



COURTENAY RECREATION
WELCOME



Welcome!

You'll notice there's something a little different about this Comox Valley Recreation Guide. The Spring and Summer guides are now combined, giving our community more time to plan ahead for summer programs and activities, including swimming lessons and daycamps. Once you've booked your spring programs, go ahead and create your summer activity wish list – and add summer registration to your calendars on April 15. See the inside flap at the front of this guide for more details on this change. Courtenay Recreation has once again put together an amazing list of activities for every age and interest. Looking for ideas? Please call or visit our friendly team at the Lewis Centre or Florence Filberg Centre, they'll be happy to help!



Courtenay Mayor
Bob Wells

Courtenay Recreation Table of Contents

Programs

- Early Years (Preschool)..... 15
- Children's Programs20
- Youth Programs33
- Adult Programs42
- Active Living 52
- Wellness Centre52
- Fitness54 & 92
- At A Glance.....62
- Summer Daycamps.....64
- Evergreen Club..... 94

Adapted Programs

- Adapted Programs for Adults with Disabilities.....38 & 91

General

- Cozy Corner Preschool.....14
- Squash.....51
- Registration.....93
- Outdoor Pool.....84
- Canada Day.....83

Facilities

- The LINC Youth Centre.....37
- Wellness Centre.....52
- Lewis Centre Facility Rentals.....96
- Filberg Centre & Native Sons Hall Facility Rentals.....97
- Courtenay Parks.....98
- Culture Groups.....101

Legend:



Childminding is offered during this program



This program incorporates physical literacy



Evergreen Member discounted program



Spring Break program





Lewis Centre

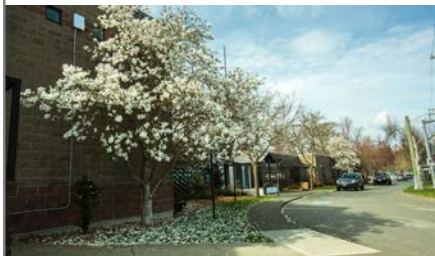
The Lewis Centre offers a Wellness Centre, gymnasiums, meeting rooms, squash courts, and Cozy Corner Preschool. An outdoor stage is also available for booking.

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 skate-board park, concession, games room, computer lab and meeting room. The LINC offers drop-in activities and youth programs.

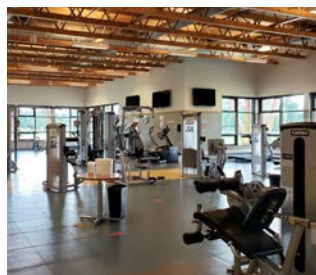
For up to date hours please call

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

COURTENAY FACILITY INFO



Facility Closures:

Good Friday
Easter Monday
Victoria Day
Canada Day
BC Day

Friday March 29
Monday April 1
Monday May 20
Monday July 1
Monday August 5



COZY CORNER Preschool

at the Lewis Centre
Ages 3 - 5 years



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.

COURTENAY COZY CORNER

489 Old Island Highway,
Courtenay

250-338-5371

courtenay.ca/cozycorner

*Now with a dedicated
outdoor play space
thanks to funding from
Service Canada.*

Spring 2024 Hours

(March - June)

Monday, Wednesday
& Friday

9:00 am - 1:00 pm OR
1:30 - 4:30 pm

Tuesday & Thursday

9:00 am - 12:00 pm OR
12:30 - 4:30 pm

Monthly Fees

T/TH am \$105

T/TH pm \$155

M/W/F am \$205

M/W/F pm \$180

Program notes:

\$50 - annual family registration fee
(\$25 will be applied to first month's fee)

Program runs September through June

New Fall Hours starting September 2024:

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

Spaces
available.
Register now!

Drop-in Programs

WOBBLY WALKERS

(1 year - 3 years)
Fun filled parent and tot program on Thursdays for 1 - 3 year olds with adult.

#13465 Thursdays
April 4 - June 27
10:30 - 11:30 am
Lewis MP Hall
\$3/drop-in



PARENT & TOT GO WILD

(5 years & under)
Bring your energy as you skip, hop and run to this hour of fun! Invite your friends and get ready to play. An adult must participate and is responsible for the supervision of their child(ren).

#13467 Tuesdays
April 2 - June 25
10:30 - 11:30 am
Lewis MP Hall
\$3/drop-in



CURIOUS CRAWLERS

(18 months & under)
Is your little one starting to explore the world on their hands and knees? Come enjoy some social time with other parents and babies who are in the same stage. Some of the space will have mats for those who need a soft place to land. Other fun toys will also be available. Adult participation required.

#13464 Thursdays
April 4 - June 27
9:00 - 10:00 am
Lewis MP Hall B
\$3/drop-in



Please note: there will be no drop-in programs on stat holidays schedule updates at courtenay.ca/dropin

LITTLE MOVERS

(4 years & under with adult)
Join us Thursdays for play that is suited to young children who are just getting moving and comfy in navigating their surroundings. Parent participation is required.

#13466 Thursdays
April 4 - June 27
11:30 am - 12:30 pm
Lewis MP Hall
\$3/drop-in



PARENT & TOT MORNING PLAY TIME

(1 - 6 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.

#13463 Sundays
April 7 - June 30
9:15 - 10:15 am
Lewis MP Hall
\$3/drop-in



COURTENAY SPRING EARLY YEARS

Early Years Drop-in Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Childminding 8:45-10:30am	Childminding 8:45-10:30am	Childminding 8:45-10:30am	Childminding 8:45-10:30am	Childminding 10:15-11:45am	Childminding 8:45-10:30am	
Family Gymnastics (all-ages) 9:15-10:15am or 12:00-1:00pm	Parent & Tot Go Wild 10:30-11:30am Family Gymnastics 11:30am-12:30pm (all-ages)		Curious Crawlers 9:00-10:00am Wobbly Walkers 10:30-11:30am Little Movers 11:30am-12:30pm		Family Gymnastics (5 yrs & under) 9:00-10:00am or (all-ages) 11:15am-12:15pm or (8 yrs & over) 2:45-3:45pm	Parent & Tot Morning Play Time 9:15-10:15am
<p><i>schedule subject to change no drop-ins on stat holidays schedule updates at courtenay.ca/drop-in</i></p>						



SPRING REGISTRATION STARTS MONDAY MARCH 11
SUMMER REGISTRATION STARTS MONDAY APRIL 15

See page 93

Courtenay Recreation

Easter Promenade

(infant - 6 years with adult)

Friday March 29

10:00 am - 1:00 pm

Simms Park

\$8/family pre-reg for Egg Hunt

Free Activities:

- Easter Crafts
- Easter Bunny visit

courtenay.ca/easter



Cooking & Crafts

KOOKY COOKING

(3 - 5 years)

Create silly and delicious snacks every week while learning kitchen safety and cooking basics. Our secret ingredient is FUN!

#13303 Fridays

April 12 - May 10

1:00 - 2:30 pm

Lewis Craft Room A

\$59/5

MESSY MASTERPIECES

(3 - 5 years)

Let's get messy and create your very own masterpieces! We'll get our hands dirty using paints, shaving cream, glue and so much more! Be sure to wear your comfiest play clothes.

#13304 Wednesdays

April 10 - May 8

10:30 am - 12:00 pm

Lewis Craft Room B

\$59/5

Please check receipts for important program information.

MINI CHEFS

(3 - 5 years)

Throw on your apron and get ready to mix, roll and pat your way to some tasty treats. Participants will leave with a recipe book to keep the cooking and baking going through the seasons.

#13302 Thursdays

May 16 - June 6

9:30 - 11:00 am

Lewis Craft Room B

\$49/4

CREATIVE CRITTERS

(3 - 5 years)

Let's get ready to doodle, draw and dive into your creativity as we learn about different art materials! This class is perfect for budding artists to come and explore different art materials and creative prompts. Pencils, pens, pastels and paint - this class is perfection. This class will take place both inside and outside.

#13646 Mondays

May 27 - June 24

10:30 am - 12:00 pm

Lewis Craft Room B

\$59/5

CHILDMINDING

Our excellent childminding service offers a safe, friendly and fun environment for your child while you attend our programs or use the Wellness Centre.

Monday - Thursday

8:45 - 10:30 am

Friday 10:15 - 11:45 am

Saturday 8:45 - 10:30 am

April 2 - June 28

\$3/1.75 hrs

DROP-IN

means childminding available during this program



PARENT & PRESCHOOLER: FIRST TASTE

NEW

(2 - 5 years)

This class will introduce you and your child to the experience of cooking together at an early age. It will promote a sense of independence and help them to develop greater fine motor skills, hand-eye coordination and encourage healthy eating. It's a great bonding experience for a caregiver and child and may become their favourite weekly activity together!

#13035 Fridays

April 26 - May 17

9:30 - 11:00 am

Lewis Craft Room A

\$49/4

Plan Ahead

Spring & Summer programs are now featured in one guide, giving you early access for planning summer activities! Spring registration starts March 11. Summer registration starts **April 15**. Look for **OR-ANGE** activity codes for summer registration. Check out the inside front page for more details on this change. See pages 64 - 66 for Early Years summer mini camps.



Movement

BABY & ME YOGA

This class provides an opportunity to bond with your baby as you regain strength, flexibility and balance while connecting with other parents and sharing your experience. Open to babies six weeks until crawling. Class will be cancelled one week prior to start date if insufficient registration.

Instructor: Akiko Shima

Thursdays

#13290 April 4 - May 16

\$81/7

#13499 May 23 - June 27

\$69/6

3:00 - 4:00 pm

Lewis Meeting Room

TODDLER YOGA

(18 months - 5 years with adult)
Introduce your little one to yoga early! This fun class includes breathing practices, songs, stretches, silly wiggles, and animal sounds. While the class is geared towards kids aged 18 months to 5 years, parents are welcome to join in the stretches too.

Instructor: Kelly Yaskiw

Fridays

#13319 April 5 - May 10

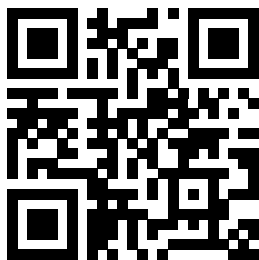
#13794 May 17 - June 21

9:00 - 9:45 am

Lewis Salish Building

\$59/6

REGISTER ONLINE:



DANCE WITH ME: INTRO TO CREATIVE DANCE

(2 - 5 years)

This class for caregivers & tots is a fun way to begin learning the basic movement of dance. We use unstructured movement to engage children. Caregivers, bring your 2 - 5 year olds out and stimulate their minds with music and movement. This is a great intro class to Preschool Creative Dance. Adult participation required.

Instructor: Leigha Wald

13795 Wednesday

May 15 - June 19

11:00 - 11:30 am

Lewis MP Hall

\$35/6

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!

#13653 Wednesdays

May 15 - June 19

11:45 am - 12:30 pm

Lewis MP Hall

\$59/6

NEW

NEW

PRESCHOOL ACRO

(3 - 5 years)

Build confidence and gain awareness. Acro is a balance of dance and gymnastics, and it provides children with a great starting point to increase flexibility, strength and versatility! **No class April 22.**

Instructor: Leigha Wald

Mondays

#13310 April 8 - May 6

\$49/5

#13648 May 27 - June 17

\$39/4

2:10 - 2:55 pm

Lewis Centre Gym

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 22.**

Mondays

#13649 April 8 - May 6

#13652 May 27 - June 17

\$39/4

10:30 - 11:15 am

Lewis MP Hall

NEW



COURTENAY SPRING EARLY YEARS



SPRING REGISTRATION STARTS MONDAY MARCH 11
SUMMER REGISTRATION STARTS MONDAY APRIL 15

See page 93

17

Courtenay Recreation

Nickel Carnival

(3 - 12 years)

Friday July 19

1:30 - 3:30 pm

Native Sons Grand Hall

\$5 for entry and 40 punches

- Face Painting
- Carnival Games
- Prizes
- and more!

courtenay.ca/nickel



LI'L DANGLES 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. For this age group, we will use foam hockey sticks and balls. Parent participation as needed.

Mondays

April 15 - May 13

#13309 9:30 - 10:15 am

#13773 4:30 - 5:15 pm

Lewis MP Hall

\$29/5

Register ONLINE at
courtenay.ca/reconline
For updates & schedule
changes, go to
www.courtenay.ca/rec

*Want an easy way to plan
 your summer?
 See pages 62 - 63 for
 the Summer At A Glance
 planner*

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.

Saturdays

April 6 - May 11

#13307 9:00 - 9:45 am

#13308 10:00 - 10:45 am

Lewis Park Totem Poles

\$35/6

SPORTS BLAST

(3 - 5 years)

Come play with us! In this program the focus is FUN. You and your child will work on a variety of skills while learning new games and sports each week and making new friends. Parent participation as needed.

#13306 Fridays

May 17 - June 14

9:30 - 10:15 am

Lewis Centre Gym

\$29/5

MUD PUDDLE MONDAYS



(3 - 5 years)

Grab your gumboots and muddy buddy and get ready for some spring fun! We'll have some fresh-air fun burning off energy playing games, doing outdoor activities and adventuring at the playground. Dress for the weather.

#13774 Mondays

April 15 - May 13

9:30 - 11:00 am

Lewis Salish Building

\$59/5

NATURE DISCOVERIES

(3 - 5 years)

Explore your curiosity of the outdoors in this fun active program where you learn that there are plants that eat bugs, and that cucumbers can live in the ocean. Both indoor and outdoor activities will take place so please come prepared for all kinds of weather.

#13305 Tuesdays

April 2 - May 7

10:30 am - 12:00 pm

Lewis Salish Building

\$69/6

Financial Access Programs:

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.

Ask us how to apply for either program!

250-338-5371 or 250-338-1000



Gymnastics

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, getting along with others, offering and accepting new ideas. Halfway through this unique program we will start to phase parents out to help children learn to succeed on their own. **No class May 20.**

#13544 Mondays
April 8 - June 24
1:00 - 2:00 pm
\$139/11

#13656 Tuesdays
April 9 - June 25
10:15 - 11:15 am
\$150/12



KINDERGYM WITH TRAMPOLINE

(3 - 5 years)

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 without the help of a parent! This class could help your child realize their love for gymnastics and help focus some of their energy!

Instructor: Sheri Roffey
#13484 Tuesdays
April 9 - June 11
1:00 - 2:00 pm
Lewis Centre Gym
\$150/12



See page 27 for gymnastics birthday parties

FAMILY GYMNASTICS

(All ages with an adult)
Play together as a family or with friends, as you get to explore and have fun on the best indoor playground around! Swing, bounce, balance, jump and have a great time on our gymnastics equipment with our awesome gymnastics instructors leading the way! **No class May 20.**

Mondays (all-ages)
April 8 - June 24

#13685 9:15 - 10:15 am
#13658 12:00 - 1:00 pm

DROP-IN

Tuesdays (all-ages)
April 9 - June 25

#13659 11:30 am - 12:30 pm
Saturdays

April 6 - June 22
#13657 9:00 - 10:00 am
(5 years & under)

#13969 11:15 am - 12:15 pm
(all ages)

#14033 2:45 - 3:45 pm
(8 years & over)
Lewis Centre Gym
\$6.50/drop-in



NINJA KIDS

(3 - 5 years)

Get those heart rates up in this fun, creative class using the gymnastics equipment! The gymnastics 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 May 20.**

#13655 Mondays
April 8 - June 24
10:45 - 11:45 am
Lewis Centre Gym
\$162/11



SPRING BREAK FAMILY GYMNASTICS

(All ages with an adult)
Come run, jump, bounce and laugh with us this spring break at Family Gymnastics. Our enthusiastic coaches will supervise this fun and safe play time.

#12881 Monday - Friday
March 18 - 22
9:00 - 10:00 am
Lewis Centre Gym
\$6.50/drop-in

DROP-IN

SB



COURTENAY SPRING EARLY YEARS



SPRING REGISTRATION STARTS MONDAY MARCH 11
SUMMER REGISTRATION STARTS MONDAY APRIL 15

See page 93

19

Volunteer This Spring!

- Learn new skills
- Build a resume
- Meet new people
- Gain confidence

Lewis Centre 250-338-5371
Filberg Centre 250-338-1000
The LINC 250-334-8138

courtenay.ca/volunteer



COURTENAY SPRING CHILDREN

Leadership

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.

#13218 Sunday April 14

#13219 Sunday May 12

#13220 Sunday June 9

9:00 am - 4:00 pm

Lewis Meeting Room

\$85

HOME ALONE

(10 - 13 years)

The Canada 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.

#13226 Saturday April 20

#13227 Saturday May 18

#13228 Saturday June 15

9:00 am - 12:00 pm

Lewis Meeting Room

\$45

VOLUNTEER INFORMATION SESSION

FREE

(12 years & over)

It's National Volunteer Week! Volunteering is a fun way to connect with your community with loads of other benefits! Join us as we cover the basics of the volunteer role and what amazing opportunities await you.

#13558 Wednesday April 24

4:30 - 5:30 pm

LINC Multipurpose Room

FREE

Did you know volunteers contributed over 1368 hours in 2023 in our programs & events!

More leadership programs on page 78

WE ARE HIRING FOR SUMMER!

- Camp Leaders
- Inclusion Leaders
- Lifeguards

Go to www.courtenay.ca/employment to apply now!

Get Creative

WORKING WITH CLAY

(7 - 17 years)
Explore clay through a variety of techniques and projects such as pinch pots, coil-throwing, and mask-making. **No class May 20.**

Mondays

April 22 - June 10

#13248 3:00 - 4:30 pm (7 - 10 years)

#13249 5:00 - 6:30 pm (10 - 13 years)

#13250 6:30 - 8:00 pm (13 - 17 years)

Lewis Craft Room B

\$139/7

IMAGINE THAT

NEW

(K - 7 years)
Let your creativity flow as we explore the realm of theatre through improv! Find yourself in silly scenarios and play exciting games as you learn about this interactive performing art style! No experience is needed to have fun and make new friends!

#13775 Wednesdays

April 17 - May 15

3:15 - 4:45 pm

Lewis Craft Room B

\$75/5

EXPRESSIVE ART EXPLORERS

NEW

(8 - 12 years)
Welcome to "Expressive Art Explorers," a dynamic and inclusive art class designed to empower young artists on a journey of self-expression and creative discovery. In this engaging and supportive environment, students will delve into various artistic mediums, exploring their unique voices and fostering personal growth through the power of art.

#13777 Sundays

May 12 - June 16

12:30 - 2:00 pm

Lewis Craft Room A

\$89/6

DRAWING & PAINTING: BACK TO BASICS

(8 - 13 years)
Practice basic drawing & painting techniques through a variety of different exercises with Disney Cartoonist, David Thrasher. Use bold & beautiful colours to draw imaginative one-of-a-kind projects with success! Learn quick and easy techniques to draw something new and different each week.

#13622 Saturdays

May 4 - June 8

10:00 - 11:00 am

Lewis Tsolum Building

\$89/6

COLOURFUL CREATIONS

NEW

(K - 7 years)
This class aims to introduce young artists to the exciting world of painting. Through engaging activities, we aim to foster creativity, develop fine motor skills & instill a love for self-expression through art.

#13776 Sundays

May 12 - June 16

10:00 - 11:30 am

Lewis Craft Room A

\$89/6

COMIC KIDS

(8 - 11 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!

#13650 Mondays

April 15-May 13

3:30 - 5:00 pm

Lewis Craft Room A

\$75/5

SEW FUN

NEW

(8 - 12 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.

#13651 Wednesdays

May 22 - June 19

3:15 - 4:45 pm

Lewis Craft Room B

\$75/5





Special Interest

ORDER OF THE JEDI

(6 - 9 years)

The resistance is calling! There is no need to send your little Padawan to a galaxy far, far away. Build an X-Wing, design your own light saber, and make galaxy slime all while you prepare to face the First Order one last time. Enjoy this class you will.

#13216 Fridays

May 24 - June 21

5:30 - 7:00 pm

Lewis Craft Room B

\$75/5

COSMIC EXPLORERS

(K - 8 years)

Embark on an inter-stellar journey in this thrilling space-themed adventure for kids! Dive into a universe of creativity and fun, where young explorers discover the wonders of the cosmos through engaging activities, games, and hands-on projects.

#13232 Thursdays

May 16 - June 13

3:15 - 4:45 pm

Lewis Craft Room B

\$75/5

LET'S GET OUTSIDE

(K - 7 years)

Discover the thrill of the great outdoors! Nestled in nature, you will embark on outdoor adventures. From hikes to geocaching to identifying local plants, our expert leaders will guide unforgettable experiences. Unplug, connect with nature, and join this epic outdoor adventure!

#13632 Tuesdays

April 9 - May 14

3:15 - 4:45 pm

Lewis Craft Room B

\$89/6

NEW

BRICK QUEST

(K - 12 years)

Calling all Master Builders! Do you enjoy using your hands to solve challenges and figure out how things work? Then you will love this program where you will be tasked with solving a variety of engineering and design problems with Lego.

#13221 Saturdays (5½ - 7 years)

April 13 - May 11

#13222 Saturdays (8 - 12 years)

May 18 - June 15

12:00 - 1:30 pm

Lewis Meeting Room

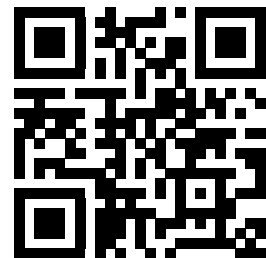
\$75/5

K: children currently attending Kindergarten can register for this program.

Plan Ahead!

In an effort to get summer information to you earlier, this guide has combined spring and summer into one! Spring registration will be on **March 11** and Summer registration on **April 15**. Look for the **ORANGE** activity codes for summer registration. Check out the inside front page for more information.

REGISTER ONLINE:



CREATION SCIENCE

(K - 9 years)

Creation Science is a hands-on program designed to ignite the curiosity and creativity of children, while introducing them to basic scientific concepts through exciting crafting projects.

#13224 Fridays

April 19 - May 17

3:15 - 4:45 pm

Lewis Craft Room B

\$75/5

SUPER SCIENTISTS

(K - 7 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!

#13246 Tuesdays

May 21 - June 18

3:30 - 5:00 pm

Lewis Craft Room B

\$75/5

MAD SCIENTISTS

(8 - 11 years)

Gather your beakers and safety goggles, it's about to get crazy as we explore the world of the Mad Scientist! Chemical reactions from the kitchen, magnets, robots, it's all part of this wild and fun science based program!

#13782 Tuesdays

May 21 - June 18

6:00 - 7:30 pm

Lewis Craft Room B

\$75/5

Want an easy way to plan your summer?

See pages 62 - 63 for the Summer At A Glance planner

KIDS IN STEAM

(K - 8 years)

Robots, experiments, building, creating and more! In this dynamic program you'll become a scientific explorer, tech-savvy wizard, artist and problem solving engineer!

#13229 Tuesdays

April 16 - May 14

5:45 - 7:15 pm

Lewis Craft Room B

\$75/5

KIDS IN STEAM: LEVEL UP

(8 - 12 years)

Get ready to embark on an exciting journey through science, technology, engineering, arts and math. From building circuits, to scientific art projects, you'll explore creativity through learning!

#13230 Wednesdays

April 17 - May 15

5:45 - 7:15 pm

Lewis Craft Room B

\$75/5

MIND MASTERS

NEW

(7 - 10 years)

Bring your curiosity and creativity, as we foster team building and critical thinking. Each week will take us on a journey through the realms of science and art, with projects sure to inspire participants to discover the many wonders of the world around them.

#13629 Wednesdays

May 22 - June 19

4:30 - 6:00 pm

\$75/5

MINECRAFT MAYHEM

NEW

(6 - 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! We'll engage in hands on activities and games sure to spark your creativity!

#13215 Fridays

April 19 - May 17

5:30 - 7:00 pm

Lewis Craft Room B

\$75/5





Cooking

CRAFTY KITCHEN

(6 - 8 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.

#13223 Wednesdays

April 10 - May 8

3:30 - 5:00 pm

Lewis Craft Room A

\$99/5

SNACK ATTACK

(6 - 10 years)

Sometimes all you need is a quick, delicious snack! During Snack Attack, we'll learn how to prepare a variety of yummy snacks while we play games and laugh with new friends. From Ants on a Log to zucchini muffins, with Lego and crafts, you will leave each class with a smile and a happy belly!

#13245 Tuesdays

May 14 - June 11

3:15 - 4:45 pm

Lewis Craft Room A

\$99/5

GLOBAL COOKING

(7 - 12 years)

Go around the world with your taste buds as you learn to create delicious foods from a different country each week! Crafts, activities and scrumptious dishes await you, as you explore different cultures, spices and ingredients, young traveler!

#13217 Sundays

April 14 - May 5

10:00 - 11:30 am

Lewis Craft Room A

\$79/4

KITCHEN 101

(K - 7 years)

Welcome to Kinder Kitchen, where you'll learn all about kitchen safety and how to prepare yummy snacks with new friends. This program is geared towards our young friends who are new to experiencing social learning environments. We will bake and cook up some easy and tasty recipes, try a few new crafts and take home your very own cookbook at the end! Roll up your sleeves and get ready to play!

#13231 Thursdays

April 25 - May 23

3:15 - 4:45 pm

Lewis Craft Room A

\$99/5

KITCHEN BASICS: SCIENCE EDITION

(9 - 12 years)

Build your confidence in the kitchen as you learn to follow recipes, knife skills, and how ingredients interact to create delicious dishes. Now with a scientific twist! We'll learn about the science behind the art of baking and kitchen creations. This class is sure to spark your culinary creativity, and make you the best cook in town!

#13233 Thursdays

April 11 - May 9

5:45 - 7:15 pm

Lewis Craft Room A

\$99/5

BAKERS READY

NEW

(7 - 11 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!

#13630 Thursdays

May 30 - June 20

4:00 - 6:00 pm

Lewis Craft Room A

\$99/4

SUGAR RUSH MINI

NEW

(K - 7 years)

Give your sweet tooth what it wants while learning new recipes and kitchen safety. We'll explore sweet treats like cakes and cookies while you practice measuring and mixing. Participants must be enrolled in Kindergarten or higher to register.

#13778 Fridays

May 17 - June 14

3:15 - 4:45 pm

Lewis Craft Room A

\$99/5

GIRLS GET ACTIVE

(7 - 11 years)

Girls, this one is for you! Come join our friendly staff and have fun in a safe and encouraging space. This is your time to show off your skills or learn some new ones. We will spend time trying different sport and fitness activities - yoga, dance, pickleball, spring soccer & more! Get ready to move and play!

Thursdays

#13662 April 11 - May 16

#13663 May 23 - June 27

4:15 - 5:15 pm

Lewis Activity Room

\$59/6



FLOOR HOCKEY

(8 - 12 years)

Grab your stick and join your friends for some good old fashioned fun hockey. We will practice skills like passing, shooting and stick handling, then end the day with a scrimmage. Be sure to wear runners and bring water.

Mondays

#13665 April 15 - May 13

#13666 May 27 - June 24

5:30 - 6:30 pm

Lewis MP Hall

\$49/5



SOCCER KIDS

(6 - 10 years)

Dribble, pass, shoot, score! Come practice your skills, or learn new ones! Fun relay games, activities and scrimmages will help you feel more confident and used to playing with teammates.

Thursdays

April 11 - June 6

#13961 Junior (6 - 8 years)

3:45 - 4:45 pm

#13962 Intermediate (8 - 10 years)

4:45 - 5:45 pm

Lewis MP Hall

\$99/9



Look for this symbol throughout Courtenay Rec pages for programs that incorporate Physical Literacy.

33rd Annual Father's Day

Kite Fly

Sunday June 16

12:00 - 3:00 pm

Goose Spit Park

- Bring Your Own Kite
- Park & Ride from Brooklyn Elementary, 11:30 am - 3:30 pm, 1290 Guthrie Road
- Registration 12:00 - 1:00 pm
- Judging and Prizes 1:30 - 2:15 pm

courtenay.ca/kitefly



COURTENAY SPRING CHILDREN



SPRING REGISTRATION STARTS MONDAY MARCH 11
SUMMER REGISTRATION STARTS MONDAY APRIL 15

See page 93

25



Martial Arts

WOO KIM INTRO TO TAEKWONDO

(5 - 8 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. We are a sanctioned member of the BC TKD Federation. Instructors permission required to progress to the Tigers/Juniors class. **No class May 17.**

Instructor: Richard Dobbs

#13547 Fridays

April 5 - May 31

4:00 - 4:30 pm

Native Sons Grand Hall

\$89/8



WOO KIM TAEKWONDO TIGERS

(5 - 8 years)

Students learn Taekwondo with an emphasis on fun. Physical skills such as balance, co-ordination, and flexibility are coupled with building mental and social skills like confidence, co-operation, and focus. **No class May 16.**

Instructor: Richard Dobbs

#13548 Tuesdays & Thursdays

April 2 - June 20

3:45 - 4:30 pm

Native Sons Grand Hall

\$256/23

Participants over 9 years of age, please join Junior class directly.



WOO KIM TAEKWONDO JUNIORS GREEN AND LOWER

(8 -13 years)

Taekwondo is a Korean martial art and Olympic sport known for its dynamic kicks; Taekwondo offers students a combination of physical and mental development. 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. Sanctioned by the BC & Canadian Taekwondo Federations. **No class May 16.**

Instructor: Richard Dobbs

Tuesdays & Thursdays

April 2 - June 20

White to Green Belt

#13549 4:40 - 5:30 pm

Green Stripe to Black Belt

#13550 5:40 - 6:40 pm

Native Sons Grand Hall

\$256/23

• *Adult Taekwondo on page 49*

• *Taekwondo Summer Camps on page 74*



Financial Access Programs:

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.

Ask us how to apply for either program! 250-338-5371 or 250-338-1000

Birthday Parties

GYMNASTICS/ TRAMPOLINE BIRTHDAY

(3 - 14 years)

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 staff will supervise your group in our fun-filled space while they play on the gymnastics equipment. Once you have jumped, swung and ran 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 participants.

Saturdays starting April 6
10:15 am - 12:15 pm **or**
1:45 - 3:45 pm
Lewis Centre Gym
& Craft Room A
\$140

LEGO BIRTHDAY BASH

(5 - 14 years)

Let's celebrate! Create Lego masterpieces, take part in building challenges and play original Lego games. You'll have a room for all your party festivities and an hour with our instructor in another space for Lego games and building. Host parent must be present. Maximum 12 participants.

Saturdays starting April 6
10:45 am - 12:45 pm
Lewis Craft Room B
\$125

Parties and programs will proceed over long weekends except on the holiday Monday except where noted

More
Times
Added!

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**
- **all about girls**
- **skatepark**
- **gaming**
- **karaoke**
- **general**
- **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. **No birthdays May 4, 18 & 19.**

Saturdays starting April 6
12:30 - 2:30 pm
Sundays starting April 7
10:30 am - 12:30 pm **or**
1:00 - 3:00 pm **or**
3:30 - 5:30 pm
The LINC Youth Centre &
Indoor Skatepark
\$125, \$165 (3 large pizzas)
\$170 (make & take - slime
or tie dye t-shirts)
\$210 (make & take and 3
large pizzas)

SPORTS SIZZLER BIRTHDAY

(3 - 14 years)

If your party is going to have a lot of energy, then this option is for you! We offer an hour of instructor-lead fun in our gymnasium with structured games, free time with toys or a bit of both - it's up to you. Once we burn 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 7
1:00 - 3:00 pm
Lewis MP Hall &
Craft Room B
\$125

Register ONLINE at
courtenay.ca/reconline
For updates & schedule
changes, go to
www.courtenay.ca/rec





Dance & Movement

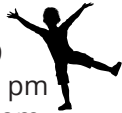
THE DANCE SAMPLER

(8 - 13 years)

Try out Lyrical, Jazz and Acro in this fun 5-week class which will introduce you to these three styles of dance. Classes include a cardio-based warm-up, technique and combos that are sure to light you up and excite both mind and body.

Instructor: Leigha Wald
#13247 Sundays

April 21 - May 19
11:00 am - 12:00 pm
Lewis Activity Room
\$75/5



ACRO BASICS

(8 - 11 years)

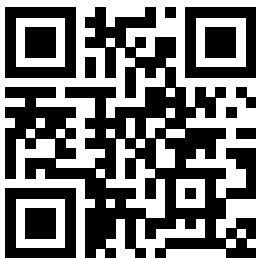
Join us for a fun class geared to increase strength and flexibility as well as overall confidence in all inversions and Acro tricks. From teddy bear stands to headstands and cartwheels, we will cover all of the progressions to build the foundational elements needed to take things to the next level!

Instructor: Leigha Wald
#12569 Saturdays

April 13 - May 11
12:45 - 1:45 pm
Lewis Centre Gym
\$75/5



REGISTER ONLINE:



*Plan your summer!
See page 62 - 63 for our
summer camps at a
glance!*

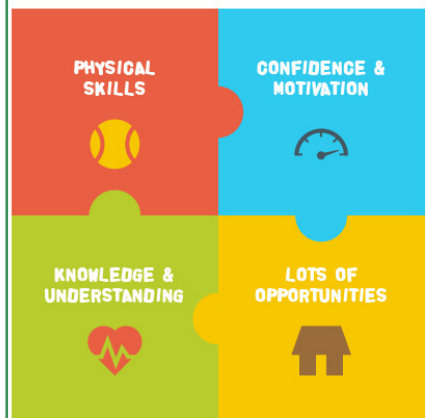
Physical Literacy at Courtenay Recreation

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

7 Story Circus

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!

Fridays

April 5 - May 24

#13351 4:00 - 5:00 pm (6 - 9 years)

#13348 5:00 - 6:00 pm (9 - 12 years)

Lewis Centre Gym

\$200/8

YOUTH AERIAL ARTS: ADVANCED

(10 - 19 years)

This class is for aerialists with previous experience. We will focus on skills, technique, strength, endurance & much more. We will work towards creating acts to present in our year end June show. Show dates TBA.

#13335 Thursdays

April 4 - June 20

6:00 - 7:30 pm

Lewis Centre Gym

\$450/12

7 Story Circus Notes:

A separate \$25

7 Story Circus membership fee must be paid to the instructor at the first class

*See page 76 for
7 Story Circus Summer
camp options*

YOUTH AERIAL ARTS: BASICS

(10 - 19 years)

Discover the basics of aerial fabric. This class is for students new to aerial fabric or those needing a refresher. With a focus on skill & strength building you'll start close to the ground and then gain height as your confidence and abilities increase. We will work towards creating acts to present in our year end June show. Show dates TBA.

#13336 Thursdays

April 4 - June 20

4:00 - 5:30 pm

Lewis Centre Gym

\$450/12

YOUTH AERIAL ARTS: INTERMEDIATE

(10 - 19 years)

This class is for aerialists with previous experience. We will focus on skills, technique, strength, endurance, creative movement & much more. We will work towards creating acts to present in our year end June show. Show dates TBA.

#13337 Wednesdays

April 3 - June 19

4:00 - 5:30 pm

Lewis Centre Gym

\$450/12



COURTENAY SPRING CHILDREN



SPRING REGISTRATION STARTS MONDAY MARCH 11
SUMMER REGISTRATION STARTS MONDAY APRIL 15

See page 93

29



Sports

CHILDREN'S 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!

Saturdays
 April 6 - May 25
#13448 10:45 - 11:45 am
#13449 12:00 - 1:00 pm
 Lewis MP Hall
 \$79/8



SILLY SPORTS

(K - 8 years)

Dodgeball, Snake Baseball, 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.

#14080 Mondays
 May 27 - June 24
 3:30 - 4:30 pm
 Lewis MP Hall
 \$49/5



FIRST TEE

(7 - 13 years)

In partnership with First Tee Canada, kids will play fun interactive golf games to help develop golfing skills at a young age! Our coaches are certified and have been trained to help in player development. No experience needed.

Saturdays
 April 6 - May 11
#13287 1:30 - 2:30 pm (7 - 9 years)
#13286 2:30 - 3:30 pm (10 - 13 years)
 Lewis MP Hall
 \$30/6



COUGARS TRACK & FIELD CAMP

(8 - 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
#14087 March 18 - 21
#14088 March 25 - 29
 9:00 am - 12:00 pm
 Vanier Track
 \$89/4



SCHOOL'S OUT BASKETBALL SKILLS & GAMES

(8 - 15 years)

Get a chance to develop your basketball skills and techniques with other kids from the community! You'll learn basic ball handling, passing and shooting skills, plus get the chance to put those skills into play through scrimmages.

Tuesdays
 April 9 - June 11
#13686 3:30 - 4:30 pm (8 - 11 years)
#13687 4:45 - 5:45 pm (12 - 15 years)
 Lewis MP Hall
 \$99/10



FLAG FOOTBALL



(8 - 16 years)

Blue 42! This intro to flag football will teach you the basic offensive and defensive strategies, agility, how to hold and catch a football, different positions and football plays. Coached by our NCAA Division 1 football player instructor, Henry Kimmins, this program will emphasize sportsmanship, love of the game, and fair play.

Wednesdays
 May 15 - June 19
#13938 4:45 - 5:45 pm (8 - 12 years)
#13939 5:45 - 6:45 pm (13 - 16 years)
 Lewis Park Soccer Field 1
 \$59/6



LET'S PLAY! INTRO TO SPORTS

(K - 8 years)

Join our instructors as we explore a variety of sports and get our bodies moving. We'll try soccer, basketball, floor hockey and more as we make friends and develop our skills.

Wednesdays
#13688 April 10 - May 8
#13689 May 15 - June 12
 Lewis MP Hall
 \$49/5



TRAMPOLINE

(8 years & over)

Develop skills in a structured trampoline program and enhance your performance in other sports, school and social activities. Based on the B.C. Trampoline Acrosport Federation and CanGym program, you will progress through strength, body control, co-ordination, timing, balance and self-confidence. Best of all, you will have a whole lot of fun!

Instructor: Sheri Roffey
Tuesdays
April 9 - June 25

#13482 3:45 - 4:45 pm

#13483 4:45 - 5:45 pm
Lewis Centre Gym
\$205/12



Please check receipts for important program information.

PARKOUR KIDZ

(7 - 10 years)

Test out your parkour skills in this class just for kids. We'll race through the gym trying to get from point A to point B as quickly and smoothly as possible using skills and tricks we practice. This class is sure to get your heart rate going as you run, vault, jump and climb your way through obstacles.

#13671 Sundays

April 7 - June 23
9:30 - 10:30 am
Lewis Centre Gym
\$189/11



SPRING BREAK GYMNASTICS CAMP

(SB)

(8 - 12 years)

Come join us for a fun focused gymnastics camp where we will play games that will develop strength, flexibility and balance.

Instructor: Sheri Roffey

#12827 Monday - Friday
March 18 - 22
12:00 - 1:30 pm
Lewis Centre Gym
\$75/5



Plan Ahead!

In an effort to get summer information to you earlier, this guide has combined spring and summer into one! Spring registration will be on **March 11** and Summer registration on **April 15**. Look for the **ORANGE** activity codes for summer registration. Check out the inside front page for more information.



SPRING REGISTRATION STARTS MONDAY MARCH 11
SUMMER REGISTRATION STARTS MONDAY APRIL 15

See page 93



Gymnastics

BOYS & GIRLS MIXED GYMNASTICS

(5 - 8 years)

Your experienced, fun and energetic instructors will lead you through a thorough warm-up and then will help you to learn the fundamentals of gymnastics, develop your individual skills, increase strength, flexibility and stamina. **No class May 20.**

Instructor: Sheri Roffey

Sundays

April 7 - June 23

#13940 10:45 - 11:45 am

#13538 12:30 - 1:30 pm

Lewis Centre Gym

\$206/12

#13539 Mondays

April 8 - June 24

3:30 - 4:30 pm

Lewis Centre Gym

\$189/11

New Class!



See page 76 for
Gymnastics
Summer Camps
(Registration begins
April 15 for
summer camps)

GIRLS GYMNASTICS

(8 years & over)

Learn new skills from fun and knowledgeable coaches! We'll work on basic skills, developing new skills, strength and explore a variety of apparatus. **No class May 20.**

#13542 Sundays

April 7 - June 23

1:30 - 2:30 pm

Lewis Centre Gym

\$206/12

#13543 Mondays

April 8 - June 24

4:30 - 5:30 pm

Lewis Centre Gym

\$189/11

New Class!



FAMILY GYMNASTICS

Play together with family and friends, as you get to explore the best indoor playground around! Swing, bounce, balance, jump and have fun on our gymnastics equipment with our awesome instructors leading the way! Parent participation required.

Saturdays

April 6 - June 22

#13969 11:15 am - 12:15 pm
(all ages)

#14033 2:45 - 3:45 pm
(8 years & over)

Lewis Centre Gym

\$6.50/drop-in

New Times!



BOYS & GIRLS INTERMEDIATE GYMNASTICS

(8 years & over)

Boys and girls will progress into these programs once base skills are strong and when you are physically and mentally ready to advance. Everyone joining must be invited by Sheri, kids will be assessed in their 8+ classes in order to move up or given a golden ticket! We recommend 2 classes per week to develop and maintain your skill level. **No class May 20.**

Instructor: Sheri Roffey

#13536 Sundays

April 7 - June 23

2:30 - 4:00 pm

Lewis Centre Gym

\$305/12

#13537 Mondays

April 8 - June 24

6:00 - 7:30 pm

Lewis Centre Gym

\$279/11



BOYS GYMNASTICS

(8 years & over)

Boys classes allow for dynamic energy to be channeled in creative ways. Learn the basics, then develop your skills, strength and stamina on a variety of apparatus. **No class May 20.**

Instructor: Sheri Roffey

#13541 Mondays

April 8 - June 24

4:30 - 5:30 pm

Lewis Centre Gym

\$189/11



We heard you Courtenay!

Starting this Spring we are offering gymnastics on Saturdays! This means:

- More birthdays!
- More Family Gym!
- More classes!
- More fun!

School's Out

SK8 SCOOT SPRING

(7 - 12 years)
SK8 Scoot and Swim your way into FUN! Ride your skateboard or scooter and get tips and tricks from our skatepark staff as you cruise the street section and bowl of the indoor park. Or, challenge your friends to games and activities like dodge-ball, air hockey, and trips to the wave pool, outdoor skateparks and more! We'll make sure you have an action-packed break!

- #13021 Monday - Friday
March 18 - 22 (SB)
\$175/5
- #13022 Monday - Thursday
March 25 - 28
\$140/4
9:00 am - 4:00 pm
LINC Indoor Skatepark

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!

- Instructor:** Gaetane Palardy
- #13078 Friday March 22
- #13451 Saturday June 15
9:00 am - 4:00 pm
LINC Multipurpose Room
\$98

Plan Ahead

Spring & Summer programs are now featured in one guide, giving you early access for planning summer activities! Spring registration starts March 11. Summer registration starts **April 15**. Look for **ORANGE** program codes (or barcodes) for summer registration. Check out the inside front page for more details on this change.

SPRING BREAK

SMASH UP

(10 - 16 years)
Enjoy an action packed week! Each day we'll load the bus for a different adventure including interactive games, activities and out trips. Activities are subject to change and weather permitting.

- Monday - Thursday
- #13017 March 25 **Rock Climbing**
- #13018 March 26 **Caving**
- #13019 March 27 **Archery Tag**
- #13020 March 28 **Go Karting**
9:00 am - 4:00 pm (SB)
LINC Youth Centre
\$65/day

SCHOOL'S OUT SKATEPARK TOUR

(9 years & older)
Let's load the bus and start summer break off with a bang! Have fun with friends taking on new challenges at some of the island's best skateparks. Skateboards & scooters welcome. Helmets mandatory.

- #13693 Friday June 28
9:00 am - 4:00 pm
LINC Indoor Skatepark
\$45

CHOPPED

(10 - 16 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!

- #13016 Monday - Friday (SB)
March 18 - 22
10:30 am - 2:30 pm
LINC Youth Centre
\$155/5

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**
- **skatepark**
- **karaoke**
- **all about girls**
- **gaming**
- **general**
- **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.

No birthdays May 4, 18 & 19.

- Saturdays starting April 6 12:30 - 2:30 pm
Sundays starting April 7 10:30 am - 12:30 pm
or 1:00 - 3:00 pm **or** 3:30 - 5:30 pm
The LINC Youth Centre & Indoor Skatepark
\$125, \$165 (3 large pizzas)
\$170 (make & take - slime or tie dye t-shirts)
\$210 (make & take and 3 large pizzas)



SPRING REGISTRATION STARTS MONDAY MARCH 11
SUMMER REGISTRATION STARTS MONDAY APRIL 15

See page 93

Celebrate BC Youth Week

MAY 1 - 7

- Skatepark competitions
- Extreme Rec Night
- Gnarly Spring Craft Fair
- Free drop-in
- Special activities, BBQ, give aways, prizes and FUN!



courtenay.ca/youthweek



COURTENAY SPRING YOUTH

Special Interest

GNARLY LITTLE SPRING CRAFT FAIR

(9 - 19 years)

Build your entrepreneurial skills and register your table now for the in the spring version of the popular Gnarly Little Craft Fair! Showcase your talents in crafts, art, baking, jewelry, photography and more! Part of the LINC's BC Youth Week Festivities!

#13450 Saturday May 4
11:00 am - 3:00 pm
Native Sons Grand Hall
\$10/table

HOMESCHOOLER REC

(8 - 18 years)

Homeschooler Rec offers you a special timeslot to be active and creative. Join us for skatepark power hour, special crafts, game tourneys and other fun activities. Drop-ins welcome.

#13485 Wednesdays
April 3 - June 19
1:00 - 3:00 pm
LINC Games Room
\$25/12 or
\$2.50/drop-in



GIRLS IN THE GROOVE

(11 - 15 years)

Enjoy inclusive fun geared to get your body moving or creativity flowing. Explore new activities like yoga, rock climbing, Zumba, fibre arts, baking, spa nights and more! This program is open to all girls, girl identifying individuals, non-binary and gender non-conforming people, comfortable in a space that centres around girls getting together to connect in new ways. **No class May 2.**

Thursdays
#13664 April 11 - May 16
#14034 May 23 - June 27
5:30 - 7:00 pm
LINC Multipurpose Room
\$60/6



Register **ONLINE** at
courtenay.ca/reconline
For updates & schedule
changes, go to
www.courtenay.ca/rec

JOB PREP

(12 - 18 years)

Are you ready to join the workforce this summer and start make your own money but are unsure where to start? Get armed with resources and skills to land your next job. Gain valuable resume-building skills through experience in The LINC's concession, including cash & food handling, customer service and workplace safety. Complete a resume, learn interview skills, practice teamwork and communication, and tour local businesses to get the inside scoop on what could set your application apart. Receive a reference, resume and certificate upon completion. **No class May 4 or 18.**

#13479 Saturdays
April 13 - June 1
2:45 - 5:30 pm
LINC Multipurpose Room
\$72/6

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.

#13218 Sunday April 14
#13219 Sunday May 12
#13220 Sunday June 9
9:00 am - 4:00 pm
Lewis Salish Building
\$85



Skatepark

JR. SK8 STARS

(5 - 8 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 May 20.**

Instructor: Charlie Daignault
Mondays

#13475 April 8 - 29

#13476 May 6 - June 3

3:30 - 4:15 pm

LINC Indoor Skatepark

\$45/4



SCOOTER TRICKS 101

(6 - 12 years)

Join us after school for a scooter around the indoor skatepark! Have fun developing in this sport as you learn tips from your instructors 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.

Instructor: Chase Jorgenson
Wednesdays

April 3 - May 8

#13525 4:00 - 4:45 pm

#13527 4:45 - 5:30 pm

May 15 - June 19

#13526 4:00 - 4:45 pm

#13528 4:45 - 5:30 pm

LINC Indoor Skatepark

\$67/6



Oh no, you had to cancel the class?

Please register at least one week in advance to avoid disappointment.

SK8 LIKE A GIRL

(7 - 12 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 May 20.**

Instructor: Charlie Daignault
Mondays

#13480 April 8 - 29

#13481 May 6 - June 3

5:45 - 6:45 pm

LINC Indoor Skatepark

\$60/4



PRIVATE SKATEBOARD 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. Rentals available.

Tuesdays starting April 2

4:00 - 4:45 pm

5:00 - 5:45 pm

6:00 - 6:45 pm

\$25/lesson



SKATEBOARD FUNDAMENTALS

(7 - 12 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 May 20.**

Instructor: Charlie Daignault
Mondays

#13477 April 8 - 29

#13478 May 6 - June 3

4:30 - 5:30 pm

LINC Indoor Skatepark

\$60/4



Look for this symbol throughout Courtenay Rec pages for programs that incorporate Physical Literacy.



Gnarly Little Spring Craft Fair

Saturday May 4
11:00 am - 3:00 pm
Native Sons Hall
\$10/table
Register Now!

Showcase your talents in arts, crafts, photography, baking and more!

courtenay.ca/gnarly



COURTENAY SPRING YOUTH



SPRING REGISTRATION STARTS MONDAY MARCH 11
SUMMER REGISTRATION STARTS MONDAY APRIL 15

See page 93

35

Extreme Rec Night

(11 - 16 years)
Friday May 3
3:30 - 10:30 pm
\$10 or \$15 drop-in

Activity Schedule:
3:30 - 5:00 pm LINC Youth Centre
5:30 - 7:00 pm Cumberland Rec
7:30 - 9:00 pm Comox Rec
9:30 - 10:30 pm CV Aquatic Centre



courtenay.ca/extreme



EMERGENCY FIRST AID

(13 years & over)
 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.

#14035 Saturday April 27
 8:30 am - 4:30 pm
 Lewis Tsolum Building
 \$135

FAMILY DROP-IN AT THE LINC

(all ages with and adult)
 Enjoy the LINC as a family! Ride the bowl, play ping pong, air hockey and foosball, sing along to karaoke and have FUN! All-ages welcome with an adult.

Saturdays
March 30 (Easter Weekend)
May 11 (Mother Day weekend)
June 15 (Father's Day weekend)
 9:30 - 11:30 am
 The LINC Youth Centre
 \$5/family

SCHOOL'S OUT BASKETBALL SKILLS AND GAMES

(12 - 15 years)
 Get a chance to develop your basketball skills and techniques with other kids from the community! You'll learn basic ball handling, passing and shooting skills, plus get the chance to put those skills into play through scrimmages and games!

#13687 Tuesdays
 April 9 - June 11
 4:45 - 5:45 pm
 Lewis MP Hall
 \$99/10



SPRING STUNTS

(12 - 16 years)
 Get stoked on Saturdays! We'll load the bus and go on an action-packed adventure. Sign up for one or join us for them all! Activities are subject to change and weather permitting.

Saturdays
#13694 May 11 *Archery Tag & Little Qualicum Falls*
#13695 May 25 *Mini Golf & Parksville Beach*
#13696 June 8 *Kayaking & Cumberland Forest*
 10:00 am - 4:00 pm
 LINC Multipurpose Room
 \$45/day



VOLUNTEER INFORMATION SESSION

(12 years & over)
 It's National Volunteer Week! Volunteering is a fun way to connect with your community with loads of other benefits! Join us as we cover the basics of the volunteer role and what amazing opportunities await you.

#13558 Wednesday April 24
 4:30 - 5:30 pm
 LINC Multipurpose Room
 FREE



EXTREME REC NIGHT

(11 - 16 years)
 Get in on the fun as we cruise through some of our local rec centres and participate in archery tag, skateboarding, scootering, dodgeball, rock climbing, swimming and more! Transportation, snacks and dinner included. **Please pre-register by April 30.** Part of our BC Youth Week festivities.

#14068 Friday May 3
 3:30 - 10:30 pm
 LINC Youth Centre
 \$10/person or \$15 drop-in if space allows

Activity schedule:
3:30 - 5:00 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



LINC

youth centre & Indoor Skatepark

300 Old Island Highway, Courtenay
250-334-8138



WHAT WE OFFER

- indoor skatepark
- skateboard & scooter rentals
- youth-access computers
- digital arts
- media & tech nights
- ping pong
- air hockey
- foosball
- pool
- Xbox One
- Xbox 360
- PS2
- Wii
- Nintendo
- concession
- kitchen
- big screen TV
- basketball court
- out trips
- special events
- private rentals

SPRING AND SUMMER HOURS

Tuesdays	3 - 7 pm
(Tween Night 8 - 11 years)	
Wednesdays	3 - 8 pm
(8 years & over)	
Thursdays	3 - 8 pm
Fridays	3 - 11 pm
(July 5 - Aug 30) 1 - 9 pm*	
Saturdays	3 - 11 pm
(July 6 - Aug 31) 1 - 9 pm*	

FEES

- Youth (8 - 18 years):**
 \$2.50 drop-in
 \$15/month membership
 \$25/11 punch pass
 \$80/year membership
 \$20/summer pass
 (valid June 1 - Sept 1)
- Adult (Skatepark ONLY):**
 \$4 drop-in
 \$20/month membership
 \$40/11 punch pass

*hours are subject to change

The skatepark is open for all-ages Wednesday - Saturday and youth centre is open for youth 11 years & over Thursday - Saturday

Summer Special Events FREE

END OF SCHOOL CARNIVAL

Start your summer off right! Come join us and celebrate the end of another school year. Lots of food, fun, prizes and carnival games!

Saturday June 22
4:00 - 10:00 pm
The LINC Youth Centre
FREE

PRIDE DANCE

Join the LINC Youth Centre and Comox Valley Pride for a fun, inclusive, end of summer celebration! We will be hosting another youth dance party as part of the Comox Valley Pride weekend! More details to follow. Free drop in and pizza!

Friday August 23
4:00 - 10:00 pm
The LINC Youth Centre
FREE

PIZZA POOL PARTY

Come enjoy sun, swimming and pizza! More details to follow!

Saturday August 17
6:00 - 8:00 pm
Outdoor Pool
FREE

DRIVE IN & BBQ

Enjoy a classic drive in tradition! Watch a movie with friends and have a delicious BBQ! More details to follow!

Saturday July 13
BBQ at 6:30 pm
Movie at 7:00 pm
The LINC Youth Centre
FREE

Check out our monthly calendar for more info and special events!



SPRING REGISTRATION STARTS MONDAY MARCH 11
SUMMER REGISTRATION STARTS MONDAY APRIL 15

See page 93



Adapted Sports

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 or
 \$5/drop-in



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

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

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 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

Registration for Adapted Programs starts Tuesday March 19 @ 8:30 am

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



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 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

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 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 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

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
10:45 - 11:45 am
Lewis MP Hall
\$85/11

#13928 July 5 - August 16
10:30 - 11:30 am
Lewis Centre Gym
\$45/6



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

COURTENAY SPRING ADAPTED PROGRAMS



SPRING ADAPTED REGISTRATION STARTS TUESDAY MARCH 19
SUMMER ADAPTED REGISTRATION STARTS MONDAY APRIL 15



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 **DROP-IN**
1:30 - 3:00 pm
Lewis Craft Room B
\$35/11
\$3.50/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



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.

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

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

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 **DROP-IN**
April 10 - June 12
2:30 - 4:00 pm
Lewis Salish Building
\$45/10 or
\$5/drop-in

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

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

All Adapted Programs
Proudly Sponsored by:



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. Drop-in available, but space is limited. **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

*Looking for
Summer Programs?
See page 91*

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

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

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



Please note: while we do our best to meet your needs, we do not provide 1 on 1 assistance. Please bring support staff if required.

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 Comox Valley and provides 52 free admissions to drop-in activities.

Ask us how to apply!
250-338-5371 or
250-338-1000





Arts & Crafts

BEGINNER ACRYLICS

This class will teach all the basics for those new to painting or those who are looking for a refresher. In addition, you may work in class on your paintings-in-progress with help and advice, or start and finish some new ones from scratch!

Instructor: Teresa Knight

#13507 Wednesdays

April 3 - May 8

6:00 - 8:00 pm

Lewis Craft Room A

\$109/6

PLEIN AIR PAINTING

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; 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

#13532 Wednesdays

July 17 - August 21

10:30 am - 12:00 pm

Lower Native Sons Hall

\$89/6

INTRO TO WATERCOLOUR LANDSCAPES

Watercolour is amazing for creating evocative landscapes; misty valleys, rushing water, snow covered hills, or lighter than air clouds. This class will cover the techniques you need: dropping in colour, layering washes, using opaque with transparent colours, and brushwork! Come and have fun while learning to make paintings you will love!

Instructor: Teresa Knight

#13505 Thursdays

May 16 - June 20

6:00 - 8:00 pm

Filberg Craft Room

\$109/6

HOW TO DRAW AND PAINT ANIMALS

Learn to draw and paint your own pet or favourite animal. We'll show you how to make sense of animal anatomies, teach you how to draw or paint fur, feathers and other textures, and how to depict facial expression and add personality. Let's get started!

Instructor: Teresa Knight

#13506 Tuesdays

May 14 - June 18

6:00 - 8:00 pm

Filberg Craft Room

\$109/6

BEGINNER WATERCOLOUR PAINTING

Watercolour is amazing for creating evocative landscapes, whether misty valleys, still reflecting water, snow covered hills, or lighter than air clouds. This class will cover the techniques you need: dropping in colour, layering washes, using opaque with transparent colours, masking whites, drawing and brushwork! Come and have fun while learning to make paintings that you will love!

Instructor: Teresa Knight

#13504 Tuesdays

April 2 - May 7

6:00 - 8:00 pm

Filberg Craft Room

\$109/6

ADULT BEGINNER POTTERY

Guided by our ceramics instructor, you'll embark on a creative journey crafting unique functional pieces of pottery. Learn the fundamentals of wheel throwing and glazing. Suitable for beginners and those looking to practice pottery in a friendly environment. All supplies included.

Thursdays

#13345 April 11 - May 16

#13346 May 23 - June 27

6:00 - 8:00 pm

Lewis Craft Room B

\$199/6

Special Interest

AROMATHERAPY & THE ESSENCE OF LOVE

Explore Essential Oils and the passion they can bring to our awareness of love; self love, family love, friendships and intimacy. Create and take home your own blend. Topics include: Essential Oil Profiles, Safety, Dilution, Blending and Application. Taught by Deanna Papineau Registered Aromatherapist.

Instructor: Deanna Papineau
#13338 Thursday April 18
6:00 - 8:00 pm
Filberg Soroptomist Lounge
\$55

LEBANESE VEGETARIAN CUISINE

Come and experience some of the sumptuous Middle Eastern recipes that Chef Sonja has collected. Learn how to make Falafel balls (baked), baba ghanoush, tahini sauce and a lemon lentil hummus. As a side dish Sonja will offer Quinoa Tabouli salad, this is a modern adaptation of a traditional recipe. We will assemble a classic falafel with salad mix & sauce in a pita. Enjoy a meal after the lesson. Bring some containers.

Instructor: Sonja Limberger
#13552 Friday April 5
6:00 - 9:00 pm
Lewis Craft Room A
\$85

Submit your program idea to be considered in the Fall! See page 82 for details.

MINDFULNESS IN NATURE

Mindfulness in nature fosters a profound connection between individuals and the environment promoting mental and physical well-being. The sessions will integrate both walking and seated meditation, seamlessly blending movement and stillness. Exploring diverse ways to meditate and using nature elements as anchor, individuals embark on a journey of awareness, attuned to their surroundings. The embrace of the natural world nurtures a sense of calm, grounding individuals in the beauty of the present moment. This invites introspection, deepening the connection between mind, body, and the surrounding natural realm.

Instructor: Julie Blais
#13598 Tuesdays
April 23 - May 21
3:30 - 4:30 pm
Simms Millenium Park
\$50/5

MINDFULNESS OF EATING ONE DAY WORKSHOP

The workshop will promote nurturing a conscious approach to our relationship with food. The primary goal is to cultivate mindful eating habits, urging participants to pay full attention not only during meals but also in the preparation process, fostering a heightened awareness of our senses. Some benefits include encouraging slower eating, aiding digestion and reducing issues such as bloating and indigestion.

Instructor: Julie Blais
#13599 Wednesday April 24
6:30 - 8:00 pm
Lewis Salish Building
\$10

VEGETARIAN RECIPES FROM AFRICA

Chef Sonja invites you to learn how to make some appetizing African dishes. The recipes include a Tajine (a Moroccan stew with eggplant, apricots, and chickpeas), a West African sweet potato soup and a Moroccan couscous salad. There will be some hands on if you are so inclined. We will share a meal after the lesson.

Instructor: Sonja Limberger
#13553 Wednesday April 17
6:00 - 9:00 pm
Lewis Craft Room A
\$85

AROMATHERAPY & HYDROSOLS 101

A deep dive into everything aromatherapy and hydrosol (flower waters). Topics include; Distillation, safety, internal use, topical use, blending and more!

Instructor: Deanna Papineau, EOT Registered Aromatherapist.
#13338 Thursday July 18
6:00 - 8:00 pm
Filberg Soroptomist Lounge
\$55





Music

THE BLUES JAM CLASS

Led by local blue's musician, Larry Ayre, come jam with us. From classic riffs to improvisation, discover your own unique style in a supportive and dynamic environment. Whether you have experience with the harmonica, guitar, bass or other instruments come immerse yourself in the soulful rhythms and vibrant melodies of blues music in a social setting.

#14079 Tuesdays

April 23 - May 28

7:15 - 8:30 pm

Lewis Meeting Room

\$89/6

NEW

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.

Instructor: Monica Hofer

#13341 Fridays

April 5 - June 28

12:00 - 1:00 pm

Native Sons Grand Hall

\$189/13

BEYOND BEGINNERS AFRICAN DRUMMING

Looking for a place to enhance your drumming skills? Do you have a few beginners sessions under your belt but you're not quite ready to jump to the intermediate level? This is the class for you! In this class we will continue to improve on technique 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.

Instructor: Monica Hofer

#13340 Fridays

April 5 - June 21

1:30 - 2:30 pm

Native Sons Grand Hall

\$175/12

Register ONLINE at
courtenay.ca/reconline
For updates & schedule
changes, go to
www.courtenay.ca/rec

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! This class suits any-body who is looking for a fun, morning get-fit routine, whether you want a slower pace, are recovering from injury or really want to power out. Join Monica and see how Drums Alive will make you smile, inside and out! **No class May 20.**

Instructor: Monica Hofer

#13342 Mondays

April 8 - June 17

12:15 - 1:15 pm

Native Sons Grand Hall

\$89/10

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!

Instructor: Laura Forgie

#13635 Wednesdays

April 10 - June 19

6:00 - 7:00 pm

Native Sons Hall

\$99/11

BEGINNERS BLUES GUITAR

Get happy while strumming the Blues! This course will focus on 12 bar blues songs and cover strumming patterns, turn-arounds, blues scales and simple blues licks.

Instructor: Larry Ayre

#13354 Tuesdays

April 23 - May 28

6:00 - 7:00 pm

Lewis Meeting Room

\$89/6

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 20.**

Instructor: Laura Forgie

#13634 Mondays

April 8 - June 17

6:45 - 7:45 pm

Lower Native Sons Hall

\$99/10

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 20.

Instructor: Laura Forgie

#13339 Mondays

April 8 - June 17

5:30 - 6:30 pm

Native Sons Grand Hall

\$99/10

LINE DANCE BOOGIE

This drop-in class is geared towards 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!

#13935 Saturdays

April 6 - May 4

10:45 am - 12:00 pm

Lewis Activity Room

\$6.75/drop-in

Drop-in fitness schedules:

Spring see page 54

Summer see page 92

FUN FOR ALL! LINE DANCE SOCIAL

Join us for an afternoon of dancing, and socializing. Come together to perfect the dances we've been learning and to share the dances of our community. Open to all levels and anyone who loves to line dance. Hosted by instructors Darlene Birtwistle and Joan Wydenes. Must pre-register.

Instructor: Darlene Birtwistle & Joan Wydenes

#13512 Saturday May 11

1:00 - 3:30 pm

Native Sons Grand Hall

\$5

LINE DANCE PARTY

Line dancing isn't just country anymore! Learn fun and easy line dances to a mix of dance tunes that will have you burning calories and having loads of fun! 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 20.**

Instructor: Darlene Birtwistle

#13502 Mondays

April 8 - June 3

7:00 - 8:15 pm

Lewis Activity Room

\$75/8

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

#13455 April 3 - June 26

\$119/13

#13529 July 10 - August 21

\$65/7

1:00 - 2:00 pm

Lewis Activity Room

Tuesdays

#13456 April 2 - June 25

\$119/13

#13530 July 9 - August 20

\$65/7

12:00 - 1:00 pm

Native Sons Grand Hall

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.



SPRING REGISTRATION STARTS MONDAY MARCH 11

SUMMER REGISTRATION STARTS MONDAY APRIL 15

See page 93



Kayaking

INTRO TO KAYAKING

(16 years & over)

Introduction to Kayaking is the place to start your new adventure. We teach 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.

Instructor: Comox Valley Kayaks

#13535 Saturday May 11
10:00 am - 1:00 pm
Comox Lake
\$92

SEA KAYAKING LEVEL 1 - PADDLE CANADA

This is a 16 hour weekend course to hone your skills of kayaking. This Paddle Canada Sea Kayak Level 1 Skills certification covers a combination of re-entry skills, paddling skills and the comprehensive knowledge required for planning and executing safe and successful kayak day trips. Attendees are recommended to have previously attended classes in basic kayak instruction and also have some kayaking experience.

#13779 Saturday July 27
10:00 am - 8:00 pm
Sunday July 28
9:00 - 5:00 pm
\$320

SENIOR'S TOUR TUESDAY

(60 years & over)

Senior's Tour Tuesday is the place to start your new adventure. We've created a space and special pricing just for our senior adventurers. You'll 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 best when exploring close to the shore where all the cool things are!

#13636 Tuesday April 16
9:00 am - 12:00 pm
Comox Valley Kayaks
#13637 Tuesday May 14
1:00 - 4:00 pm
Comox Lake
\$78

KAYAK RESCUES

(16 years & over)

Learn how to fall out of your boat and help each other get back in by practicing wet exit and rescue skills.

#14071 Friday June 7 6:00 - 7:30 pm
#14072 Saturday June 8 5:00 - 6:30 pm
#14073 Friday June 14 6:00 - 7:30 pm
#14074 Saturday June 15 5:00 - 6:30 pm
#14075 Friday July 5 6:00 - 7:30 pm
#14076 Saturday July 6 5:00 - 6:30 pm
#14077 Friday July 19 6:00 - 7:30 pm
Courtenay & District Memorial Outdoor Pool
\$92

EDGING AND BRACING

(16 years & over)

This is the final step in our series of Introductory lessons. During edging and bracing we explore all the strokes taught in Intro to Kayaking and add the element of doing them while edging our kayaks to increase maneuverability. We end with a lecture on weather and sea state that is required when planning short excursions.

#13368 Saturday June 22
5:00 - 7:00 pm
Comox Valley Kayaks
\$92

INTRO TO SUP

(16 years & over)

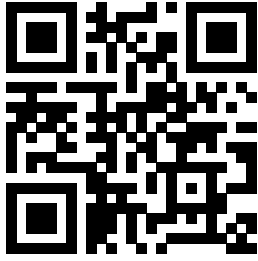
Wanting to take on a new adventure that gets you on the water with minimal gear? Our Intro to SUP lesson will teach you about the sport of Stand Up Paddle Boarding. Learn strokes, techniques to improve your balance and how to get back in the saddle after a capsize. This lesson is taught right from our location at Comox Valley Kayaks, where we utilise the safety of the Courtenay Marina to build our confidence before heading out into the river.

#13639 Saturday July 20
#13640 Wednesday August 14
4:00 - 6:00 pm
Comox Valley Kayaks
\$92

See page 75 for Teen & Children's Kayaking programs

Visit www.cv kayaks.com for additional information on programs

REGISTER ONLINE:



See page 25 for
Father's Day Kitefly!

ADULT AERIAL ARTS: MIXED LEVELS (BASICS TO ADVANCED)

(16 years & over)
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 year end June show. Show dates TBA.

#13334 Wednesdays
April 3 - June 12
6:00 - 7:30 pm
Lewis Centre Gym
\$450/12

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!

#13347 Fridays
April 5 - May 24
6:30 - 8:00 pm
Lewis Centre Gym
\$300/8

A \$25 seasonal membership fee for all 7 Story Circus classes is required at first class to the instructor



**Courtenay
Recreation**

ParticipACTION Community Challenge

#TogetherWeMove

www.participaction.com

Starts June 1st

To help promote our community in being more active, The City of Courtenay will be hosting a variety of activities throughout the month of June. Including:

- Individual challenges
- Family fun activities
- Adapted sports for everyone
- And so much more!

More information will be released on the City of Courtenay website and social media pages leading up to the start of the challenge in June. Stay tuned!



COURTENAY SPRING/SUMMER ADULT



SPRING REGISTRATION STARTS MONDAY MARCH 11
SUMMER REGISTRATION STARTS MONDAY APRIL 15

See page 93



Martial Arts

BEGINNER EVENING TAI CHI

(16 years & over)
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
#13260 Thursdays
April 4 - June 27
6:45 - 7:45 pm
Lewis Activity Room
\$130/13

ADVANCED EVENING TAI CHI

(16 years & over)
The slow, fluid movements of Tai Chi reduce tension and stress, improves balance, coordination, and concentration, as well as muscle resiliency and joint flexibility.

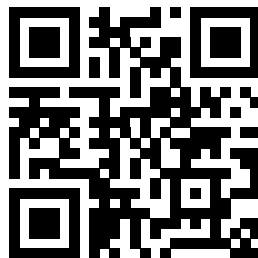
Instructor: Albert Balbon
#13497 Thursdays
April 4 - June 27
8:00 - 9:00 pm
Lewis Activity Room
\$130/13

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. Note: April 4, May 9, 30 & June 13 will be held in the Upper Native Sons Hall.

Instructor: Tom Haber
#13259 Thursdays
April 4 - June 27
12:00 - 1:00 pm
Native Sons Lodge &
Dining Room
\$130/13

REGISTER ONLINE:



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
#13318 Tuesdays
April 2 - June 25
7:00 - 8:00 pm
Lewis MP Hall
\$130/13

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 warmup, practice of basic movements, and training adjusted to individual level and progression.

Instructor: Tom Haber
#13268 Wednesdays
April 3 - June 26
7:00 - 8:15 pm
Native Sons Lodge &
Dining Room
\$130/13

Please note:

Spring & Summer programs are now featured in one guide! All black activity coded programs can register starting March 11.

WOO KIM TAEKWONDO ADULT

(13 years & over)

This fast-paced program provides a great workout while learning exciting new skills. Whether starting at white belt, or moving up from the Juniors classes, students will train with a wide range of belt levels. Curriculum includes: kicking, punching, blocking, self defense and patterns. Classes blend traditional and sport Taekwondo training with self defense and fitness offered in a supportive and inclusive learning environment that any skill level can benefit from. Sanctioned by BC & Canadian Taekwondo Federations. **No class May 16.**

Instructor: Richard Dobbs

#13551 Tuesdays & Thursdays
April 2 - June 20
6:40 - 7:40 pm
Native Sons Grand Hall
\$279/23

HISTORICAL FENCING (INTRO)

(11 years & over)

Join us in restoring this medieval martial art. Learn and drill basic footwork, cuts, thrusts, grappling and slow, free-play. This is a great introduction to HEMA (Historical European Martial Arts) and a great way to prepare for joining your local historical fencing club! **No class May 14, July 9 & August 6.**

Instructor: Chad Herbert

Tuesdays
#13263 April 2 - June 25
\$120/12
#13585 July 2 - August 27
\$70/7
5:30 - 6:30 pm
Filberg Conference Hall

HISTORICAL FENCING (CORE CURRICULUM)

(11 years & over)

The Core Curriculum is designed to take you from the Intro program to competitive HEMA fencer, long-term. Expect to work on building coordination, focus, and fitness, with opportunities to spar with Padded, Synthetic, and Steel. Expect to sweat during solo and partner drills. **No class May 14, July 9 & August 6.**

Instructor: Chad Herbert

Tuesdays
#13264 April 2 - June 25
\$175/12
#14078 July 2 - August 27
\$102/7
6:30 - 8:30 pm
Filberg Conference Hall

Spring & Summer programs are now featured in one guide, giving you early access for planning summer activities! Check out the inside front page for more details on this change.

Singlestick Showdown 2024 (Historical Fencing Tournament)

(16 years & over)

We are gathering at the Filberg Conference Hall on May 5th for an Open Singlestick tournament from 12:30-3:30pm. Feel free to arrive around 12:00pm to chat, set up, and get warmed up. The tournament will consist of a set of pools, eliminations, and final rounds in 2 pits. Matches will consist of 5 rounds, with a 120 second time-limit, and with a Director and Judge(s) pulled from fighter list calling matches.

Instructor: Chad Herbert

#13263 Sunday May 5
12:30 - 3:30 pm
Filberg Conference Hall
\$35

Need to borrow gear?
Contact us at
ComoxValleyCombatGuild@gmail.com

Spectators are welcome!

NEW





PICKLEBALL

(18 years & over)



Join in and have fun playing this exciting paddle game! Pickleball is played by 2 or 4 people on a badminton sized court using wooden paddle racquets and a plastic style baseball.

#13196 Thursdays
April 4 - August 29

#13197 Tuesdays
April 2 - August 27
1:15 - 3:15 pm
Native Sons Grand Hall
\$4/drop-in

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

#13288 April 17 - May 22
\$60/6

#13521 June 5 - July 24
\$80/8
1:00 - 3:00 pm
Native Sons Lodge

**SUNDAY
BADMINTON**

(13 - 21 years)

Come get active, meet new players and improve your game in this fast-paced group sport! There will be an instructor in class who will be able to teach you the basics throughout the session, so you can take your game to the next level or be comfortable in any environment. Space may be limited so don't forget to register in advance!

#13292 Sundays
April 14 - June 16
2:30 - 3:30 pm
Lewis MP Hall
\$100/10

BADMINTON

(16 years & over)

Drop-in and get some exercise at our recreational badminton. Meet new players and improve your game in this fast-paced group sport! Racquets and birdies provided. Participants set-up equipment.

#13200 Wednesdays
April 3 - August 28

#13199 Fridays
April 5 - August 30
1:15 - 3:15 pm
Lewis Centre Gym
\$4/drop-in



**INTERMEDIATE NORDIC
POLE WALKING**

(55 years & over)

Are you a runner or hiker with sore knees, physically active and looking for a low impact outdoor fitness sport - why not try Nordic pole walking? Nordic pole walking is a total body workout for cardio, strength and flexibility. The focus in this class is fitness training with Nordic poles using different terrains and elevation in our local parks.

Instructor: Catherine Egan
Fridays

#13266 April 5 - May 10
#13509 May 17 - June 21
12:30 - 1:30 pm
Lewis Park Stage
\$59/6

**INTRODUCTION TO
NORDIC POLE WALKING**

(55 years & over)

Learn the correct Nordic pole walking technique, the difference between Nordic poles and other walking poles, and why Nordic pole walking is such an effective fitness activity for you - including you burn 46% more calories over walking without poles, use 90% of your body muscles, it improves your endurance, cardio, posture, balance, and much more.

Instructor: Catherine Egan
Fridays

#13267 April 5 - 26
#13510 May 17 - June 7
11:00 am - 12:00 pm
Lewis Park Stage
\$39/4

DROP IN BASKETBALL

Join us for Tuesday night drop-in basketball; play a pick up game or shoot some hoops.

#13198 Tuesdays
April 2 - June 25
7:00 - 8:30 pm
Lewis Centre Gym
\$4/drop-in



Lewis Centre Squash Courts

To Reserve a court:

You must pre-book your squash court by phone **250-338-5371**. Payment is due at the time of booking with Visa/Mastercard or by pre-paid squash booking card.



COURTENAY SQUASH

All court bookings are 45 minutes in duration.

Non-Prime Time:

Monday to Friday 6:45 - 11:15 am & 1:30 - 4:30 pm
 Saturday 9:00 am - 3:45 pm
 Sunday 9:00 am - 3:45 pm

Prime Time:

Monday to Friday 11:15 am - 1:30 pm & 4:30 - 8:30 pm

For up to date information and schedules, please check online at courtenay.ca/squash

Court Fees (per person) *effective April 1, 2024* (includes 5% GST)

	Drop-In		11 Pass		Unlimited Play Pass	
	Prime Time	Non Prime	Prime Time	Non Prime	6 month	1 year
Student	\$4.50	\$3.75	\$45.00	\$37.50	\$189.00	\$270.00
Adult (19+)	\$6.25	\$5.00	\$62.50	\$50.00	\$262.50	\$375.00
Older Adult (55+)	-	-	-	-	\$210.00	\$300.00
PWD	-	-	-	-	\$189.00	\$270.00



Lewis Centre Wellness Centre



COURTENAY SPRING/SUMMER ACTIVE LIVING

Ages 13 & Over

13 - 15 years must be with adult (19 years or older) or during supervised hours.

Please call ahead to ensure Attendant is present as schedules are subject to changes.

Services Include:

- Professional Assistance
- Memberships & Punch Cards
- Drop-in
- Personal Training
- 55+ Strength Training Group Fitness

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.

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

Saturday & Sunday.....8:30 am - 4:00 pm

**closed on statutory holidays*

Fees *effective April 1, 2024* (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

Childminding Available

Our excellent childminding service offers a safe, friendly and fun environment for your child while you attend our programs or use the Wellness Centre.

Monday - Thursday & Saturday 8:45 - 10:30 am, Friday 10:15 - 11:45 am

\$3/Drop-in



Wellness Centre Hours

Open Hours	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:30 am - 9:00 pm					8:30 am - 4:00 pm	
5 am	Supervised 5:30 - 10:30 am					CLOSED	
6 am							
7 am							
8 am							
9 am							
10 am	Unsupervised 10:30 am - 3:30 pm					Supervised 8:30 am - 4:00 pm	
11 am							
12 pm							
1 pm							
2 pm							
3 pm	Supervised 3:30 - 7:30 pm					CLOSED	
4 pm							
5 pm							
6 pm							
7 pm							
8 pm	Unsupervised 7:30 - 9:00 pm						
9 pm							
Schedule may be subject to change. Please check website for most up to date info. Ages 13 - 15 must be accompanied by an adult (19+) or attend during supervised times.							

COURTENAY SPRING/SUMMER ACTIVE LIVING

55+ STRENGTH TRAINING

(55 years & over)

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 May 20 & August 5.**

Instructor: Juan Blancas

Mondays & Wednesdays

April 3 - June 26

#13214 12:30 - 1:30 pm

#13206 2:00 - 3:00 pm

EG \$288/24

July 3 - August 28

#13579 12:30 - 1:30 pm

#13580 2:00 - 3:00 pm

EG \$192/16

Lewis Wellness Centre

Tuesdays & Thursdays

April 2 - June 27

#13205 12:30 - 1:30 pm

#13461 2:00 - 3:00 pm

EG \$312/26

July 2 - August 29

#13577 2:00 - 3:00 pm

#13578 12:30 - 1:30 pm

EG \$216/18

Lewis Wellness Centre

Fridays

April 5 - June 28

#13207 12:30 - 1:30 pm

#13343 2:00 - 3:00 pm

EG \$156/13

July 5 - August 30

#13581 12:30 - 1:30 pm

#13582 2:00 - 3:00 pm

EG \$108/9

Lewis Wellness Centre



SPRING REGISTRATION STARTS MONDAY MARCH 11
 SUMMER REGISTRATION STARTS MONDAY APRIL 15

See page 93

Spring Drop-in Fitness *effective April 2 - June 29, 2024*

	MON	TUES	WED	THURS	FRI	SAT
6:00 am			Spin Cycle			
9:00 am	Strong Nation®	Step It Up	Zumba w/ Milena	BootCamp Blast	Power Circuit	Pedal N' Sculpt++
10:30 am		BootCamp Blast		Dancefit Silver		Line Dance Boogie 10:45 am (April 6 - May 4)
12:05 pm	Gutts, Butts & Arms	Spin Express	HIIT	Yoga Fusion	Kettle Bell	
5:15 pm	Zumba Toning 5:30 pm		Women In Strength	VIIT		
Evening	Athletic Barre 5:30 pm <i>Craft Room A</i>	Zumba w/ Stacie 6:15 pm				
7:30 pm		Yin Yoga w/ Susan+				

Class Levels
 Beginner/Intermediate
 Intermediate/Challenging
 Challenging
 ++90 minute class

COURTENAY SPRING/SUMMER ACTIVE LIVING

Please note: This schedule is subject to change. Classes may be cancelled due to low attendance.

Classes are located in the Lewis Centre Activity Room unless otherwise noted.

Fitness schedule substitutes and cancellations will be posted at courtenay.ca/fitness

No classes on stat holidays

For fitness schedule before April please check courtenay.ca/fitness

Children in fitness classes:

The City of Courtenay fitness classes are teen and adult oriented. For the safety, comfort and enjoyment of all, children cannot be accommodated in fitness classes. Ask us about childminding hours or see page 16 for more information.

Fees *effective April 1, 2024* (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



Drop-in Fitness *Fitness classes are for 16 years & over.*

STRONG NATION®

Mondays 9:00 - 10:00 am
STRONG Nation® combines body weight, muscle conditioning, cardio and plyometric training that is synced to original music and designed to match every single move. Lower intensity options provided and all bodies/fitness levels are welcome to try it out!

Instructor: Alana Hoever

GUTTS, BUTTS & ARMS

Mondays 12:05 - 12:55 pm
Target those stubborn areas with this strength class that will tighten and tone your arms, legs, glutes and core with targeted movements and cardio.

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

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

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 & stretch.

Instructor: Fiona McQuillan

BOOTCAMP BLAST

SPRING *Tuesdays 10:30 - 11:30 am*
SUMMER *Tuesdays 9:00 - 10:00 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. **No class June 25, 27, July 2 & 4.**

Instructor: Steve Thomson

STEP IT UP

Tuesdays 9:00 - 10:00 am
Join us for this fun throwback step class where you'll get a full body, low impact, cardio workout! You can expect a mixture of upbeat, rhythmic stepping, combined with strength movements that will leave you feeling energetic and strong!

Instructor: Leah Partidge

ZUMBA WITH 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

ATHLETIC BARRE

Mondays 5:30 pm
Lewis Craft Room A
The barre is used for balance and posture, incorporating weights, tubing and the bender ball. This is an intermediate to challenging class that optimizes your strength.

Instructor: Nancy Victoria

HIIT

Wednesdays 12:05 - 12:55 pm
This class involves short and long bursts of plyometric and calisthenics targeting all body parts and giving you the most effective cardio workout in the shortest amount of time. This quick, fun and effective workout is a great way to compliment your gym routine!

Instructor: Leah Partidge

WOMEN IN STRENGTH

Wednesdays 5:15 - 6:15 pm
This class will use various equipment, including the very versatile little green bender Ball! Incorporate pyramid training with a strong emphasis on form and move on to using higher reps with lower weights to get ripped and speed up metabolism.

Instructor: Nancy Victoria

DANCEFIT SILVER

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. Music includes Latin, International, Bollywood, pop and more.

Instructor: Lyla Pettis

YOGA FUSION

Thursdays 12:05 - 12:55 pm
Yoga Fusion is a blend of yoga poses and other fitness styles like Pilates, strength training, bodyweight exercises and intervals.

Instructor: Susan Obieglo

VIIT

Thursdays 5:15 - 6:15 pm
20 minutes of spin, 20 minutes of Barre and 20 minutes of core & stretch. All levels welcome.

Instructor: Nancy Victoria

POWER CIRCUIT

Fridays 9:00 - 10:00 am
This circuit training class has it all from strength to cardio to core! You'll work your way through a variety of fun, dynamic exercises targeting different muscle groups.

Instructor: Michaela Jelen

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

No classes on stat holidays

COURTENAY SPRING/SUMMER ACTIVE LIVING



SPRING REGISTRATION STARTS MONDAY MARCH 11
SUMMER REGISTRATION STARTS MONDAY APRIL 15

See page 93



Group Fitness

SIMPLY STRENGTH 1

(55 years & over)

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 May 20 & August 5.**

Instructor: Juan Blancas
Mondays

#13559 April 8 - June 24

EG \$66/11

#13589 July 8 - August 26

EG \$42/7

Wednesdays

#13560 April 3 - June 26

EG \$78/13

#13590 July 3 - August 28

EG \$54/9

10:30 - 11:30 am

Native Sons Grand Hall

or drop in with punch pass

SIMPLY STRENGTH 2

(55 years & over)

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. **No class May 20 & August 5.**

Instructor: Steve Thomson

Mondays & Wednesdays

#13315 April 3 - June 26

EG \$204/24

#13591 July 8 - August 21

EG \$110/13

9:00 - 10:00 am

Native Sons Grand Hall

LUNCH HOUR SELF CARE

(14 years & over)

Join Dr. Suppnick for a blend of core strengthening, yoga, pilates, rehab and light cardio. This class is designed to prevent common pain patterns related to sitting and screen time, fortify your body by devoting an hour a week to healthy movement.

Instructor: Dan Suppnick, DC

Mondays

#13508 April 8 - May 13

\$79/6

#13937 May 27 - June 24

\$65/5

12:00 - 1:00 pm

Lewis MP Hall B

TRX AND MORE

This is a TRX hybrid class, mixing body weight exercise and resistance training! Improves strength, endurance, balance, coordination, flexibility, power, and core stability through a wide range of exercises & intensities.

Instructor: Kim Hamilton

Tuesdays

#13563 April 2 - June 25

\$156/13

#13594 July 2 - August 13

\$84/7

2:15 - 3:15 pm

Lewis Activity Room

NEW

55+ TRX AND 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 May 20 & August 5.**

Instructor: Kim Hamilton

Mondays & Wednesdays

#13561 April 3 - June 26

EG \$288/24

#13592 July 3 - August 14

EG \$144/12

10:30 - 11:30 am

Lewis Activity Room

TOTAL BODY TRX

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.

Instructor: Kim Hamilton

Thursdays

#13562 April 4 - June 27

\$119/13

#13593 July 4 - August 15

\$84/7

4:00 - 5:00 pm

Lewis Activity Room

55+ CHAIR FITNESS

(55 years & over)

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!

Instructor: Nancy Victoria
Tuesdays

#13204 April 2 - June 25

EG \$156/13

#13574 July 2 - August 27

EG \$108/9

Fridays

#13203 April 5 - June 28

EG \$156/13

#13573 July 5 - August 30

EG \$108/9

9:00 - 10:00 am

Filberg Rotary Hall

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 May 20, August 5 & July 1.**

Instructor: Nancy Victoria

#14096 Mondays

EG April 8 - August 26

9:00 - 10:00 am

Filberg Conference Hall

#14187 Thursdays

EG April 4 - August 29

8:45 - 9:45 am

Native Sons Grand Hall

\$6.75/drop-in

ATHLETIC BARRE

Athletic Barre has no ballet or yoga moves. The barre is used for balance and posture as in the "Above Barre" classes. However, it incorporates heavier weights, tubing and that little green bender ball to ensure you are activating your core properly. Some power moves are incorporated but options for non-power moves will also be provided. This is an intermediate to challenging class that optimizes your strength. **No class May 20.**

Instructor: Nancy Victoria

#14209 Mondays

April 8 - June 24

5:30 - 6:30 pm

Lewis Craft Room A

\$6.75/drop-in



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 physical and mentally.

Instructor: Leah Partridge
Fridays

#13320 April 5 - June 28

\$159/13

#13595 July 5 - August 30

\$110/9

10:30 - 11:30 am

Lewis Activity Room

OUTDOOR FITNESS PARK ADVENTURES

Come check out the new outdoor fitness park across from the Filberg! Every second week through spring Nancy will be running a dynamic and engaging fitness program outside. Come on down and learn about the fitness park, mingle with friends, and stay healthy in the fresh air. **Instructor:** Nancy Victoria

#13796 Every other Thursday

April 4 - June 27

1:00 - 2:00 pm

every second week of each month

Riverside Fit Park

\$90/9

Classes held on:

- April 4 • May 30
- April 18 • June 6
- April 25 • June 20
- May 2 • June 27
- May 16



Exercise for Cancer to Enhance Living Well (EXCEL)

The goal of the EXCEL study is to offer a sustainable exercise program before, during or after cancer treatment, to those living with and beyond cancer. Look for more information this fall!

cancerexercise.med.ubc.ca



EXCEL
Exercise for Cancer to Enhance Living Well

EXCEL is the EXercise for Cancer to Enhance Living Well study. This study provides an exercise program to Canadians living with and beyond cancer.

Funding for this study provided by:

Canadian Cancer Society | CIHR IRSC | Alberta Cancer | BC Cancer | UBC

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 12.**

Instructor: Catherine Reid
Fridays

#13494 April 5 - June 28
\$166/11

#13597 July 5 - August 16
\$105/7
10:00 - 11:30 am
Native Sons Lodge



Look for the Evergreen symbol for 55+ classes. More information on page 94.

MEN'S YOGA

This 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 May 20.**

Instructor: Susan Obieglo

#13202 Mondays
April 8 - June 24
7:15 - 8:30 pm
Native Sons Grand Hall
\$150/11

YIN YOGA WITH SUSAN

Start your week off just right with this slower-paced, lower intensity but challenging practice that will help you truly let go of tension in both body, and mind. This Yin class will help enhance mobility and flexibility by targeting your deep connective tissue through long, deep holds and leave you with a sense of deep relaxation. Yoga experience is required.

Instructor: Susan Obieglo

Tuesdays
April 2 - August 27
7:30 - 8:45 pm
Lewis Activity Room
\$6.75/drop-in



CHAIR YOGA FOR EVERY BODY

(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. Note: class will be in the Filberg Conference Hall August 22.

Instructor: Akiko Shima
Thursdays

#13255 April 4 - June 27
\$172/13

#14070 July 11 - August 29
\$106/8
9:30 - 10:30 am
Native Sons Lodge & Dining Room

CHAIR YOGA

(55 years & older)

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.

Instructor: Catherine Reid
Tuesdays

#13252 April 2 - June 25
EG \$166/13

#13587 July 2 - August 13
EG \$89/7
10:30 - 11:30 am
Native Sons Grand Hall

Fridays
#13253 April 5 - June 28
EG \$166/13

#13588 July 5 - August 16
EG \$89/7
2:00 - 3:00 pm
Lewis Activity Room



GENTLE YOGA

Unwind from your week with this calming practice. This hatha yoga class offers slow movement linked with breath work 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

#13262 Fridays

April 5 - June 21

10:30 - 11:30 am

Lewis Salish Building

\$150/12

PILATES - YOGA FLOW

Feel amazing with a blend of Yoga and Pilates. Benefits include a stronger core, improved balance, increased coordination and flexibility, as well as a deeper understanding of how to use your breath and movement to calm your nervous system and increase your well-being. No experience necessary.

Instructor: Suzy Williamson

#13575 Tuesdays

July 9 - August 13

10:30 - 11:30 am

Lewis MP Hall

\$78/6

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

#13554 Wednesdays

April 3 - May 22

3:45 - 5:00 pm

Lewis Activity Room

\$105/8



55+ YOGA - GENTLE

(55 years & over)

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 mellow practice. **No class May 20 and August 5.**

Instructor: Sheron Jutila

Mondays

#13208 April 8 - June 17

EG \$132/10

#13566 July 8 - August 26

EG \$95/7

2:00 - 3:15 pm

Native Sons Grand Hall

FLOW YOGA

In this Vinyasa yoga class, you'll practice poses that are strung together to form one fluid sequence of movement. You'll leave feeling energized!

Instructor: Susan Obieglo

#13183 Tuesdays

April 2 - August 27

12:05 - 12:55 pm

Native Sons Lower Level

\$6.75/drop-in



See page 55 for Yoga Fusion on Thursdays

55+ YOGA JOINT SERIES

(55 years & over)

This sequence of gentle postures focuses on increasing mobility of all the 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 August 8.**

Instructor: Sheron Jutila

Thursdays

#13209 April 4 - June 20

EG \$156/12

#13568 July 11 - August 29

EG \$92/7

10:15 - 11:45 am

Native Sons Grand Hall

PILATES AND MORE

Enjoy this beginner to intermediate full body strength and stretch class which uses sound Pilates and core principles. Use bender balls, tubing, discs and bosu balls as Sandra takes you through a good progression.

Instructor: Sandra Stessun

#13291 Tuesdays

April 2 - June 18

5:00 - 6:00 pm

Lewis Activity Room

\$156/12





RESTORATIVE YOGA

At the end of your day, if you are seeking relaxation, this class is for you! Relieve anxiety and chronic pain, while improving sleep. An abundance of props will help support you throughout the practice. Everyone is welcome. **No class May 20.**

Instructor: Akiko Shima

#13501 Mondays
April 8 - June 24
5:30 - 7:00 pm
Lewis Meeting Room
\$165/11

MORNING MEDITATION & YOGA RETREAT

Guided by seasoned instructors, immerse yourself in the serenity of walking and seated meditation and nurture your being with revitalizing gentle yoga. The morning unfolds in silence, followed by a Q&A session. Under the expertise of the instructors, you will elevate your spirit in a well-guided environment, fostering a soothing equilibrium through the profound power of silence.

Instructor: Julie Blais & Susan Obieglo

#13517 Saturday April 20
9:30 am - 12:00 pm
Native Sons Grand Hall
\$30

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

#13290 April 4 - May 16
\$81/7
#13499 May 23 - June 27
\$69/6
3:00 - 4:00 pm
Lewis Meeting Room

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


#13500 April 3 - June 26
\$169/13
#13583 July 10 - August 28
\$104/8
6:30 - 7:45pm
Lewis Meeting Room

55+ YOGA - ONGOING

(55 years & over)
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 July 19 & August 9.**

Instructor: Sheron Jutila

#13211 Fridays
 April 5 - June 21
\$160/12

#13570 July 12 - August 30
 \$80/6
10:00 - 11:30 am
Native Sons Grand Hall

OUTDOOR SUMMER YOGA

Come experience yoga while you bask in the evening glow of summer. Surrounded by tall trees and the sound of the rushing river 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 enjoy a simple meditation all while surrounded by the beauty of nature. Please bring your own mat as equipment will not be provided for this off-site class.

Instructor: Susan Obieglo
Wednesdays

#13971 July 3 - 24
#13972 August 7 - 28
6:30 - 7:30 pm
Puntledge Park
\$48/4

Register ONLINE at
courtenay.ca/reconline
For updates & schedule
changes, go to
www.courtenay.ca/rec



Personal Training Team



Juan Blancas
 Training Specialties:
 - Fitness Assessments & Training
 - Resistance Training
 - Core Activation & Conditioning
 - Muscle & Strength Building



Tammy Jones
 Training Specialties:
 - TRX & Functional Training
 - Older Adult Fitness
 - Resistance Training
 - Group Fitness



Susan Obieglo
 Training Specialties:
 - Weight training
 - Posture Analysis
 - Functional training
 - Older Adult Fitness
 - Biomechanical deficiencies



Adam Commandeur
 Training Specialties:
 - Full body transformation
 - General Fitness
 - Circuit training
 - Speed, Agility, Quickness
 - Sports specific training



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

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

24 hours' notice prior to your scheduled appointment must be given to cancel your training appointment or you will be charged a full session.

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.

Benefits of Personal Training

- Improve your overall fitness
- Learn to keep up a routine
- Find the right way to work out
- Learn to efficiently use your time
- Faster and better results
- Establish a lifetime exercise habit
- Overcome plateaus

CORPORATE WELLNESS

Give your staff the gift of wellness. By enrolling, your staff will receive a 15% discount on:

- programs (some restrictions apply)
- Wellness Centre memberships
- squash courts
- outdoor pool admissions

For the low cost of \$100 for 100 employees or less, or \$250 for 101+ employees.

Please contact Courtenay Recreation for more info.



Summer Children & Youth Programs at a GLANCE . . .

	July 2 - 5 WEEK 1	July 8 - 12 WEEK 2	July 15 - 19 WEEK 3	July 22 - 26 WEEK 4
Early Years (3 yrs - Pre K) Pages 13 - 15	<ul style="list-style-type: none"> Active Adventures 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 Undersea Adventures 	<ul style="list-style-type: none"> Sport n' Splash Summer Scientists
<i>Check program pages for full descriptions.</i>				
Children (6 - 11 years) Pages 16 - 24	<ul style="list-style-type: none"> Adventure Camp Archery Camp Discovery Double-OH-Science Camp Kitchen Adventures Parktime SK8 Scoot Swim 	<ul style="list-style-type: none"> Aerial Silks Camp Circus Camp Discovery Flour Power Get Outside Camp Jr. Engineer Camp Kids Kayak Camp Parktime Soccer Skills Camp Summer SK8 School Woo Kim Taekwondo Camp 	<ul style="list-style-type: none"> Byte Camp: 2D Animation Candy Chemistry Cooks & Crafts Discovery Parkour Kidz Camp Parktime SK8 Scoot Swim Sport Splash N' More Summer Stage & Spotlight <p><i>Nickel Carnival July 19</i></p>	<ul style="list-style-type: none"> Around the World Adventures in Culinary Cuisine Biodiversity Bonanza Comic Book Camp Drawing & Painting: Summer Basics Discovery Parktime Woo Kim Taekwondo Camp
<i>See pages 86 - 88 for Swimming Lessons at the Courtenay & District Memorial Outdoor Pool</i>				
Youth (10 years & over) Pages 25 - 29	<ul style="list-style-type: none"> Jr LIT SK8 Scoot Swim Teen Kayak Camp 	<ul style="list-style-type: none"> Aerial Silks Camp Circus Camp Flour Power Summer SK8 School Woo Kim Taekwondo Camp 	<ul style="list-style-type: none"> Chopped Leaders in Training SK8 Scoot Swim Sports Splash N' More Summer Stage & Spotlight Teen Odyssey 	<ul style="list-style-type: none"> Around the World Adventures in Culinary Cuisine Art Attack & Splash Drawing & Painting Summer Basics Emergency First Aid Fire Fighter Basic Training Teen Odyssey Volley ball Camp Woo Kim Taekwondo Camp



Summer Registration starts Monday April 15

July 29 - Aug 2 WEEK 5	August 6 - 9 WEEK 6	August 12 - 16 WEEK 7	August 19 - 23 WEEK 8	Aug 26 - 30 WEEK 9
<ul style="list-style-type: none"> • Mini Chefs • Summer Sports Stars 	<ul style="list-style-type: none"> • Muck n' Mess • Pet Party 	<ul style="list-style-type: none"> • L'il Ninjas • Nature Detectives 	<ul style="list-style-type: none"> • Creative Campers • Dino-mite Discoveries 	<ul style="list-style-type: none"> • Family Gymnastics • Sport N' Splash • Sunny Days Mini Camp
<i>Fall Registration starts August 12th!</i>				
<ul style="list-style-type: none"> • Adventure Acro • Adventure Camp • Discovery • Kids A Cookin' • Parktime • Puppet Palooza • Puppetry Intensive • SK8 Scoot Swim • Summer Olympics 2024 Camp • Team Avengers Camp 	<ul style="list-style-type: none"> • Basketball Skills & Games Camp • Budding Green Thumbs • Discovery • Parktime • Robots Got Talent • Summer SK8 School • The Baking Camp That Must Not Be Named • Woo Kim Taekwondo Camp 	<ul style="list-style-type: none"> • Adventure Camp • Budding Bakers • Byte Camp: 3D Animation • Discovery • Jedi Training Camp • Outdoor Adventure Sports Camp • Parktime • SK8 Scoot Swim 	<ul style="list-style-type: none"> • Archery Camp • Brick Quest • Discovery • Drawing & Painting: Summer Basics • Jr Iron Chef • Parktime • The Art Camp • Woo Kim Taekwondo Camp • Trampoline Camp 	<ul style="list-style-type: none"> • Adventure Camp • Dance and Explore • Discovery • Full STEAM Ahead • Gymnastics Camp • Gym & Splash • Parktime • SK8 Scoot Swim
Courtenay & District Memorial Outdoor Pool Registration starts April 15				
<ul style="list-style-type: none"> • Girls on the Move • Puppetry Intensive • Sea Kayaking Certification • SK8 Scoot Swim • Summer Olympics 2024 Camp 	<ul style="list-style-type: none"> • Basketball Skills & Games Camp • Robots Got Talent • Summer SK8 School • Woo Kim Taekwondo Camp 	<ul style="list-style-type: none"> • Byte Camp: 3D Animation • Chopped • Fire Fighter Basic Training • Outdoor Adventure Sports Camp • SK8 Scoot Swim • Teen Odyssey 	<ul style="list-style-type: none"> • Drawing & Painting: Summer Basics • Jr Iron Chef • SK8 Like a Girl • The Art Camp • Teen Odyssey • Trampoline Camp • Woo Kim Taekwondo Camp 	<ul style="list-style-type: none"> • Bake Wars • Gym & Splash • SK8 Scoot Swim

COURTENAY SUMMER DAYCAMPS AT A GLANCE





Mini Camps

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. Bring a snack, water bottle, hat and sunscreen each day.

#13755 Tuesday - Friday
July 2 - 5
1:00 - 3:30 pm
Cozy Corner Preschool
\$69/4

#13768 Monday - Friday
August 26 - 30
9:30 am - 12:00 pm
Lewis Craft Room B
\$85/5

UNDER THE SEA ADVENTURES

(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 this week you have a whale of a time!

#13758 Monday - Friday
July 15 - 19
9:30 am - 12:00 pm
Cozy Corner Preschool
\$85/5

Don't forget to bring extra clothes, water bottle & hat.

CHILDMINDING

Our excellent childminding service offers a safe, friendly and fun environment for your child while you attend our programs or use the Wellness Centre.

Monday - Friday
July 2 - August 30
8:45 - 10:30 am
\$3/drop-in

DROP-IN

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.

#13763 Tuesday - Friday
August 6 - 9
1:00 - 3:30 pm
Cozy Corner Preschool
\$69/4

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 water bottle, hat & sunscreen each day.

#13761 Monday - Friday
July 29 - August 2
9:30 am - 12:00 pm
Cozy Corner Preschool
\$85/5

Benefits of active play

- Helps bones and muscles become strong
- Supports body control and movement
- Improves balance & coordination
- Builds confidence
- Improves concentration – thinking/learning skills
- Provides opportunities to develop social skills and make friends

Plan Ahead

Spring & Summer programs are now featured in one guide, giving you early access for planning summer activities!

Spring registration starts **March 11**.

Summer registration starts **April 15**.

Look for **ORANGE** activity codes for summer registration. Check out the inside front page for more details on this change.

ACTIVE ADVENTURES

(3 - 5 years)

Through free play and structured games, Active Adventures participants will learn movement skills like running, balancing, and throwing! With increased time spent outside this year, participants will take advantage of all that Lewis Park has to offer! Bring a snack, water bottle, hat, sunscreen and runners each day.

#13754 Tuesday - Friday
July 2 - 5
9:30 am - 12:00 pm
Cozy Corner Preschool
\$69/4

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.

#13760 Monday - Friday
July 22 - 26
9:30 am - 12:00 pm
Cozy Corner Preschool
\$85/5

PET PARTY

(3 - 5 years)

Pets are often the first animals that preschoolers have interactions with. Preschoolers love to talk about their pets or the pets of friends. In this program we will spend time learning about pets and how to care for them through math, science, arts and crafts.

#13764 Tuesday - Friday
August 6 - 9
9:30 am - 12:00 pm
Cozy Corner Preschool
\$69/4

see front inside flap for info on how to navigate this guide

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 all kinds of sport based play, while promoting a supportive environment. Bring a snack, water bottle, hat, sunscreen and runners each day.

#13756 Monday - Friday
July 8 - 12
9:30 am - 12:00 pm
Cozy Corner Preschool
\$85/5

SPORT N' SPLASH

(3 - 5 years)

Time to get active, play sports, have fun and learn exciting new active games with your awesome leaders! 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.

Monday - Friday
#13759 July 22 - 26
Cozy Corner Preschool
#13769 August 26 - 30
Lewis Craft Room B
1:00 - 3:30 pm
\$85/5

L'IL NINJAS

(3 - 5 years)

Get those heart rates up and play pretend ninja for the week! We will move, jump, run, climb and explore as we develop your senses and awareness around you through sports, games, relays, activities and more. Try out different equipment, meet other ninjas and have fun! Bring a snack, water bottle, hat, sunscreen and runners each day.

#13765 Monday - Friday
August 12 - 16
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.

#13762 Monday - Friday
July 29 - August 2
1:00 - 3:30 pm
Cozy Corner Preschool
\$85/5





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.

#13766 Monday - Friday
August 12 - 16
9:30 am - 12:00 pm
Cozy Corner Preschool
\$85/5

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 five 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.

#13757 Monday - Friday
July 8 - 12
1:00 - 3:30 pm
Cozy Corner Preschool
\$85/5

DINO-MIGHT 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.

#13767 Monday - Friday
August 19 - 23
1:00 - 3:30 pm
Cozy Corner Preschool
\$85/5

All you need to know about Summer Camp! See page 80 for parent info.

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! Program will begin at Cozy Corner each day.

#13943 Monday - Friday
July 15 - 19
1:00 - 3:30 pm
Cozy Corner Preschool
\$95/5

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.

#13942 Monday - Friday
August 19 - 23
9:30 am - 12:00 pm
Cozy Corner Preschool
\$85/5

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 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 2024-2025 see page 14 for details.



Daycamps

PARKTIME

(K - 8 years)

Spend your warm summer weeks with us as we make new friends, explore our surroundings, get creative with crafts and stay cool with a variety of water activities. We will go to a local beach and other fun trips around the Comox Valley each week. Participants must have finished kindergarten or be 6 years of age to register.

Monday - Friday

- #13604 July 2 - 5 *
 - #13605 July 8 - 12
 - #13606 July 15 - 19
 - #13607 July 22 - 26
 - #13608 July 29 - August 2
 - #13609 August 6 - 9 *
 - #13610 August 12 - 16
 - #13611 August 19 - 23
 - #13612 August 26 - 30
- 9:00 am - 4:00 pm
Lewis Totem Poles
\$180/5
\$144/4 *

KIDSPLAY

Before & after camp unstructured supervised playtime for children attending our registered day camp programs.

- #13921 8:00 - 9:00 am
 - #13920 4:00 - 5:00 pm
- Lewis Park Totem Poles
\$5.50/day or \$22/week

Don't forget to bring a snack, water bottle, hat, sunscreen and runners each day for all active/outdoor programs!



DISCOVERY

(8 - 12 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.

Monday - Friday

- #13613 July 2 - 5 *
 - #13614 July 8 - 12
 - #13615 July 15 - 19
 - #13616 July 22 - 26
 - #13617 July 29 - August 2
 - #13618 August 6 - 9 *
 - #13619 August 12 - 16
 - #13620 August 19 - 23
 - #13621 August 26 - 30
- 9:00 am - 4:00 pm
Lewis Park Totem Poles
\$180/5
\$144/4 *

ADVENTURE CAMP

(9 - 12 years)

Embark on thrilling field trips this summer with Adventure Camp! Each day unfolds with exciting explorations! Whether it is trips to museums, wilderness hikes, tree top exploring at Wild Play, traversing Horne Lake Caves or ferry rides to local islands, each week will consist of adventures in and around Comox Valley.

Monday - Friday

- #13790 July 2 - 5 *
 - #13791 July 29 - August 2
 - #13792 August 12 - 16
 - #13793 August 26 - 30
- \$300/5
\$240/4 *
9:00 am - 4:00 pm
Lewis Park Totem Poles
* 4 day camp week Tues - Fri



SPRING REGISTRATION STARTS MONDAY MARCH 11
SUMMER REGISTRATION STARTS MONDAY APRIL 15

See page 93



Specialty Camps

BIODIVERSITY BONANZA

(K - 9 years)

Join us for an action-packed week as we explore the natural environments of the Comox Valley. During the week you will take part in team-building challenges, create nature inspired art and participate in a variety of outdoor games and activities. Participants must have finished kindergarten or be 6 years of age to register.

#13723 Monday - Friday
July 22 - 26
9:00 am - 4:00 pm
Lewis Tsolum Building
\$215/5

BRICK QUEST

(K - 9 years)

Calling all Master Builders! Do you enjoy using your hands to solve challenges and figure out how things work? Then you will love this camp where you will be tasked with solving a variety of engineering and design problems with Lego! Join us to build, bake and create with all things Lego this week! Participants must have finished kindergarten or be 6 years of age to register.

#13724 Monday - Friday
August 19 - 23
9:00 am - 4:00 pm
Lewis Tsolum Building
\$215/5

SUMMER STAGE & SPOTLIGHT

(8 - 12 years)

Experience the magic of theatre at our 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!

#13926 Monday - Friday
July 15 - 19
9:00 am - 4:00 pm
Lewis Tsolum Building
\$215/5

BUDDING GREEN THUMBS

(8 - 12 years)

Come check out this new gardening themed summer camp where young green thumbs bloom! Our camp cultivates a love for gardening with hands-on activities, from planting seeds to crafting botanical wonders to visiting local farms. Our leaders will nurture a creative connection with do food systems, plants and life.

#13933 Tuesday - Friday
August 6 - 9
9:00 am - 4:00 pm
Lewis Tsolum Building
\$175/4

K: children currently attending Kindergarten can register for this program.

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

GET OUTSIDE CAMP

(8 - 12 years)

Discover the thrill of the great outdoors with the Get Outside Camp! Nestled in nature, campers will embark on outdoor adventures. From thrilling hikes, geocaching and team-building challenges, our expert leaders will guide unforgettable experiences. Unplug, connect with nature, and join this epic outdoor adventure!

#13632 Monday - Friday
July 8 - 12
9:00 am - 4:00 pm
Lewis Outdoor Stage
\$215/5

TEAM AVENGERS

(7 - 12 years)

Obsessed with the Avengers? You don't need a call from Nick Fury to join the S.H.I.E.L.D. Learn to shoot a bow like Hawk-Eye, dodge obstacles like Ms. Marvel, build a hammer like Thor, make infinity stone slime, and smash stuff like The Hulk. Jump into our multi-verse of fun!

#13737 Monday - Friday
July 29 - August 2
9:00 am - 4:00 pm
Lewis Salish Building
\$215/5

JEDI TRAINING CAMP

(7 - 12 years)

The resistance is calling! There is no need to send your Padawan to a galaxy far, far away. Build an X-Wing, design your own light saber, and make galaxy brownies all while you prepare to face the First Order one last time. Enjoy this camp, you will!

#13732 Monday - Friday
August 12 - 16
9:00 am - 4:00 pm
Lewis Tsolum Building
\$215/5

7 Story Circus

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.

#13661 Monday - Thursday
July 8 - 11
1:00 - 3:00 pm
Lewis Centre Gym
\$240/4

7 STORY CIRCUS: AERIAL SILKS CAMP

(10 - 19 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.

#13660 Monday - Thursday
July 8 - 11
10:30 am - 12:00 pm
Lewis Centre Gym
\$180/4

See page 72 for Digital Art & Science based camps!





Creative Pursuits

DRAWING & PAINTING: SUMMER BASICS

(8 - 14 years)

Develop basic drawing & painting techniques as you explore a variety of skills with Disney Cartoonist, David Thrasher. Use bold & beautiful colors to draw imaginative one-of-a-kind projects with success! This summer program is sure to ignite your imagination!

Instructor: David Thrasher
Monday - Friday

#13623 July 22 - 26

#13624 August 19 - 23

9:00 - 10:00 am

Lewis Meeting Room

\$75/5

PUPPET PALOOZA

(6 - 10 years)

Have fun making puppets and work together with new friends to create your very own puppet shows!

#13973 Monday - Friday

July 29 - August 2

9:00 am - 12:00 pm

Lewis Craft Room B

\$150/5

COMIC BOOK CAMP

(8 - 12 years)

Love reading comic books and graphic novels? Spend the week diving into the art of comic books. Use drawing and painting to create your characters and stories. Get creative by bringing your own storytelling ideas to life! Visual storytelling enhances literary skills, can engage reluctant readers and ignites the imagination. This camp empowers kids to develop their own voice! Throughout the week campers will take a break from writing and drawing to enjoy fun recreational games and activities.

#13727 Monday - Friday

July 22 - 26

9:00 am - 4:00 pm

Lewis Craft Room B

\$215/5

*Want an easy way to plan
your summer?
See pages 62 - 63 for
the Summer At A Glance
planner*

THE ART CAMP

(8 - 12 years)

The Art Camp offers an inspiring summer adventure for creative minds. Through hands-on projects of various mediums and visits to local art galleries, come ready to experience a week of fostering creativity, self expression and art! Don't forget to bring your swimsuit for post-art water activities and swimming.

#13934 Monday - Friday

August 19 - 23

9:00 - 4:00 pm

Lewis Craft Room B

\$215/5

COOKS & CRAFTS

(K - 9 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 will also mix in fun outdoor activities! Participants must have finished kindergarten or be 6 years of age to register.

#13728 Monday - Friday

July 15 - 19

9:00 am - 4:00 pm

Lewis Craft Room A

\$225/5

PUPPETRY INTENSIVE

(9 - 13 years)

Enter the world of puppets this week as we explore the ABCs of puppetry. We will create different types of puppets, and learn how to make them "come alive" while exploring our imagination and making new friends.

#13974 Monday - Friday

July 29 - August 2

1:00 - 4:00 pm

Lewis Craft Room B

\$150/5

THE BAKING CAMP THAT MUST NOT BE NAMED

(7 - 12 years)

This camp is for those with Hermoine's eager intellect, Harry's unwavering courage, and Ron's famous love of food. You'll bake up a variety of sweet and savoury treats inspired by the wonderful world of the Hogwarts Castle. Grab your spoon (or wand if you have one) and get ready to create some magic in the kitchen!

#13738 Tuesday - Friday
August 6 - 9
9:00 am - 4:00 pm
Lewis Craft Room A
\$180/4

FLOUR POWER

(8 - 13 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!

#13730 Monday - Friday
July 8 - 12
9:00 am - 4:00 pm
Lewis Craft Room A
\$225/5

KITCHEN ADVENTURES

(K - 9 years)

Roll up your sleeves and tie on your apron for culinary fun! Combine kitchen etiquette and food safety with creative, nutritious and simple recipes. This camp is a great introduction to learning about food in a fun and engaging way. Participants must have finished kindergarten or be 6 years of age to register.

#13735 Tuesday - Friday
July 2 - 5
9:00 am - 4:00 pm
Lewis Craft Room A
\$180/4

BUDDING BAKERS

(K - 9 years)

Whisk, mix and flip up some fun while you bake a fun treat each day. You'll create a sweet and savoury snack each day, while learning to safely roll, grate, pat, mix and spread. Experience cooking with all 5 senses - especially taste! Participants must have finished kindergarten or be 6 years of age to register.

#13725 Monday - Friday
August 12 - 16
9:00 am - 4:00 pm
Lewis Craft Room A
\$225/5

KIDS A COOKIN'

(K - 9 years)

Explore your love of food and cooking through a variety of indoor and outdoor activities. In this hands on camp you will learn about kitchen and food safety, explore new recipes and foods, and have a pound of fun! Participants must have finished kindergarten or be 6 years of age to register.

#13734 Monday - Friday
July 29 - August 2
9:00 am - 4:00 pm
Lewis Craft Room A
\$225/5

AROUND THE WORLD ADVENTURES IN CULINARY CUISINE

(8 - 13 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!

#13739 Monday - Friday
July 22 - 26
9:00 am - 4:00 pm
Lewis Craft Room A
\$225/5

JR. IRON CHEF

(8 - 13 years)

Learn culinary basics through hands on cooking to 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 the different tools and their uses. All this practice will prepare you to take on the Iron Chef at the end of the week.

#13733 Monday - Friday
August 19 - 23
9:00 am - 4:00 pm
Lewis Craft Room A
\$225/5





BYTE CAMP: 2D ANIMATION ON TABLET

(9 - 12 years)

Turn your drawings into awesome animation on our tablets! We'll show you how to make animations as wild as your imagination. Learn to storyboard and use advanced animation skills and principles to make characters come alive on the screen. Amaze your friends with the story you can draw in just a week!

#13788 Monday - Friday
July 15 - 19
9:00 am - 4:00 pm
Lewis Craft Room B
\$365/5

BYTE CAMP: 3D ANIMATION

(11 - 14 years)

Dreaming of a career with Pixar? Let's learn how by modeling, animating and telling your own stories in 3D. You'll use Blender to design characters that jump off the screen. Then make them come alive by adding voices, soundtracks and completing a group-made short film.

#13789 Monday - Friday
August 12 - 16
9:00 am - 4:00 pm
Lewis Craft Room B
\$365/5

DOUBLE OH SCIENCE CAMP

(7 - 12 years)

Deep inside the Lewis Centre 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.

#13729 Tuesday - Friday
July 2 - 5
9:00 am - 4:00 pm
Lewis Tsolum Building
\$175/4

FULL STEAM AHEAD

(6 - 12 years)

Art, nature and technology go hand in hand. You will participate in all kinds of science, technology, engineering and art adventures & enjoy nature adventures, science experiments, art exploration and engineering challenges.

#13731 Monday - Friday
August 26 - 30
9:00 am - 4:00 pm
Lewis Craft Room A
\$215/5

ROBOTS GOT TALENT

(8 - 13 years)

Did you know that you can build a robot that can dance, paint or clean? Learn the scientific principles of building robots while you develop skills in creativity, teamwork and problem solving through building a variety of different bots. Between builds you'll participate in fun indoor and outdoor activities.

#13722 Tuesday - Friday
August 6 - 9
9:00 am - 4:00 pm
Lewis Salish Building
\$199/4

JR ENGINEER CAMP

(9 - 12 years)

Ignite young minds with our Jr. Engineer Camp! A hands-on, interactive experience for budding engineers! From building simple circuits to crafting roman bridges, our camp fosters creativity, problem-solving, and teamwork. Join us for a summer of innovation, exploration, and fun, setting the foundation for future engineering brilliance!

#13785 Monday - Friday
July 8 - 12
9:00 am - 4:00 pm
Lewis Tsolum Building
\$215/5

CANDY CHEMISTRY

(6 - 10 years)

Let's learn what makes gummy candies their texture, how candies and slime are similar and if you could cook a s'more using the sun! This camp isn't about eating candy, instead you'll learn the science behind how it's made!

#13726 Monday - Friday
July 15 - 19
9:00 am - 4:00 pm
Lewis Salish Building
\$215/5

Sports & More!

VOLLEYBALL CAMP

(7 - 14 years)

Set, Volley, Spike! Developed for the younger active kids interested in volleyball, just beginning to play the sport or those who might have played before. This camp will provide a fun, positive and skill building environment with a strong emphasis on developing proper technique while learning how to pass, set, serve and spike. The goal by the end of the week is to make new volleyball friends, build confidence with your skills and hopefully get ready to join your school team! We may even visit the outdoor beach courts!

Monday - Friday

July 22 - 26

(7 - 11 years)

#13752 9:00 am - 12:00 pm

(11 - 14 years)

#13753 1:00 - 4:00 pm

Lewis MP Hall

\$150/5

SOCCER SKILLS CAMP

(6 - 10 years)

This immersive soccer skills camp will have players of all levels refine techniques, enhance ball control, and master footwork. Expert coaches lead dynamic drills, fostering agility, and team building. Don't forget your swim suit to enjoy the pool after a morning of hard work and play.

#13742 Monday - Friday

July 8 - 12

9:00 am - 4:00 pm

Lewis Park Soccer Field 1

\$215/5



SUMMER OLYMPICS 2024 CAMP

(8 - 13 years)

This Summer Olympic sport themed camp is a fun week of friendly competitions and relay races, Olympic sports like soccer, archery, scavenger hunts and challenges that will take place indoors, outdoors and at the pool. The goal of the camp is to help children develop an appreciation of sport and physical activity, and provide a variety of options to make sure everyone can participate regardless of athletic ability.

#13748 Monday - Friday

July 29 - August 2

9:00 am - 4:00 pm

Lewis Centre Gym

\$215/5

Don't forget to bring swim attire every day, for every camp!



Introducing Jocelyn!

Jocelyn started her volleyball career in grade 6 and played on the Comox Valley Strikers, before moving to Victoria. In Victoria, she continued her passion for volleyball achieving three Provincial Championships with her high school team and won All-Star and MVP awards with both school and club teams. She was then selected to play with Simon Fraser University, Canada's only NCAA school. At SFU she achieved both Honourable Mention and First Team All-Conference awards. Being back this summer with Courtenay Rec summer camps, where her passion for volleyball started, she hopes to inspire kids to both have fun and help them reach their potential.





SPORT, SPLASH N' MORE

(9 - 13 years)

This action-packed, fun filled sports camp has everything you could want for the active kids! Play a variety of indoor and outdoor sports including: soccer, basketball, archery, baseball, ultimate frisbee, volleyball, large group games and more! Every day will also include water activities, with a few visits to splash around in the Outdoor Pool. This camp is fun for everybody! Gear up for fun!

#13747 Monday - Friday
July 15 - 19
9:00 am - 4:00 pm
Lewis MP Hall
\$215/5

BASKETBALL SKILLS & GAMES CAMP

(8 - 13 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 more sport specific skills in this all-day program. Then get a chance to put those skills into play through scrimmages and games! Don't worry, we will take lots of breaks to have some summer fun too!

#13740 Tuesday - Friday
August 6 - 9
9:00 am - 4:00 pm
Lewis Centre Gym
\$175/4

ARCHERY CAMP

(8 - 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! You'll gain an understanding of this fun historical sport.

Tuesday - Friday
#13783 July 2 - 5
\$175/4
Monday - Friday
#13787 August 19 - 23
\$215/5
9:00 am - 4:00 pm
Lewis MP Hall

WOO KIM TAEKWONDO SUMMER CAMP

(7 - 13 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!

Monday - Friday
#13600 July 8 - 12
#13601 July 22 - 26
#13603 August 19 - 23
9:00 am - 4:00 pm
Lewis Salish Building
\$225/5
Tuesday - Friday
#13602 August 6 - 9
\$180/4

OUTDOOR ADVENTURE SPORTS CAMP

(9 - 13 years)

Join us for this Outdoor Sports Camp where the focus will be on playing sports outdoors and exploring what the community has to offer while the weather is warm! You'll get to try sports like outdoor basketball, beach volleyball, tennis, kickball, soccer, ultimate frisbee, play at local parks and more! We'll break up our days with indoor sports, trips to the outdoor pool and activities to keep you cool.

#13745 Monday - Friday
August 12 - 16
9:00 am - 4:00 pm
Lewis Centre Gym
\$215/5

Kayaking

TEEN PADDLE CANADA SEA KAYAKING BASIC CERTIFICATION

(11 - 19 years)

Get out on the water this summer! Join us to receive a Paddle Canada Basic Sea Kayak Certification. This camp will teach sea kayak paddling techniques and rescue skills on the lake and the ocean. Participants will have the opportunity to plan a short day trip. No previous paddling experience required.

#13642 Monday - Thursday
July 29 - August 1
CV Kayaks
\$280/4

SEA KAYAK LEVEL 1 SKILLS - PADDLE CANADA

(16 years & over)

This is a 16 hour weekend course to hone your skills of kayaking. This Paddle Canada Sea Kayak Level 1 Skills certification covers a combination of re-entry skills, paddling skills and the comprehensive knowledge required for planning and executing safe and successful kayak day trips. Attendees are recommended to have previously attended classes in basic kayak instruction and also have some kayaking experience.

#13779 Saturday & Sunday
July 27 - 28
TBD
\$320/3

See page 46 for 16+ Kayak programs

KIDS KAYAK CAMP

(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. This active, outdoors camp will teach kids paddling techniques, safety skills and emphasize having fun together on the water.

#13643 Monday - Thursday
July 8 - 11
12:00 - 4:00 pm
Various Locations
\$255/4

*Celebrate the Outdoor
Pool's 75th anniversary
with FREE public swims!
See page 85 for schedule.*

TEEN KAYAK TOUR CAMP

(11 - 19 years)

Are you a teen with past paddling experience? Interested in learning more about Sea Kayak touring? Join Certified Paddle Canada instructors and BC Sea Kayak Guides to go on three different ocean tours. This tour camp will expand on sea kayaking skills and teach the basics of kayak touring. Teens must have prior paddling experience and have the endurance to paddle for 3 hours with breaks.

#13641 Tuesday - Thursday
July 2 - 4
1:00 - 4:00 pm
Comox Valley Kayaks
\$255/3

Please visit cvkayaks.com for more information
or other booking/tour opportunities



SPRING REGISTRATION STARTS MONDAY MARCH 11
SUMMER REGISTRATION STARTS MONDAY APRIL 15

See page 93



GYMNASTICS CAMP

(7 - 12 years)

Whether you are a beginner or a more accomplished gymnast, you'll have a great time in Gymnastics Camp! Learn new skills, develop your strength, flexibility, balance, and more, as we work on all apparatus. Daily challenges and progressions will be set to your individual levels.

Instructor: Sheri Roffey

#13744 Monday - Friday
August 26 - 30
10:30 - 11:30 am
Lewis Centre Gym
\$85/5

ADVENTURE ACRO

(7 - 11 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, adventures and water activities.

Instructor: Leigha Wald

#13977 Monday - Friday
9:00 am - 4:00 pm
July 29 - August 2
Lewis Centre Gym
\$215/5

GYM & SPLASH

(9 - 14 years)

Learn new skills as you develop your strength, flexibility, balance and more. Try out our gymnastics equipment through fun activities, games and movements. Daily challenges and progressions will be set to your individual level. Each day will end with a dip in our outdoor pool!

Instructor: Sheri Roffey

#13743 Monday - Friday
August 26 - 30
12:00 - 3:30 pm
Lewis Centre Gym
\$175/5

DANCE AND EXPLORE

(7 - 11 years)

Let's get moving! Join dance instructor Leigha for a creativity filled week of dance and amazing craft projects! We'll exercise our mind and body as we boogie through the week!

Instructor: Leigha Wald

#13741 Monday - Friday
August 26 - 30
9:00 am - 4:00 pm
Lewis MP Hall B
\$215/5

TRAMPOLINE CAMP

(7 - 14 years)

Bounce your way to improved strength, balance, co-ordination, body control and self confidence, while having fun with our awesome coaches! Develop your skills through a structured Trampoline Camp and enhance your performance in other sports, social and school activities!

Instructor: Sheri Roffey

Monday - Friday
#13749 August 19 - 23
9:30 - 11:00 am
#13750 August 19 - 23
11:30 am - 1:00 pm
#13751 August 19 - 23
1:30 - 3:00 pm
Lewis Centre Gym
\$110/5

PARKOUR KIDZ CAMP

(7 - 12 years)

Try out the challenging but fun world of parkour as you are introduced to unique skills and games to help you grow better confidence and an understanding of how to move your body! We will learn and practice climbing, running, balancing, landing, jumping and vaulting, all while having fun with some of the best coaches around!

Instructor: Sheri Roffey

#13746 Monday - Friday
July 15 - 19
12:15 - 1:45 pm
Lewis Centre Gym
\$129/5

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.

#12119 Monday - Friday
July 15 - 19
1:00 - 3:30 pm
Cozy Corner Preschool
\$95/5



Youth Summer Camps

BAKE WARS

(11 - 17 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!

#13697 Monday - Friday

August 26 - 30

9:00 am - 4:00 pm

LINC Kitchen

\$225/5

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! Please contact the Adapted & Inclusive Program Supervisor at 250-338-5371 or zandres@courtenay.ca for the registration process. There is no online registration for this camp.

Monday - Friday

#13625 July 15 - 19

#13626 July 22 - 26

#13627 August 12 - 16

#13628 August 19 - 23

9:00 am - 3:00 pm

LINC Multipurpose Room

\$80/5

*Come work with us!
See page 20 for details.*

GIRLS ON THE MOVE

(11 - 17 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.

#13711 Monday - Friday

July 29 - August 2

9:00 am - 4:00 pm

LINC Games Room

\$215/5

CHOPPED

(11 - 16 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 of criteria. Will you be part of the winning team? Prizes included!

Monday - Friday

#13706 July 15 - 19

#13707 August 12 - 16

10:30 am - 2:30 pm

LINC Kitchen

\$155/5

ART ATTACK & SPLASH

(11 - 15 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!

#13721 Monday - Friday

July 22 - 26

9:00 am - 4:00 pm

LINC Youth Centre

\$215/5

Register ONLINE at
courtenay.ca/reconline
For updates & schedule
changes, go to
www.courtenay.ca/rec



Volunteer with Us this Summer!

Lots of volunteer opportunities at Courtenay Recreation
For more information call 250-338-5371 or text 250-650-9930

courtenay.ca/volunteer



Leadership/Certification

RED CROSS EMERGENCY FIRST AID & CPR C

(13 years & over)
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.

#13712 Tuesday July 23
9:00 am - 4:30 pm
LINC MP Room
\$135

HIGH FIVE: PRINCIPLES OF HEALTHY CHILDHOOD DEVELOPMENT

(14 years & over)
This training equips front-line leaders (anyone working with children aged 4 to 12 with tools to enhance the quality of the programs they are leading. Training in the HIGH FIVE Principles of Healthy Child Development arm leaders with what they need to do to meet each child's social, emotional and cognitive needs.

#13771 Saturday June 15
10:00 am - 1:00 pm
Lewis MP Hall
\$95

FIREFIGHTER BASIC TRAINING

(13 - 19 years)
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.

#13708 Monday July 22
10:00 am - 3:00 pm
Meet at Captain A.A. Lane Macdonald Fire Training Centre
\$35

JUNIOR LEADERS IN TRAINING (JR. LIT)

(12 - 18 years)
Get ready for your introduction to leadership! At Jr. LIT we'll help you develop leadership skills through play. Then we'll put our leadership, teamwork and communication skills to practice as we plan and host a special event for Parktime & Discovery participants on the Friday!

#13709 Tuesday - Friday
July 2 - 5
9:00 am - 12:30 pm
LINC MP Room
\$45/4

LEADERS IN TRAINING

(12 - 19 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 and help plan 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!

#13710 Monday - Friday
July 15 - 19
10:00 am - 4:00 pm
LINC Youth Centre
\$99/5

SUMMER VOLUNTEER TRAINING

(12 years & over)
This hands on course will prepare you for what to expect in summer programs from leading games to ensuring each participant great memories. This training is strongly recommended for anyone who may be interested in volunteering in our summer programs.

#13772 Wednesdays & Thursdays
June 12 - 20
4:00 - 6:30 pm
LINC Multipurpose Room
\$25/4

Skatepark

SK8 SCOOT SWIM

(7 - 13 years)
SK8 Scoot and Swim your way into Summer! Ride your skateboard or scooter and get tips and tricks from our skatepark staff as you cruise the street section and bowl. Or, challenge your friends to games and activities like dodge-ball, air hockey, experiments and trips to the outdoor pool, outdoor skateparks and more! We'll make sure you have an action-packed week!

Tuesday - Friday
#13714 July 2 - 5
9:00 am - 4:00 pm
\$144/4

Monday - Friday
#13715 July 15 - 19

#13716 July 29 - August 2

#13717 August 12 - 16

#13718 August 26 - 30
9:00 am - 4:00 pm
LINC Indoor Skatepark
\$180/5

SK8 LIKE A GIRL

(10 - 15 years)
While the boys are away, the girls will SKATE! Build confidence and have fun learning the basics of skateboarding and longboarding in this inclusive camp. We'll break up our days navigating the bowl and skate ramps, playing games, swimming and designing your own skateboard deck to take home!

#13713 Monday - Friday
August 19 - 23
9:00 am - 4:00 pm
LINC Youth Centre
\$215/5

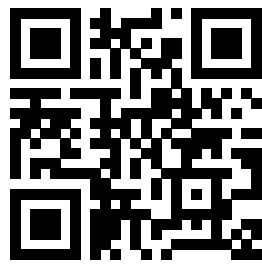
SUMMER SK8 SCHOOL

(6 - 13 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.

#13719 Tuesday - Friday
July 9 - 12
9:00 am - 12:00 pm

#13720 Tuesday - Friday
August 6 - 9
9:00 am - 12:00 pm
LINC Youth Centre & Valley View
Outdoor Skatepark
\$117/4

REGISTER ONLINE:



See page 37 for The LINC Youth Centre's summer hours!

COURTENAY YOUTH SUMMER DAYCAMPS



Summer Birthday Parties at The LINC

(8 - 18 years)

Register for an original birthday party package. We organize the games, provide supervision, and clean up! Choose from a variety of themes:

- dodgeball
- skatepark
- karaoke
- all about girls
- gaming
- general
- 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 July 6
11:00 am - 1:00 pm
LINC Games Room
\$125



SPRING REGISTRATION STARTS MONDAY MARCH 11
SUMMER REGISTRATION STARTS MONDAY APRIL 15

See page 93



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 will be 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 9am-4pm, unless otherwise noted on your receipt.

KidsPlay (Before & After Camp Care)

Safe, unstructured, but supervised playtime is available before camp from 8am to 9am and after camp from 4pm to 5pm. Pre-registration is required to attend. Drop-off and pick-up from KidsPlay is at the Lewis Park totem poles.

Late Pick-up's/Absences

If for any reason you are unable to pick you 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

Leaders may take participants on field trips to locations around the Co-mox Valley. An itinerary will be available on our website Friday prior to the start of your registered camp. Activities run 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 1st. After September 1st, they will be donated to an organization in need. Please make sure to label everything your child brings to camp so we can ensure it is safely returned to them.

Swimming

All camp swims are supervised by qualified lifeguards. All campers will participate in a swim test. They will be assigned a bracelet which indicates 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 counsellor 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 ensure your child packs a swimsuit and towel every day of camp.

Administration of Medications

If your child requires medication during camp hours (including Tylenol or Ibuprofen) please contact the Adaptive & Inclusive Program Supervisor to make arrangements at 250-338-5371.

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. Please do not hesitate to discuss your child's allergies or dietary restrictions with their program staff. If you 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

Program staff will keep parents/guardians informed of daily events, via an online schedule. It will be edited in advance of any changes to the schedule. If your child will not be attending for any reason please notify the office. Any concerns should be brought to an Assistant Managers 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 Assistant Manager of any changes to custody orders, spousal restrictions, or living arrangements. If there is ever a concern about your child’s wellbeing 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, the 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 an Assistant Manager.

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 for all. 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 participants and staff 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 (for beach days)
- Water Shoes or Sandals (for rainy 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:

Summer camp forms: courtenay.ca/recforms
Safety plans & guidelines: courtenay.ca/safetyplans
Weekly 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



SPRING REGISTRATION STARTS MONDAY MARCH 11
SUMMER REGISTRATION STARTS MONDAY APRIL 15

See page 93

Now accepting Fall program proposals!

Submit your ideas by June 1!



**Courtenay
Recreation**

City of Courtenay

Recreation & Cultural Services Department
Program Proposal

Thank you for considering us as a partner in providing recreational opportunities. Please fill out the following information and include it with your resume and return to the Lewis Centre or directly to a Division Member listed below. Your proposal will be reviewed and considered for future Recreation Guides. Only those selected will be contacted. Please note that in order to appear in the Recreation Guide, program proposals are due no later than:

SPRING/SUMMER: December | **FALL:** May | **WINTER:** August

COURTENAY PROGRAM PROPOSAL

CONTRACTOR INFORMATION	
Name:	Phone:
Email:	Website:
PROPOSED PROGRAM INFORMATION	
Program Name:	
Program Description (max. 50 words):	
Proposed number of Classes (i.e.: one day workshop, weekly recurring class or week long camp):	
Day(s) of the week:	Preferred program time(s):
Maximum number of participants:	Minimum number of participants:
Age of participants:	Proposed participant cost per person:
Space requirements:	
Equipment requirements:	
Supplies required:	
Wage Expectation:	
Additional information:	

Early Years – Roberta Churchill rchurchill@courtenay.ca
 Sports & Fitness – Michelle Ford mford@courtenay.ca
 Children & Youth – Alexis Forbes afortbes@courtenay.ca
 Adults – Michelle Ford mford@courtenay.ca
 Adapted Programs – Zach Andres zandres@courtenay.ca





City of
Courtenay



City of Courtenay
**Canada
Day Event**
June 30 & July 1

Enjoy free Canada Day festivities on June 30 with the Night Before Concert in Lewis Park. July 1st in Downtown Courtenay and Lewis Park features:

- Music
- Displays
- Kids Zone
- 5th Street Mile
- Parade
- Cake
- Kid's Bike Draw
- Food Vendors

You Can Help!

Volunteers needed to help with Canada Day.

Apply to Perform

at Canada Day and the Simms Concert Series

The City of Courtenay is accepting applications from performers and bands for 2024 events including Canada Day Celebrations and the Simms Summer Concert Series. To apply and for further information on requirements, go to courtenay.ca/canadaday

Information & Schedules: courtenay.ca/canadaday | 250-338-5371 | 250-338-1000

COURTENAY SPECIAL EVENTS



This year marks the
75th Anniversary
of the Courtenay & District Memorial

Outdoor Swimming Pool

in Lewis Park, Courtenay



Pool Open June 3 - August 30

- 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 400 lb/181.5 kg lifting capacity

Special Pool Hours

Canada Day Monday July 1

Family Swim
10:00 am - 1:00 pm
Open Swim
1:30 - 4:30 pm

BC Day Monday August 5

Family Swim
10:00 am - 1:00 pm
Open Swim
1:30 - 4:30 pm

June 20 & 21, 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.

Pool Rentals

Plan a special occasion for a birthday, family reunion, staff party, summer picnic outtrip, kayak, scuba or other program rentals. See page 89 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!

Courtenay Rotary Water Park - Opens May 18

Open daily 10:00 am - 7:00 pm

Wading Pool - Opens mid June

Open Daily 1:30 - 4:30 pm (weather permitting)

Please note: pool changerooms are for pool users only

Public Swim Schedule

June 3 - 30 *Closed June 20 & 21 for Swim Meet*

FREE ADMISSION

to celebrate the 75th anniversary

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lane Swim (3) 8:00 - 10:00 am	Lane Swim (6) 8:00 - 10:00 am	Lane Swim (3) 8:00 - 10:00 am	Lane Swim (6) 8:00 - 10:00 am	Lane Swim (3) 8:00 - 10:00 am		Family Swim 10:00 am - 12:00 pm
AquaFit 9:00 - 9:45 am		AquaFit 9:00 - 9:45 am		AquaFit 9:00 - 9:45 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

July 2 - August 11

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 12 - 30

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 5

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

COURTENAY
OUTDOOR POOL



SPRING REGISTRATION STARTS MONDAY MARCH 11
SUMMER REGISTRATION STARTS MONDAY APRIL 15

See page 93

Summer Swimming Lessons

Courtenay & District Memorial Outdoor Pool Summer Lessons

Level	Session 1 July 2 - 12 <i>9 classes - no class July 1</i>	Session 2 July 15 - 26 <i>10 classes</i>	Session 3 July 29 - Aug 9 <i>9 classes - no class Aug 5</i>	Session 4 August 12 - 23 <i>10 classes</i>
Parent & Tot Jellyfish, Goldfish & Seahorse	9:00 - 9:30 am #13809	9:00 - 9:30 am #13810	9:00 - 9:30 am #13811	9:00 - 9:30 am #13812
Preschool 1 Octopus	9:00 - 9:30 am #13814	9:00 - 9:30 am #13823	9:00 - 9:30 am #13822	9:00 - 9:30 am #13829
	9:30 - 10:00 am #13813	9:30 - 10:00 am #13824	9:30 - 10:00 am #13821	9:30 - 10:00 am #13831
	10:00 - 10:30 am #13815	10:00 - 10:30 am #13826	10:00 - 10:30 am #13819	10:00 - 10:30 am #13830
	10:30 - 11:00 am #13816	10:30 - 11:00 am #13825	10:30 - 11:00 am #13820	10:30 - 11:00 am #13832
	11:00 - 11:30 am #13817	11:00 - 11:30 am #13827	10:30 - 11:00 am #13833	11:00 - 11:30 am #13828
		11:00 - 11:30 am #13818		
Preschool 2 Crab	9:30 - 10:00 am #13805	9:30 - 10:00 am #13800	9:30 - 10:00 am #13806	9:30 - 10:00 am #13799
	10:00 - 10:30 am #13804	10:00 - 10:30 am #13801	10:00 - 10:30 am #13807	10:00 - 10:30 am #13797
	11:00 - 11:30 am #13803	11:00 - 11:30 am #13802	11:00 - 11:30 am #13808	11:00 - 11:30 am #13798
Preschool 3 Orca	9:00 - 9:30 am #13836	9:00 - 9:30 am #13839	9:00 - 9:30 am #13835	9:00 - 9:30 am #13840
	10:30 - 11:00 am #13837	10:30 - 11:00 am #13838	10:30 - 11:00 am #13834	10:30 - 11:00 am #13841
Preschool 4/5 Sea lion/Narwhal	11:00 - 11:30 am #13842	11:00 - 11:30 am #13844	11:00 - 11:30 am #13843	11:00 - 11:30 am #13845
Swimmer 1	9:00 - 9:30 am #13846	9:00 - 9:30 am #13853	9:00 - 9:30 am #13852	9:00 - 9:30 am #13854
	10:00 - 10:30 am #13856	9:30 - 10:00 am #13862	9:00 - 9:30 am #13864	10:00 - 10:30 am #13851
	10:30 - 11:00 am #13847	10:00 - 10:30 am #13855	10:00 - 10:30 am #13857	10:30 - 11:00 am #13850
	11:00 - 11:30 am #13858	10:30 - 11:00 am #13848	10:30 - 11:00 am #13849	11:00 - 11:30 am #13861
		11:00 - 11:30 am #13859	11:00 - 11:30 am #13860	
	11:00 - 11:30 am #13863			
Swimmer 2	9:30 - 10:00 am #13865	9:30 - 10:00 am #13869	9:30 - 10:00 am #13871	9:30 - 10:00 am #13872
	10:00 - 10:30 am #13866	10:00 - 10:30 am #13875	9:30 - 10:00 am #13883	10:00 - 10:30 am #13876
	10:30 - 11:00 am #13867	10:30 - 11:00 am #13868	10:00 - 10:30 am #13870	10:30 - 11:00 am #13873
	11:00 - 11:30 am #13877	10:30 - 11:00 am #13881	10:00 - 10:30 am #13882	11:00 - 11:30 am #13880
		11:00 - 11:30 am #13878	10:30 - 11:00 am #13874	
		11:00 - 11:30 am #13879		
Swimmer 3	9:30 - 10:00 am #13896	9:30 - 10:00 am #13898	9:30 - 10:00 am #13897	9:00 - 9:30 am #13900
	10:00 - 10:30 am #13890	10:00 - 10:30 am #13889	10:00 - 10:30 am #13891	9:30 - 10:00 am #13899
	10:30 - 11:00 am #13893	10:30 - 11:00 am #13895	10:30 - 11:00 am #13892	10:00 - 10:30 am #13888
	11:00 - 11:30 am #13884	11:00 - 11:30 am #13886	11:00 - 11:30 am #13885	10:30 - 11:00 am #13894
				11:00 - 11:30 am #13887
Swimmer 4	9:45 - 10:15 am #13904	9:45 - 10:15 am #13902	9:00 - 9:45 am #13906	9:30 - 10:00 am #13907
		11:00 - 11:45 am #13905	9:45 - 10:15 am #13903	9:45 - 10:15 am #13901
Swimmer 5	9:00 - 9:45 am #13908	9:00 - 9:45 am #13910	9:00 - 9:45 am #13909	9:00 - 9:45 am #13911
Swimmer 6	10:15 - 11:00 am #13914	10:15 - 11:00 am #13913	10:15 - 11:00 am #13915	10:15 - 11:00 am #13912
Swimmer 7,8,9	9:00 - 10:00 am #13917	9:00 - 10:00 am #13918	9:00 - 10:00 am #13916	9:00 - 10:00 am #13919

COURTENAY OUTDOOR POOL

Fees

Parent & Tot	\$72.00	\$80.00	\$72.00	\$80.00
Preschool				
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 wearing a lifejacket; recover objects from the bottom; hold breath underwater; float, glide & kick on front & back.
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.

COURTENAY OUTDOOR POOL



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:

- Participants please meet your swimming instructor on the pool deck by the sign for the appropriate level
- 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



SPRING REGISTRATION STARTS MONDAY MARCH 11
 SUMMER REGISTRATION STARTS MONDAY APRIL 15

See page 93

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

COURTENAY OUTDOOR POOL



Happy 75th Anniversary Courtenay & District Memorial Outdoor Pool!

Did you know this year marks the 75th anniversary of the Outdoor Pool? Drop in for free to celebrate with us! See page 85 for scheduled times.

PRIVATE LESSONS

For individuals needing some extra work on specific skills or who prefer one-on-one instruction.

Monday - Friday
July 2 - August 23
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
11:30 am - 12:00 pm
\$35.50/30 minutes

PRIVATE POOL RENTALS

1 - 49 swimmers \$125/hour
50 - 99 swimmers \$145.25/hour
100 - 150 swimmers \$176/hour

June 3 - August 11
Saturday & Sunday
5:00 - 6:00 pm
6:00 - 7:00 pm
7:00 - 8:00 pm

August 12 - 30
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

COURTENAY OUTDOOR POOL



Courtenay
Recreation

Pooch-A- Poolooza!

Saturday August 31
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 vaccination to attend.



courtenay.ca/pooch



SPRING REGISTRATION STARTS MONDAY MARCH 11
SUMMER REGISTRATION STARTS MONDAY APRIL 15

See page 93

Enjoy Courtenay Parks

COURTENAY PARKS CHART

Park	Location	Amenities	Acres
Airpark	Cliffe Ave & Mansfield Dr.		
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
Sandwick	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
- 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



Adapted Summer Programs


PICNIC PARTY & TALENT SHOW

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.

#13931 Thursday July 25 
11:30 am - 1:00 pm
Lewis Outdoor Stage
\$3


TIE DYE SOCIAL

Join us this week to create a totally terrific tie-dye shirt that you can make your own! All supplies and treat included.

#13922 Friday August 2 
1:00 - 3:00 pm
Lewis Tsolum Building
\$5

ICE CREAM SOCIAL

Come out and enjoy a beautiful summer evening! We'll keep you busy with awesome out trips and activities. Join us this week to enjoy a cool treat with friends, old and new! We will meet at the Outdoor Stage to have ice cream and enjoy a summer evening together.

#13927 Friday August 23 
1:00 - 2:30 pm
Lewis Outdoor Stage
\$3

See page 39 for Adapted Chair Fit and Adapted Yoga



Thank you to the Comox Valley Community Foundation for their support that allows us to offer this program for a low cost!


ADAPTED SIZZLIN' SUMMER DANCE

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!

#13930 Monday August 12
1:30 - 3:30 pm
Lewis MP Hall
\$3

SUNNY DAYS BINGO

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 favourite that's exciting and easy to play. Prizes for everyone!

#13924 Monday July 15 
#13925 Monday August 19
#13929 Friday August 23
10:00 - 11:00 am
Simms Park Pavillion
\$3

TEEN ODYSSEY

(11 - 20 years)
Back and better than ever! This camp is specifically for teens with support needs and diverse abilities. It is a place where they can get the chance to explore new activities, learn new skills, meet friends, and have tons of fun in a supportive environment. The Teen Odyssey crew will take part in all sorts of interactive games, crafts, beach days, out trips, swimming and more!

Monday - Friday
#13625 July 15 - 19
#13626 July 22 - 26
#13627 August 12 - 16
#13628 August 19 - 23
9:00 am - 3:00 pm
LINC MP Room
\$80/5

MCFD SUMMER CAMP SUPPORT

(6 - 18 years)
Families who have children getting services through the Ministry of Children and Family Development (MCFD) are eligible for support in our Summer Camp Programs. These programs are for children/youth who have additional support considerations and are wanting to attend camp. Please contact the local Children and Youth with Special Needs (CYSN) office at 250-334-5820 to see if your child/youth is eligible. A letter from CYSN is required for registration.

See page 85 for Adapted Swim

Adapted Summer Registration starts on Monday April 15 at 8:30 am



Please contact the Adapted & Inclusive Program Supervisor at 250-338-5371 or zandres@courtenay.ca for the registration process. There is no online registration for this camp.



Summer Drop-in Fitness *effective July 2 - August 31, 2024*

	MON	TUES	WED	THURS	FRI	SAT
9:00 am	Strong Nation®	BootCamp Blast	Zumba w/ Milena	BootCamp Blast	Power Circuit	Pedal N' Sculpt+
10:30 am				Dancefit Silver		
12:05 pm	Gutts, Butts & Arms	Spin Express	HIIT	Yoga Fusion	Kettle Bell	
5:15 pm	Zumba Toning <i>5:30 pm</i>		Women In Strength	VIIT		
6:15 pm		Zumba w/ Stacie				
7:30 pm		Yin Yoga w/ Susan+				

Class Levels
 Beginner/Intermediate
 Intermediate/Challenging
 Challenging
 +75 minute class

COURTENAY SUMMER ACTIVE LIVING

No classes on stat holidays

Please note: This schedule is subject to change. Classes may be cancelled due to low attendance.

Classes are located in the Lewis Centre Activity Room unless otherwise noted.

Fitness schedule substitutes and cancellations will be posted at courtenay.ca/fitness

See page 55 for program descriptions

For Spring fitness schedule March - June please see page 54 or check courtenay.ca/fitness

Children in fitness classes: The City of Courtenay fitness classes are teen and adult oriented. For the safety, comfort and enjoyment of all, children cannot be accommodated in fitness classes. Ask us about childminding hours. See page 15.

Fees *effective April 1, 2024* (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



Spring Registration starts Monday March 11 at 7:15 am
Summer Registration starts Monday April 15 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.

3 Online Registration
courtenay.ca/reconline

No email registrations accepted.



SCAN REGISTER ONLINE:



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.

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 with 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.

Create your customer account now to be prepared to register online
Visit our 'How To' video at courtenay.ca/reconline

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.

Plan Ahead!

Spring & Summer programs are now featured in this guide! Check out the inside front page for more details on how to navigate.





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 45 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 \$35 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 2024 Memberships

Annual Memberships (\$35) can be purchased by phoning the Florence Filberg Centre 250-338-1000 or the Lewis Centre 250-338-5371 or purchased online on the Courtenay Recreation 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
- 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
- Knit & Crochet
- Brazilian Embroidery
- Meet & Greet (Singles) Group
- Lacemakers

Cards & Games

- Cribbage
- Bridge
- Mahjong
- Texas Hold'em
- Mexican Train
- Cue Sports
- Bean Bag Toss
- Trivia
- Scrabble
- Bingo
- Darts
- Whist
- Canasta
- Euchre
- Chess

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

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.

Comox Valley Concert Band

Sunday May 12, 2:00 pm

Conference Hall, Florence Filberg Centre

This delightful concert on Mother's Day is sure to please. Complimentary coffee, tea & sweet will be served. Tickets \$15 at Florence Filberg Reception or at the door.

Rock & Roll Concert

Sunday May 26, 2:00 pm

Conference Hall, Florence Filberg Centre

Come one, come all to the Rock and Roll Revival 3 concert, featuring music from the 50's and the 60's, performed by Spend'T, The Singing Sistas, Greg DeSchutter as Elvis and Gerry Bullen as Frank Sinatra. Our last concert sold out so buy your tickets early! This is an Evergreen Fund Raiser.

Seniors' Prom

Saturday June 8

Conference Hall, Florence Filberg Centre

Dress up and come dance the night away at this very special event! Watch the Evergreen club newsletter and website for more details TBA.

Canada Day Tea Dance

with the Georgia Strait Big Band

Monday July 1, 2:00 - 4:00 pm

Native Sons Grand Hall, Free

Come sit and enjoy the music or take to the dance floor! Complimentary coffee, tea & cake will be served. Sponsored by the Evergreen Club



COURTENAY EVERGREEN

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

COURTENAY LEWIS FACILITIES

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

COURTENAY FILBERG FACILITIES

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





Dingwall Steps Trail Connection Complete!

The Dingwall Steps were opened to the public in early January 2024 with lighting finalized in February 2024.

The steps enhance connectivity for residents travelling to and from North Island College, Queneesh Elementary School, North Island Hospital - Comox Valley, transit connections, and the commercial center at Ryan and Lerwick roads.

The Dingwall Steps Project is not just about infrastructure; it's about fostering a more active and sustainable City.

The project includes:

- Structural steel and concrete steps with railing
- Rest areas (benches)
- Asphalt pavement connecting to the trail network
- Bike channel to walk bikes up and downhill
- Lighting
- Trees and landscaping



Courtenay Park Bookings

Courtenay Recreation coordinates the use of all parks and school playing fields located in the City of Courtenay.

Field Closures: Fields may be closed due to weather conditions. *We would appreciate your cooperation in not using the fields during these times.*

Courtenay Recreation also books the Artificial Turf Field located at GP Vanier. *Please note that only limited spaces are available.*

To book a park or play field, **call the Lewis Centre at 250-338-5371.**

Schools:

- Arden
- Mark Isfeld
- Lake Trail
- G.P. Vanier
- Valley View
- Huband Park
- Queneesh El.
- Courtenay El.
- Puntledge Park

City Parks:

- Bill Moore Park
- Puntledge Park
- Lewis Park
- Valley View Park
- Martin Park
- Woodcote Park
- Standard Park
- Simms Park
- Courtenay Riverway



The Rotary Water Park at Lewis Park re-opens on Saturday, May 18th!

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 84 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 at Simms Millenium Park on Sundays throughout the summer.

All concerts start at 7:00 p.m. and last one to two hours.

Simms Millennium Park is located by the 5th Street Bridge and across from Lewis Park. Please bring your own lawn chair or blanket.

Check in mid-May for a complete schedule of performers at courtenay.ca/simms



Riverside Fit Park Classes

Riverside Fit Park has new fitness equipment as of October 2023 and is a great place to get an outdoor workout! Try out a fitness class this spring at the Fit Park from April 4th – June 27th. See **page 57** for details.

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 55 years of filling Cliffe Avenue boulevards with colourful blooms on Tuesday, May 28.

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.





City of
Courtenay



The City of Courtenay puts the Official Community Plan (OCP) to work

COURTENAY OFFICIAL COMMUNITY PLAN

Courtenay is responsible for the future, supporting high quality of life with a low-carbon footprint for all.

After adoption of the OCP in the summer of 2022, Courtenay Council has purposefully aligned their strategic priorities for their four year term with the four cardinal directions of the OCP: climate action, reconciliation, equity, community well-being.

A brief overview of Council Priorities:

Streets & Transportation: Traffic calming; cycling facilities design; working with province on 17th Street & bridge intersection improvements; 6th Street active transportation bridge design and funding; installing pedestrian and cycling link on Dingwall Road.

Buildings & Landscape: Update key development bylaws to align with OCP land use goals: Zoning Bylaw, Development Cost Charges Bylaw, Subdivision and Servicing Bylaw, and short-term rentals.

Affordable housing: Work with provincial, non-profit and development industry sectors to partner on more affordable housing; identify potential of city properties for affordable housing; develop a strategy on how to spend the affordable housing amenity fund.

Natural environment: More focus on parkland acquisition; review and promote the Urban Forest Strategy and Tree Protection & Management Bylaw; integrate climate action commitments into Council's work by including climate change implications into staff reports and updating the Corporate Climate Action Plan.

Parks & Recreation: Find ways to ensure amenities are included with newly created parks; facility capital improvements to Florence Filberg Centre, Lewis Centre and the outdoor pool; review recreation programs.

Municipal Infrastructure: Complete accessibility audit of key public facilities; continue to collaborate on regional growth management, sewer, solid waste and air quality initiatives.

Social infrastructure: Childcare strategy; Connect day centre strategy; Strategic Cultural Plan development and implementation.

Food systems: Work with agricultural community and food policy council to understand the City's role in supporting local food security.

Local economy: Explore a business and retention service; review city processes that may be a barrier to economic development.

Good governance: Public inquiry tracking across all city services; Council open houses in community locations; OCP implementation Town Hall; procurement policies that include social equity and climate action; increased community engagement; streamlined development approvals; multiple sector community partnerships; SD 71 partnerships.

Public safety: Invest in east Courtenay Fire Hall and long term fire services staffing.

Organizational well-being and sustainability: Explore speculation tax and ensure capacity to accommodate big changes in our community.

Access the OCP:
courtenay.ca/OCP

**Council's Strategic
Priorities:**
[courtenay.ca/
strategicplan](https://courtenay.ca/strategicplan)



Strategic Cultural Plan

The plan will help inform a short, medium and long-term cultural service implementation strategy for Courtenay. It will identify key gaps and opportunities in cultural services and infrastructure, and guide City processes, support for core areas of services, and investment in the City's cultural services and assets.

The "What We Heard" report is a summary of feedback received through public engagement activities and is now on the project website. The final draft Strategic Cultural Plan will be presented to Council in spring 2024.



For more information visit courtenay.ca/cultureplan

COURTENAY CULTURE



Let's Play, Courtenay!

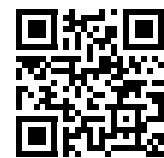


We're reimagining the future of play in Courtenay

Thank you to everyone who gave us feedback on fun, accessible playground designs through the online survey or drawing contest in January and February.

Learn more about Courtenay's Playground Design Standards project at:

courtenay.ca/letsplay





CVAG
VISION · ART · CULTURE

COMOX VALLEY ART GALLERY
580 DUNCAN AVENUE COURTENAY BC
PLEASE VISIT US ONLINE FOR CURRENT EXHIBITIONS + PROGRAMS + EVENTS
COMOXVALLEYARTGALLERY.COM  

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




 **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  

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**

