

Adapted Programs

for Youth & Adults with Diverse Abilities



Spring 2024
Newsletter



ADAPTED ADVENTURE BUDDIES

Adventure Buddies is a program for youth and adults with diverse abilities. The enthusiastic and friendly staff let you tackle a Nymph Falls hike at your own pace. With this easy access to fun atmosphere and activities, you can spring into Spring your way. **Planning session April 19 from 1:00 - 2:00 pm in Lewis Craft Room B. No program April 26.**

#13669 Fridays

May 3 - June 7

9:00 am - 3:00 pm

LINC Basketball Court

\$140/7

ADAPTED SPRING BOWLING LEAGUE

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)?!

#13283 Wednesdays

April 3 - June 5

3:00 - 4:00 pm

Codes Country Bowling

\$5/10

ADAPTED TALENT SHOW AND SOCIAL

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.

#13522 Tuesday May 21

12:45 - 2:15 pm

Lewis MP Hall

\$5

ADAPTED ART IN THE AFTERNOON

Get creative with mixed media projects in: drawing, painting, sculpture and mixed media! Pre-register or drop-in for the fun!

#13273 Wednesdays

April 10 - June 12

2:30 - 4:00 pm

Lewis Salish Building

\$45/10 or

\$5/drop-in

DROP-IN

ADAPTED WALK ON THE WILD SIDE

Enjoy the outdoors? Are you someone who hates planning, but enjoys the trip? Join us for the Adapted Walk on the Wild Side! This mobile program enjoys getting out and about across the island to enjoy the outdoors as much as possible. **Planning session April 22 from 12:00 - 2:00 pm. No program May 20.**

#13670 Mondays

April 29 - June 3

11:00 am - 4:00 pm

LINC Games Room

\$120/6

NEW

SPRING INTO SUMMER DANCE

Come together with the Adapted Crew and dance yourself into Summer! There will be music, dancing, and treats!

#13523 Friday June 28

1:00 - 2:30 pm

Lewis MP Hall

\$3



Courtenay Recreation

Adapted Programs

Lewis Centre, 489 Old Island Hwy Courtenay, BC V9N 3P5

phone: 250-338-5371 courtenay.ca

*All Adapted Programs
Proudly Sponsored by:*





Adapted Special Interest

ADAPTED BOARD GAME CAFE

(13 years & over)

Find yourself bored on the weekend? Well do we have the board games for you! Welcome to this new social, full of fun games and activities. Drop in available.

#13520 Saturdays

April 6 - June 15
1:30 - 3:00 pm
Lewis Craft Room B
\$35/11
\$3.50/drop-in

DROP-IN

ADAPTED YOUNG ADULTS CLUB

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 2nd.

#13285 Tuesdays

April 2 - June 18
6:00 - 8:00 pm
Lewis Craft Room A
\$30/12

Ask about our Leisure Buddies program for participants who need 1:1 support. Contact Zach, the Adaptive & Inclusive Program Supervisor, at zandres@courtenay.ca or call 250-338-5371.

ESPRESSO YOURSELF

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.

#13277 Tuesdays

April 2 - June 18
10:30 - 11:30 am
Lewis Craft Room A
\$25/12 or
\$3/drop-in

DROP-IN

ADAPTED ART CARDS

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. **No class May 20.**

Mondays
April 8 - June 17
#13272 10:00 - 11:00 am
#13271 1:00 - 2:00 pm
Lewis Craft Room A
FREE

Adapted Summer
Registration
begins Monday
April 15 at
8:30 am

ADAPTED SING-A-LONG

Introducing our Adapted music group! This program meets weekly to sing all the greatest hits and play instruments like tambourines and maracas. Come join along with our sing-a-long! No previous musical experience needed.

#13282 Wednesdays

April 10 - June 12
10:30 - 11:30 am
Lewis Craft Room A
\$40/10

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
#13280 April 8 - 29
#13281 May 27 - June 17
10:30 am - 12:00 pm
The LINC Kitchen
\$35/4

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

FUN DROP IN AT THE LINC

(19 years & over)

The Building Friendship Program invites you to come and play pool, foosball, board games, make crafts or just hang out. Everyone is welcome! **No program on STAT holidays or July 15 & July 22.**

Mondays
April 8 - July 29
2:30 - 5:00 pm
The LINC Youth Centre
300 Old Island Hwy
FREE

For more info., please call and ask for Building Friendships
250-338-5371

Adapted Get Active

ADAPTED DANCE PARTY

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 your step! All abilities and levels welcome. **No class April 24.**

#13276 Wednesdays
April 3 - June 26
1:15 - 2:00 pm
Lewis MP Hall
\$50/12

ADAPTED DANCE CLASS

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! **No class April 25 & May 9.**

#13275 Thursdays
April 4 - June 27
1:10 - 2:00 pm
Lewis Activity Room
\$45/11

CHALLENGER BASEBALL

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.

#13519 Thursdays
April 11 - June 20
10:00 - 11:00 am
Lewis Park Ball Diamond/
Lewis Centre Gym
\$22/11



ADAPTED YOGA

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.

No class July 30 & August 6.

Instructor: Susan Obieglo
Tuesdays

#13513 April 2 - June 25
\$65/13

#13932 July 2 - August 27
\$35/7

1:15 - 2:00 pm
Lewis Activity Room



ADAPTED BASKETBALL

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!

#13332 Thursdays
April 11 - June 6

12:45 - 1:45 pm
Lewis MP Hall
\$35/9

ADAPTED INDOOR SOCCER

(14 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!

#13279 Thursdays
April 11 - May 30
1:30 - 2:30 pm
Lewis Centre Gym
\$40/8

DIVERSE SPORTS

You name it, we play it! Come enjoy some adapted sports in a friendly, non-competitive, fun way.

#13278 Wednesdays
April 3 - June 12
10:30 - 11:45 am
Lewis Centre Gym
\$40/11

ADAPTED CHAIR FIT

An upbeat workout class that uses bender balls and toner sticks followed by a nice cool down with gentle stretching. All ages & abilities welcome. **No program August 2.**

Instructor: Nancy Victoria
Fridays

#13274 April 5 - June 14
10:30 - 11:30 am

Lewis MP Hall
\$85/11

#13928 July 5 - August 16
10:30 - 11:30 am

Lewis Centre Gym
\$45/6



ADAPTED ARCHERY

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.

#13270 Fridays
April 5 - June 21
12:15 - 1:30 pm
Lewis MP Hall
\$45/12

See next page for the Leisure for Everyone Accessibility Program (LEAP) and Recreation Access.



Community

COURTENAY RECREATION:

250-338-5371

www.courtenay.ca/rec

Recreation Access Program

Provides opportunities for healthy lifestyle choices to residents of the City of Courtenay who live below Statistics Canada low income thresholds. Ask us how to apply - 250-338-5371.

LINC Youth Centre Outdoor Basketball Court

Basketballs are available for use from The LINC when the facility is open.

Agency Memberships

Courtenay Recreation has an agency membership to help agencies provide clients with a variety of recreational experiences including use of the wellness centre, squash courts and gym time. For more information, please call The Lewis Centre at 250-338-5371.

CV REGIONAL DISTRICT:

250-334-9622

comoxvalleyrd.ca/rec

COMOX RECREATION:

250-339-2255

www.comox.ca/recreation

TRIP (Town of Comox Recreation Inclusion Program)

Free and low-cost recreation opportunities are available to Comox residents on a limited income. Call the Community Centre at 250-339-2255 to find out more.

Financial Access Programs:

Apply for discounts that provide healthy lifestyle opportunities.

Recreation Access Program

Discounts on programs for City of Courtenay residents who live below Statistics Canada low income thresholds.

LEAP

Regional program open to anyone in the Comox Valley and provides 52 free admissions to drop-in activities.

Ask us how to apply!

250-338-5371 or 250-338-1000

Comox Valley Therapeutic Riding Society

250-338-1968

www.cvtrs.com

Comox Valley Special Olympics

250-897-1828

www.cvso.ca

L'Arche Comox Valley I Belong Centre

250.871.6288

www.larchecomoxvalley.org

Arts, crafts & recreational programs for adults with and without disabilities. FMI call or email

herve@larchecomoxvalley.org

Comox Valley Wheelchair Sports Society

250-897-6082

cwssdocs@gmail.com

All-inclusive (no disability required) Wheelchair basketball. Please email for more info.

North Island College Accessible Learning

250-334-5078

www.nic.bc.ca/programs-courses/accessible-learning/

Featuring adapted courses and services.

Program Registration & Refund Notes

Registration: All participants must register individually for their programs to prevent duplicate accounts. Day programs or caregivers assisting participants can call the Lewis Centre for help with account creation and to make this transition easier. All participants must make sure their accounts are in good standing before registering in new programs.

Register by telephone: You may register by telephone by calling The Lewis Centre (250-338-5371) or Filberg Centre (250-338-1000).

Register online: Visit www.courtenay.ca/reconline to create your account or call The Lewis Centre or Filberg Centre for assistance.

Cancellation: Please register early if you are interested or programs will be cancelled if minimum numbers are not met.

Withdrawal/Refunds: A full or pro-rated refund will be given if class is cancelled or for medical reasons. Refunds will not be approved after a program has ended.

Away: If you have a planned absence, please contact the Lewis or Filberg Centre office so we know not to expect you.

One-on-One Support: While we will do our best during programs to meet your needs, please note that we are unable to provide one-on-one support.

For full registration policies please visit www.courtenay.ca/rec