



Welcome!

Courtenay Rec has a big line-up of exciting fitness options this winter, including new options for drop-in or pre-registered classes. One of the highlights is an innovative fitness solution for parents and caregivers. +Play are unique fitness classes tailored for caregivers who want to stay active without having to find separate childcare. The classes take place in a child-friendly, flexible environment with caregivers focusing on fitness while children play nearby – interacting with their caregiver during class if needed. +Play classes for this Winter Session include Harmony Hatha Yoga and Total Body Circuit. To learn more about +Play, check page 121.



Courtenay Mayor
Bob Wells

Courtenay Recreation Table of Contents

Programs

- Early Years (Preschool)..... 76
- Children's Programs81
- Youth Programs 94
- Adult Programs104
- Wellness Centre 114
- Active Living 115
- Fitness116
- Personal Training.....126
- Evergreen Club.....128

Adapted Programs

- Adapted Programs for Adults with Disabilities.....100

General

- Cozy Corner Preschool.....75
- Squash.....113
- Registration.....127

Facilities

- The LINC Youth Centre.....99
- Wellness Centre.....114
- Lewis Centre Facility Rentals.....130
- Filberg Centre & Native Sons Hall Facility Rentals.....131
- Courtenay Parks Bookings.....132
- Culture Groups.....134

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

For up to date hours please call 250-334-8138 or visit www.courtenay.ca/linc



Phone: **250-334-8138**
Email: rentals@courtenay.ca
300 Old Island Highway,
Courtenay, BC V9N 3P2
www.courtenay.ca/linc



Facility Closures:

- Christmas Day** - Wednesday December 25
- Boxing Day** - Thursday December 26
- New Year's Day** - Wednesday January 1
- Family Day** - Monday February 17



COZY CORNER Preschool

at the Lewis Centre
Ages 3 - 5 years

489 Old Island Highway,
Courtenay
250-338-5371
courtenay.ca/cozycorner

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



'Children need the freedom
and time to play. Play is not a
luxury. Play is a necessity.'
- Kay Redfield Jamison
Professor & Psychologist



Join our fully qualified and experienced Early Childhood Educators in a nurturing play-based environment.

Our goal encourages not just learning, but the love of learning. We focus on the importance of social skills with both large and small groups to work together to solve problems by providing diverse experiences and safe exploration. We believe each child's voice should be heard to promote a sense of belonging and a sense of self.

Our flexible and hands-on approach will maximize the learning potential for playful exploration and new discoveries. We believe children learn in many ways; a play-based approach that engages children with natural elements and open-ended materials provide a pathway for individual learning.

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

Program runs September through June

Spaces
available.
Register now!

Courtenay Cozy Corner



Winter Program Registration starts Monday November 18 | See page 127



Parent Participation

Parent & Tot Morning Playtime

(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. This program is based on weekly registration.

#15246 Sundays **DROP-IN**
January 12 - March 9
9:15 - 10:15 am
Lewis MP Hall
\$3/drop-in

See page 86 for information on **Family Day activities, Monday February 17 at The Lewis Centre & The LINC Youth Centre 11:00 am - 3:00 pm** or go to courtenay.ca/familyday

Parent & Tot Art Adventures

(5 years and under)
This activity is for our little friends 5 years and under who are very curious and ready to experiment and learn using art-based materials with their caregivers. This program is based on weekly registration - sign up for the full session or drop-in and try it out. Please note drop-in spaces are limited.

Tuesdays
#15251 January 7 - February 4
#15299 February 11 - March 11
10:00 - 11:00 am
Lewis Craft Room B
\$15/5 per family
\$4/drop-in per family

Tunes & Tots Together

The program is presented to help connect adults with their baby through music and having fun.

Instructor: Grandma Marg
Wednesdays
#15196 birth - 18 months
9:30 - 10:15 am
#15300 18 months - 3 yrs old
10:45 - 11:30 am
February 5 - 26
Lewis Craft Room B
\$45/4

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.

No childminding on statutory holidays.

Monday - Thursday **DROP-IN**
8:45 - 10:30 am
Friday 10:15 - 11:45 am
Saturday 8:45 - 10:30 am
NEW Wednesdays 4:45 - 6:30 pm
January 2 - March 31
\$3.15/1.75 hrs includes GST
\$30/10 punch card

Toddler Gym

Join us for some open gym free-play with ride on toys, tunnels, tumbling mats and more. Introduce your child to active living and learning through play. Adult participation is required.

Thursdays
January 9 - March 13
#15248 Curious Crawlers
(birth - 18 months w/ adult)
9:00 - 10:00 am
#15249 Wobbly Walkers
(1 - 3 years with adult)
10:30 - 11:30 am
#15247 Little Movers
(4 years & under with adult)
11:30 am - 12:30 pm
Lewis MP Hall **DROP-IN**
\$3/drop-in

No drop-ins on statutory holidays. Schedule updates at courtenay.ca/drop-in

Special Interest

Kooky Cooking

(3 - 5 years)

Preschoolers will get started in the kitchen with this fun interactive class. From kitchen safety to measuring and mixing ingredients and of course, lots of eating! Our classes are designed to foster a love of cooking.

#15186 Fridays

January 17 - February 14

12:00 - 1:30 pm

Lewis Craft Room A

\$65/5

Toddler Yoga

(1 - 5 years with adult)

Introduce your little ones to yoga early! This fun class includes breathing practices, songs, stretches, silly wiggles, and animal sounds. We try to keep our expectations low on how many yoga poses the little ones actually do and focus on having fun. While the class is geared towards kids aged 18 months - 5 years, parents are welcome to join in the stretches too. **No class February 14.**

Instructor: Kelly Yaskiw

#15321 Fridays

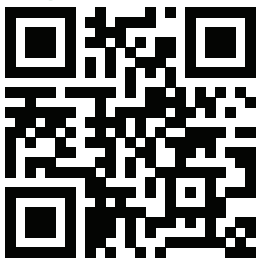
January 24 - March 14

9:00 - 9:45 am

Lewis Salish Building

\$65/7

Register Online:



Budding Bakers

(3 - 5 years)

Whisk, mix and flip up some fun while you bake a fun treat each week. We'll alternate between sweet and savory snacks each week, while learning to safely roll, grate, pat, mix and spread. Experience cooking with all 5 senses, especially taste!

#15200 Fridays

February 21 - March 14

12:00 - 1:30 pm

Lewis Craft Room A

\$55/4

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

#15087 Thursdays

January 23 - March 13

3:00 - 4:00 pm

Lewis Meeting Room

\$96/8

Mini Chefs

(3 - 5 years)

Our chefs in training will learn the basics of food and nutrition in this course designed for young children. We will learn to prepare yummy and nutritious snacks and treats in a safe environment.

#15188 Tuesdays

January 28 - March 4

12:00 - 1:30 pm

Lewis Craft Room B

\$79/6

Silly Science

(3 - 5 years)

Experiment like a scientist as we explore the world around us. We'll participate in hands-on play and cool experiments, concoctions and fun reactions.

#15256 Thursdays

January 23 - February 20

10:30 am - 12:00 pm

Lewis Craft Room B

\$65/5

Please check receipts for important program information.



Courtenay Recreation

Children's Christmas Party

Saturday December 7

11:00 am - 1:00 pm

Florence Filberg Centre

- Gnarly Little Craft Fair *featuring youth vendors*
- Pictures with Santa *(remember to bring your camera!)*
- Evergreen Seniors 'World Famous Ukulele Group' Performance

courtenay.ca/christmas



Mini Sports & Games

(3 - 5 years)

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

#15259 Fridays

February 7 - March 14

12:00 - 12:45 pm

Lewis Vern Nichols Gym

\$42/6



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. We 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. Adult participation as needed. **No class February 17.**

#15204 Mondays

January 13 - March 10

3:45 - 4:30 pm

Lewis MP Hall

\$56/8



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, co-ordination, teamwork and fitness. Adult participation as needed.

Saturdays

9:00 - 9:45 am

#15194 January 11 - February 8

#15195 February 15 - March 15

10:00 - 10:45 am

#15192 January 11 - February 8

#15193 February 15 - March 15

Lewis MP Hall

\$35/5



Financial Access Programs:

Apply now for 2025 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

*Need Birthday party ideas?
Check out page 81 for our
fun birthday party
packages!*

Movement

Dance with Me: Intro to Creative Dance

(2 - 5 years)

This class is for caregivers and tots and is a fun way to begin learning the basic movement of dance. We use unstructured movement to engage children. 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. **No class February 19.**

Instructor: Leigha Wald

#15180 Wednesdays

January 15 - March 12

11:00 - 11:30 am

Lewis MP Hall A

\$55/8



Spring Break Mini Camp Gymnastics & Crafts

(3 - 5 years old)

Get your creativity flowing as we create and move! Each day includes time in the gymnastics gym as we run, jump, climb and swing. After gymnastics we will cool our bodies down as we craft up loads of fun!! Bring a snack, and water bottle each day.

#15301 Monday - Friday

March 17 - 21

9:00 am - 12:00 pm

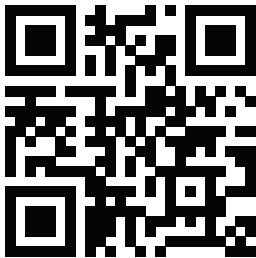
Lewis Craft Room B/

Lewis Centre Gym

\$135/5



Register Online:



Preschool Creative Dance

(3 - 5 years)

Beginner dance steps are taught through play, imagination, story telling and great music. The perfect first dance class for your little one! **No class February 19.**

Instructor: Leigha Wald

#15191 Wednesdays

January 15 - March 12

11:45 am - 12:30 pm

Lewis MP Hall A

\$85/8



Intro to Ballet

(3 - 5 years)

All the basics of ballet are explored in a fun and inspiring environment that encourages your dancer to build confidence and build a foundation for movement through dance. **No class February 17.**

Instructor: Leigha Wald

#15183 Mondays

January 13 - March 10

10:30 - 11:15 am

Lewis MP Hall A

\$85/8



Preschool Acro

(3 - 5 years)

Build confidence and gain awareness in this 8-week class. Acro is a balance of dance and gymnastics and for children under 5, it provides children with a great starting point to increase flexibility, strength and versatility! Have fun playing Acro-based games, taking part in obstacle courses and instructional skill development! **No class February 17.**

Instructor: Leigha Wald

#15190 Mondays

January 13 - March 10

2:15 - 3:00 pm

Lewis Centre Gym

\$85/8



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





Gymnastics

Kindergym & Trampoline

(3 - 5 years)
Get ready for fun as you learn to line up, take turns and stay with your group as we practice movements, play games, run, roll, climb and explore the equipment in our gym! This class could help your child realize their love for gymnastics and help focus some of their energy.

#15058 Tuesdays
January 14 - March 11
1:00 - 2:00 pm
Lewis Centre Gym
\$155/9

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 February 17.**

#15244 Mondays
January 13 - March 10
10:45 am - 11:45 am
Lewis Centre Gym
\$139/8

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 our instructors lead you through individual basic skills, 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 February 17.**

#15060 Mondays
January 13 - March 10
1:00 - 2:00 pm
Lewis Centre Gym
\$139/8

Please check receipts for important program information.

Tot Tumblers & Trampoline

(2 years & under w/ an adult)
Take those first little steps into organized gymnastics, guided by our fun and knowledgeable gymnastics staff! You'll learn basic movements, play games, run, roll, climb and explore on all the equipment set up in our gym with the help of a parent! This class could help your child realize their love for gymnastics and help focus some of their energy! Adult participation required.

#15062 Tuesdays
January 14 - March 11
10:30 - 11:15 am
Lewis Centre Gym
\$89/9

Family Gymnastics

(all-ages w/ an adult, except where noted)
Get ready to run, jump, swing and bounce! Adult participation required.

No session February 17.

Saturdays
January 11 - March 8
#15217 9:00 - 10:00 am (5 yrs & under)
#15218 11:15 am - 12:15 pm
#15219 2:45 - 3:45 pm (6 yrs & over)
Mondays
January 13 - March 10
#15220 12:00 - 1:00 pm
Tuesdays
January 14 - March 11
#15221 11:30 am - 12:30 pm
Monday - Friday
March 17 - 21
#15306 9:00 - 10:00 am
#15307 12:30 - 1:30 pm
Lewis Centre Gym
\$6.50/drop-in



Birthday Parties

Sports Sizzler Birthday

(3 - 14 years)

If your party is going to have a lot of energy, 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
January 12
11:30 am - 12:30 pm
Lewis MP Hall &
Craft Room B
\$140

Build It Birthday

(5 - 14 years)

Build your way to fun with so many options to create including LEGO, KEVA Blocks, spaghetti towers and other surprises! Our instructor will guide you through play, building challenges and games for the first half of your party; then continue your party festivities in the same room for the second. Host parent must be present. Maximum 12 participants.

Saturdays
10:45 am - 12:45 pm
Lewis Craft Room B
\$140

Maximum 12 party guests and host parent must be present for all birthday party packages.

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**
- **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 January 11
10:15 am - 12:15 pm **or**
12:45 - 2:45 pm

Sundays
starting January 12
11:15 am - 1:15 pm **or**
1:45 - 3:45 pm
The LINC Youth Centre &
Indoor Skatepark
\$150
\$190 (incl. 3 large pizzas)
\$195 (make & take,
tie-dye or slime)
\$235 (make & take &
3 large pizzas)

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 coaches will supervise your group in our fun-filled space while they play on the gymnastics set up. Once you have jumped, spun 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
January 11
10:00 am - 12:00 pm **or**
1:45 - 3:45 pm
Lewis Centre Gym
& Craft Room A
\$150

Birthday party packages include one hour of instructor lead activities; during the second hour you can serve treats, open presents and more!



Winter Break Programs

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
December 23 Childminding 8:45 - 10:30 am Parent & Tot Open Gym (6 years & under) 10:30 - 11:30 am Tween Takeover #14756 (10 - 13 years) 9 am - 4 pm	24 Childminding 8:45 - 10:30 am Parent & Tot Open Gym (6 years & under) 10:30 - 11:30 am Sports & More #14755 (K - 10 years) Archery #14750 (7 - 12 years) 9 am - 12 pm <i>Facility closes at 12pm</i>	25 CLOSED 	26 CLOSED 	27 Childminding 10:15 - 11:45 am Sports & More #14754 (K - 10 years) Tween Takeover #14757 (10 - 13 years) 9 am - 4 pm	28 Childminding 8:45 - 10:30 am 
30 Childminding 8:45 - 10:30 am Everything & More #14663 (K - 8 years) #14664 (8 - 12 years) Elf Academy #14662 (K - 8 years) 9 am - 4 pm	31 Childminding 8:45 - 10:30 am New Years Bake Off #14753 (6 - 10 years) #14752 (11 - 16 years) 9 am - 2pm <i>Facility closes at 3pm</i>	January 1 CLOSED 	2 Childminding 8:45 - 10:30 am Parent & Tot Open Gym (6 years & under) 10:30 - 11:30 am Everything & More #14665 (K - 8 years) #14661 (8 - 12 years) SK8 Scoot Snow #14751 (7 - 11 years) 9 am - 4pm	3 Childminding 10:15 - 11:45 am	4 Childminding 8:45 - 10:30 am 

School's Out

Pro D Party

(K - 8 years)
 Enjoy your day off of school at The Lewis Centre! We'll keep you busy with active and creative play. Get ready to party with fun and friends!

#15045 Tuesday February 18
 9:00 am - 4:00 pm
 Lewis Craft Room A
 \$49

Tween Pro D Day

(9 - 12 years)
 Enjoy your day off of school! We'll keep you busy playing games, participating in cool activities, practicing your tricks in the skatepark, having fun in the games room and relaxing at the wave pool!

#15046 Tuesday February 18
 9:00 am - 4:00 pm
 Lewis Salish Building
 \$49

Leisure Buddies

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, behavioral or developmental barriers. Leisure buddies are available for registered programs for children and youth. Please contact Zach, the Adaptive & Inclusive Program Supervisor to ask how we can help!
 250-338-5371 or zandres@courtenay.ca



Financial Access Programs:
 Apply now for the 2025 Recreation Access Program and/or LEAP. More info at courtenay.ca/recaccess



Culinary Adventures

(K - 12 years)

Explore your creativity and taste buds in this delicious hands-on camp! Learn how to cook tasty dishes and treats from different parts of the world. We'll learn skills that will help you in the kitchen and have fun along the way as we play games and create.

Monday - Friday



#15181 **9 - 12 years**

March 17 - 21

#15185 **K - 8 years**

March 24 - 28

9:00 am - 4:00 pm

Lewis Craft Room A

\$240/5

Spring Break

Gymnastics Camp

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

Monday - Friday

March 17 - 21



#15269 **K - 7 years**

11:00 am - 12:00 pm

\$89/5

#15270 **8 - 12 years**

1:30 - 3:00 pm

\$135/5

Lewis Centre Gym



Everything and More

(K - 12 years)

School's out and we've got your ticket to fun! Join us for a little of everything and more! We'll bake, create, play fun games and explore as we make new friends and explore your interests. Each day will have a new, exciting theme and more fun filled activities!

Monday - Friday

#15176 **K - 8 years**

March 17 - 21



#15177 **8 - 12 years**

March 24 - 28

9:00 am - 4:00 pm

Lewis Craft Room B

\$189/5

Check out other Spring Break programs on pages 94 - 95

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



Adventure Camp

(9 - 12 years)

Spring is here - let's go on an adventure! Each day we will visit special places in nature, try out different activities that could include archery tag, rock climbing, caving, play group games, and most of all, have FUN!

#15232 Monday - Friday

March 17 - 21

9:00 am - 4:00 pm

Lewis Salish Building

\$300/5



SK8 Scoot Sports

(7 - 11 years)

Gear up for a busy week - play sports, skateboard, scooter, and swim your way into spring! Mornings will include visits to The LINC's indoor skatepark where you can get tips and tricks from our leaders, play dodgeball or we'll visit the indoor pool. Each afternoon we'll burn off our energy trying out new and favourite sports!

Monday - Friday

#15234 March 24 - 28

9:00 am - 4:00 pm

Lewis MP Hall

\$189/5



Spring Break Family Gymnastics

(all-ages with an adult)

Get ready to run, jump, swing and bounce! Adult participation required.

Monday - Friday

March 17 - 21



#15306 9:00 - 10:00 am

#15307 12:30 - 1:30 pm

Lewis Centre Gym

\$6.50/drop-in



SB Spring Break program





Arts & Crafts

Pottery Pals

(7 - 11 years)

Experience the fun of creating with clay! Kids will learn pinch, slab, coil and sculpting methods while creating functional and sculptural pieces.

Instructor: Bobbie Hammersley
 Tuesdays
 January 7 - March 11
#15163 3:00 - 4:30 pm
#15164 5:00 - 6:30 pm
 Lewis Craft Room B
 \$225/10

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!

Instructor: Anna-Maria Lawries
#15324 Wednesdays
 February 19 - March 12
 3:30 - 4:30 pm
 Lewis Craft Room B
 \$60/4

Island Adventures in Art

(K - 8 years)

Capture the essence of exploring and creating art inspired by our beautiful Island home! Each week participants will work on a mini project that is inspired by the beautiful and diverse environment of Vancouver Island. A fun and imaginative journey for any young artist! **No class February 14.**

Instructor: Anna-Maria Lawries
#15267 Fridays
 January 31 - March 10
 3:45 - 4:45 pm
 Lewis Craft Room B
 \$79/5

Galaxy Adventures

(7 - 11 years)

In a galaxy not so far away lives a crew of creative minds ready to explore our Milky Way Galaxy. With space themed art projects and games, we will expand your knowledge of the stars beyond our sight and everything in-between.

#15303 Mondays
 January 6 - 27
 6:30 - 7:30pm
 Lewis Craft Room A
 \$60/4



Sew Fun

(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.

Instructor: Meredith Murray
#15167 Wednesdays
 January 8 - February 5
 3:15 - 4:45 pm
 Lewis Craft Room B
 \$99/5

Sewing Level 1

(8 - 12 years)

Get your creative juices flowing from your mind, learning the basics of sewing. Learn how to use the sewing machine as you create a pillow case and if time, a pair of pj pants/shorts. Some fabric may be available for student use, but if you desire special fabric, a supply list will be provided.

Instructor: Meredith Murray
#15214 Wednesdays
 February 12 - March 12
 3:15 - 5:15 pm
 Lewis Craft Room A
 \$112/5

Fantastic Worlds

(7 - 11 years)

Step into the enchanting realms, creating our own magical lands of elves, faeries and more! Each week participants will explore fantasy worlds, bringing to life creatures and landscapes of their imaginations! We will create dragon's eggs and powerful wands, engage in interactive games and quests and so much more!

#15308 Saturdays
 February 15 - March 15
 1:30 - 3:00 pm
 Lewis Craft Room B
 \$79/5



Culinary Pursuits

Crafty Kitchen

(K - 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.

Instructor: Anna-Maria Lawries

#15253 Tuesdays

January 14 - February 11

3:30 - 5:00 pm

Lewis Craft Room A

\$105/5

Global Cooking

(6 - 9 years)

Go around the world with your taste buds as you learn to create delicious foods from countries all over the globe! Scrumptious dishes await you, as you explore different cultures, spices and ingredients, young traveler!

#15304 Sundays

January 12 - February 9

1:30 - 3:00 pm

Lewis Craft Room A

\$105/5

Kitchen Basics

(9 - 12 years)

This class is designed to teach participants how to safely prepare foods on their own. We will explore simple recipes that are great for when you're home alone, or just want an easy snack. We will learn knife and other kitchen safety tips and tricks while we prepare delicious snacks that anyone can enjoy!

#15320 Fridays

February 14 - March 14

3:45 - 5:15 pm

Lewis Craft Room A

\$105/5

Little Bites

(K - 7 years)

An introduction to the world of culinary exploration for little chefs, Little Bites is a delicious dive into learning your way around a kitchen. We will explore new flavours and foods with familiar favourites to promote adventurous eating and basic kitchen skills. **No class**

February 17.

#15624 Mondays

February 3 - March 10

3:45 - 5:15 pm

Lewis Craft Room A

\$105/5

Delightful Desserts

(9 - 12 years)

Finally, a class where you can have your cake and eat it too! Each week, we'll dive into a new delightful dessert. Participants will learn essential skills like measuring, mixing, and decorating, all while making delicious creations to share with family and friends.

Instructor: Anna-Maria Lawries

#15305 Tuesdays

February 25 - March 11

3:30 - 5:00 pm

Lewis Craft Room A

\$105/5

Bakers Ready

(7 - 10 years)

Bakers get ready! This hands-on baking crash course will give you the skills you need to create delicious desserts and flavorful foods with confidence. Challenge your new knowledge with a finale recipe where you'll need to have a keen eye to avoid ingredients that could sabotage your dish.

#15302 Thursdays

February 20 - March 13

4:00 - 6:00 pm

Lewis Craft Room A

\$125/4



K: children currently attending kindergarten can register for this program





Courtenay Recreation

Family Day!

Monday February 17
Lewis Centre &
LINC Youth Centre
11:00 am - 3:00 pm

Arts & Crafts
 Live Entertainment
 Toddler Play Space
 Youth Zone
 Skate Park
courtenay.ca/family

Special Interest

Home Alone

(10 - 12 years)
 The Canadian Safety Council's Home Alone program is designed to provide and prepare children with the necessary skills and knowledge to be safe and responsible when home alone. Topics include establishing a routine, dealing with strangers, telephone safety, emergencies, basic first aid, internet safety and more. A student reference book and certificate of completion are included.

Saturday
 #15063 January 11
 #15064 February 1
 #15065 February 22
 #15066 March 8
 9:00 am - 12:00 pm
 Lewis Meeting Room
 \$49

Have you completed your Babysitter Training and want some experience to practice your skills?

Volunteering in our Childminding program is a great chance to work with children while in a safe and supervised environment. See page 94 for more information on volunteering or go to courtenay.ca/volunteer.

Discovery Quest

(K - 8 years)
 Join us for a weekly adventure of discovery as we dive into new areas of interest - from painting and cooking, to STEAM experiments and more. Perfect for curious minds eager to explore a variety of fun and creative experiences in a dynamic and hands-on environment.

#15260 Thursdays
 January 16 - February 13
 4:00 - 5:30 pm
 Lewis Craft Room A
 \$79/5

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! Reference Manuals and information from Canada Safety Council.

#15067 Sunday January 12
 #15068 Sunday February 2
 #15069 Sunday February 23
 #15070 Sunday March 9
 9:00 am - 4:00 pm
 Lewis Meeting Room
 \$95

Minecraft Mayhem

(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! **No class February 14.**

#15268 Fridays
 January 24 - February 28
 5:15 - 6:45 pm
 Lewis Craft Room B
 \$79/5

Super Scientists

(8 - 11 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!

#15266 Saturdays
 January 11 - February 8
 1:45 - 3:15 pm
 Lewis Craft Room B
 \$79/5

Balanced Kids Yoga

(6 - 10 years)
 With fun mindfulness games and yoga, children will move, breathe dance, play and meditate to feel peace within and... have lots of fun!

Instructor: Emily Bailey
 #15298 Wednesdays
 January 8 - February 12
 3:45 - 4:30 pm
 Native Sons Grand Hall
 \$90/6



Homeschool Pottery Party

(7 - 11 years)

Explore your creative side with clay. You'll practice pinch, slab, coil and sculpting methods while making cool projects. Gather with friends and get ready to create!

Instructor: Bobbie Hammersley

#15338 Thursdays
January 9 - March 13
1:00 - 2:30 pm
Lewis Craft Room B
\$225/10

Please check receipts for important program information.

Home Learner Archery

(9 - 12 years)

Learn the history of archery as we cover important skills and safety including proper handling of equipment, rules and techniques to keep you progressing. You'll learn the proper stance, how to nock an arrow, draw the bowstring, aim and release the arrow. Through different games and activities you'll improve your accuracy and consistency and develop strength and endurance to help improve your skills. **No class February 14.**

Instructor: Robin Nordling

#15337 Fridays
January 10 - March 7
2:00 - 3:00 pm
Lewis MP Hall
\$85/8

Family Sports Night

(5 years & over with an adult)

Warm up for the weekend as we run, throw, dribble, kick and score! Try out new sports, build on your skills and have fun on Friday!

#15339 Fridays
January 17 - March 7
5:45 - 6:45 pm
Lewis MP Hall
\$5/family



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

Children's After-School Programs At-A-Glance

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<ul style="list-style-type: none"> Aspiring Architects Floor Hockey Galaxy Adventures Gymnastics Jr. SK8 Stars Skateboard FUNdamentals SK8 Like a Girl Taekwondo 	<ul style="list-style-type: none"> Crafty Kitchen Delightful Desserts Pottery Private Skateboard Lessons Taekwondo Trampoline 	<ul style="list-style-type: none"> Aerial Arts Balanced Kids Yoga Basketball Science Detectives Scooter Tricks Sewing Taekwondo 	<ul style="list-style-type: none"> Aerial Arts Bakers Ready Discovery Quest Soccer Taekwondo 	<ul style="list-style-type: none"> Archery Circus Fantastic Worlds Island Adventures in Art Kitchen Basics Minecraft Mayhem Taekwondo 	<ul style="list-style-type: none"> Acro Basics Archery Home Alone Taekwondo 	<ul style="list-style-type: none"> Global Cooking Gymnastics First Tee Golf Parkour Kidz Taekwondo

Find descriptions of these programs on pages 81 - 93 for dates, times, locations etc.





Sports

Basketball Skills & Games

(8 - 12 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.

#15202 Wednesdays
January 15 - March 12
4:30 - 5:30 pm
Lewis MP Hall
\$89/9



Floor Hockey

(K - 12 years)
Grab your stick and join your friends for some good old-fashioned hockey fun. We will practice skills like passing, shooting and stick handling and end the day with a scrimmage. **No class February 17.**

Mondays
January 13 - March 10
#15208 4:30 - 5:30 pm (K - 8 years)
#15209 5:45 - 6:45 pm (8 - 12 years)
Lewis MP Hall
\$79/8



Beginner Archery

(7 - 11 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!

Instructor: Robin Nordling
#15206 Fridays
January 10 - March 14
3:15 - 4:15
#15205 Saturdays
January 11 - March 15
11:30 am - 12:30 pm
Lewis MP Hall
\$105/10



Intermediate Archery

(11 - 15 years)
You have mastered the basics - let's kick it up a notch! Challenge your skills, refine your technique and prepare for more competitive archery pursuits. You'll dive deeper into shooting techniques, focus on improving your strength, endurance and stability to enhance your performance and continue to refine your aim, consistency and precision as you practice hitting different targets.

Instructor: Robin Nordling
#15213 Saturdays
January 11 - March 15
12:45 - 1:45 pm
Lewis MP Hall
\$105/10



First Tee Golf

(7 - 12 years)
Come join our interactive and immersive first Tee program today! In this program kids will play fun interactive golf games to help develop golfing skills at a young age! All coaches are First Tee certified and have been trained to help in player development!

Sundays
#15210 January 5 - February 2
(7 - 9 years)
#15211 February 9 - March 9
(10 - 12 years)
12:45 - 1:45 pm
Lewis MP Hall
\$49/5



Soccer Kids

(K - 14 years)
Come join us in the Junior Soccer kids program where you'll work on developing your dribbling, passing and shooting skills (or perhaps learn some new ones)! Fun relay games, activities and real soccer game play will help you feel more confident and help get you used to playing with teammates.

Thursdays
January 16 - March 13
#15215 3:15 - 4:15 pm
(K - 9 years)
#15216 4:15 - 5:15 pm
(9 - 14 years)
Lewis MP Hall
\$89/9



Performing Arts

7 Story Circus Youth Aerial Arts: Basics

(10 - 18 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, you'll start close to the ground and gain height as your confidence and abilities increase. We will work towards creating acts to present in the last class.

#15159 Thursdays
January 9 - March 13
4:00 - 5:30 pm
Lewis Centre Gym
\$375/10

Youth Aerial Arts: Intermediate

(10 - 18 years)
This class is for aerialists with previous experience. This class focuses on skill building, technique, strength, endurance, creative movement and much more. We will work towards creating acts to present in the last class.

#15160 Wednesdays
January 8 - March 12
4:00 - 5:30 pm
Lewis Centre Gym
\$375/10

Find more 7 Story Circus programs on page 111.

7 Story Circus member fee of \$25/student to be paid to the instructor at the first class.

Rosin available for purchase at class \$10.

Please read the Health & Safety page at www.7storycircus.com

7 Story Circus Youth Aerial Arts: Advanced

(10 - 17 years)
This class is for aerialists with previous experience and working at an advanced level. This class focuses on advanced skill building, drops, complex combinations and transitions, technique, strength, endurance, creative movement and much more. We will work towards creating acts to present in the last class.

#15158 Thursdays
January 9 - March 13
6:00 - 7:30 pm
Lewis Centre Gym
\$375/10

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
January 10 - February 28
#15161 4:00 - 5:00 pm (6 - 9 years)
#15162 5:00 - 6:00 pm (8 - 12 years)
Lewis Centre Gym
\$200/8



OPT IN to receive email notifications!

Did you know you can receive emails from Courtenay Recreation for important updates? This can be done on your customer account online. Call the Lewis or Filberg Centre for more information or assistance.





Martial Arts

Woo Kim Taekwondo Tigers

(K - 8 years)

Taekwondo is a traditional Korean martial art and an Olympic sport. In this class students learn Taekwondo with an emphasis on fun. Physical skills such as balance, coordination, and flexibility are coupled with building mental and social skills like confidence, co-operation, and focus. Kids will follow curriculum and learn kicks, hand strikes, blocks, stances and dynamic footwork. We are a sanctioned member of the BC and Canadian Taekwondo Federations. **No class February 17.**

Instructor: Caleb Orrego

#15182 Mondays & Wednesdays
January 6 - March 12
\$200/19

#15184 Tuesdays & Thursdays
January 7 - March 13
3:45 - 4:30 pm
Native Sons Grand Hall
\$209/20



Woo Kim Intro to Taekwondo

(K - 9 years)

If you've never done Taekwondo before this class is for you. This class is designed to teach kids the basic foundational skills like kicking, blocking, punching, and life skills: courtesy, confidence and perseverance. Kids over 9 please join Junior class directly. We are a sanctioned member of the BC TKD Federation. Instructors permission required to progress to the Tigers/Juniors class.

Instructor: Richard Dobbs

#15178 Thursdays
January 9 - February 27
4:00 - 4:30 pm
Lewis Activity Room
\$93/8



Woo Kim Taekwondo Juniors

(8 - 14 years)

Taekwondo is a traditional Korean martial art and an Olympic sport. Starting at white belt, students will progress through the coloured belt system while learning exciting kicks, dynamic hand strikes and Olympic sparring. We maintain a supportive, inclusive and structured learning environment where students can thrive. Classes are varied and fun covering sparring, pad kicking, self-defense and poomsae (patterns). We are a sanctioned member of the BC and Canadian Taekwondo Federations. **No class February 17.**

Instructor: Caleb Orrego

White - Green

#15189 Mondays & Wednesdays
January 6 - March 12
\$219/19

#15197 Tuesdays & Thursdays
January 7 - March 13
4:40 - 5:30 pm
Native Sons Grand Hall
\$219/20

Blue Stripe & Higher

#15198 Tuesdays & Thursdays
January 7 - March 13
5:40 - 6:30 pm
Native Sons Grand Hall
\$219/20



Please check receipts for important program information.

Apply for discounts that provide healthy lifestyle opportunities through two programs:

1. Recreation Access Program

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

2. LEAP

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

Apply for 2025 today! More info at courtenay.ca/recaccess

Skatepark

Jr. SK8 Stars

(K - 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 February 17.**

February 17.

#15042 Mondays

January 13 - March 10

3:30 - 4:15 pm

LINC Indoor Skatepark

\$89/8



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 February 17.**

February 17.

#15043 Mondays

January 13 - March 10

4:30 - 5:30 pm

LINC Indoor Skatepark

\$119/8



Scooter Tricks 101

(6 - 10 years)

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

#15201 Wednesdays

January 15 - March 12

4:00 - 5:00 pm

LINC Indoor Skatepark

\$135/9



SK8 Like A Girl

(8 - 11 years)

While the boys are away, the girls will SKATE! Build confidence and have fun learning the basics of skateboarding. Learn to cruise, test the ramps and try a trick or two. Grab your girl friends and get ready to own the skatepark. Why should the boys have all the fun? Skateboards and safety equipment are included. **No class February 17.**

#15044 Mondays

January 13 - March 10

5:45 - 6:45 pm

LINC Indoor Skatepark

\$119/8



SK8 Scoot Snow

(7 - 12 years)

Let's change up your winter break routine! 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, trip to the indoor pool and more! We'll make sure you have an action-packed time!

#14751 Thursday & Friday

January 2 & 3

9:00 am - 4:00 pm

LINC Indoor Skatepark & Lewis MP Hall

\$99/2

Private Skateboarding Lesson

(6 years & over)

Want to refine your skateboarding or get an edge up on your friends? Are you brand new to the sport and don't know where to start? Take a private lesson with our instructors and get tips and tricks to help keep you progressing. Rentals available.

Tuesdays starting

January 7

4:00 - 4:45 pm

5:00 - 5:45 pm

6:00 - 6:45 pm

LINC Indoor Skatepark

\$25



Courtenay Children



Winter Program Registration starts Monday November 18 | See page 127



Gymnastics

Boys & Girls Mixed Gymnastics

(K - 8 years)
We base our gymnastics CanGym Program around the 3 F's: Fun, Fitness and Fundamentals. Our experienced and energetic coaches will lead you through a fun-filled warm up before breaking you off into groups to develop your individual skills, increase your strength, flexibility and stamina. **No class February 17.**

- Sundays
January 12 - March 9
- #15052 10:45 - 11:45 am 
- #15051 12:30 - 1:30 pm
\$180/9
- #15053 Mondays
January 13 - March 10
3:30 - 4:30 pm
Lewis Centre Gym
\$160/8

Boys & Girls Intermediate Gymnastics

(8 years & over)
Boys and girls will progress in these programs once base skills are strong and when you are physically and mentally ready to advance. Registrants 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 February 17.**

- #15049 Sundays
January 12 - March 9
2:30 - 4:00 pm
\$225/9 
- #15050 Mondays
January 13 - March 10
5:45 - 7:15 pm
Lewis Centre Gym
\$200/8

Coaches Sheri, Breanne, Carla, Leigha, Zach & Chloe are ready to welcome you back to class! Watch for the 65th Gymnastics Championships this spring!

Spring Break Gymnastics Camp

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

- Monday - Friday
March 17 - 21
- #15269 11:00 am - 12:00 pm
(K - 7 years)
\$100/5
- #15270 1:30 - 3:00 pm
(8 - 12 years)
Lewis Centre Gym
\$125/5

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 February 17.**

- #15056 Sundays
January 12 - March 9
1:30 - 2:30 pm
\$180/9 
- #15057 Mondays
January 13 - March 10
4:30 - 5:30 pm
Lewis Centre Gym
\$160/8

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 February 17.**

- #15054 Sundays
January 12 - March 9
1:30 - 2:30 pm
\$180/9 
- #15055 Mondays
January 13 - March 10
4:30 - 5:30 pm
Lewis Centre Gym
\$160/8

Family Gymnastics

(all-ages with an adult, except where noted)
Get ready to run, jump, swing and bounce! Adult participation required. **No session February 17.**

#15220 Mondays
January 13 - March 10
12:00 - 1:00 pm

#15221 Tuesdays
January 14 - March 11
11:30 am - 12:30 pm

Saturdays
January 11 - March 8

#15218 11:15 am - 12:30 pm

#15219 2:45 - 3:45 pm (6+ years)
Lewis Centre Gym
\$6.50/drop-in

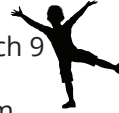


Parkour Kidz

(7 - 10 years)
Parkour, the practice of traversing obstacles in a man-made or natural environment through the use of running, vaulting, rolling or other movements in order to travel from one point to another. This class is sure to get your heart rate going by testing out your skills!

Instructor: Sheri Roffey

#15061 Sundays
January 12 - March 9
9:30 - 10:30 am
Lewis Centre Gym
\$180/9



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! **No class February 22.**

Instructor: Leigha Wald

#15059 Saturdays
January 11 - March 8
12:45 - 1:45 pm
Lewis Centre Gym
\$120/8



Trampoline

(8 years & over)
Develop your skills in our structured trampoline program! 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!

Tuesdays
January 7 - March 11

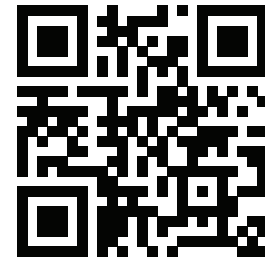
#15047 3:30 - 4:30 pm

#15048 4:30 - 5:30 pm
Lewis Centre Gym
\$155/10



Progress through the rainbow of trampoline badges: red, orange, gold, yellow, green & blue as you build your skills and learn routines!

Register Online:



Volunteer with Us!

Courtenay Recreation is the most fun place to connect with the community through volunteering!

Family Day is a great way to get volunteering and engaged with the community on a fun filled day of activities.

Lewis Centre 250-338-5371

courtenay.ca/volunteer





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 behaviours, 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.

#15067 Sunday January 12

#15068 Sunday February 2

#15069 Sunday February 23

#15070 Sunday March 9

9:00 am - 4:00 pm

Lewis Meeting Room

\$95

*Gain experience
babysitting -
Volunteer in
Childminding!
Ask us how!*

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

#15212 Thursday March 20

9:00 am - 4:00 pm

Native Sons Lower Lodge

\$98

High Five Principals of Healthy Child Development (PHCD)

(14 years & over)

HIGH FIVE® PHCD training equips front-line leaders (anyone working with children aged 4 to 12 – i.e. camp counsellor, coaches, after school staff, swim instructors) with the tools to immediately enhance the quality of the programs they are leading. Training provides skills and knowledge for leaders to understand what they need to do to ensure each child's social, emotional and cognitive needs are met. A great addition to your resume before applying to summer jobs! This training will be VIRTUAL.

Instructor: Courtnea Stolling

#15272 Saturday January 4

10:00 am - 3:00 pm

Online, a link will be sent out in advance

\$95

First Aid

(13 years & over)

Join us for a one-day course covering the ABCs 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.

Instructor: Laurie Baird

#15285 Wednesday March 19

8:30 am - 4:30 pm

Outdoor Pool Office

\$135

SB

Volunteer

Information Night

(12 years & over)

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. Register or drop in for information and fun!

#15168 Wednesday March 19

4:00 - 5:00 pm

LINC Multipurpose Room

FREE

FREE

School's Out

Chopped

(12 - 15 years)

Test your cooking skills and invent tasty dishes! Each day your team is given a basket of surprise food items that must be incorporated to create a soup, salad, appetizer, entrée or dessert. You will be scored on a variety criteria. Will you be part of the winning team? Prizes included!

#15226 Monday - Friday
March 17 - 21
10:00 am - 2:00 pm
LINC Youth Centre
Kitchen
\$155/5



New Year's Bake Off

(12 - 16 years)

Create an assortment of holiday baking this holiday season. Cookies, bars, and treats galore; you'll be a hit at the holiday parties and have all the goodies to ring the New Year in right! Participants will leave with an assortment of treats to share and a recipe book to continue the baking at home!

#14752 Tuesday December 31
9:00 am - 2:00 pm
LINC Youth Centre
Kitchen
\$45

Spring Break Smash Up

(13 - 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, weather permitting.

#15227 Monday March 24

Archery Tag & Aquarium

#15228 Tuesday March 25

Rock Climbing & Elk Falls

#15229 Wednesday March 26

Horne Lake Caves

#15230 Thursday March 27

Wild Play Ropes Course

#15231 Friday March 28

Go Karts & Little Qualicum Falls

9:00 am - 4:00 pm

The LINC Youth Centre

\$70/day

Fire Fighter Basic Training

(13 years & over)

Challenge your physical and mental abilities as you train with the Courtenay Fire Department. This fun day will educate you about the volunteer and career opportunities in firefighting. Activities may include extinguisher training, auto extraction, building searches and more. Please bring a lunch to fuel you for the day.

#15286 Tuesday March 18
10:00 am - 4:00 pm
Macdonald Fire Training Centre
\$39



Financial Access Programs:

Apply now for the 2025 Recreation Access Program and/or LEAP. More info at courtenay.ca/recaccess

16th Annual

Gnarly Little Christmas Craft Fair

Saturday December 7

10:00 am - 2:00 pm

Filberg Conference Hall

Cross items off your holiday shopping list and support local youth entrepreneurs showcasing talents in arts, crafts, baking and more. Check out some sneak peeks at courtenay.ca/gnarly or the City's Facebook page.

There's still time to join in the fun. Tables (\$10) are still available for youth 9 - 19 years!

courtenay.ca/gnarly





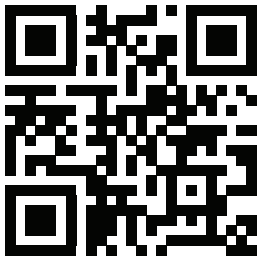
Creative Pursuits

7 Story Circus Youth Aerial Arts: Basics

(10 - 18 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 and strength, you'll start close the ground and gain height as your confidence and abilities increase. We will work towards creating acts to present in the last class.

#15159 Thursdays
January 9 - March 13
4:00 - 5:30 pm
Lewis Centre Gym
\$375/10

Register Online:



Pottery Pursuits

(12 - 16 years)
Explore both hand-building and wheel-throwing through guided projects, demonstrations and self-exploration. Create mugs, bowls and decorative sculptures using your own style.

#15165 Thursdays
January 9 - March 13
4:00 - 5:30 pm
Lewis Craft Room B
\$225/10

7 Story Circus Aerial Arts

(10 - 18 years)
This class is for aerialists with previous experience. This class focuses on skill building, technique, strength, endurance, creative movement and much more. We will work towards creating acts to present in the last class.

#15160 Wednesdays (Intermediate)
January 8 - March 12
4:00 - 5:30 pm
#15158 Thursdays (Advanced)
January 9 - March 13
6:00 - 7:30 pm
Lewis Centre Gym
\$375/10

Bake Wars

(13 - 15 years) **NEW**
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 and some special Valentine's Day surprises. Experiment with a variety of sweet and savoury recipes and tools each week. Recipes may include cookies, cakes, scones, and more!

#15284 Mondays
February 10 - March 10
5:15 - 6:45 pm
LINC Kitchen
\$79/4

Dinner Wars

(13 - 15 years) **NEW**
Get ready to chop, sauté, bake, and grill your way to a delicious dinner! Together we will explore different foods, flavours and recipes as we create, cook and cultivate a new love of cuisines. Leave with a book of recipes and the skills to keep you cooking at home. Don't forget a container for your leftovers!

#15283 Mondays
January 13 - February 3
5:15 - 6:45 pm
LINC Kitchen
\$79/4

Tween Night Out

(10 - 12 years)
School's out for the day - now what? Register for this action-packed program that will have you burning off your extra energy. We'll be active, creative and adventurous as we try out new games, crafts, challenges and experiments.

#15289 Tuesdays
January 14 - March 11
4:15 - 6:00 pm
LINC Multipurpose Room
\$105/9



Adapted Diverse Sports - Youth

(9 - 15 years)

You name it: we play it! Join in this sporty environment, where we mix and mesh all of your favourite sports into something accessible for everyone!

#15278 Tuesdays
January 14 - March 4
4:30 - 5:30 pm
Lewis MP Hall
\$50/8

Adapted Creative Adventures

(9 - 15 years)

Have you got a creative side, and always wanted to explore? Felt the desire to express yourself through art? This adapted program is opening up the space for you to try new things, and learn a little about how we express ourselves through art. **No class February 17.**

#15279 Mondays
January 20 - March 10
4:30 - 5:30 pm
Lewis Craft Room B
\$35/7

Game Day Sports

(12 - 15 years)

Run, jump, throw, kick, dribble or shoot your way into the weekend. We'll keep you busy Fridays with different sport scrimmages, building on your skills and having fun with friends! Try out new sports and play your favourites - basketball, soccer, racquetball, floor hockey and more!

#15287 Fridays
January 17 - March 7
7:00 - 8:30 pm
Lewis MP Hall
\$79/8

NEW

2SLGBTQIA+ Youth Social

(12 years & over)

This group has been curated to enhance the social fabric of the 2SLGBTQIA+ community and allies. Youth can come together with pride while participating in fun activities like art, guest speakers, out trips, mindfulness, resource sharing, games nights, and more! Drop in or sign up for the full schedule. Join us for a special planning party January 14.

#15330 Tuesdays
January 14 - March 11
6:30 - 8:00 pm
Lewis Salish Building
\$70/9
\$8/drop-in

NEW

DROP-IN

Thrive in 2025 - Weekly Wellness

(13 - 15 years)

Build your wellness in this weekly workshop. We'll explore different wellness facets - physical activity and movement (e.g. yoga), healthy eating, stress management techniques, mindfulness and meditation, and more. Get ready to thrive in 2025!

#15282 Wednesdays
January 15 - February 26
6:30 - 7:30 pm
Lewis Activity Room
\$85/7

NEW

Please check receipts for important program information.

Courtenay Youth

Birthday Parties at the LINC

(8 years & over)

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

- dodgeball
- make & take (tie-dye t-shirt or slime)
- skatepark
- gaming
- karaoke
- general

Or combine themes to make a party all your own!
Host parent must be present. Maximum 12 participants.

Saturdays starting January 11
10:15 am - 12:15 pm **or** 12:45 - 2:45 pm
Sundays starting January 12
11:15 am - 1:15 pm **or** 1:45 - 3:45 pm
LINC Youth Centre Indoor Skatepark
\$150
\$190 (3 large pizzas)
\$195 (make & take - slime or tie dye t-shirts)
\$235 (make & take and 3 large pizzas)





Girls on the Move

(12 - 15 years)
 Grab your friends and get in on the fun with this try-everything recreation program just for girls! Move, sweat and build confidence while trying new ways to stay active! Activities may include yoga, movement games, archery, dance, racquet sports, team sports, rock climbing and more!

#15282 Thursdays
 January 16 - March 13
 4:30 - 6:00 pm
 Lewis Meeting Room
 \$165/9

Badminton

(13 - 16 years)
 Be active, meet new players and improve your game in this fast-paced group sport! An instructor 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!

#15222 Sundays
 January 12 - March 9
 10:15 - 11:15 am
 Lewis MP Hall
 \$89/9

Archery

(13 - 16 years)
 Are you looking for something fun to do on your Saturday afternoon? We'll review the basics of archery, including stance, aiming and bow handling and get you shooting. Our instructors will guide you through target practice and provide you individualized feedback to keep your skills developing and improving. **No class February 22.**

Instructor: Robin Nordling
#15203 Saturdays
 January 11 - March 15
 2:00 - 3:00 pm
 Lewis MP Hall
 \$105/10

Basketball Skills & Games

(12 - 14 years)
 Get a chance to develop your basketball skills and techniques with other youth from the community! Learn ball handling, passing and shooting skills, and get the chance to put your skills into practice through weekly scrimmages.

#15288 Tuesdays
 January 14 - March 11
 6:00 - 7:00 pm
 Lewis Centre Gym
 \$89/9

SK8 Gurlz

(13 - 15 years)
 Learn the basics of skateboarding. We'll cruise around the skatepark working on balance, foot positioning, pushing, turning, stopping and more. Gain confidence and camaraderie among skateboarders in this inclusive program open to girls, girl-identifying individuals and non-binary and gender non-conforming people comfortable in a space centering around friends getting together. Helmets & skateboards included.



Sundays
#15223 January 12 - 26
#15224 February 2 - 16
#15225 March 2 - 16
 9:00 - 11:00 am
 LINC Indoor Skatepark
 \$59/3

Private Skateboarding Lesson

(6 - 15 years)
 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.

Instructor: Charlie Daigneault
 Tuesdays starting
 January 7
 4:00 - 4:45 pm
 5:00 - 5:45 pm
 6:00 - 6:45 pm
 LINC Indoor Skatepark
 \$25

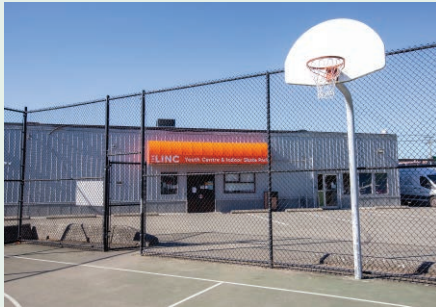
Youth 16 years & older are also able to register in adult programs!



THE LINC

youth centre & Indoor Skatepark

300 Old Island Highway, Courtenay
250-334-8138



Courtenay Youth

WHAT WE OFFER

- Indoor skatepark
- Skateboards & scooters
- Computers
- Ping pong
- Air hockey
- Foosball
- Billiards
- Harm reduction resources
- Videogames
- Concession
- Ms. Pacman & Street Fighter arcade game
- Basketball court
- Drum set & guitars
- Free food frenzy
- Youth Pantry

WINTER HOURS

- Mondays**.....7 - 9 pm
(16+ Adult Night)
Skatepark & Games Room
- Tuesdays**.....3 - 7 pm
Tweens (8 - 11 yrs) **NEW** 3 - 5 pm
8 - 18 years 5 - 7 pm
- Wednesdays**.....3 - 8 pm
8 - 18 years **NEW** 3 - 5 pm
11 - 19 years 5 - 8 pm
- Thursdays**.....3 - 8 pm
(11 - 19 years)
- Fridays & Saturdays**.....3 - 11 pm
(11 - 19 years)

*hours are subject to change

FEES

- Youth** (8 - 18 years):
\$2.50 drop-in
\$15/month membership
\$25/11 punch pass
\$80/year membership

- Adult** Wednesday - Saturday
Skatepark ONLY (19 & over):
\$4 drop-in
\$20/month membership
\$40/11 punch pass

*Monday Nights - Adults only!

WINTER BREAK HOURS

(December 23 - January 5)
Fridays & Saturdays 1 - 9 pm
Closed December 24, 25, 26, 31 & January 1

Thunderous Thursdays with Charlie

Come enjoy unique, creative, fun programs facilitated by Charlie Daigneault. Each week will be a new idea, and they will all be tremendous!

Winter Contests

We will be running fantastic monthly contests throughout the winter! Check our Facebook page and QR code for the featured contest starting in January!

Look at our QR code for updates.



Mental Health & Harm Reduction Workshops

Join us for Naloxone training, safer sex, safer partying education and more.

Family Drop In

Join us for fun filled family drop in at the LINC Youth Centre. Whether you're looking to play games, arts and crafts, or enjoy the indoor skatepark, there is something for everyone. You can also take advantage of our concession, where we have cheap snacks for the family.

Sundays
starting January 12
4:00 - 7:00 pm
\$5/family

NEW





Adapted Sports

Adapted Archery

(18 years & over)

Learn the art of archery through step-by-step instruction. Each week we'll review how to draw a bow and shoot arrows so that your coordination, strength, aim and accuracy improve. **No program February 14.**

#15112 Fridays

January 10 - March 7
12:30 - 1:30 pm
Lewis MP Hall
\$40/8

Adapted Basketball

(16 years & over)

Are you ready to ball? In this Intro-Level program, learn basic ball handling, passing and shooting skills, plus get the chance to put those skills into play through scrimmages and games!

#15275 Thursdays

1:00 - 2:00 pm
January 9 - March 13
Lewis Centre Gym
\$40/10

Please check receipts for important program information.

Adapted Diverse Sports

(16 years & over)

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

#15107 Wednesdays

January 8 - March 12
10:00 - 11:15 am
Lewis Centre Gym
\$50/10

Adapted Diverse Sports - Youth

(9 - 15 years)

You name it: we play it! Join in this sporty environment, where we mix and mesh all of your favourite sports into something accessible for everyone!

#15278 Tuesdays

January 14 - March 4
4:30 - 5:30 pm
Lewis MP Hall
\$40/10

Challenger Baseball

(16 years & over)

Join this baseball program specifically designed to empower children, youth and adults living with physical and/or cognitive disabilities offered in partnership with the Jays Care Foundation and we greatly appreciate their support in our community.

#15272 Thursdays

January 16 - March 6
10:30 - 11:30 am
Lewis Centre Gym
\$32/8



Adapted Winter Bowling League

(18 years & over)

Strike up new friendships at our fun bowling leagues on Wednesdays. Get ready for spares, chop-offs, strikes and probably a few gutter balls as you work to improve your bowling game. Who will be the first to get a turkey (3 strikes in a row)?!

#15109 Wednesdays

January 8 - March 26
3:00 - 4:00 pm
Codes Country Bowling
\$5/12

Adapted Indoor Soccer

(16 years & over)

Dribble, pass, and shoot your way to the goal of having fun while playing Soccer. Begin every session with some basic skills work, and end every session sliding into game play and showcasing your ability!

#15276 Mondays

1:30 - 2:30 pm
January 6 - March 10
Lewis MP Hall
\$36/9

All Adapted Programs Proudly Sponsored by:



COMOX VALLEY
COMMUNITY
FOUNDATION
Enriching life in the Comox Valley Forever



Comox Valley
REGIONAL DISTRICT



Adapted Movement

Adapted Chair Fit

(18 years & over)

An upbeat workout class that uses bender balls and toner sticks followed by a nice cool down with gentle stretching. All ages & abilities welcome.

#15104 Fridays

January 10 - March 28

10:30 - 11:30 am

Lewis MP Hall

\$85/12

Adapted Dance Class

(13 years & over)

Join this fun and energizing approach to movement and music. Enjoy a mix of styles and step-by-step instructions to get you moving and shaking!

#15105 Thursdays

January 16 - March 13

1:10 - 2:00 pm

Lewis Activity Room

\$45/9

Teen Odyssey - Spring Break

(11 - 18 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 spring activities - interactive games, crafts, beach days, out trips, swimming and much more!

#15290 Monday - Friday

March 24 - 28

9:00 am - 3:00 pm

LINC Multipurpose Room

\$90/5

Adapted Dance Party

(18 years & over)

Let's get the wild spring dance party started! Register with your friends and join us for this fitness inspired class that is sure to put that spring in your step! All abilities and levels welcome.

#15106 Wednesdays

January 8 - March 12

1:15 - 2:00 pm

Lewis MP Hall

\$50/10

Adapted Spoonie Social

(13 years & over)

This bi-weekly group has been curated to enhancing the social fabric of those living with persistent pain and illness. Folks will come together in solidarity to participate in gentle activities like, art, guest speakers, mindfulness, resource sharing, games nights, low-impact exercises and more! Drop in or sign up for the full schedule.

#15280 Wednesdays

January 8 - March 12

3:30 - 5:00 pm

Lewis Meeting Room

\$30/6

Adapted Yoga

(16 years & over)

Join us for a slow moving gentle yoga class that focuses on calming the breath, stretching and gentle strengthening. This class will leave you feeling refreshed and relaxed.

#15110 Tuesdays

January 7 - March 25

1:30 - 2:15 pm

Lewis Activity Room

\$65/12

Adapted Neuro-Wonderful Social

(13 years & over)

A group curated to enhance the social fabric of those living with neurodiversities. Folks will come together in solidarity to participate in gentle activities like, art, guest speakers, mindfulness, resource sharing, games nights, movie nights, and more! Drop in or sign up for the full schedule.

#15281 Wednesdays

January 8 - March 19

6:00 - 7:30 pm

Lewis Craft Room B

\$30/6





Special Interest

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. **No class February 17.**

Mondays

#15113 January 13 - February 3

#15114 February 10 - March 10

10:30 am - 12:00 pm

The LINC Kitchen

\$35/4

Adapted Sing-along

(18 years & over)

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-along! No previous musical experience needed.

#15118 Wednesdays

January 15 - March 12

10:00 - 11:00 am

Lewis Craft Room A

\$45/9

Adapted Young Adults Club

(18 years & over)

Let's get social and plan the things you want to do! Activities may include crafts, movies, games nights, dinner out and more! Join us for a special pizza planning party on January 7th.

#15111 Tuesdays

January 7 - March 18

6:00 - 8:00 pm

Lewis Craft Room A

\$30/11

Adapted Creative Adventures

(9 - 15 years)

Have you got a creative side, and always wanted to explore? Felt the desire to express yourself through art? This adapted program is opening up the space for you to try new things, and learn a little about how we express ourselves through art. **No class February 17.**

#15279 Mondays

January 20 - March 10

4:30 - 5:30 pm

Lewis Craft Room B

\$35/7

Adapted Art Cards

(18 years & over)

Let's get creative! Each week we'll work together and make beautiful cards to sell in the community. All proceeds from sales are shared back to the artists.

Mondays

January 6 - March 10

#15102 10:00 - 11:00 am

#15103 1:00 - 2:00 pm

Lewis Craft Room A

Free

Espresso-Yourself

(16 years & over)

Get together to enjoy a good cup of coffee or tea with friends. There will be opportunities to connect with new friends and build connections within the Comox Valley. **No program February 18.**

#15108 Tuesdays

January 14 - March 11

10:30 - 11:30 am

Lewis Craft Room A

\$35/8

Adapted Art in the Afternoon

(16 years & over)

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

#15274 Wednesdays

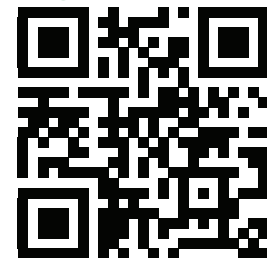
January 8 - March 12

2:30 - 4:00 pm

Lewis Salish Building

\$45/10

Register Online:



Adapted Special Events

Valentine's Day Dance

(16 years & over)

Celebrate Valentine's Day with all your friends at our annual Valentine's Day Dance. Be ready to spread the love and don't forget your dancing shoes for an afternoon of music and treats!

#15117 Friday February 14

12:30 - 2:30 pm

Lewis MP Hall

\$3

St. Patrick's Day Dance

(18 years & over)

An afternoon of jigs, reels, and then some! Wear green and shamrocks and join us for an afternoon of step dancing... even if you aren't Irish!

#15116 Friday March 14

12:30 - 2:30 pm

Lewis MP Hall

\$3

St. Patrick's Day Bingo

(18 years & over)

Do you have the Luck of the Irish? Wear your green and bring good luck for our afternoon bingo session! Lucky charms for everyone!

#15115 Tuesday March 18

1:00 - 2:00 pm

Lewis MP Hall

\$3

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 who live below Statistics Canada low income thresholds.

Provides 52 free admissions to drop-in activities.

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

*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.*

Courtenay Adapted Programs

Adapted Programs

Winter Wonderland Dance

Kick off the holiday season with the Adapted Crew at our annual Winter Wonderland Dance. Treats and drinks provided and a visit from a special guest!

Friday December 13

12:30 - 2:30 pm

Filberg Conference Hall

\$3



Adapted Program Registration starts Monday November 25



Creative Pursuits

How to Draw and Paint People

Learn to make visual sense of the anatomy so you can easily draw and paint it. You will be able to create paint colours you need, get proportions and movement right, and add the face all in a fun and relaxed environment.

Instructor: Teresa Knight
#15171 Tuesdays
 February 18 - March 25
 6:00 - 8:00 pm
 Filberg Craft Room
 \$114/6

Watercolour Landscapes

Watercolour is amazing for creating evocative landscapes: misty valleys, rushing water, snow covered hills, or lighter-than-air cloudscapes. 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! (Supply list on receipt.)

Instructor: Teresa Knight
#15173 Tuesdays
 January 7 - February 11
 6:00 - 8:00 pm
 Filberg Craft Room
 \$114/6

Beginner Acrylics

This class is for those who are brand new to painting and also those who are new to acrylics. We'll cover all the basics! Including making colours, drawing, blocking in colour, material and supplies, techniques, layering and more. You'll come out with some paintings of your own and a good foundation for more!

Instructor: Teresa Knight
#15170 Thursdays
 January 9 - February 13
 6:00 - 8:00 pm
 Filberg Craft Room
 \$114/6

All Levels

Painting Studio Time

All subject matter, all levels, any medium. Individualized attention with expert advice and guidance when you need it. Teresa will make you feel at home and relaxed so you can jump in, have fun, and improve your techniques. Bring a piece that you are working on and the supplies you normally use.

Instructor: Teresa Knight

#15172 Thursdays
 February 20 - March 27
 6:00 - 8:00 pm
 Filberg Craft Room
 \$114/6

Beginner Pottery

Build a fundamental skill set to create functional and decorative pieces with clay. Students will learn hand building techniques and different surface decoration methods through guided projects and self-exploration. Registration includes one bag of clay.

Instructor: Bobbie Hammersly

#15148 Thursdays
 January 9 - March 13
 6:30 - 8:30 pm
 Lewis Craft Room B
 \$399/10

#15149 Tuesdays
 January 7 - March 11
 7:00 - 9:00 pm
 Lewis Craft Room B
 \$399/10

Adults registering for Beginner Pottery classes will also have access to additional studio time on Wednesdays, 6:00 - 9:00 pm.

Please check receipts for important program information.

Beginner Knitting

Welcome to knitting! Whether you are an absolute beginner or have knit in the past, this class is for you. In this 4-week session, we'll explore the knit stitch, casting on and binding off, fixing mistakes, and more, while you make a pair or two of fingerless mitts. Material kits available for purchase.

Instructor: Sarah Thornton

#15151 Tuesdays

February 4 - 25

6:30 - 8:30 pm

Filberg Rotary Hall

\$149/4

The Zen Zone - Think with Ink

Like to doodle? Find yourself doing the same things over and over? Expand your creativity with guided Zentangle patterns and neurographic designs. Experience the calm that comes from flow and getting in the 'zone.' No artistic ability required! Materials provided.

Instructor: Laura Forgie

#15242 Thursday March 6

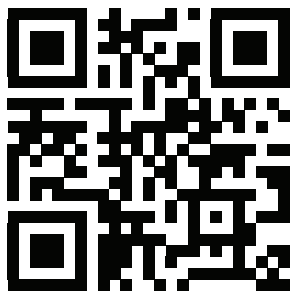
6:30 - 8:30 pm

Filberg Soroptomist

Lounge

\$25

Register Online:



Beginner Blues Harmonica

The harmonica is a versatile instrument that can be heard in music ranging from folk and country to jazz and rock, but the harmonica is truly at home with the blues. No previous musical experience is necessary. Please bring a 'c' harmonica.

Instructor: Larry Ayre

#15262 Tuesdays

January 28 - March 4

6:00 - 7:00 pm

Lewis Meeting Room

\$89/6

Beginner Blues Guitar

Get happy while strumming the Blues! This course is for those with a basic understanding of how to play the guitar and will focus on 12 bar blues songs and cover strumming patterns, turnarounds, blues scales and simple blues licks (phrases).

Instructor: Larry Ayre

#15261 Tuesdays

January 28 - March 4

7:15 - 8:30 pm

Lewis Meeting Room

\$89/6



Courtenay Adult



Winter Program Registration starts Monday November 18 | See page 127

105



Special Interest

Productivity 101 Masterclass

Transform your life one day at a time in this powerful 2-hour workshop. Discover 10 key ideas to skyrocket your productivity and create amazing days. Learn practical strategies to maximize your time, boost focus, and achieve your goals. Join Coach Linda (www.bethrivingmomstoday.com) to unlock your potential and build the extraordinary life you deserve.

Instructor: Linda Bartholme

#15329 Saturday March 1

1:30 - 3:30 pm

Lewis Meeting Room

\$39

NEW

Aromatherapy Informative Workshop

This class is a fun and interactive introduction to Aromatherapy. Topics include: daily aromatherapy; safety; and the what, how, why and when to use essential oils. Taught by Deanna Papineau, EOT Registered Aromatherapist.

Instructor: Deanna Papineau

#15243 Thursday January 23

6:00 - 8:00 pm

Lewis Meeting Room

\$49

Confidence 101 Masterclass

Join Coach Linda (www.bethrivingmomstoday.com) in this immersive confidence workshop and learn practical tools to create indestructible trust in yourself. Reach your goals and transform your life through personalized coaching, group exercises, meditation, mindfulness, and manifestation practices. Register now to become the person you were always meant to be.

Instructor: Linda Bartholme

#15328 Monday February 10

7:00 - 9:00 pm

Lewis Craft Room A

\$39

NEW

Best Year Yet 2025

Join Coach Linda (www.bethrivingmomstoday.com) for the "Best Year Yet 2025" workshop! Overcome obstacles with a "Bring it on" mindset and master what you can control. Gain clarity on your goals, boost your confidence, and leave with an actionable plan to make 2025 your most successful year yet. Get ready to step into your power starting today!

Instructor: Linda Bartholme

#15327 Sunday January 12

2:00 - 4:00 pm

Lewis Salish Building

FREE

FREE

Unlock Your Potential: Habit Creation that Works

Revolutionize your life in 2025! Create positive habits that run on autopilot, preserving mental energy for what truly matters. Coach Linda (www.bethrivingmomstoday.com) will guide you through an exhilarating transformation, unlocking effortless habits and supercharging willpower. Bid farewell to old routines and welcome an unstoppable, thriving version of yourself.

Instructor: Linda Bartholme

#15326 Fridays

January 17 - February 7

10:30 - 11:30 am

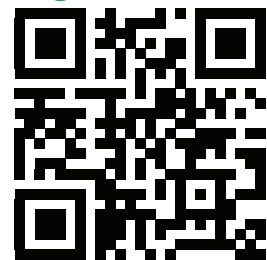
Lewis Craft Room A

\$89/4



NEW

Register Online:



Cuisine from India 2

Come and learn about North Indian cuisine. Sonja shares some culinary secrets from Indian chefs she worked with at the Naam Restaurant in Vancouver. The menu will include chick pea curry, baked samosas, mint & cilantro achar and a dessert called besan burfi. There will be some hands-on in this class so bring an apron and some to-go containers.

Instructor: Sonja Limberger
#15240 Saturday February 1
 2:00 - 4:30 pm
 Bill Moore Park
 Lawn Bowling Building
 \$89

Gluten Free Baking

Explore some delicious baked goods without gluten. Chef Sonja has worked on these recipes for a few years. Even if you are not on a gluten-free diet you will love these baked goods. The recipes are as follows: Teff flour and seedy bread, coconut vanilla cake and carrot almond muffins. Bring an apron as there will be some hands on. We will get to sample these creations after the lesson and maybe take some home.

Instructor: Sonja Limberger
#15239 Sunday February 16
 1:30 - 4:30 pm
 Bill Moore Park
 Lawn Bowling Building
 \$89

Mediterranean Cuisine

We invite you to join the chef to explore some marvelous Mediterranean recipes. In this class Chef Sonja will share how to make spanakopita (filo, spinach and feta pie), stuffed peppers/tomatoes and a tabouli or cous-cous salad. Share a delicious meal at the end of the lesson and bring some to-go containers.

Instructor: Sonja Limberger
#15238 Saturday March 1
 2:00 - 5:00 pm
 Bill Moore Park
 Lawn Bowling Building
 \$89

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 who live below Statistics Canada low income thresholds.

Provides 52 free admissions to drop-in activities.

Apply now for 2025! More info at courtenay.ca/recaccess.





Music & Dance

Circle Dance

Come learn traditional folk, modern and meditative songs and dances from around the world, from beautiful, dreamy dances to fun (and funny) dances. No dance experience necessary and two left feet are most welcome!

Instructor: Laura Forgie
#15241 Thursday January 30
 6:00 - 8:00 pm
 Filberg Conference Hall
 \$25

Beyond Beginner 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!

Instructor: Darlene Birtwistle
#15187 Saturdays
 January 11 - March 29
 10:45 am - 12:00 pm
 Lewis Activity Room
 \$6.75/drop-in

Line Dance

Line dancing is a great way to keep your brain and your body active! If you've been enjoying the beginner class it's time to boot, scoot, and boogie your way on up to the intermediate class. This class will focus on learning new dances while still enjoying the favourites from the beginner class. No partners required.

#15174 Wednesdays (**Beginner**)
 January 8 - March 26
 1:05 - 2:05 pm
 Lewis Activity Room
 \$79/12

#15175 Tuesdays (**Intermediate**)
 January 7 - March 25
 12:00 - 1:00 pm
 Native Sons Grand Hall
 \$79/12

Line Dance Socials

Join us for an afternoon of dancing, socializing and sharing. Open to anyone who loves to line dance and just can't get enough.

Instructors: Darlene Birtwistle & Joan Wydenes
#15366 Sunday February 16
#15367 Sunday March 16
 1:00 - 3:30 pm
 Native Sons Grand Hall
 \$10

Beginner Belly Dance

Discover your inner Sheherazade as we explore hip shimmies and sways, shake arms, and dreamy veils. Body isolations and basic movements will get you moving to a variety of rhythms! **No class February 17.**

Instructor: Laura Forgie
#15150 Mondays
 January 6 - March 24
 7:00 - 8:00 pm
 Native Sons Grand Hall
 \$72/11

Intermediate Belly Dance

Let's shimmy and shake into new techniques and combinations to build on what you learned in the beginner class. 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 February 17.**

Instructor: Laura Forgie
#15157 Mondays
 January 6 - March 24
 5:45 - 6:45 pm
 Native Sons Grand Hall
 \$72/11

Line Dance Party

Learn the steps, learn the lingo and find out why a line dance class feels like a party! Build your confidence one step at a time with fun and easy line dances done to all kinds of music - it's not just country anymore! A great workout for the body and the brain, line dancing lifts your spirits and puts a smile on your face. "Life's Too Short Not to Dance."

Instructor: Darlene Birtwistle
#15179 Thursdays
 January 9 - March 27
 7:00 - 8:15 pm
 Lewis MP Hall A
 \$79/12



Beginner African Drumming

In this class, participants learn proper hand drumming technique and simpler West African rhythms for djembe and dundun (bass drum). This introductory course is intended for those wanting to explore how drumming is good for physical and mental health and lays the foundation for higher level courses; participants should be able to replicate basic rhythmic patterns. Participants must provide their own djembe. **No class February 7.**

Instructor: Monica Hofer
#15152 Fridays

January 10 - March 28
2:45 - 3:45 pm
Native Sons Grand Hall
\$159/11

Drums Alive for Every-Body

Drums Alive is the most fun you will ever have drumming and moving to the beat! No Experience necessary - you can work at your own pace! 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 February 17.**

Instructor: Monica Hofer
#15155 Mondays

January 6 - March 24
12:15 - 1:15 pm
Native Sons Grand Hall
\$99/11

Please check receipts for important program information.

Beyond Beginner African Drumming

Looking for a place to enhance your drumming skills? Do you have a few beginner's 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 and exciting West African rhythms - all while having fun getting into the groove. Please contact instructor if unsure of level. Participants must provide their own djembe. **No class February 7.**

Instructor: Monica Hofer
#15153 Fridays

January 10 - March 28
1:30 - 2:30 pm
Native Sons Grand Hall
\$159/11

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

Intermediate African Drumming

Join our local hand drumming instructor and drum circle facilitator and get into your weekly groove. New rhythms taught every week; opportunities to work on djembe and bass drums. Great for the mind, body and spirit! This class is intended for those with previous experience. **No class February 7.**

Instructor: Monica Hofer
#15156 Fridays

January 10 - March 28
12:00 - 1:00 pm
Native Sons Grand Hall
\$159/11

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
#15154 Wednesdays

January 8 - March 26
5:30 - 6:30 pm
Native Sons Grand Hall
\$109/12





Martial Arts

Evening Tai Chi

The slow, fluid movements of Tai Chi reduce tension and stress, improve 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

Thursdays

January 23 - March 13

#15088 6:45 - 7:45 pm (**Beginner**)

#15086 8:00 - 9:00 pm (**Advanced**)

Lewis Activity Room

\$80/8

Chi Kung

(18 years & over)

Similar to Tai Chi and Yoga, Chi Kung promotes health and wellness through the practice of controlled breathing combined with body movements and sequences. This class leads students through a series of easy-to-learn, slow-paced movements to improve agility, flexibility and improve overall health and mental focus.

Instructor: Tom Haber

#15090 Thursdays

January 23 - March 13

12:00 - 1:00 pm

Native Sons Lodge &

Dining Room

\$80/8

Kung Fu

(13 years & over)

Tibetan White Crane Kung Fu develops whole body fitness through a set of controlled movements and sequences. This fast-paced class provides an introduction to Kung Fu and is suitable for those looking to build agility, learn self-defense and improve overall well-being. Each session will consist of a warm-up, practice of basic movements, and training adjusted to individual level and progression.

Instructor: Tom Haber

#15094 Wednesdays

January 22 - March 12

7:00 - 8:15 pm

Native Sons Lodge &

Dining Room

\$90/8

Woo Kim

Taekwondo Adult

(13 years & over)

This fast-paced program is designed to give participant a full body workout all while building a new skill. Taekwondo is a Korean martial art and a recognised Olympic sport. Known for its dynamic, powerful kicks Taekwondo is a rewarding outlet for everyone. Improve strength, endurance, coordination, flexibility and balance skills all while reaching new heights of self confidence. Sanctioned by the BC and Canadian Taekwondo federations. Taught by 4th Dan Black Belt Richard Dobbs.

#15199 Tuesdays & Thursdays

January 7 - March 13

6:40 - 7:40 pm

Native Sons Grand Hall

\$240/20

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

#15099 Tuesdays

January 21 - March 11

7:00 - 8:00 pm

Lewis MP Hall

\$80/8



OPT IN to receive email notifications!

Did you know you can receive emails from Courtenay Recreation for important updates?

This can be done on your customer account online.

Call the Lewis or Filberg Centre for more information or assistance.

Historical Fencing (Intro)

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 January 21.**

Instructor: Chad Herbert

#15072 Tuesdays

January 7 - March 11

5:30 - 6:30 pm

Filberg Conference Hall

\$99/9

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 January 21.**

Instructor: Chad Herbert

#15236 Tuesdays

January 7 - March 11

6:30 - 8:30 pm

Filberg Conference Hall

\$145/9

Find more 7 Story Circus programs on page 89.

7 Story Circus member fee of \$25/student to be paid to the instructor at the first class.

Rosin available for purchase at class \$10.

Please read the Health & Safety page at www.7storycircus.com

7 Story Circus Aerial Arts: Mixed Levels (Basics - 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. Students will have the option to work towards creating acts to present in the last class.

Instructor: 7 Story Circus

#15146 Wednesdays

January 8 - March 12

6:00 - 7:30 pm

Lewis Centre Gym

\$375/10

7 Story Circus Youth Aerial Arts: Basics

(10 - 18 years)

This class is for students new to aerial fabric or those needing a refresher. With a focus on skill and strength, you'll start close the ground and gain height as your confidence and abilities increase.

#15159 Thursdays

January 9 - March 13

4:00 - 5:30 pm

Lewis Centre Gym

\$375/10

7 Story Circus 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, stiling, chair balance and partner balance, handstands and conditioning, improvisation and performance games. This class is for beginners to pre-professional circus enthusiasts!

Instructor: 7 Story Circus

#15147 Fridays

January 10 - February 28

6:30 - 8:00 pm

Lewis Centre Gym

\$300/8

Youth Aerial Arts: Intermediate

(10 - 18 years)

This class is for aerialists with previous experience. This class focuses on skill building, technique, strength, endurance, creative movement and more.

#15160 Wednesdays

January 8 - March 12

4:00 - 5:30 pm

Lewis Centre Gym

\$375/10





Sports

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.

#15123 Wednesdays & Fridays

January 8 - March 28

1:15 - 3:15 pm

Lewis Centre Gym

\$4/drop-in

Basketball

(16 years & over)

Looking for some facilitated gym time to drop-in and play a pick up game of basketball or shoot around with your friends without any commitment? Join us on Tuesday nights and enjoy the flexibility of drop-in Basketball.

#15124 Tuesdays

January 7 - March 25

7:00 - 8:30 pm

Lewis Centre Gym

\$4/drop-in

Pickleball

(16 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 wood paddle racquets and a plastic style baseball. Must pre-register for drop in. No drop ins accepted on site.

#15133 Tuesdays & Thursdays

January 7 - March 27

1:15 - 3:15 pm

Native Sons Grand Hall

\$4/drop-in

Soccer

(16 years & over)

Join our Monday night kick-around for a fun, casual soccer experience! Enjoy playing the sport you love with no commitment required. All skill levels are welcome - come and play!

#15292 Mondays

January 6 - March 24

7:00 - 8:30 pm

Lewis Centre MP Hall

\$4/drop-in

Comox Valley Road Runners 5K Clinic

This 10-week course is aimed at three levels of runner. 1) Walkers who want to build strength, endurance and speed - turning to a run. 2) Walk/run - a slow, careful introduction to running. 3) Run - helps you build up endurance, distance and speed. Your 10th week will be a 5K Fun Run designed to give you a race experience along with allowing you to celebrate your new skills and accomplishments. Experienced members of the CVRR are there to mentor and guide you through this program; carefully structured by a running coach. You'll receive informative and entertaining talks on subjects relating to the sport of running from community professionals. For more info contact 5kclinic@cvrr.ca or visit www.cvrr.ca

#15309 Saturdays

January 18 - March 22

9:00 - 11:30 am

Native Sons Lodge

& Dining Room

\$60/10

Adult SK8 Night

(16 years & over)

Come enjoy the skatepark and games room, only for adults!

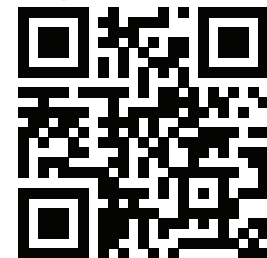
Mondays

7:00 - 9:00 pm

LINC Youth Centre

\$4/drop-in

Register Online:



Lewis Centre Squash Courts



To Reserve a court:
 Call 250-338-5371 or
 stop by the Lewis Centre
 front desk.
 Payment is required at
 time of booking.
 Use your squash punch
 pass/membership & save!

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) 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 Wellness Centre



Ages 13 & Over

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

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

Equipment

- Functional Trainers
- Treadmills
- Cross Trainers
- Stair Climber
- Rowing Machine
- Recumbent Bicycles
- Stationary Bicycles
- Strength Machines
- Free Weights
- TRX

Services Include

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

Wellness Centre Hours:

Monday - Friday.....5:30 am - 9:00 pm

Supervised.....5:30 - 10:30 am & 3:30 - 7:30 pm

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

Supervised.....8:30 am - 4:00 pm

**closed on statutory holidays*

Fees (includes 5% GST)

	Drop-in	11 Punch card	1 month	3 months	6 months	1 year
Student	\$4.00	\$40.00	\$40.00	\$96.00	\$168.00	\$240.00
Adult	\$6.75	\$67.50	\$67.50	\$162.00	\$283.50	\$405.00
Evergreen	\$5.50	\$55.00	\$55.00	\$132.00	\$231.00	\$330.00
PWD	\$4.00	\$40.00	\$40.00	\$96.00	\$168.00	\$240.00

Memberships & Punch Cards can be purchased in person or online at courtenay.ca/reconline

Pass Suspensions

Passes may be suspended in advance for a minimum of one month for **medical reasons only**. Passes will be suspended from the date the request is made (in writing) or from the date of a Doctor's certificate.

Childminding is available during certain times while you drop in to the Wellness Centre. See page 76 for more information.

Winter Drop-in Fitness effective January 5 - March 29, 2025

	MON	TUES	WED	THURS	FRI	SAT
Morning	6:00am				Early Bird Fitness	
	9:00am	STRONG Nation	Step & Strength	Zumba w/ Milena	BootCamp Blast	Pedal N' Sculpt++
	10:30am		BootCamp Blast		DanceFit	
Mid-day	12:05pm	Monday Motivator	Spin Express Flow Yoga <i>MP Hall</i>	Crossfit HIIT	Dynamic Fusion	Kettle Bell
	3:30pm	Yoga Sculpt		Yoga Sculpt		
Evening	5:15pm	Zumba Toning <i>5:30 pm</i>	Athletic Barre <i>5:00 pm</i>	Strength Stretch & Mobility	Power Spin & Core	Class Levels Beginner/Intermediate Intermediate/Challenging Challenging + 75 minute class ++ 90 minute class
	6:15pm		Zumba w/ Stacie			
	7:30pm		Yin Yoga w/ Susan+			

Courtenay Active Living

See page 116 for program descriptions

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

Fees (includes 5% GST)

	Drop-in	11 Punch card	1 month	3 months	6 months	1 year
Student	\$4.00	\$40.00	\$40.00	\$96.00	\$168.00	\$240.00
Adult	\$6.75	\$67.50	\$67.50	\$162.00	\$283.50	\$405.00
Evergreen	\$5.50	\$55.00	\$55.00	\$132.00	\$231.00	\$330.00
PWD	\$4.00	\$40.00	\$40.00	\$96.00	\$168.00	\$240.00

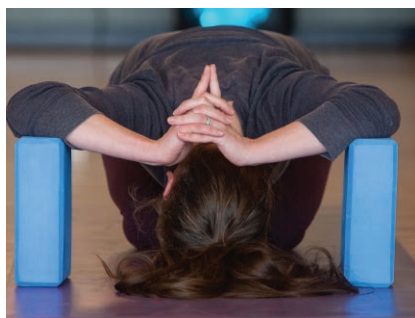
No classes on stat holidays

For fitness schedule before January 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 regular fitness classes. Check out our Play+ classes on page 121 or find our childminding hours on page 76.





Drop-in Fitness

STRONG Nation

Mondays 9:00 - 10:00 am  Push your limits with music-driven full-body workouts. Enjoy muscle conditioning, cardio, plyometrics, and martial arts. Bodyweight only, with levels for everyone.
Instructor: Alana Hoever

Monday Motivator

Mondays 12:05 - 12:55 pm
Start the week off right with a challenging mix of exercises that target your upper and lower body as well as core. You will develop balance, strength and agility, as well as improved heart and lungs.
Instructor: Susan Obieglo

Yoga Sculpt


Mondays 3:30 - 4:30 pm & Wednesdays 3:30 - 4:30 pm
A creative mixture of Vinyasa yoga and strength training designed to create a full body workout. Combining traditional yoga asanas, strength training with light weights, ending in a soothing stretch. This high intensity workout and unfolding will leave you feeling stronger, refreshed and uplifted.

Instructor: Wendie Matte


Zumba Toning

Mondays 5:30 - 6:30 pm
Zumba® Toning combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba® moves.
Instructor: Milena Spratt

Step & Strength

Tuesdays 9:00 - 10:00 am  Step and Strength combines step aerobics with strength training for a full-body workout that boosts cardio, builds muscle, and tones.
Instructor: Leah Partidge

BootCamp Blast

Tuesdays 10:30 - 11:30 am & Thursdays 9:00 - 10:00 am  You'll get your butt kicked with a mix of equipment based and bodyweight exercises. This class combines cardio, functional training and conditioning exercises.

Instructor: Steve Thomson

Spin Express

Tuesday 12:05 - 12:55 pm
Beginners to Spin welcome, and seasoned cyclists will be challenged! Class is composed of a warm-up, cardio, cool-down and stretch.

Instructor: Fiona McQuillan

Flow Yoga

Tuesdays 12:05 - 12:55 pm
In this Vinyasa yoga class, you'll practice poses that are strung together to form one fluid sequence of movement.

Instructor: Susan Obieglo

Athletic Barre

Tuesdays 5:00 - 6:00 pm
The barre is used for balance and posture, incorporating weights, tubing and the bender ball.

Instructor: Nancy Victoria

Zumba w/ Stacie

Tuesdays 6:15 - 7:15 pm
Join Stacie for a medium to high intensity Latin inspired dance fitness class guaranteed to make you sweat!


Instructor: Stacie Cleveland

Yin Yoga w/ Susan

Tuesdays 7:30 - 8:45 pm
Start your week with this Yin class, enhancing mobility and flexibility through deep holds, promoting relaxation. Yoga experience required.

Instructor: Susan Obieglo

Zumba w/ Milena

Wednesdays 9:00 - 10:00 am  This Latin infused dance class will burn tons of calories and make you sweat. You will shimmy, shake, and pump your chest!


Instructor: Milena Spratt

Crossfit HIIT

Wednesdays 12:05 - 12:55 pm
This is an intense workout combining functional movements and high-intensity interval training to build strength, endurance, and agility.

Instructor: Leah Partidge

Strength, Stretch & Mobility

Wednesdays 5:15 - 6:15 pm  Enhancing fitness through effective weight training and mobility exercises for strength, flexibility and mobility.

Instructor: Nancy Victoria

DanceFit

Thursdays 10:30 - 11:30 am
Get happy and fit in this lower intensity dance-style class. Features easy to follow dance moves and fun, upbeat music from around the world.
Instructor: Lyla Pettis

Dynamic Fusion

Thursdays 12:05 - 12:55 pm
An integrative fitness class combining weightlifting, Pilates, and yoga to enhance strength, balance, mobility, core stability, and flexibility.

Instructor: Susan Obieglo

Power Spin & Core

Thursdays 5:15 - 6:15 pm
High-intensity cycling combined with core-strengthening exercises for a comprehensive full-body workout.

Instructor: Nancy Victoria

Early Bird Fitness

NEW

Fridays 6:00 - 7:00 am
Working out in the morning gives you a 12 hour mood boost! This class combines cardio, strength and balance exercises using a variety of formats and hand weights. Leave feeling energized, strong and ready to tackle the day ahead. All fitness levels are welcome!

Instructor: Tina Pringle

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

55+ Drop-in Fitness

Simply Strength 1

Exercises will be taught with a variety of equipment to increase balance, range of motion and strength and will help you regain or maintain your ability to climb stairs, get in and out of a chair or car, and maintain your balance while walking and standing. Dynamic movements are performed with great music to improve cardiovascular performance including gentle stretching. Participants should be able to get up and down from the floor. **No class February 17.**

Instructor: Juan Blancas

#15120 Mondays & Wednesdays
January 6 - March 26
10:30 - 11:30 am
Native Sons Grand Hall
\$6.75/drop-in

55+ Strength, Stretch & Core

This popular class checks off all the boxes! Your workout begins with a moderate level warm up followed by exercises that focus on strengthening, toning and stretching key muscles. A long, relaxing stretch completes the class. **No class February 17.**

Instructor: Nancy Victoria

#15121 Mondays
January 6 - March 24
9:00 - 10:00 am
Filberg Conference Hall
Thursdays
January 9 - March 27
9:00 - 10:00 am
Native Sons Grand Hall
\$6.75/drop-in

55+ Chair Fitness

This fun, lower impact, chair-based class can be done both in or out of the chair! You'll be guided carefully through exercises focusing on balance, mobility, range of motion, coordination, flexibility, muscle strength and relaxation. The instructor will offer modifications as needed, as well as, provide support to participants at every turn. All levels welcome!

Instructor: Nancy Victoria

#15119 Tuesdays & Fridays
January 7 - March 28
9:00 - 10:00 am
Filberg Rotary Hall
\$6.75/drop-in

Courtenay Active Living

Winter 55+ Drop-in Fitness

effective January 5 - March 29, 2025

	MON	TUES	WED	THURS	FRI
9:00 am	55+ Strength, Stretch & Core Filberg (Upper)	55+ Chair Fit Filberg (Lower)		55+ Strength, Stretch & Core Filberg (Upper)	55+ Chair Fit Filberg (Lower)
10:30 am	Simply Strength 1 Native Sons Hall (Upper)		Simply Strength 1 Native Sons Hall (Upper)		

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

Only punch cards are accepted at offsite locations. Cash payments need to be made at the Lewis or Filberg office.



Winter Program Registration starts Monday November 18 | See page 127




55+ Programs

55+ Yoga - Joint Series

This sequence of gentle postures focuses on increasing mobility of all joints and improving breath awareness. Each pose is highly adaptable, and we move slowly enough to explore variations for everybody. The Joint Freeing Series includes poses that are on hands and knees, seated and standing. **No class February 20.**

Instructor: Sheron Jutila

#15084 Thursdays

 January 9 - March 27

10:15 - 11:45 am

Native Sons Grand Hall


\$165/11

55+ Yoga - Gentle

A blend of styles that includes mostly floor poses (seated, belly, back). A slow moving and calming practice with stretching and easy strengthening. Suitable for those that are slow in getting up and down from the floor, have limited mobility or are looking for a mellow practice. **No class February 17.**

Instructor: Sheron Jutila

#15083 Mondays

 January 6 - March 24

1:45 - 3:00 pm

Native Sons Grand Hall


\$143/11

55+ Yoga - Ongoing

A blend of styles (based in Hatha yoga) with a mixture of floor and standing work. Options for increasing challenge and deepening awareness. A mixed level class with a thorough warm-up and poses to improve flexibility, balance, strength, and posture. Previous Hatha yoga or similar experience required. **No class February 7.**

Instructor: Sheron Jutila

#15085 Fridays

 January 10 - March 28

10:00 - 11:30 am

Native Sons Grand Hall

\$165/11

55+ Strength Training

Strength training is great for anyone looking to maintain, build and improve their strength, balance and overall well-being. This Wellness Centre class will provide personal instruction with various strength training equipment providing a well-rounded exercise routine with personalized workouts to address your needs. Our qualified instructor will be giving you instruction, support and guidance throughout your sessions in a fun, non intimidating atmosphere. **No class February 17.**


Instructor: Juan Blancas

Mondays & Wednesdays

January 6 - March 26

#15079 12:30 - 1:30 pm

#15080 2:00 - 3:00 pm

 Lewis Wellness Centre

\$276/23

Tuesdays & Thursdays

January 7 - March 27

#15077 12:30 - 1:30 pm

#15078 2:00 - 3:00 pm

 Lewis Wellness Centre

\$288/24

Fridays

January 10 - March 28

#15081 12:30 - 1:30 pm

#15082 2:00 - 3:00 pm

 Lewis Wellness Centre

\$144/12



Look for the Evergreen symbol for 55+ classes.

More information on page 128.



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

#15096 January 8 - February 12

#15294 February 26 - April 2

1:00 - 3:00 pm


Lower Level

Native Sons Hall

\$60/6


55+ Simply Strength 2

This popular class with Steve is an intermediate level class and is a step up from Simply Strength 1. It offers overall body conditioning, balance and agility, core strengthening and health and wellness education. **No class February 17.**

Instructor: Steve Thomson
#15076 Mondays & Wednesdays
 January 6 - March 26
9:00 - 10:00 am
Native Sons Grand Hall
\$276/23

55+ Chair Yoga

Developed for those who cannot get up and down from the floor easily. There's still a lot of Yoga that can be done in a chair. Special breathing practices, gentle joint movements and muscle strengthening will all take place in this fun class. We also do poses while standing, using the chair for support.

Instructor: Catherine Reid
#15075 Tuesdays
 January 7 - March 25
10:30 - 11:30 am
Native Sons Grand Hall
\$144/12

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





Group Fitness

Dryland Training

Prepare for skiing, biking or boost your overall fitness with our dryland training. This dynamic class focuses on strength, endurance, balance, and agility through varied exercises. Suitable for all fitness levels. Join us to enhance your athletic performance and enjoy a comprehensive workout.

Instructor: Monica Woitexen

#15091 Fridays

January 24 - March 14

5:00 - 6:00 pm

Lewis Activity Room

\$99/8

Dynamic Fusion

Join us for a one-hour registered version of Susan's lunch hour class, Dynamic Fusion. This integrative fitness class combines weightlifting, Pilates, and yoga to enhance overall fitness. The unique blend boosts strength, balance, mobility, core stability, and flexibility, offering a comprehensive workout for all levels.

Instructor: Susan Obieglo

#15092 Tuesdays

January 21 - March 11

5:45 - 6:45 pm

Lewis MP Hall

\$99/8

Women's Strictly Strength

This women's only strength class provides a comfortable environment for women of all ages to focus on building strength through resistance training and the use of a variety of equipment. No cardio is involved, but you will work towards developing lean muscle mass, improving bone strength, increasing flexibility and feeling stronger both physically and mentally.

Instructor: Leah Partridge

#15100 Fridays

January 24 - March 14

10:30 - 11:30 am

Lewis Activity Room

\$99/8



Early Bird Fitness

Working out in the morning gives you a 12 hour mood boost! This class combines cardio, strength and balance exercises using a variety of formats and hand weights. Leave feeling energized, strong and ready to tackle the day ahead.

Instructor: Tina Pringle

#15372 Fridays

January 10 - March 28

6:00 - 7:00 am

Lewis Activity Room

\$6.75/drop-in



Did you know?

Stress reduction is vital for both mental and physical well-being. Chronic stress can negatively impact your health, leading to issues like high blood pressure, weakened immune function, and mental fatigue. Reducing stress not only enhances your mood and productivity but also improves your overall quality of life.

One of the most effective ways to reduce stress is through active living. Active living doesn't have to mean intense workouts; it can include activities like walking, swimming, cycling, or yoga. Incorporating movement into your daily routine helps clear your mind, boosts energy, and improves sleep.

Some programs we offer to help reduce stress include:

- Tai Chi
- Integrating Meditation into Everyday Life
- Various Yoga classes, both drop-in and registered
- And so much more!

Welcome to +PLAY, a unique fitness class tailored for caregivers who want to stay active without having to find separate childcare. Our program is designed to accommodate both you and your little ones, ensuring you can tend to their needs while getting a great workout.

+PLAY: Harmony Hatha Yoga

Experience a fun Hatha style Yoga class specifically designed for caregivers who wish to maintain their yoga practice while keeping their little ones close. This unique program ensures you can focus on various yoga poses all while blending the tranquility of yoga with the demands of caregiving.

Instructor: Susan Obieglo
#15073 Thursdays
 January 23 - March 13
 1:15 - 2:15 pm
 Lewis MP Hall
 \$99/8

+PLAY: Total Body Circuit

Experience a dynamic circuit training class designed specifically for caregivers who want to stay active while keeping their little ones close. This innovative program allows you to get a comprehensive workout without needing separate childcare, seamlessly blending fitness with caregiving.

No class February 17.
Instructor: Susan Obieglo
#15074 Mondays
 January 20 - March 10
 1:15 - 2:15 pm
 Lewis Activity Room
 \$84/7

Comox Valley Road Runners 5K Clinic

This 10-week course is aimed at three levels of runner.

- 1) Walkers who want to build strength, endurance and speed - turning to a run.
 - 2) Walk/run - a slow, careful introduction to running.
 - 3) Run - helps you build up endurance, distance and speed.
- Your 10th week will be a 5K Fun Run. You'll receive informative and entertaining talks on subjects relating to the sport of running from community professionals. For more info contact 5kclinic@cvrr.ca or visit www.cvrr.ca

#15309 Saturdays
 January 18 - March 22
 9:00 - 11:30 am
 Native Sons Lodge & Dining Room
 \$60/10

New Year, New You!

Start your New Year with a powerful series of classes designed to build lasting, positive habits. From fitness to mindfulness, these sessions offer tools to boost energy, productivity, and personal growth for a transformative year.

Power Within: Self-Defense Training

Try this hands-on course that teaches essential self-defense techniques, situational awareness, and strategies to enhance personal safety. Gain confidence, mental strength, and practical skills to protect yourself in real-life scenarios

Instructor: Tom Haber
#15377 Sunday February 23
 10:00 am - 12:00 pm
 Lewis Activity Room
 \$30

Women's Yoga for Pelvic Health

Are you careful about coughing or sneezing? Perhaps you're not sure if you're doing your Kegel exercises properly. This 2-hour Yoga class will introduce you to how Yoga can tone the pelvic floor, creating a balance between strength and relaxation in the three layers of pelvic floor muscles.

Instructor: Catherine Reid
#15378 Tuesday January 30
 6:15 - 8:15pm
 Lewis Meeting Room
 \$30



Functional Mobility and Foam Rolling Workshop



Boost strength and flexibility in this one-day class! Learn proper weight-lifting techniques, stretch effectively, and finish with foam rolling to care for your muscles.

Instructor: Nancy Victoria
#15379 Saturday February 8
 11:00 am - 1:30 pm
 Lewis Activity Room
 \$20



Winter Hustle December 22 - January 4

Stay energized and beat the holiday stress - join our festive drop-in fitness classes this winter for a fun, feel-good workout that keeps you in shape and boosts your holiday spirit!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
December 23 9:00 - 10:00 am Snowy STRONG Nation w/ Alana 12:05 - 12:55 pm Frosty & Fit w/ Susan	24 10:30 - 11:30 am Winter Blast BootCamp w/ Steve Facility Closed at 12:00pm	25 Facility Closed All Day	26 Facility Closed All Day	27 	28 9:00 - 10:30 am Polar Pedal w/ Luis 
30 9:00 - 10:00 am Snowy STRONG Nation w/ Alana 12:05 - 12:55 pm Frosty & Fit w/ Susan	31 9:00 - 10:00 am Sleigh, Step & Strength w/ Leah 10:30 - 11:30 am Winter Blast BootCamp w/ Steve 12:05 - 12:55 pm Snow Flow Yoga w/ Susan Facility Closed at 3:00pm	January 1 Facility Closed All Day	2 9:00 - 10:00 am Winter Blast Bootcamp w/ Steve 10:30 - 11:30 am Winter Wonderland DanceFit w/ Lyla 12:05 - 12:55 pm Festive Fusion w/ Susan	3 10:30 - 11:30 am New Year Women's Strength w/ Leah <i>Please note: This schedule is subject to change. Fitness substitutions and cancellations will be posted at courtenay.ca/fitness. Please check the schedule before attending.</i>	4 9:00 - 10:30 am Polar Pedal w/ Luis

Courtenay Active Living

EXCEL

Exercise for Cancer to Enhance Living Well (EXCEL) is an exercise research intervention developed by and delivered on behalf of the University of Calgary. This program is designed specifically for individuals undergoing or recovering from cancer treatment. A pre-requisite for this program must be completed prior to registration. Winter classes will be added soon. Please inquire through the front desk about adding your name to an interest list.

Register Online:



Yoga 4 Cancer

This class is specially designed for those who have a current cancer diagnosis and who have previously experienced cancer. Yoga helps to manage side effects and improves recovery, strengthens bones and muscles, the flow of lymph and digestion, and enhances the quality of life. Join our experienced instructor, Akiko, who has oncology yoga training and understands the unique physical and emotional needs. You are encouraged to bring a support person if needed to enhance your experience and comfort during the class. **No class March 20.**

Instructor: Akiko Sharma

#15365 Thursdays

January 23 - March 27
 10:45 - 11:45 am
 Native Sons Lodge
 & Dining Room
 \$108/9

Pilates & 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. **No class February 17.**

Instructor: Sandra Stessun

#15364 Mondays

January 20 - March 17
 6:45 - 7:45 pm
 Lewis Activity Room
 \$96/8

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



Yoga

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

#15097 Wednesdays

January 22 - March 26

6:30 - 7:45 pm

Lewis Meeting Room

\$130/10

Baby & Me Yoga

Spend time bonding with your baby while you regain strength, flexibility and balance all while having the opportunity to connect with other moms. This class is open to babies six-weeks-old until crawling.

Instructor: Akiko Shima

#15087 Thursdays

January 23 - March 27

3:00 - 4:00 pm

Lewis Meeting Room

\$120/10

*See page 115 for
Drop-In Yoga options.*

*See page 118 for
55+ Yoga options.*

Toddler Yoga

(1 - 5 years with adult)

Introduce your little ones to yoga early! This fun class includes breathing practices, songs, stretches, silly wiggles, and animal sounds. We try to keep our expectations low on how many yoga poses the little ones actually do and focus on having fun. While the class is geared towards kids aged 18 months - 5 years, parents are welcome to join in the stretches too. **No class February 14.**

Instructor: Kelly Yaskiw

#15321 Fridays

January 24 - March 14

9:00 - 9:45 am

Lewis Salish Building

\$69/7

Restorative Yoga Therapy Group Class

Restorative Yoga Therapy is a personal sanctuary of healing and the pure joy of moving. This unique class focuses on proprioception, body awareness and position in the space around us, and interoception, our internal sensory system that tells us what is happening inside our body such as fatigue, hunger, emotions. This class uses this awareness to focus on and slowly unearth the movement patterns that our bodies adopt to work around dysfunction and impaired movement, ultimately counteracting and resolving what causes our body's suffering and pain.

This class will use simple movements, helping support down regulation of your nervous system. This allows you to recognize cues your body provides prior to your yellow lights or whispers before the pain or suffering presents. We work with neuromuscular repatterning. By feeling/experiencing these yellow lights/whispers, we are empowered in our grooves or movement patterns to a more optimal use of our bodies that supports energy conservation building a bank account of energy and tapping into the fountain of youth.

Instructor: Julie Cook

Wednesdays

#15371 January 22 - February 12

#15375 February 19 - March 12

10:15 - 11:30 am

Lewis Activity Room

\$100/4

Fridays

#15374 January 24 - February 14

#15376 February 21 - March 14

9:00 - 10:15 am

Lewis Activity Room

\$100/4



Join Julie Cook, a certified Yoga Therapist, in one of the four week sessions offered this winter.





Gentle Yoga

Unwind from your week with this calming practice. This hatha yoga class offers slow movement linked with breath and guided meditation at the end. We will explore postures from seated, standing, and reclined with lots of time for transitions as well as modifications to suit your body.

No class February 14.

Instructor: Kelly Yaskiw

#15093 Fridays

January 24 - March 14
10:30 - 11:30 am
Lewis Salish Building
\$84/7

Therapeutic Yoga

At the end of the day, if you are seeking relaxation, this class is for you. Working on your breathing and gentle somatic movements will help you to improve your sleep and relieve discomfort. **No class February 17.**

Instructor: Akiko Shima

#15098 Mondays

January 20 - March 24
5:30 - 7:00 pm
Lewis Meeting Room
\$135/9

Men's Yoga

This 75 minute Men's Yoga class is specifically designed for targeting the muscles and joints which will increase your range of motion. The sessions will include poses that improve posture and balance and decrease soreness due to tight muscles. This class will include seated and standing postures. **No class February 17.**

Instructor: Susan Obieglo

#15095 Mondays

January 20 - March 10
7:15 - 8:30 pm
Lodge & Dining Room
\$84/7

Vinyasa Flow Yoga

In a flow yoga class, you transition smoothly from one pose to another. This style emphasizes the coordination of breath with each movement, encouraging mindfulness and a meditative state as you flow through the poses. The practice is adaptable for all levels and can help build strength, flexibility, and balance while promoting a sense of inner calm and mental clarity.

Instructor: Émilie Dubé

#15370 Fridays

January 24 - March 14
10:30 - 11:30 am
Lewis Centre Gym
\$96/8

Chair Yoga for Everybody

(18 years and up)

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. **No class March 20.**

Instructor: Akiko Shima

#15089 Thursdays

January 23 - March 27
9:30 - 10:30 am
Lodge & Dining Room
\$108/9

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 February 7.**

Instructor: Catherine Reid

#15101 Fridays

January 24 - March 14
10:00 - 11:30 am
Native Sons Lodge & Dining Room
\$105/7



Intro to Meditation Workshop

Meditation trains the mind to improve focus and develop awareness of both body and mind, resulting in a sense of calm and clarity. It helps reduce stress, promotes relaxation, and increases self-awareness. By using breath and body as focal points, meditation nurtures mindfulness, promoting emotional balance and overall well-being.

Instructor: Julie Blais

#15295 Tuesday February 18
6:30 - 8:00 pm
Lewis Tsolum Building
\$30

Integrating Meditation in Daily Life

This series of classes is designed to help you reach that next level of mindfulness practice and will support you with your meditation goals and accountability. Each class will provide you with guided meditation and presentation of a specific theme that will be our focus for the week. Join a group of like-minded friends dedicated to mindfulness practice and discover new ways to be truly present in your life.

Instructor: Julie Blais

#15295 Wednesdays
February 19 - March 12
10:00 - 11:00 am
Lewis Tsolum Building
\$48/4

The Mindfulness Retreat: Mind and Body Rejuvenation

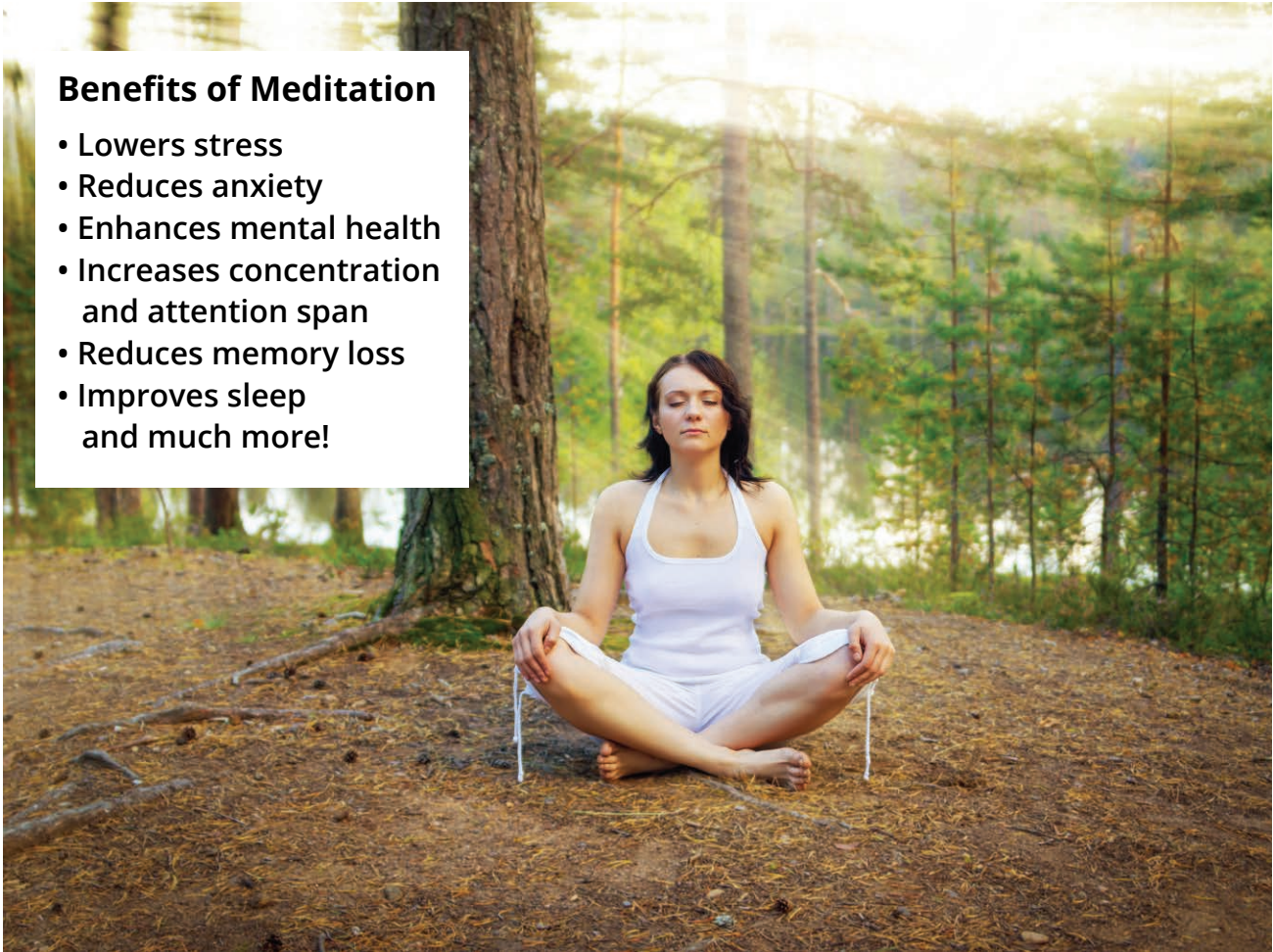
Start the year with a fresh perspective at this morning retreat. Transform your mind through silent, guided meditation and renew your body with mindful movement. Choose between gentle chair yoga or intermediate flow yoga. Take time for yourself - everyone is welcome.

Instructors: Julie Blais & Susan Obieglo

#15296 Sunday March 9
9:00 am - 12:00 pm
Lewis Activity Room
\$65

Benefits of Meditation

- Lowers stress
- Reduces anxiety
- Enhances mental health
- Increases concentration and attention span
- Reduces memory loss
- Improves sleep and much more!



Personal Training Team



Juan Blancas

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



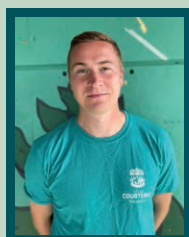
Susan Obieglo

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



Leah Partridge

Training Specialties:
 - Resistance Training
 - Physique & Muscle Development
 - Core Conditioning
 - Group Fitness



Adam Commandeur

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



Nancy Victoria

Training Specialties:
 - Women & Weight loss
 - Older Adult Fitness
 - Resistance Training
 - Sports Conditioning
 - Functional Conditioning

Courtenay Personal Training

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.



Winter Registration starts Monday November 18 at 7:15 am

How to Register

3 easy ways to register for Courtenay Recreation programs!



1 In Person

At the Lewis Centre or the Filberg Centre.

2 By Phone

250-338-5371 or 250-338-1000.
Use your Visa or Mastercard.

Scan To Register Online:



3 Online Registration

courtenay.ca/reonline

No email registrations accepted.

Courtenay Registration

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.

Refunds may be issued under the following circumstances:

- A full or pro-rated refund will be given if a class is cancelled, or for medical reasons with a doctor's note.
- Pro-rated refunds will be provided after the first class, based on the date of notification.
- No refunds will be done online. Refund requests must be made in person or by phone.
- Requests for refunds will be processed with a full refund up to FIVE days before the start of the program. After this time, an administrative fee of \$8 will be charged.
- Refunds will not be approved after a program has ended.
- Please allow up to 3 weeks for cheque refunds to be processed.
- Please note there may be exceptions (eg. Cozy Corner Preschool, programs of short duration, workshops, etc.).
- All **punch passes, Wellness Centre & Fitness Memberships** are non-refundable & non-transferable.

OPT IN!

Receive emails from Courtenay Rec for important updates. This can be done on your customer account online. Call the Lewis or Filberg Centre for more information or assistance.

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





The Evergreen Club is a non-profit organization offering social and recreational activities for adults 55+ in the Comox Valley and beyond. Considering becoming a member? To find out more, call or visit the Filberg Centre to talk with Evergreen Club Staff, attend a New Members' Welcome Meeting, try out one of our activity clubs or drop by the Evergreen Lounge for coffee or a meal. Come find out why our members say the Evergreen Club is one of the best recreation clubs in Canada. Operating out of the Florence Filberg Centre, the Evergreen Club has many membership benefits!

- Over 50 activity clubs
- Day trips and travel opportunities
- Special Events
- Evergreen Lounge & Food Services weekdays
- Discounts on selected City of Courtenay Recreation Programs, Fitness & Wellness Centre
- New Members Welcome
- Members Parties

All for just \$40 a year! www.evergreenclub.ca
Don't forget to "like" us on Facebook.

Most activities take place at the Florence Filberg Centre, 411 Anderton Ave in Courtenay.
For information about the Evergreen Club, email info@evergreenclub.ca or call 250-338-1000

Evergreen Club 2025 Memberships

Annual Memberships (\$40) can be purchased at the Florence Filberg Centre, Lewis Centre online, in person or by phone. Registration website courtenay.ca/reconline.

Evergreen Club Activities

Sports & Fitness

- Carpet Bowling
- Floor Curling
- Par 3 Golf
- Cycling
- Horseshoes
- Table Tennis
- Snooker/8-Ball
- Slo Pitch
- Walk & Talk

Music & Dancing

- Choristers
- Friday Night Dances
- Gospel Sing Along
- Ukulele Club
- Social Dance Club
- Karaoke
- Recorder
- 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
- Corn Hole
- Scrabble
- Bingo
- Darts
- Whist
- Canasta
- Euchre
- Chess
- Dice Hockey

Special Events

- Dinner/Dances
- Armchair Travel
- Workshops
- Theatrical Productions
- Luncheons
- Concerts
- Craft Sales

Day Trips

- Lunch Outings
- Plays
- Concerts
- Shopping
- Museums
- Galleries
- Points of Interest

Special Events

Watch for our Special Events coming this fall. Members and non-members are welcome at Evergreen Club events. Watch for details and more events in our monthly Evergreen Club newsletter online or pick up a copy at the Florence Filberg Centre. All events are fundraisers for the Evergreen Club.

Friday Night Dances with live bands
Most Fridays in the Rotary Hall.
Tickets at the door.

**Second Chance and Christmas at the Lake
A Drama Club Fall Production**
Tuesday November 19, Matinee &
Wednesday November 20, Evening Performance
Tickets at the Filberg Centre or at the door.

Evergreen Club Christmas Concert
Friday December 6, 1:00 pm
Our Evergreen Club musicians and singers will entertain with a variety of seasonal selections.
Tickets at the Filberg Centre or at the door.

New Year's Eve Dance Party
Tuesday December 31, 7:30 pm
Theme: A Golden Evening
Live band, licenced bar and snacks!
Tickets in advance only.

Murder at the Roaring '20s Speakeasy
Friday February 21, Matinee &
Saturday February 22, Evening Show
This is a murder mystery night not to be missed! Put on your best flapper or gangster costume and join us for the unexpected. Tickets in advance only at the Filberg Centre.



Courtenay Evergreen Club

Evergreen Lounge



Come enjoy a fresh baked muffin, soup, salad or sandwich in the Evergreen Lounge! A variety of delicious hot specials such as lasagna, chicken enchiladas, pizza, beef dip and Rubens are offered on Tuesdays, Wednesdays and Fridays. Check our Evergreen Club newsletter to see the specials in advance. You can also grab a frozen meal for later. Our kitchen has a dedicated group of volunteers allowing us to offer affordable prices. Meet up with a friend for coffee, a meal or to have a game of cards. Everyone is welcome. Members can borrow a book, DVD or puzzle from our lending library.

Florence Filberg Centre • 250-338-1000

Volunteer Opportunities

Volunteering at the Evergreen Club is a great way to get involved, meet people and help provide a valuable service to our community. We are always looking for more volunteers so we can continue to offer a variety of clubs, special events and food at affordable prices. Hours are flexible to accommodate your busy schedule, and can start at just 2 hours a month. If you would like to learn more, we would love to hear from you.



The Evergreen Club at the Florence Filberg Centre

Courtenay Recreation Facility Rentals

Lewis Centre

- Craft Rooms
- Meeting Rooms
- Two Gymnasiums
- Four Squash Courts
- Wellness Centre
- Outdoor Skatepark
- Outdoor Pool
- Wheelchair accessible
- Outdoor Stage
- Electric Vehicle Charging Station



MP Hall/Gym



Tsolum Building



Salish Building

Valley View Park Clubhouse

- 1,000 sq. feet
- Kitchen, washrooms



Bill Moore Park Lawn Bowling Bldg

- 840 sq. feet
- Kitchen, washrooms
- Wheelchair accessible



Call the Lewis Centre
at 250-338-5371

Fax: 250-338-8600

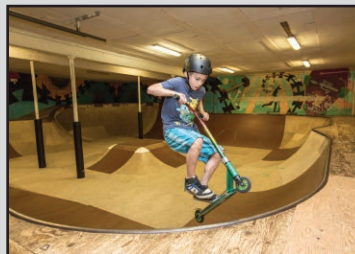
Email: rentals@courtenay.ca

View these facilities
on the virtual tour
on our website:

www.courtenay.ca/lewis

The LINC Youth Centre

- Indoor Skatepark
- Concession
- Kitchen
- Meeting Room
- Pool Table
- Table Tennis
- Air Hockey
- Foosball
- Gaming Systems
- Public Access Computers
- Outdoor Basketball Court



Courtenay Recreation Facility Rentals

Florence Filberg Centre

This multi-use facility features larger spaces for weddings, conferences, seminars and special events. It is located at 411 Anderton Avenue – downtown Courtenay.

Event and Meeting Rooms:

- The Conference Hall is 6,000 square feet and can accommodate such functions as weddings, conferences, resource fairs, dances.
- The Rotary Hall is 3,000 square feet and is ideal for dances, meetings and events.
- The Evergreen Lounge is a large, comfortable meeting space with kitchen access.

Features:

- Commercial kitchens on both levels
- Hourly rates available
- Wheelchair accessible
- Ample parking
- Air conditioned
- Audio/Visual equipment & Wifi available



Rotary Hall



Conference Hall

Native Sons Hall

This is the largest free span log building in Canada. Built in 1928 as Courtenay's original Recreation Centre, it has hosted numerous weddings, dances, concerts, and community events. The Native Sons Hall is located in downtown Courtenay at 360 Cliffe Avenue.

Event and Meeting Rooms:

- The Grand Hall is a 4,400 square foot space for weddings, concerts, dances and more.
- The lower level has the Lodge Room, Dining Room & Parlour Room. These spaces are suitable for meetings, smaller events and programs.

Features:

- Commercial Kitchen
- Hourly rates available
- Wheelchair accessible
- Ample parking



Lower Level



Upper Level

Call the Florence Filberg Centre at 250-338-1000

Florence Filberg Centre Office is open for bookings Monday to Friday (8:30 am - 4:00 pm)

Fax: 250-338-0303 Email: rentals@courtenay.ca

Take a Virtual Tour: courtenay.ca/filberg & courtenay.ca/nativesons



Let's Play, Courtenay!

The "Let's Play, Courtenay!" Park Playground Design Standards will guide the creation of new playgrounds for the City of Courtenay. The standards are a set of steps the City will follow to ensure Courtenay's playgrounds are designed and upgraded to best meet the needs of our community.

These standards provide guiding principles and best practices for improving Courtenay's park playgrounds, emphasizing diversifying play experiences and enhancing accessibility and inclusion. They are informed by the vision and goals of the Official Community Plan and the recommendations of the Parks and Recreation Master Plan, in addition to feedback through community engagement.

As the City of Courtenay moves forward with the PPDS guidelines, it is important to note that Courtenay's playground system is part of an interconnected ecosystem that is affected by changes in neighbourhoods and the community, as a whole, as it grows. It is crucial to plan, implement, continuously reassess, and remain flexible in response to new developments and ongoing public feedback.

Courtenay Council adopted the Park Playground Design Standards at the September 11, 2024, Council Meeting. Scan the QR code to view the standards or visit

www.courtenay.ca/letsplay.





City of
Courtenay



Review of Courtenay's Official Community Plan Coming in 2025

Courtenay's Official Community Plan (OCP) was updated and adopted in 2022. OCPs are long-range policy plans that guide a local government's decision-making related to growth and development approvals as well as other community interests such as housing, infrastructure, community amenities and protection of the natural environment. Due to new provincial legislation around housing and land use, the OCP will be reviewed in 2025.

Provincial housing and land use legislation changes introduced:

In 2023 the provincial government passed the Housing Statutes Amendment Act, Bill 44. This Act requires that local governments conduct 20 year Housing Needs Reports every five years and use that information to update OCPs, as well as zone sufficient land for these housing needs. The deadline for an OCP and Zoning Bylaw update is December 31, 2025.

As part of Bill 44, the provincial government also directed that local governments permit up to four small-scale multi-unit housing (SSMUH) units on properties zoned for single residential or duplex use and provided a deadline of June 30, 2024 to amend Zoning Bylaws.

To understand what the new provincial land use and housing legislation changes mean for Courtenay, the City obtained a Complete Communities grant from the Union of B.C. Municipalities.

For more information on the Provincial housing initiatives and legislation introduced in 2023, visit:
www2.gov.bc.ca/housinginitatives

Courtenay land use and housing updates:

Courtenay's Zoning Bylaw has been amended with the creation of a new Residential Small-scale Multi-unit Housing (R-SSMUH) Zone that permits density along with a number of other zoning amendments.

This new zone replaced 16 existing residential zones and affects approximately 5650 properties within Courtenay's boundaries.

Provided that all zoning and other development requirements are met, these properties may now develop up to four dwelling units of any configuration such as: secondary suites in single residential dwellings,

detached accessory dwelling units like garden suites, carriage homes, or laneway homes, duplexes (side-by-side or up/down), a duplex with suites or a four-unit townhouse.

Housing Needs Report 2024:

In partnership with other local governments, Courtenay updated the Housing Needs Report which indicates that approximately 418 new dwelling units a year are required in order to keep pace with existing and anticipated housing demand. This is approximately the current construction pace since 2019 within Courtenay.

A large portion of the demand is for affordable/ below-market or deeply affordable dwelling units.

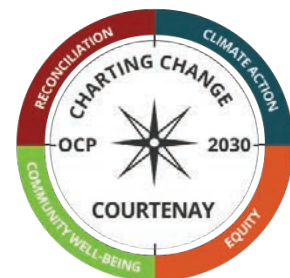
More information on Courtenay's 2024 Housing Needs Report is available at: courtenay.ca/housingreport

What does this all mean for Courtenay's OCP?

Courtenay's OCP will be reviewed for opportunities to incorporate the new provincial legislation. Community consultation will form part of the OCP update in 2025. Stay tuned for updates on how to learn more and get involved by viewing the Courtenay's website and social media.

Access the OCP:
courtenay.ca/OCP

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



Strategic Cultural Plan

The Strategic Cultural Plan is a 2023 – 2026 Council strategic priority to provide a framework and roadmap to support arts and culture in Courtenay over the next ten years.

The Strategic Cultural Plan will seek to ensure that arts and culture is integrated into the community and representative of all residents. It includes specific objectives and actions informed by extensive research and consultations.

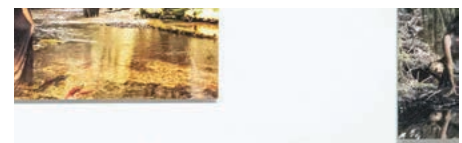
Community engagement took place in 2023, including discussions with diverse community members, arts and culture patrons, and local arts and culture organizations. A draft plan was then released for public review in the fall 2024.

Following the release of the draft plan, the community was invited to share feedback to help guide the final plan, which will be released in early 2025.



Strategic Cultural Plan Goals

- Goal 1** > Advance truth and reconciliation through arts and culture
- Goal 2** > Build community resilience through arts and culture
- Goal 3** > Develop more accessible and affordable cultural spaces
- Goal 4** > Bolster community arts
- Goal 5** > Support the strategic development of the cultural sector



Learn more at
[courtenay.ca/
CulturePlan](https://courtenay.ca/CulturePlan)



CVAG

VISION · ART · CULTURE

COMOX VALLEY ART GALLERY

PLEASE VISIT US ONLINE FOR OUR CURRENT EXHIBITIONS + PROGRAMS + EVENTS  

580 DUNCAN AVENUE COURTENAY BC V9N 2M7
250.338.6211 | 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



Courtenay Culture



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**

