





COMOX VALLEY RECREATION GUIDE

SPRING/
SUMMER
2025

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



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

ONE GUIDE, two seasons!

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



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

Spring & Summer program registration starts Monday March 10

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

Summer Camp registration starts Monday April 28

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

CVRD SPORTS & AQUATIC CENTRES



comoxvalleyrd.ca/rec
250-334-9622

COMOX RECREATION



comox.ca/rec
250-339-2255



COURTENAY RECREATION



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

CUMBERLAND RECREATION



cumberland.ca/rec
250-336-2231



19 WING COMOX

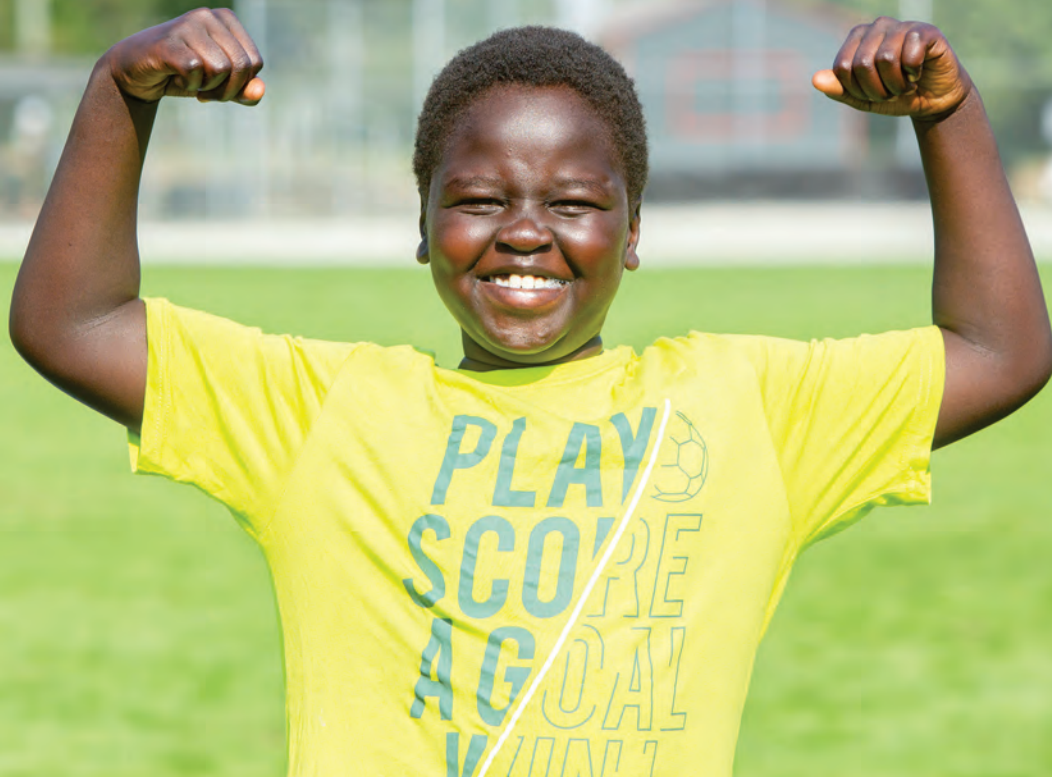


cfmws.ca/comox
250-339-8211
Ext. 252-8315





Courtenay Recreation
Welcome



Welcome!

Courtenay Recreation has a full line-up of spring and summer events in this guide, including Easter Promenade, Canada Day, Simms Concert Series, Nickel Carnival and Pooch-A-Poolooza.

There's also a very special youth only event: BC Youth Week from May 1 to 7 at the LINC Youth Centre. This annual event is a celebration of the value, diversity and positive contributions youth make in our community. Courtenay Recreation and the LINC Youth Centre have activities throughout the week including a SK8 Skate Park Jam, BBQ, Extreme Rec Night, Gnarly Youth Craft Fair, contests, prizes, food and free drop-ins. It's a great week and I encourage all Comox Valley youth to check it out. See page 84 for more on Youth Week.



Courtenay Mayor
Bob Wells

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Legend:



Childminding is offered during these programs



This program incorporates physical literacy



Evergreen Member discounted program



Spring Break program



Registration for these programs starts April 28





Lewis Centre

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

Office Hours

Mon - Fri 7:30 am - 8:45 pm
 Sat & Sun 8:30 am - 12:00 pm
 & 1:15 - 4:00 pm

Facility Hours

Mon - Fri 5:30 am - 9:00 pm
 Sat & Sun 8:30 am - 4:00 pm



Phone: **250-338-5371**
 Fax: 250-338-8600
 Email: rentals@courtenay.ca
 489 Old Island Highway,
 Courtenay, BC V9N 3P5
www.courtenay.ca/lewis



Florence Filberg Centre

The Florence Filberg Centre offers a wide range of room rentals: meeting rooms, conference facilities with kitchens and more. A senior's centre also offers daily activities.

Office Hours

(for Florence Filberg Centre & Native Sons Hall facilities)
 Monday to Friday
 8:30 am - 4:00 pm



Phone: **250-338-1000**
 Fax: 250-338-0303
 Email: rentals@courtenay.ca
 411 Anderton Avenue,
 Courtenay, BC V9N 6C6
www.courtenay.ca/filberg



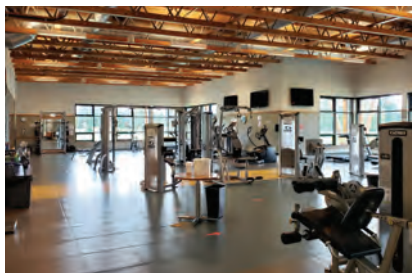
The LINC Youth Centre & Indoor Skatepark

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

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



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



Facility Closures:

February 17	Family Day
April 18	Good Friday
April 21	Easter Monday
May 19	Victoria Day
July 1	Canada Day
August 4	BC Day



COZY CORNER Preschool

at the Lewis Centre
Ages 3 - 5 years

489 Old Island Highway,
Courtenay

250-338-5371
courtenay.ca/cozycorner

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



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



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

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

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

Spaces available.
Register now!

Preschool Hours:

Monday, Wednesday & Friday

8:30 am - 12:00 pm OR 12:30 - 4:00 pm

Tuesday & Thursday

8:30 am - 12:00 pm OR 12:30 - 4:00 pm

Monthly Fees:

M/W/F \$185/3 days per week

T/Th \$125/2 days per week

Program runs September through June




Spring Early Years Drop-in Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Childminding April 1 - June 30						
8:45-10:30am	8:45-10:30am	8:45-10:30am & 4:45-6:30pm	8:45-10:30am	10:15-11:45am	8:45-10:30am	
Parent & Tot <small>see program description below for dates</small>			Toddler Gym 9:00-10:00am or 10:30-11:30am or 11:30am-12:30pm			Morning Play Time 9:15-10:30am
Family Gymnastics April 5 - June 16						
(sensory-friendly) 11:00am-12:00pm	(all-ages) 11:30am-12:30pm				(5 yrs & under) 9:00-10:00am or (all-ages) 11:30am-12:30pm	
<i>schedule subject to change</i> no drop-ins on stat holidays schedule updates at courtenay.ca/drop-in						

Drop-in Programs


Parent & Tot Morning PlayTime

(1 - 5 years)
Drop in with your parent and friends to take part in social and active play. This program provides unstructured play time with a variety of fun equipment and toys. Adult participation is required.

#15825 Sundays 
April 6 - June 1
9:15 - 10:30 am
Lewis MP Hall B
\$3/drop-in

Parent & Tot Gymnastics

(5 years & under)
This class welcomes children and their caregivers to come run, jump, bounce and laugh with us this spring! Our enthusiastic coaches will supervise this fun and safe play. Limited to 20 spots. Adult participation required.

#15688 Saturdays 
April 5 - June 14
9:00 - 10:00 am
Vern Nichols Gymnasium
\$6.50/drop-in


Parent & Tot Art Adventures

(1 - 5 years)
This activity is for our little friends, 1 - 5 years old who are very curious and ready to experiment and learn with art based materials with their caregivers. Each week will be a different project that can be completed together. Register for one week - or sign up for them all! Please only register one person/family in the program.


#16532 Tuesdays
April 8 - May 27
10:00 - 11:00 am
Lewis Craft Room B
\$4/family/drop-in
\$24/8 per family



Toddler Gym

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

Thursdays 
April 3 - June 12
#15822 Curious Crawlers
(birth - 18 months w/ adult)
9:00 - 10:00 am
#15823 Wobbly Walkers
(1 - 3 years old w/ adult)
10:30 - 11:30 am

Childminding

(newborn - 11 years) 
Our drop-in childminding services provide a fun and safe environment for children to be active. Childminding is available for up to 1¾ hours for patrons of the facility. Parents or caregivers must remain in the facility while children are in childminding, and cell phone contact is required. No childminding on stat holidays.

Monday - Thursday 
8:45 - 10:30 am
Friday 10:15 - 11:45 am
Saturday 8:45 - 10:30 am
 Wednesdays 4:45 - 6:30 pm
April 1 - June 30
\$3.15/1.75 hours *includes gst*
\$30/10 punchcard

#15824 Little Movers
(4 years & under w/ adult)
11:30 am - 12:30 pm
Lewis MP Hall
\$ 3/drop-in/child



Special Interest

Budding Bakers

(3 - 5 years)

Whisk, mix and flip up some fun while you bake a fun treat each week. Children will make a sweet or savory snack, while learning to safely roll, grate, pat, mix and spread. Experience cooking with all 5 senses, especially taste!

Instructor: Anna-Maria

#15548 Fridays

May 16 - June 13

12:00 - 1:30 pm

Lewis Craft Room A

\$75/5

Nature Detectives

(3 - 5 years)

Get outside and learn about the nature around you! It's time to take curious kids outside to hop on the trails and explore. They will spend time exploring bugs, birds, animals and plants, playing different games and making nature crafts!

#15827 Wednesdays

May 14 - June 18

10:30 am - 12:00 pm

Lewis Salish Building

\$60/6

Parent & Tot Explore with Me

(1 month - 3 years w/ adult)

This program will encourage parents and young children to socialize, play and share experiences together. You will help introduce your child to creative play, by increasing their exploration skills through the sensory materials provided. Come prepared to play!

#15851 Wednesdays

April 2 - 16

9:30 - 10:30 am

Lewis Craft Room B

\$25/3



Kooky Cooking

(3 - 5 years)

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

No class April 18.

Instructor: Anna-Maria

#15551 Fridays

April 4 - May 9

12:00 - 1:30 pm

Lewis Craft Room A

\$75/5

Messy Masterpieces

(3 - 5 years)

A fun atmosphere for young children to explore many different ways of creating art. They will progress their creativity and experience innovative ideas to create masterpieces. Be sure to wear clothes that can get messy.

#16450 Thursdays

April 10 - May 8

9:30 - 11:00 am

Lewis Craft Room B

\$65/5

Mini Chefs

(3 - 5 years)

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

Instructor: Anna-Maria

#15552 Tuesdays

April 8 - May 13

12:00 - 1:30 pm

Lewis Craft Room B

\$85/6

Plan Ahead!

Spring & Summer programs are now featured in one guide, giving you early access for planning summer activities! **Spring registration** starts March 10.

Summer registration starts **April 28.**

Look for **ORANGE** activity codes for summer registration. Check out the inside front page for more details on this change. See pages 88 - 90 for Early Years Summer Mini Camps.



Spring Program Registration starts Monday March 10



Summer Program Registration starts Monday April 28

See page 135



Movement

Dance with Me: Intro to Creative Dance

(2 - 5 years w/ adult)
 This class for caregivers and tots is a fun way to begin learning the basic movement of dance. We use unstructured movement to engage children. Bring your child out and stimulate their mind with music and movement. This is a great intro class to Preschool Creative Dance. **No class April 23.**

Instructor: Leigha Wald
 #15549 Wednesdays
 April 9 - June 18
 11:00 - 11:30 am
 Lewis MP Hall A
 \$70/10



Toddler Yoga

(1 - 5 years)
 Introduce your little ones to yoga early! This fun class includes breathing practices, songs, stretches, silly wiggles, and animal sounds. Children will be taught and guided through simple yoga poses all while focusing on fun. This class is geared towards kids aged 18 months to 5 years, but parents are encouraged to join in the fun too.

Instructor: Kelly Yaskiw
 #15680 Fridays
 April 25 - June 20
 9:00 - 9:45 am
 Lewis Salish Building
 \$90/9

Preschool Acro

(3 - 5 years)
 Build confidence and gain awareness in this class. Acro is a balance of dance and gymnastics and for children under 5, it provides children with a great starting point to increase flexibility, strength and versatility! Have fun playing Acro-based games, taking part in obstacle courses and instructional skill development! **No class April 21, 28 & May 19.**

Instructor: Leigha Wald
 #15553 Mondays
 April 7 - June 16
 10:15 - 11:00 am
 Vern Nichols Gym
 \$90/8



Intro to Ballet

(3 - 5 years)
 All the basics of ballet are explored in a fun and inspiring environment that encourages your dancer to build confidence and build a foundation for movement through dance.

No class April 21, 28 & May 19.

Instructor: Leigha Wald
 #15550 Mondays
 April 7 - June 16
 1:15 - 2:00 pm
 Lewis MP Hall A
 \$90/8



Preschool Creative Dance

(3 - 5 years)
 Beginner dance steps are taught through play, imagination, story telling and great music. The perfect first dance class for your little one! **No class April 23.**

Instructor: Leigha Wald
 #15554 Wednesdays
 April 9 - June 18
 11:45 am - 12:30 pm
 Lewis MP Hall A
 \$110/10



Baby & Me Yoga

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

Instructor: Akiko Shima
 Thursdays
 #15665 April 3 - May 8
 #16546 May 15 - June 19
 3:00 - 4:00 pm
 Lewis Meeting Room
 \$72/6
 #16438 July 9 - August 28
 10:30 - 11:30 am
 Puntledge Park
 \$96/8

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



Soccer Stars

(3 - 5 years)

Run, kick, pass, shoot, dribble and practice skill based games as we introduce you to basic soccer skills. Learn how fun it is to be part of a team as you develop your listening skills, physical co-ordination, teamwork and fitness. Parent participation as needed.

Instructor: Robin Nordling

Saturdays

April 5 - May 3

#15555 9:00 - 9:45 am

#15556 10:00 - 10:45 am

Lewis MP Hall

\$35/5

Saturdays

May 17 - June 14

#15557 9:00 - 9:45 am

#15558 10:00 - 10:45 am

Lewis Park Soccer Field

\$35/5



Preschool Floor Hockey

(3 - 5 years)

This program will focus on the enjoyment of the game, while teaching players the basic skills required to play. Players will play a variety of games designed to teach them how to hold the stick, make a pass, and take a shot all while having fun. Parent participation as needed. For this age group, we use foam hockey sticks and balls.

#16460 Thursdays

April 10 - May 15

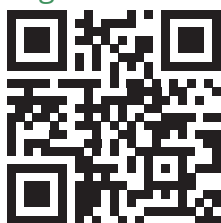
11:30 am - 12:15 pm

Lewis Vern Nichols Gym

\$45/6



Register Online:



Sports & Games

(3 - 5 years)

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

#15829 Wednesdays

April 16 - May 14

9:15 - 10:00 am

Lewis Vern Nichols Gym

\$35/5



Mini Athletes

(3 - 5 years)

This program will introduce your preschooler to a variety of sports and equipment. Everyone will be encouraged to move their body in a range of ways and directions regardless of their ability. The instructors will use positive reinforcement in a fun, sporty environment to engage your child.

#15830 Thursdays

May 8 - June 12

2:30 - 3:15 pm

Lewis Soccer Field

\$45/6



Courtenay Recreation



Easter Promenade

(1 - 6 years with adult)

Saturday April 19

11:00 am - 1:00 pm

Lewis Outdoor Stage

\$10/family

space is limited, please register in advance

Egg hunt, Easter crafts, games, unstructured play and a visit from the Easter Bunny

courtenay.ca/easter



Spring Program Registration starts Monday March 10



Summer Program Registration starts Monday April 28

See page 135



Gymnastics

Kindergym & Trampoline

(3 - 5 years)
Get ready for fun as you learn, take turns and work with your group as we practice movements, play games, run, roll, climb, jump and explore the gymnastic equipment and trampoline! This class could help you realize your love for gymnastics and trampoline and help focus some of your energy.

#15445 Tuesdays
April 8 - June 17
1:00 - 2:00 pm
Vern Nichols Gym
\$199/11



Family Gymnastics

(all-ages [except where noted] w/ an adult)
Get ready to run, jump, swing, bounce and play together as you explore the best indoor playground around! During our Monday timeslot we've created a sensory-friendly environment, with lower lights, no music and stream-lined equipment. Adult participation required. **No class April 21 or May 19.**

Saturdays
April 5 - June 14
#15688 9:00 - 10:00 am
(5 years & under)
#15689 11:30 am - 12:30 pm
Vern Nichols Gym
\$6.50/drop-in

Ninja Kids

(3 - 5 years)
Get those heart rates up in this fun, parkour-style class using the gymnastics equipment! Our staff will have your active child running, climbing, crawling, rolling and exploring new movements through a wide range of activities while making new friends!

No class April 21 or May 19.

#15446 Mondays
April 7 - June 16
12:15 - 1:15 pm
Vern Nichols Gym
\$164/9



#15691 11:00 - 12:00 (sensory-friendly)

Tuesdays
April 8 - June 17
#15692 11:30 am - 12:30 pm
Vern Nichols Gym
\$6.50/drop-in



Tot Tumblers & Trampoline

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

#15451 Tuesdays
April 8 - June 17
10:30 - 11:15 am
Vern Nichols Gym
\$114/11



Intro to Gymnastics

(3 - 5 years)
Run, jump, land, climb, rotate and swing. Our knowledgeable, playful, friendly staff will connect you to a lifetime of learning and physical activity. Complimentary skills include working with your parent as an instructor leads you through individual basic skill, moving safely around the gym. Your child can be ready to work independently or work towards independence. Parent participation as needed. **No class April 21 or May 19.**

#15444 Mondays
April 7 - June 16
1:30 - 2:30 pm
Vern Nichols Gym
\$164/9



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



Birthday Parties

Archery Adventure Birthday

NEW

(7 years & over)

Join us for an exhilarating archery adventure! Get ready to unleash your inner archer with a fun-filled afternoon of games, challenges and friendly competition. Learn archery basics, test your skills with target practice, play archery games and more! Then, enjoy the second hour in one of our party rooms where you can enjoy snacks, cake, open presents and more. Host parent must be present. Maximum 12 participants.

Saturdays starting April 5
1:45 - 3:45 pm
Lewis MP Hall &
Craft Room B
\$155

Birthday Parties at The LINC

(8 years & over)

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

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

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

Saturdays starting April 5
10:15 am - 12:15 pm **or**
12:45 - 2:45 pm **or**
Sundays starting April 6
11:15 am - 1:15 pm **or**
1:45 - 3:45 pm
LINC Youth Centre &
Indoor Skatepark
\$155

make & take &/or 3 large pizzas can be added for an extra fee

Gymnastics & Trampoline Birthday

(3 years & over)

Whether you have an agile gymnast or a ninja warrior, this party is bound to be a ton of fun. In the first hour our enthusiastic coaches will supervise your group in our fun-filled space while they play on the gymnastics set up. Once you have jumped, spun and run your way to fun, enjoy the second hour of your party in one of our party rooms where you can serve treats, open presents and more. Host parent must be present. Maximum of 12 children.

Saturdays starting April 5
10:15 am - 12:15 pm **or**
1:45 - 3:45 pm
Lewis Centre Gym &
Craft Room A
\$155

Power Play Birthday

(3 years & over)

NEW

Get ready to run, jump, throw, kick and score your way to fun! This high-energy party offers you an hour of instructor-lead active play in our gymnasium with structured games, sports scrimmages, free time with the equipment and toys, or a mixture of both! After burning off some of that energy, enjoy the second hour of your party in one of our party rooms where you can serve treats, open presents and more. This party is guaranteed to be a blast! Host parent must be present. Maximum 12 participants.

Sundays starting April 6
11:30 am - 1:30 pm
Lewis MP Hall &
Craft Room B
\$145

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



Spring Program Registration starts Monday March 10

Summer Program Registration starts Monday April 28

See page 135



Special Interest

Aspiring Architects

(9 - 11 years)

Do you have an aspiring architect on your hands? Whether they dream of skyscrapers or a humble Lego house, we'll explore aspects of structures and tap into creativity. From tallest tower challenges to mapping out your dream play space, this class will keep you busy and engaged as we learn about shapes and simple designs!

#15544 Mondays

May 26 - June 23

4:00 - 5:30 pm

Lewis Craft Room A

\$85/5

Super Scientists

(8 - 10 years)

Whether you're a super genius or a super villain, you'll be sure to have a super reaction to this scientifically fun class! Gather your beakers and safety goggles, it's about to get crazy as we explore the world of everyday science. From the kitchen, magnets, circuits, it's all part of this wild and fun science based program!

#15545 Wednesdays

May 7 - June 4

3:30 - 5:00 pm

Lewis Craft Room B

\$85/5

Minecraft Mayhem

(7 - 9 years)

It's a pixelated world, and we're just exploring in it! From designing your own model world to dirt block cupcakes, each week will immerse you in the Minecraft World! Engage in hands on activities and games sure to spark your creativity!

#15547 Fridays

May 16 - June 13

5:15 - 6:45 pm

Lewis Craft Room B

\$85/5

Comic Kids

(8 - 10 years)

Do you love the action of a good comic book? Have you ever thought about making your own comic strip? Learn about story boards, character development and other story creation tricks during this hands on, creative class!

#15538 Wednesdays

April 2 - 30

3:30 - 4:30 pm

Lewis Craft Room B

\$60/5

Fantastic Worlds

(7 - 9 years)

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

#15612 Saturdays

April 5 - May 3

11:00 am - 12:30 pm

Lewis Craft Room B

\$85/5

Science Detectives

(K - 7 years)

Young minds embark on thrilling adventures to uncover the mysteries of science! Designed to encourage curious minds of budding scientists, we will dive into exciting experiments and hypotheses! From volcanoes to the stars, every day will be packed with fun!

#15546 Thursdays

April 10 - May 8

3:30 - 5:00 pm

Lewis Craft Room A

\$85/5

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

Get Creative

Crafty Creations

(9 - 11 years)

Imagination and crafting collide! Join us each week for a fun project and expand your craft horizons. You will be guided through cool crafts that you can put your own imaginative spin on!

#15613 Thursdays
 April 10 - May 8
 6:00 - 7:00 pm
 Lewis Craft Room A
 \$70/5

Sew Fun

(8 - 10 years)

Have you ever wanted to learn to make your own stuffed friend or a fashionable bag to carry your books? Join us as we explore the basics of sewing and stitching. We'll start with simple hand skill projects and build confidence and understanding of this important life craft.

#15608 Wednesdays
 April 2 - 23
 3:15 - 4:45 pm
 Lewis Craft Room A
 \$85/4

Sewing Level 1

(9 - 11 years)

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

#15609 Wednesdays
 April 30 - May 21
 3:15 - 5:15 pm
 Lewis Craft Room A
 \$115/4

Please check receipts for important program information.

Homeschool Pottery Party

(7 - 9 years)

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

Instructor: Bobbie Hammersley
#15764 Thursdays
 April 10 - June 12
 1:00 - 2:30 pm
 Lewis Craft Room B
 \$235/10

Island Adventures in Art

(6 - 8 years)

Capture the essence of exploring and creating art inspired by our beautiful Island home! Each week participants will work on a mini project that is inspired by the beautiful and diverse environment of Vancouver Island. A fun and imaginative journey for any young artist! **No class April 21.**

#15541 Mondays
 April 7 - May 12
 3:45 - 4:45 pm
 Lewis Craft Room B
 \$70/5

Pottery Pals

(7 - 12 years)

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

Instructor: Bobbie Hammersley
 Tuesdays
 April 8 - June 10
#15539 3:00 - 4:30 pm **7 - 9 years**
#15540 5:00 - 6:30 pm **10 - 12 years**
 Lewis Craft Room B
 \$235/10

Imagine Works

(K - 7 years)

Have a creative kid who loves a challenge? Each week participants will use their imaginations to transform the "secret supplies" into grand master pieces or spectacular gadgets. Turn something simple into your wildest dreams as you test new methods and follow your curiosity.

#15870 Tuesdays
 April 8 - May 6
 3:30 - 5:00 pm
 Lewis Craft Room A
 \$89/5



Spring Program Registration starts Monday March 10

 Summer Program Registration starts Monday April 28

See page 135



Cooking

Crafty Kitchen

(K - 7 years)

Tantalize your taste buds and satisfy your imagination as you create savory dishes and imaginative crafts. At the end of the course you will bring home a book of tasty recipes and creative craft creations.

#15542 Tuesdays

May 13 - June 10

3:30 - 5:00 pm

Lewis Craft Room A

\$110/5

Little Bites

(K - 7 years)

An introduction to the world of culinary exploration for little chefs, Little Bites is a delicious dive into learning your way around a kitchen. We will explore new flavours and foods with familiar favourites to promote adventurous eating and basic kitchen skills.

#15873 Sundays

April 13 - May 4

11:00 am - 12:30 pm

Lewis Craft Room A

\$89/4

K: children currently attending kindergarten can register for this program

Bakers Ready

(8 - 10 years)

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

#15611 Thursdays

May 15 - June 12

4:00 - 6:00 pm

Lewis Craft Room A

\$149/5

Plan Ahead!

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

Spring registration starts March 10.

Summer registration starts **April 28.**

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

Kitchen Basics

(9 - 11 years)

This class is designed to teach participants how to safely prepare foods on their own. Explore simple recipes that are great for when you're home alone, or just want an easy snack. We will learn knife and other kitchen safety tips and tricks while we prepare delicious snacks that anyone can enjoy! **No class April 18.**

#15543 Fridays

April 4 - May 9

3:45 - 5:15 pm

Lewis Craft Room A

\$110/5

Global Cooking

(7 - 9 years)

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

#15871 Sundays

April 13 - May 4

1:30 - 3:00 pm

Lewis Craft Room A

\$89/4

Delightful Desserts

(9 - 11 years)

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

#15872 Wednesdays

April 9 - 23

5:45 - 7:15 pm

Lewis Craft Room A

\$65/3

Please check receipts for important program information.

Spring Break

LINC Family Drop-In

Join us for fun-filled family drop-in at The LINC Youth Centre and enjoy all The LINC has to offer.

Sundays

March 16, 23 & 30

4:00 - 7:00 pm

The LINC Youth Centre

\$5/family



Tween Droop-In at The LINC

(8 years & over)

March 18, 19, 25 & 26

Tuesdays 3:00 - 7:00 pm

Wednesdays 3:00 - 5:00 pm

\$2.50/drop-in



Spring Break Family Gymnastics

(all-ages with an adult)

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

Monday - Friday

March 17 - 21

#15306 9:00 - 10:00 am

#15307 12:30 - 1:30 pm

Lewis Centre Gym

\$6.50/drop-in



Adventure Camp

(9 - 12 years)

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

#15232 Monday - Friday

March 17 - 21

9:00 am - 4:00 pm

Lewis Park Totem Poles

\$300/5



Cougars Spring Break Track & Field Camp

(9 - 12 years)

Join us for some track & field fun this Spring Break! Learn to hurdle, throw a Javelin, reach new heights in High Jump, and much more. We cover most track & field events, always with a focus on skills, fitness, & fun. Sessions are taught by experienced coaches and athletes from our local track club.

Monday - Thursday

#15904 March 17 - 20

#15905 March 24 - 27

9:00 am - 12:00 pm

Vanier Track

\$89/4



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

SB Spring Break program

Does your child require support at school? Ask about our Leisure Buddy Program!

What's a Leisure Buddy? The goal of a Leisure Buddy is to provide 1:1 support to a program participant in an effort to create an inclusive recreation environment. This can include, but is not limited to participants living with physical, cognitive, behavioural or developmental barriers. Leisure buddies are available all throughout summer! Contact Zach for more information at zandres@courtenay.ca or 250-338-5371



Spring Program Registration starts Monday March 10

Summer Program Registration starts Monday April 28

See page 135



Martial Arts

Woo Kim Taekwondo Tigers

(5 - 8 years)

Taekwondo is a traditional Korean martial art and an Olympic sport. In this class students learn Taekwondo with an emphasis on fun. Physical skills such as balance, coordination, and flexibility are coupled with building mental and social skills like confidence, co-operation, and focus. Kids will follow curriculum and learn kicks, hand strikes, blocks, stances and dynamic footwork. We are a sanctioned member of the BC and Canadian Taekwondo Federations.

No class April 21 & May 19.

Instructor: Caleb Orrego

#15455 Mondays & Wednesdays

March 31 - June 18

3:45 - 4:30 pm

Native Sons Grand Hall & Lower Lodge

\$239/22

#15456 Tuesdays & Thursdays

April 1 - June 19

Native Sons Grand Hall

\$264/24



Woo Kim Taekwondo Juniors: White - Green

(8 - 15 years)

Taekwondo is a traditional Korean martial art and an Olympic sport. Starting at white belt, students will progress through the coloured belt system while learning exciting kicks, dynamic hand strikes and Olympic sparring. We maintain a supportive, inclusive and structured learning environment where students can thrive. Classes are varied and fun covering sparring, pad kicking, self-defense and poomsae (patterns). We are a sanctioned member of the BC and Canadian Taekwondo Federations. **No class April 21 & May 19.**

Instructor: Caleb Orrego

#15457 Mondays & Wednesdays

March 31 - June 18

4:40 - 5:30 pm

Native Sons Grand Hall & Lower Lodge

\$239/22

#15458 Tuesdays & Thursdays

April 1 - June 26

4:40 - 5:30 pm

Native Sons Grand Hall

\$264/24



Woo Kim Intro to Taekwondo

(5 - 9 years)

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

Instructor: Richard Dobbs

#15454 Tuesdays

April 1 - May 13

4:00 - 4:30 pm

Lewis Activity Room

\$91/7



Woo Kim Taekwondo Juniors: Green - Black

(8 - 15 years)

Taekwondo is a traditional Korean martial art and an Olympic sport. Starting at white belt, students will progress through the coloured belt system while learning exciting kicks, dynamic hand strikes and Olympic sparring. We maintain a supportive, inclusive and structured learning environment where students can thrive. Classes are varied and fun covering sparring, pad kicking, self-defense and poomsae (patterns). We are a sanctioned member of the BC and Canadian Taekwondo Federations. **No class April 15, 17 or May 13.**

Instructor: Caleb Orrego

#15459 Tuesdays & Thursdays

April 1 - June 19

5:40 - 6:30 pm

Native Sons Grand Hall

\$230/21



Sports

Basketball Skills & Games

(8 - 10 years)

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

#15757 Wednesdays
April 9 - June 18
4:15 - 5:15 pm
Lewis MP Hall
\$115/11



Home Learner Archery

(9 - 12 years)

Learn the history of archery as we cover important skills and safety including proper handling of equipment, rules and techniques to keep you progressing. You'll learn the proper stance, how to nock an arrow, draw the bowstring, aim and release the arrow. Through different games and activities you'll improve your accuracy and consistency and develop strength and endurance to help improve your skills. **No class April 18.**

#15433 Fridays
April 4 - June 13
2:00 - 3:00 pm
Lewis MP Hall
\$120/10



Floor Hockey

(K - 10 years)

Grab your stick and join your friends for some good old-fashioned hockey fun. We will practice skills like passing, shooting and stick handling and end the day with a scrimmage.

Thursdays
April 17 - June 19
#15759 3:30 - 4:30 pm **K - 7 years**
#15760 4:30 - 5:30 pm **8 - 10 years**
Lewis MP Hall
\$109/10



First Tee Golf

(7 - 9 years)

Come join our interactive and immersive First Tee program today! Children will play fun interactive golf games to help develop golfing skills at a young age. Coaches are First Tee certified and trained to help in player development.

#15762 Tuesdays
April 8 - May 13
3:15 - 4:15 pm
Lewis MP Hall
\$65/6



Beginner Archery

(7 - 10 years)

Learn the basics of using a bow and arrow. Challenge yourself as you develop co-ordination, strength, a sharp eye, listening skills and more. You'll gain an understanding of this fun, historical sport! **No class April 18.**

#15431 Fridays
April 4 - June 13
3:15 - 4:15 pm
Lewis MP Hall
\$120/10



#15430 Saturdays
April 5 - June 14
11:30 am - 12:30 pm
Lewis MP Hall
\$132/11

Soccer Kids

(K - 10 years)

Get ready for some soccer! We'll work on developing your dribbling, passing and shooting skills. Fun games, activities and scrimmages will help you feel more confident and help get you used to playing with teammates. **No class April 21 or May 19.**

Mondays
April 7 - June 16
#15604 3:00 - 4:00 pm **K - 7 years**
#15605 4:00 - 5:00 pm **8 - 10 years**
Lewis MP Hall
\$95/9



Balanced Kids Yoga

(6 - 10 years)

With fun mindfulness games and yoga, children will move, breathe, dance, play and meditate to feel peace within and... have lots of fun!

Instructor: Emily Bailey Yoga
#16467 Wednesdays
April 2 - May 7
3:45 - 4:30 pm
Lewis Salish Building
\$90/6

Sports Foundations

(8 - 13 years)

Explore a variety of sports while focusing on the fundamentals. Each week we'll run, jump, throw, catch or kick our way through different games, sports and skills that will keep you building your skills and having fun. Sports may include soccer, flag football, basketball, volleyball, kickball and more.

Thursdays
May 1 - June 12
#16465 3:30 - 4:30 pm **8 - 10 years**
#16466 4:45 - 5:45 pm **11 - 13 years**
Lewis Soccer Field
\$75/7



Spring Program Registration starts Monday March 10

Summer Program Registration starts Monday April 28

See page 135



Scooter Tricks

(6 - 11 years)

Join us for a rip around the indoor skatepark on your scooter! Have fun developing your skills as you learn tips from your instructor maneuvering around the street section and bowl. This class is geared to beginner-novice riders wanting to learn new tricks or try out a new sport.

Wednesdays

#15883 April 9 - May 7 (6 - 8 years)

#15885 May 14 - June 11 (9 - 11 years)

4:00 - 5:00 pm

LINC Indoor Skatepark

\$70/5



Silly Sports

(K - 7 years)

Dodgeball, Snake Baseball, relays, tag games and more! Let's get your heart pumping while playing with new friends. Prepare for some silly fun that will get you moving, using a variety of equipment and building on your fundamental physical literacy skills.

#15761 Tuesdays

May 20 - June 17

3:30 - 4:30 pm

Lewis MP Hall

\$49/5



SK8 Like A Girl

(8 - 11 years)

While the boys are away, the girls will SKATE! Build confidence and have fun learning the basics of skateboarding. Learn to cruise, test the ramps and try a trick or two. Grab your girl friends and get ready to own the skatepark. Why should the boys have all the fun? Skateboards and safety equipment are included. **No class April 21.**

#15449 Mondays

March 31 - May 12

5:45 - 6:45 pm

LINC Indoor Skatepark

\$95/6



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

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



Jr. SK8 Stars

(K - 7 years)

Have you ever wanted to try out skateboarding? This introductory class will get your wheels spinning! You'll learn the basics of balance and pushing and have fun exploring the street and bowl sections of the indoor park. Skateboards and safety equipment included. **No class April 21.**

#15447 Mondays

March 31 - May 12

3:30 - 4:15 pm

LINC Indoor Skatepark

\$70/6



Skateboard FUNdamentals

(7 - 11 years)

Build confidence in learning the sport of skateboarding. We'll review the basics to get you cruising and then try a trick or two! This class is geared toward beginner-novice skaters. **No class April 21.**

#15448 Mondays

March 31 - May 12

4:30 - 5:30 pm

LINC Indoor Skatepark

\$95/6



Private Skateboarding Lesson

(6 years & over)

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

Tuesdays starting April 1

4:00 - 4:45 pm

5:00 - 5:45 pm

6:00 - 6:45 pm

LINC Indoor Skatepark

\$26/lesson



Parkour Kidz

(7 - 10 years)

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

#15450 Sundays

April 6 - June 15
9:30 - 10:30 am
Vern Nichols Gym
\$230/11



Acro Explorations



(6 - 8 years)

Our fun recreational acrobatics program offers an exciting blend of strength, flexibility, and coordination through engaging activities. You'll explore basic tumbling, balance, and more in a supportive environment, building confidence and having fun while developing and progressing your skills.

#16530 Saturdays

April 5 - June 14
2:45 - 3:45 pm
Vern Nichols Gym
\$189/11

Acro Basics

(9 - 11 years)

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

Instructor: Leigha Wald

#15423 Saturdays

April 5 - June 14
12:45 - 1:45 pm
Vern Nichols Gym
\$189/11



Trampoline

(8 years & over)

Develop your skills in a fun and structured trampoline program! Based on the B.C. Trampoline Acrosport Federation and CanGym programs, you will progress through the rainbow of trampoline badges: red, orange, gold, yellow, green & blue as you build your skills and learn routine, build strength, body control, co-ordination, timing, balance and confidence!

Tuesdays

April 8 - June 17

#15452 3:30 - 4:30 pm

#15453 4:30 - 5:30 pm

Vern Nichols Gym

\$179/11



Family Gymnastics

(all-ages w/ an adult except where noted)

Get ready to run, jump, swing, bounce and play together as you explore the best indoor playground around! During our Monday timeslot we've created a sensory-friendly environment, with lower lights, no music and stream-lined equipment. Adult participation required. **No class April 21 or May 19.**

#15689 Saturdays

April 5 - June 14
11:30 am - 12:30 pm

#15691 Mondays

April 7 - June 16
10:15 - 11:15 am (sensory-friendly)

#15692 Tuesdays

April 8 - June 17
11:30 am - 12:30 pm
Lewis Centre Gym
\$6.50/drop-in

Adapted Gymnastics



(10 years & over)

Get ready to learn, build your strength and have fun! Explore the different equipment and obstacles as you learn tips and tricks from our gymnastics coaches that will keep you safe and building on your skills and abilities. Caregiver support may be required. **No class April 21 or May 19.**

#16462 Mondays

April 7 - June 16
9:15 - 10:15 am
Vern Nichols Gym
\$6.50/drop-in



Spring Program Registration starts Monday March 10

Summer Program Registration starts Monday April 28

See page 135

CV Gymnastics Championships

Sunday June 8
9:00 am - 3:00 pm
Lewis Centre

Ribbons Trophies Friends Fun

courtenay.ca/rec



Gymnastics

Girls Gymnastics

(8 years & over)

Continue to progress in your strength and flexibility in various disciplines including floor, balance beam and uneven bars. Refine your skills and continue to progress in this dynamic and supportive class. **No class April 21 or May 19.**

#15442 Sundays

April 6 - June 15
1:30 - 2:30 pm
Vern Nichols Gym
\$230/11

#15443 Mondays

April 7 - June 16
4:30 - 5:30 pm
Vern Nichols Gym
\$188/9



Boys Gymnastics

(8 years & over)

Boys' gymnastics emphasizes strength, agility and precision across a variety of equipment like the vault, pommel horse and parallel bars. We focus on personal growth, building your stamina and coordination while still having fun!. **No class April 21 or May 19.**

#15440 Sundays

April 6 - June 15
1:30 - 2:30 pm
Vern Nichols Gym
\$230/11

#15441 Mondays

April 7 - June 16
4:30 - 5:30 pm
Vern Nichols Gym
\$188/9



Gymnastics for Home Learners

(6 years & over)

Are you looking for a special time to practice and play on the gymnastics equipment? The time will allow for structured and unstructured opportunities to explore the equipment, build and refine skills and get tips from our gymnastics coaches on the next challenges to take on.

#16463 Tuesdays

April 8 - June 17
9:30 - 10:30 am
Vern Nichols Gym
\$6.50/drop-in



Please check receipts for important program information.

Boys & Girls Mixed Gymnastics

(K - 7 years)

We base our gymnastics around the 3 F's: Fun, Fitness & Fundamentals of the CanGym Program. Our experienced and energetic coaches will lead you through a fun-filled warm up before breaking you off into groups to develop your individual skills, increase your strength, flexibility and stamina. **No class April 21 or May 19.**

April 21 or May 19.

Sundays

April 6 - June 15

#15435 10:45 - 11:45 am

#15436 12:30 - 1:30 pm

Vern Nichols Gym

\$230/11

#15437 Mondays

April 7 - June 16

3:30 - 4:30 pm

Vern Nichols Gym

\$188/9



Boys & Girls Intermediate Gymnastics

(8 years & over)

After progressing and being assessed in your 8+ class, participants will be invited to continue to develop their skills in intermediate. We'll continue to build your strength, flexibility and technique as you refine your skills on various apparatuses. Learn routines, build your confidence and keep progressing in this specialized sport! We recommend 2 class/week to develop and maintain your skill level. **No class April 21 or May 19.**

#15438 Sundays

April 6 - June 15

2:30 - 4:00 pm

Vern Nichols Gym

\$289/11

#15439 Mondays

April 7 - June 16

5:45 - 7:15 pm

Vern Nichols Gym

\$236/9



Dance & Theatre

Kids Take Centre Stage

(7 - 9 years)

Get ready to explore and express your theatrical side as we practice and play theatre and improv games. Find your voice and make friends in this fun-filled environment. It's time to practice, play and perform!

#16464 Fridays

April 25 - June 6

3:30 - 4:45 pm

Lewis Salish Building

\$95/7



Creative Movement

(6 - 9 years)

Get your body moving and express yourself through creative movement! Join Dancin' Dan each week as you learn to wiggle, giggle and find your own creative flow into connection with your body. **No class April 18.**

Fridays

#16549 April 11 - May 16

#16550 May 23 - June 20

3:30 - 4:15 pm

Lewis Activity Room

\$90/5

Community Circus 1

(6 - 12 years)

Join 7 Story Circus! Discover the magical and inspiring world of circus arts. Climb aerial fabric. Juggle: scarves, balls, rings and clubs. Spin: staff, poi, diablo, flower-sticks and plates. Balance on: stilts, rola-bola, and partner acrobatics. Play: improvisation and performance games. Be inspired and amazed by your own abilities! **No class April 18.**

Fridays

April 4 - May 30

#15634 4:00 - 5:00 pm (6 - 9 years)

#15635 5:00 - 6:00 pm (8 - 12 years)

Vern Nichols Gym

\$200/8

Family Programs

Family Archery

(7 years & over with an adult)

Calling all parents, grandparents and caregivers! Now you can come and participate in archery alongside your children. Create memories together through the sport of archery; whether you are a seasoned archer, or new to sport, this program offers something for everyone. Gain skills, build muscle memory, participate in fun archery activities and challenges and have FUN! **No class April 18.**

#15742 Fridays

April 4 - June 6

5:30 - 6:45 pm

Lewis MP Hall

\$80/9 (per person)



Dad's Day Out

(5 years & over with an adult)

Grab your dad, grandpa or other father figure, and let's go on an adventure. We'll celebrate with scavenger hunts, active games and cool projects to make this day a memorable one!

#16471 Sunday June 15

10:00 am - 12:00 pm

Lewis Salish Building

\$10/child

Mom & Me Sewing

(6 years & over with an adult)

Let's celebrate mom and spend some quality time together being creative! Learn or practice your sewing skills while you create a special project together.

#16472 Saturday May 10

11:00 - 1:00 pm

Lewis Craft Room B

\$15/child



Spring Program Registration starts Monday March 10

Summer Program Registration starts Monday April 28

See page 135



Volunteer with Us!

Volunteering with Courtenay Recreation is a fun and easy way to give back to your community, build new skills, and complete Work Experience requirements.

National Volunteer Week is April 27 - May 3 & is a great time to start your volunteering journey!

courtenay.ca/volunteer 250-338-5371

Tweens

Home Alone

(10 - 12 years)

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

#15427 Saturday April 12

#15428 Saturday May 10

#15429 Saturday June 7

9:00 am - 12:00 pm

Lewis Meeting Room

\$49

Girls in the Groove

(11 - 13 years)

Enjoy inclusive fun geared to get your body moving or creativity flowing. Explore new activities like yoga, rock climbing, dance, fibre arts, art projects, spa nights and more. This program is open to all girls, girl-identifying individuals and non-binary and gender non-conforming people comfortable in a space that centres around girls getting together to connect in new ways.

#16474 Thursdays

April 17 - May 22

4:30 - 6:00 pm

LINC Multipurpose Room

\$90/6

Drawing & Painting:

Back to Basics

(10 - 12 years)

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

Instructor: David Thrasher

#15607 Saturdays

April 26 - June 21

10:00 - 11:00 am

Lewis Salish Building

\$99/9

Sewing Level 2

(11 - 13 years)

Delve into the world of upcycling and garment sewing. Using commercial patterns and learning a few tricks of the trade in garment construction, we'll sew a garment of your choice, from an assortment of pattern options. Supplies, including some fabric will be available but please refer to the supply list for project fabric requirements. Please complete Sewing Level 1 before taking this class.

#15610 Wednesdays

May 28 - June 18

3:15 - 5:15 pm

Lewis Craft Room A

\$115/4

Homeschooler Rec

(10 - 12 years)

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

Wednesdays

#16468 April 9 - May 7

#16469 May 14 - June 11

12:30 - 2:30 pm

LINC Youth Centre

\$30/5

Please check receipts for important program information.

Physical Literacy at Courtenay Recreation

Who is Physical Literacy for?

Everyone! The ideal ages for the development of basic fundamental movement skills is 0 - 12 years, however you are never too old to develop basic movement skills. Being physically literate, you have the skills and confidence needed to be physically active. Whether your goal is to engage in regular physical activity, join a sports team or league or develop habits to be physically active for life.

What is

Physical Literacy?



Physical skill + Confidence + Motivation + Lots of Opportunities = Physical Literacy

Examples of skills developed through Physical Literacy:

BODY CONTROL agility, balance, coordination, speed, rhythm & more

LOCOMOTOR running, jumping, swimming, wheeling, skating & more

OBJECT CONTROL sending, receiving, dribbling, striking, kicking & more

Hoop Girls

(10 - 12 years)

Girls grab your runners and get ready to dribble, pass and shoot your way up the court! We'll review the fundamental skills, build your confidence and work on teamwork as we practice drills and scrimmages and show you other fun games you can play to work on your basketball skills.

#16473 Tuesdays

April 8 - June 17

4:30 - 5:30 pm

LINC Outdoor Basketball Court

\$115/11



Improv Games & Theatre Sports

(10 - 12 years)

Learn to act, make new friends and experience the fun of performing! Share laughter and creativity as you build your self-confidence through participation in different fun - and often funny, improv games! Our instructors have experience in drama, musical theatre and improv and are excited to share their passion with you. **No class April 18.**

#16470 Fridays

April 25 - June 6

4:45 - 5:45 pm

Lewis Salish Building

\$85/8



Intermediate Archery

(11 - 13 years)

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

#15432 Saturdays

April 5 - June 14

12:45 - 1:45 pm

Lewis MP Hall

\$132/11



Plan Ahead

Spring & Summer programs are now featured in one guide, giving you early access for planning summer activities! Spring registration starts **March 10**. Summer registration starts **April 28**. Look for **ORANGE** activity codes for summer registration.



Spring Program Registration starts Monday March 10



Summer Program Registration starts Monday April 28

See page 135

Gnarly Little Spring Craft Fair

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

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

courtenay.ca/gnarly



Special Interest

Pottery Pursuits

(12 - 15 years)
 Explore both hand-building and wheel throwing through guided projects, demonstrations and self-exploration. Create mugs, bowls and decorative sculptures using your own style.

#15765 Thursdays
 April 10 - June 12
 4:00 - 5:30 pm
 Lewis Craft Room B
 \$235/10

Spring Stunts

(13 - 15 years)
 Get stoked on Saturdays! We'll load the bus and take you on an action-packed adventure! Sign up for one - or join us for them all! Activities are subject to change and weather permitting. Space is limited.

Saturdays
#15766 May 17 **Horne Lake Caves**
#15767 May 31 **Archery Tag & Little Qualicum Falls**
#15768 June 14 **Go Karts & Englishmen River Falls**
 10:00 am - 4:00 pm
 LINC Multipurpose Room
 \$55/day

Art Exploration



(12 - 14 years)
 Are you looking for a space to create? Join us for a weekly art block where you can experiment with different mediums, materials and techniques. Paints, pastels, paper and more will help you explore your artistic side. **No class May 19.**

#16479 Mondays
 May 12 - June 9
 5:30 - 7:00 pm
 LINC Multipurpose Room
 \$75/4

Please check receipts for important program information.

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

- 1. Recreation Access Program**
 Discounts on programs for City of Courtenay residents who live below Statistics Canada low income thresholds.
- 2. LEAP**
 Regional program open to anyone in the Comox Valley. Provides 52 free admissions to drop-in activities. Apply for 2025 today! More info at courtenay.ca/recaccess

Youth Aerial Arts: Basics/Intermediate

(10 - 18 years)
 This is a split-level class for students new to aerial fabric, those need a refresher, and early intermediate students. With focus on skill & strength, you'll start close to the ground and gain height as your confidence and abilities increase. We will work towards creating acts to present in our spring show (date to be announced).

#15632 Thursdays
 April 3 - June 12
 4:00 - 5:30 pm
 Vern Nichols Gym
 \$450/12

Youth Aerial Arts: Intermediate

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

#15633 Wednesdays
 April 2 - June 11
 4:00 - 5:30 pm
 Vern Nichols Gym
 \$450/12

Youth Aerial Arts: Advanced

(10 - 18 years)
 This class is for aerialists with previous experience and working at an advanced level. This class focuses skill building, technique, strength, endurance, creative movement & much more. We will work towards creating acts to present in our spring show (date to be announced).

#15631 Thursdays
 April 3 - June 12
 6:00 - 7:30 pm
 Vern Nichols Gym
 \$450/12

\$25 member fee for Aerial classes due to instructor at first class.



Chopped

(12 - 15 years)

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

#15226 Monday - Friday

March 17 - 21

10:00 am - 2:00 pm

LINC Youth Centre

Kitchen

\$155/5

Sunday SK8 Jam

(11 - 13 years)

Jump on your board and go for a rip around the skatepark Sunday mornings! Our instructor will help you refine your skills and guide you through tricks to keep you progressing. This class is geared towards beginners.

#16476 Sundays

March 30 - April 20

9:30 - 10:30 am

LINC Indoor Skatepark

\$63/4

Private Skateboarding Lesson

(6 years & over)

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

Tuesdays starting April 1

4:00 - 4:45 pm

5:00 - 5:45 pm

6:00 - 6:45 pm

LINC Indoor Skatepark

\$26



School's Out Skatepark Tour

(11 - 13 years)

Let's load the bus and start your summer break off with a bang! Have fun with your friends and take on new challenges at some of the island's best skateparks. Skateboards and scooters welcome, helmets mandatory. Drop-ins welcome if minimum numbers met and space allows - please call to confirm before showing up.

#15769 Friday June 27

9:00 am - 4:00 pm

LINC Indoor Skatepark

\$45

SK8 Gurlz

(12 - 14 years)

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

#16477 Sundays

April 27 - May 18

9:30 - 10:30 am

LINC Indoor Skatepark

\$63/4



Courtenay Recreation



Extreme Rec Night

(11 - 16 years)

Friday May 2

3:30 - 10:30 pm

\$10/preregistration **or**
\$15/drop-in *space permitting*

- archery tag
- rock climbing
- skatepark
- air hockey
- pizza & snacks and more!

courtenay.ca/rec



Spring Program Registration starts Monday March 10



Summer Program Registration starts Monday April 28

See page 135

Birthday Parties at the LINC

(8 years & over)

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

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

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

Saturdays starting Apr 5
10:15 am - 12:15 pm **or** 12:45 - 2:45 pm
Sundays starting Apr 6
11:15 am - 1:15 pm **or** 1:45 - 3:45 pm
LINC Youth Centre Indoor Skatepark
\$155
\$195 (3 large pizzas)
\$200 (make & take - slime or tie dye t-shirts)
\$240 (make & take and 3 large pizzas)



Archery

(13 - 16 years)

Are you looking for something fun to do on your Saturday afternoon? We'll review the basics of archery, including stance, aiming and bow handling and get you shooting. Our instructors will guide you through target practice and provide you with individualized feedback to keep your skills developing and improving.

No class April 18.

#15434 Fridays

April 4 - June 13

4:15 - 5:15 pm

Lewis MP Hall

\$120/10



Sport Foundations

(11 - 13 years)

Explore a variety of sports while focusing on the fundamentals. Each week we'll run, jump, throw, catch or kick our way through different games, sports and skills that will keep you building your skills and having fun. Sports may include soccer, flag football, basketball, volleyball, kickball and more.

#16466 Thursdays

May 1 - June 12

4:45 - 5:45 pm

Lewis Soccer Field

\$75/7



Basketball Skills & Games

(11 - 13 years)

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

#15758 Tuesdays

April 8 - June 17

5:45 - 6:45 pm

LINC Outdoor

Basketball Court

\$115/11



Soccer

(11 - 13 years)

Work on developing your dribbling, passing and shooting skills - or learn some new ones! Games, activities and soccer scrimmages will help you feel more confident and help get you used to playing with teammates. **No class April 21 or May 19.**

#15606 Mondays

April 7 - June 16

5:00 - 6:00 pm

Lewis MP Hall

\$95/9



Floor Hockey

(13 - 15 years)

Grab your stick and join your friends for some good old-fashioned hockey fun. We will practice skills like passing, shooting and stick handling and end the day with a scrimmage.

#16475 Sundays

April 13 - June 8

1:00 - 2:00 pm

\$95/9



Leadership/Certification

Babysitter Training

(11 - 18 years)
Join us for this fun, informative course as we cover important information to help prepare you to be a babysitter! Topics include: managing challenging behaviors, leadership and professional conduct as a babysitter, first aid, managing risks and emergencies, child development, how to feed, diaper, dress and play with children and babies and starting your babysitting business. Reference Manuals and information from Canada Safety Council.

Sunday

#15424 April 13

#15425 May 11

#15426 June 8

9:00 am - 4:00 pm

Lewis Meeting Room

\$95

Volunteer Information Night

(12 years & over)
Looking to brush up on your skills before hopping into summer volunteering? Join our Summer Training Series! Each week we will cover a different aspect of Summer Volunteering. Join us for all or pick your sessions! Get volunteer credits for each session you attend! For more in depth skill building opportunities, please see our "LIT" Programs or check out our other Leadership opportunities on page 100. Check receipt for locations.

Wednesdays

#15614 April 30 **Info Night**

#16523 June 4 **Volunteering 101**

#16525 June 11 **Leadership & Play**

#16526 June 18 **Safety & Team Building**

#16527 June 25 **Volunteer Practice & Review**

4:00 - 5:30 pm

FREE

Food Safe Level 1

(13 years & over) SB
Train to become an employable food handler in the service industry. Learn about safe food handling methods and food preparation techniques. Certificates are awarded upon successful completion of the program. A must for resumes!

#15212 Thursday March 20

Native Sons Lower Lodge

#15720 Friday June 27

LINC Multipurpose Room

9:00 am - 4:00 pm

\$98

High Five® Principles of Healthy Childhood Development

(14 years & over)
This 4-hour training equips front-line leaders working with children 4 - 12 years (i.e. camp counsellor, coaches, after school staff, swim instructors) with the tools to immediately enhance the quality of the programs they are leading and arms them with the tools to ensure they understand what they need to do to ensure each child's social, emotional and cognitive needs are met.

#16511 Saturday June 14

10:00 am - 3:00 pm

Lewis Meeting Room

\$95

Fire Fighter Basic Training

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

#15286 Tuesday March 18

10:00 am - 4:00 pm

Macdonald Fire Training Centre

\$39

Red Cross Emergency First Aid & CPR C

(13 years & over) SB
Join us for a one-day course covering the ABC's of first aid - airway, breathing and circulation. We'll cover how to deal with obstructed airways, breathing distress and how to control bleeding/wound care. As well, you'll learn one-person CPR, and more. A 3-year certificate will be issued at the end of the course upon successful completion.

#15285 Wednesday March 19

8:30 am - 4:30 pm

Outdoor Pool Office

\$135



Spring Program Registration starts Monday March 10

Summer Program Registration starts Monday April 28

See page 135

Celebrate Youth Week May 1 - 7

- contests
- free drop-ins
- special activities, prizes, food & fun!
- Gnarly Spring Craft Fair
- Extreme Rec Night



courtenay.ca/youthweek



Gnarly Little Spring Craft Fair

(9 - 19 years)

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

#15563 Saturday May 3
11:00 am - 3:00 pm
Native Sons Grand Hall
\$10

Summer Birthdays at The LINC

(8 years & over)

Escape the heat of summer and enjoy your party at The LINC. We organize the games, provide supervision and clean up! Variety of themes available.

Saturdays starting July 5
10:45 - 12:45 pm
The LINC Youth Centre
\$155

See page 82 for more information

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



EXTREME REC NIGHT

(11 - 16 years)

Extreme Rec Night is back! Get in on the fun as we cruise through some of our local rec centres and participate in activities including archery tag, rock climbing, skatepark, air hockey, pizza, snacks, and more! Transportation included from the LINC, pick up at the Aquatic Centre at 10:30 pm. Register early to secure your spot!

#16479 Friday May 2
3:30 - 10:30 pm
LINC Youth Centre
\$10/person or \$15 drop-in if space allows

Activity schedule:

3:30 - 5:15 pm The LINC Youth Centre
5:30 - 6:45 pm Cumberland Rec
7:15 - 8:30 pm Comox Rec
9:00 - 10:30 pm CV Aquatic Centre



THE LINC

youth centre & Indoor Skatepark

300 Old Island Highway, Courtenay
250-334-8138



WHAT WE OFFER

- Indoor skatepark
- Skateboards & scooters
- Computers
- Ping pong
- Air hockey
- Foosball
- Billiards
- Video games
- Concession
- Arcade games
- Free food frenzy
- Youth Pantry
- Outdoor Sports Court
- Basketball, Soccer & Hockey equipment



Look at our QR code for updates.

SPRING HOURS

Mondays.....7 - 9 pm
(16+ Adult Night)
Skatepark & Games Room

Tuesdays.....
Twins (8 - 11 yrs) **3 - 5 pm**
8 - 18 years **5 - 7 pm**

Wednesdays.....
8 - 18 years **3 - 5 pm**
11 - 18 years **5 - 8 pm**

Thursdays.....3 - 8 pm
(11 - 18 years)

Fridays & Saturdays.....3 - 11 pm
(11 - 18 years)

Sundays.....4 - 7 pm
(all ages with a parent/caregiver)

hours are subject to change

FEES

Youth (8 - 18 years):
\$2.50 drop-in
\$15/month membership
\$25/11 punch pass
\$80/year membership
\$5/family drop-in

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

**Monday Nights - Adults only!*

SPRING BREAK HOURS

(March 17 - 30)
Fridays & Saturdays 1 - 9 pm

Closed Statutory Holidays

Youth Week

The LINC and City of Courtenay will be participating in BC Youth Week running May 1st to 7th, 2025. Stop by the LINC to see what fun activities we have planned. Food, fun, and prizes... oh my!

Family Drop In

Join us for fun filled family drop in at the LINC Youth Centre and enjoy all the LINC has to offer.

Sundays
March - June
4:00 - 7:00 pm
\$5/family

Friday Outdoor Sports Nights

Drop in to the LINC to secure a spot for each Friday and see what sport we are running. Each week will be a new sport and may include basketball, kickball, soccer, and more!

Thursday Thrills

A full-on celebration of fun, creativity, games and surprises. Each will be a new theme and activity, so stay tuned to the LINC.

courtenay.ca/linc



Spring Program Registration starts Monday March 10
Summer Program Registration starts Monday April 28

See page 135

Summer Children & Youth Programs at a GLANCE . . .

	June 30, July 2-4 WEEK 1	July 7 - 11 WEEK 2	July 14 - 18 WEEK 3	July 21 - 25 WEEK 4
Early Years (3 yrs - Pre K) Pages 88 - 90	<ul style="list-style-type: none"> • Ready Set Go! • Sunny Days Mini Camp 	<ul style="list-style-type: none"> • Messy Art • Mini Movers 	<ul style="list-style-type: none"> • Family Gymnastics • Gymnastics Mini Camp • Ocean Explorers 	<ul style="list-style-type: none"> • Sport n' Splash • Summer Scientists
<i>Check program pages for full descriptions.</i>				
Children (K - 11 years) Pages 91 - 99	<ul style="list-style-type: none"> • Adventure Camp • Discovery • Odyssey Junior • Parktime • Quest • Summer Sewing • Summer Camp Sampler 	<ul style="list-style-type: none"> • Adventure Camp • Adventure Acro • Archery Camp • Cartoons & Illustrations • Cooks & Crafts • Discovery • Odyssey Junior • Parktime • Quest • Soccer Skillz • Summer SK8 School & Private Lessons • Woo Kim Taekwondo Camp 	<ul style="list-style-type: none"> • Around the World Adventures in Culinary Cuisine • Art Venture • Basketball Skills & Games Camp • Byte Camp - Music Video Production • Discovery • Family Gymnastics • Kids Kayak Camps • Parkour Kids • Parktime • Quest • SK8 Scoot Sports <p>Nickel Carnival July 18</p>	<ul style="list-style-type: none"> • Aerial Silks Camp • Circus Camp • Discovery • Double OH Science • Flour Power • Parktime • Quest • Mt. Washington - Mountain Biking • Soccer Skillz • Summer Stage & Spotlight • Woo Kim Taekwondo Camp
See pages 131 - 133 for Swimming Lessons at the Courtenay & District Memorial Outdoor Pool				
Youth (12 years & over) Pages 100 - 103	<ul style="list-style-type: none"> • Jr LIT • Summer Sewing 	<ul style="list-style-type: none"> • Cartoons & Illustrations • Chopped • Teen Sea Kayaking Basics Certification • Woo Kim Taekwondo Camp 	<ul style="list-style-type: none"> • Kids Kayak Camps • Leaders in Training • Teen Odyssey 	<ul style="list-style-type: none"> • Aerial Silks Camp • Boredom Busters • Circus Camp • Mt. Washington - Mountain Biking • Teen Odyssey • Woo Kim Taekwondo Camp
<i>Drop-In at The LINC Youth Centre all summer long. See page 85 for details.</i>				



Summer Registration starts Monday April 28

July 28 - Aug 1 WEEK 5	August 5 - 8 WEEK 6	August 11 - 15 WEEK 7	August 18 - 22 WEEK 8	Aug 25 - 29 WEEK 9
<ul style="list-style-type: none"> • Mini Chefs • Summer Sports Stars 	<ul style="list-style-type: none"> • All About Animals • Muck n' Mess 	<ul style="list-style-type: none"> • L'il Ninjas • Nature Detectives 	<ul style="list-style-type: none"> • Creative Campers • Dino-Mite Discoveries • Family Gymnastics 	<ul style="list-style-type: none"> • Cooking Time • Family Gymnastics • Gymnastics Mini Camp
<i>Fall Registration starts August 11th!</i>				
<ul style="list-style-type: none"> • Adventure Camp • Discovery • Full STEAM Ahead • Jr Iron Chef • Mt. Washington Hiking • Odyssey Junior • Parktime • Quest • Silly Sports • SK8 Scoot Sports 	<ul style="list-style-type: none"> • Archery Camp • Around the World Adventures in Culinary Cuisine • Byte Camp - 2D Animation • Discovery • Kids Kayak Camps • Get in the Game • Parktime • Quest • Summer SK8 School & Private Lessons • Woo Kim Taekwondo Camp 	<ul style="list-style-type: none"> • Cooks & Crafts • Discovery • Double OH Science • Mt. Washington - Mountain Biking • Parktime • Quest • SK8 Scoot Sports 	<ul style="list-style-type: none"> • Adventure Camp • Discovery • Family Gymnastics • Flour Power • Full Steam Ahead • Gymnastics & Trampoline Camp • Kids Kayak Camps • Parktime • Quest • Silly Sports • Woo Kim Taekwondo Camp 	<ul style="list-style-type: none"> • Discovery • Family Gymnastics • Gymnastics Day Camp • Lewis Labyrinth • Parktime • Quest • SK8 Scoot Sports

Courtenay & District Memorial Outdoor Pool Registration starts April 28

<ul style="list-style-type: none"> • Firefighter Basic Training • Girls on the Move • Mt. Washington - Hiking • SK8 Scoot Sports 	<ul style="list-style-type: none"> • Art Attach & Splash • Byte Camp - 2D Animation • Get in the Game • Kids Kayak Camps • Teen Odyssey • Woo Kim Taekwondo Camp 	<ul style="list-style-type: none"> • Basketball Skills Camp • Cartoons & Illustrations • Chopped • Mt. Washington - Mountain Biking • Teen Sea Kayaking Basics Certification • Teen Odyssey 	<ul style="list-style-type: none"> • All-In-One Job Training • Customer Service 101 • Firefighter Basic Training • First Aid • Foodsafe Level 1 • Gymnastics & Trampoline Camp • Kids Kayak Camps • Parkour Kidz • Woo Kim Taekwondo Camp 	<ul style="list-style-type: none"> • Bake Wars • Byte Camp: 2D - Video Game Design • SK8 Scoot Sports
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Early Years Mini Camps

Nature Detectives Camp

(3 - 5 years)
Get outside and learn about the nature around you! It's time to take curious campers outside to hop on the trails and explore. You'll spend most of your time outside exploring bugs, birds, animals and plants. You will play different games and make nature crafts.

#15864 Monday - Friday
August 11 - 15
9:30 am - 12:00 pm
Cozy Corner Preschool
\$85/5

Creative Campers

(3 - 5 years)
Summer is a time for creating memories, building friendships, and exploring new interests. Our wonderful environment allows us to look & explore Lewis park while opening up our creative minds. Camp includes music, movement and crafts that will ignite our creativity.

#15866 Monday - Friday
August 18 - 22
9:30 am - 12:00 pm
Cozy Corner Preschool
\$85/5

Dino-Mite Discoveries

(3 - 5 years)
Step back in time to a prehistoric world. Discover everything you ever wanted to know about dinosaurs, through a mini dino-dig models, stories and crafts. Learn about fossils, volcanoes and the giant creatures that once roamed earth.

#15867 Monday - Friday
August 18 - 22
1:00 - 3:30 pm
Cozy Corner Preschool
\$85/5

Mini Movers

(3 - 5 years)
Come out and play with us in this active camp as we learn the FUNDamental movement skills like running, jumping, throwing, kicking and catching! Through sports, games and activities we will try out all kinds of sport based play, while promoting a supportive environment.

#15854 Monday - Friday
July 7 - 11
9:30 am - 12:00 pm
Cozy Corner Preschool
\$85/5

Sunny Days Mini Camp

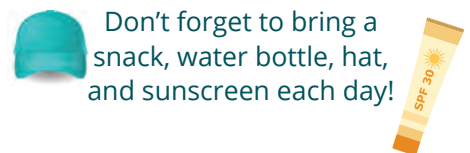
(3 - 5 years)
Capture the best parts of summer camp! Hands-on arts and crafts, science, songs, games, sports, water play and outdoor exploration. Make new friends and create special memories.

#15853 Wednesday - Friday
July 2 - 4
1:00 - 3:30 pm
Cozy Corner Preschool
\$53/3

Preparing your Preschoolers for Summer Camp

- Visit or walk by where the camp will take place
- Have your child help decide on the right camp
- Have your child help prepare for the day
- Expect that the first day may be hard
- Reassure your child that they will have fun
- Make sure to say good-bye!

Tips brought to you by Cozy Corner Preschool. Register now for Fall 2025-2026. See page 14 for details.



Don't forget to bring a snack, water bottle, hat, and sunscreen each day!





Messy Art

(3 - 5 years)

One of the most effective ways in which a child learns is through arts and crafts. In this camp children will learn by involving one or more of their senses; something smelly, something that tastes good or feels interesting in their hands. The fun crafts and active play will stretch your imagination. Please wear clothes that can get messy.

#15855 Monday - Friday

July 7 - 11

1:00 - 3:30 pm

Cozy Corner Preschool

\$85/5

Summer Scientists

(3 - 5 years)

Let's dive into the world around us and explore how things work. We'll get you thinking as we explore with hands on play and cool experiments, concoctions and chemical reactions.

#15857 Monday - Friday

July 21 - 25

9:30 am - 12:00 pm

Cozy Corner Preschool

\$85/5

Cooking Time!

(3 - 5 years)

For the chef in the family. Through fun hands-on cooking, new recipes and games, your child will learn the basics around kitchen safety, cooking and baking skills. Kids measure, mix, chop and create their way through new delicious recipes. They will build confidence and have fun while cooking.

#15869 Monday - Friday

August 25 - 29

9:30 am - 12:00 pm

Lewis Craft Room A

\$85/5

Mini Chefs

(3 - 5 years)

Throw on your apron and get ready to mix, stir, measure and enjoy tasty treats and healthy snacks! Bring a snack, water bottle, hat & sunscreen each day.

#15860 Monday - Friday

July 28 - August 1

9:30 am - 12:00 pm

Cozy Corner Preschool

\$85/5

All About Animals

(3 - 5 years)

Your child will learn about two, four, six and eight legged animals and insects. Through a variety of animal-themed activities, they will increase their imagination and movement skills. Participants will visit the Barnyard Animals in the park.

#15862 Tuesday - Friday

August 5 - 8

9:30 am - 12:00 pm

Cozy Corner Preschool

\$69/4

Muck N Mess

(3 - 5 years)

Pssst - it's okay to get messy with us! Glop, goop and dab your way through the joys of Magic Mud, painting, shaving cream, and more! Get ready to stretch your imagination. Please wear old clothes.

#15863 Tuesday - Friday

August 5 - 8

1:00 - 3:30 pm

Cozy Corner Preschool

\$69/4

Ocean Explorers

(3 - 5 years)

Splish! Splash! Sploosh! Let's dive into the underwater world of sharks, crabs, fish, dolphins and other sea creatures.

Through creative games, arts and crafts, and water play, we'll make sure you have a whale of a time!

#15856 Monday - Friday

July 14 - 18

9:30 am - 12:00 pm

Cozy Corner Preschool

\$85/5



Nickel Carnival

(3 - 12 years)

Friday July 18

1:30 - 3:30 pm

12:30 - 1:30 pm Quiet Hour

Native Sons Grand Hall

\$3/entry

courtenay.ca/nickel



Gymnastics Mini Camp

(3 - 5 years)

Each day your child will spend time running, jumping, climbing and swinging with our knowledgeable, playful, friendly summer staff and gymnastics experts. No day will be the same so come prepared to have fun! Bring a snack, water bottle, hat, and sunscreen each day.

Monday - Friday

#15858 July 14 - 18

Cozy Corner Preschool

#16536 August 25 - 29

Lewis Craft Room B

1:00 - 3:30 pm

\$95/5

Sport n' Splash

(3 - 5 years)

Time to get active, and try a new sport each day. You'll have a blast before hitting the water park to cool off. Bring a snack, water bottle, hat, sunscreen, swim suit, towel and runners each day.

#15859 Monday - Friday

July 21 - 25

1:00 - 3:30 pm

Cozy Corner Preschool

\$85/5

Family Gymnastics

(all-ages w/ an adult)

Get ready to run, jump, swing, bounce and play together as you explore the best indoor playground around! Adult participation required.

Monday - Friday

#16504 July 14 - 18

10:30 - 11:30 am

#16505 August 18 - 22

10:30 - 11:30 am

#16506 August 26 - 30

9:00 - 10:00 am

#16507 August 26 - 30

1:00 - 2:00 pm

Vern Nichols Gym

\$6.50/drop-in

Ready Set GO!

(3 - 5 years)

Through free play and structured games, participants will learn movement skills like running, balancing, and throwing! They will participate in obstacle courses and enjoy parachute games and imaginative play. Bring a snack, water bottle, hat, sunscreen and runners each day.

#15852 Wednesday - Friday

July 2 - 4

9:30 am - 12:00 pm

Cozy Corner Preschool

\$50/3

Li'l Ninjas

(3 - 5 years)

Jump, crawl, climb. Your child will move through various obstacle courses learning fundamental movement skills through fun and play. Bring a snack, water bottle, hat, sunscreen and runners each day.

#15865 Monday - Friday

August 11 - 15

1:00 - 3:30 pm

Cozy Corner Preschool

\$85/5

Summer Sports Stars

(3 - 5 years)

Come join our super sporty, fun camp leaders and your friends as we burn off some energy at this active Summer camp! You'll try out all different kinds of sports, both indoors and outdoors, practice new skills, play games and learn the basics of teamwork. Bring a snack, water bottle, hat, sunscreen and runners each day.

#15861 Monday - Friday

July 28 - August 1

1:00 - 3:30 pm

Cozy Corner Preschool

\$85/5



Daycamps

Parktime

(K - 7 years)

Spend your warm summer weeks with us making new friends, exploring our surroundings, being creative with crafts and staying cool with water activities. We will go to a local beach and other fun outings around the Comox Valley each week. Participants must have finished kindergarten or be 6 years of age to register. **No camp on July 1 or August 4.**

Monday - Friday

#15831 June 30, July 2 - 4*

#15832 July 7 - 11

#15833 July 14 - 18

#15834 July 21 - 25

#15835 July 28 - August 1

#15836 August 5 - 8*

#15837 August 11 - 15

#15838 August 18 - 22

#15839 August 25 - 29

9:00 am - 4:00 pm

Lewis Park Totem Poles

\$189/5

\$150/4*

KidsPlay

(K - 12 years)

Need a little extra time in camp? KidsPlay is for children attending a registered daycamp program at the Lewis Centre, Lewis Park or LINC. This supervised, unstructured playtime allows for an early drop-off or late pick up for camps starting at 9 am and ending at 4 pm. Pre-registration is required.

#15849 8:00 - 9:00 am

#15850 4:00 - 5:00 pm

\$5/day

\$20/5 day week

\$16/4 day week*

Register ONLINE at courtenay.ca/reconline

Discovery

(7 - 9 years)

Adventures galore! Your summer full of never ending discoveries, excursions and games awaits! Venture to new places on our weekly outings, take a dip in the outdoor pool, explore local beaches and play interactive games that will leave you wanting more. **No camp on July 1 or August 4.**

Monday - Friday

#15840 June 30, July 2 - 4*

#15841 July 7 - 11

#15842 July 14 - 18

#15843 July 21 - 25

#15844 July 28 - August 1

#15845 August 5 - 8*

#15846 August 11 - 15

#15847 August 18 - 22

#15848 August 25 - 29

9:00 am - 4:00 pm

Lewis Park Totem Poles

\$189/5

\$150/4*

Want an easy way to plan your summer? See pages 86 - 87 for the Summer At A Glance planner

Quest

(9 - 11 years)



Join us for an exciting summer at Quest! You will explore, learn, and make new friends as we investigate our environment through games, activities, arts & crafts, team-building challenges outings and more! Get ready to embark on quests that challenge you to solve problems, work collaboratively, and explore your interests. Whether it's discovering local wildlife, participating in sports, or creating art projects, everyone will find something to make summer special. **No camp on July 1 or August 4.**

Monday - Friday

#15888 June 30, July 2 - 4*

#15889 July 7 - 11

#15890 July 14 - 18

#15891 July 21 - 25

#15892 July 28 - August 1

#15893 August 5 - 8*

#15894 August 11 - 15

#15895 August 18 - 22

#15896 August 25 - 29

9:00 am - 4:00 pm

Lewis Park Totem Poles

\$189/5

\$150/4*





Specialty Camps

Summer Sewing

(9 - 11 years)

Learn basic sewing techniques with a needle and thread and with a sewing machine! You'll create and sew several awesome keepsakes to make your summer special! Some fabric may be available for use but if you desire special fabric, a supply list will be provided. **No class July 1.**

#16501 Monday &
Wednesday - Friday
June 30 & July 2 - 4
9:00 - 11:30 am
Lewis Craft Room A
\$135/4

Cartoons and Illustrations

(10 - 12 years)

Develop and hone your cartooning and illustration talents through a variety of different exercises with Disney Cartoonist, David Thrasher. Use bold & beautiful colors to create your very own hand illustrated cartoons! Learn quick and easy techniques during this new summer offering

#16448 Monday - Friday
July 7 - 11
9:00 - 10:00 am
Lewis Meeting Room
\$75/5

Byte Camp - Music Video Production

(9 - 12 years)

Make your own music and music video! Camp time will be split between digital music composition, video filming and editing. Use amazing software tools to craft your very own song from scratch. We will show you the basics of beats, baselines, chords, and melodies so that your song will sound awesome. Experiment with video, special effects, and TikTok style editing techniques to make your own video as cool as your tune.

#15880 Monday - Friday
July 14 - 18
9:00 am - 4:00 pm
Lewis Craft Room B
\$395/5

Byte Camp - 2D Animation on Tablet

(9 - 12 years)

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

#15879 Tuesday - Friday
August 5 - 8
9:00 am - 4:00 pm
Lewis Craft Room B
\$340/4

Byte Camp - 2D Video Game Design

(11 - 14 years)

Learn how to build a 2D game from the ground up using Godot, an awesome free platform for coding and launching games (think Python, but way more fun!) This is a coding camp, so be prepared to challenge yourself and learn some new skills. Time will be spent learning how to create advanced 2D vector artwork and animated character sprites to make your game look great. Some coding experience or Byte Camp's - Intro to Coding is recommended as a prerequisite.

#15881 Monday - Friday
August 25 - 29
9:00 am - 4:00 pm
Lewis Craft Room B
\$395/5

Want an easy way to plan your summer?

See pages 86 - 87 for the Summer At A Glance planner



Odyssey Junior

(6 - 10 years)

This camp is specifically for children with support needs and diverse abilities, where we craft and play in a supportive environment. The Odyssey Junior crew will take part in all sorts of summer activities - interactive games, crafts, swimming and much more! There is no online registration for this program, please contact the Adapted & Inclusive Program Supervisor for registration.

Wednesday - Friday

#16455 July 2 - 4

\$60/3

Monday - Friday

#16456 July 7 - 11

#16457 July 28 - August 1

\$100/5

9:00 am - 3:00 pm

Lewis Craft Room B

Teen Odyssey

(11 - 20 years)

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

Monday - Friday

#15779 July 14 - 18

#15780 July 21 - 25

#15781 August 11 - 15

9:00 am - 3:00 pm

LINC Multipurpose Room

\$100/5

#15782 Tuesday - Friday

August 5 - 8

9:00 am - 3:00 pm

LINC Multipurpose Room

\$80/4

Double-OH-Science Camp

(K - 10 years)

Somewhere deep inside the Lewis Park an elite group of recruits is lurking in the shadows preparing to take you on top secret missions. Your mission should you choose to accept it: learn what it takes to be a spy through STEAM activities and good old-fashioned sleuthing. Explore the world of espionage and learn the science and tech used by spies.

Monday - Friday

#16539 July 21 - 25 (K - 7 years)

#15932 August 11 - 15 (8 - 10 years)

9:00 am - 4:00 pm

Lewis Craft Room B

\$225/5

Art Venture

(K - 7 years)

Spend a week immersed in arts, crafts, nature and fun! Let's explore different materials, tools and techniques as we create cool projects, play games and enjoy summer.

#16540 Monday - Friday

July 14 - 18

9:00 am - 4:00 pm

Lewis Salish Building

\$225/5

Adventure Camp

(9 - 11 years)

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

Wednesday - Friday

#15899 July 2 - 4*

Monday - Friday

#15900 July 7 - 11

#15901 July 28 - August 1

#15902 August 18 - 22

9:00 am - 4:00 pm

Lewis Park Totem Poles

\$315/5

\$189/3*

Full STEAM Ahead

(K - 10 years)

Full STEAM Ahead - Get ready to explore science, technology, engineering, art and more! We'll challenge you with experiments, nature exploration, special projects and tasks to get your mind working and investigating the world around us.

Monday - Friday

#15935 July 28 - August 1 (8 - 10 yrs)

Lewis Salish Building

#16586 August 18 - 22 (K - 7 yrs)

Lewis Craft Room B

9:00 am - 4:00 pm

\$225/5





Flour Power Camp

(K - 10 years)

'Mix' things up and 'beat' your summer boredom. This camp will teach you everything you 'knead' to bake up delicious goodies. 'Doughnut' wait to register!

#15933 Monday - Friday
July 21 - 25 (**K - 7 years**)

#15934 Monday - Friday
August 18 - 22 (**8 - 10 years**)
9:00 am - 4:00 pm
Lewis Craft Room A
\$235/5

2025 Summer Camp Sampler

(K - 10 years)

Get ready for a fun-filled week and an action-packed intro to all the exciting activities our summer camps have to offer! Try out a variety of experiences like outdoor adventures, group games, nature exploration, experiments & crafts, outtrips and more. **No camp July 1.**

Monday, Wednesday - Friday

June 30, July 2 - 4

#16581 (K - 7 years)

#16582 (8 - 10 years)
9:00 am - 4:00 pm
Lewis Park Totem Poles
\$39/day
\$150/4

Cooks & Crafts

(K - 7 years)

Tantalize your taste buds and satisfy your imagination as you create savory dishes and craft the day away. At the end of the week you will bring home a book of tasty recipes and creative craft creations. We'll also mix in outdoor activities to keep you energized! Participants must have finished kindergarten or be 6 years of age to register.

Monday - Friday

#15929 July 7 - 11

#15930 August 11 - 15
9:00 am - 4:00 pm
Lewis Craft Room A
\$235/5

Jr Iron Chef

(9 - 11 years)

Learn culinary basics through hands-on cooking and develop the confidence you need to get creative in the kitchen. Practice a variety of culinary skills including chopping, measuring, mixing and baking while you learn about different tools and their uses. Then, prepare to take on the Iron Chef at the end of the week!

#16537 Monday - Friday
July 28 - August 1
9:00 am - 4:00 pm
Lewis Craft Room A
\$235/5

Around the World Adventures in Culinary Cuisine

(K - 10 years)

Tour the world through food! Learn about how to cook tasty dishes and treats from different parts of the world. You'll explore with your mind and your taste buds while learning skills that will help you in the kitchen no matter where in the world you are!

#15931 Monday - Friday
July 14 - 18 (**8 - 10 years**)

#16538 Tuesday - Friday
August 5 - 8* (**K - 7 years**)
9:00 am - 4:00 pm
Lewis Craft Room A
\$235/5
\$189/4*

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





Summer Stage & Spotlight

(9 - 11 years)

Experience the magic of theatre at summer camp. Join us for a fun-filled week of acting, improvisation, and more! Develop your skills, make new friends, and unleash your creativity in a supportive and engaging environment. Don't miss out on this unforgettable theatrical adventure! Practice, play and perform!

#15943 Monday - Friday

July 21 - 25

9:00 am - 4:00 pm

Lewis Outdoor Stage

\$225/5

Adventure Acro

(8 - 10 years)

Join dance instructor Leigha for a week of acro, dance and fun! We'll develop our skills in acro in the mornings and spend the afternoons keeping cool with games, special crafts, adventures and water activities.

#16503 Monday - Friday

July 7 - 11

9:00 am - 4:00 pm

Vern Nichols Gym

\$225/5

7 Story Circus: Aerial Silks Camp

(10 - 18 years)

This workshop is for beginners to advanced aerialists. We will focus on skills, technique, artistic practice and having fun. Each aerialist will have their own apparatus and training area. A separate \$25 fee for 7 Story Circus Membership and insurance is required to be paid to the instructor at the first class.

#15908 Tuesday - Friday

July 22 - 25

10:30 am - 12:00 pm

Vern Nichols Gym

\$180/4

7 Story Circus: Circus Camp

(6 - 13 years)

Join 7 Story Circus! Discover the magical & inspiring world of circus arts. Climb: Aerial fabric. Juggle: scarves, balls, rings & clubs. Spin: staff, poi, diablo, flower-sticks & plates. Balance: stilts, rola-bola, and partner acrobatics. Play: improvisation & performance games. Be inspired and amazed by your own abilities! A separate \$25 fee for 7 Story Circus Membership and insurance is required to be paid to the instructor at the first class.

#15909 Tuesday - Friday

July 22 - 25

1:00 - 3:00 pm

Vern Nichols Gym

\$240/4

Lewis Labyrinth

(K -7 years)



Adventures, exploration, mysteries and challenges await in this special outdoor camp! Spend your last week of summer solving scavenger hunts and problem-solving activities, exploring nature trails, creating nature crafts and enjoying the sunset of summer!

#16587 Monday - Friday

August 25 - 29

9:00 am - 4:00 pm

Lewis Salish Building

\$225/5

Please check receipts for important program information.

Volunteer with Us This Summer!

Volunteering with Courtenay Recreation is a fun and easy way to give back to your community, build new skills, and complete Work Experience requirements.

Brush up on your volunteer skills with our Summer Volunteer Training. See page 83 for more information.

courtenay.ca/volunteer | 250-338-5371





Sports & More

Soccer Skillz

(6 - 11 years)

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

Monday - Friday

#16513 July 7 - 11 (9 - 11 years)

#16514 July 21 - 25 (6 - 8 years)

9:00 am - 4:00 pm

Lewis Park Totem Poles

\$225/5

Silly Sports

(K- 9 years)

Dodgeball, Snake Baseball - it's time to put a silly spin on your favourite sport! Let's get your heart pumping while playing tag games, relays and staying cool with new friends. Prepare for some silly fun that will get you moving, using a variety of equipment and building on your skills.

Monday - Friday

#16584 July 28 - August 1 (K - 7 years)

#16585 August 18 - 22 (7 - 9 years)

9:00 am - 4:00 pm

Lewis MP Hall

\$225/5

Archery Camp

(7 - 12 years)

Learn the basics of using a bow and arrow while having fun playing lots of games in this camp! Challenge yourself as you develop co-ordination, strength, a sharp eye, listening skills and more. We will take the fun of camp and mix it with specific skill building for a whole day of fun and take a dip in the Outdoor Pool. Don't miss out!

No camp August 4.

Monday - Friday

#15917 July 7 - 11 (7 - 9 years)

Tuesday - Friday

#15918 August 5 - 8* (10 - 12 years)

9:00 am - 4:00 pm

Lewis MP Hall

\$225/5

\$180/4*

Basketball Skills & Games Camp

(9 - 11 years)

If you love basketball as much as we do don't miss your shot on joining this camp. We will work on basic ball handling, passing, shooting and many more sport specific skills in this all day program. Then you will get the chance to put those skills into play through scrimmages and games! Don't worry, we will take lots of breaks to enjoy the summer as well.

Monday - Friday

#15927 July 14 - 18

9:00 am - 4:00 pm

Lewis MP Hall

\$225/5

Woo Kim Taekwondo Summer Camp

(7 - 12 years)

Whether you are new to martial arts or a veteran of the club, you are going to love coming to Taekwondo camp! Learn and practice kicking, punching, and self-defense. Parents will love their kids learning about the "Tenets of Taekwondo"; courtesy, integrity, perseverance, self-control, indomitable spirit. We'll keep you busy with games, sports, crafts and daily pool time! **No camp August 4.**

Monday - Friday

#15874 July 7 - 11

#15875 July 21 - 25

#15876 August 5 - 8*

#15877 August 18 - 22

9:00 am - 4:00 pm

Lewis Salish Building

\$240/5

\$195/4*

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





Summer SK8 School

(6 - 8 years)
Do you wish you could kick your skateboard skills up a notch? Don't worry this school will get your wheels spinning! Paired with lots of fun and games, you will be able to develop in the sport of skateboarding as staff help you learn tricks and how to ride the different obstacles at the indoor and outdoor skateparks. **No camp July 7 or August 4.**

- Tuesday - Friday
- #15878 July 8 - 11
- #15903 August 5 - 8
- 9:00 am - 12:00 pm
- LINC Indoor Skatepark & Valley View Outdoor Skatepark
- \$120/4

Summer Skateboarding - Private Lessons

(6 years & over)
Want to refine your skateboarding or get an edge up on your friends? Are you brand new to the sport and don't know where to start? Take a private lesson with our instructors and get tips and tricks to help keep you progressing. Tuesday/Thursday lessons are at The LINC Indoor Skatepark, while Wednesday/Friday lessons are at Valley View Outdoor Skatepark

- Tuesday (LINC) July 8 or August 5
- Wednesday (Valley View) July 9 or August 6
- Thursday (LINC) July 10 or August 7
- Friday (Valley View) July 11 or August 8
- 12:30 - 1:15 pm or 1:30 - 2:15 pm
- \$25/lesson

Gymnastics Day Camp



(8 - 10 years)
Let's combine your love of gymnastics and the fun of summer camp! Start your day with games in the park before moving to the gym for coaching and skill development in gymnastics. Run, jump, swing and stretch as you build your skills this week! After, head back to the park for more awesome games, activities and trips to the outdoor pool.

- #15915 Monday - Friday August 25 - 29
- 9:00 am - 4:00 pm
- Vern Nichols Gymnasium
- \$225/5

Parkour Kidz

(7 - 13 years)
Try out the challenging and fun world of Parkour - the practice of traversing obstacles in a man-made or natural environment. Run, vault, roll and move through the obstacles as you practice and build your skills through different challenges and games.

- Monday - Friday July 14 - 18
- #16508 9:00 - 10:30 am (7 - 9 years)
- #16509 1:15 - 2:45 pm (9 - 11 years) August 18 - 22
- #16510 2:30 - 4:00 pm (11 - 13 years) Vern Nichols Gym
- \$135/5

Family Gymnastics

(all-ages w/ an adult)
Get ready to run, jump, swing, bounce and play together as you explore the best indoor playground around! Adult participation required.

- Monday - Friday July 14 - 18
- #16504 10:30 - 11:30 am
- #16505 August 18 - 22
- 10:30 - 11:30 am
- #16506 August 25 - 29
- 9:00 - 10:00 am
- #16507 August 25 - 29
- 1:00 - 2:00 pm
- Vern Nichols Gym
- \$6.50/drop-in

Gymnastics & Trampoline Camp



(6 - 11 years)
Whether you are a beginner or a more accomplished gymnast, you'll have a great time in this special camp! Learn new skills, and develop your strength, flexibility, balance, and more, as we work out on all apparatus. Daily challenges and progressions will be set to your individual levels.

- Monday - Friday August 18 - 22
- #15916 9:00 - 10:30 am (6 - 8 years)
- #16512 1:00 - 2:30 pm (9 - 11 years)
- Vern Nichols Gym
- \$135/5





Outdoor Pursuits

Kids Kayak Camps

(8 - 12 years)

Get out on the water this summer! Join us to explore a variety of different paddling experiences including kayaking, canoeing, and stand-up paddle boarding.

Tuesday - Friday

#15809 July 15 - 18

10:00 am - 2:00 pm

#15810 August 5 - 8

12:00 - 4:00 pm

Various Locations

\$275/4

#15811 Monday - Thursday

August 18 - 21

12:00 - 4:00 pm

Various Locations

\$275/4

Get in the Game

(7 - 9 years)

It's time to put your game face on! We'll play different sports each day - soccer, baseball, floor hockey, flag football, basketball and more! After our action-packed mornings, we'll have lunch and cool off at the pool!

#16515 Tuesday - Friday

August 5 - 8

9:00 am - 4:00 pm

Vern Nichols Gym

\$172/4

Mount Washington Alpine Adventure Camp - Mountain Biking

(7 - 12 years)

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

Monday - Friday

#16516 July 21 - 25

#16517 August 11 - 15

10:00 am - 3:00 pm

Mount Washington Alpine

Resort - Mountain Kids

\$179/5

\$74 transportation

available before/after

camp*

bike & armour rental

extra (if required)

**Check receipt for important info*

Mount Washington Alpine Adventure Camp - Hiking

(7 - 12 years)

NEW

Get ready for an adventure camp tailored for kids. This week is filled with alpine hikes on Mount Washington and in Strathcona Park, engaging games, creative crafts and endless outdoor fun. Our dynamic leaders are ready to ensure every young adventurer experiences the time of their lives. Get ready for an unforgettable week.

#16580 Monday - Friday

July 28 - August 1

10:00 am - 3:00 pm

Mount Washington Alpine

Resort - Mountain Kids

\$179/5

\$74 transportation

available before/after

camp*

SK8 Scoot Sports

(7 - 12 years)

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

Monday - Friday

#15920 July 14 - 18 (7 - 9 years)

#15921 July 28 - August 1 (10 - 12 yrs)

#15922 August 11 - 15 (7 - 9 years)

#15923 August 25 - 29 (10 - 12 years)

9:00 am - 4:00 pm

LINC Indoor Skatepark

\$225/5



Don't forget to bring a snack, water bottle, hat, and sunscreen each day!





Youth Camps

Art Attack & Splash

(12 - 14 years)
Let's dive into your artistic side this summer! Experiment with different paints, pastels and messy art fun each day as you complete cool, independent projects that will get your creative juices flowing. We'll break up the days with activities that get you out into nature, and keep cool this week!

#16499 Tuesday - Friday
August 5 - 8
9:00 am - 4:00 pm
LINC Youth Centre
\$180/4

Cartoons and Illustrations

(12 - 14 years)
Develop and hone your cartooning and illustration talents through a variety of different exercises with Disney Cartoonist, David Thrasher. Use bold & beautiful colors to create your very own hand illustrated cartoons! Learn quick and easy techniques during this new summer offering

#16449 Monday - Friday
August 11 - 15
9:00 - 10:00 am
Lewis Meeting Room
\$75/5

Boredom Busters

(12 - 14 years)
Have your summer days got you yawning? Let's kick it up a notch! Make new friends while doing awesome activities. Play active games, create cool projects, and re-engage in summer fun with some special surprises!

#16500 Monday - Friday
July 21 - 25
9:00 am - 4:00 pm
LINC Youth Centre
\$225/5

Bake Wars

(12 - 14 years)
Get ready to create and bake! Have you always wanted to bake like the professionals? We'll show you some tips and tricks to get you creating delicious and beautiful treats. Experiment with a variety of sweet and savoury recipes and tools each day. Projects may include cookies, cakes, scones, and more!

#15919 Monday - Friday
August 25 - 29
9:00 am - 4:00 pm
LINC Kitchen
\$235/5

Chopped

(12 - 14 years)
Test your cooking skills and invent tasty dishes! Each day your team is given a basket of surprise food items that must be incorporated to create a soup, salad, appetizer, entrée or dessert. You will be scored on a variety criteria. Will you be part of the winning team? Prizes included!

Monday - Friday
#15897 July 7 - 11
#15898 August 11 - 15
10:00 am - 3:00 pm
LINC Kitchen
\$160/5

Summer Sewing

(12 - 14 years)
Learn basic sewing techniques with a needle and thread and with a sewing machine! You'll create and sew several awesome keepsakes to make your summer special! Some fabric may be available for use but if you desire special fabric, a supply list will be provided. **No class July 1.**

#16502 Monday & Wednesday - Friday
June 30 & July 2 - 4
1:00 - 3:30 pm
Lewis Craft Room A
\$135/4





Leadership/Certification

Firefighter Basic Training

(13 - 18 years)

Challenge your physical and mental abilities as you train with the Courtenay Fire Department. Get educated about volunteer and career opportunities in fire-fighting. Activities may include extinguisher training, auto extraction, building searches and more.

#15924 Monday July 28

#15925 Monday August 18
10:00 am - 4:00 pm

Captain A.A. Lane
Macdonald Fire Training
Centre
\$39

Emergency First Aid & CPR C

(13 years & over)

Let's cover the ABC's of first aid - airway, breathing and circulation. Learn how to deal with obstructed airways, breathing distress, wound care and CPR. A 3-year certificate will be issued upon successful completion.

#16480 Tuesday August 19

8:30 am - 4:30 pm
LINC Multipurpose Room
\$135

Food Safe Level 1

(13 years & over)

Train to become an employable food handler in the service industry. Learn about safe food handling methods and food preparation techniques. Certificates are awarded upon successful completion of the program. A must for resumes!

#15926 Friday August 22

9:00 am - 4:00 pm
LINC Multipurpose Room
\$98

All-in-One Job Training

(13 years & over)

Get prepared to land your first job! Our facilitators will prepare you with certificates to build or boost your resume! Food Safe Level 1, Emergency First Aid & CPRC, Customer Service 101, Leadership and Fire Fighter Basic Training are all up for grabs this week. Get tips on how to polish up your resume and help you find and apply for your first (or next) job!

#16482 Monday - Friday

August 18 - 22
9:00 am - 4:00 pm
\$450/5

Junior Leaders in Training (Jr. LIT)

(12 - 14 years)

Get ready for your introduction to leadership! We'll help you develop leadership skills through play. Then put your leadership, teamwork and communication skills into practice as we plan and host a special event for Parktime & Discovery participants on the Friday!

#15886 Wednesday - Friday

July 2 - 4
10:00 am - 4:00 pm
LINC Multipurpose Room
\$45/3

Leaders in Training

(13 - 15 years)

Have fun, get involved, gain work experience and build your resume as you become an awesome leader! You'll learn to plan and lead games in the Nickel Carnival! We'll also cover behaviour management, leadership and teamwork. Then as a volunteer in summer camps you can be mentored as you test out your new skills!

#15887 Monday - Friday

July 14 - 18
10:00 am - 4:00 pm
Lewis MP Hall
\$99/5

Customer Service 101

(13 years & over)

Gain a practical introduction to basic customer service skills including: communication etiquette and best practices, team work, service recovery and problem solving. Join us for fun interactive activities that will have you practicing scenarios and gain ideas that you can apply in your (future) workplace.

#16481 Thursday August 21

9:00 am - 4:00 pm
LINC Multipurpose Room
\$95



Active Pursuits

Basketball Skills & Games Camp

(12 - 14 years)
If you love basketball as much as we do don't miss your shot on joining this camp. We will work on basic ball handling, passing, shooting and many more sport specific skills in this all day program. Then you will get the chance to put those skills into play through scrimmages and games! Don't worry, we will take lots of breaks to enjoy the summer as well.

#15928 Monday - Friday
August 11 - 15
9:00 am - 4:00 pm
Vern Nichols Gymnasium
\$225/5

Teen Paddle Canada Sea Kayaking Basics Certification

(13 - 16 years)
The camp focuses on foundational skills and knowledge, preparing students for short paddling excursions in calm, sheltered waters. By the end, participants will have the confidence to paddle safely in calm conditions with peers of similar abilities. Teens will leave this camp with Paddle Canada Basic Sea Kayak Skills certification, the first step in the Paddle Canada Sea Kayak skills progression.

#15804 Monday - Thursday
July 7 - 10

#15805 Tuesday - Friday
August 12 - 15
12:00 - 4:00 pm
Comox Valley Kayaks
\$295/4



Don't forget to bring a snack, water bottle, hat, and sunscreen each day!



Summer Skateboarding - Private Lessons

(6 years & over)
Want to refine your skateboarding or get an edge up on your friends? Are you brand new to the sport and don't know where to start? Take a private lesson with our instructors and get tips and tricks to help keep you progressing. Tuesday/Thursday lessons are at The LINC Indoor Skatepark, while Wednesday/Friday lessons are at Valley View Outdoor Skatepark

Tuesday **(LINC)**
July 8 **or** August 5
Wednesday **(Valley View)**
July 9 **or** August 6
Thursday **(LINC)**
July 10 **or** August 7
Friday **(Valley View)**
July 11 **or** August 8
12:30 - 1:15 pm **or**
1:30 - 2:15 pm
\$26/lesson

Girls on the Move

(12 - 14 years)
Grab your friends and get in on the fun with this try-everything recreation camp just for girls! Move, sweat, and build confidence while trying new ways to stay active! Activities may include yoga, movement games, archery, Zumba, racquet sports and more! Snack included. A schedule will be provided on the first day.

#15914 Monday - Friday
July 28 - August 1
9:00 am - 4:00 pm
LINC Youth Centre - Games Room
\$225/5





Parent Camp Information

Camp Locations

The daily meeting place for your child's camp will be printed on your receipt. Staff will be at these locations wearing their staff shirts.

Sign In/Sign Out Procedures

Parents/Guardians will be required to:

- verbally sign their child into camp with camp staff
 - inform staff who will be picking them up at the end of the day.
- Camp Leaders are available to help direct parents and campers and answer questions each day. We ask that parents do not enter camp program areas. If your child is over the age of 10 and has permission to sign themselves in and out of camp please complete an *independent sign-out* form, available at the front desk and our website.

Hours of Operations

Most of our camps run Monday to Friday 9 am - 4 pm, unless otherwise noted on your receipt.

KidsPlay (Before & After Camp Care)

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

Late Pick-ups/Absences

If you are unable to pick your child up on time, please call and notify the Lewis Centre as soon as possible. When possible your child will join the KidsPlay program and you will be billed for the cost. Late pick-ups from the KidsPlay program will be billed an additional fee. If your child will be absent from camp, please notify the Lewis Centre as soon as possible.

Field Trips

Camp may go on field trips to locations around the Comox Valley. An itinerary will be available on our website on the Friday prior to the start of your registered camp. Activities are rain or shine, so please make sure your child is prepared for all weather conditions.

Lost & Found

Items will be kept at the Lewis Centre until September 1, 2025. After, they will be donated to an organization in need. Please label everything your child brings to camp so we can ensure it is safely returned to them.

Swimming

Camp swims are supervised by qualified lifeguards. All campers will participate in a swim test and assigned a bracelet indicating if they are allowed to swim in the deep end, the shallow end or are required to wear a life jacket. Youth in life jackets and participants ages 6 & under will be within arms-reach of a leader at all time. If you would like your child to wear a life jacket regardless of their swim ability, please contact the Lewis Centre prior to the camp start date and a note will be made on your child's account. Please pack a swimsuit and towel for every day of camp.

Administration of Medications

If your child will be arriving to camp with medication (including personal medication, Tylenol, Ibuprofen, or an EpiPen), please contact the Adapted and Inclusive Program Supervisor or the Inclusion Coordinator regarding administration and storage of medication.

Allergies

Please treat day camp like a school environment. We do have campers with severe peanut and other nut allergies. Please do not send your child with nut products. If your child has food allergies or dietary restrictions please ensure these are clearly stated on the camper registration form and do not hesitate to discuss your child's allergies or dietary restrictions with program staff. If your child requires an epi-pen for their allergies, please contact our Adaptive & Inclusive Program Supervisor at 250-338-5371 to discuss arrangements.

Adapted & Inclusive Program

We make it fun and easy for children with special needs and diverse abilities to attend our camps. Contact the Summer Inclusion Coordinator at 250-338-5371 for more information on the support available.

Parent Communication

Camp leaders will keep parents/guardians informed of daily events, via an online schedule. If your child will not be attending for any reason please notify the office. Any concerns should be brought to a Program Supervisor's attention immediately.

Change in Family Status

If your child is experiencing any stress or trauma outside of camp, please inform one of the camp contacts (see next column). This will allow our staff to better understand your child and communicate more effectively should any behaviour changes occur. It is the responsibility of the parent to notify the front desk or Program Supervisor of any changes to custody orders, spousal restrictions, or living arrangements. If there is ever a concern about your child's well-being please call to discuss.

Removal of Participants from the Program

If your child comes to the program with an infectious disease (ex. Pink Eye) or condition (ex. Head Lice), the parents will be notified and the child will be sent home immediately. The child may only return to the program when they are no longer infectious. If a child's behaviour is disruptive to the program, safety or enjoyment of other participants and all efforts have been made to support him/her to participate successfully, the child's parents will be notified. If the behaviour continues, the parents will be notified again and the child will be sent home from the program for the day. The child will only be allowed to return to the program when his/her behaviour is appropriate. A child may be refused the opportunity to participate or be removed from the program by the program staff after consultation with a Program Supervisor.

Program Tips for Parents/Guardians in Preparation for Camp:

Please explain to your child how important it is to work with and listen to their camp leaders to help ensure a fun and safe camp experience. Some of the things to review are:

- Practice good hand hygiene: wash hands frequently for at least 20 seconds and avoid touching your face.
- Cough and sneeze into your elbow, not your hands
- Don't be in other participant's and staff's personal bubble
- Stay home if they are unwell
- Use a refillable water bottle to stay hydrated
- Get plenty of sleep before attending camp
- Apply sunscreen before attending a program and teach your child to be able to apply their own effectively.



Sun Protection

We require all participants to be protected with sunscreen, and a hat each day. Use of UV protected sunglasses is encouraged but not required. Children should come to camp with sunscreen already applied and be able to re-apply independently upon reminders from camp leaders.



What to Bring

- Weather appropriate clothing
 - Comfortable, closed toe shoes
 - Bathing Suit & Towel (everyday)
 - Water Bottle
 - Waterproof Sunscreen & Hat
 - Water Shoes or Sandals (for beach days)
 - Rain Jacket & Boots (for rainy days)
 - Bag lunch & snacks (peanut free)
- *Please label all your child's belongings**

Please leave at home: electronics, food with peanuts, flip flops, toy weapons, money, or anything else of value or sentiment they would be upset if lost or stolen.

Important Links:

Camp Forms:
courtenay.ca/recforms
Camp Schedules:
courtenay.ca/camps

Contacts:

Summer Camp Coordinator
daycampsupervisor@courtenay.ca
250-218-8667

Summer Inclusion Coordinator
inclusion.coordinator@courtenay.ca
250-338-5371 ext. 7442





Adapted Sports

Adapted Basketball

(16 years & over)

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

#15481 Thursdays
 April 3 - June 12
 1:00 - 2:00 pm
 Lewis Centre Gym
 \$42/11

Adapted Diverse Sports

You name it: we play it! Join in this sporty environment, where we mix and mesh all of your favorite sports into something accessible for everyone! Morning and evening options available.

(14 years & over)

Wednesdays
#15471 April 2 - June 18
 10:30 - 11:45 am
 Lewis Centre Gym
 \$42/12

#16453 July 16 - August 27
 10:00 - 11:00 am
 Vern Nichols Gym
 & MP Hall
 \$33/7

Adapted Archery

(18 years & over)

Learn the art of archery through step-by-step instruction. Each week we'll review how to draw a bow and shoot arrows so that your coordination, strength, aim and accuracy improve. **No program April 18.**

#15463 Fridays
 April 4 - June 20
 12:15 - 1:30 pm
 Lewis MP Hall
 \$50/11

Drop-In options available

Challenger Baseball

(10 years & over)

Challenger Baseball is an adaptive baseball program specifically designed to empower children, youth and adults living with physical and/or cognitive disabilities. This program is in partnership with the Jays Care Foundation and we greatly appreciate their support in our community.

#15462 Thursdays
 April 3 - June 5
 10:00 - 11:00 am
 Lewis Ball Diamond 1
 \$25/10



Adapted Spring Bowling League

(18 years & over)

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

#15475 Wednesdays
 April 2 - June 4
 3:00 - 4:00 pm
 Codes Country Bowling
 \$5/10

Adapted Indoor Soccer

(16 years & over)

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

#15482 Mondays
 April 7 - June 16
 1:30 - 2:30 pm
 Lewis MP Hall
 \$38/9



Get Active

Adapted Chair Fit

(18 years & over)

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

Instructor: Nancy Victoria
Fridays

#15467 April 4 - June 20
\$90/11

#15468 July 4 - August 1
\$50/5

10:30 - 11:30 am
Lewis MP Hall

Adapted Gymnastics

(10 years & over)

Get ready to learn, build your strength and have fun! Explore the different equipment and obstacles as you learn tips and tricks from our gymnastics coaches that will keep you safe and building on your skills and abilities.

#16462 Mondays

April 7 - June 16
9:15 - 10:15 am
Vern Nichols Gym
\$6.50/drop-in



Adapted Dance Class

(13 years & over)

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

#15469 Thursdays

April 10 - June 12
1:10 - 2:00 pm
Lewis Activity Room
\$48/10

Adapted Yoga

(16 years & over)

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

Instructor: Susan Obieglo
Tuesdays

#15478 April 1 - June 24
1:30 - 2:15 pm
Lewis Activity Room
\$80/13

#15479 July 8 - August 19
1:15 - 2:00 pm
Lewis Activity Room
\$40/7

Adapted Dance Party

(18 years & over)

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

#15470 Wednesdays

April 9 - June 25
1:15 - 2:00 pm
Lewis MP Hall
\$55/12

Leisure Buddies:

The Leisure Buddy provides 1:1 support to a program participant in an effort to create an inclusive recreation environment.

This can include, but is not limited to participants living with physical, cognitive, behavioral or developmental barriers. Leisure buddies are available all throughout summer!

Please contact Zach, the Adaptive & Inclusive Program Supervisor to ask how we can help! 250-338-5371 or zandres@courtenay.ca

Registration for
Adapted Programs
starts Tuesday March
18 at 8:30 am

All Adapted Programs
Proudly Sponsored by:



Spring Adapted Registration starts Tuesday March 18 at 8:30 am



Summer Adapted Registration starts Monday April 28 at 7:15 am



Special Interest

Adapted Programs - Kitchen Crew

(14 years & over)
Join the kitchen crew! Mix it, toss it and throw it in the oven of fun. Come create tasty treats and meals as part of this kitchen crew! After you enjoy your meal, play some games and socialize in the LINC's games room.

Mondays
#15473 April 7 - May 5
#15474 May 26 - June 16
10:30 am - 12:00 pm
The LINC Kitchen
\$37/4

Adapted Neuro-Wonderful Social

(13 years & over)
This biweekly group has been curated to enhance the social fabric of those living with neurodiversities. Folks of all ages can come together in solidarity to participate in gentle activities like, art, mindfulness, resource sharing, games nights, movie nights, and more!

#16459 Wednesdays Bi-Weekly
April 30 - June 18
Lewis Craft Room A
6:00 - 7:30 pm
\$30/5

Adapted Espresso-Yourself

(16 years & over)
Get together to enjoy a good cup of coffee or tea with friends. There will be opportunities to connect with new friends and build connections within the Comox Valley.

Tuesdays
#15472 April 1 - June 24
10:30 - 11:30 am
Lewis Craft Room A
\$35/13
#16452 July 8 - August 26
9:00 - 10:00 am
Lewis Meeting Room
\$25/8

Adapted Spoonie Social

(13 years & over)
This bi-weekly group is curated to enhancing the social fabric of those living with persistent pain and illness. Folks of all ages can come together in solidarity to participate in gentle activities like, art, mindfulness, resource sharing, games nights, low-impact exercises and more!

#16458 Wednesdays Bi-Weekly
April 23 - June 18
Lewis Meeting Room
\$30/5

Adapted Art Cards

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

Mondays
April 7 - June 16
#15464 1:00 - 2:00 pm
#16451 10:00 - 11:00 am
Lewis Craft Room A
#15465 July 14 - August 25
9:00 - 10:00 am
Lewis Meeting Room
Free

Adapted Art in the Afternoon

(13 years & over)
Get creative with mixed media projects in: drawing, painting, sculpture and mixed media! Pre-register or drop-in for the fun!

#15466 Wednesdays
April 9 - June 18
1:30 - 3:00 pm
Lewis Salish Building
\$47/11

Adapted Young Adults Club

(18 years & over)
Let's get social and plan the things you want to do! Activities may include crafts, movies, games nights, dinner out and more! Join us for a special pizza planning party on April 1st.

#15480 Tuesdays
April 1 - June 17
6:00 - 8:00 pm
Lewis Craft Room A
\$35/12

Spring into Summer Dance

(15 years & over)
Come together with the Adapted Crew and dance yourself into Summer! There will be music, dancing, and treats!

#15476 Friday June 27
1:00 - 2:30 pm
Lewis MP Hall
\$5

Adapted Summer Programs

Adapted Picnic Party & Talent Show

(18 years & over)
It's time to show us your stuff! Have you been working on a new talent? Maybe a dance, joke, song or magic trick? Pack a picnic lunch, register with your friends and get ready to share your talents in the summer sun. A cool summer treat included. Thank you to the Comox Valley Community Foundation for their support that allows us to offer this program for a low cost!

#15770 Thursday July 17
11:30 am - 1:00 pm
Lewis Outdoor Stage
\$5

Adapted Talent Show and Social

(18 years & over)
Have a hidden talent that should be shared? A great singing voice or a magic trick? Sign up to perform and support all of our pals.

#15477 Tuesday May 20
12:45 - 2:15 pm
Lewis MP Hall
\$5

#15778 Wednesday July 30
12:45 - 2:00 pm
Lewis Outdoor Stage
\$5

Adapted Sizzlin' Summer Dance

(16 years & over)
It's time for our tropical summer time dance! Get dressed in your tropical or Hawaiian clothes, and get out your dancing shoes, and get excited for a super fun time with the Adapted Crew. You'll meet new people and try out your dance moves!

#15771 Friday August 15
12:30 - 2:30 pm
Lewis MP Hall
\$5

Odyssey Junior

(6 - 10 years)



This camp is specifically for children with support needs and diverse abilities, where we craft and play in a supportive environment. The Odyssey Junior crew will take part in all sorts of summer activities - interactive games, crafts, swimming and much more! There is no online registration for this program, please contact the Adapted & Inclusive Program Supervisor for registration.

Wednesday - Friday

#16455 July 2 - 4
\$60/3

Monday - Friday

#16456 July 7 - 11

#16457 July 28 - August 1
\$100/5

9:00 am - 3:00 pm

Lewis Craft Room B

Adapted Sunny Days Bingo

(18 years & over)

Grab your sunscreen, hat and sunglasses and get ready for some fun in the sun! Join us for a spirited game of BINGO, a universal favorite that's exciting and easy to play. Prizes for everyone! Thank you to the Comox Valley Community Foundation for their support that allows us to offer this program for a low cost.

#15775 Tuesday July 15

#15774 Tuesday August 12
10:00 - 11:30 am
Lewis Outdoor Stage
\$5

We are looking for experienced and fun individuals for our Summer Inclusion Program!

Contact Zach at
zandres@courtenay.ca
or go to
courtenay.ca/inclusion

Teen Odyssey

(11 - 20 years)

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

Monday - Friday

#15779 July 14 - 18

#15780 July 21 - 25

#15781 August 11 - 15

9:00 am - 3:00 pm

LINC Multipurpose Room
\$100/5

#15782 Tuesday - Friday

August 5 - 8

9:00 am - 3:00 pm

LINC Multipurpose Room
\$80/4

Registration for Summer Adapted Programs starts Monday April 28 at 7:15 am



Spring Adapted Registration starts Tuesday March 18 at 8:30 am

Summer Adapted Registration starts Monday April 28 at 7:15 am



Arts & Crafts

Beginner Pottery

Build a fundamental skill set to create functional and decorative pieces with clay. Students will explore hand building technique, have the opportunity to try the potter's wheel and different surface decoration methods through guided projects and self-exploration. Three hours of additional studio time will be available on Wednesday, if needed. Registration includes one bag of clay.

Instructor: Bobbie Hammersly

#15624 Tuesdays

April 8 - June 10

7:00 - 9:00 pm

Lewis Craft Room B

\$399/10

#15623 Thursdays

April 10 - June 12

6:30 - 8:30 pm

Lewis Craft Room B

\$399/10

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

How to Draw

Learn several techniques that will help you draw with ease. Explore tone relationships, shading methods, use of a simplified grid, perspectives and more. You'll learn to detach yourself from your mental image of a subject in order to see what is really in front of you. Great results in a fun, relaxed class. **No class June 5.**

Instructor: Teresa Knight

#15621 Thursdays

May 15 - June 26

6:00 - 8:00 pm

Filberg Craft Room

\$114/6

Painting Nature in Acrylics or Oils

Let's celebrate where we live and learn to paint the amazing nature around us. After covering the basics of paint use and materials, classes will focus on the How-tos of painting rushing water, rolling seas, majestic trees, West Coast sunsets, meadow flowers, open skies or turbulent storms. All the wonderful aspects of painting our world around us. **No class June 3.**

Instructor: Teresa Knight

#15618 Tuesdays

May 13 - June 24

6:00 - 8:00 pm

Filberg Craft Room

\$114/6

Beginner Acrylics

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

Instructor: Teresa Knight

#15619 Thursdays

April 3 - May 8

6:00 - 8:00 pm

Filberg Craft Room

\$114/6

Painting Nature in Watercolour

Let's celebrate where we live and learn to paint the amazing nature around us. After learning the parameters and peculiarities of watercolour, classes will focus on the How-to's of painting rushing water, rolling seas, majestic trees, West Coast sunsets, meadow flowers, open skies, or turbulent storms. All the wonderful aspects of painting our world around us!

Instructor: Teresa Knight

#15620 Tuesdays

April 1 - May 6

6:00 - 8:00 pm

Filberg Craft Room

\$114/6

Please check receipts for important program information.

Plein Air Painting in Acrylic or Oil

Let's paint outdoors! Each session starts with an easy to follow demonstration on an important aspect of plein air painting, including getting the drawing down; steps to a great painting using oils or acrylics; following the lights; atmospheric perspective and capturing the feel of the landscape. Please be comfortable walking small distances to find great views.

Instructor: Teresa Knight

#15913 Tuesdays

July 8 - August 12

10:30 am - 12:00 pm

Lower Native Son's Hall

\$114/6

Aromatherapy Informative Workshop

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

Instructor: Deanna Papineau

#15776 Thursday June 5

6:00 - 8:00 pm

Lewis Meeting Room

\$49

Improv for 55+

Join this fun-filled improv class designed to sharpen your mind, boost your confidence, and spark your creativity! Through improv games you'll enhance quick-thinking skills, stay mentally sharp and enjoy plenty of laughter. No experience necessary - just bring your sense of humour.

Instructor: Connor Ballantine

#16534 Fridays

April 25 - May 30

1:30 - 3:15 pm

Lewis Craft Room B

\$99/6

Plein Air Painting in Watercolour

Let's paint outdoors! Each session starts with an easy to follow demonstration on an important aspect of plein air painting, including getting the drawing down, steps to a great painting using watercolour, following the lights, atmospheric perspective and capturing the feel of the landscape. Please be comfortable walking small distances to find great views.

Instructor: Teresa Knight

#15622 Wednesdays

July 9 - August 13

10:30 am - 12:00 pm

Lower Native Son's Hall

\$114/6

Aromatherapy for Mother's Day

Make & Take and explore the wonderful world of Aromatherapy with Deanna Papineau RA, a local registered aromatherapist. We will create an aromatic spray to bring joy. Topics include essential oil safety, chemistry, blending, creating and fun.

Instructor: Deanna Papineau

#15777 Thursday May 8

6:00 - 8:00 pm

Lewis Salish Building

\$49

Community Circus 2

(12 years & over)

This class has a strong focus on ensemble work, as well as individual skill building. Activities include aerial silks, hoop, rope, juggling, object manipulation, stilting, chair balance and partner balance, handstands and conditioning, improvisation & performance games. This class is for beginners to pre-professional circus enthusiasts! **No class April 18.**

#15630 Fridays

April 4 - May 30

6:30 - 8:00 pm

Vern Nichols Gym

\$300/8

Aerial Arts: Mixed Levels (Basics - Advanced)

In this mixed-level (basics to advanced) class we will focus on skills, technique, strength, endurance, creative movement and much more. We will work towards creating acts to present in our spring show (date tba).

#15629 Wednesdays

April 2 - June 11

6:00 - 7:30 pm

Vern Nichols Gym

\$450/12

\$25 member fee for Circus/Aerial classes due to instructor at first class.





Special Interest

Befriend your inner critic and boost Your Mental Fitness

This powerful workshop is designed to help you reduce stress and unlock your full potential. Based on the Positive Intelligence® framework, this session offers insights into the neuroscience of happiness and performance.

Instructor: Linda Bartholme

#15736 Tuesday May 13

7:00 - 9:00 pm

Filberg Soroptomist

#15737 Saturday May 3

1:00 - 3:00 pm

Lewis Meeting Room

\$39

Unlock Your Potential: Habit Creation that Works

Revolutionize your life! Create positive habits that run on autopilot, preserving mental energy for what truly matters. Coach Linda will guide you through an exhilarating transformation, unlocking effortless habits and supercharging willpower. Bid farewell to old routines and thrive.

Instructor: Linda Bartholme

#15733 Fridays

April 25 - May 16

10:15 - 11:15 am

Lewis Craft Room A

\$89/4

Productivity 101 Masterclass

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

Instructor: Linda Bartholme

#15735 Sunday March 30

1:00 - 3:00 pm

Lewis Meeting Room

\$39

Please check receipts for important program information.

Confidence 101 Masterclass

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

Instructor: Linda Bartholme

#15734 Sunday April 6

9:00 - 11:00 am

Lewis Craft Room A

\$39

Parenting - Parents Prosper & Connect

Join us weekly with your babies or tots for a rejuvenating fresh air experience. Start with a grounding breath or guided meditation, learn a tool to boost energy, productivity, or connection, and enjoy a walk together to chat and socialize, strengthen bonds and thrive together. Children must be in carrier or stroller.

Instructor: Linda Bartholme

#15732 Thursdays

April 24 - May 29

10:00 - 11:15 am

Lewis Outdoor Stage

\$120/6

Cooking on a Shoestring

This class will provide you with plenty of skills, tips, shortcuts, and a few good knife skills to whip up a bunch of quick, healthy meals to improve your budget.

Instructor: Meredith Murray

#16529 Monday April 7

5:00 - 8:00pm

Lewis Craft Room A

\$49

Sustaining Health: Nutritional Essentials for Seniors

Do you ever wonder if you are getting enough nutrients for your overall health and well-being? Do you find yourself hungry, experience cravings or struggling with digestive issues? In this course, with a registered dietitian, we will review nutrition tips to support your health with easy and practical strategies that you can incorporate right away into your daily living.

Instructor: Erin Roman, RD

#15738 Wednesday April 16
10:00 - 11:30 am
Lewis Craft Room A
\$39

#15743 Wednesday July 16
9:30 - 11:00 am
Filberg Conference Hall
\$39

Nutrition Strategies for Perimenopause and Menopause

Are you experiencing a shift in your hormones and starting perimenopause or menopause? This period brings many changes in the body that nutrition can support. With a registered dietitian, let's learn a bit more together about this transition and support wellbeing through nutrition.

Instructor: Erin Roman, RD

#15739 Saturday May 3
10:00 - 11:30 am
Lewis Meeting Room

#15740 Tuesday June 3
6:30 - 8:00 pm
Lewis Meeting Room

#15744 Saturday July 26
1:00 - 2:30 pm
Lewis Craft Room A
\$39

Mexican Vegetarian

Come and spend time with the chef and learn some marvelous Mexican recipes. The menu includes smoked tofu and pinto bean enchiladas; a black bean, orange and chipotle soup; and two types of fresh salsa. Enjoy a meal at the end of the class or bring some containers to take some food home with you.

Instructor: Sonja Limberger

#15812 Saturday April 5
1:30 - 4:30 pm
Upper Kitchen
\$89

Optimizing Digestion with Nutrition

Do you have issues with your digestion? Come learn some easy way to support optimal digestion with a registered dietitian. This workshop includes a high fiber cooking demo.

Instructor: Erin Roman, RD

#15741 Saturday May 3
1:00 - 3:00 pm
Lewis Meeting Room
\$39

#15745 Saturday July 26
10:00 am - 12:00 pm
Lewis Craft Room A
\$39

Sushi, Plus Other Japanese Fare

Learn how to make some joyful Japanese recipes. There will be hands-on Sushi making, and a demonstration of a Tofu Shitake Teriyaki that Chef Sonja developed while working at The Naam restaurant. Bring your appetite, an apron, and a few containers in case of leftovers.

Instructor: Sonja Limberger

#15813 Monday April 14
6:00 - 9:00 pm
Lewis Craft Room A
\$89

Refreshing Summer Recipes

Chef Sonja's chilling recipes for those hot summer days are yours to discover. The creations you will learn are a creamy raw tomato soup, pumpkin pate nori rolls, sunny almond spread and a raw desert. There will be some hands on in this class. Enjoy a meal after the lesson. Bring to go containers.

Instructor: Sonja Limberger

#15814 Friday May 9
6:00 - 9:00 pm
Lewis Craft Room B
\$89





Music

Drums Alive - Power Beats

Come get your groove on as we beat on fitness balls and move to some high energy music! Great for EVERY body and you can dial it up or down as you need. Fabulous for stress release but the focus is really on fitness fun! **No class April 16 & May 14.**

Instructor: Laura Forgie

#15641 Wednesdays

April 2 - June 25

5:30 - 6:30 pm

Native Sons Grand Hall

\$99/11

Drums Alive for Every-Body

Drums Alive is the most fun you will ever have drumming and moving to the beat! No Experience necessary - you can work at your own pace! Join Monica and see how Drums Alive will make you smile, inside and out! **No class April 21 & May 19.**

Instructor: Monica Hofer

#15640 Mondays

March 31 - June 23

12:15 - 1:15 pm

Native Sons Grand Hall

\$99/11

Beginners African Drumming

In this class, participants learn proper hand drumming technique and simpler West African rhythms for djembe and dundun (bass drum). Participants should be able to replicate basic rhythmic patterns. Participants must provide their own djembe. **No class April 18 & May 9.**

Instructor: Monica Hofer

#15637 Fridays

April 11 - June 27

2:45 - 3:45 pm

Native Sons Grand Hall

\$170/10

Beyond Beginners African Drumming

In this class we will continue to improve on technique and skills from the beginner classes while learning new & exciting West African rhythms - all while having fun getting into the groove. Please contact instructor if unsure of level. Participants must provide their own djembe. **No class April 18 & May 9.**

Instructor: Monica Hofer

#15638 Fridays

April 11 - June 27

1:30 - 2:30 pm

Native Sons Grand Hall

\$170/10

Intermediate African Drumming

Join our local hand drumming instructor and drum circle facilitator and get into your weekly groove. New rhythms taught every week; opportunities to work on djembe and bass drums. Great for the mind, body and spirit! This class is intended for those with previous experience. **No class April 18 & May 9.**

Instructor: Monica Hofer

#15639 Fridays

April 11 - June 27

12:00 - 1:00 pm

Native Sons Grand Hall

\$170/10

Single Mom Resource Course



Overworked and exhausted? Feel like you're the one holding everything together for your family? Turn chaos into calm and discover a new approach to single mom life. In this 8-week program, you'll learn the skills to take control of your life and to connect more deeply with yourself and your children. Includes free fun programming for your kids aged 5 - 11 during the course time.

Instructor: Kaleo Collective

#16395 Tuesdays

May 6 - June 24

5:00 - 7:00 pm

Lewis Meeting Room

Free

Dance

Beginner Belly Dance

Come have fun learning belly dance and discovering your inner Sheherazade! We will cover the basic moves, rhythms and veils. **No class May 19.**

Instructor: Laura Forgie

#15636 Mondays

April 28 - June 16

7:00 - 8:00 pm

Native Sons Grand Hall

\$49/7

Intermediate Belly Dance

Let's build on the foundations of the beginner class to add some new techniques and moves! We will explore new drum rhythms, costuming, veil-work, and a short choreography that will pull everything together. As always, the main goal is to have FUN!!

No class May 19.

Instructor: Laura Forgie

#15644 Mondays

April 28 - June 16

5:45 - 6:45 pm

Native Sons Grand Hall

\$49/7

Fun for all!

Line Dance Social

Join us for an afternoon of dancing, socializing and sharing opet to anyone who loves to line dance and just can't get enough! Dances for all levels of experience. Hosted by instructors Darlene Birtwistle & Joan Wydenes.

#16578 Sunday May 11

1:00 - 3:00 pm

Native Sons Grand Hall

\$10

*Did you know?
You can register on March 10
for your favourite Spring &
Summer programs.*

Line Dance Party

Learn the steps, learn the lingo and find out why a line dance class feels like a party! Build your confidence one step at a time with fun and easy line dances done to all kinds of music - it's not just country anymore! A great workout for the body and the brain, line dancing lifts your spirits and puts a smile on your face. "Life's Too Short Not to Dance". **No class May 13.**

Instructor: Darlene Birtwistle

#15647 Thursdays

April 3 - May 8

7:00 - 8:15 pm

Native Sons Lower Level

\$42/6

Beyond Beginner Line Dance Boogie

Wanted! Dancers looking for a bit more energetic and challenging footwork beyond the beginner level. Must be comfortable with the basic steps and a faster pace. Come charge up your Saturday with some invigorating moves and music!

Instructor: Darlene Birwistle

#16535 Saturdays

April 5 - May 10

10:45 am - 12:00 pm

Lewis Activity Room

\$6.50/drop-in



Line Dance - Beginner

Come and kick up your heels and dance the afternoon away! Line dancing is a great way to keep your brain and your body active! No partners required.

Instructor: Joan Wydenes

Wednesdays

#15645 April 2 - June 25

\$91/13

#15648 July 9 - August 27

\$56/8

1:05 - 2:05 pm

Lewis Activity Room

Line Dance - Intermediate

If you've been enjoying the beginner class it's time to boot, scoot, and boogie your way on up to the intermediate class.

This class will focus on learning new dances while still enjoying the favourites from the beginner class. No partners required. **No class April 15 & May 13.**

Instructor: Joan Wydenes

#15646 Tuesdays

April 1 - June 24

12:00 - 1:00 pm

Native Sons Grand Hall

\$77/11

#15649 Tuesdays

July 15 - August 26

12:00 - 1:00 pm

Native Sons Grand Hall

\$49/7





Badminton

(16 years & over)
Drop-in and get some exercise at our recreational badminton. Racquets and birdies provided. Participants set-up equipment. **No class July 9 & 16.**

#15697 Wednesdays & Fridays
April 2 - June 27
1:15 - 3:15 pm
Vern Nichols Gym
\$4/drop-in

Soccer

(16 years & over)
Join our Monday night kick-around for a fun, casual soccer experience! All skill levels are welcome - come and play!

#15711 Mondays
March 31 - June 23
7:00 - 8:30 pm
Lewis MP Hall
\$4/drop-in

Pickleball

(16 years & over)
Join in and have fun playing this exciting paddle game! Must pre-register for drop in. No drop ins accepted on site. **No class April 15, 17, May 13, 14 & July 1, 8 & 10.**

#15708 Tuesdays & Thursdays
April 1 - June 26
1:15 - 3:15 pm
Native Sons Grand Hall
\$4/drop-in

Basketball

(16 years & over)
Looking for some facilitated gym time to play a pick up game or shoot around with your friends? Join us on Tuesday nights and enjoy the flexibility of drop-in Basketball.

#15698 Tuesdays
April 1 - June 24
7:00 - 8:30 pm
Lewis Centre Gym
\$4/drop-in

Intro to Tandem Canoeing

Learn basic paddling strokes for tandem canoeing, along with essential land and water rescue techniques. You will be paddling in a tandem canoe, but you do not need a partner to attend.

Instructor: CV Kayaks
#15806 Saturday May 24
#15807 Saturday June 7
1:00 - 4:00 pm
Comox Lake
\$98

Tandem Canoe Rescues

Learn the essential skills for handling capsized canoes in this hands-on course. You'll practice re-entering a swamped canoe and performing canoe-over-canoe rescues, gaining the confidence to manage emergencies on the water. **Instructor:** CV Kayaks

#15808 Sunday June 8
1:00 - 3:30 pm
Maple Lake
\$98

Historical Fencing

(11 years & over)
Learn and drill basic footwork, cuts, thrusts, grappling, and slow, free-play. This intro level is a great introduction to HEMA (Historical European Martial Arts). The Core class will take you from the intro program to a competitive HEMA fencer, long-term. Build coordination, focus, and fitness with opportunities to spar with Padded, Synthetic, and Steel. **No class June 3 & 10.**

Tuesdays
Filberg Conference Hall
April 1 - June 24
#15643 5:30 - 6:30 pm (**Intro**)
\$121/11
#15642 6:30 - 8:30 pm (**Core**)
\$176/11
July 8 - August 26
#16552 5:30 - 6:30 pm (**Intro**)
\$77/7
#16551 6:30 - 8:30 pm (**Core**)
\$112/7

Senior Tour Tuesday

This senior-friendly kayaking experience offers a basic skills lesson followed by a leisurely paddle at a comfortable pace. Perfect for beginners or those seeking a low-key adventure. All equipment is provided, and no prior experience is necessary. Join us for a relaxing, guided exploration on the water!

Instructor: CV Kayaks
#15799 Tuesday May 20
#15800 Tuesday June 3
12:00 - 2:30 pm
#15801 Tuesday July 22
5:00 - 7:30 pm
Comox Valley Kayaks
\$78



Beginner Evening Tai Chi

The slow, fluid movements of Tai Chi reduce tension and stress, improves balance, coordination, and concentration, as well as muscle resiliency and joint flexibility. Tai Chi helps to increase energy and provides an overall sense of well-being.

Instructor: Albert Balbon
#15666 Thursdays
 April 17 - June 26
 6:45 - 7:45 pm
 Lewis Activity Room
 \$110/11

Advanced Evening Tai Chi

The slow, fluid movements of Tai Chi reduce tension and stress, improves balance, coordination, and concentration, as well as muscle resiliency and joint flexibility. Tai Chi helps to increase energy and provides an overall sense of well-being.

Instructor: Albert Balbon
#15664 Thursdays
 April 17 - June 26
 8:00 - 9:00 pm
 Lewis Activity Room
 \$110/11

Chi Kung

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

Instructor: Tom Haber
#15669 Thursdays
 April 17 - June 12
 12:00 - 1:00 pm
 Native Sons Lodge & Dining Room
 \$90/9

Kung Fu

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

Instructor: Tom Haber
#15672 Wednesdays
 April 16 - June 11
 7:00 - 8:15 pm
 Native Sons Lodge & Dining Room
 \$108/9

Tibetan White Crane Tai Chi

(18 years & over)
 Improve agility, flexibility and overall health and well-being by performing a sequence of slow and relaxed motions. The class introduces the "Needle in Cotton" form which is a treasure of the Tibetan White Crane Kung Fu system. The form is described as "peace in motion" and is a set of Qigong movements said to carry the practitioner into a healthy and long life.

Instructor: Tom Haber
#15679 Tuesdays
 April 15 - June 10
 7:00 - 8:00 pm
 Lewis MP Hall
 \$90/9

Woo Kim Taekwondo Adult

(13 years & over)
 This fast-paced program is designed to give participant a full body workout all while building a new skill. Taekwondo is a Korean martial art and a recognised Olympic sport. Known for it's dynamic, powerful kicks Taekwondo is a rewarding outlet for everyone. Improve strength, endurance, coordination, flexibility and balance skills all while reaching new heights of self confidence. Sanctioned by the BC and Canadian Taekwondo federations. Taught by 4th Dan Black Belt Richard Dobbs. **No class April 15, 17 or May 13.**

#15460 Tuesdays & Thursdays
 April 1 - June 19
 6:40 - 7:40 pm
 Native Sons Grand Hall
 \$254/21

Please check receipts for important program information.





Kayaking

Sea Kayak Level 1 - Paddle Canada

This course builds on Basic Skills, introducing paddlers to sea kayaking in slightly rougher water. Focus areas include re-entry techniques, navigation, route planning, weather interpretation, and proper gear. Participants will become confident paddling in class-1 conditions, equipped to safely plan and execute day trips.

Friday 6:00 - 9:00 pm

Saturday 10:00 am - 4:30 pm

Sunday 8:00 am - 2:30 pm

#15796 June 6 - 8

#15797 June 20 - 22

Comox Valley Kayaks
\$340/3

Women on the Water

Learn essential kayaking strokes, practice rescues, and gain trip-planning basics like navigation, weather, and tidal charts - all in a supportive and encouraging environment. Beginners welcome!

#15803 Thursdays

May 8 - 29

5:30 - 7:30 pm

Comox Valley Kayaks
\$160/4

Intro to Kayaking

(16 years & over)

Start your new adventure here. Learn the basics of boats and gear then head onto the water for Kayak strokes. We try to stay on top of the water for this whole lesson and teach you the skills that will serve you the best when exploring close to shore where all the cool things are.

#15783 Tuesday May 27

4:00 - 7:00 pm

#15784 Friday June 6

4:00 - 7:00 pm

#15785 Friday June 27

5:00 - 8:00 pm

#15786 Thursday July 3

5:00 - 8:00 pm

#15787 Wednesdays July 23

5:00 - 8:00 pm

Comox Valley Kayaks
\$98

Edging and Bracing

During edging and bracing explore all the strokes taught in Intro to Kayaking and add the element of doing them while edging our kayaks to increase maneuverability.

#15794 Friday June 13

#15795 Friday July 4

5:00 - 7:00 pm

Comox Valley Kayaks
\$98

Intro to SUP

Our SUP lesson will teach you about the sport of Stand Up Paddleboarding. Typical skills covered include strokes, techniques to improve your balance, and how to get back on the board.

#15802 Thursday July 10

5:00 - 7:00 pm

Comox Valley Kayaks
\$98

Kayak Rescues

Our rescue class takes place in the comfort of the Courtenay & District Memorial Outdoor Pool. In this lesson we learn how to fall out of our boat and help each other get back in. The skills taught are wet exits and tandem rescues, and if there's time we play with types of solo rescues.

#15788 Friday June 6

#15789 Saturday June 7

#15790 Friday June 20

#15791 Saturday June 21

#15792 Friday June 27

#15793 Saturday June 28

Fridays 6:00 - 7:30 pm

Saturdays 5:30 - 7:00 pm

Outdoor Pool
\$98

Sea Kayak Level 2 - Paddle Canada

Building on Level 1 skills, learn intermediate techniques for paddling in class-2 conditions along semi-exposed shorelines. Key areas include leadership, incident management, open-water rescues, self-care, and navigation, preparing paddlers for more challenging sea kayaking adventures.

Thursday 6:00 pm

Friday - Sunday

9:00 am - 4:00 pm

#15798 August 28 - 31

6:00 - 4:00 pm

TBD

\$595/4

Lewis Centre Squash Courts

To Reserve a court:

Call 250-338-5371 or stop by the Lewis Centre front desk.

Payment is required at time of booking.

Use your squash punch pass/membership & save!



All court bookings are 60 minutes in duration.

Squash hours:

Monday to Friday 6:00 am - 9:00 pm


Saturday & Sunday 9:00 am - 4:00 pm

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

Changes effective March 1, 2025:

- Eliminate Prime and Non-Prime Time distinctions
- Existing passes can be used to book any court at any time
- All court bookings are now 60 minutes in duration

Play your way - no limits!

Childminding is now available Wednesday evenings! See page 62 for more information. 

Court Fees (per person) includes 5% GST

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



Spring Program Registration starts Monday March 10



Summer Program Registration starts Monday April 28

See page 135

Lewis Centre Wellness Centre



Ages 13 & Over

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

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

Equipment

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

Wellness Centre Hours:

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

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

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

Supervised8:30 am - 4:00 pm

**closed on statutory holidays*

Services Include

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

Fees (includes 5% GST)

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

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

Pass Suspensions

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



Childminding is available during certain times while you drop in to the Wellness Centre. See page 62 for more information.

Spring Drop-in Fitness

effective March 30 - June 28, 2025

	MON	TUES	WED	THURS	FRI	SAT
Morning	6:00am				Early Bird Fitness	
	9:00am		Zumba w/ Milena	BootCamp Blast	Strictly Strength	Pedal N' Sculpt++
	10:30am	BootCamp Blast		DanceFit		
Mid-day	12:05pm	Monday Motivator	HIIT	Dynamic Fusion	Kettle Bell	
	5:15pm	Zumba Toning 5:30 pm	Athletic Barre 5:00 pm	Strength Stretch & Mobility	Power Spin & Core	
Evening	6:15pm	Zumba w/ Stacie				
	7:30pm	Yin Yoga w/ Susan+				

See page 120 for program descriptions and 121 for fees
 Fitness schedule substitutes and cancellations will be posted at courtenay.ca/fitness

Summer Drop-in Fitness

effective June 29 - August 30, 2025

	MON	TUES	WED	THURS	FRI	SAT
Morning	9:00am		Zumba w/ Milena	BootCamp Blast	Strictly Strength	Pedal N' Sculpt++
	10:30am	BootCamp Blast				
Mid-day	12:05pm	Monday Motivator	HIIT	Dynamic Fusion	Kettle Bell	
Evening	5:15pm	Zumba Toning 5:30 pm	Athletic Barre 5:00 pm (last class Aug 12)	Strength Stretch & Mobility (last class Aug 13)	Power Spin & Core (last class Aug 14)	
	6:15pm	Zumba w/ Stacie				
	7:30pm	Yin Yoga w/ Susan+				

Childminding available during these classes
Class Levels
 Beginner/Intermediate
 Intermediate/Challenging
 Challenging
 + 75 minute class
 ++ 90 minute class

schedule subject to change

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



Program Registration starts Monday March 10

See page 135

Drop-in Fitness

Monday Motivator

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

Instructor: Susan Obieglo

Zumba Toning

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

Instructor: Milena Spratt

Step & Strength

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

Instructor: Leah Partidge



BootCamp Blast

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

Instructor: Steve Thomson



Spin Express

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

Instructor: Fiona McQuillan

Flow Yoga

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



Childminding available during these classes

Athletic Barre

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

Instructor: Nancy Victoria

Zumba w/ Stacie

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

Yin Yoga w/ Susan

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

Instructor: Susan Obieglo

Zumba w/ Milena

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

Instructor: Milena Spratt



HIIT

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

Instructor: Leah Partidge

Strength, Stretch & Mobility

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



DanceFit

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

Dynamic Fusion

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

Power Spin & Core

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

Early Bird Fitness

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

Instructor: Tina Pringle

NEW

Strictly Strength

Fridays 9:00 - 10:00 am
Designed after our ever popular registered class, this drop-in strength class offers a supportive environment to build strength using resistance training and various equipment, enhancing muscle, bone health, and flexibility. **Instructor:** Leah Partidge

NEW

Kettle Bell

Fridays 12:05 - 12:55 pm
A strength-based program where participants will use Kettle Bells to strengthen the body! We will focus on core, mobility, strength and finish with a good stretch.
Instructor: Nancy Victoria

Pedal N' Sculpt+

Saturdays 9:00 - 10:30 am
This popular Saturday morning class begins with a cycle workout to get the heart pumping, followed by strength and ab training.
Instructor: Luis Acosta



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

Drop In Fitness Fees (includes 5% GST)

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

Group Fitness

Total Body TRX

This dynamic suspension training class has it all! You'll utilize your bodyweight to help improve your balance, develop core strength, cardio, flexibility and total body strength. Your experienced instructor will motivate you, guide you and challenge you with new moves! All levels and abilities welcome.

No class April 21, May 19 & August 4.

Instructor: Kim Hamilton
Mondays

#15821 April 14 - June 23
\$117/9

#16444 July 7 - August 25
\$91/7
6:45 - 7:45 pm
Lewis Activity Room

+PLAY: Full body Workout

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

#15652 Thursdays
April 17 - June 19
3:45 - 4:45 pm
Lewis Activity Room
\$120/10

Women's Strictly Strength



This women's only strength class provides a comfortable environment for women of all ages to focus on building strength through resistance training and the use of a variety of equipment. No cardio is involved, but you will work towards developing lean muscle mass, improving bone strength, increasing flexibility and feeling stronger both physically and mentally. **No class April 18.**

Instructor: Leah Partridge
Fridays

#15682 April 11 - June 27
\$132/11

#16445 July 4 - August 29
\$108/9
10:30 - 11:30 am
Lewis Activity Room

*Did you know?
You can register on March 10
for your favourite Spring &
Summer programs.*





55+ Programs

55+ TRX and More

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

Instructor: Kim Hamilton

Fridays

#15819 May 30 - June 27

\$65/5

#16433 July 4 - August 29

EG \$117/9

1:15 - 2:15 pm

Lewis Activity Room

55+ TRX & Resistance Training

Suspension training is perfect for the older adult allowing user to modify body position, base of support and stability to progress or regress an exercise. Movements on the TRX can stay simple and static or be more dynamic, depending on your own level of comfort.

No class April 21, May 19 & August 4.

Instructor: Kim Hamilton

#15820 Mondays & Wednesdays

April 7 - June 25

\$286/22

#16434 July 2 - August 27

EG \$208/16

10:30 - 11:30 am

Lewis Activity Room

Simply Strength 2

This popular class with Steve is an intermediate level class and is a step up from Simply Strength 1. It offers overall body conditioning, balance and agility, core strengthening and health and wellness education. **No class April 16, 21, May 14, 19, July 9 & August 4.**

Instructor: Steve Thomson

Mondays & Wednesdays

#15654 April 7 - June 25

\$240/20

#16426 July 2 - August 27

EG \$180/15

9:00 - 10:00 am

Native Sons Grand Hall



Look for the Evergreen symbol for 55+ classes. More information on page 136.

55+ Strength Training

Strength training is great for anyone looking to maintain, build and improve their strength, balance and overall well-being. This Wellness Centre class will provide personal instruction with various strength training equipment providing a well-rounded exercise routine with personalized workouts to address your needs. Our qualified instructor will be giving you instruction, support and guidance throughout your sessions in a fun, non intimidating atmosphere. **No class April 18, 21, May 19, July 1 & August 4.**

Instructor: Juan Blancas

Mondays & Wednesdays

April 7 - June 25

#15656 2:00 - 3:00 pm

#15655 12:30 - 1:30 pm

EG \$264/22

July 2 - August 27

#16427 12:30 - 1:30 pm

#16428 2:00 - 3:00 pm

EG \$192/16

Tuesdays & Thursdays

April 8 - June 26

#15657 12:30 - 1:30 pm

#15658 2:00 - 3:00 pm

EG \$288/24

July 3 - August 28

#16429 12:30 - 1:30 pm

#16430 2:00 - 3:00 pm

EG \$204/17

Fridays

April 11 - June 27

#15659 12:30 - 1:30 pm

#15660 2:00 - 3:00 pm

EG \$144/12

July 4 - August 29

#16431 12:30 - 1:30 pm

#16432 2:00 - 3:00 pm

EG \$108/9

Lewis Wellness Centre

*Did you know?
You can register on March 10
for your favourite Spring &
Summer programs.*




55+ Chair Fitness

This fun, lower impact, chair-based class can be done both in or out of the chair! You'll be guided carefully through exercises focusing on balance, mobility, range of motion, coordination, flexibility, muscle strength and relaxation. The instructor will offer modifications as needed, as well as, provide support to participants at every turn. All levels welcome! **No class April 18 & July 1.**

Instructor: Nancy Victoria
Tuesdays & Fridays
#15693 April 1 - June 27
#16570 July 4 - August 15
 9:00 - 10:00 am
Filberg Rotary Hall
\$6.75/drop-in

55+ Yoga - Gentle

A blend of styles that includes mostly floor poses (seated, belly, back). A slow moving and calming practice with stretching and easy strengthening. Suitable for those that are slow in getting up and down from the floor, have limited mobility or are looking for a melow practice. **No class April 21, May 19 & August 4.**

Instructor: Sheron Jutila
Mondays
#15661 April 7 - June 16
\$117/9
#16435 July 7 - August 25
 \$91/7
1:45 - 3:00 pm
Native Sons Grand Hall


55+ Strength, Stretch & Core

This popular class checks off all the boxes! Your workout begins with a moderate level warm up followed by exercises that focus on strengthening, toning and stretching key muscles. A long, relaxing stretch completes the class. **No class April 21, May 12, 19 & August 4.**

Instructor: Nancy Victoria
Mondays & Thursdays
#15695 March 31 - June 26
#16572 June 30 - August 14
 Mondays - Filberg
Thursdays - Native Sons
9:00 - 10:00 am
\$6.75/drop-in

55+ Simply Strength 1

Exercises will be taught with a variety of equipment to increase balance, range of motion and strength and will help you regain or maintain your ability to climb stairs, get in and out of a chair or car, and maintain your balance while walking and standing. Dynamic movements are performed with great music to improve cardiovascular performance including gentle stretching. Participants should be able to get up and down from the floor. **No class April 21, May 19 & August 4.**

Instructor: Juan Blancas
Mondays & Wednesdays
#15964 April 2 - June 25
#16571 June 30 - August 27
 10:30 - 11:30 am
Native Sons Grand Hall
\$6.75/drop-in



OPT IN to receive email notifications!

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

Spring 55+ Drop-in Fitness effective March 30 - August 30, 2025

	MON	TUES	WED	THURS	FRI
9:00 am	55+ Strength, Stretch & Core Filberg (Upper) <i>last class Aug 11</i>	55+ Chair Fit Filberg (Lower) <i>last class Aug 12</i>		55+ Strength, Stretch & Core Native Sons Hall (Upper) <i>last class Aug 14</i>	55+ Chair Fit Filberg (Lower) <i>last class Aug 15</i>
10:30 am	Simply Strength 1 Native Sons Hall (Upper)		Simply Strength 1 Native Sons Hall (Upper)	<i>Only punch cards are accepted at offsite locations. Cash payments need to be made at the Lewis or Filberg office.</i>	

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



ParticipACTION Community Challenge

starts June 1st

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

courtenay.ca/participaction



Wellness

Dynamic Fusion

Join us for a one-hour registered version of Susan's lunch hour class, Dynamic Fusion. This integrative fitness class combines weightlifting, Pilates, and yoga to enhance overall fitness. The unique blend boosts strength, balance, mobility, core stability, and flexibility, offering a comprehensive workout for all levels. **No class July 29.**

Instructor: Susan Obieglo
Tuesdays

#15670 April 15 - June 24
\$132/11

#16440 July 8 - August 26
\$84/7
5:45 - 6:45 pm
Lewis MP Hall

Ink and Asana: Springtime Retreat

Enjoy an afternoon of gentle stretching, yoga nidra and facilitated expressive writing. Explore your inner world through writing prompts and drop into peacefulness by enjoying gentle movements and deep yogic rest.

Instructor: Paula Holmes-Rodman & Susan Obieglo

#15677 Sunday May 4
1:00 - 3:30 pm
Native Sons Lodge
& Dining Room
\$70

Minds in Motion

(50 years & over)

Minds in Motion is a fitness and social program for people living with any form of early stage dementia along with a family member, friend or other care partner. The program is offered in partnership with the Alzheimer Society of B.C. Gentle exercises are followed by social activities designed to be enjoyed in pairs. Care partners must attend. Call (778) 746-2017 for more info.

Instructor: Nancy Victoria
Wednesdays

#15674 April 16 - May 21

#15675 June 4 - July 9
1:00 - 3:00 pm
Native Sons Lodge &
Dining Room
\$60/6

Fundamentals to be an Everyday Athlete

This 6 class series teaches you to be a better mover, prevent injuries, remove barriers and to be more athletic. Gain more insight on how to train your own nervous system in order to be more flexible, strong, stable, and ultimately to become a healthier version of yourself.

Instructor: Mackenzie
Thursdays

#15817 April 3 - May 8

#15818 May 15 - June 19
7:00 - 8:00 pm
Lewis Salish Building
\$180/6

Regulating Your Nervous System

This 6 class series focuses on improving your nervous system. Each class will provide specific exercises to enhance your "rest and relax" state of mind. Learn how you can improve and overcome from the following: depression, anxiety, fatigue, tension, pain, trauma, ADHD, or insomnia.

Instructor: Mackenzie
Tuesdays

#15815 April 1 - May 6

#15816 May 13 - June 17
7:00 - 8:00 pm
Native Sons Dining Room
\$180/6

*Did you know?
You can register on March 10
for your favourite Spring &
Summer programs.*

55+ Yoga - Joint Series

This sequence of gentle postures focuses on increasing mobility of all joints and improving breath awareness. Each pose is highly adaptable, and we move slowly enough to explore variations for everybody. The Joint Freeing Series includes poses that are on hands and knees, seated and standing. **No class April 17, May 15 & August 7.**

Instructor: Sheron Jutila
Thursdays

#15662 April 10 - June 19
\$135/9

#16436 July 17 - August 28
\$90/6



10:15 - 11:45 am
Native Sons Grand Hall

Introduction to Mat Pilates

This beginner-friendly Pilates Mat class builds core strength, flexibility, and alignment through mindful, low-impact exercises while teaching essential Pilates principles like breathing and posture. **No class April 15, May 13.**

Instructor: Kim Hamilton
Tuesdays

#16576 April 8 - June 24
\$120/10

#16577 July 15 - August 26
\$84/7

9:00 - 10:00 am
Native Sons Grand Hall

Outdoor Pilates - Yoga Flow

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

Instructor: Suzy Williamson

#16548 Tuesdays
July 15 - August 19
10:30 - 11:30 am
Puntledge Park
\$72/6

Forest Bathing - Shinrinryoku

Shinrinryoku, often translated as "forest bathing" or "forest therapy," is a Japanese practice that involves immersing oneself in nature, particularly in forest environments, to promote physical and mental well-being. This class explores its history, benefits, and techniques through guided walks and mindfulness exercises, fostering a deeper connection with nature.

Instructor: Akiko Shima

#16541 Wednesdays
May 7 - June 25
9:30 - 11:00 am
Various Locations
\$120/8

Pilates & More

Challenge your mind and body with low-impact, joint-friendly, core-strengthening and spine-nurturing exercises. Pilates will build your core stability and balance, PLUS enhance your flexibility and coordination. Amazing full-body workout that strengthens and lengthens. Some fitness/exercise experience is helpful, but no direct Pilates experience is required.

No class May 13.

Instructor: Suzy Williamson

#16547 Tuesdays
April 22 - June 24
5:00 - 6:00 pm
Native Sons Lodge & Dining
\$96/8

Please check receipts for important program information.

Women's Pelvic Health Yoga

Are you hesitant to cough or sneeze? Worried about where the nearest washroom is? This class is designed to maintain good pelvic function, with poses that help strengthen the bladder, lift the uterus, and tone the pelvic floor muscles. **No class April 21.**

Instructor: Catherine Reid

#16544 Mondays
April 7 - May 12
4:45 - 6:00 pm
Native Sons Lodge & Dining Room
\$65/5

Yoga for Gardeners

Love to garden? Don't love how your back feels the next day? Yoga can help, with specific poses that support gardening activities. You'll learn some warm-ups to do before heading outside, some stretches to do while playing in the dirt, and cool-downs for when it's time to finish for the day. Some Yoga experience is required.

Instructor: Catherine Reid

#16545 Mondays
May 26 - June 23
4:45 - 6:00 pm
Native Sons Lodge & Dining Room
\$65/5





Prenatal Yoga

Pregnancy brings many changes to a woman. Prenatal yoga will help you adapt, prepare and strengthen your body for some of these changes. It is also a great way to connect to your body, breath, mind and baby. The class will be led by a certified birth Doula. All levels welcome.

Instructor: Akiko Shima
Wednesdays

#15676 April 2 - June 25
\$169/13

#16442 July 9 - August 27
\$104/8

6:30 - 7:45 pm
Lewis Meeting Room

Baby & Me Yoga

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

Instructor: Akiko Shima
Thursdays

#15665 April 3 - May 8

#16546 May 15 - June 19
3:00 - 4:00 pm
Lewis Meeting Room
\$72/6

#16438 July 9 - August 28
10:30 - 11:30 am
Arden Elementary
\$96/8

Vinyasa Flow Yoga

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

Instructor: Emilie Dubé
#15681 Fridays

April 25 - June 20
10:30 - 11:30 am
Lewis Centre Gym
\$108/10

Gentle Yoga

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

Instructor: Kelly Yaskiw
#15671 Fridays

April 25 - June 20
10:30 - 11:30 am
Lewis Salish Building
\$108/9

Yoga 4 Cancer & Recovery

(18 years & over)

This class is specially designed for those who have a current cancer diagnosis and who have previously experienced cancer. Yoga helps to manage side effects and improves recovery, strengthens bones and muscles, the flow of lymph and digestion, and enhances the quality of life. Join our experienced instructor, Akiko, who has oncology yoga training and understands the unique physical and emotional needs. You are encouraged to bring a support person if needed to enhance your experience and comfort during the class.

Instructor: Akiko Shima

#15684 Thursdays
April 17 - June 26
10:45 - 11:45 am
Native Sons Hall
Lower Level
\$132/11

55+ Chair Yoga

Developed for those who cannot get up and down from the floor easily. There's still a lot of Yoga that can be done in a chair. Special breathing practices, gentle joint movements and muscle strengthening will all take place in this fun class. We also do poses while standing, using the chair for support. **No class April 15 & May 13.**

Instructor: Catherine Reid
Tuesdays

#15653 April 1 - June 24
\$132/11

#16425 July 15 - August 26
EG \$84/7

10:30 - 11:30 am
Native Sons Grand Hall

Register ONLINE at
courtenay.ca/reconline



Outdoor Summer Yoga

Come experience yoga while you bask in the evening glow of summer. During this serene experience you will be guided through various yoga poses which will connect your body, mind and spirit. Flow through these movements with your body, control your breathing and end with a gratifying shavasana all while surrounded by the beauty of nature. Please bring your own mat as equipment will not be provided for this offsite class. **No class July 28 & August 4.**

Instructor: Susan Obieglo
#16542 Mondays
 July 7 - August 25
 6:30 - 7:30 pm
 Arden Elementary
 \$72/6

Yin/Restorative Yoga

Both of these styles of Yoga are quiet, floor-based practices. Both provide deep benefits to your body and require a willingness to pause and breathe - in stillness. Yin Yoga stimulates harder tissues in the body and can sometimes create strong sensations for you to navigate; Restorative Yoga is just deeply relaxing. In this series, we will alternate between them: one week will be Yin, the next, Restorative - the best of both worlds. Prerequisite: at least one year of yoga experience. **No class April 18 & May 16.**

Instructor: Catherine Reid
 Fridays
#15683 April 11 - June 27
 \$150/10
#16446 July 18 - August 29
 \$105/7
 10:00 - 11:30 am
 Native Sons Lodge &
 Dining Room

Mens Yoga

This 75 minute Men's Yoga class is specifically designed for targeting the muscles and joints which will increase your range of motion. The sessions will include poses that improve posture and balance and decrease soreness due to tight muscles. This class will include seated and standing postures. **No class April 21 & May 19.**

Instructor: Susan Obieglo
#15673 Mondays
 April 14 - June 23
 7:15 - 8:30 pm
 Native Sons Lodge &
 Dining Room
 \$117/9

55+ Yoga - Ongoing

A blend of styles (based in Hatha yoga) with a mixture of floor and standing work. Options for increasing challenge and deepening awareness. A mixed level class with a thorough warm-up and poses to improve flexibility, balance, strength, and posture. Previous Hatha yoga or similar experience required. **No class April 18, May 16 & August 8.**

Instructor: Sheron Jutila
 Fridays
#15663 April 11 - June 20
 \$135/9
#16437 July 18 - August 29
 \$90/6
 10:00 - 11:30 am
 Native Sons Grand Hall

Chair Yoga for Everybody

(18 years & over)
 This is a chair yoga practice that is accessible to people with all kinds of bodies. Chair Yoga is a great practice! It's not only for people who are older or have mobility issues. With this practice you'll work on improving flexibility and strength and calming your mind and nervous system.

Instructor: Akiko Shima
 Thursdays
#15667 April 10 - June 26
 \$144/12
#16439 July 10 - August 28
 \$96/8
 9:30 - 10:30 am
 Native Sons Lodge &
 Dining Room

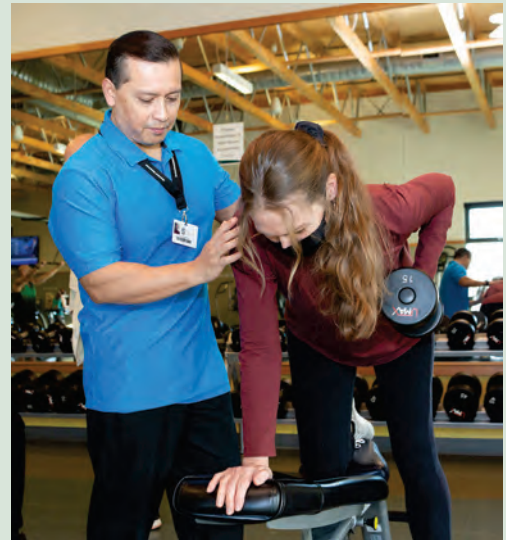
Register Online:



Personal Training

Benefits of Personal Training

- Improve your overall fitness
- Learn to keep up a routine
- Improve mood & reduce stress
- Learn to efficiently use your time
- Faster and better results
- Establish a lifetime exercise habit
- Overcome plateaus
- Learn proper form to reduce risk of injury



Personal Training Prices

Private

1 session	\$65
3 sessions	\$195
5 sessions	\$300
10 sessions	\$550

Semi Private (2 people)

1 session	\$98
3 sessions	\$292
5 sessions	\$450
10 sessions	\$828

The Lewis Wellness Centre is intended for recreational use only. External service providers (coaches, therapists, trainers, etc) require approval to conduct their business activities in the Lewis Wellness Centre facility.

- Clients must provide at least 24 hours notice to cancel or reschedule.
- To cancel or reschedule, please call the Lewis Centre at 250-338-5371.
- No shows or cancellations within 24 hours will be charged the full session fee.

Personal Training Team



Juan Blancas

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



Susan Obieglo

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



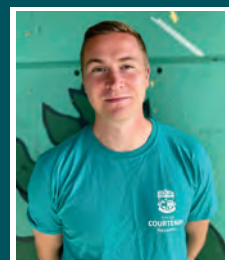
Nancy Victoria

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



Leah Partridge

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



Adam Commandeur

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



Courtenay & District Memorial

Outdoor Pool

Lewis Park, Courtenay

Free Admission
for all public swims



Pool Open June 2 - August 29

- 30 metre pool
- Open Swim
- Adapted Swim
- Lane Swim
- Aquafit
- Swim Lessons
- Pool Rentals
- Pool lift for easy access in and out of the water 400lb /181.5 kg lifting capacity

Pool Rentals

Plan a special occasion for a birthday, family reunion, staff party, summer picnic outtrip, kayak, scuba or other program rentals. See page 134 for details.

School Rentals

Bring your school to the pool during the month of June.

10:00 - 11:00 am

11:00 am - 12:00 pm

12:00 - 1:00 pm

1:00 - 2:00 pm

Call 250-338-5371 to book!

Special Pool Hours

Canada Day

Tuesday July 1

Family Swim

10:00 am - 1:00 pm

Open Swim

1:30 - 4:30 pm

BC Day

Monday August 4

Family Swim

10:00 am - 1:00 pm

Open Swim

1:30 - 4:30 pm

June 14 & 15, Saturday & Sunday

Pool **CLOSED** for swim meet

Children under 7 years old must be within arms reach of a responsible guardian (16+) at all times. One guardian can supervise up to 3 children.



Courtenay Rotary Water Park - Opens May 17

Open daily 10:00 am - 7:00 pm



Summer Program Registration starts Monday April 28

See page 135



Public Swim Schedule

June 2 - 29 *Closed June 14 & 15 for Swim Meet*

Free Admission

Open Swim, Family Swim,
Adapted Swim, Lane Swim, AquaFit

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lane Swim (3) 7:30 - 9:30 am	Lane Swim (6) 7:30 - 9:30 am	Lane Swim (3) 7:30 - 9:30 am	Lane Swim (6) 7:30 - 9:30 am	Lane Swim (3) 7:30 - 9:30 am		Family Swim 10:00 am - 12:00 pm
AquaFit 8:45 - 9:30 am		AquaFit 8:45 - 9:30 am		AquaFit 8:45 - 9:30 am	Lane Swim (4) 12:00 - 1:15 pm	Lane Swim (4) 12:00 - 1:15 pm
Open Swim 2:00 - 4:30 pm	Open Swim 2:00 - 4:30 pm	Open Swim 2:00 - 4:30 pm	Open Swim 2:00 - 4:30 pm	Open Swim 2:00 - 4:30 pm	Open Swim 1:30 - 4:30 pm	Open Swim 1:30 - 4:30 pm
Open & Lane Swim (2) 7:30 - 9:00 pm	Open & Lane Swim (2) 7:30 - 9:00 pm	Open & Lane Swim (2) 7:30 - 9:00 pm	Open & Lane Swim (2) 7:30 - 9:00 pm	Open & Lane Swim (2) 7:30 - 9:00 pm	Rentals 5:00 - 8:00 pm	Rentals 5:00 - 8:00 pm

June 30 - August 10*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lane Swim (6) 6:00 - 7:30 am	Lane Swim (6) 6:00 - 7:30 am	Lane Swim (6) 6:00 - 7:30 am	Lane Swim (6) 6:00 - 7:30 am	Lane Swim (6) 6:00 - 7:30 am		Family Swim 10:00 am - 12:00 pm
Lane Swim (3) 12:00 - 1:15 pm	Lane Swim (3) 12:00 - 1:15 pm	Lane Swim (3) 12:00 - 1:15 pm	Lane Swim (3) 12:00 - 1:15 pm	Lane Swim (3) 12:00 - 1:15 pm	Lane Swim (4) 12:00 - 1:15 pm	Lane Swim (4) 12:00 - 1:15 pm
AquaFit 12:15 - 1:00 pm	Adapted Swim 12:00 - 1:15 pm	AquaFit 12:15 - 1:00 pm	Adapted Swim 12:00 - 1:15 pm	AquaFit 12:15 - 1:00 pm		
Open Swim 1:30 - 4:30 pm	Open Swim 1:30 - 4:30 pm	Open Swim 1:30 - 4:30 pm	Open Swim 1:30 - 4:30 pm	Open Swim 1:30 - 4:30 pm	Open Swim 1:30 - 4:30 pm	Open Swim 1:30 - 4:30 pm
Open & Lane Swim (2) 7:30 - 9:00 pm	Open & Lane Swim (2) 7:30 - 9:00 pm	Open & Lane Swim (2) 7:30 - 9:00 pm	Open & Lane Swim (2) 7:30 - 9:00 pm	Open & Lane Swim (2) 7:30 - 9:00 pm	Rentals 5:00 - 8:00 pm	Rentals 5:00 - 8:00 pm

August 11 - 29

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lane Swim (6) 6:00 - 7:30 am	Lane Swim (6) 6:00 - 7:30 am	Lane Swim (6) 6:00 - 7:30 am	Lane Swim (6) 6:00 - 7:30 am	Lane Swim (6) 6:00 - 7:30 am		Family Swim 10:00 am - 12:00 pm
Lane Swim (3) 12:00 - 1:15 pm	Lane Swim (3) 12:00 - 1:15 pm	Lane Swim (3) 12:00 - 1:15 pm	Lane Swim (3) 12:00 - 1:15 pm	Lane Swim (3) 12:00 - 1:15 pm	Lane Swim (4) 12:00 - 1:15 pm	Lane Swim (4) 12:00 - 1:15 pm
AquaFit 12:15 - 1:00 pm	Adapted Swim 12:00 - 1:15 pm	AquaFit 12:15 - 1:00 pm	Adapted Swim 12:00 - 1:15 pm	AquaFit 12:15 - 1:00 pm		
Open Swim 1:30 - 4:30 pm	Open Swim 1:30 - 4:30 pm	Open Swim 1:30 - 4:30 pm	Open Swim 1:30 - 4:30 pm	Open Swim 1:30 - 4:30 pm	Open Swim 1:30 - 4:30 pm	Open Swim 1:30 - 4:30 pm
Rentals 5:00 - 7:00 pm	Rentals 5:00 - 7:00 pm	Rentals 5:00 - 7:00 pm	Rentals 5:00 - 7:00 pm	Rentals 5:00 - 7:00 pm	Rentals 5:00 - 8:00 pm	Rentals 5:00 - 8:00 pm
Open & Lane Swim (2) 7:30 - 9:00 pm	Open & Lane Swim (2) 7:30 - 9:00 pm	Open & Lane Swim (2) 7:30 - 9:00 pm	Open & Lane Swim (2) 7:30 - 9:00 pm	Open & Lane Swim (2) 7:30 - 9:00 pm		

* Stat Holidays

July 1 & August 4

Family Swim 10:00 am - 1:00 pm

Open Swim 1:30 - 4:30 pm

Lane (#) - # indicates minimum lanes available

Open Swim - recreation swim for all ages

Family Swim - recreation swim for families

Adapted Swim - recreation/therapy swim for all abilities





Summer Swimming Lessons

Courtenay & District Memorial Outdoor Pool Summer Lessons

Level	Session 1 June 30 - July 11 <i>9 classes - no class July 1</i>	Session 2 July 14 - 25 <i>10 classes</i>	Session 3 July 28 - Aug 8 <i>9 classes - no class Aug 5</i>	Session 4 August 11 - 22 <i>10 classes</i>
Parent & Tot <small>Jellyfish, Goldfish & Seahorse</small>	9:00 - 9:30 am #15946	9:00 - 9:30 am #15947	9:00 - 9:30 am #15949	9:00 - 9:30 am #16397
Preschool 1 <small>Octopus</small>	9:30 - 10:00 am #15951	9:30 - 10:00 am #15961	9:30 - 10:00 am #15968	9:30 - 10:00 am #16403
	10:00 - 10:30 am #15952	11:00 - 11:30 am #15964	10:00 - 10:30 am #15967	10:30 - 11:00 am #16404
	11:00 - 11:30 am #15954		10:30 - 11:00 am #15969	
Preschool 2 <small>Crab</small>	9:00 - 9:30 am #15978	9:00 - 9:30 am #15975	9:00 - 9:30 am #15971	9:00 - 9:30 am #16398
	9:30 - 10:00 am #15979	9:30 - 10:00 am #15974	9:30 - 10:00 am #15973	10:00 - 10:30 am #16399
	11:00 - 11:30 am #15977	10:30 - 11:00 am #15976	11:00 - 11:30 am #15972	
Preschool 3 <small>Orca</small>	9:00 - 9:30 am #15985	9:00 - 9:30 am #15988	10:00 - 10:30 am #15989	9:00 - 9:30 am #16400
	10:30 - 11:00 am #15986	9:30 - 10:00 am #15987	11:00 - 11:30 am #15990	9:30 - 10:00 am #16401 11:00 - 11:30 am #16402
Preschool 4/5 <small>Sea Lion/Narwhal</small>	9:30 - 10:00 am #15991	10:00 - 10:30 am #15993	11:00 - 11:30 am #15994	10:00 - 10:30 am #16405
	11:00 - 11:30 am #15995			
Swimmer 1	9:00 - 9:30 am #16314	9:30 - 10:00 am #16330	9:00 - 9:30 am #16322	9:00 - 9:30 am #16421
	9:30 - 10:00 am #16333	10:00 - 10:30 am #16323	9:30 - 10:00 am #16334	9:30 - 10:00 am #16422
	10:00 - 10:30 am #16324	10:30 - 11:00 am #16316	10:00 - 10:30 am #16319	10:30 - 11:00 am #16420
	10:30 - 11:00 am #16315	11:00 - 11:30 am #16327	10:30 - 11:00 am #16318	10:00 - 10:30 am #16423
	11:00 - 11:30 am #16326		11:00 - 11:30 am #16329	11:30am-12:00pm #16424
Swimmer 2	9:30 - 10:00 am #16335	9:00 - 9:30 am #16338	9:30 - 10:00 am #16342	9:30 - 10:00 am #16406
	10:00 - 10:30 am #16336	9:30 - 10:00 am #16339	9:00 - 9:30 am #16354	10:00 - 10:30 am #16407
	10:30 - 11:00 am #16337	10:00 - 10:30 am #16345	10:00 - 10:30 am #16346	10:30 - 11:00 am #16408
	11:00 - 11:30 am #16347	10:30 - 11:00 am #16351	10:30 - 11:00 am #16343	11:00 - 11:30 am #16409
		11:00 - 11:30 am #16348	11:00 - 11:30 am #16350	
Swimmer 3	9:00 - 9:30 am #16355	9:00 - 9:30 am #16396	9:00 - 9:30 am #16371	9:00 - 9:30 am #16410
	9:30 - 10:00 am #16367	9:30 - 10:00 am #16369	9:30 - 10:00 am #16370	9:30 - 10:00 am #16411
	10:00 - 10:30 am #16361	10:00 - 10:30 am #16360	10:00 - 10:30 am #16359	10:00 - 10:30 am #16412
	10:30 - 11:00 am #16364	10:30 - 11:00 am #16366	10:30 - 11:00 am #16365	10:30 - 11:00 am #16413
		11:00 - 11:30 am #16357	11:00 - 11:30 am #16358	
Swimmer 4	9:00 - 9:30 am #16375	9:00 - 9:30 am #16373	9:00 - 9:45 am #16378	9:00 - 9:30 am #16414
	10:30 - 11:00 am #16379	10:00 - 10:30 am #16376	9:30 - 10:00 am #16381	9:30 - 10:00 am #16415 11:00 - 11:30 am #16416
Swimmer 5	10:00 - 10:45 am #16382	10:45 - 11:30 am #16384	11:00 - 11:45 am #16385	10:00 - 10:45 am #16417
Swimmer 6	10:45 - 11:30 am #16389	10:00 - 10:45 am #16388	10:00 - 10:45 am #16387	10:45 - 11:30 am #16418
Swimmer 7,8,9	9:00 - 10:00 am #16392	10:30 - 11:30 am #16393		10:30 - 11:30 am #16419
Fees	9 classes	10 classes	9 classes	10 classes
Parent & Tot Preschool	\$72.00	\$80.00	\$72.00	\$80.00
Swimmer 1 - 4	\$67.50	\$75.00	\$67.50	\$75.00
Swimmer 5 - 6	\$94.50	\$105.00	\$94.50	\$105.00
Swimmer 7/8/9	\$108.00	\$120.00	\$108.00	\$120.00



Program Level Requirements and Equivalency



Level	Previously in Red Cross	Preschool Requirements
Parent & Tot 1 Jellyfish	Starfish	is 4 to 12 months old and ready to learn to enjoy the water with parent.
Parent & Tot 2 Goldfish	Duck	is 12 to 24 months old and ready to learn to enjoy the water with parent.
Parent & Tot 3 Seahorse	Sea Turtle	is 2 to 3 years old and ready to learn to enjoy the water with parent.
Preschool 1 Octopus	Sea Otter	is 3 to 5 years old and just starting out on their own.
Preschool 2 Crab	Salamander	Can get in and out and jump into chest-deep water assisted; float & glide on front & back; blow bubbles & get face wet.
Preschool 3 Orca	Sunfish	Can jump into deep water wearing a lifejacket; recover objects from the bottom; hold breath underwater; float, glide & kick on front & back.
Preschool 4 Sea Lion	Crocodile	Can jump into deep water, return & exit, sideways entry, tread water 10 seconds, wearing PFD. Open eyes underwater, recover object from bottom in chest deep water.
Preschool 5 Narwhal	Whale	Can do solo jumps into deep water; swim front crawl 5m wearing a lifejacket and flutter kick on front, back and side.



Swim for Life is a complete learn-to-swim program that offers programs for parent & tots, preschoolers and school aged children. Easy to follow and progress through, Swim for Life leads seamlessly into the Lifesaving Society's lifesaving and lifeguard training awards. The program is endorsed by the International Life Saving Federation and the Commonwealth Royal Life Saving Society.

Important Swim Lesson Information:

- Please ensure you shower prior to entering the water
- If you/your child gets cold easily you may want to wait until just before the start of the lesson to get wet
- Be aware that multiple lessons take place at the same time so the pool will be busy
- We recommend that if you have questions about your child's lessons, please wait until the lesson is over to ask





Program Level Requirements and Equivalency

Level	Previously in Red Cross	Requirements
Swimmer 1	Kids Level 1	Is 5 to 12 years and just starting out.
Swimmer 2	Kids Level 2	Can jump into chest-deep water by themselves and into deep-water wearing a lifejacket; open eyes, hold breath, and exhale underwater; float kick and glide on front and back.
Swimmer 3	Kids Level 3	Can jump into deep water and do a sideways entry wearing a lifejacket; support self at the surface for 15 sec.; do whip kick in vertical position; and swim 10m on front and back.
Swimmer 4	Kids Level 4 Kids Level 5	Can tread for 30 sec.; do kneeling dives and front somersaults; 10m whip kick on back; and swim 15m front crawl and back crawl.
Swimmer 5	Kids Level 6	Can complete the Canadian Swim to Survive Standard; Roll - Tread (1 min.) - Swim (50m); dive; swim underwater; 15m ship kick on front; breaststroke arms with breathing; and swim front and back crawl 25m.
Swimmer 6	Kids Level 7	Can do shallow dives and cannonballs; eggbeater and scissor kick; swim 50m front and back crawl; breaststroke for 25m; spring 25m interval training 4 x 50m.
Swimmer 7 Rookie Patrol	Kids Level 8	Can do stride entries and compact jumps; legs only surface support for 45 sec.; spring 25m breaststroke; swim 100m of front crawl and back crawl and 300m workout.
Swimmer 8 Ranger Patrol	Kids Level 9	Preferred successful completion - Swimmer 7/Rookie Patrol
Swimmer 9 Star Patrol	Kids Level 10	Preferred successful completion - Swimmer 8/Star Patrol



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





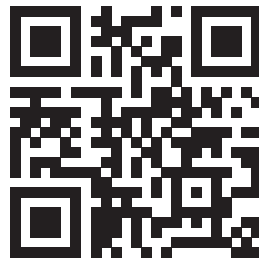
Bronze Medallion/ Cross Combo

(13 years & over)

The Lifesaving Society Bronze Medallion Program challenges the candidate both mentally and physically to build judgment and knowledge, skill, and fitness required to make good decisions in, on and around the water. Bronze Cross begins the transition from lifesaving to lifeguarding and prepares the candidates for responsibilities as Assistant Lifeguards.

#15945 Monday - Friday
August 25 - 29
8:00 am - 5:00 pm
\$450

Register ONLINE at
courtenay.ca/reconline



For updates & schedule
changes, go to
www.courtenay.ca/rec

Private Pool Rentals

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

June 2 - August 10

Saturday & Sunday

5:00 - 6:00 pm

6:00 - 7:00 pm

7:00 - 8:00 pm

August 11 - 20

Monday - Friday

5:00 - 6:00 pm

6:00 - 7:00 pm

Saturday & Sunday

5:00 - 6:00 pm

6:00 - 7:00 pm

7:00 - 8:00 pm

Private Swim Lessons

(3 years & over)

Let one of our qualified swim instructors provide you with some one-on-one instruction. A great way to learn to swim or get that extra help you need to move on to the next level.

Mondays, Wednesdays,

Thursdays & Fridays

June 30 - August 22

9:00 - 9:30 am

9:30 - 10:00 am

10:00 - 10:30 am

10:30 - 11:00 am

11:00 - 11:30 am

\$36/30 minute lesson

Pooch-A-Poolooza!

Saturday August 30

11:00 am - 1:00 pm

\$5 admission

Annual Dog Swim

The outdoor pool is going to the dogs! Join us on our last day for fun in the sun with your favourite pooch.

Dogs must be friendly and have proof of vaccinations to attend.

courtenay.ca/pooch



Spring Registration starts Monday March 10 at 7:15 am
Summer Registration starts Monday April 28 at 7:15 am ☀

How to Register

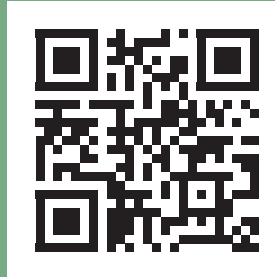
3 easy ways to register for Courtenay Recreation programs!



1 In Person
At the Lewis Centre or the Filberg Centre.

2 By Phone
250-338-5371 or 250-338-1000.
Use your Visa or Mastercard.

Scan To Register Online:



3 Online Registration
courtenay.ca/reonline

No email registrations accepted.

Registration Policy & Guidelines

- All registrations are processed on a first come, first served basis.
- Pre-registration is required for most classes.
- Fees are to be paid in full at the time of registration.
- All memberships start date is the date of purchase, excluding the annual Evergreen Membership.
- Courtenay Recreation reserves the right to make cancellations or changes as necessary.
- G.S.T. will be charged on all programs geared for participants over the age of 14 and on all field and facility rentals. Program participants 14 years and under are not subject to tax, with the exception of all drop-in programs. Some exceptions may apply.
- A \$20 handling charge will be collected on N.S.F. cheques.
- **Please read receipts carefully** for information on dates, times, supplies, etc.

Refunds may be issued under the following circumstances:

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

OPT IN!

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

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



Spring Program Registration starts Monday March 10
☀ Summer Program Registration starts Monday April 28



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

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

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

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

Evergreen Club 2025 Memberships

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

Evergreen Club Activities

Sports & Fitness

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

Music & Dancing

- Choristers
- Friday Night Dances
- Gospel Sing Along
- Ukulele Club
- Social Dance Club
- Karaoke
- Recorder & Yarns
- Heartstrings
- The Jam

Crafts & Hobbies

- Quilting
- Fabric Arts
- Art Club
- Drama Club
- Genealogy Club
- Stamp Club
- Improv Club
- Writer's Club
- Supper Club
- Camera Club
- Book Club
- Hooks, Needles & Yarns
- Brazilian Embroidery
- Meet & Greet (Singles) Group
- Lacemakers

Cards & Games

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

Special Events

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

Day Trips

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

Special Events

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

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

Comox Valley Concert Band
Mother's Day Concert
Sunday May 11, 2:00 pm, Conference Hall

Murder at the Roaring 20's Speakeasy- NEW DATES!
Wednesday April 23,
7:00 pm, Evening Performance
Thursday April 24, 1:30 pm, Matinee
This is a murder mystery not to be missed!
Put on your best flapper outfit and join us
for the unexpected. Purchase tickets in
advance only at the Filberg Centre.

Second Stage Drama Production
Sunday June 1 & Monday June 2
Both shows will be Matinee Performances

Canada Day Tea Dance
Tuesday July 1, 2:00 pm
Native Sons Hall, Grand Hall
Music provided by Georgia Strait Big Band
Free Admission



Evergreen Lounge



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

Florence Filberg Centre • 250-338-1000

Volunteer Opportunities

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



The Evergreen Club at the Florence Filberg Centre

Courtenay Recreation Facility Rentals

Lewis Centre

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



MP Hall/Gym



Tsolum Building



Salish Building

Valley View Park Clubhouse

- 1,000 sq. feet
- Kitchen, washrooms



Bill Moore Park Lawn Bowling Bldg

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



Call the Lewis Centre
at 250-338-5371

Fax: 250-338-8600

Email: rentals@courtenay.ca

View these facilities
on the virtual tour
on our website:

www.courtenay.ca/lewis

The LINC Youth Centre

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



Courtenay Recreation Facility Rentals

Florence Filberg Centre

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

Event and Meeting Rooms:

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

Features:

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



Rotary Hall



Conference Hall

Native Sons Hall

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

Event and Meeting Rooms:

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

Features:

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



Lower Level



Upper Level

Call the Florence Filberg Centre at 250-338-1000

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

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

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



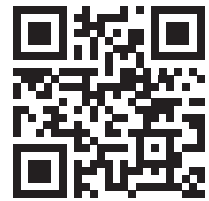


Let's Play, Courtenay!

The City of Courtenay is excited to announce the upcoming Woodcote Park Playground Upgrade Project, which is scheduled to commence this spring. This project will incorporate the newly adopted Park Playground Design Standards, which provide guiding principles and best practices to enhance the quality and accessibility of the City's park playgrounds.

The Playground Design Standards aim to diversify play experiences, ensuring that children of all abilities can enjoy inclusive and engaging spaces. These standards align with the vision and goals set forth in the Official Community Plan (OCP, 2022) and the Parks and Recreation Master Plan (PRMP, 2019). Additionally, the project has been informed by valuable feedback gathered through community engagement efforts.

Residents can look forward to a revitalized playground that prioritizes accessibility, inclusivity, and a variety of play opportunities that cater to a wide range of age groups and abilities. The City encourages community members to stay informed and engaged as the project progresses. For more details, visit the City of Courtenay website or refer to the Park Playground Design Standards document available online by visiting, www.courtenay.ca/letsplay.



Stay tuned for more updates as we work towards creating a more vibrant and accessible community space at Woodcote Park!



The Rotary Water Park at Lewis Park re-opens on Saturday, May 17th!

The waterpark is open from 10:00 am to 7:00 pm daily throughout the summer. *Please note that hours are subject to change.*

A colourful and safe rubber surface installed in 2021 is made from recycled tires. This work was partially funded by a grant from Tire Stewardship BC.

See **page 129** for more information on the outdoor pool at Lewis Park.

Call the Lewis Centre for further information at 250-338-5371.

Simms Summer Concert Series is Coming this Summer

Enjoy FREE concerts with local and regional performers on Sundays throughout the summer.

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

Due to construction at Simms Park, 2025 concerts will take place at the **Lewis Park stage** (beside the Lewis Centre parking lot) at 489 Old Island Highway.

Please bring your own lawn chair or blanket.

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



Mile of Flowers Happening Soon

Volunteers needed for community planting event!

Come out and join the biggest planting event in Courtenay! The Mile of Flowers is marking 58 years of filling Cliffe Avenue boulevards with colourful blooms on Tuesday, May 27.

The Plant-in starts at 5 p.m. and goes until around 7 p.m. Volunteers from the community are invited to fill the garden beds on both sides of Cliffe Avenue from 8th to 21st Streets with summer flowers provided by the City of Courtenay. Refreshments will be available.

No prior experience is required, just pick an open spot, and start planting. Participants are asked to bring garden gloves and a trowel or spoon for digging.



Enjoy Courtenay Parks

Park	Location	Amenities	Acres
Bear James	Robert Lang Drive		2.91
Bill Moore	23rd St. & Kilpatrick		14.73
Cooper	England off 14th St.		0.68
Dogwood	Dogwood & Kilpatrick		5.7
Galloway	1084 Galloway Cr.		0.32
Harmston	Harmston & 6th		2.9
Hawk Glen	Hawk Drive		1.5
Hobson	10th St. East & Hobson		2.2
Hurford Hill	Back Road		25.0
Idiens	Idiens Way/Suffolk Cres.		2.4
Krebs	Krebs Crescent		0.84
Knights of Columbus	Tunner Drive		1.0
Lerwick Nature	Lerwick Road		7.64
Lewis	Old Island Highway		17.39
Malcom Morrison	Embleton Cres.		1.2
Maple	18th St. & Grieve		0.64
Martin	20th St. & Choquette		3.65
Millard Nature	South Island Hwy		13.76
Mission	2345 Mission Rd.		2.37
Monarch	Monarch Drive		0.57
Morrison	Arden Road		32.0
Pinegrove	5th St. East & Lerwick		4.77
Puntledge	First Street		10.05
Riverside	Anderton Avenue		1.5
Rotary Sky	Cliffe Ave & Mansfield Dr.		
Sandwich	Muir Road		6.52
Simms Millennium	Old Island Hwy		9.0
Sunrise Rotary	Dingwall & McIntyre		2.43
Standard	Cliffe & 14th St.		2.76
Sussex	1760 Sussex Dr.		0.58
The Ridge	Southwalk Dr.		
Trumpeter Glen	10th St. East & Chaster		0.35
Valley View	Lerwick Road		10.5
Walbran	2304 Walbran Dr.		0.68
Woodcote	17th & Cumberland		3.75

- Baseball Diamonds
- Basketball
- Community Centre
- Horseshoe Pitch
- Kayak/Canoe Dock
- Lawn Bowling
- Marina
- Meeting Rooms
- Nature Park
- Outdoor Workout Facility
- Parking
- Playground
- Picnic Area
- Showers
- Skateboarding
- Soccer/Football Fields
- Softball Diamond
- Street/Roller Hockey
- Water Park
- Swimming/Wading Pool
- Swings
- Tennis
- Trails
- Volleyball Courts
- Washroom





**City of
Courtenay**



Review of Courtenay's Official Community Plan Coming in 2025

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

Provincial housing and land use legislation changes introduced:

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

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

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

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

Courtenay land use and housing updates:

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

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

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

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

Housing Needs Report 2024:

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

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

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

What does this all mean for Courtenay's OCP?

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

Access the OCP:
courtenay.ca/OCP

Council's Strategic Priorities:
courtenay.ca/strategicplan



Provision of free menstrual products and gender equity in City-operated washrooms

The City is participating in United Way BC's Period Promise Campaign by providing free menstrual products in some City-operated public washrooms at the Lewis Centre and the LINC Youth Centre as a pilot project that began in April 2024.

These facilities were chosen based on their use by a significant number of women, youth, people living with low incomes, and/or experiencing homelessness.

Access to menstrual products affects women, girls, non-binary and trans individuals as well as caregivers, family, and friends. The City will be reviewing the gender-equity of City-operated washrooms to make sure our facilities are open and welcome to all.

Key Points:

- 86% of people who menstruate have reported experiencing an unexpected period start in public without the supplies they need. (*Free the Tampon, 2-13*)
- Period poverty is common for families with an annual household income of under \$40,000 per year.
- People of Indigenous ancestry, and people living with physical and/or mental disabilities are most profoundly impacted by the cost of menstrual products. (*United Way Period Promise Report 2021*)
- In Canada, new labour code regulations came into force on December 15, 2023, requiring that in all federally-regulated workplaces the employer must provide menstrual products in each toilet room, in addition to a covered disposal container.
- Menstrual equity campaigns are underway in a number of provinces.
- The program may be expanded in 2025 based on Council's direction and the 2025 Financial Plan.

Check out Canada's Period pin map at periodpin.ca to see facilities (including the City) offering free menstrual products.

View the Strategic Cultural Plan

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

The plan, developed in 2023 and 2024, informs a ten year arts and culture service implementation strategy that will help identify key gaps and opportunities in cultural services, cultural infrastructure, and help guide City processes.

It also supports core areas of services, and investment in the City's cultural services and assets.



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



Courtenay and District **Museum** & Paleontology Centre



207 Fourth Street
Courtenay
ph: 250-334-0686
www.courtenaymuseum.ca

Discoveries happen here!
Knowledge and fun for the whole family. Palaeontology, First Nations and settlement exhibits.

Year round zoom school programmes, fossil tours, field trips, lectures and gift shop.

Book a fossil tour and travel 80 million years back in time!

Hours of Operation:
Tuesday to Saturday, 10 a.m. to 4 p.m.
For more details check the museum website at courtenaymuseum.ca or call **250-334-0686**



SID WILLIAMS THEATRE SOCIETY



EXPERIENCE
Music • Theatre • Drama • Comedy • Film • Magic

We also offer ticket outlet services for community events!

442 Cliffe Avenue, Courtenay, BC V9N 2J2
sidwilliamstheatre.com 250.338.2430



CV/ARTS Cultivating Creative Diversity

CV/Arts promotes and celebrates local artists in all genres in the Central Island Region from Fanny Bay to Black Creek, including Courtenay, Comox and Cumberland.

Visit the **Central Island Arts Guide**, a growing resource promoting a robust roster of talented creatives and arts organizations throughout our region. www.ciag.ca

Follow us online for great resources including the new **Digital Creation Hub**, our community event calendar and more.




comoxvalleyarts.com




CVAG
VISION • ART • CULTURE

COMOX VALLEY ART GALLERY
580 DUNCAN AVENUE COURTENAY BC V9N 2M7
250.338.6211 | COMOXVALLEYARTGALLERY.COM

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



Low Cost Recreation

LEAP - Leisure for Everyone Accessibility Program

Local recreation departments provide free and discounted services for low-income individuals/families. This includes a free 52-punch card for each municipality's drop-in programs for each family member and a \$350 subsidy per family member, that can be used towards the cost of registered CVRD recreation program at the CVRD Sports and Aquatic Centres.

City of Courtenay Recreation Access Program

We provide healthy lifestyle opportunities to residents of the City of Courtenay who live below Statistics Canada low income thresholds. How to apply? Recreation Access application forms are available at courtenay.ca/forms. For more information call **250-338-5371** or **250-338-1000**

Town of Comox TRIP

(Town of Comox Recreation Inclusion Program) Low cost recreation opportunities are available for Comox residents on limited income. Application forms are available at comox.ca/accessible-rec or call the Community Centre at 250-339-2255 for more information. Qualified applicants receive \$425/per year towards a 50% discount on eligible programs and Fitness Studio memberships.

Village of Cumberland FAIR Program

The FAIR program offers qualifying Village of Cumberland residents a credit of \$350 per calendar year that can be used toward a 50% discount on registered programs. Successful applicants also qualify for the LEAP program. For details, call **250-336-2231** or visit www.cumberland.ca/rec-financial-assistance.

189 Port Augusta Sea Cadets

(12 - 18 years) Learn Leadership, Citizenship, Communications, Sailing, Seamanship, Boat Operator, Rope work, Marksmanship, First Aid, Sporting Activities, Band, Marching Drills, and more (in partnership with Navy League of Canada and DND). FMI: PortAugusta189@outlook.com or 189sea@cadets.gc.ca or **250-207-2709** www.sway.cloud.microsoft/9fbvMiVXRlyMX6MZ?ref=Link

If you would like to promote or change your free/low cost service, please call 250-338-5371 and refer to this page!

KidSport™ Comox Valley KidSport provides support to children to remove the financial barriers of playing organized sports. For application forms and guidelines visit: kidsportcanada.ca phone **250-334-9294** comoxvalleykidsport@kidsportcanada.ca

New Discoveries Parent & Child Learning Centre

Discover programs for parents and children: Home with a Heart, Boundaries and Triple P, Little Chef, Messy Art and Drop-in Lunch and Craft. Call **250-338-6200** for info.

Prenatal Classes

FREE prenatal classes are available at Public Health to pregnant women and their support people. Register at **250-331-8520** as soon as you know you are pregnant. For info or to register with Public Health's Right from the Start program go to viha.ca/children.

Canadian Tire JumpStart

Parents in financial need looking to get their kids involved in physical activity programs are encouraged to ask about funding assistance. Funding may offset registration fees, equipment, and transportation costs. jumpstart.canadiantire.ca

Traditional Scouting

will take your family outdoors! Hiking! Knots! Citizenship! Nature Lore! Campfires! And more!
\$55/year registration
Otters (5 - 8 yrs) - Tuesdays
Timberwolves (8 - 11 yrs) - Wednesdays
19 Seal Bay Traditional Scouting Group
bpsa-bc.ca Mission Hill/Seal Bay Area
barbkenney18@gmail.com **250-941-8874**



Volunteer Opportunities

National Volunteer Week is April 27 - May 3 and is a great time to start your volunteering journey!

Courtenay Recreation

VOLUNTEERING . . . a FUN and Healthy Lifestyle. Volunteers needed for pre-school and children's programs, The LINC Youth Centre, Special Events and Adapted Programs.

Requirements: Enthusiasm, interest in helping the community, creativity is a bonus. A clean Criminal Record Check (all persons aged 18+). Volunteer schedules are flexible. No minimum required.

www.courtenay.ca/rec
Call 250-338-5371



Habitat for Humanity

At Habitat for Humanity, volunteers are our superheroes – the driving force behind our mission to build stronger communities. Whether you're swinging a hammer on a build site, helping out at one of our ReStores, or lending a hand at fun community events, there's a place for YOU to make a real impact.

Are you 16+ and eager to roll up your sleeves and make a difference? We've got exciting opportunities for you to join the Habitat crew and help us build more affordable housing in the community! Want to get involved? Reach out today at volunteer@habitatnorthisland.com or visit habitatnorthisland.com for more info.

Come volunteer with us and discover how rewarding it is to build something truly special!



The Salvation Army

Volunteer with us today!

Join our team at The Salvation Army to bring hope where there is hardship. Help us meet holistic needs and be a transforming influence!

Call Andrea to volunteer (250) 338-8221 because, Everyone Needs An Army.

www.comoxvalleysa.ca



Giving Hope Today

MARS Wildlife Rescue Centre

MARS Wildlife Rescue Centre is looking for volunteers! Work with animals directly in our Wildlife Hospital as a caregiver, tell our patients' story in our Visitor Centre as a guide, or help out in other ways including animal transport, small construction projects, helping in our gift shop, native plant restoration, special events, and more,

Visit marswildliferescue.com.



The Gardens on Anderton

More than just gardeners are needed at The Gardens on Anderton. We need people to host visitors, help in our gift/snack shop, assist with entry to concerts and more all in a beautiful garden setting. For more information e-mail:

thegardensonanderton@gmail.com, check our website: www.gardensonanderton.org or visit in person: 2012 Anderton Rd (behind Anderton Nursery).



Volunteer Spotlight: Roger Walker

Roger has dedicated countless hours to volunteering with Courtenay Recreation, sharing his life long passion for Archery. He first picked up a bow when he was 11 years old, and has been actively engaged in the sport for the last 24 years participating in Seniors Games, building bows and volunteering in our community. Roger is known for his kindness and enthusiasm and encourages everyone to try archery as he has found it provides a fun way to stay active and perceptive. Thank you, Roger for all you do for our community!

If you would like to volunteer with Courtenay Recreation and share or learn new skills, you can get more information at courtenay.ca/volunteers or by calling the Lewis Centre at 250-338-5371 or the Filberg Centre 250-338-1000.

Your Game, Your Community.



Looking for someone to play with? Keen to dust off the old racquet? New to the area? Whatever your motivation, whatever your level, the Comox Valley Tennis Club is your go-to for all things tennis.

- Annual membership \$40.00*
- Fun singles/doubles leagues
- Various club social events
- Monthly newsletters
- New friendships forged

comoxvalleytennis.org

**Join at your own risk: Side effects may include laughing-induced sore abs, an increased sense of camaraderie and a tendency to fist-pump.*



COMOX VALLEY SPORTS & SOCIAL CLUB

SPORTS LEAGUES

Beach Volleyball | Soccer | Ultimate Frisbee
Flag Football | Slo-Pitch | Indoor Volleyball | Basketball



Register online by March 26 for Spring Leagues & by June 4 for Summer Leagues

Scott @ 250-898-7286 | scott@comoxvalleysports.ca | www.comoxvalleysports.ca



Axé CAPOEIRA

Martial Arts • Percussion • Acrobatics



INTRO classes for all ages

Kids 4-7 y/o
Kids 7 - 13 y/o

Tues/Thurs 4:45pm
Tues/Thurs 5:30pm
Mon/Wed 4pm

Adults 13+

Monday 7pm
Thurs 6:30pm
Saturday 10am



Summer Camps!!!

Ages 4 - 13 registration opens March 2025

Capoeiracomox.com
Axecomox@hotmail.com

FUN Basketball for Girls K to Grade 12



Learn how to play the most popular game for girls in the world!

No experience necessary



Great coaching, learn the basics, FUN!

Coed K - Grade 3 program also available
Register for programs at

dimevalleybasketball.com www.cvathletics.ca

Contact: Peter drpedro@telus.net or 250-334-7497

Comox Valley Field Hockey Association

Outdoor Turf Sessions: Aug - Oct and/or Apr - June

Indoor Gym Session: Oct - Dec and/or Jan - Mar

Beginners welcome. Drop-in options. 13 years+

Contact us for more info at cvlfha@gmail.com



Blue Devils

SUMMER SWIM CLUB

Become a Blue Devil
Build Your Swim Skills
While Having Fun!
Programs for swimmers
ages 5 and up

Summer Registration opens March 1



For more information and to register for the summer swim program, visit us at:

www.bluedevilswim.ca



COMOX VALLEY

Baseball Association

2025 Spring Season runs April - June


Co-ed Baseball:
For players born
2007 - 2021

Girls Softball:
For players born
2011 - 2018



Registration Began January 2025
2025 Summer & Fall Ball Opportunities
COMING SOON!

For registration details, please visit our website
at www.cvba.ca or email registrar@cvba.ca



COMOX VALLEY UNITED SOCCER CLUB


Summer Camps 2025 info:
<https://www.cvusc.org/summer-camps-2024>

Fall Youth Programs -
Registration opens in June


For more information contact us at:
registrar@cvusc.org
250-334-0422

WWW.CVUSC.ORG

U8 BOYS



Red Spirits



VALLEY YOUTH
SOCCER LEAGUE 2024



bgc Central Vancouver Island

ladysmith | nanaimo | lantzville
parksville | comox valley

welcome to the club!

For over 50 years, BGCCVI has been at the heart of Central Vancouver Island, empowering children, youth, and families to thrive. From after-school care to parenting programs, we create safe spaces where connections are built, and futures are shaped—because we believe opportunity changes everything.

childcare + early learning

BGCCVI's programs provide engaging environments for kids that foster a sense of belonging, empowerment, and self-confidence. Our programs include field trips, activities, and events, and transportation to and from several local schools! Now serving even more families with our new locations in the Comox Valley, including Arden, Glacier View, Aspen Park, and Brooklyn Clubs.

bgc parenting programs

Professionally facilitated programs that are designed to help improve your relationship with your teen or pre-teen and help you learn new parenting skills, strategies, and communication methods. Programs offer a hybrid model where parents and caregivers can attend in person or online depending on their preference.



learn more!

Questions? Ready to register?

Scan the QR code or visit us at www.bgccvi.com to get started!



bgc Central Vancouver Island

[bgccvi.com](http://www.bgccvi.com)
[@bandgclubofcvi](https://www.facebook.com/bandgclubofcvi)
[@bgc.cvi](https://www.instagram.com/bgccvi)

opportunity changes everything.



FIRST AID TRAINING

> We offer first aid courses throughout the year in the Comox Valley!

We can also supply contract training for employers, First Nations, school districts and other groups on the North Island.

For more information:
Call 250-334-5005 or
email firstaid@nic.bc.ca

Scan for upcoming courses!



NORTH ISLAND COLLEGE



SUMMER 2025 YOUTH ACADEMY Registration opens April 5

For more information visit
nic.bc.ca/youth-academy

Scan for schedule and registration!



NORTH ISLAND COLLEGE





CBSA
EST 1965



Learn To Sail

comoxbaysailingassociation.ca
info@comoxbaysailingassociation.ca



Kids,
Teens &
Adults



Recreational or
Competitive
CANSail Programs



Access
Club
Dinghies



Spring,
Summer &
Fall Programs



Online
Registration



at the
Comox
Marina

4R's Education Centre (Soc.)

McPhee Avenue, Courtenay, BC

A happy place to learn!



4R's

(K - 12)

- identifying and filling gaps in basic skills
- using strengths to enhance learning
- one to one, in individual classrooms
- subject-specific tutoring for higher grades
- instruction in French available
- online lessons available

Opening Doors for Learning



Little R's Pre-school

- play-based learning
- providing activities that challenge and support growth
- developing self-awareness, social skills and a strong foundation for future success
- specific learning goals
- individual feedback
- qualified E.C.E teachers

Limited spaces available now



We are looking for qualified teachers to join the 4R's team. If you or someone you know may be interested, we invite you to contact us today!

phone: **250-338-4890** • e-mail: **four.rs@shaw.ca** • website: **www.4rseducation.com**



VISITOR CENTRES OPEN
JUNE - THANKSGIVING
7 DAYS/WEEK



GUIDED WALKS AND HIKES
WITH NATURALISTS ON
WEEKENDS



INSPIRING AWARENESS OF
STRATHCONA PROVINCIAL PARK
THROUGH, APPRECIATION AND
STEWARDSHIP OF THE NATURAL
WORLD THROUGH RESEARCH,
EDUCATION AND PARTICIPATION.



ACCESSIBILITY - WHEELCHAIRS
AND TRAILRIDER



CONTACT US:
STRATHCONAPARK.ORG
STRATHCONAWILDERNESS@GMAIL.COM

the
local inc.
shop. live. love.

Spring in Comox Market

April 5, 2025 | 11-3pm

Comox Community Centre
1855 Noel Ave, Comox



thelocalinc.ca

Summer at Comox Lake



**LAKE PARK
SOCIETY**
COMOX LAKE

Summer Camps

Wiggler Camp (5 to 6 yrs)

Scamper Camp (6 to 9 yrs)

Rambler Camp (8 to 12 yrs)

Land Care, Self Care (13 to 15 yrs)

Camp Kin (2SLGBTQ+)

Free Community Programs

Music Nights

Movie Nights

Pop-up in the Park

Watershed Canoe Tours



More information and online registration
available at cumberlandlakepark.ca



Watersports rentals and
camping also available

COURTENAY LITTLE THEATRE PRESENTS

PACV PERFORMING ARTS COMOX VALLEY theatre bc

APRIL 7-12

MYTH OF THE OSTRICH

A COMEDY

By: Matt Murray Directed by: Kirstin Humpherys

Sid Williams Theatre
 Opening Night Special - Apr 7 @ 7:30 - tickets \$28
 Apr 8, 9, 10, 11 @ 7:30 + Matinee Apr 12 @ 2:00 - tickets \$32
 Warning: Strong Language - www.SidWilliamsTheatre.com/events

Health Management Dominion Securities
 jane REIMAK
 Supporting our community

Discoveries Happen Here!

Cultural and Natural History of the Comox Valley

FOSSIL TOURS
 EDUCATION PROGRAMMES
 COLLECTIONS
 ARCHIVES




Courtenay and District **Museum & Palaeontology Centre**

Book a Tour!
250-334-0686
www.courtenaymuseum.ca
 207 Fourth Street, Courtenay, BC V9N 1G7



Year-Round Riding at Comox Valley's Premier Equestrian Facility

- 2 indoor and 2 outdoor riding arenas, ensuring year-round access for all weather conditions.
- Multi-discipline training programs that follow Equine Canada guidelines.
- Learn with our insured, Equine Canada certified coaches, providing expert instruction for all ages and skill levels.

Spring Break and Summer Camps available

f Explore More: Visit our website to discover what sets us apart!
www.sproutmeadows.com
 3583 Dove Creek Rd, Courtenay



BMX *Open* HOUSE INVITATION

5 APRIL 2025

Saturday, April 5th, 2025

1:00 p.m. - 2:30 p.m.

2815 Dunsmuir Ave,
Cumberland BC

All Ages

- 1/2 track (18months - 5 years)
- Novice (5 years +)
- Cruiser (6 years +)
- Dirt Jumper (6 years +)
- Mountain Bike (6 years +)

Bring your bike, helmet, pants, long sleeve and close-toed shoes

ALL RIDERS UNDER THE AGE OF 19 WILL NEED AN ADULT TO SIGN A CONSENT FORM

WWW.BMXCANADA.ORG/TRACKS/1538

coalhillsbmx1@gmail.com

Always welcome volunteers

COAL HILLS BMX





City of
Courtenay



Mile of Flowers Plant-In

Tuesday, May 27
Starting at 5:00 pm

Join hundreds of volunteers for Courtenay's annual Mile of Flowers Plant-In. A local tradition since 1967!

Be sure to stop by Standard Park (located at Cliffe Avenue and 14th Street) for a free refreshments courtesy of Courtenay Rotary and the City of Courtenay.

No prior experience is required, just pick an open spot, and start planting.

What to Bring:

- Gloves and trowel
- Drinking Water
- Community Spirit

Where to Plant:

Anywhere on Cliffe Ave. between 8th Street and 21st Street.

courtenay.ca/mileofflowers



City of
Courtenay



DRFTR, photo Kim Stallknecht

Simms Summer Concert Series at Lewis Park

Sundays at 7:00 p.m.

Enjoy great local and regional performers throughout the summer!

Due to construction at Simms Park, 2025 concerts will take place at the Lewis Park stage (by the Lewis Centre Parking lot).

Check in mid-May for concert information at courtenay.ca/simms



Community Directory

Adult Education

Adult Learning Centre.....250-338-9906
Creative Employment Access
Society/Job Shop.....250-334-3119
North Island College.....250-334-5000
North Island Distance Education..250-337-5300
World Community Development
Education Society - Wayne.....250-337-5412

Community Services

Amnesty International.....250-897-1658
Canadian Mental Health Association
Courtenay Branch.....250-871-0559
Chamber of Commerce Comox Valley
.....comoxvalleychamber.com
Community Based Victim's Services
Sexual Assault Services (Local 224).....
Domestic Violence Services (Local 226).....
.....250-338-7575
Comox Valley Family Services.....250-338-7575
Nesting Place Society...nestingplacesociety.com
CV Military Family Resource Centre
.....250-339-8290
CV Multicultural & Immigrant Support
Society - Jim.....250-898-9567
CV Project Watershed.....250-703-2871
CV Transition Society.....250-897-0511
Vancouver Island Crisis Line
- Crisis Line1-888-494-3888
- Office.....vicrisis.ca
Fallen Alders Community Hall
.....fallenalders.ca
Fanny Bay Community Hall
- Vanessa.....250-335-2832
Filberg Heritage Lodge & Park Association
.....filberg.com
Filberg Gift Shop.....250-941-4417
LUSH Valley.....lushvalley.org
Help Line for Children.....Zenith 1234
Immigrant Welcome Ctr.....250-338-6359
Juvenile Diabetes Research Foundation ..
.....jdrf.ca
Keystone Artists Market-Leah...250-703-3296
Kid Start - John Howard Society NI
- Wendy.....250-338-7341 ext 335
Kitty Cat P.A.L. Society.....kittycatpals.com
Lilli House 24 hr Crisis Line.....250-338-1227
MARS Wildlife Rescue & Visitor Centre
.....marswildliferescue.com
St. John Ambulance.....250-897-1098
The Salvation Army
- Family Services.....250-338-5133
- Thrift Stores.....250-338-8151
Today n' Tomorrow Young
Parent Program.....250-338-8445
Therapeutic Riding Association.250-338-1968
Transition Town CV.....transitiontowncv.org
United Way (Comox Valley).....250-338-1151
VI Regional Library Courtenay.....virl.bc.ca
VI Visitor Centre....info@investcomoxvalley.com
Y.A.N.A.....250-871-0343

Clubs & Organizations

Church Groups

CV Community Church The Salvation Army
.....250-338-8221
CV Presbyterian Church250-339-2882
CV Unitarian Cultural Society.....
.....cvukrainianculturalsociety@gmail.com
Comox Community Baptist250-339-0224
Comox United Church.....250-339-3966
Shepherd of the Valley
Lutheran ELCIC250-334-0616
St. Peter's Church.....250-941-5388

Dog Clubs

CV Kennel Club (1990) - Frank250-331-0185
Forbidden Plateau Obedience &
Tracking Club - Margot.....250-338-4792

Horticulture

CV Growers & Seed Savers Society
.....cvgss.org
CV Horticultural Society
.....comoxvalleyhortsociety.ca
N.I. Rhododendron Society.....nirrhodos.ca

Public Speaking

CV Toastmasters.....cvtoastmasters@gmail.com

Other

Beekeepers Association.....cvbclub.com
Camera Clubcvps.ca
CV Genealogy Group
.....info@cvgenealogygroup.org
CV Newcomers Club.....cvnewcomers.ca
Orca Probus Cluborcaprobus.ca
Taoist Tai Chi Society - Sean.....250-702-4811
CV Ukrainian Cultural Society
- Jeanette250-898-3165

Seniors

CV Eldercollege.....250-334-5000 ext 4602
Comox Valley Senior Support Society
.....seniorpeerconsulting@shaw.ca
D'Estre Comox Seniors Centre
.....comoxseniors.ca
Evergreen Senior's Club.....evergreenclub.ca
Seniors Wheels & Care.....
.....seniorswheelsandcare.com

Fairs & Festivals

Cumberlands Victoria Day Celebrations
.....cumberlandiseventssociety@gmail.com
CV Exhibition250-338-8177
Filberg Festivalfilbergfestival.com

Health & Wellness

Alcoholics Anonymouscomoxvalleyaa.ca
AVI Health & Community Services
.....250-338-7400
CV Mental Health & Substance use
.....250-331-8524
CV Hospice Society (Info. & bereavement
support).....comoxhospice.com
CV Nursing Centre250-331-8502
CV Stroke Recovery Branch.....250-890-0711
CV Head Injury Societycvhis.org
CV Ostomy Support Group.....250-871-4778
Overeaters Anonymousoa.org
Options for Sexual Health.....250-331-8572
Red Cross
(Health Equipment Loans).....250-334-1557
Take Off Pounds Sensibly (TOPS)
- Jane.....250-897-9279
Therapeutic Riding Association.....cvtrs.com
Public Health Nursing250-331-8520
Wheels for Wellness Society.....250-338-0196

Service Clubs

Comox Legion - Br.160 - Lauren.....
.....comoxlegion.ca
Courtenay Legion - Branch 17...250-334-4322
Cumberland Legion - Br. 28250-336-2361
CV Lions Club250-339-6232
CV Monarch Lions Club
.....e-clubhouse.org/sites/comoxvm
Elks Club #60250-334-2512
IODE Laura Gordon Chapter.....
- Louisa250-338-1162
Soroptomist Club of Courtenay.....
.....soroptomistcourtenay.org

Dance Groups

Argentine Tango.....250-703-3057
CV Line Dance - Joan.....250-703-6660
Ocean Waves Square Dance Club
.....oceanwavesquaredance@gmail.com
Scottish Country Dance
- Heather250-338-9060
Dolyna Ukrainian Dancers - Karen
.....cvdolynadancers@gmail.com
West Coast Swing Collective.....cwcs.ca

**This directory is provided as a community service.
Groups listed are responsible for updating their own
information by contacting us at 250-338-5371 with any
changes. New listings will be added space permitting.**

Sports**Adult Leagues**CV Sports & Social Club...comoxvalleysports.ca**Aquatics**

CV Aquatic Club (Sharks)

.....cvsharksheadcoach@gmail.com

CV Orcas Synchronized Swim Club

.....cvorcas@gmail.com**Baseball/Softball**CV Minor Baseball.....cvba.caCV Minor Softball.....cvba.ca

CV Slo Pitch League - Mike.....250-792-1807

Basketball

CV Youth Basketball Assoc.

- Anthony.....250-898-9973

Wheelchair Basketball - Stephane

.....cwvssdocs@gmail.com**Ice Sports**

CV Glacier Kings Jr. Hockey

- Iris250-338-5409

CV Minor Hockey..simonmorgan360@gmail.com

CV Ringette - Haley.....250-334-6632

CV Skating Club.....comoxvalleyskatingclub@gmail.com

Women's Ice Hockey

Teresa - Breakers.....250-702-1614

Martial Arts

CV Karate Club - Pam250-792-3836

CV Kung Fu Academy250-702-3780

Pacific Coast Karate School.....250-335-1079

The Academy of Martial Arts & Fitness.....

.....250-465-9073

Racquet SportsCV Tennis Club.....comoxvalleytennis.org

Courtenay Sr. Badminton Club

- Cameron.....250-339-0739

CV Squash Club - Jayson

.....jayson@fuerstenberg.ca**Skiing/Snowboarding**JumpCamp.....jumpcamp.com

Mt Washington Ski Club

John (head coach).....250-897-6058

Mt Washington Volunteer Ski Patrol

Tim.....250-334-0609

Strathcona Nordics Cross Country

Angela.....info@strathconanordics.com

Vancouver Island Society for Adaptive

Snowsports.....visasweb.ca**Soccer**

CV Masters - John.....250-897-5598

Women's Soccer

.....cwwomensspringsoccer@gmail.com

Youth Soccer - Cheri.....250-334-0422

OtherChimo Gymnastics.....info@chimogymnastics.ca

Courtenay Lawnbowling Club

.....courtenaylbc.com

CV Cougars Track & Field Club

.....comoxcougars.org

CV Curling Centre250-334-4712

CV Pickleball Assoc.....cvpickleball.ca

CV Road Runners

CV Field Hockey.....cvlfha@gmail.com

CV Horseshoe Club - Wayne.....250-207-1555

Island Charity Wrestling - Tim.....250-792-3332

Killerwhale/G.P. Vanier Olympic

Weightlifting - Ed.....edlfjer@icloud.com

Minor Lacrosse Association, CV Wild

.....comoxlacrosse.caRoller Derby.....brickhousebetties.caJunior Roller Derby.....stonecoldstellas.comRugby- Kicker's Club..... cvkickers@gmail.com

Special Olympics, CV - Randy.....250-897-1828

Outdoor Groups**Boating**

Canadian Power & Sail Squadron

- Curt.....250-339-1964

Comox Bay Sailing Club...comoxbaysailingclub.caCompass Adventures..... compassadventure.ca

Dragon Boat Society (Blazing Paddles)

- Joanne.....250-334-2450

Dragon Boat Team (Dragon Rider Youth Team)

- Joanne.....probert99@gmail.com

Dragon Boat Team - Hope Afloat (Women

Cancer Survivors) - Gaetane.....250-650-1956

Dragon Boat Team (Dragonflies)

- Colleen.....250-334-3676

Dragon Boat Team (Prevailing Wins)

- Leon.....250-339-5772

Dragon Boat Team (Flying Dragons Ladies)

- Stacey.....comoxflyingdragons@gmail.com

Comox Valley Canoe Racing Club

.....cvcanoeracing.caCV Rowing Club.....comoxvalleyrowingclub.caComox Valley Yacht Club.....cvyclub.ca

Comox Valley Paddlers Club.....

.....comoxpaddlers@gmail.com**Other**Coal Hills BMX.....bmxcanada.org/tracks/1538

Comox District Mountaineering (Hiking)

Club.....comoxhiking.comCV Disc Golf Club.....cvdiscgolf.com

CV Ground Search & Rescue.....250-334-3211

Comox Golf Club.....comoxgolfclub.ca

Courtenay Fish & Game Protective

Association courtenayfishandgame.org

Fanny Bay Salmonid Enhancement Society

.....250-335-1575

WildSpirit - Bruce.....250-338-8431

Visual/Performing Arts

Comox Community song Circle - Dave.....

.....778-822-1305

Comox Valley Art Gallery.....

.....comoxvalleyartgallery.com

Comox Valley Concert Band.....

.....comoxvalleyconcertband.com

CV Children's Choir

.....comoxvalleychildrenschoir.com

CV Clown Club - Jacqui..... 250-650-0582

Courtenay Little Theatre - Gail...250-334-3494

Comox Valley Arts 250-334-2983

Co-Val Chorister - Beryl.....250-339-4429

CYMC/CV Youth Music Centre cymc.ca

Fiddlejam - Craig 250-339-4249

Hello Strings - Helena

.....gohellostrings@gmail.com

Island Voices Chamber Choir

.....islandvoiceschamberchoir.bc.ca

Letz Sing Community Choir

- Tina 250-923-7709

North Island Choral Society.....

..... northislandchoral.ca

Performing Arts Comox Valley (PACV)

- Lynn.....performingartscomoxvalley.ca

Pearl Ellis Gallery..... 250-339-2822

Rainbow Youth Theatre

.....rainbowtheatre.com

Strathcona Symphony Orchestra

..... 250-331-0158

Theatreworks - Kim..... 250-792-2031

Youth**Scouting**

Scouting Inquiries - Chris250-339-2424

Cadets

386 Komox Royal Canadian Air Cadet

Squadron.....386komox.com

Army Cadets.....250-339-8211

H.M.C.S. Quadra.....250-339-8211

St John Ambulance - Cadet Brigade..250-897-1098

Other

Dragon Boating Youth Team

(Dragon Riders).....cvdragonriders@gmail.com

CV German Language School

.....comoxvalleygls.org

CV Girls Group - Shelby.....250-897-0511

Nature Kids.....comox@naturekidsbc.ca

CV Waldorf School - Maurissa.....250-871-7777

COMOX VALLEY Financial Assistance Programs for Recreation Services



The Leisure for Everyone Accessibility Program (LEAP) provides eligible Comox Valley residents with 52 FREE drop-ins to each municipal recreation department. Application forms for all regional financial assistance programs (see below) have been combined into one simple form that you can use to apply for LEAP and your home community's program in a single step. Apply by visiting your local recreation department in person or online or call one of the numbers below.




CVRD SPORTS & AQUATIC CENTRES'S LEAP Program
250-334-9622

All residents of Courtenay, Comox, Cumberland and Areas A, B & C of the CVRD are eligible for the LEAP Program - 52 free admissions per year, per family member at the CVRD Sports and Aquatic Centres. Plus each family member receives a \$350 credit that can be used towards the cost of registered CVRD recreation programs.

comoxvalleyrd.ca/rec


follow us    



COMOX RECREATION'S Inclusion Program (TRIP)
250-339-2255

TRIP financial assistance is awarded to eligible Town of Comox residents and can be used for a 50% discount towards registered, non-contract programs and Fitness Studio memberships. Financial Assistance amount is awarded per person, per calendar year and can be used online, in person or over the phone for registrations and memberships.

comox.ca/rec



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COURTENAY RECREATION'S Recreation Access Program
250-338-5371
250-338-1000

City of Courtenay Residents are eligible for the Recreation Access Program (RAP) - scan cards and program discounts can be used at the Lewis Centre, Florence Filberg Centre, Courtenay Outdoor Pool and LINC Youth Centre. RAP program includes annual scholarship amount to be used towards discounted programs and services, and the LEAP 52 free drop-in card.

courtenay.ca/rec


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CUMBERLAND RECREATION'S FAIR Program
250-336-2231

The Financial Assistance in Recreation (FAIR) program gives qualifying Village of Cumberland residents a \$350 credit that can be used toward a 50% discount on registered programs. Credit is valid for the calendar year.

cumberland.ca/rec



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**City of
Courtenay**



Canada Day Celebration

June 30 & July 1

Free fun festivities in downtown Courtenay and Lewis Park:

- Live music & entertainment
- Parade & 5th Street Mile Fun Run
- Cultural performances
- Delicious food & drinks
- Games & kids activities
- Community booths

Get Involved:

- **Community organizations**
- **Volunteers**
- **Performers**
- **Local vendors**



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

COMOX VALLEY RECREATION GUIDE

SPRING/SUMMER 2025



SEE PAGE 2

19 WING COMOX
250-339-8211
ext 252-8315

19 Wing Recreation offers programming for the military community and the residents of the Comox Valley. Services include facility memberships, rentals to community sports organizations and programming for all ages, including swim lessons.

cfmws.ca/comox



SEE PAGE 6

COMOX RECREATION
250-339-2255

Discover your perfect FIT at the Comox Community Centre! Join our fitness classes, explore martial arts, and enjoy our award-winning fitness studio, along with exciting programs for children and families. Register online at

comox.ca/rec



SEE PAGE 49

CUMBERLAND RECREATION
250-336-2231

The Village of Cumberland is the hub of outdoor recreation in the Comox Valley! Cumberland Recreation provides programs; manages municipal parks, trails and facilities; & supports community events and organizations. Online registration is now available for recreation programs.

cumberland.ca/rec



SEE PAGE 59

COURTENAY RECREATION
250-338-5371
250-338-1000

We offer programs and special events for all ages. Classes include art, music, martial arts, sports, yoga, drumming, dance, and more. Also featured are drop-in fitness, squash & workouts.

Please note schedules and activities are subject to change. Please watch the City of Courtenay website for any updates.

courtenay.ca/rec



SEE PAGE 146

CVRD SPORTS & AQUATIC CENTRES
250-334-9622

Swimming, skating, fitness and wellness! We offer drop-in fitness opportunities, registered programs and fun leisure and sports activities throughout the year at the CVRD Sports and Aquatic Centres and the Exhibition Grounds.

comoxvalleyrd.ca/rec

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