26 - Jun 23 | \$70 + gst

National Lifeguard Waterfront Certification - C

16 years & up
For certified lifeguards interested in developing the judgment, knowledge, skills, and fitness required for effective waterfront rescue and supervision. Proof of prior completion of the NL Pool certification is a prerequisite for this course.

Instructor: Jacob Sandler, North
Island Aquatic Club
Location: Kye Bay

Mon - Fri | 4:00 - 7:00 pm
#17848 | Aug 11 - 22 | \$425 + gst



Food Safe Level 1 - C

13 years & up
Be Food Safe! Increase your knowledge, job skills and increase employment opportunities by getting a provincial food safe certification. Learn about food safety, how to prevent food borne illness and how to apply safe work practices to reduce job related injury and illness.

Instructor: Gaetane Palardy
Location: MP Hall / Room B

Sun | 9:00 am - 4:00 pm
#17598 | Jun 1 | \$94 + gst
Tue | 9:00 am - 4:00 pm
#17599 | Jul 29 | \$94 + gst

Befriend Your Inner Critic - C

16 years & up
Join Coach Linda for a powerful workshop on reducing stress and unlocking your potential. Using the Positive Intelligence framework, you'll explore how self-sabotaging thoughts hold you back and learn science-based tools to boost resilience, shift setbacks into opportunities, and cultivate lasting peace of mind - all with just minutes of daily practice.

Instructor: Linda Bartholme
Location: Room B / Room A

Sat | 1:00 - 3:00 pm
#18083 | May 10 | \$60 + gst
Tue | 6:30 - 8:30 pm
#18084 | May 20 | \$60 + gst



End-of-Life Doula 101 - C

18 years & up
Take your first step in the journey of becoming an end-of-life doula and discover the profound impact you can have on others. Be empowered to walk along side others during life's final chapter with presence, grace and open heart.

Instructor: Janet O'Dell
Location: Room B

Wed | 5:45 - 7:45 pm
#17703 | Apr 2 - Jun 4 | \$425 + gst
Wed | 6:45 - 8:45 pm
#17705 | Jul 2 - Sep 3 | \$425 + gst



Special Events Extreme Rec Night

11 - 17 years

Join us for archery tag, rock climbing, skatepark fun, air hockey, pizza, and more! Transportation included from the LINC, with pick-up at the aquatic centre. Register early; more info on page 84! Part of our BC Youth Week Festivities.

Activity Schedule:

3:30 - 5:15 pm - LINC

5:30 - 6:45 pm - Cumberland Rec

7:15 - 8:30 pm - CCC

9:00 - 10:30 pm - CV Aquatic Centre

Location: Meet at LINC, Pickup from CV Aquatic Centre

Fri | May 2

Register with Courtenay Recreation

Call 250-338-5371 to register | \$10

Mother Nature's Circle

All Ages

Celebrate upcoming Mother's Day with community, reflection, and connection. Enjoy mindful practices, craft activities, and meaningful sharing moments in a beautiful botanical garden. Celebrate all mother figures in your life: mothers, daughters, grandmothers, and more while surrounded by the joy of Mother Nature.

Instructor: Serena Oliveira

Location: Stage at Filberg Park

Sun | 1:00 - 3:00 pm

#17818 | May 4 | \$10 + gst

Youth Mental Health Day

8 - 18 years

This day is all about building connections between young people and the caring adults in their lives, which can positively impact your mental health. Stay tuned for engagement to spark conversations, raise awareness, and inspire action for Child and Youth Mental Health. It's important to feel heard and connected—together, we can create positive change!

Location: Lobby

Wed | All Day

Drop-in | May 7 | FREE!



Youth Week Celebrations

10 - 18 years

May 1 - 7 is all about YOUth!

Celebrate Youth Week with free activities for all youth across the Comox Valley. Don't miss out - follow us on Instagram

@comoxcommunitycentre for updates and check the schedule for all the details. Let's have fun and make some unforgettable memories!

Location: Comox Community Centre

Thu - Wed | All Day

May 1 - 7 | FREE!

Youth Week Celebration Classes

Registration required for these fun, youth-only classes. Don't miss out!

Youth Intro to Squash

Thu | 4:15 - 5:15 pm

#17890 | May 1 | FREE!

Youth Yoga Flow

Sat | 10:15 - 11:15 am

#17891 | May 3 | FREE!

Girls Youth Kickboxing

Sat | 1:30 - 2:30 pm

#17893 | May 3 | FREE!

Youth Spin & Strength

Wed | 4:00 - 4:45 pm

#17892 | May 7 | FREE!

Drop in activities:

Youth Basketball Drop-in

Thu | 6:30 - 8:30 pm

Drop-in | May 1 | FREE!

Youth Volleyball Drop-in

Mon | 5:00 - 6:30 pm

Drop-in | May 5 | FREE!



Move for Health Day

All Ages

World Move for Health Day! All ages, all stages, all abilities levels! Let's show the world how active Comox can be! Stay tuned in early spring for more information about activities, games and challenges around Move for Health Day.

Sat | May 10 | FREE!



School's Out Basketball & BBQ!

10 - 18 years

School's out for the summer! Let's kick off the summer fun with food, good company and games. Drop in event, please pay and sign in at the Front Desk. Vegetarian options available.

Location: Gym B & Village Park

Thu | 2:30 - 4:30 pm

Drop-in | Jun 26 | \$2

Music in the Park

All Ages

Music is back in Marina Park for another year, family friendly and free for all, Sunday August 31! Check comox.ca and socials for line up and schedule. Presented in partnership with Elevate Arts Society.

Sun | Aug 31 | FREE!



SPRING & SUMMER REGISTRATION STARTS MONDAY MARCH 10
 SUMMER CAMP REGISTRATION STARTS MONDAY APRIL 28

See page 7



Birthday Parties >>>>>>

Inflatable Party

2 years & up

What better way to celebrate an occasion than with an inflatable all to yourself! The Bounce and Play Castle is perfect for younger kiddos, or older participants, give our Inflatable Obstacle Course a try for more active entertainment.

Includes set up, 2 hours of parent supervised gym time and then we clean up! Each party also has access to floor hockey, soccer, basketball, plasma cars and more.

Bounce and Play

2 - 6 years

Location: Gym B

Sun | 1:30 - 3:30 pm

Register Online | Apr 6 - Aug 31

Sun | 10:30 am - 12:30 pm

Register Online | Jul 6 - Aug 31

\$125 + gst

Inflatable Obstacle Course

3 years & up

Location: Gym A

Fri | 3:45 - 5:45 pm

Sat | 11:00 am - 1:00 pm or

2:00 - 4:00 pm

Sun | 11:00 am - 1:00 pm or

2:00 - 4:00 pm

Register Online | Apr 4 - Aug 31

Fri | 5:45 - 7:45 pm

Register Online | Jul 4 - Aug 29

\$125 + gst

Crafts and Castles Inflatable Party

2 - 6 years

Invite your friends for a themed birthday party, with crafts and games with an awesome birthday party leader, and access to the Bounce and Play Castle! You can choose: Dinosaurs, Fairies, Rainbows, or Outer Space Theme. The party starts with 1 hour of supervised crafts and activities (led by a birthday party leader), then 1 hour of unsupervised gym time with the inflatable, and we do the clean up!

Location: Gym B

Sun | 10:30 am - 12:30 pm

Register Online | Apr 6 - Jun 29

\$135 + gst

Hands on Farm

3 years & up

We GOAT all your celebration needs covered at the Hands on Farm.

Call 250-207-FARM (3276) starting

May 12 to make reservations for your school group or birthday party.

Baaaa-rilliant!

Jun 14 - Aug 17

Gym Fun Birthday Party

2 years & up

Run wild in the gym with friends! Each party has access to various gym toys - you choose! Have fun with floor hockey, hula hoops, soccer, basketball, plasma cars and more.

Location: Gym B

Sat | 9:00 - 10:30 am or

11:30 am - 1:00 pm

Register Online | Jun 28 - Aug 30

\$50 + gst

Want to add pizza to your party?

Call the front desk at 250-339-2255 at least a week in advance to add pizza to your party! Pepperoni, Cheese or Hawaiian, \$16.25 per pizza.

Book your birthday party today:





Facility Rentals



Genoa & Spinnaker Buildings

Comox's waterside facilities are available to rent!



Weddings

Perfect setting for your reception offering convenient facilities in an affordable package.



Trade Shows & Events

The 7800 sq. foot room is large enough to accommodate job fairs, craft and trade shows.



Meeting Rooms

The Community Centre has rooms of various sizes for your next meeting or event.



Sports & Events

Rent public parks and ball/soccer fields.

We can make room for you!

Email us to host your wedding, trade show, meeting and more. The Community Centre has competitive rates and flexible spaces to make any event or program a success.

Email booking@comox.ca

Genoa & Spinnaker Buildings

at Marina Park



Comox's waterside facilities are available to rent!

- Stunning, bright & airy buildings in beautiful Marina Park
- Available 7 days/week, 9:00 am - 9:00 pm
- Each building has a capacity of 23 persons and has chairs, tables, fridge, stove, sink, washroom and wi-fi.

To reserve email:

booking@comox.ca



Our woodshop is always an active place, with lots of tools and support on how to use them!

Discover Your Best Life at d'Esterre

Located in the heart of Comox, d'Esterre Seniors' Centre is where community, creativity, and wellness come together for those aged 50 and over. With over 50 activities, clubs, and classes, there's something for everyone - whether you're seeking fitness, social connections, or new hobbies.

What We Offer:

- **Fitness & Wellness:** Yoga, Tai Chi Gong, dancefit, strength training, Pilates, line dancing, and chair fitness.
- **Creative Pursuits:** Painting, quilting, woodworking, pottery, stained glass, and knitting.
- **Social Activities:** Bridge, canasta, cribbage, board games, Spanish conversation, Mah-jongg, and cue sports.
- **Informative Sessions:** Monthly workshops on health, finance, technology, and more.
- **Special Events:** Dinners, craft markets, dances, and pub nights - there's always something happening!



Fun Fact:

Did you know our members call d'Esterre the "best-kept secret" in Comox? We're ready to share that secret with you!





Dei's Café and Gift Shop

- **Dei's Café:** Serving breakfast, lunch, and take-home meals. Open weekdays from 8:00 am to 12:30 pm.
- **Gift Shop:** Unique, handmade items by local artisans - perfect for gifts or a special treat for yourself. Open weekdays from 10:00 am to 1:00 pm.

Make d'Esterre Your Home Away from Home

Annual membership is only \$40, granting you access to most activities, events, and clubs, with some associated fees. Non-members are welcome to enjoy Dei's Café and the Gift Shop. Our welcoming community is ready to meet you!

Host Your Next Event

Looking for a venue? Our ballroom (115 capacity) and dining room (50 capacity) are perfect for celebrations, with discounted rates for long-term members.

Join Us Today!

1. **Visit Us:** Drop by to check us out. Office is open from 10:00 am - 1:00 pm.
2. **Try it Out!:** Experience an activity or class by contacting us.
3. **Volunteer:** Get involved and give back.
4. **Stay Informed:** Subscribe to our monthly newsletter online.

Activities:

- Carpet Bowling
- Table Tennis
- Quilting
- Painting
- Knitting
- Soapstone Carving
- Spanish Conversation
- Bridge (multiple forms)
- Cribbage
- Canasta
- Mah-jongg (regular and American)
- Bid Euchre
- Board Games
- Sing-a-longs

Classes:

- Fitness
- Strength Training
- Chair Fitness
- T'ai Chi Gong
- Line Dancing (various levels)
- Dancefit
- Core Class
- Yoga
- Hatha Yoga
- Soma Yoga
- Chair Yoga
- Yoga Workshops
- Men's Only Stretch
- Pilates

Clubs:

- Cue Sports
- Pottery Studio
- Wood Shop
- Silversmithing
- Stained Glass Studio
- Rock and Gem Shop

CONTACT:



250-339-5133



office@comoxseniors.ca



comoxseniors.ca



1801 Beaufort Ave., Comox



Accessible Recreation & Funding Opportunities

The Comox Community Centre has the following programs and services to ensure accessibility of recreation for everyone.

TRIP Program

Free and low cost recreation opportunities for Comox residents on limited income.

LEAP

This regional program grants 52 drop-ins at each municipal recreation facility including the Community Centre Fitness Studio and other drop-in programs; space permitting.

Jumpstart and Kidsport

Financial assistance available for children and youth in eligible activities.

For more information on accessible recreation contact the Comox Community Centre at 250-339-2255 or visit comox.ca/accessible-rec

Come Work With Us!

The Community Centre is hiring talented, enthusiastic and dedicated instructors to deliver recreation programs.

Bring us your program ideas and let's discuss how you can Work With Us!

Contact Justin Wolfe at jwolfe@comox.ca for more information.

Registration Policies

- Registrations taken in person, by phone and online.
- Fees are paid in full at the time of registration by cash, cheque, debit, credit card, or Quality Foods Rec Bucks.
- Comox Recreation reserves the right to make cancellations or changes as necessary.
- GST charged to all programs with participants 14 years and older.
- NSF cheque charge is \$15 + GST.

Refund Policies

Classes cancelled by Comox Recreation:

- Full or pro-rated refund as appropriate.

Customer withdrawal from Comox Recreation programs:

- Full or pro-rated refund as appropriate.
- Withdrawal five or more days prior to program start date; full refund, no penalty.
- Less than five days prior to program start date; full refund, \$8 + GST administration fee charged per program.
- After a program has begun, pro-rated refund based on the date of withdrawal; \$8 + GST administration fee charged per program.
- Full or pro-rated refund as appropriate with a doctor's note; no penalty.
- No refunds issued after a program has ended.

Program titles that end with "- C" are offered by independent contractors. Registration and refund policies are at their discretion. Refunds subject to \$8 + GST administration fee per registration.

Fitness Studio Membership Policies

- Fees paid in full at time of purchase.
- Fitness memberships are not transferable.
- Annual memberships may be suspended once during the term of membership (minimum of one month/maximum of three months for medical reasons with a doctor's note or if membership holder leaves town).
- Three and six month memberships suspended for medical reasons with a doctor's note.
- Membership suspensions must be made in person.



Village of Cumberland
Welcome

Spring Hours

March 31 - May 31:

Monday to Friday: 7:00am - 9:00 pm

Weekends: 9:00am - 4:30 pm

Summer Hours

June 1 - August 31:

Monday to Thursday: 7:00am - 9:00 pm

Friday: 7:00am - 4:30 pm

Weekends: closed

Facilities Closed:

April 18 - Good Friday

April 21 - Easter Monday

May 19 - Victoria Day

July 1 - Canada Day

August 4 - B.C. Day

September 1 - Labour Day

Registration Info

Spring/Summer programs:

(excluding summer camps) -

Registration begins Monday,

March 10 @ 7:00 am.

Summer Camps:

Registration begins Monday,

April 28 @ 7:00 am.

Online: cumberland.ca/recprograms

By Phone: 250-336-2231

	ADMISSIONS	MEMBERSHIPS		CLIMBING WALL
	Includes: fitness studio, drop-in programs & squash courts	Includes: climbing wall & gear, fitness studio, squash courts, & drop-in programs		Admission
	Single	1 Month	Annual	
Early Years <i>Ages 0-4</i>	\$1.15	\$11.50	\$69.00	\$2.30
Child/Youth <i>Ages 5-18</i>	\$2.30	\$23.00	\$138.00	\$4.60
Adult <i>Ages 19-59</i>	\$4.60	\$46.00	\$276.00	\$6.85
Senior <i>Ages 60+</i>	\$3.45	\$34.50	\$207.00	\$5.70

Children 12 and under are not permitted in the fitness studio;

teens 13-15 must be accompanied by an adult.

Birthday Parties

Nerf blasters, wall climbing, bounce castles and more!

Book online at cumberland.ca/recprograms or call 250-336-2231 for more information.

Bookings open 90 days in advance

Gymnasium Parties Available Fridays 3:00 - 5:00 pm.....**\$95.00**

Add a bounce castle for an additional fee.

Climbing Parties Available Saturdays 9:30 - 11:30 am.....**\$205.00**

Includes all climbing gear and two belayers.

Legend:



Childminding is offered during this program



New program



follow us 

Spring/Summer Registration Starts Monday March 10

 Summer Camp Registration Starts Monday April 28 | **See page 57**





Drop-In Programs

Regular admission rates apply.

Drop-in programs are free with a Cumberland Recreation Membership. See page 49 for details.

Parent & Tot Gym

0-4 years • Gymnasium

Meet new friends and play on climbers, ride-on toys & more! Self-supervised; by donation. Suggested donation is \$2.

Tuesdays Apr 1 - Jun 24
10:30am - 12:00 pm

Open Gym

Gymnasium

Our gymnasium is open for self-supervised basketball, floor hockey, soccer, badminton, free play and more.

Wednesdays Apr 2 - Jun 25
Youth (9 - 15 yrs) 2:45 - 5:00 pm

Wednesdays Jul 2 - Aug 27
Youth (9 - 15 yrs) 5:00 - 7:00 pm

Thursdays Apr 3 - June 26
All ages 8:00 - 9:00 pm

Thursdays Jul 10 - Aug 28
All ages 7:00 - 9:00 pm

Saturdays Apr 5 - May 31
Family (3 - 12 yrs) 12:00 - 3:00 pm
Teen (13 - 17 yrs) 3:30 - 4:30 pm
No open gym May 24.

Sundays Apr 6 - May 25
Youth (9 - 15) 2:30 - 4:30 pm

Squash

Squash Court

Our court is open during regular facility hours; call 250-336-2231 to reserve a spot. Balls and rental racquets available if needed.

Pickleball

All ages • Gymnasium

Drop in for a fun, fast and social game of pickleball.

Mondays Mar 31 - June 23
Advanced 8:00 - 10:00 am

Tuesdays Apr 1 - Jun 24
Intermediate 1:00 - 3:00 pm

Wednesdays Apr 2 - Jun 25
Advanced 8:00 - 10:30 am

Intermediate 10:30 - 12:30 pm
All Levels 12:30 - 2:30 pm

Fridays Apr 4 - Aug 29
Advanced 8:00 - 10:30 am
Intermediate 10:30 - 12:30 pm
All Levels 12:30 - 2:30 pm

Sundays Apr 6 - May 25
All levels 9:00 - 10:30 am
No pickleball Apr 18, 21, May 9, 19, Jul 4.

Table Tennis

Moncrief Hall

Play with members of the Cumberland Table Tennis Club or practice your skills with our table tennis robot.

Facilitator: Adam Kuzma
Wednesdays Apr 2 - Aug 27
All Ages 2:00 - 5:00 pm

Fridays Apr 4 - Aug 29
Youth 4:00 - 5:30 pm
All Ages 5:30 - 9:00 pm
No Table Tennis Apr 18, Jun 13.

Sundays Apr 6 - Aug 31
All Ages 1:30 - 4:30 pm

Basketball

Gymnasium

These fun-forward drop-in games are open to all genders and abilities. **Pre-registration is highly recommended for Mondays.**

Please note that LEAP passes cannot be used for adult basketball, but FAIR credits can.

Adult Basketball Ages 18+

Mondays 6:00 - 8:45 pm

#FR9368 Mar 31 - Jun 30

#FR9413 Jul 14 - Aug 25

No Basketball Apr 21, May 19, Aug 4.

Teen Basketball Ages 13 - 17

Thursdays Jul 10 - Aug 28
5:00 - 7:00 pm

Badminton

All ages • Gymnasium

Gymnasium is open for self-supervised badminton.

Tuesdays Apr 1 - Jun 24
5:15 - 6:15 pm

Tuesdays Jul 8 - Aug 26
5:00 - 7:00 pm

Sundays Apr 6 - May 25
1:00 - 2:30 pm

No Badminton Apr 6, 13, 27.

Roller Skating

All ages • Gymnasium

Come kick it with us old school! Roller skates and protective gear are not provided and helmets are strongly recommended. Children under 13 must be accompanied by an adult.

Facilitator: Brick House Betties

Fridays Apr 25 - May 30
7:15 - 8:45 pm

No Roller Skating May 9, 23.

Youth Floor Hockey

5-16 • Gymnasium

Canada's most iconic sport, sans ice. Drop-in for a fun game of floor hockey.

Facilitator: TBA

Thursdays Apr 3 - Jun 26
6:00 - 7:30 pm

Early Years

Family Gymnastics

1-4 yrs with parent • Gymnasium
Fun-filled playtime for parent & tot on our beams, ropes and rings. Once series registration closes, individual class registration may be available for \$14 each if space allows.

Instructors: Rikki Warwaruk & Breah Dunn

#9355 Mondays
11:00 am - 12:00 pm
Mar 31 - Jun 16
\$140/10

No class Apr 21, May 19.

Fantastic Gymnastics

3-5 yrs • Gymnasium
A week by week progressive skill building class focusing on fundamental gymnastic skills such as safe landings, rolls, balance, hangs, mobility, floor work and more. This program is geared towards children not yet in Kindergarten.

Instructors: Rikki Warwaruk & Tom Bailey

#9357 Thursdays
1:00 - 2:00 pm
Apr 3 - Jun 19
\$150/10

No class Apr 24, May 22

Need a break from the heat?

The Water Spray Park is open Victoria Day weekend to Labour Day weekend.

Visit cumberland.ca/village-park/ for park hours & more info!



Little Ninjas Midday

3-5 yrs • Gymnasium
A fun movement class using gymnastics equipment and games to practice balance, strength, and agility. Kids are introduced to group learning and movement confidence, supporting their growth and playful exchanges. This program is geared towards children not yet in Kindergarten.

Instructor: Rikki Warwaruk & Breah Dunn

#9356 Mondays
1:00 - 2:00 pm
Mar 31 - Jun 16
\$150/10

No class Apr 21, May 19.

School Age

Little Ninjas Afterschool

5-7 yrs • Gymnasium
An afterschool version of our popular Little Ninjas program. Jump higher, play stronger, and showcase your confidence in this dynamic, action-packed, and super-fun class!

Includes 2:45 pm pick-up from CCS.

Instructors: Rikki Warwaruk & Breah Dunn

#9354 Mondays
3:00 - 4:00 pm
Mar 31 - Jun 16
\$150/10

No class Apr 21, May 19.

SEA Acting for Kids

10-15 yrs • Buchanan Hall

NEW

Presented by The SEA School of Acting

Discover the world of acting, with our exciting new Acting for Kids program. Learn performance techniques, create confidence and build your communication skills through collaborative games, acting exercises & performance. Build your memorisation skills while following directions and channel all your energy into showcasing your inner superstar.

Instructor: Stephen Arthur

#9430 Tuesdays
4:00 - 5:30 pm
Apr 15 - Jun 17
\$160/10

Girls Get Outside

6-12 yrs • No. 6 Mine Park & forest
Girls Get Outside is specifically targeted toward female-identifying participants. Build confidence, empowerment and a spirit of adventure!

Includes 2:45 pm pick up at CCS.

Instructor: Renée Baron

Ages 7 - 12 yrs

#9360 Tuesdays
3:00 - 5:00 pm
Apr 1 - Jun 24
\$180/12

No class Jun 10.

Ages 6 - 10 yrs

#9457 Wednesdays
3:00 - 5:00 pm
Apr 2 - Jun 25
\$195/13



follow us

Spring/Summer Registration Starts Monday March 10

Summer Camp Registration Starts Monday April 28 | **See page 57**





Taekwondo

4+ yrs • *Buchanan Hall*
Learn Taekwondo skills such as kicking, punching, blocking, self-defense, poomse and Olympic sparring in a respectful environment.

Instructor: Paul Sitko, 5th Dan Master

Little Dragon 4 - 8 yrs

#9390 Mondays & Wednesdays
6:30 - 7:00 pm
Mar 31 - Jun 25
\$216/24

No class Apr 21, May 19.

Red Dragon ages 9+

#9391 Mondays & Wednesdays
7:00 - 8:30 pm
Mar 31 - Jun 25
\$240/24

No class Apr 21, May 19.

Young Cooks

9-13 years • *Recreation Centre Kitchen*

Presented by LUSH Valley

Cooking skills are life skills, and this class will set your child on a path for greatness in the kitchen! Your future master chef will learn basic cooking and baking skills in this fun-forward cooking class. All ingredients provided.

To inquire about financial assistance, please email admin@lushvalley.org

Tuesdays
3:30 - 6:00 pm
#9351 Apr 8 - 29 \$75/4
#9352 May 6 - 27 \$75/4
#9353 Jun 3 - 24 \$75/4

Extreme Rec Night (pg.84)

11-16 yrs
Extreme Rec Night is back! Get in on the fun as we cruise through some of our local rec centres and participate in archery tag, rock climbing, skatepark, air hockey, pizza, snacks, and more! Transportation included from the LINC, pick up the CV Aquatic Centre at 10:30 pm.

Friday May 2

3:30 - 10:30 pm

\$10 (\$15/drop in if space

permits)

*Call the Lewis Centre to register at 250-338-5371

See page 84 for more details and full activity schedule!

Mountain Biking

Easy Riders

2.5-5 yrs • *Gymnasium*

Presented by Gravity MTB

This indoor program is all about fun and getting comfortable on a bike. Parents will support their child as they navigate obstacles and try drills and skills that lead into the basics of mountain biking. Parent participation required.

Instructors: Gravity MTB

Run Bikes & Pedal Bikes

Thursdays
4:30 - 5:15 pm
#9358 Apr 17 - May 15 \$109/5
#9359 May 22 - Jun 19 \$109/5

Indoor Climbing

All climbing programs and drop-ins are supervised by qualified top-rope climbing instructors. Registered climbing programs include all gear.

Homeschool Climb & Move

6-12 yrs • *Gymnasium*

Through playful activities on the rock wall, ropes, rings, and bars, your child will develop resilience and strength while navigating emotions like excitement and fear, building confidence along the way.

Instructors: Tom Bailey & Rikki Warwaruk

#9362 Thursdays
11:00 - 12:00 pm
Apr 3 - Jun 19
\$140/10

No class Apr 24, May 22.

Climb & Move

5-7 yrs • *Gymnasium*

A fun program for junior climbers, plus time on the rings, rope and bars to develop the strength and balance required to be a successful climber.

Includes 2:45 pm pick-up from CCS

Instructors: Tom Bailey & Rikki Warwaruk

#9364 Thursdays
3:00 - 4:00 pm
Apr 3 - Jun 19
\$170/10

No class Apr 24, May 22.

Register ONLINE at
cumberland.ca/recprograms





Open Climbing

Gymnasium Climbing Wall

Staff available to belay if needed

Fridays 5:15 - 7:00 pm

Apr 25 - May 30

no climbing May 2, 9, 23, 24.

Saturdays 12:00 - 3:00 pm

Apr 5 - May 31

Gear rental: \$2.30 (free for members)

Special Interest

Pickleball

FUNdamentals

16+ yrs • Gymnasium

Presented by Comox Valley

Pickleball Association

Have fun while learning the basics of the fastest growing game in town...pickleball! This program will take you from nervously stepping on the court for the first time to being a confident and knowledgeable pickleball player. The sessions will include positioning, scoring, serving, shot choices (dinks, lobs, drops, etc.), strategy but most importantly- FUN!

Paddles and balls are supplied.

Instructor: Comox Valley

Pickleball Association

#9370 Sundays

1:00 - 2:30 pm

Mar 30 - Apr 27

\$50/4

No class Apr 20.



Puppy Potential

Buchanan Hall

For dogs 12 weeks to 6 months

Dogs require proof of vaccination

Presented by Strathcona Dogs

Get your puppy off to the best start possible. Topics will include: motivation and communication. Proper socialization and body handling. The basics of sit, down and stay. Building your recall and off leash skills. Trouble shooting crate, chew and house training.

Instructor: Strathcona Dogs

Fridays

5:30 - 6:30 pm

#9371 Apr 25 - May 23 \$200/5

#9372 May 30 - Jul 4 \$200/5

No class Jun 13.

Everyday Obedience

Buchanan Hall

For dogs of 6 months and older

Not suitable for reactive dogs

Dogs require proof of vaccination

Presented by Strathcona Dogs

Teach your dog the skills they need to be your happy, confident and well behaved companion at home, on the trails and in life. Topics will include: motivation and communication. Sit, down and stay for the real world. Recall from everyday distractions, 'Leave It' and loose leash walking.

Instructor: Strathcona Dogs

Fridays

6:45 - 7:45 pm

#9373 Apr 25 - May 23 \$200/5

No class Jun 13.

She's Wild

18+ yrs • No. 6

Mine Park & forest

A women's group for active adventurous sisters who are looking to deepen their connection with self, others, and the natural world, facilitated by Renee Baron, an experienced outdoor educator and meditation teacher. Renée seeks to empower women outdoors so that they can increase their confidence to move through wild spaces. Meditation, hiking in the Cumberland Forest area, and community circle will give shape to each monthly meeting.

Instructor: Renée Baron

Saturdays

9:00 - 1:00 pm

#9346 Apr 5 \$35

#9348 May 3 \$35

#9349 Jun 7 \$35

Grown-up Gym Class

16+ yrs • Gymnasium

Gym class is back - and this time it's for grown-ups! Your PE teacher, Phill Fuller of Comox Valley Bounce, might assign tasks like dodgeball, pickleball, capture the flag with Nerf Blasters, or Spikeball. Each class will be an exciting new surprise!

Instructor: Phill Fuller

#9350 Tuesdays

7:00 - 8:30 pm

Apr 1 - Jun 17

\$100/10

No class May 6, 13.



follow us 

Spring/Summer Registration Starts Monday March 10

 Summer Camp Registration Starts Monday April 28 | **See page 57**





Adult Social Club

April 1 - June 27 (no Social Club Apr 18, Jun 13)

50+ • Buchanan Hall

Enjoy the company of friends and neighbours along with a complimentary tea or coffee, plus activities like Mahjong, cards, book club, and wellness activities. **For details on what's upcoming, visit cumberland.ca/social-club.**

Facilitator: Sharon Aul

Tuesdays 10:00am - 12:30 pm
Fridays 10:00am - 2:00 pm

Adults: \$4.60
Seniors: \$3.45
Members: Free

50+ Fitness

The following classes are just \$5 per class or free with membership.

Please pre-register for all classes. Call or check online for drop-in availability.

TRX For Seniors

50+ yrs • Moncrief Hall

This class focuses on strengthening everyday movements to improve everyday function. Benefits of the TRX suspension trainer includes stability and scalability, allowing you to tailor each exercise to your own personal fitness and comfort level.

Instructor: Ally Greer

Mondays

11:00 - 11:45 am

FR#9426 Apr 7 - Jun 23

FR#9440 Jul 7 - Aug 25

No class Apr 21, May 19, Aug 4.

Wednesdays

11:00 - 11:45 am

FR#9427 Apr 2 - Jun 25

FR#9441 Jul 2 - Aug 27

Thursdays

11:00 - 11:45 am

FR#9428 Apr 3 - Jun 26

FR#9442 Jul 3 - Aug 28

Forever Fit: Level 1



50+ yrs • Moncrief Hall

A gentle, beginner-friendly workout that focuses on building strength, balance, and mobility. This class can be adjusted to suit your ability, offering simple exercises with modifications, perfect for those new to fitness or looking for a supportive, enjoyable way to stay active.

Instructor: Sharon Aul

Mon & Wed

9:45 - 10:45 am

FR#9376 Mar 31 - Jun 25

FR#9410 Jun 30 - Aug 27

No class Apr 21, May 19.

Forever Fit: Level 2

50+ yrs • Moncrief Hall

This class offers options for varying fitness levels, with both moderate and more challenging exercises to help you build strength and stability while staying active and having fun. Perfect for those ready to push themselves at their own pace.

Instructor: Sharon Aul

Mon, Wed & Fri

8:30 - 9:30 am

FR#9375 Mar 31 - Jun 27

FR#9409 Jun 30 - Aug 29

No class Apr 18, 21, May 19.

Line Dance Easy

50+ yrs • Buchanan Hall

Fun-to-do easy beginner dances that move your body and soul! A new approach to line dance that begins and ends with a few stretches for warmups and cool down. It emphasizes repetition and proper technique along with the joy of movement. Rumba, swing, country, waltz...we've got them all!

Instructor: Nimisha Jimenez

Wednesdays

10:00 - 11:15 am

FR#9378 Apr 9 - Jun 11

FR#9408 Jul 9 - Aug 20

Stretch & Strength

50+ yrs • Moncrief Hall

Build your strength, endurance, and increase balance through resistance training before finishing off with a long set of stretching to encourage flexibility and recovery.

Instructor: Laurie Baird

Tuesdays & Thursdays

6:30 - 7:30 pm

FR#9388 Apr 1 - Jun 26

Adult Fitness

Strength & Endurance

16+ yrs • Moncrief Hall

Join Ally for a solid workout designed to build cardio, endurance & strength. This is an intermediate level workout that can be scaled up or down to meet your fitness needs.

Instructor: Ally Greer

Mondays
5:30 - 6:30 pm

FR#9419 Mar 31 - May 26 \$63/7

FR#9443 Jun 2 - 30 \$45/5

FR#9444 Jul 7 - 28 \$36/4

FR#9445 Aug 11 - 25 \$27/3

No class Apr 21, May 19, Aug 4.

Wednesdays
5:30 - 6:30 pm

FR#9420 Apr 2 - May 28 \$81/9

FR#9446 Jun 4 - 25 \$36/4

FR#9447 Jul 2 - 30 \$45/5

FR#9448 Aug 6 - 27 \$36/4

Strength & Endurance with childminding

16+ yrs • Gymnasium



Ally's same Strength & Endurance class that you love (see above), plus toys and supervision for your preschoolers. Tots play in one half of the gym while you work out in the other. *childminding not available during July & August.

\$2/child is payable at reception.

Instructor: Ally Greer

Tuesdays
9:15 - 10:15 am

FR#9422 Apr 1 - May 27 \$81/9

FR#9452 Jun 3 - 24 \$36/4

FR#9453 Jul 8 - 29 \$36/4

FR#9454 Aug 5 - 26 \$36/4

No class Jul 1.

Thursdays
9:15 - 10:15 am

FR#9421 Apr 3 - May 29 \$81/9

FR#9449 Jun 5 - 26 \$36/4

FR#9450 Jul 10 - 31 \$36/4

FR#9451 Aug 7 - 28 \$36/4

No class Jul 3.

Lunch Express HIT

16+ yrs • Moncrief Hall

Beat the afternoon doldrums by kicking up the cardio and pumping a little iron in this bite-sized, high-intensity class. In just 40 minutes, you'll be ready to face the rest of your day feeling alert, refreshed and stronger than ever!

Instructor: Ally Greer

Wednesdays
12:10 - 12:50 pm

FR#9423 Apr 2 - May 28 \$63/9

FR#9455 Jun 4 - 25 \$28/4

20/20/20

16+ yrs • Moncrief Hall



Three workouts in one! The 20/20/20 class is designed to give you the ultimate challenge and total body workout. Sweat through 20 minutes of cardio, 20 minutes of strength training, finishing off with 20 minutes of stretching and core work. Are you ready for the challenge?

Instructor: Sharon Aul

Tuesdays
8:30 - 9:30 am

#9436 Apr 1 - Jun 24 \$117/13

#9437 Jul 8 - Aug 26 \$72/8

Chair Fit

16+ yrs • Buchanan Hall



Improve strength, flexibility, and energy with low-impact exercises—all while seated, using a sturdy chair for support! Perfect for those looking to stay active while minimizing joint strain. Fun, safe, and effective!

Instructor: Sharon Aul

Mondays
11:05 - 11:45 pm

#9435 Mar 31 - Jun 30 \$84/12

No class Apr 21, May 19.

TRX Strength & Cardio

16+ yrs • Gymnasium

Get ready to increase your power, strength and endurance with this dynamic total-body TRX class. Ally combines suspension strength training, cardio-intensive intervals and serious core challenges for a mix of gravity resistance and power building that may just be the ultimate workout!

Instructor: Ally Greer

Tuesdays
5:15 - 6:15 pm

FR#9425 Apr 1 - May 27 \$81/9

FR#9456 Jun 3 - 24 \$36/4



follow us

Spring/Summer Registration Starts Monday March 10

Summer Camp Registration Starts Monday April 28 | **See page 57**





Yoga

Yoga for Guys

14+ yrs • Buchanan Hall
An all-levels class for guys that uses a combination of mental focus, conscious breathing and slow, mindful movement through a variety of postures and exercises to improve flexibility, balance and strength.

Teacher: Jeff Hubbick
Tuesdays
7:30 - 8:30 pm
FR#9347 Apr 1 - Jun 24 \$117/13

Youth Fitness

Youth Strength & Endurance

(Formerly This Girl Can)

13-18 yrs • Moncrief Hall
A class specifically designed for young women and female-identifying participants. Increase your strength, endurance and overall fitness while creating healthy habits and instilling a life-long love of exercise.

Instructor: Ally Greer
Mondays
4:30 - 5:30 pm
#9429 Mar 31 - Jun 23 \$77/11
No class Apr 21, May 19.

Register ONLINE at
cumberland.ca/recprograms



Spin

Lunch Express Spincross

16+ yrs • Moncrief Hall
A challenging spin combined with core-building floor exercises delivered in a highly motivating, fun-forward group environment. Great for all-around fitness!

Instructor: Ally Greer
Thursdays
12:10 - 12:50 pm
#FR9424 Apr 3 - May 29 \$63/9

Spincross

16+ yrs • Moncrief Hall
Intense spins combined with floor exercises that will improve your strength, boost your fitness and deliver a fun, challenging workout every time. Find out why Paul's classes have been a local favourite for more than a decade!

Instructor: Paul Purin
Tuesdays
5:00 - 6:15 pm
FR#9365 Apr 1 Jun 24 \$117/13
FR#9407 Jul 8 - Aug 26 \$72/8
Wednesdays
7:00 - 8:15 pm
FR#9431 Apr 2 - Jun 25 \$117/13
FR#9432 Jul 9 - Aug 27 \$72/8

Weekend Warrior Yoga

14+ yrs • Buchanan Hall
A slow practice focusing on stretching, mobility and functional movement. Prevent injuries, promote flexibility and achieve the most from your body!

Teacher: Christina Roersma
Saturdays
9:30 - 10:30 am
FR#9366 Apr 5 - May 31 \$81/9

Noon Hatha Yoga

14+ yrs • Buchanan Hall
A balanced practice of breath, body and mind to strengthen and stabilize the body while replenishing the soul.

Teacher: Christina Roersma
Mondays
12:05 - 12:55 pm
FR#9367 Mar 31 - May 26 \$63/7
FR#9412 Jun 23 - Aug 18 \$72/8
No class Apr 21, May 19.

Want to play
disc golf?
Discs are available
to rent at the
Cumberland
Recreation Center

Explore the Wild Summer Day Camps



Explore the Wild Camp

6-11 yrs • No. 6 Mine Park

Our Explore the Wild summer camps offer the best of summertime living in the Village of Cumberland, with a focus on active outdoor recreation in a safe and supportive environment.

Every camp is filled with a diverse range of activities designed to challenge, engage and inspire. Each week presents new adventures and discoveries but, regardless of which week you choose, your child(ren) will enjoy plenty of fresh air, games, exploration, nature education and a healthy dose of splashy splashy fun. Most camp activities will be outdoor except in the case of extreme weather.

But wait, there's more! On Friday of each week your child(ren) will enjoy a fun-filled day at Comox Lake exploring the unique natural areas of Cumberland Lake Park and enjoying a cool-off in Comox Lake under the supervision of camp leaders. PDFs will be provided.

Get ready for a camp filled with excitement, camaraderie and adventure!

Monday - Friday
9:00 - 4:00 pm
\$195/5 day camp
\$156/4 day camp*
\$117/3 day camp**

#9392 July 2 - 4**
#9393 July 7 - 11
#9394 July 14 - 18
#9395 July 21 - 25
#9396 July 28 - August 1
#9397 August 5 - 8*
#9398 August 11 - 15
#9399 August 18 - 22
#9400 August 25 - 29

Drop-Off and Pick-Up

Drop-off and pick-up will be at No. 6 Mine Park Monday - Thursday. On Friday of each week, drop-off and pick-up is at the covered area on the beach at Comox Lake (Cumberland Lake Park).

Junior Explorers Camp

3-5 yrs • Village Park

Each Junior Explorers camp offers a bite-sized taste of Explore the Wild for our youngest adventurers! Each week has its own unique theme and incorporates activities like nature walks, crafts, Slip 'n' Sliding, splash park frolicking and more! Activities are inspired by our own imaginations, with an ultimate goal of fun for all. **All children must be out of diapers** (Pull-Ups are still considered diapers).

Instructors: Rikki Warwaruk

Tuesday - Friday

9:00 - 12:00 pm

#9401 Jul 15 - 18 \$130

#9402 Aug 12 - 15 \$130

Don't Forget! Registration for all summer camps begins **Monday, April 28** at 7:00 am. See page 49 for ways to register.



Cumberland Summer Camps



follow us 

Spring/Summer Registration Starts Monday March 10

 Summer Camp Registration Starts Monday April 28 | See page 57





Specialty Camps

Little Ninjas Camp

3-5 yrs • Gymnasium

This half-day gymnastics camp features everything your kids love about our weekly Little Ninjas program, including skills like jumping, swinging, rolling, vaulting, balancing and climbing. Plus, weather permitting, we'll mix it up with nature walks and other outdoor fun. **All children must be out of diapers** (Pull-Ups are still considered diapers).

Instructor: **Rikki Warwaruk**

Tuesday - Friday
9:00 - 12:00 pm

#9403 Jul 22 - 25 \$150

#9404 Aug 19 - 22 \$150

Young Cooks Camp

9-13 yrs • Recreation Centre Kitchen

Presented by LUSH Valley

Your future Master Chef will learn fundamental culinary and food safety skills in this engaging day camp. From knife skills to dish-washing, fresh linguine to arroz con leche, students will gain confidence in the kitchen and learn recipes from around the globe. Financial assistance is available. Please email admin@lushvalley.org to inquire about bursaries.

Monday - Friday
9:00 - 12:00 pm

#9405 Jul 21 - 25 \$175

#9406 Aug 11 - 15 \$175

Rising Stars of the Stage Camp

10-15 yrs • Buchanan Hall

NEW

Experience the joy of theatre with The SEA School of Acting's - *Rising Stars of the Stage Summer Camp*. Run by professional actor & writer Stephen, these camps offer an immersive experience for your imagination to run wild, and to channel your energy into embodying characters on stage. You'll build confidence through exciting games and improvisation activities, while working towards a small group performance on the last day. Get ready for collaborative learning and imaginative play!

Instructor: **Stephen Authur**

Monday - Friday
Tuesday - Friday*
8:30 - 12:30 pm

#9439 Jul 28 - Aug 1 \$185

#9458 Aug 5 - 8* \$145

Girls Get Outside Camp

7-12 yrs • No. 6 Mine Park

NEW

& Forest

Girls Get Outside is specifically targeted toward female-identifying participants. Build confidence, empowerment and a spirit of adventure in this fun summer camp!

Instructor: **Renée Baron**

Monday - Friday
9:00 - 1:00 pm

#9438 Jul 14 - 18 \$150

Soccertron Full Day

7-14 yrs • Village Park

Almost a full soccer season packed into one glorious week! Improve individual techniques such as defending, attacking and creating space. Plus, enjoy some refreshing splash park sessions and come home with a free t-shirt to keep.

Monday - Friday

Tuesday - Friday*

9:00 - 4:00 pm

#9459 Jul 14 - 18 \$297

#9460 Aug 5 - 8* \$238

SOCCERTRON HALF DAY

6-14 yrs • Village Park

Improve your soccer skills while having a blast in this fun-forward program led by Soccertron's enthusiastic coaches. Participants will be divided into separate age groups. Soccertron t-shirt included.

Monday - Friday

Tuesday - Friday*

9:00 - 12:00 pm

#9461 Jul 14 - 18 \$182

#9462 Aug 5 - 8* \$145

SOCCERTRON TOTS

3-5 yrs • Village Park

Budding soccer stars and any kids with an interest in the beautiful game are introduced to skills in a fun, safe environment. Soccertron t-shirt included.

3 - 4 yrs

Monday - Friday

Tuesday - Friday*

9:30 - 10:30 am

#9463 Jul 14 - 18 \$110

#9464 Aug 5 - 8* \$87

4 - 5 yrs

Monday - Friday

Tuesday - Friday*

10:45 - 11:45 am

#9465 Jul 14 - 18 \$110

#9466 Aug 5 - 8* \$87



Welcome!

Courtenay Recreation has a full line-up of spring and summer events in this guide, including Easter Promenade, Canada Day, Simms Concert Series, Nickel Carnival and Pooch-A-Poolooza.

There's also a very special youth only event: BC Youth Week from May 1 to 7 at the LINC Youth Centre. This annual event is a celebration of the value, diversity and positive contributions youth make in our community. Courtenay Recreation and the LINC Youth Centre have activities throughout the week including a SK8 Skate Park Jam, BBQ, Extreme Rec Night, Gnarly Youth Craft Fair, contests, prizes, food and free drop-ins. It's a great week and I encourage all Comox Valley youth to check it out. See page 84 for more on Youth Week.



Courtenay Mayor
Bob Wells

Courtenay Recreation Table of Contents

Programs

- Early Years (Preschool).....62
- Children's Programs67
- Youth Programs80
- Daycamps At A Glance.....86
- Summer Daycamps.....88
- Adapted Programs for Adults with Disabilities.....104
- Adult Programs108
- Wellness Centre118
- Active Living119
- Fitness120
- Personal Training.....128
- Evergreen Club.....136

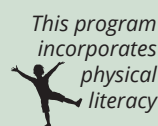
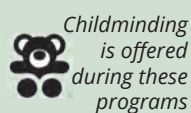
General

- Cozy Corner Preschool.....61
- Squash.....117
- Outdoor Pool.....129
- Registration.....135

Facilities

- The LINC Youth Centre.....85
- Wellness Centre.....118
- Lewis Centre Facility Rentals.....138
- Filberg Centre & Native Sons Hall Facility Rentals.....139
- Courtenay Parks.....140
- Culture Groups.....144

Legend:





Lewis Centre

The Lewis Centre offers a Wellness Centre, gymnasiums, meeting rooms, squash courts, and Cozy Corner Preschool. An outdoor stage is also available for booking.

Office Hours

Mon - Fri 7:30 am - 8:45 pm
Sat & Sun 8:30 am - 12:00 pm
& 1:15 - 4:00 pm

Facility Hours

Mon - Fri 5:30 am - 9:00 pm
Sat & Sun 8:30 am - 4:00 pm



Phone: **250-338-5371**
Fax: 250-338-8600
Email: rentals@courtenay.ca
489 Old Island Highway,
Courtenay, BC V9N 3P5
www.courtenay.ca/lewis



Florence Filberg Centre

The Florence Filberg Centre offers a wide range of room rentals: meeting rooms, conference facilities with kitchens and more. A senior's centre also offers daily activities.

Office Hours

(for Florence Filberg Centre & Native Sons Hall facilities)
Monday to Friday
8:30 am - 4:00 pm



Phone: **250-338-1000**
Fax: 250-338-0303
Email: rentals@courtenay.ca
411 Anderton Avenue,
Courtenay, BC V9N 6C6
www.courtenay.ca/filberg



The LINC Youth Centre & Indoor Skatepark

The LINC houses an indoor skateboard park, concession, games room, computer lab and meeting room. The LINC offers drop-in activities and youth programs.

For up to date hours please call 250-334-8138 or visit www.courtenay.ca/linc



Phone: **250-334-8138**
Email: rentals@courtenay.ca
300 Old Island Highway,
Courtenay, BC V9N 3P2
www.courtenay.ca/linc



Facility Closures:

February 17	Family Day
April 18	Good Friday
April 21	Easter Monday
May 19	Victoria Day
July 1	Canada Day
August 4	BC Day



COZY CORNER Preschool

at the Lewis Centre
Ages 3 - 5 years

489 Old Island Highway,
Courtenay

250-338-5371
courtenay.ca/cozycorner

*Now with a dedicated
outdoor play space
thanks to funding from
Service Canada.*



'Children need the freedom and time to play. Play is not a luxury. Play is a necessity.'
- Kay Redfield Jamison
Professor & Psychologist



Join our fully qualified and experienced Early Childhood Educators in a nurturing play-based environment.

Our goal encourages not just learning, but the love of learning. We focus on the importance of social skills with both large and small groups to work together to solve problems by providing diverse experiences and safe exploration. We believe each child's voice should be heard to promote a sense of belonging and a sense of self.

Our flexible and hands-on approach will maximize the learning potential for playful exploration and new discoveries. We believe children learn in many ways; a play-based approach that engages children with natural elements and open-ended materials provide a pathway for individual learning.

Spaces available.
Register now!

Preschool Hours:

Monday, Wednesday & Friday

8:30 am - 12:00 pm OR 12:30 - 4:00 pm

Tuesday & Thursday

8:30 am - 12:00 pm OR 12:30 - 4:00 pm

Monthly Fees:

M/W/F \$185/3 days per week

T/Th \$125/2 days per week

Program runs September through June




Spring Early Years Drop-in Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Childminding April 1 - June 30						
8:45-10:30am	8:45-10:30am	8:45-10:30am & 4:45-6:30pm	8:45-10:30am	10:15-11:45am	8:45-10:30am	
Parent & Tot <small>see program description below for dates</small>			Toddler Gym 9:00-10:00am or 10:30-11:30am or 11:30am-12:30pm			Morning Play Time 9:15-10:30am
Family Gymnastics April 5 - June 16						
(sensory-friendly) 11:00am-12:00pm	(all-ages) 11:30am-12:30pm				(5 yrs & under) 9:00-10:00am or (all-ages) 11:30am-12:30pm	
<i>schedule subject to change</i> no drop-ins on stat holidays schedule updates at courtenay.ca/drop-in						

Drop-in Programs


Parent & Tot Morning PlayTime

(1 - 5 years)
Drop in with your parent and friends to take part in social and active play. This program provides unstructured play time with a variety of fun equipment and toys. Adult participation is required.

#15825 Sundays 
April 6 - June 1
9:15 - 10:30 am
Lewis MP Hall B
\$3/drop-in

Parent & Tot Gymnastics

(5 years & under)
This class welcomes children and their caregivers to come run, jump, bounce and laugh with us this spring! Our enthusiastic coaches will supervise this fun and safe play. Limited to 20 spots. Adult participation required.

#15688 Saturdays 
April 5 - June 14
9:00 - 10:00 am
Vern Nichols Gymnasium
\$6.50/drop-in


Parent & Tot Art Adventures

(1 - 5 years)
This activity is for our little friends, 1 - 5 years old who are very curious and ready to experiment and learn with art based materials with their caregivers. Each week will be a different project that can be completed together. Register for one week - or sign up for them all! Please only register one person/family in the program.


#16532 Tuesdays
April 8 - May 27
10:00 - 11:00 am
Lewis Craft Room B
\$4/family/drop-in
\$24/8 per family



Toddler Gym

Join us for some open gym free-play with ride on toys, tunnels, tumbling mats, and more. Introduce your child to active living and learning through play. Adult participation is required.

Thursdays 
April 3 - June 12
#15822 Curious Crawlers
(birth - 18 months w/ adult)
9:00 - 10:00 am
#15823 Wobbly Walkers
(1 - 3 years old w/ adult)
10:30 - 11:30 am

Childminding

(newborn - 11 years) 
Our drop-in childminding services provide a fun and safe environment for children to be active. Childminding is available for up to 1¾ hours for patrons of the facility. Parents or caregivers must remain in the facility while children are in childminding, and cell phone contact is required. No childminding on stat holidays.

Monday - Thursday 
8:45 - 10:30 am
Friday 10:15 - 11:45 am
Saturday 8:45 - 10:30 am
 Wednesdays 4:45 - 6:30 pm
April 1 - June 30
\$3.15/1.75 hours *includes gst*
\$30/10 punchcard

#15824 Little Movers
(4 years & under w/ adult)
11:30 am - 12:30 pm
Lewis MP Hall
\$ 3/drop-in/child



Special Interest

Budding Bakers

(3 - 5 years)

Whisk, mix and flip up some fun while you bake a fun treat each week. Children will make a sweet or savory snack, while learning to safely roll, grate, pat, mix and spread. Experience cooking with all 5 senses, especially taste!

Instructor: Anna-Maria

#15548 Fridays

May 16 - June 13

12:00 - 1:30 pm

Lewis Craft Room A

\$75/5

Nature Detectives

(3 - 5 years)

Get outside and learn about the nature around you! It's time to take curious kids outside to hop on the trails and explore. They will spend time exploring bugs, birds, animals and plants, playing different games and making nature crafts!

#15827 Wednesdays

May 14 - June 18

10:30 am - 12:00 pm

Lewis Salish Building

\$60/6

Parent & Tot Explore with Me

(1 month - 3 years w/ adult)

This program will encourage parents and young children to socialize, play and share experiences together. You will help introduce your child to creative play, by increasing their exploration skills through the sensory materials provided. Come prepared to play!

#15851 Wednesdays

April 2 - 16

9:30 - 10:30 am

Lewis Craft Room B

\$25/3



Kooky Cooking

(3 - 5 years)

Preschoolers will get started in the kitchen with this fun interactive class. From kitchen safety to measuring and mixing ingredients and of course, lots of eating, our classes are designed to fostering a love of cooking!

No class April 18.

Instructor: Anna-Maria

#15551 Fridays

April 4 - May 9

12:00 - 1:30 pm

Lewis Craft Room A

\$75/5

Messy Masterpieces

(3 - 5 years)

A fun atmosphere for young children to explore many different ways of creating art. They will progress their creativity and experience innovative ideas to create masterpieces. Be sure to wear clothes that can get messy.

#16450 Thursdays

April 10 - May 8

9:30 - 11:00 am

Lewis Craft Room B

\$65/5

Mini Chefs

(3 - 5 years)

Our chefs in training will learn the basics of food and nutrition in this course designed for young children. They will learn to prepare yummy treats and nutritious snacks in a safe environment.

Instructor: Anna-Maria

#15552 Tuesdays

April 8 - May 13

12:00 - 1:30 pm

Lewis Craft Room B

\$85/6

Plan Ahead!

Spring & Summer programs are now featured in one guide, giving you early access for planning summer activities! **Spring registration** starts March 10.

Summer registration starts **April 28.**

Look for **ORANGE** activity codes for summer registration. Check out the inside front page for more details on this change. See pages 88 - 90 for Early Years Summer Mini Camps.



Spring Program Registration starts Monday March 10



Summer Program Registration starts Monday April 28

See page 135



Movement

Dance with Me: Intro to Creative Dance

(2 - 5 years w/ adult)
 This class for caregivers and tots is a fun way to begin learning the basic movement of dance. We use unstructured movement to engage children. Bring your child out and stimulate their mind with music and movement. This is a great intro class to Preschool Creative Dance. **No class April 23.**

Instructor: Leigha Wald
#15549 Wednesdays
 April 9 - June 18
 11:00 - 11:30 am
 Lewis MP Hall A
 \$70/10



Toddler Yoga

(1 - 5 years)
 Introduce your little ones to yoga early! This fun class includes breathing practices, songs, stretches, silly wiggles, and animal sounds. Children will be taught and guided through simple yoga poses all while focusing on fun. This class is geared towards kids aged 18 months to 5 years, but parents are encouraged to join in the fun too.

Instructor: Kelly Yaskiw
#15680 Fridays
 April 25 - June 20
 9:00 - 9:45 am
 Lewis Salish Building
 \$90/9

Preschool Acro

(3 - 5 years)
 Build confidence and gain awareness in this class. Acro is a balance of dance and gymnastics and for children under 5, it provides children with a great starting point to increase flexibility, strength and versatility! Have fun playing Acro-based games, taking part in obstacle courses and instructional skill development! **No class April 21, 28 & May 19.**

Instructor: Leigha Wald
#15553 Mondays
 April 7 - June 16
 10:15 - 11:00 am
 Vern Nichols Gym
 \$90/8



Intro to Ballet

(3 - 5 years)
 All the basics of ballet are explored in a fun and inspiring environment that encourages your dancer to build confidence and build a foundation for movement through dance.

No class April 21, 28 & May 19.

Instructor: Leigha Wald
#15550 Mondays
 April 7 - June 16
 1:15 - 2:00 pm
 Lewis MP Hall A
 \$90/8



Preschool Creative Dance

(3 - 5 years)
 Beginner dance steps are taught through play, imagination, story telling and great music. The perfect first dance class for your little one! **No class April 23.**

Instructor: Leigha Wald
#15554 Wednesdays
 April 9 - June 18
 11:45 am - 12:30 pm
 Lewis MP Hall A
 \$110/10



Baby & Me Yoga

Spend time bonding with your baby while you regain strength, flexibility and balance all while having the opportunity to connect with other moms. This class is open to babies six-weeks-old until crawling.

Instructor: Akiko Shima
 Thursdays
#15665 April 3 - May 8
#16546 May 15 - June 19
 3:00 - 4:00 pm
 Lewis Meeting Room
 \$72/6
#16438 July 9 - August 28
 10:30 - 11:30 am
 Puntledge Park
 \$96/8

Register ONLINE at
courtenay.ca/reconline
 For updates & schedule
 changes, go to
www.courtenay.ca/rec



Soccer Stars

(3 - 5 years)

Run, kick, pass, shoot, dribble and practice skill based games as we introduce you to basic soccer skills. Learn how fun it is to be part of a team as you develop your listening skills, physical co-ordination, teamwork and fitness. Parent participation as needed.

Instructor: Robin Nordling

Saturdays

April 5 - May 3

#15555 9:00 - 9:45 am

#15556 10:00 - 10:45 am

Lewis MP Hall

\$35/5

Saturdays

May 17 - June 14

#15557 9:00 - 9:45 am

#15558 10:00 - 10:45 am

Lewis Park Soccer Field

\$35/5



Preschool Floor Hockey

(3 - 5 years)

This program will focus on the enjoyment of the game, while teaching players the basic skills required to play. Players will play a variety of games designed to teach them how to hold the stick, make a pass, and take a shot all while having fun. Parent participation as needed. For this age group, we use foam hockey sticks and balls.

#16460 Thursdays

April 10 - May 15

11:30 am - 12:15 pm

Lewis Vern Nichols Gym

\$45/6



Register Online:



Sports & Games

(3 - 5 years)

Come play with us! In this program the focus is FUN. Your child will work on a variety of skills while learning new games and sports each week and making new friends.

#15829 Wednesdays

April 16 - May 14

9:15 - 10:00 am

Lewis Vern Nichols Gym

\$35/5



Mini Athletes

(3 - 5 years)

This program will introduce your preschooler to a variety of sports and equipment. Everyone will be encouraged to move their body in a range of ways and directions regardless of their ability. The instructors will use positive reinforcement in a fun, sporty environment to engage your child.

#15830 Thursdays

May 8 - June 12

2:30 - 3:15 pm

Lewis Soccer Field

\$45/6



Courtenay Recreation



Easter Promenade

(1 - 6 years with adult)

Saturday April 19

11:00 am - 1:00 pm

Lewis Outdoor Stage

\$10/family

space is limited, please register in advance

Egg hunt, Easter crafts, games, unstructured play and a visit from the Easter Bunny

courtenay.ca/easter



Spring Program Registration starts Monday March 10



Summer Program Registration starts Monday April 28

See page 135



Gymnastics

Kindergym & Trampoline

(3 - 5 years)
Get ready for fun as you learn, take turns and work with your group as we practice movements, play games, run, roll, climb, jump and explore the gymnastic equipment and trampoline! This class could help you realize your love for gymnastics and trampoline and help focus some of your energy.

#15445 Tuesdays
April 8 - June 17
1:00 - 2:00 pm
Vern Nichols Gym
\$199/11



Family Gymnastics

(all-ages [except where noted] w/ an adult)
Get ready to run, jump, swing, bounce and play together as you explore the best indoor playground around! During our Monday timeslot we've created a sensory-friendly environment, with lower lights, no music and stream-lined equipment. Adult participation required. **No class April 21 or May 19.**

Saturdays
April 5 - June 14
#15688 9:00 - 10:00 am
(5 years & under)
#15689 11:30 am - 12:30 pm
Vern Nichols Gym
\$6.50/drop-in

Ninja Kids

(3 - 5 years)
Get those heart rates up in this fun, parkour-style class using the gymnastics equipment! Our staff will have your active child running, climbing, crawling, rolling and exploring new movements through a wide range of activities while making new friends!

No class April 21 or May 19.
#15446 Mondays
April 7 - June 16
12:15 - 1:15 pm
Vern Nichols Gym
\$164/9



Tot Tumblers & Trampoline

(2 years & under w/ an adult)
Take those first little steps into organized gymnastics, guided by your fun and knowledgeable gymnastics staff! You'll learn basic movements, play games, run, roll, climb and explore on all the equipment set up in our gym with the help of a parent! This class could help your child realize their love for gymnastics and help focus some of their energy! Parent participation required.

#15451 Tuesdays
April 8 - June 17
10:30 - 11:15 am
Vern Nichols Gym
\$114/11



Intro to Gymnastics

(3 - 5 years)
Run, jump, land, climb, rotate and swing. Our knowledgeable, playful, friendly staff will connect you to a lifetime of learning and physical activity. Complimentary skills include working with your parent as an instructor leads you through individual basic skill, moving safely around the gym. Your child can be ready to work independently or work towards independence. Parent participation as needed. **No class April 21 or May 19.**

#15444 Mondays
April 7 - June 16
1:30 - 2:30 pm
Vern Nichols Gym
\$164/9



Look for this symbol throughout Courtenay Rec pages for programs that incorporate Physical Literacy.



Birthday Parties

Archery Adventure Birthday

NEW

(7 years & over)
Join us for an exhilarating archery adventure! Get ready to unleash your inner archer with a fun-filled afternoon of games, challenges and friendly competition. Learn archery basics, test your skills with target practice, play archery games and more! Then, enjoy the second hour in one of our party rooms where you can enjoy snacks, cake, open presents and more. Host parent must be present. Maximum 12 participants.

Saturdays starting April 5
1:45 - 3:45 pm
Lewis MP Hall &
Craft Room B
\$155

Birthday Parties at The LINC

(8 years & over)
Register for an original birthday party package. We organize the games, provide supervision, and clean up! Choose from a variety of themes:

- dodgeball
- gaming
- skatepark
- general
- karaoke
- make & take (tie-dye t-shirt or slime)

Or combine themes to make a party all your own! Host parent must be present. Maximum 12 participants.

Saturdays starting April 5
10:15 am - 12:15 pm **or**
12:45 - 2:45 pm **or**
Sundays starting April 6
11:15 am - 1:15 pm **or**
1:45 - 3:45 pm
LINC Youth Centre &
Indoor Skatepark
\$155

make & take &/or 3 large pizzas can be added for an extra fee

Gymnastics & Trampoline Birthday

(3 years & over)
Whether you have an agile gymnast or a ninja warrior, this party is bound to be a ton of fun. In the first hour our enthusiastic coaches will supervise your group in our fun-filled space while they play on the gymnastics set up. Once you have jumped, spun and run your way to fun, enjoy the second hour of your party in one of our party rooms where you can serve treats, open presents and more. Host parent must be present. Maximum of 12 children.

Saturdays starting April 5
10:15 am - 12:15 pm **or**
1:45 - 3:45 pm
Lewis Centre Gym &
Craft Room A
\$155

Power Play Birthday

(3 years & over)
Get ready to run, jump, throw, kick and score your way to fun! This high-energy party offers you an hour of instructor-lead active play in our gymnasium with structured games, sports scrimmages, free time with the equipment and toys, or a mixture of both! After burning off some of that energy, enjoy the second hour of your party in one of our party rooms where you can serve treats, open presents and more. This party is guaranteed to be a blast! Host parent must be present. Maximum 12 participants.

Sundays starting April 6
11:30 am - 1:30 pm
Lewis MP Hall &
Craft Room B
\$145

Maximum 12 party guests and host parent must be present for all birthday party packages.



Spring Program Registration starts Monday March 10

Summer Program Registration starts Monday April 28

See page 135



Special Interest

Aspiring Architects

(9 - 11 years)

Do you have an aspiring architect on your hands? Whether they dream of skyscrapers or a humble Lego house, we'll explore aspects of structures and tap into creativity. From tallest tower challenges to mapping out your dream play space, this class will keep you busy and engaged as we learn about shapes and simple designs!

#15544 Mondays

May 26 - June 23

4:00 - 5:30 pm

Lewis Craft Room A

\$85/5

Super Scientists

(8 - 10 years)

Whether you're a super genius or a super villain, you'll be sure to have a super reaction to this scientifically fun class! Gather your beakers and safety goggles, it's about to get crazy as we explore the world of everyday science. From the kitchen, magnets, circuits, it's all part of this wild and fun science based program!

#15545 Wednesdays

May 7 - June 4

3:30 - 5:00 pm

Lewis Craft Room B

\$85/5

Minecraft Mayhem

(7 - 9 years)

It's a pixelated world, and we're just exploring in it! From designing your own model world to dirt block cupcakes, each week will immerse you in the Minecraft World! Engage in hands on activities and games sure to spark your creativity!

#15547 Fridays

May 16 - June 13

5:15 - 6:45 pm

Lewis Craft Room B

\$85/5

Comic Kids

(8 - 10 years)

Do you love the action of a good comic book? Have you ever thought about making your own comic strip? Learn about story boards, character development and other story creation tricks during this hands on, creative class!

#15538 Wednesdays

April 2 - 30

3:30 - 4:30 pm

Lewis Craft Room B

\$60/5

Fantastic Worlds

(7 - 9 years)

Step into enchanting realms, to create your own magical lands of elves, faeries and more! Each week participants will explore fantasy worlds, bringing to life the creatures and landscapes of their imaginations! We will create dragon's eggs and powerful wands, engage in interactive games & quests and so much more!

#15612 Saturdays

April 5 - May 3

11:00 am - 12:30 pm

Lewis Craft Room B

\$85/5

Science Detectives

(K - 7 years)

Young minds embark on thrilling adventures to uncover the mysteries of science! Designed to encourage curious minds of budding scientists, we will dive into exciting experiments and hypotheses! From volcanoes to the stars, every day will be packed with fun!

#15546 Thursdays

April 10 - May 8

3:30 - 5:00 pm

Lewis Craft Room A

\$85/5

Register ONLINE at
courtenay.ca/reconline
 For updates & schedule
 changes, go to
www.courtenay.ca/rec

Get Creative

Crafty Creations

(9 - 11 years)

Imagination and crafting collide! Join us each week for a fun project and expand your craft horizons. You will be guided through cool crafts that you can put your own imaginative spin on!

#15613 Thursdays
 April 10 - May 8
 6:00 - 7:00 pm
 Lewis Craft Room A
 \$70/5

Sew Fun

(8 - 10 years)

Have you ever wanted to learn to make your own stuffed friend or a fashionable bag to carry your books? Join us as we explore the basics of sewing and stitching. We'll start with simple hand skill projects and build confidence and understanding of this important life craft.

#15608 Wednesdays
 April 2 - 23
 3:15 - 4:45 pm
 Lewis Craft Room A
 \$85/4

Sewing Level 1

(9 - 11 years)

Get your creative juices flowing learning the basics of sewing. You'll learn to use the sewing machine as you create a pillow case and if time, a pair of pj pants/shorts. Some fabric may be available for student use, but if you desire special fabric, a supply list will be provided.

#15609 Wednesdays
 April 30 - May 21
 3:15 - 5:15 pm
 Lewis Craft Room A
 \$115/4

Please check receipts for important program information.

Homeschool Pottery Party

(7 - 9 years)

Explore your creative side with clay. You'll practice pinch, slab, coil and sculpting methods while making cool projects. Gather with friends and get ready to create!

Instructor: Bobbie Hammersley
#15764 Thursdays
 April 10 - June 12
 1:00 - 2:30 pm
 Lewis Craft Room B
 \$235/10

Island Adventures in Art

(6 - 8 years)

Capture the essence of exploring and creating art inspired by our beautiful Island home! Each week participants will work on a mini project that is inspired by the beautiful and diverse environment of Vancouver Island. A fun and imaginative journey for any young artist! **No class April 21.**

#15541 Mondays
 April 7 - May 12
 3:45 - 4:45 pm
 Lewis Craft Room B
 \$70/5

Pottery Pals

(7 - 12 years)

Experience the fun of creating with clay! Kids will learn pinch, slab, coil and sculpting methods while creating functional and sculptural pieces.

Instructor: Bobbie Hammersley
 Tuesdays
 April 8 - June 10
#15539 3:00 - 4:30 pm **7 - 9 years**
#15540 5:00 - 6:30 pm **10 - 12 years**
 Lewis Craft Room B
 \$235/10

Imagine Works

(K - 7 years)

Have a creative kid who loves a challenge? Each week participants will use their imaginations to transform the "secret supplies" into grand master pieces or spectacular gadgets. Turn something simple into your wildest dreams as you test new methods and follow your curiosity.

#15870 Tuesdays
 April 8 - May 6
 3:30 - 5:00 pm
 Lewis Craft Room A
 \$89/5



Spring Program Registration starts Monday March 10

Summer Program Registration starts Monday April 28

See page 135



Cooking

Crafty Kitchen

(K - 7 years)

Tantalize your taste buds and satisfy your imagination as you create savory dishes and imaginative crafts. At the end of the course you will bring home a book of tasty recipes and creative craft creations.

#15542 Tuesdays

May 13 - June 10

3:30 - 5:00 pm

Lewis Craft Room A

\$110/5

Little Bites

(K - 7 years)

An introduction to the world of culinary exploration for little chefs, Little Bites is a delicious dive into learning your way around a kitchen. We will explore new flavours and foods with familiar favourites to promote adventurous eating and basic kitchen skills.

#15873 Sundays

April 13 - May 4

11:00 am - 12:30 pm

Lewis Craft Room A

\$89/4

K: children currently attending kindergarten can register for this program

Bakers Ready

(8 - 10 years)

Bakers get ready! This hands on baking crash course will give you the skills you need to create delicious desserts and flavorful foods with confidence. Challenge your new knowledge with a final recipe where you'll need to have a keen eye to avoid ingredients that could sabotage your dish.

#15611 Thursdays

May 15 - June 12

4:00 - 6:00 pm

Lewis Craft Room A

\$149/5

Plan Ahead!

Spring & Summer programs are now featured in one guide, giving you early access for planning summer activities!

Spring registration starts March 10.

Summer registration starts **April 28.**

Look for **ORANGE** activity codes for summer registration. Check out the inside front page for more details on this information.

Kitchen Basics

(9 - 11 years)

This class is designed to teach participants how to safely prepare foods on their own. Explore simple recipes that are great for when you're home alone, or just want an easy snack. We will learn knife and other kitchen safety tips and tricks while we prepare delicious snacks that anyone can enjoy! **No class April 18.**

#15543 Fridays

April 4 - May 9

3:45 - 5:15 pm

Lewis Craft Room A

\$110/5

Global Cooking

(7 - 9 years)

Go around the world with your taste buds as you learn to create delicious foods from countries all over the globe! Scrumptious dishes await you, as you explore different cultures, spices and ingredients, young traveler!

#15871 Sundays

April 13 - May 4

1:30 - 3:00 pm

Lewis Craft Room A

\$89/4

Delightful Desserts

(9 - 11 years)

Finally, a class where you can have your cake and eat it too! Each week, we'll dive into a new delightful dessert. Participants will learn essential skills like measuring, mixing, and decorating, all while making delicious creations to share with family and friends.

#15872 Wednesdays

April 9 - 23

5:45 - 7:15 pm

Lewis Craft Room A

\$65/3

Please check receipts for important program information.

Spring Break

LINC Family Drop-In

Join us for fun-filled family drop-in at The LINC Youth Centre and enjoy all The LINC has to offer.

Sundays

March 16, 23 & 30

4:00 - 7:00 pm

The LINC Youth Centre

\$5/family



Tween Droop-In at The LINC

(8 years & over)

March 18, 19, 25 & 26

Tuesdays 3:00 - 7:00 pm

Wednesdays 3:00 - 5:00 pm

\$2.50/drop-in



Cougars Spring Break Track & Field Camp

(9 - 12 years)

Join us for some track & field fun this Spring Break! Learn to hurdle, throw a Javelin, reach new heights in High Jump, and much more. We cover most track & field events, always with a focus on skills, fitness, & fun. Sessions are taught by experienced coaches and athletes from our local track club.

Monday - Thursday

#15904 March 17 - 20

#15905 March 24 - 27

9:00 am - 12:00 pm

Vanier Track

\$89/4



Spring Break Family Gymnastics

(all-ages with an adult)

Get ready to run, jump, swing and bounce! Adult participation required.



Monday - Friday

March 17 - 21

#15306 9:00 - 10:00 am

#15307 12:30 - 1:30 pm

Lewis Centre Gym

\$6.50/drop-in



Adventure Camp

(9 - 12 years)

Spring is here - let's go on an adventure! Each day we will visit special places in nature, try out different activities that could include archery tag, rock climbing, caving, play group games, and most of all, have FUN!

#15232 Monday - Friday

March 17 - 21

9:00 am - 4:00 pm

Lewis Park Totem Poles

\$300/5



SB Spring Break program

Register ONLINE at courtenay.ca/reonline
For updates & schedule changes, go to www.courtenay.ca/rec

Does your child require support at school? Ask about our Leisure Buddy Program!

What's a Leisure Buddy? The goal of a Leisure Buddy is to provide 1:1 support to a program participant in an effort to create an inclusive recreation environment. This can include, but is not limited to participants living with physical, cognitive, behavioural or developmental barriers. Leisure buddies are available all throughout summer! Contact Zach for more information at zandres@courtenay.ca or 250-338-5371



Spring Program Registration starts Monday March 10

Summer Program Registration starts Monday April 28

See page 135



Martial Arts

Woo Kim Taekwondo Tigers

(5 - 8 years)

Taekwondo is a traditional Korean martial art and an Olympic sport. In this class students learn Taekwondo with an emphasis on fun. Physical skills such as balance, coordination, and flexibility are coupled with building mental and social skills like confidence, co-operation, and focus. Kids will follow curriculum and learn kicks, hand strikes, blocks, stances and dynamic footwork. We are a sanctioned member of the BC and Canadian Taekwondo Federations.

No class April 21 & May 19.

Instructor: Caleb Orrego

#15455 Mondays & Wednesdays

March 31 - June 18

3:45 - 4:30 pm

Native Sons Grand Hall & Lower Lodge

\$239/22

#15456 Tuesdays & Thursdays

April 1 - June 19

Native Sons Grand Hall

\$264/24



Woo Kim Taekwondo Juniors: White - Green

(8 - 15 years)

Taekwondo is a traditional Korean martial art and an Olympic sport. Starting at white belt, students will progress through the coloured belt system while learning exciting kicks, dynamic hand strikes and Olympic sparring. We maintain a supportive, inclusive and structured learning environment where students can thrive. Classes are varied and fun covering sparring, pad kicking, self-defense and poomsae (patterns). We are a sanctioned member of the BC and Canadian Taekwondo Federations. **No class April 21 & May 19.**

Instructor: Caleb Orrego

#15457 Mondays & Wednesdays

March 31 - June 18

4:40 - 5:30 pm

Native Sons Grand Hall & Lower Lodge

\$239/22

#15458 Tuesdays & Thursdays

April 1 - June 26

4:40 - 5:30 pm

Native Sons Grand Hall

\$264/24



Woo Kim Intro to Taekwondo

(5 - 9 years)

If you've never done Taekwondo before this class is for you. This class is designed to teach kids the basic foundational skills like kicking, blocking, punching, and life skills: courtesy, confidence and perseverance. Kids over 9 please join Junior class directly. We are a sanctioned member of the BC TKD Federation. Instructors permission required to progress to a Tigers/Juniors class.

Instructor: Richard Dobbs

#15454 Tuesdays

April 1 - May 13

4:00 - 4:30 pm

Lewis Activity Room

\$91/7



Woo Kim Taekwondo Juniors: Green - Black

(8 - 15 years)

Taekwondo is a traditional Korean martial art and an Olympic sport. Starting at white belt, students will progress through the coloured belt system while learning exciting kicks, dynamic hand strikes and Olympic sparring. We maintain a supportive, inclusive and structured learning environment where students can thrive. Classes are varied and fun covering sparring, pad kicking, self-defense and poomsae (patterns). We are a sanctioned member of the BC and Canadian Taekwondo Federations. **No class April 15, 17 or May 13.**

Instructor: Caleb Orrego

#15459 Tuesdays & Thursdays

April 1 - June 19

5:40 - 6:30 pm

Native Sons Grand Hall

\$230/21



Sports

Basketball Skills & Games

(8 - 10 years)

Get a chance to develop your basketball skills and techniques with other kids from the community! You'll learn ball handling, passing and shooting skills, plus get the chance to put those skills into play through scrimmages each week.

#15757 Wednesdays
April 9 - June 18
4:15 - 5:15 pm
Lewis MP Hall
\$115/11



Home Learner Archery

(9 - 12 years)

Learn the history of archery as we cover important skills and safety including proper handling of equipment, rules and techniques to keep you progressing. You'll learn the proper stance, how to nock an arrow, draw the bowstring, aim and release the arrow. Through different games and activities you'll improve your accuracy and consistency and develop strength and endurance to help improve your skills. **No class April 18.**

#15433 Fridays
April 4 - June 13
2:00 - 3:00 pm
Lewis MP Hall
\$120/10



Floor Hockey

(K - 10 years)

Grab your stick and join your friends for some good old-fashioned hockey fun. We will practice skills like passing, shooting and stick handling and end the day with a scrimmage.

Thursdays
April 17 - June 19
#15759 3:30 - 4:30 pm K - 7 years
#15760 4:30 - 5:30 pm 8 - 10 years
Lewis MP Hall
\$109/10



First Tee Golf

(7 - 9 years)

Come join our interactive and immersive First Tee program today! Children will play fun interactive golf games to help develop golfing skills at a young age. Coaches are First Tee certified and trained to help in player development.

#15762 Tuesdays
April 8 - May 13
3:15 - 4:15 pm
Lewis MP Hall
\$65/6



Beginner Archery

(7 - 10 years)

Learn the basics of using a bow and arrow. Challenge yourself as you develop co-ordination, strength, a sharp eye, listening skills and more. You'll gain an understanding of this fun, historical sport! **No class April 18.**

#15431 Fridays
April 4 - June 13
3:15 - 4:15 pm
Lewis MP Hall
\$120/10



#15430 Saturdays
April 5 - June 14
11:30 am - 12:30 pm
Lewis MP Hall
\$132/11

Soccer Kids

(K - 10 years)

Get ready for some soccer! We'll work on developing your dribbling, passing and shooting skills. Fun games, activities and scrimmages will help you feel more confident and help get you used to playing with teammates. **No class April 21 or May 19.**

Mondays
April 7 - June 16
#15604 3:00 - 4:00 pm K - 7 years
#15605 4:00 - 5:00 pm 8 - 10 years
Lewis MP Hall
\$95/9



Balanced Kids Yoga

(6 - 10 years)

With fun mindfulness games and yoga, children will move, breathe, dance, play and meditate to feel peace within and... have lots of fun!

Instructor: Emily Bailey Yoga
#16467 Wednesdays
April 2 - May 7
3:45 - 4:30 pm
Lewis Salish Building
\$90/6

Sports Foundations

(8 - 13 years)

Explore a variety of sports while focusing on the fundamentals. Each week we'll run, jump, throw, catch or kick our way through different games, sports and skills that will keep you building your skills and having fun. Sports may include soccer, flag football, basketball, volleyball, kickball and more.

Thursdays
May 1 - June 12
#16465 3:30 - 4:30 pm 8 - 10 years
#16466 4:45 - 5:45 pm 11 - 13 years
Lewis Soccer Field
\$75/7



Spring Program Registration starts Monday March 10

Summer Program Registration starts Monday April 28

See page 135



Scooter Tricks

(6 - 11 years)

Join us for a rip around the indoor skatepark on your scooter! Have fun developing your skills as you learn tips from your instructor maneuvering around the street section and bowl. This class is geared to beginner-novice riders wanting to learn new tricks or try out a new sport.

Wednesdays

#15883 April 9 - May 7 (6 - 8 years)

#15885 May 14 - June 11 (9 - 11 years)

4:00 - 5:00 pm

LINC Indoor Skatepark

\$70/5



Silly Sports

(K - 7 years)

Dodgeball, Snake Baseball, relays, tag games and more! Let's get your heart pumping while playing with new friends. Prepare for some silly fun that will get you moving, using a variety of equipment and building on your fundamental physical literacy skills.

#15761 Tuesdays

May 20 - June 17

3:30 - 4:30 pm

Lewis MP Hall

\$49/5



SK8 Like A Girl

(8 - 11 years)

While the boys are away, the girls will SKATE! Build confidence and have fun learning the basics of skateboarding. Learn to cruise, test the ramps and try a trick or two. Grab your girl friends and get ready to own the skatepark. Why should the boys have all the fun? Skateboards and safety equipment are included. **No class April 21.**

#15449 Mondays

March 31 - May 12

5:45 - 6:45 pm

LINC Indoor Skatepark

\$95/6



Register ONLINE at courtenay.ca/reconline For updates & schedule changes, go to www.courtenay.ca/rec

Look for this symbol throughout Courtenay Rec pages for programs that incorporate Physical Literacy.



Jr. SK8 Stars

(K - 7 years)

Have you ever wanted to try out skateboarding? This introductory class will get your wheels spinning! You'll learn the basics of balance and pushing and have fun exploring the street and bowl sections of the indoor park. Skateboards and safety equipment included. **No class April 21.**

#15447 Mondays

March 31 - May 12

3:30 - 4:15 pm

LINC Indoor Skatepark

\$70/6



Skateboard FUNdamentals

(7 - 11 years)

Build confidence in learning the sport of skateboarding. We'll review the basics to get you cruising and then try a trick or two! This class is geared toward beginner-novice skaters. **No class April 21.**

#15448 Mondays

March 31 - May 12

4:30 - 5:30 pm

LINC Indoor Skatepark

\$95/6



Private Skateboarding Lesson

(6 years & over)

Want to refine your skateboarding or get an edge up on your friends? Are you brand new to the sport and don't know where to start? Take a private lesson with our instructors and get tips and tricks to help keep you progressing. Rentals available.

Tuesdays starting April 1

4:00 - 4:45 pm

5:00 - 5:45 pm

6:00 - 6:45 pm

LINC Indoor Skatepark

\$26/lesson



Parkour Kidz

(7 - 10 years)

Parkour, the practice of traversing obstacles in a man-made or natural environment through the use of running, vaulting, rolling or other movements in order to travel from one point to another. This class is sure to get your heart rate going by testing out your skills!

#15450 Sundays

April 6 - June 15
9:30 - 10:30 am
Vern Nichols Gym
\$230/11



Acro Explorations



(6 - 8 years)

Our fun recreational acrobatics program offers an exciting blend of strength, flexibility, and coordination through engaging activities. You'll explore basic tumbling, balance, and more in a supportive environment, building confidence and having fun while developing and progressing your skills.

#16530 Saturdays

April 5 - June 14
2:45 - 3:45 pm
Vern Nichols Gym
\$189/11

Acro Basics

(9 - 11 years)

Join us for a fun class geared to increase strength and flexibility as well as overall confidence in all inversions and acro tricks. From teddy bear stands to headstands and cartwheels, we will cover all of the progressions to build the foundational elements needed to take things to the next level!

Instructor: Leigha Wald

#15423 Saturdays

April 5 - June 14
12:45 - 1:45 pm
Vern Nichols Gym
\$189/11



Trampoline

(8 years & over)

Develop your skills in a fun and structured trampoline program! Based on the B.C. Trampoline Acrosport Federation and CanGym programs, you will progress through the rainbow of trampoline badges: red, orange, gold, yellow, green & blue as you build your skills and learn routine, build strength, body control, co-ordination, timing, balance and confidence!

Tuesdays

April 8 - June 17

#15452 3:30 - 4:30 pm

#15453 4:30 - 5:30 pm

Vern Nichols Gym

\$179/11



Family Gymnastics

(all-ages w/ an adult except where noted)

Get ready to run, jump, swing, bounce and play together as you explore the best indoor playground around! During our Monday timeslot we've created a sensory-friendly environment, with lower lights, no music and stream-lined equipment. Adult participation required. **No class April 21 or May 19.**

#15689 Saturdays

April 5 - June 14
11:30 am - 12:30 pm

#15691 Mondays

April 7 - June 16
10:15 - 11:15 am (sensory-friendly)

#15692 Tuesdays

April 8 - June 17
11:30 am - 12:30 pm
Lewis Centre Gym
\$6.50/drop-in

Adapted Gymnastics



(10 years & over)

Get ready to learn, build your strength and have fun! Explore the different equipment and obstacles as you learn tips and tricks from our gymnastics coaches that will keep you safe and building on your skills and abilities. Caregiver support may be required. **No class April 21 or May 19.**

#16462 Mondays

April 7 - June 16
9:15 - 10:15 am
Vern Nichols Gym
\$6.50/drop-in



Spring Program Registration starts Monday March 10

Summer Program Registration starts Monday April 28

See page 135

CV Gymnastics Championships

Sunday June 8
9:00 am - 3:00 pm
Lewis Centre

Ribbons Trophies Friends Fun

courtenay.ca/rec



Gymnastics

Girls Gymnastics

(8 years & over)

Continue to progress in your strength and flexibility in various disciplines including floor, balance beam and uneven bars. Refine your skills and continue to progress in this dynamic and supportive class. **No class April 21 or May 19.**

#15442 Sundays

April 6 - June 15
1:30 - 2:30 pm
Vern Nichols Gym
\$230/11



#15443 Mondays

April 7 - June 16
4:30 - 5:30 pm
Vern Nichols Gym
\$188/9

Gymnastics for Home Learners

(6 years & over)

Are you looking for a special time to practice and play on the gymnastics equipment? The time will allow for structured and unstructured opportunities to explore the equipment, build and refine skills and get tips from our gymnastics coaches on the next challenges to take on.

#16463 Tuesdays

April 8 - June 17
9:30 - 10:30 am
Vern Nichols Gym
\$6.50/drop-in



Boys Gymnastics

(8 years & over)

Boys' gymnastics emphasizes strength, agility and precision across a variety of equipment like the vault, pommel horse and parallel bars. We focus on personal growth, building your stamina and coordination while still having fun!. **No class April 21 or May 19.**

#15440 Sundays

April 6 - June 15
1:30 - 2:30 pm
Vern Nichols Gym
\$230/11



#15441 Mondays

April 7 - June 16
4:30 - 5:30 pm
Vern Nichols Gym
\$188/9

Boys & Girls Mixed Gymnastics

(K - 7 years)

We base our gymnastics around the 3 F's: Fun, Fitness & Fundamentals of the CanGym Program. Our experienced and energetic coaches will lead you through a fun-filled warm up before breaking you off into groups to develop your individual skills, increase your strength, flexibility and stamina. **No class April 21 or May 19.**

Sundays

April 6 - June 15

#15435 10:45 - 11:45 am

#15436 12:30 - 1:30 pm

Vern Nichols Gym
\$230/11

#15437 Mondays

April 7 - June 16

3:30 - 4:30 pm

Vern Nichols Gym
\$188/9



Boys & Girls Intermediate Gymnastics

(8 years & over)

After progressing and being assessed in your 8+ class, participants will be invited to continue to develop their skills in intermediate. We'll continue to build your strength, flexibility and technique as you refine your skills on various apparatuses. Learn routines, build your confidence and keep progressing in this specialized sport! We recommend 2 class/week to develop and maintain your skill level. **No class April 21 or May 19.**

#15438 Sundays

April 6 - June 15
2:30 - 4:00 pm
Vern Nichols Gym
\$289/11



#15439 Mondays

April 7 - June 16

5:45 - 7:15 pm

Vern Nichols Gym
\$236/9

Please check receipts for important program information.

Dance & Theatre

Kids Take Centre Stage

(7 - 9 years)

Get ready to explore and express your theatrical side as we practice and play theatre and improv games. Find your voice and make friends in this fun-filled environment. It's time to practice, play and perform!

#16464 Fridays

April 25 - June 6

3:30 - 4:45 pm

Lewis Salish Building

\$95/7



Creative Movement

(6 - 9 years)

Get your body moving and express yourself through creative movement! Join Dancin' Dan each week as you learn to wiggle, giggle and find your own creative flow into connection with your body. **No class April 18.**

Fridays

#16549 April 11 - May 16

#16550 May 23 - June 20

3:30 - 4:15 pm

Lewis Activity Room

\$90/5

Community Circus 1

(6 - 12 years)

Join 7 Story Circus! Discover the magical and inspiring world of circus arts. Climb aerial fabric. Juggle: scarves, balls, rings and clubs. Spin: staff, poi, diablo, flower-sticks and plates. Balance on: stilts, rola-bola, and partner acrobatics. Play: improvisation and performance games. Be inspired and amazed by your own abilities! **No class April 18.**

Fridays

April 4 - May 30

#15634 4:00 - 5:00 pm (6 - 9 years)

#15635 5:00 - 6:00 pm (8 - 12 years)

Vern Nichols Gym

\$200/8

Family Programs

Family Archery

(7 years & over with an adult)

Calling all parents, grandparents and caregivers! Now you can come and participate in archery alongside your children. Create memories together through the sport of archery; whether you are a seasoned archer, or new to sport, this program offers something for everyone. Gain skills, build muscle memory, participate in fun archery activities and challenges and have FUN! **No class April 18.**

#15742 Fridays

April 4 - June 6

5:30 - 6:45 pm

Lewis MP Hall

\$80/9 (per person)



Dad's Day Out

(5 years & over with an adult)

Grab your dad, grandpa or other father figure, and let's go on an adventure. We'll celebrate with scavenger hunts, active games and cool projects to make this day a memorable one!

#16471 Sunday June 15

10:00 am - 12:00 pm

Lewis Salish Building

\$10/child

Mom & Me Sewing

(6 years & over with an adult)

Let's celebrate mom and spend some quality time together being creative! Learn or practice your sewing skills while you create a special project together.

#16472 Saturday May 10

11:00 - 1:00 pm

Lewis Craft Room B

\$15/child



Spring Program Registration starts Monday March 10

Summer Program Registration starts Monday April 28

See page 135



Volunteer with Us!

Volunteering with Courtenay Recreation is a fun and easy way to give back to your community, build new skills, and complete Work Experience requirements.

National Volunteer Week is April 27 - May 3 & is a great time to start your volunteering journey!

courtenay.ca/volunteer 250-338-5371

Tweens

Home Alone

(10 - 12 years)

The Canadian Safety Council's Home Alone program is designed to provide and prepare children with the necessary skills and knowledge to be safe and responsible when home alone. Topics include establishing a routine, dealing with strangers, telephone safety, emergencies, basic first aid, internet safety and more. A student reference book and certificate of completion are included.

#15427 Saturday April 12

#15428 Saturday May 10

#15429 Saturday June 7

9:00 am - 12:00 pm

Lewis Meeting Room

\$49

Girls in the Groove

(11 - 13 years)

Enjoy inclusive fun geared to get your body moving or creativity flowing. Explore new activities like yoga, rock climbing, dance, fibre arts, art projects, spa nights and more. This program is open to all girls, girl-identifying individuals and non-binary and gender non-conforming people comfortable in a space that centres around girls getting together to connect in new ways.

#16474 Thursdays

April 17 - May 22

4:30 - 6:00 pm

LINC Multipurpose Room

\$90/6

Drawing & Painting:

Back to Basics

(10 - 12 years)

Practice drawing & painting techniques through a variety of different exercises with Disney Cartoonist, David Thrasher. Use bold & beautiful colors to draw imaginative one-of-a-kind projects with success! Learn quick and easy techniques to draw something new and different each week.

Instructor: David Thrasher

#15607 Saturdays

April 26 - June 21

10:00 - 11:00 am

Lewis Salish Building

\$99/9

Sewing Level 2

(11 - 13 years)

Delve into the world of upcycling and garment sewing. Using commercial patterns and learning a few tricks of the trade in garment construction, we'll sew a garment of your choice, from an assortment of pattern options. Supplies, including some fabric will be available but please refer to the supply list for project fabric requirements. Please complete Sewing Level 1 before taking this class.

#15610 Wednesdays

May 28 - June 18

3:15 - 5:15 pm

Lewis Craft Room A

\$115/4

Homeschooler Rec

(10 - 12 years)

Homeschooler Rec offers you a special timeslot to be active and creative. Join us for skatepark power hour, special crafts, game tournaments and other fun activities.

Wednesdays

#16468 April 9 - May 7

#16469 May 14 - June 11

12:30 - 2:30 pm

LINC Youth Centre

\$30/5

Please check receipts for important program information.

Physical Literacy at Courtenay Recreation

Who is Physical Literacy for?

Everyone! The ideal ages for the development of basic fundamental movement skills is 0 - 12 years, however you are never too old to develop basic movement skills. Being physically literate, you have the skills and confidence needed to be physically active. Whether your goal is to engage in regular physical activity, join a sports team or league or develop habits to be physically active for life.

What is

Physical Literacy?



Physical skill + Confidence + Motivation + Lots of Opportunities = Physical Literacy

Examples of skills developed through Physical Literacy:

BODY CONTROL agility, balance, coordination, speed, rhythm & more

LOCOMOTOR running, jumping, swimming, wheeling, skating & more

OBJECT CONTROL sending, receiving, dribbling, striking, kicking & more

Hoop Girls

(10 - 12 years)

Girls grab your runners and get ready to dribble, pass and shoot your way up the court! We'll review the fundamental skills, build your confidence and work on teamwork as we practice drills and scrimmages and show you other fun games you can play to work on your basketball skills.

#16473 Tuesdays

April 8 - June 17

4:30 - 5:30 pm

LINC Outdoor Basketball Court

\$115/11



Improv Games & Theatre Sports

(10 - 12 years)

Learn to act, make new friends and experience the fun of performing! Share laughter and creativity as you build your self-confidence through participation in different fun - and often funny, improv games! Our instructors have experience in drama, musical theatre and improv and are excited to share their passion with you. **No class April 18.**

#16470 Fridays

April 25 - June 6

4:45 - 5:45 pm

Lewis Salish Building

\$85/8



Intermediate Archery

(11 - 13 years)

You have mastered the basics - let's kick it up a notch! Challenge your skills, refine your technique and prepare for more competitive archery pursuits. You'll dive deeper into shooting techniques, focus on improving your strength, endurance and stability to enhance your performance and continue to refine your aim, consistency and precision as you practice hitting different targets.

#15432 Saturdays

April 5 - June 14

12:45 - 1:45 pm

Lewis MP Hall

\$132/11



Plan Ahead

Spring & Summer programs are now featured in one guide, giving you early access for planning summer activities! Spring registration starts **March 10**. Summer registration starts **April 28**. Look for **ORANGE** activity codes for summer registration.



Spring Program Registration starts Monday March 10



Summer Program Registration starts Monday April 28

See page 135

Gnarly Little Spring Craft Fair

Saturday May 3
11:00 am - 3:00 pm
Native Sons Hall
\$10/table

Showcase your talents in arts, crafts, photography, baking and more!

courtenay.ca/gnarly



Special Interest

Pottery Pursuits

(12 - 15 years)
 Explore both hand-building and wheel throwing through guided projects, demonstrations and self-exploration. Create mugs, bowls and decorative sculptures using your own style.

#15765 Thursdays
 April 10 - June 12
 4:00 - 5:30 pm
 Lewis Craft Room B
 \$235/10

Spring Stunts

(13 - 15 years)
 Get stoked on Saturdays! We'll load the bus and take you on an action-packed adventure! Sign up for one - or join us for them all! Activities are subject to change and weather permitting. Space is limited.

Saturdays
#15766 May 17 **Horne Lake Caves**
#15767 May 31 **Archery Tag & Little Qualicum Falls**
#15768 June 14 **Go Karts & Englishmen River Falls**
 10:00 am - 4:00 pm
 LINC Multipurpose Room
 \$55/day

Art Exploration



(12 - 14 years)
 Are you looking for a space to create? Join us for a weekly art block where you can experiment with different mediums, materials and techniques. Paints, pastels, paper and more will help you explore your artistic side. **No class May 19.**

#16479 Mondays
 May 12 - June 9
 5:30 - 7:00 pm
 LINC Multipurpose Room
 \$75/4

Please check receipts for important program information.

Apply for discounts that provide healthy lifestyle opportunities through two programs:
1. Recreation Access Program
 Discounts on programs for City of Courtenay residents who live below Statistics Canada low income thresholds.
2. LEAP
 Regional program open to anyone in the Comox Valley. Provides 52 free admissions to drop-in activities. Apply for 2025 today! More info at courtenay.ca/recaccess

Youth Aerial Arts: Basics/Intermediate

(10 - 18 years)
 This is a split-level class for students new to aerial fabric, those need a refresher, and early intermediate students. With focus on skill & strength, you'll start close to the ground and gain height as your confidence and abilities increase. We will work towards creating acts to present in our spring show (date to be announced).

#15632 Thursdays
 April 3 - June 12
 4:00 - 5:30 pm
 Vern Nichols Gym
 \$450/12

Youth Aerial Arts: Intermediate

(10 - 18 years)
 This class is for aerialists with previous experience. This class focuses on skill building, technique, strength, endurance, creative movement and much more. We will work towards creating acts to present in our spring show (date to be announced).

#15633 Wednesdays
 April 2 - June 11
 4:00 - 5:30 pm
 Vern Nichols Gym
 \$450/12

Youth Aerial Arts: Advanced

(10 - 18 years)
 This class is for aerialists with previous experience and working at an advanced level. This class focuses skill building, technique, strength, endurance, creative movement & much more. We will work towards creating acts to present in our spring show (date to be announced).

#15631 Thursdays
 April 3 - June 12
 6:00 - 7:30 pm
 Vern Nichols Gym
 \$450/12

\$25 member fee for Aerial classes due to instructor at first class.



Chopped

(12 - 15 years)

Test your cooking skills and invent tasty dishes! Each day your team is given a basket of surprise food items that must be incorporated to create a soup, salad, appetizer, entrée or dessert. You will be scored on a variety criteria. Will you be part of the winning team? Prizes included!

#15226 Monday - Friday

March 17 - 21

10:00 am - 2:00 pm

LINC Youth Centre

Kitchen

\$155/5

Sunday SK8 Jam

(11 - 13 years)

Jump on your board and go for a rip around the skatepark Sunday mornings! Our instructor will help you refine your skills and guide you through tricks to keep you progressing. This class is geared towards beginners.

#16476 Sundays

March 30 - April 20

9:30 - 10:30 am

LINC Indoor Skatepark

\$63/4

Private Skateboarding Lesson

(6 years & over)

Want to refine your skateboarding or get an edge up on your friends? Are you brand new to the sport and don't know where to start? Take a private lesson with our instructors and get tips and tricks to help keep you progressing. Rentals available.

Tuesdays starting April 1

4:00 - 4:45 pm

5:00 - 5:45 pm

6:00 - 6:45 pm

LINC Indoor Skatepark

\$26



School's Out Skatepark Tour

(11 - 13 years)

Let's load the bus and start your summer break off with a bang! Have fun with your friends and take on new challenges at some of the island's best skateparks. Skateboards and scooters welcome, helmets mandatory. Drop-ins welcome if minimum numbers met and space allows - please call to confirm before showing up.

#15769 Friday June 27

9:00 am - 4:00 pm

LINC Indoor Skatepark

\$45

SK8 Gurlz

(12 - 14 years)

Learn the basics of skateboarding. We'll cruise around the skatepark working on balance, foot positioning, pushing, turning, stopping and more. Gain confidence and camaraderie among skateboarders in this inclusive program open to girls, girl-identifying individuals and non-binary and gender non-conforming people comfortable in a space centering around friends getting together. Helmets & skateboards included.

#16477 Sundays

April 27 - May 18

9:30 - 10:30 am

LINC Indoor Skatepark

\$63/4



Courtenay Recreation



Extreme Rec Night

(11 - 16 years)

Friday May 2

3:30 - 10:30 pm

\$10/preregistration **or**
\$15/drop-in *space permitting*

- archery tag
- rock climbing
- skatepark
- air hockey
- pizza & snacks and more!

courtenay.ca/rec



Spring Program Registration starts Monday March 10



Summer Program Registration starts Monday April 28

See page 135

Birthday Parties at the LINC

(8 years & over)

Register for an original birthday party package. We organize the games, provide supervision, and clean up! Choose from a variety of themes:

- **dodgeball** • **make & take (tie-dye t-shirt or slime)**
- **skatepark** • **gaming**
- **karaoke** • **general**

Or combine themes to make a party all your own!
Host parent must be present. Maximum 12 participants.

Saturdays starting Apr 5
10:15 am - 12:15 pm **or** 12:45 - 2:45 pm
Sundays starting Apr 6
11:15 am - 1:15 pm **or** 1:45 - 3:45 pm
LINC Youth Centre Indoor Skatepark
\$155
\$195 (3 large pizzas)
\$200 (make & take - slime or tie dye t-shirts)
\$240 (make & take and 3 large pizzas)



Archery

(13 - 16 years)

Are you looking for something fun to do on your Saturday afternoon? We'll review the basics of archery, including stance, aiming and bow handling and get you shooting. Our instructors will guide you through target practice and provide you with individualized feedback to keep your skills developing and improving.

No class April 18.

#15434 Fridays

April 4 - June 13

4:15 - 5:15 pm

Lewis MP Hall

\$120/10



Sport Foundations

(11 - 13 years)

Explore a variety of sports while focusing on the fundamentals. Each week we'll run, jump, throw, catch or kick our way through different games, sports and skills that will keep you building your skills and having fun. Sports may include soccer, flag football, basketball, volleyball, kickball and more.

#16466 Thursdays

May 1 - June 12

4:45 - 5:45 pm

Lewis Soccer Field

\$75/7



Basketball Skills & Games

(11 - 13 years)

Get a chance to develop your basketball skills and techniques with other youth from the community! Learn ball handling, passing and shooting skills, and get the chance to put your skills into practice through weekly scrimmages.

#15758 Tuesdays

April 8 - June 17

5:45 - 6:45 pm

LINC Outdoor

Basketball Court

\$115/11



Soccer

(11 - 13 years)

Work on developing your dribbling, passing and shooting skills - or learn some new ones! Games, activities and soccer scrimmages will help you feel more confident and help get you used to playing with teammates. **No class April 21 or May 19.**

#15606 Mondays

April 7 - June 16

5:00 - 6:00 pm

Lewis MP Hall

\$95/9



Floor Hockey

(13 - 15 years)

Grab your stick and join your friends for some good old-fashioned hockey fun. We will practice skills like passing, shooting and stick handling and end the day with a scrimmage.

#16475 Sundays

April 13 - June 8

1:00 - 2:00 pm

\$95/9



Leadership/Certification

Babysitter Training

(11 - 18 years)
Join us for this fun, informative course as we cover important information to help prepare you to be a babysitter! Topics include: managing challenging behaviors, leadership and professional conduct as a babysitter, first aid, managing risks and emergencies, child development, how to feed, diaper, dress and play with children and babies and starting your babysitting business. Reference Manuals and information from Canada Safety Council.

Sunday

#15424 April 13

#15425 May 11

#15426 June 8

9:00 am - 4:00 pm

Lewis Meeting Room

\$95

Volunteer Information Night

(12 years & over)
Looking to brush up on your skills before hopping into summer volunteering? Join our Summer Training Series! Each week we will cover a different aspect of Summer Volunteering. Join us for all or pick your sessions! Get volunteer credits for each session you attend! For more in depth skill building opportunities, please see our "LIT" Programs or check out our other Leadership opportunities on page 100. Check receipt for locations.

Wednesdays

#15614 April 30 **Info Night**

#16523 June 4 **Volunteering 101**

#16525 June 11 **Leadership & Play**

#16526 June 18 **Safety & Team Building**

#16527 June 25 **Volunteer Practice & Review**

4:00 - 5:30 pm

FREE

Food Safe Level 1

(13 years & over) **SB**
Train to become an employable food handler in the service industry. Learn about safe food handling methods and food preparation techniques. Certificates are awarded upon successful completion of the program. A must for resumes!

#15212 Thursday March 20

Native Sons Lower Lodge

#15720 Friday June 27

LINC Multipurpose Room

9:00 am - 4:00 pm

\$98

High Five® Principles of Healthy Childhood Development

(14 years & over)
This 4-hour training equips front-line leaders working with children 4 - 12 years (i.e. camp counsellor, coaches, after school staff, swim instructors) with the tools to immediately enhance the quality of the programs they are leading and arms them with the tools to ensure they understand what they need to do to ensure each child's social, emotional and cognitive needs are met.

#16511 Saturday June 14

10:00 am - 3:00 pm

Lewis Meeting Room

\$95

Fire Fighter Basic Training

(13 years & over) **SB**
Challenge your physical and mental abilities as you train with the Courtenay Fire Department. This fun day will educate you about the volunteer and career opportunities in firefighting. Activities may include extinguisher training, auto extraction, building searches and more. Please bring a lunch to fuel you for the day.

#15286 Tuesday March 18

10:00 am - 4:00 pm

Macdonald Fire Training Centre

\$39

Red Cross Emergency First Aid & CPR C

(13 years & over) **SB**
Join us for a one-day course covering the ABC's of first aid - airway, breathing and circulation. We'll cover how to deal with obstructed airways, breathing distress and how to control bleeding/wound care. As well, you'll learn one-person CPR, and more. A 3-year certificate will be issued at the end of the course upon successful completion.

#15285 Wednesday March 19

8:30 am - 4:30 pm

Outdoor Pool Office

\$135



Spring Program Registration starts Monday March 10

 Summer Program Registration starts Monday April 28

See page 135

Celebrate Youth Week May 1 - 7

- contests
- free drop-ins
- special activities, prizes, food & fun!
- Gnarly Spring Craft Fair
- Extreme Rec Night



courtenay.ca/youthweek



Gnarly Little Spring Craft Fair

(9 - 19 years)

Build your entrepreneurial skills and register your table now for the Spring version of the popular Gnarly Little Craft Fair! Showcase your talents in crafts, art, baking, jewelry, photography and more! Part of our local BC Youth Week Festivities!

#15563 Saturday May 3
11:00 am - 3:00 pm
Native Sons Grand Hall
\$10

Summer Birthdays at The LINC

(8 years & over)

Escape the heat of summer and enjoy your party at The LINC. We organize the games, provide supervision and clean up! Variety of themes available.

Saturdays starting July 5
10:45 - 12:45 pm
The LINC Youth Centre
\$155

See page 82 for more information

Register ONLINE at courtenay.ca/reconline For updates & schedule changes, go to www.courtenay.ca/rec



EXTREME REC NIGHT

(11 - 16 years)

Extreme Rec Night is back! Get in on the fun as we cruise through some of our local rec centres and participate in activities including archery tag, rock climbing, skatepark, air hockey, pizza, snacks, and more! Transportation included from the LINC, pick up at the Aquatic Centre at 10:30 pm. Register early to secure your spot!

#16479 Friday May 2
3:30 - 10:30 pm
LINC Youth Centre
\$10/person or \$15 drop-in if space allows

Activity schedule:

3:30 - 5:15 pm The LINC Youth Centre
5:30 - 6:45 pm Cumberland Rec
7:15 - 8:30 pm Comox Rec
9:00 - 10:30 pm CV Aquatic Centre



THE LINC

youth centre & Indoor Skatepark

300 Old Island Highway, Courtenay
250-334-8138



WHAT WE OFFER

- Indoor skatepark
- Skateboards & scooters
- Computers
- Ping pong
- Air hockey
- Foosball
- Billiards
- Video games
- Concession
- Arcade games
- Free food frenzy
- Youth Pantry
- Outdoor Sports Court
- Basketball, Soccer & Hockey equipment



Look at our QR code for updates.

SPRING HOURS

Mondays.....7 - 9 pm
(16+ Adult Night)
Skatepark & Games Room

Tuesdays.....
Twens (8 - 11 yrs) **3 - 5 pm**
8 - 18 years **5 - 7 pm**

Wednesdays.....
8 - 18 years **3 - 5 pm**
11 - 18 years **5 - 8 pm**

Thursdays.....3 - 8 pm
(11 - 18 years)

Fridays & Saturdays.....3 - 11 pm
(11 - 18 years)

Sundays.....4 - 7 pm
(all ages with a parent/caregiver)

hours are subject to change

FEES

Youth (8 - 18 years):
\$2.50 drop-in
\$15/month membership
\$25/11 punch pass
\$80/year membership
\$5/family drop-in

Adult Wednesday - Saturday Skatepark ONLY (19 & over):
\$4 drop-in
\$20/month membership
\$40/11 punch pass

**Monday Nights - Adults only!*

SPRING BREAK HOURS

(March 17 - 30)
Fridays & Saturdays 1 - 9 pm

Closed Statutory Holidays

Youth Week

The LINC and City of Courtenay will be participating in BC Youth Week running May 1st to 7th, 2025. Stop by the LINC to see what fun activities we have planned. Food, fun, and prizes... oh my!

Family Drop In

Join us for fun filled family drop in at the LINC Youth Centre and enjoy all the LINC has to offer.

Sundays
March - June
4:00 - 7:00 pm
\$5/family

Friday Outdoor Sports Nights

Drop in to the LINC to secure a spot for each Friday and see what sport we are running. Each week will be a new sport and may include basketball, kickball, soccer, and more!

Thursday Thrills

A full-on celebration of fun, creativity, games and surprises. Each will be a new theme and activity, so stay tuned to the LINC.

courtenay.ca/linc



Spring Program Registration starts Monday March 10
Summer Program Registration starts Monday April 28

See page 135

Summer Children & Youth Programs at a GLANCE . . .

	June 30, July 2-4 WEEK 1	July 7 - 11 WEEK 2	July 14 - 18 WEEK 3	July 21 - 25 WEEK 4
Early Years (3 yrs - Pre K) Pages 88 - 90	<ul style="list-style-type: none"> • Ready Set Go! • Sunny Days Mini Camp 	<ul style="list-style-type: none"> • Messy Art • Mini Movers 	<ul style="list-style-type: none"> • Family Gymnastics • Gymnastics Mini Camp • Ocean Explorers 	<ul style="list-style-type: none"> • Sport n' Splash • Summer Scientists
<i>Check program pages for full descriptions.</i>				
Children (K - 11 years) Pages 91 - 99	<ul style="list-style-type: none"> • Adventure Camp • Discovery • Odyssey Junior • Parktime • Quest • Summer Sewing • Summer Camp Sampler 	<ul style="list-style-type: none"> • Adventure Camp • Adventure Acro • Archery Camp • Cartoons & Illustrations • Cooks & Crafts • Discovery • Odyssey Junior • Parktime • Quest • Soccer Skillz • Summer SK8 School & Private Lessons • Woo Kim Taekwondo Camp 	<ul style="list-style-type: none"> • Around the World Adventures in Culinary Cuisine • Art Venture • Basketball Skills & Games Camp • Byte Camp - Music Video Production • Discovery • Family Gymnastics • Kids Kayak Camps • Parkour Kids • Parktime • Quest • SK8 Scoot Sports <p>Nickel Carnival July 18</p>	<ul style="list-style-type: none"> • Aerial Silks Camp • Circus Camp • Discovery • Double OH Science • Flour Power • Parktime • Quest • Mt. Washington - Mountain Biking • Soccer Skillz • Summer Stage & Spotlight • Woo Kim Taekwondo Camp
See pages 131 - 133 for Swimming Lessons at the Courtenay & District Memorial Outdoor Pool				
Youth (12 years & over) Pages 100 - 103	<ul style="list-style-type: none"> • Jr LIT • Summer Sewing 	<ul style="list-style-type: none"> • Cartoons & Illustrations • Chopped • Teen Sea Kayaking Basics Certification • Woo Kim Taekwondo Camp 	<ul style="list-style-type: none"> • Kids Kayak Camps • Leaders in Training • Teen Odyssey 	<ul style="list-style-type: none"> • Aerial Silks Camp • Boredom Busters • Circus Camp • Mt. Washington - Mountain Biking • Teen Odyssey • Woo Kim Taekwondo Camp
<i>Drop-In at The LINC Youth Centre all summer long. See page 85 for details.</i>				



Summer Registration starts Monday April 28

July 28 - Aug 1 WEEK 5	August 5 - 8 WEEK 6	August 11 - 15 WEEK 7	August 18 - 22 WEEK 8	Aug 25 - 29 WEEK 9
<ul style="list-style-type: none"> • Mini Chefs • Summer Sports Stars 	<ul style="list-style-type: none"> • All About Animals • Muck n' Mess 	<ul style="list-style-type: none"> • L'il Ninjas • Nature Detectives 	<ul style="list-style-type: none"> • Creative Campers • Dino-Mite Discoveries • Family Gymnastics 	<ul style="list-style-type: none"> • Cooking Time • Family Gymnastics • Gymnastics Mini Camp
<i>Fall Registration starts August 11th!</i>				
<ul style="list-style-type: none"> • Adventure Camp • Discovery • Full STEAM Ahead • Jr Iron Chef • Mt. Washington Hiking • Odyssey Junior • Parktime • Quest • Silly Sports • SK8 Scoot Sports 	<ul style="list-style-type: none"> • Archery Camp • Around the World Adventures in Culinary Cuisine • Byte Camp - 2D Animation • Discovery • Kids Kayak Camps • Get in the Game • Parktime • Quest • Summer SK8 School & Private Lessons • Woo Kim Taekwondo Camp 	<ul style="list-style-type: none"> • Cooks & Crafts • Discovery • Double OH Science • Mt. Washington - Mountain Biking • Parktime • Quest • SK8 Scoot Sports 	<ul style="list-style-type: none"> • Adventure Camp • Discovery • Family Gymnastics • Flour Power • Full Steam Ahead • Gymnastics & Trampoline Camp • Kids Kayak Camps • Parktime • Quest • Silly Sports • Woo Kim Taekwondo Camp 	<ul style="list-style-type: none"> • Discovery • Family Gymnastics • Gymnastics Day Camp • Lewis Labyrinth • Parktime • Quest • SK8 Scoot Sports

Courtenay & District Memorial Outdoor Pool Registration starts April 28

<ul style="list-style-type: none"> • Firefighter Basic Training • Girls on the Move • Mt. Washington - Hiking • SK8 Scoot Sports 	<ul style="list-style-type: none"> • Art Attach & Splash • Byte Camp - 2D Animation • Get in the Game • Kids Kayak Camps • Teen Odyssey • Woo Kim Taekwondo Camp 	<ul style="list-style-type: none"> • Basketball Skills Camp • Cartoons & Illustrations • Chopped • Mt. Washington - Mountain Biking • Teen Sea Kayaking Basics Certification • Teen Odyssey 	<ul style="list-style-type: none"> • All-In-One Job Training • Customer Service 101 • Firefighter Basic Training • First Aid • Foodsafe Level 1 • Gymnastics & Trampoline Camp • Kids Kayak Camps • Parkour Kidz • Woo Kim Taekwondo Camp 	<ul style="list-style-type: none"> • Bake Wars • Byte Camp: 2D - Video Game Design • SK8 Scoot Sports
--	--	---	--	--





Early Years Mini Camps

Nature Detectives Camp

(3 - 5 years)
Get outside and learn about the nature around you! It's time to take curious campers outside to hop on the trails and explore. You'll spend most of your time outside exploring bugs, birds, animals and plants. You will play different games and make nature crafts.

#15864 Monday - Friday
August 11 - 15
9:30 am - 12:00 pm
Cozy Corner Preschool
\$85/5

Creative Campers

(3 - 5 years)
Summer is a time for creating memories, building friendships, and exploring new interests. Our wonderful environment allows us to look & explore Lewis park while opening up our creative minds. Camp includes music, movement and crafts that will ignite our creativity.

#15866 Monday - Friday
August 18 - 22
9:30 am - 12:00 pm
Cozy Corner Preschool
\$85/5

Dino-Mite Discoveries

(3 - 5 years)
Step back in time to a prehistoric world. Discover everything you ever wanted to know about dinosaurs, through a mini dino-dig models, stories and crafts. Learn about fossils, volcanoes and the giant creatures that once roamed earth.

#15867 Monday - Friday
August 18 - 22
1:00 - 3:30 pm
Cozy Corner Preschool
\$85/5

Mini Movers

(3 - 5 years)
Come out and play with us in this active camp as we learn the FUNdamental movement skills like running, jumping, throwing, kicking and catching! Through sports, games and activities we will try out all kinds of sport based play, while promoting a supportive environment.

#15854 Monday - Friday
July 7 - 11
9:30 am - 12:00 pm
Cozy Corner Preschool
\$85/5

Sunny Days Mini Camp

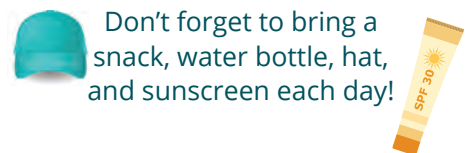
(3 - 5 years)
Capture the best parts of summer camp! Hands-on arts and crafts, science, songs, games, sports, water play and outdoor exploration. Make new friends and create special memories.

#15853 Wednesday - Friday
July 2 - 4
1:00 - 3:30 pm
Cozy Corner Preschool
\$53/3

Preparing your Preschoolers for Summer Camp

- Visit or walk by where the camp will take place
- Have your child help decide on the right camp
- Have your child help prepare for the day
- Expect that the first day may be hard
- Reassure your child that they will have fun
- Make sure to say good-bye!

Tips brought to you by Cozy Corner Preschool. Register now for Fall 2025-2026. See page 14 for details.



Don't forget to bring a snack, water bottle, hat, and sunscreen each day!





Messy Art

(3 - 5 years)

One of the most effective ways in which a child learns is through arts and crafts. In this camp children will learn by involving one or more of their senses; something smelly, something that tastes good or feels interesting in their hands. The fun crafts and active play will stretch your imagination. Please wear clothes that can get messy.

#15855 Monday - Friday
July 7 - 11
1:00 - 3:30 pm
Cozy Corner Preschool
\$85/5

Summer Scientists

(3 - 5 years)

Let's dive into the world around us and explore how things work. We'll get you thinking as we explore with hands on play and cool experiments, concoctions and chemical reactions.

#15857 Monday - Friday
July 21 - 25
9:30 am - 12:00 pm
Cozy Corner Preschool
\$85/5

Cooking Time!

(3 - 5 years)

For the chef in the family. Through fun hands-on cooking, new recipes and games, your child will learn the basics around kitchen safety, cooking and baking skills. Kids measure, mix, chop and create their way through new delicious recipes. They will build confidence and have fun while cooking.

#15869 Monday - Friday
August 25 - 29
9:30 am - 12:00 pm
Lewis Craft Room A
\$85/5

Mini Chefs

(3 - 5 years)

Throw on your apron and get ready to mix, stir, measure and enjoy tasty treats and healthy snacks! Bring a snack, water bottle, hat & sunscreen each day.

#15860 Monday - Friday
July 28 - August 1
9:30 am - 12:00 pm
Cozy Corner Preschool
\$85/5

All About Animals

(3 - 5 years)

Your child will learn about two, four, six and eight legged animals and insects. Through a variety of animal-themed activities, they will increase their imagination and movement skills. Participants will visit the Barnyard Animals in the park.

#15862 Tuesday - Friday
August 5 - 8
9:30 am - 12:00 pm
Cozy Corner Preschool
\$69/4

Muck N Mess

(3 - 5 years)

Pssst - it's okay to get messy with us! Glop, goop and dab your way through the joys of Magic Mud, painting, shaving cream, and more! Get ready to stretch your imagination. Please wear old clothes.

#15863 Tuesday - Friday
August 5 - 8
1:00 - 3:30 pm
Cozy Corner Preschool
\$69/4

Ocean Explorers

(3 - 5 years)

Splish! Splash! Sploosh! Let's dive into the underwater world of sharks, crabs, fish, dolphins and other sea creatures. Through creative games, arts and crafts, and water play, we'll make sure you have a whale of a time!

#15856 Monday - Friday
July 14 - 18
9:30 am - 12:00 pm
Cozy Corner Preschool
\$85/5



Nickel Carnival

(3 - 12 years)

Friday July 18

1:30 - 3:30 pm

12:30 - 1:30 pm Quiet Hour

Native Sons Grand Hall

\$3/entry

courtenay.ca/nickel



Gymnastics Mini Camp

(3 - 5 years)

Each day your child will spend time running, jumping, climbing and swinging with our knowledgeable, playful, friendly summer staff and gymnastics experts. No day will be the same so come prepared to have fun! Bring a snack, water bottle, hat, and sunscreen each day.

Monday - Friday

#15858 July 14 - 18

Cozy Corner Preschool

#16536 August 25 - 29

Lewis Craft Room B

1:00 - 3:30 pm

\$95/5

Sport n' Splash

(3 - 5 years)

Time to get active, and try a new sport each day. You'll have a blast before hitting the water park to cool off. Bring a snack, water bottle, hat, sunscreen, swim suit, towel and runners each day.

#15859 Monday - Friday

July 21 - 25

1:00 - 3:30 pm

Cozy Corner Preschool

\$85/5

Family Gymnastics

(all-ages w/ an adult)

Get ready to run, jump, swing, bounce and play together as you explore the best indoor playground around! Adult participation required.

Monday - Friday

#16504 July 14 - 18

10:30 - 11:30 am

#16505 August 18 - 22

10:30 - 11:30 am

#16506 August 26 - 30

9:00 - 10:00 am

#16507 August 26 - 30

1:00 - 2:00 pm

Vern Nichols Gym

\$6.50/drop-in

Ready Set GO!

(3 - 5 years)

Through free play and structured games, participants will learn movement skills like running, balancing, and throwing! They will participate in obstacle courses and enjoy parachute games and imaginative play. Bring a snack, water bottle, hat, sunscreen and runners each day.

#15852 Wednesday - Friday

July 2 - 4

9:30 am - 12:00 pm

Cozy Corner Preschool

\$50/3

Li'l Ninjas

(3 - 5 years)

Jump, crawl, climb. Your child will move through various obstacle courses learning fundamental movement skills through fun and play. Bring a snack, water bottle, hat, sunscreen and runners each day.

#15865 Monday - Friday

August 11 - 15

1:00 - 3:30 pm

Cozy Corner Preschool

\$85/5

Summer Sports Stars

(3 - 5 years)

Come join our super sporty, fun camp leaders and your friends as we burn off some energy at this active Summer camp! You'll try out all different kinds of sports, both indoors and outdoors, practice new skills, play games and learn the basics of teamwork. Bring a snack, water bottle, hat, sunscreen and runners each day.

#15861 Monday - Friday

July 28 - August 1

1:00 - 3:30 pm

Cozy Corner Preschool

\$85/5



Daycamps

Parktime

(K - 7 years)

Spend your warm summer weeks with us making new friends, exploring our surroundings, being creative with crafts and staying cool with water activities. We will go to a local beach and other fun outings around the Comox Valley each week. Participants must have finished kindergarten or be 6 years of age to register. **No camp on July 1 or August 4.**

Monday - Friday

#15831 June 30, July 2 - 4*

#15832 July 7 - 11

#15833 July 14 - 18

#15834 July 21 - 25

#15835 July 28 - August 1

#15836 August 5 - 8*

#15837 August 11 - 15

#15838 August 18 - 22

#15839 August 25 - 29

9:00 am - 4:00 pm

Lewis Park Totem Poles

\$189/5

\$150/4*

KidsPlay

(K - 12 years)

Need a little extra time in camp? KidsPlay is for children attending a registered daycamp program at the Lewis Centre, Lewis Park or LINC. This supervised, unstructured playtime allows for an early drop-off or late pick up for camps starting at 9 am and ending at 4 pm. Pre-registration is required.

#15849 8:00 - 9:00 am

#15850 4:00 - 5:00 pm

\$5/day

\$20/5 day week

\$16/4 day week*

Register ONLINE at courtenay.ca/reconline

Discovery

(7 - 9 years)

Adventures galore! Your summer full of never ending discoveries, excursions and games awaits! Venture to new places on our weekly outings, take a dip in the outdoor pool, explore local beaches and play interactive games that will leave you wanting more. **No camp on July 1 or August 4.**

Monday - Friday

#15840 June 30, July 2 - 4*

#15841 July 7 - 11

#15842 July 14 - 18

#15843 July 21 - 25

#15844 July 28 - August 1

#15845 August 5 - 8*

#15846 August 11 - 15

#15847 August 18 - 22

#15848 August 25 - 29

9:00 am - 4:00 pm

Lewis Park Totem Poles

\$189/5

\$150/4*

Want an easy way to plan your summer? See pages 86 - 87 for the Summer At A Glance planner

Quest

(9 - 11 years)



Join us for an exciting summer at Quest! You will explore, learn, and make new friends as we investigate our environment through games, activities, arts & crafts, team-building challenges outings and more! Get ready to embark on quests that challenge you to solve problems, work collaboratively, and explore your interests. Whether it's discovering local wildlife, participating in sports, or creating art projects, everyone will find something to make summer special. **No camp on July 1 or August 4.**

Monday - Friday

#15888 June 30, July 2 - 4*

#15889 July 7 - 11

#15890 July 14 - 18

#15891 July 21 - 25

#15892 July 28 - August 1

#15893 August 5 - 8*

#15894 August 11 - 15

#15895 August 18 - 22

#15896 August 25 - 29

9:00 am - 4:00 pm

Lewis Park Totem Poles

\$189/5

\$150/4*





Specialty Camps

Summer Sewing

(9 - 11 years)

Learn basic sewing techniques with a needle and thread and with a sewing machine! You'll create and sew several awesome keepsakes to make your summer special! Some fabric may be available for use but if you desire special fabric, a supply list will be provided. **No class July 1.**

#16501 Monday &
Wednesday - Friday
June 30 & July 2 - 4
9:00 - 11:30 am
Lewis Craft Room A
\$135/4

Cartoons and Illustrations

(10 - 12 years)

Develop and hone your cartooning and illustration talents through a variety of different exercises with Disney Cartoonist, David Thrasher. Use bold & beautiful colors to create your very own hand illustrated cartoons! Learn quick and easy techniques during this new summer offering

#16448 Monday - Friday
July 7 - 11
9:00 - 10:00 am
Lewis Meeting Room
\$75/5

Byte Camp - Music Video Production

(9 - 12 years)

Make your own music and music video! Camp time will be split between digital music composition, video filming and editing. Use amazing software tools to craft your very own song from scratch. We will show you the basics of beats, baselines, chords, and melodies so that your song will sound awesome. Experiment with video, special effects, and TikTok style editing techniques to make your own video as cool as your tune.

#15880 Monday - Friday
July 14 - 18
9:00 am - 4:00 pm
Lewis Craft Room B
\$395/5

Byte Camp - 2D Animation on Tablet

(9 - 12 years)

Turn your drawing skills into awesome animation skills on our tablets! We'll show you how to make beautiful animations as wild as your imagination. Participants will learn to storyboard and use some advanced animation skills and principles to make their characters really come alive on the screen. Amaze your friends with the story you can draw in just a week!

#15879 Tuesday - Friday
August 5 - 8
9:00 am - 4:00 pm
Lewis Craft Room B
\$340/4

Byte Camp - 2D Video Game Design

(11 - 14 years)

Learn how to build a 2D game from the ground up using Godot, an awesome free platform for coding and launching games (think Python, but way more fun!) This is a coding camp, so be prepared to challenge yourself and learn some new skills. Time will be spent learning how to create advanced 2D vector artwork and animated character sprites to make your game look great. Some coding experience or Byte Camp's - Intro to Coding is recommended as a prerequisite.

#15881 Monday - Friday
August 25 - 29
9:00 am - 4:00 pm
Lewis Craft Room B
\$395/5

Want an easy way to plan your summer?

See pages 86 - 87 for the Summer At A Glance planner



Odyssey Junior

(6 - 10 years)

This camp is specifically for children with support needs and diverse abilities, where we craft and play in a supportive environment. The Odyssey Junior crew will take part in all sorts of summer activities - interactive games, crafts, swimming and much more! There is no online registration for this program, please contact the Adapted & Inclusive Program Supervisor for registration.

Wednesday - Friday

#16455 July 2 - 4

\$60/3

Monday - Friday

#16456 July 7 - 11

#16457 July 28 - August 1

\$100/5

9:00 am - 3:00 pm

Lewis Craft Room B

Teen Odyssey

(11 - 20 years)

Teen Odyssey is back and better than ever! This camp is specifically for teens with support needs and diverse abilities and is a place where they can get the chance to explore new activities, learn new skills, meet friends, and have tons of fun, all while in a supportive environment. The Teen Odyssey crew will take part in all sorts of summer activities - interactive games, crafts, beach days, out trips, swimming and much more!

Monday - Friday

#15779 July 14 - 18

#15780 July 21 - 25

#15781 August 11 - 15

9:00 am - 3:00 pm

LINC Multipurpose Room

\$100/5

#15782 Tuesday - Friday

August 5 - 8

9:00 am - 3:00 pm

LINC Multipurpose Room

\$80/4

Double-OH-Science Camp

(K - 10 years)

Somewhere deep inside the Lewis Park an elite group of recruits is lurking in the shadows preparing to take you on top secret missions. Your mission should you choose to accept it: learn what it takes to be a spy through STEAM activities and good old-fashioned sleuthing. Explore the world of espionage and learn the science and tech used by spies.

Monday - Friday

#16539 July 21 - 25 (K - 7 years)

#15932 August 11 - 15 (8 - 10 years)

9:00 am - 4:00 pm

Lewis Craft Room B

\$225/5

Art Venture

(K - 7 years)

Spend a week immersed in arts, crafts, nature and fun! Let's explore different materials, tools and techniques as we create cool projects, play games and enjoy summer.

#16540 Monday - Friday

July 14 - 18

9:00 am - 4:00 pm

Lewis Salish Building

\$225/5

Adventure Camp

(9 - 11 years)

Summer is here - let's go on an adventure! Each day we will visit special places in nature, try out different activities that could include archery tag, rock climbing, caving, play group games, and most of all, having FUN!

Wednesday - Friday

#15899 July 2 - 4*

Monday - Friday

#15900 July 7 - 11

#15901 July 28 - August 1

#15902 August 18 - 22

9:00 am - 4:00 pm

Lewis Park Totem Poles

\$315/5

\$189/3*

Full STEAM Ahead

(K - 10 years)

Full STEAM Ahead - Get ready to explore science, technology, engineering, art and more! We'll challenge you with experiments, nature exploration, special projects and tasks to get your mind working and investigating the world around us.

Monday - Friday

#15935 July 28 - August 1 (8 - 10 yrs)

Lewis Salish Building

#16586 August 18 - 22 (K - 7 yrs)

Lewis Craft Room B

9:00 am - 4:00 pm

\$225/5





Flour Power Camp

(K - 10 years)

'Mix' things up and 'beat' your summer boredom. This camp will teach you everything you 'knead' to bake up delicious goodies. 'Doughnut' wait to register!

#15933 Monday - Friday
July 21 - 25 (**K - 7 years**)

#15934 Monday - Friday
August 18 - 22 (**8 - 10 years**)
9:00 am - 4:00 pm
Lewis Craft Room A
\$235/5

2025 Summer Camp Sampler

(K - 10 years)

Get ready for a fun-filled week and an action-packed intro to all the exciting activities our summer camps have to offer! Try out a variety of experiences like outdoor adventures, group games, nature exploration, experiments & crafts, outtrips and more. **No camp July 1.**

Monday, Wednesday - Friday

June 30, July 2 - 4

#16581 (K - 7 years)

#16582 (8 - 10 years)
9:00 am - 4:00 pm
Lewis Park Totem Poles
\$39/day
\$150/4

Cooks & Crafts

(K - 7 years)

Tantalize your taste buds and satisfy your imagination as you create savory dishes and craft the day away. At the end of the week you will bring home a book of tasty recipes and creative craft creations. We'll also mix in outdoor activities to keep you energized! Participants must have finished kindergarten or be 6 years of age to register.

Monday - Friday

#15929 July 7 - 11

#15930 August 11 - 15
9:00 am - 4:00 pm
Lewis Craft Room A
\$235/5

Jr Iron Chef

(9 - 11 years)

Learn culinary basics through hands-on cooking and develop the confidence you need to get creative in the kitchen. Practice a variety of culinary skills including chopping, measuring, mixing and baking while you learn about different tools and their uses. Then, prepare to take on the Iron Chef at the end of the week!

#16537 Monday - Friday
July 28 - August 1
9:00 am - 4:00 pm
Lewis Craft Room A
\$235/5

Around the World Adventures in Culinary Cuisine

(K - 10 years)

Tour the world through food! Learn about how to cook tasty dishes and treats from different parts of the world. You'll explore with your mind and your taste buds while learning skills that will help you in the kitchen no matter where in the world you are!

#15931 Monday - Friday
July 14 - 18 (**8 - 10 years**)

#16538 Tuesday - Friday
August 5 - 8* (**K - 7 years**)
9:00 am - 4:00 pm
Lewis Craft Room A
\$235/5
\$189/4*

Register ONLINE at
courtenay.ca/reconline
For updates & schedule
changes, go to
www.courtenay.ca/rec





Summer Stage & Spotlight

(9 - 11 years)

Experience the magic of theatre at summer camp. Join us for a fun-filled week of acting, improvisation, and more! Develop your skills, make new friends, and unleash your creativity in a supportive and engaging environment. Don't miss out on this unforgettable theatrical adventure! Practice, play and perform!

#15943 Monday - Friday

July 21 - 25

9:00 am - 4:00 pm

Lewis Outdoor Stage

\$225/5

Adventure Acro

(8 - 10 years)

Join dance instructor Leigha for a week of acro, dance and fun! We'll develop our skills in acro in the mornings and spend the afternoons keeping cool with games, special crafts, adventures and water activities.

#16503 Monday - Friday

July 7 - 11

9:00 am - 4:00 pm

Vern Nichols Gym

\$225/5

7 Story Circus: Aerial Silks Camp

(10 - 18 years)

This workshop is for beginners to advanced aerialists. We will focus on skills, technique, artistic practice and having fun. Each aerialist will have their own apparatus and training area. A separate \$25 fee for 7 Story Circus Membership and insurance is required to be paid to the instructor at the first class.

#15908 Tuesday - Friday

July 22 - 25

10:30 am - 12:00 pm

Vern Nichols Gym

\$180/4

7 Story Circus: Circus Camp

(6 - 13 years)

Join 7 Story Circus! Discover the magical & inspiring world of circus arts. Climb: Aerial fabric. Juggle: scarves, balls, rings & clubs. Spin: staff, poi, diablo, flower-sticks & plates. Balance: stilts, rola-bola, and partner acrobatics. Play: improvisation & performance games. Be inspired and amazed by your own abilities! A separate \$25 fee for 7 Story Circus Membership and insurance is required to be paid to the instructor at the first class.

#15909 Tuesday - Friday

July 22 - 25

1:00 - 3:00 pm

Vern Nichols Gym

\$240/4

Lewis Labyrinth

(K -7 years)



Adventures, exploration, mysteries and challenges await in this special outdoor camp! Spend your last week of summer solving scavenger hunts and problem-solving activities, exploring nature trails, creating nature crafts and enjoying the sunset of summer!

#16587 Monday - Friday

August 25 - 29

9:00 am - 4:00 pm

Lewis Salish Building

\$225/5

Please check receipts for important program information.

Volunteer with Us This Summer!

Volunteering with Courtenay Recreation is a fun and easy way to give back to your community, build new skills, and complete Work Experience requirements.

Brush up on your volunteer skills with our Summer Volunteer Training. See page 83 for more information.

courtenay.ca/volunteer | 250-338-5371





Sports & More

Soccer Skillz

(6 - 11 years)

This immersive soccer skills camp will help players of all levels refine techniques, enhance ball control, and master footwork. Coaches lead dynamic drills, fostering agility, and team building. Don't forget your swim suit to enjoy the pool or other water games after a morning of hard work and play.

Monday - Friday

#16513 July 7 - 11 (9 - 11 years)

#16514 July 21 - 25 (6 - 8 years)

9:00 am - 4:00 pm

Lewis Park Totem Poles

\$225/5

Silly Sports

(K- 9 years)

Dodgeball, Snake Baseball - it's time to put a silly spin on your favourite sport! Let's get your heart pumping while playing tag games, relays and staying cool with new friends. Prepare for some silly fun that will get you moving, using a variety of equipment and building on your skills.

Monday - Friday

#16584 July 28 - August 1 (K - 7 years)

#16585 August 18 - 22 (7 - 9 years)

9:00 am - 4:00 pm

Lewis MP Hall

\$225/5

Archery Camp

(7 - 12 years)

Learn the basics of using a bow and arrow while having fun playing lots of games in this camp! Challenge yourself as you develop co-ordination, strength, a sharp eye, listening skills and more. We will take the fun of camp and mix it with specific skill building for a whole day of fun and take a dip in the Outdoor Pool. Don't miss out!

No camp August 4.

Monday - Friday

#15917 July 7 - 11 (7 - 9 years)

Tuesday - Friday

#15918 August 5 - 8* (10 - 12 years)

9:00 am - 4:00 pm

Lewis MP Hall

\$225/5

\$180/4*

Basketball Skills & Games Camp

(9 - 11 years)

If you love basketball as much as we do don't miss your shot on joining this camp. We will work on basic ball handling, passing, shooting and many more sport specific skills in this all day program. Then you will get the chance to put those skills into play through scrimmages and games! Don't worry, we will take lots of breaks to enjoy the summer as well.

Monday - Friday

#15927 July 14 - 18

9:00 am - 4:00 pm

Lewis MP Hall

\$225/5

Woo Kim Taekwondo Summer Camp

(7 - 12 years)

Whether you are new to martial arts or a veteran of the club, you are going to love coming to Taekwondo camp! Learn and practice kicking, punching, and self-defense. Parents will love their kids learning about the "Tenets of Taekwondo"; courtesy, integrity, perseverance, self-control, indomitable spirit. We'll keep you busy with games, sports, crafts and daily pool time! **No camp August 4.**

Monday - Friday

#15874 July 7 - 11

#15875 July 21 - 25

#15876 August 5 - 8*

#15877 August 18 - 22

9:00 am - 4:00 pm

Lewis Salish Building

\$240/5

\$195/4*

Register ONLINE at courtenay.ca/reconline
For updates & schedule changes, go to www.courtenay.ca/rec





Summer SK8 School

(6 - 8 years)

Do you wish you could kick your skateboard skills up a notch? Don't worry this school will get your wheels spinning! Paired with lots of fun and games, you will be able to develop in the sport of skateboarding as staff help you learn tricks and how to ride the different obstacles at the indoor and outdoor skateparks. **No camp July 7 or August 4.**

Tuesday - Friday

#15878 July 8 - 11

#15903 August 5 - 8

9:00 am - 12:00 pm

LINC Indoor Skatepark & Valley View Outdoor Skatepark

\$120/4

Summer Skateboarding - Private Lessons

(6 years & over)

Want to refine your skateboarding or get an edge up on your friends? Are you brand new to the sport and don't know where to start? Take a private lesson with our instructors and get tips and tricks to help keep you progressing. Tuesday/Thursday lessons are at The LINC Indoor Skatepark, while Wednesday/Friday lessons are at Valley View Outdoor Skatepark

Tuesday (LINC)

July 8 or August 5

Wednesday (Valley View)

July 9 or August 6

Thursday (LINC)

July 10 or August 7

Friday (Valley View)

July 11 or August 8

12:30 - 1:15 pm or

1:30 - 2:15 pm

\$25/lesson

Gymnastics

Day Camp

(8 - 10 years)

Let's combine your love of gymnastics and the fun of summer camp! Start your day with games in the park before moving to the gym for coaching and skill development in gymnastics. Run, jump, swing and stretch as you build your skills this week! After, head back to the park for more awesome games, activities and trips to the outdoor pool.

#15915 Monday - Friday

August 25 - 29

9:00 am - 4:00 pm

Vern Nichols Gymnasium

\$225/5



Gymnastics & Trampoline Camp

(6 - 11 years)

Whether you are a beginner or a more accomplished gymnast, you'll have a great time in this special camp! Learn new skills, and develop your strength, flexibility, balance, and more, as we work out on all apparatus. Daily challenges and progressions will be set to your individual levels.

Monday - Friday

August 18 - 22

#15916 9:00 - 10:30 am (6 - 8 years)

#16512 1:00 - 2:30 pm (9 - 11 years)

Vern Nichols Gym

\$135/5



Parkour Kidz

(7 - 13 years)

Try out the challenging and fun world of Parkour - the practice of traversing obstacles in a man-made or natural environment. Run, vault, roll and move through the obstacles as you practice and build your skills through different challenges and games.

Monday - Friday

July 14 - 18

#16508 9:00 - 10:30 am (7 - 9 years)

#16509 1:15 - 2:45 pm (9 - 11 years)

August 18 - 22

#16510 2:30 - 4:00 pm (11 - 13 years)

Vern Nichols Gym

\$135/5

Family Gymnastics

(all-ages w/ an adult)

Get ready to run, jump, swing, bounce and play together as you explore the best indoor playground around! Adult participation required.

Monday - Friday

#16504 July 14 - 18

10:30 - 11:30 am

#16505 August 18 - 22

10:30 - 11:30 am

#16506 August 25 - 29

9:00 - 10:00 am

#16507 August 25 - 29

1:00 - 2:00 pm

Vern Nichols Gym

\$6.50/drop-in





Outdoor Pursuits

Kids Kayak Camps

(8 - 12 years)

Get out on the water this summer! Join us to explore a variety of different paddling experiences including kayaking, canoeing, and stand-up paddle boarding.

Tuesday - Friday

#15809 July 15 - 18

10:00 am - 2:00 pm

#15810 August 5 - 8

12:00 - 4:00 pm

Various Locations

\$275/4

#15811 Monday - Thursday

August 18 - 21

12:00 - 4:00 pm

Various Locations

\$275/4

Get in the Game

(7 - 9 years)

It's time to put your game face on! We'll play different sports each day - soccer, baseball, floor hockey, flag football, basketball and more! After our action-packed mornings, we'll have lunch and cool off at the pool!

#16515 Tuesday - Friday

August 5 - 8

9:00 am - 4:00 pm

Vern Nichols Gym

\$172/4

Mount Washington Alpine Adventure Camp - Mountain Biking

(7 - 12 years)

Get ready for an exhilarating adventure camp tailored to kids! From heart-pumping mountain biking, to thrilling hikes, engaging games and creative crafts - there's something for everyone and so much more! Our dynamic camp leaders are dedicated to ensuring every young adventurer experiences the time of their lives in a safe and controlled environment. Join us for an unforgettable week packed with excitement and fun!

Monday - Friday

#16516 July 21 - 25

#16517 August 11 - 15

10:00 am - 3:00 pm

Mount Washington Alpine

Resort - Mountain Kids

\$179/5

\$74 transportation

available before/after

camp*

bike & armour rental

extra (if required)

**Check receipt for important info*

Mount Washington Alpine Adventure Camp - Hiking

(7 - 12 years)

NEW

Get ready for an adventure camp tailored for kids. This week is filled with alpine hikes on Mount Washington and in Strathcona Park, engaging games, creative crafts and endless outdoor fun. Our dynamic leaders are ready to ensure every young adventurer experiences the time of their lives. Get ready for an unforgettable week.

#16580 Monday - Friday

July 28 - August 1

10:00 am - 3:00 pm

Mount Washington Alpine

Resort - Mountain Kids

\$179/5

\$74 transportation

available before/after

camp*

SK8 Scoot Sports

(7 - 12 years)

Gear up for a busy week - play sports, skateboard, scooter, and swim your way into summer! Mornings will include visits to The LINC's indoor skatepark where you can get tips and tricks from our leaders, play dodgeball or burn off energy trying out new and favourite sports. Each afternoon we'll stay cool at the outdoor pool or with other water activities!

Monday - Friday

#15920 July 14 - 18 (7 - 9 years)

#15921 July 28 - August 1 (10 - 12 yrs)

#15922 August 11 - 15 (7 - 9 years)

#15923 August 25 - 29 (10 - 12 years)

9:00 am - 4:00 pm

LINC Indoor Skatepark

\$225/5



Don't forget to bring a snack, water bottle, hat, and sunscreen each day!





Youth Camps

Art Attack & Splash

(12 - 14 years)
Let's dive into your artistic side this summer! Experiment with different paints, pastels and messy art fun each day as you complete cool, independent projects that will get your creative juices flowing. We'll break up the days with activities that get you out into nature, and keep cool this week!

#16499 Tuesday - Friday
August 5 - 8
9:00 am - 4:00 pm
LINC Youth Centre
\$180/4

Cartoons and Illustrations

(12 - 14 years)
Develop and hone your cartooning and illustration talents through a variety of different exercises with Disney Cartoonist, David Thrasher. Use bold & beautiful colors to create your very own hand illustrated cartoons! Learn quick and easy techniques during this new summer offering

#16449 Monday - Friday
August 11 - 15
9:00 - 10:00 am
Lewis Meeting Room
\$75/5

Boredom Busters

(12 - 14 years)
Have your summer days got you yawning? Let's kick it up a notch! Make new friends while doing awesome activities. Play active games, create cool projects, and re-engage in summer fun with some special surprises!

#16500 Monday - Friday
July 21 - 25
9:00 am - 4:00 pm
LINC Youth Centre
\$225/5

Bake Wars

(12 - 14 years)
Get ready to create and bake! Have you always wanted to bake like the professionals? We'll show you some tips and tricks to get you creating delicious and beautiful treats. Experiment with a variety of sweet and savoury recipes and tools each day. Projects may include cookies, cakes, scones, and more!

#15919 Monday - Friday
August 25 - 29
9:00 am - 4:00 pm
LINC Kitchen
\$235/5

Chopped

(12 - 14 years)
Test your cooking skills and invent tasty dishes! Each day your team is given a basket of surprise food items that must be incorporated to create a soup, salad, appetizer, entrée or dessert. You will be scored on a variety criteria. Will you be part of the winning team? Prizes included!

Monday - Friday
#15897 July 7 - 11
#15898 August 11 - 15
10:00 am - 3:00 pm
LINC Kitchen
\$160/5

Summer Sewing

(12 - 14 years)
Learn basic sewing techniques with a needle and thread and with a sewing machine! You'll create and sew several awesome keepsakes to make your summer special! Some fabric may be available for use but if you desire special fabric, a supply list will be provided. **No class July 1.**

#16502 Monday & Wednesday - Friday
June 30 & July 2 - 4
1:00 - 3:30 pm
Lewis Craft Room A
\$135/4





Leadership/Certification

Firefighter Basic Training

(13 - 18 years)

Challenge your physical and mental abilities as you train with the Courtenay Fire Department. Get educated about volunteer and career opportunities in fire-fighting. Activities may include extinguisher training, auto extraction, building searches and more.

#15924 Monday July 28

#15925 Monday August 18

10:00 am - 4:00 pm

Captain A.A. Lane

Macdonald Fire Training Centre

\$39

Emergency First Aid & CPR C

(13 years & over)

Let's cover the ABC's of first aid - airway, breathing and circulation. Learn how to deal with obstructed airways, breathing distress, wound care and CPR. A 3-year certificate will be issued upon successful completion.

#16480 Tuesday August 19

8:30 am - 4:30 pm

LINC Multipurpose Room

\$135

Food Safe Level 1

(13 years & over)

Train to become an employable food handler in the service industry. Learn about safe food handling methods and food preparation techniques. Certificates are awarded upon successful completion of the program. A must for resumes!

#15926 Friday August 22

9:00 am - 4:00 pm

LINC Multipurpose Room

\$98

All-in-One Job Training

(13 years & over)

Get prepared to land your first job! Our facilitators will prepare you with certificates to build or boost your resume! Food Safe Level 1, Emergency First Aid & CPRC, Customer Service 101, Leadership and Fire Fighter Basic Training are all up for grabs this week. Get tips on how to polish up your resume and help you find and apply for your first (or next) job!

#16482 Monday - Friday

August 18 - 22

9:00 am - 4:00 pm

\$450/5

Junior Leaders in Training (Jr. LIT)

(12 - 14 years)

Get ready for your introduction to leadership! We'll help you develop leadership skills through play. Then put your leadership, teamwork and communication skills into practice as we plan and host a special event for Parktime & Discovery participants on the Friday!

#15886 Wednesday - Friday

July 2 - 4

10:00 am - 4:00 pm

LINC Multipurpose Room

\$45/3

Leaders in Training

(13 - 15 years)

Have fun, get involved, gain work experience and build your resume as you become an awesome leader! You'll learn to plan and lead games in the Nickel Carnival! We'll also cover behaviour management, leadership and teamwork. Then as a volunteer in summer camps you can be mentored as you test out your new skills!

#15887 Monday - Friday

July 14 - 18

10:00 am - 4:00 pm

Lewis MP Hall

\$99/5

Customer Service 101

(13 years & over)

Gain a practical introduction to basic customer service skills including: communication etiquette and best practices, team work, service recovery and problem solving. Join us for fun interactive activities that will have you practicing scenarios and gain ideas that you can apply in your (future) workplace.

#16481 Thursday August 21

9:00 am - 4:00 pm

LINC Multipurpose Room

\$95



Active Pursuits

Basketball Skills & Games Camp

(12 - 14 years)
If you love basketball as much as we do don't miss your shot on joining this camp. We will work on basic ball handling, passing, shooting and many more sport specific skills in this all day program. Then you will get the chance to put those skills into play through scrimmages and games! Don't worry, we will take lots of breaks to enjoy the summer as well.

#15928 Monday - Friday
August 11 - 15
9:00 am - 4:00 pm
Vern Nichols Gymnasium
\$225/5

Teen Paddle Canada Sea Kayaking Basics Certification

(13 - 16 years)
The camp focuses on foundational skills and knowledge, preparing students for short paddling excursions in calm, sheltered waters. By the end, participants will have the confidence to paddle safely in calm conditions with peers of similar abilities. Teens will leave this camp with Paddle Canada Basic Sea Kayak Skills certification, the first step in the Paddle Canada Sea Kayak skills progression.

#15804 Monday - Thursday
July 7 - 10

#15805 Tuesday - Friday
August 12 - 15
12:00 - 4:00 pm
Comox Valley Kayaks
\$295/4



Don't forget to bring a snack, water bottle, hat, and sunscreen each day!



Summer Skateboarding - Private Lessons

(6 years & over)
Want to refine your skateboarding or get an edge up on your friends? Are you brand new to the sport and don't know where to start? Take a private lesson with our instructors and get tips and tricks to help keep you progressing. Tuesday/Thursday lessons are at The LINC Indoor Skatepark, while Wednesday/Friday lessons are at Valley View Outdoor Skatepark

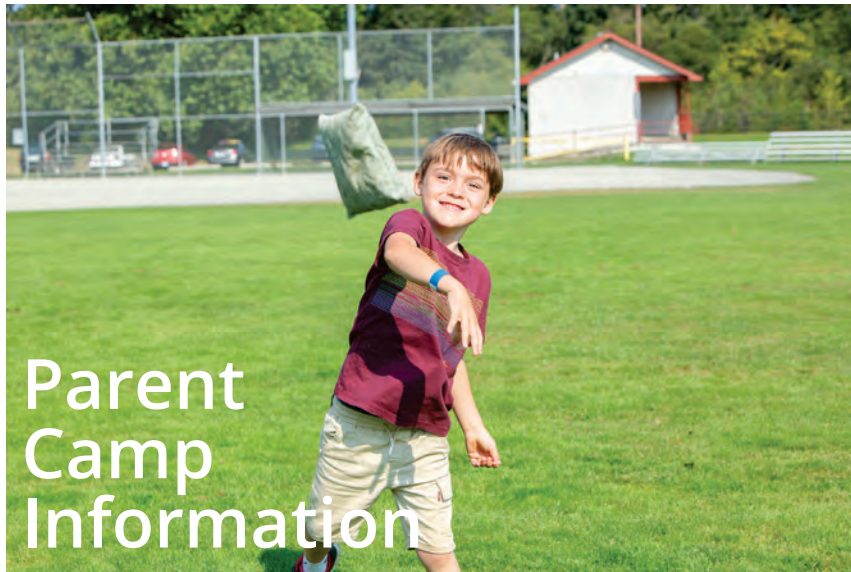
Tuesday (**LINC**)
July 8 **or** August 5
Wednesday (**Valley View**)
July 9 **or** August 6
Thursday (**LINC**)
July 10 **or** August 7
Friday (**Valley View**)
July 11 **or** August 8
12:30 - 1:15 pm **or**
1:30 - 2:15 pm
\$26/lesson

Girls on the Move

(12 - 14 years)
Grab your friends and get in on the fun with this try-everything recreation camp just for girls! Move, sweat, and build confidence while trying new ways to stay active! Activities may include yoga, movement games, archery, Zumba, racquet sports and more! Snack included. A schedule will be provided on the first day.

#15914 Monday - Friday
July 28 - August 1
9:00 am - 4:00 pm
LINC Youth Centre - Games Room
\$225/5





Parent Camp Information

Camp Locations

The daily meeting place for your child's camp will be printed on your receipt. Staff will be at these locations wearing their staff shirts.

Sign In/Sign Out Procedures

Parents/Guardians will be required to:

- verbally sign their child into camp with camp staff
 - inform staff who will be picking them up at the end of the day.
- Camp Leaders are available to help direct parents and campers and answer questions each day. We ask that parents do not enter camp program areas. If your child is over the age of 10 and has permission to sign themselves in and out of camp please complete an *independent sign-out* form, available at the front desk and our website.

Hours of Operations

Most of our camps run Monday to Friday 9 am - 4 pm, unless otherwise noted on your receipt.

KidsPlay (Before & After Camp Care)

Safe, unstructured, but supervised playtime is available before camp from 8 am - 9 am and after camp from 4 pm - 5 pm. Pre-registration is required to attend. Drop-off and pick-up from KidsPlay is at the Lewis Park totem poles.

Late Pick-ups/Absences

If you are unable to pick your child up on time, please call and notify the Lewis Centre as soon as possible. When possible your child will join the KidsPlay program and you will be billed for the cost. Late pick-ups from the KidsPlay program will be billed an additional fee. If your child will be absent from camp, please notify the Lewis Centre as soon as possible.

Field Trips

Camp may go on field trips to locations around the Comox Valley. An itinerary will be available on our website on the Friday prior to the start of your registered camp. Activities are rain or shine, so please make sure your child is prepared for all weather conditions.

Lost & Found

Items will be kept at the Lewis Centre until September 1, 2025. After, they will be donated to an organization in need. Please label everything your child brings to camp so we can ensure it is safely returned to them.

Swimming

Camp swims are supervised by qualified lifeguards. All campers will participate in a swim test and assigned a bracelet indicating if they are allowed to swim in the deep end, the shallow end or are required to wear a life jacket. Youth in life jackets and participants ages 6 & under will be within arms-reach of a leader at all time. If you would like your child to wear a life jacket regardless of their swim ability, please contact the Lewis Centre prior to the camp start date and a note will be made on your child's account. Please pack a swimsuit and towel for every day of camp.

Administration of Medications

If your child will be arriving to camp with medication (including personal medication, Tylenol, Ibuprofen, or an EpiPen), please contact the Adapted and Inclusive Program Supervisor or the Inclusion Coordinator regarding administration and storage of medication.

Allergies

Please treat day camp like a school environment. We do have campers with severe peanut and other nut allergies. Please do not send your child with nut products. If your child has food allergies or dietary restrictions please ensure these are clearly stated on the camper registration form and do not hesitate to discuss your child's allergies or dietary restrictions with program staff. If your child requires an epi-pen for their allergies, please contact our Adaptive & Inclusive Program Supervisor at 250-338-5371 to discuss arrangements.

Adapted & Inclusive Program

We make it fun and easy for children with special needs and diverse abilities to attend our camps. Contact the Summer Inclusion Coordinator at 250-338-5371 for more information on the support available.

Parent Communication

Camp leaders will keep parents/guardians informed of daily events, via an online schedule. If your child will not be attending for any reason please notify the office. Any concerns should be brought to a Program Supervisor's attention immediately.

Change in Family Status

If your child is experiencing any stress or trauma outside of camp, please inform one of the camp contacts (see next column). This will allow our staff to better understand your child and communicate more effectively should any behaviour changes occur. It is the responsibility of the parent to notify the front desk or Program Supervisor of any changes to custody orders, spousal restrictions, or living arrangements. If there is ever a concern about your child's well-being please call to discuss.

Removal of Participants from the Program

If your child comes to the program with an infectious disease (ex. Pink Eye) or condition (ex. Head Lice), the parents will be notified and the child will be sent home immediately. The child may only return to the program when they are no longer infectious. If a child's behaviour is disruptive to the program, safety or enjoyment of other participants and all efforts have been made to support him/her to participate successfully, the child's parents will be notified. If the behaviour continues, the parents will be notified again and the child will be sent home from the program for the day. The child will only be allowed to return to the program when his/her behaviour is appropriate. A child may be refused the opportunity to participate or be removed from the program by the program staff after consultation with a Program Supervisor.

Program Tips for Parents/Guardians in Preparation for Camp:

Please explain to your child how important it is to work with and listen to their camp leaders to help ensure a fun and safe camp experience. Some of the things to review are:

- Practice good hand hygiene: wash hands frequently for at least 20 seconds and avoid touching your face.
- Cough and sneeze into your elbow, not your hands
- Don't be in other participant's and staff's personal bubble
- Stay home if they are unwell
- Use a refillable water bottle to stay hydrated
- Get plenty of sleep before attending camp
- Apply sunscreen before attending a program and teach your child to be able to apply their own effectively.



Sun Protection

We require all participants to be protected with sunscreen, and a hat each day. Use of UV protected sunglasses is encouraged but not required. Children should come to camp with sunscreen already applied and be able to re-apply independently upon reminders from camp leaders.



What to Bring

- Weather appropriate clothing
 - Comfortable, closed toe shoes
 - Bathing Suit & Towel (everyday)
 - Water Bottle
 - Waterproof Sunscreen & Hat
 - Water Shoes or Sandals (for beach days)
 - Rain Jacket & Boots (for rainy days)
 - Bag lunch & snacks (peanut free)
- *Please label all your child's belongings**

Please leave at home: electronics, food with peanuts, flip flops, toy weapons, money, or anything else of value or sentiment they would be upset if lost or stolen.

Important Links:

Camp Forms:
courtenay.ca/recforms
Camp Schedules:
courtenay.ca/camps

Contacts:

Summer Camp Coordinator
daycampsupervisor@courtenay.ca
250-218-8667

Summer Inclusion Coordinator
inclusion.coordinator@courtenay.ca
250-338-5371 ext. 7442





Adapted Sports

Adapted Basketball

(16 years & over)
Are you ready to ball? In this Intro-Level program, you will learn basic ball handling, passing and shooting skills, plus get the chance to put those skills into play through scrimmages and games!

#15481 Thursdays
April 3 - June 12
1:00 - 2:00 pm
Lewis Centre Gym
\$42/11

Adapted Diverse Sports

You name it: we play it! Join in this sporty environment, where we mix and mesh all of your favorite sports into something accessible for everyone! Morning and evening options available.

(14 years & over)
Wednesdays
#15471 April 2 - June 18
10:30 - 11:45 am
Lewis Centre Gym
\$42/12

#16453 July 16 - August 27
10:00 - 11:00 am
Vern Nichols Gym
& MP Hall
\$33/7

Adapted Archery

(18 years & over)
Learn the art of archery through step-by-step instruction. Each week we'll review how to draw a bow and shoot arrows so that your coordination, strength, aim and accuracy improve. **No program April 18.**

#15463 Fridays
April 4 - June 20
12:15 - 1:30 pm
Lewis MP Hall
\$50/11

Drop-In options available

Challenger Baseball

(10 years & over)
Challenger Baseball is an adaptive baseball program specifically designed to empower children, youth and adults living with physical and/or cognitive disabilities. This program is in partnership with the Jays Care Foundation and we greatly appreciate their support in our community.

#15462 Thursdays
April 3 - June 5
10:00 - 11:00 am
Lewis Ball Diamond 1
\$25/10



Adapted Spring Bowling League

(18 years & over)
Strike up new friendships at our fun bowling leagues on Wednesdays. Get ready for spares, chop-offs, strikes and probably a few gutter balls as you work to improve your bowling game. Who will be the first to get a turkey (3 strikes in a row)?!

#15475 Wednesdays
April 2 - June 4
3:00 - 4:00 pm
Codes Country Bowling
\$5/10

Adapted Indoor Soccer

(16 years & over)
Dribble, pass, and shoot your way to the goal of having fun while playing Soccer. Begin every session with some basic skills work, and end every session sliding into game play and showcasing your ability!

#15482 Mondays
April 7 - June 16
1:30 - 2:30 pm
Lewis MP Hall
\$38/9

Get Active

Adapted Chair Fit

(18 years & over)
An upbeat workout class that uses bender balls and toner sticks followed by a nice cool down with gentle stretching. All ages & abilities welcome.

Instructor: Nancy Victoria
Fridays

#15467 April 4 - June 20
\$90/11

#15468 July 4 - August 1
\$50/5

10:30 - 11:30 am
Lewis MP Hall

Adapted Gymnastics

(10 years & over)
Get ready to learn, build your strength and have fun! Explore the different equipment and obstacles as you learn tips and tricks from our gymnastics coaches that will keep you safe and building on your skills and abilities.

#16462 Mondays
April 7 - June 16
9:15 - 10:15 am
Vern Nichols Gym
\$6.50/drop-in



Adapted Dance Class

(13 years & over)
Join this fun and energizing approach to movement and music. Enjoy a mix of styles and step-by-step instructions to get you moving and shaking!

#15469 Thursdays
April 10 - June 12
1:10 - 2:00 pm
Lewis Activity Room
\$48/10

Adapted Yoga

(16 years & over)
Join us for a slow moving gentle yoga class that focuses on calming the breath, stretching and gentle strengthening. This class will leave you feeling refreshed and relaxed.

Instructor: Susan Obieglo
Tuesdays

#15478 April 1 - June 24
1:30 - 2:15 pm
Lewis Activity Room
\$80/13

#15479 July 8 - August 19
1:15 - 2:00 pm
Lewis Activity Room
\$40/7

Adapted Dance Party

(18 years & over)
Let's get the wild spring dance party started! Register with your friends and join us for this fitness inspired class that is sure to put that spring in your step! All abilities and levels welcome.

#15470 Wednesdays
April 9 - June 25
1:15 - 2:00 pm
Lewis MP Hall
\$55/12

Leisure Buddies:

The Leisure Buddy provides 1:1 support to a program participant in an effort to create an inclusive recreation environment. This can include, but is not limited to participants living with physical, cognitive, behavioral or developmental barriers. Leisure buddies are available all throughout summer! Please contact Zach, the Adaptive & Inclusive Program Supervisor to ask how we can help! 250-338-5371 or zandres@courtenay.ca

Registration for
Adapted Programs
starts Tuesday March
18 at 8:30 am

All Adapted Programs
Proudly Sponsored by:



Spring Adapted Registration starts Tuesday March 18 at 8:30 am

Summer Adapted Registration starts Monday April 28 at 7:15 am



Special Interest

Adapted Programs - Kitchen Crew

(14 years & over)
Join the kitchen crew! Mix it, toss it and throw it in the oven of fun. Come create tasty treats and meals as part of this kitchen crew! After you enjoy your meal, play some games and socialize in the LINC's games room.

Mondays
#15473 April 7 - May 5
#15474 May 26 - June 16
10:30 am - 12:00 pm
The LINC Kitchen
\$37/4

Adapted Neuro-Wonderful Social

(13 years & over)
This biweekly group has been curated to enhance the social fabric of those living with neurodiversities. Folks of all ages can come together in solidarity to participate in gentle activities like, art, mindfulness, resource sharing, games nights, movie nights, and more!

#16459 Wednesdays Bi-Weekly
April 30 - June 18
Lewis Craft Room A
6:00 - 7:30 pm
\$30/5

Adapted Espresso-Yourself

(16 years & over)
Get together to enjoy a good cup of coffee or tea with friends. There will be opportunities to connect with new friends and build connections within the Comox Valley.

Tuesdays
#15472 April 1 - June 24
10:30 - 11:30 am
Lewis Craft Room A
\$35/13
#16452 July 8 - August 26
9:00 - 10:00 am
Lewis Meeting Room
\$25/8

Adapted Spoonie Social

(13 years & over)
This bi-weekly group is curated to enhancing the social fabric of those living with persistent pain and illness. Folks of all ages can come together in solidarity to participate in gentle activities like, art, mindfulness, resource sharing, games nights, low-impact exercises and more!

#16458 Wednesdays Bi-Weekly
April 23 - June 18
Lewis Meeting Room
\$30/5

Adapted Art Cards

(18 years & over)
Let's get creative! Each week we'll work together and make beautiful cards to sell in the community. All proceeds from sales are shared back to the artists.

Mondays
April 7 - June 16
#15464 1:00 - 2:00 pm
#16451 10:00 - 11:00 am
Lewis Craft Room A
#15465 July 14 - August 25
9:00 - 10:00 am
Lewis Meeting Room
Free

Adapted Art in the Afternoon

(13 years & over)
Get creative with mixed media projects in: drawing, painting, sculpture and mixed media! Pre-register or drop-in for the fun!

#15466 Wednesdays
April 9 - June 18
1:30 - 3:00 pm
Lewis Salish Building
\$47/11

Adapted Young Adults Club

(18 years & over)
Let's get social and plan the things you want to do! Activities may include crafts, movies, games nights, dinner out and more! Join us for a special pizza planning party on April 1st.

#15480 Tuesdays
April 1 - June 17
6:00 - 8:00 pm
Lewis Craft Room A
\$35/12

Spring into Summer Dance

(15 years & over)
Come together with the Adapted Crew and dance yourself into Summer! There will be music, dancing, and treats!

#15476 Friday June 27
1:00 - 2:30 pm
Lewis MP Hall
\$5

Adapted Summer Programs

Adapted Picnic Party & Talent Show

(18 years & over)
It's time to show us your stuff! Have you been working on a new talent? Maybe a dance, joke, song or magic trick? Pack a picnic lunch, register with your friends and get ready to share your talents in the summer sun. A cool summer treat included. Thank you to the Comox Valley Community Foundation for their support that allows us to offer this program for a low cost!

#15770 Thursday July 17
11:30 am - 1:00 pm
Lewis Outdoor Stage
\$5

Adapted Talent Show and Social

(18 years & over)
Have a hidden talent that should be shared? A great singing voice or a magic trick? Sign up to perform and support all of our pals.

#15477 Tuesday May 20
12:45 - 2:15 pm
Lewis MP Hall
\$5

#15778 Wednesday July 30
12:45 - 2:00 pm
Lewis Outdoor Stage
\$5

Adapted Sizzlin' Summer Dance

(16 years & over)
It's time for our tropical summer time dance! Get dressed in your tropical or Hawaiian clothes, and get out your dancing shoes, and get excited for a super fun time with the Adapted Crew. You'll meet new people and try out your dance moves!

#15771 Friday August 15
12:30 - 2:30 pm
Lewis MP Hall
\$5

Odyssey Junior

(6 - 10 years)



This camp is specifically for children with support needs and diverse abilities, where we craft and play in a supportive environment. The Odyssey Junior crew will take part in all sorts of summer activities - interactive games, crafts, swimming and much more! There is no online registration for this program, please contact the Adapted & Inclusive Program Supervisor for registration.

Wednesday - Friday
#16455 July 2 - 4
\$60/3
Monday - Friday
#16456 July 7 - 11
#16457 July 28 - August 1
\$100/5
9:00 am - 3:00 pm
Lewis Craft Room B

Adapted Sunny Days Bingo

(18 years & over)

Grab your sunscreen, hat and sunglasses and get ready for some fun in the sun! Join us for a spirited game of BINGO, a universal favorite that's exciting and easy to play. Prizes for everyone! Thank you to the Comox Valley Community Foundation for their support that allows us to offer this program for a low cost.

#15775 Tuesday July 15
#15774 Tuesday August 12
10:00 - 11:30 am
Lewis Outdoor Stage
\$5

We are looking for experienced and fun individuals for our Summer Inclusion Program!
Contact Zach at zandres@courtenay.ca
or go to courtenay.ca/inclusion

Teen Odyssey

(11 - 20 years)

Teen Odyssey is back and better than ever! This camp is specifically for teens with support needs and diverse abilities and is a place where they can get the chance to explore new activities, learn new skills, meet friends, and have tons of fun, all while in a supportive environment. The Teen Odyssey crew will take part in all sorts of summer activities - interactive games, crafts, beach days, out trips, swimming and much more!

Monday - Friday
#15779 July 14 - 18
#15780 July 21 - 25
#15781 August 11 - 15
9:00 am - 3:00 pm
LINC Multipurpose Room
\$100/5
#15782 Tuesday - Friday
August 5 - 8
9:00 am - 3:00 pm
LINC Multipurpose Room
\$80/4

Registration for Summer Adapted Programs starts Monday April 28 at 7:15 am



Spring Adapted Registration starts Tuesday March 18 at 8:30 am

Summer Adapted Registration starts Monday April 28 at 7:15 am



Arts & Crafts

Beginner Pottery

Build a fundamental skill set to create functional and decorative pieces with clay. Students will explore hand building technique, have the opportunity to try the potter's wheel and different surface decoration methods through guided projects and self-exploration. Three hours of additional studio time will be available on Wednesday, if needed. Registration includes one bag of clay.

Instructor: Bobbie Hammersly

#15624 Tuesdays

April 8 - June 10

7:00 - 9:00 pm

Lewis Craft Room B

\$399/10

#15623 Thursdays

April 10 - June 12

6:30 - 8:30 pm

Lewis Craft Room B

\$399/10

Register ONLINE at
courtenay.ca/reconline
For updates & schedule
changes, go to
www.courtenay.ca/rec

How to Draw

Learn several techniques that will help you draw with ease. Explore tone relationships, shading methods, use of a simplified grid, perspectives and more. You'll learn to detach yourself from your mental image of a subject in order to see what is really in front of you. Great results in a fun, relaxed class. **No class June 5.**

Instructor: Teresa Knight

#15621 Thursdays

May 15 - June 26

6:00 - 8:00 pm

Filberg Craft Room

\$114/6

Painting Nature in Acrylics or Oils

Let's celebrate where we live and learn to paint the amazing nature around us. After covering the basics of paint use and materials, classes will focus on the How-tos of painting rushing water, rolling seas, majestic trees, West Coast sunsets, meadow flowers, open skies or turbulent storms. All the wonderful aspects of painting our world around us. **No class June 3.**

Instructor: Teresa Knight

#15618 Tuesdays

May 13 - June 24

6:00 - 8:00 pm

Filberg Craft Room

\$114/6

Beginner Acrylics

This class is for those who are brand new to painting and also those who are new to acrylics. We'll cover all the basics! Including making colours, drawing, blocking in colour, material and supplies, techniques, layering and more. You'll come out with some paintings of your own and a good foundation for more!

Instructor: Teresa Knight

#15619 Thursdays

April 3 - May 8

6:00 - 8:00 pm

Filberg Craft Room

\$114/6

Painting Nature in Watercolour

Let's celebrate where we live and learn to paint the amazing nature around us. After learning the parameters and peculiarities of watercolour, classes will focus on the How-to's of painting rushing water, rolling seas, majestic trees, West Coast sunsets, meadow flowers, open skies, or turbulent storms. All the wonderful aspects of painting our world around us!

Instructor: Teresa Knight

#15620 Tuesdays

April 1 - May 6

6:00 - 8:00 pm

Filberg Craft Room

\$114/6

Please check receipts for important program information.

Plein Air Painting in Acrylic or Oil

Let's paint outdoors! Each session starts with an easy to follow demonstration on an important aspect of plein air painting, including getting the drawing down; steps to a great painting using oils or acrylics; following the lights; atmospheric perspective and capturing the feel of the landscape. Please be comfortable walking small distances to find great views.

Instructor: Teresa Knight

#15913 Tuesdays

July 8 - August 12

10:30 am - 12:00 pm

Lower Native Son's Hall

\$114/6

Aromatherapy Informative Workshop

This class is a fun and interactive introduction to Aromatherapy. Topics include: daily aromatherapy, safety, and the what, how, why & when to use essential oils. Taught by Deanna Papineau, EOT Registered Aromatherapist.

Instructor: Deanna Papineau

#15776 Thursday June 5

6:00 - 8:00 pm

Lewis Meeting Room

\$49

Improv for 55+

Join this fun-filled improv class designed to sharpen your mind, boost your confidence, and spark your creativity! Through improv games you'll enhance quick-thinking skills, stay mentally sharp and enjoy plenty of laughter. No experience necessary - just bring your sense of humour.

Instructor: Connor Ballantine

#16534 Fridays

April 25 - May 30

1:30 - 3:15 pm

Lewis Craft Room B

\$99/6

Plein Air Painting in Watercolour

Let's paint outdoors! Each session starts with an easy to follow demonstration on an important aspect of plein air painting, including getting the drawing down, steps to a great painting using watercolour, following the lights, atmospheric perspective and capturing the feel of the landscape. Please be comfortable walking small distances to find great views.

Instructor: Teresa Knight

#15622 Wednesdays

July 9 - August 13

10:30 am - 12:00 pm

Lower Native Son's Hall

\$114/6

Aromatherapy for Mother's Day

Make & Take and explore the wonderful world of Aromatherapy with Deanna Papineau RA, a local registered aromatherapist. We will create an aromatic spray to bring joy. Topics include essential oil safety, chemistry, blending, creating and fun.

Instructor: Deanna Papineau

#15777 Thursday May 8

6:00 - 8:00 pm

Lewis Salish Building

\$49

Community Circus 2

(12 years & over)

This class has a strong focus on ensemble work, as well as individual skill building. Activities include aerial silks, hoop, rope, juggling, object manipulation, stilting, chair balance and partner balance, handstands and conditioning, improvisation & performance games. This class is for beginners to pre-professional circus enthusiasts! **No class April 18.**

#15630 Fridays

April 4 - May 30

6:30 - 8:00 pm

Vern Nichols Gym

\$300/8

Aerial Arts: Mixed Levels (Basics - Advanced)

In this mixed-level (basics to advanced) class we will focus on skills, technique, strength, endurance, creative movement and much more. We will work towards creating acts to present in our spring show (date tba).

#15629 Wednesdays

April 2 - June 11

6:00 - 7:30 pm

Vern Nichols Gym

\$450/12

\$25 member fee for Circus/Aerial classes due to instructor at first class.





Special Interest

Befriend your inner critic and boost Your Mental Fitness

This powerful workshop is designed to help you reduce stress and unlock your full potential. Based on the Positive Intelligence® framework, this session offers insights into the neuroscience of happiness and performance.

Instructor: Linda Bartholme

#15736 Tuesday May 13

7:00 - 9:00 pm

Filberg Soroptomist

#15737 Saturday May 3

1:00 - 3:00 pm

Lewis Meeting Room

\$39

Productivity 101 Masterclass

Transform your life one day at a time in this powerful 2-hour workshop. Discover 10 key ideas to skyrocket your productivity and create amazing days. Learn practical strategies to maximize your time, boost focus, and achieve your goals. Unlock your potential and build the extraordinary life you deserve.

Instructor: Linda Bartholme

#15735 Sunday March 30

1:00 - 3:00 pm

Lewis Meeting Room

\$39

Unlock Your Potential: Habit Creation that Works

Revolutionize your life! Create positive habits that run on autopilot, preserving mental energy for what truly matters. Coach Linda will guide you through an exhilarating transformation, unlocking effortless habits and supercharging willpower. Bid farewell to old routines and thrive.

Instructor: Linda Bartholme

#15733 Fridays

April 25 - May 16

10:15 - 11:15 am

Lewis Craft Room A

\$89/4

Please check receipts for important program information.

Confidence 101 Masterclass

Dive into this immersive confidence workshop and learn practical tools to create indestructible trust in yourself. Reach your goals and transform your life through personalized coaching, group exercises, meditation, mindfulness, and manifestation practices. Register now to become the person you were always meant to be.

Instructor: Linda Bartholme

#15734 Sunday April 6

9:00 - 11:00 am

Lewis Craft Room A

\$39

Parenting - Parents Prosper & Connect

Join us weekly with your babies or tots for a rejuvenating fresh air experience. Start with a grounding breath or guided meditation, learn a tool to boost energy, productivity, or connection, and enjoy a walk together to chat and socialize, strengthen bonds and thrive together. Children must be in carrier or stroller.

Instructor: Linda Bartholme

#15732 Thursdays

April 24 - May 29

10:00 - 11:15 am

Lewis Outdoor Stage

\$120/6

Cooking on a Shoestring

This class will provide you with plenty of skills, tips, shortcuts, and a few good knife skills to whip up a bunch of quick, healthy meals to improve your budget.

Instructor: Meredith Murray

#16529 Monday April 7

5:00 - 8:00pm

Lewis Craft Room A

\$49

Sustaining Health: Nutritional Essentials for Seniors

Do you ever wonder if you are getting enough nutrients for your overall health and well-being? Do you find yourself hungry, experience cravings or struggling with digestive issues? In this course, with a registered dietitian, we will review nutrition tips to support your health with easy and practical strategies that you can incorporate right away into your daily living.

Instructor: Erin Roman, RD

#15738 Wednesday April 16
10:00 - 11:30 am
Lewis Craft Room A
\$39

#15743 Wednesday July 16
9:30 - 11:00 am
Filberg Conference Hall
\$39

Nutrition Strategies for Perimenopause and Menopause

Are you experiencing a shift in your hormones and starting perimenopause or menopause? This period brings many changes in the body that nutrition can support. With a registered dietitian, let's learn a bit more together about this transition and support wellbeing through nutrition.

Instructor: Erin Roman, RD

#15739 Saturday May 3
10:00 - 11:30 am
Lewis Meeting Room

#15740 Tuesday June 3
6:30 - 8:00 pm
Lewis Meeting Room

#15744 Saturday July 26
1:00 - 2:30 pm
Lewis Craft Room A
\$39

Mexican Vegetarian

Come and spend time with the chef and learn some marvelous Mexican recipes. The menu includes smoked tofu and pinto bean enchiladas; a black bean, orange and chipotle soup; and two types of fresh salsa. Enjoy a meal at the end of the class or bring some containers to take some food home with you.

Instructor: Sonja Limberger

#15812 Saturday April 5
1:30 - 4:30 pm
Upper Kitchen
\$89

Optimizing Digestion with Nutrition

Do you have issues with your digestion? Come learn some easy way to support optimal digestion with a registered dietitian. This workshop includes a high fiber cooking demo.

Instructor: Erin Roman, RD

#15741 Saturday May 3
1:00 - 3:00 pm
Lewis Meeting Room
\$39

#15745 Saturday July 26
10:00 am - 12:00 pm
Lewis Craft Room A
\$39

Sushi, Plus Other Japanese Fare

Learn how to make some joyful Japanese recipes. There will be hands-on Sushi making, and a demonstration of a Tofu Shitake Teriyaki that Chef Sonja developed while working at The Naam restaurant. Bring your appetite, an apron, and a few containers in case of leftovers.

Instructor: Sonja Limberger

#15813 Monday April 14
6:00 - 9:00 pm
Lewis Craft Room A
\$89

Refreshing Summer Recipes

Chef Sonja's chilling recipes for those hot summer days are yours to discover. The creations you will learn are a creamy raw tomato soup, pumpkin pate nori rolls, sunny almond spread and a raw desert. There will be some hands on in this class. Enjoy a meal after the lesson. Bring to go containers.

Instructor: Sonja Limberger

#15814 Friday May 9
6:00 - 9:00 pm
Lewis Craft Room B
\$89





Music

Drums Alive - Power Beats

Come get your groove on as we beat on fitness balls and move to some high energy music! Great for EVERY body and you can dial it up or down as you need. Fabulous for stress release but the focus is really on fitness fun! **No class April 16 & May 14.**

Instructor: Laura Forgie

#15641 Wednesdays

April 2 - June 25

5:30 - 6:30 pm

Native Sons Grand Hall

\$99/11

Drums Alive for Every-Body

Drums Alive is the most fun you will ever have drumming and moving to the beat! No Experience necessary - you can work at your own pace! Join Monica and see how Drums Alive will make you smile, inside and out! **No class April 21 & May 19.**

Instructor: Monica Hofer

#15640 Mondays

March 31 - June 23

12:15 - 1:15 pm

Native Sons Grand Hall

\$99/11

Beginners African Drumming

In this class, participants learn proper hand drumming technique and simpler West African rhythms for djembe and dundun (bass drum). Participants should be able to replicate basic rhythmic patterns. Participants must provide their own djembe. **No class April 18 & May 9.**

Instructor: Monica Hofer

#15637 Fridays

April 11 - June 27

2:45 - 3:45 pm

Native Sons Grand Hall

\$170/10

Beyond Beginners African Drumming

In this class we will continue to improve on technique and skills from the beginner classes while learning new & exciting West African rhythms - all while having fun getting into the groove. Please contact instructor if unsure of level. Participants must provide their own djembe. **No class April 18 & May 9.**

Instructor: Monica Hofer

#15638 Fridays

April 11 - June 27

1:30 - 2:30 pm

Native Sons Grand Hall

\$170/10

Intermediate African Drumming

Join our local hand drumming instructor and drum circle facilitator and get into your weekly groove. New rhythms taught every week; opportunities to work on djembe and bass drums. Great for the mind, body and spirit! This class is intended for those with previous experience. **No class April 18 & May 9.**

Instructor: Monica Hofer

#15639 Fridays

April 11 - June 27

12:00 - 1:00 pm

Native Sons Grand Hall

\$170/10

Single Mom Resource Course



Overworked and exhausted? Feel like you're the one holding everything together for your family? Turn chaos into calm and discover a new approach to single mom life. In this 8-week program, you'll learn the skills to take control of your life and to connect more deeply with yourself and your children. Includes free fun programming for your kids aged 5 - 11 during the course time.

Instructor: Kaleo Collective

#16395 Tuesdays

May 6 - June 24

5:00 - 7:00 pm

Lewis Meeting Room

Free

Dance

Beginner Belly Dance

Come have fun learning belly dance and discovering your inner Sheherazade! We will cover the basic moves, rhythms and veils. **No class May 19.**

Instructor: Laura Forgie

#15636 Mondays

April 28 - June 16

7:00 - 8:00 pm

Native Sons Grand Hall

\$49/7

Intermediate Belly Dance

Let's build on the foundations of the beginner class to add some new techniques and moves! We will explore new drum rhythms, costuming, veil-work, and a short choreography that will pull everything together. As always, the main goal is to have FUN!!

No class May 19.

Instructor: Laura Forgie

#15644 Mondays

April 28 - June 16

5:45 - 6:45 pm

Native Sons Grand Hall

\$49/7

Fun for all!

Line Dance Social

Join us for an afternoon of dancing, socializing and sharing opet to anyone who loves to line dance and just can't get enough! Dances for all levels of experience. Hosted by instructors Darlene Birtwistle & Joan Wydenes.

#16578 Sunday May 11

1:00 - 3:00 pm

Native Sons Grand Hall

\$10

*Did you know?
You can register on March 10
for your favourite Spring &
Summer programs.*

Line Dance Party

Learn the steps, learn the lingo and find out why a line dance class feels like a party! Build your confidence one step at a time with fun and easy line dances done to all kinds of music - it's not just country anymore! A great workout for the body and the brain, line dancing lifts your spirits and puts a smile on your face. "Life's Too Short Not to Dance". **No class May 13.**

Instructor: Darlene Birtwistle

#15647 Thursdays

April 3 - May 8

7:00 - 8:15 pm

Native Sons Lower Level

\$42/6

Beyond Beginner Line Dance Boogie

Wanted! Dancers looking for a bit more energetic and challenging footwork beyond the beginner level. Must be comfortable with the basic steps and a faster pace. Come charge up your Saturday with some invigorating moves and music!

Instructor: Darlene Birwistle

#16535 Saturdays

April 5 - May 10

10:45 am - 12:00 pm

Lewis Activity Room

\$6.50/drop-in



Line Dance - Beginner

Come and kick up your heels and dance the afternoon away! Line dancing is a great way to keep your brain and your body active! No partners required.

Instructor: Joan Wydenes

Wednesdays

#15645 April 2 - June 25

\$91/13

#15648 July 9 - August 27

\$56/8

1:05 - 2:05 pm

Lewis Activity Room

Line Dance - Intermediate

If you've been enjoying the beginner class it's time to boot, scoot, and boogie your way on up to the intermediate class. This class will focus on learning new dances while still enjoying the favourites from the beginner class. No partners required. **No class April 15 & May 13.**

Instructor: Joan Wydenes

#15646 Tuesdays

April 1 - June 24

12:00 - 1:00 pm

Native Sons Grand Hall

\$77/11

#15649 Tuesdays

July 15 - August 26

12:00 - 1:00 pm

Native Sons Grand Hall

\$49/7





Badminton

(16 years & over)
Drop-in and get some exercise at our recreational badminton. Racquets and birdies provided. Participants set-up equipment. **No class July 9 & 16.**

#15697 Wednesdays & Fridays
April 2 - June 27
1:15 - 3:15 pm
Vern Nichols Gym
\$4/drop-in

Soccer

(16 years & over)
Join our Monday night kick-around for a fun, casual soccer experience! All skill levels are welcome - come and play!

#15711 Mondays
March 31 - June 23
7:00 - 8:30 pm
Lewis MP Hall
\$4/drop-in

Pickleball

(16 years & over)
Join in and have fun playing this exciting paddle game! Must pre-register for drop in. No drop ins accepted on site. **No class April 15, 17, May 13, 14 & July 1, 8 & 10.**

#15708 Tuesdays & Thursdays
April 1 - June 26
1:15 - 3:15 pm
Native Sons Grand Hall
\$4/drop-in

Basketball

(16 years & over)
Looking for some facilitated gym time to play a pick up game or shoot around with your friends? Join us on Tuesday nights and enjoy the flexibility of drop-in Basketball.

#15698 Tuesdays
April 1 - June 24
7:00 - 8:30 pm
Lewis Centre Gym
\$4/drop-in

Intro to Tandem Canoeing

Learn basic paddling strokes for tandem canoeing, along with essential land and water rescue techniques. You will be paddling in a tandem canoe, but you do not need a partner to attend.

Instructor: CV Kayaks
#15806 Saturday May 24
#15807 Saturday June 7
1:00 - 4:00 pm
Comox Lake
\$98

Tandem Canoe Rescues

Learn the essential skills for handling capsized canoes in this hands-on course. You'll practice re-entering a swamped canoe and performing canoe-over-canoe rescues, gaining the confidence to manage emergencies on the water. **Instructor:** CV Kayaks

#15808 Sunday June 8
1:00 - 3:30 pm
Maple Lake
\$98

Historical Fencing

(11 years & over)
Learn and drill basic footwork, cuts, thrusts, grappling, and slow, free-play. This intro level is a great introduction to HEMA (Historical European Martial Arts). The Core class will take you from the intro program to a competitive HEMA fencer, long-term. Build coordination, focus, and fitness with opportunities to spar with Padded, Synthetic, and Steel. **No class June 3 & 10.**

Tuesdays
Filberg Conference Hall
April 1 - June 24
#15643 5:30 - 6:30 pm (**Intro**)
\$121/11
#15642 6:30 - 8:30 pm (**Core**)
\$176/11
July 8 - August 26
#16552 5:30 - 6:30 pm (**Intro**)
\$77/7
#16551 6:30 - 8:30 pm (**Core**)
\$112/7

Senior Tour Tuesday

This senior-friendly kayaking experience offers a basic skills lesson followed by a leisurely paddle at a comfortable pace. Perfect for beginners or those seeking a low-key adventure. All equipment is provided, and no prior experience is necessary. Join us for a relaxing, guided exploration on the water!

Instructor: CV Kayaks
#15799 Tuesday May 20
#15800 Tuesday June 3
12:00 - 2:30 pm
#15801 Tuesday July 22
5:00 - 7:30 pm
Comox Valley Kayaks
\$78



Beginner Evening Tai Chi

The slow, fluid movements of Tai Chi reduce tension and stress, improves balance, coordination, and concentration, as well as muscle resiliency and joint flexibility. Tai Chi helps to increase energy and provides an overall sense of well-being.

Instructor: Albert Balbon
#15666 Thursdays
 April 17 - June 26
 6:45 - 7:45 pm
 Lewis Activity Room
 \$110/11

Advanced Evening Tai Chi

The slow, fluid movements of Tai Chi reduce tension and stress, improves balance, coordination, and concentration, as well as muscle resiliency and joint flexibility. Tai Chi helps to increase energy and provides an overall sense of well-being.

Instructor: Albert Balbon
#15664 Thursdays
 April 17 - June 26
 8:00 - 9:00 pm
 Lewis Activity Room
 \$110/11

Chi Kung

(18 years & over)
 Similar to Tai Chi and Yoga, Chi Kung promotes health and wellness through the practice of controlled breathing combined with body movements and sequences. This class leads students through a series of easy to learn, slow-paced movements to improve agility, flexibility and improve overall health and mental focus.

Instructor: Tom Haber
#15669 Thursdays
 April 17 - June 12
 12:00 - 1:00 pm
 Native Sons Lodge & Dining Room
 \$90/9

Kung Fu

(13 years & over)
 Tibetan White Crane Kung Fu develops whole body fitness through a set of controlled movements and sequences. This fast-paced class provides an introduction to Kung Fu and is suitable for those looking to build agility, learn self-defense and improve overall well-being. Each session will consist of a warm up, practice of basic movements, and training adjusted to individual level and progression.

Instructor: Tom Haber
#15672 Wednesdays
 April 16 - June 11
 7:00 - 8:15 pm
 Native Sons Lodge & Dining Room
 \$108/9

Tibetan White Crane Tai Chi

(18 years & over)
 Improve agility, flexibility and overall health and well-being by performing a sequence of slow and relaxed motions. The class introduces the "Needle in Cotton" form which is a treasure of the Tibetan White Crane Kung Fu system. The form is described as "peace in motion" and is a set of Qigong movements said to carry the practitioner into a healthy and long life.

Instructor: Tom Haber
#15679 Tuesdays
 April 15 - June 10
 7:00 - 8:00 pm
 Lewis MP Hall
 \$90/9

Woo Kim Taekwondo Adult

(13 years & over)
 This fast-paced program is designed to give participant a full body workout all while building a new skill. Taekwondo is a Korean martial art and a recognised Olympic sport. Known for it's dynamic, powerful kicks Taekwondo is a rewarding outlet for everyone. Improve strength, endurance, coordination, flexibility and balance skills all while reaching new heights of self confidence. Sanctioned by the BC and Canadian Taekwondo federations. Taught by 4th Dan Black Belt Richard Dobbs. **No class April 15, 17 or May 13.**

#15460 Tuesdays & Thursdays
 April 1 - June 19
 6:40 - 7:40 pm
 Native Sons Grand Hall
 \$254/21

Please check receipts for important program information.





Kayaking

Sea Kayak Level 1 - Paddle Canada

This course builds on Basic Skills, introducing paddlers to sea kayaking in slightly rougher water. Focus areas include re-entry techniques, navigation, route planning, weather interpretation, and proper gear. Participants will become confident paddling in class-1 conditions, equipped to safely plan and execute day trips.

Friday 6:00 - 9:00 pm

Saturday 10:00 am - 4:30 pm

Sunday 8:00 am - 2:30 pm

#15796 June 6 - 8

#15797 June 20 - 22

Comox Valley Kayaks
\$340/3

Women on the Water

Learn essential kayaking strokes, practice rescues, and gain trip-planning basics like navigation, weather, and tidal charts - all in a supportive and encouraging environment. Beginners welcome!

#15803 Thursdays

May 8 - 29

5:30 - 7:30 pm

Comox Valley Kayaks
\$160/4

Intro to Kayaking

(16 years & over)

Start your new adventure here. Learn the basics of boats and gear then head onto the water for Kayak strokes. We try to stay on top of the water for this whole lesson and teach you the skills that will serve you the best when exploring close to shore where all the cool things are.

#15783 Tuesday May 27

4:00 - 7:00 pm

#15784 Friday June 6

4:00 - 7:00 pm

#15785 Friday June 27

5:00 - 8:00 pm

#15786 Thursday July 3

5:00 - 8:00 pm

#15787 Wednesdays July 23

5:00 - 8:00 pm

Comox Valley Kayaks
\$98

Edging and Bracing

During edging and bracing explore all the strokes taught in Intro to Kayaking and add the element of doing them while edging our kayaks to increase maneuverability.

#15794 Friday June 13

#15795 Friday July 4

5:00 - 7:00 pm

Comox Valley Kayaks
\$98

Intro to SUP

Our SUP lesson will teach you about the sport of Stand Up Paddleboarding. Typical skills covered include strokes, techniques to improve your balance, and how to get back on the board.

#15802 Thursday July 10

5:00 - 7:00 pm

Comox Valley Kayaks
\$98

Kayak Rescues

Our rescue class takes place in the comfort of the Courtenay & District Memorial Outdoor Pool. In this lesson we learn how to fall out of our boat and help each other get back in. The skills taught are wet exits and tandem rescues, and if there's time we play with types of solo rescues.

#15788 Friday June 6

#15789 Saturday June 7

#15790 Friday June 20

#15791 Saturday June 21

#15792 Friday June 27

#15793 Saturday June 28

Fridays 6:00 - 7:30 pm

Saturdays 5:30 - 7:00 pm

Outdoor Pool
\$98

Sea Kayak Level 2 - Paddle Canada

Building on Level 1 skills, learn intermediate techniques for paddling in class-2 conditions along semi-exposed shorelines. Key areas include leadership, incident management, open-water rescues, self-care, and navigation, preparing paddlers for more challenging sea kayaking adventures.

Thursday 6:00 pm

Friday - Sunday

9:00 am - 4:00 pm

#15798 August 28 - 31

6:00 - 4:00 pm

TBD

\$595/4

Lewis Centre Squash Courts

To Reserve a court:

Call 250-338-5371 or stop by the Lewis Centre front desk.

Payment is required at time of booking.

Use your squash punch pass/membership & save!



All court bookings are 60 minutes in duration.

Squash hours:

Monday to Friday 6:00 am - 9:00 pm


Saturday & Sunday 9:00 am - 4:00 pm

For up to date information and schedules, please check online at courtenay.ca/squash

Changes effective March 1, 2025:

- Eliminate Prime and Non-Prime Time distinctions
- Existing passes can be used to book any court at any time
- All court bookings are now 60 minutes in duration

Play your way - no limits!

Childminding is now available Wednesday evenings! See page 62 for more information. 

Court Fees (per person) includes 5% GST

	Drop-In	11 Pass	Unlimited Play Pass	
			6 month	1 year
Student	\$4.50	\$45.00	\$189.00	\$270.00
Adult (19+)	\$6.25	\$62.50	\$262.50	\$375.00
Older Adult (55+)	-	-	\$210.00	\$300.00
PWD	-	-	\$189.00	\$270.00



Spring Program Registration starts Monday March 10



Summer Program Registration starts Monday April 28

See page 135

Lewis Centre Wellness Centre



Ages 13 & Over

13 - 15 years must be with adult (19 years or older) or attend during supervised hours.

Please call ahead to ensure Attendant is present as schedules are subject to changes.

Equipment

- Functional Trainers
- Treadmills
- Cross Trainers
- Stair Climber
- Rowing Machine
- Recumbent Bicycles
- Stationary Bicycles
- Strength Machines
- Free Weights
- TRX

Wellness Centre Hours:

Monday - Friday.....5:30 am - 9:00 pm

Supervised.....5:30 - 10:30 am & 3:30 - 7:30 pm

Saturday & Sunday.....8:30 am - 4:00 pm

Supervised8:30 am - 4:00 pm

**closed on statutory holidays*

Services Include

- Professional Assistance
- Memberships & Punch Cards
- Drop-in
- Personal Training
- 55+ Strength Training Group Fitness

Fees (includes 5% GST)

	Drop-in	11 Punch card	1 month	3 months	6 months	1 year
Student	\$4.00	\$40.00	\$40.00	\$96.00	\$168.00	\$240.00
Adult	\$6.75	\$67.50	\$67.50	\$162.00	\$283.50	\$405.00
Evergreen	\$5.50	\$55.00	\$55.00	\$132.00	\$231.00	\$330.00
PWD	\$4.00	\$40.00	\$40.00	\$96.00	\$168.00	\$240.00

Memberships & Punch Cards can be purchased in person or online at courtenay.ca/reconline

Pass Suspensions

Passes may be suspended in advance for a minimum of one month for **medical reasons only**. Passes will be suspended from the date the request is made (in writing) or from the date of a Doctor's certificate.



Childminding is available during certain times while you drop in to the Wellness Centre. See page 62 for more information.

Spring Drop-in Fitness

effective March 30 - June 28, 2025

	MON	TUES	WED	THURS	FRI	SAT	
Morning	6:00am				Early Bird Fitness		
	9:00am		Step & Strength	Zumba w/ Milena	BootCamp Blast	Strictly Strength	Pedal N' Sculpt++
	10:30am		BootCamp Blast		DanceFit		
Mid-day	12:05pm	Monday Motivator	Spin Express Flow Yoga MP Hall	HIIT	Dynamic Fusion	Kettle Bell	
	5:15pm	Zumba Toning 5:30 pm	Athletic Barre 5:00 pm	Strength Stretch & Mobility	Power Spin & Core		
Evening	6:15pm		Zumba w/ Stacie				
	7:30pm		Yin Yoga w/ Susan+				

See page 120 for program descriptions and 121 for fees
 Fitness schedule substitutes and cancellations will be posted at courtenay.ca/fitness

Summer Drop-in Fitness

effective June 29 - August 30, 2025

	MON	TUES	WED	THURS	FRI	SAT
Morning	9:00am		Zumba w/ Milena	BootCamp Blast	Strictly Strength	Pedal N' Sculpt++
	10:30am		BootCamp Blast			
Mid-day	12:05pm	Monday Motivator	Spin Express Flow Yoga MP Hall	HIIT	Dynamic Fusion	Kettle Bell
Evening	5:15pm	Zumba Toning 5:30 pm	Athletic Barre 5:00 pm (last class Aug 12)	Strength Stretch & Mobility (last class Aug 13)	Power Spin & Core (last class Aug 14)	
	6:15pm		Zumba w/ Stacie			
	7:30pm		Yin Yoga w/ Susan+			

Childminding available during these classes
Class Levels
 Beginner/Intermediate
 Intermediate/Challenging
 Challenging
 + 75 minute class
 ++ 90 minute class

schedule subject to change

Classes are located in the Lewis Centre Activity Room unless otherwise noted.



Drop-in Fitness

Monday Motivator

Mondays 12:05 - 12:55 pm
Start the week off right with a challenging mix of exercises that target your upper and lower body as well as core. You will develop balance, strength and agility, as well as improved heart and lungs.

Instructor: Susan Obieglo

Zumba Toning

Mondays 5:30 - 6:30 pm
Zumba® Toning combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba® moves.

Instructor: Milena Spratt

Step & Strength

Tuesdays 9:00 - 10:00 am
Step and Strength combines step aerobics with strength training for a full-body workout that boosts cardio, builds muscle, and tones.

Instructor: Leah Partidge



BootCamp Blast

Tuesdays 10:30 - 11:30 am
Thursdays 9:00 - 10:00 am
You'll get your butt kicked with a mix of equipment based and bodyweight exercises. This class combines cardio, functional training and conditioning exercises.

Instructor: Steve Thomson



Spin Express

Tuesday 12:05 - 12:55 pm
Beginners to Spin welcome, and seasoned cyclists will be challenged! Class is composed of a warm-up, cardio, cool-down and stretch.

Instructor: Fiona McQuillan

Flow Yoga

Tuesdays 12:05 - 12:55 pm
In this Vinyasa yoga class, you'll practice poses that are strung together to form one fluid sequence of movement. **Instructor:** Susan Obieglo



Childminding available during these classes

Athletic Barre

Tuesdays 5:00 - 6:00 pm
The barre is used for balance and posture, incorporating weights, tubing and the bender ball.

Instructor: Nancy Victoria

Zumba w/ Stacie

Tuesdays 6:15 - 7:15 pm
Join Stacie for a medium to high intensity Latin inspired dance fitness class guaranteed to make you sweat! **Instructor:** Stacie Cleveland

Yin Yoga w/ Susan

Tuesdays 7:30 - 8:45 pm
Start your week with this Yin class, enhancing mobility and flexibility through deep holds, promoting relaxation. Yoga experience required.

Instructor: Susan Obieglo

Zumba w/ Milena

Wednesdays 9:00 - 10:00 am
This Latin infused dance class will burn tons of calories and make you sweat. You will shimmy, shake, and pump your chest!

Instructor: Milena Spratt



HIIT

Wednesdays 12:05 - 12:55 pm
This is an intense workout combining functional movements and high-intensity interval training to build strength, endurance, and agility.

Instructor: Leah Partidge

Strength, Stretch & Mobility

Wednesdays 5:15 - 6:15 pm
Enhancing fitness through effective weight training and mobility exercises for strength, flexibility and mobility. **Instructor:** Nancy Victoria



DanceFit

Thursdays 10:30 - 11:30 am
Get happy and fit in this lower intensity dance-style class. Features easy to follow dance moves and fun, upbeat music from around the world. **Instructor:** Lyla Pettis

Dynamic Fusion

Thursdays 12:05 - 12:55 pm
An integrative fitness class combining weightlifting, Pilates, and yoga to enhance strength, balance, mobility, core stability, and flexibility
Instructor: Susan Obieglo

Power Spin & Core

Thursdays 5:15 - 6:15 pm
High-intensity cycling combined with core-strengthening exercises for a comprehensive full-body workout.
Instructor: Nancy Victoria

Early Bird Fitness

Fridays 6:00 - 7:00 am
This class combines cardio, strength and balance exercises using a variety of formats and hand weights. Leave feeling energized, strong and ready to tackle the day ahead. All fitness levels are welcome!

Instructor: Tina Pringle

NEW

Strictly Strength

Fridays 9:00 - 10:00 am
Designed after our ever popular registered class, this drop-in strength class offers a supportive environment to build strength using resistance training and various equipment, enhancing muscle, bone health, and flexibility. **Instructor:** Leah Partidge

NEW

Kettle Bell

Fridays 12:05 - 12:55 pm
A strength-based program where participants will use Kettle Bells to strengthen the body! We will focus on core, mobility, strength and finish with a good stretch.

Instructor: Nancy Victoria

Pedal N' Sculpt+

Saturdays 9:00 - 10:30 am
This popular Saturday morning class begins with a cycle workout to get the heart pumping, followed by strength and ab training.

Instructor: Luis Acosta



Fitness schedule substitutes & cancellations will be posted at courtenay.ca/fitness

Drop In Fitness Fees (includes 5% GST)

Drop-in	
Student	\$4.00
Adult	\$6.75
Evergreen	\$5.50
PWD	\$4.00
11 Punch card	
Student	\$40.00
Adult	\$67.50
Evergreen	\$55.00
PWD	\$40.00
1 month	
Student	\$40.00
Adult	\$67.50
Evergreen	\$55.00
PWD	\$40.00
3 months	
Student	\$96.00
Adult	\$162.00
Evergreen	\$132.00
PWD	\$96.00
6 months	
Student	\$168.00
Adult	\$283.50
Evergreen	\$231.00
PWD	\$168.00
1 year	
Student	\$240.00
Adult	\$405.00
Evergreen	\$330.00
PWD	\$240.00

Group Fitness

Total Body TRX

This dynamic suspension training class has it all! You'll utilize your bodyweight to help improve your balance, develop core strength, cardio, flexibility and total body strength. Your experienced instructor will motivate you, guide you and challenge you with new moves! All levels and abilities welcome.

No class April 21, May 19 & August 4.

Instructor: Kim Hamilton
Mondays

#15821 April 14 - June 23
\$117/9

#16444 July 7 - August 25
\$91/7
6:45 - 7:45 pm
Lewis Activity Room

+PLAY: Full body Workout

Experience a dynamic circuit training class designed specifically for caregivers who want to stay active while keeping their little ones close. This innovative program allows you to get a comprehensive workout without needing separate childcare, seamlessly blending fitness with caregiving. **Instructor:** Emilié Dubé

#15652 Thursdays
April 17 - June 19
3:45 - 4:45 pm
Lewis Activity Room
\$120/10

Women's Strictly Strength



This women's only strength class provides a comfortable environment for women of all ages to focus on building strength through resistance training and the use of a variety of equipment. No cardio is involved, but you will work towards developing lean muscle mass, improving bone strength, increasing flexibility and feeling stronger both physically and mentally. **No class April 18.**

Instructor: Leah Partridge
Fridays

#15682 April 11 - June 27
\$132/11

#16445 July 4 - August 29
\$108/9
10:30 - 11:30 am
Lewis Activity Room

*Did you know?
You can register on March 10
for your favourite Spring &
Summer programs.*





55+ Programs

55+ TRX and More

This is a TRX hybrid class, mixing body weight exercise and resistance training! A highly effective workout across a wide range of exercises and intensities. Improves strength, endurance, balance, coordination, flexibility, power, and core stability.

Instructor: Kim Hamilton

Fridays

#15819 May 30 - June 27

\$65/5

#16433 July 4 - August 29

EG \$117/9

1:15 - 2:15 pm

Lewis Activity Room

55+ TRX & Resistance Training

Suspension training is perfect for the older adult allowing user to modify body position, base of support and stability to progress or regress an exercise. Movements on the TRX can stay simple and static or be more dynamic, depending on your own level of comfort.

No class April 21, May 19 & August 4.

Instructor: Kim Hamilton

#15820 Mondays & Wednesdays

April 7 - June 25

\$286/22

#16434 July 2 - August 27

EG \$208/16

10:30 - 11:30 am

Lewis Activity Room

Simply Strength 2

This popular class with Steve is an intermediate level class and is a step up from Simply Strength 1. It offers overall body conditioning, balance and agility, core strengthening and health and wellness education. **No class April 16, 21, May 14, 19, July 9 & August 4.**

Instructor: Steve Thomson

Mondays & Wednesdays

#15654 April 7 - June 25

\$240/20

#16426 July 2 - August 27

EG \$180/15

9:00 - 10:00 am

Native Sons Grand Hall



Look for the Evergreen symbol for 55+ classes. More information on page 136.

55+ Strength Training

Strength training is great for anyone looking to maintain, build and improve their strength, balance and overall well-being. This Wellness Centre class will provide personal instruction with various strength training equipment providing a well-rounded exercise routine with personalized workouts to address your needs. Our qualified instructor will be giving you instruction, support and guidance throughout your sessions in a fun, non intimidating atmosphere. **No class April 18, 21, May 19, July 1 & August 4.**

Instructor: Juan Blancas

Mondays & Wednesdays

April 7 - June 25

#15656 2:00 - 3:00 pm

#15655 12:30 - 1:30 pm

EG \$264/22

July 2 - August 27

#16427 12:30 - 1:30 pm

#16428 2:00 - 3:00 pm

EG \$192/16

Tuesdays & Thursdays

April 8 - June 26

#15657 12:30 - 1:30 pm

#15658 2:00 - 3:00 pm

EG \$288/24

July 3 - August 28

#16429 12:30 - 1:30 pm

#16430 2:00 - 3:00 pm

EG \$204/17

Fridays

April 11 - June 27

#15659 12:30 - 1:30 pm

#15660 2:00 - 3:00 pm

EG \$144/12

July 4 - August 29

#16431 12:30 - 1:30 pm

#16432 2:00 - 3:00 pm

EG \$108/9

Lewis Wellness Centre

*Did you know?
You can register on March 10
for your favourite Spring &
Summer programs.*


55+ Chair Fitness

This fun, lower impact, chair-based class can be done both in or out of the chair! You'll be guided carefully through exercises focusing on balance, mobility, range of motion, coordination, flexibility, muscle strength and relaxation. The instructor will offer modifications as needed, as well as, provide support to participants at every turn. All levels welcome! **No class April 18 & July 1.**

Instructor: Nancy Victoria
Tuesdays & Fridays
#15693 April 1 - June 27
#16570 July 4 - August 15
 9:00 - 10:00 am
Filberg Rotary Hall
\$6.75/drop-in

55+ Yoga - Gentle

A blend of styles that includes mostly floor poses (seated, belly, back). A slow moving and calming practice with stretching and easy strengthening. Suitable for those that are slow in getting up and down from the floor, have limited mobility or are looking for a melow practice. **No class April 21, May 19 & August 4.**

Instructor: Sheron Jutila
Mondays
#15661 April 7 - June 16
\$117/9
#16435 July 7 - August 25
 \$91/7
1:45 - 3:00 pm
Native Sons Grand Hall


55+ Strength, Stretch & Core

This popular class checks off all the boxes! Your workout begins with a moderate level warm up followed by exercises that focus on strengthening, toning and stretching key muscles. A long, relaxing stretch completes the class. **No class April 21, May 12, 19 & August 4.**

Instructor: Nancy Victoria
Mondays & Thursdays
#15695 March 31 - June 26
#16572 June 30 - August 14
 Mondays - Filberg
Thursdays - Native Sons
9:00 - 10:00 am
\$6.75/drop-in

55+ Simply Strength 1

Exercises will be taught with a variety of equipment to increase balance, range of motion and strength and will help you regain or maintain your ability to climb stairs, get in and out of a chair or car, and maintain your balance while walking and standing. Dynamic movements are performed with great music to improve cardiovascular performance including gentle stretching. Participants should be able to get up and down from the floor. **No class April 21, May 19 & August 4.**

Instructor: Juan Blancas
Mondays & Wednesdays
#15964 April 2 - June 25
#16571 June 30 - August 27
 10:30 - 11:30 am
Native Sons Grand Hall
\$6.75/drop-in



OPT IN to receive email notifications!

Did you know you can receive emails from Courtenay Recreation for important updates? This can be done on your customer account online. Call the Lewis or Filberg Centre for more information or assistance.

Spring 55+ Drop-in Fitness effective March 30 - August 30, 2025

	MON	TUES	WED	THURS	FRI
9:00 am	55+ Strength, Stretch & Core Filberg (Upper) <i>last class Aug 11</i>	55+ Chair Fit Filberg (Lower) <i>last class Aug 12</i>		55+ Strength, Stretch & Core Native Sons Hall (Upper) <i>last class Aug 14</i>	55+ Chair Fit Filberg (Lower) <i>last class Aug 15</i>
10:30 am	Simply Strength 1 Native Sons Hall (Upper)		Simply Strength 1 Native Sons Hall (Upper)	<i>Only punch cards are accepted at offsite locations. Cash payments need to be made at the Lewis or Filberg office.</i>	

Fitness schedule substitutes and cancellations will be posted at courtenay.ca/fitness



ParticipACTION Community Challenge

starts June 1st

- Individual challenges
- Family fun activities
- Adapted sports for everyone
- And so much more!

courtenay.ca/participaction



Wellness

Dynamic Fusion

Join us for a one-hour registered version of Susan's lunch hour class, Dynamic Fusion. This integrative fitness class combines weightlifting, Pilates, and yoga to enhance overall fitness. The unique blend boosts strength, balance, mobility, core stability, and flexibility, offering a comprehensive workout for all levels. **No class July 29.**

Instructor: Susan Obieglo
Tuesdays

#15670 April 15 - June 24
\$132/11

#16440 July 8 - August 26
\$84/7
5:45 - 6:45 pm
Lewis MP Hall

Ink and Asana: Springtime Retreat

Enjoy an afternoon of gentle stretching, yoga nidra and facilitated expressive writing. Explore your inner world through writing prompts and drop into peacefulness by enjoying gentle movements and deep yogic rest.

Instructor: Paula Holmes-Rodman & Susan Obieglo

#15677 Sunday May 4
1:00 - 3:30 pm
Native Sons Lodge
& Dining Room
\$70

Minds in Motion

(50 years & over)

Minds in Motion is a fitness and social program for people living with any form of early stage dementia along with a family member, friend or other care partner. The program is offered in partnership with the Alzheimer Society of B.C. Gentle exercises are followed by social activities designed to be enjoyed in pairs. Care partners must attend. Call (778) 746-2017 for more info.

Instructor: Nancy Victoria
Wednesdays

#15674 April 16 - May 21

#15675 June 4 - July 9
1:00 - 3:00 pm
Native Sons Lodge &
Dining Room
\$60/6

Fundamentals to be an Everyday Athlete

This 6 class series teaches you to be a better mover, prevent injuries, remove barriers and to be more athletic. Gain more insight on how to train your own nervous system in order to be more flexible, strong, stable, and ultimately to become a healthier version of yourself.

Instructor: Mackenzie
Thursdays

#15817 April 3 - May 8

#15818 May 15 - June 19
7:00 - 8:00 pm
Lewis Salish Building
\$180/6

Regulating Your Nervous System

This 6 class series focuses on improving your nervous system. Each class will provide specific exercises to enhance your "rest and relax" state of mind. Learn how you can improve and overcome from the following: depression, anxiety, fatigue, tension, pain, trauma, ADHD, or insomnia.

Instructor: Mackenzie
Tuesdays

#15815 April 1 - May 6

#15816 May 13 - June 17
7:00 - 8:00 pm
Native Sons Dining Room
\$180/6

*Did you know?
You can register on March 10
for your favourite Spring &
Summer programs.*

55+ Yoga - Joint Series

This sequence of gentle postures focuses on increasing mobility of all joints and improving breath awareness. Each pose is highly adaptable, and we move slowly enough to explore variations for everybody. The Joint Freeing Series includes poses that are on hands and knees, seated and standing. **No class April 17, May 15 & August 7.**

Instructor: Sheron Jutila
Thursdays

#15662 April 10 - June 19
\$135/9

#16436 July 17 - August 28
\$90/6



10:15 - 11:45 am
Native Sons Grand Hall

Introduction to Mat Pilates

This beginner-friendly Pilates Mat class builds core strength, flexibility, and alignment through mindful, low-impact exercises while teaching essential Pilates principles like breathing and posture. **No class April 15, May 13.**

Instructor: Kim Hamilton
Tuesdays

#16576 April 8 - June 24
\$120/10

#16577 July 15 - August 26
\$84/7

9:00 - 10:00 am
Native Sons Grand Hall

Outdoor Pilates - Yoga Flow

Enjoy a pleasing sequence that incorporates key principles from both Yoga and Pilates. Expect a full-body workout that challenges your core strength and increases your muscular endurance, flexibility and balance. Finish each class with a soothing stretch. Leave feeling energized yet relaxed.

Instructor: Suzy Williamson

#16548 Tuesdays
July 15 - August 19
10:30 - 11:30 am
Puntledge Park
\$72/6

Forest Bathing - Shinrinyoku

Shinrinyoku, often translated as "forest bathing" or "forest therapy," is a Japanese practice that involves immersing oneself in nature, particularly in forest environments, to promote physical and mental well-being. This class explores its history, benefits, and techniques through guided walks and mindfulness exercises, fostering a deeper connection with nature.

Instructor: Akiko Shima

#16541 Wednesdays
May 7 - June 25
9:30 - 11:00 am
Various Locations
\$120/8

Pilates & More

Challenge your mind and body with low-impact, joint-friendly, core-strengthening and spine-nurturing exercises. Pilates will build your core stability and balance, PLUS enhance your flexibility and coordination. Amazing full-body workout that strengthens and lengthens. Some fitness/exercise experience is helpful, but no direct Pilates experience is required. **No class May 13.**

Instructor: Suzy Williamson

#16547 Tuesdays
April 22 - June 24
5:00 - 6:00 pm
Native Sons Lodge & Dining
\$96/8

Please check receipts for important program information.

Women's Pelvic Health Yoga

Are you hesitant to cough or sneeze? Worried about where the nearest washroom is? This class is designed to maintain good pelvic function, with poses that help strengthen the bladder, lift the uterus, and tone the pelvic floor muscles. **No class April 21.**

Instructor: Catherine Reid

#16544 Mondays
April 7 - May 12
4:45 - 6:00 pm
Native Sons Lodge & Dining Room
\$65/5

Yoga for Gardeners

Love to garden? Don't love how your back feels the next day? Yoga can help, with specific poses that support gardening activities. You'll learn some warm-ups to do before heading outside, some stretches to do while playing in the dirt, and cool-downs for when it's time to finish for the day. Some Yoga experience is required.

Instructor: Catherine Reid

#16545 Mondays
May 26 - June 23
4:45 - 6:00 pm
Native Sons Lodge & Dining Room
\$65/5





Prenatal Yoga

Pregnancy brings many changes to a woman. Prenatal yoga will help you adapt, prepare and strengthen your body for some of these changes. It is also a great way to connect to your body, breath, mind and baby. The class will be led by a certified birth Doula. All levels welcome.

Instructor: Akiko Shima
Wednesdays

#15676 April 2 - June 25
\$169/13

#16442 July 9 - August 27
\$104/8

6:30 - 7:45 pm
Lewis Meeting Room

Baby & Me Yoga

Spend time bonding with your baby while you regain strength, flexibility and balance all while having the opportunity to connect with other moms. This class is open to babies six-weeks-old until crawling.

Instructor: Akiko Shima
Thursdays

#15665 April 3 - May 8

#16546 May 15 - June 19
3:00 - 4:00 pm
Lewis Meeting Room
\$72/6

#16438 July 9 - August 28
10:30 - 11:30 am
Arden Elementary
\$96/8

Vinyasa Flow Yoga

In a flow yoga class, you will transition smoothly from one pose to another. This style emphasizes the coordination of breath with each movement, encouraging mindfulness and a meditative state as you flow through the poses. The practice is adaptable for all levels and can help build strength, flexibility, and balance while promoting a sense of inner calm and mental clarity.

Instructor: Emilie Dubé
#15681 Fridays

April 25 - June 20
10:30 - 11:30 am
Lewis Centre Gym
\$108/10

Gentle Yoga

Unwind from your week with this calming practice. This hatha yoga class offers slow movement linked with breath and guided meditation at the end. We will explore postures from seated, standing, and reclined with lots of time for transitions as well as modifications to suit your body.

Instructor: Kelly Yaskiw
#15671 Fridays

April 25 - June 20
10:30 - 11:30 am
Lewis Salish Building
\$108/9

Yoga 4 Cancer & Recovery

(18 years & over)

This class is specially designed for those who have a current cancer diagnosis and who have previously experienced cancer. Yoga helps to manage side effects and improves recovery, strengthens bones and muscles, the flow of lymph and digestion, and enhances the quality of life. Join our experienced instructor, Akiko, who has oncology yoga training and understands the unique physical and emotional needs. You are encouraged to bring a support person if needed to enhance your experience and comfort during the class.

Instructor: Akiko Shima

#15684 Thursdays
April 17 - June 26
10:45 - 11:45 am
Native Sons Hall
Lower Level
\$132/11

55+ Chair Yoga

Developed for those who cannot get up and down from the floor easily. There's still a lot of Yoga that can be done in a chair. Special breathing practices, gentle joint movements and muscle strengthening will all take place in this fun class. We also do poses while standing, using the chair for support. **No class April 15 & May 13.**

Instructor: Catherine Reid
Tuesdays

#15653 April 1 - June 24
\$132/11

#16425 July 15 - August 26
EG \$84/7

10:30 - 11:30 am
Native Sons Grand Hall

Register ONLINE at
courtenay.ca/reconline



Outdoor Summer Yoga

Come experience yoga while you bask in the evening glow of summer. During this serene experience you will be guided through various yoga poses which will connect your body, mind and spirit. Flow through these movements with your body, control your breathing and end with a gratifying shavasana all while surrounded by the beauty of nature. Please bring your own mat as equipment will not be provided for this offsite class. **No class July 28 & August 4.**

Instructor: Susan Obieglo
#16542 Mondays
 July 7 - August 25
 6:30 - 7:30 pm
 Arden Elementary
 \$72/6

Yin/Restorative Yoga

Both of these styles of Yoga are quiet, floor-based practices. Both provide deep benefits to your body and require a willingness to pause and breathe - in stillness. Yin Yoga stimulates harder tissues in the body and can sometimes create strong sensations for you to navigate; Restorative Yoga is just deeply relaxing. In this series, we will alternate between them: one week will be Yin, the next, Restorative - the best of both worlds. Prerequisite: at least one year of yoga experience. **No class April 18 & May 16.**

Instructor: Catherine Reid
 Fridays
#15683 April 11 - June 27
 \$150/10
#16446 July 18 - August 29
 \$105/7
 10:00 - 11:30 am
 Native Sons Lodge &
 Dining Room

Mens Yoga

This 75 minute Men's Yoga class is specifically designed for targeting the muscles and joints which will increase your range of motion. The sessions will include poses that improve posture and balance and decrease soreness due to tight muscles. This class will include seated and standing postures. **No class April 21 & May 19.**

Instructor: Susan Obieglo
#15673 Mondays
 April 14 - June 23
 7:15 - 8:30 pm
 Native Sons Lodge &
 Dining Room
 \$117/9

55+ Yoga - Ongoing

A blend of styles (based in Hatha yoga) with a mixture of floor and standing work. Options for increasing challenge and deepening awareness. A mixed level class with a thorough warm-up and poses to improve flexibility, balance, strength, and posture. Previous Hatha yoga or similar experience required. **No class April 18, May 16 & August 8.**

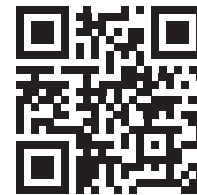
Instructor: Sheron Jutila
 Fridays
#15663 April 11 - June 20
 \$135/9
#16437 July 18 - August 29
 \$90/6
 10:00 - 11:30 am
 Native Sons Grand Hall

Chair Yoga for Everybody

(18 years & over)
 This is a chair yoga practice that is accessible to people with all kinds of bodies. Chair Yoga is a great practice! It's not only for people who are older or have mobility issues. With this practice you'll work on improving flexibility and strength and calming your mind and nervous system.

Instructor: Akiko Shima
 Thursdays
#15667 April 10 - June 26
 \$144/12
#16439 July 10 - August 28
 \$96/8
 9:30 - 10:30 am
 Native Sons Lodge &
 Dining Room

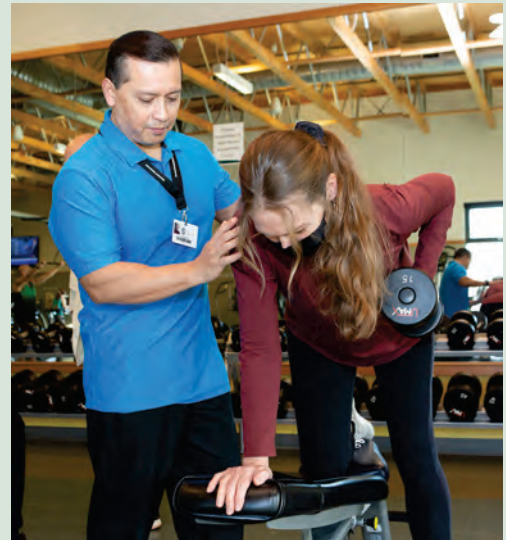
Register Online:



Personal Training

Benefits of Personal Training

- Improve your overall fitness
- Learn to keep up a routine
- Improve mood & reduce stress
- Learn to efficiently use your time
- Faster and better results
- Establish a lifetime exercise habit
- Overcome plateaus
- Learn proper form to reduce risk of injury



Personal Training Prices

Private

1 session	\$65
3 sessions	\$195
5 sessions	\$300
10 sessions	\$550

Semi Private (2 people)

1 session	\$98
3 sessions	\$292
5 sessions	\$450
10 sessions	\$828

The Lewis Wellness Centre is intended for recreational use only. External service providers (coaches, therapists, trainers, etc) require approval to conduct their business activities in the Lewis Wellness Centre facility.

- Clients must provide at least 24 hours notice to cancel or reschedule.
- To cancel or reschedule, please call the Lewis Centre at 250-338-5371.
- No shows or cancellations within 24 hours will be charged the full session fee.

Personal Training Team



Juan Blancas

Training Specialties:

- Fitness Assessments & Training
- Resistance Training
- Core Activation & Conditioning
- Muscle & Strength Building



Susan Obieglo

Training Specialties:

- Weight training
- Posture Analysis
- Functional training
- Older Adult Fitness
- Biomechanical deficiencies



Nancy Victoria

Training Specialties:

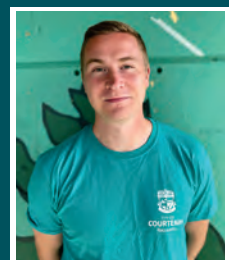
- Women & Weight loss
- Older Adult Fitness
- Resistance Training
- Sports Conditioning
- Functional Conditioning



Leah Partridge

Training Specialties:

- Resistance Training
- Physique & Muscle Development
- Core Conditioning
- Group Fitness



Adam Commandeur

Training Specialties:

- Full body transformation
- General Fitness
- Circuit training
- Speed, Agility, Quickness
- Sports specific training



Courtenay & District Memorial

Outdoor Pool

Lewis Park, Courtenay

Free Admission
for all public swims



Pool Open June 2 - August 29

- 30 metre pool
- Open Swim
- Adapted Swim
- Lane Swim
- Aquafit
- Swim Lessons
- Pool Rentals
- Pool lift for easy access in and out of the water 400lb /181.5 kg lifting capacity

Pool Rentals

Plan a special occasion for a birthday, family reunion, staff party, summer picnic outtrip, kayak, scuba or other program rentals. See page 134 for details.

School Rentals

Bring your school to the pool during the month of June.

10:00 - 11:00 am

11:00 am - 12:00 pm

12:00 - 1:00 pm

1:00 - 2:00 pm

Call 250-338-5371 to book!

Special Pool Hours

Canada Day

Tuesday July 1

Family Swim

10:00 am - 1:00 pm

Open Swim

1:30 - 4:30 pm

BC Day

Monday August 4

Family Swim

10:00 am - 1:00 pm

Open Swim

1:30 - 4:30 pm

June 14 & 15, Saturday & Sunday

Pool **CLOSED** for swim meet

Children under 7 years old must be within arms reach of a responsible guardian (16+) at all times. One guardian can supervise up to 3 children.



Courtenay Rotary Water Park - Opens May 17

Open daily 10:00 am - 7:00 pm



Summer Program Registration starts Monday April 28

See page 135



Public Swim Schedule

June 2 - 29 *Closed June 14 & 15 for Swim Meet*

Free Admission

Open Swim, Family Swim,
Adapted Swim, Lane Swim, AquaFit

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lane Swim (3) 7:30 - 9:30 am	Lane Swim (6) 7:30 - 9:30 am	Lane Swim (3) 7:30 - 9:30 am	Lane Swim (6) 7:30 - 9:30 am	Lane Swim (3) 7:30 - 9:30 am		Family Swim 10:00 am - 12:00 pm
AquaFit 8:45 - 9:30 am		AquaFit 8:45 - 9:30 am		AquaFit 8:45 - 9:30 am	Lane Swim (4) 12:00 - 1:15 pm	Lane Swim (4) 12:00 - 1:15 pm
Open Swim 2:00 - 4:30 pm	Open Swim 2:00 - 4:30 pm	Open Swim 2:00 - 4:30 pm	Open Swim 2:00 - 4:30 pm	Open Swim 2:00 - 4:30 pm	Open Swim 1:30 - 4:30 pm	Open Swim 1:30 - 4:30 pm
Open & Lane Swim (2) 7:30 - 9:00 pm	Open & Lane Swim (2) 7:30 - 9:00 pm	Open & Lane Swim (2) 7:30 - 9:00 pm	Open & Lane Swim (2) 7:30 - 9:00 pm	Open & Lane Swim (2) 7:30 - 9:00 pm	Rentals 5:00 - 8:00 pm	Rentals 5:00 - 8:00 pm

June 30 - August 10*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lane Swim (6) 6:00 - 7:30 am	Lane Swim (6) 6:00 - 7:30 am	Lane Swim (6) 6:00 - 7:30 am	Lane Swim (6) 6:00 - 7:30 am	Lane Swim (6) 6:00 - 7:30 am		Family Swim 10:00 am - 12:00 pm
Lane Swim (3) 12:00 - 1:15 pm	Lane Swim (3) 12:00 - 1:15 pm	Lane Swim (3) 12:00 - 1:15 pm	Lane Swim (3) 12:00 - 1:15 pm	Lane Swim (3) 12:00 - 1:15 pm	Lane Swim (4) 12:00 - 1:15 pm	Lane Swim (4) 12:00 - 1:15 pm
AquaFit 12:15 - 1:00 pm	Adapted Swim 12:00 - 1:15 pm	AquaFit 12:15 - 1:00 pm	Adapted Swim 12:00 - 1:15 pm	AquaFit 12:15 - 1:00 pm		
Open Swim 1:30 - 4:30 pm	Open Swim 1:30 - 4:30 pm	Open Swim 1:30 - 4:30 pm	Open Swim 1:30 - 4:30 pm	Open Swim 1:30 - 4:30 pm	Open Swim 1:30 - 4:30 pm	Open Swim 1:30 - 4:30 pm
Open & Lane Swim (2) 7:30 - 9:00 pm	Open & Lane Swim (2) 7:30 - 9:00 pm	Open & Lane Swim (2) 7:30 - 9:00 pm	Open & Lane Swim (2) 7:30 - 9:00 pm	Open & Lane Swim (2) 7:30 - 9:00 pm	Rentals 5:00 - 8:00 pm	Rentals 5:00 - 8:00 pm

August 11 - 29

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lane Swim (6) 6:00 - 7:30 am	Lane Swim (6) 6:00 - 7:30 am	Lane Swim (6) 6:00 - 7:30 am	Lane Swim (6) 6:00 - 7:30 am	Lane Swim (6) 6:00 - 7:30 am		Family Swim 10:00 am - 12:00 pm
Lane Swim (3) 12:00 - 1:15 pm	Lane Swim (3) 12:00 - 1:15 pm	Lane Swim (3) 12:00 - 1:15 pm	Lane Swim (3) 12:00 - 1:15 pm	Lane Swim (3) 12:00 - 1:15 pm	Lane Swim (4) 12:00 - 1:15 pm	Lane Swim (4) 12:00 - 1:15 pm
AquaFit 12:15 - 1:00 pm	Adapted Swim 12:00 - 1:15 pm	AquaFit 12:15 - 1:00 pm	Adapted Swim 12:00 - 1:15 pm	AquaFit 12:15 - 1:00 pm		
Open Swim 1:30 - 4:30 pm	Open Swim 1:30 - 4:30 pm	Open Swim 1:30 - 4:30 pm	Open Swim 1:30 - 4:30 pm	Open Swim 1:30 - 4:30 pm	Open Swim 1:30 - 4:30 pm	Open Swim 1:30 - 4:30 pm
Rentals 5:00 - 7:00 pm	Rentals 5:00 - 7:00 pm	Rentals 5:00 - 7:00 pm	Rentals 5:00 - 7:00 pm	Rentals 5:00 - 7:00 pm	Rentals 5:00 - 8:00 pm	Rentals 5:00 - 8:00 pm
Open & Lane Swim (2) 7:30 - 9:00 pm	Open & Lane Swim (2) 7:30 - 9:00 pm	Open & Lane Swim (2) 7:30 - 9:00 pm	Open & Lane Swim (2) 7:30 - 9:00 pm	Open & Lane Swim (2) 7:30 - 9:00 pm		

* Stat Holidays

July 1 & August 4

Family Swim 10:00 am - 1:00 pm

Open Swim 1:30 - 4:30 pm

Lane (#) - # indicates minimum lanes available

Open Swim - recreation swim for all ages

Family Swim - recreation swim for families

Adapted Swim - recreation/therapy swim for all abilities





Summer Swimming Lessons

Courtenay & District Memorial Outdoor Pool Summer Lessons

Level	Session 1 June 30 - July 11 <i>9 classes - no class July 1</i>	Session 2 July 14 - 25 <i>10 classes</i>	Session 3 July 28 - Aug 8 <i>9 classes - no class Aug 5</i>	Session 4 August 11 - 22 <i>10 classes</i>
Parent & Tot <small>Jellyfish, Goldfish & Seahorse</small>	9:00 - 9:30 am #15946	9:00 - 9:30 am #15947	9:00 - 9:30 am #15949	9:00 - 9:30 am #16397
Preschool 1 <small>Octopus</small>	9:30 - 10:00 am #15951	9:30 - 10:00 am #15961	9:30 - 10:00 am #15968	9:30 - 10:00 am #16403
	10:00 - 10:30 am #15952	11:00 - 11:30 am #15964	10:00 - 10:30 am #15967	10:30 - 11:00 am #16404
	11:00 - 11:30 am #15954		10:30 - 11:00 am #15969	
Preschool 2 <small>Crab</small>	9:00 - 9:30 am #15978	9:00 - 9:30 am #15975	9:00 - 9:30 am #15971	9:00 - 9:30 am #16398
	9:30 - 10:00 am #15979	9:30 - 10:00 am #15974	9:30 - 10:00 am #15973	10:00 - 10:30 am #16399
	11:00 - 11:30 am #15977	10:30 - 11:00 am #15976	11:00 - 11:30 am #15972	
Preschool 3 <small>Orca</small>	9:00 - 9:30 am #15985	9:00 - 9:30 am #15988	10:00 - 10:30 am #15989	9:00 - 9:30 am #16400
	10:30 - 11:00 am #15986	9:30 - 10:00 am #15987	11:00 - 11:30 am #15990	9:30 - 10:00 am #16401 11:00 - 11:30 am #16402
Preschool 4/5 <small>Sea Lion/Narwhal</small>	9:30 - 10:00 am #15991	10:00 - 10:30 am #15993	11:00 - 11:30 am #15994	10:00 - 10:30 am #16405
	11:00 - 11:30 am #15995			
Swimmer 1	9:00 - 9:30 am #16314	9:30 - 10:00 am #16330	9:00 - 9:30 am #16322	9:00 - 9:30 am #16421
	9:30 - 10:00 am #16333	10:00 - 10:30 am #16323	9:30 - 10:00 am #16334	9:30 - 10:00 am #16422
	10:00 - 10:30 am #16324	10:30 - 11:00 am #16316	10:00 - 10:30 am #16319	10:30 - 11:00 am #16420
	10:30 - 11:00 am #16315	11:00 - 11:30 am #16327	10:30 - 11:00 am #16318	10:00 - 10:30 am #16423
	11:00 - 11:30 am #16326		11:00 - 11:30 am #16329	11:30am-12:00pm #16424
Swimmer 2	9:30 - 10:00 am #16335	9:00 - 9:30 am #16338	9:30 - 10:00 am #16342	9:30 - 10:00 am #16406
	10:00 - 10:30 am #16336	9:30 - 10:00 am #16339	9:00 - 9:30 am #16354	10:00 - 10:30 am #16407
	10:30 - 11:00 am #16337	10:00 - 10:30 am #16345	10:00 - 10:30 am #16346	10:30 - 11:00 am #16408
	11:00 - 11:30 am #16347	10:30 - 11:00 am #16351	10:30 - 11:00 am #16343	11:00 - 11:30 am #16409
		11:00 - 11:30 am #16348	11:00 - 11:30 am #16350	
Swimmer 3	9:00 - 9:30 am #16355	9:00 - 9:30 am #16396	9:00 - 9:30 am #16371	9:00 - 9:30 am #16410
	9:30 - 10:00 am #16367	9:30 - 10:00 am #16369	9:30 - 10:00 am #16370	9:30 - 10:00 am #16411
	10:00 - 10:30 am #16361	10:00 - 10:30 am #16360	10:00 - 10:30 am #16359	10:00 - 10:30 am #16412
	10:30 - 11:00 am #16364	10:30 - 11:00 am #16366	10:30 - 11:00 am #16365	10:30 - 11:00 am #16413
		11:00 - 11:30 am #16357	11:00 - 11:30 am #16358	
Swimmer 4	9:00 - 9:30 am #16375	9:00 - 9:30 am #16373	9:00 - 9:45 am #16378	9:00 - 9:30 am #16414
	10:30 - 11:00 am #16379	10:00 - 10:30 am #16376	9:30 - 10:00 am #16381	9:30 - 10:00 am #16415 11:00 - 11:30 am #16416
Swimmer 5	10:00 - 10:45 am #16382	10:45 - 11:30 am #16384	11:00 - 11:45 am #16385	10:00 - 10:45 am #16417
Swimmer 6	10:45 - 11:30 am #16389	10:00 - 10:45 am #16388	10:00 - 10:45 am #16387	10:45 - 11:30 am #16418
Swimmer 7,8,9	9:00 - 10:00 am #16392	10:30 - 11:30 am #16393		10:30 - 11:30 am #16419
Fees	9 classes	10 classes	9 classes	10 classes
Parent & Tot Preschool	\$72.00	\$80.00	\$72.00	\$80.00
Swimmer 1 - 4	\$67.50	\$75.00	\$67.50	\$75.00
Swimmer 5 - 6	\$94.50	\$105.00	\$94.50	\$105.00
Swimmer 7/8/9	\$108.00	\$120.00	\$108.00	\$120.00



Program Level Requirements and Equivalency



Level	Previously in Red Cross	Preschool Requirements
Parent & Tot 1 Jellyfish	Starfish	is 4 to 12 months old and ready to learn to enjoy the water with parent.
Parent & Tot 2 Goldfish	Duck	is 12 to 24 months old and ready to learn to enjoy the water with parent.
Parent & Tot 3 Seahorse	Sea Turtle	is 2 to 3 years old and ready to learn to enjoy the water with parent.
Preschool 1 Octopus	Sea Otter	is 3 to 5 years old and just starting out on their own.
Preschool 2 Crab	Salamander	Can get in and out and jump into chest-deep water assisted; float & glide on front & back; blow bubbles & get face wet.
Preschool 3 Orca	Sunfish	Can jump into deep water wearing a lifejacket; recover objects from the bottom; hold breath underwater; float, glide & kick on front & back.
Preschool 4 Sea Lion	Crocodile	Can jump into deep water, return & exit, sideways entry, tread water 10 seconds, wearing PFD. Open eyes underwater, recover object from bottom in chest deep water.
Preschool 5 Narwhal	Whale	Can do solo jumps into deep water; swim front crawl 5m wearing a lifejacket and flutter kick on front, back and side.



Swim for Life is a complete learn-to-swim program that offers programs for parent & tots, preschoolers and school aged children. 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:

- Please ensure you shower prior to entering the water
- If you/your child gets cold easily you may want to wait until just before the start of the lesson to get wet
- Be aware that multiple lessons take place at the same time so the pool will be busy
- We recommend that if you have questions about your child's lessons, please wait until the lesson is over to ask





Program Level Requirements and Equivalency

Level	Previously in Red Cross	Requirements
Swimmer 1	Kids Level 1	Is 5 to 12 years and just starting out.
Swimmer 2	Kids Level 2	Can jump into chest-deep water by themselves and into deep-water wearing a lifejacket; open eyes, hold breath, and exhale underwater; float kick and glide on front and back.
Swimmer 3	Kids Level 3	Can jump into deep water and do a sideways entry wearing a lifejacket; support self at the surface for 15 sec.; do whip kick in vertical position; and swim 10m on front and back.
Swimmer 4	Kids Level 4 Kids Level 5	Can tread for 30 sec.; do kneeling dives and front somersaults; 10m whip kick on back; and swim 15m front crawl and back crawl.
Swimmer 5	Kids Level 6	Can complete the Canadian Swim to Survive Standard; Roll - Tread (1 min.) - Swim (50m); dive; swim underwater; 15m ship kick on front; breaststroke arms with breathing; and swim front and back crawl 25m.
Swimmer 6	Kids Level 7	Can do shallow dives and cannonballs; eggbeater and scissor kick; swim 50m front and back crawl; breaststroke for 25m; spring 25m interval training 4 x 50m.
Swimmer 7 Rookie Patrol	Kids Level 8	Can do stride entries and compact jumps; legs only surface support for 45 sec.; spring 25m breaststroke; swim 100m of front crawl and back crawl and 300m workout.
Swimmer 8 Ranger Patrol	Kids Level 9	Preferred successful completion - Swimmer 7/Rookie Patrol
Swimmer 9 Star Patrol	Kids Level 10	Preferred successful completion - Swimmer 8/Star Patrol



Participants please meet your swimming instructor on the pool deck by the sign for the appropriate level





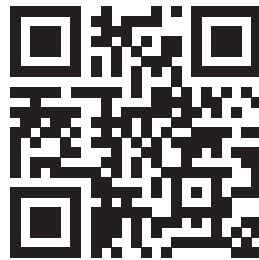
Bronze Medallion/ Cross Combo

(13 years & over)

The Lifesaving Society Bronze Medallion Program challenges the candidate both mentally and physically to build judgment and knowledge, skill, and fitness required to make good decisions in, on and around the water. Bronze Cross begins the transition from lifesaving to lifeguarding and prepares the candidates for responsibilities as Assistant Lifeguards.

#15945 Monday - Friday
August 25 - 29
8:00 am - 5:00 pm
\$450

Register ONLINE at
courtenay.ca/reconline



For updates & schedule
changes, go to
www.courtenay.ca/rec

Private Pool Rentals

1 - 49 swimmers \$125/hour
50 - 99 swimmers \$145.25/hour
100 - 150 swimmers \$176/hour

June 2 - August 10

Saturday & Sunday

5:00 - 6:00 pm

6:00 - 7:00 pm

7:00 - 8:00 pm

August 11 - 20

Monday - Friday

5:00 - 6:00 pm

6:00 - 7:00 pm

Saturday & Sunday

5:00 - 6:00 pm

6:00 - 7:00 pm

7:00 - 8:00 pm

Private Swim Lessons

(3 years & over)

Let one of our qualified swim instructors provide you with some one-on-one instruction. A great way to learn to swim or get that extra help you need to move on to the next level.

Mondays, Wednesdays,
Thursdays & Fridays

June 30 - August 22

9:00 - 9:30 am

9:30 - 10:00 am

10:00 - 10:30 am

10:30 - 11:00 am

11:00 - 11:30 am

\$36/30 minute lesson

Pooch-A-Poolooza!

Saturday August 30

11:00 am - 1:00 pm

\$5 admission

Annual Dog Swim

The outdoor pool is going to the dogs! Join us on our last day for fun in the sun with your favourite pooch.

Dogs must be friendly and have proof of vaccinations to attend.

courtenay.ca/pooch



Spring Registration starts Monday March 10 at 7:15 am
Summer Registration starts Monday April 28 at 7:15 am ☀

How to Register

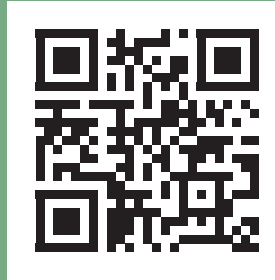
3 easy ways to register for Courtenay Recreation programs!



1 In Person
At the Lewis Centre or the Filberg Centre.

2 By Phone
250-338-5371 or 250-338-1000.
Use your Visa or Mastercard.

Scan To Register Online:



3 Online Registration
courtenay.ca/reonline

No email registrations accepted.

Registration Policy & Guidelines

- All registrations are processed on a first come, first served basis.
- Pre-registration is required for most classes.
- Fees are to be paid in full at the time of registration.
- All memberships start date is the date of purchase, excluding the annual Evergreen Membership.
- Courtenay Recreation reserves the right to make cancellations or changes as necessary.
- G.S.T. will be charged on all programs geared for participants over the age of 14 and on all field and facility rentals. Program participants 14 years and under are not subject to tax, with the exception of all drop-in programs. Some exceptions may apply.
- A \$20 handling charge will be collected on N.S.F. cheques.
- **Please read receipts carefully** for information on dates, times, supplies, etc.

Refunds may be issued under the following circumstances:

- A full or pro-rated refund will be given if a class is cancelled, or for medical reasons with a doctor's note.
- Pro-rated refunds will be provided after the first class, based on the date of notification.
- No refunds will be done online. Refund requests must be made in person or by phone.
- Requests for refunds will be processed with a full refund up to FIVE days before the start of the program. After this time, an administrative fee of \$8 will be charged.
- Refunds will not be approved after a program has ended.
- Please allow up to 3 weeks for cheque refunds to be processed.
- Please note there may be exceptions (eg. Cozy Corner Preschool, programs of short duration, workshops, etc.).
- **All punch passes, Wellness Centre & Fitness Memberships are non-refundable & non-transferable.**

OPT IN!

Receive emails from Courtenay Rec for important updates. This can be done on your customer account online. Call the Lewis or Filberg Centre for more information or assistance.

Create your customer account now to be prepared to register online
Visit our 'How To' video at courtenay.ca/reonline





The Evergreen Club is a non-profit organization offering social and recreational activities for adults 55+ in the Comox Valley and beyond. Considering becoming a member? To find out more, call or visit the Filberg Centre to talk with Evergreen Club Staff, attend a New Members' Welcome Meeting, try out one of our activity clubs or drop by the Evergreen Lounge for coffee or a meal. Come find out why our members say the Evergreen Club is one of the best recreation clubs in Canada. Operating out of the Florence Filberg Centre, the Evergreen Club has many membership benefits!

- Over 50 activity clubs
- Day trips and travel opportunities
- Special Events
- Evergreen Lounge & Food Services weekdays
- Discounts on selected City of Courtenay Recreation Programs, Fitness & Wellness Centre
- New Members Welcome
- Members Parties

All for just \$40 a year! www.evergreenclub.ca
 Don't forget to "like" us on Facebook.

Most activities take place at the Florence Filberg Centre, 411 Anderton Ave in Courtenay.
 For information about the Evergreen Club, email info@evergreenclub.ca or call 250-338-1000

Evergreen Club 2025 Memberships

Annual Memberships (\$40) can be purchased at the Florence Filberg Centre, Lewis Centre, online, in person or by phone. Registration website courtenay.ca/reconline.

Evergreen Club Activities

Sports & Fitness

- Carpet Bowling
- Floor Curling
- Par 3 Golf
- Cycling
- Horseshoes
- Table Tennis
- Snooker/8-Ball
- Slo Pitch
- Walk & Talk

Music & Dancing

- Choristers
- Friday Night Dances
- Gospel Sing Along
- Ukulele Club
- Social Dance Club
- Karaoke
- Recorder & Yarns
- Heartstrings
- The Jam

Crafts & Hobbies

- Quilting
- Fabric Arts
- Art Club
- Drama Club
- Genealogy Club
- Stamp Club
- Improv Club
- Writer's Club
- Supper Club
- Camera Club
- Book Club
- Hooks, Needles & Yarns
- Brazilian Embroidery
- Meet & Greet (Singles) Group
- Lacemakers

Cards & Games

- Cribbage
- Bridge
- Mahjong
- Texas Hold'em
- Mexican Train
- Cue Sports
- Bean Bag Toss
- Trivia
- Corn Hole
- Scrabble
- Bingo
- Darts
- Whist
- Canasta
- Euchre
- Chess
- Dice Hockey

Special Events

- Dinner/Dances
- Armchair Travel
- Workshops
- Theatrical Productions
- Luncheons
- Concerts
- Craft Sales

Day Trips

- Lunch Outings
- Plays
- Concerts
- Shopping
- Museums
- Galleries
- Points of Interest

Special Events

Watch for our Special Events coming this fall. Members and non-members are welcome at Evergreen Club events. Watch for details and more events in our monthly Evergreen Club newsletter online or pick up a copy at the Florence Filberg Centre. All events are fundraisers for the Evergreen Club.

Friday Night Dances with live bands
Most Fridays in the Rotary Hall.
Tickets at the door.

Comox Valley Concert Band
Mother's Day Concert
Sunday May 11, 2:00 pm, Conference Hall

Murder at the Roaring 20's Speakeasy- NEW DATES!
Wednesday April 23,
7:00 pm, Evening Performance
Thursday April 24, 1:30 pm, Matinee
This is a murder mystery not to be missed!
Put on your best flapper outfit and join us
for the unexpected. Purchase tickets in
advance only at the Filberg Centre.

Second Stage Drama Production
Sunday June 1 & Monday June 2
Both shows will be Matinee Performances

Canada Day Tea Dance
Tuesday July 1, 2:00 pm
Native Sons Hall, Grand Hall
Music provided by Georgia Strait Big Band
Free Admission



Evergreen Lounge



Come enjoy a fresh baked muffin, soup, salad or sandwich in the Evergreen Lounge! A variety of delicious hot specials such as lasagna, chicken enchiladas, pizza, beef dip and Rubens are offered on Tuesdays, Wednesdays and Fridays. Check our Evergreen Club newsletter to see the specials in advance. You can also grab a frozen meal for later. Our kitchen has a dedicated group of volunteers allowing us to offer affordable prices. Meet up with a friend for coffee, a meal or to have a game of cards. Everyone is welcome. Members can borrow a book, DVD or puzzle from our lending library.

Florence Filberg Centre • 250-338-1000

Volunteer Opportunities

Volunteering at the Evergreen Club is a great way to get involved, meet people and help provide a valuable service to our community. We are always looking for more volunteers so we can continue to offer a variety of clubs, special events and food at affordable prices. Hours are flexible to accommodate your busy schedule, and can start at just 2 hours a month. If you would like to learn more, we would love to hear from you.



The Evergreen Club at the Florence Filberg Centre

Courtenay Recreation Facility Rentals

Lewis Centre

- Craft Rooms
- Meeting Rooms
- Two Gymnasiums
- Four Squash Courts
- Wellness Centre
- Outdoor Skatepark
- Outdoor Pool
- Wheelchair accessible
- Outdoor Stage
- Electric Vehicle Charging Station



MP Hall/Gym



Tsolum Building



Salish Building

Valley View Park Clubhouse

- 1,000 sq. feet
- Kitchen, washrooms



Bill Moore Park Lawn Bowling Bldg

- 840 sq. feet
- Kitchen, washrooms
- Wheelchair accessible



Call the Lewis Centre
at 250-338-5371

Fax: 250-338-8600

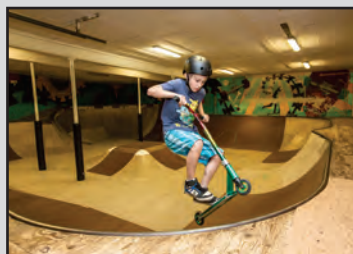
Email: rentals@courtenay.ca

View these facilities
on the virtual tour
on our website:

www.courtenay.ca/lewis

The LINC Youth Centre

- Indoor Skatepark
- Concession
- Kitchen
- Meeting Room
- Pool Table
- Table Tennis
- Air Hockey
- Foosball
- Gaming Systems
- Public Access Computers
- Outdoor Basketball Court



Courtenay Recreation Facility Rentals

Florence Filberg Centre

This multi-use facility features larger spaces for weddings, conferences, seminars and special events. It is located at 411 Anderton Avenue – downtown Courtenay.

Event and Meeting Rooms:

- The Conference Hall is 6,000 square feet and can accommodate such functions as weddings, conferences, resource fairs, dances.
- The Rotary Hall is 3,000 square feet and is ideal for dances, meetings and events.
- The Evergreen Lounge is a large, comfortable meeting space with kitchen access.

Features:

- Commercial kitchens on both levels
- Hourly rates available
- Wheelchair accessible
- Ample parking
- Air conditioned
- Audio/Visual equipment & Wifi available



Rotary Hall



Conference Hall

Native Sons Hall

This is the largest free span log building in Canada. Built in 1928 as Courtenay's original Recreation Centre, it has hosted numerous weddings, dances, concerts, and community events. The Native Sons Hall is located in downtown Courtenay at 360 Cliffe Avenue.

Event and Meeting Rooms:

- The Grand Hall is a 4,400 square foot space for weddings, concerts, dances and more.
- The lower level has the Lodge Room, Dining Room & Parlour Room. These spaces are suitable for meetings, smaller events and programs.

Features:

- Commercial Kitchen
- Hourly rates available
- Wheelchair accessible
- Ample parking



Lower Level



Upper Level

Call the Florence Filberg Centre at 250-338-1000

Florence Filberg Centre Office is open for bookings Monday to Friday (8:30 am - 4:00 pm)

Fax: 250-338-0303 Email: rentals@courtenay.ca

Take a Virtual Tour: courtenay.ca/filberg & courtenay.ca/nativesons





Let's Play, Courtenay!

The City of Courtenay is excited to announce the upcoming Woodcote Park Playground Upgrade Project, which is scheduled to commence this spring. This project will incorporate the newly adopted Park Playground Design Standards, which provide guiding principles and best practices to enhance the quality and accessibility of the City's park playgrounds.

The Playground Design Standards aim to diversify play experiences, ensuring that children of all abilities can enjoy inclusive and engaging spaces. These standards align with the vision and goals set forth in the Official Community Plan (OCP, 2022) and the Parks and Recreation Master Plan (PRMP, 2019). Additionally, the project has been informed by valuable feedback gathered through community engagement efforts.

Residents can look forward to a revitalized playground that prioritizes accessibility, inclusivity, and a variety of play opportunities that cater to a wide range of age groups and abilities. The City encourages community members to stay informed and engaged as the project progresses. For more details, visit the City of Courtenay website or refer to the Park Playground Design Standards document available online by visiting, www.courtenay.ca/letsplay.



Stay tuned for more updates as we work towards creating a more vibrant and accessible community space at Woodcote Park!



The Rotary Water Park at Lewis Park re-opens on Saturday, May 17th!

The waterpark is open from 10:00 am to 7:00 pm daily throughout the summer. *Please note that hours are subject to change.*

A colourful and safe rubber surface installed in 2021 is made from recycled tires. This work was partially funded by a grant from Tire Stewardship BC.

See **page 129** for more information on the outdoor pool at Lewis Park.

Call the Lewis Centre for further information at 250-338-5371.

Simms Summer Concert Series is Coming this Summer

Enjoy FREE concerts with local and regional performers on Sundays throughout the summer.

All concerts start at 7:00 p.m. and last one to two hours.

Due to construction at Simms Park, 2025 concerts will take place at the **Lewis Park stage** (beside the Lewis Centre parking lot) at 489 Old Island Highway.

Please bring your own lawn chair or blanket.

Check in mid-May for a complete schedule of performers at courtenay.ca/simms



Mile of Flowers Happening Soon

Volunteers needed for community planting event!

Come out and join the biggest planting event in Courtenay! The Mile of Flowers is marking 58 years of filling Cliffe Avenue boulevards with colourful blooms on Tuesday, May 27.

The Plant-in starts at 5 p.m. and goes until around 7 p.m. Volunteers from the community are invited to fill the garden beds on both sides of Cliffe Avenue from 8th to 21st Streets with summer flowers provided by the City of Courtenay. Refreshments will be available.

No prior experience is required, just pick an open spot, and start planting. Participants are asked to bring garden gloves and a trowel or spoon for digging.



Enjoy Courtenay Parks

Park	Location	Amenities	Acres
Bear James	Robert Lang Drive		2.91
Bill Moore	23rd St. & Kilpatrick		14.73
Cooper	England off 14th St.		0.68
Dogwood	Dogwood & Kilpatrick		5.7
Galloway	1084 Galloway Cr.		0.32
Harmston	Harmston & 6th		2.9
Hawk Glen	Hawk Drive		1.5
Hobson	10th St. East & Hobson		2.2
Hurford Hill	Back Road		25.0
Idiens	Idiens Way/Suffolk Cres.		2.4
Krebs	Krebs Crescent		0.84
Knights of Columbus	Tunner Drive		1.0
Lerwick Nature	Lerwick Road		7.64
Lewis	Old Island Highway		17.39
Malcom Morrison	Embleton Cres.		1.2
Maple	18th St. & Grieve		0.64
Martin	20th St. & Choquette		3.65
Millard Nature	South Island Hwy		13.76
Mission	2345 Mission Rd.		2.37
Monarch	Monarch Drive		0.57
Morrison	Arden Road		32.0
Pinegrove	5th St. East & Lerwick		4.77
Puntledge	First Street		10.05
Riverside	Anderton Avenue		1.5
Rotary Sky	Cliffe Ave & Mansfield Dr.		
Sandwich	Muir Road		6.52
Simms Millennium	Old Island Hwy		9.0
Sunrise Rotary	Dingwall & McIntyre		2.43
Standard	Cliffe & 14th St.		2.76
Sussex	1760 Sussex Dr.		0.58
The Ridge	Southwalk Dr.		
Trumpeter Glen	10th St. East & Chaster		0.35
Valley View	Lerwick Road		10.5
Walbran	2304 Walbran Dr.		0.68
Woodcote	17th & Cumberland		3.75

- Baseball Diamonds
- Basketball
- Community Centre
- Horseshoe Pitch
- Kayak/Canoe Dock
- Lawn Bowling
- Marina
- Meeting Rooms
- Nature Park
- Outdoor Workout Facility
- Parking
- Playground
- Picnic Area
- Showers
- Skateboarding
- Soccer/Football Fields
- Softball Diamond
- Street/Roller Hockey
- Water Park
- Swimming/Wading Pool
- Swings
- Tennis
- Trails
- Volleyball Courts
- Washroom





City of Courtenay



Review of Courtenay's Official Community Plan Coming in 2025

Courtenay's Official Community Plan (OCP) was updated and adopted in 2022. OCPs are long-range policy plans that guide a local government's decision-making related to growth and development approvals as well as other community interests such as housing, infrastructure, community amenities and protection of the natural environment. Due to new provincial legislation around housing and land use, the OCP will be reviewed in 2025.

Provincial housing and land use legislation changes introduced:

In 2023 the provincial government passed the Housing Statutes Amendment Act, Bill 44. This Act requires that local governments conduct 20 year Housing Needs Reports every five years and use that information to update OCPs, as well as zone sufficient land for these housing needs. The deadline for an OCP and Zoning Bylaw update is December 31, 2025.

As part of Bill 44, the provincial government also directed that local governments permit up to four small-scale multi-unit housing (SSMUH) units on properties zoned for single residential or duplex use and provided a deadline of June 30, 2024 to amend Zoning Bylaws.

To understand what the new provincial land use and housing legislation changes mean for Courtenay, the City obtained a Complete Communities grant from the Union of B.C. Municipalities.

For more information on the Provincial housing initiatives and legislation introduced in 2023, visit: www2.gov.bc.ca/housinginitatives

Courtenay land use and housing updates:

Courtenay's Zoning Bylaw has been amended with the creation of a new Residential Small-scale Multi-unit Housing (R-SSMUH) Zone that permits density along with a number of other zoning amendments.

This new zone replaced 16 existing residential zones and affects approximately 5650 properties within Courtenay's boundaries.

Provided that all zoning and other development requirements are met, these properties may now develop up to four dwelling units of any configuration such as: secondary suites in single residential dwellings,

detached accessory dwelling units like garden suites, carriage homes, or laneway homes, duplexes (side-by-side or up/down), a duplex with suites or a four-unit townhouse.

Housing Needs Report 2024:

In partnership with other local governments, Courtenay updated the Housing Needs Report which indicates that approximately 418 new dwelling units a year are required in order to keep pace with existing and anticipated housing demand. This is approximately the current construction pace since 2019 within Courtenay.

A large portion of the demand is for affordable/ below-market or deeply affordable dwelling units.

More information on Courtenay's 2024 Housing Needs Report is available at: courtenay.ca/housingreport

What does this all mean for Courtenay's OCP?

Courtenay's OCP will be reviewed for opportunities to incorporate the new provincial legislation. Community consultation will form part of the OCP update in 2025. Stay tuned for updates on how to learn more and get involved by viewing the Courtenay's website and social media.

Access the OCP: courtenay.ca/OCP

Council's Strategic Priorities: courtenay.ca/strategicplan



Provision of free menstrual products and gender equity in City-operated washrooms

The City is participating in United Way BC's Period Promise Campaign by providing free menstrual products in some City-operated public washrooms at the Lewis Centre and the LINC Youth Centre as a pilot project that began in April 2024.

These facilities were chosen based on their use by a significant number of women, youth, people living with low incomes, and/or experiencing homelessness.

Access to menstrual products affects women, girls, non-binary and trans individuals as well as caregivers, family, and friends. The City will be reviewing the gender-equity of City-operated washrooms to make sure our facilities are open and welcome to all.

Key Points:

- 86% of people who menstruate have reported experiencing an unexpected period start in public without the supplies they need. (*Free the Tampon, 2-13*)
- Period poverty is common for families with an annual household income of under \$40,000 per year.
- People of Indigenous ancestry, and people living with physical and/or mental disabilities are most profoundly impacted by the cost of menstrual products. (*United Way Period Promise Report 2021*)
- In Canada, new labour code regulations came into force on December 15, 2023, requiring that in all federally-regulated workplaces the employer must provide menstrual products in each toilet room, in addition to a covered disposal container.
- Menstrual equity campaigns are underway in a number of provinces.
- The program may be expanded in 2025 based on Council's direction and the 2025 Financial Plan.

Check out Canada's Period pin map at periodpin.ca to see facilities (including the City) offering free menstrual products.

View the Strategic Cultural Plan

The Strategic Cultural Plan, a 2023 – 2026 Council strategic priority, provides a framework and roadmap to support arts and culture in Courtenay over the next ten years.

The plan, developed in 2023 and 2024, informs a ten year arts and culture service implementation strategy that will help identify key gaps and opportunities in cultural services, cultural infrastructure, and help guide City processes.

It also supports core areas of services, and investment in the City's cultural services and assets.



Learn more at
[courtenay.ca/
CulturePlan](https://courtenay.ca/CulturePlan)



Courtenay and District **Museum** & Paleontology Centre



207 Fourth Street
Courtenay
ph: 250-334-0686
www.courtenaymuseum.ca

Discoveries happen here!
Knowledge and fun for the whole family. Palaeontology, First Nations and settlement exhibits.

Year round zoom school programmes, fossil tours, field trips, lectures and gift shop.

Book a fossil tour and travel 80 million years back in time!

Hours of Operation:
Tuesday to Saturday, 10 a.m. to 4 p.m.
For more details check the museum website at courtenaymuseum.ca or call **250-334-0686**



SID WILLIAMS THEATRE SOCIETY



EXPERIENCE
Music • Theatre • Drama • Comedy • Film • Magic

We also offer ticket outlet services for community events!

442 Cliffe Avenue, Courtenay, BC V9N 2J2
sidwilliamstheatre.com 250.338.2430



CV/ARTS Cultivating Creative Diversity

CV/Arts promotes and celebrates local artists in all genres in the Central Island Region from Fanny Bay to Black Creek, including Courtenay, Comox and Cumberland.

Visit the **Central Island Arts Guide**, a growing resource promoting a robust roster of talented creatives and arts organizations throughout our region. www.ciag.ca

Follow us online for great resources including the new **Digital Creation Hub**, our community event calendar and more.






comoxvalleyarts.com



CVAG
VISION • ART • CULTURE

COMOX VALLEY ART GALLERY
580 DUNCAN AVENUE COURTENAY BC V9N 2M7
250.338.6211 | COMOXVALLEYARTGALLERY.COM

PLEASE VISIT US ONLINE FOR OUR CURRENT EXHIBITIONS + PROGRAMS + EVENTS  





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 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	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.



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

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

submit a booking request form.

submit a booking request form.

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
OPEN Swim Monday to Friday 6:00-9:00 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 16	
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 16	

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) (*1 lane only M/W/F 10:00-11:00 am, T/Th 9:00-10:00 am)					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 + 8:00-1:00 pm Lengths (min 2)
*Lane Swim+ 1:00-8:00 pm Shared Space - Lengths (min 2)					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 16	FITNESS SCHEDULE SEE PAGE 158 SEE PAGE 151 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 16	

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+)

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
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 7:30-8:45 am Shared Space - 2 lanes for lane swim		Open Swim 7:30-8:45 am Shared Space - 2 lanes for lane swim		Open Swim 7:30-8:45 am Shared Space - 2 lanes for lane swim
Swim Fit 8:45-9:45 am Drop-Ins, Swim with workout and stroke correction		Swim Fit 8:45-9:45 am Drop-Ins, Swim with workout and stroke correction		Swim Fit 8:45-9:45 am Drop-Ins, Swim with workout and stroke correction
Open Swim 9:45-1:30 pm Shared Space - 2 lanes for lane swim		Open Swim 9:45-1:30 pm Shared Space - 2 lanes for lane swim		Open Swim 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 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)
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

**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
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
**Swim Fit 8:45-9:45am	Aquafit 9:00-10:00am	**Swim Fit 8:45-9:45am	Aquafit 9:00-10:00am	**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

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)
Bronze Medallion	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	
Bronze Cross	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	
National Lifeguard (NL) - Pool Option	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	
Lifesaving Society Swim Instructor & Lifesaving Instructor Combo	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	
Emergency First Aid (EFA Basic) & CPR C	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	
Standard First Aid (SFA Intermediate) OFA 1 & CPR C	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	
NL Precert/Resert	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.
LSS Swim Instr & Lifesaving Instr Combo Recert	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



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
	SPRING A SPRING B SPRING C	Mar 31-Jun 16 (10) no class Apr 21 & May 19	Apr 1-May 1 (10) May 6-29 (8) Jun 3-26 (8)	Apr 9-Jun 18 (11)	Apr 4-Jun 20 (11) no class Apr 18	Apr 5-Jun 21 (12)	Apr 6-Jun 22 (11) no class May 11
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 3:35pm 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
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

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



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

CVRD Public Ice Programs

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.

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 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 Balley Hockey Leque, 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).

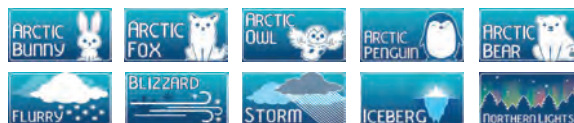
Youth grades 1-3 (ages 6-9) from 3-4:30 pm

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

NEW



REGISTERED ICE PROGRAM DESCRIPTIONS



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.

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
SPRING 2025	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
OPEN Swim 6:00-9:00 am Shared Space					OPEN Swim 6:00-9:00 am Shared Space
CLOSED for Swimming Lessons & Fitness/Rehab Classes 9:00 am-2:00 pm					Everyone Welcome 9:00-12:00 pm Waves & Slides Open
Everyone Welcome 2:00-5:00 pm Waves & Slides Open					
OPEN Swim 5:15-7:00 pm	Everyone Welcome 7:30-9:00 pm	OPEN Swim 5:15-7:00 pm	Everyone Welcome 7:30-9:00 pm	OPEN Swim 5:15-7:00 pm	

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

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

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

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

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

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



CVRD Swimming Lessons



follow comoxvalleyrd    

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
	Aquafit 6:30-7:15am		Aquafit 6:30-7:15am	
Aquafit 8:45-9:45am	Aquafit 8:45-9:45am	Aquafit 8:45-9:45am	Aquafit 8:45-9:45am	Aquafit 8:45-9:45am
Aquafit Warm Water 1:00-2:00pm	Aquafit Warm Water 1:00-2:00pm	Aquafit Warm Water 1:00-2:00pm	Aquafit Warm Water 1:00-2:00pm	Aquafit Warm Water 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
	Aquafit 6:30-7:15am		Aquafit 6:30-7:15am	
Swim Fit 7:45-8:45am		Swim Fit 7:45-8:45am		Swim Fit 7:45-8:45am
Aquafit 9:00-10:00am	Aquafit 9:00-10:00am	Aquafit 9:00-10:00am	Aquafit 9:00-10:00am	Aquafit 9:00-10:00am
50+ Aquafit 12:00-1:00pm	Aquafit 12:00-1:00pm	50+ Aquafit 12:00-1:00pm	Aquafit 12:00-1:00pm	50+ Aquafit 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
55+ Hockey 9:30-10:45 am	55+ Hockey 9:30-10:45 am	55+ Hockey 9:30-10:45 am	
Everyone Welcome 6:00-7:30 pm	Everyone Welcome 6:00-7:30pm		Everyone Welcome 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.



CVRD Sports Centre Schedule

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.



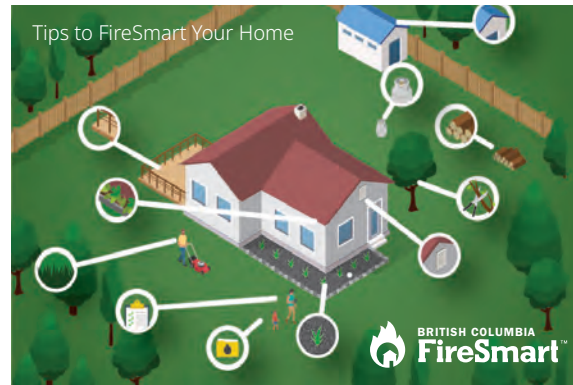
Emergency Preparedness can be:

- 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

IN PARTNERSHIP WITH



Low Cost Recreation

LEAP - Leisure for Everyone Accessibility Program

Local recreation departments provide free and discounted services for low-income individuals/families. This includes a free 52-punch card for each municipality's drop-in programs for each family member and a \$350 subsidy per family member, that can be used towards the cost of registered CVRD recreation program at the CVRD Sports and Aquatic Centres.

City of Courtenay Recreation Access Program

We provide healthy lifestyle opportunities to residents of the City of Courtenay who live below Statistics Canada low income thresholds. How to apply? Recreation Access application forms are available at courtenay.ca/forms. For more information call **250-338-5371** or **250-338-1000**

Town of Comox TRIP

(Town of Comox Recreation Inclusion Program) Low cost recreation opportunities are available for Comox residents on limited income. Application forms are available at comox.ca/accessible-rec or call the Community Centre at 250-339-2255 for more information. Qualified applicants receive \$425/per year towards a 50% discount on eligible programs and Fitness Studio memberships.

Village of Cumberland FAIR Program

The FAIR program offers qualifying Village of Cumberland residents a credit of \$350 per calendar year that can be used toward a 50% discount on registered programs. Successful applicants also qualify for the LEAP program. For details, call **250-336-2231** or visit www.cumberland.ca/rec-financial-assistance.

189 Port Augusta Sea Cadets

(12 - 18 years) Learn Leadership, Citizenship, Communications, Sailing, Seamanship, Boat Operator, Rope work, Marksmanship, First Aid, Sporting Activities, Band, Marching Drills, and more (in partnership with Navy League of Canada and DND). FMI: PortAugusta189@outlook.com or 189sea@cadets.gc.ca or **250-207-2709** www.sway.cloud.microsoft/9fbvMiVXRlyMX6MZ?ref=Link

If you would like to promote or change your free/low cost service, please call 250-338-5371 and refer to this page!

KidSport™ Comox Valley KidSport provides support to children to remove the financial barriers of playing organized sports. For application forms and guidelines visit: kidsportcanada.ca phone **250-334-9294** comoxvalleykidsport@kidsportcanada.ca

New Discoveries Parent & Child Learning Centre

Discover programs for parents and children: Home with a Heart, Boundaries and Triple P, Little Chef, Messy Art and Drop-in Lunch and Craft. Call **250-338-6200** for info.

Prenatal Classes

FREE prenatal classes are available at Public Health to pregnant women and their support people. Register at **250-331-8520** as soon as you know you are pregnant. For info or to register with Public Health's Right from the Start program go to viha.ca/children.

Canadian Tire JumpStart

Parents in financial need looking to get their kids involved in physical activity programs are encouraged to ask about funding assistance. Funding may offset registration fees, equipment, and transportation costs. jumpstart.canadiantire.ca

Traditional Scouting

will take your family outdoors! Hiking! Knots! Citizenship! Nature Lore! Campfires! And more!
\$55/year registration
Otters (5 - 8 yrs) - Tuesdays
Timberwolves (8 - 11 yrs) - Wednesdays
19 Seal Bay Traditional Scouting Group
bpsa-bc.ca Mission Hill/Seal Bay Area
barbkenney18@gmail.com **250-941-8874**



Volunteer Opportunities

National Volunteer Week is April 27 - May 3 and is a great time to start your volunteering journey!

Courtenay Recreation

VOLUNTEERING . . . a FUN and Healthy Lifestyle. Volunteers needed for pre-school and children's programs, The LINC Youth Centre, Special Events and Adapted Programs.

Requirements: Enthusiasm, interest in helping the community, creativity is a bonus. A clean Criminal Record Check (all persons aged 18+). Volunteer schedules are flexible. No minimum required.

www.courtenay.ca/rec
Call 250-338-5371



Habitat for Humanity

At Habitat for Humanity, volunteers are our superheroes – the driving force behind our mission to build stronger communities. Whether you're swinging a hammer on a build site, helping out at one of our ReStores, or lending a hand at fun community events, there's a place for YOU to make a real impact.

Are you 16+ and eager to roll up your sleeves and make a difference? We've got exciting opportunities for you to join the Habitat crew and help us build more affordable housing in the community! Want to get involved? Reach out today at volunteer@habitatnorthisland.com or visit habitatnorthisland.com for more info.

Come volunteer with us and discover how rewarding it is to build something truly special!



The Salvation Army

Volunteer with us today!

Join our team at The Salvation Army to bring hope where there is hardship. Help us meet holistic needs and be a transforming influence!

Call Andrea to volunteer (250) 338-8221 because, Everyone Needs An Army.

www.comoxvalleysa.ca



Giving Hope Today

MARS Wildlife Rescue Centre

MARS Wildlife Rescue Centre is looking for volunteers! Work with animals directly in our Wildlife Hospital as a caregiver, tell our patients' story in our Visitor Centre as a guide, or help out in other ways including animal transport, small construction projects, helping in our gift shop, native plant restoration, special events, and more,

Visit marswildliferescue.com.



The Gardens on Anderton

More than just gardeners are needed at The Gardens on Anderton. We need people to host visitors, help in our gift/snack shop, assist with entry to concerts and more all in a beautiful garden setting. For more information e-mail:

thegardensonanderton@gmail.com, check our website: www.gardensonanderton.org or visit in person: 2012 Anderton Rd (behind Anderton Nursery).



Volunteer Spotlight: Roger Walker

Roger has dedicated countless hours to volunteering with Courtenay Recreation, sharing his life long passion for Archery. He first picked up a bow when he was 11 years old, and has been actively engaged in the sport for the last 24 years participating in Seniors Games, building bows and volunteering in our community. Roger is known for his kindness and enthusiasm and encourages everyone to try archery as he has found it provides a fun way to stay active and perceptive. Thank you, Roger for all you do for our community!

If you would like to volunteer with Courtenay Recreation and share or learn new skills, you can get more information at courtenay.ca/volunteers or by calling the Lewis Centre at 250-338-5371 or the Filberg Centre 250-338-1000.

Your Game, Your Community.



Looking for someone to play with? Keen to dust off the old racquet? New to the area? Whatever your motivation, whatever your level, the Comox Valley Tennis Club is your go-to for all things tennis.

- Annual membership \$40.00*
- Fun singles/doubles leagues
- Various club social events
- Monthly newsletters
- New friendships forged

comoxvalleytennis.org

**Join at your own risk: Side effects may include laughing-induced sore abs, an increased sense of camaraderie and a tendency to fist-pump.*



COMOX VALLEY SPORTS & SOCIAL CLUB

SPORTS LEAGUES

Beach Volleyball | Soccer | Ultimate Frisbee
Flag Football | Slo-Pitch | Indoor Volleyball | Basketball



Register online by March 26 for Spring Leagues & by June 4 for Summer Leagues

Scott @ 250-898-7286 | scott@comoxvalleysports.ca | www.comoxvalleysports.ca



Axé CAPOEIRA

Martial Arts • Percussion • Acrobatics



INTRO classes for all ages

Kids 4-7 y/o
Kids 7 - 13 y/o

Tues/Thurs 4:45pm
Tues/Thurs 5:30pm
Mon/Wed 4pm

Adults 13+

Monday 7pm
Thurs 6:30pm
Saturday 10am



Summer Camps!!!

Ages 4 - 13 registration opens March 2025

Capoeiracomox.com
Axecomox@hotmail.com

FUN Basketball for Girls K to Grade 12



Learn how to play the most popular game for girls in the world!

No experience necessary



Great coaching, learn the basics, FUN!

Coed K - Grade 3 program also available

Register for programs at

dimevalleybasketball.com www.cvathletics.ca

Contact: Peter drpedro@telus.net or 250-334-7497

Comox Valley Field Hockey Association

Outdoor Turf Sessions: Aug - Oct and/or Apr - June

Indoor Gym Session: Oct - Dec and/or Jan - Mar

Beginners welcome. Drop-in options. 13 years+

Contact us for more info at cvlfha@gmail.com



Blue Devils

SUMMER SWIM CLUB

Become a Blue Devil
Build Your Swim Skills
While Having Fun!
Programs for swimmers
ages 5 and up

Summer Registration opens March 1



For more information and to register for the summer swim program, visit us at:

www.bluedevilswim.ca



COMOX VALLEY

Baseball Association

2025 Spring Season runs April - June


Co-ed Baseball:
For players born
2007 - 2021

Girls Softball:
For players born
2011 - 2018



Registration Began January 2025
2025 Summer & Fall Ball Opportunities
COMING SOON!

For registration details, please visit our website
at www.cvba.ca or email registrar@cvba.ca



COMOX VALLEY UNITED SOCCER CLUB


Summer Camps 2025 info:
<https://www.cvusc.org/summer-camps-2024>

Fall Youth Programs -
 Registration opens in June


For more information contact us at:
registrar@cvusc.org
 250-334-0422

WWW.CVUSC.ORG

U8 BOYS



Red Spirits



VALLEY YOUTH
SOCCER LEAGUE 2024



bgc Central Vancouver Island

ladysmith | nanaimo | lantzville
parksville | comox valley

welcome to the club!

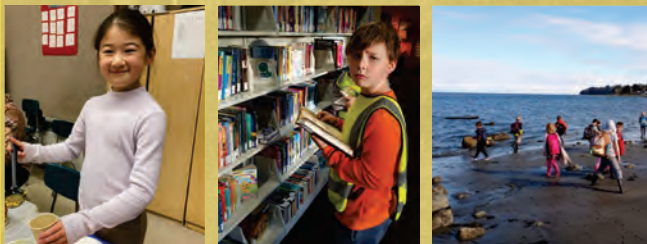
For over 50 years, BGCCVI has been at the heart of Central Vancouver Island, empowering children, youth, and families to thrive. From after-school care to parenting programs, we create safe spaces where connections are built, and futures are shaped—because we believe opportunity changes everything.

childcare + early learning

BGCCVI's programs provide engaging environments for kids that foster a sense of belonging, empowerment, and self-confidence. Our programs include field trips, activities, and events, and transportation to and from several local schools! Now serving even more families with our new locations in the Comox Valley, including Arden, Glacier View, Aspen Park, and Brooklyn Clubs.

bgc parenting programs

Professionally facilitated programs that are designed to help improve your relationship with your teen or pre-teen and help you learn new parenting skills, strategies, and communication methods. Programs offer a hybrid model where parents and caregivers can attend in person or online depending on their preference.



learn more!

Questions? Ready to register?

Scan the QR code or visit us at www.bgccvi.com to get started!



bgc Central Vancouver Island

[bgccvi.com](http://www.bgccvi.com)
[@bandgclubofcvi](https://www.facebook.com/bandgclubofcvi)
[@bgc.cvi](https://www.instagram.com/bgccvi)

opportunity changes everything.



FIRST AID TRAINING

> We offer first aid courses throughout the year in the Comox Valley!

We can also supply contract training for employers, First Nations, school districts and other groups on the North Island.

For more information:
Call 250-334-5005 or
email firstaid@nic.bc.ca

Scan for upcoming courses!



NORTH ISLAND COLLEGE



SUMMER 2025 YOUTH ACADEMY Registration opens April 5

For more information visit
nic.bc.ca/youth-academy

Scan for schedule and registration!



NORTH ISLAND COLLEGE





CBSA
EST 1965



Learn To Sail

comoxbaysailingassociation.ca
info@comoxbaysailingassociation.ca



Kids,
Teens &
Adults



Recreational or
Competitive
CANSail Programs



Access
Club
Dinghies



Spring,
Summer &
Fall Programs



Online
Registration



at the
Comox
Marina

4R's Education Centre (Soc.)

McPhee Avenue, Courtenay, BC

A happy place to learn!



4R's

(K - 12)

- identifying and filling gaps in basic skills
- using strengths to enhance learning
- one to one, in individual classrooms
- subject-specific tutoring for higher grades
- instruction in French available
- online lessons available

Opening Doors for Learning



Little R's Pre-school

- play-based learning
- providing activities that challenge and support growth
- developing self-awareness, social skills and a strong foundation for future success
- specific learning goals
- individual feedback
- qualified E.C.E teachers

Limited spaces available now



We are looking for qualified teachers to join the 4R's team. If you or someone you know may be interested, we invite you to contact us today!

phone: **250-338-4890** • e-mail: **four.rs@shaw.ca** • website: **www.4rseducation.com**



VISITOR CENTRES OPEN
JUNE - THANKSGIVING
7 DAYS/WEEK



GUIDED WALKS AND HIKES
WITH NATURALISTS ON
WEEKENDS



INSPIRING AWARENESS OF
STRATHCONA PROVINCIAL PARK
THROUGH, APPRECIATION AND
STEWARDSHIP OF THE NATURAL
WORLD THROUGH RESEARCH,
EDUCATION AND PARTICIPATION.



ACCESSIBILITY - WHEELCHAIRS
AND TRAILRIDER



CONTACT US:
STRATHCONAPARK.ORG
STRATHCONAWILDERNESS@GMAIL.COM

the
local inc.
shop. live. love.

Spring in Comox Market

April 5, 2025 | 11-3pm

Comox Community Centre
1855 Noel Ave, Comox



thelocalinc.ca

Summer at Comox Lake



**LAKE PARK
SOCIETY**
COMOX LAKE

Summer Camps

Wiggler Camp (5 to 6 yrs)

Scamper Camp (6 to 9 yrs)

Rambler Camp (8 to 12 yrs)

Land Care, Self Care (13 to 15 yrs)

Camp Kin (2SLGBTQ+)

Free Community Programs

Music Nights

Movie Nights

Pop-up in the Park

Watershed Canoe Tours



More information and online registration
available at cumberlandlakepark.ca



Watersports rentals and
camping also available

COURTENAY LITTLE THEATRE PRESENTS

PACV PERFORMING ARTS COMOX VALLEY theatre bc

APRIL 7-12

MYTH OF THE OSTRICH

A COMEDY

By: Matt Murray Directed by: Kirstin Humpherys

Sid Williams Theatre
 Opening Night Special - Apr 7 @ 7:30 - tickets \$28
 Apr 8, 9, 10, 11 @ 7:30 + Matinee Apr 12 @ 2:00 - tickets \$32
 Warning: Strong Language - www.SidWilliamsTheatre.com/events

Health Management Dominion Securities
 jane REIMAK
 Supporting our community

Discoveries Happen Here!

Cultural and Natural History of the Comox Valley

FOSSIL TOURS
 EDUCATION PROGRAMMES
 COLLECTIONS
 ARCHIVES




Courtenay and District **Museum & Palaeontology Centre**

Book a Tour!
250-334-0686
www.courtenaymuseum.ca
 207 Fourth Street, Courtenay, BC V9N 1G7



Year-Round Riding at Comox Valley's Premier Equestrian Facility

- 2 indoor and 2 outdoor riding arenas, ensuring year-round access for all weather conditions.
- Multi-discipline training programs that follow Equine Canada guidelines.
- Learn with our insured, Equine Canada certified coaches, providing expert instruction for all ages and skill levels.

Spring Break and Summer Camps available

f Explore More: Visit our website to discover what sets us apart!
www.sproutmeadows.com
 3583 Dove Creek Rd, Courtenay



BMX *Open* HOUSE INVITATION

5 APRIL 2025

Saturday, April 5th, 2025

1:00 p.m. - 2:30 p.m.

2815 Dunsmuir Ave,
Cumberland BC

All Ages

- 1/2 track (18months - 5 years)
- Novice (5 years +)
- Cruiser (6 years +)
- Dirt Jumper (6 years +)
- Mountain Bike (6 years +)

**Bring your bike, helmet, pants, long
sleeve and close-toed shoes**

ALL RIDERS UNDER THE AGE OF 19 WILL NEED AN ADULT TO SIGN A CONSENT FORM

WWW.BMXCANADA.ORG/TRACKS/1538

coalhillsbmx1@gmail.com

Always welcome volunteers

COAL HILLS BMX





City of Courtenay



Mile of Flowers Plant-In

Tuesday, May 27
Starting at 5:00 pm

Join hundreds of volunteers for Courtenay's annual Mile of Flowers Plant-In. A local tradition since 1967!

Be sure to stop by Standard Park (located at Cliffe Avenue and 14th Street) for a free refreshments courtesy of Courtenay Rotary and the City of Courtenay.

No prior experience is required, just pick an open spot, and start planting.

What to Bring:

- Gloves and trowel
- Drinking Water
- Community Spirit

Where to Plant:

Anywhere on Cliffe Ave. between 8th Street and 21st Street.

courtenay.ca/mileofflowers



City of Courtenay



DRFTR, photo Kim Stallknecht

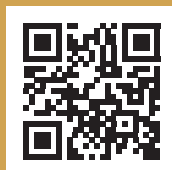
Simms Summer Concert Series at Lewis Park

Sundays at 7:00 p.m.

Enjoy great local and regional performers throughout the summer!

Due to construction at Simms Park, 2025 concerts will take place at the Lewis Park stage (by the Lewis Centre Parking lot).

Check in mid-May for concert information at courtenay.ca/simms



Community Directory

Adult Education

Adult Learning Centre.....250-338-9906
Creative Employment Access
Society/Job Shop.....250-334-3119
North Island College.....250-334-5000
North Island Distance Education..250-337-5300
World Community Development
Education Society - Wayne.....250-337-5412

Community Services

Amnesty International.....250-897-1658
Canadian Mental Health Association
Courtenay Branch.....250-871-0559
Chamber of Commerce Comox Valley
.....comoxvalleychamber.com
Community Based Victim's Services
Sexual Assault Services (Local 224).....
Domestic Violence Services (Local 226).....
.....250-338-7575
Comox Valley Family Services.....250-338-7575
Nesting Place Society...nestingplacesociety.com
CV Military Family Resource Centre
.....250-339-8290
CV Multicultural & Immigrant Support
Society - Jim.....250-898-9567
CV Project Watershed.....250-703-2871
CV Transition Society.....250-897-0511
Vancouver Island Crisis Line
- Crisis Line1-888-494-3888
- Office.....vicrisis.ca
Fallen Alders Community Hall
.....fallenalders.ca
Fanny Bay Community Hall
- Vanessa.....250-335-2832
Filberg Heritage Lodge & Park Association
.....filberg.com
Filberg Gift Shop.....250-941-4417
LUSH Valley.....lushvalley.org
Help Line for Children.....Zenith 1234
Immigrant Welcome Ctr.....250-338-6359
Juvenile Diabetes Research Foundation ..
.....jdrf.ca
Keystone Artists Market-Leah...250-703-3296
Kid Start - John Howard Society NI
- Wendy.....250-338-7341 ext 335
Kitty Cat P.A.L. Society.....kittycatpals.com
Lilli House 24 hr Crisis Line.....250-338-1227
MARS Wildlife Rescue & Visitor Centre
.....marswildliferescue.com
St. John Ambulance.....250-897-1098
The Salvation Army
- Family Services.....250-338-5133
- Thrift Stores.....250-338-8151
Today n' Tomorrow Young
Parent Program.....250-338-8445
Therapeutic Riding Association.250-338-1968
Transition Town CV.....transitiontowncv.org
United Way (Comox Valley).....250-338-1151
VI Regional Library Courtenay.....virl.bc.ca
VI Visitor Centre.....info@investcomoxvalley.com
Y.A.N.A.....250-871-0343

Clubs & Organizations

Church Groups

CV Community Church The Salvation Army
.....250-338-8221
CV Presbyterian Church250-339-2882
CV Unitarian Cultural Society.....
.....cvukrainianculturalsociety@gmail.com
Comox Community Baptist250-339-0224
Comox United Church.....250-339-3966
Shepherd of the Valley
Lutheran ELCIC250-334-0616
St. Peter's Church.....250-941-5388

Dog Clubs

CV Kennel Club (1990) - Frank250-331-0185
Forbidden Plateau Obedience &
Tracking Club - Margot.....250-338-4792

Horticulture

CV Growers & Seed Savers Society
.....cvgss.org
CV Horticultural Society
.....comoxvalleyhortsociety.ca
N.I. Rhododendron Society.....nirrhodos.ca

Public Speaking

CV Toastmasters.....cvtoastmasters@gmail.com

Other

Beekeepers Association.....cvbclub.com
Camera Clubcvps.ca
CV Genealogy Group
.....info@cvgenealogygroup.org
CV Newcomers Clubcvnewcomers.ca
Orca Probus Cluborcaprobus.ca
Taoist Tai Chi Society - Sean.....250-702-4811
CV Ukrainian Cultural Society
- Jeanette250-898-3165

Seniors

CV Eldercollege.....250-334-5000 ext 4602
Comox Valley Senior Support Society
.....seniorpeercounseling@shaw.ca
D'Esterre Comox Seniors Centre
.....comoxseniors.ca
Evergreen Senior's Club.....evergreenclub.ca
Seniors Wheels & Care.....
.....seniorswheelsandcare.com

Fairs & Festivals

Cumberlands Victoria Day Celebrations
.....cumberlandiseventssociety@gmail.com
CV Exhibition250-338-8177
Filberg Festivalfilbergfestival.com

Health & Wellness

Alcoholics Anonymous comoxvalleyaa.ca
AVI Health & Community Services
.....250-338-7400
CV Mental Health & Substance use
.....250-331-8524
CV Hospice Society (Info. & bereavement
support).....comoxhospice.com
CV Nursing Centre250-331-8502
CV Stroke Recovery Branch.....250-890-0711
CV Head Injury Societycvhis.org
CV Ostomy Support Group.....250-871-4778
Overeaters Anonymousoa.org
Options for Sexual Health.....250-331-8572
Red Cross
(Health Equipment Loans).....250-334-1557
Take Off Pounds Sensibly (TOPS)
- Jane.....250-897-9279
Therapeutic Riding Association.....cvtrs.com
Public Health Nursing250-331-8520
Wheels for Wellness Society250-338-0196

Service Clubs

Comox Legion - Br.160 - Lauren.....
.....comoxlegion.ca
Courtenay Legion - Branch 17...250-334-4322
Cumberland Legion - Br. 28250-336-2361
CV Lions Club250-339-6232
CV Monarch Lions Club
.....e-clubhouse.org/sites/comoxvm
Elks Club #60250-334-2512
IODE Laura Gordon Chapter.....
- Louisa250-338-1162
Soroptomist Club of Courtenay.....
.....soroptomistcourtenay.org

Dance Groups

Argentine Tango.....250-703-3057
CV Line Dance - Joan.....250-703-6660
Ocean Waves Square Dance Club
.....oceanwavesquaredance@gmail.com
Scottish Country Dance
- Heather250-338-9060
Dolyna Ukrainian Dancers - Karen
.....cvdolynadancers@gmail.com
West Coast Swing Collective.....cwcs.ca

This directory is provided as a community service. Groups listed are responsible for updating their own information by contacting us at 250-338-5371 with any changes. New listings will be added space permitting.

Sports

Adult Leagues

CV Sports & Social Club...comoxvalleysports.ca

Aquatics

CV Aquatic Club (Sharks)

.....cvsharksheadcoach@gmail.com

CV Orcas Synchronized Swim Club

.....cvorcas@gmail.com

Baseball/Softball

CV Minor Baseball.....cvba.ca

CV Minor Softball.....cvba.ca

CV Slo Pitch League - Mike.....250-792-1807

Basketball

CV Youth Basketball Assoc.

- Anthony.....250-898-9973

Wheelchair Basketball - Stephane

.....cwvssdocs@gmail.com

Ice Sports

CV Glacier Kings Jr. Hockey

- Iris250-338-5409

CV Minor Hockey..simonmorgan360@gmail.com

CV Ringette - Haley.....250-334-6632

CV Skating Club.....

.....comoxvalleyskatingclub@gmail.com

Women's Ice Hockey

Teresa - Breakers.....250-702-1614

Martial Arts

CV Karate Club - Pam250-792-3836

CV Kung Fu Academy250-702-3780

Pacific Coast Karate School.....250-335-1079

The Academy of Martial Arts & Fitness.....

.....250-465-9073

Racquet Sports

CV Tennis Club.....comoxvalleytennis.org

Courtenay Sr. Badminton Club

- Cameron.....250-339-0739

CV Squash Club - Jayson

.....jayson@fuerstenberg.ca

Skiing/Snowboarding

JumpCamp.....jumpcamp.com

Mt Washington Ski Club

John (head coach).....250-897-6058

Mt Washington Volunteer Ski Patrol

Tim.....250-334-0609

Strathcona Nordics Cross Country

Angela.....info@strathconanordics.com

Vancouver Island Society for Adaptive

Snowsports.....visasweb.ca

Soccer

CV Masters - John.....250-897-5598

Women's Soccer

.....cwomensspringsoccer@gmail.com

Youth Soccer - Cheri.....250-334-0422

Other

Chimo Gymnastics.....info@chimogymnastics.ca

Courtenay Lawnbowling Club

.....courtenaylbc.com

CV Cougars Track & Field Club

.....comoxcougars.org

CV Curling Centre250-334-4712

CV Pickleball Assoc.....cvpickleball.ca

CV Road Runnerscvrr.ca

CV Field Hockey.....cvlpha@gmail.com

CV Horseshoe Club - Wayne.....250-207-1555

Island Charity Wrestling - Tim.....250-792-3332

Killerwhale/G.P. Vanier Olympic

Weightlifting - Ed.....edlfjer@icloud.com

Minor Lacrosse Association, CV Wild

.....comoxlacrosse.ca

Roller Derby.....brickhousebetties.ca

Junior Roller Derby.....stonecoldstellas.com

Rugby- Kicker's Club.....cvkickers@gmail.com

Special Olympics, CV - Randy.....250-897-1828

Outdoor Groups

Boating

Canadian Power & Sail Squadron

- Curt.....250-339-1964

Comox Bay Sailing Club..comoxbaysailingclub.ca

Compass Adventures.....compassadventure.ca

Dragon Boat Society (Blazing Paddles)

- Joanne.....250-334-2450

Dragon Boat Team (Dragon Rider Youth Team)

- Joanne.....probert99@gmail.com

Dragon Boat Team - Hope Afloat (Women

Cancer Survivors) - Gaetane.....250-650-1956

Dragon Boat Team (Dragonflies)

- Colleen.....250-334-3676

Dragon Boat Team (Prevailing Wins)

- Leon.....250-339-5772

Dragon Boat Team (Flying Dragons Ladies)

- Stacey.....comoxflyingdragons@gmail.com

Comox Valley Canoe Racing Club

.....cvcanoeracing.ca

CV Rowing Club.....comoxvalleyrowingclub.ca

Comox Valley Yacht Club.....cvyclub.ca

Comox Valley Paddlers Club.....

.....comoxpaddlers@gmail.com

Other

Coal Hills BMX.....bmxcanada.org/tracks/1538

Comox District Mountaineering (Hiking)

Club.....comoxhiking.com

CV Disc Golf Club.....cvdiscgolf.com

CV Ground Search & Rescue.....250-334-3211

Comox Golf Club.....comoxgolfclub.ca

Courtenay Fish & Game Protective

Associationcourtenayfishandgame.org

Fanny Bay Salmonid Enhancement Society

.....250-335-1575

WildSpirit - Bruce.....250-338-8431

Visual/Performing Arts

Comox Community song Circle - Dave.....

.....778-822-1305

Comox Valley Art Gallery.....

.....comoxvalleyartgallery.com

Comox Valley Concert Band.....

.....comoxvalleyconcertband.com

CV Children's Choir

.....comoxvalleychildrenschoir.com

CV Clown Club - Jacqui.....250-650-0582

Courtenay Little Theatre - Gail.....250-334-3494

Comox Valley Arts250-334-2983

Co-Val Chorister - Beryl.....250-339-4429

CYMC/CV Youth Music Centrecymc.ca

Fiddlejam - Craig250-339-4249

Hello Strings - Helena

.....gohellostrings@gmail.com

Island Voices Chamber Choir

.....islandvoiceschamberchoir.bc.ca

Letz Sing Community Choir

- Tina250-923-7709

North Island Choral Society.....

.....northislandchoral.ca

Performing Arts Comox Valley (PACV)

- Lynn.....performingartscomoxvalley.ca

Pearl Ellis Gallery.....250-339-2822

Rainbow Youth Theatre

.....rainbowtheatre.com

Strathcona Symphony Orchestra

.....250-331-0158

Theatreworks - Kim.....250-792-2031

Youth

Scouting

Scouting Inquiries - Chris250-339-2424

Cadets

386 Komox Royal Canadian Air Cadet

Squadron.....386komox.com

Army Cadets.....250-339-8211

H.M.C.S. Quadra.....250-339-8211

St John Ambulance - Cadet Brigade..250-897-1098

Other

Dragon Boating Youth Team

(Dragon Riders).....cvdragonriders@gmail.com

CV German Language School

.....comoxvalleygls.org

CV Girls Group - Shelby.....250-897-0511


Nature Kids.....comox@naturekidsbc.ca

CV Waldorf School - Maurissa.....250-871-7777

COMOX VALLEY Financial Assistance Programs for Recreation Services



The Leisure for Everyone Accessibility Program (LEAP) provides eligible Comox Valley residents with 52 FREE drop-ins to each municipal recreation department. Application forms for all regional financial assistance programs (see below) have been combined into one simple form that you can use to apply for LEAP and your home community's program in a single step. Apply by visiting your local recreation department in person or online or call one of the numbers below.




CVRD SPORTS & AQUATIC CENTRES'S LEAP Program
250-334-9622

All residents of Courtenay, Comox, Cumberland and Areas A, B & C of the CVRD are eligible for the LEAP Program - 52 free admissions per year, per family member at the CVRD Sports and Aquatic Centres. Plus each family member receives a \$350 credit that can be used towards the cost of registered CVRD recreation programs.

comoxvalleyrd.ca/rec

follow us    



COMOX RECREATION'S Inclusion Program (TRIP)
250-339-2255

TRIP financial assistance is awarded to eligible Town of Comox residents and can be used for a 50% discount towards registered, non-contract programs and Fitness Studio memberships. Financial Assistance amount is awarded per person, per calendar year and can be used online, in person or over the phone for registrations and memberships.

comox.ca/rec

follow us   




COURTENAY RECREATION'S Recreation Access Program
250-338-5371
250-338-1000

City of Courtenay Residents are eligible for the Recreation Access Program (RAP) - scan cards and program discounts can be used at the Lewis Centre, Florence Filberg Centre, Courtenay Outdoor Pool and LINC Youth Centre. RAP program includes annual scholarship amount to be used towards discounted programs and services, and the LEAP 52 free drop-in card.

courtenay.ca/rec

follow us  



CUMBERLAND RECREATION'S FAIR Program
250-336-2231

The Financial Assistance in Recreation (FAIR) program gives qualifying Village of Cumberland residents a \$350 credit that can be used toward a 50% discount on registered programs. Credit is valid for the calendar year.

cumberland.ca/rec

follow us 



**City of
Courtenay**



Canada Day Celebration

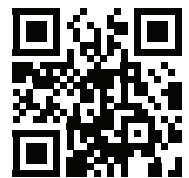
June 30 & July 1

Free fun festivities in downtown Courtenay and Lewis Park:

- Live music & entertainment
- Parade & 5th Street Mile Fun Run
- Cultural performances
- Delicious food & drinks
- Games & kids activities
- Community booths

Get Involved:

- **Community organizations**
- **Volunteers**
- **Performers**
- **Local vendors**



Information & Schedules: courtenay.ca/canadaday | 250-338-5371 | 250-338-1000

COMOX VALLEY RECREATION GUIDE

SPRING/SUMMER 2025



SEE PAGE 2

19 WING COMOX
250-339-8211
ext 252-8315

19 Wing Recreation offers programming for the military community and the residents of the Comox Valley. Services include facility memberships, rentals to community sports organizations and programming for all ages, including swim lessons.

cfmws.ca/comox



TOWN OF COMOX

SEE PAGE 6

COMOX RECREATION
250-339-2255

Discover your perfect FIT at the Comox Community Centre! Join our fitness classes, explore martial arts, and enjoy our award-winning fitness studio, along with exciting programs for children and families. Register online at

comox.ca/rec



SEE PAGE 49

CUMBERLAND RECREATION
250-336-2231

The Village of Cumberland is the hub of outdoor recreation in the Comox Valley! Cumberland Recreation provides programs; manages municipal parks, trails and facilities; & supports community events and organizations. Online registration is now available for recreation programs.

cumberland.ca/rec



SEE PAGE 59

COURTENAY RECREATION
250-338-5371
250-338-1000

We offer programs and special events for all ages. Classes include art, music, martial arts, sports, yoga, drumming, dance, and more. Also featured are drop-in fitness, squash & workouts.

Please note schedules and activities are subject to change. Please watch the City of Courtenay website for any updates.

courtenay.ca/rec



SEE PAGE 146

CVRD SPORTS & AQUATIC CENTRES
250-334-9622

Swimming, skating, fitness and wellness! We offer drop-in fitness opportunities, registered programs and fun leisure and sports activities throughout the year at the CVRD Sports and Aquatic Centres and the Exhibition Grounds.

comoxvalleyrd.ca/rec



follow us 

follow us   

follow us 

follow us   

follow us    